



## Staten Island Advance

### **Building an edible business from scratch**

**Budding food entrepreneurs can learn to start small and slowly grow an enterprise**

Wednesday, April 15, 2009

**By Pamela Silvestri**

#### **STATEN ISLAND ADVANCE**

STATEN ISLAND, N.Y. -- If you're an enterprising baker who wants to break into the food industry, you're going to need a commercial kitchen. Before spending a fortune on restaurant equipment and permits, check out something called "incubators," kitchen space that is rentable on an as-needed basis.

Actually this is just a small part of a larger concept Kathrine Gregory introduces with "Mi Kitchen Es Su Kitchen," a seminar program that eases part-time entrepreneurs into the wild world of grander business ownership.

Ms. Gregory promises, "You will learn the 'must do's' in the order you need to start a business, part-time and on a shoestring. Then grow it slowly until you are ready to have your own facility. You can live your dream with minimal capital outlay by investing your time and sweat."

Her next seminar is called "Starting a food manufacturing business on a shoestring." It will be held on April 18 from 10 a.m. to Noon at Kingsborough Community College, Brooklyn and includes a tour of the kitchen. The cost is \$20 and light refreshments will be served. Reservations are required for limited seating.

For more information, contact, Kathrine Gregory of "Mi Kitchen Es Su Kitchen" at 212-452-1866 or [Mikitchenessukitchen.com](http://Mikitchenessukitchen.com).

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