

HEALTHY CHEF CHALLENGE 2024



SAMMY DEMICHAEAL

OWNER/CHEF FLOCK & FORAGE

I am inspired by farmers and local produce that is available to us in the Midwest. My monthly supper club focuses on seasonal and local ingredients sourced within 150 miles of Chicago, and the awareness of where your food comes from. Nothing gives me more joy than hosting an intimate dinner and sharing my love and knowledge for food.

I started my culinary career in sushi, and then worked with a small farm in Michigan for 8 years, and closely with other farmers, which is what really ignited my passion for finding ways to cook with only local, fresh ingredients from our region.

I opened Flock & Forage in March 2023 to highlight the best local meat and produce each season has to offer at Green City Market.