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Meet Debra Stark

Debra Stark is the owner of **Debra's Natural Gourmet**, a natural product store in Concord, Massachusetts, which opened in 1989. National television shows like "20/20" have showcased **Debra's Natural Gourmet**, rated one of the top 100 natural food stores in the country, and Debra has been featured in *Cooking Light* and *Inc. Magazine*, which called **Debra's Natural Gourmet** one of the five home-town powerhouse businesses. Her management style was showcased in *Investor's Business Daily*.

Debra is the founder and president of **Stark Sisters Granola** (1992), a company which manufactures award-winning, gourmet granolas praised by the likes of *Bon Appetit*, *The New York Times*, *The Boston Globe* and *Chicago Tribune*. **Stark Sisters Granola** started in the kitchen of **Debra's Natural Gourmet**, where Debra's customers so loved the granola she made that they insisted she keep stirring and finally take it to market! **Stark Sisters Granola** continues to have a fiercely loyal following spreading across the country, growing thanks to word of mouth.

Debra, who writes a newsletter for more than 11,000 devoted readers in the greater Boston area together with her son, Adam, has also written columns on health and nutrition for publications including newspaper, *Boston Globe*, website MotherNature.com, and consumer periodical *Great Life Magazine*. She is also the author of two cookbooks—*If Kallimos Had A Chef* and *Debra's Natural Gourmet Cookbook; Eat Well Be Happy, A Second Bite*. Often asked to speak about food and its connection to health, Debra is a consultant to television and Boston area doctors who call her for natural and complementary alternatives to standard drug therapy. She was filmed for a PBS program, "Healthy Living," with Jane Seymour as host. When asked about her philosophy of life, Debra has quipped, "I need a secretary, live-in masseuse, and a personal trainer. Like everyone else, I'm trying to find balance and harmony in life! Short of that, I want everyone to eat **Stark Sisters Granola!**"