

Dr Clare Bale

Clare is passionate about the relationship between food and well-being. Not only the taste or nutritional benefits, but how, in gathering, preparing, and eating; food feeds our spirit, our relationships and nurtures our body – how it, alongside body and emotional work, connects us to others and the earth and produce around us with joy. She is a champion for functional medicine, bridging western and other philosophies – an approach still in its infancy. She started working at 14 in a big restaurant. She ran her first kitchen at 18. When her children were small, she ran a VIP catering service. Before she left for Crete, alongside her management consultancy, she was working with community gardens, giving community cooking lessons. She ran cookery workshops in her home.



Cleaning wild greens with women on Lasithi Plateau

Although she is still an award-winning Public Academic, Researcher and specialist Dr in Public Health, here in Crete, she is very fortunate to be able to forget these and focus on her passions; food, friends, art, histories, creativity and people. She is also painting, volunteering, writing theatre, erotic fiction, and a book about re-visiting the Cretan Diet in the context of modern Greek culture. She has learnt Greek and continues to study.



The columns of Knossos seen from Clare's roof

Originally from the UK, she now lives in the village of Knossos, only 50 metres from the famous Minoan Palace, whose columns she can see from her roof terrace. She is surrounded by mountains and nature where she collects wild herbs and plants (learning from the locals) and with which she creates a fusion between the famous traditional Cretan diet and slow/clean/world food.

As cook for your retreat, Clare will bring all of these elements together; her joy, her stories, her passions. She may sing, she may dance. She will source and daily, plan food that she will be happy to share with you and that she hopes will feed your body and soul, and compliment your retreat journey.

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