

Chef Njathi Wa Kabui
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Chef, Organic Farmer, Author, Activist
<http://organicsandsound.com/>
On Facebook - Njathi wa Kabui or Organics & Sounds

Chef Kabui is a celebrated organic chef, urban farmer and food activist from Durham, North Carolina and he brings to the table a combination of history, education and experience that has resulted in a unique perspective on food and healthy eating in America and beyond.

Food in its organic form and politics came naturally to Kabui; he was born in central Kenya to a coffee farmer Mum and restaurant owner Dad. Chef Kabui studied Political Science and Philosophy Studies at Le Moyne Owens College, a historically black college in Memphis, TN. He received a dual Masters in Medical Anthropology and Urban Anthropology from the University of Memphis. After moving to North Carolina, Chef Kabui studied Anthropology and Culinary Arts from the Center of Green Studies in Pittsboro, NC.

He now leverages his rich legacy by sharing his extensive knowledge of farming, culinary skills and passion for food justice as he travels across America, Europe, and Africa. He is committed to changing the lives of the people around him and the society at large in the way they view food, its usage and sustainability.

Chef Kabui is dedicated to starting, sustaining and offering sustainable food systems in areas otherwise regarded as food deserts. The organization, Organics and Sounds, also provides [eclectic dinners](#) in different settings. Chef Kabui has been a guest chef in various establishments preparing healthy meals as well as talking about the value of food and how it can be prepared to retain its valuable nutrients. A sampling of his recent guest appearances have been with:

[NPR's, "The State of Things"](#)

The Kenyan Embassy in Washington D.C.

Lake Nakuru Lodge in Lake Nakuru National Park, Kenya

Trio Restaurant in Mt Airy, NC

Blue Coffee Café in Durham, NC

Many of the best wineries east of the Mississippi

He also provides lectures and workshops on sustainable agriculture and the politics of food at numerous summits and conferences. Most recently he spoke at North Carolina Agricultural & Technical State University and Duke University.

Chef Kabui presents his delicious meals, ideas and focus in many different settings; ranging from garden dinners, lawn settings, corporate offices, schools, homes, and high-end restaurants and hotels. Most recently, Chef Kabui choreographed a food experience for Burts Bees, the largest natural personal health care products manufacturer in the country, at their headquarters in Durham. The company shares a lot of their values regarding business and social responsibility.

The Annual Manual, which comes out once a year had a whole five pages coverage of Chef Kabui and his work. Below is a link to the article:

<http://www.pageturnpro.com/Progress-Printing/44331-105800-CI-Annual-Manual-2012/index.html#1>