

## ΟΜΟΓΕΝΕΙΑ

### Glyka Sweets celebrates Thanksgiving in San Rafael

19 November 2022

Effie Fourakis studied Biochemistry and has a Masters of Public Health from the University of California, Berkeley. She worked for over 25 years in the Environmental Health field assessing hazardous waste sites and toxic air pollution. In 2011, she made a sudden career change and together with her husband opened the company "Glyka Sweets", through a website and a rented kitchen, selling their products to local shops and farmers markets.

In 2015 they moved into their own kitchen and the business continued to grow with their eldest son, Achilleas, taking over sales and marketing and their youngest son, Odysseas, providing IT and Engineering support.

With the help of her family, Effie makes unique baklava, kataifi, galaktoboureko, breads and cookies. Effie's family celebrates Thanksgiving in the traditional American way, but they always start with a Greek breakfast of homemade Cretan bougatsa, made with goat cheese and enjoyed with a cup of coffee. After breakfast, Effie continues with the roasting of the turkey and traditional side dishes.

Weather permitting, they walk their dogs in the afternoon or watch a movie together. The turkey is accompanied by a seasonal green salad, stuffing, mashed potatoes, sweet potato casserole and then dinner is served with gravy, cranberry sauce and a California wine. For dessert, Effie makes an apple pie and serves the family's favorite Greek sweets from their bakery, usually with a big mug of chamomile. Effie suggests some seasonal Thanksgiving desserts like: baklava with pecan and pumpkin filling, baklava saragli rolls with walnut, cranberry and chocolate, traditional galaktoboureko, as well as a variety of "Glyka Sweets" cookies.

Effie and her husband Vasilis especially love Greece, our traditions and culture and have created the "Minoan Dancers". They have been teaching Greek dance in the Greek community for more than 35 years. Their students range from 5 years old to adults and the majority of them are second and third generation Greek-Americans, most of whom have never been to Greece, nor do they speak Greek. Through dance and traditional Greek sweets, the two proud Cretans try to preserve and promote Greek culture to the young people of their Community.

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