

# Genevieve Wiseman

Fashion Styling  
Canada

View the full portfolio at <http://www.thecreativefinder.com/genwiseman>

## Professional Experience and Curriculum Vitae

I am a prop stylist living and working in Toronto. I work with many talented photographers for both Advertising and Editorial.

## Previous Clientele

Holt Renfrew, Indigo, Foodland, Bell, Molsons, California Closets, Target, Coke, Krogers, Style at Home Magazine, Canadian Living, Clean Eating, Bombay Company, Home Depot, Kraft, Best Health

## Awards and Accolades

Freelance Prop Stylist (print)- GW Props 2005-present  
Design Coordinator (tv) - The Decorating Adventures of Ambrose Price (2010)  
toronto.com - photo editor 2000 -2005  
Black Book Magazine - Art Associate (1999)  
Channel Thirteen - Intern (1999)  
Aperture Foundation - 1998

## Awards and Accolades

visit [www.gwprops.com](http://www.gwprops.com) for more info



# Genevieve Wiseman

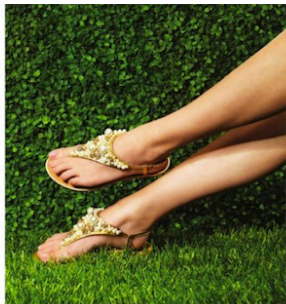
Fashion Styling  
Canada

View the full portfolio at <http://www.thecreativefinder.com/genwiseman>

S  
T  
I  
O  
H



HOLT RENFREW  
SPRING 2012 SHOE GUIDE



KATE SPADE NEW YORK  
Gold-tone chain-link sandals, \$115, \$125  
katespade.com



STUART WEITZMAN  
Cotton-look lace strappy sandals, \$115, \$125  
stuartweitzman.com



# Genevieve Wiseman

Fashion Styling  
Canada

View the full portfolio at <http://www.thecreativefinder.com/genwiseman>



Just finished the curated tour at the Royal Ontario Museum. Hot dog, anyone?



# Genevieve Wiseman

Fashion Styling  
Canada

View the full portfolio at <http://www.thecreativefinder.com/genwiseman>





# Genevieve Wiseman

Fashion Styling  
Canada

View the full portfolio at <http://www.thecreativefinder.com/genwiseman>





# Genevieve Wiseman

Fashion Styling  
Canada

View the full portfolio at <http://www.thecreativefinder.com/genwiseman>



15b Lloyd Road Singapore 239098 (co. reg. 201004398N)  
helpdesk 656.227.2902, fax 656.227.0213



# Genevieve Wiseman

Fashion Styling  
Canada

View the full portfolio at <http://www.thecreativefinder.com/genwiseman>

how to // **kitchen confidential**

## Garlicky Creamed Spinach

SERVES 2, MAKES ABOUT 1½ CUPS

TOTAL TIME: 20 MINUTES

HANDS-ON TIME: 25 MINUTES

### INGREDIENTS:

- 1 9-oz bag fresh (or frozen, thawed) spinach, or baby spinach (12 loosely packed cups), stemmed, washed and drained
- 1 tsp olive oil
- 2 cloves garlic, minced
- 3 tbsp Neufchâtel (½-less-fat) cream cheese, cut into 1-inch pieces
- ½ cup low-fat milk
- ¼ tsp sea salt
- Pinch fresh ground black pepper
- Pinch ground nutmeg

### INSTRUCTIONS:

**ONE:** Heat a large saucepan or skillet on medium. Working in batches if necessary, add spinach and cook until wilted and easily gathered into a mound with tongs, 30 seconds to 1 minute, stirring occasionally. Transfer to a colander placed inside a bowl and set aside until cool enough to handle, about 10 minutes. With your hands, gather spinach and squeeze out excess water. Transfer to a cutting board and chop coarsely.

**TWO:** Meanwhile, in a separate large saucepan, heat oil on medium. Add garlic and stir occasionally until fragrant, about 30 seconds. Reduce heat to medium-low and add cheese and milk. Cook, stirring with a wooden spoon, until cheese melts and mixture thickens into a smooth sauce, 2 to 3 minutes. Stir in salt, pepper and nutmeg.

**THREE:** Add spinach to cheese mixture, separating leaves with your hands; stir gently to coat. Remove from heat and serve immediately.

### NUTRIENTS PER SERVING (½ CUP)

CALORIES: 160 TOTAL FAT: 7g SAT FAT: 4g MONOSATURATED FAT: 3g POLYUNSATURATED FAT: 0.5g CARBS: 10g FIBER: 1g SUGAR: 1g PROTEIN: 7g SODIUM: 470mg CHOLESTEROL: 15mg

**Nutritional Bonus:** While spinach contains an exceptional amount of vitamins and minerals, it's the unusual mixture of phytonutrients (disease-fighting compounds) that make spinach one of the best antioxidant and anti-inflammatory foods you can eat. Researchers have identified more than a dozen special phytonutrients in spinach, some of which have been shown to inhibit the growth of cancer cells. ☺

STYLING: JENNIFER HARRIS FOR THE CREATIVE FINDER



### EXTRA SPINACH?

Head to [cleaneating.com/aprilmay-2012](http://cleaneating.com/aprilmay-2012) to wilt it and pair it with ricotta in our heart-healthy, 15-minute frittata.

20 Clean Eating APRIL/MAY 2012



# Genevieve Wiseman

Fashion Styling

Canada

View the full portfolio at <http://www.thecreativefinder.com/genwiseman>



15b Lloyd Road Singapore 239098 (co. reg. 201004398N)  
helpdesk 656.227.2902, fax 656.227.0213