



Kootenay Co-op Cooking School

2009 Fall Classes

"Food is our common ground, a universal experience."
James Beard

Vegetables are the food of the earth; fruit seems more the food of the heavens.

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295 Baker Street Nelson, BC V1L 4H4

Phone 354-4077 Fax 54-409

customerservice@kootenay.coop

www.kootenay.coop

Canning and Jamming

Thursday, September 10; 6:30-8:30pm

Preserve the abundance of the Kootenay Harvest and learn the basics of 'putting food by'. We will be covering canning, jamming and pickling and we will touch on root cellaring and food dehydrating.

Bring a small canning jar so you can take home some of our freshly made jam. Light snacks and tea will be served.

Introduction to Vegetarian Cooking

Thursday, October 1; 6:30-8:30pm

Join us to learn the fundamentals of creating wholesome and delicious meals using fresh, organic and natural ingredients. We will review how to create complete proteins, meal planning, the preparation of natural foods, the basics of fats and oils and some allergy cooking.

Join us for a fun class and an organic vegetarian meal.

Introduction to Raw Food Cuisine

Thursday, October 29; 6:30-8:30pm

*With Guest Instructor Naomi Jason

Everyone is getting excited about the benefits of 'living' foods, so come see what it's all about! Get inspired to make delicious snacks, meals and desserts and pick up some tricks for raw meal planning. We'll explore some easy and mouth watering recipes and provide some insight into this delicious, innovative and fun way to eat!

Simple, Delicious and Greek!

Thursday, November 12; 6:30-8:30pm

Join us for a fun evening as we explore the fresh and beautiful cuisine of Greece. We will create a tasty dishes for you to try and send you home with great recipes that are sure to become favourites. We will discuss ingredients, spices and techniques to help you make great natural and wholesome Greek dishes at home.

Introduction to Sourdough

100% Whole Grain Bread and Cinnamon Buns

**With Guest Instructor Lorraine Carlstrom

Thursday, November 26; 6:30-8:30pm

Would you like to learn all about sourdough?

There is no faster way to learn to bake than in a hands-on class. Lorraine will talk about the history of sourdough and reasons why it is more digestible and nourishing than whole grain products made with bakers yeast. You'll learn how to care for a starter, knead, shape and bake fresh bread and yummy cinnamon rolls. We will taste what we have made and recipes will be shared.

Bring a glass jar if you want to take some starter home so you can make these wonderful products at home.

Asian Fusion #1 -

Indonesian, Thai and Malaysian

Thursday, December 10; 6:30-8:30pm

This is the first in a 2 class series exploring and discovering the amazing, tasty foods of the South Asian cuisine. Our first class will cover whole food versions of some of the most delicious dishes from this region. Let us take some of the mystique out of this style of cooking and help you create fabulous dishes that you will want to enjoy all of the time!

Our Instructor

***Maggie Jones** has been teaching, lecturing and writing about health and nutrition for as long as some of us have been around and has raised 3 healthy and vibrant vegetarian children into adulthood. After over 37 years of vegetarianism, Maggie is still passionate about and committed to living a natural healthy lifestyle, with a focus on fun and enjoyment.*

Guest Instructors

****Naomi Jason** is a lover of food and a seeker of health and is often found in the kitchen sprinkling a bit of that into a blend of this with a bunch of these. Naomi has been exploring raw foods for several years and has been taught by folks who having been doing it for decades. She is thrilled to be passing this knowledge on to others.*

*****Lorraine Robinson Carlstrom** is a Nutritional Consultant and a Chapter Leader for the Weston A. Price Foundation (a non-profit nutritional group). Whole foods were a big part of Lorraine's healing protocol after facing many health challenges and she loves to share what she learned through her cooking classes. Her passion is nutrient-rich cooking using traditional techniques.*

Registration and Cost

Registration for the classes begins Monday, August 17th. Please register at least 2 weeks in advance for the class you wish to attend and pay for class at time of registration. You may register in person at our Customer Service desk, or by phone: 250-354-4077. Please pay by credit card when registering by phone. To keep classes personal and interactive, class size is limited to 15. The cost for each class is \$20 for members and \$25 for non-members. The entire series is offered at \$100 for members and \$125 for non-members.

Cancellation Policy

If you cannot attend a class, please give 48 hours advance notice. There will be no refunds given for cancellations, but we will be more than happy to transfer you to another class within the series.

More Details

All cooking classes are held at the Nelson United Church, located on the corner of Silica and Josephine Streets.

All classes run about 2 hours, from 6:30-8:30pm and have plenty of time for questions as we go. We will share our creations at the end of each class, but be sure not to come too hungry as we typically eat between 7:30-8pm.

Other News

Would like information about upcoming classes, workshops, events, Co-op produce specials and other news? Sign up for the Kootenay Co-op eNEWS. Log on to www.kootenay.coop and look for the **CO-OP eNEWS** icon on the right hand side of the screen.