



Kootenay Co-op Cooking School

2008 Fall Classes

“Food should be our medicine and our Medicine should be our food.”

Hippocrates

“An apple a day keeps the doctor away.”

Your Mother...

295 Baker Street Nelson, BC V1L 4H4

Phone 354-4077 Fax 54-409

customerservice@kootenay.coop

www.kootenay.coop

Can it, Dry it, Store it!

Thursday, September 18; 7-9pm

Canning, jamming, and pickling will all be covered in this class. We will even talk a bit about root cellaring. Food dehydration will also be explained as we learn to dry a variety of fruits and vegetables. We will teach you all the basics of putting food by. Light snacks and tea will be provided, and we will send you home with a fresh jar of jam! Let us help you preserve the abundance of the harvest.

Introduction to Vegetarian Cooking

Thursday, October 2; 7-9pm

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.

50 Ways to Love your Tofu

Thursday, October 30; 7-9pm

This class will introduce you to the wonderful world of soyfoods and offer great new, fresh and delicious meal ideas to even those experienced in tofu cookery. We will prepare a variety of quick and easy meals centred around foods made from this bountiful bean, including the nutritious and versatile tempeh.

South of the Border- Mexican Cookery

Thursday, November 6; 7-9pm

Join us and learn everything you need to know to make fresh, spicy and tasty Mexican themed dishes. We will be using traditional Mexican ingredients such as squash, tomatoes and corn as well as the unconventional, to make beautiful and delicious Mexican dishes. Ole'!

Bake it!

Thursday, November 20; 7-9pm

This class offers everything you need to know about baking treats, goodies, loaves, and pies using natural and whole food ingredients. Join us as we discuss whole grain flours, vegan and low sugar desserts, natural sweeteners, healthy fats and oils and many other relevant topics. We will create beautiful foods to share, and take home a bounty of recipes, sure to impress.

Seasonal Vegetarian Celebrations

Thursday, December 11; 7-9pm

Life offers us so much to celebrate and be thankful for. Join us for this wonderful class as we explore how to create a full, diverse and beautiful meal to share with those important to us on the most special of occasions. Together we will make savoury appetizers, veggie pate, soy nog and other beautiful dishes you will be delighted to serve at home for your own celebrations.

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 36 years of vegetarianism, Maggie is still passionate about and committed to living a natural healthy lifestyle, with a focus on fun and enjoyment.

Registration and Cost

Registration for the classes begins August 18, 2008. 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 will be held at the Nelson United Church, located on the corner of Silica and Josephine Streets.

Classes run about 2 hours, from 7-9pm and will have plenty of time for questions as we go. We will share a meal at the end of each class and enjoy our creations.

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.