



Kootenay Co-op Cooking School

2010 Spring Classes

Now in our third year!

Learn to cook nutritious, delicious and inexpensive meals from scratch with whole food ingredients.

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Introduction to Vegetarian Cooking

Thursday, January 21; 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.

Gluten Free Fare

Thursday, February 18; 6:30-8:30pm

Many people have sensitivities or allergies to wheat and gluten. Creating beautiful and interesting foods can prove challenging. We can help! Join us for a fabulous and comprehensive class covering every aspect of gluten free cooking and baking. Ingredients, techniques and substitutions will all be touched upon; with food this good you may never miss wheat again!

Anti-Inflammatory Foods

Thursday, March 4; 6:30-8:30pm

We now know that the foods we eat can have a definite impact on how our bodies age and respond to illness. Food and lifestyle choices can optimize or hinder our body's own natural ability to achieve optimal health and wellbeing. Join us as we explore the foods that support health, immune function and our natural ability to feel young and vibrant at any age. Super Foods will be covered.

Simple, Delicious and Greek!

Thursday, March 25; 6:30-8:30pm

Join us for a fun evening as we explore the fresh and beautiful cuisine of Greece. We will create 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.

Asian Fusion #2 -

Chinese, Nepalese, Mongolian and Japanese

Thursday, April 15; 6:30-8:30pm

This is the second class in our two part Asian series. Join us as we visit and discover the amazing, simple and tasty offerings of the North Asian cuisine. We will create many whole foods version of some of the most delicious and beautiful dishes from these regions. Let us take some of the mystery out of Asian cooking and help you to create wonderful, flavourful meals that are sure to become family favourites!

Fresh, Fast and Fabulous Summer Salads

Thursday, May 6; 6:30-8:30pm

Spring is here! It is time once again for our third fabulous salads class. Rejoice, cleanse and renew with wholesome and fresh salads. This class will teach you how to make fresh salads with rice and grains as well as beans and raw vegetable salads. Beautiful, colourful and fresh salads that you can build any meal around. We will also give you some great recipes for dressings that you can use on anything!!!

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 38 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 Monday, January 4th. 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.

We are now on Facebook! Great articles about health, nutrition, sustainable agriculture, co-op related news, and more. Become a fan by logging onto our website, click on the **Facebook** link.