



Spring
2011

Cooking School

Join us to eat, learn and be merry!

*We'll share a great meal and showcase our favourite
delicious, nutritious and affordable recipes*



Kootenay Country Store Co-op

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Intro to Whole and Natural Foods

Thursday, January 20; 6:30-8:30pm

Start the year off right with the information you need to have the optimal diet for good health. We'll be talking about natural foods, whole foods and food combining. We'll also touch on Super Foods, foods rich in calcium, iron and all the other essential nutrients.

Supper's in the Oven: Quick and Easy Casseroles

Thursday, February 3; 6:30-8:30pm

You can make delicious, easy, nutritious casseroles with just about anything you have in your cupboard! We will show you how to make some mouth-watering casseroles that are sure to become family favourites. We will also discuss how to use alternative grains and make high protein dishes.

East Indian Feast

Thursday, February 17; 6:30-8:30pm

Warm yourself with beautiful and aromatic East Indian Foods. We will use whole spices and learn to make fresh spice mixtures to prepare authentic and exquisite East Indian foods. Join us for a feast of light, easy to prepare, fresh and flavourful foods as we create fresh Paneer, Dhal, beautiful vegetable dishes and more.

Creole Fusion

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

It's cold outside, but it's hot in our class! Come discover and enjoy some of the best dishes from the Creole culinary tradition. We will take you far beyond Gumbo and delight you with delicious offerings from the Atlantic Rim.





Asian Fusion 3:

Thursday, March 24; 6:30-8:30pm

This is our 3rd class in our Asian Fusion series. We'll be discovering the cuisines of Cambodia, Laos and Vietnam. Not only are our recipes easy to make, but we also use ingredients which are easily found. Come explore the exotic flavours, the beautiful colours and the unique tastes of these interesting cuisines.

Muffins, Loaves, Quick Breads and Scones

Thursday, April 28; 6:30-8:30pm

Fancy-up your lunchbox, entertain your friends, and delight your family with the yummy, quick-baking goodies we will teach you to make in this class. Using naturally dried fruits, whole grain flours, nutritious sweeteners and good oils, we will show you how to make recipes that really work. Egg-free and gluten-free baking will be discussed.

Fresh, Fast and Fabulous Salads 2:

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

Spring is here! It is time once again for our 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!!! We will be adding many new recipes and ideas for this class, so it'll be fresh material even for the experienced student!





Registration and Cost

Registration for the classes begins Monday, December 13. 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, size is limited to 15.

Each class is \$20 for members and \$25 for non-members. A 6-class 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. No refunds are given for cancellations, but we will be more than happy to transfer you to another cooking class within the series.

Location

All cooking classes are held at:
Nelson United Church, 602 Silica St., on the corner of Josephine St. and Silica St.

Class Times

All classes start at **6:30pm** and run about 2 hours. There is plenty of time for questions as we go and we will share our creations at the end of each class. Be sure not to come too hungry though, as we typically eat between 7:30-8pm.

Other News

For information about upcoming classes, workshops, events, Co-op produce specials and other news, sign up for the Kootenay Co-op eNEWS. Visit 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 visiting our website and clicking on the Facebook link.

Our Instructor

Maggie Jones

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.

