



Fall
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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Canning and Jamming

Thursday, September 8; 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.

Moroccan Mystique

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

Come spend an evening with us preparing and enjoying the exotic and delicious foods of Morocco. Moroccan cuisine incorporates diverse ethnic influences, with the Arab invasion in the 7th century came new spices, nuts and dried fruits, and the sweet and sour combinations that we see in dishes like tagine with dates or dried apricots. From Andalusia came olives, olive oil and citrus juices while the Jewish Moroccans contributed their sophisticated preserving techniques that we see in the frequent use of preserved lemons, pickles, etc.

We will teach you the basics of how to use the traditional spices and herbs, to create some amazing dishes at home using easy-to-find ingredients. We've brought together a selection of wonderful recipes and we'll be preparing a Moroccan feast for you to enjoy in the class!

Into Africa

Thursday, October 13; 6:30-8:30pm

Come join us for a night of spice and fun as we explore some of the wonderful foods and flavours of the African continent. We will prepare authentic African meals from readily available ingredients. Spicy, flavourful stews, beautiful vegetable dishes and Angolian coconut pudding will be on the menu!





Introduction to Macrobiotics new

Thursday, October 27; 6:30-8:30pm

The word 'macrobiotics' comes from the Greek root meaning 'long life'. Developed by George Ohsawa, macrobiotics embraces simplicity and balance in its purest form.

This diet incorporates whole organic grains, sea vegetables, beans, and other natural foods to create a diet that is alkaline in nature and limits sugars and nightshades. Natural fermentation with sea salt and/or Umeboshi vinegar is another popular way to prepare vegetables in the macrobiotic diet. Stainless steel, cast iron, wooden or earthenware pot, pans and utensils are used.

Macrobiotics is seen by many as a path to balance and wellness ---a way of eating that integrates physical, spiritual and planetary health.

East Indian Feast

Thursday, November 10; 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.

Bulk and Best Value Foods new

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

Would you like to get the best bang for your grocery buck while ensuring the highest quality of organic and natural foods? Want to learn where the best value is nutritionally and how to have the best diet possible while saving money?

This class will cover making almost everything from scratch with time saving tips, information on how to utilize bulk foods efficiently and how to make seasonal eating exciting! We will also discuss sprouting of seeds and beans.





Registration and Cost

Registration for the classes begins Friday, July 15, 2011. 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.

