



April Class Schedule

South Indian Festival Foods (DT)

Tuesday, 4/3, 6:30 - 8 p.m.

Anu Seshadri. Please pre-register; \$30/\$25 members. Join the south Indian New Year festivities as chef Anu shares culture, traditions and signature dishes from her homeland. Learn to make crispy lentil croquettes, spicy lentil-tomato soup and rice pudding perfumed with cardamom pods. Happy Vishu!

Wild Edibles = Free Food! (DT)

Thursday, 4/5, 6:30 – 8 p.m.

Karen Shragg. Please pre-register; \$20/\$15 members. Learn how to harvest and cook delicious wild edibles. Full of nutrition and flavor, these plants are often unwanted and free for the taking. Karen, naturalist for Richfield's Wood Lake Nature Center, will show you how to transform wild plants into wonderfully tasty dinners.

Simple & Savory Stir Fry (DT)

Tuesday, 4/10, 6:30 – 8 p.m.

Mary Jo Rasmussen & Kelly Smeltzer. Please pre-register; \$25/\$20 members. How does stir-frying differ from sautéing or pan frying? Do you need special equipment? In this class, you'll get the answers; plus, you'll learn the techniques behind this versatile cooking method. Mary Jo and Kelly, owners of Urban Relish, a local catering and education service, will show you how to make simple wok appetizers, Chinese/Thai fried rice and quick sauces to accompany your stir fry creations.

Seasonal Cooking with Kate: Fast & Easy Weeknight Meals (DT)

Thursday, 4/12, 6 – 8 p.m.

Kate Moore. Please pre-register; \$25/\$20 members. Are you looking for new inspiration for your weekly dinners? Join Chef Kate and learn wonderful weeknight basics that are flexible enough to change with the seasons, allowing for easy, accessible and economical meals any night of the week! Class will end with a family style dinner including a muffuletta sandwich with herbed cream cheese, seasonally inspired soup and salad with homemade dressings.

Vegan Options Explored: Store Tour (LD)

Saturday, 4/14, 1 - 2 p.m.

Melissa Maaske. Please pre-register; FREE. Are you newly vegan, know someone who is or looking to expand your plant-based diet? Join vegan mentor Melissa Maaske as she guides you on a tour of the co-op. You'll learn simple tips for reading labels, discover products you overlooked in the past and have your questions on veganism answered. With help from Melissa you can make health-conscious choices on what you eat!

How to Shop Co-op (LD)

Tuesday, 4/17, 6:30 – 8:30 p.m.

Maia Campbell, Membership & Outreach Coordinator. Please pre-register; FREE. Take an insider's look at how to shop the aisles of the Linden Hills Co-op. We'll explore each department, learn the mysteries of buying in bulk and taste our local products. Plus, we'll share strategies for making the most of your food dollar while enjoying high quality local, organic and fairly traded food.

Wellness Wisdom with Dr. Preston: Dispel the Myths about Cholesterol (LD)

Thursday, 4/19, 6 – 8 p.m.

Rhys Preston, Chiropractic Doctor. Please pre-register; \$15/\$10 members. What is the difference between "good" cholesterol and "bad" cholesterol? Made in the liver, cholesterol is a part of every cell in your body and can contribute to increased body fat and other health concerns. Dr. Preston is back to answer questions and show you 10 simple steps to raise your good cholesterol and lower the bad; he'll also cover side effects associated with common statin medications.

Thai Cooking with Gai Gai Thai: Som Tom & Sticky Rice (DT)

Tuesday, 4/24, 6:30 – 8 p.m.

Kris Petcharawises. Please pre-register; \$21/\$16 members. Take a tour of Thailand as Kris guides you through traditional and innovative Thai cuisine. Sample Som Tom (Papaya Salad) with added ingredients such as red cabbage and bamboo and learn variations including cucumber relish and even Thai kimchi. Plus, Kris will show you how to make sticky rice the easy way.

Book Club: *Fair Food: Growing a Healthy Sustainable Food System for All*

Wednesday, 4/25, 6:30 – 8:30 p.m.

Please pre-register; FREE. This month we read an eye opening and inspiring guide to changing not only what we eat, but also how food is grown, packaged, transported and sold. Dr. Oran Hesterman refocuses the lens away from our nation's obsession with centralization, profits, and convenience to examine a food system based on social justice, environmental health, and good quality food. The LHC Book Club is presented by simplegoodandtasty.com. Meetings are open to all—whether you finish the book or just have fresh ideas about our food system. This is an informal, friendly, group-led discussion, with no designated speaker.

Kitchen Basics with Kate: Knife Skills (H)

Thursday, 4/26, 6 – 8 p.m.

Kate Moore. Please pre-register; \$25/\$20 members. Learn to mince, dice, julienne and slice on the oblique with finesse! Knife skills are crucial to developing culinary prowess. Kate will empower you to unleash your inner chef as she covers basic techniques and knife care. Participation is encouraged; you'll prepare some tasty treats to enjoy at the end of class.

Good Health Begins in the Gut (LD)

Saturday, 4/28, 10:30 a.m. – 12:00 p.m.

Michael Larson. Please pre-register; \$20/\$15 members. Gastrointestinal health is a key component to overall well-being. If your gut is unhealthy, it can lead to illnesses such as asthma, allergies, Crohn's, colitis and auto-immune disorders. Michael used his knowledge about G.I. health to help his daughter recover from autism, and he would like to share his experience with you. He'll also give a presentation on how to make cultured and fermented vegetables, which contain important nutrients and enzymes to support gut health.

Class Description Key:

Demo with Tasting or Take Home Samples (DT) Lecture/Discussion Only (LD) Hands-On (H)



REGISTRATION IS EASY!

Prepay for classes at the customer service desk or call 612-922-1159 to pay by credit card. Members of any Twin Cities food co-op will receive a \$2 discount on registration.

Pre-registration including payment is highly recommended.

If you need to cancel you must do so 48 hours before the scheduled class to receive a full refund.

Please note that our classes are not intended to replace your relationship with your primary physician. We care about your health and look forward to sharing our expertise & enthusiasm for good food and healthy lifestyles. When in doubt, please consult your regular physician for diagnosis or treatment.

Linden Hills Co-op * 3815 Sunnyside Ave * Mpls, MN 55410