



February Class Schedule

Managing Personal Energy (LD)

Thursday, 2/2, 6:30 – 8 p.m.

Debra Safyre. Please pre-register; \$35/\$33 members. According to human energy consultant and registered nurse Debra Safyre, everything is energy—including you. You are constantly directing your energy and reacting to the energy of others. This class will help you develop awareness and skills to manage your reaction to energy and help you create the results you want in life.

Learn to Brew Your Own Kombucha (LD)

Tuesday, 2/7, 7 – 8:30 p.m.

Bryan Bertsch. Please pre-register; \$35/\$33 members. Kombucha is believed to have originated in China over 2,000 years ago, and has been home brewed in Japan, Russia, and Eastern Europe for several centuries. Learn the first fermentation process and the nuances of second fermentation to create your own unique drink. Take home a mother SCOBY (you'll learn what it is!) and some starter tea to begin your kombucha adventure right away.

Exotic Aphrodisiac Desserts (DT)

Thursday, 2/9, 6:30 – 8 p.m.

Anu Seshadri. Please pre-register; \$23/\$21 members. Certain foods have become well known for their aphrodisiac influence on the human body. Many of these foods were prepared in a dessert form as an enticing treat to heighten the body's senses. In this class we'll prepare three such desserts (Baklava, Strawberry Lassi & Grilled Pineapples w/ Kesar Sauce) that will be a surefire hit on your Valentine's Day or any special day that you would like to celebrate with your special somebody!

Inner Smile Meditation (LD)

Tuesday, 2/21, 7 – 8 p.m.

Bryan Bertsch. Please pre-register; \$20/\$18 members. Join Certified Universal Tao Instructor Bryan Bertsch for a spirited class of healing and self-transformation. You will practice the Inner Smile Meditation – the foundation of the Universal Tao System as taught by Master Mantak Chia. Bryan's techniques will teach you how to transform everyday stress into vitality, and balance negative emotions with positive ones to create internal harmony. Learn how to relieve chronic pain, detoxify your system, increase your energy and enjoy better health.

Eating & Living for Energy (LD)

Thursday, 2/23, 6:30 – 8 p.m.

Claudine Arndt, Certified Health Coach. Please pre-register; \$15/\$13 members. Do you struggle to get out of bed in the morning? Do you yawn your way through the afternoon? This workshop will help you identify the foods that give energy and the foods that deplete energy, as well as strategies you can incorporate into your life for feeling more energized on a daily basis.

Superfoods Cooking: Endless Soup (DT)

Saturday, 2/25, 10 a.m. – 12 p.m.

Claire Wickland. Please pre-register; \$25/\$23 members. Soup is such a feel-good food and an easy way to get nutrient dense "superfoods" into your diet, why not make it endless! We'll start with a basic chicken soup recipe and turn it into Mexican Roasted Vegetable, Red Thai Curry, Japanese Soba Noodle & Chinese Black Bean. Claire is a personal chef whose goal is to encourage superfoods eating at every meal.

Thai Cooking w/ Gai Gai Thai: Ba Mee Hang (DT)

Tuesday, 2/28, 6:30 – 7:45 p.m.

Kris Petcharawises. Please pre-register; \$20/\$18 members. Love noodles? This is the class for you! Chef Kris is back with his monthly installment of Thai cooking; for February he'll focus on the Chinese noodle influences on Thai cuisine, highlighted by Ba Mee Hang, a popular street-food egg noodle dish. He'll also show you how to prepare Pad Se Ew and Pad Thai using rice noodles.

Book Club: *The Feast Nearby: How I Lost My Job, Buried a Marriage and Found My Way by Keeping Chickens, Foraging, Preserving, Bartering and Eating* (LD)

Wednesday, 2/29, 6:30 – 8:30 p.m.

Please pre-register, FREE. Within one week journalist Robin Mather found herself unemployed and on the brink of an imminent divorce. So she packed her bags and headed back to her rural roots to try her hand at living locally, seasonally and economically. Thus started Mather's year-long project where she prepared and ate three home-cooked, seasonal and local meals a day, all on \$40 a week. Join us and Simple, Good & Tasty for this fun, quirky and totally enthralling memoir.

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