



January Class Schedule

Informed Consumer Series: Head Lice 101

Saturday, 1/7, 10 a.m. – 12 p.m.

Lisa Rudquist R.N., M.A., and Rachel Knutson R.N. Please pre-register; \$5/\$3 members. As students and teachers return to school after the holidays Lisa and Rachel present a workshop that covers frequently asked questions about head lice; what it is, how to check for it and treatment options. As the founders of Ladibugs Hair Care products they know how to safely and effectively treat head lice without many of the dangerous chemicals found in today's commercial products.

Thai Cooking w/ Gai Gai Thai: Curry

Tuesday, 1/10, 6:30 – 7:45 p.m.

Kris Petcharawesis. Please pre-register; \$20/\$18 members. Spice up your winter with some Thai curry! Gai Gai Thai is offering his monthly cooking course with a focus on curry; red, green, yellow and jungle (sans coconut milk). Learn the differences between these flavors and taste samples of Winter Squash Green Curry and Braised Beef with Potatoes Massaman Curry. Yummy!

Seasonal Cooking with Kate: Winter Salads

Thursday, 1/12, 6 – 8 p.m.

Chef Kate Moore. Please pre-register; \$25/\$23 members. Trying to eat healthier can be tricky when you don't know where to begin. Join Kate, enthusiastic instructor and chef, in this fun class where you'll learn the basics of making your own healthy & seasonal salads. Topics include how to incorporate seasonal vegetables and uncommon grains, enhancing flavors with herbs and making your own zesty dressings. At the end of this participation class we'll sit down together to enjoy the fruits of our labors with a family style meal.

Wellness Wisdom with Dr. Preston: Support Your Gut

Saturday, 1/14, 10 a.m. – 12 p.m.

Rhys Preston, Chiropractic Doctor. Please pre-register; \$15/\$13 members. Acid-stopping medications (of the "purple pill" variety) work by interfering with the proton pump and stopping the production of hydrochloric acid in the cells of the stomach. Diseases associated with low gastric acidity include celiac disease, asthma, eczema & many others. Dr. Preston will help you find solutions and preventions to these problems; he's here to offer ongoing support for your gut, and you!

Winter Skin Care

Tuesday, 1/17, 6:30 – 8:30 p.m.

Anna Dvorak. Please pre-register; \$37/\$35 members. Soothe chapped skin with simple remedies using herbs, plant-based oils & butters and essential oils. Anna is a personal guide for living a vibrantly healthy life. She focuses on teaching how healthier choices can be attainable for our skin, home and bodies through natural products, organic ingredients and balanced living. Join us as we make Violet Leaf Lip Balm, Lotion Bars & Herbal Healing Salve to help repair the driest of winter skin.

How to Shop Co-op

Thursday, 1/19, 6:30 – 8:30 p.m.

Maia Campbell, Membership & Community 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.

Seasonal Cooking with Kate: Soups 101

Saturday, 1/21, 10 a.m. – 12 p.m.

Chef Kate Moore. Please pre-register; \$25/\$23 members. Economical and delicious, soups are an ideal winter staple. Learn how to make them from scratch in this fun and laid-back class. Kate will show you the basics of soup making while helping you build your culinary confidence. Open minds, open palates and a willingness to experiment are encouraged! At the end of class we will sit down to enjoy bowls of soup with a family style meal.

Homeopathic Remedies for Colds & Flu

Tuesday, 1/24, 7 – 8:30 p.m.

Jackie Kramer, Certified Homeopath. Please pre-register; \$25/\$23 members. Looking for a more natural approach for winter flu prevention and treatment? Learn which homeopathic remedies are effective for influenza and viruses. This class is for those who would like to learn more about homeopathy and for those who want to feel more comfortable using remedies at home. Jackie has studied and practiced classical homeopathy since 1999. She is a graduate of the Northwestern Academy of Homeopathy and is a member of the Minnesota Homeopathic Association and the North American Society of Homeopaths.

Book Club: *Four Fish: the Future of the Last Wild Food*

Wednesday, 1/25, 6:30 – 8:30 p.m.

Please pre-register; FREE. Together with Simple, Good & Tasty we are ringing in this New Year with an award winning book that examines four of the fish that dominate our menus: salmon, sea bass, cod and tuna. Journalist and lifelong fisherman Paul Greenberg considers our current relationship with the world's oceans and what needs to change for us to have a future in which healthy and sustainable seafood is the rule rather than the exception. Winner of the 2011 James Beard Award for Writing & Literature, *Four Fish* is guaranteed to be a good read.

Classic Indian Appetizers

Thursday, 1/26, 6:30 – 8 p.m.

Anu Seshadri. Please pre-register; \$30/\$28 members. Join us for an evening of classic Indian appetizers. You will enjoy making favorites such as samosas with tongue-tingling chutneys, plus Mumbai Tartlets, too! You'll also learn the backgrounds and traditions behind these dishes. Anu, a food scientist by profession and passionate culinary instructor, will also offer authentic, hot Masala Chai.

You Can Can! Citrus Sampler

Saturday, 1/28, 10 a.m. – 12 p.m.

Jill Jacoby, Master Preservationist. Please pre-register; \$40/\$38 members. Canning and preserving are culinary methods that you can use year-round to capture fresh fruits and create make-ahead food for your family. This class will focus on colorful oranges, lemons, limes and other seasonal produce to brighten our days while waiting for spring.

Seasonal Cooking with Kate: Family Dinner

Tuesday, 1/31, 6 – 8 p.m.

Chef Kate Moore. Please pre-register; \$25/\$23 members. Food & family have always gone together. In this participatory class, Kate will demonstrate her model of community eating—one that allows you to bring together the ones you cherish (whether that is family of origin, family of choice or new friends!) in a way that is economically sustainable. Kate's love of people is reflected in her teaching style which is fun, engaging and empowering. At the end of class we'll all sit down to enjoy the fruits of our labors with a real family-style meal!



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.

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