



March Class Schedule

Your Home: Inspired by Love & Beauty (LD)

Thursday, 3/1, 7 – 8:30 p.m.

Margaret Lulic. Please pre-register; \$17/\$12 members. Do you feel cooped –up, tired of winter? Learn new insights from your home to brighten your life! Our homes offer us insight on beauty, relationships, our gifts and our challenges. Discover what your home is saying and you'll see that staying inside isn't so bad. Margaret is a Consulting Philosopher, professional life coach and author of *Home: Inspired by Love and Beauty*.

Informed Consumer Series: Discover the NxtNutrio App (L)

Saturday, 3/3, 10 - 11 a.m.

Laurie Kerkinni. Please pre-register; FREE. This hands-on workshop will show even the technologically-challenged how to use the NxtNutrio app. Bring your iphone, if you have one. Additional workshops on Wednesday, 3/7, 6-7 p.m., Friday, 3/16, 6-7 p.m., and Saturday, 3/24, 10-11 a.m.

Seasonal Cooking with Kate: Community Cooking (H)

Thursday, 3/8, 6 - 8 p.m.

Kate Moore. Please pre-register; \$25/\$20 members. Back by popular demand! Learn how Chef Kate has re-invented the potluck dinner to be more sustainable, fun and community building. Imagine: an event where everyone preps, eats and cleans-up together. Tonight's menu: pasta with seasonal variations and mixed green salad with homemade dressing. Learn how to make multiple variations of compound butters and herbed bean spread, too.

Sustainable Seafood (DT)

Tuesday, 3/13, 6:30 – 8 p.m.

Mary Jo Rasmussen & Kelly Smeltzer. Please pre-register; \$25/\$20 members. Is it more ecological to choose farm-raised or wild-caught seafood? Fresh or frozen? What fish are currently on the sustainability watch list? Urban Relish owners and chefs Mary Jo & Kelly will explore these questions as they cook up some fabulous sustainable seafood.

Wellness Wisdom with Dr. Preston: Conquering Your Sweet & Carb Cravings (LD)

Thursday, 3/15, 6 – 8 p.m.

Rhys Preston, Chiropractic Doctor. Please pre-register; \$15/\$10 members. Have trouble concentrating? Struggle with irritability, diabetes, hypoglycemia or metabolic syndrome? Does that afternoon headache always seem to greet you after lunch? You know hormones affect your moods, but did you know you can regulate your hormones with your food choices—especially when it comes to sugar?

Health & Healing from the Flower Garden (LD)

Saturday, 3/17, 10 a.m. – 12 noon

Katherine Krumwiede. Please pre-register; \$17/\$12 members. Flower gardens have more to offer than just their beauty. Did you know they also provide first-aid remedies? In fact, when it comes to nutrition, flower gardens give vegetable gardens some competition. Katherine, board president for the North Country Herbalist Guild, will inspire you to get into the garden this spring.

Informed Consumer Series: Go Solar (H)

Tuesday, 3/20, 6:30 – 8:30 p.m.

Joaquin Thomas. Please pre-register; \$40/\$35 members. Do you want to go solar the simple and affordable way? Learn how to build a personal solar station (PSS) from scratch with easy to find components. Your PSS can power 12V kitchen appliances for cooking, a small irrigation pump for your garden, etc. Joaquin, an electrical engineer and president of the Go Solar! company, will cover the basics in this hands-on workshop. Get your hands dirty for clean energy!

Kitchen Basics w/ Kate: Mastering the Art of Breakfast (H)

Thursday, 3/22, 6 – 8 p.m.

Kate Moore. Please pre-register; \$25/\$20 members. Build your culinary muscles and intuition with Chef Kate as we explore the most important meal of the day. Kate's fun and empowering teaching style will give you the kitchen confidence you need to become a breakfast champion. We'll end class with a make your own omelet bar (where you do the flipping!) and a family style meal featuring baked French toast, perfect roast potatoes and minted melon salad.

Thai Cooking with Gai Gai Thai: Nua Nom Tok (DT)

Tuesday, 3/27, 6:30 – 8 p.m.

Kris Petcharawises. Please pre-register; \$21/\$16 members. Kris features one of his favorite dishes from northeastern Thailand, Nua Nom Tok (grilled beef with lime and fresh herbs). He'll also prepare an alternative version with ground chicken and glass noodles.

Book Club: American Wasteland: How America Throws Away Nearly Half of Its Food (LD)

Wednesday, 3/28, 6:30 – 8:30 p.m.

Please pre-register; FREE. In recognition of our March Food Drive, this month we read about our nation's habitual waste of food. Jonathan Bloom's American Wasteland tracks food from farms to tables... to trashcans. He examines the history, culture and mindset of waste and offers solutions as to how we can change our ways. The LHC Book Club is presented by simplegoodandtasty.com. Meetings are open to all; you do not need to finish the book to participate. This is an informal, friendly, group-led discussion, with no designated speaker.

Parents' Guide to Food Allergen Awareness at School (LD)

Saturday, 3/31, 10:00 a.m. – 12 noon

Janelle Meier & Kristin Belatos. Please pre-register; \$27/\$22 members. This class will help parents of kids with food allergens tackle the toughest subject: The Lunchroom. Learn tips and tools to ease your stress, educate teachers and initiate schoolwide awareness of food allergies. You'll get the 411 on 504, individual health care plans and emergency plans. You'll also discover ways to manage your child's allergies in various environments away from home. Janelle is a 20 year allergy veteran and owner of the wheat, dairy and gluten free Black Barn Bakery. Kristin is a former board member of the Anaphylaxis and Food Allergy Association of MN.

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.

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