



May Class Schedule

Food is Medicine: Daily Detox (LD)

Tuesday, 5/1, 6:30 - 8 p.m.

Andrew Litchy, ND. Please pre-register; \$15/\$10 members. Food is medicine you eat three times a day.

As such, eating provides a terrific opportunity to encourage healing. As a Naturopathic Physician, Andrew has a passion for nutrition. He will show you how balanced meal choices can support good health and gently cleanse your body on a daily basis.

Vegan in a Hurry (DT)

Thursday, 5/3, 6:00 – 8:30 p.m.

Robin Asbell. Please pre-register; \$40/\$35 members. Is cooking a healthy meal a daunting task, one you just don't have time for? Chef Robin Asbell will show you how to create whole meals using recipes from her book, *Big Vegan*, such as Creamy Avocado Pasta with Asparagus & Arugula with a Quick Spring Green Salad in Pine Nut Vinaigrette. All you need is a hot stove and a sharp knife and you'll be able to put a genuinely delicious, plant-based meal on your table in around 30 minutes!

The Dessert Pantry (DT)

Tuesday, 5/8, 6:30 – 8 p.m.

Mary Jo Rasmussen & Kelly Smeltzer. Please pre-register; \$25/\$20 members. Creating a fun, tasty dessert doesn't have to take hours or require a long list of ingredients. With the right items in your pantry, you can satisfy your sweet tooth with homemade goodies that are quick and easy to make. Urban Relish instructors Mary Jo & Kelly will cook one-pan brownies, scrumptious bars, even a quick cake. When that craving for something sweet strikes, your pantry will be ready!

Seasonal Cooking with Kate: Brunch Made Easy (DT)

Thursday, 5/10, 6 – 8 p.m.

Kate Moore. Please pre-register; \$25/\$20 members. Just in time for Mother's Day, Chef Kate will show you how to host a brunch party while retaining your sanity. She will demonstrate make-ahead dishes (perfect dressed-up potatoes) and easy day-of dishes (savory seasonal egg strata), as well as tips and tricks for effortless entertaining.

Nutrition for Cancer Prevention & Recovery (LD)

Saturday, 5/12, 10:30 a.m. – 12 p.m.

Claudine Arndt & Julie McNearney. Please pre-register; \$30/\$25 members. Current research shows that a nutrient-dense diet coupled with healthy lifestyle choices are our first line of defense against many chronic diseases, including cancer. This class will cover some key components that experts have identified as being the most effective in cancer prevention: anti-cancer superfoods, alkalizing the body, healthy stress management and reducing exposure to toxins. Claudine and Julie are Holistic Health Coaches; Julie is also a cancer survivor and they both want you to be as healthy as possible.

Energy Body Mapping (LD)

Tuesday, 5/15, 6:30 – 8 p.m.

Debra Safyre. Please pre-register; \$35/\$30 members. According to human energy consultant and registered nurse Debra Safyre, everything is energy—including you. Energy centers on the body (chakras) are the entry points to your physical, emotional, mental and spiritual layers. Learning to —map your energy centers according to what your body is telling you can be the catalyst to empowerment and restoring your health. Debra will help you locate and sense these energy centers. *(Please Note: You will be working in pairs during this class.)*

Wellness Wisdom with Dr. Preston: Rejuvenate your Adrenals (LD)

Thursday, 5/17, 6 – 8 p.m.

Rhys Preston, Chiropractic Doctor. Please pre-register; \$15/\$10 members. Adrenal glands enable your body to deal with stress—ranging from physical injury and disease, to work and relationship problems. Understand your body's cycle of breaking down and building up tissues; and learn how to encourage positive growth. Dr. Preston will show us how to actively promote the wellbeing of our adrenals, our “anti-stress” glands.

Thai Cooking with Gai Gai Thai: Fried Rice 3 Ways (DT)

Tuesday, 5/22, 6:30 – 8 p.m.

Kris Petcharawises. Please pre-register; \$21/\$16 members. This month, learn to prepare fried rice “street style.” It'll truly stand out from anything you'd find at a takeout joint! Master brown rice, jasmine rice—even sticky rice. As a special treat Kris will also make Thai Fried-Egg Rice Cakes. Don't miss your chance to cook with Kris before he resumes his busy farmer's market schedule.

Kitchen Basics with Kate: Healthy Cooking for One (H)

Thursday, 5/24, 6 – 8 p.m.

Kate Moore. Please pre-register; \$25/\$20 members. In this fun and empowering class, Chef Kate will address the age old question, “how do I cook just for one?” With a focus on healthy, easy and intuitive (read: flexible) dishes, you will feel inspired to build your culinary muscles and take ownership of your personal eating experience. Our menu includes rotisserie chicken 4 ways in 4 days, best breakfast for dinner and super salads made simple.

Book Club: *Farm City: The Education of an Urban Farmer*

Wednesday, 5/30, 6:30 – 8:30 p.m.

Please pre-register; FREE. This May, we read Novella Carpenter's utterly charming memoir about becoming an urban farmer. Novella transforms an abandoned lot full of garbage and weeds into a lush farmyard complete with chickens, rabbits, ducks and pigs. If you daydream about becoming a farmer—but are hesitant to forego the city life—this book will surely capture your imagination. 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.

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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