



Spring
2012

Cooking School

Join us to eat, learn and be merry!

*We'll share a great meal and showcase our favourite
delicious, nutritious and affordable recipes*



Kootenay Country Store Co-op

295 Baker Street

Nelson, BC V1L 4H4

phone: 250-354-4077

fax: 250-354-4097

email: customerservice@kootenay.coop

online: www.kootenay.coop



Keeping it Real: Ultimate Health through Natural Foods

Thursday, January 19; 6:30-8:30pm

Let us teach you how to create beautiful, nourishing, wholesome meals out of basic natural ingredients. We will discuss all aspects of balanced human nutrition and teach you how to make delicious meals your whole family will love. We'll also touch on Super Foods, dietary alternatives and we'll demystify many natural food ingredients for you.

Gluten Free Cooking Made Easy

Thursday, February 2; 6:30-8:30pm

Creating beautiful and interesting gluten-free foods can prove to be challenging. We can help! Join us for a fabulous and comprehensive class covering every aspect of gluten free cooking and baking. Ingredients, techniques and substitutions will all be touched upon; with food this good you may never miss wheat again.

South of the Border: Mexican Cookery

Thursday, March 1st; 6:30-8:30pm

Come spend an evening with us and learn everything you need to know to prepare Mexican-themed dishes. We will be using traditional Mexican ingredients such as squash, tomatoes and corn, as well as the unconventional, to make beautiful and delicious Mexican dishes. Ole'!





Middle Eastern Cooking: Spicy & Fresh

Thursday, March 29th; 6:30-8:30pm

This cuisine pulls together all the basic and most enticing natural foods and flavours from the region. Simple, fresh and delicious are the best ways to describe foods of the Middle East. We will even make fresh whole wheat pita bread in this class. Tried and true recipes are sure to become a favourite in your home.

Zesty, Fresh & Italian

Thursday, April 26th; 6:30-8:30pm

Everyone loves the magical foods of Italy! Drawing our inspiration from this country of exquisite culinary culture, we will create beautiful, tasty and satisfying meals, snacks and salads that you will be pleased to share at your home. If lasagna, bruchetta, Caesar salad and olive oil are your type of thing, you will love this class. We'll make many traditional dishes and also an incredible vegan lasagna with a cashew cheese sauce!

Liven' it Up: Salads and Sprouts for Spring

Thursday, May 10th; 6:30-8:30pm

This class will teach you many things, including how to sprout some unusual ingredients and what to make with them! We'll also show you how to make fresh salads with rice and grains as well as beans and raw vegetable salads. And you'll take home some great recipes for dressings that you can use on anything! We will be adding many new recipes and ideas for this class, so it'll be fresh material even for the experienced student. Come rejoice, cleanse and renew with us!





Registration and Cost

Registration for the classes begins Thursday, December 8th. Please register at least 2 weeks in advance for the class you wish to attend and pay for class at time of registration. You may register in person at our Customer Service desk, or by phone: 250-354-4077. Please pay by credit card when registering by phone.

To keep classes personal and interactive, size is limited to 15.

Each class is \$20 for members and \$25 for non-members. A 6-class series is offered at \$100 for members and \$125 for non-members.

Cancellation Policy

If you cannot attend a class, please give at least **48 hours** advance notice. No refunds are given for cancellations. We will be happy to transfer you to another cooking class within the series if there are spaces available.

Location

All cooking classes are held at:
Nelson United Church, 602 Silica St., on the corner of Josephine St. and Silica St.

Class Times

All classes start at **6:30pm** and run about 2 hours. There is plenty of time for questions as we go and we will share our creations at the end of each class. Be sure not to come too hungry though, as we typically eat between 7:30-8pm.

Other News

For information about upcoming classes, workshops, events, Co-op produce specials and other news, sign up for the Kootenay Co-op eNEWS. Visit www.kootenay.coop and look for the CO-OP eNEWS icon on the right hand side of the screen.

We are now on Facebook! Great articles about health, nutrition, sustainable agriculture, co-op related news, and more. Become a fan by visiting our website and clicking on the Facebook link.

Our Instructor

Maggie Jones

Maggie Jones has been teaching, lecturing and writing about health and nutrition for as long as some of us have been around and has raised 3 healthy and vibrant vegetarian children into adulthood. After over 40 years of vegetarianism, Maggie is still passionate about and committed to living a natural healthy lifestyle, with a focus on fun and enjoyment.

