



Fall
2010

Cooking School

learn to cook nutritious, delicious and inexpensive meals with whole food ingredients



Kootenay Country Store Co-op

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Canning and Jamming

Thursday, September 9; 6:30-8:30pm

Preserve the abundance of the Kootenay Harvest and learn the basics of 'putting food by'. We will be covering canning, jamming and pickling and we will touch on root cellaring and food dehydrating. Bring a small canning jar so you can take home some of our freshly made jam. Light snacks and tea will be served.

After the Harvest

Thursday, October 14; 6:30-8:30pm

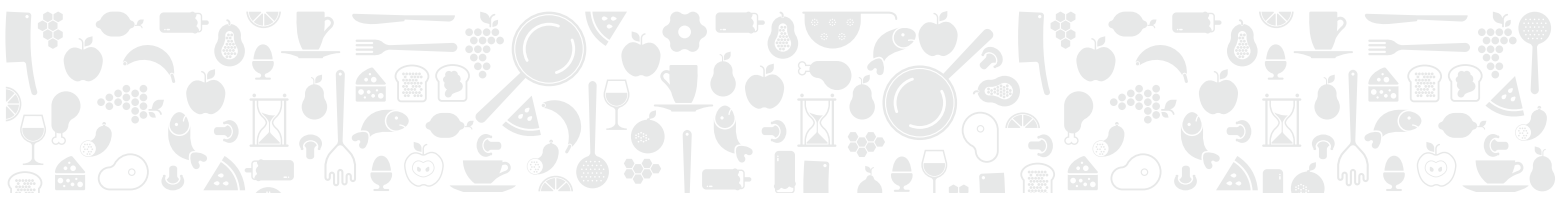
Come celebrate the abundant and beautiful harvest of your garden and of local Kootenay producers with our After the Harvest Class. We will give you many amazing delicious and innovative ways to use all of your wonderful, fresh garden produce, and we'll even give you some new ideas on how to use up all that squash!

Asian Fusion 3: Cambodia, Laos and Vietnam

Thursday, October 28; 6:30-8:30pm

This is our 3rd class in our Asian Fusion series. We'll be discovering the cuisines of Cambodia, Laos and Vietnam. Not only are our recipes easy to make, but we also use ingredients which are easily found. Come explore the exotic flavours, the beautiful colours and the unique tastes of these interesting cuisines.





East Indian Feast

Thursday, November 4; 6:30-8:30pm

Warm yourself with beautiful and aromatic East Indian Foods. We will use whole spices and learn to make fresh spice mixtures to prepare authentic and exquisite East Indian foods. Join us for a feast of light, easy to prepare, fresh and flavourful foods as we create fresh Paneer, Dhal, beautiful vegetable dishes and more.

Soups and Stews

Thursday, November 18; 6:30-8:30pm

Nothin' says lovin' like a big hearty pot of a tasty soup or stew. We will give you lots and lots of ideas for wonderful soups and stews that are great for lunches or are a meal unto themselves. Our recipes cross all boundaries and will incorporate many different cuisines.

Baking for Everyday and for the Holidays

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

Beautiful and wholesome natural baking adds so much to the holiday season and any celebration or lunchbox. In this class you will learn how to make high-quality and delicious natural whole-grain treats and goodies. We will touch on vegan baking, alternative sweeteners and on choosing the appropriate flour for the best results.





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 38 years of vegetarianism, Maggie is still passionate about and committed to living a natural healthy lifestyle, with a focus on fun and enjoyment.

Registration and Cost

Registration for the classes begins Thursday, August 12. 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. The entire series is offered at \$100 for members and \$125 for non-members.

Cancellation Policy

If you cannot attend a class, please give **48 hours** advance notice. No refunds are given for cancellations, but we will be more than happy to transfer you to another cooking class within the series.

Location

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

