



Mississippi Market
Natural Foods Co-op

January Classes

Detoxification Workshop:

To help you lose weight, enhance energy and fight disease (L)

Toxicity in the United States has reached catastrophic and historic levels and America has more degenerative diseases like heart disease, cancer, arthritis, diabetes, and Alzheimer's than any other country in the world. You do not have to be a toxic victim. This class will inspire you, lead you, and get you on the path to optimal health and wellbeing, addressing toxins that may be making you sick!

Wednesday, January 6- Selby store
7:00-8:00pm \$5/\$3 members
Dr. Brenda Kress of Aspire Chiropractic

Warm Up to Raw with Chef Cynthia (DT)

Chef Cynthia will introduce you to warm and wonderful raw soups, salads, dressings and dessert. These recipes are winter favorites! Come taste what you've been missing.

Thursday, January 7 -West 7th store
6:00-8:00pm \$30/\$27 members
Chef Cynthia Johnson

The Wonderful World of Probiotics (L)

Probiotics do so many wondrous things, such as reduce allergies and inflammation, regulate the immune system, and promote healthy digestive function. It's no wonder that probiotics in your diet can help prevent a number of ailments, ranging from obesity to cancer! Naturopathic physician and nutritional counselor, Elizabeth Wacker, shares her favorite food sources, supplements, and reasons to make them a part of your everyday routine.

Saturday, January 9- West 7th store
1:00-2:30pm \$18/\$15 members
Elizabeth Wacker, N.D.

Deep-Flavored Winter Dishes the Pressure Cooker Way (H)

We'll make flavorful, exciting pressure-cooked dishes that celebrate cold weather: stewing hen with sage dumplings and hearty cannellini-pasta soup, and you'll go home with recipes for New Mexico pork shoulder with smoked chiles and potatoes and other luscious, inexpensive winter dishes. This hands-on class is designed to win you over to safe and easy pressure cooking, so bring an apron, a take-home container, and an appetite!

Tuesday, January 12, West 7th store
6:30-9:00 pm \$25/23 members
Jan Grover

Winter Bike Commuting (D)

Biking in the winter can be easy and even fun with the right gear and a few tips from the Hub's seasoned winter commuting instructor.

Wednesday, January 13- Selby store
7:00-8:00 pm \$10/\$5 members
Troy Pieper, Hub Bike Cooperative

Healthy Weight Loss (L)

Learn the metabolic reasons why it can be difficult to start losing weight and how you can boost your metabolism. And learn how to plan your menu to support a healthy weight loss and to lower your risk of chronic disease.

Thursday, January 14- West 7th store
7:00-8:00 pm Free, registration required
Dr. Candace Salmi of BodyMind Chiropractic Center

Try Spinning on a Spinning Wheel! (H)

If you've explored our classes on All About Wool and/or Low-Tech Spinning, here's your chance to take the next step try your hand at spinning on a wheel. We'll have three state-of-the-art spinning wheels available for your use, as well as wool that's ready to spin, detailed handouts to take home afterward, and coffee and good companionship.

Saturday, January 16, 2009 — West 7th store
9:00am-12:00pm \$25/\$23 members **Jan Grover**

Multigrain Breads (DT)

Learn to bake multigrain breads with interesting flavors and shapes. Learn three different methods for combining different grains into the same loaf.

Learn about enhancing the flavor of breads with starters and added ingredients.

Saturday, January 16- West 7th store
2:00-4:00 pm \$20/\$17 members
David S. Cargo, St. Paul Bread Club

Homeopathy: A Natural Approach to Depression, Insomnia & Headaches (L)

Looking for a natural alternative to effectively deal with the debilitating and limiting symptoms of depression, insomnia and headaches? Discover homeopathy, a natural and comprehensive form of healthcare that is safe and effective. This course will cover common remedies to help alleviate the symptoms of these conditions that affect your life and how remedies restore the body's internal balance to help prevent future occurrences.

Tuesday, January 19- Selby store
6:30-8:00 pm \$10/\$8 members
Aaron Means, MA

Best Cold Weather Recipes (DT)

Let's tuck in and get excited about the foods of winter. Here are some of my favorite recipes of the season, quick and simple and a bit unusual.

Wednesday, January 20- West 7th store
6:00-8:00 pm \$30/\$27 members
Kristin Hamaker

The Grocery Store Herbalist: Weight Loss (D)

This time of year we get inundated with weight loss information; television commercials, magazine articles, and internet pop-ups all promise us a shortcut to that elusive "new you". Join the Grocery Store Herbalist as he explains what to do, and more importantly what not to do, to incorporate herbs into a healthy, permanent weight loss plan.

Thursday, January 21- West 7th store
7:00-8:00 p.m. \$15/\$13 members
Paul Magee, Ma.O.M., L.Ac.

Bake Yourself a High Tea! (H)

What better way to beat the doldrums than a cozy tea? This afternoon bake-athon starts at 1 pm and culminates in a high tea at 4:30 pm, so invite a guest to show up when we pull the treats from the oven! We'll make Cream Scones, Poppyseed Cake, Lemon Tea Bread, and a spectacularly dark and delicious Maine Gingerbread. Accompanying these will be homemade crème fraiche and beautiful preserves. You'll go home with recipes for Bath Buns and the late, great Columbus Bakery (San Francisco)'s fabled panettone. Bring your own teapot to sample some rare loose teas. (And a hat?)

Saturday, January 23- West 7th store
1:00-5:30 pm \$23/20 members
Jan Grover

(Includes one guest to attend 4:30-5:30 pm. Children attend for ½ price.)

Bread Puddings: Savory and Sweet (DT)

No other dish could be more perfect for the times than the bread pudding. Discover how this foolproof, one-dish meal can impress even a food snob, yet satisfy your family on a lazy afternoon. Let's learn how to make a number of savory and sweet recipes and talk about the versatility and economy of this delicious, seasonal dish.

Wednesday, January 27- West 7th store
6:00-8:00 pm \$21/\$18 members
Kristin Hamaker

Shopping Co-op on a Budget (L)

Think healthy eating is out of your budget? Learn the secrets for how to shop for natural, organic foods without breaking the bank. You'll get coupons and resources for how to budget to make the most of your money and your diet.

Thursday, January 28- West 7th store
6:00-7:00 p.m. Free (please register in advance)
Liz McMann, MA



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February Classes

Chocolate Truffles (DT)

It's almost Valentine's Day! Learn how to make decadent chocolate truffles for your sweetheart (or yourself!) using a few simple ingredients. From ingredient selection to embellishments, you'll learn everything you need to know to make these delightful treats.

Saturday, February 6- West 7th store
3:00-4:30pm

Ali Boese, Pastry Chef at Café Latte
\$28/\$25 members

Fine Chocolates and the Artists Who Make Them (DT)

Join us for an evening of sampling fine chocolates and conversing with local chocolatiers. Learn to taste the subtleties of each chocolate and appreciate the art of chocolate making- from harvesting the cacao to the crafting of truffles.

Wednesday, February 10- West 7th store
7:00-8:30 pm
\$10/\$8 members

Brain Health (L)

Maintain healthy brain and cognitive function for a lifetime. We will discuss the risk factors for memory disorders and provide answers about how to optimize brain health and to prevent cognitive decline.

Thursday, February 11- West 7th store
7:00-8:00 pm

Dr. Candace Salmi of BodyMind Chiropractic Center
Free, registration required

Simple and Elegant Chocolate Desserts for Your Valentine (H)

Bake or make your valentine something rich, elegant—and easy to make! We offer a sumptuous chocolate tart with shortbread crust; a silken, chipotle-spiked vegan chocolate pudding; a perfect-for-two, six-inch chocolate cake using only 2 Tbs. flour and covered in a shiny, bittersweet chocolate icing. You'll help make each dessert to sample in class and take home recipes. Bring an apron and an appetite!

Saturday, February 13- West 7th store
1:00-3:30 pm

Jan Grover
\$30/27 members

Homeopathy: Relief for Chronic Pain, Anxiety and Nausea (L)

Looking for an effective alternative to bring relief to the debilitating and limiting symptoms of chronic pain, anxiety and nausea? Discover homeopathy, a natural and comprehensive form of healthcare that is safe, effective and has no side effects. This course will cover common homeopathic remedies that can help alleviate the symptoms of these troublesome conditions that affect your life, and how remedies restore the body's internal balance to help prevent future occurrences.

Tuesday, February 16- Selby store
6:30-8:00 pm

Aaron Means, MA
\$10/\$8 members

Shopping Co-op on a Budget (L)

Think healthy eating is out of your budget? Learn the secrets for how to shop for natural, organic foods without breaking the bank. You'll get coupons and resources for how to budget to make the most of your money and your diet.

Wednesday, February 17- Selby store
6:00-7:00 p.m.

Liz McMann, MA
Free (please register in advance)

Jump Start Your Metabolism (L)

Is it harder for you to maintain a healthy weight or lose weight than it once was? Have you tried several diets, but had trouble keeping the weight off? Learn how eating real foods in balance can help you lose weight, eliminate cravings and increase energy. This interactive class explains how your food choices, blood sugar levels and essential fatty acids affect your energy and your ability to lose or maintain weight. Take home strategies and recipes to help!

Thursday, February 18- Selby Store
6:30 – 8:30 p.m.

Nutrition Educator from Nutritional Weight and Wellness
\$30/\$27 members

Vegetables Spoken Here! Cooking Healthy the Kid Friendly Way (H)

"Mommy, where do eggrolls come from?" Sound familiar? Learn techniques to prepare nutrient-packed versions of your child's favorite foods at home. During this two-hour class you will learn hands-on how to prepare homemade versions of convenience foods, like pizza pockets, eggrolls and ravioli. Bring your kids (if you have them) and your inner child! Price includes one adult and one child.

Saturday, February 20- West 7th store
1:00-3:00 pm

Emily Noble
\$30/\$25 members

Quinoa (DT)

Here's a class for those who want to learn about that ancient grain, quinoa. Learn about its impressive health benefits and realm of flavor with a demonstration of recipes and possibilities.

Wednesday, February 24- West 7th store
6:00-8:00 pm

Kristin Hamaker
\$21/\$18 members

The Grocery Store Herbalist: Insomnia (D)

Proper sleep is one of the foundations of good health. Without enough sleep, our emotional and physical well-being begins to deteriorate. Whether you suffer from chronic sleep problems, or just have an occasional bad night, join the Grocery Store Herbalist as he teaches some simple, gentle, non addictive herbal remedies to help you sleep better.

Thursday, February 25- West 7th store
7:00-8:00 p.m.

Paul Magee, Ma.O.M., L.Ac.
\$15/\$13 members

Yeast Gone Wild (DT)

Sourdough breads are the truly traditional breads, going back hundreds and thousands of years. Sourdough takes patience, but it can be rewarding. There are sourdough purists and others who bake with sourdough (instead of from sourdough). Learn how to make your own starters and about their care and feeding. Get samples of starters to take home.

Saturday, February 27- West 7th store
2:00-4:00 pm

David S. Cargo, St. Paul Bread Club
\$20/\$17 members

To register, please contact our Customer Service desks at 651-310-9499 or 651-690-0507. Class fees due at time of registration.



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March Classes

Kombucha 101: How to Make the Divine Tea (DT)

Fermented foods have been used for thousands of years to bring good health to those that use them. This class offers tastes of many different variations of kombucha and instruction on how to make it. Class fee includes your own starter culture and a 1 liter bottle of Kombucha Divine.

Monday, March 1- West 7th store
6:30-8:00 p.m. \$40/\$36 members
Barb Bredeesen

The Solo Cook (DT)

Cooking for one's self can be a most enjoyable and creative affair. Here we'll make fabulous, simple meals to add to your cache that you can build on and switch up. Keeping in mind the parameters of cooking for one, we'll discuss kitchen must-haves, food shopping, freezing and storage, the value of seasonal boundaries and limited shelf space and the importance of improvisation.

Saturday, March 6- West 7th store
2:00-4:00 pm \$25/\$22 members
Kristin Hamaker, owner of Farm to Fork

The Vegetarian Trinity: Tofu, Tempeh, & Seitan

Tofu, tempeh, and seitan are protein rich foods for vegetarians and omnivores alike. We'll cover how to use these versatile foods in breakfast, lunch, or dinner with dishes like Tempeh Sausage, Crunchy Lemon-Herb Baked Tofu, and homemade Barbecued Seitan.

Tuesday, March 9- West 7th store
6:30-8:00 pm \$18/\$16 members
Liz McMann, MA

Advice for the Loaf Lorn (Q & A)

Has your relationship with homemade bread been unsatisfying? Bring stories or examples of your failed attempts at homemade bread to share with supportive class members and an experienced home and café bread baker and start on the road toward a more successful relationship with homemade bread.

Thursday, March 11- Selby store
6:00-8:00 pm \$7/\$5 members
David S. Cargo, St. Paul Bread Club

Muffins in Minutes (DT)

Don't spend your hard-earned dollars for store-bought muffins when you can make your own quickly, more cheaply, and more healthy. Don't settle for cupcakes in disguise. A few simple techniques and a couple of simple tools will put a myriad of different muffin recipes at your fingertips and in your oven in short order.

Saturday, March 13- West 7th store
2:00-4:00 pm \$10/\$8 members
David S. Cargo, St. Paul Bread Club

A Sustainable Passover (DT)

Get creative with your Passover meal and use local, organic and sustainable foods to celebrate! Danny will incorporate traditional elements into fresh and unique dishes, like Blood Orange, Fennel and Roasted Nut Salad with St.

Pete's Select Blue Cheese and Smoked Star Prairie Trout Cakes.

Tuesday, March 16- West 7th store 6:30-8:15pm
Danny Schwartzman, Common Roots Café
\$25/\$22 members & JCC members
Co-sponsored by the St. Paul JCC.

Cooking Natural on a Budget (DT)

Simple, smart recipes and planful cooking are key to sticking to a grocery budget. Join us for this extension of the Shopping Co-op on a Budget class where we'll prepare 3 healthy main dishes you can easily recreate in your own home. You'll leave with recipes and a shopping list. This month: Crunchy Maple Nut granola, Polenta Black Bean Bake and Falafel with Yogurt Sauce.

Wednesday, March 17- West 7th store
6:00-8:00 pm \$15/\$12 members
Liz McMann, MA

Spring Into Action and Detoxify With Raw Food (DT)

Most raw food is detoxifying, but Chef Cynthia will bring you her favorite way to detoxify this spring with Taco Salad, Tasty Detox Green Smoothie and a delicious Lime & Strawberry Tart. Bring your appetite and come taste what you've been missing!

Thursday, March 18- West 7th store
6:00-8:00 pm \$25/\$22 members
Chef Cynthia Johnson

Countertop Fermented Foods (H)

Fermented foods are terrific for your health and super-tasty too! Thanks to the work of microbes, the vitamins and minerals in fermented foods are more readily available to you than in conventionally cooked ones. This class introduces you to the concepts underlying home-fermented foods and gets you started with three of them: a mild Korean *kim chi*, a northern European sauerkraut, and a homemade vinegar. Bring three 1-quart glass jars and noncorrosive lids, and take home your share of our ferments!

Saturday, March 20- West 7th store
1:00-3:30 pm \$25/\$23 members
Jan Grover

Cooking 101: Soup Making and Knife Skills (H)

Join us for an afternoon of improving knife skills and learning the basics of soup making. The vegetables you practice on become the base for your soup. This is a participatory class, so bring your kitchen knife and a container to take home your veggies.

Tuesday, March 23- West 7th store
6:00-8:30 pm \$25/\$23 members
Jan Grover

Managing the Blood Sugar Rollercoaster (L)

Are you diabetic, pre-diabetic, or concerned about your blood sugar? If so, you know high glucose levels can damage your health. If you haven't been successful in managing your blood sugar, are you ready for a new approach?

Learn nutritional strategies that are based on cutting-edge research and clinically proven. You will be surprised how well you can eat. Leave this class knowing how to take control of your blood sugar.

Wednesday, March 24- Selby Store
6:30-8:30 pm \$30/\$27 members

Nutrition Educator from Nutritional Weight and Wellness

The Grocery Store Herbalist: Gentle Cleanses (D)

After a winter of heavy holiday foods and staying inside more, it's natural for your body to feel the need to detoxify. Some detox regimens, however, are harsh; draining your energy along with the toxins. This class will present a gentler cleansing program, designed to actually improve your energy while giving your body a chance to regain its natural harmony.

Thursday, March 25- West 7th store
7:00-8:00 pm \$15/\$13 members
Paul Magee, Ma.O.M., L.Ac.

Introduction to Brewing with Northern Brewer (D)

This class will cover an introduction to brewing beer at home. A demonstration batch will be brewed while discussing basic brewing terminology and procedures. (More brewing classes to follow!)

Saturday, March 27- West 7th store
10:00am -12:00pm \$25/\$20 members
Kevin Horkheimer, Northern Brewer

Simple, Flavorful Gourmet Foods for Diabetic Diets (DT)

In this class dishes will be demonstrated that comply with your diet restrictions and at the same time will excite your palate. You will enjoy tasting Curried spring vegetable soup with coconut milk, chipotle bean wrap, crunchy quinoa salad with citrus dressing and blueberry crisp. You will learn how much and what are the best carbohydrates to eat and the best sweeteners to use. All ingredients are gluten, dairy and sugar free.

Wednesday, March 31- West 7th store
6:00-8:00pm \$30/\$27 members
Miriam Katz, MA

L = Lecture

DT= Demo & Tasting

H = Hands-on