



Mississippi Market  
Natural Foods Co-op

# March Classes

## 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 7<sup>th</sup> 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 7<sup>th</sup> 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 7<sup>th</sup> 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 7<sup>th</sup> 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 7<sup>th</sup> 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 7<sup>th</sup> 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 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 7<sup>th</sup> 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 7<sup>th</sup> 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 7<sup>th</sup> 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 7<sup>th</sup> store**  
**10:00am -12:00pm \$25/\$20 members**  
**Kevin Horkheimer, Northern Brewer**

## Your Skincare Products Make a Difference! (L)

Come and learn about Fair Trade shea butter and how skincare products can make a difference to gender equality and poverty alleviation from the founder of Alaffia Sustainable Skincare: Olowo-n'djo Tchala. Alaffia builds community empowerment through the fair trade of indigenous, handcrafted shea butter and skincare products. Free samples for attendees!

**Tuesday, March 30- Selby store**  
**7:00-8:00 pm Free, registration required**  
**Olowo-n'djo Tchala, Alaffia Skincare**

## 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 7<sup>th</sup> store**  
**6:00-8:00pm \$30/\$27 members**  
**Miriam Katz, MA**

L = Lecture

DT= Demo & Tasting

H = Hands-on

# April Classes

## Simple, Flavorful Gourmet Foods for Limited Sodium Diets (DT)

Foods prepared with limited or no salt can be flavorful and delicious by the use of a variety of herbs and spices. We will prepare spicy bean wrap with mango avocado salsa, lemon rice with spinach, savory vegetable stir fry, crunchy romaine salad with honey mustard dressing and some flavorful low salt seasonings. You will learn the best type of salts to use. All ingredients are gluten, dairy and sugar free.

**Saturday, April 3- West 7<sup>th</sup> store**  
1:00-3:00 pm \$30/\$27 members  
Miriam Katz, MA

## Homeopathy: A Natural Approach to Allergies & Asthma (L)

Looking for a natural alternative to effectively deal with the painful and irritating symptoms of allergies and asthma? Discover homeopathy, a natural and comprehensive form of healthcare that is safe and effective. This course will cover how common homeopathic remedies for allergies and asthma restore the body's internal balance to help prevent future occurrences.

**Tuesday, April 6- Selby store**  
7:00-8:30pm \$10/\$8 members  
Aaron Means, MA

## 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.

**Wednesday, April 7- West 7th**  
6:30-8:00 pm \$40/\$36 members  
Barb Bredezen

## Condiment Crazy! (H)

Summer picnic and party time is just around the corner, so get ready to impress family and friends with flavorful and exciting condiments. This hands-on class will teach how to make condiments that are sure to satisfy from burger toppings to dips for bread, veggies & chips. From homemade mayonnaise to Italian romesco and spicy bacon horseradish, you'll learn the tips and trades of making every party a success.

**Thursday, April 8- West 7<sup>th</sup> store**  
6:00-8:00 pm \$25/\$22 members  
Jackie Smalley, Condiment Queen

## Miso Soup for All Seasons and Reasons (DT)

Miso is a fermented bean product that provides a wide variety of enzymes and bacteria friendly to the digestive system, thus aiding in food absorption. It also contains proteins, vitamins and minerals, especially calcium. A wide variety of miso flavors like barley, red-rice, soybean, mellow- rice or chickpea miso can add enticing tastes to any dish. Come and learn to prepare miso soup and other dishes made with miso.

**Tuesday, April 13- West 7<sup>th</sup> store**  
6:00-8:00 pm \$30/\$25 members  
Gabriele Kushi, BFA, MEA, CHC, AADP

## Basic Bike Maintenance (D)

A handful of regular check-ups, minor adjustments and simple repairs can keep your bike out of the shop and on the road. The Hub's friendly expert shows you the tricks and the tools to become your own bike mechanic. Please bring a front bike tire with you to class.

**Wednesday, April 14- Selby store**  
7:00-8:00 pm \$10/\$5 members  
Troy Pieper, Hub Bike Cooperative

## Focaccia Bread (H)

Focaccia is a chewy, luscious, high water-to-flour content bread that you can treat as simply as an olive oil and coarse salt bread for appetizers and as elaborately as a full-bore meal, with fresh tomatoes, basil, cheeses, and a gilding of herb-suffused olive oil. This demo/hands-on class will start with a pre-fermented dough that we will add toppings to and bake in class. You will also make your own dough and go home with detailed instructions on how to ferment, build, and bake your focaccia.

**Saturday, April 17- West 7<sup>th</sup> store**  
1:00-3:30 pm \$25/\$23 members  
Jan Grover

## Spring Cleansing: Learn to Use a Neti Pot (H)

With Springtime comes allergies and nasal congestion, but a neti pot may be the answer. This ancient practice of flushing the nasal passages is a simple, inexpensive method for breathing free year round. You will receive step-by-step instruction and have an chance to try out your new skills.

**Wednesday, April 21- Selby store**  
6:30-7:30 pm \$8/\$5 members  
Liz McMann, MA

## Nutritional Solutions for Osteoporosis (L)

Concerned about preventing or correcting osteoporosis? Real food provides the foundation for healthy bones including protein to build collagen, healthy fats to make the bone mesh and a variety of fruits and vegetables for vitamins and minerals. Discover how soda and processed foods weaken your bones. Learn the importance of vitamin D, the best form of calcium for absorption plus recipes including our bone-building soup recipe.

**Thursday, April 22- West 7<sup>th</sup> store**  
6:30-8:30 pm \$30/\$27 members  
Nutrition Educator from Nutritional Weight & Wellness

## Vegetable Soups for Spring (DT)

Welcome the delicate, warming flavors of spring. Soup is a good and unusual medium in which to receive and experiment with the season's vegetables, herbs, and greens. We'll start by learning how to make a simple, homemade vegetable stock and then move on from there to build delicious, cleansing, versatile soups that celebrate the new season.

**Saturday, April 24- West 7<sup>th</sup> store**  
2:00-4:00pm \$22/\$20 members  
Kristin Hamaker, owner of Farm to Fork

## Mike's Homebrew Root Beer & Soda Class (DT)

Homebrewing is for more than just beer and wine- Find out how to make your own non-alcoholic sodas using fruits, spices, and natural ingredients. We'll make a Vanilla Bean Brew and rich Root Beer in class- You'll leave with a bottle to ferment!

**Tuesday, April 27- West 7<sup>th</sup> store**  
7:00-8:30 pm \$12/\$10 members  
Mike Sawyer

## Picky Eaters and the Struggle for Power:

### Tips to increase variety and decrease conflict (L)

Feed your child/ren in a way that establishes a healthy relationship to food and body. Go beyond "ants on a log" to concrete strategies to improve nutrition and have the family table be a place everyone wants to be. Ample time for individual questions.

**Wednesday, April 28- West 7<sup>th</sup> store**  
7:00-8:30 pm \$20/\$17 members  
Katja Rowell MD

## Celebrate Spring with Raw Treats and Sweets (DT)

Pie, cookies and other sweet treats, oh my! Carob Candy, Cheese Cake, Pecan Butter Cookies, Chocolate Hay Stacks and more. Chef Cynthia will focus on no sugar, gluten-free and dairy-free deserts for this class.

**Thursday, April 29- West 7<sup>th</sup> store**  
6:00-8:00 pm \$25/\$22 members  
Chef Cynthia Johnson

# May Classes

## Deconstructing Cravings (L)

In this eye-opening class, we'll uncover the common reasons we get cravings and provide practical solutions to help break the bond of emotional food dependence by examining what you eat.

**Thursday, May 6- West 7<sup>th</sup> store**  
**6:30-7:45 pm \$13/\$8 members**  
**Mary Langfield, Certified Holistic Health Coach**

## Greens With an Indian Twist (DT)

This class will introduce you to the south Indian method of cooking greens. Greens are combined with some very aromatic spices that add a whole new twist to greens. The method is perfect for those trying to do more than just the traditional sauté with greens.

**Saturday, May 8- West 7<sup>th</sup> store**  
**6:00-7:00 pm \$15/\$13 members**  
**Shalini Raghavan**

## Bicycle Safety (D)

Our experienced riders give a complete run-down of city and state regulations regarding bicycles, rules of the road and helpful hints

**Wednesday, May 12- Selby store**  
**7:00-8:00 pm \$10/\$5 members**  
**Troy Pieper, Hub Bike Cooperative**

## Gut Reaction: Restore Digestive Health Through Nutrition (L)

Do you suffer from heartburn, gas, bloating, indigestion, constipation or diarrhea -- or do you have an autoimmune disorder, sugar or bread cravings or depression? These are all indications of digestive problems. You may be surprised that the cereal or bagel that you eat for breakfast causes heartburn all day and that big glass of milk gives you gas and diarrhea. Learn how the right foods and selected supplements can restore intestinal health. After this class you may not need those digestive products advertised on TV.

**Thursday, May 13- West 7<sup>th</sup> store**  
**6:30-8:30 pm \$30/\$27 members**  
**Nutrition Educator from Nutritional Weight and Wellness**

## Low-Tech Spinning: Make Yarn on a Spindle (H)

Learn to use a drop spindle, to prepare wool (or even pet undercoats!) for spinning, and to incorporate them into yarns. You'll learn how to process freshly shorn sheep fleece the old-fashioned, nontoxic way: no harsh chemicals, no burning, no acid baths—just soap and water to produce soft, light, bouncy wool to spin! Wool and tools provided.

**Saturday, May 15- West 7<sup>th</sup> store**  
**9:00am-12:00 pm**  
**Jan Grover \$20/\$18 members**

## Be Your Own Sushi Chef: Vegetarian Sushi (H)

This fun demonstration and hands-on cooking session will teach you how to be your own sushi chef. You will be introduced to sushi making with brown rice nori rolls with vegetables, avocado and other fun ingredients. As a bonus Gabriele will introduce the green vegetable roll, with no grain or seaweed.

**Saturday, May 15- West 7<sup>th</sup> store**  
**2:30-4:30 pm \$30/\$25 members**  
**Gabriele Kushi, BFA, MEA, CHC, AADP**

## Kids, Fuel Your Fun With Homemade Pizza! (H)

Roll up your sleeves and make your very own pizza crust. Learn about the wonders of yeast, and the magic of protein building. Make a delicious homemade tomato sauce, and taste the fruits of your labor! Experiment with vegetable toppings you never before imagined you would try (kale pizza anyone?) Parents are welcome to come and watch at no additional charge, however be prepared to stand as seating is limited. Ages 11+

**Sunday, May 16- West 7<sup>th</sup> store**  
**1:00-2:30 pm \$30/\$25 members**  
**Emily Noble**

## Why Would Anyone Want to Eat Sea Vegetables? (DT)

L = Lecture

Because they offer the broadest range of minerals of any food, containing virtually all the minerals found in the ocean—the same minerals that are found in human blood. Learn how to cook with them without anybody noticing it.

**Wednesday, May 19- West 7<sup>th</sup>**  
**6:30-8:30 pm \$30/\$25 members**  
**Gabriele Kushi, BFA, MEA, CHC, AADP**

## Bread Without Fear (DT)

Learn to bake bread from scratch with confidence. Learn the three essential skills for successful bread baking and how to avoid bread baking failures. Learn how to choose recipes, shape loaves and enjoy fresh baked bread.

**Thursday, May 20- West 7<sup>th</sup> store**  
**6:00-8:00 pm \$20/\$17**  
**David S. Cargo, St. Paul Bread Club**

## Healthful, Easy Cooking for Your Dog (D)

Learn to cook healthful, easy, seasonal meals for your dog. In no more active time than 15 minutes every 2 to 4 days, you can prepare meals for your dogs that will improve their coats, lessen their thirst and offer them a range of foods to delight & strengthen them. Bring a container for your dog's share.

**Saturday, May 22- West 7<sup>th</sup> store**  
**10:00 am-12:00 pm \$18/\$15 members**  
**Jan Grover**

## Urban Organic Farming Basics (L)

Ramsey County Master Gardeners will teach you about soil testing, preparation, amendments and mulch. We will discuss best plant selection for our area, looking primarily at heirloom vegetables, and review organic methods of pest prevention. We will also touch upon succession planting and ways to extend the growing season. Suitable for those with huge garden plots or those growing vegetables in a pot or two.

**Saturday, May 22- West 7<sup>th</sup> store**  
**2:00-4:00 pm \$15/\$12 members**

## Sweet Dough Creations (DT)

Learn about different enriched breads and the many shapes that sweet dough coffee cakes can form: Swedish tea rings, butterflies, hearts, coffee cake twists. Learn how to make overnight cinnamon rolls that will have your friends asking for more.

**Tuesday, May 25- West 7<sup>th</sup> store**  
**6:00-8:00 pm \$20/\$17**  
**David S. Cargo, St. Paul Bread Club**

## Personal Chef Tips and Tricks (DT)

Kristin Hamaker, cooks and stores healthy, delicious meals for families every week. She'll advise you on such things as balanced weekly menu planning, storing and freezing, and making most of limited cooking time. Expect to leave with a pile of recipes and a good kick start in the kitchen.

**Wednesday, May 26- West 7<sup>th</sup> store**  
**6:00-8:00 pm \$23/\$20 members**  
**Kristin Hamaker, owner of Farm to Fork**

## The Grocery Store Herbalist: Insomnia (D)

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, May 27- West 7<sup>th</sup> store**  
**7:00-8:00 p.m. \$15/\$13 members**  
**Paul Magee, Ma.O.M., L.Ac.**

## Healthful, Inexpensive Dried Legume Salads (H)

The cheap and easy way to cook lentils for summertime salads is in a pressure cooker. We'll explore this and other cooking techniques to produce blissful salads: white beans with basil, tomatoes, and red onion; lentils with walnuts, feta, and lemon vinaigrette; Indian chickpea with potatoes and spinach.

**Saturday, May 29 - West 7<sup>th</sup> store**  
**1:00-3:00 pm \$25/\$23 members**  
**Jan Grover**

## Gluten Free Cooking (DT)

H = Hands-on

DT = Demo & Tasting