

February and March CLASSES @ the CO-OP

**All Classes are Free
Every Tuesday @ 7pm**

Classes will last approximately an hour.

FEBRUARY 23

Quick Winter Vegetables

Chef Donna Prizgintas

Join Donna for a night of hearty meals to provide some winter warmth. Learn tricks to maximize the flavor and nutrients in your winter dishes while minimizing your time in the kitchen. Class will include recipes to take home for Rutabaga and Smashed Potatoes, Cream of Cauliflower Soup with Brown Butter Sage, and Polenta with Braised Chard and Fire Roasted Tomatoes. Class in Deli Seating Area

MARCH 2

The 6 Facets of Health

Dr. Lindsey Bartholomew

This interactive workshop will help you break out of your sluggish routine and help you get the most out of your day, as well as improve your alertness, focus, and productivity. Rejuvenate your mind and body by learning about the "six facets of health," the key components to staying healthy and feeling good. Class in Meeting Room.

MARCH 9

The Incredible Beans: Indian Style

Madhu Gadia

Beans are inexpensive, easy to prepare, nutritious, and delicious. Learn how to cook beans and spice them to bring out their flavor and taste. Combine the exotic and alluring tastes of India with the health and practical demands of today's lifestyle. Class in Deli Seating Area.

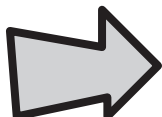
MARCH 16

Co-op On a Budget

Wheatsfield Staff

Get the inside scoop on how to maximize your dollars while still eating healthy and organic food from Wheatsfield. We'll offer strategies for shopping, meal preparation ideas, recipes, resources and sample some delicious food.

...more on back



MARCH 23

Home Cooking You Can Live With...

Chef Donna Prizgintas

Donna loves soups. Join her for this class exploring the basics and tricks of a luscious authentic chicken stock. Homemade stock will make your soup stand out and your taste buds go wild. No more hiding behind your bullion cubes or stock can. Bring home recipes for Leek and Carrot Risotto and White Miso Soup with Napa Cabbage. Class in Deli Seating Area.

MARCH 30

Medicinal Herbs: The Basics

Wellness Staff

This class will cover many different ways to make handy herbal products, from teas, tinctures, capsules, sachets, rubs, vapors, eye masks...the list and possibilities goes on and on. You'll see the bulk herb aisle in a new light after this workshop. Class in Meeting Room.

Donna Prizgintas

Donna Prizgintas is a passionate and respected chef, celebrating healthy home cooking, rather like an Organic Betty Crocker.

As culinary director, she has presented events for the Land Institute, Organic Farming Research Foundation, Esalen Institute, the Environmental Media Association and Paul Newman's Hole in the Wall Gang Camp, The Painted Turtle.

In her business, Someone's in the Kitchen with Donna, she has been a private chef to many Hollywood celebrities, including Michelle Pfeiffer, Annette Bening and Warren Beatty, Sally Field, Norman Lear, and George Harrison.

Madhu Gadia

Madhu Gadia, author of The Indian Vegan Kitchen, featured in Oprah's Magazine "O", and New Indian Home Cooking, is a leading authority on Indian cooking. She believes that healthy and tasty foods go hand in hand. Her expertise doesn't stop in the kitchen, with 25-plus years of experience as a nutrition counselor, diabetes educator, writer, and speaker.

Lindsey Bartholomew

Dr. Lindsey Bartholomew received her Doctorate of Chiropractic degree from Palmer College of Chiropractic in Davenport, IA in October 2007. Following graduation from Palmer College, Dr. Bartholomew did post-education work in family wellness, pediatrics and women's health.

... the fine print

Please RSVP with a cashier or with customer service. If you made an RSVP, but cannot come please cancel within 24 hours of the class start time. Classes will be free until further notice.

We are looking for great teachers and great class ideas to help continue this program. If you would like to be involved or have a class idea please contact kim_s@wheatsfield.coop. We're also looking for feedback! Let us know!