

# Community classes at the co-op

## MARCH / APRIL

Please RSVP, classes sizes are limited. Notify us if you cannot attend within 24 hours. Please consult your doctor before starting a new health or exercise regime as the views presented in our classes do not substitute for licensed medical care. The views presented in classes are not necessarily the views of Wheatsfield Co-op or its members. Most classes are free and meet in the Deli Seating Area.

Tuesday, March 6, 7pm  
**Baking with Whey**

Elise Fiscus & Ashley Swanson

Ever wonder what to do with whey? Elise and Ashley will discuss the health benefits of whey protein and the best times of the day to consume different forms of whey. They'll address the science of protein and how that plays into baking with whey. You'll learn how to prepare breakfast protein muffins, homemade protein bars, and a protein-infused pumpkin chai cupcake. Join these lively ladies for an introduction to the world of whey!



Thursday, March 15, 7-8:30pm  
**Roll Your Own Sushi**

Becky Ringsby, Savor Chef Services  
**HANDS ON CLASS - \$15 FEE**

Sushi known for its nutritional value and pleasing aesthetics has become one of the most popular foods in America. Professional chefs complete years of training to master the art of sushi, but the basics are easy enough that anyone can experience great fun and success making sushi at home! In this class, as you practice rolling your own sushi, we will talk about the different types of sushi, easy filling ideas, sushi eating etiquette and how to prepare the perfect sushi rice. You will even take home your own rolling mat and rice paddle!

Tuesday, March 20, 7pm  
**Benefits of a Plant Based Diet**

Jessica Osterberg, Mindfully Healthy

Whether you are new to a plant-based diet, have friends and family who avoid animal products, or just looking for helpful tips for everyday eating, join Jessica Osterberg, Certified Holistic Health Counselor for facts, tips, and recipes. We will discuss the benefits of a plant-based diet and how to have happy, healthy, and satisfying meals year round.

Tuesday, March 27, 7pm  
**Incorporating Fruits & Vegetables in the Home Landscape**

Lisa Harmison - Master Gardener  
**CO-OP GARDENING SERIES**

Traditionally, fruits and vegetables have been grown in their own special areas in the garden. With urban landscapes limiting the amount of space one has, many give up on growing fruits and vegetables at home. This class

will highlight ways that these plants can be incorporated into the smaller, urban landscape.

Tuesday, April 3, 7pm  
**Spring Brunch Ideas**

Becky Ringsby, Savor Chef Services

For many, the start of Spring means eggs...mainly the chocolate kind from a certain long-eared friend. But it can also mean brunch with friends and grown up egg dishes. Becky will share two distinctly different brunch-type dishes that can really be enjoyed at any time of day. Come learn two fool-proof ways to "poach" your eggs in "Poached Eggs with Asparagus, Prosciutto and Lemon-Caper Vinaigrette" and "Poached Eggs in Tomato Sauce with Chickpeas and Feta".

Tuesday, April 10, 7pm  
**Vegan Meat Substitutes**

Caitlin Johnson, Wheatsfield Baker

Whether you are interested in vegan meat substitutes for yourself, to cook for vegan friends or family or because you are curious about how to both pronounce and prepare these foods, Caitlin will share her enthusiasm for making delicious vegan food. We'll learn about where these foods come from, why they are nutritious and then make seitan sausage, tempeh sausage crumbles and one more!

Tuesday, April 17, 7pm  
**Movie: "Dirty Work"**  
54 minutes, Deb Wallwork

Dirty Work is a documentary about a dream. This fascinating and lovingly produced film follows a year in the life of farmers Don Roberts and Joni Cash at their western Wisconsin CSA operation who invested their sweat, hopes, and tears into Elsie's Farm; a little field of vegetables that just might change the world.

Monday, April 23, 4-7pm  
**Start Your Own Garden**

Join us to start some seedlings. Choose from a few Seed Savers' vegetable seeds to plant for your own garden. Bring your own transplant containers (i.e. yogurt cups, egg cartons) if possible. Rain or shine. No RSVP necessary. Co-op Parking Lot.

Tuesday, April 24, 7-8pm  
**Reducing Your Home Energy Use: Top Ten Tips**

Jim Clark, ThinkCareAct  
Sustainable Living Solutions

Confused about your most cost-effective options for lowering your utility bills, saving energy and reducing your carbon footprint? This class will cut through the myths and provide you with practical and unbiased suggestions from a professional energy auditor in a relaxed and entertaining format. Time will be al-

lowed for answering your specific questions. Please RSVP. Deli seating area.

Wednesday, April 25, 6:30-7:30pm  
**Beginner Bike Repair**

Ronn Ritz, Skunk River Cycles

*Back by Popular Demand*  
*Bring Your Bike!*

Want to learn how to fix a flat or to oil your chain? Some simple preventative maintenance can keep your bike working well and help you avoid costly future repairs. Join iconic Skunk River Cycles owner, Ronn Ritz, as he talks you through some of the basics of bike repair. Limited to 10 participants, please RSVP. Rain or shine. Co-op Parking Lot.

Thursday, April 26, 7-8pm  
**DIY Green Clean Products**

Susan Jasper, Wheatsfield Marketing

Colleen Walsh, Clean Wash  
**HANDS ON CLASS - \$7 FEE**

Join Colleen and Susan as they show how cleaning with non-toxic cleaning products makes our homes healthier and makes cleaning a little more fun! Learn how to make household cleaners from simple, non-toxic ingredients and essential oils. We'll share lots of recipes and each participant will make and bring home a cleaning product and a room freshener spray. Limited to 10 participants, please RSVP.

Tuesday May 1, 7pm  
**Slow Foods Movement**

Nikki Rains, Slow Foods ISU

What is Slow Foods? Why practice the slow foods lifestyle? Local locavore Nikki Rains explains why you should buy, eat and support local foods. Explore both the ethical and biochemical reasons why you should say no to fast food and yes to slow food. Easy slow-food-on-the-go recipes (vegetarian friendly!), tips and tricks, with samples provided!

**SPECIAL KIDS "DAY OFF SCHOOL" CLASS!**

Thursday, March 8, 9-10am

**Seeds: to eat and to grow!**  
Susan Jasper, Wheatsfield Outreach and Education Coordinator  
**\$5 FEE - 1st & 2nd Grade**

Kids, come to the co-op and learn about how seeds are the source of energy for plants and for our bodies. We'll start by learning about a seed's job in growing plants. Then we'll go on a scavenger hunt in the store finding and tasting a variety of seeds. Before we're finished we'll plant seeds to take home as a head start for your flower box or garden once warm weather is here to stay!

EARTH WEEK ACTIVITIES • EARTH WEEK ACTIVITIES • EARTH WEEK ACTIVITIES

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## INSTRUCTOR BIOS

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### Jim Clark

#### Sustainable Living Solutions

Through his Ames company, Sustainable Living Solutions, Jim Clark has conducted more than 500 free, comprehensive residential energy audits for the City of Ames Smart Energy program. With 30 years of experience in environmental sustainability, he is a nationally certified ENERGY STAR rater and has degrees in engineering and community education.

### Elise Fiscus

#### Major Culinary Science, ISU

Elise Fiscus is currently a senior at Iowa State University, majoring in Culinary Science and is from Union, Iowa. She is very interested in natural and holistic health. Elise optimizes her knowledge of nutrition when cooking and baking for friends and family without compromising taste. Elise will be studying esthiology this fall at the Aveda Institute in Des Moines.

### Lisa Harmison

#### Master Gardener

Lisa Harmison has been playing in the dirt for most of her life. Through thousands of hours as a master gardener over the last 13 years, Lisa has shared her passion for growing plants with many groups. Lisa presents many different programs to organizations and regularly teaches classes to master gardeners in training. She is also the former owner of a garden design and maintenance service.

### Susan Jasper

#### Wheatsfield Outreach and Education Coordinator

Susan Jasper spent a lot of time making things, baking and reading as a child. These interests continue to guide her, especially as a mom. Now with two teenage sons her job as Outreach and Education Coordinator at Wheatsfield offers her op-

portunities to continue connecting with young people. Susan feels passionate about community building – whether it's through a meal for friends and family or a homemade gift. Making things from elemental ingredients, like homemade cleaning supplies, is right up her alley.

### Caitlin Johnson

#### Wheatsfield Baker

Caitlin Johnson grew up in Polk City and graduated from ISU in 2009. She's always been interested in food and how it shapes our experiences with other people. She has been vegan for 4 years. Caitlin enjoys cooking food from other cultures just as much as “veganizing” classic Iowa casseroles. Caitlin has been Wheatsfield's baker since last October and has worked at the co-op for two years.

### Jessica Osterberg

#### Mindfully Healthy

Jessica Osterberg, is a Certified Holistic Health Counselor with advanced certification in plant-based nutrition and sees clients through her nutrition consulting business, Mindfully Healthy. She became a health counselor after having two children and learning about the importance of a healthy lifestyle for the whole family. She has a passion for nutrition and working with others to improve their eating habits, support them in weight loss, and sustain a healthy lifestyle. Jessica received her training through Cornell University and the Institute for Integrative Nutrition in New York City. She offers health and nutritional counseling programs for individuals, families, and groups.

### Nikki Rains

#### Slow Foods ISU

Nikki Rains is a biologist from Iowa State University with a background in the art of food preparation. She is a local writer and

artist and is the Communications Officer for Slow Foods ISU chapter. An Ames native, Nikki's love for the Ames community has led her to a life of sharing the word of good food to those around her.

### Becky Ringsby

#### SAVOR, Specialty Chef Services

Becky Ringsby is a licensed culinary instructor who is passionate about the integrity of homemade food, prepared healthfully, using real ingredients. She loves inspiring others to be fearless and a little daring in their cooking and to have fun with food! Becky is able to share her love of cooking with others through her business, Savor – a specialty chef service that specializes in private hands-on group cooking classes. She teaches classes on a regular basis at Wheatsfield.

### Ashley Swanson

#### Major Culinary Science, ISU

Ashley Swanson is a junior in Culinary Science at Iowa State University and is from Pella, Iowa. She believes in a balance of science and holistic health. She has a strong passion for cooking organic foods with a functional purpose. One of her goals is to become a certified natural foods chef and integrate culinary arts with therapeutic foods. Ashley has worked at Americana restaurant and is now a pastry chef at Tartine in Des Moines.

### Colleen Walsh

#### Clean Wash by Colleen Walsh

Colleen Walsh dreamed of having her own cleaning company, “Clean Wash by Colleen Walsh”, since she was 10 years old. She realized this dream to years ago when she established her environmentally safe business. Not only does she clean homes and businesses, but she makes her own cleaning products.