

# Community classes @ the co-op

## August & September

August 3, 7pm

### **Nature's Best for Baby**

*Mary Kay Vogel & Suzanne van der Valk*

Mary Kay and Suzanne have fond memories of nursing their own children and have worked with La Leche League (LLL) in Ames for over thirty years. Their presentation will cover the advantages of breastfeeding (to mothers, babies, families and society) and offer tips on making the breastfeeding experience as beneficial and enjoyable as possible.

August 10, 7pm

### **Simple Sushi**

*Becky Ringsby*

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! Come and learn about the different types of sushi, easy filling ideas, sushi eating etiquette and how to prepare the perfect sushi rice.

August 17, 7pm

### **Caring for Diabetes**

*Erinn Rieser*

This class will highlight the main topics of diabetes care, including signs, symptoms, and risk factors. Simple daily prevention tools and techniques will be discussed and diet tips will be given. Erinn will also be teaching fun easy ways to cook to prevent diabetes!

August 24, 7pm

### **Summer Grilling is a Blast!** **Seasonal Food Series**

*Matt Koch & Adam Calder*  
*Wheatsfield Staff*

As Produce Manager, Adam enjoys experimenting with marinades for the latest seasonal veggies. We'll also feature grilled pineapple and peaches which complement our Deli and Meat Manager Matt's Pacific Grilled Pork. Both chefs will share their enthusiasm for maximizing enjoyment of outdoor meals for the rest of the grilling season. **This class will meet outdoors.**

*Please RSVP. Classes sizes are limited.*

*All classes are free. Notify us if you cannot attend within 24 hours.*

August 31, 7pm

### **Acid Alkaline Imbalance**

*Lea Vogl - Wheatsfield Wellness Staff*

Back by popular demand! Over-acidity is very common in today's society leading to an internal environment conducive to disease. Lea will discuss the effects of over-acidity and how proper food choices can lead to a pH balanced environment.

September 7, 7pm

### **Bulghur, & Barley, & Couscous - Oh My!**

*Becky Ringsby*

Wanting to expand the repertoire of grains in your diet? With so many different kinds available it can be a bit daunting. We'll explore a few of them in detail as we prepare "Stuffed Pepper Soup with Bulghur," "Barley, Butternut Squash and Mushroom Risotto," and "Israeli Couscous Salad."

September 14, 7pm

### **Omega 3s**

*Robb Dosser*

Omega 3 fatty acids are considered essential fatty acids: They are necessary for human health but the body can't make them -- you have to get them through food or supplementation. Join Robb as he explains the importance of omega 3 supplementation and how to choose the best Omega 3 product for you and your family. We will discuss and highlight a few key points to discern quality.

September 21, 7pm

### **Spice Up Gluten-Free Recipes** **Indian Cooking Demo**

*Madhu Gadia*

Local chef and dietitian, Madhu Gadia will demonstrate how to prepare several delicious Indian meals which also happen to be gluten-free. Her warm presentation style and practical approach to meal preparation will undoubtedly inspire you to spice up your meal menu.

September 28, 7pm

### **Herbs for Cold & Flu Season**

*Nancy Beatty*

This class will cover the basic pathophysiology of upper respiratory infection (URI) and influenza-how we spread our germs and how our bodies respond to infection. Nancy will review various antimicrobial components of commonly used herbs and explain the constituents in plants that make them effective against pathogens. Nancy will also discuss the dosage and preparation of herbal remedies and review the best forms for specific herbs.

### **Special Class**

Thurs., September 23, 6-8pm

### **Improving Your Children's Health the Natural Way**

*MaryBeth Buchele*

Is your child sidelined by stomach aches, trouble focusing or sitting still, headaches, allergies or too-frequent colds? Homeopathy, life-style changes, vitamins, minerals and herbs can help improve your child's health. MaryBeth will teach you what remedies to use to help your children, how to use them, and will give an overview of homeopathy and how homeopathy works on more chronic health problems.

### **Special Classes for Kids**

Sat., August 7th, 9am-10am

### **Simple Suppers**

*for 9-12 year-olds*

*Becky Ringsby*

While our two pots of sloppy joes - one vegetarian and one traditional - are simmering we'll shop the produce aisle for veggie kabob ingredients. And since supper isn't complete without dessert, we'll make an easy parfait to round it all out. **\*Class is limited to 12 children. Caregivers are encouraged to watch the class or to shop.**

**Instructor Bios on back** 

# **C**ommunity classes @ the co-op

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*We are pleased to offer classes from the following presenters. If you know someone that would be a great presenter for our class program, let us know! Many of our presenters have a cooking or health business. If you would like to learn more about their services please let us know.*

### **Nancy Beatty**

Nancy Beatty is originally from northwest Iowa. Nancy's educational background includes an AA degree in Horticulture, an Associate Degree in Nursing, as well as a Clinical Herbalist certification from Southwest School of Botanical Medicine, Bizbee, AZ. She has worked as an RN for 24 years and has been a self-avowed "plant freak" for even longer. She started a small business, Iowa Roots Herbal Apothecary, in northwest Iowa before moving to Ames about 5 years ago. Nancy currently works at Iowa State University's student health clinic as an RN and continues to study medicinal plants and make her own tinctures, oils and salves for herself, family and friends.

### **Marybeth Buchele**

Marybeth Buchele, was introduced to homeopathy in 1986 after experiencing severe allergies to just about anything with a smell. Life was a huge challenge after many conventional and alternative treatments didn't help very much. When homeopathic treatments improved her health, Marybeth began treating her children's health with simple remedies. After studying homeopathy on her own, she enrolled at the Northwestern Academy of Homeopathy in Minneapolis and graduated in 2000. Marybeth strives to treat chronic health problems as a means to pass on the gift of healing that she has experienced.

### **Adam Calder**

Adam Calder grew up in Nebraska and stayed in Ames after graduating from Iowa State. His bachelor's degree in Journalism and Mass Communications and Environmental Studies minor fit very well into his role as Produce Manager at Wheatsfield. Adam not only buys the store's produce but also puts his pen to paper by contributing articles to our newsletter and by writing monthly produce parables which are posted on our website. Adam can't think of a better way to spend an evening than cooking in his kitchen and then sharing a nutritious meal with his friends.

### **Robb Dossier**

Robb began his work in the natural health community nine years ago in a two-year herbalism and Chinese medicine program in Chicago. For the past seven years he has worked on the sales and education side of the health industry, working with Nordic Naturals for the past five years. Current research has him interested in discussing the importance of essential fatty acids with everyone in this country.

### **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.

### **Matt Koch**

Matt is Wheatsfield's Meat and Deli Department Manager. He is enthusiastic about both good tasting food and grilling. After working in Ames hotels and restaurants for 20 years, Matt always has interesting recipes and flavorings in mind as he plans his menus; whether it's for his family, a special event, the co-op deli bar or a cooking demo.

### **Erinn Reisser**

Erinn is a recent graduate from Iowa State University where she earned a B.S. in Nutritional Science and a double major in Spanish. She has a particular interest in migrant diabetes care and prevention, and has taken a role as a diabetes educator in the fall in New York. Erinn is also an avid cook and loves staying active around the Ames area.

### **Becky Ringsby**

Becky considers herself a "foodie" who believes in the integrity of homemade food, prepared healthfully using real ingredients. She encourages others to be fearless and a little daring in their cooking - to try something different once in a while, and have fun with food! Becky has spent the last few years educating herself in food and nutrition through participation in several classes and culinary programs. She has recently taught a class series on basic culinary skills while sharing ways to think "outside of the box" in every-day cooking. Becky is starting an entertainment-cooking business where she will be able to share her love of cooking with others by providing services for private dinner parties and for cooking classes in the home.

### **Mary Kay Vogel & Suzanne van der Valk**

Mary Kay and Suzanne are experienced mothers who have breastfed their own babies and who have been trained and accredited by La Leche League International to help mothers and mothers-to-be with all aspects of breastfeeding. They are available by phone whenever you have breastfeeding questions or concerns. La Leche League is an international, nonprofit, nonsectarian organization dedicated to providing education, information, support, and encouragement to women who want to breastfeed.

### **Lea Vogl**

Lea Vogl worked for a catalog vitamin retailer for 3 years, gaining knowledge from the people who used the products themselves and has since been especially interested in supplements and cancer. As a psychology major, Lea has done a lot of research on supplements and their effects on our moods and brain chemistry. When Lea moved to Ames in 2008 she worked at a local bulk herb supplier and has worked at Wheatsfield Cooperative as our Wellness Manager since August 2009.



Open Daily 8am-9pm

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