

Monthly Classes

Living Allergen-Free

1ST MONDAY, MONTHLY • 6PM

Have you or someone you know been diagnosed with food sensitivities or allergies? Need to avoid gluten, dairy, soy, nuts, etc.? Whatever the case, you'll need to look at your food differently, consciously from now on. With this class, we get you started on that journey. Participants learn about various foods suitable for their new lifestyles, how to convert favorite recipes, which foods to avoid, and much more.

No registration required. For more information, contact Abbey at 906-225-0671 ext.25.



Getting to Know Your Co-op

2ND MONDAY & 3RD THURSDAY, MONTHLY • 6PM

Anyone, membership regardless, is encouraged to attend this free class. An overview of our Co-op, a comprehensive store tour, samples of products, and a Q&A period are all included.

Register at the customer service counter, or contact Chris at 906-225-0671 ext.24.



EAT WELL. THINK LOCAL.



Open Daily, 9 to 9 • Everyone Welcome!
109 W Baraga Ave. Marquette, MI 49855
906-225-0671 • www.marquettefood.coop


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Last updated December 2011

Classes & Workshops



offered by
**the marquette
food co-op**

Workshops

Home Brewing : Beginner

WEDNESDAY, JANUARY 11 • 6PM

The number of microbreweries and home brewers has increased as people seek out flavorful, dynamic, and unique beer. Learn more about this craft from an experienced local home brewer! This class is intended for those new to brewing beer.

Cost: Free for owners, \$3 donation for others

Location: Marquette Arts & Culture Center

To register, contact Sarah at 906-225-0671 ext.23.

Home Brewing : Intermediate

WEDNESDAY, JANUARY 25 • 6PM

Many begin brewing beer with a kit, but are unsure how to begin the next step of brewing. Co-op owner and experienced home brewer Sean Dombrowski will walk participants through the process of brewing a beer from scratch. This class is intended for those that have some experience with brewing beer.

Cost: Free for owners, \$3 donation for others

Location: Marquette Arts & Culture Center

To register, contact Sarah at 906-225-0671 ext.23.

Aromatherapy

WEDNESDAY, FEBRUARY 1 • 6PM

Using essential oils for physiological and psychological benefits is an ancient art. Join Co-op owner Cindy Engle to discover the fragrances and uses of essential oils for yourself at this aromatic event.

Cost: Free for owners, \$3 donation for others

Location: Co-op Conference Room

To register, contact Sarah at 906-225-0671 ext.23.

Soap-Making

MARCH • TBA

Learn to make your own soap from an experienced soap maker. Colleen Carlyle of Native Sister Soap will walk you through the process she uses to make her excellent products. The equipment, time needed, and procedures will be thoroughly covered.

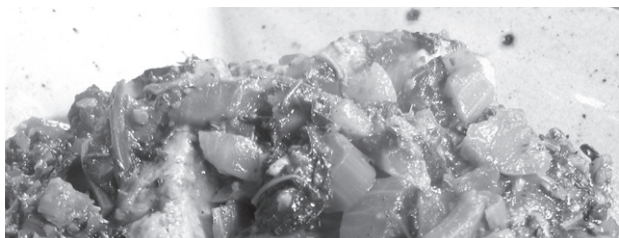
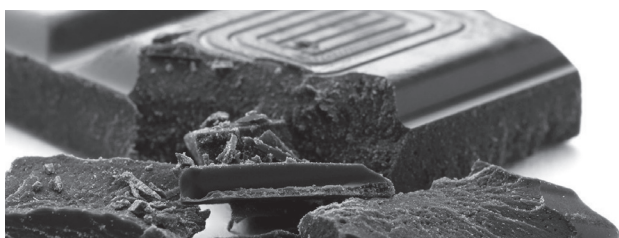
Cost: \$15 for owners, \$25 for others

Location: TBA

Call Sarah at 906-225-0671 ext.23 for more info.

Winter-Spring Cooking Classes

We offer cooking classes Sept-May each year, determined by public demand. Held at Marquette Senior High School, each class costs \$10 for owners, \$20 for others. For more class info, contact Sarah at 906-225-0671 ext.23. **Pre-registration is required by contacting Marquette Schools at 906-225-4210.**



Chinese Cooking, Chinese Medicine

TUES. JANUARY 24 / TUES. JANUARY 31 • 6PM

This class will give you a brief overview of Chinese philosophy on the relationship between food and health. Learn how to cook popular traditional Chinese dishes from Co-op owner Jeannie Wagner.

All About Chocolate

TUES. FEBRUARY 7 / WED. FEBRUARY 8 • 6PM

Wow your family and friends this Valentine's with fantastic chocolate dishes. Learn how our chocolate choices have consequences for people around the world, and then make (politically) guilt-free chocolate desserts sure to melt anyone's heart.

Culinary Basics

TUES. MARCH 13 / TUES. MARCH 20 • 6PM

If you've ever wished for a 101 on cooking healthy food, this is the class for you. Participants will learn cooking terminology and technique while we create delicious, nutritious, and affordable meals using whole foods.

Indian Cooking

TUES. APRIL 10 / TUES. APRIL 17 • 6PM

Learn to cook a variety of classic Indian dishes! Whether you are new to the subcontinent's charms or already love tandoori chicken and palak paneer, this class will have something to tempt your taste buds. Taught by our own front end's Kim Martino.

Spanish Cooking

TUES. MAY 22 / TUES. MAY 29 • 6PM

Spanish cuisine offers a wide variety of flavors. Discover the delicious, Mediterranean influenced fare of Southern Spain with our instructor Almudena Aguirre, who hails from Andalusia.

****Bring a container in case of leftovers!***