



# COOKING CLASSES

## FALL 2025

### VIETNAMESE PHO

September 4 & 18 • 5:30 - 8:00pm

\$35 for Co-op owners, \$50 for general admission



No matter the season, Vietnamese Pho (pronounced fuh) offers a warmth and brightness that will elevate your mood. This hot noodle soup, made by slow-simmering beef or chicken, is probably the most well-known Vietnamese food world-wide, and for good reason! Pho Gà is a rich and earthy chicken bone broth with aromatic spices like star anise, ginger, cloves, cinnamon, and onion, finished with the cornerstone of Vietnamese cooking — fish sauce (nuoc mam). The light and golden broth is served over rice noodles with the tender stewed meat, topped with lime and fresh herbs like mint and basil. Experienced home cook turned chef and owner of Nuoc Mam-a Vietnamese Goods, Sandy Le will break down how to make a good bone broth and share tips she has learned from her family, who hail from South-Central Vietnam. She is also sharing how to stretch ingredients by making a Vietnamese chicken salad with leftover meat and showcasing her creativity with sweets with her take on tiramisu, using Vietnamese coffee and condensed milk cream. Sandy has built her business around the utilization of seasonal, local produce and herbs from small farms in the UP, so you can expect local ingredients where possible.

### ROASTED & CHARRED: HOMEMADE SALSA

September 24 • 5:30 - 7:30pm

\$25 for Co-op owners, \$40 for general admission



Join us for a fun and flavor-packed class making dips and homemade chips, for adults and kids to enjoy together! In this hands-on session, we'll learn about the different types of colorful peppers you can grow right here in the UP from local farmer Gabriel Caplett, owner of Dukes Farm and Foolazul pepper sauce company. We'll roast and char peppers and make two different kinds of salsa (red and green) from scratch using seasonal produce like tomatoes and tomatillos, as well as refried beans, and creamy queso. Plus, we'll be making tortilla chips the traditional way, by cutting and frying corn tortillas right in class. Children 8+ welcome to attend.

Learn more about Dukes Farm at [lakesuperiorfarms.com](https://lakesuperiorfarms.com) and Foolazul at [foolazul.com](https://foolazul.com).

### SIMPLE AYURVEDIC COOKING FOR ALL BODIES

October 1 • 5:30 - 7:30pm

\$25 for Co-op owners

\$40 for general admission



In India, Ayurveda is the traditional system of medicine that focuses on holistic well-being through the balancing of the mind, body, and spirit. Ayurveda foods emphasize nourishment and digestion as a cornerstone of health, and cooking fresh meals from scratch is one of its most powerful tools. In this class, Shaina Levee, M.A., a seasoned Ayurvedic practitioner and holistic psychotherapist, will guide you through the basics of preparing simple, nourishing meals that support digestive health for all ages and body types. You'll learn foundational cooking techniques, explore ingredients that promote balance, and leave with the skills and confidence to cook for yourself with greater care and ease.



Check [www.marquettefood.coop/events](https://www.marquettefood.coop/events) or scan to register. Preregistration is required. Unless otherwise noted, all classes and workshops are held in the Marquette Food Co-op classroom.



### SYMBOLS KEY



Hands-on class



Vegan friendly class



Gluten-free friendly class



Vegetarian friendly class

## DECOLONIZING DIET STORIES: MEMORIES FROM A TRANSFORMATIVE RESEARCH PROJECT

**October 7 & 14 • 5:30 - 8:00pm**

*\$35 for Co-op owners, \$50 for general admission*

From 2012-2013, Dr. April E. Lindala, professor of Native American Studies at Northern Michigan University, was on the project team and a volunteer research subject for the Decolonizing Diet Project. Dr. Lindala became notable for being one of the bakers of the group, making recipes for breads, pancakes, waffles, and cookies using native ingredients like pecans, pumpkin seeds, and maple syrup. This class gathering will combine DDP recipes with stories of the DDP experience, and a conversation of the significance between humans and the more-than-human relatives that serve as a source for human foods.



## ISLAND FLAVORS: PUERTO RICAN CUISINE

**November 4 & 11 • 5:30 - 8:00pm**

*\$35 for Co-op owners*

*\$50 for general admission*



Calling all cilantro lovers! Join us for a hands-on Puerto Rican cooking class where you'll explore the vibrant flavors of the island. We'll start by making traditional soffrito from scratch, the aromatic base to many Puerto Rican dishes. We move onto classic arroz con habichuelas (rice & beans), crisped to perfection tostones, then wrap it up with a deliciously decadent coconut tres leches cake. Our teacher is Darby Cummings, who learned how to cook traditional Puerto Rican food from her best friend, a Boston chef, and her friend's mother, who immigrated from Trujillo Alto in the early 1990s. Puerto Rico is calling, with all its flavor, culture, and fun in the kitchen! Dancing is encouraged!

## STRETCH & FOLD: SOURDOUGH AT HOME

**December 2 & 9 • 5:00 - 8:00pm**

*\$35 for Co-op owners*

*\$50 for general admission*



Join us for a beginner sourdough class where we will explore the entire process of making sourdough bread. In this hands-on class, we learn how to care for the starter, mix dough, do a set of stretch and folds (which helps develop the dough's gluten structure and encourages even fermentation), and sample fresh bread. All experience levels are welcome — we hope to dispel some of the apprehension around sourdough and help you feel more comfortable baking fresh, homemade bread. This class is formatted as an open forum and ongoing conversation and will be led by local farmer and experienced sourdough baker Olivia Kingery of Pileated Farms in Chatham. You'll leave with prepared dough to bake a loaf at home, so please bring a container to transport it.



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