



CO-OP CLASSES

WINTER 2025

WHOLE FOODS PLANT BASED RECIPES FOR THE NEW YEAR



January 7 • 5:30 - 7:30pm

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

Increasing plants on your plate is a proven way to prolong your life and protect the environment. But what do you do with those plants? Long-time Co-op Owner, Betsy Little, and Dietitian Amanda Latvala are here to teach you techniques to increase your plant consumption without feeling restricted.

Folks of all cooking skill levels are welcome to participate. Little and Latvala will guide you through the steps to cook with less oil and dry sauté. Then, you'll put your new knowledge to task as you make Vegetarian Sloppy Joes, No-Tuna Salad Filling, and Energy Balls.

If you've thought, "I'm going to eat healthier this year!", then panicked at the idea of salads all day, every day, this class is for you. Let Little and Latvala demystify eating your vegetables and help you have a nutritious new year!

COOK WITH OUR DIETITIAN



January 14 • 5:30 - 7:30pm

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

We're almost two weeks post-New Year's Day. Most of us promised ourselves to eat healthier, live healthier.

Education Coordinator and Registered Dietitian Amanda Latvala has all the tips on how to cook bold recipes that are simple to make and dense with essential vitamins and minerals. Come learn all about hearty baked salads with bright vinaigrettes. Latvala revives burger night with spiced lentil burgers with a fabulous dipping sauce.

It's easy to feel like healthy eating is hard to afford or plan out, even with excellent recipes. Latvala knows this pitfall all too well, which is why she'll share her methods for shopping on a budget and easy meal prep. *This is a repeat class from January 2023.*

TASTE OF NORTHERN INDIA



February 4 & 25 • 5:30 - 8pm

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

Join the Marquette Food Co-op for an Indian Cooking Class that will bring the vibrant flavors of North India right to your kitchen! Whether you're new to Indian cuisine or just looking for some simple, delicious recipes, this class will show you how to create a complete, balanced meal with ease.

Together, we'll make a comforting lentil dal, a refreshing raita (the Indian version of tzatziki), perfectly spiced vegetables, and fragrant rice—everything you need to bring a taste of India to your table. Raj Vable of Young Mountain Tea will lead this course, bringing the culinary lessons he learned from visiting his grandparents in India.



SYMBOLS KEY



Hands-on class



Gluten-free friendly class



Vegan friendly class



Vegetarian friendly class

Check 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.



502 W. Washington St.
Marquette, MI 49855

Open Daily
Everyone Welcome!

marquettefood.coop



HAND ROLLED PASTA WITH STREGA NONNA!



February 11 • 5 - 8pm

\$45 for Co-op owners, \$60 for general admission

Rachael Grossman of Strega Nonna visits Marquette! You may have been bewitched by Strega Nonna once before. It'd be no surprise. Grossman will be stopping by the Co-op to teach you the basics of water-dough pasta and two sumptuous sauce recipes, a classic tomato sauce, and a sausage, broccoli and hot pepper sauce.

Bringing her love of relaxed, plentiful meals in Italy, Grossman's reinvented the Italian dining experience through U.P. ingredients, culture, and traditions. From rolling and shaping your own pasta to prepping the perfect sauce for your dish, expect a full evening of hands-on learning and fun!



TAKE AND BAKE: SPANAKOPITA HAND PIES



March 4 & 6 • 5:30 - 7pm

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

You may be thinking, "Spanakopita? That delicious, herby, savory, bright and flaky pie? That's too hard for my kid and I to make!" Wrong! The Marquette Food Co-op's Amanda Latvala and Sarah Monte know all the tips and tricks to teach you and your family how to make a masterful spanakopita hand pie of your own.

You'll snack on spanakopita hand pies while Latvala and Monte run you through flag folds, a technical step crucial for the perfect hand pie. Afterwards, you'll make your own spanakopita to save for whenever you need a quick meal. This class is a "take and bake" lesson for adults and accompanied kids. No kid? No problem. Bring a friend. Bring yourself. All that matters is that you bring your appetite!

SOUTH AFRICAN CUISINE



April 8 & 22 • 5:30 - 8pm

\$45 for Co-op owners, \$60 for general admission

New to the world of South African dining? Melanie Mottinger's got your back. Mottinger will guide you on a vibrant exploration of some South African classics. Design your own Seven Colors Sunday feast, a lush array of collards, beets, squash or sweet potatoes, turmeric rice, and more. Pair it with Bobotie, a curried ground beef dish topped with egg custard.

Broaden your culinary horizons at the Marquette Food Co-op!

SIDE TO SIDE: CRAFTING THE PERFECT SIDE DISH



May 6 & 13 • 5:30 - 8pm

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

It's not just a well-paired wine that helps elevate a meal. The perfect side dish accentuates a main dish's texture and flavor, making it a better culinary experience altogether. That's why Roy Sarosik's here to spread the word of side dish excellency.

Sarosik will share everything he's learned about side dishes from around the world, such as Roasted Radish, Lebanese Green Beans, and his famous Baked Beans. He will run you through the basics of crafting your own side dish pairings. From the principles of flavor and texture combinations to balancing flavors, he'll demonstrate good foundations for exquisite culinary results.

Check 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



Gluten-free friendly class



Vegan friendly class



Vegetarian friendly class

