



COOKING CLASSES

WINTER 2026

COOKING FOR GUT HEALTH WITH DR. RYAN BRANG

January 6 or 13 • 5:30 - 7:30pm

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



Join Dr. Ryan Brang for an interactive evening of food, flavor, and conversation focused on gut health and the microbiome. Together, we'll prepare a vibrant sticky glazed tofu bowl, featuring a rainbow of fresh vegetables, protein-rich edamame, and forbidden rice. Everyone will get hands-on time in the kitchen — practicing knife skills, building their own bowls, and learning simple ways to make plant-forward meals that truly satisfy.

From the nervous system to the immune system, the microbiome plays a substantial role in how we eat, sleep, think, age and engage with others in our community. As we cook, Dr. Brang will share insights from his background in culinary medicine and family practice, exploring how what we eat can support balance and wellbeing from the inside out.

FLAVORS FROM THE NETHERLANDS

February 3 or 10 • 5:30 - 8:00pm

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



Escape the February chill with a taste of Dutch comfort! We will prepare a hearty vegetarian Dutch split pea soup — the perfect winter companion — along with Saucijzenbroodjes, savory flaky puff pastry rolls filled with richly flavored ground beef. We will end on a sweet note with buttery, melt-in-your-mouth boterkoek, a Dutch classic. Guided by Naomi Salfrais, originally from the Netherlands, you will not only learn to make these comforting dishes but also gain insight into the cultural and historical influences that have shaped Dutch home cooking.

BRIGHT & BOLD GREEK CUISINE

March 3 or 10 • 5:30 - 8:00pm

\$35 for Co-op owners

\$50 for general admission



Bright, bold, aromatic flavors are the hallmark of Greek cuisine. We're excited to welcome Leslie Davis, a confident home chef and baker who has a deep adoration of Greek food, to the MFC Kitchen. The food experience is as much about hospitality as it is about flavor, and it's meant to be enjoyed communally. We'll connect over both classic and inspired dishes like dolmas, saganaki (fried cheese), whipped feta, pita bread, hummus, and a sweet Greek honey cake.



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



Vegan friendly class



Gluten-free friendly class



Vegetarian friendly class

AYURVEDIC STAPLES

March 25 • 5:30 - 7:30pm

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



As the seasons shift from late winter to early spring, this class focuses on creating Ayurvedic-inspired pantry staples that support the body's natural transition. Together, led by Shain Levee of Northwoods Ayurveda, we'll prepare a selection of simple, versatile recipes designed to bring warmth, lightness, and balance into everyday cooking. Participants will learn how to make ghee, the cornerstone of Ayurvedic cuisine; tahini and an Ayurvedic-spiced hummus that can serve as nourishing bases for many meals; a kapha-reducing tea blend to awaken digestion and circulation; a seasonal salt and spice mix to enliven flavor and support agni (digestive fire); and a spiced seed butter that offers gentle, sustaining energy. These six staples can be easily prepared at home and kept on hand throughout the week, forming the foundation of a kitchen that nourishes both body and spirit during the seasonal shift toward renewal and lightness.



WILD GATHERING: TIPS FOR SPRINGTIME FORAGING

April 7 or 14 • 5:30 - 7:30pm

\$25 for Co-op owners

\$40 for general admission



Did you miss the morels or the blueberries this past year because you didn't know when to start looking for them? What about ramps or fiddleheads? In this class, Dave Kalishek of Blue Moon Outdoors will share his foraging calendar, so you'll know when some of our choice wild edibles are available and when to start looking for them. Besides teaching you when to look, he'll also share some tastes if available and a few tips on where to begin your search.

CLASSIC AND INSPIRED FRENCH COOKING

May 5 or 12 • 5:30 - 8:00pm

\$35 for Co-op owners

\$50 for general admission



Venez nous rejoindre! In this hands-on cooking class, we'll prepare a full French menu —crepes, peas à la Française, chicken cordon bleu, classic aligot, and a vibrant coulis. Designed for all skill levels, this class emphasizes teamwork and classic techniques central to beloved French cuisine. The class will be led by Shane Sizemore, an MFC Prepared Foods staff member and experienced cook who graduated from Northern Michigan University with a double major in French and Hospitality Management.

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