



# Co-op Classes

Summer & Fall 2018



# Cooking Classes

Unless otherwise noted, all classes and workshops are held in the Marquette Food Co-op classroom. Preregistration is required. Check [www.marquettefood.coop/events](http://www.marquettefood.coop/events) for the latest offerings! Register at [marquettefood.coop/classes](http://marquettefood.coop/classes) or call Bea at 906-225-0671, x701.

## FARMERS MARKET DEMO: RAMPS

Saturday, June 9th  
9am–1pm

Free

Every year at the MFC, we look forward to the appearance of ramps — a sign that yes, spring really is here. Ramps are delicious, and working them into your meals is a great way to eat local. Visit our booth at the Downtown Marquette Farmers Market to learn about a variety of ways to use the wild leek, and taste them in an incredible pickle recipe. *All ages welcome.*

## SUMMER STORYTIME & BOOK SIGNING w/ KRISBY BYSTROM EMERY

Tuesday, July 24th  
10am–11am

Free

Author Krissy Bystrom Emery is debuting her new children's book, *The Paw Paw Fruit Does the Cha-Cha Scoot*. This will be an engaging and interactive presentation for children, who will have an opportunity to make a healthy and 'fruitful' snack after the book reading. Join us for an adorable morning program that promotes nutrition and literacy. Krissy will be signing books after story time for those who wish to take home a personalized copy. *For children ages pre-K through 3rd grade (siblings welcome). Adult Supervision required.*



## RAW FOODS

Tuesday, August 7th  
or Tuesday, August 14th  
6–8:30pm

*\$15 for Co-op owners, \$30 for all others*

Boost your health by learning how to incorporate raw foods into your diet! Angie Cherrette, owner and founder of Sage & Spry and a certified natural chef, will walk you through creating a delicious raw meal while providing education on the health benefits of eating raw. This multi-course meal will show you that raw food isn't just nutritious and cleansing, but delicious, too. You'll walk away with new recipes, a full stomach, and knowledge on how to add more raw foods to your diet. *Adults & children age 13 & up.*



## SERBIAN "JAZIM SRBSKI (I AM SERBIAN)!"

Tuesday, September 4th  
or Tuesday, September 11th  
6–8:30pm

*\$15 for Co-op owners, \$30 for all others*

During the 600-year reign of the Ottoman Empire over the Balkans, much was taken from the peoples of the region. Fortunately, much was left in the form of outstanding ancient recipes from the Northeastern Mediterranean that have evolved into the staples of Serbian cuisine. In this presentation, Steve and Perette Staletovich will lead the class in a hands-on demonstration preparing a traditional Serbian dinner, including Sarma (cabbage rolls), fried sweet peppers, roasted potatoes, Tava (rice), and Pita (rolled filo dough with spinach and cheese). Attendees will learn how fun and easy it is to prepare an exotic meal for two or a large gathering, as well as the slogan of Serbian cooking, "When in doubt, add more garlic! Nozdrovia (to your good health)!" *Adults & children age 13 & up.*



## PASTIES

Thursday, September 6th  
or Thursday, October 18th  
6–8:30pm

*\$15 for Co-op owners, \$30 for all others*

In celebration of 906 Day, we're taking on the U.P. staple — the pasty. In this class, we'll learn about the origins of the pasty and its significance to our area. We'll work past our differences (Butter, lard or shortening? Ketchup or gravy?) for an all-around unifying experience that celebrates the place we call home and our shared history. Instructors Kelsie (MFC's Publicity Coordinator) and Michael Dewar are Upper Peninsula natives who, after living away for several years, were drawn back by its natural beauty, serenity, and friendly inhabitants. They love to cook together in their free time, and especially enjoy learning about and preparing dishes that connect them to others. *Adults & children age 13 & up.*



## FARMERS MARKET DEMO: TOMATO TASTING

Saturday, September 8th  
9am–1pm

Free

Every year we eagerly await the arrival of local tomatoes—beautiful, flavorful, and available in such wide variety. How do you choose which to buy? The Marquette Food Co-op is here to help with their annual Tomato Tasting demo at the Downtown Marquette Farmers Market. Learn about plant diversity in the most interesting way out there — by eating them! Whether you're a tomato enthusiast already or just looking for a good simple slicing tomato, join us for the fun. *All ages welcome.*



## FERMENTATION 101: KOMBUCHA & MORE

Tuesday, October 2nd  
or Tuesday, October 9th  
6–8:30pm

*\$15 for Co-op owners, \$30 for all others*

Learn how to make kombucha with local brewer Alex Rowland of Superior Culture. From brew to bottle, this class will cover everything you need to know to start, maintain, and flavor your very own kombucha culture in your home kitchen. We will also cover basic recipes and concepts for wild and lacto-fermented produce, just in time to naturally preserve the end of this season's harvest. This is a very hands-on class, with many opportunities for customization and experimentation, so come ready to create. Each attendee will go home with a kombucha starter culture, a jar of fermented vegetables, and a bottle of kombucha flavored by you! Class will also include on-tap kombucha sampling by Superior Culture. *Adults & children age 13 & up.*



## FARMERS MARKET DEMO: SQUASH TASTING

Saturday, October 20th  
9am–1pm

Free

Winter squash is a great local food. It stores well, is a versatile cooking component, and each squash has its own unique flavor and texture. Not familiar with the different varieties of winter squash? No problem. Taste before you buy at the Marquette Food Co-op's booth at the Downtown Marquette Farmers Market. We'll have several types of squash cooked and ready to eat as well as recipes and information on how best to use each variety. *All ages welcome.*



## KIDS CLASS: SEASONAL COOKING

Tuesday, October 23rd  
5:30–7:30pm

\$10 for Co-op owners, \$15 for all others

Eating seasonally ensures the best flavor, great nutrition, and helps you feel in-tune with the cycle of the seasons. Luckily, we have many local farms that provide produce, so despite the short growing season, we can enjoy local food in the Upper Peninsula! Join U.P. native and high school senior Brooke Doughty, author of the newly published cookbook, *All Plants, All Year: Plant-Based Recipes for Every Season*, for hands-on experience cooking with local and seasonal ingredients. Bring your kids along to learn how to make two fall-inspired vegan dishes from her cookbook! She will also have copies of her book available for purchase. *Class is designed for children ages 8-12. Adult supervision not required, but parents or guardians are welcome to attend. Adult attendees must purchase their own ticket.*



## VIETNAMESE COOKING

Tuesday, November 6th  
6–8:30pm

\$20 for Co-op owners, \$35 for all others

Vietnamese cooking is starting to gain attention as one of the more flavorful yet healthiest styles of cooking. Limiting added dairy and oil, meals often pair an abundance of fresh herbs and vegetables with spiced meats to create balance and texture. In this class, experienced home cook Sandy Le-Besse will show participants how to recreate simple staples of Vietnamese cooking, touching on the French influence that sets it apart from many other Southeast Asian cuisines, with influences from her mother's upbringing in South-Central Vietnam. As with all traditional Vietnamese cooking, there was no recipe handed down. Sandy's mother adapted from her grandmother, Sandy adapted from her, and now Sandy will try her best to allow the class to adapt from her! The class will get to make spring rolls, bánh xèo (a Vietnamese crepe), caramel chicken with rice, and a bánh mì sandwich, learning about the classic sauces and herbs usually accompanying all meals. *Adults & children age 13 & up.*



## COOKING WITH KIDS: INTERNATIONAL BREAKFASTS

Tuesday, November 13th  
or Tuesday, November 27th  
5:30–7:30pm

\$15 for Co-op owners, \$25 for all others

In this class, kids will have the opportunity to take a look through the lens of school children around the world during the most important meal of the day! Attendees will learn how to prepare breakfast staples from France, Japan, and Israel, learning about the unique culture of each country and how the regional landscape and traditions influence their morning meals. Class is designed for children ages 8-12. Adult supervision is not required, but parents or guardians are welcome to attend. *Adult attendees must purchase their own ticket. This class is the first of a three-part series. The subsequent classes will take place in Winter 2019 and Fall 2019. Registration for this class does NOT include registration for the subsequent classes.*



## VENEZUELAN COOKING

Tuesday, December 4th  
or Tuesday, December 11th  
6–8:30pm

\$15 for Co-op owners, \$30 for all others

Venezuelan food is not a cuisine we typically get to experience here in the Upper Peninsula. Luckily, in this class, Venezuelan native Manuel Rangel will teach you how to create traditional Venezuelan dishes at home. Carne Mechada and empanadas will be a couple of the dishes you will learn how to make. Manuel will also walk you through a slideshow presentation of Venezuelan culture, history, and geography — so get ready to be fully immersed in Venezuelan culture! *Adults & children age 13 & up.*



## HOLIDAY CHEESE TRAY

Thursday, December 20th, 2018  
6–7pm

\$5 for Co-op owners, \$10 for all others

Learn the basics of creating an exciting and satisfying cheese plate. A cheese plate is a great addition to a holiday pot luck or can serve as a centerpiece for your cocktail party. Through a combination of lecture and hands-on experience, students will learn how to create a cheese plate that is not only delicious, but visually pleasing. Wine pairing suggestions and samples will be provided. Learn the difference between a vertical and horizontal tasting, how much cheese to serve per person, and how to design a plate that is begging to be shared all over social media! *Age 21 and older.*



## SYMBOLS KEY



Indicates a hands-on class, otherwise all classes are demonstration



Indicates vegan friendly class



Indicates gluten-free friendly class



Indicates vegetarian friendly class



Indicates alcohol samples will be served

# Presentations

*In addition to our classes, we offer customized presentations to fit your needs. Take a look at the topics below for ideas. Would you like to see something related to food, agriculture, or the cooperative business model that you don't see listed? Give us a call to discuss your ideas. For best availability, schedule your event with us three months in advance.*

## **Get To Know Your Co-op**

Our Get to Know Your Co-op class will be offered at 6pm on Wednesday, October 10th in our classroom located in the lower level of our Co-op. All are welcome and encouraged to attend this free class, regardless of Co-op membership. An overview of our Co-op, a comprehensive store tour, samples, and a Q&A period are all included. Visit our website or call Bea @ 225-0671 x701 to join an upcoming session. Open to everyone. Bring a friend. Everyone gets a \$5 Co-op gift card!

## **Food Demonstrations**

We can come to you or host you in our classroom. Learn how to make fresh healthy foods from the Co-op. Good for school classrooms, businesses, or a group of friends. Contact Amanda @ 225-0671 x727. Minimum of 5 people required.

## **Private Cooking Classes**

Looking for more than a food demo? We can organize your very own cooking class. Contact Amanda @ 225-0671 x727. Minimum of 5 people required.

## **Custom Presentations**

We love to share information with large and small groups related to healthy lifestyles, local agriculture, and the cooperative business model. Popular topics include eating healthy on a budget, local food systems, organics, and green cleaning products. Adaptable by age group, 6 to adult. Call Bea @ 225-0671 x701. Minimum of 5 people required.

## **Staff Trainings**

Could your staff benefit from learning about any of the topics mentioned previously? Sessions can be short like a “lunch-n-learn” or more in-depth like a several hour in-service. We can create a training to fit your needs. Call Bea @ 225-0671 x701.



502 W Washington St  
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Open Daily 8am - 9pm  
Everyone Welcome

[www.marquettefood.coop](http://www.marquettefood.coop)  
906.225.0671



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