



# CO-OP CLASSES

## WINTER 2024



### GLOBAL GRAINS

Tuesday, January 9

5:30 – 8pm

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

Cultures from around the world have used a variety of whole grains in a multitude of ways. At this class, Registered Dietitian Amanda Latvala will lead participants through the creation of dishes that use buckwheat, amaranth, millet, teff, and fonio. These ancient grains are all good sources of fiber, vitamins, and minerals. Some are even primary sources of protein in their traditional cultures. Learn more about their nutritive properties and gain hands on experience creating delicious, wholesome food for breakfast, lunch, and dinner!



### LECTURE CLASS: THE BLOOD TYPE DIET & DOCTRINE OF SIGNATURES

Tuesday, January 23

5:30 – 7pm

\$10 for Co-op owners, \$20 for all others

Stalling out on your new year's resolutions? Looking for inspiration about how to choose your foods? Dr. Candice Wagner, Board Certified Naturopathic Doctor and Board-Certified Holistic Energy Healer Practitioner, will cover methodologies that she has found highly effective in her practice. This class will introduce the concepts behind the Blood Type Diet and the Doctrine of Signatures. Eating for your blood type has been shown to reduce inflammation, benefit your immune system, relieve digestive issues, and improve overall health. The Doctrine of Signatures is the idea that how a food looks indicates which bodily system it supports. This event is not a cooking class, but an opportunity to learn more about strategies that may help you to create healthy meals all year long. Light snacks will be provided.

### JAPANESE COMFORT FOOD

Tuesday, February 6 or Tuesday, February 13

5:30 – 8pm

\$25 for Co-op owners, \$40 for all others

In the doldrums of winter how does a steaming hot bowl of Nikujaga sound? Nikujaga is probably unfamiliar to most people in Marquette, but this traditional Japanese meat and potato stew is a taste of home for Aoi Hirose. Aoi, scholar from Higashiomi, Japan, will help you learn to create this iconic dish, as well as some of her other favorite foods from back home. She will also tell us all about her hometown, which is also one of Marquette's Sister Cities.



### SOUPS, STOCKS, AND SALADS FROM THE NORTHWOODS TEST KITCHEN

Tuesday, March 5 or Tuesday, March 12

5:30 – 8pm

\$25 for Co-op owners, \$40 for all others

House-made stock, from scratch soups, and vegetable heavy salads using as much local food as possible are staples in the Northwoods Test Kitchen, located inside Barrel + Beam Brewery in Marquette. In this class, Chef Alex will cover how to adjust recipes to use local, seasonal ingredients. She will walk you through the process of making vegetable stock and bone broths at home. You will then be given the tools to turn these broths into hearty delicious soups. Rounding out this class, Chef Alex will include a recipe for a winter/spring salad that also utilizes local. A salad using local ingredients in March?! We can't wait to see what Chef Alex has up her sleeve. The class will be vegan and gluten free, but we will briefly go over bone broths.



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) or scan to register.



### SYMBOLS KEY



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



Indicates gluten-free friendly class



Indicates vegan friendly class



Indicates vegetarian friendly class

502 W. Washington St.  
Marquette, MI 49855

Open Daily  
Everyone Welcome!

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## YA-YA'S KITCHEN

Tuesday, April 2 or Tuesday, April 9

5:30–8:00pm

\$25 for Co-op owners, \$40 for all others

The flavors of Greece are considered to be some of the most robust in the Mediterranean. Every morsel has purpose and explodes with flavor. Join Co-op owner and passionate home cook Roy Sarosik as he takes you through old world Greek dishes such as skordalia, garden croquettes (a veggie heavy fritter), moussaka, and more! Roy loves to use local, seasonal ingredients in his cooking as much as he can. He will show ways to incorporate seasonal items into these beloved Greek dishes. Opa!



## VIVA MEXICO!

Tuesday, April 30 or Tuesday, May 7

5:30 – 8pm

\$25 for Co-op owners, \$40 for all others

Chef Nathan Mileski is back in the Co-op classroom! Explore two of Mexico's finest traditional dishes. First, we will make chiles en nogada. This Mexican dish represents the national flag, and is made with poblano chiles, stuffed with picadillo, and topped with a walnut-based cream sauce called nogada, pomegranate seeds, and parsley. It is widely considered a national dish of Mexico. Second, we will explore the tamale, and its open canvas and versatility for ingredients and salsa combinations.



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