



CO-OP CLASSES

FALL 2024



KIDS COOK: FALAFEL!

September 19th

4:30 – 6:30pm

\$20 for Co-op owners, \$25 for general admission

Calling all young chefs, ages 11-14! Join us for a delicious and fun-filled cooking class where you'll dive into the vibrant world of Middle Eastern cuisine.

In just 2 hours, you'll learn the secrets to making crispy, flavorful falafel from scratch, using as many local ingredients as possible. Prepare to practice essential cooking skills, including chopping, mixing, and frying in a safe and supportive environment. Afterwards, enjoy the fruits of your labor as we taste test our creations together!



WIISINIDA - LETS EAT

September 24th

5:30 – 8pm

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

Join us for an enriching culinary and cultural experience as we explore the Indigenous foods of the Great Lakes. We'll be discovering the innovations of traditional foods and teas influenced by the *Decolonizing Diet Project*, *The Sioux Chef*, and *Wahpepah's Kitchen*.

MFC Educators, Amanda and Pamela, will present techniques for cooking manoomin, going beyond salad and casseroles. As you cook, you'll gain insights into the stories and traditions associated with each ingredient. This class is perfect for anyone interested in expanding their culinary repertoire while learning about the rich tapestry of Indigenous food traditions.



SAVORING SÃO PAULO

October 1st & 8th

5:30 – 8pm

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

Interested in the secrets of Brazilian cuisine? Giuseppe, a passionate NMU student from the São Paulo region of southeastern Brazil, is here to teach you how to cook some of his most cherished Brazilian dishes.

Giuseppe first learned the art of cooking from his mother. Missing the flavors of home, he worked to perfect his favorite recipes and is excited to share them with you!

In this class, you'll dive into the rich and diverse history of Brazilian cuisine, a style of cooking influenced by Italian and Lebanese traditions. Giuseppe will guide you through making iconic dishes such as Feijoada, a hearty black bean stew; Arroz de Carreteiro, a savory rice cooked with bacon, sausage, and dried beef; and Brigadeirão, a delectable chocolate flan.

Don't miss this opportunity to bring a taste of Brazil into your kitchen!



SQUASH TASTING

October 12th

9am – 1pm

free

Winter squash is a great local food. It stores well, is extremely versatile, and each variety 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. We'll have several types of squash cooked and ready to eat. If you like what you try, we'll have recipes and information on how best to use each variety.



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

NOURISHING YOUR THANKSGIVING TABLE

November 5th & 12th

5:30 – 8:00pm

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

This hands-on class will teach you how to prepare protein-packed deviled eggs and a vibrant seasonal salad with homemade dressing. While you eat your cooking, enjoy an engaging presentation on how to make a Thanksgiving dinner more nourishing.

Attendees will take home recipes for Thanksgiving, offering practical ways to add nutrition to their holiday meals without sacrificing flavor. This class is perfect for those looking to create a festive, healthy Thanksgiving spread.



TEA TASTING WITH RAJ OF YOUNG MOUNTAIN TEA

November 20th

12 – 1pm

\$5 for Co-op owners, \$10 for general admission

Did you know that black tea and green tea come from the leaves of the same plant?

Join us for a fun and informative tea tasting that includes black, green, white and oolong teas direct from farmers in the Himalayas of India and Nepal. We'll travel the subcontinent teacup by teacup, stopping in Darjeeling, Nepal, Assam, and many other regions along the way.

Bring your own lunch or enjoy something from the Co-op Hot Bar!



SIP & LEARN: MASTERING WINE AND CHEESE PAIRINGS

December 10th

5:30 – 7pm

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

Learn about the world of wine and seasonal cheese through a night of sampling and conversation.

The Marquette Food Co-op's Cheese Buyer, Keale, and Beer and Wine Buyer, Ryan, will share their wisdom on cheese and wine through a deep dive on wine varieties, tasting notes, and cheese pairings. Plan to explore an array of wines with charcuterie-style snacks, including seasonal, specialty cheeses.

Come by the Co-op and enhance your wine pairings and cheese selections.

TASTE OF PAKISTAN

December 12th & 19th

5:30 – 8pm

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

Looking for your chance to try Pakistani food? Join us as we try one of South Asia's most taste-bud-tantalizing experiences!

Rafia Shamsi will be stopping by the Marquette Food Co-op to teach you some of Pakistan's favorite dishes. Learn what curry is, discover a spice blend unique to Pakistan, and make a very famous Pakistani dish: Biryani.

Come take a culinary trip with us! You're bound to find a new favorite dish or two.



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