

CO|OP
Learning Center



**Winter
2020
Classes**

Nourish. Cultivate. Cooperate.

Sign Up for Classes



Online

CLICK HERE TO REGISTER ONLINE
WWW.COOPFOODSTORE.COOP/CLASSES



Phone

CALL 603-643-2667
7 A.M.- 8 P.M.



In stores

HANOVER, LEBANON, OR
WHITE RIVER JCT. SERVICE DESKS

Please Note:

- Come to class prepared to learn and eat! All classes include extensive samples or a meal.
- Class reminders will be sent by email 48 hours prior to class.
- Payment is expected at the time of registration to confirm your place in the class.
- Refunds will be given in full if we cancel a class or if you cancel your registration at least two days before class.
- Member discount applies to fully vested Co-op Members who have at least 10 shares.
- Co-op Learning Center is not an allergen free kitchen. If you have food allergies please contact us at classes@coopfoodstore.com as some classes can be adjusted accordingly.

Class Legend



HANDS-ON

Participants will take an active roll in cooking a meal that will be shared by the whole class.



DEMO

Participants will watch a guided demonstration of cooking techniques and skills and then enjoy the meal prepared.



VEGETARIAN OPTION

One or more recipe prepared in these classes is vegetarian.



WINE SAMPLING

A wine sample will be served with the meal.



BEER SAMPLING

A beer sample will be served with the meal.

“NO ONE
IS BORN A
GREAT
COOK,
ONE LEARNS
BY DOING”

—JULIA CHILD

Sustainability in the Learning Center

No Waste Kitchen

Although we have a dedicated farmer who takes all of our compost—food waste is still waste. In order to reduce our food waste we try to utilize the ingredients in our kitchen to the best of our advantage.

We rely on our bulk department for as many ingredients as possible, purchasing only what we'll need.

Reducing Plastic

In efforts to reduce our plastic consumption, we are doing away with purchasing plastic bottles of seltzer and sparkling waters for class. Water will be provided in each class and some classes may include the preparation of infused water or tea.

Reduce Packaging

Many times we send class participants home with additional food prepared in class. Participants may bring their own containers to take home this food if they wish. The Learning Center will provide compostable to-go containers as well.



Techniques & Foundations

Focus on culinary skills, understand how food works, use tools of the kitchen, and freshen up your recipe box!

KNIFE SKILLS 101

Slice, dice, and mince like a chef! Learn basic knife handling skills that will build your confidence and make you feel like a pro. In this class will focus on the chef knife. Sharpen your skills with your own knife from home, or use one of ours.

Wednesday, January 15, 11 a.m.-1:30 p.m.

Thursday, February 6, 5:30-8 p.m.

Saturday, March 7, 12:30-3 p.m.

Instructor: Lindsay Smith

Cost: \$20 Member; \$30 Non-member

KNIFE SKILLS 201

"The funny stuff"... in this second class in our series, we will focus on odd shaped vegetables, and even explore some of the classic knife skills and terms like supreme an orange, turn an artichoke and maybe more. We will let seasonal vegetables be our guide.

Wednesday, January 22, 5:30-8 p.m.

Saturday, March 21, 12:30-3 p.m.

Instructor: Lindsay Smith

Cost: \$20 Member; \$30 Non-member

Cooking Essentials

Learning how to cook is a lifelong process that is rewarding and challenging! Our series, Cooking Essentials, will explore the cooking basics of the professionals and instill the right foundational knowledge for you along your journey! In class, we will work together as a team to really examine each topic. Take one, take them all. This series is great for novices and experienced cooks alike.

We will be using the lessons from the top-selling book, Salt, Fat, Acid, Heat by Samin Nosrat as our guide to our cooking essentials this season. This book has also been turned into a 4 part series on Netflix. In each class we will be tasting, experimenting and creating knowledge that will allow you to cook with your senses and not just from a recipe



SALT

Wednesday, January 15, 5:30-8 p.m.

FAT

Wednesday, February 5, 5:30-8 p.m.

ACID

Wednesday, February 26, 5:30-8 p.m.

HEAT

Wednesday, March 25, 5:30-8 p.m.

Instructor: Lindsay Smith

Cost: \$20 Member; \$30 Non-member

THE WHOLE BIRD

In this class will take you beyond just roasting a chicken, or cooking parts, here we will teach you how to use the WHOLE bird. You will learn how to spatchcock and roast a chicken with roasted vegetables, then take the left-over leftover bones and pieces to make a nutrient rich broth.

Wednesday, February 19, 5:30-8 p.m.

Instructor: Lindsay Smith

Cost: \$25 Member; \$30 Non-member

CAST IRON COOKING

Cast iron—some people love it, some people... don't entirely understand it. In this class, we will start to debunk the mysteries of this kitchen workhorse and explore some of the wide range of dishes you can make. Typical menu includes perfect cast-iron skillet steak, an appetizer, sides, and a Dutch baby. We will also cover seasoning, cleaning and caring for your cast iron!

Tuesday, January 28, 5:30-8 p.m.

Instructor: Lindsay Smith

Cost: \$20 Member; \$30 Non-member

LET US HOST YOUR NEXT EVENT

Social Events, Team Building,
Ladies Night, Men's Groups

FOR MORE INFORMATION OR
TO BOOK A PRIVATE CLASS

LINDSAY SMITH, FOOD EDUCATOR
CLASSES@COOPFOODSTORE.COOP
603-643-2667



Seasonal & Co-op Cooking

One of the easiest ways to eat healthy is to eat locally and seasonally.

ALL ABOUT CITRUS 🖐️ V

Winter is citrus season, and our bodies crave the Vitamin C. Not to mention, the citrus sale is happening at the Co-op! What better way to celebrate and promote these beautiful fruits than to offer a cooking class on how to use them? We will cover four preparations including a salad, a side dish, a main course, and a dessert.

Tuesday, January 7
11 a.m.-1 p.m.

Instructor: Lindsay Smith
Cost: \$20 Member; \$30 Non-member

SIMPLE SOUPS MADE FROM SCRATCH 🖐️ V

In this class, we will be making several variations of your favorite winter comfort food—soup—and they all take 15 minutes or less of hands-on time. Recipes will include: spicy chicken and hominy soup, mushroom barley soup, cauliflower soup with toasted garlic, white bean and escarole soup with chicken sausage, and curried squash soup.

Tuesday, January 14
5:30-7:30 p.m.

Instructor: Lindsay Smith
Cost: \$20 Member; \$30 Non-member

PASS THE (GOAT) CHEESE, PLEASE! 🖐️ V

Join Co-op Food Educator Lindsay Smith and Farmer/Goat-Cheese-Fromager extraordinaire Andrea Rhodes from Sunset Rock Farm, located here in Lebanon, NH, for a fun and informative class all on the wonders of goat cheese! Learn how it is made, taste different varieties, and of course learn some fun and new recipes to utilize this versatile ingredient.

Friday, January 31
5:30-7:30 p.m.

Instructor: Lindsay Smith
Cost: \$20 Member; \$30 Non-member

WINTER GREENS 🖐️ V

Almost every culture has an abiding, elemental hunger for greens, they provide our bodies with the needed nutrients and vitamins that we need to stay healthy. Winter greens include Swiss chard, kale, collard greens, cress, spinach and turnip greens. They are different from more standard lettuces because they tend to be heartier and have their own distinct flavor profiles. And this hearty nature makes them a great candidate for cooking and sautéing as well as enjoying in everyday salads.

Tuesday, February 4
11 a.m.-1 p.m.

Instructor: Lindsay Smith
Cost: \$20 Member; \$30 Non-member

GAL-ENTINE'S DAY 🖐️ V

We are serving up a special brunch menu that would make Leslie Knope proud. Belgian waffle cake, vegetable frittata, a sassy beet and blood orange salad, and of course...bubbly drinks! Bring your best GAL-friends and let's celebrate!

Wednesday, February 12
11 a.m.-1 p.m.

Instructor: Lindsay Smith
Cost: \$20 Member; \$30 Non-member

MARDI GRAS!—BEIGNETS! 🖐️ V

Beignets ...hot, fried-to-perfection pillows of dough, covered in a mound of confectioner's sugar. Served with strong coffee. We are going to put the fat in Fat Tuesday and recreate this N'awlins specialty. So authentic y'all be yelling "Soc au Lait!" Join us and laissez les bon temps rouler!

Tuesday, February 25
11 a.m.-1 p.m.

Instructor: Lindsay Smith
Cost: \$20 Member; \$30 Non-member

WHERE'S THE BEEF?

Did you know the co-op has local venison, elk and bison? But what do they taste like? Is it worth the premium price? In this class we will use these beef alternatives to make some classic favorites (think stuffed peppers, Bolognese, burgers) to showcase their flavor and versatility!

Tuesday, March 5
5:30-7:30 p.m.

Instructor: Lindsay Smith
Cost: \$20 Member; \$30 Non-member

ST. PATRICK'S DAY

Well, a day late, but who is complaining? First we will get our Irish stew cooking, and some trusty Irish soda bread and in the oven. While they cook, we will have fun hand rolling (and eating!) corned beef and cabbage egg rolls with Guinness mustard cheese sauce. To finish off the night we will pour some velvety chocolate stout sauce over vanilla ice cream. And for those that wish, there will be Irish beers to taste on the side. Sláinte!

Wednesday, March 18
5:30-7:30 p.m.

Instructor: Lindsay Smith
Cost: \$25 Member; \$40 Non-member

Do It Yourself

Interactive classes where you get to make delicious dishes, yourself!

CHINESE DUMPLINGS, BAO BUNS AND DIM SUM 🖐️ V

It's Chinese New Year, so what better way to celebrate then to learn and practice the art of making Chinese dumplings (steamed and fried), steamed Bao buns traditional dim sum.

Saturday, January 25
4:30-7:30 p.m.

Instructor: Lindsay Smith
Cost: \$25 Member; \$40 Non-member

CARNITAS 🖐️

In this tasty hands-on class, we will slow cook cubes of pork shoulder until the meat is fork-tender, then break the pork into smaller pieces, moisten it with its own juices, and fry it in a hot skillet. We will make our own tortillas, rice and beans. Pickled red onions are a must—their sharp acidity perfectly balances the richness of the pork. We will also make a delicious tomatillo-avocado salsa.

Sunday, February 9
4:30-7:30 p.m.

Instructor: Lindsay Smith
Cost: \$25 Member; \$40 Non-member

HAND PIES

Best way to ward off the Ides of March? Make pie. Even better—make hand pies! In this class, we will make a variety of hand pies using season ingredients and a variety of doughs. Students will take home as many as they can make!

Sunday, March 15
1-4 p.m.

Instructor: Lindsay Smith
Cost: \$25 Member; \$40 Non-member

NEW! Friday Night Food Labs

How do food educators learn new foods and techniques—we practice and experiment—and we are inviting you to join the fun! Once a month through the fall and winter, we will be holding a food lab and you are welcomed to stop by! Learn and experiment along with us. Sign-up is appreciated, but drop-ins are welcomed.

Please visit our website for specific descriptions for each class

Fix, Clean, and Season Your Cast Iron

Friday, January 24, 5:30-8 p.m.

Biscuits V

Friday, February 7, 5:30-8 p.m.

Gluten-free Pasta/Dough V

Friday, March 13, 5:30-8 p.m.

Instructor: Lindsay Smith

Cost: Free

COOKING CREATES A SENSE OF WELL-BEING FOR YOURSELF AND THE PEOPLE YOU LOVE AND BRINGS BEAUTY AND MEANING TO EVERYDAY LIFE. AND ALL IT REQUIRES IS COMMON SENSE—THE COMMON SENSE TO EAT SEASONALLY. TO KNOW WHERE YOUR FOOD COMES FROM. TO SUPPORT AND BUY FROM LOCAL FARMERS AND PRODUCERS WHO ARE GOOD STEWARDS OF OUR NATURAL RESOURCES. —ALICE WATERS

Co-op Dinner Club

A unique dining and learning experience. A full meal, wine pairing, and a bit of learning along the way. Participants 21 years and older, limited seating.

COQ AU VIN BLANC

Succulent chicken with cremini mushrooms braised in white wine and a splash of cream, the perfect French country comfort food. Paired with wild rice, a simple green salad, and of course crusty bread—this will be a meal to remember. Appetizers, wine tasting, and a little something sweet to round out the night.

Thursday, January 16, 5:30-8 p.m.

Instructor: Lindsay Smith

Cost: \$25 Member; \$40 Non-member

MARDI GRAS!

Gumbo-yaya! Take a trip to the Bayou as we create this Louisiana staple from scratch. We start with a rich roux, add chicken, sausage, maybe some seafood, spices, rice, just the right mix of veggies, and let the magic happen. While the gumbo simmers we will also make fresh skillet cornbread rice and of course a king cake! Laissez les bon temps rouler!

Tuesday, February 25, 5:30-8 p.m.

Instructor: Lindsay Smith

Cost: \$25 Member; \$40 Non-member

CIOPPINO

Cioppino, which originated in San Francisco, is a fish stew traditionally made from the catch of the day. Or actually, the scraps of the catch of the day. The name is a corruption of an Italian word meaning “little soup”—but there is nothing little about the big flavor a lot of little pieces can make. The key to this recipe is experimentation. Be creative with this fish stew: Leave something out, or substitute something new. We will pair our cioppino with the perfect glass of wine, a simple green salad and hot sourdough bread.

Thursday, March 26, 5:30-8 p.m.

Instructor: Lindsay Smith

Cost: \$40 Member; \$55 Non-member

Guest Instructors & Special Events

The Co-op is honored to work with great local chefs and instructors from the Upper Valley.

ITALIAN TOUR WINE DINNER V

Escape the winter blahs and spend an evening with us touring the countryside of Italy. We start in Sardinia with classic zuppa gallurese (Italian bread soaked in a rich broth baked with several cheeses), then we travel to Tuscany for a taste of papa al pomodoro. Next, we head to northern Italy to the Lombardy region for the classic Milanese Ossobuco over tagliatelle. Finally, we land in Veneto for frittelle, sweet fried dumplings. Of course, we will be discussing and sampling regional wines all along the way.

Thursday, January 30, 5:30-8 p.m.

Instructors: Mary Bridge, Lindsay Smith

Cost: \$25 Member; \$40 Non-member

MAPLE SYRUP: NATURE'S SUGAR ALTERNATIVE V

Is maple syrup a better option than sugar in cooking and baking? What grade is best? Get a taste of the benefits and learn more about using maple syrup as an alternative sweetener in this hands-on class led by Emily McNamara, a recently certified Functional Nutritional Therapy Practitioner, and long-time cook at Edgewater Farm. While creating a wholesome maple-soaked breakfast (for lunch!), we will discuss some easy ways to help curb sugar cravings to responsibly enjoy all the maple madness March has to offer!

Friday, February 28, 11 a.m.-1 p.m.

Instructor: Emily McNamara

Cost: \$25 Member; \$40 Non-member

SPANISH TAPAS AND WINE PAIRING V

Join us for a special evening in the Co-op Learning Center for Spanish tapas and wines! Local sommelier Catherine Johnson will be walking us through tasting a variety of Spanish wines paired with classic Spanish Tapas like patatas bravas, croquettes, tortillia, olives, mussels and more! It will be a fantastic evening filled with small plates, good stories, and big flavors.

Thursday, February 27, 5:30-8 p.m.

Instructors: Catherine Johnson, Lindsay Smith

Cost: \$25 Member; \$40 Non-member

ARTFUL INSPIRATIONS: "THE ART OF MATISSE"

In this French-themed class we will create 2 to 3 colorfully dishes inspired by the art of Henri Matisse. Led by Madame G, the class will combine her passion for cooking, art, and French. This is a fun and unique class that will leave your senses delighted!

Tuesday, March 24, 5:30-7:30 p.m.

Instructor: Gloria Finkelstein

Cost: \$20 Member; \$30 Non-member

Co-op Kids, Sous-Chefs, Jr. Chefs and Family Programs

AFTER-SCHOOL JR. CHEF COOKING CLUB 🖐️

Did you know that teaching kids to cook increases the likelihood that they will be healthier as an adult? Our after-school cooking club does just that! Each week we will learn new basic cooking techniques such as sautéing, roasting, chopping, how to make a sauce and more. We will focus on using seasonal ingredients and everyone should expect to take home a tasty dish to share.

This club is for kids ages 11 to 14...who love to cook and want to increase their skills! Students should be able to follow simple directions and work independently as well as with others. Cooking club meets on Mondays from 3:30 to 5 p.m. starting January 27th through May 18th. Drop by for one, two, three... or take them all! Check website for more information on what we will potentially be doing each week (subject to modification/changes and dietary restrictions)

Winter and Spring dates: 1/27, 2/3, 2/10, 2/24, 3/2, 3/9, 3/16, 3/23, 3/30, 4/6, 4/20, 4/27, 5/4, 5/11, 5/18 *No after school club when there is no school! (February 17 and April 13)

Mondays, 3:30 – 5:00 p.m.

Instructor: Lindsay Smith

Cost: \$20 per session/sign up for five or more sessions and pay only \$15 per

CO-OP KIDS: READ IT 'N' EAT IT SERIES 🖐️

Co-op kids ages 3 to 8 are invited to join us for this fun free series. We'll start by reading a book, and then make a recipe inspired by the book! Each session is one hour, and parents are more than welcome to attend with their child. Registration is required as space is limited.

The Little Red Hen Makes a Pizza by Philemon Sturges
Saturday, January 18, 10-11 a.m.

Dragons Love Tacos by Adam Rubin
Saturday, February 22, 10-11 a.m.

Green Eggs and Ham by Dr. Seuss
Saturday, March 28, 10-11 a.m.

Instructor: Emily Rogers

Cost: Free

Family Cook Night

Come to our kitchen and work together as a family!

Come to our kitchen and work together as a family preparing a simple meal. We encourage all to participate (and even take on new responsibilities) in preparing these dishes together. Families are then encouraged to sit down and eat together reflecting on their experience. Sign up now—space is limited! *NOTE: The Co-op does not define what family is. For purposes of this class, up to four people are included in this price. Each additional person is \$10. This is for food cost only.

Graceland! 🖐️

January is Elvis' birthday month, so we are going to celebrate the King with some of his favorites. Muffin-tin mini meatloaves, creamy mashed potatoes, buttery green beans, and of course PB& Banana milkshakes. It's gonna be a rock 'n' rolling good time!

Friday, January 17, 5-7:30 p.m.

Instructor: Lindsay Smith

Cost: \$45 Member; \$65 Non-member per family*

Valentine's Day 🖐️

What better way to celebrate this day of love, than by cooking together. We will be making heart shaped pizza pockets, our heart healthy big Italian salad, and red velvet whoopee pies!

Friday, February 14, 5-7:30 p.m.

Instructor: Lindsay Smith

\$45 Member; \$65 Non-member per family*

Welcome Spring! 🖐️

For this family night we will welcome the first day of spring with pasta primavera with chicken, cheesy garlic bread, and lemon meringue cups.

Friday, March 20, 5-7:30 p.m.

Instructor: Lindsay Smith

\$45 Member; \$65 Non-member per family*

Lunch 'n' Learn Series

Fast. One dish. Lunching done right!

ELVIS' BIRTHDAY!

It's Elvis' birthday and we are going to celebrate with one of his most favorite foods! So yes...that means...fried peanut-butter-banana sandwiches (bacon optional). The King likes to wash it down with a glass of buttermilk. He also ate 12-15 sandwiches at a sitting...we might add a simple salad for better balance. Get your fringe ready—it's gonna be a rockin' good time!

Wednesday, January 8

11:30 a.m.-12:30 p.m.

Instructor: Lindsay Smith

Cost: \$10 Member; \$15 Non-member

VEGETABLE PAJEON (KOREAN SCALLION PANCAKES WITH VEGTEABLES) V

Crisp at the edges, soft at the center and filled scallions and other vegetables, these irresistible, comforting pancakes make for a quick meal that you can throw together any given time. They are extremely forgiving, so feel free to use whatever vegetables you have on hand.

Friday, January 10

11:30 a.m.-12:30 p.m.

Instructor: Lindsay Smith

Cost: \$10 Member; \$15 Non-member

PASTA PUTTANESCA

There are almost as many explanations for the origins of pasta puttanesca as there are ways to make it. Supposedly, it's a sauce, designed to lure, with its powerful aroma. Whatever the origin, there is no better cold-weather pasta sauce. Best part is puttanesca is made almost completely with ingredients from the pantry! So a great recipe in case you get snowed in.

Tuesday, January 21

11:30 a.m.-12:30 p.m.

Instructor: Lindsay Smith

Cost: \$10 Member; \$15 Non-member

GREEN GODDESS CHICKEN SANDWICH

The Green Goddess sauce is healthy, creamy, herby, and the star of the show! Made with avocado, yogurt, white balsamic vinegar, and green herbs it could make anything taste good! We will top broiled chicken breasts on the perfectly toasted rolls and a side of fruit salad for a healthy lunch that hits the spot.

Wednesday, January 29

11:30 a.m.-12:30 p.m.

Instructor: Lindsay Smith

Cost: \$10 Member; \$15 Non-member

FISH TACOS WITH CILANTRO-LIME CREMA

My all-time favorite fish tacos recipe! These are loaded with fresh ingredients and perfectly seasoned plump fish, crisp cabbage slaw, and of course the best fish taco sauce—an irresistible cilantro-lime crema.

Wednesday, February 5

11:30 a.m.-12:30 p.m.

Instructor: Lindsay Smith

Cost: \$10 Member; \$15 Non-member

VIETNAMESE RICE NOODLE SALAD

Fresh and crunchy Vietnamese vermicelli noodle salad bowls (bún), are a great respite from all the heavy foods of winter. While there may seem to be a lot of ingredients, the dressing can be made ahead of time and really you can use anything you have in the fridge! Various proteins will be available.

Monday, February 10

11:30 a.m.-12:30 p.m.

Instructor: Lindsay Smith

Cost: \$10 Member; \$15 Non-member

CUBANOS

If you love pork, no sandwich can compete with the almighty Cubano. Roast pork layered with ham (yes that is two kinds of pig), Swiss cheese, pickles, and yellow mustard makes for an addictive combo on its own, but when you heat it up, it becomes a pressed sandwich like no other.

Thursday, February 27

11:30 a.m.-12:30 p.m.

Instructor: Lindsay Smith

Cost: \$10 Member; \$15 Non-member

GREEN EGGS AND HAM

It's Dr. Seuss' birthday week—and you know what that means! Green Eggs and Ham! The adult version—black forest ham, spinach pesto, farm eggs, and good bread. Even Sam-I-Am would eat this.

Wednesday, March 4

11:30 a.m.-12:30 p.m.

Instructor: Lindsay Smith

Cost: \$10 Member; \$15 Non-member

ITALIAN WEDDING SOUP

This traditional peasant dish gets its name from the marriage of flavors from the vegetables and meat in a broth, and is traditionally served at Christmas or Easter (not at weddings!). However, we love it anytime!

Wednesday, March 11

11:30 a.m.-12:30 p.m.

Instructor: Lindsay Smith

Cost: \$10 Member; \$15 Non-member

EASY CHICKEN AND HERBED DUMPLINGS

Classic southern comfort food in no time at all. A hearty chicken stew topped with fluffy herbed dumplings. A perfect dish especially after a day spent outside!

Thursday, March 19

11:30 a.m.-12:30 p.m.

Instructor: Alicia Barrow

Cost: \$10 Member; \$15 Non-member

COCONUT LIME SHRIMP

This gingery, lightly sweet shrimp stew can be adjusted to your tastes. Make it as tangy and spicy as you like by adjusting the amounts of chili and lime juice. Using full-fat coconut milk gives you the richest and most flavorful dish. However, light coconut milk will also work, resulting in something brothier and more soup-like. Just don't over-cook the shrimp! Learn all the tricks in this tasty class!

Tuesday, March 24

11:30 a.m.-12:30 p.m.

Instructor: Lindsay Smith

Cost: \$10 Member; \$15 Non-member

SAVORY DUTCH BABY

Is there any time of day when a pancake isn't welcome at the table? What about a Savory Dutch Baby that mixes up in seconds? This Savory Herb Butter Dutch Baby is eggy, perfectly buttery, and seasoned throughout with Parmesan cheese and fresh spring herbs. Great for breakfast, brunch, or lunch.

Tuesday, March 31

11:30 a.m.-12:30 p.m.

Instructor: Lindsay Smith

Cost: \$10 Member; \$15 Non-member

JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <i>Lunch 'n' Learn: Elvis' Birthday!</i> 11:30 a.m.-12:30 p.m.	2	3	4
5	6 <i>All About Citrus</i> 11 a.m.-1 p.m.	7 <i>Lunch 'n' Learn: Vegetable Pajeon</i> 11:30 a.m.-12:30 p.m.	8 <i>Knife Skills 101</i> 11 a.m.-1:30 p.m. <i>Cooking Essentials: Salt</i> 5:30-8 p.m.	9 <i>Co-op Dinner Club: Coq au Vin Blanc</i> 5:30-8 p.m.	10 <i>Family Cook Night: Graceland</i> 5-7:30 p.m.	11 <i>Co-op Kids: Read It 'n' Eat It</i> 10-11 a.m.
12	13 <i>Simple Soups Made From Scratch</i> 5:30-7:30 p.m.	14 <i>Lunch 'n' Learn: Pasta Puttanesca</i> 5:30-7:30 p.m.	15 <i>Knife Skills 201</i> 5:30-8 p.m.	16 <i>Food Lab: Fix, Clean, & Season Your Cast Iron</i> 5:30-8:30 p.m.	17 <i>Chinese Dumplings, Bao Buns & Dim Sum</i> 4:30-7:30 p.m.	18
19	20 <i>After-School Cooking Club</i> 3:30-5 p.m.	21 <i>Cast Iron Cooking</i> 5:30-8 p.m.	22 <i>Lunch 'n' Learn: Green Goddess Chicken Sandwich</i> 11:30 a.m.-12:30 p.m.	23 <i>Italian Tour Wine Dinner</i> 5:30-8 p.m.	24 <i>Pass the (Goat) Cheese, Please!</i> 5:30-7:30 p.m.	25
26	27	28	29	30	31	

FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 After-School Cooking Club 3:30-5 p.m.	4 Winter Greens 11 a.m.-1 p.m.	5 Lunch 'n' Learn: Fish Tacos 11:30 a.m.-12:30 p.m. Cooking Essentials: Fat 5:30-8 p.m.	6 Knife Skills 101 5:30-8 p.m.	7 Food Lab: Biscuits 5:30-8:30 p.m.	8
9 Carnitas 4:30-7:30 p.m.	10 Lunch 'n' Learn: Vietnamese Rice Noodle Salad 11:30 a.m.-12:30 p.m. After-School Cooking Club 3:30-5 p.m.	11	12 GAL-entine's Day 11 a.m.-1 p.m.	13	14 Family Cook Night: Valentine's Day 5-7:30 p.m.	15
16	17	18 Sous-Chef Camp: Around The World, 8:30-11 a.m. Jr. Chef Camp: Dumplings of the World, 1-4 p.m.	19	20	21	22 Co-op Kids: Read It 'n' Eat It 5:30-8 p.m.
23	24 After-School Cooking Club 3:30-5 p.m.	25 Mardi Gras Beignets! 11 a.m.-1 p.m. Co-op Dinner Club: Mardi Gras! 5:30-8 p.m.	26 Cooking Essentials: Acid 5:30-8 p.m.	27 Lunch 'n' Learn: Cubanos 11:30 a.m.-12:30 p.m. Spanish Tapas & Wine Pairing 5:30-8 p.m.	28 Maple Syrup: Nature's Sugar Alternative 11 a.m.-1 p.m.	29

MARCH

Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1		2 <i>After-School Cooking Club</i> 3:30-5 p.m.	3	4 <i>Lunch 'n' Learn: Green Eggs & Ham</i> 11:30 a.m.-12:30 p.m.	5 <i>Where's The Beef</i> 5:30-7:30 p.m.	6	7
8		9 <i>After-School Cooking Club</i> 3:30-5 p.m.	10	11 <i>Lunch 'n' Learn: Italian Wedding Soup</i> 11:30 a.m.-12:30 p.m.	12	13 <i>Food Lab: Gluten-free Pasta/Dough</i> 5:30-8:30 p.m.	14 <i>Knife Skills 101</i> 12:30-3 p.m.
15		16 <i>After-School Cooking Club</i> 3:30-5 p.m.	17	18 <i>St. Patrick's Day</i> 5:30-7:30 p.m.	19 <i>Lunch 'n' Learn: Easy Chicken and Herbed Dumplings</i> 11:30 a.m.-12:30 p.m.	20 <i>Family Cook Night: Welcome Spring!</i> 5-7:30 p.m.	21 <i>Knife Skills 201</i> 12:30-3 p.m.
22		23 <i>After-School Cooking Club</i> 3:30-5 p.m.	24 <i>Lunch 'n' Learn: Coconut Lime Shrimp</i> 11:30 a.m.-12:30 p.m. <i>Artful Inspirations: "The Art of Matisse"</i> 5:30-7:30 p.m.	25 <i>Cooking Essentials: Heat</i> 5:30-8 p.m.	26 <i>Co-op Dinner Club: Cioppino</i> 5:30-8 p.m.	27	28 <i>Co-op Kids: Read It 'n' Eat It</i> 10-11 a.m.
29		30 <i>After-School Cooking Club</i> 3:30-5 p.m.	31 <i>Lunch 'n' Learn: Savory Dutch Baby</i> 11:30 a.m.-12:30 p.m.				