CO-OP

Culinary Learning Center

Holiday & Winter 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 24 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.

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.

V

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.

HOLIDAY CLASS

These classes will focus heavily on aspects of the upcoming holiday season.

Welcoming a New Education Team Member

We are excited to announce that Alicia Barrow has joined the Education Team at the Co-op. Alicia comes to us with a passion for food, the environment and social justice. Alicia enjoys creating nourishing and comforting foods for the mind, body and soul. As a mom to five, her focus is primarily on affordable whole-foods with a twist of fun to keep things lively in the kitchen! She is looking forward to meeting many Co-op shoppers through her classes this coming winter.

Everyday Cooking and Healthy Lifestyles

HEALTHY LIVING EATING PLAN—A 5-WEEK KICK STARTER PLAN V

work together to help tackle high blood sugar, less processed food and just eating "clean". Diets and habits are hard to change and even harder to do all at once, so we will talk about and tackle new small changes each week. No weigh-ins or gimmicks here, and sharing is voluntary, but working with a group of peers is proven to have a greater impact then going at it alone. Take one class or sign up for the whole series and kick-start 2019 in the best way possible. Topics by week will include:

- *Week 1: Starting your day right: prioritizing breakfast*
- *Week 2: Planning Ahead: work on planning out the week and have some quick on-the-go recipes for busy nights*
- *Week 3: Eating your Veggies: Eat the rainbow with these veggies packed dishes*
- *Week 4: Cook More: Skip pre-prepared foods and cook from scratch to cut calories, sugar and sodium*
- *Week 5: New Proteins: learn more about plant-based proteins to add into your regular rotation*

*This course is NOT lead by a medical professional and is not for those who seek medical advice. If you have a medical condition please consult your physician. *

Sundays, January 6-February 3, 10 a.m.-12 p.m.
Instructor: Lindsay Smith
Cost: $20 per session or $75 full series

KNIFE SKILLS 101 V

Slice, dice, and mince like a chef! Learn basic knife handling skills that will build your confidence and make you feel like a pro all while making a tasty seasonal dish. Sharpen your skills with your own knife from home, or use one of ours.

Wednesday, December 5, 5:30-8 p.m.
Saturday, January 12, 11:30 a.m.-2 p.m.
Wednesday, February 13, 5:30-8 p.m.
Instructor: Lindsay Smith
Cost: $20 Member; $40 Non-members

KNIFE SKILLS 201

The next step in becoming a better home chef. In this second course of knife skills we will learn how to break down and debone a chicken thigh, practice and expand our chef knife skills (learned from KS 101) and learn how to expertly wield a paring knife. By the end of class, we should have a meal to share or take home.

Saturday, February 9, 4-6:30 p.m.
Instructor: Lindsay Smith
Cost: $20 Member; $40 Non-member

COOKING ESSENTIALS V

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. This series is great for novices and experienced cooks alike. *Please visit our website for specific descriptions for each class*

Onions!
Wednesday, January 16, 5:30-8 p.m.

Cast Iron Cooking,
Wednesday, February 20, 5:30-8 p.m.

Instructor: Lindsay Smith
Cost: $20 Member; $40 Non-member

ONE PAN MEALS V

Join Co-op Education Assistant and mom of 5, Alicia Barrow and find new ways to reclaim that precious evening time. Working with a tight budget and a little imagination together we'll create one pan meals that break all the one pan rules. No week night casseroles here!

Thursday, February 28, 10 a.m.-12 p.m.
Instructor: Alicia Barrow
Cost: $20 Member; $40 Non-member

From Guest Instructors

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

HOLIDAY YULE LOGS

The Yule log cake (or bûche de Noël for French speakers) is an elaborate creation consisting of a rolled, filled sponge cake, frosted to look like tree bark and festooned with meringue mushrooms, marzipan holly sprigs, and other various edible decorations. Learn the secrets of making this fun festive cake and then decorate your very own to take home!

Sunday, December 16, 11 a.m.-1 p.m.
Instructor: Marley Cooley
Cost: $25 Member; $50 Non-member

HOLIDAY LUNCH—FRENCH FÊTE

It's holiday time! Create healthy & colorful festive French themed recipes. Watch your French vocabularie grow, and enjoy a delicious déjeuner!

Tuesday, December 18, 11:30 a.m.-1:30 p.m.
Instructor: Gloria Finkelstein
Cost: $20 Member; $40 Non-member

NORTHERN ITALIAN STYLE POLENTA

This is winter comfort food that is quick, easy and delicious. We will learn how to make basic polenta and then "finish" the polenta in several styles with several different topping sauces. Learn to create a delicious meal with this simple, versatile food. As a friend recently said when I served polenta, "I thought I didn't like polenta, but this is amazing".

Tuesday, January 22, 11:30 a.m.-1:30 p.m.
Instructor: Steve Ferraris
Cost: $20 Member; $40 Non-member

PERFECTA WINE PRESENTS: WINES OF THE CENTRAL COAST

Winemaker Adam LaZarre oversees all points of production of Cycles Gladiator wines from selecting the vineyards and overseeing the farming, to every other aspect of winemaking. Come taste and learn more about this California central coast brand that delivers on their "vineyard-to-table" promise with great consistency, quality and price/value. Tasting: Chardonnay, Pinot Noir, Merlot, Petite Sirah

Wednesday, January 23, 5:30-7:30 p.m.
Instructor: Dale Randall
Cost: $20 Member; $40 Non-member

VALENTINE'S DAY BAKING WITH MARLEY COOLEY

For this fun and hands-on class, baker extraordinaire Marley Cooley will be back to teach more cookie decorating techniques. Each student will be given the tools to follow along and will leave with a pack of expertly decorated Valentine's cookies!

Saturday, February 9, 11 a.m.-1 p.m.
Instructor: Marley Cooley
Cost: $20 Member; $40 Non-member

HOMEMADE RAVIOLI

We'll make the pasta and then construct the ravioli with a variety of fillings, both meatless and with meat. It's really not time consuming or difficult and the freshness and flavor can't be had with store-bought ravioli. If you want to impress guests (and your taste buds) learn this quick method to make your ravioli "fatto in casa", (made in house).

Tuesday, February 12, 5:30-8 p.m.
Instructor: Steve Ferraris
Cost: $25 Member; $50 Non-member

Co-op Kids and Family Programs

Family Cook Night

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!

BREAKFAST FOR DINNER...IT'S BRINNER! V
What could be better than stuffed French toast, pan roasted potatoes, and crispy bacon? Topping it all off with an Orange Julius! YUM.

COST: $45 Member; $65 Non-member per family*
WHEN: Friday, December 21**,** 5:30-7 p.m.

APRÈS SKI V
Pan-pressed cheesy panini sandwiches, tomato soup and decadent hot chocolate… a perfect meal after a day out in the cold!

COST: $45 Member; $65 Non-member per family*
WHEN: Friday, January 18**,** 5:30-7 p.m.

DEEP-DISH PAN PIZZA NIGHT V
Using our cast iron skillets, customize your deep dish pizza. Served with a pizzeria salad and hot fudge sundaes – this just might be the perfect meal.

COST: $45 Member; $65 Non-member per family*
WHEN: Friday, February 8, 5-7:30 p.m.

*Note: The Co-op does not define what is family. For purposes of this class, up to four people are included in this price. Each additional

After-School Jr. Chef Cooking Club

Did you know that teaching kids to cook increases the likelihood that they will eat 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 9 – 13 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. and runs January 28, 2018 through May 20, 2019. Drop by for one, two, three… or take them all!

Session Dates: 1/28, 2/4, 2/11, 2/25, 3/4, 3/18, 3/25, 4/1, 4/8, 4/22, 4/29, 5/6, 5/13, 5/20
*No after school club when there is no school! *

TIME: 3:30-5 p.m.
COST: $20 per session or
sign-up for all five sessions and pay only $15 per session.
INSTRUCTOR: Lindsay Smith

Co-op Kids: Read It 'n' Eat It Series

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

INSTRUCTOR: Alicia Barrow
COST: FREE, (*Registration is required.*)

UPCOMING SESSIONS:
Grandma's Chocolate/ El Chocolate De Abuelita by Mara Price
Saturday, December 29, 10-11 a.m.

Fruits: A Caribbean Counting Poem by Valerie Bloom
Saturday, January 19, 10-11 a.m.

The Tale I Told Sasha by Nancy Willard
Sunday, February 16, 10-11 a.m.

Little Elves' Workshop

A special Co-op workshop for kids*! We will be turning the Co-op Learning Center into a holiday workshop where busy little elves can make 4 of their very own presents to put under the tree. We will provide free gift wrapping with name tags. Parents are welcome to stay and help, or drop the kids off while you do your shopping. Pre-registration for a one-hour class time spot is appreciated, but you may also pay at the door. *Most appropriate for kids ages 5-12.

WHEN: Saturday, December 15
TIME: Each hour from 10 a.m. to 2 p.m.
COST: $35 Member and Non-member
INSTRUCTORS: Lindsay Smith, Emily Rogers, Alicia Barrow and other Holiday Helpers!

Our cooking camps are a great introduction to cooking—learning how to cook is an important life skill that builds confidence. And learning in a community of peers is fun! At the Co-op we want to excite students of all ages to feel confident in the kitchen.

Winter Break Cooking Camp

SOUS-CHEFS *(ages 6-9)*-**Après Ski**
For this fun, interactive cooking camp we will be making warm and yummy foods that are perfect for when you come in from the cold. We will be making soups, paninis, mini casseroles, bubbly mac and cheese, and more. Little sous-chefs will do all the cooking and have lots of scrumptious foods to bring home.

COST: $180 Member and Non-member
WHEN: Monday, February 18-Friday, February 22
TIME: 8:30-11 a.m.

JR. CHEFS *(ages 10-14)*-**Pinned It**
This is our own version of "Nailed It", but instead of Pinterest fails, we will make them into Pinterest successes! Each day the Jr. Chefs will work in teams to recreate a popular Pinterest item. What exactly will they be making? We don't want to ruin the surprise!

COST: $180 Member and Non-member
WHEN: Monday, February 18-Friday, February 22
TIME: 1-4 p.m.

Spring Break Cooking Camp

SOUS-CHEFS *(ages 6-9)*-**Roll with It**
In this fun week of camp, rolling is our theme. From rolling out dough, then rolling their own pasta, to making egg rolls—sous-chefs will be making all sorts of fun and delicious foods to bring home!

COST: $180 Member and Non-member
WHEN: Monday, April 15-Friday, April 19
TIME: 8:30-11 a.m.

JR. CHEFS *(ages 10-14)*-**Italian Vacation**
We are off to Italy this week. Risotto, pasta and sauces, pizza, seafood, and don't forget the desserts—with so much great food and areas to explore, Jr. chefs will be busy.

COST: $180 Member and Non-member
WHEN: Monday, April 15-Friday, April 19
TIME: 1-4 p.m.

Simply in Season

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

TAMALES AND POZOLE

Co-op Food Educator Lindsay Smith shares her family's New Mexican tradition of making tamales and pozole for Christmas Eve. Pozole is a traditional pork stew that takes at least two days to make, so students will get to taste the end results. We will use the same pork in a spicy red sauce as filling for the tamales, finished with some homemade tortillas—it is a meal to celebrate!

Saturday, December 22, 2-5 p.m.
Instructor: Lindsay Smith
Cost: $25 Member; $50 Non-member

NEW YEAR'S GOOD LUCK FOODS

We all want health, wealth, and heaping gobs of good luck. But are we being overly superstitious by following rituals to insure we have a prosperous New Year? Superstition or not, why hedge your bets? These rituals are not only fun, they're absolutely delicious! Come learn a little lore, tasty recipes and start your New Year off right. Come ready to cook, eat and share your own stories.

Thursday, December 27, 4:30-6:30 p.m.
Instructor: Lindsay Smith
Cost: $20 Member; $40 Non-member

WINTER SOUPS AND STEWS FOR THE SOUL V

With winters cheerful bliss also comes its cold bite. Join us in making soups and stews to warm the body and the soul. In this class we'll broaden our culinary repertoire and enjoy hearty, nutrient rich stews and creamy soups that won't break the bank. This class is partially hands on and a team building adventure into cooking for health and comfort.

Monday, January 7, 5-8 p.m.
Friday, February 1, 11 a.m.-2 p.m.
Instructor: Alicia Barrow
Cost: $20 Member; $40 Non-member

WINTER FRUITS V

Together we will discover winters overlooked gems and learn how persimmons, pomegranates and cranberries can be transformed from tart and unpleasant to lively and delicious side dishes and desserts. This is a skill and knowledge building class.

Thursday, January 10, 1-4 p.m.
Instructor: Alicia Barrow
Cost: $20 Member; $40 Non-member

CHOCOLATE TASTING V

If ever chocolate had a season, it would be February. Join the Co-op's Education Manager, Emily Rogers, as she transports us to the countryside of Peru with photos from her visit to a fair-trade cocao co-op. We will learn how cocao is grown, harvested and processed and then we will savor the sight, scent, sound (yes- sound) and complexity of flavor in several types of chocolate.

Wednesday, February 6, 5:30-7 p.m.
Instructor: Emily Rogers
Cost: $20 Member; $40 Non-member

The Accidental Chef

Sharing the recipes, flavors, and techniques that have inspired and paved the way...

MISO—WHAT? V

Miso is an essential ingredient in Japanese and Asian cuisines that adds protein, B-vitamins, and that unique umami flavor. But how do you use it? In this class we will taste two different miso and make several dishes to celebrate its diversity. Menu will include: Korean chicken tacos, root veggies with miso-turmeric dressing, beef lettuce wraps with miso-yogurt sauce

Tuesday, January 8, 5:30-7:30 p.m.
Instructor: Lindsay Smith
Cost: $20 Member; $40 Non-member

SHRIMP 'N' GRITS

A native to low country South Carolina (Charleston, in particular) "shrimp and grits" originated as a simple dish of shrimp cooked in butter or bacon fat served over a bed of plain grits and eaten for breakfast by sailors and fishermen in the 20th century. Whether you're a Southern or not, shrimp and grits is a dish that you need to try at least once in life!

Tuesday, January 29, 5:30-7:30 p.m.
Instructor: Lindsay Smith
Cost: $25 Member; $50 Non-member

GALETTES GALORE V

For someone who can find baking… well… constricting at times… these freeform crusty pastries filled with savory and sweet fillings are the relief this cook needs! In this hands-on class we will be making several galettes and exploring different types of doughs. Let your inner creative chef-flag fly!

Thursday, February 7, 11 a.m.-1 p.m.
Instructor: Lindsay Smith
Cost: $20 Member; $40 Non-member

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.

SPANISH TAPAS AND CAZUELA COOKING

A cazuela is a round shallow clay pot that can transport us to the Spanish countryside. While a simple dish of Pollo en Cazuela (Spanish Chicken Stew) bubbles away in the oven we will make tapas like garlic mushrooms, Tortilla Española (Spanish Omelet), Croquetas de Jamón (Ham Croquettes) or Patatas Bravas (Bravas Potatoes) to share. A delicious and delightful evening for sure!

Thursday, December 13, 5:30-8 p.m.
Instructor: Lindsay Smith
Cost: $25 Member; $50 Non-member

TASTE OF TOKYO

For this cooking club evening we will travel to the streets of Tokyo. First we will start with kimchi and cheese gyozas and then make soboro donburi—a casual, working-class dish of meat and vegetables served over rice. Add a refreshing Japanese pickled cucumber salad and we have a complete meal. We will round out the evening with wine and simple snacks. Itadakimasu and gochisosama!

Friday, January 25, 5:30-8 p.m.
Instructor: Lindsay Smith
Cost: $25 Member; $50 Non-member

ST. VALENTINE'S DAY

The feast of St. Valentine was established by Pope Gelasius I in 496. Some say that Valentine's feast day is celebrated in February because the church wanted to Christianize an ancient Roman pagan festival called Lupercalia, which centered around fertility and purification, and also took place in February.

For our feast we will divulge with classic Boeuf Bourguignon à la Julia Child served with potatoes a simple salad and decadent chocolate mousse for a meal to remember. The best way to celebrate love is with friends and neighbors and good food.

Thursday, February 14, 5:30-8 p.m.
Instructor: Lindsay Smith
Cost: $25 Member; $50 Non-member

Lunch 'n' Learn Series

Watch. Lunch. Learn! All classes are $10 (Members), $15 (Non-members)

POTATO LATKES V

Chanukah is from December 2 thru December 10 this year, and it wouldn't be complete without a plate of these delicious fried treats on the dinner table. These latkes are crispy and salty on the outside, soft and melty on the inside. Mazel Tov!

Tuesday, December 4
11:30 a.m.-12:30 p.m.
Instructor: Lindsay Smith
Cost: $10 Member; $15 Non-member

YORKSHIRE PUDDING

Yorkshire pudding is a holiday staple in my house for the holidays. Come learn the tips and tricks to making this savory popover come out perfectly every time.

Thursday, December 13
11:30 a.m.-12:30 p.m.
Instructor: Lindsay Smith
Cost: $10 Member; $15 Non-member

BACON JAM

Back by popular demand, it's bacon jam. Come learn this fun, quick and showstopper of a jam that is great for gift giving, a party appetizer or just slathering on a grilled cheese. Yum

Wednesday, December 19
11:30 a.m.-12:30 p.m.
Instructor: Lindsay Smith
Cost: $10 Member; $15 Non-member

CHICKEN TORTILLA SOUP

There's something about the slightly spicy broth with tender chicken, the corn and black beans, juicy tomatoes, creamy avocado, and those addictively good tortilla strips on top that I can't resist. This is a perfect lunch on a winter's day

Wednesday, January 9
11:30 a.m.-12:30 p.m.
Instructor: Lindsay Smith
Cost: $10 Member; $15 Non-member

ALICE WATER'S BAKED GOAT CHEESE SALAD V

In 1981 Craig Claiborne, long-time food editor and restaurant critic for The New York Times, first met Alice Waters and ate at Chez Panisse. He wrote, "Where American gastronomy is concerned, there is one commodity that is rarer than locally grown black truffles or homemade foie gras, that is a chef of international repute who was born in the United States. Even rarer is such a celebrated chef who is a woman." That day he ate her baked goat cheese salad which became one of the iconic dishes of the decade.

Tuesday, January 15
11:30 a.m.-12:30 p.m.
Instructor: Lindsay Smith
Cost: $10 Member; $15 Non-member

BISCUITS AND GRAVY

Homemade southern biscuits. Smothered in sausage gravy. Do we need to say more?

Thursday, January 31
11:30 a.m.-12:30 p.m.
Instructor: Lindsay Smith
Cost: $10 Member; $15 Non-member

GAL-ENTINES DAY BRUNCH V

We are serving up a special brunch menu that would make Leslie Knope proud. Belgian waffle cake, red fruit salad, a little salad (cause ya know…), chocolate truffles and mimosas! Bring your lady friends and let's celebrate!

Wednesday, February 13
11:30 a.m.-12:30 p.m.
Instructor: Lindsay Smith
Cost: $10 Member; $15 Non-member

SHRIMP CREOLE

Fat Tuesday is right around the corner- so time to get your Louisiana on. And shrimp creole is a great place to start. Served over a simple dish of white rice- this is a perfect dish for lunch!

Wednesday, February 27
11:30 a.m.-12:30 p.m.
Instructor: Lindsay Smith
Cost: $10 Member; $15 Non-member

Do It Yourself

Interactive classes where you get to make delicious dishes yourself!

ITALIAN DESSERTS FOR GIFTS AND ENTERTAINING V

This holiday season give the gift of dolce tradizionale and wow your guests with your culinary execution of these timeless Italian classics. Together will make an Italian favorite, Biscotti (two-ways), to wrap and gift or take home and enjoy. In this course we will also learn about Limoncello, Meringue, and Panna Cotta just in time for this holiday season!

Saturday, December 1, 4-7 p.m.
Instructor: Alicia Barrow
Cost: $25 Member; $50 Non-member

HOLIDAY GIFTS: CHOCOLATE TRUFFLE ASSORTMENT V

Learn about how to work with chocolate including what is a ganache and how to temper chocolate so you can make luscious truffles. We will then get hands-on and make several flavors, a perfect assortment. These are a great gift that you can make ahead of time. Light refreshments will be served.

Friday, December 7, 5:30-8:30 p.m.
Instructor: Lindsay Smith
Cost: $25 Member; $50 Non-member

WINTER REMEDY CHEST

Did you know that Elderberries have been used for health dating back to European Middle Ages and are an important part of Native American medicine? Discover this amazing berry and its bounty along with other affordable natural ways to keep your home happy and healthy though the deepest part of winter in the Winter Remedy Chest. Topics/creations include: Elderberry Syrup, teas, steams and vapors.

Saturday, January 19, 1-3 p.m.
Instructor: Alicia Barrow
Cost: $25 Member; $50 Non-member

EMPANADAS V

An empanada is a type of pastry baked or fried in many countries of the Americas and in Spain. The name comes from the Spanish verb empanar, and literally translates as "enbreaded", that is, wrapped or coated in bread. In this fun hands-on class, we will make three different types of empanadas (beef, veggie and dessert) each with a different dough!

Tuesday, February 26, 5-8 p.m.
Instructor: Lindsay Smith
Cost: $25 Member; $50 Non-member

Haven't tried a class yet? No experience is required!

We provide all of the equipment and ingredients. Our classes are casual and meant to be fun and instructive, for both the cooking enthusiast and the first-timer.

DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 *Do It Yourself: Italian Desserts for Gifts and Entertaining* *4-7 p.m.*
2	3 *After-School Jr. Chef Cooking Club* *3:30-5 p.m.*	4 *Lunch 'n' Learn: Potato Latkes* *11:30 a.m.-12:30 p.m.*	5 *Knife Skills 101* *5:30-8 p.m.*	6	7 *Do It Yourself: Holiday Gifts—Truffle Assortment* *5:30-8:30 p.m.*	8
9	10 *After-School Jr. Chef Cooking Club* *3:30-5 p.m.*	11	12	13 *Lunch 'n' Learn: Yorkshire Pudding* *11:30 a.m.-12:30 p.m.* *Dinner Club: Spanish Tapas & Cazuela Cooking* *5:30-8 p.m.*	14	15 *Little Elves' Workshop* *10 a.m.-2 p.m.*
16 *Holiday Yule Log* *11 a.m.-1 p.m.*	17 *After-School Jr. Chef Cooking Club* *3:30-5 p.m.*	18 *Holiday Lunch – French Fete* *11:30 a.m.-1:30 p.m.*	19 *Lunch 'n' Learn: Bacon Jam* *11:30 a.m.-12:30 p.m.*	20	21 *Family Cook Night: Breakfast for Dinner* *5-7:30 p.m.*	22 *Simply in Season: Tamales and Pozole* *2-5 p.m.* *Northern Italian Style Polenta* *5:30-7:30 p.m.*
23 _____ 30	24 _____ 31	25	26	27 *Simply in Season: New Year's Good Luck Foods* *4:30-6:30 p.m.*	28	29 *Co-op Kids: Read It 'n' Eat It* *10-11 a.m.*

JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6 *Healthy Living Eating Plan* *10 a.m.-12 p.m.*	7 *Simply in Season: Winter Soups and Stews for the Soul* *5-8 p.m.*	8 *Accidental Chef: Miso–What?* *5:30-7:30 p.m.*	9 *Lunch 'n' Learn: Chicken Tortilla Soup* *11:30 a.m.-12:30 p.m.*	10 *Simply in Season: Winter Fruits* *1-4 p.m.*	11	12 *Knife Skills 101* *11:30 a.m.-2 p.m.*
13 *Healthy Living Eating Plan* *10 a.m.-12 p.m.*	14	15 *Lunch 'n' Learn: Alice Water's Baked Goat Cheese Salad* *11:30 a.m.-12:30 p.m.*	16 *Cooking Essentials: Onions!* *5:30-8 p.m.*	17	18 *Family Cook Night: Apres Ski* *5-7:30 p.m.*	19 *Co-op Kids: Read It 'n' Eat It* *10-11 a.m.* *Do It Yourself: Winter Remedy Chest* *1-3 p.m.*
20 *Healthy Living Eating Plan* *10 a.m.-12 p.m.*	21	22 *Northern Italian Style Polenta* *5:30-7:30 p.m.*	23 *Perfecta Wine Presents* *5:30-7:30 p.m.*	24	25 *Dinner Club: Taste of Tokyo* *5:30-8 p.m.*	26
27 *Healthy Living Eating Plan* *10 a.m.-12 p.m.*	28 *After-School Jr. Chef Cooking Club* *3:30-5 p.m.*	29 *Accidental Chef: Shrimp 'n' Grits* *5:30-7:30 p.m.*	30	31 *Lunch 'n' Learn: Biscuits and Gravy* *11:30 a.m.-12:30 p.m.*		

FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 *Simply in Season: Winter Soups and Stews for the Soul* *11 a.m.-2 p.m.*	2
3 *Healthy Living Eating Plan* *10 a.m.-12 p.m.*	4 *After-School Jr. Chef Cooking Club* *3:30-5 p.m.*	5	6 *Simply in Season: Chocolate Tasting* *5:30-7:30 p.m.*	7 *Accidental Chef: Galettes Galore* *11 a.m.-1 p.m.*	8 *Family Cook Night: Deep-Dish Pan Pizza* *5-7:30 p.m.*	9 *Valentine's Day Baking with Marley Cooley* *11 a.m.-1 p.m.* *Knife Skills 201* *4-6:30 p.m.*
10	11 *After-School Jr. Chef Cooking Club* *3:30-5 p.m.*	12 *Homemade Ravioli* *5:30-7:30 p.m.*	13 *Knife Skills 101* *5:30-8 p.m.* *Lunch 'n' Learn: Gal-entine's Day Brunch!* *11:30 a.m.-12:30 p.m.*	14 *Dinner Club: St. Valentine's Day* *5:30-8 p.m.*	15	16 *Co-op Kids: Read It 'n' Eat It* *10-11 a.m.*
17	18 *Kids Camps: Sous-Chefs* *8:30-11 a.m.* *Jr. Chefs* *1-4 p.m.*	19 *Kids Camps: Sous-Chefs* *8:30-11 a.m.* *Jr. Chefs* *1-4 p.m.*	20 *Kids Camps: Sous-Chefs* *8:30-11 a.m.* *Jr. Chefs* *1-4 p.m.* *Cast Iron Cooking* *5:30-8 p.m.*	21 *Kids Camps: Sous-Chefs* *8:30-11 a.m.* *Jr. Chefs* *1-4 p.m.*	22 *Kids Camps: Sous-Chefs* *8:30-11 a.m.* *Jr. Chefs* *1-4 p.m.*	23
24	25 *After-School Jr. Chef Cooking Club* *3:30-5 p.m.*	26 *Do It Yourself: Empanadas* *5-8 p.m.*	27 *Lunch 'n' Learn: Shrimp Creole* *11:30 a.m.-12:30 p.m.*	28 *One Pan Meals* *10 a.m.-12 p.m.*		