



**Winter  
2018  
Classes**

**Nourish. Cultivate. Cooperate.**

# Sign Up for Classes



## Online

CLICK HERE TO REGISTER ONLINE  
[WWW.COOPFOODSTORE.COOP/CLASSES](http://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



DEMO



VEGETARIAN  
OPTION



WINE  
SAMPLING



BEER  
SAMPLING

LET US HOST  
YOUR NEXT EVENT

PRIVATELY  
RESERVED  
CLASSES

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](mailto:CLASSES@COOPFOODSTORE.COOP)  
603-643-2667

## From Guest Instructors

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

### PROFESSIONAL COOKIE DECORATING

Our Co-op is excited to team up with professional baker, art student, and lover of all things confectionary Marley Cooley of mc confections for two special classes. In each class Marley will teach you the secrets to professionally decorating sugar cookies. Specifically, she will be covering topics like:

- Royal Icing Basics- learning importance of consistencies
- Flooding a Cookie- how to get a clean blank canvas
- Piping/Piping Bag Basics- how to make a piping bag etc.

Space is limited so sign up today! Pre-iced cookies and decorating materials will be provided for everyone to decorate with, along with a box to take them home.

*Valentine's Day Cookies*  
Saturday, February 12, 12-2 p.m.

*Easter Egg Cookies*  
Sunday, March 25, 12-2 p.m.

Instructor: Marley Cooley, mc confections  
Cost: \$25 Member; \$50 Non-member

### CLAUDE MONET'S WINTER TABLE

It's winter! What would Claude Monet, the impressionist artist, be eating during the colder months? Join Gloria Finkelstein, AKA Madame G, and her "French Apron Class", as class participants team up and everyone helps create a colorful healthy French meal. Bring your appetite! Bon appétit.

Thursday, January 25, 6-8 p.m.  
Instructor: Gloria Finkelstein  
Cost: \$20 Member; \$40 Non-member

### PASSOVER RECIPES: HEALTHY RECIPES TO SHARE

Passover is a time of coming together. No Seder is complete without some of the absolute favorites we all grew up with. If you are ready to learn traditional and healthy twists on traditional Passover foods, join us for this class.

Tuesday, March 20, 10:30 a.m.-12:30 p.m.  
Instructor: Gloria Finkelstein  
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. Limited seating.*

### CASSOULET

We may think of it as decadent, but cassoulet is at heart a humble bean-and-meat stew, rooted in the rural cooking of the Languedoc region of France. But for urban dwellers without access to the staples of a farm in southwest France, preparing one is an epic undertaking that stretches the cook. The reward, though, may well be the pinnacle of French home cooking. Join us for a fun night exploring this ambitious dish. Cassoulet does take time to make: There is overnight marinating and soaking, plus a long afternoon of roasting and simmering ... so we will be discussing the process and finish the dish in class. Paired with appetizers, a simple salad, and wine, it will be a tasty evening for sure.

*Tuesday, January 30, 5-8 p.m.*

Instructor: Lindsay Smith  
Cost: \$25 Member; \$50 Non-member

### MARDI GRAS

Indulge with us on Fat Tuesday. Where the star of the night is certainly the food, and not the beads. Mardi Gras has roots in many cultures—for our celebration we will focus on traditional fare from the bayou such as spicy pimento cheese, shrimp and chicken étouffée, and of course king cake! Laissez les bon temps rouler!

*Tuesday, February 13, 5-8 p.m.*

Instructor: Lindsay Smith  
Cost: \$25 Member; \$50 Non-member

### SWEETHEART LUNCH

Skip the packed restaurant tonight, and take your sweetheart out to a special Valentine's Day lunch! For this fun class we will teach and serve a special meal made for two. Starting with a simple mushroom appetizer, the main course is duck breast with pomegranate molasses sauce\* with roasted fingerling potatoes, then we will end with a decadent chocolate mousse and a small glass of bubbly. Limited seating! \*Note: Vegetarian option available; please call ahead.

*Wednesday, February 14  
11 a.m.-1 p.m.*

Instructor: Lindsay Smith  
Cost: \$25 Member; \$50 Non-member

### ST. PATRICK'S DAY

Join Lindsay for a St. Patrick's day cooking party at the CLC! First we will get some trusty Irish Soda bread and a classic cottage pie 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. Sláinte!

*Saturday, March 17, 5-8 p.m.*

Instructor: Lindsay Smith  
Cost: \$25 Member; \$50 Non-member

## Do it Yourself

*Interactive classes where you get to make delicious dishes yourself!  
Great for a fun family outing or date night!*

### HERBAL TOOL KIT

Welcome to an exploration of homemade herbal remedies. In this class, we will discover various methods to use herbs, flowers, vinegars, extracts, and oils to make your own complementary therapy kit. We will talk about best practices and how to choose/find high-quality ingredients. Each student will leave with a few samples of our creations. Light refreshments served.

*Sunday, January 14, 12-3 p.m.*

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

### MEXICAN STREET FOOD

Rustic, vibrant, and as fun to make as it is to eat, Mexican street food is popular for a reason. In this fun evening, you will learn how to make homemade tortillas, fresh salsa verde, roasted salsa roja, fun taco fillings, and end with classic sopapillas. Olé!

*Friday, January 26, 5-8 p.m.*

Instructor: Lindsay Smith  
Cost: \$25 Member; \$50 Non-member

### PIEROGIES

In the battle of best dumpling on earth, the pierogi might just be the champion. These Polish pillows are usually filled with cheese, potatoes, sauerkraut, mushrooms, meat, or fruit. They're endlessly versatile and seriously comforting. Making your own pierogi is easier than you might expect. The fun part comes in when you start playing around with different filling combinations, the possibilities of which are endless. In this class we will make our own pierogies and experiment with 3 different fillings.

*Friday, February 16, 5-8 p.m.*

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

### LASAGNA NIGHT

In this hand-on class we will be making all the parts for an amazing lasagna from scratch: the pasta, the ricotta cheese, and the tomato sauce (vegetarian with option of adding meat). Each student/pair will get to take home a pan of lasagna to finish cooking at home. This class is limited to 7 individuals or pairs. \*Lite snacks will be available.

*Friday, March 16, 5-8 p.m.*

Instructor: Lindsay Smith  
Cost: \$25 Member; \$50 Non-member

## Co-op Kids & Family Classes

### CO-OP KIDS:

#### READ IT 'N' EAT IT

Co-op kids ages 3 to 7 are invited to join us for this new 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.

*Saturday, January 20, 10:30-11:30 a.m.*

*Saturday, February 17, 10-11 a.m.*

*Saturday, March 24, 10-11 a.m.*

Instructor: Emily Rogers  
Cost: Free

### CO-OP COOKING CLUB:

#### JR. CHEFS!

Love to cook? Looking for something to do after school? This club is for kids ages 10–13 who love to cook and want to increase their skills! Each week we will learn new techniques and make a tasty dish. 6-week session. \*Best suited for kids ages 10-13.

*Mondays starting March 5-April 9, 3:30-5 p.m.*

Instructor: Lindsay Smith  
Cost: \$180 Member and Non-member

### 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. Two different classes are offered. Chinese take-out night we will make popular favorites like won-tons, fried rice and orange chicken and of course fortune cookies! For Italian favorites night, we will make our own garlic bread, stuffed shells, and easy cannoli dip. Space is limited.

*Chinese Take-Out  
January 20, 5-7:30 p.m.*

*Italian Favorites  
March 2, 5-7:30 p.m.*

Instructor: Lindsay Smith  
Cost: \$45 Member Family; \$65 Non-member Family

\*note: The Co-op does not define what a family is. For purposes of this class, up to four people are included in this price. Each additional person is \$5.

**Look for information on Winter Break Cooking Camps coming soon...**

# Simply in Season

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

## WINTER SQUASH

Butternut and Acorn squash have made their way comfortably into modern everyday lives, but what about all those other oddly shaped, colorful, glorious winter squashes? What is a cheese pumpkin? Delicata? Blue Hokkido? In this class we will explore the wonderful varieties of winter squashes we have available at our Co-op and learn some different cooking preparations beyond roasting and mashing.

Thursday, January 11, 5:30-8 p.m.

Instructor: Lindsay Smith

Cost: \$20 Member; \$40 Non-member

## HEARTY WINTER SALADS

Salads are not just for summertime anymore. Winter salads are warm, complex, and satisfy both our need for comfort and hearty foods during the cold season. Utilizing local and seasonal produce, grains, and more, winter salads are a great way to help you stay on track with any New Year's resolution!

Thursday, January 18, 11 a.m.-1 p.m.

Instructor: Lindsay Smith

Cost: \$20 Member; \$40 Non-member

## GAME DAY PARTY FOODS

Whether you're a football fanatic or just in it for the snacks and halftime show, game day requires some serious eats, and we've got them for you. From slow cooker chicken wing dip, to Asian sloppy joe sliders, to mini tacos, to yes, bacon candy ... it's time to step up your game!

Friday, February 2, 1:30-3:30 p.m.

Instructor: Lindsay Smith

Cost: \$20 Member; \$40 Non-member

## APRÈS SKI

### SOUPS AND PANINIS

Nothing beats a flavorful, hearty bowl of steamy soup on a cold New England winter day. In this class, learn how easy it is to create some scrumptious soup recipes and yummy, creative paninis (no press needed) that are perfect after a day out in the snow.

Sunday, February 11, 4:30-6:30 p.m.

Instructor: Lindsay Smith

Cost: \$20 Member; \$40 Non-member

## MAPLE SUGAR

Maple sugar season is New England's 5<sup>th</sup> season. It's that special time of year when sap is collected from the sugar maples and boiled down to make real maple syrup. In this class, we will use local Vermont and New Hampshire syrup in recipes that showcase its versatility. Maple syrup is not for pancakes alone.

Wednesday, March 7, 11 a.m.-1 p.m.

Instructor: Lindsay Smith

Cost: \$20 Member; \$40 Non-member

## EASTER BRUNCH

Host an unforgettable Easter brunch celebration filled with classic and seasonal dishes such as yeasted sour cherry and cheese coffee cake, cheese-leek-and-herb soufflé casserole, potato galette with smoked salmon, oven brown potatoes, and minted mandarin strawberry coolers.

Friday, March 30, 11 a.m.-1 p.m.

Instructor: Lindsay Smith

Cost: \$20 Member; \$40 Non-member

# Dig into Nutrition

Nutrition-based classes from Co-op Nutrition Specialist Hannah Brillling

## SHOPPING AND COOKING WITH DIABETES

In this free class, you'll get a basic overview of diabetic eating principles in the grocery store and the kitchen. Appropriate for those who are shopping for, cooking for, or who have diabetes or pre-diabetes themselves, you'll leave armed with 2 staple recipes to use at home. Food will be served, please identify any allergies at the time of registration.

Dinner with Diabetes

Wednesday, January 17, 4-6 p.m.

Instructor: Hannah Brillling

Cost: Free

## PLANT BASED AND HEART-HEALTHY

Looking to make some dietary changes towards a heart-healthy diet? February is National Heart Health month- what better time to start? This class will cover the current recommendations for heart-healthy eating and includes a hearty (get it? HEART-Y) meal that follows them. Food will be served, please identify any allergies at the time of registration. All are welcome.

Thursday, February 1, 5-7 p.m.

Instructor: Hannah Brillling

Cost: Free

## SWEETHEART SNACKS: HEALTHI(ER) WAYS TO DO DESSERT (Gluten Free)

This class will cover gluten-free desserts with healthy swaps to lower saturated fat or sugar add fiber or nutrients. Because we'll be sampling lots of sweets, you may wish to eat some more savory food before or after class. Other dietary restrictions may be accommodated if known ahead of time, please contact instructor for more information.

Thursday, February 8, 4-6 p.m.

Instructor: Hannah Brillling

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



CO-OP  
FOOD STORES

Jump-start your  
NUTRITION



## Meet Hannah

Registered Dietitian

Co-op's New Nutrition Specialist

Individual or small group store tours available by appointment. Email [hannahbrilling@coopfoodstore.com](mailto:hannahbrilling@coopfoodstore.com) or call 603-640-6577 for more information. Tours can address specific health concerns, such as Diabetes, heart health, low sodium, kidney disease, or others you may have.

LET US HOST YOUR  
NEXT BIRTHDAY PARTY!

BIRTHDAY CLASSES:

COOKIES AND PIZZA

MEXICAN FIESTA

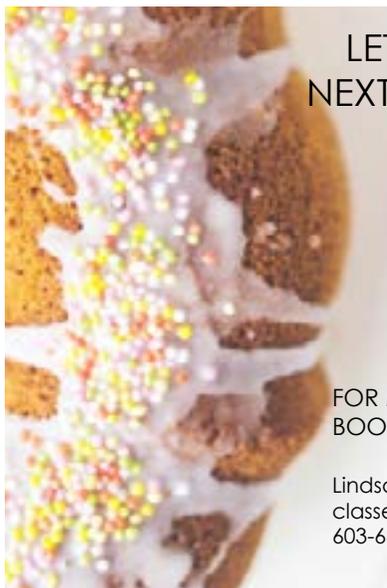
THAI CUISINE

MAKE YOUR OWN PASTA

DESIGN YOUR OWN!

FOR MORE INFORMATION OR TO  
BOOK A BIRTHDAY PARTY

Lindsay Smith, Food Educator  
[classes@coopfoodstore.com](mailto:classes@coopfoodstore.com)  
603-643-2667



## Lunch 'n' Learn Series

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

### SOFT PRETZELS AND BEER CHEESE V

Learn the trick to easy homemade soft pretzels (and twist your own!), and while they bake in the oven, we will make a delicious pub beer cheese dip.

*Wednesday, January 10*

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

Instructor: Lindsay Smith

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

### EASY CHICKEN AND DUMPLINGS

With a few shortcuts and 6 pantry ingredients, we will have this southern comfort food classic on the table in under an hour. Plus learn the secret to perfect dumplings.

*Tuesday, January 16*

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

Instructor: Lindsay Smith

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

### BILL SMITH'S ATLANTIC BEACH PIE

Bring a little slice of summer into the long winter. Atlantic Beach Pie has been iconized by Chef Bill Smith from Crook's Corner of Chapel Hill, NC. He says it's the easiest recipe in the world; we just say yummm.

*Wednesday, January 31*

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

Instructor: Lindsay Smith

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

### OKINAWAN TAKORAISU (TACO RICE)

The best of fusion cuisine! Okinawan Takoraisu was invented in the 1960s by a Japanese chef who took the idea of tacos, popular among the American military stationed on Okinawa, and combined it with rice, a staple item in the Okinawan diet.

*Tuesday, February 6*

*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!). We love it anytime!

*Tuesday, February 13*

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

Instructor: Lindsay Smith

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

### ROASTED CHICKEN THIGHS WITH PRESERVED LEMONS AND OLIVES

The next time you'd like to elevate a simple weeknight meal of chicken, this is the one to try. The subdued bite and firm texture of preserved lemon and Castelvetrano olives enrich the pan sauce.

*Thursday, March 22*

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

Instructor: Lindsay Smith

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

### HOMEMADE FALAFEL

This is an herb-packed version of this Middle Eastern street food. Crispy on the outside, light and fluffy on the inside. We will pair it with a homemade Taziki or tahini sauce, crunchy vegetables, and pita for a perfect lunch.

*Wednesday, March 14*

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

Instructor: Lindsay Smith

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

## Everyday Cooking & Techniques

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

### MEATLESS MONDAYS V

Did you know, going meatless once a week can have tremendous benefits for both your health and the environment? Whether you are a seasoned vegetarian or just trying to incorporate a few more meatless meals into your life, we could all use some new ideas. Each class we will explore some new, tasty, and easy recipes to make meatless Mondays a part of your routine. Recipes may include dairy or eggs.

*Monday, January 8, 5:30-7:30 p.m.*

*Monday, January 22, 11 a.m.-1 p.m.*

*Monday, February 5, 5:30-7:30 p.m.*

*Monday, February 26, 11 a.m.-1 p.m.*

*Monday, March 26, 11 a.m.-1 p.m.*

*Vegan Night!*

*Monday, March 12, 5:30-7:30 p.m.*

Instructor: Lindsay Smith

Cost: \$20 Member; \$40 Non-member

### 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, all while making a tasty seasonal dish. Sharpen your skills with your own knife from home, or use one of ours.

*Tuesday, January 9, 11:30 a.m.-2 p.m.*

*Thursday, February 15, 5:30-8 p.m.*

*Sunday, March 11, 12-2:30 p.m.*

Instructor: Lindsay Smith

Cost: \$20 Member; \$40 Non-member

### COOKING BASICS FOR EVERYONE

Learning how to cook is a lifelong process that is rewarding and challenging! Learning the basics of cooking will help you build a good solid base, and foster your love of cooking. We will explore the cooking basics of the professionals and instill the right foundational knowledge for you to begin your journey. In class, we will work together as a team to examine each topic. Take one class, take them all. This series is great for novices and experienced cooks alike. Please see website for more details on each class.

*The Fabulous Five*

*Thursday, January 18, 5:30-8 p.m.*

*From The Sea*

*Wednesday, January 24, 5:30-7:30 p.m.*

*Classic Sauces*

*Tuesday, February 27, 5:30-7:30 p.m.*

*Perfect Pork*

*Thursday, March 8, 5:30-7:30 p.m.*

*Cast Iron Cooking*

*Tuesday, March 13, 5:30-7:30 p.m.*

*Essential Desserts*

*Wednesday, March 28, 5:30-7:30 p.m.*

Instructor: Lindsay Smith

Cost: \$20 Member; \$40 Non-member

*"A recipe is a story that ends with a good meal."*

*—Pat Conroy*

*"No one is born a great cook. One learns by doing"*

*—Julia Child*

## 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.

# JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>CLOSED for New Years</i>	2	3	4	5	6
7	8 <i>Meatless Mondays 5:30-7:30 p.m.</i>	9 <i>Knife Skills 101 11:30 a.m.-2 p.m.</i>	10 <i>Lunch 'n' Learn: Soft Pretzels &amp; Beer Cheese 11:30 a.m.-12:30 p.m.</i>	11 <i>Simply in Season: Winter Squash 5:30-8 p.m.</i>	12	13
14	15	16 <i>Lunch 'n' Learn: Easy Chicken &amp; Dumplings 11:30 am.-12:30 p.m.</i>	17 <i>Dig Into Nutrition: Dinner with Diabetes 4-6 p.m.</i>	18 <i>Hearty Winter Salads 11 a.m.-1 p.m.  Cooking Basics: The Fabulous Five 5:30-8 p.m.</i>	19	20 <i>Co-op Kids: Read It 'n' Eat It 10:30-11:30 a.m.  Family Cook Night: Chinese Take-Out 5-7:30 p.m.</i>
21	22 <i>Meatless Mondays 5:30-7:30 p.m.</i>	23	24 <i>Cooking Basics: From The Sea 5:30-7:30 p.m.</i>	25 <i>Claude Monet's Winter Table 6-8 p.m.</i>	26 <i>DIY: Mexican Street Food 5-8 p.m.</i>	27
28	29	30 <i>Co-op Dinner Club: Cassoulet 5-8 p.m.</i>	31 <i>Lunch 'n' Learn: Bill Smith's Atlantic Beach Pie 11:30 a.m.-12:30 p.m.</i>			

# FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <i>Dig Into Nutrition: Plant Based &amp; Heart-healthy</i> 5-7 p.m.	2 <i>Game Day Party Foods</i> 1:30-3:30 p.m.	3
4	5 <i>Meatless Mondays</i> 5:30-7:30 p.m.	6 <i>Lunch 'n' Learn: Okinawan Takoraisu (Taco Rice)</i> 11:30 a.m.-12:30 p.m.	7	8 <i>Dig Into Nutrition: Sweetheart Snacks-Healthi(er) Ways to Dessert</i> 4-6 p.m.	9	10 <i>Professional Cookie Decorating: Valentine's Day Cookies</i> 12-2 p.m.
11 <i>Simply in Season: Après Ski Soups &amp; Paninis</i> 4:30-6:30 p.m.	12	13 <i>Lunch 'n' Learn: Italian Wedding Soup</i> 11:30 a.m.-12:30 p.m. <i>Dinner Club: Mardi Gras!</i> 5-8 p.m.	14	15 <i>Knife Skills 101</i> 5:30-8 p.m.	16 <i>Do It Yourself: Pierogies</i> 5-8 p.m.	17 <i>Co-op Kids: Read It 'n' Eat It</i> 10-11 a.m.
18	19 <i>Kids Camp: Sous-Chefs</i> 8:30-11 a.m. <i>Kids Camp: Jr. Chefs</i> 1-4 p.m.	20 <i>Kids Camp: Sous-Chefs</i> 8:30-11 a.m. <i>Kids Camp: Jr. Chefs</i> 1-4 p.m.	21 <i>Kids Camp: Sous-Chefs</i> 8:30-11 a.m. <i>Kids Camp: Jr. Chefs</i> 1-4 p.m.	22 <i>Kids Camp: Sous-Chefs</i> 8:30-11 a.m. <i>Kids Camp: Jr. Chefs</i> 1-4 p.m.	23 <i>Kids Camp: Sous-Chefs</i> 8:30-11 a.m. <i>Kids Camp: Jr. Chefs</i> 1-4 p.m.	24
25	26 <i>Meatless Mondays</i> 11 a.m.-1 p.m.	27 <i>Cooking Basics: Classic Sauces</i> 5:30-7:30 p.m.	28			

# MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Cooking Club Jr. Chefs 3:30-5 p.m.	6	7 Simply in Season: Maple Sugar 11 a.m.-1 p.m.	8 Cooking Basics: Perfect Pork 5:30-7:30 p.m.	9	10
11 Knife Skills 101 12-2:30 p.m.	12 Cooking Club: Jr. Chefs 3:30-5 p.m. Meatless Mondays: Vegan Night! 5:30-7:30 p.m.	13 Cooking Basics: Cast Iron Cooking 5:30-7:30 p.m.	14 Lunch 'n' Learn: Homemade Falafel 11:30 a.m.-12:30 p.m.	15	16 Do It Yourself: Lasagna Night 5-8 p.m.	17 Dinner Club: St. Patrick's Day 5-8 p.m.
18	19 Cooking Club: Jr. Chefs 3:30-5 p.m.	20 Passover Recipes: Healthy Recipes to Share 10:30 a.m.-12:30 p.m.	21 Dig Into Nutrition: Plant Based & Heart-healthy 12-2 p.m.	22 Lunch 'n' Learn: Roasted Chicken Thighs w/Preserved Lemons and Olives 11:30 a.m.-12:30 p.m.	23	24 Co-op Kids: Read It 'n' Eat It 10-11 a.m.
25 Professional Cookie Decorating: Easter Egg Cookies 12-2 p.m.	26 Cooking Club: Jr. Chefs 3:30-5 p.m. Meatless Mondays 11 a.m.-1 p.m.	27	28 Cooking Basics: Essential Desserts 5:30-7:30 p.m.	29	30 Simply in Season: Easter Brunch 11 a.m.-1 p.m.	31