



CO:OP
Learning Center

**Fall
2023
Classes**

Nourish. Cultivate. Cooperate.

Sign Up for Classes

Online



REGISTER ONLINE
WWW.COOPFOODSTORE.COOP/CLASSES

Phone



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

In-stores



VISIT THE SERVICE DESKS
AT LEBANON, HANOVER, WRJ

Class Protocols:

All of us at the Co-op Learning Center are thrilled to be back in the classroom! That said, keeping our participants and instructors safe and healthy is our top priority. Here are some of the extra steps we are taking to create a safe and awesome class experience:

- We are closely following all guidelines from the CDC and local public health officials. All policies and procedures are subject to change.
- For HANDS-ON classes, instead of group cooking and family style eating, participants will now have their own stations, utensils, equipment, and ingredients.
- 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 (2) 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.

WOK COOKING 101: THE STIR-FRY



LUNCH 'N' LEARN

Fast. One dish. Lunching done right! All Lunch 'n' Learn classes are held from 11:30 a.m. to 12:30 p.m. and ticket prices are \$10/\$20 for Members and \$15/\$30 for Non-members.

SOFT PRETZELS & BEER CHEESE

Demonstration Class

September 24

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

Instructor: Lindsay Smith

These German-inspired pretzels are perfect for Oktoberfest and shockingly easy to make! These traditional Bavarian-style pretzels have a deeply browned exterior and chewy texture. Learn the trick to easy homemade soft pretzels, and while they bake in the oven, we will make a delicious pub beer cheese!

CUBANOS

Demonstration Class

September 27

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

Instructor: Lindsay Smith

If you're a pork lover, no sandwich can compete with the almighty Cubano. In this classic Cuban sandwich, roast pork is layered with ham, Swiss cheese, pickles, and yellow mustard before getting grilled to golden perfection!

TOM YUM SOUP

Demonstration Class

October 3

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

Instructor: Lindsay Smith

Tom yum soup is a sour Thai soup. It is usually cooked with shrimp, which is called "Tom Yum Goong," or tom yum soup with shrimp. At first sip of this Thai tom yum soup, you'll be overcome by the intoxicating flavors of lemongrass, garlic, lime, coconut milk, and chili combined with a chicken stock base and topped off with shrimp.

MEATBALL SUBS

Demonstration Class

October 11

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

Instructor: Lindsay Smith

In this classic Italian American sandwich, tender meatballs drenched in tomato sauce are tucked into crisp rolls then buried under a blanket of gooey cheese. It's a messy sandwich no matter how you build it or bite into it, but wise construction can help. This warm comfort meal is perfect for feeding a crowd!

HOMEMADE FALAFEL

Demonstration Class

October 23

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

Instructor: Lindsay Smith

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 tzatziki or tahini sauce, crunchy vegetables, and pita for a perfect lunch.

SABICH BOWLS

Demonstration Class

October 27

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

Instructor: Lindsay Smith

Sabich is a traditional Israeli pita sandwich that features fried eggplant, Israeli salads and pickles, as well as other assorted condiments. Sabich bowls make a wonderfully light, easy lunch or dinner. There's so much goodness it won't all fit into a single pita! It's a wonderful flavor-filled bowl of pure happiness!

WONTON SOUP

Demonstration Class

November 8

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

Instructor: Lindsay Smith

This easy shortcut wonton soup base is perfect when you want an extremely quick meal. Using some pantry staples and frozen wontons, you can make a very tasty broth and satisfying soup in minutes.

CACIO E PEPE

Demonstration Class

November 15

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

Instructor: Lindsay Smith

With just six ingredients, how hard can this pasta dish be? Truth is, not that hard, if you know the right techniques ... and you don't skimp on ingredients. Good cheese, good pasta, good olive oil, and perfect timing will make this dish. The alternative? You will have a gloopy mess on your hands. This 20-minute dish will need every moment of your attention, but it is worth it.

FORBIDDEN RICE BUDDHA BOWL

Demonstration Class

November 21

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

Instructor: Lindsay Smith

This vibrant, refreshing Buddha Bowl makes a great lunch or light dinner. Made with lots of crunchy vegetables, rice, and poached chicken, but it's the dressing that is really the star here. The bright lime and rich coconut milk pairs perfectly with briny fish sauce, spicy chili, and herbs. So good you might start putting it on everything!

SABICH BOWLS



HOLIDAYS

Ticket Prices: Members-1/\$20, 2/\$40 Non-members-1/\$28, 2/\$56



HALLOWEEN TREATS #1 MERINGUE BONES & GRAVEYARD CAKE

Hands-on class

October 20, 3:00-6:00 p.m.

Instructor: Elise B. Cushman

Celebrate the spookiness of the season and learn how to make fun and not-so-frightening treats for Halloween. This is a two-part series that can be taken separately. In the first class we will explore meringue bones and a graveyard cake. In the second class, we will be making witches' fingers with a gruesome dipping sauce. Please notify of allergies. This class can be gluten-free.



HALLOWEEN TREATS #2 WITCHES' FINGERS & DIPPING SAUCE

Hands-on class

October 22, 3:00-6:00 p.m.

Instructor: Elise B. Cushman

Celebrate the spookiness of the season and learn how to make fun and not-so-frightening treats for Halloween. This is a two-part series that can be taken separately. In the first class we will explore meringue bones and a graveyard cake. In the second class, we will be making witches' fingers with a gruesome dipping sauce. Please notify of allergies. This class can be gluten-free.



EDIBLE GIFTS

Hands-on class

November 11, 3:00-5:00 p.m.

Instructor: Elise B. Cushman

Celebrate the season with treats from your kitchen! We will make edible gifts like hot cocoa mix, jar cookies, or cocoa bombs.

COOKING WITH THE KIDS

Ticket Prices: Members-1/\$18, 2/\$36 Non-member-1/\$26, 2/\$52

THE BASICS – EGGS!

Hands-on class

September 23, 3:00-5:00 p.m.

Instructor: Elise B. Cushman

In this class we will teach kids the basics of cooking & play with one main ingredient a few different ways. Join us today for eggs! Scrambled eggs, omelets, avocado toast, and toad-in-the-hole will be recipes explored as we develop a foundation for future life skills!



THE BASICS – PASTA!

Hands-on class

November 17, 3:00-5:00 p.m.

Instructor: Elise B. Cushman In this class we will teach kids the basics of cooking & play with one main ingredient a few different ways. Join us today for pasta! Classic pasta carbonara and bow-tie with pesto will be explored as we develop a foundation for future life skills!

TECHNICAL CLASSES

Ticket Prices: Members-1/\$20, 2/\$40 Non-members-1/\$28, 2/\$56

MEAL PREP: FALL DINNERS #1



GLUTEN-FREE BAKING BASICS

In this series of classes, we will explore the many facets of gluten-free baking, including pies, cookies, muffins, and cakes. Each class will explore a basic recipe that you can adopt as a baking staple. Note: we can also adapt this class to be grain-free. Please notify us in advance!

PIES

Hands-on class

October 14 , 3:00-5:00 p.m.

Instructor: Elise B. Cushman

COOKIES

Hands-on class

November 4, 3:00-5:00 p.m.

Instructor: Elise B. Cushman

CANNING BASICS

Hands-on class

September 16, 3:00-6:00 p.m.

Instructor: Elise B. Cushman

Too much bounty in your garden and ready to explore canning? You will leave understanding the fine art of water-bath canning without fear of eating what you canned, and you can share the harvest as gifts. Learn how to make pickled beets, pickled carrots, and quick pickles!

MEAL PREP: LUNCHES

We will make two lunches (typically a soup and salad) for you to enjoy during the work week. Each lunch will be fiber- and protein-packed, 400 calories or fewer, 20-30 grams of protein, and 7-10 grams of fiber. This is a healthy boost to getting in your 5-a-day and keeps you moving.

WEEK #1 - ROASTED CAULIFLOWER/ LENTIL SALAD AND CREAMY TORTELLINI SOUP

Hands-on class

October 15, 3:00-5:30 p.m.

Instructor: Elise B. Cushman

WEEK #2 - AUTUMN COBB SALAD & WHITE CHILI

Hands-on class

November 5 , 3:00-5:30 p.m.

Instructor: Elise B. Cushman

MEAL PREP: FALL DINNERS FOR FOUR

We will plan four dinners for 4 for the week with cross-utilization of ingredients to minimize waste and save you time.

Simplifying a weekly meal routine to make family dinners less stressful. Dinners will be 400-500 calories, 20-30 grams of protein, 7-10 grams of fiber to help you meet your 5-a-day and protein needs. We will prep veggies, grain/starch for four meals during class and plan out protein for you to finish at home.

FALL DINNERS #1

Demo class

September 24, 3:00-5:00 p.m

Instructor: Elise B. Cushman

We will show you how to make:

- Soup: Chicken and orzo
- Slow cooker: Fajita chicken
- Sheet pan/Skillet: Pesto chicken thighs and potatoes with roasted broccoli
- Pasta: Sausage and Kale

FALL DINNERS #2

Demo class

October 28, 3:00-5:00 p.m

Instructor: Elise B. Cushman

We will show you how to make:

- Soup: Pumpkin Chili
- Slow cooker: Sloppy Joes
- Sheet pan/Skillet: Butternut Squash, Brussel Sprouts, and Sausage
- Pasta: Spaghetti Squash Alfredo

TECHNICAL CLASSES

Ticket Prices: Members-1/\$20, 2/\$40 Non-members-1/\$28, 2/\$56

KNIFE SKILLS 101*

Hands-on class

November 13, 12:30-3:00 p.m.

Instructor: Lindsay Smith

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. We will also discuss knife choice, care, and sharpening. Great for chefs of all ages.

*Please note, we only sell single tables for this class.

Ticket Prices:

Member: 1/\$20

Non-member: 1/\$28

THE SPICE DRAWER

Hands-on class

September 13, 5:00-7:30 p.m.

Instructor: Lindsay Smith

Spices and herbs are what give your recipes pizzazz, punch, and flavor! It is what transports one dish from Southeast Asia, to Africa, to South America, to home. But- how to use them? Which ones should you have? What are those funny new ones I keep hearing about? In this class, we will cover this and more! We will talk about:

- toasting and grinding your own,
- the difference between using for background or for emphasis in a dish,
- which essential ones to always have on hand and which new ones to try, and
- how to transport your plate through the magic of spices and herbs.

WHAT TO DO WITH THANKSGIVING LEFTOVERS?

Demo class

November 29, 5:30-8:00 p.m.

Instructor: Lindsay Smith

Hands down, one of the best parts about Thanksgiving is the leftovers. It's a good thing too, since no matter how hard we try, whether we're having a big family feast, a smaller dinner for two, or a celebration that falls somewhere in-between, we're always left with more food than we know what to do with. Join us and find wonderful uses for those Thanksgiving leftovers!

THE SPICE DRAWER





DINNERS

Ticket Prices: Members-1/\$20, 2/\$40 Non-members-1/\$28, 2/\$56

OKTOBERFEST!

Hands-on class

September 26, 5:30-8:00 p.m.

Instructor: Lindsay Smith

In Munich, Germany, Oktoberfest is already in full swing! So, we will join the party stateside with a celebration of German foods and of course beer! Snack on fresh pretzel bites with beer-cheese while you make Schnitzel in Creamy Mushroom Sauce with fresh Spaetzle Dumplings. Add a green salad, German beer, and we have a party. Prost!

*Please note, special price for this class.

Ticket Prices:

Member: 1/\$30, 2/\$45

Non-member: 1/\$40, 2/\$60

BUTTERNUT SQUASH SOUP

Hands-on class

October 25, 5:30-8:00 p.m.

Instructor: Lindsay Smith

This gorgeous butternut squash soup makes the perfect autumn or winter supper dish and it also works as a tasty dinner party starter. Make this homemade soup using seasonal butternut squash with this easy recipe!

WOK COOKING 101: THE STIR-FRY

Hands-on class

September 28, 5:30-8:00 p.m.

Instructor: Lindsay Smith

Stir-frying is arguably the most well-known technique in wok cooking—both within China and across the globe. But contrary to what some think, the method is a little more nuanced than tossing some meat and vegetables around in a wok, drowning them in soy sauce, and calling it a day. Join us in the CLC to learn all the anatomy of the stir-fry. And make a tasty dinner to eat!

HERB-ROASTED SPATCHCOCK CHICKEN

Hands-on class

November 10, 5:30-8:00 p.m.

Instructor: Lindsay Smith

This is one of our most-requested lessons, and the technique is quite easy once you learn how to do it. Why spatchcock (or butterfly) your chicken? By removing the backbone of a chicken, you can flatten it, resulting in crispier skin and even, quicker cooking. We will douse ours in fresh herbs for maximum flavors while it cooks. Everyone makes their own chicken in this class to take home (cooked).

HERB-ROASTED SPATCHCOCK CHICKEN



SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13 <i>The Spice Drawer</i> 5:00-7:30 p.m.	14	15	16 <i>Canning Basics</i> 3:00-6:00 p.m.
17	18	19	20	21	22	23 <i>Cooking with Kids: The Basics - Eggs!</i> 3:00-5:00 p.m.
24 <i>Lunch 'n' Learn: Soft Pretzels & Beer Cheese</i> 11:30 a.m.-12:30 p.m. <i>Meal Prep: Fall Dinners for Four #1</i> 3:00-5:00 p.m.	25	26 <i>Oktoberfest!</i> 5:30-8:00 p.m.	27 <i>Lunch 'n' Learn: Cubanos</i> 11:30 a.m.-12:30 p.m.	28 <i>Wok Cooking 101: The Stir Fry</i> 5:30-8:00 p.m.	29	30

OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 <i>Lunch 'n' Learn: Tom Yum Soup 11:30 a.m.-12:30 p.m.</i>	4	5	6	7
8	9	10	11 <i>Lunch 'n' Learn: Meatball Subs 11:30 a.m.-12:30 p.m.</i>	12	13	14 <i>Gluten-Free Baking Basics: Pies 3:00-5:00 p.m.</i>
15 <i>Meal Prep: Lunch for the Week #1 3:00-5:30 p.m.</i>	16	17	18	19	20 <i>Halloween Treats #1 3:00-6:00 p.m.</i>	21
22 <i>Halloween Treats #2 3:00-6:00 p.m.</i>	23 <i>Lunch 'n' Learn: Homemade Falafel 11:30 a.m.-12:30 p.m.</i>	24	25 <i>Butternut Squash Soup 5:30-8:00 p.m.</i>	26	27 <i>Lunch 'n' Learn: Sabich Bowls 11:30 a.m.-12:30 p.m.</i>	28 <i>Meal Prep: Fall Dinners for Four #2 3:00-5:00 p.m.</i>
29	30	31				

NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 <i>Gluten-Free Baking Basics: Cookies</i> 3:00-5:00 p.m.
5 <i>Meal Prep: Lunch for the Week #2</i> 3:00-5:30 p.m.	6	7	8 <i>Lunch 'n' Learn: Wonton Soup</i> 11:30 a.m.-12:30 p.m.	9	10 <i>Herb-Roasted Spatchcock Chicken</i> 5:30-8:00 p.m.	11 <i>Incredible Edible Gifts!</i> 3:00-5:00 p.m.
12	13 <i>Knife Skills 101</i> 12:30-3:00 p.m.	14	15 <i>Lunch 'n' Learn: Cacio E Pepe</i> 11:30 a.m.-12:30 p.m.	16	17 <i>Cooking with Kids: The Basics - Pasta!</i> 3:00-5:30 p.m.	18
19	20	21 <i>Lunch 'n' Learn: Forbidden Rice Buddha Bowl</i> 11:30 a.m.-12:30 p.m.	22	23 THANKSGIVING 	24	25
26	27	28	29 <i>What to do with Thanksgiving Leftovers?</i> 5:30 -8:00 p.m.	30		