



COIOP
Learning Center



**Fall
2021
Classes**

Nourish. Cultivate. Cooperate.

Sign Up for Classes



Online

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

NEW 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. Given the rapidly changing nature of the pandemic, all policies and procedures are subject to change.
- All attendees will be required to wear masks. Masks must cover both nose and mouth. You can remove your mask briefly while tasting and dining, of course!
- We are restricting class size to allow for social distancing and better air circulation. Classes may fill up faster than usual, so please add your name to the waitlist. If there is enough interest, we will add additional classes.
- For DEMO classes, we will sit one per table, or you may purchase a double ticket and share the table with your guest (each participant will receive all materials and full servings of food).
- For HANDS-ON classes, instead of group cooking and family style eating, participants will now have their own stations, utensils, equipment, and ingredients. You may bring a guest to share your table. You will be provided additional ingredients to share and prepare with your guest. Member and Non-member plus guest ticket pricing is marked in ().
- 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.

Seasonal & Co-op Cooking

Everyday recipes and seasonal ingredients

Happy Diwali: Aloo Malor Tikki *Virtual!*

Happy Diwali! Diwali is known as the “festival of lights” thanks to the practice of lighting oil lamps and decorating homes and cities with strings of twinkling lights to symbolize the victory of light over darkness. At the CLC, we embrace all cultures and encourage learning about traditions, holidays, customs through the sharing and making of food! For our Diwali appreciation, we will learn to make Aloo Malor Tikki—fried potato patties stuffed with peas and served with a cilantro chutney. Instructor: Lindsay Smith

Virtual, Hands-on

November 4, 11 a.m.-1 p.m.

Ticket Price: \$7 Member and Non-member

Happy Diwali: Channa Banatura

Happy Diwali! Diwali is a major festival celebrated over five days in many parts of India by people of different faiths including many Hindus, Jains, Sikhs, Muslims and some Buddhists. At the CLC, we embrace all cultures and encourage learning about traditions, holidays, customs through the sharing and making of food! For our Diwali appreciation, we will learn to make Channa Banatura—a hearty veggie chickpea curry served with fried bread. Instructor: Lindsay Smith

In-person, Hands-on

November 4, 5:30 to 7:30 p.m.

Ticket Prices:

\$20 Member (+guest \$30), \$28 Non-member (+guest \$42)

Sweet Potatoes

The “orange superfood” sweet potatoes are not only delicious but also chocked full of nutritional goodness. Join this fun demo class as we explore some of the different varieties of sweet potatoes the Co-op carries, the basics in preparing them and of course a few other unexpected recipes. If you think the only ways to enjoy sweet potatoes are baked or fried, think again! Instructor: Lindsay Smith

In-person, Demo class

November 9, 11 a.m.-1 p.m.

November 9, 5:30 to 7:30 p.m.

Ticket Prices:

\$20 Member (double \$40), \$28 Non-member (double \$56)

Crème Brûlée

Looking for a fun date night class, or something different after dinner—join us for this unique dessert only, in-person, hands-on class as we make crème brûlée. With only 6 ingredients and some sure-fire tricks of the trade, you will be amazed at how easy this decadent desert can be! Instructor: Lindsay Smith

In-person, Hands-on

November 19, 6:30-8 p.m.

Ticket Prices:

\$20 Member (+guest \$30), \$28 Non-member (+guest \$42)

COOKING CREATES A
SENSE OF WELL-BEING
FOR YOURSELF AND THE
PEOPLE YOU LOVE AND
BRINGS BEAUTY AND
MEANING TO EVERY-
DAY 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

Seasonal & Co-op Cooking

Everyday recipes and seasonal ingredients

Shrimp Scampi with Orzo Dinner

The universal appeal of shrimp scampi is not the shrimp, but rather the pan sauce: garlicky butter tempered with white wine and bursts of lemon, parsley and red pepper flakes. Scampi is often tossed with pasta or served with crusty bread, but this version instead uses quick-cooking orzo. It simmers directly in the pan sauce, soaking up the garlicky scampi flavors. And, while the scampi cooks, we will quickly make a fresh Caesar salad. Instructor: Lindsay Smith

In-person and Virtual, Hands-on

September 2, 5:30-7 p.m.

September 9, 5:30-7 p.m. *Virtual!*

Ticket Prices:

In-person: \$20 Member (+guest \$30), \$28 Non-member (+guest \$42)

Virtual: \$7 Member and Non-member

Labor Day Retro Gelatin Salad *Virtual!*

Calling all culinary daredevils and retro-queens! This labor day retro gelatin potato salad is not for the faint of heart, and takes a bold personality to serve it—but it is oh so delicious! This recipe hails from 1958 and does require a 1.5 quart ring mold. So who is with me and ready to make an entrance at your neighborhood labor day picnic? Instructor: Lindsay Smith

Virtual, Hands-on

September 5, 11 a.m.-12:30 p.m.

Ticket Price: \$7 Member and Non-member

Ratatouille

Ratatouille is a southern French dish of stewed vegetables—commonly featuring eggplant, sweet peppers, summer squash, garlic, onion, and tender green herbs, in a tomato-based sauce. For our class, we will be using the ratatouille recipe from Alice Waters' 2007 cookbook *The Art of Simple Food*. What is great about this recipe is it fusses only where it needs to fuss (over the eggplant), and adds a few smart, modern details that improve on a well-worn classic. Instructor: Lindsay Smith

In-person and Virtual, Hands-on

September 15, 5:30-7 p.m.

October 5, 5:30-7 p.m. *Virtual!*

Ticket Prices:

In-person: \$20 Member (+guest \$30), \$28 Non-member (+guest \$42)

Virtual: \$7 Member and Non-member

Autumn Equinox Tacos *Virtual!*

These simple, warming vegetarian tacos are the perfect food for welcoming the change of seasons. We will match them with a roasted red salsa great for drizzling on the tacos or serving with chips on the side. Instructor: Lindsay Smith

Virtual, Hands-on

September 21, 5:30-7 p.m.

Ticket Price: \$7 Member and Non-member

Savory Crepe Night

Crepes are not just for breakfast. Learn how to whip together savory crepes in no time at all and have an impressive meal you can make in a pinch. We will mix up the batter then explore different filling possibilities. Fun and tasty! Instructor: Lindsay Smith

In-person, Hands-on

September 29, 5:30-7:30 p.m.

Ticket Prices:

\$20 Member (+guest \$30), \$28 Non-member (+guest \$42)

Apple Season

It's Apple season! We are lucky at the Co-op to get some of the best and most unique that New England has to offer. In true Co-op cooking class style, in this class we will explore new ways to cook with apples—both savory and sweet. Join us for this in-person, demo class where you will eat well and learn more! Instructor: Lindsay Smith

In-person, Demo Class

October 6, 11 a.m.-1 p.m.

October 6, 5:30-7:30 p.m.

Ticket Prices:

\$20 Member (double \$40), \$28 Non-member (double \$56)

Jambalaya

For this in-person, hands-on class we will explore Toni Tipton Martin's Jambalaya recipe. Her recipe includes a parched-rice technique that can be attributed to Creole chefs, or originating in the West Indies. The key to this recipe is to get all of our chopping and dicing out the way first, mise en place, before we start the pork meats rendering. This tasty dish will finish off in the oven, enough time to get our stations cleaned up and ready to eat. Bring your to-go boxes, there will be plenty to take home! Instructor: Lindsay Smith

In-person, Hands-on

October 27, 5:30-7:30 p.m.

Ticket Prices:

\$20 Member (+guest \$30), \$28 Non-member (+guest \$42)

Fall Mini-Galettes

Galettes are essentially free-formed pies. Moreover, I like the idea of making small ones so we can make a variety of fall-inspired fillings, both savory and sweet. We will make our crust(s) and while they rest, mix up a filling or two inspired by what is in season. Instructor: Lindsay Smith

In-person, Hands-on

October 28, 11 a.m.-1 p.m.

Ticket Prices:

\$20 Member (+guest \$30), \$28 Non-member (+guest \$42)

Do It Yourself

Learn how to make these specialty items yourself

Homemade Soft Pretzels *Virtual!*

As we get ready to celebrate Oktoberfest, what better way than rolling and shaping up a batch of homemade soft pretzels! This recipe only calls for a 10 min rest time before shaping the dough. A quick dip in a baking soda water bath, a quick bake and you have a new family favorite treat! Also great for tailgates and after apple picking! Instructor: Lindsay Smith

Virtual, Hands-On

September 19, 3-4:30 p.m.

Ticket Price: \$7 Member and Non-member

Curried Meat Pies

Meat pies are found all across the African diaspora, an adaptation of the colonial British pasties, made into everyday food that reflects the various regions. Join us for this educational and delicious in-person, hands-on class. Each participant will make their own pastry crust recipe good enough for up to 15 6-inch hand pies! While the dough chills, we will make the filling, then assemble the pies and par-bake them to be finished at home. Instructor Lindsay Smith

In-person, Hands-on

October 8, 5:30-7:30 p.m.

Ticket Prices:

\$30 Member (+guest \$45), \$40 Non-member (+ guest \$60)

All Hallows' Eve Black Velvet Cake *Virtual!*

Everyone has heard of Red Velvet Cake—but what about Black Velvet?? Bring out the drama with this deep and rich cake that uses black cocoa for the deep rich color and unique flavor. We will decorate with buttercream and then bring on the decorations—use any that you have, or follow the directions in the recipe packet to make some fun ghosts! Instructor: Lindsay Smith

Virtual, Hands-on

October 30, 4:30-7 p.m.

Ticket Price: \$7 Member and Non-member

Homemade Pie Crusts *Virtual!*

Dread making the requisite pies for Thanksgiving? Have a tried-n-true pie crust recipe that is actually only so-so? Join us in this fun virtual class where we take the sting out of making piecrusts by doing it together! Instructor: Lindsay Smith

Virtual, Hands-on

November 21, 11 a.m.- 1 p.m.

Ticket Price: \$7 Member and Non-member

Thanksgiving Leftovers Hand Pies *Virtual!*

There are hundreds of ways to use up thanksgiving leftovers besides just heating up a plate. Quesadillas, sandwiches, casseroles and I offer you—the hand pie! We will mix up a sturdy hand pie dough and then how you fill them will be up to you! Instructor: Lindsay Smith

Virtual, Hands-on

November 27, 3-5 p.m.

Ticket Price: \$7 Member and Non-member

Lunch 'n' Learn Series

Demonstration Classes. Fast. One dish. Lunching done right!

Alice Waters' Baked Goat Cheese Salad

Alice Waters was the first woman to win a James Beard Award, and she did it with a salad. While simple in design, this salad is more complex than meets the eye. We will heed Alice's salad tips, and even more importantly break bread in person.

September 1, 11:30 a.m.-12:30 p.m.

Ticket Prices:

\$10 Member (double \$20);
\$15 Non-member (double \$30)

Meatball Subs

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 is a messy sandwich no matter how you build it or bite into it, but wise construction can help. Moreover, it makes a perfect Friday fall lunch.

September 10, 11:30 a.m.-12:30 p.m.

Ticket Prices:

\$10 Member (double \$20);
\$15 Non-member (double \$30)

Ceviche Peruano

Ceviche is Peru's most famous dish. It is a culinary tradition, stemming from the 1600s, which combines traditional foods eaten by natives of the region and foods brought by the Spanish. Ceviche is not difficult to prepare but it requires attention to detail and fresh ingredients. We will prepare ours fresh and serve the traditional Peruvian style with sweet potatoes and fresh corn.

September 15, 11:30 a.m.-12:30 p.m.

Ticket Prices:

\$10 Member (double \$20);
\$15 Non-member (double \$30)

Autumn Equinox Bowl

A time of equal day and night, the Autumn Equinox is a magical threshold for change. The feeling in the air is like a surge of energy, the spark of transformation, and a new direction, full of possibilities, wrapped up in an invigorating chill. It tastes like squash and pumpkin, dark leafy greens, brassicas, toasted nuts, and warming

spices. Which is exactly what this recipe is—fall goodness in a bowl.

September 22, 11:30 a.m.-12:30 p.m.

Ticket Prices:

\$10 Member (double \$20);
\$15 Non-member (double \$30)

Chicken Satay w/ Peanut Sauce

Satay really refers to any skewered and grilled meat served with a spicy sauce. The trick to keeping the meat juicy is to marinate in a coconut milk curried sauce. Although typically grilled, you can easily make this dish in the oven. We will pair it with a cooling cucumber salad for a perfect lunch.

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

Ticket Prices:

\$10 Member (double \$20);
\$15 Non-member (double \$30)

Tom Yum Soup

Aside from being the most famous of all Thai soups, Tom Yum offers many health benefits due to its potent combination of herbs and spices. With its collection of ingredients like lemongrass, garlic, lime leaves, and coriander, this Thai favorite is said to have both immune-boosting and anti-inflammatory properties. Making it a wonderful go-to option when fighting off a cold or stomach ailments. For extra flavor, we will load ours with vegetables and shrimp and serve Thai style—over rice.

October 14, 11:30 a.m.-12:30 p.m.

Ticket Prices:

\$10 Member (double \$20);
\$15 Non-member (double \$30)

Apple Cider Doughnuts

We deserve donuts for lunch, right? Especially one of the best recipes of fall, fresh apple cider doughnuts! Light, fluffy dough, fried to perfection and rolled in cinnamon sugar... grab a cup of coffee and let's go!

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

Ticket Prices:

\$10 Member (double \$20);
\$15 Non-member (double \$30)

Banh Mi Sandwich

"What is a banh mi?" For those not in the know, this is the sandwich of all sandwiches for spicy food lovers. A banh mi is a Vietnamese-inspired sandwich made from pickled veggies, cilantro, jalapenos and various meats (we will use pork) piled on a French baguette slathered with sriracha-mayo.

October 22, 11:30 a.m.-12:30 p.m.

Ticket Prices:

\$10 Member (double \$20);
\$15 Non-member (double \$30)

Chicken Pho

Pronounced "Fa" this quick version of the popular Vietnamese noodle soup is good for all that ails you and simply soothing for your soul. The fun part of this soup is loading up on the "extras" like fresh jalapeño, bean sprouts, basil leaves and Sriracha!

November 18, 11:30 a.m.-12:30 p.m.

Ticket Prices:

\$10 Member (double \$20);
\$15 Non-member (double \$30)

Fish Tacos

When I arrived in San Diego, I drove straight to the beach, parked my VW Bug and bought a fish taco. Okay, two fish tacos. It was heaven. In my opinion, the best fish tacos celebrate the fish, add a little fresh crunchy slaw, and just a touch of creamy-spicy-tangy sauce. On corn tortillas. Keeping it light so you are ready to run back out and catch some waves. A little taste of summer.

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

Ticket Prices:

\$10 Member (double \$20);
\$15 Non-member (double \$30)

Co-op Dinner Club

Eat drink and be merry!

Oktoberfest

It's Oktoberfest and we are here to celebrate! We start with a easy and delicious pork schnitzel, pair it with a quick pickle (perfect for cutting through the richness of the schnitzel) and of course let's not forget some spätzle! In-person class patrons, we will pair our feast with a fine German beer. For the virtual class grab your favorite Oktoberfest beverage and cook along. Guten Appetit! Instructor: Lindsay Smith

September 23, 5:30-8 p.m.

September 30, 5:30-7 p.m. *Virtual!*

Ticket Prices:

In-person: \$30 Member (+guest \$45)
\$40 Non-member (+ guest \$60)

Virtual: \$7 Member and Non-member

Chicken Shawarma

Traditional shawarma is a street food where meat is roasted on a vertical spit and cut away per order, exposing the next layer to get charred and crispy. For this easier home version, we will use the intense heat of a broiler to char chicken thighs. Mix up a refreshing cooling cucumber sauce and quick homemade pita bread. Paired with a glass of wine or your fav beverage, this is a great dinner club night! Instructor: Lindsay Smith

October 19, 5:30 to 8 p.m.

October 20, 5:30-7 p.m. *Virtual!*

Ticket Prices:

In-person: \$30 Member (+guest \$45)
\$40 Non-member (+guest \$60)

Virtual: \$7 Member and Non-member

Steak au Poivre

Steak au Poivre—a classic French bistro recipe of steaks dredged in peppercorns, seared for flavor, finished in the oven and then topped with a delicate cognac-pan sauce. We will keep it simple and pair with a baked potato, green salad with classic vinaigrette, and of course a glass of French wine. Instructor: Lindsay Smith

November 17, 5:30 to 8 p.m.

November 18, 5:30-7 p.m. *Virtual!*

Ticket Prices:

In-person: \$30 Member (+guest \$45)
\$40 Non-member (+guest \$60)

Virtual: \$7 Member and Non-member

LET US HOST YOUR NEXT EVENT

Social Events, Team Building, Ladies Night, Men's Groups,
Birthday Parties, and more!

In-person or Virtual

For more information or to book a private class
please contact:

Lindsay Smith, Food Educator
class@coopfoodstore.com
(802) 765-2846



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 all while making a tasty seasonal dish. Sharpen your skills with your own knife from home, or use one of ours. Sorry, no doubling up on this class! One participant per station only. Instructor: Lindsay Smith

In-person and Virtual options, Hands-on

September 12, 3-5:30 p.m.

October 10, 11 a.m.-1:30 p.m. *Virtual!*

November 3, 10 a.m.-12:30 p.m.

Ticket Prices:

In-person: \$20 Member, \$28 Non-member

Virtual: \$7 Member and Non-member

Salt, Fat, Acid, Heat

In this 4-part class, 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 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. Instructor: Lindsay Smith

In-person, Hands-on

Salt: September 14, *Fat:* September 28, *Acid:* October 12, *Heat:* October 26 (Tuesdays)

Time: 5:30-8p.m.

Ticket Prices:

\$70 Member (+ guest \$105)

\$85 Non-member (+ guest \$125)

Fermenters, UNITE!

Fermenting foods is as old as civilization. Archeologists can trace the earliest instances of pickled foods as far back as 2400 BC, and today lactic acid fermentation is woven into the fabric of virtually every culinary tradition and culture. In this class we will discuss the basics of lacto-fermentation and then make our own kraut or kimchi AND a fermented garlic in honey cold remedy. Instructor: Lindsay Smith

In-person and Virtual Options, Hands-on

October 8, 11 a.m.-1 p.m.

October 9, 11 a.m.-1p.m. *Virtual!*

Ticket Prices:

In-person: \$20 Member (+guest \$30),
\$28 Non-member (+guest \$42)

Virtual: \$7 Member and Non-member

Family Cook Night

Virtual, Hands-on classes. Dinner is better when we cook it together.

Make Friday nights "Family Night" by cooking together! This special *virtual* class is geared towards a relaxed and interactive pace to engage all ages. We will even do the shopping for you (optional) so you can simply pick up ingredients, get home and get cooking. Prices vary.

Cheeseburger Tacos This is the customer favorite at Taqueria del Sol Restaurant, and super fun to make. Adjust the recipe to accommodate spice levels, and of course you will need some chips, for the extra cheese sauce! Instructor: Lindsay Smith

September 17, 5-6:30 p.m.

Ticket Price: \$7 Member and Non-member + kit price (check online)

Best Ever Lo-Mein. One of my favorite family recipes and so easy! Works best if you have a wok (a great kitchen tool to have) but not necessary. Your kit will include a variety of veggies and protein of choice, so everyone can customize their own plate. Instructor: Lindsay Smith

October 15, 5-6:30 p.m.


Ticket Price: \$7 Member and Non-member + kit price (check online)

Fondue Night You don't need a fondue pot to enjoy this fun and interactive class! First we will prep the "dippers" (think bread, veggie and fruit) and then make two easy fondue dips- a cheese one and a chocolate one for dessert! Instructor: Lindsay Smith

November 12, 5-6:30p.m

Ticket Price: \$7 Member and Non-member + kit price (check online)

SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1</p> <p><i>Lunch 'n' Learn: Alice Waters' Baked Goat Cheese Salad 11:30 a.m.-12:30 p.m.</i></p>	<p>2</p> <p><i>Shrimp Scampi w/ Orzo Dinner 5:30-7 p.m.</i></p>	3	4
<p>5</p> <p><i>Retro Gelatin Day Salad Virtual! 11 a.m.-12:30 p.m.</i></p>	<p>6</p> 	7	8	<p>9</p> <p><i>Shrimp Scampi w/ Orzo Dinner Virtual! 5:30-7 p.m.</i></p>	<p>10</p> <p><i>Lunch 'n' Learn: Meatball Subs 11:30 a.m.-12:30 p.m.</i></p>	11
<p>12</p> <p><i>Knife Skills 101 3-5:30 p.m.</i></p>	13	<p>14</p> <p><i>Salt Fat Acid Heat part 1: Salt 5:30-8 p.m.</i></p>	<p>15</p> <p><i>Lunch 'n' Learn: Ceviche 11:30 a.m.-12:30 p.m.</i></p> <p><i>Ratatouille 5:30-8 p.m.</i></p>	16	<p>17</p> <p><i>Family Cook Night: Cheeseburger Tacos Virtual! 5-6:30 p.m.</i></p>	18
<p>19</p> <p><i>DIY Soft Pretzels Virtual! 3-4:30 p.m.</i></p>	20	<p>21</p> <p><i>Autumn Equinox Tacos Virtual! 5:30-7 p.m.</i></p>	<p>22</p> <p><i>Lunch 'n' Learn: Autumn Equinox Bowl 11:30 a.m.-12:30 p.m.</i></p>	<p>23</p> <p><i>Co-op Dinner Club: Oktoberfest 5:30-8 p.m.</i></p>	24	25
26	27	<p>28</p> <p><i>Salt Fat Acid Heat part 2: Fat 5:30-8 p.m.</i></p>	<p>29</p> <p><i>Savory Crepe Night 5:30-7:30 p.m.</i></p>	<p>30</p> <p><i>Lunch 'n' Learn: Chicken Satay 11:30 a.m.-12:30 p.m.</i></p> <p><i>Co-op Dinner Club: Oktoberfest Virtual! 5:30-7 p.m.</i></p>		

OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 <i>Ratatouille</i> <i>Virtual!</i> 5:30-7 p.m.	6 <i>Apple Season</i> 11 a.m.-1 p.m. <i>Apple Season</i> 5:30-7:30 p.m.	7	8 <i>Fermenters Unite!</i> 11 a.m.-1 p.m. <i>Curried Meat Pies</i> 5:30-7:30 p.m.	9 <i>Fermenters Unite!</i> <i>Virtual!</i> 11 a.m.-1 p.m.
10 <i>Knife Skills 101</i> <i>Virtual!</i> 11 a.m.-1:30 p.m.	11	12 <i>Salt Fat Acid Heat</i> <i>part 3: Acid</i> 5:30-8 p.m.	13	14 <i>Lunch 'n' Learn:</i> <i>Tom Yum Soup</i> 11:30 a.m.-12:30 p.m.	15 <i>Family Cook Night:</i> <i>Best Ever Lo-Mein</i> 5-6:30 p.m.	16
17	18	19 <i>Co-op Dinner Club:</i> <i>Chicken Shawarma</i> 5:30-8 p.m.	20 <i>Chicken Sharwarma</i> <i>Virtual!</i> 5:30-7 p.m.	21	22 <i>Lunch 'n' Learn:</i> <i>Bahn Mi Sandwich</i> 11:30 a.m.-12:30 p.m.	23
24	25	26 <i>Salt Fat Acid Heat</i> <i>part 4: Heat</i> 5:30-8 p.m.	27 <i>Jambalaya</i> 5:30-7:30 p.m.	28 <i>DIY</i> <i>Fall Mini-Galettes</i> 11 a.m.-1 p.m.	29	30 <i>DIY</i> <i>All Hallows Eve</i> <i>Black Velvet Cake</i> <i>Virtual!</i> 5:30-8 p.m.
31						

NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 <i>Knife Skills 101</i> 10 a.m. - 12:30 p.m.	4 <i>Happy Diwali!</i> <i>Aloo Malor Tikki</i> <i>Virtual!</i> 11 a.m.-1 p.m. <i>Channa Banatura</i> 5:30-8 p.m.	5	6
7	8	9 <i>Sweet Potatoes!</i> 11 a.m.-1 p.m. <i>Sweet Potatoes!</i> 5:30-7:30 p.m.	10	11 <i>Lunch 'n' Learn:</i> <i>Apple Cider Donuts</i> 11:30 a.m.-12:30 p.m.	12 <i>Family Cook Night:</i> <i>Fondu Night</i> 5-6:30 p.m.	13
14	15	16	17 <i>Co-op Dinner Club:</i> <i>Steak au Poivre</i> 5:30-8 p.m.	18 <i>Lunch 'n' Learn:</i> <i>Chicken Pho</i> 11:30 a.m.-12:30 p.m. <i>Co-op Dinner Club:</i> <i>Steak au Poivre</i> <i>Virtual!</i> 5-7:30 p.m.	19 <i>Crème Brûlée</i> 6:30-8 p.m.	20
21 <i>DIY</i> <i>Homemade Pie Crust</i> <i>Virtual!</i> 11 a.m.- 1 p.m.	22	23	24	25 <i>CLOSED</i>  <i>Happy Thanksgiving</i>	26	27 <i>DIY</i> <i>Thanksgiving Hand</i> <i>Pies</i> <i>Virtual!</i> 2-4 p.m.
28	29	30 <i>Lunch 'n' Learn:</i> <i>Fish Tacos</i> 11:30 a.m.-12:30 p.m.				