

Our Deli Makes Your Thanksgiving Easier

Order our appetizers, side dishes and desserts to save time as you prep your Thanksgiving meal. We'll have them ready to pick up at your convenience. And don't forget to pick up a traditional or vegan dinner plate for the lone omnivore or vegetarian at the table. Stop by our deli counter to ask us about how we can simplify your holiday.

We strive to offer the best-tasting, highest-quality Thanksgiving fare to so that you will be proud to pass it off as your own. (Go ahead, we don't mind.) Place your special orders in the deli through November 22.

Appetizers

Gorgonzola Cheese Balls	Seasonal Cheeses	Wild Mushroom and Spinach Turnovers
Olive Variety Packs	Butternut Squash and Blue Cheese Puff Pastry	

Side Dishes

Saged Pesto Pumpkin Soup with Gruyère	Roasted Squash and Red Onion Salad	Maple-glazed Yams
Creamy Cashew Mushroom Soup (vegan)	Mushroom Walnut Loaf (vegan)	Roasted Brussel Sprouts with Pecans
Turkey Wild Rice Soup	Butternut Squash Lasagna (vegetarian)	Green Beans Amandine
Cranberry, Walnut and Blue Cheese Dinner Salad	Traditional Stuffing	Classic Mashed Potatoes
Mixed Berry, Pecan and Goat Cheese Dinner Salad	Cranberry Sauce	Vegan Mashed Potatoes
	Wild and Crazy Rice	Poultry Gravy
		Mushroom Gravy (vegan)

Pies

Our bakers make our crusts by hand and use the finest ingredients to create pies that you'll be proud to serve at your celebration.

Apple Pie	Pumpkin Pie	Vegan Pumpkin Pie
Pecan Pie	Gluten-free Pumpkin Pie	Pumpkin Cheese Cake

COMMUNITY CLASSES

CLASSROOM LOCATIONS:

EAST  7TH

740 EAST 7TH STREET 55106

WEST  7TH

1500 WEST 7TH STREET 55102

REGISTERING FOR CLASSES

Registration is required for all classes. You may register online or at our customer service desks. Class fee(s) are due at time of registration.

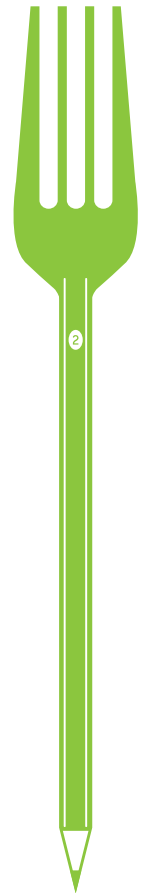
For full class descriptions and online registration, visit our website, msmarket.coop/events.

Call **651-690-0507** to register by phone.

NOVEMBER 2015

 **Mississippi Market**
Natural Foods Co-op

msmarket.coop



INTRODUCTION TO INTUITIVE DEVELOPMENT (L)

Saturday, November 7 • 1–3 pm

\$25/\$20 members

We are all born with many built-in self-preservation mechanisms. One of the most misunderstood of these is our individual navigational and guidance system, our intuitive-self. Discover how to tap into and develop your intuitive-self just like any other muscle in your body.

INSTRUCTOR: Ronald Quinn

NIZAKANA TEISHOKU: TRADITIONAL JAPANESE FISH (DT)

Saturday, November 7 • 2–4 pm

\$35/\$30 members

Nizakana is a wonderful traditional fish dish commonly made at home. This is a simple but very tasty way to cook fish, but is hard to find in the U.S. Learn to prepare this traditional fish dish with miso soup. This class contains fish and seafood ingredients. Price includes meal.

INSTRUCTOR: Kimiko Molasky

CAST-IRON COOKERY (H)

Sunday, November 8 • 1–4 pm

\$35/\$32 members

Learn how to season and care for cast iron, how to clean it without losing its seasoning, and how and when to look for new and old pieces. You'll cook up some old favorites that cast iron cooks superbly such as cornbread, seared vegetables, and crisp-on-the-outside, creamy-on-the-inside scones. Bring your cast-iron skillet if you have one. Extensive handout provided.

INSTRUCTOR: Jan Grover

NUTRITION MYTHS & READING LABELS (L)

Tuesday, November 10 • 6–7 pm

\$10/\$5 members

We will debunk common nutrition myths and set the record straight about the best foods for health and vitality. Low fat, dairy, gluten and everything in between will be discussed. Continue being a food detective by practicing the tools of reading labels and becoming your own nutrition expert.

INSTRUCTOR: Katie Peyton

ACT ON ALZHEIMER'S: BECOMING A DEMENTIA FRIEND (L)

Tuesday, November 10 • 6–7:30 pm

Free (please register in advance)

This session is designed for members of the community and those caring for loved ones with Dementia. It is focused on a combination of education, empathy training and skills for communicating with those living with dementia.

INSTRUCTOR: Julie Hunt, R.N. Wilder Foundation and ACT on Alzheimer's Partner

CULINARY BOOT CAMP: THE VEGAN KITCHEN (H)

Saturday, November 14 • 10 am–1 pm

\$40/\$36 members

Culinary boot camp is designed to get students cooking healthy, fun, and satisfying meals. Please bring your cutting board and chef's knife. This course will focus creating tasty vegan entrées. We will discuss and work with protein options including soy and other vegetables, nuts, and seeds. Preparations will include sweet and sour tofu, coconut curry vegetables, vegetable stock and more.

INSTRUCTOR: Matt Deutsch

GLUTEN FREE PIES (DT)

Saturday, November 14 • 1–3:30 pm

\$20/\$15 members

Pies from scratch, no catch. Learn to make classic, cornmeal, and cookie crusts and fruity, nutty and creamy fillings. We'll sample apple pie in a cornmeal crust, cranberry nut pie in a traditional crust and chocolate cream pie in a hazelnut cookie crust. Gluten & dairy free.

INSTRUCTOR: Susan Patterson

CREATING A VEGAN THANKSGIVING FEAST (DT)

Sunday, November 15 • 11 am–1 pm

\$35/\$30 members

Join us as we create a feast and share tips for planning and prep for a vegan thanksgiving. We will enjoy our first course of spicy sweet potato pumpkin soup as we get cooking. Our menu includes black rice quinoa stuffed peppers, smashed potatoes with avocado aioli, grilled green beans and shaved Brussels sprout salad. For dessert we'll share poached pears and apples with whipped coconut cream. This class includes a full meal for all participants.

INSTRUCTOR: Kelly Smeltzer & Mary Jo Rasmussen, *Urban Relish*

MAKING DEEPLY FLAVORED SOUPS (H)

Sunday, November 15 • 1–4 pm

\$35/\$32 members

Join Jan for a hands-on class covering the structure and techniques for making memorable, deeply flavored soups. We'll build soups up, layer by layer, some using meat, some not, explore the spices and herbs that can lend soups piquancy, and incorporate the dried legumes and inexpensive meats that make winter soups stick-to-your-ribs satisfying. We'll also review the things that can go wrong in soup building so you can avoid them. Bring along an appetite! Extensive handout provided.

INSTRUCTOR: Jan Grover

THE PERFECT CUP OF CHAI (DT)

Tuesday, November 17 • 6–8 pm

\$20/\$17 members

In this workshop, we'll delve into the world of Chai-Brewing. We will learn about classic Chai spices and other herbs that can complement these flavors and support our bodies. We will learn how to brew Chai using a traditional method, and some techniques to make it more simply.

INSTRUCTOR: Megan Thrasher Pierce

BLENDED TEA FOR TASTE AND NOURISHMENT (DT)

Thursday, November 19 • 6–8 pm

\$20/\$17 members

In this workshop participants will meet 15 everyday tea herbs that are useful for a variety of nourishing and system-supporting functions. We will delve into the characteristics of these herbs, where they work in the body, how to blend them with other herbs, and how to prepare a balanced herbal tea.

INSTRUCTOR: Megan Thrasher Pierce

CLASSES LOCATIONS: WEST 7TH | EAST 7 TH

L = Lecture | DT = Demo and Tasting | D = Demo | H = Hands On

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7 INTRODUCTION TO INTUITIVE DEVELOPMENT (L) 1-3PM
8 CAST-IRON COOKERY (H) 1-4PM	9	10 ACT ON ALZHEIMER'S: BECOMING A DEMENTIA FRIEND (L) 6-7:30PM	11	12	13	14 CULINARY BOOT CAMP: THE VEGAN KITCHEN (H) 10AM-1PM
15 CREATING A VEGAN THANKSGIVING FEAST (DT) 11AM-1PM	16	17	18	19 BLENDING TEA FOR TASTE AND NOURISHMENT (DT) 6-8PM	20	21
22	23	24	25	26	27	28 THANKSGIVING DAY
29	30	12/1	12/2	12/3	12/4	12/5

NOVEMBER

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1	2	3	4	5	6	7
						NIZAKANA TEISHOKU: TRADITIONAL JAPANESE FISH (DT) 2-4PM
8	9	10	11	12	13	14
		NUTRITION MYTHS & READING LABELS (L) 6-7PM				GLUTEN FREE PIES (DT) 1-3:30PM
15	16	17	18	19	20	21
MAKING DEEPLY FLAVORED SOUPS (H) 1-4PM		THE PERFECT CUP OF CHAI (DT) 6-8PM				
22	23	24	25	26	27	28
THANKSGIVING DAY						
29	30	12/1	12/2	12/3	12/4	12/5