

**METABOLISM MAKEOVER (L) - EAST 7TH****Tuesday, January 5 · 6:00 - 7:00 pm****\$25/\$20 members**

Have you ever felt like your metabolism is in the tank? Are you frustrated about losing those last five pounds? This class will cover simple ways to boost your metabolism from the minute you wake up, all throughout the day and even while you are sleeping at night. No gimmicks, fads, or diets!

**INSTRUCTOR:** Autumn Enloe, MS, RD, LD**ALL ABOUT MULLING (DT) - EAST 7TH****Saturday, January 9 · 1:00 – 3:00 pm****\$25/\$20 members**

In this workshop participants will learn the basics about mulling wine and cider. We will make several batches of cider together, taste, and enjoy. We will also discuss how to mull wine.

**INSTRUCTOR:** Megan Thrasher Pierce**ELEVATE YOUR GRAINS (DT) – WEST 7TH****Saturday, January 9 · 1:00 – 3:30 pm****\$20/\$15 members**

In this class we'll take grains up a few notches in flavor, but keep the methods and time-frame quick and simple. You'll get to sample toasty breakfast grains, grain salad and salad with grains, grain crusted savory tart, grain croquettes, and a crunchy grain topped casserole.

**INSTRUCTOR:** Susan Patterson**EASY PEASY PLANT BASED MEALS (DT) - WEST 7TH****Sunday, January 10 · 10:00 am – 12:00 pm****\$15/\$12 members**

Join Chelsea Hassler from the Animal Rights Coalition for an afternoon of easy peasy plant based eating. We will prepare game day favorites including popcorn “chicken”, buffalo cauliflower, “meat” ball sliders, and Mexican chocolate snickerdoodles. Learn how affordable and easy plant based eating can be!

**INSTRUCTOR:** Chelsea Hassler, *Animal Rights Coalition***HEALTHY HIBERNATION (L) - EAST 7TH****Tuesday, January 12 · 6:00 - 7:00 pm****\$10/\$5 members**

Just when you finally have your weight under control, BANG! It's the holidays! Thanksgiving through New Year's is a long season of tempting food, parties, cocktails and tighter pants. Learn the tools you'll need to keep the healthy habits you created months ago and to use your New Year Resolution for something other than weight loss.

**INSTRUCTOR:** Katie Peyton**HOW TO EMBRACE COLD SEASON (DT) - WEST 7TH****Tuesday, January 12 · 6:00 – 8:00 pm****\$35/\$30 members**

Living and eating in harmony with nature is an important part of everyone's daily health care. As each season approaches, we need to know which changes to make in our natural food selections and lifestyle choices in order to best adapt to the season. In this class you will learn the foods and cooking methods to prepare us for the cold and long Minnesota winter season. This class is gluten free

**INSTRUCTOR:** Gabriele Kushi, BFA, MEA, CHC, AADP**CO-OP ON A BUDGET (L) - EAST 7TH****Thursday, January 14 · 6:00 – 7:00 pm****Free (please register in advance)**

Think healthy eating is out of your budget? Learn the secrets for how to shop for natural, organic foods without breaking the bank. Learn to set a budget, get coupons and resources and learn more about our Co-op Basics and LIME programs.

**INSTRUCTOR:** Katie Campbell, *education & events specialist with Mississippi Market Natural Foods Co-op***FULL OF BEANS (DT) - EAST 7TH****Saturday, January 16 · 1:00 – 3:30 pm****\$20/\$15 members**

Presto change-o, watch, learn, and taste as we take one pot of beans and transform it into 5 meals! From rice and beans to breakfast tortillas, from soup and pasta to veggie burgers supreme, a few humble ingredients and simple techniques will make your beans one of your new favorite foods.

**INSTRUCTOR:** Susan Patterson**PASTY-MAKING WORKSHOP (H) - EAST 7TH****Sunday, January 17 · 1:00 – 5:00 pm****\$30/\$28 members**

Do pasties figure in your family history, or have you adopted them because of their tastiness, portability, and versatility? These wonderful pocket or lunchbox pies are much more fun to make in company, and this class offers you the opportunity to make as many pasties, customized to your preferences, as four hours and lots of hands provide! Jan will provide the overview, the makings for the dough and seasonings, and you'll shop for your own choice of meats or other proteins. You can divide your labor with other pasty lovers—filling makers, pastry makers, bakers—or you can make your own pasties from start to finish. Pasties freeze beautifully, so you can take yours home hot and ready to eat or chilled and ready to freeze for future meals.

**INSTRUCTOR:** Jan Grover**Q&A: WHERE TO GIVE BIRTH IN THE TWIN CITIES (L) – WEST 7TH****Tuesday, January 19 · 6:00 – 7:30 pm****\$8/\$5 members**

Home birth, birthing centers, and hospitals are all safe options, but which is right for you? Caitlin Wait is a registered nurse and certified nurse midwife. Join her in discussing birth environment options in the Twin Cities.

**INSTRUCTOR:** Caitlin Wait, RN, CNM**HOLISTIC MANAGEMENT OF DIABETES (L) – WEST 7TH****Wednesday, January 20 · 6:00 – 7:30 pm****\$20/\$15 members**

Do you have a strong family history of Type II Diabetes/Metabolic Syndrome? Are you currently pre-diabetic/insulin resistant? Learn how to prevent and successfully manage Type II Diabetes to reduce your risk of common diabetes/metabolic syndrome complications. We will focus on dietary, lifestyle and supplement interventions to minimize the impact of blood sugar imbalances on your life.

**INSTRUCTOR:** Sara Jean Barrett, N.D.**BREW YOUR OWN KOMBUCHA (DT) – WEST 7TH****Saturday, January 23 · 1:00 – 2:30 pm****\$35/\$30 members**

This class includes instruction on how to brew your own great tasting Kombucha at home. Take home a study guide with simple instructions, plus a starter culture to begin your Kombucha adventure right away.

**INSTRUCTOR:** Bryan Deane Bertsch, *Deane's Kombucha***CLASSES LOCATIONS: WEST 7TH | EAST 7 TH****L** = Lecture | **DT** = Demo and Tasting | **D** = Demo | **H** = Hands On

### LOW-TECH SPINNING (H) - WEST 7TH

Sunday, January 24 · 1:00 – 5:00 pm

\$45/\$43 members

Winter is long and wool helps many of us get through it! Learn to spin the yarns you want to knit or crochet in one leisurely, enjoyable afternoon. You'll start with a fine, well-balanced spindle (included in your class fee) and wool roving, and by 5 pm, you'll have created your first yarns. Learn about drafting, spinning on the portable, ancient spindle, how to transform fleece into spin-able wool—and, if there's time, how to ply your yarns on your hand. Fleece and roving to take home for practice! Extensive handout, including recommendations for springtime fleece-buying expeditions! Children from 6+ are welcome as participants.

INSTRUCTOR: Jan Grover

### TAME YOUR INNER SUGAR BEAST (L) - EAST 7TH

Wednesday, January 27 · 6:00 – 7:00 pm

\$20/\$15 members

There are physical and emotional reasons why you're craving sugar. Get the knowledge and support you need to calm your cravings and take back your health.

INSTRUCTOR: Maggie Christopher, CHNC, LAMFT

### JUMP START YOUR METABOLISM (L) – WEST 7TH

Thursday, January 28 · 5:30 – 7:30 pm

\$30/\$25 members

Is it harder for you to maintain a healthy weight or lose weight than it once was? Have you tried several diets, but had trouble keeping the weight off? Do cravings sabotage your good intentions? Learn how eating real foods in balance can help you lose weight, eliminate cravings, and increase energy.

INSTRUCTOR: Nutrition Educator from *Nutritional Weight and Wellness*

### HERBAL WELLNESS FOR CHILDBEARING (L) – WEST 7TH

Saturday, January 30 · 10:00 am – 12:00 pm

\$15/\$10 members

The childbearing season presents us with all kinds of physical, emotional, and other changes. While allopathic medicine may present risks during pregnancy and nursing, botanical remedies can be a safe and effective source of support as we navigate these changes. Learn about flower essences, essential oils, and herbs that support women in pregnancy, birth, and new motherhood.

INSTRUCTOR: Jamie Fleres-Mizejewski, *Santosha Birth & Wellness*

### OZOONI: TRADITIONAL JAPANESE NEW YEAR'S SOUP (DT) - EAST 7TH

Saturday, January 30 · 2:00 – 4:00 pm

\$35/\$30 members

The New Year is the most important holiday in Japan and Ozooni, a soup with mocha, is one of the significant New Year's dishes. Learn how to make this traditional dish, plus how to enjoy mocha in many different ways. Class includes full meal for all participants.

INSTRUCTOR: Kimiko Molasky

### MAKING WINTER MEDICINES (H) – WEST 7TH

Sunday, January 31 · 1:00 – 4:00 pm

\$45/\$40 members

In this workshop participants will learn the basics about making syrups, infused vinegars, and tinctures. Participants will make and take home elderberry syrup, fire cider, and Echinacea tinctures. Please bring jars to take home your creations.

INSTRUCTOR: Megan Thrasher Pierce

### CLASSES LOCATIONS: WEST 7TH | EAST 7TH

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

# 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.

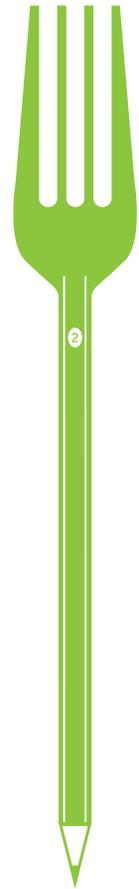
For full class descriptions and online registration, visit our website, [msmarket.coop/events](http://msmarket.coop/events).

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

JANUARY 2016

 Mississippi Market  
Natural Foods Co-op

[msmarket.coop](http://msmarket.coop)



# JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12/27	12/28	12/29	12/30	12/31	1	2
3	4	5	6	7	8	9 <b>ELEVATE YOUR GRAINS (DT)</b> 1:00-3:30PM
10 <b>EASY PEASY PLANT BASED MEALS (DT)</b> 10:00AM-12:00PM	11	12 <b>HOW TO EMBRACE COLD SEASON (DT)</b> 6:00-8:00PM	13	14	15	16
17	18	19 <b>Q&amp;A: WHERE TO GIVE BIRTH IN THE TWIN CITIES (L)</b> 6:00-7:30PM	20 <b>HOLISTIC MANAGEMENT OF DIABETES (L)</b> 6:00-7:30PM	21	22	23 <b>BREW YOUR OWN KOMBUCHA (DT)</b> 1:00-2:30PM
24 <b>LOW-TECH SPINNING (H)</b> 1:00-5:00PM	25	26	27	28 <b>JUMP START YOUR METABOLISM (L)</b> 5:30-7:30PM	29	30 <b>HERBAL WELLNESS FOR CHILDBEARING (L)</b> 10:00-12:00PM
31 <b>MAKING WINTER MEDICINES (H)</b> 1:00-4:00PM	2/1	2/2	2/3	2/4	2/5	2/6

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