

# Summer WORKSHOPS at the Eureka Co-op

Tuesday, July 27 from 5:30 p.m. to 8:30 p.m.

## Summer Canning ~ Strawberry Jam ~

Susan Anderson \$40/\$30 Co-op Members

Preserve the fruits of the season by making quick and easy low sugar jams. Learn various ways to sweeten jams to your individual taste and what equipment & supplies are needed for home canning. Canning jars are included and students will take home one jar of jam.



Wednesday, August 25 from 5:30 to 8:30 p.m.

## Summer Canning ~ Blackberry Jam ~

Susan Anderson \$35/\$25 Co-op Members

Learn how to make and can your own quick & easy low sugar jam. Susan will share recipe options and tips on what equipment & supplies you'll need to get started at home. Canning jars are provided and students will take home one jar of jam.



Wednesday, August 4 from 6:00 to 7:30 p.m.

## Vinegar & Vinaigrettes

Co-op Staff Instruction \$15/\$5 Members

Find out how to make your own vinegars (apple cider and red wine) and vinaigrettes. Learn how to infuse vinegar with various herbs & spices. Flavored vinegars not only taste great; they make great gifts! We'll demonstrate and sample a few vinaigrettes on fresh greens and local produce.



Thursday, August 26 from 6:00 to 7:30 p.m.

## Year Round Harvest

Michele Dulas \$10/Free Co-op Members

Have you ever wanted to grow your own food? Humboldt Bay is the perfect place to have year round harvest of home-grown food. Learn the details of timing, varieties and techniques for fresh food, year round... as local as it gets; your own backyard!

Sat., September 11 from 10:00 to 12:00 p.m.

## Smart Shopping ~ Corn

Jonna Kitchen, R.D. & Chef Alex Begovic

\$10/Free Co-op Members

Have fun learning nutrition tips, cooking techniques & smart shopping strategies for a healthy lifestyle. Tour the store, taste new products & enjoy lively nutrition discussions with Dietician Jonna the first hour. Chef Alex will provide delicious, healthy recipes and an entertaining cooking & food tasting the second hour.



Sat., August 14 from 10:00 a.m. to 1:00 p.m.

## Summer Canning ~ Cucumber Pickles

Co-op Staff Instruction \$35/\$25 Co-op Members

Have you ever wanted to make your own pickles? Now's the time to learn the art of pickling! Have fun in the Community Kitchen making your own sliced & whole pickles! Canning jars are included & students will take home two jars of assorted pickles.



Saturday, August 21 from 10:00 a.m. to 1:00 p.m.

## Summer Canning ~ Tomatoes

Co-op Staff Instruction \$35/\$25 Members

Capture the wonderful flavors of summer by canning your own tomato sauce and whole tomatoes. It's like enjoying your summer harvest all year! Canning jars are provided. Students will take home one of jar of each.



## Peach Jam

Susan Anderson \$35/\$25 Co-op Members

Learn to make & can your own quick & easy low sugar peach jam from fresh or frozen fruit. Susan will share recipe options & tips on what equipment & supplies you'll need to get started at home. Canning jars are provided & students will take home one jar of jam.



= Eat Local Challenge!



= Gluten-Free



= Hands-On



= Wine Served



= Vegetarian

RESCHEDULED FOR AUGUST 8

# Summer WORKSHOPS at the Eureka Co-op

Saturday, July 10 from 10:00 a.m. to 12:00 p.m.

## Smart Shopping

~ Fun with Tomatoes ~ 

*Jonna Kitchen, R.D. & Chef Alex Begovic*

*\$10/Free Co-op Members*

Learn the latest nutrition info, smart shopping strategies & cooking techniques for a healthy lifestyle from this dynamic duo! Tour the store and enjoy lively nutrition discussions with Dietician Jonna the first hour. Chef Alex will provide delicious, healthy recipes and an entertaining cooking demonstration & food tasting the second hour. A shopping list & meal plan ideas will be provided for you to take home.

Look for this logo next to classes that will help you prepare for the Co-op's Eat Local Challenge this year!



Monday, July 19 from 6:00 to 8:00 p.m.

## Slow Food Movement

*Ian Mion / Free Group Discussion*

Come and join the Slow Food Movement!

The purpose of this forum is to develop and implement a local chapter of the Slow Food Movement. We'll discuss the tenets of the Slow Food Movement and the guidelines for membership, in an effort to raise awareness of the benefits derived from eating and living at a slower pace. This forum is open to everyone who seeks food prepared with care and derived from local and sustainable resources, all while having a good time with like-minded foodies.

Sun., July 11 from 10:00 a.m. to 1:00 p.m.

## Summer Canning Pickled Vegetables

*Co-op Staff Instruction \$35/\$25 Members*

Preserve the bounty of Summer for year round enjoyment by learning to pickle! This workshop will focus on pickling a couple of seasonal vegetables. Canning jars are provided & students will take home two jars of their creations.



Wednesday, July 14 from 6:00 to 7:30 p.m.

## Making More Plants For Free!

*Rita Jacinto & Laurie Levey of Flying Blue Dog Farm & Nursery*

*\$20/\$10 Co-op Members*

Learn the secrets of propagating your own plants from these two successful plant specialists. More can be less! Rita will tell you how, then show you how. You'll have an opportunity to try it, too. Bring your brown thumb and turn it green in this enlightening workshop!

Tuesday, July 20 from 6:00 to 8:00 p.m.

## Natural Pet Care

*Sarah Maier & Hilary Wakefield \$35/\$25 Members*  
Learn to make healthy treats for your dogs & cats and take samples home. Topics will include the benefits of raw diets, holistic methods for caring and treating your pets and tips for massaging & stretching your furry friends. Please no pets in the Community Kitchen. You'll have to save these great tips for when you get home. They'll thank you for it!

Saturday, July 24 from 10:00 to 11:00 a.m.

## Summer Seed Collecting

*Boyd Smith of Eco Gardening \$15/\$5 Members*  
Learn how to collect your own seeds! Boyd will share sustainable ways to gather & save seeds from fresh produce right here at the Co-op.



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