



34988 County Road 39, Pequot Lakes, MN 56472
Located in Ideal Corners (CR16 & CR 39 on CR 39)
www.idealgreenmarket.com / 218-543-6565

CO-OP CLASSES

January – March 2016

(ALL classes are held at the Co-op, are open to all, and are \$12/class // \$10/class for co-op members. A minimum of 5 participants per class are needed to run the class.)

Kombucha Magic

Tuesday, Jan. 26 **10-11:30am**

Come learn how to say it for starters, its benefits and how to make it. Kombucha refers to any of a variety of fermented, lightly effervescent, sweetened black or green tea drinks that are commonly used as functional beverages for their health benefits. Kombucha is produced by fermenting tea using a "symbiotic 'colony' of bacteria and yeast" (SCOBY). Instructor: Megan Loukota

Seeds 101: Intro to their magic & uses

Tuesday, Feb 9 **6:30-8:30pm**

"Can you find another market like this? Where, with one rose, you can buy hundreds of rose gardens? Where, for one seed, you get a whole wilderness?" (c. 1273). Seeds have transformed over millions of years to their present form, and they're not done yet. Have you ever thought that plants, and their seeds, are using us (humankind) not the other way around, to populate the world? The simple act of saving seeds carries forward centuries of work by humans to cultivate plants that likes and dislikes. Get excited about how seeds work. Start and grow your favorite vegetables, herbs and flowers. The new gardening season is right around the corner! Be ready! Instructor: Geoff Davidge

Coco for Coconut!

Wednesday, Feb. 10 **10-11:30am**



What is so special about coconut? Why has it been gaining in popularity? This class will answer those questions and provide

guidance in choosing and using them in food preparation. Coconut oil, coconut flour, coconut milk and cream, coconut butter, and coconut sugar are delicious, versatile and healthy alternatives to ore commonly used cooking ingredients. Gather some cooking tips and recipes that will help you get started using these beneficial products. Instructor: Barb Warrington

Hope Springs Eternal: Organic Gardening Basics!

Tuesday, Feb. 16 **6:30-8:30pm**



Use organic methods to improve your dirt. Feed the soil, feed the plant, feed ourselves. Healthy soil, healthy food, healthy people. , we all chant the mantra, then we mix up a batch of some packaged commercial fertilizer, dump it on our puny plants hoping for the best. Often we get

nothing in return. Gardening is a tougher deal than what they said it would be! Our forefathers survived on what they grew – could you? Fear not. Help is on the way! Not only will your garden provide what you want, you'll have extra to give away. Learn what your soil needs, step by step, the organic way. You, and your plants, will thrive! Instructor: Geoff Davidge

**ALL ARE WELCOME TO TAKE
CLASSES!**

**For more information about the co-op
visit www.idealgreenmarket.com**

Krazy Kefir

Wednesday, Feb. 17

1-2:30pm

What's this and do I really want to drink it? Kefir is a fermented milk drink made with kefir "grains" (a yeast/bacterial fermentation starter) mixed with cow, goat or sheep milk. Traditional kefir was made in skin bags that were hung near a doorway; the bag would be knocked by anyone passing through the doorway to help keep the milk and kefir grains well mixed. As a result of the fermentation, very little lactose remains in kefir. People with lactose intolerance are able to tolerate kefir, provided the number of live bacteria present in this beverage consumed is high enough (i.e., fermentation has proceeded for adequate time). It has also been shown that fermented milk products have a slower transit time than milk, which may further improve lactose digestion. Instructor: Megan Loukota



Fermentation: what, why, how

Tuesday, Feb. 23

6:30-8pm

Fermentation has become more and more popular in the health world as a food preservation method, and for good reason! This class will help you better understand what fermentation is and how it could benefit your health, as well as provide a practical hands-on demonstration so you can enjoy the process, the taste, and the health benefits in your own home! Instructor: Rachel Ready

Harvest & Beyond: turn your bounty into good eats!

Tuesday, Mar. 8

6:30-8:30pm



Harvest will soon be upon you from your soon to be planted garden, and if you do all (or most) things "right", it'll be a jungle! Daily picking will result in an ever full refrigerator. Plan and prepare now to learn how to preserve your bounty of good eats! Learn

how to prepare, store and safely eat your garden produce months from your harvest! The many method basics of freezing, drying, canning and preserving the fruits of your labor, in a safe way, will satisfy your taste buds during those long winter nights next year! Instructor: Geoff Davidge

Spring Cleanse!

Wednesday, Mar. 30

10-11:30am

OK, we're not talking about house cleaning, rather a personal internal cleanse to help your body de-tox using a simple diet plan for a few days. There are many foods we can consume, and a few we can eliminate temporarily, to aid our body's natural cleansing process to re-set our digestive system and give our organs a break. Come learn why it's good to cleanse periodically, and how to do it easily.

Instructor: Kris Kayser

IDEAL GREEN MARKET CO-OP CLASS REGISTRATION FORM

NAME: _____

EMAIL: _____ PHONE: _____

CLASS(ES) YOU ARE REGISTERING FOR:

___ Kombucha Magic – Jan 26

___ Seeds 101 – Feb 9

___ Coco for Coconut – Feb 10

___ Hope Springs Eternal – Feb 16

___ Krazy Kefir – Feb 17

___ Fermentation – Feb 23

___ Harvest & Beyond – Mar 8

___ Spring Cleanse – Mar 16

FEE: \$12/ class (\$10/class for Co-op Members) // ____ (# of classes) x \$12/\$10 = _____
Member # _____

MAIL, OR DELIVER, w/ Payment TO: Ideal Green Market Co-op, 34988 Co Rd 39, Pequot Lakes / Ideal Corners, MN 56472 .