



Ideal Green Market Cooperative
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 March-April 2018

(ALL classes are held at the Co-op, are open to all, and are \$10/class // \$8/class for co-op members.)

Bread Know How

Friday, Mar. 23 10:30-11:30am

Join our recent vendor Erik Heimark with Maple Ridge Produce of Aitkin and learn about bread, its make up, how it works in our system, the pros and cons.

Chicken Dinner PLUS

Thursday, April 5 10:30-11:30am

When you spend your hard earned dollars on quality free-range, local whole chicken, you want to be sure and use as much of it as possible. Come learn how to use the whole chicken to the max from roast chicken dinner to making broth. Instructor: Megan Loukota

Fermentation: what, why, how

Saturday. Apr. 7 9:30-10:30am

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, with a bit of "how to" so you can enjoy the process, the taste, and the health benefits in your own home! Instructor: Rachel Ready

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

Gardening Tips & Tricks

Thursday, Apr 12 10:30-11:30am

Come learn some simple tips and tricks to boost your home gardening experience. Soil prep & amendments, seed starting, composting, planting, mulching, pest control. Bring your questions. Instructor: Geoff Davidge

Kombucha Magic

Saturday, Apr 21 9:30-10 :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



CALL IN / EMAIL / TELL US DIRECTLY YOUR INTENT TO ATTEND: 218-543-6565 / manager@idealgreenmarket.com. PAY WHEN YOU COME. (if you leave a message be sure to indicate if you are a member or friend.) THANK YOU!