

PRESS RELEASE

FOR IMMEDIATE RELEASE

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RE: Ideal Green Market Co-op CLASSES OFFERED

CONTACT: Barb Mann, Coordinator
Ideal Green Market
34988 Co Rd 39
Pequot Lakes, MN 56472

PHONE: 218-543-6565 / email: barb@idealgreenmarket.com

PHOTOS: logo / Chef demo with Jeff Feltman, owner and chef at Old Milwaukee Club. Doing a demo on fennel cream sauce last July 4th during the farmers' market.

The Ideal Green Market Co-op presents its first list of class offerings ranging from “Coco for Coconuts: benefits and uses of coconut products” to “Hope Springs Eternal: organic gardening practices”. It’s been a goal from the beginning to offer classes that focus on food from growing it, to harvesting it, preserving it, eating it and understanding some of the wealth that our food holds towards one’s health and wellness.

“It can be a mystery, to navigate through the aisles of a natural, organic food store,” said manager Barb Mann. “What is gluten free and how do I cook this way? or What is the rage about coconut oil? What is kombucha and how do I say it?” The classes offered will explore some of these topics along with learning some of the basics of gardening as more and more people are growing their own food, or buying from local farmers’ markets. A big part of co-op practices are about education and community building and offering classes is one more phase of development for this rural co-op.

Classes are open to all, as is the co-op, and there is a fee for each class. Co-op members do get a discount on classes they register for. Most classes need a minimum of five participants to run, and they are held at the co-op on Tuesdays or Wednesdays at different times through the day.

Current class offerings include: Seeds 101; Coco for Coconut; Organic Gardening Basics; Krazy Kefir; Fermentation; Turn Your Bounty into Good Eats; Spring Cleanse. More are in the works. For a complete schedule and class descriptions you can visit the website at www.idealgreenmarket.com or email barb@idealgreenmarket.com for a list and registration form.

The co-op is open three days per week: Thursdays 1-8pm, Fridays and Saturdays 10am-6pm.

It is located at the juncture of Crow Wing County Road 16 and 39 next to The Old Milwaukee Club. The plan is to gradually increase the hours and be open a full six days per week starting late Spring/early Summer.

A Grand Opening is scheduled for May 14-21 (fishing opener week) with a variety of activities in the works including demonstrations, drawings, music, and, of course, food!

The farmers' market will operate in the parking lot again this summer starting Saturday, June 4, 9am-1pm and run every Saturday through September.

Local goods are featured at the store, and a majority are non-gmo, organic. There are over 22 local vendor goods represented from a 100-mile radius, and more representing goods from around Minnesota and the mid-west. It is exciting to note the wealth of great food being grown and/or processed in the area as the co-op works to source as close to "home" as possible, while filling out with other goods sought by customers. The produce, when not local, is accessed from smaller farmers, many of whom participate in farmer cooperatives in their areas.

For more information about the co-op, membership, sign up for email notifications, and to learn about activities, stop in during open hours, visit www.idealgreenmarket.com, email info@idealgreenmarket.com, "like us" on Facebook, or call 218-543-6565.

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_Barb Mann, _co-op coordinator
Ideal Green Market Cooperative
34988 County Road 39
Pequot Lakes, MN 56472
www.idealgreenmarket.com
<https://www.facebook.com/pages/Ideal-Green-Market-Cooperative/713654738732905>
218-543-6565 (store #)

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