

## Cooking Classes

### Cooking School Preview

Thursday, October 2, 6:30-7:30 pm • Free

If you've ever been curious about our cooking school, come check it out at this free class. Get a taste of our fall schedule and enjoy special discounts on future classes. With the holidays coming up, it's a great time to get cooking! We'll highlight a recipe from one of our special holiday cooking classes.

Instructor: Dionisio Esperas

### Cajun Classics

Monday, October 6, 6:30-8:30 pm

\$39, \$30 Co-op owners

Your taste buds will be shouting "let the good times roll" when you sample Dio's delicious Cajun menu perfect for autumn and winter entertaining. The menu: Louisiana crab cakes, chicken gumbo, cheddar cheese cornbread, collard greens with bacon, and Louisiana bread pudding

Instructor: Dionisio Esperas

### The Glory of Garlic

Tuesday, October 14, 6-8:30 pm

\$45, \$35 Co-op owners

Garlic has been treasured for its intense flavor, health benefits and aphrodisiacal properties for thousands of years. Learn some traditional and unique uses for garlic in flavorful recipes like a zucchini appetizer—delicious little squares of grated zucchini, cheese, garlic and herbs, Mediterranean chicken breasts, chive and garlic mashed potatoes, creamy roasted garlic and blue cheese bisque, and cauliflower and broccoli with roasted garlic cloves.

Instructor: Cris McKone

### Asian Noodle Soups

Thursday, October 16, 6:30-8:30 pm

\$39, \$30 Co-op owners

Slurping is definitely allowed in this class! Taste four delicious Asian inspired soups perfect for chilly nights The menu includes Japanese udon soup with bok choy, ramen and shrimp soup, Chinese wonton soup, and Thai coconut chicken soup with rice noodles.

Instructor: Dionisio Esperas

### Simple and Delicious

#### Cooking on a Budget

Monday, October 20, 6:30-8:30 pm

\$35, \$25 Co-op owners

Learn to make easy and budget-friendly family meals that are delicious and nutritious. Terese will make split pea soup with turkey, pasta with broccoli and chicken, French

green lentils and quinoa and weeknight frittata. Learn how to shop the Co-op's bulk department for even more savings!

Instructor: Terese Esperas

#### Flavors of the Southwest

Tuesday, October 21, 6:30-8:30 pm

\$39, \$30 Co-op owners

Come and join Gigi as she takes you on a trip to the southwest where you will sample sweet corn cakes with lime cream, mixed greens with black bean and corn relish with chipotle ranch dressing, sautéed prawns with avocado and citrus salsa, fresh fruit empanada with ice cream and Kahlua, and white wine margaritas.

Instructor: Gigi Warshawsky

#### Empanada Workshop

Saturday, October 25, 10 am-12:30 pm

\$45, \$35 Co-op owners

Empanadas are a Spanish specialty—turnovers with a pastry crust and a filling, that may be sweet or savory. We will prepare three savory empanada fillings, one sweet filling, and use three different variations of pastry dough. We will prepare beef, raisin and pine nut empanadas, chicken and potato empanadas, mushroom empanadas and pumpkin empanadas for dessert. Enjoy your empanadas at the end of class with a glass of refreshing red wine sangria.

Instructor: Jill Simmons

#### Gluten-Free Holiday

Monday, October 27, 6:30-8:30 pm

\$39, \$30 Co-op owners

This holiday season you can eat everything and feel light as a feather! All our dishes are gluten-free and simple to prepare. On the menu are tapenade with raw vegetables, lamb gigot à la moutarde, baked garnet yams, spinach-citrus salad, and gingerbread for dessert.

Instructor: Lyn Parker

#### Sensational Autumn Soups

Tuesday, October 28, 6-8:30 pm

\$45, \$35 Co-op owners

Nothing is better than a comforting bowl of soup on a cool autumn night. Learn the steps to creating the most flavorful soups every time—broth based and creamy. You will prepare southwestern corn and potato soup, smoky red lentil soup with cheddar toasts, cream of celery soup—served with multigrain croutons, shrimp bisque, and hearty beef and vegetable soup.

Instructor: Cris McKone

#### Mediterranean Soups

Thursday, October 30, 6-8:30 pm

\$45, \$35 Co-op owners

Learn how to make a variety of nutritious soups that are eaten in the Mediterranean region. These are easy to prepare soups made with a variety of fresh seasonal vegetables. We will prepare beef, chickpea and tahini, herbed yellow split pea, cabbage with vegetables and a delicious seafood soup.

Instructor: Litsa Pitsillidou

### Spanish Tapas and Paella

Monday, November 3, 6:30-8:30 pm

\$39, \$30 Co-op owners

Learn to make a Spanish style meal—perfect for holiday entertaining. We'll start with tapas: goat cheese and spinach-stuffed piquillo peppers, garlic sautéed mushrooms, and lemony shrimp with white wine. Then we'll make a celebratory country-style paella with chicken and sausage served alongside a Spanish salad with manchego cheese, olives and a smoky tomato dressing.

Instructor: Terese Esperas

### Quick and Savory Chicken Recipes

Thursday, November 6, 6:30-8:30 pm

\$39, \$30 Co-op owners

Need to liven up that same old chicken recipe that you make each week? Dio will show you internationally-inspired and simple to prepare recipes that your family will love.

Learn to make Indian coconut chicken curry, Italian chicken Marsala, Asian chicken and vegetable stir-fry and quick chicken enchiladas.

Instructor: Dionisio Esperas

### International Comfort Foods

Tuesday, November 11, 6:30-8:30 pm

\$39, \$30 Co-op owners

Learn to make hearty winter classics such as French beef bourguignon, chicken cacciatore, Thai shrimp curry, and pork chile verde. These recipes will warm up those chilly nights!

Instructor: Dionisio Esperas

### Great Gratins

Monday, November 17, 6:30-8:30 pm

\$39, \$30 Co-op owners

Gratins are perfect for holiday entertaining and as savory side dishes to round out your holiday feast. Dio will demonstrate butternut squash and wild mushroom gratin, a potato, sausage and kale bake, winter root vegetable gratin, and savory lamb and sweet potato gratin.

Instructor: Dionisio Esperas

### Turkish Recipes

Monday, November 24, 6-8:30 pm

\$45, \$35 Co-op owners

Learn how Turkish and Greek cuisines have influenced one another over for centuries. We will make ezme that will complement the unique Turkish kadin budu kofte which are delicious meatballs. For the main meal, we will prepare uzleme, which is lamb cooked with chickpeas and infused with cardamom and other spices. For dessert, we will have fun making traditional borek, sweet and crispy pastries.

Instructor: Litsa Pitsillidou

#### International Appetizers

Monday, December 1, 6:30-8:30 pm

\$39, \$30 Co-op owners

Have fun with Dio as he makes international appetizers that are perfect for your holiday gathering. Taste arancini (risotto fritters), savory pork sui mai dumplings, Indian samosas and b'stilla phyllo triangles. Taste sauces and wines that will complement these tasty party foods.

Instructor: Dionisio Esperas

#### Fun with Phyllo

Saturday, December 6, 10 am-12:30 pm

\$45, \$35 Co-op owners

Phyllo dough is delicious, flaky and versatile. You'll learn to make traditional Greek pastries with fillings from onions, yogurt and cheese to sausage with peppers and olives paired with fresh herbs. We will also learn how to make bougatsa—one of the most traditional phyllo dough pastries. Then go home and impress your friends and family with your fabulous phyllo creations!

Instructor: Litsa Pitsillidou

#### Meat and Potatoes

Tuesday, December 9, 6:30-8:30 pm

\$45, \$35 Co-op owners

Learn delicious and savory recipes perfect for winter entertaining and family style cooking. The menu: stuffed turkey breast with roasted garlic mashed potatoes, brined pork loin with buttermilk smashed potatoes, spice-rubbed split roasted chickens with roasted maple-glazed sweet potatoes, and marinated lamb with rosemary and garlic, served with herbed roasted new potatoes.

Instructor: Dionisio Esperas

### **Cooking Class Series**

#### **Cucina Italiana!**

3 classes for \$105, \$80 Co-op owners

Individual class \$39, \$30 Co-op owners

Join Lucia for this popular Italian cooking series featuring seasonal ingredients.

Instructor: Lucia Oliverio

#### Trattoria Style Italian Cuisine

Saturday, October 18, 2:30-4:30 pm

Learn to make classic Italian dishes with Italian chef

Lucia! She'll teach you to make: caponata—eggplant and crostini, panzanella—Italian bread salad, salsiccia e pepe—sausage and peppers, pastasciutta con la ricotta—pasta with ricotta, and for dessert, pere al forno con vino—baked pears in wine.

#### Italian Side Dishes

Saturday, November 8, 2:30-4:30 pm

Join Italian food expert Lucia for a cooking class featuring Italian vegetable side dishes that will perfectly round out your holiday feast. Learn to make fagiolini con pomodoro—string beans and tomatoes, carote al Marsala—caramelized carrots in Marsala wine, polenta with sausage, and tuna with white beans.

#### Holiday Antipasto Party

Saturday, December 20, 10 am–noon

Whether you need a quick and simple recipe you can make in 20 minutes, or you want to make something extra-special, this class will give you the inspiration to get the party started! We'll make crostini alle cipole—crostini with sweet and sour onions, peperoni fritti—fried Italian peppers, zucchini frittelli—zucchini fritters, fagioli Bianchi con pomodori secchi—white beans with sun dried tomatoes, and pasticcio di uova e prosciutto—egg, cheese and prosciutto pie.

#### **Vegetarian Indian Cooking**

3 classes for \$120, \$95 Co-op owners

Individual class \$45, \$35 Co-op owners

In this series, Shankari shares her family's secrets for authentic vegetarian Indian cuisine. Taste how light and healthy Indian food can be when prepared with the finest organic seasonal vegetables using minimal fat. Learn about basic traditional ingredients and the importance of using whole spices. Expand your understanding of Indian cuisine, through Shankari's stories about Indian culture and history.

Instructor: Shankari Easwaran

#### Traditional Diwali Recipes: Foods from the Indian Festival of Lights

Thursday, October 23, 6-8:30 pm

Celebrate Diwali, the festival of lights, in our cooking school. We will make the traditional sweets and savories that make this holiday so special. Shankari will explain why and how this festival is celebrated. We will make besan ladoo, badam halwa—a ground almond dessert with ghee and sugar, pakoras, and thukada—crispy diamond shaped fritters.

#### Indian Breads and Soups

Saturday, November 15, 10 am-12:30 pm

In this hands-on class you will create a wide range of heart-warming Indian breads and soups. Shankari will teach you how to make thalipeeth (vegetable studded Indian bread),

spinach and ginger flavored flat bread, mulligatawny soup, curried lentil soup, and spicy black-eyed pea curry.

### Indian Sweets and Treats

Thursday, December 4, 6-8:30 pm

No holiday is complete without an array of sweets and treats! Delight your guests with these fabulous and easy to make Indian desserts. You will prepare sugar pumpkin kheer, nankatai—Indian cookies with cardamom, gulab jamun—Indian doughnut balls smothered in sweet sugar syrup, paneer burfis—delicious Indian cheesy fudge, and sweet saffron rice.

### **Recipes for Healthy Living**

This series of classes will teach you how to prepare fresh and tasty meals that will keep your body healthy and happy. Erika will also highlight the nutrient benefits of ingredients used in each recipe.

3 classes for \$105, \$80 Co-op owners

Individual class \$39, \$30 Co-op owners

Instructor: Erika Reagor

### Healthy Healing Soups

Monday, October 13, 6:30-8:30 pm

Learn the special healing properties of soups and broths. The menu consists of chicken barley soup with a homemade chicken stock, Then you'll savor a split pea soup, next on the list is a delicious vegetarian carrot ginger soup, and last enjoy a curried sweet potato bisque.

### Healthy Cooking Made Quick and Easy

Monday, December 8, 6:30-8:30 pm

Erika will help you learn how to create healthy meals with speed and finesse. We will prepare meals that are nutritious and delicious—taking only 20-30 minutes to make! The menu includes: mushroom lettuce wraps, carrot seaweed salad, roasted beets and Brussels sprouts, stuffed chard leaves, and coconut brownies.

### Healthy Holiday Sides

Wednesday, December 17, 6:30-8:30 pm

This holiday season, instead of overindulging in the usual holiday fare, discover holiday cooking the healthy way. In this class, you will be amazed at how delicious and flavorful healthy holiday cooking can be. The menu includes butternut squash and pumpkin puree, chicken sausage and quinoa stuffing, pan sautéed Brussels sprouts with shiitake mushrooms and pancetta, and spiced rice pudding.

### **The Vegan Kitchen**

Take vegan recipes to new heights and learn to make delicious meatless and dairy-free recipes perfect for autumn.

3 classes for \$95, \$65 Co-op owners  
Individual class \$35, \$25 Co-op owners

### Vegan Baking

Saturday, October 18, 10 am-noon

Learn how delicious vegan baking can be. Eileen will teach you how to make traditional favorites with a vegan twist. Taste pumpkin pie, thumbprint cookies, chocolate brownies and gingerbread.

Instructor: Eileen Murray

### Vegan Autumn Soups

Monday, November 10, 6:30-8:30 pm

Learn to make hearty and easy winter soups, including red lentil soup, miso soup with mushrooms, bok choy and tofu, potato and kale soup, and peanut-vegetable soup.

Instructor: Wim van Warmerdam

### Vegan Thanksgiving

Saturday, November 22

10 am-noon

Learn to prepare a delicious vegan holiday menu: mushroom appetizers, baked buttercup squash, savory rice stuffing, cranberry cornbread and mincemeat pie for dessert.

Instructor: Eileen Murray

## **Holiday Cooking Classes**

### Thanksgiving Pies and Tarts

Thursday, November 13, 6:30-8:30 pm

\$39, \$30 Co-op owners

A homemade pie or tart is the perfect end to a Thanksgiving feast. Add a few new recipes to your repertoire: Thanksgiving twofer Pie – a combination of two holiday favorites – pumpkin and pecan, Parisian apple tartlets, and chocolate silk pie. You'll also learn how to make the best flaky pie crust—perfect every time.

Instructor: Cris McKone

### Holiday Appetizers and Wines

Saturday, November 15, 3-5:30 pm

\$45, \$35 Co-op owners

Get inspired for the holidays! In this class we will sample a variety of delicious, easy-to-prepare appetizers. We will pair each recipe with a uniquely compatible wine selection. We will include a discussion of each wine choice, and how it complements the food. The menu will include mini mushroom turnovers with sherry and thyme, an artisan cheese platter with savory biscotti, sun dried tomato and olive tapenade, marinated shrimp with Champagne beurre blanc, perfumed potatoes with crème fraîche and chocolate pot de crème. To enroll, students must be 21 years and older.

Instructors: Jill and Walt Simmons

### Thanksgiving Sides 1

Tuesday, November 18, 6-8:30 pm

\$45, \$35 Co-op owners

Wow your family and friends this Thanksgiving with some new side dish recipes. We'll make potato and celery root purée with roasted garlic, roasted root vegetables with thyme and marjoram vinaigrette, mushroom and gruyere bread pudding, corn chive pudding, and haricots verts with goat cheese and warm bacon dressing.

Instructor: Cris McKone

### Thanksgiving Sides 2

Thursday, November 20, 6-8:30 pm

\$45, \$35 Co-op owners

Students will learn to make a traditional Thanksgiving feast that will include creamy French onion bisque with garlic croutons, cranberry and orange chutney, cornbread and wild rice stuffing, brandied roasted turkey gravy, and an award-winning pumpkin croissant bread pudding. Gigi will present straight-forward and delicious recipes that will take the stress and guess-work out of making a memorable holiday meal.

Instructor: Gigi Warshawsky

### Holiday Cookies Workshop

Thursday, December 11, 6-8:30 pm

\$45, \$35 Co-op Owners

No holiday is complete without an array of home baked cookies! Delight your guests with these fabulous and easy to make recipes. In this hands-on class, you will prepare bourbon balls, almond bow ties, coconut macadamia biscotti, lemon bars, and pecan squares. You'll also take home some cookies to share—or eat all by yourself!

Instructor: Cris McKone

### Herbal Gifts for the Holidays

Saturday, December 13, 3-6 pm

\$45, \$35 Co-op owners, includes materials

Add a natural homemade touch to your holiday gift giving. Join Annie Main of Good Humus Produce for this interactive workshop and create wreaths of dried herbs and flowers, herbal vinegars, and herb blends and salts. After class, you will be able to take your creations with you and cross a few names off your list!

Instructor: Annie Main

### Simple and Delicious Party Foods

Monday, December 15, 6:30-8:30 pm

\$39, \$30 Co-op owners

If you are in search of a simple to prepare appetizer to bring to a party, or you are hosting your own gathering, join experienced caterer Terese for a class that will make your holiday party a success. She'll make flat bread with prosciutto, gorgonzola and fig jam, warm crab soufflé, pear and blue cheese crostini, smoked salmon mousse with crackers, and tarragon chicken salad on endive spears. Gain tips on easy entertaining and party planning.

Instructor: Terese Esperas

### Christmas Brunch

Tuesday, December 16, 6-8:30 pm

\$39, \$30 Co-op owners

When you plan your holiday gatherings, don't forget the most important meal of the day! A festive brunch on Christmas or New Years morning can make the holiday season even more special. We'll make maple and fresh sage sausage patties, cranberry-orange scones with lemon glaze, fluffy eggs Florentine, amaretto French toast, brown sugar bacon, and pomegranate mimosas.

Instructor: Gigi Warshawsky

### Gluten-Free Holiday Baking

Thursday, December 18, 6:30-8:30 pm

\$35, \$25 Co-op owners

Looking for some gluten-free free treats to brighten up your holidays? Learn to prepare tasty treats that contain no gluten and no white sugar. You'll also learn flours, grains, and natural sweeteners to choose and some potential health benefits of a gluten-free lifestyle.

We will make chocolate ginger bread soufflé, date jam dot cookies, and cranberry walnut galette.

Instructor: Daniel Casbarro

### **Eileen's Kitchen**

Fridays at 6 pm

October 3, November 7 and December 5

\$25 per person

Proceeds benefit Soil Born Farms Urban Agriculture & Education Project

Join Eileen Murray in the Sacramento Natural Foods Co-op's Community Learning

Center & Cooking School for a delicious community dinner highlighting seasonal

vegetarian fare. Eileen's community dinners have attracted a following of people with a passion for organic and vegetarian foods.

### **Autumn Wine Tastings**

Saturday, October 11, 5-7 pm

Saturday, November 1, 5-7 pm

Wine buyer's favorite picks for the season, artisan cheeses, organic appetizers, live music.

### **Kids and Teens in the Kitchen**

(suggested ages 9-15)

These classes are a great opportunity for kids and teens whether they love to cook or want to try it for the first time. Students will gain valuable experience, honing their knife skills and kitchen math while working as a team and using the best fresh seasonal ingredients.

At the end of each class, students will enjoy what they have just prepared together.

### Kids and Teens in the Kitchen: Soup's On!

Saturday, October 4, 10 am-12:30 pm

\$45, \$35 Co-op owners

This class takes advantage of the bounty of seasonal ingredients we associate with the fall. In this class we will make and sample fresh apple-pumpkin soup, potato-cheddar soup, ultimate vegetable soup, fall citrus salad, and honey cornbread muffins.

Instructor: Karla Lacey-Minors

### Kids and Teens in the Kitchen: Thanksgiving Feast

Saturday, November 8, 10 am-12:30 pm

\$45, \$35 Co-op owners

In this hands-on class, students will prepare creative and delicious Thanksgiving inspired recipes like chicken pot pie with cream cheese crust, butter cream biscuits, green salad with orange vinaigrette, and baked sweet lemon and brown butter apples for dessert.

Instructor: Karla Lacey-Minors

### Kids and Teens in the Kitchen: Holiday Treats

Saturday, December 13, 10 am-12:30 pm

\$45, \$35 Co-op owners

Come join the holiday fun! We will make old-fashioned homemade sugar cookies, cranberry-pistachio biscotti, decadent hot chocolate, and white chocolate peppermint bark. Each student will be able to roll out and cut cookies, as well as decorate baked cookies. We will also demonstrate a creative technique to make ornaments out of sugar cookie dough. Each student will receive decorative gift bags to create gifts for family and friends.

Instructor: Jill Simmons

### **Growing Healthy Children**

Healthy Snacks for the Whole Family

Saturday, Nov. 1, 10-11:30 am. Free

Kids and parents are welcome to join the fun at this interactive workshop. The whole family will love making and eating these healthy treats!

### Family Holiday Art Extravaganza

Sunday, December 7

Class 1: 11 am-noon; Class 2: 1-2 pm

Pre-registration is required.

Each class limited to 12 children.

Get ready for the holidays! Children (ages 2 and up) and their parents will use recyclables and household objects to make one-of-a-kind holiday cards, ornaments, and gift wrap.

Please bring a non-perishable food item or a new toy to donate to the Sacramento Food Bank and Family Services.

—Presented by One Village

### **Health and Fitness**

### Tai Chi and Chi Kung for Seniors

Wednesday, October 15, 1-2 pm. Free

These practices improve flexibility, coordination, balance and energy while reducing stress. Its benefits can be experienced by anyone regardless of age or health condition.

Instructor: Tara Stiles

### Maintaining Healthy Immune Systems

Wednesday, October 15, 6:30-8 pm. Free

Building up your immune system before winter comes can help you stay healthy when it's cold and dreary. We'll discuss how you can use herbs, nutrition, homeopathy and home remedies for colds, flu, sinus infections and immune deficiency issues while maintaining a year-round healthy immune system.

Instructor: Dr Suzette Lanzarotta

### Chi Kung for Women

Wednesday, October 22, 6:30-8 pm

\$15, \$12 Co-op owners

Learn easy techniques for releasing stress and strengthening your system that are particularly geared to a woman's physical and emotional nature. Learn how gentle movements, conscious breathing, self massage, and focused meditations can be easily added to your daily routine, and can greatly enrich your life.

Instructor: Tara Stiles

### CranioSacral Therapy

Saturday, October 25, 3-4:30 pm. Free

If you suffer from chronic pain, migraines, stress, anxiety or emotional imbalances and prefer bodywork that uses a non-invasive, light touch while fully clothed, craniosacral therapy may be for you. Come learn about this powerful form of somatic healing that is safe for the whole family.

Instructor: Sharon Araki

### Chair Yoga for Seniors

Wednesday, November 19, 1-2 pm. Free

We will do exercises based on time-tested yoga principles that are modified for anyone to practice. You will be able to stretch your major muscles, loosen joints, do specific exercises for improving balance and learn a breathing exercise to reduce discomfort or pain. Most of the exercises will be done either sitting in or otherwise using a chair.

Instructor: Tara Stiles

### Reversing Hypertension

Wednesday, November 19

6:30-8 pm. Free

Are you tired of counting sodium to lower your blood pressure? Believe it or not, salt is not the problem for most people with hypertension. Learn what the medical industry won't tell you about how to lower your blood pressure through diet.

Instructor: Bronwyn Schweigerdt, M.S. and author of The UnDiet

Stress without Distress  
Wednesday, December 10  
6:30-8 pm. Free

The effects of constant stress can affect your health. Learn to recognize the physical, chemical and emotional signs of stress, and get proven tools to reduce your body's negative responses to that stress. We will also discuss the latest discoveries about de-stressing foods, nutrients, activities and thoughts.

Instructor: Dr. Damon West

### **Gardening Classes and Wildlife Walks at Soil Born Farms**

These classes are held at one of Soil Born Farms two locations:

- The Farm on Hurley Way —3000 Hurley Way, Sacramento
- American River Ranch —2140 Chase Drive, Rancho Cordova

#### Backyard Food Production

Learn how to grow fresh, organic produce from your own backyard. These three classes all include an overview of crops you can raise in the Sacramento area and discuss how to prepare your garden for next year. Each class focuses on a different strategy for growing food in any situation.

Instructors: Jared Clark, Sean Hagan and Randy Stannard

Containers and Small Spaces  
Wednesday, October 15; 5-7 pm  
\$25, \$20 Co-op owners

Growing your own food is possible even without a big backyard. Get started now with a few winter crops, and make your plans for a green spring. Learn how to maximize food production in small spaces.

Location: The Farm on Hurley Way

Raised Beds  
Saturday, October 25; 9:30-11:30 am  
\$25, \$20 Co-op owners

Raised beds will promote your garden's productivity with nutrient-rich, well-drained soil. This class will teach you how to create and use raised beds in your garden, including how best to prepare your growing area, space your crops, and irrigate them.

Location: The Farm on Hurley Way

Planting into the Ground  
Saturday, November 8; 9:30-11:30 am  
\$25, \$20 Co-op owners

Prepare your garden now for a bountiful harvest next year. We will focus on planting directly in the ground, and provide information on planning and laying out beds, preparing the soil, spacing crops and irrigation.

Location: The Farm on Hurley Way

### American River Wildlife Walks

Tuesday, October 7, 5:30-7:30 pm

Tuesday, October 28, 5:30-7:30 pm

\$15, Children under 12, \$5

Learn about and observe the wealth of wildlife that passes through Soil Born Farms' American River Ranch property and take a 2-3 mile hike with the resident naturalist and SBF Education Director into the natural world of the American River Parkway. Wear sturdy hiking shoes and bring a water bottle. Long pants are recommended. Camera and/or binoculars are optional. These hikes will occur rain or shine.

Instructor: Guy Galante

Location: American River Ranch

### **Community Education**

Green Building and Remodeling—Ask the Experts

Saturday, October 4, 3-4:30 pm

\$12, \$10 Co-op owners

With any building or remodeling project, there are choices to make about how much Green to incorporate, but Green doesn't have to be synonymous with more expensive. Learn how to design your project so it takes less from the environment, improves the air quality in your building project and reduces monthly energy expenses without breaking the bank. Join these experts to learn about their guiding green philosophies and get your questions answered about your building or remodeling project.

Instructors: Scott Blunk, GreenBuilt Construction and Josh Daniels, GreenSacramento

### Bicycle Commuting Whatever the Weather

Wednesday, October 8, 6:30-8:30 pm

\$5 Donation to the Sacramento Bicycle Kitchen

Year-round cycling doesn't have to be a miserable experience if you have the right gear and the right skills. You can keep saving gas and maintain an active lifestyle through the winter months! Mechanics and Cycling Instructors from the Sacramento Bicycle Kitchen will show how to equip and maintain a bike for the cold and wet, how to keep yourself warm and dry, how to carry loads safely, and essential skills for traffic cycling when it's cold and dark. Join the hundreds of Sacramentans who keep doing their part for the planet, whatever the weather.

Presented by the Sacramento Bicycle Kitchen

### Composting Tutorial

Sunday, October 19, 10:30 am-noon

\$5 – proceeds benefit the Soil Born Farms

Urban Agricultural and Education Project

This clinic offers you everything you need to know about composting (short of professional soil chemistry!). Get the basics to make compost in two weeks, six weeks, six months or one year. Bring a sample bag of your yard waste for an individual consultation at the end of class.

Instructor: Lanna Seuret

Functional Foliage,  
Nurturing Landscapes

Wednesday, October 29, 6:30-8:30 pm

\$15, \$10 Co-op owners

Be healthy, save money, reduce your carbon-footprint, and tune in to your natural surroundings. Integrating our landscapes with our lives can result in multi-dimensional benefits.

Whether you are in the first steps or final strokes of transitioning your yard into “a living space” that feeds, cools, warms, and nurtures, you will benefit from this workshop.

Bring plot plans, sketches or photos, and get started this fall and winter for summer’s fruits.

Instructor: Jeff Watson

Food Security Solutions

Wednesday, December 3, 6:30-8 pm. Free

Join representatives from Heifer International for an inspiring discussion of how we can work together to address food security issues. Learn about how to support and get involved with a project that promotes viable nutrition and income opportunities, fosters environmental stewardship, and empowers communities and local leadership in countries around the world.

Presented by Heifer International