



2015 Cooking in the Garden

Classes are Saturdays at 12:30 unless otherwise noted.

These interactive classes are relaxed, & conversational with a focus on culinary techniques, recipes, & nutrition.

Classes will be hosted at the Forest Ave Outreach Cooperative Garden (1337 18<sup>th</sup> Street, DSM, IA 50314)

Date	Presenter	Topic	Notes
06/06	Tara Whitsitt – Fermentation on Wheels	Fermentation 101	<b>This class will begin at 2:30</b> <a href="http://www.fermentationonwheels.com/">http://www.fermentationonwheels.com/</a>
06/13	Jamie Farrington Upcoming Chef	Knife Skills 101	Bring your chef knife & cut board to learn how to cut like a pro and you will cut the ingredients for the recipe he will be preparing
06/20	Mary Krisco ISU – Polk Co Extension	Lettuces – for more than just salads...	ISU Polk Co Extension Office Nutritionist Mary Krisco will share some fabulous information and recipes with us! This is her third year with Cooking in the Garden!
06/27	Steve Bryce Local Foodie & Undercover Chef	Stir Fry	Learn this basic method to cook stir fry and you veggies will be crispy and tender, retain their flavor and nutrition. Once you know the technique, you can customize it with any of your favorite veggies
07/11	Eric Underberg Agri-Cultured Foods	Milk Kefir	<b>This class will begin at 2pm</b> What is milk kefir? How to make & use it. Nutritional benefits.
07/18	Courtney Long ISU Community Design Lab	Green Smoothies	Learn to make nutrient dense green smoothies that taste delicious! We will have a bicycle powered blender on site to mix smoothies so you can burn the calories as you make it!
07/25	Leslie Marrs Local Foodie	Ratatouille!	Enthusiast and Foodie Leslie Maars will share a healthy & nutritious recipe using locally available, in season produce! This dish is great for using garden veggies and can be easily altered to create a multitude of flavor combinations!
08/01	Katie Porter Executive Chef, Wallace Center	Enhancing Meals with Spices, Herbs, and Vinegars	Katie will prepare a couple side dishes showing the techniques of using herbs and toasting spices. Also how adding a splash of vinegar can brighten a dish.
08/15	Steve Bryce Local Foodie & Undercover Chef	Grilling	Steve will demonstrate how to create a veggie pizza on the charcoal grill! Delicious!
08/22	Eric Underberg Agri-Cultured Foods	Cheese Making	<b>This class will begin at 2pm</b> Basics of home cheese making. Eric will walk us through making Skyr cheese and have many uses and samples for us!
8/29	Rebecca Chiodo Unicorn Wife!	Fermented Salsa	More tips and tricks on fermenting foods from the garden to preserve through the winter!



**Summer Sustainable Series**

**6pm Thursday Evenings at Forest Ave Outreach Cooperative Garden (1337 18<sup>th</sup> Street)**

Join us in our relaxing garden meeting space for a pleasurable evening of conversational, interactive, outdoor learning!

**Family friendly event** with adult and youth presentations simultaneously.

<b>Date</b>	<b>Name</b>	<b>Subject</b>	<b>Notes</b>	<b>Youth Program</b>
6/11	Robert Schulte	Composting	Basics of Composting	Food Corps and ASAP Youth led cooking class
6/18	Julia McGuire	Bees	Basics of beekeeping	Story Time in the Garden with Deanne Bryce
6/25	Jessie Lowry	Pollinator Habitats	Plant. Grow. Fly. Pollinator Habitat Program Overview	Iowa Agriculture Literacy Foundation
7/02	Ray Meylor	Prairies	Prairies – Purpose and Importance – how to incorporate in urban settings	Food Corps and ASAP Youth led cooking class
7/09	Beth Hicks Courtney Long	Backyard Chickens Chicken Tractors	Basic overview about keeping chickens in your backyard	Brittney Carpio – Biodiversity
7/16	Jeff Reiland	Permaculture	Basic overview of what Permaculture is and its advantages	Food Corps and ASAP Youth led cooking class
7/23	Darren Fife	Rain Barrels	Advantages and how to build your own	Conservation Station – Iowa Learning Farms
7/30	Mary Krisco	Canning Tomatoes	Basic demonstration of water bath canning	Summer Surprise!!!
8/6	Green Corps Iowa	Building Compost Bins	How to construct compost bins from used pallets	Story Time in the Garden with Cynthia Hunafa
8/13	Greg Van Den Berghe	Seed Saving	Basics of saving your own seeds	Reptiles – keeping and caring by youth Jackson Carter
8/20	Ellen Sattler	Building Willow Trellis	Youth Presentation!	Youth Activity by Katie Beary