



Local Living Venture

2012 COOKING SEMINARS

Nutritious Delicious (and Cheap!)

Whole Grains & Beans Seasonal Cooking Seminar

(Late January – early February)

This whole grains and tasty beans workshop demonstrates that eating hearty grains and nutrient-packed beans does not have to be boring. We share with participants how to cook the elusive legume, educate them on knives, cookware, use of herbs and spices and much more. Finally, there is an opportunity to sample different combinations of each kind of grain with different beans, with various herbs and condiments -- making it a fun and tasty seminar!

Nutritious Delicious!

Wild Spring Edibles

Fresh Food from the Wilds of the North Country Edible Landscape

(Late April through early May)

There was a time in the Northeastern United States that the first green things popping up from the soil would have been a joyous event. The vitality of these tender plants need not be lost on modern palates, however; let's find that primal connection! This workshop will cover preparation, storage, and cooking ideas to take advantage of the fresh spring wild edibles harvest. Some foods that will be included are rhubarb, fiddlehead fern, wild leeks (ramps,) mushrooms, and cherries Spring offers up a great variety of wild greens, shoots, tubers and roots -- plus asparagus; sorrel; early-sown spinach and chard; dandelion greens and flowers; chickweed salad; spring beauty bulbs; trout lily leaves; poke salad; lambs quarters; morel mushrooms; and sassafras roots, for tea and homemade root beer. Green shoots and tubers of cattail. It will also cover in-season herbs and dishes that utilize spring wilds and spring herbs together. These are delicious foods, fresh from the wild.

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Vegetarian & Vegan

Healthy Ways to Eat a Plant-Based Diet

(June)

This workshop will educate participants on how to eat a well-balanced diet consisting of only vegetarian and/or vegan fare. It will emphasize nutritional needs of this population such as how to obtain all essential amino acids, protein requirement, and how to consume the essential vitamins and minerals you need to thrive. Various concepts and approaches to vegetarianism will be discussed, including raw diets, macrobiotic precepts and more.

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Cooking Up a Summer Storm

**A Fresh Foods Bonanza Seasonal Cooking Seminar
(July)**

This seminar will cover preparation, storage, and cooking ideas to take advantage of the bounty of summer harvests. Some foods that will be included are fresh fruits and vegetables, berries, and homemade soft cheeses -- with an emphasis on eating a diet consisting of more raw foods, as well as deliciously prepared heat-based Summer fare, in season.

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Wild Game and Pasture-Raised Meats

**A Savory Natural Meat Cooking Seminar
(August)**

This workshop will discuss the health benefits of pasture-raised meats over their mass produced, grain fed relatives. An emphasis will be placed on how to obtain all natural meat including both wild game and grass-fed farm animals, including chickens, pork, beef, lamb, and goat. Fish and small game will also be touched upon. In addition, recipes and preparation techniques will be suggested to ensure these meats have optimal taste with less "gamey" flavor for wild animals and techniques for cooking pasture-raised meat at a lower temperature than commercial meat for optimal flavor. Discussion of the concept of a "paleo" diet will also be featured (Note: we do not endorse this idea, per se, but feel it may be interesting to discuss the concept.)

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Bountiful Autumn Harvest

**Roots & Over-Wintering Crops Seasonal Cooking Seminar
(Late October early November)**

This seminar will focus on how to create healthy dishes, with foods from the Autumn Harvest that are cheap and nutrient dense. These foods include pumpkin; roots crops such as potatoes, carrots, onions, turnips, and parsnips; an entire universe of squash; fresh corn; and wonderful NY State apples, wild and cultivated. This time of year provides a prime opportunity to create healthy, colorful, fresh dishes rather than sugar-filled seasonal snacks.