

Nourishing Traditions Cooking Class

6 week program covering how to incorporate
nutrient dense traditional cooking techniques
into your home

Join Eve Mitchell, Sacramento Chapter Leader of the Weston A. Price Foundation in her home in Land Park where you will learn the foundation of the food preparation methods used by indigenous people around the world to support health and wellness generation after generation.

Class 1– Fermented Vegetables and Dairy

Join us as we learn to make homemade Sauerkraut, Kimchi, and Pickles, Homemade Kefir and Yogurt, as well as add probiotic benefits to Salsa, and Hot Sauce.

Class 2– Organ Meats and Bone Broth

Learn how important it is for your lifelong health to incorporate these foods into your home. We will be learning how to make a delicious Pate, Yummy Beef Jerky using the Heart, and how to make Bone Broths, an essential ingredient for healing your gut.

Class 3– The Amazing, Incredible, Versatile Egg

We will learn some wonderful different ways to prepare one of nature's perfect foods, and learn how to compare and contrast to see which eggs are nutrient rich. In this class you will learn how to make homemade Mayonnaise, beneficial Eggnog, Custard and home-made Ice Cream as well as creative ideas for incorporating eggs into your home

Class 4– Proper Preparation of Grains, Legumes and Nuts

Join us as we learn why traditional societies took such time and care to properly prepare their grains and legumes, and how it greatly improves their health benefits and our ability to digest them. We will learn how to create and maintain a sourdough starter, for Sourdough bread, Sourdough pancakes, as well as homemade Refried Beans, Crunchy Nuts along with how to make Homemade Mustard

Class 5– Beneficial Beverages

Learn how to drink your way to improved digestive and overall health. In this class we will learn how to make Kombucha, Beet Kvass, as well as Fermented Ginger Starter Sodas, in a variety of flavors that taste amazing and restore your gut health. Save money and explore the endless possibilities.

Class 6– Potluck and Bringing it all together

Enjoy a class potluck and learn tips and techniques to bring everything together and transition over your home in a way that is manageable, gets everyone on board, and works with your budget

Classes held on **Thursday** evenings from **6:30-8:30pm** beginning on **October 2nd, 2014**

For more information call Eve at (916) 899-0054 or email her at eveinnerwisdom@gmail.com

The 6 week program is 300, or 60 for an individual class, 270 if purchased before September 25th

chapters.westonaprice.org/sacramentoca