



# 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 food preparation methods used by indigenous peoples from around the world that supports health and wellness generation after generation.

## **Class 1– Fermented Vegetables and Dairy 9/9/15**

Join us as we learn to make homemade Sauerkraut, Kimchi, and Pickles, Homemade Yogurt, Cream Cheese and Whey as well as add probiotic benefits to Salsa, and Hot Sauce, and the information for endless combinations.

## **Class 2– Organ Meats and Bone Broth 9/16/15**

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 Chicken Pate, Mighty Meatloaf, and how to make Bone Broths, an essential ingredient for healing your gut.

## **Class 3– The Amazing, Incredible, Versatile Egg 9/23/15**

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 home-made 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 9/30/15**

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 10/7/15**

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 Let's Bring it all together: 10/14/15**

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 Wednesday evenings from **6:30 until 8:30pm** starting September 9, 2015

The 6 week program is 300, or 60 for an individual class, ask about our early bird special

For more information call 916-899-0054 or email [eve@aproventheory.com](mailto:eve@aproventheory.com)

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