

Menomonie Market Food Co-op

Fall Class Calendar

Mondays, September 3- Dec 17 • 5:00pm

Gentle Yoga

Slow, gentle yoga focusing on the mind, body and breath connection to release tension and stress. Open to all levels of experience. 60 minutes.

Cost: \$10/class.

Instructor: Sara Norman

Tuesday, September 11 • 6:00pm

Cultured Veggies

Learn to make fermented vegetables easily and economically at home.

Receive recipes, resources, and samples. 60 minutes.

Cost: \$10. Instructor: Tanya Young

Wednesday, September 12 • 6:00pm

DIY: Smudge Bundles

Create healing smudge bundles using locally grown and ethically wild-crafted herbs from River Prairie Apothecary.

Fee covers all supplies needed. 60 minutes.

Cost: \$15. Instructor: Kerri Kiernan



Wednesdays, Sept. 19-Oct. 10 • 4:45pm

4-Week Beginner's Vinyasa Yoga Series

This series will break down common yoga poses while teaching you how to accomplish a beneficial flow for your own practice. This is a faster paced class. 60 minutes.

Cost: \$40. Instructor: Sara Norman

Friday, September 21 • 6:00pm

Fermented Beverages

This beginner-level demonstration style class will show you how to create your own fermented sodas and kombucha. Fee covers all supplies needed to create your own fermented drink. 90 minutes. Cost: \$20.

Instructor: Monarda Thrasher

Tuesday, September 25 • 4:00pm

Co+op Explorers: After School Art

Kids 12 & under will learn a new craft or skill and have time to get creative in the classroom! Class fee covers all materials needed for the craft. 60 minutes.

Cost: \$5. Instructor: Kiara Carlson



Thursday, September 27 • 6:00pm

Kefir 101

Learn how to make dairy and non-dairy kefir easily and economically at home. Receive recipes and sample fresh kefir plain, in a superfood smoothie, and salad dressing. 60 minutes.

Cost: \$10. Instructor: Tanya Young

Tuesday, October 9 • 6:00pm

Keto Foods Tour

Take a guided tour around MMFC emphasizing products for ketogenic dietary programs with samples and treats along the route. 60 minutes.

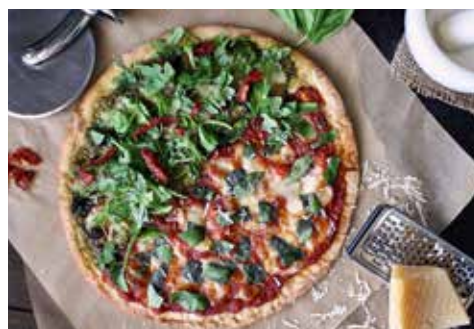
Cost: \$5. Instructor: Tanya Young

Wednesday, October 10 • 6:00pm

DIY Pizza Crust

Join the MMFC Deli to learn how to make your own pizza crust from scratch in this hands-on workshop! 60 minutes.

Cost: \$10. Instructor: Layne Qualy



Saturday, October 13 • 10:00am

All About Nettle

Learn how to source, prepare, use and store nettle, nature's plant for joint and muscle pain, eczema, anemia and much more. Enjoy samples and take some home with you! 60 minutes.

Cost: \$5. Instructor: Kerri Kiernan

Wednesdays, Oct. 17-Dec. 19 • 4:45pm

Vinyasa Yoga

Vinyasa yoga is also known as "flow" yoga or the continuous stringing of poses. Move your body in this faster paced weekly yoga class. 60 minutes.

Cost: \$10/class.

Instructor: Sara Norman

Thursday, October 18 • 6:00pm

Turmeric & Its Benefits

Turmeric has been used for thousands of years. Discover its healing properties from inflammation to brain function and sample ways to add it into your everyday routine. 60 minutes.

Cost: \$5. Instructor: Becca Kleist

REGISTRATION

Required in advance for all classes. Payment is due at the time of registration.

• ONLINE

mmfc.coop/calendar

• BY PHONE

Call 715-235-6533, please have a card ready for payment at the time of the call.

• IN THE STORE

Visit the customer service desk.

CANCELLATION

Class fees are non-refundable within 48 hours of the class start.

PARKING

Please park in the south side of the parking lot by the shed or in the back row of the regular lot.

QUESTIONS ABOUT OUR CLASSES?

Contact Becca Kleist
715-235-6533 x220 or
becca@mmfc.coop

All classes are held in Menomonie Market's upstairs classroom unless otherwise stated. More information about each class, instructors, and the classroom can be found at mmfc.coop/calendar

Happy learning!



Saturday, October 20 • 10:00am

Survival Bags 101

This lecture style class will teach you all about putting together a survival pack useful for many situations. From backpacking to a winter car kit, Jan will share his years of survival knowledge in this informative class. One attendee will win a fully stocked survival pack! 90 minutes.

Cost: \$5. Instructor: Jan Szalai

Tuesday, October 23 • 4:00pm

Co+op Explorers: After School Art

Kids 12 & under will learn a new craft or skill and have time to get creative in the classroom! October has a halloween themed craft. Class fee covers all materials needed for the activity. 60 minutes.

Cost: \$5. Instructor: Kiara Carlson

Thursday, October 25 • Noon

Grocery Store Tour with Mayo Clinic

In partnership with Mayo Clinic, take a tour of Menomonie Market to learn tips for shopping healthier and staying on a budget! 60 minutes. Cost: FREE.

Instructors: Katie Johnson & Becca Kleist



Thursday, October 25 • 6:00pm

Paleo Foods Tour

Take a guided tour with Tanya focusing on various paleo foods and ingredients throughout the store. There will be plenty of samples and treats along the route. 60 minutes.

Cost: \$5. Instructor: Tanya Young

Tuesday, October 30 • 6:00pm

Grain Free Dog Treats

Making your own dog treats is simple, fun, and healthier for your pup. Give them a little extra love with homemade treats! Receive the recipe(s) and bring some home for your dog. 60 minutes.

Cost: \$10. Instructor: Tanya Young



Thursday, November 1 • 5:30pm

Good & Cheap: Cooking Class with Mayo Clinic

In partnership with Mayo Clinic, class will take place in a Menomonie High School cooking classroom. Learn to make recipes from the Good & Cheap cookbook. Each group will make a recipe and enjoy a potluck style meal following cooking, and receive a copy of the book to take home. 90 minutes.

Cost: FREE. Instructors: Katie Johnson & Becca Kleist

Saturday, November 3 • 10:00am

DIY: Chocolates

This workshop will teach you how to make chocolates at home with minimal ingredients. Get recipes for fruit, nut, or herb infused chocolates and take home a kit to get started on your own chocolates. 90 minutes.

Cost: \$20. Instructor: Monarda Thrasher

Thursday, November 8 • 6:00pm

Collagen & Its Benefits

Collagen is the most abundant protein in our bodies; it gives our skin strength and elasticity, helps organ and muscle health, and maintains joint health. Sample collagen products and learn about their benefits. 60 minutes. Cost: \$5.

Instructor: Becca Kleist

Tuesday, November 13 • 6:00pm

Paleo Appetizers & Treats

This demonstration style class will show you savory and sweet treats and appetizers for the holidays made with paleo ingredients. Sample and take home recipes for the treats. 90 minutes.

Cost: \$10. Instructor: Tanya Young



Thursday, November 15 • 6:00pm

DIY: Seasonal Mood Support with Herbs

Craft and learn about remedies for the winter blues such as teas and tinctures. Make a blend to suit your unique needs using local herbs. 60 minutes.

Cost: \$20. Instructor: Kerri Kiernan

Tuesday, November 20 • 4:00pm

Co+op Explorers: After School Art

Kids 12 & under will learn a new craft or skill and have time to get creative in the classroom! Class fee covers all materials needed for the craft. 60 minutes.

Cost: \$5. Instructor: Kiara Carlson

Saturday, December 1 • 10:00am

Paleo Appetizers & Treats

This demonstration style class will show you savory and sweet treats and appetizers for the holidays made with paleo ingredients. Sample and take home recipes for roasted berry parfaits, chicken jalapeño poppers, and triple olive dip. 90 minutes.

Cost: \$10. Instructor: Tanya Young

Thursday, December 6 • 6:00pm

Mindfulness Workshop

Mindfulness, the energy of being awake and aware, can nourish your life, as you experience being fully present to whatever is before you. Learn the technique of breath meditation and practical ways to generate mindfulness and a compassionate presence in your everyday life. 2 hours.

Cost: FREE. Instructors: Marion & Warren Lang

Thursday, December 13 • 5:00pm

Co+op Explorers: Holiday Gifts in a Jar

Kids 12 & under will enjoy creating their own recipes in a jar to gift to their favorite people this holiday season. Fee includes one sweet treat recipe and one savory recipe. 60 minutes.

Cost: \$10. Instructor: Becca Kleist

Saturday, December 15 • 10:00am

Co+op Explorers: Holiday Gifts in a Jar

Kids 12 & under will enjoy creating their own recipes in a jar to gift to their favorite people this holiday season. Fee includes one sweet treat recipe and one savory recipe. 60 minutes.

Cost: \$10. Instructor: Becca Kleist

Tuesday, December 18 • 4:00pm

Co+op Explorers: After School Art

Kids 12 & under will learn a new craft or skill and have time to get creative in the classroom! Class fee covers all materials needed for the craft. 60 minutes.

Cost: \$5. Instructor: Kiara Carlson



Fall 2018 Events

Fund our Foodshed Grant Open House

Meet the farmers who received Fund our Foodshed grant awards and learn how your round-ups funded their projects. Enjoy snacks & beverages.

Thursday, September 6th
3:00-6:00PM

45th Anniversary Celebration & Annual Owner Meeting

Celebrate 45 years of cooperation with us in this interactive style meeting! Enjoy appetizers and samples from producers. Annual Meeting called to order 6PM.

Thursday, October 4th
5:30-7:30pm at the co-op

2018 Owner Appreciation Days

Owners receive 10% off one shopping trip. A great time to stock up!

October 12th-21st

Food for Change

Wisconsin Farmers Union & MMFC host showing of the documentary Food for Change, all about the co-op movement!

Friday, October 26th
6:30-8:00pm at the co-op

Co-op Breakfast at Dunn Energy Co-op

Join us at Dunn Energy for a FREE breakfast sponsored by your local cooperatives.

Saturday, October 27th
8:00-11:00AM

Holiday Open House

Prepare for the holidays with us. Samples, vendors, gift ideas.

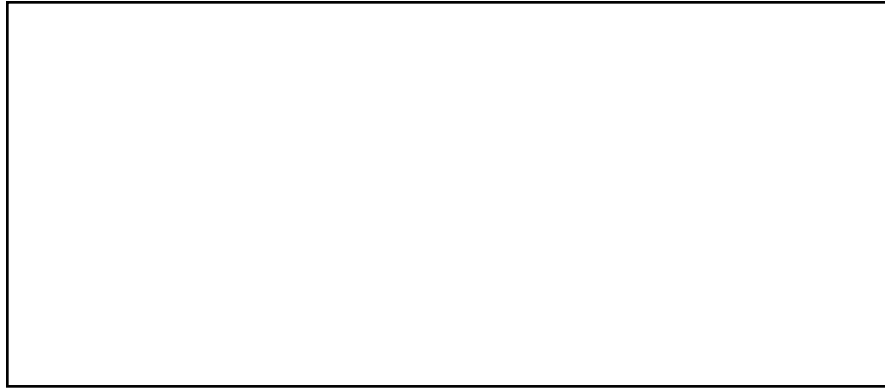
Saturday, December 1st
10:00AM-2:00PM



814 MAIN STREET EAST
MENOMONIE, WI 54751
WWW.MMFC.COOP



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ECRWSS
U.S. POSTAGE
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Looking for Meeting Space?

The Menomonie Market classroom is available for your next meeting, small event, or luncheon.

- 🍃 Rental by the half or full day
- 🍃 Seating for up to 40 people
- 🍃 Catering available from the Deli
- 🍃 Modern AV equipment



Classroom Rental Inquiries
Becca Kleist, Outreach & Education Coordinator
becca@mmfc.coop • 715-231-3663 x220

