

February 4, 2009  
St. J. Food Co-op  
490 Portland Street  
St Johnsbury, VT 05824

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Community Members and the St. J. Food Co-op offer Winter Series of Food Workshops

The St. J. Food Co-op and local community members are hosting a series of food themed Knowledge Exchange Workshops. The series begins Saturday, February 21, 10am at the St. J. Food Co-op. Space is very limited so pre-registration is encouraged. Workshops are \$5 per person, per workshop. A material fee may apply depending on the workshop.

The first workshop on February 21 will be led by Angel and Al Milligan owners of Something Special on Railroad Street in St. Johnsbury. Their workshop, On the Road to Healthy Eating, will provide participants with menus, recipes and a take-away treat prepared during the workshop.

On February 28, Herbalist Alyssa Doolittle of the Mayflower Herb Farm will present Herbal Allies and the Seasons: A Spring Renewal. Doolittle will discuss using the roots and greens found in our backyards and beyond. She will explain how to bring the greening and rebirth of spring into our bodies and how to nourish and support the natural cycle of renewal after a long winter. Violets, nettles, dandelions, yellow dock root, dandelion roots, poplar bud, and birch twigs, pine, and fir tips among other spring plants will be discussed. Participants will have an opportunity to talk about, prepare and sample herbal blends.

Kombucha Tea Brewing will be the Saturday, March 7 workshop. This workshop will be led by Co-op employee Eric Ely. Kombucha is an ancient fermented healing tea. Participants will learn about the history (over 2000 years old) of this black tea and some of the benefits of this super, healthy food that helps the body to find (or regain) its natural balance therefore promoting overall well-being. Kombucha is a tea that is fermented for a week or more depending on the culture, room temperature, and the type of tea you use. The culture is a symbiotic colony of yeast and bacteria. It has many functions. Some of the benefits are it helps with intestinal disorders, arthritis, ageing, and immune system. Kombucha has seven essential acids; amino acids; enzymes and vitamins B and C.

Susannah Morelock of Hills of Home Farm in Danville will be teaching Cheese making with Goats Milk on Saturday, March 14. Participants will make Ricotta from fresh goat milk. They will learn about yogurt making, raw milk, techniques and resources for other types of cheese production.

Sprouting Basics is the workshop on Saturday, March 21, led by Co-op employee Val Tumasella. Tumasella will have a variety of sprouted seeds, beans and legumes available

for sampling. She will discuss procedures, recipes and health benefits. Participants will take away sprouts for at home munching.

The series wraps up on Saturday, March 28. The topic is a baking workshop called Beyond White Flour and White Sugar. Beth Champagne has been a St. J. Food Co-op member since 1998 and was a founder of the Randolph Food Co-op and a contributor to their co-op cookbook. Beth currently bakes nutritious snacks including vegetarian pockets of stew, muffins, apple turnovers, coffee cakes and other savories for the St. J. Food Co-op. A passionate baker since childhood when 'localvore was life', Beth discovered that nutritious baking is fulfilling and satisfying at many levels.

Knowledge Exchange workshops are instructed by community members and cover a variety of topics. The workshops are held upstairs at the St. J. Food Co-op located at 490 Portland Street, St. Johnsbury, VT. Workshops are limited to 8 participants. There is a \$5 fee per workshop paid directly to the instructor. Instructors may take one workshop in exchange for each one that they teach. This provides an opportunity for community members to teach and learn from one another. If you are interested in teaching or attending a Knowledge Exchange workshop please contact Melissa at the co-op 802-748-9498 or [Melissa@stjfoodcoop.com](mailto:Melissa@stjfoodcoop.com). Space is limited for these workshops. Please contact the St. J. Food Co-op to register at 802-748-9498 or [info@stjfoodcoop.com](mailto:info@stjfoodcoop.com)

Upcoming Series: Spring Gardening Workshop Series

The St. J. Food Co-op is a cooperatively owned store for the community offering fresh, local, organic foods. Member or not anyone can shop.

Store hours:

Sunday 11-4; Monday – Wednesday and Saturday 9-6; Thursday and Friday 9-7.