



Class Schedule

March 2007

FRIDAY MARCH 2 | 7PM - 9PM

The Secret Ingredient
Demonstration and Hands-on

Nirit Yadin

Chef the Whisk and the Spoon

Many seasoned chefs and home cooks stock an arsenal of homemade sauces and condiments. These condiments keep for a long time and can be used to great effect with minimal effort. They are especially useful in low fat cooking, as they add bold and complex flavors without much fat. In this class we share some of our secret ingredients, and then learn how to improvise with them to turn the most mundane of foods into something special. Recipes include Moroccan preserved lemon paste, roasted tomatoes, caramelized onions and more.

\$20

SATURDAY MARCH 3 | 11AM - 12:30PM

The pH Miracle
Demonstration

Asherah and Dr. Ariel Aentara O.D

pH Miracle Coaches

What exactly is a pH balanced diet? And why are some people calling it "a miracle"? According to its proponents, having a balanced body pH is crucial to any healing or detoxification process, as well as for preventing disease. Most people today are acidic due to diet, sedentary lifestyle, stress, and pollution. In this class we learn all about balancing our body pH: how to get started, what to eat, how to prepare delicious, healthy and quick meals.

\$10

TUESDAY MARCH 6 | 12PM - 12:45PM

Lunch and Learn - Sugar Blues
Discussion and lunch

Anastasia Mclaughlin Slattery and

Rosalie Phelan

Holistic Health Consultants

Come learn something new while enjoying your lunch. We will be providing lunch, while Anastasia Mclaughlin Slattery and Rosalie Phelan discuss "sugar blues". If you are constantly craving sweets and want to understand why, join us for this terrific workshop. We will explore how sugar affects your body, reasons for cravings and sugar alternatives you may not have heard about. A tasting of low sugar treats will be provided. Catered lunch will also be served.

\$5



Class Descriptions

Registration and pre-payment are required for all classes unless otherwise noted.

WEDNESDAY MARCH 7 | 7PM - 9PM

Maple Time Tasting and Demonstration

Dan Hale
McLure's Honey & Maple Products
Representative
Nirit Yadin
Chef, *The Whisk and the Spoon*

March is maple syrup making time and the perfect time for a maple syrup tasting and cooking demonstration. The tasting will be conducted by Dan Hale from McLure's Honey & Maple. The McLures have been making maple syrup since Civil War times, when George McLure started a small business in Littleton, NH. McLure's Honey & Maple Products includes a variety of Pure Maple Syrups (the real maple syrup) that are famous throughout New England and beyond. We will educate our taste buds as to the subtle differences in maple syrup grades and varieties. Following the tasting Nirit Yadin will conduct a demo featuring maple baked pears.

\$15

SATURDAY, MARCH 10 | 11AM - 12:30PM

Homemade Mozzarella Hands-on

Steve Gaglione,
Specialty Associate Team Leader

That's right! Made fresh...by you! Learn how to make fresh mozzarella and taste it the Italian way - still a little warm from the vat. Class conducted by Steve Gaglione, our specialty associate team leader and Whole Foods Market's national mozzarella expert. Steve will share a family tradition that has been kept secrets for generations. He will also teach us how make mozzarella rolls stuffed with roasted peppers and basil and mozzarella balls with prosciutto & sun-dried tomatoes confetti.

\$35

MONDAY MARCH 12 | 5PM - 6PM

Marzipan Creations (Children Ages 5-12) Hands-on

Nirit Yadin
Chef *the Whisk and the Spoon*

In this class, children unleash their creativity using this wholesome ingredient, made of almond paste. We will color marzipan, using our vegetables-based food

coloring. Then craft beautiful fruits, vegetables or anything that comes to mind. Finally we will use it to decorate our own personal cupcakes.

\$15

TUESDAY MARCH 13 | 7PM - 9PM

Raw Foods Demonstration

Joel Odhner
Chef & Owner, *Raw Life Line*

Veteran raw food chef Joel Odhner provides a host of quick and easy recipes from snacks to hearty main meals. Getting 5 servings of fruits and vegetables a day has never been so delicious and easy. These savory no-cook recipes are full of time-saving tips and techniques and are designed to feed one or two people. Joel's clear instructions prove you don't have to toil in the kitchen in order to enjoy nutritious, delicious raw food.

\$10

SATURDAY, MARCH 17 | 11AM - 1PM

Seafood for Meat Lovers (and Vegetarians, Too) Demonstration

Terry Tice
Seafood Associate Team Leader

Think you hate seafood? You haven't met Terry Tice! A professional chef, Terry joined our seafood team to pursue his passion for everything that comes from the sea. In this class he cooks fish dishes such as seafood pot pie, that can convert every one into fish enthusiasts.

\$25

TUESDAY MARCH 20 | 7PM - 9PM

Sephardic Passover Demonstration

Alex Levine
Prepared Foods Associate Team Leader

Sephardic cuisine, the cooking of Mediterranean and Middle Eastern Jews, offers colorful dishes that combine the bold flavors of the region with Jewish tradition. Join Alex as he prepares Sephardic Passover dishes such as chicken with dried fruits and meat and date-cinnamon haroseth (a traditional fruit relish). Whether celebrating Passover or not, you will get some fresh ideas for your

festive early spring meals.

\$20

THURSDAY MARCH 22 | 7PM - 9PM

Dr Hauschka Lecture/Demonstration

Robert Genco
Dr. Hauschka Representative

Join Robert Genco from Dr. Hauschka for a workshop on all-natural and holistic skin care! Enjoy creative refreshments and join an interactive discussion on the following topics: maturing skin - natural alternatives for younger looking skin, renewing and nourishing your skin as you step into Spring, working with the natural rhythms of the skin and the benefits of plant-based skin care.

\$5

SATURDAY MARCH 24 | 11AM - 1PM

Grains and Greens of the Mediterranean Hands-on

Nirit Yadin
Chef, *the Whisk and the Spoon*

Learn how to prepare a myriad of grain and greens based dishes from around the Mediterranean. We will be preparing recipes for bulgur, polenta, pilaf, couscous, as well as leafy greens, fresh herbs, and other vegetables. We will learn traditional techniques for preparing those dishes as well as time saving methods for the hurried American cook. Recipes include creamy polenta with braised greens and goat cheese, couscous with lemon-spinach broth, bulgur and lentil pilaf with chard leaves and more.

\$15

MONDAY MARCH 26 | 7PM - 9PM

62 Days to Bathing Suit Season..... Hands-on

Nirit Yadin
Chef, *the Whisk and the Spoon*

We all want to look slim and trim at the beach, but we also want to enjoy our food. This class is devoted to dishes lower in fat and calories. But unlike so many diet foods, these dishes are bursting with flavors and contain richly textured and satisfying ingredients such as lean meats, beans and whole grains. So you can gradually lose weight while maintaining

This Month's Featured Series



the joy of eating (and cooking, of course). Recipes include: chicken stew with peanuts and ginger, creamy sorrel soup with shrimp, turkey fajitas and more.

\$15

WEDNESDAY MARCH 28 | 7PM - 9PM

Lamb 101

Demonstration

Nirit Yadin

Chef, the Whisk and the Spoon

Add lamb to your repertoire! In this class we introduce and discuss different cuts of lamb available at Whole Foods Market and how to turn them into delicious lamb dishes. Recipes include: Coconut lamb curry with potatoes and cauliflower, lamb burgers with garlic-mint sauce and more.

\$25

FRIDAY MARCH 30 | 10:30AM - 12PM

Budget Gourmet

Hands-on

Nirit Yadin

Chef, the Whisk and the Spoon

In this class we show you how you can enjoy great food on a limited budget using our 365 value products. Class starts with a budget-shopping tour in the store, and continues at the Whisk and the Spoon as we prepare delicious, nutritious and economical dishes. Recipes include: Parmesan-crust chicken with arugula Salad, tangy chickpea soup with garlic and olives and more. Each participant will receive a bottle of 365 olive oil.

\$10



Foodies Literary Journey

Kristin Pehnke

Princeton Public Library

Nirit Yadin

Chef, the Whisk and the Spoon

We are happy to present this free, two session program in collaboration with Princeton Public Library (you don't have to be a Princeton resident to participate).

THURSDAY MARCH 1 | 7:30

Part One

Discussion

The first session, led by Kristin Pehnke, meets at the library on March 1st where we will discuss *Garlic and Sapphires* by Ruth Reichl.

THURSDAY MARCH 8 | 7:30

Part Two

Demonstration

The journey continues the following week on March 8th, as we meet at The Whisk and the Spoon for a cooking demo, presented by Nirit Yadin. We will sample recipes from the book such as roasted rhubarb, spaghetti carbonara and last minute chocolate cake.

Please register at the library's Welcome Desk and Reference Desk. Or call 609-924-9529, extension 220. For details, please visit www.princeton.lib.nj.us

About the book:

"*Garlic and Sapphires: The Secret Life of a Critic in Disguise*" is Ruth Reichl's witty and humorous account of her years as the restaurant critic for The New York Times. "*Garlic and Sapphires* is a book that you read with all your senses. As a professional food critic, Reichl is a virtuoso at making tastes, smells and textures waft from the page to the palate...." Blogcritics.org

What is a Culinary Sensory Investigation?

A comparison tasting of several brands or varieties of the same food. Every CSI Princeton session presents a new culinary experience. What's on the menu? Drop in and taste. **Free**

FRIDAY MARCH 16 | 11:30PM - 1:30PM

Irish Cheese

- Dubliner
- Vintage Cheddar
- Cashel Blue
- Ivernia

FRIDAY MARCH 23 | 11:30AM - 1:30PM

Fine Chocolates

- El Rey Venezuelan single origin dark chocolate
- Swiss hand made milk chocolate
- Premier cru plantation Managaro milk chocolate
- California Chaffren-Berger 62% cacao
- California Chaffren-Berger 70% cacao

Whole Foods Market in the Community

Experience New Jersey Through Art and Fine Wine

March 23, 2007 Festivities:

- Wine Tasting & Light Fare
- Art in Nature Exhibit
- Experience NJ Auction



Visit our Website for details:
www.earthsharenj.org

All classes are mixed-level,
suitable for novice and experienced cooks alike.

March 2007

class REGISTRATION

CLASS SIGN-UP:

To sign up for a class or to receive more information, contact Customer Service at **609.799.2919**. To guarantee your place in a class; payment, registration and student waiver must be received when you enroll. If a class has insufficient enrollment, it will be cancelled 24 hours prior to the start of the class. We will contact you by phone regarding cancellation. You will receive a full refund.

CANCELLATIONS:

To cancel your registration in a class please contact Customer Service at **609.799.2919**. A full refund will be credited if you cancel 48 hours prior to the start of the class. **We require at least two days notice of cancellation in order to contact others on the waiting list; otherwise we cannot refund or transfer it to a future class.** If space is available on the night of the class, we will happily accommodate.

MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				FOODIES LITERARY JOURNEY PART ONE 7:30PM 1	THE SECRET INGREDIENT 7PM 2	THE pH MIRACLE 11AM 3
4	5	LUNCH & LEARN SUGAR BLUES 12PM 6	MAPLE TIME 7PM 7	FOODIES LITERARY JOURNEY PART TWO 7:30PM 8	9	HOMEMADE MOZZARELLA 11AM 10
11	MARZIPAN CREATIONS 5PM 12	RAW FOODS 7PM 13	14	15	CSI PRINCETON 11:30AM 16	SEAFOOD FOR MEAT LOVERS 11AM 17
18	19	SEPHARDIC PASSOVER 7PM 20	21	DR. HAUSCHKA 7PM 22	CSI PRINCETON 11:30AM 23	GRAINS & GREENS OF THE MEDITERRANEAN 11AM 24
25	62 DAYS TO BATHING SUIT SEASON 7PM 26	27	LAMB 101 7PM 28	29	BUDGET GOURMET 10:30AM 30	31



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Open Daily 8am - 10pm