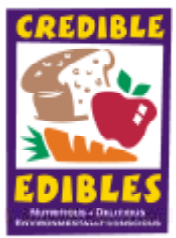




CREDIBLE EDIBLES WORKSHOP & EVENT SCHEDULE



SEPTEMBER	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5 Labour Day	6	7 Forks over Knives Part II	8	9	10
	11 Feast of Fields	12	13	14	15 All About Weed: Sea-weed that is!	16	17 Taste of Wellington
	18	19 Forks over Knives Part I	20	21	22 Jams & Preserves 101	23	24
	25	26	27 Canning Tomatoes & salsa	28 Full of Beans	29 A Vegan Thanksgiving	30	1 Help! Teen Vegetarian

OCTOBER	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2	3 A Gluten-Free Thanksgiving*	4	5 Sensational Soups	6	7	8
	9	10 Thanksgiving	11	12	13 Veggie Protein: Move over Meat!	14	15 Chocolate for Breakfast
	16	17 World Food Day	18	19	20 Forks over Knives Part I	21	22
	23	24	25	26 Spice it Up!	27 Sports Nutrition: eat for energy!	28	29
	30	31					

Workshop details

Time: All weeknight classes start at 6:30pm and end at 9:30pm. Weekend classes start at 2:30pm and end at 5:30pm.

Inclusions: appetizer, supper, beverage, hand-outs and recipes. Plus facts, fun and friends! (Some exceptions apply)

Cost: The cost for each three-hour, hands-on class is \$45/person or \$75/couple + HST. If you sign up for 2 classes you receive 10% off both and if you sign up for 3 or more you get 15% of each class.*Some classes may cost more due to specialized ingredients.

Registration: By phone 613-558-7569, by email workshops@credible-edibles.ca, online at www.credible-edibles.ca/orderForm.php. Please register as spaces are limited to ensure the best possible experience for all participants.

Location: All classes take place **at Credible Edibles, 78 Hinton Avenue North**. There is limited on-street parking and a municipal lot at the corner of Hinton and Wellington (behind Royal Oak).

Descriptions: For full descriptions of workshops see reverse.

Instructors: Classes in **green** are taught by Judi Varga-Toth. Classes in light **purple** are taught by other qualified teachers.



Workshop Descriptions

Register online: www.credible-edibles.ca

All about Weed: Seaweed That is! Thursday September 15, 2011	Explore the wonderful world of weed: seaweed! Learn all about the nutritional benefits of sea vegetables. Plus how to prepare them into tasty, super healthy meals, including soups, snacks and salads. Everyone can benefit from the unique composition of these Canadian super foods. Join us to gain confidence in the kitchen.
Forks Over Knives: Transitioning to a Whole Foods, Plant-based Diet Monday September 19, 2011	Following the groundbreaking film <i>Forks over Knives</i> , this workshop covers the basics of moving towards a more whole food, plant-based diet to prevent and reverse diabetes, heart disease, cancer, osteoporosis and more. We will cover cooking with vegetables, fruit, grains, seeds, nuts and legumes. We will enjoy a full meal together and learn about the vital nutrients in plant-based foods that have been saving lives for decades.
Jams & Preserves 101 Thursday September 22, 2011	Ever wish you could take those gorgeous peaches or berries and turn them into a luscious jam? Or preserve them whole for heavenly winter eating? Come learn how with Asha Philar of Summer Savoury Preserves. You will get the chance to preserve some local fruit <i>and</i> make some jam and take some home of each!
Canning Tomatoes & Salsa Tuesday September 27, 2011	Those ripe, juicy, REAL tasting tomatoes are only here for a few months but if you learn to can them you'll be eating these local treats right through the winter. Join Asha Philar to can diced tomatoes for sauces, soups, pizza AND make your own salsa to jazz up any mealtime. You'll get to take some goodies home with you too!
Full of Beans: Why, What, How to Eat 'Em Wednesday September 28, 2011	Beans, beans, the magical meal! We all know the song but do you know beans (or legumes) are the world's most PERFECT food? They are high in protein, fibre and many minerals including calcium and iron. They are low in calories and have no cholesterol. Research suggests we should 1-2 servings a day. Besides chili, most of us don't know how to cook and eat them. This class will give you the confidence to make many different wonderful meals with beans. We'll cover appetizers, soups, salads, main dishes and desserts. Come and discover the magical world of beans!
Vegan Thanksgiving Thursday September 29, 2011	Delicious Stuffed Tofu Turkey with Holistic Nutritionist Deb Gleason. Add all the trimmings as well for this incredibly satisfying plant-based meal. Sage stuffing, garlic mashed potatoes with gravy, roasted seasonal vegetables and apple crisp with vanilla cashew cr�me.
Help! My Teen/Tween/Partner want to be vegetarian Saturday October 1, 2011	A cooking class for parents/partners and teens/tweens/partners who are learning how and why a vegetarian or vegan diet is a good and safe option. We will create a fantastic meal together while learning about the benefits of a vegetarian or vegan diet. We will also cover common pitfalls and how to ensure that the new diet provides all the essential nutrients necessary for optimal health. The emphasis is on preparing healthy lunches but the principles and recipes are easily adaptable to other meals as well.
Dolci Gluten-Free Thanksgiving Monday October 3, 2011	What an opportunity to learn with a pro! Join Joanna Zappia of Dolci bakeshop as she teaches you how to prepare classic Thanksgiving fare the gluten-free way. You will be making dinner rolls, potato appetizers, stuffing and pumpkin pie. Don't feel left out this year, be prepared. You will get to sample everything you make. Cost is \$60/person (no discounts at this time).
Sensational Soups Wednesday October 5, 2011	Here is your chance to learn how to make some of Credible Edibles most popular soups. On the menu for this class: creamy cauliflower and red pepper soup, curried coconut squash soup and Senegalese peanut soup. These soups have been in high demand in our cafe and many have asked for the recipes. You won't believe that something that tastes this good can be so good for you too!
Veggie Protein: Move over Meat! Thursday October 13, 2011	Join yoga teacher, runner and nutritionist Donna Davis (Elation Centre) and Holistic Nutritionist Deb Gleason (Wellness Warriors Coaching) for a hands-on cooking class focusing on getting protein into a vegetarian or vegan diet. Explore plant-based options to meet your protein needs as we cook a delicious whole foods meal together.
Chocolate for Breakfast & Anytime! Saturday October 15, 2011	Chocolate is good for you. But not all chocolate is created equal & how you prepare it makes all the difference. Find out why I serve chocolate for breakfast. High in iron, fibre, protein & anti-oxidants, the right type of chocolate, combined with the right ingredients, makes a very healthy breakfast. We will learn the benefits of chocolate & prepare a 3-course chocolate meal!
Spice it Up! Wednesday October 26, 2011	When trying to eat healthier foods many people worry about losing taste & variety, after all fat, sugar & salt make things taste good. The correct use of herbs & spices turns every dish into a mouthwatering, plate-licking experience. The use of herbs & spices is also important to good health they have been proven to be essential in preventing cancer, diabetes & more. Learn about cinnamon, turmeric, cumin, oregano, basil.
Eat for Energy! Thursday October 27, 2011	Join Donna & Deb for another stimulating class designed to help you eat for optimal energy. In this hands on cooking class discover plant-based foods that supply the muscles, cells and brain with optimum energy for sports and to meet the demands of our busy lives. Together we will cook a delicious and satisfying meal which will leave you energized as opposed to full and sluggish.