

## Garden Planning with Kate Tossey

Sunday, June 9 • 10:30am – 12pm  
GRuB

Garden planning is a year-round effort. This workshop will discuss integrated gardening principles; site choices; easy foods to grow; processing and preserving. Handouts will be provided.



## What Is Inflammation, Really? with Dr. Jennea Wood

Tuesday, July 9 • 7pm - 8:30pm  
Olympia Food Co-op Downtown  
Classroom

Come for a deeper look that goes beyond the buzzwords and examines what inflammation really is, what it means for your health, and what to do about it. This information is particularly pertinent for anyone struggling with heart disease, asthma, allergies, autoimmune disease, arthritis or cancer.



## Baby & Me Gentle Yoga with Fabiana Acosta

Sunday, July 14 • 10:30am – 12pm  
GRuB

This class is oriented on babies and their caretakers. We will focus on bonding with the baby through very basic yoga techniques (such as breath work, gentle movement, and singing mantras). The goal is to learn easy to remember tools to share with your little one on your own. It's best if babies are at least 2 months, and all the way up right before becoming toddlers. It will be an opportunity to relax, have fun and support each other! Please bring a Yoga mat or sheet for the floor.



## Edible Weeds

### with Kate Tossey

Sunday, July 14 • 1:00pm - 2:30pm  
GRuB

Edible Weeds will cover gathering and foraging; recipes, processing and preserving; responsible harvesting. Handouts will be provided.



## Farming with Fungi

### with Sami Kempf

Sunday, July 28 • 12pm – 2pm  
GRuB

This talk is an overview and exploration of a variety of ways that mushrooms can be incorporated into a sustainable farming practice. From benefiting soil structure, to increasing bloom production and supporting the health of your animals, fungi are your farms newest old friend.



## Hidden Roots of Allergies, Eczema, & Asthma

### with Dr. Jennea Wood

Thursday, August 1 • 7pm - 8:30pm  
Olympia Food Co-op Downtown  
Classroom

As we move toward allergy season, please join Dr. Jennea Wood to learn about the hidden root causes of these three related conditions.



## Growing with Fungi

### with Loni Jean Ronnebaum

Sunday, August 11 • 12pm – 2pm  
GRuB

The Olympia Food Co-op is proud to announce that Fungi Perfecti select mushroom starter kits, that were previously only available through mail order, are now available for purchase at our westside Garden Center. Join us for this informative presentation that will feature information on low-tech mushroom cultivation for home and garden, people and planet.



## Easy Rustic Fruit Tart with Martha Chubb

Sunday, August 11 • 1:30pm - 4:30pm  
GRuB

Learn how to make a delicious rustic fruit tart. I will demonstrate how to create a baked fruit tart with butter pastry and fruit filling. There will be a tart for you to sample. I will provide a recipe for you to take home.



## Healing Salves with Kate Tossey

Sunday, September 15 • 10am – 12pm  
GRuB

Join Kate to learn about making healing salves. Properties of herbs will be discussed, and samples will be provided. Please bring small jars if you can – two salves will be available to take home as samples. Handouts will be provided.



## Pie Making with Martha Chubb

Sunday, September 15 • 1:30pm - 4:30pm  
GRuB

You will learn how to make flakey and delicious pie crust with fruit filling. The recipes that I provide are for one double-crust pie, or two single-pie shells. If you like you can make a single pie shell that we can bake in the class, or you can take home to bake. If you plan on making a pie shell, bring a pie pan and rolling pin. I will have pie for you to sample.

## Call Out for Instructors:

The Co-op is doing a call out for more volunteer teachers for our Community Classes program.

Do you have teaching experience and knowledge and passion for kitchen skills, nutrition, herbalism, wellness, or sustainable living?

To receive an interest form, email  
[classes@olympiafood.coop](mailto:classes@olympiafood.coop)



### Class Locations

#### GRuB Farmhouse

2016 Elliott Ave NW  
Olympia, WA 98502

#### Olympia Food Co-op Downtown Classroom

610 Columbia St SW  
Olympia, WA 98501

#### Pre-registration is required for all Co-op classes

Register online 24 hours a day, 7 days a week at [www.olympiafood.coop](http://www.olympiafood.coop), or in person at either store 11am – 6pm.

Registration is no longer available over the phone. There is a \$7 non-refundable registration fee per class, per person unless otherwise noted.

### Olympia Food Co-op

3111 Pacific Ave SE, Olympia WA 98501  
921 Rogers St NW, Olympia WA 98502



[www.olympiafood.coop](http://www.olympiafood.coop)

# summer 2019 Classes

