



**FALL CLASS SCHEDULE  
AT MARY JANE'S COOKING SCHOOL**

**2018**

**VEGAN & VEGETARIAN CLASSES**

Learn the basics in vegan & vegetarian cooking and make wholesome, tasty main dishes and accompanying sauces and salads. The recipes will highlight the use of seasonal vegetables, legumes, grains, nuts and seeds. Gluten –free options are included. Dishes will utilize a variety of herbs, spices and vegan condiments. Participants take home the food they prepare.

**Location:** Mary Jane's Cooking School, 252 Arlington Street, just south of Portage Ave.

**To Register:** call Mary Jane's Cooking School: 204 775-2522 or email: [mjcookin@mymts.net](mailto:mjcookin@mymts.net).

**VEGAN & VEGETARIAN EVENING CLASSES**

**Dates:** Thursday September 27 and October 4, 11 and 18.

**Time:** 6:00 to 8:30 p.m.

**Cost:** \$180.00. Includes ingredients and supplies

**VEGAN & VEGETARIAN AFTERNOON CLASSES**

**Dates:** Tuesday October 16, 23 & 30 and November 6.

**Time:** 1:00 to 3:30 p.m.

**Cost:** \$180.00. Includes ingredients and supplies

## **COOKING CLASSES FOR KIDS**

In these classes children aged 8 - 12 years will learn to make wholesome kid -friendly dishes and snacks. Using whole foods children will learn about good food choices and how to make easy and tasty foods while having fun. Prepared foods will be eaten at the school and/or taken home.

**Dates:** Thursday Evenings November 15, 22 and 29 and December 6.

**Time:** 6:00 to 8:30 p.m.

**Cost:** \$180.00. Includes ingredients, supplies and refreshments

**Location:** Mary Jane's Cooking School, 252 Arlington Street **To Register:** call Mary Jane's Cooking School: 204 775-2522 or email: [mjcookin@mymts.net](mailto:mjcookin@mymts.net).

## **WORKSHOPS**

### **INDIAN COOKING WITH NANDITA SELVANATHAN**

In this workshop participants will become familiar with the spices and dishes of India while they prepare a delicious vegan Indian meal of Lentils with Spinach, and Potatoes with Peas Curry and Roti for a sit down dinner.

**Date:** Saturday, November 3.

**Time:** 1 - 4:00 p.m.

**Cost:** \$45:00

**Location:** Mary Jane's Cooking School, 252 Arlington Street.

**To Register:** call Mary Jane's Cooking School: 204 775-2522 or Email: [mjcookin@mymts.net](mailto:mjcookin@mymts.net).

### **SAUERKRAUT SATURDAY**

In this workshop participants will learn the basics of vegetable fermentation and the health benefits of micro-organisms found in sauerkraut while making a variety of krauts using organic red and green cabbages and other vegetables along with flavoring ingredients. Participants will take home at least two types of kraut to enjoy later in the season.

**Date:** Saturday October 27

**Time:** 1- 5:00 p.m.

**Cost:** \$50.00.

**To Register:** call Mary Jane's Cooking School: 204 775-2522 or email: [mjcookin@mymts.net](mailto:mjcookin@mymts.net).

### **MUFFINS AND LOAVES**

Using organic ingredients participants will make flavorful loaves and muffins that incorporates seasonal ingredients, such as pumpkin, squashes and zucchinis. Vegan options are offered.

**Date:** Saturday December 8

**Time:** 1- 4:00 p.m.

**Cost:** \$50.00.

**To Register:** call Mary Jane's Cooking School: 204 775-2522 or email: [mjcookin@mymts.net](mailto:mjcookin@mymts.net).