



SUMMER CLASS SCHEDULE AT MARY JANE'S COOKING SCHOOL

2018

VEGAN & VEGETARIAN EVENING 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 legumes, grains nuts and seed and seasonal vegetables. Gluten –free options are included. Dishes will utilize a variety of herbs, spices and vegan condiments. Participants take home the food they prepare.

Dates: Thursday June 14, 21 & 28 & July 5.

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

Cost: \$180.00. Includes ingredients and supplies

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.

COOKING CLASSES FOR KIDS

In these summer holiday 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 Afternoons July 12, 19 & 26.

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

Cost: \$135.00 for 3 classes Includes ingredients, supplies and refreshments

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.

WORKSHOPS

CULTIVATING AND COOKING MUSHROOMS

Join ecologist and mushroom growing enthusiast Tom Nagy as he introduces you to some of the basic techniques that you can use to cultivate delicious oyster mushrooms in your own backyard. Come and discover just how productive and rewarding mushroom growing can be followed by a cooking demonstration where some fresh, locally grown oyster mushrooms will be prepared for you following the program.

Date: Tuesday evening June 19.

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

Cost: \$ 50.00. **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.

BAKE A CAKE AND ICE IT TOO

Participants will learn the basics of making several styles of cakes using natural and organic ingredients and simple icings.

Workshop 1: Participants will make a Traditional Butter Cake and a Strawberry Shortcake using the One Bowl Cake Method. **Workshop 2:** Cakes leavened by egg white foam. We will make a chiffon cake or a Rolled Sponge Cake

Date: Workshop 1 Saturday July 7. **Time:** 1:00 – 4:00 p.m.

Date: Workshop 2 Saturday July 14. **Time:** 1:00 – 4:00 p.m.

Cost: \$50.00/workshop. Includes all ingredients and supplies

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.

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