



# DECEMBER CLASSES & EVENTS

## CLASSES

GreenStar strives to contribute to our community's well-being through the classes we offer.



### Warming Winter Fare

Tuesday, Dec. 4, 6 – 7:30 pm  
with Priscilla Timberlake

\$15 for GreenStar owners,  
\$20 for non-owners

Learn how to make a balanced gluten-free, plant-based delicious meal to keep you warm in the winter months. A festive meal is included in this event, and you'll walk away with recipes to try on your own. Join Priscilla Timberlake, coauthor of THE GREAT LIFE COOKBOOK, whole foods cook, wellness instructor at Cornell, and mother of four. All class attendees will receive a free copy of The Great Life Cookbook!



### Homemade Balms and Bath Fizzies

Wednesday, Dec. 5, 7 – 8:30 pm  
with Lesli Sagan of Avital's Apiaries

What could be nicer for the gift-giving holiday season than handmade skin-care products customized with your choice of natural ingredients? In this class, Lesli Sagan of Avital's Apiaries will teach you how to make beeswax balms. She'll also provide everything you need to make your own bath fizzies to take home.



### Five Hot and Healthy Drinks

Wednesday, Dec. 12, 7 – 8:15 pm  
with Barbara Perrone

\$5 for GreenStar owners,  
\$7 for non-owners

Expose yourself to lovely and healthful hot beverages that are perfect for your holiday party or just to keep you warm and cozy this winter. Come taste some super-charged hot cocoa, turmeric latte golden milk, healing ginger licorice tea, warmed and spiced coconut-almond milk, and hot apple cider. Instructor Barbara Perrone will share recipes and samples.

Classes are held in The Classrooms @ GreenStar, located at 702 W. Buffalo Street.

#### HOW TO SIGN UP FOR A CLASS:

Online at [www.greenstar.coop/classes/](http://www.greenstar.coop/classes/), in person at our West End store's Customer Service Desk, or by phone (607-273-9392). *Pre-registration required. Class size is limited.*



#### COOKING & FOOD

Learn about nutrition and how to use fresh, local ingredients



#### ENVIRONMENT

Classes focused on our natural environment and the sustainability movement



#### HEALTH & WELLNESS

Get the knowledge to help you feel your best from a local expert



# UPCOMING EVENTS



## Tasting: Farmer Street Pantry

Saturday, Dec. 1, noon - 3pm in the West End Foyer

Try a holiday favorite – mincemeat. This one's meat-free and made with New York State-grown fruit.

## Tasting: Latkes with Lori

Tuesday, Dec. 4, noon - 1:30 pm in the West End Foyer

Always wanted to make latkes for Hanukkah but didn't know how? See how simple it can be with chef Lori.



## Cider Tasting: South Hill Cider

Thursday, Dec. 6, 4 - 6 pm in the West End Foyer

Join Steve from South Hill Cider to taste several varieties of this local cider.



## Meet the Farmer: Remembrance Farm

Saturday, Dec. 8, 11:30 am - 2 pm in the West End Foyer

Local produce abounds even in December! Remembrance Farm, in Trumansburg, supplies us with vegetables throughout the winter. Come taste something made from their winter bounty.

## Tasting: Vegan Candies with Theresa Joseph

Tuesday, Dec. 11, 12 - 1:30 pm in the West End Foyer

Theresa Joseph will be sharing her recipes for vegan candies to wow your friends this holiday season.



## Meet the Farmer: Food and Ferments

Thursday, Dec. 13, 4-6 pm in the West End Foyer

Carly and her farm team are the makers of naturally fermented sauerkrauts, kimchi, beet kvass & more just a few miles away in Truxton.

## DIY Gifts with Debbie

Saturday, Dec. 15, 4 - 5:30 pm in the West End Foyer

Join Debbie in making a few simple gifts using bulk ingredients available in the store: herbs, essential oils, and more.

## Tasting: Mini Cheese Balls with Debbie

Thursday, Dec. 20, 4 - 5:30 pm in the West End Foyer

Looking for a last-minute food wow? Try making bite-sized cheese balls. Debbie will show you how.



## Tasting: Oak and Crow Coffee

Saturday, Dec. 22, 11 am - 1 pm in the West End Foyer

This local vendor roasts in small batches in Newfield. Roaster Jacob will be here to offer samples of their blends.