



CO-OP CLASSES & EVENTS

CLASSES

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



Preparing for the 2019 Lyme Disease Season

Wednesday, Jan. 9, 7 – 8:15 pm

with Becca Harber, community herbalist

This class is free

Take your time this winter to be better prepared for when deer ticks come out in force later on. Topics include making a tick-removal kit and insect repellent against ticks; what clothes to best wear outdoors; basics on minimizing getting bitten and what to do when it does happens; tips for identifying Lyme Disease; and informative reading. Becca Harber, who's had Lyme disease herself twice, has read widely and offers practical information through public speaking about Lyme Disease. A community herbalist for more than 30 years, she's available to take individuals, families, and other groups on wild edible and/or medicinal plant walks.



Soups and Stews

Wednesday, Jan. 16, 7 – 8:30 pm

with Anita Devine

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

On a cold winter day, there's something wonderful about a bowl of warm soup or hearty stew. Soup, in its most nourishing form, relaxes the digestive system, allowing us to better receive the full value of the meal. This class will focus on soups with vegetable, grain, bean, or soy-based stocks. Anita Devine, a professional chef practicing macrobiotics for 30 years, will provide samples of these soups and recipes.



Indian Vegetarian Food

Wednesday, Jan. 23, 6 – 7:30 pm

with Amita Verma

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

Amita Verma will show you how to make healthy, simple, Indian vegetarian food that can be cooked in an hour or less. Come sample a meal that includes vegetables, lentils, rice, and all those anti-inflammatory Indian spices (cumin, coriander, turmeric) that you've heard about. Amita's goal is to demystify Indian cooking and make it accessible to folks who might want to make it a part of their home cooking but could get intimidated by the number of spices and the apparent complexity. This type of everyday, healthy, and simple Indian food is not available at local restaurants.



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



Finding Calm and Improving Sleep

Thursday, Jan. 31, 7 – 8:30 pm

with Amanda Lewis, licensed acupuncturist

This class is free

It can be hard these days to slow down and quiet the body and mind. Many people often feel stressed or anxious, and have trouble falling or staying asleep. While we may not be able to change our job or basic daily responsibilities, we can modify our food choices, use medicinal herbs, adjust our routines, and practice simple meditation and breathing techniques to feel more relaxed and get better sleep. Licensed acupuncturist and herbalist Amanda Lewis will discuss some of these natural treatment options and offer some calming tea samples as well!



Plant Based Eating for Busy People

Wednesday, February 6, 6:30 - 8 pm

with Emma Smith and Fernanda Nunes

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

This class will supply students and other people short on time and equipment with some simple and healthy meal ideas. Cornell students Emma Smith and Fernanda Nunes will discuss meal prep, useful tools, and nutrition tips and demonstrate recipes for a simple breakfast, lunch, dinner, and snack, which you will get to sample!

UPCOMING EVENTS

Tasting: Soup's On with Theresa Joseph

Tuesday, Jan. 15, noon - 1:30 pm in the West End Store Foyer

Theresa Joseph will be sharing a warm winter soup recipe featuring sea vegetables. Stop by to try some!

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HEAD + HEAL Meet the Maker: Head + Heal CBD Demo

Saturday, Jan. 19, 11 am - 2 pm in the West End Store Wellness Dept.

Learn about this local, organically grown, high-quality CBD oil made from hemp grown in Cortland.

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Tasting: Quick & Easy Restaurant-Style Salsa

Thursday, Jan. 31, 4 - 6 pm in the West End Store Foyer

Wow your guests with this delicious game day essential — Debbie will show you how easy it is to whip up this salsa minutes before kickoff.

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/, in person at our West End store's Customer Service Desk, or by phone (607-273-9392). *Pre-registration required. Class size is limited.*