



CO-OP CLASSES & EVENTS

CLASSES

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



Self Care for Chronic Shoulder Pain

Wednesday, April 3, 7 - 8:15 pm

with Gabriel Hoff, licensed massage therapist

This class is free

Chronic shoulder pain and frozen shoulder (adhesive capsulitis) can be helped with self-care. Gabriel Hoff will demonstrate and talk about various options, including stretches, self-massage, acupuncture, hydrotherapy, and useful products. He practices medical massage, shiatsu, and biodynamic craniosacral work in Ithaca, and taught massage therapy at the Finger Lakes School of Massage for 4½ years.



The Magic of Sea Vegetables

Wednesday, April 10, 6:30 - 8 pm

with Lewis and Priscilla Timberlake Freeman

\$15 for GreenStar owners,

\$20 for non-owners,

Asian countries have used sea vegetables for thousands of years, whereas Western cultures are only recently waking up to their wonders. Sea plants contain more than ten times the minerals of land plants, are high in vitamins, and happen to be nature's richest source of iodine. Our bodies love them! Come learn how to prepare these gems of the sea with Lewis and Priscilla Timberlake Freeman. You'll have the opportunity to taste various sea vegetables woven into delicious dishes.



Meet the Author: Talk & Book Signing

Tuesday, April 16, 4 - 5 pm

with Jon Steinman, author and host of *Deconstructing Dinner*

This class is free

Jon Steinman's new book, **GROCERY STORY: THE PROMISE OF FOOD CO-OPS IN THE AGE OF GROCERY GIANTS**, is set for publication this spring. You can participate in the book's launch by attending this talk. The book's content is highly relevant to local food makers and to those interested in community economic and cooperative development. Jon Steinman was the host and producer of the internationally syndicated TV/web series, radio show, and podcast "**Deconstructing Dinner: Reconstructing Our Food System**" and he is sought out by organizations across the country to share his extensive experience in the reconstructing of our local food systems.

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.



Crash Course in Oil-Free Cooking!

Wednesday, April 17, 6:30 - 8 pm
with Emma Smith & Fernanda Nunes, students
studying nutrition at Cornell

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

This class will supply those interested in the health benefits of cooking without oil with some simple and healthy meal ideas as well as tips and tricks on how to use less oil! Emma Smith and Fernanda Nunes, students studying nutrition at Cornell, will discuss the benefits of cooking without oil and how to do so without compromising taste, and they'll demonstrate two oil-free meals and a dessert. Samples included!



Japanese Cooking

Wednesday, April 24, 7 - 8:30 pm
with Chef Yuko Jingu, owner of Akemi Food

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

Learn how to cook some traditional and contemporary Japanese dishes with Chef Yuko Jingu, owner of Akemi Food. She will show you how to make a healthy, simple vegetarian meal that includes miso soup with lots of seasonal vegetables, temari sushi, and soba noodle salad. Samples and recipes provided.

UPCOMING EVENTS



YOUR VOICE, YOUR VOTE, YOUR CO-OP!

Cast your vote in the member referendum and elect your Co-op's Board of Directors (Council)

VOTING TAKES PLACE APRIL 1 - 30



SPRING MEMBER-OWNER FORUM

Thursday, April 11, 6:30 - 8:30 pm in The Classrooms
Council Candidate Q&A and Member Referendum Discussion



ANNUAL SPRING MEMBER-OWNER MEETING

Thursday, April 25, 5:30 - 8:30 pm in The Space
Enjoy a meal with fellow Co-op owners, hear about the state of the Co-op, get expansion updates, meet the Council candidates, and learn more about the referendum



COOKING & FOOD



ENVIRONMENT



HEALTH & WELLNESS