



JUNE CLASSES & EVENTS

CLASSES

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



Making Non-Dairy Yogurt

Wednesday June 12, 7 - 8:30 pm

with with Theresa Joseph

\$5 for GreenStar owners,

\$7 for non-owners,

Summer is a great time to enjoy a cool, creamy probiotic-rich bowl of yogurt with your favorite fruit and nut topping. Homemade non-dairy yogurt is tastier and has fewer ingredients than commercial varieties. It can also be tailored to personal dietary preferences. Come to this class to learn how easy it is to make yogurt using various non-dairy milks, such as soy, coconut, almond, cashew, and hemp. Recipes to use and serve yogurt will be provided, and samples will be served with lovely toppings. Instructor Theresa Joseph, a macrobiotic cook, owns J.O.G. for Health Farm.



Regaining Adrenal Health

Wednesday, June 19, 7 - 8:15 pm

with Sophie Alexander, owner of and lead practitioner at the Nutritional Wellness Center of Ithaca

This class is free

Are you burning the candle at both ends? Feeling tired and overwhelmed? Come learn how to take care of your adrenal glands with Sophie Alexander, owner of and lead practitioner at the Nutritional Wellness Center of Ithaca. You'll be able to sample and get the recipe for an easy homemade energy bar.



Paleo, Intermittent Fasting, and Ketogenic: What Diet Is Best?

Wednesday, June 26, 7 - 8:15 pm

with Elizabeth Gunner, Cornell University Dietetics graduate

This class is free

Currently, in nutrition, social media is overly saturated with misleading and even false information about food and diets. In this class, Elizabeth Gunner, Cornell University Dietetics graduate, will strive to clear the confusion around the question of what diet is best. In presenting facts on controversial trending diets, her aim is to mitigate the harmful effects that social media may be having and to educate members of the local community so that they can live better, healthier lives. This presentation will address paleo, intermittent fasting, and ketogenic diets. ***(The instructor for this class will appear via a live video feed.)***

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.*



COOKING & FOOD



ENVIRONMENT



HEALTH & WELLNESS

UPCOMING EVENTS

OWNER APPRECIATION DAYS



Special Owner Deals,
samples, demos, and more!
All 3 locations!

JUNE ^{THURS} 6 & ^{FRI} 7

CO-OP OWNERS SAVE:

\$2 OFF \$20
\$5 OFF \$50
\$10 OFF \$100

ON ANY PURCHASE JUNE 6 OR 7

SIGN UP FOR COMMUNITY SOLAR

Tuesday, June 4, 2 - 6 pm in the West End Foyer

Monday, June 10, 11 am - 1 pm in the West End Foyer

Wednesday, June 26, 1 - 5 pm in the West End Foyer



In partnership with Delaware River Solar (DRS), we are offering community solar as a new benefit for our Co-op owners. Stop by the West End foyer to meet with a representative from DRS to sign up for solar power, get more information, or have your questions answered. You'll need your NYSEG account number (or a bill) to sign up for community solar. Learn more at: www.greenstar.coop/growingsolar

TASTING: FRESH AND SEASONAL

Tuesday, June 25, noon - 1:30 pm in the West End Foyer

Join local chef Theresa Joseph for a taste of a simple-to-prepare dish made with the best of June's fresh produce.

