



# MAY CLASSES & EVENTS

## CLASSES

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



### Italian-American Comfort Classics

Wednesday, May 8, 7 - 8:30 pm  
with Elisa Burgos

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

Dive into indulgent, flavorful whole-foods, plant-based dishes with an Italian-American spin. Learn how to make a savory spinach lasagna, homemade vegan mozzarella-style cheese, and a creamy roasted red pepper dressing with a healthy secret ingredient! Samples and recipes provided. Elisa Burgos has been joyfully teaching vegan cooking classes for more than 15 years. Her focus is on easy, tasty, and comforting dishes that fit right into your weekly routine.



### One-Dish Vegetarian Meals, Indian-Style

Wednesday, May 15, 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, one-dish Indian vegetarian meals that can be cooked in an hour or less. We will make two dishes together, each full of veggies, protein, and healthy grains, requiring very little prep or clean up. Add a simple green salad or yogurt (or both!) for texture and coolness, plus a few Indian spices. Learn to cook everyday Indian food that can become your go-to staple when you're in a pinch!



### Restoring Digestive Health

Thursday, May 23, 7 - 8:30 pm

with Amanda Lewis, acupuncturist and herbalist

This class is free

Join local acupuncturist and herbalist Amanda Lewis for a lively presentation on remedies (including food, herbs, and supplements) for common digestive issues such as indigestion, gas and bloating, acid reflux (GERD), constipation, diarrhea, and IBS. This class will include tea and food samples.



### The ABC's of Pesticides

Wednesday, May 29, 7 - 8:15 pm

with John Fournier, of Acadia Regulatory Consulting in Ithaca

This class is free

What pesticides are safe to use in your home, garden, and yard? Which should you avoid? When and where can natural solutions do the job? John Fournier, of Acadia Regulatory Consulting in Ithaca, knows his way around biopesticides, as his job includes registering them with the EPA. In addition to explaining the how and why of EPA regulations of such products, he'll cover several helpful topics: labels, modes of action, efficacy, and even the unfolding lawsuits against Roundup. He will also offer natural alternatives to ant, tick, and termite control.



COOKING & FOOD



ENVIRONMENT



HEALTH & WELLNESS

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.*

# UPCOMING EVENTS



## EARTH DAY GARDEN WORK PARTY

**Saturday, May 4, 1 - 3 pm @ the Esty St. Garden**

Help GreenStar Community Projects prepare the Esty Street garden for the coming season of youth programming and learn how to build compost bins. No gardening experience required & snacks will be provided! Email [GSCP@greenstar.coop](mailto:GSCP@greenstar.coop) to RSVP for the event. The Esty St. Garden is located at the corner of 409 N. Meadow St. (Rt. 13, next to CFCU).

**Dancing  
Turtle  
Sprouts**

## MEET THE FARMER: DANCING TURTLE SPROUTS

**Saturday, May 11, 11 am - 2 pm @ the West End store**

Dancing Turtle Sprouts is a local company specializing in sprouts & microgreens. Meet Ellen, the head sproutmaster and sample some of sprouts they grow.



## MOTHER'S DAY IN THE GARDEN *a free family event!*

**Saturday, May 11, 10 am - noon @ the Esty St. Garden**

Join GSCP at the Esty St. Garden for a Mother's Day event. Plant strawberries & enjoy time in the garden. Healthy snacks provided and free strawberry plants available to take home!

**\$5  
CO+OP  
COMMUNITY  
DINNER**

## \$5 CO-OP COMMUNITY DINNER

**Wednesday, May 15, 5 - 7 pm in The Space**

Join us for our first \$5 Dinner! We're serving pasta and sauce (alfredo, marinara, and meat sauce) with a garden salad. Gluten-free pasta available upon request. Pay at the door, eat-in or take out, seating limited.



## BIKE TO WORK & SCHOOL DAY

**Friday, May 17, 6:30 - 10 am on the Waterfront Trail near Puddledockers**

GreenStar will be hosting a breakfast station — stop by and grab snacks and coffee. We'll be set up along the Waterfront Trail by Puddledockers.



## *Save the Date!* OWNER APPRECIATION DAYS

**June 6 & 7 - All Day / All 3 Stores!**

We've arranged special deals just for Co-op Owners! Come in and enjoy samples, giveaways, raffles, demos, and more!