



What's Growing in your neighborhood?

Healthy Produce. Healthy People. Healthy Connections.

Education Class Descriptions

Broadway Farmers' Market

The Broadway Farmers' Market is sponsoring a free cooking class series for Broadway-Slavic Village residents. Participants are able to sign up for one of three series – one in July, one in August, and one in September. Each series consists of three Thursday evening classes held at the Polish Roman Catholic Union of America's industrial kitchen in the neighborhood. Class members will learn to cook three meals, led by market manager Emelio DiSabato and local resident Selonica Payne, comprised mainly of ingredients that can be found at local farmers' markets. Class participants will also receive a free cutting board and set of measuring spoons at the end of the program. The series classes will be informal and more of a social gathering, rather than a highly-structured curriculum based program. No existing cooking skills required! Come and make friends and learn about preparing healthy, vegetable-based meals for you and your family!

Class dates:

Series one: July 7, 21 and 28

Series two: August 4, 11 and 18

Series three: August 25, September 1 and 8

Classes begin at 5:30pm. Participants must live in the North or South Broadway neighborhoods of Slavic Village. To sign up, please contact Emelio DiSabato at 216-429-1182 x119 or market.on.broadway@gmail.com. Information can also be found online at slavicvillage.org/farmersmarket

Coit Road Farmers' Market

The Coit Road Farmers' Market is sponsoring free cooking classes for Cleveland, East Cleveland and Heights area residents. Each class includes a hands-on experience preparing and eating a nutritious meal with fresh vegetables from the Coit Market. Participants will learn about washing, cutting, cooking, nutrition content, cost and purchasing the ingredients. There is no charge and all ages are welcome, but registration is required by calling [440-376-9448](tel:440-376-9448) or emailing commlaser@gmail.com.

Class dates:

Evening classes will be at St. Mary Parish in Collinwood at 6:00pm on Wednesdays, June 29 and July 27. Weekday classes will be noon at the Coit Road Farmers' Market on Wednesdays, June 22, July 13 and July 27. To check the schedule and for additional classes, join the Coit Market group by e-mailing coitmarket-subscribe@yahoogroups.com or view events under "The Coit Rd Farmers Market" facebook page.

Downtown Cleveland Farmers' Market

Downtown Farmers Market at Public Square will host a monthly cooking class at Old Stone Church. The cooking series entitled Cleveland Cooks will provide hands-on demonstrations from local chefs to area residents. A cooking instructor will lead the classes, which will feature monthly special guest appearances by "All Star Chefs" from nearby restaurants. Classes will include a guided market tour, hands-on instruction in meal preparation and tips on how to grow produce easily at home. Classes will be free and open to the public but will target Downtown residents and employees.

Cleveland Cooks aims to strengthen the Downtown neighborhood by providing more residents with access to fresh, healthy food.

Downtown Farmers Market takes place across from Old Stone Church at Public Square every Friday from 11:00am to 2:00pm.

Class dates:

Friday, July 29, 2011

Friday, August 26, 2011 (WIC coupons will also be distributed on this date)

Friday, September 30, 2011

Friday, October 28, 2011

*Additional class times will be available on July 1, 2011.

To sign up, please contact Ashley Shaw at (216) 344-3937 or downtownclevelandmarket@gmail.com. For more information, please visit [facebook.com/downtownclevelandmarket](https://www.facebook.com/downtownclevelandmarket).

Gordon Square Farmers' Market

The Gordon Square Farmers' Market is sponsoring a free cooking class series for Detroit-Shoreway residents. Participants are able to sign up for one of three series – two in July and one in August. Each session consists of three Tuesday evening classes held at the Bethany Presbyterian church kitchen and Saturday classes at the market. Class members will learn to cook three meals comprised mainly of ingredients that can be found at local farmers' markets. Class participants will also receive a free cutting board and set of measuring spoons at the end of the program. The classes are designed for people interested in learning how to cook healthy, vegetable-based meals for themselves and their families.

Class dates:

Series one: Saturdays July 16, 23 and 30

Series two: Tuesdays July 5, 12 and 19

Series three: Tuesdays, August 2, 9 and 16

Classes begin at 6pm. Participants must live in the Detroit-Shoreway/Gordon Square neighborhood. To sign up, please contact Josh Klein at 216-233-8300 or gordonsquaremarket@gmail.com. Information can also be found online at www.gordonsquaremarket.org.

Kamm's Corners Farmers' Market

No Cook Fresh Prep Produce Demonstration

1:00: 2nd Sunday of each month July-October: Kamm's Corners Farmers Market
Arabelle Romeo: *Acenda Yoga, Raw Balance, & Mindful Living*. Demo is free.

Plus, sign up for a Market Tour by NEO Food Tours. Kick off with a mimosa at AMP150 at 12 noon then shuttle over to the Kamm's Corners Farmers Market for Growhio's 'No Cook Fresh Prep Produce Demo' with Arabelle Romeo of Acenda. Enjoy a wagon tour of Kamm's Corners with Yester Year Horse & Carriage featuring a Narrative by West Park Historical Society and explore the vibrant new streetscape visiting the neighborhood's favorite restaurants and pubs on foot. Contact kcfarmersmarket@gmail.com for tour info.

Choose 'My Plate' Demonstration

12:30: 4th Sunday of each month July-September: Kamm's Corners Farmers Market
Sous Chef Chris: Three Birds
Fairview Hospital Wellness Center: Ask the Dietitian + FREE 'Choose My Plate' message boards!

Great meal ideas demonstrating how to make half your plate fruits and vegetables! A Fairview Hospital Dietitian will be available to answer your nutrition questions and Three Birds' Sous Chef Chris Crist will show you how to 'Choose My Plate', the Federal Government's new recommended food guide. Contact kcfarmersmarket@gmail.com for more info.

Lakewood Farmers' Market

The Lakewood Farmers' Market will be hosting a variety of health and wellness programs this summer. Kicking off June 25th this season will have cooking demonstrations and education seminars by Gatherings Kitchen, Robek's Smoothie, Great Lakes Natural Medicine, wellness coaches, chefs and more!

Tremont Farmers' Market

The Tremont Farmers' Market will be also be hosting a variety of health and local food education programs this summer. Stay tuned for details and schedule, which will be available after July 4th.

Visible Voice/Tremont Farmers Market Tour

Growhio Wine Tasting Fundraisers from 6:00-8:00 on the Tuesdays this summer (dates to be determined). Featuring:

7:00: **No Cook Fresh Prep Produce Demonstration** by Arabelle Romeo: *Acenda Yoga, Raw Balance, & Mindful Living*. Demo is free.

7:30: **Growhio Video Screening**. Screening is free.

Plus, sign up for a Market Tour by NEO Food Tours. Kick off with a wine tasting to benefit Growhio at Visible Voice at 6pm then walk over to the Tremont Farmers Market in Lincoln Park, returning to Visible Voice at 7pm for Growhio's "No Cook Fresh Prep Produce Demonstration: with Arabelle Romeo of Acenda, followed by a screening of the Growhio's "What's Growing in Your Neighborhood?" video and culminating with a sampling from Historic Tremont's fabulous restaurants. Contact visiblevoicebooks@gmail.com for tour info.

Visit your local
farmers' market:



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