

Simple Ways with Local Food

This series of cooking demonstrations will take students through the growing season and focus on simple yet valuable techniques for cooking and preserving local food. With an emphasis on minimizing food waste and maximizing your food dollar, you will learn new skills you can take home to practice, perfect, and make your own. Bring a friend and relax while you learn something new. Lots of tips, recipes and handouts will be provided in each class.

Class Locations:

After selecting the class(es) you'd like to take, please register with the location where the class(es) will be held.



www.urbanecologycenter.org

1500 E. Park Place, Milwaukee, WI 53211

414-964-8505

Register in person, by phone or online (under Programs & Events > Calendar)



www.tinygreentrees.com

717 S. 37th Street, Milwaukee, WI 53215
(just down the street from the Menomonee Valley Urban Ecology Center)

414-645-9929

To register, email Lori at info@tinygreentrees.com.

2014 Cooking and Food Preservation classes

Simple Ways with Local Food

Local Tips
Frozen Treats
Veggie Burgers
Drying
Recipes
Garden
Pie Crusts
Gluten Free
Budget
Simple
Handouts
Pestos
Herbs
Smoothies
Pickles
Flavored Oils
Quick
Jams
Knife Skills

Our Instructor

Annie Wegner LeFort, Culinary Professional and Master Food Preserver, has been teaching food preservation and cooking classes around the metro Milwaukee area for over 10 years. She tends an urban vegetable garden and loves to explore the city learning about people, food, and history. Visit her blog at: leforthomestead.blogspot.com.

Monday Evening Classes at the Urban Ecology Center in Riverside Park

Each class meets 7-8 PM, \$15 for members / \$20 non-members . Please pay in advance to secure your spot in class.

April 21

Homemade Veggie Burgers



Even the dedicated meat eater will enjoy making homemade veggie burgers. Break out of the frozen burger box and learn to create your own nutritionally pumped burgers using vegetables, legumes, and nuts. This demonstration will provide ideas and techniques for flavor pairing, preparation, cooking and freezing as well as using leftover ingredients to handcraft your own healthier patties and save money in the process.

May 19

Introduction to Safe Food Preservation

This class will explain the benefits and challenges of various food preservation techniques with an emphasis on hot-water-bath canning. There will be a discussion and demonstration of canning tomato products, jams/jellies, and pickles.



June 16

Freezer Jams & Jellies

Not enough time or space to process and store your preserves long-term? Learn how to turn the first fruits of the season into simple freezer jams and jellies. In this demonstration, participants will see how easy it can be to put up spring and early summer fruits using sugar and other sweeteners. Discussion will also include ideas for how to use these homemade products in new ways.

August 18

Frozen Summer Treats



Hot summer days are here again and it's time to cool off with a homemade treat. Learn how to make unique flavors of popsicles using fresh fruits (and vegetables!) In this demonstration we'll discuss flavor-pairing, adding supplements, and choosing the best popsicle mold. There will be recipes including tips for making ice cream, sorbet, and ice cream sandwiches.

September 15

No Herbs Left Behind



In the height of the season homegrown herbs can be so prolific that it's overwhelming to think about using them all. In this demonstration you'll learn ways to get more out of your herb garden or herbs from the farmers' market or your CSA box. We'll discuss using them fresh as well as drying, freezing, and preserving them in oil or pestos.

Wednesday Evening Classes at the Tiny Green Trees Children's Center

Each class meets 7-8 PM, \$15 for enrolled families / \$20 for non-enrolled families. Please pay in advance to secure your spot in class.

April 9

Basic Culinary Knife Skills



If the thought of slicing and dicing all those raw ingredients prevents you from cooking from scratch, come and learn how to "sharpen" your basic knife skills. In this demonstration you'll see how to sharpen a knife and perform several basic cutting techniques, and discuss the selection and care of knives for food preparation. With a little practice you'll gain the speed required to put more fresh fruits and vegetables into your meals.

June 4

Homemade Veggie Burgers



Even the dedicated meat eater will enjoy making homemade veggie burgers. Break out of the frozen burger box and learn to create your own nutritionally pumped burgers using vegetables, legumes, and nuts. This demonstration will provide ideas and techniques for flavor pairing, preparation, cooking and freezing as well as using leftover ingredients to handcraft your own healthier patties and save money in the process.

October 13

Pie Crusts



There's no one right way to make a pie crust although there may be an easier way. In this demonstration you will learn how to make a basic pie crust (by hand or with a food processor), a sugar crust for a fruit tart, a rustic crust for a sweet or savory galette, and a gluten-free crust. Recipes will include seasonal ideas for how to fill your pies as well as techniques for freezing dough and crusts. Just in time for making your holiday menu plans!

August 13

Quick Pickles



Preserving summer's bounty doesn't have to mean standing over a hot kettle preparing huge batches of pickles on the hottest summer days. If you have a little extra room in your refrigerator there are plenty of ways to prepare small batches of quick pickles even if you have just a couple handfuls of vegetables from your garden or CSA box. In this demonstration we will discuss techniques for safely canning refrigerator pickles beyond just cucumbers.

October 15

Gleaning from Your Garden and Beyond



Do you ever wonder if you're getting the most out of your vegetable garden or the farmers' market? If you're really trying to save money and minimize food waste you may feel challenged to get as much as possible from the harvest. In this demonstration, we'll discuss ways to pick, cook, eat, and preserve even more than you thought you could through quick pickles and pestos, homemade "smoothie supplements," drying, and more.