



COOKING & LIFESTYLE SCHOOL

5050 Edgewood Road • Cedar Rapids, IA

Registration required for all classes. Call Customer Service @ 319-378-0762 to reserve a seat.



Sensational Sides

Wednesday, October 4. 6 to 7pm. Tired of the same old side dishes? Join your Hy-Vee Dietitian as she shows you how to prepare Cranberry Twice-Baked Potatoes, Parmesan-Seasoned Carrots and Blushing Cauliflower. You get to taste the results! \$10.

Toasted Head Wine Tasting

Thursday, October 5. 6:30 to 8:30pm. Share some time with Matt Murphy from Centerra Wine Group and taste some great wine selections from Toasted Head and Three Blind Moose. \$7.50.

Sushi 101

Saturday, October 7. 10am to Noon. Impress your friends and family with a beautiful tray of sushi or have a sushi party. \$20. Class limited to 10.

Change of Season: Eating Fall Produce

Tuesday, October 10. 6 to 7pm. Do you find it difficult to find great recipes for using in-season produce this time of year? \$10.

Pruning 101 with Denise Fouts

Wednesday, October 11. 6:30 to 7:30pm. Want to know why woody plants fail to bloom? Learn the factors that contribute to a shrub's failure to bloom. FREE

Cooking Fish 101

Saturday, October 14. 10 to 11am. Want to start eating more fish for the health of it? Christy Lavigne, Hy-Vee dietitian, wants to help you get started cooking your own fish! \$10.

Baby Food Basics (8 Months & Up)

Sunday, October 15. 2 to 3pm. Spice it up with fun and simple recipes for baby using foods you have planned for meals for the rest of the family. \$5.

Dessert & Port Wines

Monday, October 16. 6:30 to 8pm. If you have never experienced the luscious, full flavor of a sweet dessert wine or one of the many varieties of port wine, here is a chance to learn what makes them prized by wine connoisseurs. \$ 7.50.

Italian Cuisine with Aaron Valdez

Tuesday, October 17. 6:30 TO 8:30pm. Join Aaron as he prepares a wonderful selection of Italian recipes. Food to be paired with appropriate wines. \$20.



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Behind the Beans:

Berres Brothers Coffee Tasting

Wednesday, October 18. 6 to 7pm. The Berres Brothers “Bean Team” is very excited to share their bean knowledge with you. Come in and taste their wonderful coffees. FREE class size limited.

Squash & Pumpkins with Liz Clark

Thursday, October 19. 6 to 9pm. In this class, you will see autumn in all its blazing color on your plate – \$25.

How To Make Soup: Homemade Recipes

Monday, October 23. 6 to 7:30pm. Impress your family with these wonderful soup recipes including kid-friendly Peanut Butter Soup! \$10

Comfort Foods with Mark Nickel

Tuesday, October 24. 6:30 to 8:30pm. Put on your stretchy pants as we delve into the world of our favorite comfort foods! \$20.

Gluten- and Allergy-Free Cooking

Wednesday, October 25. 6 to 8pm. Do you get tired of the same gluten-free meals? This class will give you ideas for cooking main dishes without gluten and dairy. \$10.

Wine Tasting with Josh O'Donnell

Thursday, October 26. 6:30 to 8:30pm. Wines from Chile, South Africa and California for you to sample. Light hors d'oeuvres will be served. Must be 21 years old. \$7.50.

Halloween Cookie Decorating

Saturday, October 28. 9:30 to 10:30am and 11am to Noon. (Ages 7 – 12). Let's scare up some ghosts, black cats and pumpkin cookies! Each child will decorate and take home three sugar cookies. Hot spiced cider anyone? We will be stirring up a large pot and send the recipe home. \$5