

March 2013 – Food Classes and Events in Milwaukee

Whole Foods Market

Fridays at Five – *Friday, March 1st – 5:00 pm, Cost: \$5*

Join us for a special edition of Fridays at Five. Take in the best this season has to offer. We'll have rich desserts, roasts, and libations on hand! Punch cards purchased at customer service. Must be 21 or older to participate.

<http://wholefoodsmarket.com/events?store=6624>

Urban Ecology Center

Intro to Permaculture Class – *Saturday, March 2nd, 10:00 am to 3:00 pm, Cost: \$40 (non-members \$50)*

In this workshop offered by UWSP Global Environmental Management Education Center (GEM) participants will learn permaculture basics: ethics, guiding principles, and strategies & techniques for implementing site design. Coffee and snacks provided. Please bring a sack lunch. This class will be held at the UEC Menomonee Valley Location.

http://urbanecologycenter.org/index.php?option=com_serviceu&view=event&id=2181&Itemid=191

<http://www4.uwsp.edu/cnr/gem/>.

Il Mito

Cooking with Phonics™ - *Saturday, March 2nd, 9th and 16th – 1:30 to 3:00 pm, Cost: \$170 per child for all three workshops*

Cooking with Phonics™ is a creation of Lakeside Educational Services geared for young children, age level of K4, K5 and/or struggling 1st grade students, who are learning to read, and/or need to strengthen their early reading phonetic skills. The children will practice phonemic awareness, phonetics, repetitive use of high frequency words, and writing skills, all wrapped up with food. To make this even more exciting it will be held at chef Michael Feker's Culinary Studio, CMF's School of Culinary Magic, adjacent to IL MITO Restaurant in Milwaukee.

Geared towards children K4, K5 or 1st grade by Chef Michael Feker and Judy Cohen

<http://www.ilmito.com/milwaukee-culinary-events.html>

Milwaukee Public Market

Spices 101 – *Sunday, March 3, 1:00 PM, Cost: \$29*

Take the mystery out of spices with the last in the spice "tour" with Liz Crawford. This class will take you to countries that incorporate nutmeg, allspice, ginger, peppers saffron and different types of vanilla. She'll share her recipes for French Creamy Spinach; West Indies Steamed Fish Package; Italian Risotto ala Milanese and French Clafoutis (Fruit Flan).

<http://www.milwaukeekeepublicmarket.org/classes.html>

Milwaukee Public Market

Spices 101 – *Monday, March 4, 5:30 PM, Cost: \$29*

Take the mystery out of spices with the last in the spice "tour" with Liz Crawford. This class will take you to countries that incorporate nutmeg, allspice, ginger, peppers saffron and different types of vanilla. She'll share her recipes for French Creamy Spinach; West Indies Steamed Fish Package; Italian Risotto ala Milanese and French Clafoutis (Fruit Flan).

<http://www.milwaukeekeepublicmarket.org/classes.html>

Outpost Natural Foods

March 2013 – Food Classes and Events in Milwaukee

Beat the Blood Sugar Blues – Tuesday, March 5th, 6-7:30 pm, Cost: FREE

Knowing how the contents of the food you consume can affect your blood sugar is important for a person with the blood sugar blues, diabetes or even when dieting. From produce to bakery determine what foods are the best choices for you. This workshop is held at the Outpost in Wauwautosa.

<http://www.outpost.coop/events/workshops.php>

Coquette Café

Ireland Cooking Class – Tuesday, March 5th – 6:30 – 8:30 pm, Cost: \$59

Classes are demonstration style Each class includes Food and Wine Tasting, Recipes, and the opportunity to learn from our talented group of Chefs! The menu for this class includes: Mussels in Guinness and Garlic with Soda Bread, Corned Beef and Cabbage Soup with Irish Cheddar Crouton, Corned Salmon with Cabbage and Potatoes, Chocolate Stout Cake with Cream Cheese Frosting

<http://www.coquettecafe.com/Cooking-Classes-at-Coquette.html>

Good Harvest Market

Ride the Wellness Wave – Wednesday, March 6th, 6:00 pm – 7:00pm, Cost: FREE

There is a new model of health care that is sweeping the nation...WELLNESS! Learn the truth about the current "symptom based sick care" model and what the new approach of "functional based health care" is doing for millions of people throughout the nation with host Dr. Chad Schleiger. Be the Healthy and Well person you were designed to be.

http://www.goodharvestmarket.com/classes_events/calendar_of_events_classes_workshops_and_tours.html

Good Harvest Market & NuGenesis Farm

Gluten Free Basics - Cooking Class – Thursday, March 7th, 5:00pm – 7:00pm, Cost: \$45

Join Registered Dietitian and Master Gardener Michelle Black from NuGenesis Farm for this unique seasonal cooking class, demonstrating how to add healthful foods to your daily diet with simple and delicious recipes. Learn more about how specific foods can help prevent chronic illness, support your body during treatment of an illness and prevent recurrence. Recipes will be provided. NuGenesis is a non-profit organization working to prevent disease through education, sustainable organic agriculture and research.

http://www.goodharvestmarket.com/classes_events/calendar_of_events_classes_workshops_and_tours.html

<http://nugenesisfarm.org/classes/upcoming-classes.html>

Milwaukee Public Market

In Nonna's Kitchen – Thursday, March 7, 5:00 PM, \$89 Hands-On

Get a glimpse of how Italian Americans eat supper. Join Chef Alisa Malavenda in this hands-on class where you'll recreate recipes and enjoy the feast she remembers from her Italian Nonna's kitchen. Sip on a welcome aperitivo and nibble on an antipasti like a real Italian while you roll up your sleeves and learn how to prepare the many courses that make an Italian Sunday Supper. Menu includes Zia Vincenza's Escarole Soup, Pork Ragu and Homemade Ravioli, Balsamic Chicken with fresh Herbs and More. Then finish off the evening with Homemade Gelato, Fresh Fruit and a digestivo of Alisa's homemade Limoncello.

<http://www.milwaukeepublicmarket.org/classes.html>

Il Mito

Gourmet Cooking Demonstration and Wine Tasting - Thursday, March 7th, 7 pm, Cost: \$69.95

Three-course dinner prepared and presented by Chef Feker with complementing wines included for only

69.95 per person (excluding tax and gratuity)

<http://www.ilmito.com/milwaukee-culinary-events.html>

Urban Ecology Center & Victory Garden Initiative

Edible Gardening for Sustainability Series: Growing Greens and Succession Planting – Saturday, March 9th – 9:00 am to 12:00 pm, Cost: \$110 for the series; individual courses are \$18 each

Are you interested in learning how to grow your own food, but aren't sure how to get started? Been gardening for years, but looking for new techniques? The Edible Gardening for Sustainability Series is great for beginners and experienced gardeners to gain a sustainable perspective on growing food. This class will be held at the UEC Washington Park location.

http://urbanecologycenter.org/index.php?option=com_serviceu&view=event&id=2814&Itemid=191

<http://victorygardeninitiative.org/egs>

Good Harvest Market

Pediatric Ear Infections: Understanding and Curing Ear Infections Using Food and Herbs – Saturday, March 9th, 10:00am – 11:00am, Cost: FREE

Ear infections can be an ongoing chronic problem in some children. Learn from David Bock about the traditional herbal concepts behind this condition and how and why certain foods can be a help.

Understanding the how and whys of ear infections can help the parent understand how to rid their child of ear infections.

http://www.goodharvestmarket.com/classes_events/calendar_of_events_classes_workshops_and_tours.html

Urban Ecology Center

Introduction to Maple Sugaring – Saturday, March 9th, 10:00 am – 11:00 am, Cost: Adults : \$6 (Non-members - \$9); Children: \$4 (Non-members - \$6)

Participate in the classic Wisconsin winter activity of collecting maple sap and boiling it down into syrup. We will take a stroll through Washington Park as we learn about this age old tradition. Samples of the finished product are also included! Dress to be outside.

http://urbanecologycenter.org/index.php?option=com_serviceu&view=event&id=2896&Itemid=191

Urban Ecology Center

Local Farmer Open House – Saturday, March 9th – 11:00 am to 4:00 pm, Cost: FREE

Meet and support your local farmers. Connect to get farm-fresh produce. Whether you are just learning about Community Supported Agriculture (CSAs) or have been a member for years, this Open House is a great opportunity once-a-year opportunity to talk with local farmers, learn about their growing practices and share options, and choose which farm is best for you and your family. Buy lunch. Stop by the Resource Table to learn about food preservation & cooking classes and how to find locally grown and produced food. Take a short workshop:

- **Intro to CSAs** – 1pm or 2:45 pm
Jamie Ferschinger, of the Urban Ecology Center, will explain how Community Supported Agriculture (CSA) works.
- **Cooking from your CSA box** - 12:15 pm or 2:00 pm
Annie Wegner LeFort, Chef and Master Food Preserver, will share ideas for more efficiently using the contents of a weekly CSA box to prepare quick healthy meals. Recipes, tips, and resources for cooking seasonally from scratch will be provided.

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- **Multiple Biological Effects from Low Level Pesticides in Foods – 11:30 am**
Warren Porter, of UW-Madison will share what research shows about how and why to avoid pesticides in your food.

<http://urbanecologycenter.org/what-we-do/local-farmer-open-house.html>

Urban Ecology Center

Honey Soap Making – Saturday, March 9th, 2:00 pm – 4:00 pm, Cost: For adults and families with children ages 8 and up / \$20 (Non-members - \$25)

Join Kat Theisen to learn how to make your own soap using organic, locally sourced sunflower oil and honey. The class will be a hands-on experience focused on the basics of cold process soap making. All participants will create and take home some of their own soap. Held at the UEC Menomonee Valley Location.

http://urbanecologycenter.org/index.php?option=com_serviceu&view=event&id=2899&Itemid=191

Glorioso's Italian Market

The Scrumptious Pantry: Cooking Seasonally & Locally in Winter – Saturday, March 9th, 2:00 pm, Cost: \$25 - includes a \$10 voucher to use toward purchase of The Scrumptious Pantry products the day of class, as well as discounts on the featured beers

Learn how to make beet, goat cheese and kale pizza, Ark of Taste Beaver Dam Pepper quiche and more! Each dish will be paired with a different brew from Hinterland Brewery. Class taught by Lee Greene. Lee has made her passion her job, as the owner of The Scrumptious Pantry, she is preserving regional goodness in jars and bottles and making it available to eaters nationwide. Nothing makes Lee happier than a bubbling pot of water with jars dancing in it. She has been canning for over 20 years, learning from her grandmother and producing jams, savory fruit preserves, and succulent tomato sauces among others.

<http://www.gloriosos.com/events/>

Milwaukee Public Market

The Sharper Your Knife, the Less You Cry --Tuesday, March 12, 5:00 PM, Cost: \$79 Hands-On

Join Chef Becca Garalnick while you explore Kathleen Flinn's first novel, *The Sharper Your Knife, the Less You Cry*. You'll hone your knife skills while you learn to prepare French Classics with ease; Tuna Ceviche Tart; Chicken Cordon Bleu and Crepes with Banana and Nutella.

<http://www.milwaukeepublicmarket.org/classes.html>

Braise Restaurant and Culinary School

How to Brew the Perfect Cup – Tuesday, March 12, 6:00 pm – 8:00 pm, Cost: \$30

Coffee can much more than just your average "cup of joe." It can be a wonderfully intoxicating beverage with tons of flavor and depth. In this class, Steve Kessler from Anodyne Coffee Roasting Co. will cover a few of the more popular manual brewing devices available today. We will also be featuring and tasting coffee from three unique coffee producing regions. In addition, you will learn the process roasters use to determine how their coffee will be roasted. Class includes a 30 minute reception featuring a complimentary cocktail and appetizer. You'll also sample a variety of coffee during the class.

http://braiselocalfood.com/School_Calendar.html

Urban Ecology Center

Disparities in Neighborhood Access to Food and the Implications for Health Outcomes – *Tuesday, March 12th, 7:00 PM to 8:30 PM, Cost: \$5 (Non-members: \$10)*

Join speaker: Dr. Renee Walker of the University of Wisconsin - Milwaukee School of Public Health as we learn about the disparities in neighborhood-level access to healthy and nutritious food. We'll examine neighborhoods devoid of healthy and nutritious foods, referred to as "food deserts" and the association between poor food access and health outcomes. This event will be held at the UEC Riverside Park Location.

http://urbanecologycenter.org/index.php?option=com_serviceu&view=event&id=2726&Itemid=191

Outpost Natural Foods

Senior Series: Supplements or Food? – *Wednesday, March 13th, 11 am to 12 pm, Cost: FREE*

Getting adequate nutrition can be a challenge as you age. Calorie needs decline along with changing tastes and appetite. Several key nutrients may be in short supply during these golden years – vitamin B-12, calcium, magnesium, potassium and fiber to name a few. This workshop is held at the Outpost on Capitol Drive.

<http://www.outpost.coop/events/workshops.php>

Good Harvest Market

Secrets to Weight Loss – *Wednesday, March 13th, 6:00pm – 7:30pm, Cost: FREE*

Join Lisa Belisle and share in the secrets of weight loss, like the need to ingest healthy fats, the importance of whole grains, how herbal treatments make a difference, and how your body can benefit from regular cleansing. Break the cycle of endless dieting; don't waste another dime on weight loss nonsense, or another day stuck in a body that is not your ideal image of wellness. Learn the secrets to weight loss and begin your life without pain.

http://www.goodharvestmarket.com/classes_events/calendar_of_events_classes_workshops_and_tours.html

Urban Ecology Center

Fatuma Emmad, Local Farmer and Good Food Advocate – *Wednesday, March 13, 6-8 pm, Cost: FREE*

Come and be inspired as you learn about Fatuma Emmad's fascinating life of nurturing land, food and people. She is the Urban Farm Manager at Alice's Garden, a farmer in the Fondy Farm Project and a partner of a farming and consulting business called Bountiful Design. In winter, she travels to Ethiopia to join in seed saving and food sovereignty efforts. Gain new insights on how you can expand your own efforts in providing fresh food. This event is held at the UEC Riverside Park location.

http://urbanecologycenter.org/index.php?option=com_serviceu&view=event&id=1103&Itemid=191

Braise Restaurant and Culinary School

Braise Basics, Intro to Sausage Making – *Thursday, March 14th, 6 pm to 8:30 pm, Cost: \$55*

Join Dave Swanson, Chef/Owner of Braise Restaurant, as you learn the basics of fresh sausage making including grinding, stuffing, and linking. You'll also learn where to buy supplies plus what kind of equipment you will need to stock your own butcher shop. Chorizo, Boudin Blanc, and Italian Sausage will be "linked" to this class. Class includes a 30 minute reception featuring a complimentary cocktail and appetizer. You will also sample small plates throughout the class and have recipes to take home.

http://braiselocalfood.com/School_Calendar.html

Glorioso's Italian Market

4 American Originals Invented by WI Cheesemakers – *Thursday, March 14th, 6:00 pm, Cost: \$25*

Wisconsin is home to many of the most innovative cheesemakers in America. We'll taste four original cheeses dreamt up by cheesemakers either through sheer genius or, more often, by mistake. Hear the stories of what it takes to create an award-winning American Original.

<http://www.gloriosos.com/events/>

<https://www.wicheesefest.com/store/cheese-classes>

Outpost Natural Foods

Beat the Blood Sugar Blues – *Saturday, March 16, 9:00-10:30 am, Cost: FREE*

Knowing how the contents of the food you consume can affect your blood sugar is important for a person with the blood sugar blues, diabetes or even when dieting. From produce to bakery determine what foods are the best choices for you. This workshop is held at the Outpost on Capitol Drive.

<http://www.outpost.coop/events/workshops.php>

Milwaukee Public Market

Afro Fusion Poulet DG – *Saturday, March 16, 10:00 AM, Cost: \$29*

Here from her native Africa, Yollande Deacon will share recipes and stories from her amazing and colorful culture. Recipes include Poulet DG which is a fricassee of chicken, vegetables and savory spices. DG is for le directeur general (the big boss or general manager), because it used to be served to upper class in Cameroon and included only the finest chicken; Fried Sweet Plantain and Sautéed Folang (Collard Greens) with Smoked Salmon. You won't want to miss it!

<http://www.milwaukeepublicmarket.org/classes.html>

Milwaukee Recreation Department

Maple Sugaring – *Saturday, March 16th – 10:00 am to 11:30 am, Cost: \$4 Residents/\$8 Non-Residents*

Explore Hawthorn Glen in search of Wisconsin's state tree, the sugar maple. Learn how to identify and tap a maple for sap (to boil into syrup). Learn the traditional way and modern way to create this valuable liquid food that once sustained the Native Americans and gives us tasty treats today. Dress appropriately for an outdoor hike. For ages 5 & up and their parent(s)/guardian(s). An adult must register, pay and attend with a child.

<http://www.milwaukeeerecreation.net/activity-guide/outdoor-nature.pdf>

Good Harvest Market

Thyroid Health – *Tuesday, March 19th, 6:00pm – 7:30pm, Cost: FREE*

27 Million Americans have been diagnosed with a thyroid disorder, and 80% are women. This can lead to symptoms including: Weight gain, Fatigue, Chronic Cold Hands & Feet, Thinning Hair, Mental Sluggishness, Low Energy, Depression, and Digestive Issues. There are no medical answers other than incomplete thyroid testing and medications that have little or no effect. Find out why the thyroid can become under/overactive, foods that can damage the thyroid, and proper testing procedures that can identify the root cause of the disorder and effective treatment options. Presented by Dr. Andrew Treutelaar & The Wellness Way clinics.

http://www.goodharvestmarket.com/classes_events/calendar_of_events_classes_workshops_and_tours.html

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Coquette Café

Vietnam Cooking Class – *Tuesday, March 19th – 6:30 – 8:30 pm, Cost: \$59*

Classes are demonstration style Each class includes Food and Wine Tasting, Recipes, and the opportunity to learn from our talented group of Chefs! The menu for this class includes: Goi Cuon - Vietnamese Fresh Spring Rolls with Grilled Pork and Hoisin Peanut Dipping Sauce, Grilled Shrimp with Green Papaya and Mango Salad, Pho - Vietnamese Beef and Rice noodle soup, Che Caramel Chuoi - Caramel Sweet Soup with Banana.

<http://www.coquettecafe.com/Cooking-Classes-at-Coquette.html>

Wellspring Farm

Fairly Sourced Chocolate Cooking Class – *Thursday March 21st, 6–8:30 pm, Cost: \$25*

Join us in learning the history of the chocolate industry and the importance for consumers to purchase fairly sourced products. Chef KC Thorson will lead cooking demos and tastings of an all chocolate menu while Steve Wallace of Milwaukee's own Omanhene Chocolate will share insights about the world of chocolate. Omanhene fairly sourced chocolate will also be available for sale.

<http://www.wellspringinc.org/Main/Events>

Milwaukee Public Television

Wisconsin Foodie – *Thursday, March 21st – 7:30 pm, Cost: FREE (if you have a TV)*

Turn on your television and enjoy a tour Brightonwoods Orchard in Burlington with owner and vice president of the Wisconsin Apple Growers Association, Bill Stone. The orchard features over 200 varieties of apples, including rare, antique apples that are popular with local chefs. Brightonwoods is also home to AppleTrew Winery & Distillery, which makes cider, brandy and whiskey with the fruit.

<http://wisconsinfoodie.com/>

Urban Ecology Center

What is your H2O Score? – *Saturday, March 23rd – 10:00-11:00 am, Cost: FREE*

Have you ever been confused by your water bill, or wondered if the amount of water your home used was normal for your area? Come celebrate World Water Day with an expert from H2OScore.com to learn the answers! H2OScore is a website that provides everyone who pays a water bill in Milwaukee with an online display of their home's water use. Learn how to use this free service and start conserving! This event is held at the UEC Menomonee Valley Location.

http://urbanecologycenter.org/index.php?option=com_serviceu&view=event&id=2914&Itemid=191

Urban Ecology Center

Introduction to Maple Sugaring – *Saturday, March 23rd – 10:00-11:30 am, Cost: Adults : \$6 (Non-members - \$9); Children: \$4 (Non-members - \$6)*

Participate in the classic Wisconsin winter activity of collecting maple sap and boiling it down into syrup. We will take a stroll through Washington Park as we learn about this age old tradition. Samples of the finished product are also included! Dress to be outside.

http://urbanecologycenter.org/index.php?option=com_serviceu&view=event&id=2915&Itemid=191

Antigua Mexican and Latin Restaurant

Kids Fest! – *Saturday, March 23rd – 11:30 am to 1:30 pm, Cost: \$50*

Want your kids to learn how to make some fun healthy Latin food? Bring them to this class that will focus

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on kids friendly recipes. Your little chef will thank you...and might cook for you on mother's or father's day. Our cooking classes will allow you to have fun in our dining room, while you roll up your sleeves and have a "hands-on" experience. We will provide you with everything you need: ingredients, individual work station, apron, towels, and a fun atmosphere. After you are all done, you get to enjoy your creation or take it home to brag about. Open to kids 6 to 13 years of age. Parents must sign a waiver and be present during the class.

<http://www.antiguamilwaukee.com/Pages/CookingClasses.aspx>

Wellspring Farm

Herbal-Soap Making 101 – Saturday, March 23rd – 12 to 3 pm, Cost: \$50 till 3/18, \$60 after

Join us as we host Herbalist Penny Krier for a hands-on herbal soap making workshop! Learn the step-by-step process for making your own soap at home using organic, raw materials and 100% essential oils. Go home with bars of soap, and instructions and recipes to make your own herbal soap!

<http://www.wellspringinc.org/Main/Events>

Hospital Food Fight – Sunday, March 24th – 1:00 pm to 4:00 pm, Cost: \$25 until 2/24, \$35 after. Children 12 and under are FREE

Join Celebrity Culinary Chair Chef Michael Feker as area hospitals battle for the title of "Best Hospital Food in Wisconsin" to benefit Stillwaters Cancer Support Services. Nowhere else do hospitals' chefs compete in a "Top Chef" style competition. Each team has one hour to create a meal that could be served in their hospital. Each dish is judged for taste, presentation and general appeal by a panel of four top chefs and food critics. In addition to the culinary competition, a variety of health and family-oriented activities are planned for attendees. This third annual event will be held at the Country Springs Hotel.

<http://events.r20.constantcontact.com/register/event?oeidk=a07e6ju5sx392ca5ed5&llr=8wpktedab>

Urban Ecology Center

Let's Make Some Rainbow Eggs – Sunday, March 24th – 2:00-3:00 pm, Cost: For families / \$5 per person (Nonmembers - \$7 per person)

Get creative using dyes made from foods, spices, and other natural sources to color hard-boiled eggs. We will even discover amazing things about eggs as we go. Two eggs per person provided. Registration required. This event is held at the UEC Riverside Park Location.

http://urbanecologycenter.org/index.php?option=com_serviceu&view=event&id=2917&Itemid=191

Braise Restaurant and Culinary School

Not Just For Dessert: Fortified & Oxidized Sweet Wines, Tuesday, March 26, 6 to 8 pm, \$40

There is a common misconception that Port, Sherry, and sweet wines only pair well with foods that are also sweet. Sommeliers and chefs know otherwise and use these under-appreciated yet highly flavorful wines to make harmonious pairings with, meats, cheeses, herbs, and spices, with better results than many of the dry red white wines that are so popular. This tasting and class will show how Port, Sherry, Muscat, Riesling and other wines are not as sweet as you may think. You will get to taste them alongside foods that are commonly available, with the intent of replicating the experience while at home or entertaining. Certified Sommelier Nate Norfolk will explain the scientific basis of the pairings and answer any questions guests may have. Class includes a 30 minute reception featuring a complimentary cocktail and appetizer. You will also sample food pairings with each wine.

http://braiselocalfood.com/School_Calendar.html

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NuGenesis Farm

Healthy Tapas – *Thursday, March 28, 5:00 pm to 7:00 pm, Cost: \$45*

Join Registered Dietitian and Master Gardener Betty Holloway for this unique seasonal cooking class, demonstrating how to add healthful foods to your daily diet with simple and delicious recipes. Learn more about how specific foods can help prevent chronic illness, support your body during treatment of an illness and prevent recurrence. Recipes and a meal will be provided.

<http://nugenesisfarm.org/classes/upcoming-classes.html>

Milwaukee Public Market

Let's Go Cajun – *Thursday, March 28, 5:30 PM, Cost: \$29*

Learn a little history and evolution of Cajun and Creole foods of Louisiana with Chef Staci Joers. Sample some of the classic dishes that have helped to define this world-famous cuisine. You'll taste the famous drink Hurricanes; Chicken and Sausage Gumbo on Dirty Rice and Beignets for dessert.

<http://www.milwaukeepublicmarket.org/classes.html>

Braise Restaurant and Culinary School

Intro to Pastries – *Thursday, March 28th, 6 pm to 8:30 pm, Cost: \$45*

In "Intro to Pastries" with Dave Swanson, Chef/Owner of Braise Restaurant, you'll be introduced some of the classic techniques used in pastry kitchens. You will also learn the building blocks for sweet treats such as tart dough, sponges, mousses, and pastry cream. A must have class for anyone with a serious sweet tooth! Class includes a 30 minute reception featuring a complimentary cocktail and appetizer. You will also sample throughout the class and have recipes to take home.

http://braiselocalfood.com/School_Calendar.html

Milwaukee Public Television

Wisconsin Foodie – *Thursday, March 28th – 7:30 pm, Cost: FREE (if you have a TV)*

Turn on your television and get taken to Wisconsin's original CSA farm in Plymouth. Owner Peter Seely gives a tour of the farm and shows the process of packing up the CSA boxes. Also, Chef Chris Mangless of Three Three Five in Green Bay stops by the farm to pick up some produce for a special cocktail dinner he is hosting with guests Nick and Ira of Bittercube.

<http://wisconsinfoodie.com/>