



Garden of Eve

ORGANIC FARM & MARKET

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Organic Cooking Classes 2011!

*Come explore our farm fields, harvest fresh produce;
together we'll cook a meal like you have never experienced!*

FARM-TO-TABLE FOR ADULTS

Sunday June 18, 11am-1pm, "Hunt & Gather" Egg Brunch
Sunday June 26, 11am-1pm, **Glorious Greens & Grains: Enjoy Whole Foods**
Sunday July 10, 11am-1pm, **Great Grilling: Bringing new life to simple Veggies**
Saturday July 23, 11am-1pm, **Beyond Basil - Pesto and Pasta Exploration!**

KIDS COOKING! classes

Sunday July 24, 11am-1pm **Pasta party!**
Sunday July 31, 11am-1pm **Mesclun mix up!**
Sunday Aug 7, 11am-1pm **Mini pizza Making**

TOTS COOKING! classes

Wednesday mornings 11am-12:30pm

Ages: 2 - 6 years, "tag-alongs" under 2 are free.

Session 1 (4 classes): July 6 - 27

Session 2 (4 classes): August 3 - 24

Each class begins with a harvest tour of the farm, where we will all help gather the things we need and learn about how they were produced. Then we'll bring them back to the Farm Market and turn them into delectable delicacies - while you learn simple ways to incorporate fresh, farm-to-table eating at home. Led by Garden of Eve Chef Bill Gillin, these classes are fun for families, friends, and make great gifts too! NOTE: all recipes are vegetarian, and we can accommodate vegan or other diets in most classes. Just ask!

FEES: Adult classes are \$25 per person, or \$80 for a series of 4. FREE FOR CSA MEMBERS.

Children's classes are \$20 per child, or \$50 for a series of 3. FREE FOR CSA MEMBERS.

Tots' classes Session Cost: \$60, Drop-In Cost: \$20

Pre-payment is required to register, go to www.GardenOfEveFarm.com and follow links to "cooking classes", call 722-8777 or email info@gardenofevefarm.com with contact information of all attendees. Classes will be held rain or shine. Payment is by check, cash or credit card (MC, Amex or Visa).

**Classes are FREE for Community Supported Agriculture (CSA) members
at any Garden of Eve location.**

CLASS DESCRIPTIONS

“Hunt & Gather” Egg Brunch: The Incredible, Edible Pastured Egg

11am – 1pm, Sunday June 18

Have you ever collected your own eggs, right from the chicken? Join this class and you'll have a chance to do so! Garden of Eve's eggs are unique because our chickens are pastured. They live out in the field and eat grass and bugs which make these eggs super-flavorful, deep yellow, and packed with healthy Omega-3's. Eggs are a savory complete source of protein and one of the most versatile, year-round farm fresh items in your refrigerator. Come learn how easily you can make some of your favorite restaurant dishes at home! Half the class will be spent collecting the eggs, and learning about the chickens, then we'll make:

- Eggs Benedict (hollandaise and poached eggs)
- Fresh Mayonnaise (herbed and roasted garlic)

Glorious Greens & Grains: Discover the Joy of Whole Foods

11am-1pm, Sunday June 26

You've heard about the perils of “processed food”, but still don't quite know what to do with Kohrabi, Swiss Chard, or wheat berries. Harvesting from your own garden, shopping from the farm, or getting food through a CSA bring you into contact with many whole foods you might not be familiar with. We'll harvest some of our own in the fields, then cook up a variety of greens and grain dishes that you can replicate at home. We'll also discuss what vegetables are available in each season, why, and how to eat locally year round. Recipes we'll make include:

- Braised Kale with toasted sesame oil and cannellini beans
- Swiss Chard and spring onion frittata with garlic scape and fresh picked herbs
- Wheat Berry and quinoa salad

Great Grilling: Bringing new life to simple Veggies

11am-1pm, Sunday July 10th

Have you run out of new ideas for your vegetables or do you find it difficult to incorporate vegetables when your planning a barbeque? We can show you some helpful recipes that will get you going! During this class we will prepare you for vegetables that are going to be available all summer long. Learn how create a rich depth of flavor from simple vegetables. You will have your friends and family begging for more! Recipes we'll make include:

- Grilled vegetable quesadilla with herb sour cream
- Roasted tomato salsa

Beyond Basil - Pesto and Pasta Exploration!

11am – 1pm, Saturday July 23th

Fresh pasta is one of the easiest things to make at home, and once you have tasted the difference you will never go back! We will get creative with pesto using our organic spring greens that we'll pick ourselves on the farm during class. By the end of class we will have eaten the product of our explorations, and discovered how easily they are put together. Recipes we'll be making will include:

- Fresh hand-made Fettuccini
- Sugar Snap or Snow Pea and Mint Pesto
- Sweet Marjoram and Basil Pesto

KIDS COOKING! Classes for 6-12+ year olds

Kids Cooking! with Chef Bill is a fun, hands on weekly workshop dedicated to providing children with the unique opportunity to learn first-hand where food comes from, and incorporate delicious, healthy food into their diet. Your child will get to learn about life on the farm while getting to participate in collecting eggs, picking veggies and fruits, as well as practicing mixing, measuring, pouring, and stirring while learning about life on the farm, making new friends and experiencing new tastes.

Session cost (3 classes): CSA Members \$30 (\$10/class)/Non-Members \$60 (\$15 per class)

Drop-In Cost: CSA Members \$15/Non-Members \$20. In all cases, addl children are \$10.

Pasta party! 11am-1pm, Sunday July 24th

We will take a walk to find the right ingredients for the perfect pasta dish. Picking fresh veggies to add to our pasta dish will make for a special treat. Putting together the pasta will be a team effort that we will all do together. Then we will get to taste our yummy creations! Recipes we make will include:

- Fresh tomato sauce
- Hand-made pasta

Mesclun mix up! 11am-1pm, Sunday July 31st

This will be a fun day on the farm for the kids! This is a chance to get the children to dig in and help with getting familiar with the food they eat. We will pick fresh tomatoes and greens from the gardens and create simple and tasty snacks. Recipes we make will include:

- Sweet herb vinaigrette
- Mesclun salad
- Cherry tomato salad

Mini pizza Making, 11am – 1pm, Sunday August 7

Pizza! Every kid loves pizza, so we are going to let them make one of for themselves! Together we will gather all we need to make a delicious and healthy mini pizza. We will have the children choose the perfect ingredients from our gardens and make a pizza just the way they want it. Recipes we make will include:

- Pizza dough
- Tomato sauce
- Herb & veggie toppings

TOTS COOKING! classes

Tots Cooking! with Chef Bill is a fun, hands on weekly workshop dedicated to providing Moms/Grannys/Dads/Caregivers a fun, quality time with their child as well as the opportunity to learn first-hand where food comes from, and incorporate delicious, healthy food into their diet. Your child will practice a great variety of fine motor skills, such as mixing, measuring, pouring, weighing, stirring and mashing while learning about life on the farm, making new friends and experiencing new tastes.

Wednesdays 11am-12:30pm Ages: 2 – 6 years, “tag-alongs” under 2 are free.

Session 1 (4 classes): July 6 – 27

Session 2 (4 classes): August 3 – 24

Session Cost: CSA Members \$30 per family (\$7.50 per class)/Non-Members \$60 per family (\$15 per class)

Drop-In Cost: CSA Members \$10 per family/Non-Members \$20 per family

Session 1:

Wed July 6: **Pancake party** - Experience the entire wheat harvesting, threshing, winnowing, grinding, and eating process!

Wed July 13: **Mesclun mix up** - pick and eat our friends the lettuces

Wed July 20: **Pizza Making** - explore our pizza garden, and eat it too!

Wed July 27: **Tomato tasting, and learn your herbs** - go on a tomato scavenger hunt & season your treasures with a flavor sensation

Session 2:

Wed Aug 3: **Pasta party!** Break eggs on purpose and make spaghetti to eat for lunch

Wed Aug 10: **Blackberry Jamming!** Pick blackberries, make jam, & take a jar home

Wed Aug 17: **Pick a Peck of Pickled Peppers** - pick some veggies, learn how pickles are made & take a jar home

Wed Aug 24: **Sauerkraut & more** - together we'll turn veggies into delicious, good-for-you probiotic foods.

ABOUT THE INSTRUCTOR: Chef Bill Gillin is a native Long Islander and graduate of The Culinary Institute of America in Hyde Park, New York. He has brought his passion for growing and cooking organic produce to restaurants from Rhinebeck NY to Portland, OR. He is spending 2011 at Garden of Eve Organic Farm & Market, learning more about the growing season and managing the Farm Market Bakery.

CLASS REGISTRATION RULES AND POLICIES

- Limited Space... Reserve Now.
- Drop-ins are permitted with space permitting. Please call ahead to 631-722-8777.
- Payment in full is required to hold a spot - no partial payments are accepted.
- Payments are fully refundable:
if you cancel your reservation up to 14 calendar days before the start day of your class.
- Payments are 50% refundable: if you cancel your reservation 13 to 7 days before the start day of your class.
- Payments are Non-Refundable: if you cancel your reservation within 6 days of the start day of your class.
- Garden of Eve reserves the right to cancel any program due to unforeseen circumstances or insufficient enrollment, with a full refund.
- Garden of Eve is not responsible for classes missed as a result of student illness, student emergencies or any event beyond our control.

Payment is by check, cash or credit card (MC, Amex or Visa).

Phone in registration: (631) 722-8777 or go to our website www.gardenofevefarm.com and follow the links to "cooking classes"

Garden of Eve Organic Farm & Market provides a relaxing, child-friendly environment for kids to learn about where their food comes from. Kids love to see our friendly farm animals and explore the playground structures and toys provided.

Garden of Eve provides Community Supported Agriculture (CSA) shares for more than 1,000 households in the NY-Metro area. CSA is a partnership between our farm and members of the community. In exchange for your commitment to us (i.e. prepayment in June for a weekly or biweekly subscription of vegetables, fruit, eggs, or flowers) we provide you with great value, great taste, and a special relationship with the farm that includes visits, tours, and educational events.