



## Midcoast Maine Holistic Health Event Center - 2018

### Event Venue:

**Belfast Breeze Inn, 192 Northport Ave., Belfast, ME 04915**

**Call: 207-505-5231 [www.belfastbreezeinn.com](http://www.belfastbreezeinn.com)**

*Practitioners and service providers scheduled are professionals certified/trained/experienced in their respective fields. A biography for each provider is included on our Facebook and Brown Paper Tickets event descriptions.*

## 2018 Healthy Living Cooking Classes



### May

**5/16 11a-2p**

### Kook up Kombucha!

What is a SCOBY and what is the Kombucha craze all about? In this class, learn how to make your own and keep your starter going for as long as you can drink this health tonic made from fermented tea. We will go over some fermentation basics as well as discuss the health benefits of drinking Kombucha and other fermented foods and beverages. Depending on your level of trips to the grocery store for this high value treat, this class could be worth every drop.

**Book your seat at: <https://healthycooking.bpt.me/>**

### About Your Instructor



Amy Barnard has been acting as a Master Food Preserver volunteer with the University of Maine Extension going on six years. She was born and raised in Maine and since a child has been learning kitchen and gardening skills from her grandparents and parents. While living in the Midcoast she helped manage the culinary arts and gardening program at a boarding school for teenagers and could be found foraging blueberries on Cameron Mountain or collecting seashells to use for candle making on Ducktrap Beach. Most recently, she helped to win a Maine Ag in the Classroom Grant for a one week high school class she co-taught named Food for Life where students learn preserving skills while linking food to their culture and health. Sustainability, creativity, fun in the kitchen, healthy living and healthy eating for the mind and body are her passions. Although her food preservation skills were originally used for practicality, her training and experiences have brought out a creative touch. Her workshops will encourage everyone to look around at nature's bounty and eat as many plants in season as possible. Her recipes come from a desire to love every bite. Amy resides in Westbrook and believes the old adage is true; you are what you eat!

**General Information:** Classes will be demonstration-style as well as hands-on in format. Recipes, tips, tastes, and dinners are guaranteed to delight! If we make it in class, we're all eating it! Classes are held in the large commercial kitchen at the Belfast Breeze Inn. A demonstration area as well as a long communal dining table make it ideal for cooking with groups. Bring your friends, partners, couples, "guys-night out", "girl-friends escapes", parent/teen, or just come on your own and meet like-minded people seeking to learn more about food! Private dinners and private cooking classes can be arranged by calling 207-505-5231, ask for Jane. Cooking classes are open to ages 14 and up unless specified otherwise. Ages 14-18 must be accompanied by a parent with their own ticket.