

The Basics & Nuances of Pickling

with Anna Joyner



Wednesday, October 18
6:00 p.m. - 7:30 p.m.
\$10/\$5 Member-Owners
Co-op Annex
749 C. South State Street

Pickling is a time-honored technique for preserving food. Learn the history, types, benefits, and basics of the pickling process. Participants can immerse themselves in the tastes and scents that flash-pickling and lacto-fermentation creates and what seasonal dishes complement the varying styles. We'll then move into discovering the unique pickling approach the Japanese take, such as salt and miso preservation. Three hands-on recipes will be demonstrated—including classic flash-pickled red-onions and the versatile soy-pickled shiitake mushroom—all of which are designed for easy week-night replication and enjoyment.

Our Vision

We envision a community in which everyone has access to healthy food, where Ukiah Natural Foods Co-op is a vital part of the local food system.

Stay in Touch

Classes and events fill up quickly, so please RSVP today with Customer Service at 462-4778 or online at ukiahcoop.com.

Teach a Class?

Interested in teaching a class? Email outreach@ukiahcoop.com.

Cancellation Policy

If cancellation is within 48 hours of class time, a credit toward future classes will be issued.

RSVP today with Customer Service at 462-4778 or online at ukiahcoop.com.

Co-op Classes & Events



Farmer Taste Test
FREE IN STORE EVENT

Healthy Eating on a Budget
FREE CLASS

Kids Club
FREE FOR KIDS
12 & Under

Planting a Fall Garden
\$10/\$5
Member-Owners

Adventist Health Food with Friends Lunch & Learn Series
Easy & Delicious Crock-Pot Recipes
FREE CLASS

October

Calendar

Monthly Events



Local Farmer Taste Test
Tuesday, October 3
3:30 p.m. - 6:30 p.m.

FREE IN STORE EVENT
Ukiah Natural Foods Co-op
721 South State Street

Visit with local farmers and have a tasty sample!

Kids Club

Wednesday, October 11
1:00 p.m. - 3:00 p.m.

FREE FOR KIDS 12 & Under
Ukiah Natural Foods Co-op
721 South State Street

For kids 12 and under make a healthy snack!

Healthy Eating on a Budget

In partnership with Coyote Valley Casino



Tuesday, October 10 & 24
12:00 p.m. - 1:00 p.m.

FREE CLASS
Coyote Valley Gym Kitchen
455 Coyote Valley Blvd.,
Redwood Valley

This FREE health and wellness series will teach you how to make easy, healthy, delicious and affordable family friendly meals and snacks designed to keep you fueled and feeling good throughout the day. Participants will sample each dish and take-home recipes.

Cooking can be fun, easy and good for you! Come and learn with local health and wellness coach Mary Anne Cox.

Celebrate with Vegan Holiday Dishes

Food with friends - Lunch & Learn Series



Tuesday, October 17
12:00 p.m. - 1:00 p.m.

FREE CLASS
404 E. Perkins St., Ukiah

The holidays are a great time to celebrate with vegan foods. In this class you will learn how to put a new twist on delicious holiday favorites.

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