
Easy & Delicious Crock-pot Recipes

Food with friends - Lunch & Learn Series



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.*

Co-op Classes & Events



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.**

**Tuesday, September 19
12:00 p.m. - 1:00 p.m.**

FREE CLASS

404 E. Perkins St., Ukiah

The days are getting shorter and the weather's getting colder. This is a time of year when we may rely more on convenience foods and rich dishes. How about some quick prep healthy crock-pot meals to help get you through the winter? Come join us for tasty recipes and samples.

**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**

September Calendar

Monthly Events



Local Farmer Taste Test
Tuesday, September 5
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, September 13
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, September 12 & 26
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.

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

Planting a Fall Garden

With Sorren & Gina of Strong Roots Farm



Wednesday, September 13
6:00 p.m. - 7:30 p.m.

\$10/\$5 Member-Owners

Co-op Annex
749 C. South State Street

Now's the time to start the plants that will nourish your fall and winter meals, and be the welcome first treats of spring.

You'll learn what, when, and how to plant for a continuous harvest through the dark and dawning of the year.

From broccoli that sweetens with a cold snap, spinach, winter lettuces, and Asian greens that keep growing as the days shorten, to delicious roots for roasting, winter vegetable gardening can be just as rewarding as summer squash and tomatoes.