
Beekeeping Part II

with Carson Elmer



Wednesday, February 21
6:00 pm - 7:30 pm

\$10/\$5 Member-Owners

Ukiah Natural Foods Co-op Annex
749 C. South State St., Ukiah

Expert beekeeper and Mendocino county native Carson Elmer will walk participants through the process of becoming a beekeeper, including choosing the hive style and equipment that is right for you; choosing the ideal location for your hive; getting bees and installing them into their new home; and caring for bees throughout the spring and summer.

Part 3 will be offered in the spring and will cover late-season topics including when and how to harvest honey, and how to care for the bees in the fall and winter.

Participants will have ample time to ask questions.

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



The Art of Sushi

SOLD OUT
Member-Owners

Healthy Eating
on a Budget
FREE CLASS

Food with Friends:
A Healthy Gut Part I:
The Microbiome
and You
FREE CLASS

Beekeeping Part II
\$10/\$5
Member-Owners

February
Calendar

The Art of Sushi

with Candis Richard



Wednesday, February 7
6:00 pm - 7:30 pm

\$10/\$5 members

SOLD OUT

Ukiah Foods Co-op Annex
1500 S. South State St., Ukiah

Take the mystery out of at-home sushi from trained sushi chef, Candis Richard. Candis learned the art of sushi as an owner of a Japanese restaurant. She will teach participants how to make sushi rice, select and prepare the ingredients, and roll sushi.

Healthy Eating on a Budget

In partnership with Coyote Valley Casino



Tuesday, February 13
12:00 pm - 1:00 pm

FREE CLASS

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

Fight the winter blues with inspiration for delicious, nutritious and affordable dishes!

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

Food with Friends: A Healthy Gut Part I: The Microbiome and You

In partnership with Adventist Health, Ukiah Valley



Tuesday, February 20
12:00 pm - 1:00 pm

FREE CLASS

404 East Perkins St., Ukiah

Your microbiome is an essential component of digestion. When your gut flora are out of whack you can have a variety of gastrointestinal complaints including gas, bloating, constipation, and diarrhea. They can also affect your ability to manage your weight, the strength of your immune system and more.

This class will address specific conditions influenced by an imbalanced microbiome and discuss foods you can eat to help restore and maintain a healthy gut.

Part I will be presented by an Adventist Health Ukiah Valley dietetic intern.