

The Battenkill Kitchen is proud to present...

Ancient Grains

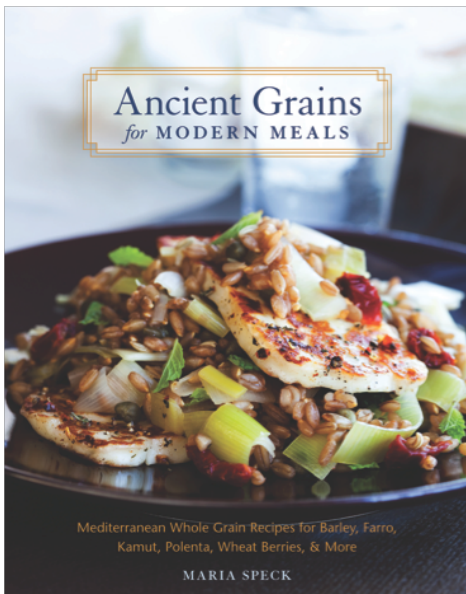
Cooking with **Maria Speck**

Saturday, January 28th
from 11:00 am to 3:00 pm
at The Battenkill Kitchen



This hands-on cooking class will be an epiphany for most. Maria Speck not only brings whole and ancient grains to the written page, but also shares with you the ease with which they can become your fast-friends in the kitchen. The

recipes are written with clarity, shared with ample stories and rich with history of the grains to make you hungry to cook and share. Ancient grains might seem old fashioned, but come discover why they are the most chic and “right-now” inspiration of the food world. In this more mindful, health conscious time it is proven that eating whole grains provides a delicious, healthful alternative to the processed foods we are surrounded by. If you made a promise to eat better, and live more mindfully this New Year, Maria will surely provide you with recipes and techniques to help you achieve that goal and live that promise.



Space is limited, early registration is advised,
Class cost* is \$110 and includes price of book.

*All proceeds benefit the Battenkill Kitchen.

To reserve your place in the class or for more information, contact Trish Kozal at (518) 854-3032 or email manager@battenkillkitchen.org.



An Educational Facility for Growing Food Businesses

located at 58 East Broadway Salem, New York on the grounds of the Historic Salem Courthouse.

Visit www.battenkillkitchen.org