

# People's Food Co-op Rochester

## Community classes Winter 2018/19

519 1st Avenue SW • Rochester, MN 55902  
507-289-9061 • [www.pfc.coop](http://www.pfc.coop)

### DIY Bath Bomb Class

Saturday, November 3 • **Two classes:** 9 a.m. and 11 a.m. •  
Hosted with Rochester Mom's Blog • Class meets at Bleu  
Duck Kitchen

Crystal, local soap and body care maker and owner of Scrub Your Butt Soap Company, will walk you through the process of making your own bath bombs using common household items. Take-home kits will be for sale and pastries and coffee will be served. Tickets are \$10 and are limited. There are two classes to choose from, so please purchase your ticket carefully. Reserve your ticket on the People's Food Co-op Facebook event page at the following link: [www.facebook.com/events/325170018242596/](http://www.facebook.com/events/325170018242596/)

### Make your own essential oil blends

Tuesday, November 13 • 5:30–7:30 p.m. • with Ballerina  
Botanicals

This class will be making an oil blend specific to you. Ballerina Botanicals will be on hand to help determine what blend is right for you, including your everyday life, knowing the right oils for your skin, and everyday skincare. Participants will leave with their own customized essential oil roll. Class will be held at PFC Rochester. \$15 members; \$20 nonmembers.

### South African wine tasting

Wednesday, November 14 • 5:30–7 p.m.

Join PFC and Libation Project for a once in a lifetime tasting event with South Africa's most acclaimed cult wine producers,

**Class policies:** All classes require preregistration. Classes with fewer than eight registered 48 hours before class time will be canceled or rescheduled. All cancellations made by preregistered participants must be made 48 hours before class time to qualify for a refund. (Dishes may be subject to change at instructor's discretion.)

- Register in person or by phone.
- Payment is due at the time of registration.
- Rochester: 507-289-9061

Arendsig! We will be holding a focused guided tasting through their portfolio of beautiful terroir-driven whites and reds while discussing the organic, biodynamic, and natural wine making techniques that make these wines so pure and sought after. Must be 21 to attend this class. \$10 nonmembers; \$5 members.

### Kids' Holiday cookie decoration

Wednesday, December 5 • 10–12 a.m. • with Rachel Looney  
Join local pastry chef Rachel Looney and bring your little ones for a fun morning of holiday cookie decorating. This class will be come-and-go as you please but registration is requested. Knowing Rachel's energy and a fun personality, parents may get some baking tips as well. \$5. Class meets in PFC's dining area.

### Poke demo with recipes

Saturday, December 15 • 11 a.m.–12:30 p.m. • Grand Rounds  
Back Room

Mike Mathiason will be doing what he does best—Poke! Guests will sample three types of Poke: hamachi, tuna, and octopus. Each dish will be paired with a beer sample. Wine, beer, and spirits available for purchase. \$25 nonmembers; \$15 members.

### New Year mind, body, and spirits with Yoga Tribe

Saturday, January 12 • 11 a.m.–1 p.m. • Location TBD

Start off the new year by treating your mind (essential oils), body (yoga), and spirit (mimosas!). Yoga Tribe will lead an hour of yoga, followed by mimosas with light food and information on essential oil usage and blending. A drawing will take place for a diffuser and oils. \$30 nonmembers; \$25 members.

### Upcoming offal class

Adventurous eaters be on the look out. Plans are in place for PFC to team up with Tyler from Libation Project and Chefs Justin Schoville (Porch/Cellar), Zach Ohly (Cameo), and Jordan Bell (Bleu Duck), and others to do an offal dinner and wine pairing. Offal dinners are very unique, featuring uncommon meats typically wasted in food preparation. The event will take place in January or February. Be on the look out for more information.

### Beer, Wine, & Spirit Demos

Thursday, November 1 • 4–6 p.m.

Copper and Kings Brandy from  
Louisville.

Tuesday • November 11 • 4–6 p.m.

Surly Brewery from Minneapolis.

**Note:**  
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