



Zenger Farm Workshop Series

Cook delicious, quick and nutritious meals from a well-stocked pantry

A three-week series on concepts, techniques and easy combinations to cook with what you have on hand.

February 26, March 5, and March 12

Thursdays 6:00 – 8:30 PM

**Zenger Farm
11741 SE Foster Road
Portland, OR, 97266**

\$140 for the three-part series

**Scholarships available. Please contact Prairie at 503.282.4245 for an application.
Residents of Lents and Powellhurst-Gilbert neighborhoods receive a 15% discount.**

To register contact Katherine Deumling at deumling@easystreet.net or 503.239.1664.

Course Description: Cook delicious, quick and nutritious meals from a well-stocked pantry

A three-week series on concepts, techniques and easy combinations to cook with what you have on hand. Classes will be interactive and include some hands on participation and demonstration. A full meal will be served and copies of recipes and additional materials are included. The class is appropriate for a range of experience levels.

Class Objectives

- Learn how to stock your pantry (pantry and fridge/freezer) for quick, everyday meals
- Become comfortable cooking without specific recipes
- Create vegetable/grain/legume-based meals with meat used as a condiment
- Use in-season produce year-round

Thursday, February 26

What to stock and how that changes seasonally.

Shopping/sourcing discussion.

Greens, stews and other winter veggie dishes.

Thursday, March 5

What constitutes dinner?

Hearty salads; a frittata and other egg dishes; soups, cornbread and greens.

How to shift away from meat, potatoes, and a vegetable.

Thursday, March 12

The beauty of substitutions and the limitless realm of grains and pastas—from quick Italian-inspired dishes to creative combinations with quinoa, Israeli couscous, and rice.

Katherine Deumling is a regional governor for Slow Food USA and was the leader of Slow Food Portland until recently. She has studied food and culture in Italy and Mexico and grew up in Germany. She has had brief restaurant cooking stints, however, her primary experience comes from feeding groups of people on the fly in many settings with whatever was available.