

**The
Ann Arbor
and
South Central Michigan
Chapters of the
Weston A. Price Foundation
present**

Winter 2008 Class Schedule

All classes 9:30 to 11:30 AM at the lovely Sunward Cohousing common house
424 Little Lake Road, Ann Arbor
Classes will be followed by a light and delicious "Nourishing Traditions" lunch.

Saturday, Feb. 23: "Introduction to Fresh, Unprocessed Milk"

Health benefits of fresh, unprocessed milk; how to choose your source of milk; how to care for your milk; what fresh milk means to the economy of the small farm; and a history of the problems of industrialization.

Saturday, March 22: "Using Fresh, Unprocessed Milk – Lactic acid Fermentation"

How to organize a culture area in your home; making whey (clabber); troubleshooting tips when clabbering; culturing kefir

Saturday, April 19: "Using Fresh, Unprocessed Milk – Using all of the milk, freshest to oldest"

Principles of cooking with milk and several recipes; butter-making demonstration

Fee per class: \$15 check payable to: **AAWAPF**
Mail to: AAWAPF, P.O. Box 4477, Ann Arbor, MI 48106
Please send registration fee no later than one week before the class.
Each class limited to 12 students.

All classes will be taught by Peggy Beals, RN. Peggy is a graduate of the Albert Einstein Medical Center. She gained educational and food preparation techniques through the Culinary Arts Program, Washtenaw Community College. She and her husband, Ted, have been involved with organic gardening for all their married life. They heard Sally Fallon speak at the 1998 conference on sustainable agriculture sponsored by ACRES USA in Minneapolis. This began their adventure with Nourishing Traditions. She has been teaching classes and offering workshops since 2000. They currently serve as co-chapter leaders of the South Central Michigan Chapter of the Weston A. Price Foundation.

For questions contact: Jessica Feeman info@aawapf.org

<http://www.aawapf.org>