

OCTOBER – MELBOURNE

NOURISHING YOUNG CHILDREN with Nutrient Dense, Whole and Organic Food

Over the 10 hours we consider fundamentals and nourishing foods for children from six months through to 7-10 years of age. These fundamentals can be applied to children of all ages (beyond 10 years) and indeed the whole family with an emphasis on nutrient dense foods that are critical for development. As many aspects as possible will be covered, including lunch boxes and snacks.

Sat 22nd & Sun 23rd October 11.30am – 4.30pm \$335.00

OCTOBER – SYDNEY

Bookings to Whole Food Cooking

NOURISHING WISDOM

Understanding the Basics of Whole Food Cooking and Learning to Incorporate Whole and natural Foods into Your Everyday Cooking. This course is LARGELY vegetarian, wheat and dairy free, some organic butter, and animal bones (stock) are used. Understanding the foundations of healthy food and eating – the WHY something is good and HOW to use it. In this course we cover the basic vegetarian wholefoods, the benefits of animal bone and vegetarian stocks, good quality fats, and the fundamental skills of healthful cooking. Grains, beans and legumes (including tofu and tempeh) and sea vegetables are all included. Centered around these basics we learn how to incorporate whole and nutrient dense ingredients into everyday cooking. This is an extensive program which runs over five sessions.

Essential Ingredient, 731-735 Darling Street, Rozelle.

Wed 26th, Thur 27th & Fri 28th October 10.30am – 3.00pm \$450.00

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Venue to be announced, but will be centrally located

Sat 29th & Sun 30th October 11.30am – 4.30pm \$335.00

NOVEMBER – INTENSIVES

These classes run consecutively, and give the student a better opportunity to learn. Classes are also, slightly longer. Please note, that the hands on classes are being held at Panorama Kitchen, where the student has plenty of room to cook. Because the rental of the kitchen must be factored in, these classes are more expensive, but you will also have a superior learning experience.

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13 Janet Street, West Perth.

Fri 4th November 10.30am – 2.30pm

Sat 5th & Sun 6th November 11.30am – 3.30pm \$335.00

NOURISHING WISDOM

Understanding the Basics of Whole Food Cooking and Learning to Incorporate Whole and natural Foods into Your Everyday Cooking. This course is LARGELY vegetarian, wheat and dairy free, some organic butter, and animal bones (stock) are used. Understanding the foundations of healthy food and eating – the WHY something is good and HOW to use it. In this course we cover the basic vegetarian wholefoods, the benefits of animal bone and vegetarian stocks, good quality fats,

NOVEMBER – INTENSIVES

(cont.) and the fundamental skills of healthful cooking. Grains, beans and legumes (including tofu and tempeh) and sea vegetables are all included. Centered around these basics we learn how to incorporate whole and nutrient dense ingredients into everyday cooking. This is an extensive program which runs over five sessions.

13 Janet Street, West Perth.

Wed 9th November 2.00pm – 4.30pm

Thur 10th, Fri 11th,

Sat 12th & Sun 13th Nov 11.30am – 3.30pm \$450.00

NOURISHING WISDOM 2 – Cooking for Everyday Life, Hands On

Class numbers are small, and limited. You must have done the Nourishing Wisdom 1 course before doing this course. In this 4-session class we apply the principles learnt in NW1 to prepare delicious, season meals for YOUR everyday life, and incorporate menu planning. What we cook is decided by you with my input, as we menu plan for your lifestyle and needs.

Panorama Kitchen, 15 Rowallan Street, Osborne Park.

Thur 17th, Fri 18th 10.30am – 2.30 pm

Sat 19th & Sun 20th November 11.30am – 3.30 pm \$495.00

BEAUTIFUL, DELICIOUS WHOLESOME CAKES AND BISCUITS: BAKING with Whole and Semi Refined Flours and Sweeteners: Hands On & Demonstration.

Class numbers are small, and limited. In a preview to my upcoming book, this class is a comprehensive look at the fundamentals of wholesome baking – why, how and wow that's so delicious! Whole and Semi Refined flours and sweeteners, quality fats and leavening, are all addressed. Content will cover both everyday and special occasion cakes (including frostings and fillings) and biscuits. Dairy free, wheat free, gluten free and converting of recipes will all be included. Please bring along an apron.

Panorama Kitchen, 15 Rowallan Street, Osborne Park.

Thur 24th, Fri 25th, Sat 26th,

Sun 27th, Mon 28th & Tues 29th November 10.30am – 3.00pm \$850.00

DECEMBER

ALL THINGS PASTRY FOR DELICIOUS SUMMER FRUITS: Hands On & Demonstration.

In this class we will make a sweet shortcrust and a rich sweet shortcrust – both excellent pastries to use with the bounty of delicious summer fruits. You will make your own pastries to take home and we will eat the tarts, tartlets, pies that we make. It will be glorious – cherries, apricots and strawberries should all be making a welcome appearance. Please bring along your rolling pin and apron.

Panorama Kitchen, 15 Rowallan Street, Osborne Park.

Sat 10th OR Sun 11th December 11.30am – 3.30pm \$135.00

Enrolment Form

Name:

Telephone (H):

Other:

Email:

Address:

Please enrol me in the following classes:

Please find enclosed my payment \$

Wholefood

heal.....nourish.....delight

Cooking Classes | Food Coaching

wholefood *n.*

food that is eaten as close as

possible to its natural state, without

unnecessary processing & refining.



Coming Home to Eat

Dear Friends,

Thank you for being so patient – I've been busy working on my new book (it's all about baking with whole and semi refined flours and sweeteners, but you won't see it on the shelves for some time yet) and classes have had to take a back seat. After a bit of time out to get body and soul together once again, here at long last is the new program of classes and events.

I'm so excited by the classes being offered in this program – there is an enormous range. They answer all the important questions such as: What really is good food? Where can I get it? How can I balance the time it takes to cook and the cost of good food, and then what can we eat for breakfast, lunch and dinner? Also included are classes with one of Australia's earliest and most experienced Natural Food Chefs' – Holly Davis. A woman with so much wisdom and experience, Holly joins us once again from Sydney and will be running a series of classes dealing with all things cultured – good bugs for body and soul, lacto-fermentation and sour-dough baking. But I've not forgotten joy and beauty either, and am especially thrilled to be offering a true, hands-on baking intensive that you can get your teeth into. And you can learn about how to go growing your own vegetable garden and cooking from it, in Soil to Plate.

Come join me in my kitchen, as we cook delicious food from real and whole ingredients, pick from the garden and shop from the bounty our local organic growers and seas deliver.

I'll look forward to seeing you...

www.wholefoodcooking.com.au

13 JANET STREET, WEST PERTH WA 6005

Email: jude@wholefoodcooking.com.au

Phone: (08) 9227 0571 Mobile: 0411 886 614

Jude Blewett

What We're About

Whole Food cooking is all about real food, that's good enough to eat & has the ability to heal, nourish and delight. It's about food that is beautiful and delicious, but is health supportive as well. There's an awful lot of confusion about just what "healthy" food really is – and I believe labelling a diet Vegetarian, Vegan or Low Fat is absolutely no guarantee of a healthy diet.

Whole Food Cooking is a broader term of reference that honours the basic integrity of a food. When a food is grown in rich soil, without the use of synthetic fertilisers and toxic pesticides and herbicides (organic), is kept closer to its natural state (unrefined) and real (no fake additives), its integrity and inherent ability to nourish is intact. This is the kind of food that has the ability to heal, nourish and delight, and this philosophy is the heart and soul of Whole Food Cooking.

My focus is to help you learn about good food: What it truly is, how to use it, where to get it and to give you the tools and information you need to make wholesome food a workable part of your everyday life.

Cooking Classes

All classes are designed to help you understand HOW to cook wholesome, healthy and delicious meals, using a variety of wholefoods including: fruits and vegetables, nuts and seeds, wholegrains and legumes (including tofu and tempeh), sea vegetables, natural sweeteners and good quality fats. In some classes organic meat, bones, dairy and egg are used, but this will be noted on the relevant class. Organic ingredients are used wherever possible. Public (both individual and group) and Corporate Classes are also available.

Come join me in my kitchen, as we cook delicious food from real and whole ingredients, and shop from the bounty our local organic growers and seas deliver.

MAY 2012: SAN FRANCISCO

ORGANIC, LOCAL, WHOLE AND NATURAL.

EXPRESSIONS OF INTEREST

I'm just putting together the plans for this delicious tour of one of my favourite places. All the wonderful things you can think of – organic farmers markets, cooking classes, great coffee, preserving, great cake and patisserie such as Miette and Tartine – we are doing it, and more. Keep your eyes on the website for the details shortly.



CLASS SCHEDULE: AUGUST – DECEMBER 2011

All classes include generous tastings, and more.

Bookings can be made by forwarding a payment with this form or by email, and payment can be by direct deposit, or by ringing me with a credit card number.

A BOOKING WITHOUT PAYMENT WILL ONLY BE HELD FOR 4 DAYS.

Cancellation Policy: Just like a concert or theatre, if you are unable to come to class, the cost is not refunded and class numbers are small. In some cases with enough notice, a credit may be given for another class.

Please make cheques payable to **WHOLE FOOD COOKING**.

Please post to: Whole Food Cooking, 13 Janet Street, West Perth WA 6005.

Credit Card payments can be made by calling (08) 9227 0571.

Direct Deposit Details: ANZ Whole Food Cooking
BSB 016 - 460 Acc No 1105 34302

AUGUST AND EARLY SEPTEMBER: GREAT SOUTHERN/ WESTERN AUSTRALIA CLASSES

BUNKERS BAY CAFÉ - Lunch and Talk

Resetting the Table: Politics on the Plate

Come join me as we discuss the hottest politics around – food: what good food truly is, the dilemmas and many decisions we need to make as we shop, and the need to reset our personal and collective table, and re-connect to each other and to where our food comes from. Bunkers Bay Café Head Chef Hamish McLeay (the wonderful Hamish) will prepare a divine lunch sourced from local, sustainable and organic foods.

www.bunkersbeachcafe.com.au

Farm Break Lane, Bunker Bay, Naturaliste.

Tel (+61 8) 9756 8284

Sat 20th August (Bookings directly to the Café)

AUGUSTA

Nourishing Young Children With Nutrient Dense, Whole And Organic Food

Over two full days, we consider fundamentals and nourishing foods for children from six months through to 7–10 years of age. These fundamentals can be applied to children of all ages (beyond 10 years) and indeed the whole family with an emphasis on nutrient dense foods that are critical for development. As many aspects as possible will be covered, including lacto-fermentation, lunch boxes and snacks.

Sat 27th & Sun 28th August – 2 full days

\$400.00

Please contact Jude

NARROGIN AND KATANNING

Wholefood for Your Family: Talk and Cooking Demonstration

Whether it be for your family of one, two or more, with young or older children, this workshop will cover as many as the fundamentals from Nourishing Wisdom and Nourishing Young Children - good, wholesome and delicious food for all.

Narrogin Sat 3rd OR Katanning Sun 4th September

per day \$200.00

Bookings through Jenny Fowler, The Apricot Tree

9885 6050 or 0427 856 050 and Wholefood Cooking.

BUNBURY

Wholefood Heaven

A look at simple ways to include wholesome, nourishing and delicious foods in your everyday life.

Aspenz in the Kitchen, 42 Wellington St Bunbury.

Tel (+61 8) 9791 9455

Monday 12th September (Bookings through Aspenz)

SEPTEMBER

SEASONAL SEMINAR: HELP! I'M/MY KIDS ARE ALLERGIC TO EVERYTHING!!

(Dairy/Wheat and Gluten) Special Guest Speaker Holly Davis

Jude and Holly will both address the real story on the foods we're allergic to and wholesome alternatives. Holly Davis, will discuss Good Bugs (probiotics) Gut Ecology and Gut Health.

Sat 10th September (Bookings and Details through Website)

SOIL TO PLATE: The fundamentals of planning your own organic veggie garden, and cooking seasonal produce from the garden.

In conjunction with City Farm, Clayton Chipper will show you how to go about planning, implementing and maintaining an organic vegetable garden. In hands on classes, we will cook from the City Farm vegetable garden and my own at home. Classes will be supplemented with locally sourced, organic protein and whole foods – for example eggs, bones, meats, legumes and whole grains. Whilst some organic animal product will be used, students have a large say in what we cook. We will then sit down and share the meal with joy.

City Farm, 1 City Farm Place, East Perth.

Sun 11th, 18th & Sat 24th September

10.00am – 3.00pm

\$420.00

SEPTEMBER

NOURISHING WISDOM

Understanding the foundations of healthy food and eating – the WHY something is good and HOW to use it. In this course we cover the basic vegetarian wholefoods, the benefits of animal bone and vegetarian stocks, good quality fats, and the fundamental skills of healthful cooking. Grains, beans and legumes (including tofu and tempeh) and sea vegetables are all included. Centered around these basics we learn how to incorporate whole and nutrient dense ingredients into everyday cooking. This is an extensive program which runs over five sessions.

13 Janet Street, West Perth.

Thur 1st September

6.30pm – 8.30pm

Thur 8th, 15th, 22nd & 29th September

6.30pm – 9.45pm

\$450.00

CLASSES WITH HOLLY DAVIS

ALL CLASSES: 13 JANET STREET, WEST PERTH.

GET THE GOOD BUGS

Cultured foods are delicious live foods packed with beneficial organisms, vitamins, enzymes and minerals. Culturing vegetables can increase their vitamin and mineral content by as much as 100 times! Eating cultured foods at every meal does wonders also to reduce sugar cravings. Come to this class and get the source of the good bugs that your body requires: foods you can make at home with low cost ingredients. Culturing is safe and easy, and provided you with a myriad of delicious and beneficial foods and drinks. You will taste and learn to make and use: home made yoghurt, soft cheese, naturally fermented fruits and vegetables, milk and water based kefir, ginger beer plant drinks and Kombucha mushroom tea. Please bring 3 small jars and 1 medium size jar.

Sun 11th September

11.00am – 4.00pm

\$165.00

OR Wed 14th September

6.30pm – 9.45pm

\$145.00

SOURDOUGH BAKING (*Can I tell you, Holly makes divine sour dough cakes!!!*)

Slowly lacto-fermenting grain makes it far easier for our bodies to digest and creates wonderful textures and flavours our bodies recognise and enjoy. Learn to make your own sourdough starter then create amazing, breads, pastries and cakes that qualify as nutrient dense, delectable food.

Sat 17th September

11.00am – 4.00pm

\$165.00

REFRESH AND RESTORE: NOURISHING SOLUTIONS TO THE BREAKFAST, LUNCH and SNACK QUANDARY

Yes, we all know they are important meals – we even had a seminar on lunches this year!! Holly shares her suggestions and introduces you to a variety of delicious ways to start and continue your day with sustaining, brain and body nourishing foods, with a view to spring.

Sun 18th September

11.00am – 4.00pm

\$165.00

OCTOBER – MELBOURNE

Bookings to Whole Food Cooking and The Green Grocer

The Green Grocer, 217 St Georges Rd, Fitzroy North. Tel (+61 3) 9489 1747

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Tue 18th, Wed 19th, Thur 20th & Fri 21st Oct 9.30am – 2.00pm

\$595.00