Healthy Cooking Class

Date:
March 2, 2016

Time:
5:30-7pm

Instructor:
Joanne Seal

Bio:
Joanne Seal of “Mrs. Seal’s Kitchen Cultures”, has always been a health-nut; always on the lookout for new ways to change her diet for the better. She has read many books on the subject of health and nutrition and put what she has learned into practice on her own body. Her most profound finds were “Eat Right For Your Blood Type” by Peter J. Dadamo, “The Omnivore’s Dilemma” by Micheal Pollan, “Nourishing Traditions” by Sally Fallon and “Real Food” by Nina Planck.

Her best find was raw milk and raw milk Kefir and other fermented or cultured food products. She eschews most, if not all “industrial foods” and makes all meals from scratch and ferments lots of vegetables and grinds grain and bakes her own sourdough (natural yeasts) breads. She promotes locally grown and produced food (including meat, milk and eggs) and long term food storage with a 2 year supply as a goal. Most of her daily food choices come from food storage basics.

She is a retired art teacher with 32 years of experience in public school classrooms and has an MFA. Her credentials in the health care field are…. being alive and well at age 70 with no prescription drug use, no surgeries, no doctor visits, (except for eye and dental exams), no aches or pains, no sugar or starch addictions and lots of energy and easy, deep sleep. She does not sell supplements or any product on an MLM plan although she does sell starter microbes for fermented foods and use essential oils and some supplements. Mrs. Seal does some home exercises and walks but does not belong to a gym. One of the nicest outcomes of her diet and way of life is a very optimistic outlook for the future and being able to move easily.

Class:
Fermented Foods: The Basics; Milk Kefir, Water Kefir, and Kombucha

Description:
Understanding what fermented foods can do for your health and how to make them yourself is the latest food and nutrition movement which is reversing years of misconceptions and false concepts about human health. It is really rediscovering what our ancestors knew and practiced. It is surprising how easy these foods are to make and how much fun it is. You might discover that it takes little effort to seriously turn your health around for the better.
Improving “Gut Health” is becoming the newest weapon used by health care practitioners to fight a host of degenerative diseases. So many in our society have serious, health threatening low levels of proper/beneficial gut microbes that it has been described as “crisis” and it is being passed down to the next generation of children.

Fermented foods can taste really good. This class will hopefully prove that by introducing you to the basics with lots of taste samples and demonstrations.