

# Healthy Connections

Continued from page 8

## Aboriginal Healing Techniques with Robbie Holz

Tuesday, February 1, 7-9 pm  
Downtown Co-op/register at Co-op  
\$5 members, \$6 non-members

The remote Outback Aborigines are well-known for their remarkable healing abilities. Using their techniques, Robbie Holz has healed herself of hepatitis C, fibromyalgia and chronic fatigue syndrome. Their five-step healing principles are easy and accessible to anyone. Learn how to use your mind as a powerful tool to direct energy to accelerate healing, overcome emotional challenges, and manifest your desires. Robbie Holz is an international speaker and healer of mind, body, and spirit. More information at [www.holzhealthcenter.com](http://www.holzhealthcenter.com).

## Rustic French with Karina Davidson

Wednesday, February 2, 6:30-9 pm  
Downtown Co-op/register at WCC  
(360-383-3200)

\$39 members and non-members,  
\$7 wine option

Savor the flavors of rural France as Karina Davidson prepares a rustic yet elegant feast: roasted chicken with mustard on a bed of warm lentil salad accompanied by stuffed tomatoes; pureed fish soup Provençale with saffron, fennel, and pernod; and Lyonnaise chocolate cake. Optional \$7 wine fee is payable at class.

## Five Element Yoga with Bryan Givens

Thursdays February 3-March 10,  
10-11:15 am

Downtown Co-op/register at Co-op  
\$8 members, \$9 non-members  
each class;

\$40 members, \$48 non-members  
for all 6 classes

Five Element Yoga is a six-week series exploring five different ways to practice yoga, each based on a different element (earth, water, fire, air and ether with the final week being a summary) and concentrating on a different part or system of the body. Bryan Givens is certified from the White Lotus Foundation and has been

practicing mixed styles for five years. Take the whole series or individual classes. These classes are suitable for students of any level of yoga experience.

## Take Control of Your Bone Health with Jim Ehmke

Thursday, February 3, 6:30-8:30 pm  
Cordata Co-op/register at Co-op  
\$5 members, \$6 non-members

Understand bone chemistry, bone building, and bone health. Jim Ehmke will give details on a comprehensive program for increasing bone density. He'll discuss the role of calcium and other minerals and vitamins, the pros and cons of bone density testing, the effectiveness of hair tissue analysis, and more.

## Boiling Water 101 with Dorothy Hopkins

Sundays, February 6, 13, & 20,  
1-3:30 pm

Cordata Co-op/register at Co-op  
\$24 for three sessions,  
members and non-members

Improve your quality of life through eating well. Dorothy Hopkins will provide tips on organizing and stocking a kitchen; basic nutrition; cooking vegetables, legumes and grains; shopping on a budget; kitchen safety; knife skills; and more. The teaching style is interactive and hands-on. We will prepare a meal and eat it together in each class. No experience is necessary.

## Luscious Gluten-Free Desserts with Ali Segersten

Monday, February 7,  
6-8:30 pm

Cordata Co-op/  
register at WCC (360-383-3200)  
\$39 members and non-members

Ali Segersten of Whole Life Nutrition demonstrates the creation of delectable and healthy gluten-free desserts using

wholesome ingredients such as nut meals, dates, coconut sugar, dark chocolate, and coconut oil. The menu includes chocolate almond cupcakes with a chocolate avocado frosting, frozen banana coconut cream pie with a warm chocolate sauce, oatmeal heart roll-out cookies, chocolate-almond-koji berry truffles, and more. All recipes are gluten and dairy free; most are vegan and grain free as well.

## Lummi Island Wild with Robert Fong

Tuesday, February 8, 6:30-9 pm  
Downtown Co-op/  
register at WCC (360-383-3200)

\$39 members and non-members,  
\$8 for wine option

Eating local doesn't get any better than this. Robert prepares Lummi Island sockeye salmon four ways: pan-roasted, seared with wasabi, in a spicy salmon sushi hand roll, and fine sliced for sashimi. Special guest reef-net fisherman Dave Hansen will be on hand to share fish stories. Optional \$8 wine fee is payable at class.

## Cuisine of Vietnam with Mary Ellen Carter

Wednesday, February 9, 6-8 pm  
Cordata Co-op/register at WCC  
(360-383-3200)

\$39 members and  
non-members,  
\$7 for wine option

Just back from Vietnam, Mary Ellen Carter shares mouthwatering delicacies from this exotic cuisine. Sample the hot, sour, spicy, sweet tastes of what some chefs call the best food in the world: pho (Vietnam in a bowl)—the rich beef noodle soup famous to the Hanoi region, sticky rice and chicken with sweet hot garlic sauce, and more. Hear tales of culinary explorations from the floating markets of the Mekong to the elegant white tablecloth restaurants of historic cities. Optional \$7 wine fee is payable at class.



Ali Segersten

## Food To Bank On

### Five Beginning Farmers Selected For Training and Mentorship Project

Sara Southerland, Sustainable Connections

A variety of new farmers are setting forth on their business ventures through the Food To Bank On project, which got its start at the Community Food Co-op in 2003, and has been run within the Sustainable Connections' Food & Farming Program since 2006.

Food To Bank On connects sustainable farmers with less than three years of experience with seasoned mentor farmers, and provides marketing and promotional assistance, business planning classes, and pays them wholesale rates to deliver a small portion of food to a local food bank or shelter.

With a growing demand for locally raised meats, three new farmer participants will direct-sell meats such as chicken, pork, and beef. New farmers Brandie Lambdin and Bradley Tremper have a diversified pastured livestock and mixed vegetables on Sandy Spade Farm near Concrete. Scott and Cheryl Perry of Rustic Moon Farm currently offer pastured pork, chicken, turkey, lamb, and eggs. They will continue to build their business alongside their growing construction business, Common Ground Construction. Leah

VanderStoep and Randall Reinders, in their second year of grass-fed beef production, will raise their herd from 12 to 40 head of cattle in 2011. Craig and Kelly Mayberry of Heritage Lane Farm who sell pork, lamb, goose, and chicken are second-year Food to Bank On farmers.

Two more new participants plan to focus on Community Supported Agriculture (CSA) shares and direct sales models for their businesses. Mary Liz von Krusenstern of Neighborhood Harvest leases land throughout Bellingham and hopes to primarily sell her vegetables to residents in nearby neighborhoods via sales to restaurants, farm stands, and a CSA. New farmer Ephraim Kurzewski of The Carrot and Stick, located within the Squalicum Valley, plans to offer a variety of do-it-yourself workshops in addition to his farm stand and CSA.

The end of 2010 also marked the graduation of three farmers from the project. Alex Winstead of Cascadia Mushrooms has grown into his business successfully selling mushrooms to restaurants, grocers, and at regional



Graduate farmer Mike Long (left). Second year Food To Bank On participants, Craig and Kelly Mayberry of Heritage Lane Farm near Lynden pose with their Large Black heritage pigs (center). Jeff Ellsworth, Danielle Chevalier, and their family at Highwater Farm (right).



farmers markets. Michael Long will be taking over the operation of his mentor farmer Brent Harrison's

farm, The Growing Garden. Jeff Ellsworth and Danielle Chevalier of Highwater Farm in Skagit County are doing well, selling diverse vegetables to the Bellingham Community Food Co-op and Skagit Food Co-op, and at their farm stand.

Research from a Dun & Bradstreet report on start-up business shows that 75 percent fail within the first three

## Roast a Chicken, Eat For Days with Cindy McKinney

Thursday, February 10,  
11 am-1:30 pm

Cordata Co-op/register at Co-op  
\$15 members, \$18 non-members

Cindy McKinney makes roast chicken with root vegetables and shows how the leftovers can form the basis for mouth-watering dishes for days after in this mid-day class. The menu includes chicken and rice soup, taco lasagna, chicken pot pie, chicken croquettes with light gravy and more. Make the most of your time in the kitchen and stretch your food dollars.

## Take Control of Your Health: Cancer with Jim Ehmke

Thursday, February 10, 6:30-8:30 pm  
Cordata Co-op/register at Co-op  
\$5 members, \$6 non-members

Between the prevalence of environmental carcinogens and risky lifestyle and dietary choices, we live in a precancerous culture. Jim Ehmke will talk about a wide range of cancer prevention and therapeutic strategies including diet, herbs and nutrients, chemo, radiation, and more.

## Biodynamic Farming:

From the Sublime to the Divine with Gigi Berardi, PhD

Tuesday, February 15, 6:30-8:30 pm  
Downtown Co-op/register at Co-op  
\$7 members, \$8 non-members

A look at biodynamics and holistic farming from Switzerland to farms in Western Washington, presented by Resilient Farm Project coordinator Gigi Berardi, and featuring light refreshments by Inspiration Farm. Network with others concerned about holistic farming and find out what biodynamic farms in Whatcom and San Juan counties, as well as the Goetheanum in Dornach, Switzerland (a center for biodynamic farming and mindful eating), can offer community members in Bellingham. Find out about recent research on food quality in Germany and Switzerland. Also learn about possibilities for biodynamic study here and abroad.



years, but the FTBO project is breaking that norm. Since the beginning of Food To Bank On in 2003, 32 farmers have participated; 20 of which are still fruitfully farming—a 63 percent success rate.

Sara Southerland is the Food & Farming Outreach and PR Coordinator at Sustainable Connections. For more information, visit the Sustainable Connections website at [www.sustainableconnections.org](http://www.sustainableconnections.org) or contact project coordinator Sara Southerland at [sara@sconnect.org](mailto:sara@sconnect.org).

Photos by Christian Shoppe