



Market & Café

FEBRUARY
2016





PATCHWORKS

*Come early to cooking classes & seminars. Seating is limited!
See Summary of Events at Customer Care for more information.

CALENDAR OF EVENTS

meet. learn. grow.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 	3 Senior's Day 10% OFF everything for Seniors*	4 <i>free health seminar</i> Lowering Blood Pressure Naturally 6:30 pm John Gow NFP Wellness	5 Wine Tasting 3 pm - 6 pm Larry Tirrell In Specialty Foods Dept	6 <i>free pet seminar</i> Pet Personalities: 5 Elements 11 am <small>service dogs only</small> Dr. Sandra Truli Springer, VMD Holistic Veterinarian
7 	8 <i>free special event</i>	9 Song Circle 6:30 pm Theo Tillson NFP Food Service Director	10 <i>free cooking class</i> That's Amore: Vegan Alfredo 6:30 pm Brad Myers The Vegabond Chef	11 <i>free health seminar</i> Secrets to Healthy Aging 6:30 pm Richard Passwater Jr. Natural Factors	12 Wine Tasting 3 pm - 6 pm Larry Tirrell In Specialty Foods Dept	13 <i>free kids event</i> Valentine's Day Crafts for Kids 2 pm Stephanie Toft NFP Events Coordinator
14 	15 <i>free kids event</i> Kids Storytime with Music & Craft 10 am Erika Davis & Lily Lucey Usborne Books & EUTS Music	16 <i>free cooking class</i> Beautiful Beets 11 am Debby DeGraaff Natural Foods Chef & Author	17 Wellness Sale Days 20% OFF Supplements & Body Care* 16th & 17th	18 <i>free class</i> Love Yourself: DIY Aromatherapy 6:30 pm Emily Wenzel Kapok Pilates & Wellness	19 Wine Tasting 3 pm - 6 pm Larry Tirrell In Specialty Foods Dept	 Happy 29 Years!
21 <i>free film screening</i> Plastic Paradise 4 pm Hosted by NFP In PaTchWoRks	22	23 <i>free special event</i> Song Circle 6:30 pm Theo Tillson NFP Food Service Director	24 <i>free cooking class</i> Energetics of Food: Organ Series 6:30 pm Dr. Paul & Cara Reynolds The Reynolds' Kitchen	25 <i>free health seminar</i> Heart Health 6:30 pm Dr. David Minkoff Lifeworks Wellness Center	26 Wine Tasting 3 pm - 6 pm Larry Tirrell In Specialty Foods Dept	27 <i>special event</i> Spanish Wine & Cheese Pairing 5 pm \$20 tickets Larry Tirrell & DeAnna Kent NFP Wine & Cheese
28 <i>free raw class</i> Weeknight Raw 4 pm Brad Myers The Vegabond Chef	29					



PATCHWORKS

Free Special Events

SONG CIRCLE

Tues Feb 9th & Feb 23rd 6:30pm
Theo Tillson, *NFP Food Service Director*
An all-acoustic gathering of musicians & singers.
Spectators welcome!

VALENTINE'S DAY CRAFTS FOR KIDS

Sat Feb 13th 2pm
Stephanie Toft, *NFP Events*
Kids will make fun crafts for Valentine's Day! All
ages welcome with their caregivers.

KIDS STORY TIME WITH MUSIC & CRAFT

Mon Feb 15th 10am
Erika Davis & Lily Lucey,
Usborne Books & EUTS Music, Dance & More
Every 3rd Monday. Stories, songs & a craft! Kids of
all ages welcome with their caregivers.

PLASTIC PARADISE

Sun Feb 21st 4pm
Film Screening, *Hosted by Nature's Food Patch*
An independent documentary film chronicling
Angela Sun's personal journey of discovery to
one of the most remote places on Earth, Midway
Atoll, to uncover the truth behind the mystery of
the Great Pacific Garbage Patch. Along the way
she encounters scientists, celebrities, legislators and
activists who shed light on what our society's vast
consumption of disposable plastic is doing to our
oceans - & what it may be doing to our health.

Free Cooking Classes

THAT'S AMORE: VEGAN ALFREDO

Wed Feb 10th 6:30pm
Brad Myers, *The Vegabond Chef, vegabondchef.com*
Love alfredo but wish you knew how to make a delicious, healthy
vegan version? Learn how in this class!

BEAUTIFUL BEETS

Tues Feb 16th 11am
Debby DeGraaff, *Natural Foods Chef & Author*
In this gluten-free & vegan class, you'll learn how to take beets to a
whole new level. Learn how to make tasty, colorful & vibrant beet
dishes: Caribbean Beets & Beet Soup with Dill.

FEBRUARY

 summary
of events
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Wine & Cheese Pairing

SPANISH WINE & CHEESE

Sat Feb 27th 5pm
Larry Tirrell, *NFP Sommelier* & DeAnna Kent, *NFP Cheese Specialist*
Spain is home to hundreds of wine-grape varieties. Spice up your palate!
Discover and taste Spanish wine & cheese from across the country.
\$20 tickets available at Customer Care.

Free Classes & Seminars

LOWERING BLOOD PRESSURE NATURALLY

Thurs Feb 4th 6:30pm
John Gow, *NFP Wellness*
People with hypertension often need several medications to control blood
pressure. Discover alternative natural supplements & lifestyle changes that
can help as well!

PET PERSONALITIES: 5 ELEMENTS *service dogs only

Sat Feb 6th 11am
Dr. Sandra Truli Springer, *VMD, Holistic Veterinarian*
Learn how to identify your pet's Chinese medicine personality type: wood,
fire, earth, metal or water. Learn tips for feeding, balancing seasonal
challenges like allergies & arthritis & understanding emotional needs.

SECRETS TO HEALTHY AGING

Thurs Feb 11th 6:30pm
Richard Passwater Jr., *Natural Factors*
Discover how to achieve healthy bones & joints with the added benefits of
beautiful hair, skin & nails. Attendees could win a gift basket valued at \$75
& a copy of Christie Brinkley's bestselling book, *Timeless Beauty*.

LOVE YOURSELF: DIY AROMATHERAPY

Thurs Feb 18th 6:30pm
Emily Wenzel, *Kapok Pilates & Wellness*
Use natural ingredients to make a well-deserved aromatherapy treatment.

HEART HEALTH

Thurs Feb 25th 6:30pm
Dr. David Minkoff, *Lifeworks Wellness*
It's National Heart Month! Learn about the warning signs of heart
disease & how to prevent it naturally. Dr. Minkoff will discuss cholesterol,
inflammation & diet to reverse the disease.

ENERGETICS OF FOOD: ORGAN SERIES

Wed Feb 24th 6:30pm
Dr. Paul & Cara Reynolds, *The Reynolds' Kitchen*
Just as the physical nutrients in food nourish the physical body, the
subtle energy in food also plays an important role in our health.
Explore these effects while learning how to prepare a meal.
Using the principles of Chinese medicine, the Reynolds will focus
on a specific organ for each class. February's topic: the heart.

WEEKNIGHT RAW

Sun Feb 28th 4pm
Brad Myers, *The Vegabond Chef, vegabondchef.com*
Brad will share his go-to recipes for quick & easy vegetable-
driven weekday raw meals that fit into your family's busy
schedule.

