



Field House Farm, LLC
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The Clean Plate Club

Field House Farm, LLC & A Recipe For Wellness, LLC

Present a Health-Focused Cooking Class Series

Summer 2015

Field House Farm is happy to announce the schedule for a **new** cooking class series for adults, as an extension of its existing Farm to Table programming.

The series will be led by Maya Bradstreet of A Recipe for Wellness, LLC, www.arecipe4wellness.com. She is a health professional and nutrition coach who has led multiple cooking courses in St. Louis, Missouri and now on the Shoreline where she has lived for nearly three years. Having been diagnosed with an auto-immune thyroid condition in 2000, she has successfully gone into remission using dietary and lifestyle changes. She knows first-hand, the healing power of food as medicine, as well as the value of living at one's optimal wellness. A graduate of Brown University, she received her food training at the Institute for Integrative Nutrition in New York City. Affiliated with Columbia University, IIN educates its students in myriad of dietary theories: from Macrobiotics & Ayurvedic Principles to today's most popular trends. Holding a Masters degree in Health Promotion from Indiana University, she researched Community Supported Agriculture, Farm-to-School Programs, and other sustainable food systems, specifically how bringing fresh, local produce can impact and improve community health.

In the Clean Plate Club, participants will be introduced to various dietary modalities, specifically as they relate to health and healing, receiving recipes, resources & handouts as well. A focus of course, will be on using seasonal produce. Participants will leave empowered and inspired to experiment in their own kitchen to lead healthy, happy & balanced lives.

The Clean Plate Club:

3 two-hour sessions on **Wednesdays**, offered during both the day and evening hours to accommodate busy schedules. **10:00AM-12:00PM OR 7:00-9:00PM** on the following dates:

May 13, 20 & 27th

June 10, 17th, 24th

Come hungry, as participants will be able to eat/sample all recipes.

Pricing: \$60/class. Discount of 10% if signed up for all three sessions in the same month.

May Series:

Session 1 (May 13)

CLEAN 101

Spring is the ideal time to not only clean out your home - but also your **BODY**. In this class, you'll learn the basics of Maya's classic 5-day cleanse. We'll make delicious recipes naturally without dairy, corn, nuts, soy, gluten, eggs or sugar...that are nonetheless tasty & easy to make!

Session 2 (May 20)

FOOD AS MEDICINE

There is no shortage of ingredients that naturally promote well-being! Traditionally known and used to improve and support the immune system, we'll investigate and create dishes that can be added to your pantry and recipe arsenal!

Session 3 (May 27)

FARM TO TABLE 101

An introduction to the Farm to Table Movement. What resources are there in our area, and what are the benefits to our communities, families, and own bodies! How do we use the best of what's available at local farmer's markets, farm stands and CSA boxes?

June Series:

Session 1 (June 10)

CLEAN SKIN

Your skin is your largest organ - feed it right and it will radiate! Get your face and body ready for the skin-bearing season. We will taste some fabulous concoctions, and learn about other methods to use topically to encourage a healthy glow.

Session 2 (June 17)

CRAVINGS BE GONE

How do we manage our sugar, coffee, fill in the blank addictions? Our bodies are actually trying to tell us something. Let's take control of our cravings, listen to our bodies and nourish them to help curb our appetites the healthy way.

Session 3 (June 24)

NOT YOUR MAMA'S VEGGIES

Slimy, mushy, tasteless vegetables no longer! Learn techniques to make veggies the star of your meals, and have your families beg for second helpings!