



The Holistic Kitchen

June - August Cooking Class Schedule

Summer Cooking Camp

June 15th - August 7th

Little Chefs / Ages 5-11

Teen Culinary & Wellness Series (Ages 12-17)

Mediterranean Wellness (Adults \$75)

(Hummus, Kofta Chicken Meatballs, Tzatziki, Lemony Couscous w/Roasted Vegetables)

June 6: 11 am / Adults, 5 pm / Adults

June 13: 5 pm / Adults

Fresh Pasta & Salad Class (Adults \$75)

June 20: 11 am / Adults, 5 pm / Adults

June 27: 11 am / Adults, 5 pm / Adults

Sushi Making 101 (Teens \$65), (Adults \$85)

(sushi rolls, Garlic & Sesame Edamame, Cucumber Salad)

July 11: 11 am / Teens, 5 pm Adults

July 18: 11 am / Teens

Risotto Class (Adults \$80)

(Mixed Green Salad, Risotto, Olive Oil Rosemary Loaf)

July 18: 5 pm / Adults

July 25: 5 pm / Adults

The Art of Cooking Salmon (Adults \$80)

(Salmon w/Miso Butter, Crispy Greens, Brown Jasmine Rice, Seasonal Dessert)

August 1: 5 pm / Adults

August 8: 5 pm / Adults

August 15: 5 pm / Adults



Wellness Food Demonstration Class 6:30 pm
\$45 pp

During these demonstrations, you'll learn practical cooking techniques, nutrition-focused tips and creative ways to prepare wholesome meals using fresh, nutrient-dense ingredients. My goal is to help you feel confident in the kitchen while empowering you to make informed choices that support your personal wellness journey.

Plant Proteins

June 1st, 15th, 29th

Antioxidant: The Inflammation Antidote

July 6th, 20th

The Anti-Inflammatory Lifestyle

August 3rd, 17th, 31st