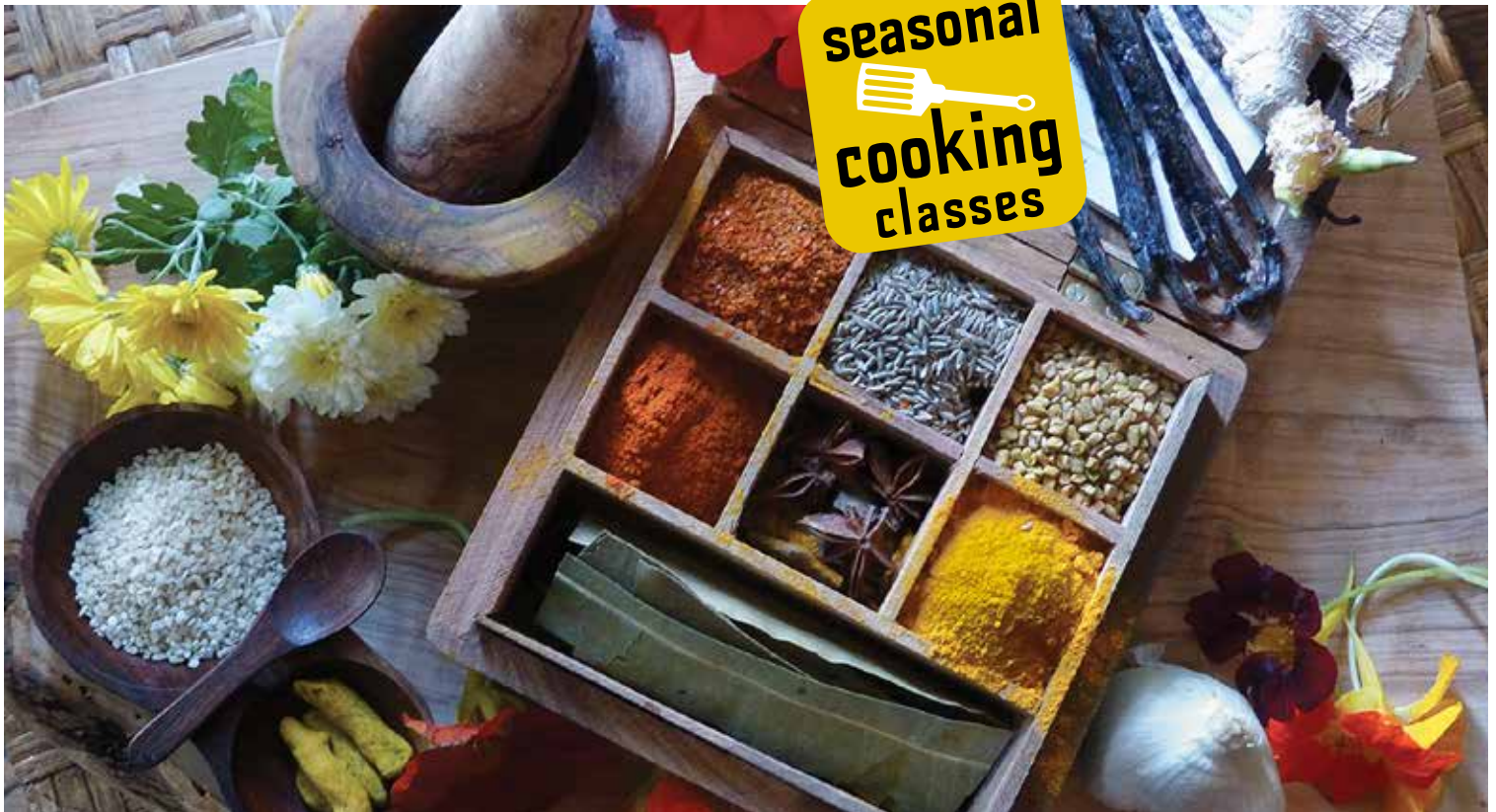




SEASONing

TEMPERATURE | TASTE | TEXTURE
seasoning-sonoma.com



seasonal
cooking
classes

SEASONAL CLEANSE

Detox and boost your energy!

Learn how to do a seasonal cleanse and still eat real food! In this Ayurveda-inspired cooking class you will understand the importance of temperature, taste and texture.

In this fun, interactive class, explore how to create simple, healthy, scrumptious dishes in a relaxed, intimate setting.

Two hour class for up to 6 people: \$500
(ask us about cost and options for any size group)

Sample Menu | subject to change

Golden Milk
warm, spiced tea

Stewed Fruit
seasonal fruit & spices

Kitchadi
*split mung bean
& basmati rice*

Raita Three Ways
*yogurt sauce w/citrus,
cucumber or lemon*

Sautéed Seasonal Greens
lightly seasoned greens

Oja Balls
natural energy snack

YOUR SEASON-ING CHEFS:

TERI ADOLFO is a certified Ayurveda practitioner, an East Asian nutrition and cooking instructor, acupuncture and massage practitioner. She specializes in digestive disorders, herbal medicine and women's issues.

KARA ADANALIAN is an accomplished contest cook, winning numerous regional and national cooking contests, holding the title of "America's Best Home Cook" awarded by *Fine Cooking* magazine and Sur La Table.

OFFERED AT YOUR HOME OR ALTERNATIVE SITE. CONTACT US: seasoning.sonoma@gmail.com OR (707) 408-2668