



Blue Zone Apron Adventures with Mona “Food as Medicine” Cooking Classes

*Learn *** Cook *** Taste *** Connect*



Fall 2017 Saline Community Education Location: Liberty School YA Room

Instructor: Mona S Ottum MS, RDN, CLT Integrative and Functional Medicine Dietitian

Class 1: ID 1135-F17B Tuesday, September 12,

6:30-8:30 Liberty School YA Room \$35

Sardinia, Italy. Longest-Lived Men

Functional Medicine Concept: Inflammation and the Mediterranean Diet

Longevity Foods: Tomatoes, Fennel, Full Fat Goat and Sheep milk, Barley, Black-eyed peas

Recipes: Sardinian Minestrone and Tomato, Artichoke and Fennel Salad...

Beyond food: Life with Purpose and Meaning

Class 2: ID 1135-F17C Tuesday, September 19,

6:30-8:30 Liberty School YA Room \$35

Okinawa, Japan. Longest-Lived Women

Functional Medicine Concept: Hormone balance and a Plant-Based Diet

Longevity Foods: Sweet potato, Tofu, Shitake Mushroom, Turmeric, Garlic, Green Tea, Pork

Recipes: Tofu Stir-fry, Coconut Mashed Sweet Potatoes...

Beyond Food: Community

Class 3: ID 1135-F17D Tuesday, September 26,

6:30-8:30 Liberty School YA Room \$35

Ikaria, Greece. Land with no Dementia

Functional Medicine Concept: Healthy fat (>50% of calories) for healthy heart and brain

Longevity Foods: Olive Oil, Lemon, Honey, Mediterranean Herbs, Wild Greens, Chickpeas

Recipes: Briam, Mediterranean greens, Salad Dressings for Explosive flavor....

Beyond Food: Relaxing and slowing down

Class 4: ID 1135-F17E Tuesday, October 3,

6:30-8:30 Liberty School YA Room \$35

Nicoya, Costa Rica. Peasant food for Health.

Functional Medicine Concept: Hormesis

Longevity Foods: Corn, Squash, Papaya, Cabbage, Black Beans

Recipes: Gallo Pinto, Cabbage Salad, Papaya Salsa, Bean and Squash Tortillas

Beyond Food: Joyfulness and Gratitude

Sign up for all 8 classes and save \$40! All 8 classes \$240

1135-F17A Tuesdays, September 12 to November 14 *No Class October 24 and October 31!*****

Class 5: ID 1135-F17F Tuesday, October 10,

6:30-8:30 Liberty School YA Room \$35

Loma Linda, California. US Centenarians

Functional Medicine Concept: Detoxification

Longevity Foods: Avocado, Salmon, Nuts, Beans, Water

Recipes: Vegetarian Stuffed Peppers, Guacamole, Homemade Granola....

Beyond Food: Spirituality and Nature

Class 6: ID 1135-F17G Tuesday, October 17,

6:30-8:30 Liberty School YA Room \$35

Unofficial Blue Zone – Bulgaria

Functional Medicine Concept: Healthy microbiome is a healthy body and brain

Longevity Foods: Cultures and Ferments

Recipes: Homemade yogurt, coconut kfir, kombucha tasting, homemade sauerkraut

Beyond Food: Music, Dance, Art

Class 7: ID 1135-F17H Tuesday, November 7,

6:30-8:30 Liberty School YA Room \$35

Unofficial Blue Zone – Hunza. A grain of truth.

Functional Medicine Concept: Food First -Whole Food and Sustainable Agriculture

Longevity Foods: Apricots, Walnuts, Sprouted and Ancient Grains and Beans, Herbal Tea

Recipes: Poached Apricots with yogurt and walnuts, Chicken Hunzai...

Beyond Food: A “Can Do” attitude

Class 8: ID 1135-F17I Tuesday, November 14,

6:30-8:30 Liberty School YA Room \$35

Bonus: Blue Zone Festival Time

Functional Medicine Concept: Adverse Food Reactions – Removing Problem Foods

Longevity Foods: Gluten-Free, Dairy-Free, Refined Sugar-Free

Recipes: My favorite GF celebration recipes, Gluten-free pie crust and Naturally Red Velvet Cake

Beyond Food: Celebration and Fun