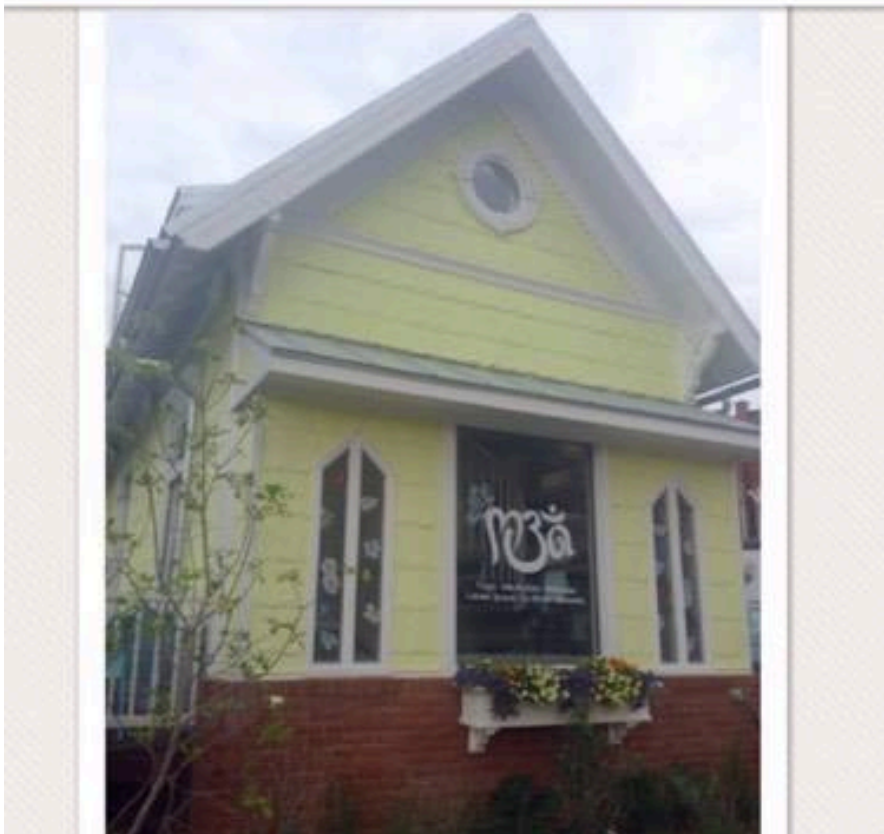


Altered Eats 2017 Cooking Classes and Local Food Series Dinners

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Altered Eats is excited to announce that they have created a Series of Local Food Dinners and Cooking Classes, as well as a Harvest Celebration, that will take place throughout the summer at the MBA Entrepreneurs' Kitchen!



ALTERED EATS 2017 COOKING CLASSES:

Each class is \$80.

Class space is limited. Each class will allow for a maximum of 8 students.

Free ticket to Harvest Celebration Dinner on October 21st when you sign up for a class or dinner.

All classes will be held at the Mind Body Align Entrepreneurs' Commercial Kitchen located at 13 Park Ave. West

Friday, June 16th, 7-10pm

Basics of Baking: Desra Wells from Blackbird Bakery and Anne Massie from Altered Eats will be demonstrating how to bake the perfect cookie as well as a bread making demonstration. Ever wonder why your baked goods aren't quite right? We will have tips on how to improve your baking! Class includes an array of baked goods for sampling, refreshing herb tea and appetizers. All participants will take home printed recipes as well as receive a follow up email with recipes.

[Purchase Tickets Here For Basics of Baking](#)

Saturday, August 26th, 6-9pm

Cooking for Your Health: Anne Massie of Altered Eats and Nicholas Copley of Altered Eats and Lionheart Medicinal Gardens will teach a hands on class demonstrating meals that are tasty and good for you! Anne will demonstrate how to make "protein power bowls" that are easy to put together for a quick dinner as well as the basics behind making a homemade salad dressing. Nick will discuss the role of herbs in health, and demonstrate an in season dish that is wild foraged from our area. All participants will take home printed recipes. Samples of the demonstrated items as well as appetizers and iced tea will be served.

[Purchase Tickets Here for Cooking for Your Health](#)

Saturday, October 7th, 7-10pm

The Secrets of Scratch Pie Making: Desra Wells from the Blackbird Bakery and Anne Massie from Altered Eats will be demonstrating how to bake a pie from scratch. Desra will show the students how to make the perfect crust, giving you time to practice before the holidays! Anne will demonstrate how to make delicious Quiche Lorraine. This class is hands on, participants will learn how to roll their own dough and will take their own personal pie home! Class includes baked goods for sampling, refreshing herb tea and appetizers. All participants will take home printed recipes.

[Purchase Tickets Here for The Secrets of Scratch Pie Making](#)

ALTERED EATS 2017 LOCAL FOOD SERIES DINNERS:

Each dinner is \$80

Free ticket to Harvest Celebration Dinner on October 21st when you sign up for a class or dinner.

All dinners will be held at the Mind Body Align Entrepreneurs' Kitchen located at 13 Park Ave

West

Anne Massie and Nicholas Copley of Altered Eats will create incredible meals from locally sourced farm-to-table ingredients. Each dinner will highlight a Farmer from Ohio, most ingredients will be sourced directly from the farm. The Chefs will create 4 course sit-down dinners with the farmers, together we will talk about each delicious dish in detail. Each evening will feature a casual appetizer period followed by a sit down dinner. The dinners will be fun, tasty, and a great way to promote the bounty of Ohio! They have partnered with local 501(c)3 nonprofit Mankind Murals Inc, and Green Room Gallery & Events for each dinner.

Saturday, July 15th, 6-9pm

Cassandra Clawson and Jimmy Myers of Front 9 Farm Dinner

[Purchase Tickets for Front 9 Farm Dinner](#)

Saturday, July 29th, 6-9pm

Joan and Reed Richmond of Meadow Rise Farm Dinner

[Purchase Tickets for Meadow Rise Farm Dinner](#)

Saturday, August 12th, 6-9pm

Cindy and Steve Shasky of Shasky Family Farms Dinner

[Purchase Tickets for Shasky Family Farms Dinner](#)

Saturday, September 23rd, 6-9pm

Jon and Autumn Fogle of Blackfork Farm Dinner

[Purchase Tickets for Blackfork Farm Dinner](#)

HARVEST CELEBRATION:

Tickets: \$30 (Tickets not yet for sale)

Free for participants in the cooking classes and local food dinners, as well as farmers and all volunteers.

Saturday, October 21st, 5-8pm

A celebration of the bounty of the season! A casual evening with locally sourced appetizers and refreshments.

Photo Credit: Staff Photo

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