

September 2020



Parkview Community Greenhouse
and Learning Kitchen
1716 Beacon Street | Fort Wayne, IN 46805

All classes will be virtual through Zoom.
Farmers Markets are at the Greenhouse and Learning Kitchen.
Masks and social distancing required.

Registration is required for classes – please visit
www.parkview.com/GrowGreen to register, or email
Greenhouse.LearningKitchen@parkview.com for details.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 Salsa Shake & Salsa Make 5:30 – 6:30 PM	2 The Daily Dozen: Beans Edition 12:00 – 12:30 PM	3 <i>Farm Market 4-6 PM</i>	4	5
6	7 	8	9 Kids in the Kitchen: Sweet Treat Edition 5:30 – 6:00 PM	10 30 Minute Meals with the Chef 12:00 – 12:30 PM <i>Farm Market 4-6 PM</i>	11	12
13	14 <u>DIY Buddha Bowls: An Interactive Class</u> 6:00 – 6:30 PM	15 <u>Yoga & Foods for Bone Health</u> 3:30 – 4:30 PM	16	17	18	19
20	21	22	23 <u>Powered By Plants</u> 5:30 – 6:30 PM	24 <u>Classic Flavorings with the Chef</u> 2:00 – 2:30 PM	25	26
27	28 <u>Lifesaving Nutrition Habits on a Budget</u> 5:30 – 6:30 PM	29	30 <u>DIY Soup & Sinatra: An Interactive Class</u> 12:00 – 12:30 PM	1	2	3

Salsa Shake and Salsa Make

Join us from home for a live Zumba class followed by powerful salsa dishes! This class will feature salsa recipes with plenty of nutritious ingredients for your workout recovery.

The Daily Dozen: Beans Edition

Join us to explore the Daily Dozen, recommended by Dr. Michael Greger of NutritionFacts.org. In this series, each of the twelve daily recommendations will be discussed with tips of adding them into your own routine.

Kids in the Kitchen: Sweet Treats Edition

Do you battle with your kids over the table only to find them asking for dessert? It can be difficult to find healthy sweet treats that your kids will accept as dessert. Let them help you prepare it and they will be more likely to try it. Then watch that sweet tooth get satisfied!

30-Minute Meals with the Chef

A balanced weeknight meal can be a lot to ask for at the end of a long day. Let our Chef guide you through some options for an easy and delicious 30-minute meal.

DIY Buddha Bowls: An Interactive Class

Let's cook together! In this virtual experience, we will shop our own pantry to find whole grains, beans or legumes, plenty of veggies, and some of your favorite toppings. Be ready in your kitchen with your choice of ingredients and follow along as we create our own delicious and nutritious Buddha Bowls!

Yoga and Foods for Bone Health

Try slow flow yoga in the comfort of your own home to refine the posture of your body, mind and heart. Then discover the bone building, calming, and reviving post workout foods and recipes.

Powered By Plants

Want to network in a relaxed setting with a group of like-minded people on the journey toward whole food, plant-based eating? Plan to come to our gathering for support and inspiration. Join us in a conversation on how to succeed with a plant-based diet. Ask the experts questions, share tips or hints that work for you, as well as ideas on 'plant-friendly' restaurants, books, films and more. Join our powered by plants community. Meet-ups will be every other month and will give you the tools you need to eat your way to a healthier lifestyle. It's a learning experience like no other!

Reservation required. | Call 260-266-6500

Classic Flavorings with the Chef

Get inspired with our Chef while you explore flavorful ingredients and their pairings and learn to create your very own classics in your very own kitchen!

Lifesaving Nutrition Habits on a Budget

Do you feel like healthy eating is expensive? It really isn't if you shop smart. Join us from the comfort of your home for tips and tricks on smart shopping and eating healthy at home.

DIY Soup and Sinatra

Let's cook together! In this virtual experience, we will serenade our senses with music from the fabulous Frank Sinatra and make our own soups! We will discuss the healing effects of both music and some ingredients as we enliven our senses and share our unique and nutrient dense soup creations. Be ready in your kitchen with your soup pot, water or broth, and plenty of veggies!

