

March 2010

EarthSave Cooking Class

# Oh, my Gnocchi... This is easy!



Saturday, March 13th, 2010 4:00 – 5:30 PM

Cooking Class Presented by Ryan Egly

Sponsored by EarthSave Louisville

German-Paristown Neighborhood Association

1094 E. Kentucky St., 40204

(next to St. Therese Catholic Church)

502.299.9520

<http://louisville.earthsave.org>

This month's theme: [What is gnocchi?](#) It is 1,000's of years old: Tried and true; easy; and ITALIAN! Many variations exist--and Ryan will be making "Sweet Potato Gnocchi", consisting of whole wheat flour, sweet potatoes, and (after baking) topped with marianara sauce. So good; so easy; so cheap; so plant-based. Walk away at the end of this class a changed person! You will be getting your hands into the flour--if it's been a while for this, you will asking yourself why you haven't gotten into this sooner.

If you are ready to learn and engage in ideas about food preparation and consumption, then come! An EarthSave potluck will directly follow at 6:00 PM, wherein the terrific dish will be celebrated and consumed together by all happy attendees.

EarthSave leans toward the thinking that helping to save the earth is only a bite away. Each bite comes from a meal, so helping the earth is a meal away. Each meal comes from a recipe, so helping the earth is a recipe away. Each recipe is taught and/or tried, so helping the earth is one class away-- Come to EarthSave's cooking class! Come on out, start bringing habits of health to your body while moving the planet towards the same...one bite/meal/recipe/class at a time! If you can RSVP, then do so (502 299 9520 or [louisville@earthsave.org](mailto:louisville@earthsave.org); not strictly required). New menu and ideas every 2nd Saturday. Come often.

This event is not only valuable, it's free; a freewill basket for the chef will be passed.

Absolutely everyone is welcome: Spread the word!

Flier:

<http://louisville.earthsave.org/CookingClassEarthsave.pdf>

Weblink:

<http://www.louisville.earthsave.org/CookingClassESLMar2010.html>

Printable posters to spread the word:

<http://louisville.earthsave.org/CookingClassEarthsave.pdf>

THIS COOKING CLASS AND POTLUCK WERE RECENTLY FEATURED IN A COURIER-JOURNAL ARTICLE: [READ ALL ABOUT IT!](#)

EarthSave Louisville is a non-profit 501(c)3 corporation; PO Box 4397 Louisville, KY 40204

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