

What is EarthSave all about?



EarthSave Louisville

educates people about the extremely powerful and documented effects our food choices have on the environment, our health and life of Earth, and encourages a shift toward a healthy, plant based diet--all within a local context.

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

# November 13th, 2010 Veggie-Table Cooking Class "The Greeny Noodling Twist: Gary style!"

Cuisine from Asia with love...



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

Sponsored by EarthSave Louisville  
United Crescent Hill Ministries  
150 State Street, LVL KY, 40206  
(corner of Frankfort Ave. and State St.)  
New Location with a HUGE KITCHEN!  
502.299.9520  
<http://louisville.earthsave.org>

*NOVEMBER'S HAIKU:  
Spinning yarn: Noodles!  
Greens and Faux-Meats act as loom  
We've food tapestry!*

Gary Liebert, PhD, will combine greens, noodles, and soy-based faux-meats with some awesome spices to make your tummy smile. Come and hear all about it--and see it, and try it. We mean you! At 4:00pm on Saturday, November 13th to the United Crescent Hill Ministry kitchen (150 State Street, LVL) this month's chef will be explaining, demonstrating, answering questions, and engaging all participants about these matters. Change starts from "cooking" it up in the kitchen indeed! Beginners and experts both welcome.

Each class promises to be promote easy, healthy, and mind-expanding kitchen concepts. Prepare to be inspired. See this! Come every month from 4:00 pm to 5:30 pm to watch and learn from a rotating line of proficient cooks that can show you how to be successful, healthy, and savvy in the kitchen on a budget with little or no incoming skills, while maintaining a fully-plant-based diet--whether cooking for 6 or alone. This event is free and awesome (A \$1 fee for food expenses is optional). There's always a place for those who want to learn.

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EarthSave leans toward the thinking that helping to save the earth is only a bite away. Each bite turns into a meal, so helping the earth becomes a meal away. Each meal comes from a recipe, so helping the earth is thus a recipe away. Each recipe is taught and/or tried, so helping the earth is one class away. This is why we want you to come to EarthSave's cooking class! Through this class, you can 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...and stay for the potluck that follows at 6pm.

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!

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Flier:

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

Weblink:

<http://www.louisville.earthsave.org/CookingClassESLNov2010.html>

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