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## The Clean Plate Club

Field House Farm, LLC & A Recipe For Wellness, LLC

Present the Fall 2015 Health-Focused Cooking Class Offerings

Field House Farm is happy to bring back the **health-focused** cooking class series for adults, as an extension of its existing Farm to Table programming.

The series will be led by Maya Bradstreet of A Recipe for Wellness, LLC, [www.arecipe4wellness.com](http://www.arecipe4wellness.com). She is a health professional and nutrition coach who has led multiple cooking courses in St. Louis, Missouri and now on the Shoreline where she has lived for nearly three years. Having been diagnosed with an auto-immune thyroid condition in 2000, she has successfully gone into remission using dietary and lifestyle changes. She knows first-hand, the healing power of food as medicine, as well as the value of living at one's optimal wellness. A graduate of Brown University, she received her food training at the Institute for Integrative Nutrition in New York City. Affiliated with Columbia University, IIN educates its students in myriad of dietary theories: from Macrobiotics & Ayurvedic Principles to today's most popular trends. Holding a Masters degree in Health Promotion from Indiana University, she researched Community Supported Agriculture, Farm-to-School Programs, and other sustainable food systems, specifically how bringing fresh, local produce can impact & improve community health.

In the Clean Plate Club, participants will be introduced to various dietary modalities, specifically as they relate to health and healing, receiving recipes, resources & handouts as well. A focus of course, will be on using seasonal produce. Participants will leave empowered and inspired to experiment in their own kitchen to lead healthy, happy & balanced lives.

### **DETAILS:**

Two-hour sessions on **Wednesdays**, offered during both the day and evening hours to accommodate busy schedules. **10:00AM-12:00PM OR 6:00-8:00PM** on the following dates:

October 21st & 28th

November 11th & 18th

December 2nd & 9th

Come hungry, as participants will be able to eat/sample all recipes.

**Pricing:** \$60/class. Drop in for any session or sign up for all!