

Hello Everyone :)

Bosch Kitchen Center

Upcoming Cooking Classes



The new year is almost here, and we have some great cooking classes planned! If you have any requests for different classes or feedback about any classes you attend,

please let
us know by
sending an
email to
classes@m
ykitchence
nter.com.
Thanks,
we're
excited to
see you at
some
classes!

Class Schedule:

January/2012

Wed. Jan 4th 12:30pm **and** Sat. Jan 7th 10:00 am*:

Basic Breads- \$10

Come learn from the experts how to make delicious, soft, 100% whole wheat bread using the Bosch Mixer and Nutrimill grinder.

Tues. Jan 10th 12:00 pm:

Pressure Cooking 101-\$10

Come learn the basics of pressure cooking from Melanie, our pressure cooking expert. She will demonstrate 3 different kinds of chili.

Sat. Jan 14th 10:00am:

Sun Oven Demonstration- FREE

Come learn about how to cook in a solar oven, and why they are a must to have on hand for emergencies!

Sat. Jan 14th 12:30 pm:

Satisfying Meals in Under 30 mins-\$10

In a rush to get good, healthy meals on the table? Melanie, our pressure cooking expert, will be demonstrating a variety of different delicious meals you can make in a hurry using the pressure cooker.

Tues. Jan 17th 6:30 pm

Knife Skills- \$10 (hands on)

Want to learn the basics of knives, and how and when to use which ones? This is the class for you! We will be demonstrating with Wustof knives, and give you a chance to practice your skills in this hands-on class. Class is limited to 8 people, so reserve your spot quickly!

Wed. Jan 18th 12:30 pm:

Specialty Breads- \$10

Ever wondered how to make delicious twelve grain bread? Come find out! We will be making variations on the basic bread recipe, including twelve grain, pita, and bubbly bread.

Sat. Jan. 21st 10:00 am:

Authentic Mexican Food-\$10

Gema (from Spain) and her husband Roman (from Mexico) are coming back to teach how to make more authentic Mexican dishes. There is always a lot of delicious food, so come hungry!

Tues. Jan 24th 12:00pm:

Soup and Bread Bowls- \$10

Come learn how to make a variety of delicious soups in the pressure cooker, and the bread bowls to serve them in.

Wed. Jan 25th 6:30-8:00pm:

The Health Seeker's Kitchen- A Night in Tuscany- \$10

Come and learn how to make No-Knead Tuscan Artisan Bread (using sprouted wheat for optimal nutrition) that ferments overnight and uses a cooking method that simulates hearth baking. We are using the La Cloche covered baker, a ceramic dome that fits in your oven and creates beautiful, delicious bread. Enjoy sampling Tuscan Soup, Tuscan Pasta Salad & Non-Dairy Tuscan Hazelnut Gelato. All plant-based, nutritious and delicious!

Thurs. Jan 26th 6:30 pm:

Big Batches for Multiple Meals in the Pressure Cooker- \$10

Come learn how to make one big batch of something in the pressure cooker and use it for 2-3 different variations of meals. Melanie will demonstrate a variety of different ideas. Prepare meals ahead of time for your family and make life a little easier for yourself!

Sat. Jan 28th 10:00 am:

Pizza to Die For -\$10

Come learn how to make amazing pizza with fresh ingredients using the Old World stone and paddle. You'll be amazed how easy making your own incredible pizza can be!

Make sure to check our website ([here](#)) for any additional classes that may be added!

*Registration is required for cooking classes because the instructors need know how many people to cook for, and so we can let you know if anything changes with the class. **Please register by calling us at 801-562-1212, or by sending an email to classes@mykitchencenter.com.** Sandy Bosch Kitchen Center located at:*

8940 South 700 East Sandy, UT 84070

HAVE YOU EVER THOUGHT ABOUT PREPARING FOR PESTS????

<http://preparednesspro.com/creepy-crawly-preparedness/>

A blue rectangular button with a white border. On the left side, there is a small white square. To its right, the word "broadcast" is written in white lowercase letters. The background of the button is a solid blue color.



Date: Tuesday, Dec 27, 2011

Time: 8:00 to 9:30 PM

Guest: LeArta Moulton

Foods for Better Health

Feeling that every mother has an obligation to do all she can for her family, LeArta is in high demand for her knowledge on the use of whole grains as well as edible and medicinal herbs. The use of natural foods has been part of her family tradition for years. She encourages you to have fun while learning how to use foods for better health in this fast- paced millennium of toxic foods.



LeArta's "down to earth" advice and publications will open up a whole new world for you and your family.

LISTEN NOW

If you are unable to open the "LISTEN NOW" link copy and paste the link below into your browser.

<http://www.blogtalkradio.com/doctorprepper/2011/12/28/self-reliant-living-r>

Radon test kits available as part of National Radon Month

Related Links

- [EPA: Radon](#)
- [Radon.Utah.gov](#)
- [Utah County Health Department](#)

It is colorless, odorless and the second leading cause of lung cancer in the United States. The radioactive gas radon is released as uranium in soil and rocks decays and has been linked to more than 20,000 lung cancer deaths in the United State each year. But most people are unaware of the dangers radon poses to them and their families.

"It comes from the ground and can be anywhere," said Andrea Jensen with the Utah County Health Department.

"Old homes, new homes, small homes or mansions can all have high levels of radon in them."

Radon is non-toxic when outside or in open, well-ventilated places but the gas can seep into homes through cracks in the foundation and get trapped in the enclosed space. The health department says winter months are the best time to test for radon because most

people have their windows and doors closed.

As part of National Radon Awareness month, which begins in January, the health department is selling radon test kits for just \$10. "Just \$10 can save your life," Jensen said. "Radon is one of those things people don't know about and don't think about."

According to the Environmental Protection Agency, only smoking causes more lung cancer deaths a year than radon. Dr. Wallace Akerley, director of thoracic oncology at Huntsman Cancer Institute, says lung cancer caused by radon is often not discovered until the cancer is in later stages.

"Non-smokers are typically diagnosed at a higher stage of cancer," Akerley said. "Both the doctor and patient ignore the symptoms. If you are a non-smoker we give you the benefit of the doubt and think it is likely pneumonia before we start testing for cancer."

Akerley also says that testing for radon is a simple but effective way to prevent getting lung cancer.

"The big issue to me is it is fixable," Akerley said. "I do test my house and we should all be doing it."

Testing for radon takes two to three days but requires little

effort. The test kit is opened in the lowest occupied level of the home and left for several days before being sealed and sent to the lab.

If the test comes back with high levels of radon, there are options for families needing to get rid of the gas. A mitigation system consisting of a pipe running from the foundation up through the ceiling to ventilate the gas can be installed. The system can cost upwards of \$1,000 but Jensen says the cost is worth it.

"It is cheaper and less painful than chemotherapy," she said.

The Utah County chapter of Habitat for Humanity also is working to get the word out about radon. Mitigation systems are now being installed in all the Habitat for Humanity Homes built in Utah County.

"It is one of those things you can't see, touch, feel or smell. It is a deadly poison no one is aware of," said Kena Mathews, executive director of Utah County Habitat for Humanity. "One of the things we really focus on is making all of these homes safe and having these systems in your home does that. It is important to keep people safe from radon."

Radon test kits are also available at The Habitat for

Humanity Restore for \$6.

The EPA recommends people get their homes tested for radon once every two years. According to the EPA's citizen guide to radon, the gas can be found in one home and not in the home next door, meaning it is important to get tested regardless of what neighbors' test results are. Jensen also says businesses and schools should test for radon with the same regularity as homeowners.

Test kits can be picked up at either the Utah County Health Department, 151 S. University Ave. in Provo, or Habitat for Humanity Restore, 340 S. Orem Blvd. in Orem, during regular business hours.

Read more:

http://www.heraldextra.com/news/local/radon-test-kits-available-as-part-of-national-radon-month/article_ae1ee9be-b11f-5718-a2de-072b367dff9f.html#ixzz1hqY0aOWs

A Closer Look at Nature...

Have you ever taken the time to look at the food you eat? I mean really look? Here's a little "Food for Thought" we thought you might enjoy...



A sliced Carrot looks like the human eye. The pupil, iris and radiating lines look just like the human eye... And YES, science shows carrots greatly enhance blood flow to and function of the eyes.



A Tomato has four chambers and is red. The heart has four chambers and is red. All of the research shows tomatoes are loaded with lycopine and are indeed pure heart and blood food.



Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows grapes are also profound heart and blood vitalizing food.



A Walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three (3) dozen neuron-transmitters for brain function.



Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.



Celery, Bok Choy, Rhubarb and many more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body.

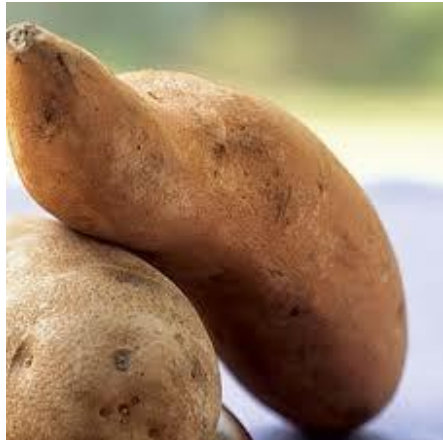


Avocados, Eggplant and Pears target the health and function of the womb and cervix of the female - they look just like these organs. Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers. And how profound is this? It takes exactly nine (9) months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods. Modern science has only studied and named about 141 of them.



Figs are full of seeds and hang in twos when they grow. Figs

increase the mobility of male sperm and increase the numbers of Sperm as well to overcome male sterility.



Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics.



Onions look like the body's cells. Today's research shows onions help clear waste materials from all of the body cells. They even

produce tears which wash the epithelial layers of the eyes. A working companion, Garlic, also helps eliminate waste materials and dangerous free radicals from the body.

[Where To Begin...The 30 Day Challenge](#)

If part of your New Year's Resolution is getting a better a handle on your food storage, then we'd like to help you!

[CLICK HERE](#) to take our 30 Day Challenge...

Here's a good first step in planning what to store for your family without becoming overwhelmed with buckets of wheat and bins of rice. Let's start simple...



1. Make a list of the items you use for one entire month. This includes all fresh and frozen foods, condiments, spices, boxed foods, canned foods, and drinks.
2. During this first month, keep track of how much of each of these items your family uses. For example, 2 cans of corn, 1 bottle of ketchup, 4 lbs. of pasta, etc.
3. During this first month, make a list of the things you wish you had, but ended up having to go buy at the store. This will give you a good idea of the things you should have on hand at all times.
4. Make a list of 10 meals your family enjoys eating regularly. Write down all of the ingredients that are needed to make those 10 meals. Add those to your list of items for your food storage.

Great! Now you're ready to store all the basics!

By looking over the list that you've made through the month of January, you'll have a pretty good idea what your family consumes in a one month period. Now the challenge...Make that your first food storage goal for the year. Stock up on a 3-month, 6-month, or 1-year supply of all of those items on your list. When that's finished, we'll move to step 2--an expanded food storage supply. Congratulations! You're on your way to a food storage program tailored just for your family.

Custard Berry Parfaits



Custard Berry Parfaits

- 1/4 cup sugar
- 4 teaspoons cornstarch
- 1/4 teaspoon salt
- 1 2/3 cups 1% milk
- 2 egg yolks, lightly beaten
- 3/4 teaspoon vanilla extract
- 3 cups mixed fresh berries

1. In a small saucepan, combine the sugar, cornstarch and salt. Stir in milk until smooth. Cook and stir over medium high heat until thickened and bubbly. Reduce heat; cook and stir 2 minutes longer. Remove from the heat.
 2. Stir a small amount of hot filling into egg yolks; return all to the pan, stirring constantly. Bring to a gently boil; cook and stir 2 minutes longer. Remove from heat.
 3. Gently stir in vanilla. Cool to room temperature without stirring. Transfer to a bowl; press plastic wrap onto surface of custard. Refrigerate for at least 1 hour.
 4. Just before serving, spoon 1/4 cup of berries into each parfait glass; top with 2 Tablespoons of custard. Repeat the layers.
- Yield: 6 servings
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Blueberry Syrup



My family loves waffles – they’re perfect on a lazy Saturday morning, and they’re also a great addition to our occasional “brinner” (breakfast for dinner) menu. Our children love waffles with maple syrup, but sometimes it’s fun to mix it up a bit. I love this recipe for blueberry syrup – it works great with fresh blueberries when they’re in season, but it also works well with frozen blueberries. It’s definitely on the sweet side, so you’ll want to be sure to have plenty of savory side dishes to cut through the sugar a bit.

Blueberry Syrup

- 2 1/2 C blueberries
- 1/2 C sugar
- 1/2 C water
- Juice of 1/2 lemon

Combine all ingredients in a saucepan. Bring to a boil. Reduce heat, and simmer for 12 minutes. Serve warm.

Savory Carrot Couscous

1 Tbsp. butter
2 Tbsp. parmesan cheese
1/2 cup carrot purree
1 1/4 cup chicken broth
2/3 cup couscous

Bring chicken broth to a boil. Then add the butter, parmesan cheese and carrot puree. Stir until all ingredients are mixed in. Turn off the heat, and cover the pot with a lid. Allow to sit 5 minutes, then fluff. Garnish with fresh chopped parsley if desired. Enjoy!

Weekly Food Storage Deals:

<http://grocerysmarts.com/utah/lists/splashg84csg.php>

Have a happy new year full of food storage!!!



Ann