

"Your New Year's resolution to eat properly should be about so much more than meat and three veg. Samantha Gowing is a health and fitness practitioner who teaches "nutritional medicine", an understanding of how food impacts on the body, mind and spirit. Class menus combine the healing philosophies of the East with modern nutritional information and use organic and biodynamic produce only." Lisa Mitchell The Age, A3 January 2005

## food as medicine

Our daily food rituals are declarations of who we are and one of the ways in which we express ourselves. Whether it is the sensual delight of a single ingredient or the progressive showcase of a degustation banquet, nothing defines us more than what we eat and how it has been.

Everything we eat is a product of culinary evolution, consumer demand and agricultural technique. Nowadays very few foods are invented. Most are contemporary twists on traditional themes, specifically those foods that are highly processed and readily available for mass consumption. Far removed from the original intention of nourishing, nurturing and healing the body. If the human body is the vehicle for the soul, the attention to dietary detail is therefore paramount for the survival and evolution of the species.

Overall, it is our continued pursuit of the enjoyment of food and the attainment of an emotionally healthy response from eating and utilising ingredients for their unique qualities that connect us with the ocean and earth - not the fragmented processing of foodstuffs with endless food miles and unknown heritage that dominate the mass market.

Our cooking classes endeavour to instill a healthy awareness, ignite passion and 'celebrate the abundant flavours to be found in seasonal organic produce.



Namaste  
Samantha Gowing

info@foodandhealth.com.au

We first met Samantha Gowing in 2001 when she came bouncing into our shop to let us know we were to be the finishing point for her Melbourne Food & Wine Festival 'Organic Crawl'. At this time the seeds were planted for a future cooking school at the green grocer.

Our chef, Tanya Connellan, has now successfully launched our school, and Sam's support and enthusiasm continues with the presentation of her own series of classes.

Bringing with her an extensive knowledge of 'food as medicine', Sam's approach perfectly compliments Tanya's culinary expertise.

Fun, informative and always 'rude with health', Sam will take you on a fascinating journey of cultural cuisine and their nutritional philosophies.

Mary Eckhardt & Dennis Staight,  
the green grocer

## bookings

To make a booking, either contact us by phone or email along with payment details.

Class placement is only confirmed with full payment, otherwise bookings will not be held. Classes once booked are not transferable to any other class or refundable.

## finding us

Melway Ref: 30 B12  
Closest corner Scotchmer Street  
Parking by Edinburgh Gardens on Alfred Crescent



217 St Georges Road North Fitzroy Vic 3068

Phone: 03 9489 1747

Email: thegreengrocer@bigpond.com



food as medicine  
at the green grocer  
cooking school

**each one should teach one**



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## lecture and tastings

### **The Tantric Kitchen**

**\$95**

Thursday 5th May 6.30pm-8.30pm

Ayurveda is an ancient Sanskrit system of health from India. The principles of Ayurvedic medicine celebrate the nature of food according to the 'Doshas'. Life enhancing foods bring positive energy to provide insight, health and wellbeing.

This class aims to deliver the skills to incorporate the mental, emotional and spiritual aspects which make up our essential human nature. A must for all Yogis!

### **Zen, Buddha and Balance**

**\$95**

Thursday 19th May 6.30pm-8.30pm

Macrobiotics is a nutritional theory based on the traditional Japanese diet fused with elements of Western science including physiology, biology and biochemistry. It encourages a way of life based upon a harmonious balance of a wholefood diet. Zen Macrobiotic cuisine offers a wide array of tasty, health-supportive menus that bring about daily balance.

### **The Tao of Food**

**\$95**

Thursday 2nd June 6.30 – 8.30pm.

Chinese dietary therapy is used to restore bodily balance. This nutritional philosophy follows the seasonal requirements our bodies need to maintain health and well-being. It is based on the observations and experience of centuries and offers practical and delicious recommendations for a healthy, holistic diet. Along with the right choice of foods and preparation methods, Chinese dietetics emphasises developing a lifelong, healthy approach to food.

## hands on cooking classes

### **Tonic, Spice and Rice**

**\$135**

Saturday 7th May 11.30 – 2pm

We've all "been to Bali too", however the cuisine of Indonesia is highly varied and has as much regional influence as the nation's spiritual diversity. This is a vegetarian class celebrating Balinese tonics and fragrant fare to the spicy Padang flavours of Sumatra. Be prepared for an aromatic cultural journey of our closest neighbours.

### **Longevi-tea - It's not as Dim as it Sims**

**\$135**

Saturday 21st May 11.30 – 2pm

The custom of Dim Sum is an Oriental pastime typically served as Yum Cha meaning "to drink tea". The tea ceremony is steeped in health and ancient wisdom that originated in the Sichuan Province of China. Steamed in small bamboo baskets and shared between guests, sample these delicious parcels with their carefully chosen medicinal ingredients. Complimented by specially selected tea infusions including oolong, sencha and jasmine pearls.

### **Seeking Immunity**

**\$135**

Saturday 4th June 11.30 – 2pm

Autumn heralds the moment to re-acquaint yourself with the virtues of citrus fruits and therapeutic root vegetables. These ingredients boast a fortifying, warming energy and when accompanied with rich antioxidants such as garlic, ginger, and turmeric. Enjoy such delights as a Cassoulet of aduki bean, shitake mushroom and leek which will strengthen our immune response to the battle the winter wars.