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# creative cooking with Sheri Castle

## Summer 2003 Class Schedule

### About the Classes

When you come to a class, you sit in my kitchen with other students and watch me prepare 5-8 recipes. I give you copies of the recipes so that you can take notes. I also cover techniques, ingredients, equipment and shopping tips. After I've finished cooking, it's time to sample! We gather around the kitchen and dining room tables to eat and talk.

### Culinary Tours

Join me on a 90-minute tour of a local Whole Foods Market or A Southern Season. We'll tour the store at your pace, so you can get answers to all of your questions. (How do I choose an olive oil? What are some healthy snacks? How can I choose the freshest produce?) This is the most fun when you come with a group of friends, so why not create your own tour group? \$30 per person.

### Give the gift of creative cooking!

Gift certificates for cooking classes make great gifts. The certificates are printed in color on card stock, so they look very nice. You can give certificates for particular classes, but I recommend that you give open certificates that let the recipients make their own selections.

I can send the certificate to you, or directly to the recipient. All I need from you is a check (\$45 per class), where to mail the certificate, and the greeting you'd like to appear on the certificate.

### A Moveable Feast: Dining Outdoors

**Sunday, July 13<sup>th</sup>, 1:00 pm**

Looking for fresh ideas for picnics, days on the boat, beach outings, barbecues, or simply eating out on the deck? That's what I'll cover in this class. In addition to these make-ahead recipes, I'll show you some lovely ways to pack and serve your *tote cuisine*.

### Farmer's Market Tour and Class

**Saturday, July 26<sup>th</sup>, 7:30 am (market tour) and  
Sunday, July 27<sup>th</sup>, 1:00 pm (the class)**

We'll tour the Carrboro Farmer's Market, which I think is the best in the state. You won't believe the freshness and variety of this truly local food. The tour lasts about an hour. We start early when there's the best selection and smaller crowds. On Sunday, we'll meet at my house as usual, where I'll prepare a meal based on the items we selected on the tour.

By this time in the season, the summer stuff will be in full swing. There will be tomatoes, peppers, eggplant, melons, peaches, beans, squashes, butter beans, handmade cheeses, cut flowers and much more. If you love fresh fruits and vegetables, you'll love this class. I'll show you how to select the best produce and tell you how to store it. I'll also introduce you to the farmers. It's wonderful to know the names of people who grow your food.

Note: If you can't make this tour, I'm available for private tours on certain Saturdays in July and August. Call me (787-7959) to make arrangements.

### Tomatoes, Glorious Tomatoes

**Sunday, August 24<sup>th</sup>, 1:00 pm**

For some people, tomatoes are a major food group. One of the rewards for surviving our hot summers is the tremendous variety of local tomatoes, from homegrown favorites to the fabulous, gorgeous, amazing heirlooms. Have you ever seen Green Zebras, German Stripes, or Sungolds? This class is devoted to making the most of tomatoes. We'll eat them fresh, roasted, in chutneys, in sauces, and in many other delectable forms!

### Custom Classes

My teaching schedule slows during summer. I've learned that people are busy with outdoor activities and vacations. I, too, am taking some time to spend with my family and travel a bit. I also want to work on some food writing projects. (Maybe I'll get started on the book so many of you have been asking for!)

However, summer is a great time for custom classes or culinary tours through the farmer's market, Whole Foods, or A Southern Season. Do you have visitors coming and need a way to entertain and feed them? A custom class could be the answer!

## Registration

**The fee for each class is \$45.00.**

To reserve your space, please return the registration form. Full payment must accompany each form; make your checks payable to Sheri, Inc. Additional registration forms can be printed from my web site, [www.shericastle.com](http://www.shericastle.com).

## Directions

I teach the classes in my house at 4112 Stemmons Court in Raleigh. If you're not sure how to get here, you can call me or check my Web site for door-to-door directions.

## Cancellation Policy

If you cancel 14 or more days before a class, you can choose a full refund or credit for a future class. If you cancel 8 to 13 days before a class, you will receive a credit for a future class.

I **cannot** issue refunds or credits for cancellations less than 7 days in advance. If you have a last-minute cancellation, you are welcome to send someone in your place.

I reserve the right to cancel any class due to instructor illness. If I cancel a class, all students receive full refunds.

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## Registration Form

To register for a class, fill out this form and mail it to Sheri, Inc., 4112 Stemmons Court, Raleigh, NC 27613. Enclose a check payable to Sheri, Inc. *Full payment for classes is due at registration.*

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Nighttime Phone: \_\_\_\_\_

e-mail: \_\_\_\_\_

Check the classes you want to attend now (\$45.00 per class):

You don't have to sign up for all your choices at once; you can register for classes individually if you like. However, to confirm your spot, you must pay for the class at least seven days in advance.

- ☐ **A Moveable Feast: Dining Outdoors**, Sunday, July 13<sup>th</sup>, 1:00 pm
- ☐ **Farmers' Market Tour** (\$15.00), Saturday, July 26<sup>th</sup>, 7:30 am
- ☐ **Farmers' Market Class**, Sunday, July 27<sup>th</sup>, 1:00 pm
- ☐ **Tomatoes, Glorious Tomatoes**, Sunday, August 24<sup>th</sup>, 1:00 pm