

TALLEY'S

GREEN • GROCERY

Natural Foods Supermarket & Café

November 2007
1408-C East Boulevard
Charlotte, NC 28203
(704) 334-9200
Mon.-Sat. 8:30 am-8 pm
Sun. 10 am-7 pm
visit us on the web at:
www.talleys.com

Is Your Turkey on Drugs?

For more than 20 years, the sub-therapeutic use of antibiotics (low level doses of antibiotics) on healthy flocks of poultry have been justified as a means of preventing infection in poultry as well as enhancing growth. The therapeutic use of antibiotics has been and continues to be used to treat bacterial infections. But, because flocks often number more than 30,000, whenever a veterinarian diagnoses an infected bird, farmers typically treat the whole flock by adding the drug to their drinking water. So, healthy birds are also receiving high doses of antibiotics. With all this overuse of antibiotics, bacteria are becoming antibiotic-resistant.

Antibiotic resistance occurs when use of an antibiotic kills off all the susceptible bacteria but leaves behind a few that were able to withstand the drug. These resistant bacteria then multiply, creating a mutated form that drugs can't kill. And, use of antibiotics in poultry (and other livestock), whether sub-therapeutic or therapeutic, has been proven to decrease people's resistance to diseases.

How can I be assured my poultry is antibiotic-free?

The only way to be certain the poultry you buy have not been treated with antibiotics is to purchase those labeled antibiotic-free, or organic. However, antibiotic-free simply means that the poultry are not being fed antibiotics. Chances are, they are still being fed growth promoters and/or artificial additives, and they are probably still cooped up in crowded indoor pens as well as being slaughtered by inhumane methods. So, your best bet is to buy organic poultry. Organic poultry are fed no routine drugs, no growth promoters, or any other artificial additives.

Benefits of Organic Poultry

Organic poultry are cleaner, have better color and

a better disposition than those raised by conventional farming methods. When they take adequate amounts of grass and weeds, the birds remain very active and healthy. They also help keep weeds under control and help enrich the soil through their droppings.

Organic poultry are also slaughtered in a less stressful and more humane manner. It has been determined that the increased adrenaline caused by fear affects the meat quality. Humane slaughter methods cause less stress for the animal, producing even better quality meat.



Buying organic poultry is worth the money it costs because you get better tasting meat that's more nutritious, and you're reducing your personal risk of exposure to toxins. And, in order to live a healthy lifestyle, you have to be sure that the food you eat is also healthy.

Some of the health benefits of eating organic poultry:

- o Lean, organic poultry is a very good source of high density, low fat protein produced without added potentially harmful chemicals.
- o Organic poultry is a good source of selenium, zinc, niacin, Vitamin E, betacarotene, and Vitamins B6 and B12.
- o Organic poultry allowed regular access to the outdoors has 21% less total fat, 30% less saturated fat, 28% fewer calories, 50% more vitamin A, and 100% more omega-3 fatty acid than poultry not allowed outdoor access according to the USDA Sustainable Agriculture & Research Education Program.

TAKE A LOOK INSIDE

Wine and Beer Specials - Check out these great specials on organic wine and beer! **Page 2**

Talley's November Discounts - Find great deals on all your favorite products. **Pages 4-6**

Recipe Corner - Check out our recipes for Pomegranate Cranberry-Apple Relish and Butternut Squash and Wild Rice with Pine Nuts. **Page 7**

Talley's Fully Prepared Turkeys
Order your Thanksgiving turkey today!
Page 8.

Cooking Classes - See information about our cooking class series to learn how to prepare healthy meals for you and your family. **Page 8**



Aqua Chi Detox treatments by Tammy Kistler, Wednesdays, 8:30 am - 4:30 pm. \$35. Call for an appointment. See page 2 for details and schedule.

Chair Massage with Frank Miller, LMBT, Mondays & Wednesdays, 11:00am-7:00 pm. \$1 per minute, 10 minute minimum, please. Frank has 9 years experience in Neuromuscular and Myofascial release therapies.

Artist Reception with Robin Y. Zavada, Friday, November 9, 6:30pm -7:30 pm. Come meet the artist and see her work. Free refreshments served.

Free Lecture - "Yoga of Breath," Tuesday, Nov 15th 2007; 6:30 pm - 7:30 pm. Presented by The Art of Living Foundation. Breath is the link between body, mind and emotions. In this seminar we would demonstrate how we can easily and quickly, relax and recharge through breath.

Thanksgiving Dinner Food Tasting at Talley's - Free!
All Times 12pm - 4pm

Saturday November 3, Wednesday November 14
Fall Pies and Other Healthy Treats

Thursday November 8, 15
Vegan / Vegetarian Thanksgiving Feast

Friday November 9
Cholesterol Busting Side Dishes

Saturday November 10, Friday November 16
Roasted & Brined Natural Turkey and Mouth Watering Side Dishes

Saturday November 16 - Wednesday November 21
Thanksgiving Feast

Free store tours by appointment only.

Comments? E-mail us at mail@talleys.com

Thanksgiving Day Store Hours

Talley's will be open on
Thanksgiving from 10:00
am to 2:00 pm.

Thanksgiving Turkey Sales



It's almost turkey time again. This year Talley's will have fresh organic as well as naturally raised turkeys for Thanksgiving. If you didn't get to pre-order your Thanksgiving turkey, don't worry, we should have lots of fresh turkeys available on a first come, first served basis. Turn to page 2 to learn more!

1408-C East Blvd. (at Scott Ave.) • (704) 334-9200 • Mon.-Sat. 8:30 am - 8 pm • Sun. 10 am- 7 pm
This newsletter is printed on 90% recycled stock. Please recycle it when you're finished.

Thanksgiving Turkey Information

Talley's fresh turkeys are anti-biotic and hormone free. They are not mass produced - they are raised on small family owned farms. Their methods result in excellent quality but compared to larger commercial operations they have a relatively small pool of birds. That makes it practically impossible to supply everyone with the exact size they order. In every case, their priority, and ours, is to offer our customers as close to their preferred size turkey as possible.

Though we cannot guarantee that we will have the exact size turkey you order, we will do our best to meet your needs. When the turkeys arrive for Thanksgiving, the pre-ordered turkeys will be allocated first. However, if you didn't get a chance to pre-order your turkey by October 15, we expect we will still have a good supply of fresh turkeys to meet your needs. The turkeys not pre-ordered will be sold on a first come, first served basis, so buy early to get a good choice of turkeys.

We should know the exact delivery date of our Thanksgiving turkeys by November 10. We do brining too - if you want your turkey brined, ready to cook, we can do that too for an extra \$2.00/lb. (pre orders only). Also, if you would rather enjoy your Thanksgiving turkey without having to prepare it, we can do that for you too. We will have a limited amount of fully prepared turkey dinners available for pre-order. Order yours now in our deli while supplies last. As always, we will have lots of prepared dishes available for Thanksgiving dinner from stuffing to deserts to go with your turkey.

Did you know...

~Aqua Chi Detox is now being made available at Talley's by Tammy Kistler. This process uses a footbath to provide bio-energy to the body allowing it to eliminate toxins using the body's own natural processes. Tammy will be available in the store to give Aqua Chi Detox treatments on the following dates from 8:30am to 4:30pm: 11/7, 11/14, 11/28. Call for an appointment. Cost is \$35.



Featured Artist

Join us in Café Verde for an artist reception on Friday, November 9, 2007, from 6:30-7:30PM highlighting the artwork of featured artist, Robin Zavada.

Though she had no formal training, Ms Zavada desired to paint for as long as she could remember. "I had always wanted to paint but had no idea how to go about it." Then one day, at the age of 35, after collecting a tube of paint here, a brush there, she had an idea! Four hours later she had her first painting. "Actually, I was quite pleased with the results. I was surprised it came out so well." She has been painting every since. At first her painting was hit and miss. For the first 5 years she managed to complete about 4 paintings. In 2005 her painting began in earnest. Since then she has had numerous shows in North and South Carolina. Her work has been collected both in the U.S. and Abroad. In February of 2007 her painting, An Allegory for Sound, took first place in WFAE's Radio Vision 2007 competition. It has now been reproduced into posters and is on coffee cups for the station.

Zavadas' medium of choice is acrylic on wood. She says she enjoys how the paint interacts with the wood. Most of Zavadas' work is abstract in nature. She prefers to, "let the painting happen," rather than dictate what it will be. She says it's a practice in letting go. "I enjoy the process of discovering a painting as it develops." The meaning of any painting is for the observer to discern. Zavadas' pallet is colorful, warm, and intriguing. Her work is a refreshing respite from the every day routine of our overly structured lives.



Zavada says she is a working artist, meaning she works, and she paints. She has been a certified organic grower, has 14 years experience in retail and management. Ms Zavada even did a stint in the Army as a helicopter mechanic. She has two adult children and three grandchildren. She currently resides in Van Wyck, South Carolina.

Wine and Beer Specials

Frey Red Table Wine

Our best selling wine, a blend of Carignane, Zinfandel, and Syrah. Expansive bouquet, light, young, and fruity. Well balanced with a very attractive finish. An excellent every-day red, carefully crafted with organic techniques. Try it with pizza or pasta.



\$9.99

750 ml. Reg. \$10.99
Aisle 1

Frey Sauvignon Blanc 2005

A vintage dry red wine staying at the top of the list of red table wines. Mukuzani has dark-ruby color, a velvety taste with a marked characteristic bouquet and aroma, and great extractiveness with admirable palatable harmony.



\$10.99

750 ml. Reg. \$11.99
Aisle 1

Ommegang Hennepin Beer

Feel the way Hennepin is bright and lively in your mouth with a warming mix of spicy gingersnap and citrusy hops. Refreshing. Relaxing.



\$11.99

4 pack Reg. \$13.79
Aisle 1

Positions Available

We're looking for talented people with a passion for natural foods! If you have good work skills Talley's could be the place for you. Come in, inquire at the front desk and fill out an application.



If You Need Assistance

Please feel free to call upon our friendly, knowledgeable staff whenever the need arise. They are always ready and willing to serve you!

Produce	Dominick Quinzi
Grocery Dept.	Charles Mahdi
Vitamins/Personal Care	Jacqueline Masters
Meat/Seafood	Saiq Patrick
Resident Chef & Healthy Lifestyles Coordinator	Jyoti Friedland
President	Marc Friedland

Customer of the Month Kathryn Fish

Both my husband and I agree that Talley's is a grocery store with a small town feeling. We have a sense of community as we meander through the aisles stopping to say hello to friends or waving to the friendly employees. It is a luxury to have Talley's in the heart of Dilworth. I live in the Plaza Midwood neighborhood and am grateful to have this family owned grocer just a few miles from my home. I truly don't know what I would do without them.

When I have a busy day, I take comfort in knowing that Talley's offers hot reliable lunches. There is never a long line, so I can be finished with my healthy lunch in a short time frame. My favorite hot items are the soups. They usually have two delicious soups to choose from. But today when I walked in they had four or five to choose from.

My favorite dessert item is Rian's raw chocolate truffles. They are a heavenly treat.

No, maybe it is his cherry cheesecake.....no maybe it's his.....oh where do I stop! Thanks Rian and Jyoti. Another favorite thing about Talley's for me is the fresh produce section. I love walking into the store and seeing the bountiful array of produce. I know it sounds funny but all the vibrant colors remind me of the flower markets in Spain.



The employees of Talley's are always eager to help you in any way they can. Whether you want to learn more about grass fed beef, understand the benefits of raw food, or to get exactly what you need in the vitamin department, Talley's can do it all and has it all. You'll probably end up making a friend in the process. Or at least you will meet someone

that you will want to wave to the next time you stop in.

To all my helpful, healthy and passionate friends at Talley's, thanks for always being there for me!

How would you like to receive a \$25 gift certificate from Talley's?

Write us a letter telling us why you like shopping at Talley's. Do you have any favorite products or foods you'd like to recommend to other customers?

Also, tell us a little something about yourself. For instance, what motivated you to start shopping at Talley's? Be sure to include your name, address and phone number on your letter.

Mail to:

**Customer of the Month
Talley's Green Grocery
1408-C East Blvd.
Charlotte, NC 28203**

or email to:

CustomerOfTheMonth@talleys.com

Talley's Pledge to Our Customers

- All our meats and most of our dairy products come from animals raised without antibiotics, hormones or other growth-promoting drugs.
 - Our foods are free of hydrogenated oils or cottonseed oil, though we do offer margarine as an alternative to butter.
- At Talley's, all our foods are free of synthetic preservatives, artificial colors or flavors.
 - Our foods are organically grown and produced whenever possible.
 - Our foods are free of synthetic or artificial sweeteners.
 - Our meats are free from nitrates and nitrites.
 - Our products are not tested on animals.
 - Our foods contain no added MSG.
 - Our foods are never irradiated.

Earth Balance
Naturally Buttery Spread

This delicious buttery spread is 100% vegan; is nonhydrogenated; nondairy; trans fat free; no preservatives; lactose free; gluten free; no artificial color or flavor.



\$2.99
 16 oz. Reg. \$3.29
 Dairy Section

Dr. Oetker
Organic Pudding Filling Mix

Dr. Oetker Organics delivers pure, natural flavor in every bite. Our organic ingredients are grown without man-made pesticides, synthetic fertilizers or GMOs (genetically modified organisms) and are free of chemical processing.



Available in all varieties.
\$1.19
 3.8 oz. Reg. \$1.59
 Aisle 4



Organic Dried Turkish Apricots

\$2.49/lb.
 Reg. \$3.99
 Bin 380

Organic Raw Whole Cashews

\$6.99/lb.
 Reg. \$8.99
 Bin 494

Organic Red Kidney Beans

\$1.19/lb.
 Reg. \$1.89
 Bin 194

Organic Golden Flax Seed

\$1.29/lb.
 Reg. \$2.05
 Bin 349

Nature's Path
Organic Toaster Pastries

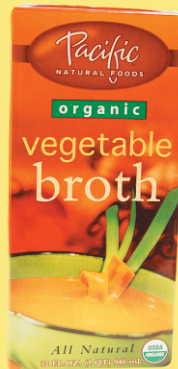
A delicious snack! Eat them straight from the package or warmed in the toaster. Packed with wholesome USDA certified organic ingredients.



Choose any variety.
\$2.99
 11 oz. Reg. \$3.99
 Aisle 6

Pacific Foods
Organic Broths

An all natural, organic low sodium chicken broth made with free range chicken. Great for soups or casseroles.



Available in all varieties.
\$2.49
 32 oz. Reg. \$3.69
 Aisle 5



Tofurky
Feast

Have a bird-free feast, but with all the flavor and trimmings you've always enjoyed. Our feast contains: One Tofurky Roast (made with organic non-genetically engineered soybeans), Eight Cranberry Apple Potato Dumplings, Tofurky Giblet & Mushroom Gravy, Herbed brown and Tofurky Wild Rice Stuffing, Tofurky Jurky Wishstix . Each feast is 100% vegan, cooks in about an hour, serves four and tastes fabulous!

\$23.99
 3.5 lb. Reg. \$27.99
 Frozen Food

Blue Sky
Organic Soda

A healthy alternative to soda pop with absolutely no artificial anything in it! Delicious Blue Sky Sodas are "better-for-you alternatives" without preservatives, additives, artificial colors, flavors and caffeine, so common in today's sodas. Blue Sky products are all natural, affordable, delectable and readily available, so people can enjoy them and have fun while they stay healthy! With purpose, integrity, honesty, and the right products, Blue Sky has become a source of strength, and a launching pad for a variety of healthy natural products.



Choose any organic variety.



\$3.99
 12 oz. Reg. \$4.99
 Aisle 4

Iceland Springs Natural Spring Water

Low mineral content filtered through the Lava Mountains of Iceland.



\$1.79
50.7 oz. Reg. \$2.29
Aisle 2

Earth Friendly Dishmate Soap

A powerful liquid hand dish washing product that is mild on sensitive skin. Made with coconut oil based surfactants, salt, and 100% lavender oil.



Available in all varieties.

\$2.99
25 oz. Reg. \$4.09
Aisle 2

Steaz Energy Organic Fuel

Steaz Energy starts with the finest organic, Fair Trade Certified Ceylon green tea from Sri Lanka. Complementing the green tea in Steaz Energy is the organic sourced Guayaki yerba mate, acai and guarana.



\$5.99
4/12 oz. Reg. \$7.99
Aisle 4

Barbara's Wheatines

Light and crisp saltine-style crackers made with organic whole wheat flour. Low fat, low sodium, and with no hydrogenated oils.

Available in Original or Cracked Pepper.



\$2.79
9 oz. Reg. \$3.89
Aisle 6

Health is Wealth Vegetable Spring Rolls

These Vegetable Spring Rolls are made with fresh vegetables, clear rice noodles and black mushrooms. Spring Rolls have become a national taste sensation and have been showing up on menus across the country.



\$2.99
6.4 oz. Reg. \$4.19
Frozen Foods

Yogi Teas

Yogi Tea was first seen back in 1969 when Yogi Bhanan began teaching Yoga in America. After the sessions, he would offer his students a special spice tea. The tea combined the healing science he mastered in India, including Auyrveda. The tea became known as Yogi Tea. The company now know today appeared in 1984. Yogi Tea has introduced a number of healing and exotic formulas. Yogi Tea's combine the finest herbal ingredients with healing powers to promote good health and well-being. Yogi Tea has a large selection of aromas and delicious tastes to satisfy all needs and preferences.*

Available on selected flavors.



\$3.49
16 bags Reg. \$4.49
Aisle 4

SUPPLEMENTS/PERSONAL CARE

Tom's Peppermint Toothpaste Gel

Tom's Antiplaque plus Whitening Gel Toothpaste helps control plaque buildup and whiten teeth, every time you brush, without artificial ingredients or harsh abrasives that can damage enamel.



\$4.49
5.5 oz. Reg. \$6.49
Aisle 2

Kyolic Kyo-Green

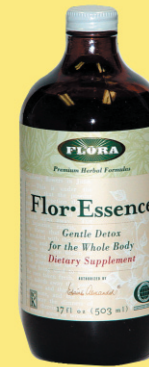
Organically grown barley grass and wheat grass, Pacific kelp, brown rice, and the treasured green algae, broken cell wall chlorella. Tasty, natural source of vitamins, minerals and chlorophyll.



\$13.39
2.8 oz. Reg. \$17.89
Aisle 3

Flora Flor-Essence

A gentle yet powerful detoxifying and revitalizing formula. Gently flushes toxic residue from the kidneys, liver, lungs, colon, and bloodstream.*



\$23.59
17 oz. Reg. \$31.49
Aisle 3

Go Fresh Travel Flossing Toothbrush

U.S. made. These folding travel toothbrushes keep you smiling and fresh as you make your way here, there, and everywhere. An effective plaque remover that flosses as you brush.



\$3.29
Reg. \$4.49
Aisle 2

Natracare Organic All Natural Tampons

Developed as a response to concerns about dioxin pollution caused by chlorine bleaching, pesticide spraying on conventionally grown cotton, and the use of rayon and other synthetics in tampons.



\$1.99
10 pack \$3.49
Aisle 2

Dr. Dunner Sambu Guard

Protect against the flu & colds with this great tasting and trusted elderberry extract.*



\$12.29
6 oz. Reg. \$15.39
Aisle 3

Carlson Norwegian Cod Liver Oil

Naturally rich in Vitamin A, Vitamin D3, EPA and DHA. Only cod fish caught during the winter and early spring are used, as the liver oil content is highest at this time of year.



\$30.39
16.8 oz. Reg. \$37.99
Aisle 3

Country Life Genaslim

Balanced Genaslim Meal Replacement is a synergistic weight management tool featuring the clinically proven appetite suppressant Slimaluma.*



\$23.99
21.5 oz. \$29.99
Aisle 2

Pioneer 1 + 1 Vitamin Mineral

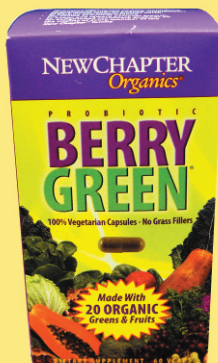
A complete gluten free, hypoallergenic, one-per-day that can be safely taken twice a day. High levels of free-radical fighting antioxidants: Vitamins A, C, E, beta carotene and selenium.*



\$16.99
60 vcap. Reg. \$19.99
Aisle 3

New Chapter Berry Green

Every serving of Berry Green® awakens your body with 20 organic fruits, berries and greens—without grass fillers.*



\$15.99
60 vcap. Reg. \$19.99
Aisle 3

Health From the Sun 4.3.2.1 Diet

The easy all in one herbal 10-day diet solution for sculpting the body inside and out.*



\$23.49
16.9 oz. \$28.49
Aisle 3

Nature's Plus ARA-6 Rx-Immune

A natural, organic arabinogalactan supplement that bolsters the body's natural defenses while forcing digestion for maximal



\$10.80
30 tab. Reg. \$13.59
Aisle 3

Jyoti's Recipe Corner

The following original recipes were developed exclusively for Café Verde at Talley's Green Grocery by Chef Jyoti Friedland. If you have any questions or comments, please contact Jyoti at the store or by email: Jyoti@talleys.com



Relish

Pomegranate Cranberry-Apple Relish

Enough said how great is the pomegranate. What if it's combined with cranberry? Skeptical? Try this recipe and you'll be surprised the unbelievable taste and the result of this powerful anti-oxidant for your system. We had to make a lot of this one. Everyone loved it so much, we ran out.

1 pound	Fresh organic cranberries, rinsed
1/2	Large organic red onion, diced small
2	Medium organic red apples, unpeeled and diced small
2 cups	Pomegranate juice
1 teaspoon	Nutmeg
1 teaspoon	Cinnamon
2	Bay leaves
1/4 cup	Local honey
1 teaspoon	Sea salt and black pepper or to taste
1	Organic fresh pomegranate, seeded, for garnish



1. In a medium-size sauce pot, combine and stir all the ingredients.
2. Bring to a boil and simmer until cranberries are softened.
3. Taste and adjust seasonings. Add Pomegranate seeds on top before serving.

Yield: 8 Servings
Difficulty: Easy

Side Dish

Butternut Squash and Wild Rice with Pine Nuts

Another winning recipe for your Thanksgiving feast. Butternut squash is not only for soup but an excellent combination for your stuffing or dressing. It gives a different edge to your dressing and I find it exciting with the color it gives to the totality of the dish. I must say, you should try it.

2 tablespoons	Organic extra-virgin olive oil
3 cloves	Organic garlic, minced
1 small	Organic red onion, diced small
1/2 medium	Organic green pepper, diced small
1/2 medium	Organic red pepper, diced small
2 cups	Organic butternut squash, peeled and diced small
1 teaspoon	Thyme
1 teaspoon	Rosemary
1/2 teaspoon	Sage
4 cups	Wild rice blend, cooked
1 tablespoon	Vegetable broth powder
2 tablespoons	Organic pine nuts
1 teaspoon	Sea salt and black pepper or to taste



1. In a large skillet, heat oil over medium heat. Add garlic and onions. Cook and stir frequently until onions are soft, about 2 minutes.
2. Stir in peppers, squash, herbs, and pinches of salt and black pepper. Lower heat and cover; cook and stir occasionally until butternut squash softens, about 3 minutes.
3. Add wild rice blend, broth powder, and pine nuts. Stir until rice is heated through. Taste and adjust seasonings.

Yield: 8 Servings
Difficulty: Easy

TALLEY'S

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Talley's Fully Prepared Thanksgiving Turkeys

If you don't have time to bake your own turkey, don't miss out. Order it from us. We will do all the baking and preparation for you and you just have to reheat it before your Thanksgiving dinner. We will do all the work for you and you can take the credit! We also have freshly prepared stuffing and cranberry relish too, made from our own recipes. We always run out of relish, so please order yours right now. All the turkeys we prepare are certified organic and are brined for at least 12 hours or more and using the freshest herbs that you can find. Pre-order deadline is Monday, November 19.

If that's not enough, Café Verde has special menu for you. Check with us in the deli to see our Festive Thanksgiving Dinner menu available by preorder only. You can order the full dinner menu or a-la-carte and choose just the items you need. We also have options for vegetarians. And don't forget our freshly prepared pumpkin and apple pies all made right here in the store with our own ingredients and fresh organic apples. Come by and taste our Thanksgiving dinner offerings.

Thanksgiving Dinner Food Tasting at Talley's - Free!
All Times 12pm - 4pm

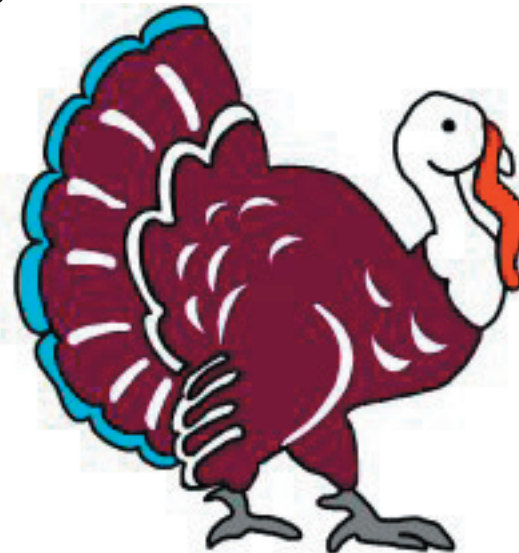
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Vegan / Vegetarian Thanksgiving Feast

Friday November 9
Cholesterol Busting Side Dishes

Saturday November 10, Friday November 16
Roasted & Brined Natural Turkey and Mouth Watering
Side Dishes

Saturday November 16 - Wednesday November 21
Thanksgiving Feast



VEGETARIAN COOKING CLASSES

With Chef Jyoti Friedland

All classes are on Tuesdays, 6:00pm - 8:00pm

January 22

Basic 1: Vegetables, Herbs & Spices

This class is a must for everybody - especially if you're planning to take another class in this series. You will become acquainted with various vegetables in the market - how to prepare and cook them. Learn the subtle and powerful essence of the herbs and spices, how to use them and transform your food into magnificent dishes.

January 29

Comforting Soups

Soups, soups and more soups. You may be wondering how we make those "out of this world" soups in our deli. We will let you in on our secrets in this class, no holds barred.

February 5

Soy of Cooking

Here is a class that will demystify the popular but much maligned soy bean. How to prepare soy chili, dressings, tofu cheesecake, meat replacements. How to use tofu everyday in simple, fast, tasty dishes.

February 19

Light Mediterranean Cooking

Hailed as the healthiest diet in the world, Mediterranean cooking features plenty of vegetables, grains, legumes and LDL cholesterol-reducing olive oil. We'll be cooking from the familiar foods of France, Italy, and Spain to exotic dishes from Lebanon and North Africa.

February 26

Asian Cuisine

Travel to the orient without leaving your seat. Jyoti will take you on a culinary tour through Indonesia, Vietnam, Thailand, Singapore, India and the Philippines. Learn the techniques that make these healthy cuisines so tasty.

March 4

Express Meals in Minutes

This class will prove that you don't need a lot of time or planning to serve meals that are tasty, healthy and satisfying. Free yourself from the usual pizza or Chinese takeout.

March 18

Indian Cooking

The spices are what makes Indian food so unique. Jyoti will help you to understand which spices to use and how they can transform an ordinary meal into a gourmet delight.



Class Registration Information: Classes are \$35 each. All classes are from 6:00pm to 8:00pm. Fill out registration form (available in front office or at www.talleys.com) and drop off with your check at Talley's office, or mail with your check to Cooking Classes, Talley's Green Grocery, 1408-C East Blvd., Charlotte, NC 28203. **You must be prepaid to participate.**