



Learn how to blend the 6 Tastes of Ayurveda to create delicious seasonings and condiments.

We have shared our individual experiences of the six individual tastes of Ayurveda, sweet, salty, bitter, astringent, pungent, and sour. Now, let us take this further, keeping our experiences of the properties of each of these tastes as we explore the art of making truly delicious and nourishing blends of herbs and spices into condiments and seasonings to flavor our food to satisfy our whole person.

Please bring a vegetable of your choice pre-prepared to add to our feast and any herbs and spices you would like to add into the mix. We will be blending and tasting our herbal and spicy concoctions for the first part of our class and then cooking a wholesome and yummy meal resulting in lunch together.

WHEN: Tuesday 14th December

WHERE: 665 Garcia Street, 2 blocks from Downtown Subscription and directly opposite The School of American Research

TIME: 10am - 1pm (We will talk and play with spices from 10-11:30 or so, and then start cooking)
Can't come for the whole thing? Feel free to come just to play with spices. Or join us at 1 to eat.

COST: \$30 suggested donation for the whole event/\$20 for just the class without cooking or eating) \$6 if you just come for lunch (no one turned away for lack of fees)

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