

FOR IMMEDIATE RELEASE:

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Contact: Erin Sullivan

Email: sullivan.erin@ocls.info

Phone: 407.835.7480 (For publication purposes, please use 407.835.7323 for further details.)

Cuisine Corner

ocls.info/cuisinecorner

Registration is required for Cuisine Corner. Space is limited. Register online at **ocls.info** or call 407.835.7323.

Eating For Your Brain

Orlando Public Library, Cypress Room Thursday, July 7, 6:15 p.m.

Can food make you smarter? Anna-Marie of beautyandthebeets.com will share recipes to boost your brain power!

Making Easy Chicken and Beef Broth, The Traditional Way

Orlando Public Library, Cypress Room Monday, July 11, 6:15 p.m.

Nearly every traditional society boiled bones to make a nutritive broth. Today we recognize that broth contains nutrients that improve digestion and stimulate the human immune system. In this live cooking class, you will learn the basics of making nutritious broth and the health benefits. You will leave with easy-to-follow recipes for both chicken and beef broths. Samples will be given out. Presented by Steve Moreau, Acupuncturist and teacher at the Florida College of Integrative Medicine.

Balsamic 101

Orlando Public Library, Cypress Room Monday, July 18, 6:30 p.m.

Join The Ancient Olive of Winter Park for a fun, interactive discussion on balsamic. Learn about the history of balsamic, as well as traditional and current production methods. Enjoy a tasting of balsamic sodas while Chef Maria creates a few delicious morsels highlighting the versatility of balsamic vinegar.

Healthy Hispanic Dishes

Southeast Branch Monday, July 18, 6:30 p.m.

Chickasaw Branch Saturday, July 23, 3 p.m.

Yamira Lee Johnson, head chef and founder of *Breaking Bread with Mira*, will show you how to create healthy Hispanic dishes. For more information about *Breaking Bread with Mira*, please visit **bbwmira.com**.

Boosting Your Brain with Food

Orlando Public Library, Cypress Room Thursday, July 21, 6:15 p.m.

Do you feel like you have a constant brain fog, fatigued body and no motivation? Certified natural health practitioner Shahnaz Nensey will demonstrate how to boost brain power by choosing the right foods and right attitudes. You will learn about the energetics of food, mindset exercises, supplementing your body with the right herbs and more. Enjoy a demo and tasting of a raw, vegan, healthy chocolate mousse made in minutes.

Fresh and Healthy from Garden to Table

Orlando Public Library, Cypress Room Monday, July 25, 6:15 p.m.

Your brain needs power just like the rest of your body. Farah Davids from the purpleplatter.com will prepare garden-to-table eats that are fresh, healthy and sure to tease your brain and your belly!

The Kitchen Basics

Orlando Public Library, Cypress Room Thursday, July 28, 6:15 p.m.

Whether you're a novice in the kitchen or a seasoned pro, we have tips and tricks for everyone. Chef Kevin Marshall of apamperedpalate.com will teach simple basics from how to boil rice perfectly every time to the fastest way to get veggies chopped and prepped for the pot.