



Sustainable Farm Tours  
Cooking Classes  
Food Science Workshops

#### 2006 Locations

##### Learn Great Foods Kitchens

1549 Glendale Avenue  
Bay View (Petoskey), Michigan 49770  
*in the Terrace Inn, by the campus  
of the Bay View Association*

203 East Seminary  
Mount Carroll, Illinois 61053  
*in Hathaway Hall, on the campus  
of the Campbell Center for  
Historic Preservation Studies*

##### Farm Kitchens and Alfresco Dining

**Sweeter Song Farm**  
4955 South Schomberg Road  
Cedar, Michigan 49621

**CSA Learning Center**  
*at Angelic Organics*  
1547 Rockton Road  
Caledonia, Illinois 61011

##### Learn Great Foods

203 East Seminary  
Box 182  
Mount Carroll, Illinois 61053

#### RECIPE:

## Asian Style Vegetables

#### INGREDIENTS:

- 1 pound snap peas/broccoli/green beans – trimmed
- 2 cloves garlic – minced
- 1 tablespoon soy sauce
- 1 tablespoon honey
- 1 teaspoon olive oil

#### EQUIPMENT:

saute pan, small bowls for ingredients

#### INSTRUCTIONS:

Stir-fry snap peas in olive oil.  
Add garlic and continue cooking a minute longer.

Add soy sauce and honey; cook another minute.

Start to Finish Time: "0:15"

#### MAKE IT A MEAL!

Fantastic with Great Lakes Whitefish, Iowa Farm Pork Chops, Illinois Free Range Chicken! Make extra liquid, marinate fish, pork, chicken for 30 minutes in baggie in fridge. Grill! Turn over once only, turn piece clockwise one quarter for best look. Use snap peas/broccoli/green beans as base or topping!

*Personal Chef Donna Duvall, Food Fancies, Bellevue, Iowa  
Cooking with Learn Great Foods*

#### For Reservations or More Information

Call toll-free (866) 240-1650  
or visit our website  
[www.learngreatfoods.com](http://www.learngreatfoods.com)