



Sydney Classes with Holly Davis and Jude Blereau

Our aim is to share with you our combined experience and nourishing wisdoms, gained over our thirty years pioneering the wholefood industry in Australia. We would like you to leave these events empowered with information and practical tools that will enable you to carve a clear and achievable wholefood path, amidst the current plethora of confusing food and dietary information.

Sydney class program

food by holly davis

In early November we are joining forces in Sydney, to offer you wholesome and delicious classes and an empowering seminar. We have walked different paths to arrive at a similar place, which, we hope gives you the opportunity to get a broader perspective on the topics we have chosen.

Dishes prepared can be adapted to suit a wide range of dietary needs including omnivores, vegans, wheat and gluten free, dairy free, GAPS and Body Ecology Diet followers. We give preference to local, organic and biodynamic produce and only use grass fed meats, sustainable seafood and organic dairy produce. A range cultured foods and drinks are also on offer.

nourishing wisdoms





class

6 HOUR

To market to market and home again to cook. A hands on class to make our lunch.

Meet us at Warriewood Markets, shop with us for the best seasonal offerings then follow us home to cook and eat a delicious lunch together. Playing to our strengths and passions during this hands on cooking class, Jude will be baking (and happy to talk about and include gluten and /or dairy free baking) while Holly will speaking fluent fish and meat, and no doubt creating a ferment or two with what we have purchased. Both of us will be involved with plenty of grain, legume, sea vegetable and veggie love.

Friday 6th November
8am – 2pm
Numbers Strictly Limited

\$290



Seminar

3 HOUR

Build A Whole and Natural Foods Kitchen for Spring and Summer

A wholefood kitchen is a living, breathing space where we translate intent and knowledge into food that is nurturing, nourishing and delectable. In this seminar we are focusing on what nourishing foundations are. Primarily, what makes the food we eat wholesome and healthy and then, ethical and sustainable? How then, do we prepare these foods for optimum deliciousness, nourishment and digestibility? Our aim is to share with you our combined experiences over thirty years pioneering the wholefood industry in Australia. We would like you to leave empowered with information and practical tools that will enable you to carve an achievable path, amidst the current plethora of confusing food and dietary information.

There will be a demonstration pantry and kitchen, on display. You will take home a pantry staples sheet and recipes for a summers day cooking, breakfast, lunchbox, dinner and snacks. Gluten and/or dairy free options included. To help you set up your home there will be an optional Spring Summer Pantry Kit available for purchase, supplied by Honest To Goodness at a special rate.

Sunday 8th November

1 - 4pm including afternoon tea

At The NSW Writers Centre,
Callan Park, Balmain Road, Lilyfield

\$85



Class

3.25 HOUR EVENING

Meals For Everyday and Surviving the Busy Days

We know life is fast, and making time to cook a wholesome and nourishing meal is not quite as simple as 4 ingredients, or a 15 minute meal.

This demonstration style class embraces a holistic approach – planning, organisation as well as new seasonal recipes to cook – so quick, seasonal, nourishing, delicious meals are within reach.

Tuesday 10th November – SOLD OUT

Wednesday 11th November

6.30pm - 9.45pm

At Wild Kombucha

by Bally's Collaboratory kitchen,
95 Parramatta Road, Leichhardt

\$180

4 DAY WORKSHOP

Build A Whole and Natural Foods Kitchen for Spring and Summer – The Workshop.

[Nourishing Wisdom](#) | [Real Food 101](#) | [Know How](#) | [Recipes](#)

A wholefood kitchen is a living, breathing space, where we translate intent and knowledge into food that is nurturing, nourishing and delectable. This is an in-depth program, with a focus on understanding the foundations of healthy food and wholesome eating – the WHY something is good and most importantly, the KNOW HOW to prepare it, so it provides the greatest nutrient value in a form that is both delectable and digestible.

During our time together we cover the following and provide you with a broad range of new recipes for the warmer weather. Your questions are all welcome.

- What makes the food we eat healthy?
- What makes the way we eat wholesome, healthy, ethical and sustainable?
- Understanding the food we eat, Fats, Carbohydrates and Proteins
- Understanding dairy and gluten intolerance
- Using nature's seeds – including whole grains and legumes – so they are optimally digestible and able to nourish.
- Foods from the sea such as seaweeds, salt and fish
- The benefits of stock from bones and vegetables.
- Lacto fermented foods
- Wholesome sweetness

Centered around these basics you will learn how to, more easily incorporate, whole and nutrient dense ingredients into everyday cooking; whilst building a whole and natural foods pantry.

13-16 November

Friday 10 - 3pm, Saturday and Sunday 11 - 4pm, Monday 10 - 3pm

At Wild Kombucha by Bally's Collaboratory kitchen, 495 Parramatta Road, Leichhardt

\$795.00



Photography © Samantha Mackie

Bookings

TO BOOK AND PAY ONLINE

please [click here](#)

TO BOOK AND PAY VIA DIRECT DEPOSIT

Please email holly@foodbyhollydavis.com

to reserve your seat, be sure to include the event name/s, participants name/s and a phone number.

Once your seat is confirmed, you will be sent instructions to direct deposit.



Class numbers are kept small, to ensure you receive plenty of attention and get your questions answered. Get in quick!

Whilst all care is taken we cannot and do not guarantee that any food offered is 100% free of any allergens.

OUR CANCELLATION POLICY

Just like a concert or theatre ticket, if you are unable to come to class, the cost is not refunded, however you are welcome to send someone in your place. Under certain circumstances, with sufficient notice, a credit may be given for another class – this will be at the providers discretion and subject to the availability of other classes.

If you have any questions, please email

holly@foodbyhollydavis.com or jude@wholefoodcooking.com.au

Chef Training

We share a vision, to effect change in how we as a society grow, produce, prepare and eat food.

As part of this vision we run the Whole and Natural Foods Chef Training Program, a 3 month in-depth program that covers the fundamentals of nourishment – healthy and wholesome eating – including how we grow food and prepare it.

The next Whole and Natural Foods Chef Training Program will be August 2016. Contact us for further details or a prospectus for this exciting program.