



Marigold

A month to bloom

A 4-week personal growth journey hosted by
Casey Lipka & friends

RELEASE WEEK!

- June 14th @ 4pm PT/7pm EST -
Cooking class for on-the-go people with Sarah
Kenner

**CLICK HERE FOR
ZOOM LINK +
INFO**

A NOTE FROM SARAH:

My name is Sarah (aka "The Hungry Musician") and I am very excited to lead you through a virtual cooking class on the 14th as part of Casey's workshop. It will be a blast! You will leave this class with an easy, delicious, and nourishing meal that you'll want to repeat (Golden Coconut Rice with Crispy Chickpeas), plus tons of tips and tricks to make everyday cooking easier. [Click here to download the recipe and shopping list.](#) Now, here are some things to know before we get cooking!

1. Before Class

- 1-3 Days Before: [Download the recipe and shopping list.](#) Before you go to the store, do a quick kitchen inventory using the shopping list in your packet. This will help prevent overbuying ingredients. Remember to check the substitutions list too, to see if there's anything you already have on hand that you can swap!
- 1 Day Before: Please print the recipe or load it onto a separate device.
- 15-20 Minutes Before: Take out all the ingredients and tools that you'll need according to the recipe packet. There is no need to do any washing, chopping, or cooking - we will do everything together - but having everything out and ready to go ensures we'll stay synced up and on schedule.

2. During Class

- When setting up your Zoom, any device you are used to Zooming on is OK. If possible, I recommend calling in from a larger device like a laptop or tablet.
- Ask as many questions as you like! Depending on how many people are in attendance, I may invite you to simply unmute yourself and ask, put questions in the chat, or use the "raise hand" function and wait until prompted to unmute. I'll let you know at the beginning of class.
- I encourage keeping your video on so that we can all enjoy each other's company, but you are free to use video at your discretion. The class will be recorded for participants only. Since my videos will be pinned, your video will not appear in the recording.
- Please have the recipe out in front of you, either printed or on a separate device.

3. After Class

- Post your beautiful meal on social media and tag us (@hungrymusician and @caseylipka) so we can show you off!

If you have any questions about our class or the recipe, feel free to reach out to me directly at sarah.jane.kenner@gmail.com. Looking forward to cooking with you!

-Sarah