

Community Education – Fall Quarter 2026

Course Title: Learn with a Chef: Ancient Grains and Whole Foods

Instructor: Samantha Brown

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Course Details

Date: 10/03/26

Day: Saturday

Time: 10am - 1:00pm

Location: McClaskey Culinary Institute, Kitchen 181

Course Description

This class will begin as a demonstration and transition into hands-on culinary labs, giving students the opportunity to learn, taste, and practice new techniques. We'll explore a variety of ancient grains, their benefits, and practical ways to incorporate them into everyday meals, along with a few bonus whole foods. Students will discover how keeping wholesome, delicious dishes and snacks on hand can make it easier to move toward a healthier diet and lifestyle. Together, we'll pop amaranth to make alegría, prepare a farro mushroom risotto and kamut and mung bean salad, and make homemade granola bars. The class will provide approachable recipes and ideas that make eating more whole foods both enjoyable and achievable.

Learning Outcomes

By the end of this course, students will:

- Outcome - I learn many types of ancient grains and whole foods
- Outcome - I will learn how to incorporate more whole foods into my diet
- Outcome - I will learn about a variety of recipes to make and have on hand
- Outcome - I will learn about the nutritional benefits of ancient grains and whole foods

Class Evaluation

- Class evaluations are sent by email.
- If you don't see it right away, check your **junk/spam folder**.
- Evaluations are **anonymous** and come directly from Clark College.
- If you don't receive one, contact:
 - Email: continuingeducation@clark.edu
 - Phone: 360-992-2939

Inclement Weather

- If the college closes due to weather, updates will appear at www.clark.edu
- Community Education may also cancel classes independently if travel is unsafe.
- If canceled, you will be notified by both phone and email.
- Please check that your contact information is correct on the class roster.

More Classes

Looking for more Community Education courses? Visit: www.clark.edu/cce/