All of the above will be presented by Candice Berthold, INHC, CHHP. Candice has been the owner of The Olive and The Grape for twelve years, making her a pioneer of sorts in the olive oil business in Ohio. A microbiologist by education, she continued her interest of biology and chemistry with olives and olive oil. She has studied at The Olive Center at UCDavis. Recently she returned to school to become an Integrative Nutrition Health Coach and Holistic Practitioner. This new line of study dovetails well into the healthy lifestyle provided by olive oil and balsamic. The Olive and The Grape is based in Mentor, with her products also being available at the West Side Market (Stand A-12).

OLIVE OIL 101 – Join us in this interactive class to learn how to shop for olive oil (trusted, 100% extra virgin olive oil), how to use it, how to properly store it and the health benefits of using it. This class includes a comprehensive tasting of several olive oils from the Mediterranean and California. Literature and recipes provided. Products will be available for purchase after the class.

THE GOOD, THE BAD, and THE UGLY of KITCHEN OILS – This is the class to learn about the various “cooking” oils on the market. Some offer health benefits, some can cause health problems. Some are for heating, some are for finishing. Some oils need certain storage conditions, others do not. This class includes an interactive presentation, as well as a tasting of various oils such as olive oil, avocado oil, hempseed oil, grapeseed oil, and many more, as well as sampling of dishes made with various oils. Literature and recipes provided. Products will be available for purchase after the class.

Oil AND BALSAMIC - This interactive class explores both the basics of olive oil and balsamic, how they can be used as “stand alone” ingredients, as well as being used together to complement each other. We will discuss marinades, grilling glazes, dressings and much more! Attendees will receive literature and recipes. Sampling will be a major component of this class! Products will be available for purchase after class.

BALSAMIC as a CONDIMENT – This class is the “and then some” for balsamic lovers. We will explore the many uses of balsamic beyond the typical salad uses. Tasting of more creative/specialty infused balsamic, as well as finished dishes (appropriate for the season) will be enjoyed by those attending. As always, attendees will leave with literature and recipes. Products will be available for purchase after the class.