

2016 Healthy Happenings Calendar



Food & Gardening Classes

Our Kitchen Table

May 2, June 6: How to Plan Your Food Garden 1
 May 9 & June 13: How to Plan Your Food Garden 2
 May 16 & June 20: Composting & Vermiculture,
 May 23, June 27: How to Save Seeds,

Mondays 6 - 8 p.m. Tentatively at Garfield Park Lodge, 334 Burton SE, Grand Rapids. Check with OKT closer to the class date. Additional classes may be offered. Check OKTjustice.org for details.

Baxter Community Center

April 6: Garden Basics 1,
 April 13: Garden Basics 2
 April 20: Seed Saving
 April 27: Soil Health/Composting Seed Saving

Wednesdays 6-7:30 p.m. at Baxter Community Center 935 Baxter St. (entrance on Bemis). Free (donations appreciated). Information: ajohnson@baxtercommunitycenter.org

Urban Roots

May 21: Get Your Garden Started
 June 18: Weeds, Water and Pests
 July 16: Rain Barrel Build with WMEAC. \$30/\$15.
 August 13: Native Plants 101: Pollinator Workshop
 September 10: Compost 101

9:30 a.m. -11:30 a.m. at 1316 Madison Ave SE. Suggested donation: \$5-\$10. Preregister: (616-228-4707 or www.urbanrootsgr.org.



Food & Environmental Justice Dialogues

OKT Apr. 18 & July 11: Food Policy for Food Justice Class
 OKT Apr. 25 & Jul. 18: Diagramming Your Food System Class
 OKT May 12: Women of Color Convening Cook, Eat & Talk: Lottie Spady, *Herbs from Your Garden as Medicine**
 OKT May 21: *Anti-racism Summit* with Lila Cabbil, President Emeritus, Rosa Parks Institute. 10 a.m.—4 p.m. Sherman St. Church, 1000 Sherman St. SE

OKT Aug 11: Virtual garden tour and *One Bite at a Time: Food As Medicine* with Adela Nieves, Three Circles Health Collective, Detroit Meeting place TBA. *
 Urban Roots Oct. 12: *Occupy the Farm* Film Showing. 7 p.m. 1316 Madison Ave SE
 OKT Nov 10: Women of Color Convening Cook, Eat & Talk: *Womanism and Agroecology: An Intersectional Praxis* with Shakara Tyler. * Meeting place TBA.

*Food demo and light meal with OKT cooking coaches. Thursdays 6 - 8 p.m. Feb., May & Nov. events meet at Sherman St. Church, 1000 Sherman St. SE.

Community Events & Resources

OKT Apr. 22: Earth Day Spring Tree Tour**, 6 - 7:30 p.m. Garfield Park Lodge, 334 Burton SE 49507
 ACCESS May 1: 39th Annual Access Hunger Walk 2 p.m., Park Church, 10 E Park PI NE
 MDHHS May 5: Kent County Resource Fair, Paull I. Phillips, 11 a.m. - 2 p.m., 726 Madison Ave. SE
 LINC Rock the Block, 11 a.m. - 6 p.m. Madison Square, Grand Rapids
 BCBS June 13, Kids Can Cook Healthy Cooking Competition Info: rsvpbluecross@bcbsm.com
 BCBS June 17, Real Men Cook and Eat Healthy Cooking Competition Info: rsvpbluecross@bcbsm.com

Baxter Jun.23: Strawberry Jamboree, Joe Taylor Park 4—7 p.m.
 Urban Roots Sept. 2: Community Farm Potluck and Harvest Gathering. Bring a dish. All are welcome! 5 p.m. - 8:30 p.m.
 OKT Sept 10, 10 a.m. - 6 p.m. Eastown Street Fair Peace Festival
 OKT Sept. 17, 2:30 - 5:30 p.m. Urban Foodscapes Bicycle Tour* Meet at Southeast Area Farmers' Market, MLK Park, Franklin St. & Fuller Ave. SE.
 Baxter Sept. 17: The Tomato Fest Cook-off, Joe Taylor Park 12 - 2 p.m.

**Before or after starred* events, OKT will offer Yoga Nidra, guided meditation sessions that create deep rest and subconscious space for creating intentions for self and community.

Events listed are free unless otherwise noted.



- We Welcome
- Bridge Cards/SNAP
 - WIC Project Fresh
 - Summer EBT
 - Double Up Food Bucks
 - Cash Value Benefits
 - Debit & Credit Cards



MLK Park Franklin St. & Fuller Ave. SE

Fridays 3 - 7 p.m. June 17 through Aug. 26
 Saturdays 11 a.m. - 3 p.m. June 18 through Nov. 12

Market Day Activities & Events, 12 - 2 p.m.
 Cooking Demos: June 24, 25, July 22, 23, Aug. 19, 20, Sept. 24, Oct. 29 and Nov. 5.

- June 17 & 18 Opening days!
- July 9 Urban Foraging Workshop
- July 30 Fried Green Tomato Festival
- Aug. 6 Make Your Own Personal Care Items Workshop
- Aug. 26 Final Friday Market
- Sept. 17 Art at the Market
- Oct. 1 Greens Cook-off
- Oct. 15 World Food Day Activities
- Oct. 29 Fall Celebration
- Nov. 12 Final Market Day



Buy bulk whole foods at co-op prices!
 Many items are available for direct purchase at the market. Or, place an order! Browse the Country Life Natural Foods catalog at the market or online, clnf.org. Let our market manager know what you want.

- No mark-ups or ordering fees! Bridge Card accepted for purchases.
- Orders are placed once a month. Pay when you pick up. Order dates: June 6, July 11, Aug. 8, Sept. 5, Oct. 3 and Nov. 1.

For information, see our market manager, email SEAFM@OKTjustice.org or visit OKTjustice.org and click on Collective Whole Foods Purchase Group.

Nuts~Flours~Beans~Rice~Soy Milk~Oil~Oatmeal~Peanut Butter & More!

SEAFM@OKTjustice.org OKTjustice.org/farmers-market/

Gardening Resources

Grow a food garden with OKT! Have you ever wanted to grow a food garden but didn't know where to start? OKT has gardening resources for you if you:

- Live within SECA. Baxter, Eastown or Garfield Park neighborhood.
- Are pregnant or have children eight-grade or younger.
- Have challenges that limit your access to healthy food.
- Have health challenges that can be addressed by growing your own food.

OKT offers educational workshops, free soil testing, gardening tools, starter food plants, garden coaches and compost. We are recruiting gardeners for the 2016 growing season through the end of April. If you are interested, drop us an email oktable1@gmail.com or give us a call 616-206-3641.



Mar. 12 at Kentwood Library, 4950 Breton Ave. SE
 • 10 a.m.—12 p.m. Seed Exchange
 • 12—3 p.m. Workshops

Urban Roots May 14: 2nd Annual Plant Sale & Open House, 1316 Madison Ave SE. 9:30 a.m. -2 p.m.
 Well House May 21 Heirloom Plant Sale, 10 a.m. - 3 p.m. 600 Cass Ave. SE, 49503



Walk, Run and Bike!

- June 18 Blue Cross of MI Grand City Sports 5k Father & Son Walk . Info: rsvpbluecross@bcbsm.com
- Aug. 20 GRAAHI Rhythm Run 5K walk & run. Info: rhythmrun.com

