



# 2013 Community Calendar

## Southeast Area Farmers' Market



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

Open  
June 1  
- Nov. 2

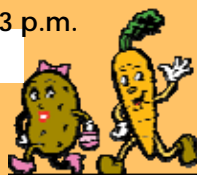
*A MI Bridges Sign-up Hub*

Gerald R Ford Middle School Market Saturdays, 11 a.m. - 3 p.m.  
851 Madison Ave. SE at Franklin St.

Garfield Park Friday Farm Stand, 3 p.m. - 7 p.m.

334 Burton St. SE at Madison Ave.

*Sponsored by Kent County Health Dept., Greater Grand Rapids Food Systems Council & Our Kitchen Table, market managers.*



## OKT Market Day Activities & Events, 12 - 2 p.m.

**Cooking Demos:** June 29, July 27, Aug. 24 & 31, Sept. 28 and Oct. 26.

**Walking Club:** Starting June 1. 10:30 a.m. Saturdays at Gerald R Ford school; 6:30 p.m. Fridays at Garfield Park. Free! All welcome!

- June 1 **Opening day!** Gerald R Ford Market
- June 7 **Opening day!** Garfield Park Friday Farm Stand
- June 22 **Grand Opening Celebration** with special activities and music.
- July 6 **Urban Foraging Workshop.** Learn about local edible "weeds."
- August 3 **Make Your Own Hypo-allergenic Soap Workshop**
- September 7 **Art at the Market**
- October 12 **Greens Cook-off and Fried Green Tomato Festival**
- October 26 **Food Day Activities**

*Kent County Health Dept. and Greater Grand Rapids Food Systems Council will host additional market activities throughout the season.*

[www.OKTjustice.org](http://www.OKTjustice.org)

## Food Growing Education ~ Free!

- Saturday May 11&18, 10 a.m. - 12 p.m. **How to Plan Your Food Garden**, LINC, 1167 Madison Ave. SE
- Monday Aug. 26, 6 - 8 p.m. **Eastown Food Garden Walking Tour**, Meet at Eastown Community Association, 415 Ethel Ave. SE
- Saturday Sept. 14, 3 - 5 p.m. **Bicycle Tour of Fruit and Nut Trees**  
Meet at Garfield Park, 334 Madison Ave. SE at Burton St.
- Saturday Oct. 19, 10 a.m. - 12 p.m. **Plant, Cook & Eat**  
"Garlic and Sun Chokes (Jerusalem Artichokes)", site TBD



## Cook, Eat & Talk ~ Free!



Mondays May 20, June 10, July 15, Aug. 19, 6 - 8 p.m.  
Saturdays Sept. 14 & Oct. 12, 10 a.m. - 12 p.m.  
Cooking demo, light supper and dialogue.  
At Sherman Street Church, 1000 Sherman St. SE.

## Free Community Food Events

- Monday April 22, 6 - 7:30 p.m. **Earth Day Spring Tree Tour**
- Tuesday May 14, 6 - 7:30 p.m. **Film & Discussion "What's on Your Plate"**  
Baxter Community Center, 935 Baxter St. SE



*Our Kitchen Table is a non-profit, grassroots community activist organization working for environmental justice and food security in Grand Rapids area urban communities.*

For information:

- Email [OKTable1@gmail.com](mailto:OKTable1@gmail.com)
- Call 616-206-3641
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