



2012 Community Calendar



Southeast Area Farmers' Market

- **Garfield Park – Opens June 2!**
Saturdays 9 a.m.-2 p.m. (Madison & Burton SE)
- **Gerald R Ford Middle School, – Opens June 15!**
Fridays 2-7 p.m. (Madison & Franklin SE)

Thursday Rotating Market Locations

- **MLK School, 645 Logan SE**
Dates to be announced 2– 5 p.m.
 - **Kent County Health Dept., 700 Fuller NE**
Dates to be announced 2– 5 p.m.
- The farmers' markets will also host garden and food education workshops and fun, healthy activities.



Sponsored by Kent County Health Dept, Greater Grand Rapids Food Systems Council & OKT.



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COOK, EAT & TALK

Food Demo, Light Supper and Dialogue about Accessing Healthy Food in Our Neighborhoods.

7-8:30 p.m. Friday March 23
Gerald R Ford Middle School
851 Madison St. SE, Grand Rapids

PLEASE ... Residents of Baxter, SECA/ Southtown, Easttown and Garfield Park neighborhoods can sign up OKT urban food gardening support and resources.

www.OKTjustice.org OKTtable@gmail.com 616-329-0812

Cook, Eat & Talk Free!

Healthy cooking demo, light supper and dialogue about food gardening and improving access to good foods in our communities.

- **Friday March 23 7-8:30 p.m.**
GR Ford Middle School (Madison & Franklin SE)
- **Friday April 13 7-8:30 p.m.**
Madison Square CRC, 935 Madison Ave. SE
- **Friday May 7 7-8:30 p.m.**
Sherman St. Church 1000 Sherman St. SE

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Fun, Free Community Food Events

- **Tues. Aug. 21: Eastown Food Garden Walking Tour**
6-8 p.m. Meet at Eastown Community Assn., 415 Ethel SE
- **Sat. Sept. 22: Bicycle Tour of Fruit and Nut Trees**
3-5 p.m. Meet at Garfield Park, Madison & Burton SE
- **Fri. & Sat. Oct. 5 & 6 Greens Cook-off & Fried Green Tomato Festival**
During market hours at Southeast Area Farmers' Market locations
- **November: Healthy Holiday Cookie Bake-in.** Date & Location TBA.



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2012 Garden Calendar



Grow your own good food!

We're signing up new and experienced gardeners in Baxter, Eastown, Garfield Park & SECA/Southtown. Free gardening resources for families in need, pregnant women, children under 6 or folks with diabetes, obesity, asthma or lead poisoning.

Free Garden Education

- **Mon. March 20: How to Plan Your Food Garden**
Baxter Community Ctr., 935 Baxter SE, 6-8 p.m.
- **Sat. March 17: Living Soil & Plant Life**
Baxter Community Ctr., 935 Baxter SE, 9 a.m.-noon
- **Food Gardens that Fit Your Lifestyle**
Baxter Community Ctr., 935 Baxter SE, 9-11 a.m. & 6-8 p.m.
- **June 19, July 17 & Aug. 14: Plant, Cook & Eat**
At Demo Garden Sites to be announced.
- **June, July & August: Plant, Cook & Eat** gardening classes at OKT demonstration gardens. Dates and locations to be announced.
- **September: Build Your Own Greenhouse or Hoop-house Workshop**
Date and location to be announced.



Food Plant Distributions

OKT will do two free food plant distributions to participating yard gardeners and garden demo sites (May/June and July/August). Additional plants may be available at Southeast Area Farmers' Market.

Preserving the Harvest

Saturdays 2-4 p.m. Location to be announced.

- **June 30:** Strawberries for Jam & Freezer, Drying Herbs
- **July 28:** Canning Pickles & Freezing Fresh Herbs
- **Aug. 25:** Tomatoes: Canning & Roasting w/ Herbs for the Freezer
- **Sept. 29:** Canning Applesauce & Herbal Teas



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
- Call 616-570-0218
- Visit www.OKTjustice.org



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