CRANBROOK
FOOD
ACTION
COMMITTEE

Public Produce Garden Newsletter August 24, 2015

Not only is the garden growing lots of great food, but it's also turning into quite the social space.

Join us tonight (Tuesday the 25th) for a <u>**free** **Weed Workshop for Gardeners**</u> with East Kootenay Invasive Plant Council. We will bring the refreshments; you bring weeds and questions to this informal, interactive workshop.

Lunch time **Yoga in the garden** was such a success that we will be repeating it every Tuesday for the entire month of September! Starting September 1st, join Allissa as she leads these yoga by donation sessions, appropriate for all levels, from 12:15 to 1pm.   What a great way to spend your lunchtime.

We have finalized our schedule of kitchen workshops and are pleased to announce our fall lineup. In these hands-on workshops you will learn "how to", do lots of tastings, and take home what you have made. All ingredients are included in the prices:

- **CAN YOUR TOMATOES!**—Salsa and Ketchup
  Sept 22nd (Kimberley) and 24th (Cranbrook), $25 Wildsight members, $30 non-members

- **SAY CHEESE!** – Paneer and Mozzarella
  Oct 6th (Kimberley) and Oct 8th (Cranbrook), $35 Wildsight members, $40 non-members

- **All Hail To Kale**
  Oct 20th (Kimberley) and Oct 22th (Cranbrook), $25 Wildsight members, $30 non-members

Register for all 3 workshops at the same time and save! Only $75. Online registration will be up within a day or two, but I couldn't wait to tell you about them. Keep an eye on our Facebook page (Cranbrook Food Action Committee) and website for more info.

Ready to Harvest:

Garlic, kale, Swiss chard, herbs, zucchini, cucumbers, tomatoes, radish, carrots, beets

Events

- **Weed Workshop**
 August 25th, 6:30-8:00pm

- **Yoga in the Garden**
Every Tuesday in September, 12:15-1:00pm

Projects
We are looking for help with the following projects, interested? Send us an email
-Video Grant application
-Social Enterprise marketing, business development ……