

THURSDAY, SEPT. 17th

10:00 am – 12:00 pm

Gardening with Mushrooms

Help create an oyster mushroom container garden, producing food while cycling agricultural waste into nutrient-rich soil! Learn basic fungal biology and cultivation techniques to care for the mushroom garden, ensuring continued harvests.

At: Gordon Neighbourhood House
Cost: Free! Registration required

12:00 – 1:00 pm

Community Lunch

Enjoy a delicious homemade meal. Chef's Salad / Beef Bolognese / Garlic Toast

At: Gordon Neighbourhood House
Tickets are limited: Reserve yours by visiting or calling the front desk.
Cost: \$5

5:00 – 6:00 pm

OR 7:00 – 8:00 pm

Fermentation Workshop

A hands-on workshop on home food production, fermentation, and heritage homesteading skills. You will be provided with the necessary supplies to make a jar of sauerkraut. Please bring your own knife and a cutting board. You are welcome to bring your own garden veggies to shred (some cabbage and carrot will be made available).

At: Roedde House Museum, 1415 Barclay St.
Cost: Free! Registration required

Foodline Radio will be present during the West End Food Festival to interview participants and record stories about food and the community. The resulting one-hour documentary will air on independent radio stations throughout B.C. and Canada.

Listen in on Monday at 8pm on Vancouver's Co-op radio, CFRO 100.5FM, or online at Coopradio.org.

5:30 – 7:00 pm

Rainbow Soup Social

Want to meet other awesome people while making soup for a great cause? Check out this weekly soup making group for queer people and their allies!

At: Gordon Neighbourhood House
Register: register@checkhimout.ca
Cost: Free!

6:00 – 8:00 pm

Craft Brew & Comfort Food

Sit down, relax, and enjoy an evening of great food and craft beer at the Whole Foods Market Robson patio. Menu features chef favourites paired with local craft beer from Doan's Craft Brewing Company. Proceeds benefit Gordon Neighbourhood House.

At: Whole Foods Market Robson, Patio, 1675 Robson St.
Cost: tickets are \$20
Purchase tickets in advance

FRIDAY, SEPT. 18th

7:00 – 10:00 pm

Brews n' Chews 2

A 90s house party/ pop-up pub night. The event will highlight craft beer and feature local DJ Teyshan spinning 90s hip-hop. Refreshments will be served and beer will be available for purchase.

At: Gordon Neighbourhood House
Register with Young Ideas at www.ow.ly/RdhFb
Cost: \$5. ticket includes one beer



SUPPORTED BY

West End
Neighbourhood Food
Network



young ideas



Vancouver Public Library



PRESENTED BY



Gordon Neighbourhood House acknowledges and honours the fact that our community lies on unceded indigenous land belonging to the Coast Salish Peoples.

Gordon Neighbourhood House
1019 Broughton St. Vancouver BC, V6G 2A7

Parking is very limited in the West End; Use transit or walk if possible.

SATURDAY, SEPT. 19th

10:00 am – 12:00 pm

Native Edibles Workshop & Walk

It can be easy to forget about the wealth of food that grows all around us. In this workshop presented by the West End Neighbourhood Food Network, you'll learn about edible plants that call our region home, and we'll discuss how to identify and harvest wild, edible, and medicinal plants in an ethical way. Please wear comfy walking shoes!

Meeting Place: Gordon

Neighbourhood House

Cost: Free! Registration required

1:00 – 2:30 pm

Harvesting Love

- Sharing the Bounty

How to make the most of your garden, herbs and all! Join us at the Diamond Centre for Living in making an assortment of beverages, salads, dressings and simple desserts with herbs and all good things from the Friends For Life garden.

At: Diamond Centre for Living,
1459 Barclay St.

Cost: Free! Registration required

2:00 – 4:00 pm

West End Annual Picnic

Drop by for a picnic hosted by the West End MLA Spencer Chandra Herbert and organized by Gordon Neighbourhood House. Also join in for a cake and ribbon-cutting celebration of the community garden's 2014 expansion project. These groups are collaborating to bring you music, face-painting, rock-painting and games.

At: Nelson Park

Cost: Free! No registration required

3:00 – 4:00 pm

Latin American Food Accents

Come and enjoy the colours & flavours of traditional Mexican and Venezuelan dishes prepared for you by Gordon Neighbourhood House's Spanish Conversation Club.

At: Gordon Neighbourhood House

Cost: Free! Registration required

5:00 – 7:00pm

Social Food Exploration

Video, images, collaboration, and actual food will be used to explore our relationships with food and communities. Participants will have opportunities to engage in activities and collaborate in this Social Food Exploration. Shy and quiet people are welcome and participation is optional.

At: Gordon Neighbourhood House

Cost: Free! Registration required

SUNDAY, SEPT. 20th

10:00 am – 12:00 pm

BC Perennials & Food Policy

In this workshop presented by Village Vancouver, learn to grow organic perennial food plants from cultures around the world. The workshop will link to issues like desertification, pesticides, food policies in Canada, and human well-being through social development. All ages welcome!

At: Gordon Neighbourhood House

Cost: Free! Registration required

12:00 – 2:00 pm

West End Soup Challenge

Come and sample soups prepared by local West End restaurants and community programs. Which soup will win the 2015 Soup of the Year award? You be the judge!

At: Gordon Neighbourhood House

Cost: Free! Registration required

1:00 – 3:30 pm

Harvest Celebration & Winter Planter Workshop

Celebrate the harvest at the West End Neighbourhood Food Network's September Potluck. From 1-2 pm, sample fruits and desserts purchased from our local Farmer's Market. Please bring something to share along with your plate, cutlery and cup. Then, join in a hands-on workshop on Winter Planters. Register fast; Supplies for building the planters will only be provided for the first 20 participants who register. (Additional participants will receive hand-outs and seeds.)

At: West End Community Centre,
870 Denman St.

Register at WECC (604.257.8333),
or online at www.ow.ly/RahaO

Cost: Free!

2:00 – 3:00 pm

Growing Food - Lord Roberts

Elementary Kids' Garden

Come to the Lord Roberts' Kids' Garden to talk about growing food from food scraps. We'll discuss fruit and vegetables that can be grown from what we often put into the compost, including, pineapples, celery & herbs.

At: Lord Roberts' Elementary School, Picnic area adjacent to playground, 1100 Bidwell St.

Cost: Free! Registration required

3:30 – 5:30 pm

Veggie Slaw!

Fermenting Local Foods

In this workshop presented by Village Vancouver, you will learn to make your own fermented vegetables using local, seasonal foods. You will be fully active in creating the slaw, and take home a jar with your own customized spice mixture. If possible, bring any of the following items: cutting board, large knife, large bowl or tub, kitchen scissors, wide-mouth jar and lid. Wear clothes that you don't mind preparing food in.

At: Gordon Neighbourhood House

Cost: Free! Registration required

4:30 – 8:30 pm

Cooking with Steve Seki

Learn to cook prosciutto wrapped feta stuffed chicken leg and strawberry rhubarb crumble for dessert. 8 participants will cook and share the meal with 12 guests, and also take a meal home for themselves.

At: Robert Lee YMCA,
955 Burrard St.

Register at Gathering Place
Community Centre (604.665.2391)

Cost: Free! Registration required

MONDAY, SEPT. 21st

9:30 am – 12:30 pm

Creative Playtime - A Healthy Start for a Healthy Body

A fruit salad 'potluck' for parents/ caregivers with their children aged 0-5. Each participant will bring a fruit of their choice to be washed and prepared for a fruit salad. At the potluck we will talk about different ways to enjoy fresh fruits, where different fruits come from, and what to look for when buying them. Please do not bring anything that has been in contact with nuts!

At: Gordon Neighbourhood House

Cost: Free! Registration required

6:00 – 9:00 pm

Introduction to Home Canning

In this hands-on workshop presented by Village Vancouver, participants learn to make jam and pickles using the boiling water bath canning method. We will also discuss canning equipment, food safety concerns, and canning other foods. Suitable for participants with little or no experience; participants take home a jar of jam.

At: The Lauren, Kitchen,
1051 Broughton St.

Cost: Free! Registration required

7:30 – 9:30 pm

Eat Think Vote Vancouver

Join Gordon Neighbourhood House, Vancouver Food Policy Council, BC Food Systems Network, Neighbourhood Food Networks, and the Vancouver Urban Farming Society for a conversation with local candidates on putting a national food policy on the agenda this federal election. Refreshments will be made available.

At: Gordon Neighbourhood House

Cost: Free! Registration required

TUESDAY, SEPT. 22nd

12:00 – 1:00 pm

Community Lunch

Enjoy a delicious homemade meal. Chef's Salad / Chicken Souvlaki / Rice Pilaf

At: Gordon Neighbourhood House
Tickets are limited: Reserve yours by visiting or calling the front desk.
Cost: \$5

2:00 – 4:00 pm

Afternoon Tea

Afternoon tea including refreshments.

At: Gordon Neighbourhood House

Cost: Free! Registration required

7:00 – 9:00 pm

Saving Seeds

In this workshop presented by West End Neighbourhood Food Network, we'll discuss the best seeds to start saving, the easiest seeds to save in a small garden, and why and how to harvest, dry, and store seeds. Take home free seeds for your garden.

At: West End Community Centre,
Barclay Room, 870 Denman St.

Register at WECC (604.257.8333),
or online at www.ow.ly/RahXq

Cost: Free!

6:00 – 9:00 pm

Pizza from Scratch

In this whirlwind program we'll make fresh mozzarella cheese, tomato sauce, and pizza dough, then put it all together into margherita pizzas to bake and enjoy. You'll learn about making and stretching cheese curd from the best quality non-homogenized milk, cooking down whole tomatoes, and grinding fresh flour for the crust.

At: Gordon Neighbourhood House

Cost: Free! Registration required

Register for events online at
westendfoodfestival.wordpress.com

For questions, please contact Gordon Neighbourhood House
westendfoodfestival@gordonhouse.org | 604.683.2554