

TUESDAY, SEPT. 20th

8:00 – 10:00 am

United for Organics Co-op Open-House

The United for Organics Co-operative (UFO) is a community-based network of like-minded people dedicated to ensuring that fresh, healthy, organic food is made available to families and individuals at affordable prices. Members are active in running the co-op and making well-informed decisions about food procurement. Come to the open house to find out more about how to join!

At: Gordon Neighbourhood House
Cost: Free! Drop by!

8:00 – 10:00 am

Pedal Powered Agricultural Machines

Watch a demonstration of how pedal-powered agricultural grain mills can assist with food processing, especially in tight urban spaces where industrial-scale mills do not operate. This pedal powered machinery will help to enhance food security by providing an alternative to pre-ground grains milled in Ontario and Quebec, reducing food miles and carbon footprint.

At: Gordon Neighbourhood House
Cost: Free! Drop by!

12:00 – 1:00 pm

Community Lunch

Enjoy a delicious homemade meal with coffee or tea. Call the front desk to find out what's for lunch! If you have dietary restrictions, let us know with as much notice as possible and we'll do our best to accommodate. Also ask the front desk about the special presentation by the West-End Coal Harbour Community Policing Centre from 11:00 am to 12:00 pm on pedestrian safety.

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

2:00 – 4:00 pm

Afternoon Tea

Stop by for afternoon tea including refreshments. Connect with other seniors in the west end and learn about community resources and activities.

At: Gordon Neighbourhood House
Cost: Free! Registration required

3:00 – 6:00 pm

Curbside Fresh Market

Drop by on Tuesdays for a limited time and get some fresh produce from Curbside Fresh Market parked just outside of Gordon Neighbourhood House. Curbside Fresh Market is a seasonal mobile market that delivers affordable, fresh, local produce to low-income, high-density communities throughout Vancouver. It works with community partners to sell produce at various locations.

At: Gordon Neighbourhood House
For more info: BrianC@foodbank.bc.ca

4:00 – 8:00 pm

Scoff by the Bay: Community Food Traditions from Coast to Coast

Newfoundland is known for friendly folk, rousing tunes and good times. Come take part in preparing and sharing a Jigg's Dinner while learning the history of Newfoundland food traditions and sharing stories of our own feasting customs here on the West Coast. Our country may be vast, but you may discover that we're not so different when it comes to food and fun! All ages welcome. Vegan and gluten free alternative will be prepared as well.

At: Robert Lee YMCA, fifth floor
Cost: Free! Registration required

4:30 – 6:00 pm

Yogurt Making on your Countertop

Learn how to make Filmjolk yogurt, and bring home a jar of yogurt starter for your own continuous culture to make yogurt weekly. We'll talk about different types of yogurt, how they are made, and their benefits for intestinal health.

At: Gordon Neighbourhood House
Cost: Free! Registration required

6:00 – 9:00 pm

Introduction to Home Canning

In this hands-on workshop presented by the West End Neighbourhood Food Network and 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 canned food.

At: The Lauren Kitchen, 1051 Broughton St.
Cost: Free! Registration required

7:00 pm

Gardening with HIM

Join this social group of gay guys and meet great people while helping to grow food for the West End organic food program. This is a great group for beginners and experienced gardeners of all ages!

Register: email register@checkhimout.ca



SUPPORTED BY



Vancouver Public Library



community food centres CANADA



We acknowledge that Gordon Neighbourhood House is located on the unceded, occupied, ancestral and traditional lands of the Musqueam, Skwxwú7mesh, and Tsleil-Waututh nations.

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

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



PRESENTED BY



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[#WEFoodFest2016](https://twitter.com/WEFoodFest2016)

THURSDAY, SEPT. 15th

12:00 – 1:00 pm

Community Lunch

MLA Spencer Chandra Herbert will be our guest chef today! Enjoy a delicious homemade meal with coffee or tea. Call the front desk to find out what's for lunch! If you have dietary restrictions, let us know with as much notice as possible and we'll do our best to accommodate.

At: Gordon Neighbourhood House
Tickets are limited. Reserve yours by visiting or calling the front desk.
Cost: Free! (Special free lunch today!)

3:00 – 5:00 pm

Family Urban Gardening

Growing Chefs' mission is to teach children, families, and the community about healthy food and healthy food systems. Drop by for a 30-45 minute child-friendly activity on vegetables and gardening; You'll even get to plant your own seed to take home for the start of your own urban garden!

At: Gordon Neighbourhood House
Cost: Free! RSVP or drop by

5:00 – 6:00 pm or 7:00 – 8:00 pm

Kombucha: It's not magic, it's fermentation!

This popular health tonic contains a diversity of beneficial microbes. Kombucha can be made to self-carbonate, so it's a great alternative to sugary sodas. Come learn to brew it at home using tea and natural sugars. All participants will receive a starter SCOBY that can be used to brew an unlimited amount of Kombucha.

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

5:00 – 7:00 pm

Rainbow Soup Social

Want to meet other awesome people while making soup for the Community food hub? 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 – 7:30 pm

Fermentation: Lacto-fermented pickles, sauerkraut and more!

Fermented foods are important for people who are dairy-free and can't eat yogurt, and also because of the relationship between what you eat and your intestinal, physical and mental health. Learn about lacto-fermentation by sampling and helping to prepare some different fermented foods.

At: Gordon Neighbourhood House
Cost: Free! Registration required

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 a local craft beer, or alcohol-free beverage. Proceeds benefit Gordon Neighbourhood House.

At: Whole Foods Market Robson, Patio, 1675 Robson St.

Cost: tickets are \$20.
Purchase at [Brown Paper Tickets](https://www.brownpapertickets.com)

6:30 – 8:30 pm

Organic Gardening in Small Spaces

Village Vancouver and West End Neighbourhood Food Network present this workshop covering the basics of planning, preparing and starting an organic food garden. Learn some simple techniques for starting plants indoors and in the garden, in any sized space! Seed Library present - participants will receive free seeds, sample soil amendments, and other goodies.

At: Gordon Neighbourhood House
Cost: Free! Registration required

7:00 – 8:30 pm

Pop-up Potluck

Come out and explore Nelson Park Community Gardens and join us for a special 'Pop-up Potluck' on a 5 metre long table! We will provide the table and chairs, all you need to bring is a dish to share, a plate, cup and cutlery.

At: Nelson Park
Cost: Free! Registration required

FRIDAY, SEPT. 16th

4:00 – 6:00 pm

Saving Seeds

In this workshop presented by Village Vancouver and the West End Neighbourhood Food Network, we'll learn about the best seeds to start saving, and why and how to harvest, dry, and store seeds. Take home free seeds for your garden and/or bring seeds to donate, and help put together seed packets to build up the Seed Library! All ages welcome.

At: The Lauren, 1051 Broughton St.
Cost: Free! Registration required

7:00 – 10:00 pm

Brews n' Chews 3

A 19+ neighbourhood house party hosted by Young Ideas in partnership with Black Lives Matter. Your ticket gets you free snacks, one Steamworks beer or alcohol-free drink, and great music brought to you by DJ Teyshan. Additional drinks available for \$3.50 (cash).

At: Gordon Neighbourhood House
Cost: \$5. Ticket includes one beer. Space limited! Buy tickets at bit.ly/brewschews3

SATURDAY, SEPT. 17th

9:00 am – 2:00 pm

West End Farmers Market

Located in the heart of Vancouver's busy West End, this laid-back Saturday market looks onto beautiful Nelson Park and adjacent community gardens. Weekly, West Enders can enjoy the best in local produce, prepared foods and crafts. Hot food and coffee on-site. Visit their website at www.eatlocal.org for vendor details.

At: 1100 block Comox Street
Cost: Free! Drop by!

10:00 – 11:30 am

Pizza from Scratch

Learn how to make pizza from scratch, including the sauce and the dough – all ages welcome! There is a lot of deskillng happening around food, due to convenience food being widely available everywhere. This workshop will show how easy it is to make a healthier, additive-free pizza at home.

At: Robert Lee YMCA – fifth floor
Cost: Free! Registration required

10:00 am – 12:00 pm

Urban foraging with wild plants

It can be easy to forget about the wealth of food that grows all around us. In this workshop presented by Village Vancouver and 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!

at: Gordon Neighbourhood House
Cost: Free! Registration required

12:30 – 2:30 pm

The Birds and the Bees - Making Food for Humans and Wildlife

Come and explore how wildlife gardens can not only provide food and shelter for animals, but also food for us! Participants will create seed bombs filled with native, edible plant species that they can take home. Then we'll have a walking community dialogue to discuss ethical foraging and interspecies co-existence. This workshop is facilitated by the Urban Nestwork and the Environmental Youth Alliance.

At: Gordon Neighbourhood House
Cost: Free! Registration required

3:00 – 5:00 pm

Community Seed Sharing Library and Seed Savers Club

Join Village Vancouver, West End Neighbourhood Food Network, and Gordon Neighbourhood House for the official launch of our Community Seed Sharing Library and Seed Savers Club. All ages welcome! Find out how the seed library works, learn about WE Food Network's Garden Club and Village Vancouver's seed saving efforts around the city, and meet fellow gardeners and seed savers.

At: Gordon Neighbourhood House
Cost: Free! Registration required

SUNDAY, SEPT. 18th

11:00 am – 1:00 pm

West End Soup Challenge

Come and sample soups prepared by local West End restaurants and community programs. Which soup will win the 2016 Soup of the Year award? You be the judge!

At: Gordon Neighbourhood House
Cost: Free! Registration required

1:00 – 3:00 pm

Food Poetry

Get your creative juices flowing at this food-inspired poetry workshop! Poetry ambassadors will facilitate and inspire; all are welcome.

At: Gordon Neighbourhood House
Cost: Free! Registration required

1:00 – 2:30 pm

Community Potluck and Winter Urban Herb Garden Workshop

Join West End Neighbourhood Food Network and Village Vancouver at our September Community Potluck and hands-on workshop on Winter Planters. The workshop will discuss various ways to grow food in the city, and participants will build their own winter herb planter to take home. These plants can be grown indoors as well as on balconies.

At: West End Community Centre, 870 Denman St. Bidwell Room
Cost: Free! Register for course 74663 at WECC (604.257.8333), or online <http://bit.ly/2bsVvIX>

2:30 – 3:30 pm

West End Urban Garden Club

In this workshop offered by West End Neighbourhood Food Network we'll explore possibilities for creating community gardening spaces in the West End. We will be organizing food and gardening workshops, a pollinator corridor, and other activities. Each month we hold a discussion or present a short talk on a food related topic of interest to West Enders and others. This month it's Collaborative Community Gardening, in October - World Food Day: Challenging Poverty and Food Insecurity. All ages welcome!

At: West End Community Centre, 870 Denman St. Bidwell Room
Cost: Free! Register for course 74666 at WECC (604.257.8333), or online <http://bit.ly/2bsWhpj>

4:00 – 6:00 pm

Vancouver Food Conversation: Is Local Better?

Do you know who picked your food?

Get engaged in the #VanFoodConvo, and then join us for a free community meal afterwards. Our panel is hosted in partnership with the BC Migrant Workers' Dignity Association (MWDA). Temporary migrant farm workers talk about their experiences, followed by responses from local groups/organizations.

At: Gordon Neighbourhood House.
Cost: Free! Registration required

MONDAY, SEPT. 19th

9:30 am – 12:30 pm

Creative Playtime - A Healthy Start for a Healthy Body

Participants will enjoy a special breakfast prepared by Chef Peter. Creative Playtime is a program for parents/caregivers with their children aged 0-5. It runs on Mondays, Wednesdays, and Thursdays at Gordon Neighbourhood House and costs \$2 per child for drop-in, with a Gordon Neighbourhood House membership.

At: Gordon Neighbourhood House
Cost: \$2 Drop-in. Space limited. Please sign in at the front desk.

11:00 am – 12:30 pm

Growing and Harvesting Herbs at Home

Want to learn to grow rosemary, cilantro, basil, mint, and chives at home? Join Vancouver Urban Farming Society and our special guest urban farmer for an interactive workshop on growing, harvesting, and using herbs. Discover the soil and water requirements of different herb plants, indoor versus outdoor cultivation, harvesting best practices, and how to add fresh herbs to your culinary creations! You'll gain the knowledge and confidence needed to start your own herb garden, and take home freshly cut herbs.

At: Gordon Neighbourhood House
Cost: Free! Registration required

12:30 – 1:30 pm

Meatless Monday Community Lunch

Enjoy a delicious and meatless homemade meal with coffee or tea. Call the front desk to find out what's for lunch! If you have dietary restrictions, let us know with as much notice as possible and we'll do our best to accommodate.

At: Gordon Neighbourhood House
Tickets are limited: reserve yours by visiting or calling the front desk.
Cost: pay what you can

1:30 – 3:00 pm

Invasive species

Invasive species impact almost all aspects of human life including food security, agriculture and health, but you can make a difference! Learn how to recognize our worst local invaders and how growing native and edible plants can be part of the solution. Bring your gardening gloves and help us plant a new (invasive-free) garden.

At: Gordon Neighbourhood House
Cost: Free! Registration required

3:30 – 5:00 pm

Kefir: home-made fermented sodas

Alyssa Kohlman from Fermentoring will show you how to create home-made probiotic "soda pop" in this workshop presented by Village Vancouver and West End Neighbourhood Food Network. You'll get to taste and receive SCOBY (water kefir grains) and printed instructions. Bring a small, leak-proof jar.

At: Gordon Neighbourhood House
Cost: Free! Registration required

6:30 – 9:00 pm

Cooking with Chantal

Come together to prepare a three-course seasonal, plant-based meal that we will share. You'll get tips on vegan cooking as well as affordable recipes that can be prepared at home. You'll also go home with a vegan sauce or dip to enjoy.

At: Gordon Neighbourhood House
Cost: Free! Registration required

6:30 – 8:30 pm

Learn to Make Kimchi

In this hands-on workshop offered by Village Vancouver and West End Neighbourhood Food Network, Alyssa Kohlman will teach you to make this traditional fermented Korean side dish. This is an ancient, low-cost, low-tech food preservation technique. Wear clothes you don't mind preparing food in, and bring any of the following items you can: cutting board, large knife, kitchen scissors, large bowl or tub, 500mL wide-mouth jar and lid. You'll get to take home your own jar of kimchi.

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