



2017 Program Guide

 [GordonNeighbourhoodHouse](#)  [#WEFoodFest2017](#)

gordonhouse.org

Thursday, September 21

10:00am – 12:00pm
Gordon Greens Mobile Market
Gordon Neighbourhood House has launched a bike-powered mobile produce market, bringing fresh and affordable produce to various locations in the West End. Please bring your own bags!
At: Nicholson Towers, 1115 Nelson Street

12:00pm – 1:00pm
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 needs, let us know and we'll do our best to accommodate.
At: Gordon Neighbourhood House
Cost: \$5. Register at GNH Front Desk.

5:00pm - 6:00pm & 6:45pm -7:45pm
Ready, set, pickle!
In these two Quick Pickles workshops, Rick from Homestead Junction will show you how to create your own pickles that can be enjoyed within hours! Learn the magic behind pickles and food preservation.
At: Roedde House Museum, 1415 Barclay St
Cost: Free! Registration required.

6:30pm – 8:00pm
Spice up Your Garden with Garlic
Garlic's easy to grow, can thrive in small spaces, and tastes great homegrown! Learn how to grow garlic in this Village Vancouver and West End Neighbourhood Food Network workshop with Rhiannon.
At: The Lauren, 1051 Broughton St
Cost: Free! Registration required.

7:00-11:30pm
Brews & Chews + Games Night
Join Young Ideas for a special Brews & Chews edition of their popular West End Games Night. Come borrow and play strategy and classic board games. We're serving up food and pouring \$3.50 glasses of local craft beer. This event is 19+ and requires 2 pieces of ID (incl. one government issued photo ID).
At: Gordon Neighbourhood House.
No registration required.

Friday, September 22

6:00pm – 8:00pm
Waste NOT Workshop
Explore ways to reduce and redirect food waste with Trish! Through games, discussion and tasting, this family friendly workshop will leave you empowered to keep food on your table and out of the trash.
At: Friends For Life, 1459 Barclay St
Cost: Free! Registration required.

6:00pm – 8:00pm
Sauerkraut Workshop
Learn to make traditional, healthy fermented sauerkraut in this workshop. Participants will go home with a jar of sauerkraut to ferment at home. Please bring a clean mason jar!
At: Robert Lee YMCA, 955 Burrard St
Cost: Free! Registration Required.

Saturday, September 23

9:00am – 2:00pm
West End Farmers Market
Every Saturday until Oct 21st, enjoy the best local produce, prepared foods, coffee and crafts in the heart of the West End. Visit eatlocal.org for vendor details.
At: 1100 block Comox St
Cost: Free! Drop by and support your local farmers.

10:00am – 12:00pm
Growing Chefs! Childrens' Urban Agriculture Market Stall
Come find the Growing Chefs! booth at the West End Farmers Market. This kid-friendly booth will host fun vegetable guessing and seed matching games. Your little one can plant a seed to take home!
At: 1100 block Comox Street
Cost: Free! Just drop by.

10:00am - 11:30am
Introduction to Fermenting
Learn the basics in this Village Vancouver and West End Neighbourhood Food Network workshop with Alyssa from Fermentoring. discuss the basics of vegetable fermenting, water kefir, milk kefir, and kombucha. Samples will be provided!
At: Gordon Neighbourhood House
Cost: Free! Registration required.

2:00pm – 4:00pm
Mindful Munching
Come learn the benefits of mindful eating! Take an inner journey from seed to plant, create a food mandala and experiment with mindful eating exercises you can practice in your daily life.
At: The Lauren, 1051 Broughton St
Cost: Free! Registration required.

2:00pm – 4:00pm
Fare Kitchen Literacy Workshop: Demystifying the supermarket
Ever feel unsure of what to buy, when or where to buy it? Selma will help you decrease grocery shopping anxiety and make it fun! We'll start at Gordon House, then walk to Davie St for some practice!
At: Gordon Neighbourhood House + Davie St
Cost: Free! Registration required.

4:00pm – 5:30pm
Seed Savers Club
Join Village Vancouver and West End Neighbourhood Food Network at our Fall Seed Savers Club. Meet fellow gardeners and seed savers, learn how to save seeds and pick up, swap or donate seeds. Registration required.
At: Gordon Neighbourhood House
Cost: Free! Registration required.

6:00pm – 8:00pm
Mason Jar Meal Prep
Rashmi will teach you about Meal-prep and how to plan healthier options for meals throughout the week. Learn to make a Mason Jar Salad that you can take home!
At: Gordon Neighbourhood House
Cost: Free! Registration required.

Register now!

Online: gordonhouse.org/news-events/west-end-food-festival
Phone: 604-683-2554
In Person: 1019 Broughton St. Vancouver BC, V6G 2A7

For questions, contact us at: foodfest@gordonhouse.org
Parking is very limited in the West End. Use transit or walk if possible.

Sunday, September 24

10:30am – 12:00pm Beeswax Salves

In this Village Vancouver and West End Neighbourhood Food Network workshop with Lori, discover how to make beeswax salves with infused plant oils, and its many uses as natural, healing skin care.

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

1:00pm – 2:30pm Mason Jar Sprouts

Merle & Phil will share how to sprout nutritious and inexpensive seeds in a mason jar, which can be used in salads and sandwiches. Snacks using sprouts will be served. You'll be given two jars and seeds to sprout at home.

At: Nicholson Tower, 1115 Nelson St
Cost: Free! Registration required.

1:00pm – 2:30pm Community Potluck and Winter Urban Herb Garden workshop

Join West End Neighbourhood Food Network and Village Vancouver for a Community Potluck, where participants will build their own indoor or balcony planter to take home, using free seedlings or seeds from the seed library.

At: West End Community Centre, 870 Denman St
Cost: Free! Register for course 125994 at WECC front desk, Vancouver Recreation online or call 604-257-8333.

2:30pm – 3:30pm West End Urban Garden Club

Join West End Food Network in exploring possibilities for creating a new community garden and other spaces in the West End. We'll talk about Seed Saving & Beekeeping (some free Native Bee houses available), as well as Gardening and Climate Change.

At: West End Community Centre, 870 Denman St
Cost: Free! Register for course 126418 at WECC front desk, Vancouver Recreation online or phone 604-257-8333.

3:00pm – 5:00pm Food Justice Workshop

Where does our food come from, who and what is involved in the food production process, and why does it matter? This workshop by Check Your Head addresses how food-related policies affect our lives, and how we can create food justice in our communities.

At: Gordon Neighbourhood House
Cost: Free! Registration required

Monday, September 25

12:00pm – 1:00pm Meatless Monday Community Lunch

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

At: Gordon Neighbourhood House
Cost: Pay what you can. Register at GNH Front Desk.

4:00pm – 6:00pm & 7:00pm – 8:00pm Home Brewing 101

Join Rob, an award-winning homebrewer, to learn about safely making beer at home. Visit our demo booth at the West End Community Centre, or register for our evening workshop at Gordon House.

At: West End Community Centre & Gordon Neighbourhood House
Cost: Free! Registration required for workshop.

6:30pm – 9:30pm Introduction to Canning

In this hands-on Village Vancouver and West End Food Network workshop, learn how to safely make fall & winter pickles, jam and other preserves with Caitlin, and take home what you make!

At: Friends For Life, 1459 Barclay St
Cost: Free! Registration required.

Tuesday, September 26

12:00pm – 1:00pm Special Community Lunch

Celebrate the last day of the Food Festival with a 3-course meal! The meal is free thanks to MLA Spencer Chandra Herbert. The menu will feature a special dessert by Abraham. If you have dietary needs, let us know and we'll try to accommodate.

At: Gordon Neighbourhood House
Cost: Free lunch! Register at GNH front desk.

3:00pm – 6:00pm Curbside Fresh Market

Drop by to get some fresh produce from Curbside Fresh Market, parked outside Gordon Neighbourhood House. Curbside is a seasonal mobile market that delivers affordable, local produce to low-income, high-density communities in Vancouver.

At: Gordon Neighbourhood House
Contact: elizabethp@foodbank.bc.ca

5:30pm – 7:30pm Plant Walk: The Food and Medicine Around Us

Join Camille for an edible and medicinal plant walk. Learn the power of plants that grow around us, and how we can steward & encourage their integration into our lives! Walk is fully accessible with an ASL interpreter.

At: Nelson Park, 1030 Bute St
Cost: Free! Registration required.

6:00pm – 7:30pm Pop-up Potluck

Join your neighbours for a special potluck on a 16 ft long table in the park! We'll provide tables and chairs, all you need to do is bring a healthy dish to share.

At: Nelson Park, 1030 Bute St
Cost: Free! Registration required.

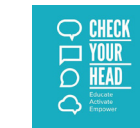
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We acknowledge that Gordon Neighbourhood House is on the unceded, occupied, ancestral and traditional lands of the x̱m̱əθkwəy̱əm (Musqueam), Skwxwú7mesh (Squamish) and Səlilwətaʔ/Selilwitulh (Tsleil-Waututh) Nations.

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