



Dear smartname,

We have been busy throughout July!

Our gardens continue to thrive thanks to the dedication of 18 volunteers, who helped harvest 307 pounds of fresh produce this month for our programs. We've also been tackling a few garden challenges, including persistent raccoon visitors at Norm's Garden, and are exploring natural deterrents such as cayenne pepper and coyote urine to help protect our crops. As part of our integrated pest management efforts, we also released 1,000 ladybugs into the gardens to naturally control aphids and other plant pests.

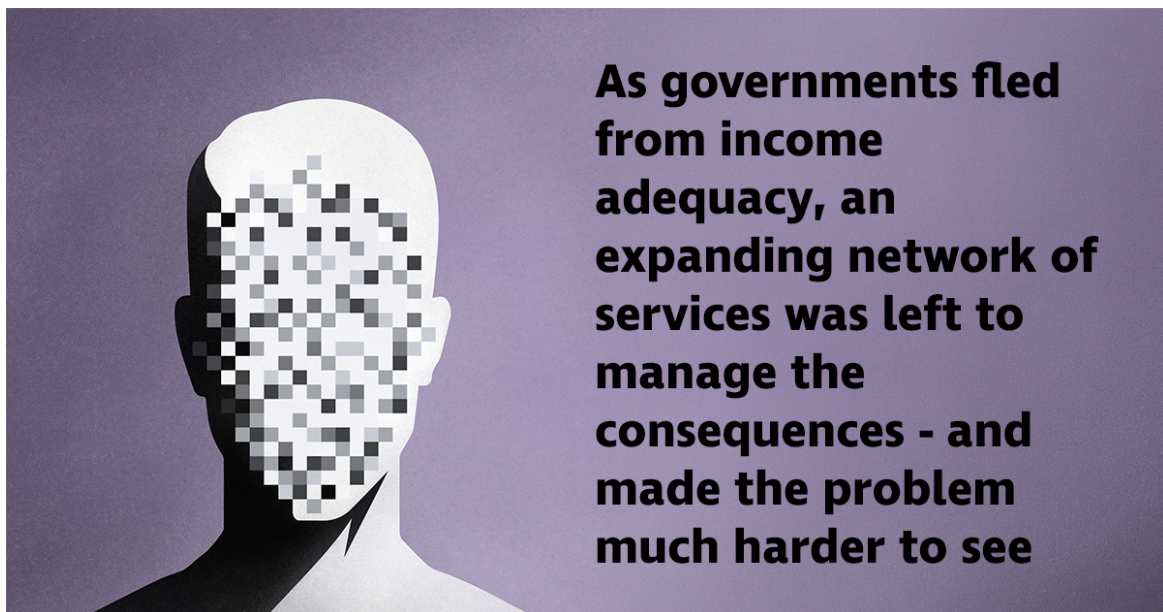
We also wrapped up a fun and successful Food Skills series in partnership with the Nelson Public Library. The goal was to inspire youth to move from watching cooking videos on social media to trying recipes in real life while discovering the wealth of cookbooks and culinary inspiration available at the library. Along the way, participants learned how to make extra-crispy fried chicken, discovered that Salvadoran pupusas and Mexican sopes share deep cultural roots, and found out that two hours isn't quite enough time to freeze homemade ice cream—though the milkshakes were still a hit! A special thank you to all the kids who brought their curiosity and enthusiasm, to Erika for sharing her Mexican heritage and family recipes, and to Erin and the Nelson Public Library for being wonderful partners.



Save the Date for Restaurants For Change: October 21st. Contact us if you would like to participate! info@nelsoncfc.ca



We want to send a heartfelt thank you to everyone who was a part of our Quarterly Community Dinner last month. The evening was a wonderful success, and it wouldn't have been possible without our volunteers. Together, we served over 200 meals to members of our community. We look forward to sharing many more delicious meals and connecting with our community.



As governments fled from income adequacy, an expanding network of services was left to manage the consequences - and made the problem much harder to see

The Pixelation of Poverty

'A society that requires an ever-expanding network of charitable and community interventions to compensate for inadequate incomes is not solving poverty. It is just managing the rate of increase in poverty.'

[READ MORE](#)



Last month, NCFC staff went to [Bent Plow Farm](#) for a little tour. It was wonderful to see where some of our produce comes from and learn more about the care, effort, and expertise that go into growing food and supporting our local food system. We came away with an even greater appreciation for the knowledge, hard work, and investment behind everything that happens at Bent Plow Farm. Thank you to Emma, Scott, and their team for hosting us.

Settlement Services at Nelson Community Food Centre



Wednesday August 5th and 19th
1:00 p.m. – 3:30 p.m.

Nelson Community Food Centre
602 Silica Street, Nelson

To learn more, contact:
Katherine van der Veen, Settlement Worker

✉ nelsonsettlement@cbal.org

📞 or text 250-505-6047

🌐 cbal.org

Are you new to Nelson?

Do you have questions about local programs and services for newcomers to Canada?

Stop by and meet Katherine, the Settlement Worker for the Nelson area, while you visit the Good Food Bank.

- ☒ Get information about local services
- ☒ Learn about food support programs
- ☒ Ask questions and get help
- ☒ Free of charge

No registration needed — just drop in!



COMMUNITY FOOD CENTRE
A Right To Food Partner



Funded by / Financé par:



Summer is traditionally a slower season for food donations, making every contribution especially meaningful. Your food donations help our most vulnerable neighbours and ensure we can continue providing nutritious food to our community when support is needed most. These foods help round out our No Cook bags and enhance the Good Food Drop boxes. Learn more [HERE.](#)



NCFC WISH LIST

Please note, we are unable to use items passed their expiry date

- Granola bars
- Pasta sauce/tomato sauce
- Tinned meats in water (pop-tops preferred)
- Nutritional supplement drinks such as Ensure or Boost
- Canned soups & chili (pop-tops preferred)
- Healthy, single-serve snacks
- Peanut butter or nut butter
- Cereal or instant oatmeal
- Nondairy milk products
- Small bottles of cooking oil
- Dried fruits, seeds, or nuts

Items low in sodium and sugar are preferred

NELSON COMMUNITY FOOD CENTRE
A Right To Food Partner



Beet Hummus



Ingredients:

- 2 medium beets, cooked and peeled
- 1 cup cooked chickpeas
- 3 Tbsp tahini
- 1 clove garlic
- 2 Tbsp lemon juice
- 1 ½ Tbsp olive oil
- Salt and Pepper to taste

Instructions:

1. In a food processor or blender, add the chickpeas, beets, tahini, lemon juice, garlic, pepper, and salt.
2. Blend until mostly smooth.
3. With the speed set to low, add the olive oil.
4. If the hummus is too thick, add 1-2 Tbsp of water and blend again.
5. Taste and adjust with additional salt or lemon juice if desired.

Pairs well with bread, crackers, & veggies or spread on sandwiches & on roasted vegetables.

Join our Circle of Giving

602 Silica St, Nelson, BC, V1L 4N1
Office Hours: M-Th 9 am-4 pm
250-354-1633 l info@nelsoncfc.ca

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