



Dear {{smartname}},

Summer has arrived in Nelson, bringing warm days, cool evenings, and the sunshine (and rain) our gardens have been waiting for. As the vegetables grow and flowers bloom, we're reminded that strong communities, like healthy gardens, thrive with care and connection.

This season, we're excited to grow in new ways. We're in the early planning stages of new programming with the Advocacy Centre and the Settlement Office. We look forward to offering advocacy programming and expanded support for newcomers through these exciting partnerships. Stay tuned! We recently wrapped up our six-week Seniors Cooking Club in collaboration with CBAL, where participants discovered new recipes, built confidence in the kitchen, and, most importantly, found friendship and community. Looking ahead, we hope you'll join us at our next Good Food Bank on July 15 and our Quarterly Community Dinner on July 21. Visit our [calendar](#) to learn more. Whether you're stopping by for fresh food, sharing a meal, volunteering, or simply saying hello, thank you for being part of NCFC's community. We wish you a safe and joyful summer.

TEEN COOKING CLUB

Thursdays, July 9, 16, and 23
1-3:30 PM

FREE FOR TEENS!



Love to cook? Inspired by TikTok trends? Learn to make delicious, nutritious recipes from your favourite food influencers! Cook, eat, and connect in a welcoming, inclusive space.

Three sessions at Nelson Community Food Centre, 602 Silica St. Space is limited! Please pre-register!

For more info contact:
emaconachie@nelson.ca or keiko@nelsoncfc.ca



COMMUNITY FOOD CENTRE
A Right To Food Partner

602 Stanley St.
nelsonlibrary.ca
library@nelson.ca
250-352-6333



You are invited to our Summer Quarterly Community Dinner, July 21st, from 5-7 pm. We hope you join us! Here are a couple of lovely photos by Carlo Alcos from our last Quarterly Dinner in the Spring.

Garden Corner: More Sage Advice from the 2026 Garden Crew 🌿

Managing Pests Naturally

Pests are inevitable and can sometimes cause serious damage to your carefully tended crops. While there are many products available to repel, trap, or kill them, we encourage gardeners to avoid harmful pesticides and use organic repellents whenever possible.

Tea tree oil has proven to be one of the most effective natural pest repellents we have found. We dilute 10–15 drops of tea tree oil in 1 litre of water and spray it on pest-prone crops. It has been especially effective at repelling slugs, carrot rust flies, tomato beetles, and aphids. Because it is oil-based, it adheres well to plants and soil, remaining effective even after heavy rain when many other repellents have washed away.

Please note that tea tree oil is toxic to cats. While it can help keep cats out of garden beds, use caution when handling undiluted tea tree oil in your home, as ingestion can cause serious illness in cats.





Black Bean Brownies

Yield: 9-12



Ingredients

- 1½ cups black beans (1 x 15 oz can, drained and rinsed)
- 2 tbsp cocoa powder (10 g)
- ½ cup quick oats (40 g)
- ¼ tsp salt
- ½ cup maple syrup, honey, or agave (75 g)
- ¼ cup coconut, sunflower, or vegetable oil (40 g)
- 2 tsp vanilla extract
- ½ tsp baking powder
- ½-¾ cup chocolate chips

Instructions

1. Preheat the oven to 350°F (175°C).
2. Blend all ingredients except chocolate chips until completely smooth.
3. Stir in chocolate chips.
4. Pour into a greased 8x8-inch pan.
5. Sprinkle additional chocolate chips on top if desired.
6. Bake for 15-18 minutes.
7. Cool at least 10 minutes before cutting.
8. For firmer brownies, refrigerate overnight.

Give Today

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602 Silica St, Nelson, BC, V1L 4N1

Office Hours: M-Th 9 am-4 pm

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