

The Eastside Neighbor

A publication of Allen Neighborhood Center

1619 E Kalamazoo St, Lansing MI 48912 — (517) 367-2468
www.allenneighborhoodcenter.org

Volume XI, Issue 3

June—July 2011



Saturday, June 11, 2011

See insert for full schedule of performances and activities.

The MARKET is OPEN! May 18-Oct. 26, 2:30-7 pm

This 8th season of the Allen Street Farmers Market is bound to please with 24 vendors! Come greet all of your favorite vendors and welcome the new additions! The line-up is:

AppleSchram, CBI's Giving Tree Farm, Dry Bucket, Green Eagle, Greenman Farm Produce, HerbGirl's Garden, Nightengale Produce, Podunk Gardens, Slow Lane Farm, Thao's, Tomac's Pumpkin Patch, Tom's Farm Produce, Urbandale Farm, Vangs. Cookie Hearth, Stone Circle Bakery, Alice's Kitchen, Feed Your Karma, and ELFCO. Trailer Park'd, Grand Grillin' and Ofilia's. Peace Works and Soulful Earth Herbals.

All will appear as soon as their produce is ready – we will have a very full market by the middle of June!

Come enjoy the live entertainment, a staffed Kid's Table, Food Chatter, and a shady café to meet friends or simply sit and take it all in.

Day and Festival Sponsors so far include: CATA, Board of Water and Light, LAFCU, Lake Trust, Jack Davis, PHP and more! Please stop by the sponsor table and join with us in thanking these generous organizations for their support of ASFM!

This Season's Festivals

May 25 **Starts and Herbs Fest**
June 22 **Strawberry Festival**
July 20 **Kid's Festival** with Lead Testing and MORE
Aug. 31 **Tomato Festival**
Sept. 28 **Apple Festival**
Oct. 12 **Harvest Festival**

Double Up Food Bucks

Double Up Food Bucks (DUFb) is coming to the Allen Street Farmers Market, starting June 1! DUFb, an initiative of the Fair Food Network, encourages healthier eating and provides greater access to fresh fruits and vegetables for low-income Michigan families. *For every \$2 spent on fresh food at our Market, Bridge Card holders receive \$2 worth of DUFb bonus tokens (up to \$20 in tokens per visit) which can be used to buy fresh Michigan-grown produce.* We also accept WIC Project Fresh as well as Senior Project Fresh. And, as always, debit and credit card holders can purchase our \$5 Market Coins, on-site, at the 'BANK' with NO fees. **Note: Think about purchasing Market Coins as gifts for family members, friends or favorite neighbors!**



And One More Thing...or Two
We ask that you *please do not* park on the first block of Allen Street north of Kalamazoo St. (near the fence gate). Thank you for your cooperation.

Also, if you are a member of our loyal Yard Sign Corps and need a replacement, call Stephanie at 999-3923. If you would like to join the Corps, call Stephanie. *Thank you!*

See you at the Market!

Annual Friends & Funds Ask
Please see the insert for this year's "Friends and Funds" request. Thank you for your consideration!

Neighborhood Meetings

ABC: ABC neighbors who are interested in helping plan the Annual Neighborhood Night Out, please contact Denise Kelley at 484-9109 abcneighborhood@sbcglobal.net ABC has a lawnmower that ABC neighbors can use this summer.

ANC Board: The Board will meet on **June 27 and July 25** at 5:30 pm

Eastfield: will meet on **June 9th** at T. Brya's house (209 Marshall). Pot luck at 6pm, don't forget to bring a dish to pass and meeting at 7pm.

ENO: will meet at on **Wednesday, June 1 at Foster Community Center, Rm. 213, at 7 pm.** The meeting will feature Jennie Grau, George Berghorn, and Joan Nelson on Restoration Works. **ENO will NOT meet in July.**

FAIR: will meet on **June 2 and July 7, 6:30** at ANC. Remember: Community Yard Sale over Memorial Day Weekend (May 27-30) on Clemens, Fairview, Prospect and Magnolia Streets.

Foster Your Neighbors: will meet on **June 15** at 6:30 at Foster Community Center. The July meeting hasn't been scheduled.

PLACE: will meet on June 8 and July 13, at 6:30 at ANC

June 8th: We will finalize our summer plans for kids in the garden, plan our rummage sale and pot luck.

July 13th: Ingham County Drain Commissioner Pat Lindeman will share plans transformation of the Red Cedar Golf course into an amazing community resource.

Regent Oaks: will meet on **June 21st** at 6:30 pm at ANC to plan our summer picnic for sometime in July.

The Eastside Neighbor is published every other month. Please contact Joan at joann@allenneighborhoodcenter.org by July 11 with submissions for the Aug.—Sept. 2011 issue. Questions regarding content? Call 999-3912.

June

Sun	Mon	Tue	Wed	Thu	Fri	Sat
GardenHouse- Open Hours Spring Hours- till June 11 Mon-Fri: 3:30—5:30PM Sat and Sun: 10AM—2PM Summer Hours- starting June 12 Mon-Fri: 10AM—12PM & 5:30—7:30PM, Sat and Sun: 9AM—12PM						
5	6 Kids Time 4-5:30	7 YSC 4-5:30 Bread Basket 1-5:30	8 Seniors 10-12 KT 4-5:30 Market 2:30-7	9	10	11 Tai Chi 9:30 Kinship 1:30 WDHP 12-8pm
12	13 KT 10-11	14 KT 10-11 11 YSC 11-12:30 Bread Basket 1-5:30	15 Seniors 10-12 KT 10-11 Market 2:30-7	16 KT 10-11	17 KT 10-11	18 Tai Chi 9:30
19	20 KT 10-11	21 KT 10-11 11 YSC 11-12:30 Bread Basket 1-5:30	22 Seniors 10-12PM KT 10-11 Market 2:30-7	23 KT 10-11	24 KT 10-11	25 Tai Chi 9:30
26	27 KT 10-11 Board 530	28 KT 10-11 11 YSC 11-12:30 Bread Basket 1-5:30	29 Seniors 10-12 KT 10-11 Market 2:30-7	30 KT 10-11		

July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4 Kids Time 4-5	5 KT 10-11 YSC 11-12:30 Bread Basket 1-5:30	6 Seniors 10-12 KT 4-5:30 Market 2:30-7	7 KT 10-11	8 KT 10-11 GH 3:30-5:30	9 Tai Chi 9:30 Kinship 1:30
10	11 KT 10-11	12 KT 10-11 11 YSC 11-12:30 Bread Basket 1-5:30	13 Seniors 10-12 KT 10-11 Market 2:30-7	14 KT 10-11	15 KT 10-11	16 Tai Chi 9:30
17	18 KT 10-11	19 KT 10-11 11 YSC 11-12:30 Bread Basket 1-5:30	20 Seniors 10-12PM KT 10-11 Market 2:30-7	21 KT 10-11	22 KT 10-11	23 Tai Chi 9:30
24	25 KT 10-11 Board 530	26 KT 10-11 11 YSC 11-12:30 Bread Basket 1-5:30	27 Seniors 10-12 KT 10-11 Market 2:30-7	28 KT 10-11	29 KT 10-11	30 Tai Chi 9:30
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Allen Neighborhood Center News

ANC's Regular Programs

Breadbasket: Tuesdays, 1-5:30 pm

Kinship Care: Second Saturday of every month, 1:30-3:30 pm. at ANC

Senior Discovery Group: Every Wednesday from 10 am-Noon.

Tai Chi/Hunter Park: Sat., 9:30 am

ANC Hours of Operation

9 am-12 noon: By Appt.

12 noon-5:30 : Walk-In Services

GardenHouse- Open Hours

Spring Hours- till June 11

Mon-Fri: 3:30-5:30PM

Sat and Sun: 10AM-2PM

Summer Hours- starting June 12

Mon-Fri: 10AM-12PM & 5:30-7:30PM,

Sat and Sun: 9AM-12PM

Thank You....

Speakers at our Senior Program: **Jennie Grau, Jeanne Carey, Kathi Dunbar, Joan Bauer, Kathy Jackson, Dan Dowsett, Katie McKineley, LaFay Markle, and wonderful international students from MSU.**

Knowledgeable and generous Gardening Workshop Leaders: **Matthew McDermott, Gary Heilig, Rebecca Bloomfield, and Dan Filius!**

The Raised Bed Gang: **Bekah Gulang, Neil Byrne, Rory Nuener, Jared Talaga, Johnny Bolan, Power of We AmeriCorps and VISTAs, MCSC, Patrick Harrison, Jessica Yorko,** volunteers and friends who helped make the REALLY Raised Bed project a success. Funding generously provided by the **MI Community Service Commission.**

United Way's Young Leaders for all of their hard work on the Edible Hunter Park Project, cleaning of the parking lot for the market, and making beautiful signs for World Day.

Thank you to our generous 2011 Allen Street Farmers Market Sponsors: **LAFCU, Jack and Sue Davis, CATA, Physicians Health Plan, Lansing Board of Water and Light, and Lake Trust.**

Dean Transportation for their donation.

Hugh Potter and Sarah Hubet's classes from Lansing Catholic Central for their hard work on many projects across the Eastside.

Lunch with a Purpose Volunteers for their hard work on the June-July Newsletter

The **Greater Lansing Garden Club** for their donation of 4 Fruit Trees(!) to Edible Hunter Park. Generous neighbors have

Allen Senior Discovery Group

Join us every **Wednesday 10 AM** until noon for pretty good coffee and great conversation. All are welcome! We have a different speaker or event every week. The following are confirmed:

June 1 Lori Lanspeaker from the

Lansing Convention Center & International speaker from MSU

June 8 Bruce Witwer from Tuesday

Toolmen on home repair hints.

June 15 Barbara Murray, Bead

Boutique

June 22 Kim Dickenson from Hayes

Greenbeach Memorial Hospital on

Balance/Fall Risk Prevention

June 29 Birthday pot luck for the April,

May, and June birthdays.

July 6 Joe Manzella & Harold

Leeman, Ward 1 Candidates

July 13 Pat Lindemann, plans for the

Red Cedar Golf Course.

July 20 Karla Taylor and Kelli

Fletcher from Hayes Greenbeach

Memorial Hosp. on bladder control

July 27 Lynne Martinez & Jody

Washington, 1st Ward Candidates

Thank You continued

shared their raspberry bushes for the project, including: **Beth Monteith, Viki Lorraine, Anne Rauscher.** Thanks, **Matt Smar,** for donations and advice! And Thank You, **Murdock Jemerson,** for the Grow Your Park Grant and to **Capital Region Community Foundation** for your financial support of the Edible Park Project!

Warm thanks to **Unity Spiritual Renaissance Church** for ongoing support.

Generous donations were received from:

Kathy Kapalla, Beth Schwartz, and Michelle Marushia.

The incredible GIVE CAMP volunteers: **Joe Kunk, Nate Everden, Patrick Wallace, Dave Girard, and Jeff Winn**—thanks for the amazing database tracking system!



Urbandale Farm Birthday Festival



Join us **Saturday, June 18th, from 10am-1pm,** as we celebrate the beginning of our second year of farming! Enjoy cake, refreshments, and a tour of the farm. Check out our summer plantings as well as a few new changes for our second year. Fresh produce from the farm will be on sale at the Urbandale Farm Stand. Find us on the 600 block of S. Hayford; call 999-3916 for more info.

Restoration Works Tour & Tutorial

Planning and Installing a Deck

Thursday, May 26, 4:30-7 pm

View the progress made by LCC Building Technologies students at 1512 E. Kalamazoo, and stick around for the deck building workshop from 6-7 pm. Everything from deck design and placement to codes and construction. Learn more about this project by calling Jennie Grau at 999-3912 or logging on to www.restorationworks.org.

A message from Foster Community Center (FCC)

The FCC Kids Camp Program will run 9am-3pm for 8 weeks beginning Jun. 20th. Sites include Foster Community Center as well as other locations in the City. Fee is \$25 for residents, 30-non residents, which covers theme-of-the-week activities, breakfast and lunch each day, and a field trip each week. Before and after care is available at select sites for an additional charge. Please call 483-4234 for more information.

Congratulations, Linda Anderson

on your selection as the **Adult Volunteer of the Year Award by Capital Area United Way.** Linda was nominated by ANC for her generous donation of time and expertise as our GardenHouse Horticultural Consultant. Linda is also co-founder, with Laura DeLind, of Urbandale Farm. Thank you, Linda, for all that you do to promote 'growing' on the Eastside!

ANC Staff Changes

WELCOME BACK to Heather Rae McAlvey, a former AmeriCorps VISTA who has rejoined the ANC Outreach Team! Heather Rae will be coordinating the Breast Health program and helping out in the downstairs office.

WELCOME SUMMER INTERNS!

A warm thanks to all of our outgoing **MSU Volunteers.** It was a pleasure working with you spring semester and we look forward to seeing you in the coming months.

Want up to the minute news about neighborhood goings-on? The Active Neighboring e-bulletin brings you weekly updates on ANC/Eastside/City events! To join, send an email with the subject "Add me" to director Joan Nelson at : joann@allenneighborhoodcenter.org

Garden, Market, Nutrition, Health, House

Hunter Park GardenHouse

Summer Hours

Starting Sunday, June 12th, open hours are:

Mon-Fri: 10AM-12PM & 5:30-7:30PM,
Sat and Sun: 9AM-12PM

Upcoming Workshops :

Fall Crops: June 4th, 11:30- 1:00.

Come and learn about season extension for the home gardener and beyond from John Hooper. Learn how to grow through the fall season with cold-resistant crops, and to utilize the space available to its maximum potential (until it is covered by snow.)

World Day Workshops on 6/11

1:00-2:00 Youth Workshop.

Youth ages 5-11 are invited to a hands-on workshop on Parts of a Plant.

4:00- 5:00 Adult Workshop

Creating an Edible Ornamental Garden.

Home Microbrewing: June 25th

11:30-1:00 pm. Learn about the basics of home beer brewing. The Eastside's own Matt Jason will take you through the basic steps for preparing a batch and bottling your very own home-brewed beer. After going through the guided process, we will also do a short question and answer session. Alcohol NOT provided.

Need more information?

Contact **Bekah Galang, Gardening Education Coordinator,** at 999-3910 or bekahg@allenneighborhoodcenter.org.

Summer Youth Offerings Beginning the Week of June 13

ANC will be offering two Hunter Park-based programs this summer:

KidsTime (6-11 years of age):

Offered Monday through Friday, from 10-11 am. This program will focus on gardening education and food awareness, utilizing "personalized, square-foot gardens" (a great re-use of loft ladders from MSU). Youngsters will enjoy lots of games, and other fun activities.

Youth Service Corps

(11-17 years)

Corps members will meet every Tuesday, from 11 am to 12:30 pm to continue work on the Edible Park Project. There will be field trips and other adventures thrown in as well.

Call Michelle Marushia at 999-3010 to enroll or for further details.



News from the Food Team

Selecting and Storing Herbs

Check bunches of herbs to make sure the leaves are not wilted or dried out. Herbs at the peak of flavor have not flowered.

Most herbs can be rinsed, dried, and stored loosely in plastic in the refrigerator. More delicate herbs like basil and cilantro can be stored like a flower bouquet, standing in a glass of water. All herbs should be used within a few days of purchase.

For long-term storage, herbs can be frozen. Either rinse leaves, pat dry and place whole in a freezer bag, or freeze chopped herbs in ice cube trays with a little water.

Common Pairings for Vegetables and Herbs

From *Recipes from America's Small Farms*

Basil: Tomatoes, squash, peas, onions, potatoes

Chervil: Beets, eggplant, peas, spinach, tomatoes

Chives: Potatoes (especially baked potatoes with low-fat sour cream!)

Dill: Cucumbers, beets, turnips, potatoes, parsnips

Mint: Peas, carrots, cabbage, fruits

Parsley: potatoes, carrots, tomatoes

Oregano and Marjoram: Carrots, peas, mushrooms, spinach, zucchini, dried beans, tomato sauces

Rosemary: Potatoes, cauliflower, green beans, winter squash

Sage: Carrots, eggplant, dried beans, winter squash

Thyme: Asparagus, beans, beets, onions, zucchini



Spend part of your Wednesdays at the Market! Please consider volunteering at the Allen Street Farmers Market this season. There are many flexible hours and positions available. Contact: Stephanie Wallace at 517.999.3923 or at stephaniew@allenneighborhoodcenter.org

World Day at Hunter Park

Look for the insert in this newsletter to get the complete schedule of events for **World Day at Hunter Park.**

This annual summer kick-off will be on **Saturday, June 11th from noon until 8 pm in our beautiful, 13 acre Park.**

Enjoy musical and dance performances from over a dozen refugee groups, an arts and crafts fair, diverse cuisine, a Family Health Walk (earn Market tokens), gardening workshops, swimming, and more. Evening concerts feature Elden Kelly & Global Roots Music (Jazz Fusion) and Salsa Verde! (Visit Elden Kelly's website at eldenkelly.com; Salsa Verde's website is <https://www.msu.edu/~weberjon/salsa/>).

LCC Radio WLNZ 89.7 will broadcast live from the Park all day long. Come celebrate the rich mix of people and cultures in our neighborhood and region!

Note to Neighbors: Thank you for your patience with heavy street parking on 6/11. Call 862-6918 if problems arise.

Attention ANC Breast Health Club

members, all 837 of you, the O & E team will be at our farmer's market spot Wednesdays from 2:30 -7:00pm. Stop by to redeem your breast health postcard for healthy treats and take a shot at winning the Breast Health trivia question for a fabulous prize. **Free mammograms** are available through BCCCP for eligible women; Ingham Health Plan enrollment specialists are onsite. Call ANC for more information about Breast Health resources and more!

Lead Test, Kid Fest

On **Wednesday, July 20,** from 2-6pm nurses will be at ANC testing children for lead poisoning. Any child 2 years of age and under qualifies for a **FREE** lead test. **Health Dept. staff will also be there to provide:**

- FREE back-to-school immunizations in the mobile health bus**
- FREE fluoride and varnish to children**

Please bring your health insurance card or health insurance information.

Each child tested will receive:

- A gift bag with goodies**
- Face painting & balloon animals**
- A \$10 gift certificate to spend at our Allen St. Farmers Market**

For more information about the event or the risks of lead poisoning, call ANC at (517) 367-2468.