**Inside this Issue**

Allen Farmers Market (page 3) is outdoors from 2:30-7:00 pm until Oct. 19, when we come indoors. Remember that the Market moves through the winter until we move back outside next May.

**Market Walk**

Market Walk is a way to support the spaces within our community and build relationships between our community and the organizations who support us.

**Upcoming Events**

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<th>Date</th>
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<tr>
<td>Sept 20</td>
<td>Allen Neighborhood Center's 5th Annual Big Fuss About Food Fundraiser</td>
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<td>Sept 17</td>
<td>Allen Neighborhood Center's 5th Annual Big Fuss About Food Fundraiser</td>
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<tr>
<td>Nov 20</td>
<td>Allen Neighborhood Center's 5th Annual Big Fuss About Food Fundraiser</td>
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**The Menu**

**Oaxacan Green Corn Pupusa Dressed with Root Vegetable Curtido**

**Chard Vegetable Salad and Green Molé**

**Ajo Blanco**

**Sweet And Sour Pumpkin with Guajillo Tomates**

**Honey Hibiscus Lamb or Squash Ajo Blanco**

**Stone Fruit Sorbet**

**Featured Volunteer**

Joan at: joann@allenneighborhoodcenter.org

**Lead Safe Lansing Grants**

**Active Neighboring Café**

**Home Improvement Café**

**AMP 10**

**Co-op Café**

**Programs**

** Hunter Park GardenHouse open Mon - Sat 10 - Noon**

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<tr>
<th>Sun</th>
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(Continued)
ANC’s Regular Programs

Outreach Services:
Monday–Friday
9 am-12pm: By appointment.
12-5:00pm: Walk-In Services on
M,T,TH,F; 12-6:00pm on Wednes-
days.

Allen Farmers Market:
Every Wednesday
Outdoors through October 12,
2:30–7:00pm
Indoors beginning October 19,
3:00 – 6:30 pm

Breadbasket:
Tuesdays: 1-5:00pm

Senior Discovery Group:
Wednesdays: 10am–12pm

Hunter Park GardenHouse:
Fall Open Hours:
Mon–Fri: 10am-12pm
Sat: 10am–12pm

Take Root Garden Club:
(ages 5-10)
After School: Tues. & Thurs.
4:30–5:30pm at Foster Community
Center. Advance registration
required.

Youth Service Corps:
(ages 11-17)
After School: Mon & Wed 3:45–
5:45pm
Applications available online, at
ANC & GardenHouse.

Tai Chi in Hunter Park:
Saturday, 9–9:50am
Market Walk:
Tuesday & Thursday: 5–7pm
Saturday: 9-11am
Market Moves starts in Septem-
ber at Happendance. See page 6
for details!

Good-bye and Hello
Good bye and thank you to our
summer interns: Jakarta Nobles,
Trevor Walker, Mike Hawkins,
Kam Crawford, Robyn Lowes, Ra-
chel Scott, Duncan Radandt, Julia
Greenberg, Emma Fedorchuk,
Kaylin Russell, Kaitlin Hurley,
Kevin Kortas, Brooke Bubolz, Au-
dra DiGangi.

Hello to Nat Hooper, Sierra
Baker, Marta Wernabanowska,
Kay-
la Finerite, and Abigail Grill.

We say good-bye and heartfelt
thanks to our 3 AmeriCorps
members at the end of September.
These three individuals have
had a huge impact on our organiza-
tion and in their community projects:

Alex Bissell served as our Garden-
ing Educator. He organized our
gardening workshop series, worked
with Youth Service Corps members in their food access
projects, and trained and worked
alongside Hunter Park Garden-
House volunteers and interns in
all of our growing activities.
Eric Jurkovich has been our Good
Food Access member. Eric
worked with the BreadBasket and
Farmers Markets programs, and
was the person behind the deli-
cious blocks distributed at our
Market.

Kat Logan has been our Food and
Fitness Volunteer Coordinator for
the last two years. Kat has had
a huge impact on ANC’s vol-
unteer recruitment and retention
program, social media efforts and
Market Walk/Moves program.
Thanks for your excellent work!

Thank You!
Our Hunter Park GardenHouse
supporters: Garden Club of
Greater Lansing, City of Lansing
Parks & Recreation, Ingham
County Land Bank, Michigan
League for Public Policy, Blue
Cross Blue Shield, MSU Office of
Retirement Services, MSU FAM-
ILY, and MSU College of Law.

Thank you for your Generous
Support through United Way:
Allisande Henry, Emily Wahl,
Frances Krempsky, Viki Lor-
raine, Richard Javier, Leonard
Wilson, Sharon Taylor, Thomas
Wright, Cheryllle Finney, Linda
Hall, Phillippe Laurens, Mat-
thew McKune, Hiram Fitzgerald,
Carol Noud, and Pamela Weil.

For monthly support, our heart-
felt thanks to Dick Baker and Alli-
son McFarland.

For donation of lots of wonderful
linens, dishes, and more: Nahnie
Barbero of Old Town Pistles.
### Outreach & Engagement

#### Senior Discovery Group
Join us every Wednesday, 10 am – Noon for pretty good coffee and great conversation.

Each weekly gathering (open to all ages) features a guest speaker. Check out the range of lively topics:

For more information: [www.allenneighborhoodcenter.org](http://www.allenneighborhoodcenter.org)

- **Sept 7** - International Speaker
- **Sept 14** - Bruce Witwer, Tuesday Tooilmen
- **Sept 21** - Tasha Mills, YMCA, Senior Fitness
- **Sept 28** - Cassy Puskala, Cancer Awareness

- **Oct 5** - International Speaker
- **Oct 12** - Dr. Chambers, MSU
- **Oct 19** - Tri-County Office on Aging
- **Oct 26** - Marianne Samper, AARP, budgeting, Social Security and Medicare updates

- **Nov 2** - International Speaker
- **Nov 9** - Joan Nelson on Micronesia
- **Nov 16** - Tri-County Office on Aging
- **Nov 23** - NO MEETING
- **Nov 30** - Ingham County Register of Deeds

#### Call For Volunteers and Interns!

We are looking for volunteers and interns to join our team! ANC offers an outstanding opportunity for folks to increase their knowledge of community resources, be involved in social justice issues, and hone their communication skills with a richly diverse population. If you are interested in learning more, please contact our Volunteer Coordinator, Kat Logan at: volunteer@allenneighborhoodcenter.org or call 517-999-3919.

#### Market Moves

**Let’s Get Moving!**

Market Moves returns this fall under the direction of Happendance. Eastsiders may enroll in the following classes offered at Happendance Exchange Lansing, adjacent to the ANC office. Drop-in to classes anytime after September 6 to enroll in the Market Moves program. Questions? HeatherVS@happendance.org or (517) 333-3528.

Market Walk and Market Moves are generously supported by Blue Cross Blue Shield, and the Michigan Health Endowment Fund. Blue Cross Complete offers extra incentives for their members. Thank you for your support!

**Pilates/Creative Self-Care**
Monday 5:45-6:45 pm
Develop movement function before you work toward fitness goals. Great class for stress relief!

**Pilates**
Thursday 5:45-6:45
Build coordination, strength, and flexibility leading to overall improved physical health.

**Yoga**
Saturday 8:45-9:45
Enjoy Lacey’s thoughtful and informative yoga class.

#### Health Services at ANC

**Health coverage, and Smoking Cessation**

Allen Neighborhood Center can help you enroll in Ingham Health Plan, Ingham Health Dental, Medicare, and Affordable Care Act (Obama-care). Open enrollment for ACA is Nov 1, 2016–Jan 31, 2017. However, if you meet specific criteria you may qualify for a special ACA enrollment period. If you are trying to quit smoking, we have resources that we can share with you – stop into the outreach office.

#### Volunteer Spotlight:

**Al Jackson**

Al brings a smile with him every time he volunteers with BreadBasket Pantry, and is sure to spread his contagious good cheer. His generous heart and amazing sense of humor has become a crucial asset to ANC; Al is the definition of ‘community’. Thanks, Al—we couldn’t do it without you!

#### Good health is contagious; catch some on the Eastside!

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### Allen Farmers Market

**Every Wednesday, 2:30-7:00pm**

**Market Recipe:**

**Leaf Finger Salad**

Makes 2 servings

- 4 large lettuce leaves
- 1 sliced cucumber
- 1 shredded beet
- 6 teaspoons sunflower seeds
- 2 teaspoons olive oil
- 2 teaspoons balsamic vinegar

1. Lay lettuce leaves on a flat surface.
2. Top each leaf with cucumbers, carrots, beets, and sunflower seeds.
3. Drizzle each leaf with olive oil and balsamic vinegar.
4. Roll ingredients into the leaves and serve.

(From [www.usda.gov/whatscooking](http://www.usda.gov/whatscooking))

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### Allen Farmers Market

**Every Wednesday, 2:30-7:00pm**

Corner of Allen & E. Kalamazo

The market continues its outdoor season through October 12, offering the best local vegetables, fruits, baked goods, cheeses, meats, and more! Each week of the outdoor season we have a live musical performance at 5:30, thanks to our generous Music Sponsor: LAFCU. Enjoy our familiar local acts and perhaps discover a new favorite!

#### Interested in volunteering at the market?

Join our team of fun and dedicated workers! We can use help with Yard Sign Corps, set up, greeting shoppers, and tear down. To learn more, contact our Volunteer Coordinator at 517-999-3919 or volunteer@allenneighborhoodcenter.org

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**Endowment Fund. Blue Cross Generously Supported by Blue Cross Market Bank and Market Moves are sponsored by**

Market in October!

Indoor season begins October 19 and runs through May 10, 2017. Although it features a condensed lineup of vendors, they will be offering a selection of produce all throughout the winter, along with the highest quality baked goods, hot coffee, meat, cheese, and hot dinner options.

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**Don’t forget about the market in October!**

Celebrate the season’s bounty at our two big fall festivals: Apple Fest on 9/21 and Harvest Fest on 10/12, sponsored by Blue Cross Complete.

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**When they come home hungry, have fruits and veggies ready to eat.**

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**The Eastside Neighbor — page 6**

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**The Eastside Neighbor — page 3**
Youth Service Corps
School Year Registration
Allen Neighborhood Center’s job training program for 11-17 year olds is now accepting applications for fall members. Youth Service Corps (YSC) is a free after school program that places youth in experiential learning opportunities that allow them to hone their skills in gardening, cooking, customer service, business and more.

Fall activities of YSC include harvesting from fruit trees, end of season work in the Edible Park garden of Hunter Park, doing Rake ‘n Runs, and cooking in Allen Market Place’s commercial kitchen.

Program sessions are weekly on Monday and Wednesday afternoons from 3:45-5:45pm.

To join, a registration form must be filled out and turned in. You can find registration forms in the Allen Neighborhood Center Outreach office, at the Hunter Park GardenHouse, or at this link: http://goo.gl/SzvCmz

For more info, contact Youth Programs Coordinator at 517-999-3918 or an email to youthprograms@allenneighborhoodcenter.org

Edible Park
YSC members take care of the gardens that are outside the fence in Hunter Park. This area is planted with fruit trees, herbs, and berries that are free for neighbors to help themselves. Stop by this lovely garden area for a taste of their hard work!

They learn from watching you. Eat fruits and veggies and your kids will too.

Fruit Tree Project
Are you an Eastside neighbor with a fruit tree in need of harvesting? You can register your tree with Youth Service Corps’ Fruit Tree Project! Our YSC members can harvest from your tree for you and distribute the produce between you, their cooking projects and Allen Neighborhood Center’s food pantry, Bread Basket. If you have questions about the project, or have a tree to tell us about, call 517-999-3913 or email: gardeningeducator@allenneighborhoodcenter.org

Volunteer at the GardenHouse!
We’re always in need of extra help at the Hunter Park GardenHouse. We grow year-round and find 20-45 families every week (depending on the season) from the produce that we grow inside the fenced areas and inside the greenhouse. Our small urban farm relies on the help of hard working volunteers like you!

Volunteering with us is fun, educational, and you get to meet new people at your weekly GardenHouse shift.

For regular gardening tips, pictures, and event updates, follow us on Facebook: www.facebook.com/HunterParkGardenHouse

For more info, contact Gardening Educator at 517-999-3913 or an email to gardeningeducator@allenneighborhoodcenter.org

Fall Veggie Box
Now Enrolling!
Each week you can receive a box of locally sourced vegetables and fruits, with optional add-ons items of bread, eggs, meat, coffee, fruit pies, cheese, and more! Produce is sourced from mid-Michigan farmers and food producers! Worksites can join the Veggie Box program if at least 5 employees participate, in which case, the boxes are delivered to the worksite on Thursdays between 3-5pm via Go Green Trikes. Individuals can also subscribe and pick-up their box at the Allen Market Place on Thursdays. We accept lump sum & weekly SNAP payments. Enroll by October 13 for the eight week Fall session.

Order through the Exchange to support local farmers.

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Order through the Exchange to support local farmers.

www.allenmarketplace.org/exchange

For more info, contact John: 517-999-3923, or at exchange@allenneighborhoodcenter.org

We offer 2 order days:
- Order online on Monday by 8pm for Thursday pick-up or delivery.
- Order online on Friday by 8pm for Tuesday pick-up or delivery.

Now with Free Delivery!
We offer free delivery for buyers within 20 miles of the AMP on purchases of $200 or more. Use the code FREEDELIVERY when placing your order. For more info, contact John: 517-999-3923, or at exchange@allenneighborhoodcenter.org

The Exchange is a one stop shop for purchasing great local products for your business.

Cook together. Eat together. Talk together. Make mealtime a family time.

For regular gardening tips, pictures, and event updates, follow us on Facebook: www.facebook.com/HunterParkGardenHouse

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Commercial Kitchens
Licensed kitchens for multi-use. Fully equipped commercial kitchens (wash-pack kitchen & cooking kitchen) to create food products or utilize for special events. Long & short term use available.

Great Place for Fundraisers, Parties or Special Events.
Our 1500 sq. ft room can host up to 200 people for a stand-up mix & mingle event, or up to 300 for a formal seating event. Tables, chairs, linens, place settings, digital projector/screen, sound equipment are also available.

Classroom
A great space for meetings.
We offer full rental details & fees, visit: www.allenmarketplace.org/rentals

Storage
For your food storage items.
Dry storage available by the shelf, pallet, or cabinet. Cold storage available in our large reach-in cooler, freezer, and walk-in cooler.

Follow us on Facebook: www.facebook.com/AllenMarketPlace

Summer Market
Rake n’ Runs & cooking in Allen’s commercial kitchen.

To join, a registration form must be filled out and turned in. You can find registration forms in the Allen Neighborhood Center Outreach office, at the Hunter Park GardenHouse, or at this link: http://goo.gl/SzvCmz

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