

The Eastside Neighbor

A publication of Allen Neighborhood Center

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www.allenneighborhoodcenter.org

Volume XVII, Issue I

Jan - April 2018



Dear Friends and Neighbors,

What better time to plan your garden than during the coldest months of the year? To help you, we will be offering 6 excellent workshops at the **Hunter Park GardenHouse** over the next few months (p. 2) Want to scale up your gardening effort? Check out the more intensive **Urban Gardener Certification Course** (also on p. 2.).

Are you a current or aspiring food entrepreneur or farmer? If so, you may be interested in our free **Business Development Workshops**. (See p. 3 for the full list.)

Check out our **Youth Programs** on p. 2 and the **Senior Discovery Group** line up of interesting presenters. (p. 4)

We are putting together a series of Thursday evening workshops highlighting **healthy, International cooking**. Do you have a favorite dish to share with the community? Let us know if you might be interested in leading a class. Otherwise, look out for more information coming soon!

Our **Foster Park Planning Process** in 2017 resulted in an Improvement Plan, unanimously endorsed by the Parks Board. Watch for a path, more benches, bike repair stand and more!

The City is hosting a **Neighborhood and Housing Resource Summit** on April 24, and **Neighborhoods in Bloom** on May 19. Contact Andi Crawford at andi.crawford@lansingmi.gov or 517-614-9695 for details.

So much to enjoy these next few months; see you in the neighborhood!

The Eastside Neighbor is published 3 times a year. Please contact Denise at 517-999-3924 or denisep@allenneighborhoodcenter.org with questions or submissions for the January - April 2018 issue.

If you don't want to wait for the next Eastside Neighbor you can sign up for our weekly e-bulletin at: allenneighborhoodcenter.org/enewsletter/

Allen Farmers Market

Allen Farmers Market (P. 3) is open every Wednesday, 3:00-6:30 pm, inside the Allen Market Place (AMP) facility. Live music, friendly neighbors, and a convivial atmosphere invite you to linger and enjoy locally grown, produced, and raised food! Come for dinner and enjoy Teff-rific Ethiopian cuisine or sandwiches and salads from Building Blocks of Michigan. Stop by the Kitchen Table to check out products made here in our Incubator Kitchens, including hot soup and sweet potato pie.

Pop Up Restaurant with Presentation/Discussion on Non-GMO and Seed Saving Sponsored by Grazing Fields

Join us on Friday, January 26th, 5-7:30pm at the Allen Market Place for an evening of wonderful food & lively discussion about two important issues. Presenters include Eric Kampe & Paul B. Thompson. Eric runs Ann Arbor Seed Company, a small farm that produces a diverse selection of locally grown vegetable seeds. Eric is passionate about encouraging everyone's active participation in seed saving. Paul is the W.K. Kellogg Professor of Agricultural, Food and Community Ethics at MSU. His work ranges from farming systems & biotechnology to animal welfare. Dinner will be available for purchase from Building Block Catering at the beginning of the event. Register for the event at <http://bit.ly/ancpopup2018>

Market Moves 2018

Earn \$5 farmers market tokens when you exercise! Market Moves offerings are Pilates on Tues. (6-7pm), Yoga on Thurs. (5:45-6:45pm), and Tap Dance on Sat. (9-10am). Call Denise at 999-3924 to sign up! We make it easy for you to keep your New Years resolutions to exercise more and eat better.

Rent the AMP!

Event Space , Classroom, Kitchens

Planning a large meeting, celebration or special event? Or, are you ready to move from a home-based business to a commercial food enterprise? Or, do you need a well-equipped, comfortable conference room for a business meeting or an off-site retreat space for your organization?

Continued on page 3.



Love ANC? Get Involved!

Love the Allen Farmers Market? The beautiful flowers and herbs at Hunter Park? You can become a part of it all! Give back to the community through volunteering with Allen Neighborhood Center. There are several programs volunteers can get involved with, from our Youth Service Corps to signature, and community staple, Allen Farmers Market. Forge experiences, meet others passionate about their community, and have a blast! Interested? Contact the volunteer coordinator at volunteer@allenneighborhoodcenter.org or come into the center, you're always welcome here!



Veggie Box 2018 is ready for registrations. Sign up for the ANC's 14 week summer Multi-Farmer Community Supported Agriculture (CSA) today! Lots more information on page 3 and online at:

<http://bit.ly/summerveggiebox2018>

Hunter Park GardenHouse

A hub for year round farm & garden education.

Urban Gardener Certificate Program

Feb-May 2018, \$100 Registration
We are excited to re-introduce the ANC Urban Gardener Certificate Program! Attend five GardenHouse workshops, 6 focused lab sessions, and complete 20 field experience hours at the GardenHouse in order to receive the ANC Urban Gardener Program certification. For more information and to register, got to bit.ly/urban-gardener

GardenHouse Workshops

See links below to register. All workshops are held at the Hunter Park GardenHouse. For more info, contact Karalyn Grimes at 517-999-3913, gardeningeducator@allenneighborhoodcenter.org

Introduction to Beekeeping

Sat. Jan 20, 10a-12p, \$12 Registration
This workshop will teach the basics of backyard beekeeping, equipment needed, and safety. Workshop facilitated by MSU apiculture and pollination specialist professor, Walter Pett. Register at hpgh-intro-beekeeping.eventbrite.com

Seedstarting & Transplanting

Sat. Feb 10, 10a-12p, \$12 Registration
Learn helpful tips and tricks to grow successful vegetable plants from seed as well as how to transplant your young seedlings. Workshop facilitated by Denae Friedheim, Director of MSU Student Organic farm. Register at hpgh-seedstarting.eventbrite.com

Planning Your Garden Year

Sat. March 3, 2-4p, \$12 Registration
Plan the layout, crops, and planting schedule for your home garden. Discuss best mapping strategies as well as timeline for getting things in the ground. Workshop facilitated by Kate Heflick, MSU Student Organic Farm Green House Manager. Register at hpgh-plangardenyear.eventbrite.com



Soil Care

Sat. March 17 12-2p, \$12 Registration
Learn how to create healthy soil for your backyard or garden space. Workshop facilitated by Brian Allnutt of Detroit Farm and garden. Register at hpgh-soil.eventbrite.com

Vermicompost

Sat. Mar 31 10a-12p, \$12 Registration
Learn about vermicomposting and how to start your own outdoor worm composting bin at home. Workshop facilitated by Brooke Comer, graduate research assistant at MSU's Department of Horticulture and Donny Comer, Program and Education Coordinator at the Greater Lansing Food Bank. Register at hpgh-getwormy.eventbrite.com

Gardening 101

Sat. Apr 14 10a-12p, \$12 Registration
Are you new to gardening? Learn basic skills to become a successful gardener. This is the place where it is okay to be embarrassed and have a lot of questions! Workshop facilitated by Hunter Park GardenHouse Manager, Egypt Krohn. Register at hpgh-gardening101.eventbrite.com

Plant Sale Pre-orders

Start your garden off right with healthy, vibrant plant starts from the Hunter Park GardenHouse, and support GardenHouse programming at the same time! Pre-orders for our annual plant sale are due Wed., February 21. For available varieties, pricing and other information go to www.allenneighborhoodcenter.org/gardenhouse/plantsale/

Volunteer at the GardenHouse

Looking to get involved? Want to learn more about gardening and farming? Come volunteer at ANC's Hunter Park GardenHouse this season, where neighbors volunteer to grow food, flowers, and community! To volunteer, contact: 517-999-3919, or volunteer@allenneighborhoodcenter.org

Youth Programs

Youth Service Corps (for 11-17) and **Take Root** (for 5-10) meet throughout the school year. For more info, contact Josh Wald-Kerr at 517-999-3918, or youthprograms@allenneighborhoodcenter.org

Attention Youth ages 11-17: Enroll in YSC!

Youth Service Corps meets twice a week afterschool and does gardening, cooking, and community service projects! It is free to join and participate, and youth earn gift cards for their service.

To be considered for membership, complete and return a YSC Registration Form, available online:

www.allenneighborhoodcenter.org/gardenhouse/youthservicecorps/

Paper applications available at the GardenHouse and ANC office.

Edible Park

Hunter Park visitors are encouraged to help themselves to fresh produce from fruiting trees, bushes, and perennial herbs from designated spaces (**outside the fence only, please**) in Hunter Park that Youth Service Corps members plant and nurture. Expect to see harvestable fresh herbs by mid-March/early April!

Garden House Open Hours!

Mon, Thurs, & Fri 9:30a-12p

Stop by for a quick tour of the GardenHouse, the latest on GardenHouse programming, or present staff with a quick gardening question!

Follow us for regular gardening tips, pictures, and event updates!

Facebook: www.facebook.com/HunterParkGardenHouse

Instagram: www.instagram.com/hunterparkgardenhouse/

Allen Market Place

Buy Local. Eat Well.

Allen Farmers Market

Every Wed., 3:00-6:30 pm
Inside the Allen Market Place
(1629 E. Kalamazoo)

The market continues its indoor season through May 9, featuring the best local vegetables, eggs, baked goods, hot coffee, cheeses, meats, and more!

Remember to visit our **Market Bank** to use your credit/debit card or SNAP/EBT card (plus Double Up Food Bucks!). If you have a Hoop-houses for Health card, you can visit Stone E River Ranch, Hillcrest Farms, and Toy Box Farms for delicious poultry or veggies.



Local Vendors offer a wide range of food products, including dinner options to enjoy outside on our patio (May-Oct.) or inside the Allen Market Place.

- ◆ 4th Generation baked goods
- ◆ Abundance Café granola & soup
- ◆ Gluten Free Rox baked goods
- ◆ Green Eagle Farm
- ◆ Hickory Knolls Creamery
- ◆ Hillcrest Farms
- ◆ Kolache Kitchen Czech pastries
- ◆ Rust Belt Roastery coffee
- ◆ Schneider's Organic Beef
- ◆ Stone Circle Bakehouse
- ◆ Stone E River Ranch poultry
- ◆ Teff-rific Ethiopian food
- ◆ Titus Farms
- ◆ Toy Box Farms



Farm Food Safety & Business Workshop Series

Underwritten by: Grazing Fields
Inside the Allen Market Place
(1629 E. Kalamazoo)

Urban and rural farmers, aspiring food entrepreneurs and you may be interested in our free business development workshops:

Who Licenses Your Food Business?

February 9, 2018 1-3pm

Licensing of ready to eat and packaged food products can be tricky! You need to know how your product is categorized, who licenses you, and what steps you need to take. Here to help are Amy Thomas from the Ingham County Health Department and Pam Weaver of Michigan Department of Agricultural & Rural Development. Register at:
bit.ly/licensingworkshopanc

What Farm Certification is Right for Me?

February 23, 2018 1-3pm

Choosing a farm certification that is best suited for your business can be a confusing and daunting task. Many options are available and here to talk about a few of them is Jen Silvani from Michigan Food & Farming Systems. Register at:
bit.ly/farmcertificationworkshopanc

FSMA & Writing a Farm Food Safety Manual

March 9, 2018 1-3pm

Join us as farm food safety expert, Phil Tocco of MSU Extension, explains farm food safety concerns for farmers. Phil will talk about the Food Safety Modernization Act (FSMA) and the impact on small farms. Learn how to identify potential food safety hazards and create a farm food safety plan. Register at bit.ly/FSMAworkshopanc

Branding Your Business

March 23, 2018 1-3pm

Small businesses today need more than a website and a logo. To stand out, you need a remarkable brand that blends strategy, design, and experience. Led by Laurie Lonsdorf of SBDC. Register at:
bit.ly/brandingworkshopanc

For questions or more information contact John McCarthy exchange@allenneighborhoodcenter.org, 517.999.3923



Sign up for a subscription to local, sustainable veggies!

Each week this summer, you can receive a box of fresh, locally sourced vegetables and fruits, with optional add-on items of bread, eggs, meat, coffee, fruit pies, cheese, & more!

Individuals pick up at the Allen Market Place on Thursdays from 12-6 pm, and worksites can join the program if at least 5 employees subscribe and enjoy the convenience of workplace delivery on Thursdays between 2-5 pm.

All products are sourced from a variety of mid-Michigan farmers & food producers!

We offer flexible payment options including: lump sum, weekly SNAP payments, and installment plans. For more information and to register today for the 14 week summer session go to:

bit.ly/summerveggiebox2018

Goodbyes and Hellos

Hello to new AmeriCorps Members Pa Vang, Karolyn Grimes and Wendy Ashworth. Welcome Josh Wald Kerr, who is replacing outgoing Youth Programs Coord. Mike Tosto. Thanks, All, for your service!

Continued from page 1

The AMP comes equipped with the Great Room (capacity is 100 for a sit-down dinner or 200 for a large mix and mingle event), two fully-equipped incubator kitchens with dry and cold storage, and our Conference/Classroom with Smart TV, whiteboards, and phone. Catering referrals happily provided. We offer affordable rates, and much more. Call Joan at 517-999-3912.

Outreach & Engagement

Thank You!

Warm thanks to all of you who supported our annual Big Fuss About Food Fundraiser, especially:

- Title Sponsor, Sparrow Health System and their wonderful Executive Chef, Laura Fellows who prepared the Farm to Table feast!
- Table Sponsors: Blue Cross Complete of Michigan, Capitol Fundraising Associates, EXIT Realty, and T.A. Forsberg, Inc.
- The generous farmers and food producers of Allen Farmers Market, the Exchange Food Hub, and Incubator Kitchen for donations of food!

Thank you to Dick Baker and Pam Weil, for monthly support! Thanks also to Vikki Lorraine, Brenda Lawson, Mark and Ellen Sullivan, Kate O'Neil, Cheryl Bartholic, John Grettenberger, Phyllis Gauden, Bob and Renee Swanson, Tom and Ann Woiwode, Rhea Van Atta, Olga Delgado, Kathy Kapalla, Dorothy Josephs, Paul Pratt and Denise Chrysler, Lynne Martinez, Hillcrest Farms, David Baur and Denise Natoli, Mary and Dave Swanson, Patricia Spitzley, Carol Wood, Tina Houghton, Adam Hussein, Joe Marutiak, Beth Monteith and Gary Novak, Sherlyn Hogenson, Diane Ross, Williams Auto-world, Janet Kincaid, Virginia Hambric, Daria Hyde, Sue Slovinski, Adam and Dru Montri, Beany Tomber, Nathan Morrison, Andy Schor, Peckham, Terry Grant, Ron and Winalee Zeeb, Ron and Suzanne Miel Uken, Hanshew and Former, Cynthia Lockington, Steve Richard, Ann Francis, Diane Harte, Nancy Fontus, Debbie Diesen, Tim Makinen, Tom Cochran, Veronica Bezenar, Joanne Galloway, Chris Gaumer, Independent Bank, Andy and Kathryn Kilpatrick, Jeremy Herliczek, Laura Sparks, Catherine Ferguson, and Lynnette Rhodes.

We are grateful for generous grants from Ingham County Health Department, Granger Foundation, LEAP, MI Community Services, and MDNR.

To raise sustainable, medium term funding we recently created LEGS-Lansing Eastside Giving Society. Members of LEGS make multi-year pledges of donations. Thanks to Scott Gillespie, Neogen Corporation, Jack and Sue Davis, Urban Systems, Jennie Grau, RE Olds Foundation, Leonard and Carole Grau, Nancy McCrohan, Jody Washington, Peter Jones Properties, Abby Schwartz, Barbara Starling, Bob and Mary Hutchins, Beckye and Paul Kennedy, KAK Network, Steve Boehm, Jennie Gies, MSUFCU, Gabriel's Credit Union, Jim Noble, Carolyn Lejuste and Joann Neuroth, Pentecost Foundation, Kristina and Pratap Sankar, and Steve Gastemeyer and Catherine Grosso for joining LEGS. These gifts ensure that ANC can continue working full tilt to create transformative, neighborhood-driven change. Call Joan at 517-999-3912 if you would like to join this special group of supporters.

Senior Discovery Group

*Join us every Wednesday
10 am-12 pm for pretty good
coffee and great conversation*

Each weekly gathering (open to all ages!) features a guest speaker. The first Wednesday of the month features an international speaker from MSU. Other speakers include presentations on lead paint, home safety, sing-a-longs, holiday crafts and more!

Jan 17 - Bruce & Mo, Tues. Toolmen

Jan 24 - Clarice Thompson, Memoirs

Jan 31 - Jane Reiter, Crafts

Feb 7 - International Speaker

Feb 14 - Bill Nelton, Roadsters, Rumble Seats and Country Drives

Feb 21 - Richard Thomas - History of Race Relations

Feb 28 - Martha Bloomfield - Romani in Michigan

Mar 7 - International Speaker

Mar 14 - Corey Campbell, LPD

Mar 21 - Farshid Hejabiyan, Naw Ruz

Mar 28 - Heather Vaughan Southard

- Balance & Strength for Seniors

Apr 4 - International Speaker

Apr 11 - TBD

Apr 18 - Jane Reiter, Crafts

Apr 25 - Abby Schwartz, Health Effects of Cleaning Products

Health Enrollment Services at ANC

Allen Neighborhood Center can help you enroll in Ingham Health Plan, Medicaid, and Affordable Care Act (Obamacare). ACA enrollment is closed unless you qualify for a special ACA enrollment period. **You can enroll in Medicaid and Ingham Health Plan at any time.**

Stop in Monday - Thursday, 9am - 5 pm, to enroll or call Denise at 517-999-3924 to make an appointment.

Organized Neighborhood Group Meeting Schedule

ABC: The Association for the Bingham Community (ABC) contact Denise Kelley at 517-484-9109, abcneighborhood@sbcglobal.net

ANC Board of Directors: Meets the fourth Monday of the month at 6:00 pm at Allen Neighborhood Center.

Eastfield: Please contact Lisa Stelzner at 831-419-4829 or Eastfield.neighbor@gmail.com for location information.

Eastside Neighborhood Org (ENO): Regular meetings are the first Wednesday of the month at 7:00 pm in room 209 at Foster Community Center 200 N. Foster. Contact Nancy Mahlow at 517-372-3249 or nmahlow2012@gmail.com

Frog Holler Neighborhood Watch: Contact slovinnss@gmail.com for more information.

Holmes St. School Community: Check out all we are doing on our Facebook page @ holmesstreetschoolcommunity

Northtown: Meetings are held the last Tuesday of the month at the Grand River Head Start (1107 E. Grand River Ave.) at 6:30 pm.

Prospect PLACE: For info, contact Emily at prospectplaceneighborhood@gmail.com