

The Eastside Neighbor

A publication of Allen Neighborhood Center
1611 E Kalamazoo St, Lansing MI 48912 — (517) 367-2468
www.allenneighborhoodcenter.org



Volume XVIII, Issue I January - April 2019

Dear Friends and Neighbors,

We hope you are enjoying an invigorating start-of-the-year!

In addition to all of the usual goings-on (e.g., **Allen Farmers Market** every Wed. from 3-6:30 pm, **Breadbasket** on Tues. afternoons, **Senior Discovery Group** on Wed. mornings, **youth** gardening and culinary opportunities, **health enrollment**, etc.), we are rolling out many new offerings. These include **cooking workshops** and **pop up dinners** as well as **15 new Gardening workshops**. The gardening series offers the standards (soil care, transplanting, composting, etc.), but also includes beekeeping, backyard chickens, and –my favorite–turning your yard into a pollinator’s paradise! (see page 2)

You know by now that we purchased the complex last year, and we have been cleaning, painting, and laying new carpet in the long-empty storefronts. Now, we are ready to rent several **130-150 square foot office spaces**, so please send interested folks our way! Rents are reasonable, and include utilities and wi-fi. In the months ahead, we will be renovating our other storefront spaces in anticipation of more food-related enterprises coming this year.

This is the start of a 2-3 year long process of creating **Allen Place**—a mixed use, community space offering 38 apartments along with programming. Cinnaire Corp. is our partner, co-developer, and co-owner on the residential component. Nothing that you have grown to love (the Market, etc.) will go away, though much more will be added by the end of 2020.

Join us for regularly scheduled community conversations to share your ideas and to hear progress reports. And, please, don’t hesitate to call Joan at 517-999-3912 with questions. See you soon!

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 May - August 2019 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/



What’s Cookin’?

There is so much more happening in our commercial kitchens since Lindsay Tarrant came on board as kitchen and facilities manager! Lindsay came to us in October from the Tri-County Office on Aging where she spent 11 years working on food-related programs. A Lansing resident, she is passionate about cooking, local food, and urban agriculture.

Now that Lindsay has joined us, watch for a whole slew of cooking classes, some celebrating the cuisine of other countries (e.g., Ethiopian, Italian) while others will focus on gluten-free baking, creating your own tea blends, and more. Keep your eyes peeled for some cool pop-up dinners, Sunday brunches, and Meal-to-Go opportunities as well.

Finally, Lindsay will be managing the incubator kitchen for folks who would like to use our kitchen for launching their food businesses; and she is also serving as the point of contact for those wishing to book an event at ANC. (Do you have a birthday party, shower, professional meeting, community gathering, or even a wedding coming up?)

For information on renting the kitchen, great room, or conference room, contact Lindsay at kitchens@allenneighborhoodcenter.org or 517-999-3921. For further info about the upcoming cooking classes and events, check out page 3!

2019 Market Walk Hot Chocolate Stroll



Come warm up with a delicious cup of hot chocolate and explore the newly installed walking path at Foster Park! We

will walk for about an hour followed by breakfast pastries and more hot chocolate while supplies last! This is a special winter edition of Market Walk, and as a result we will be distributing \$5 tokens to the Allen Farmer’s Market to participants who complete one hour of walking. The event will be held on Saturday February 23, 2019 at 11 am in Foster Park.



Veggie Box

Sign up for a subscription to local, sustainable produce!

We are now enrolling for the 2019 Summer Veggie Box! ANC’s Veggie Box is a multi-farm CSA that offers complimentary worksite delivery. For more information on how to register, check out page 3.



Hunter Park GardenHouse

A hub for year round farm & garden education.

GardenHouse Workshops

All workshops are on Saturdays from 12-2PM and the suggested donation is \$12.

Jan 26th: Beginning Beekeeping

Feb 2nd: Seed Saving

Feb 9th: Seed Starting & Transplanting

March 2nd: Planning your Garden Year

March 23rd: Soil Care

April 13th: Vermicomposting

April 20th: Healing with Plants

Enroll on our website <http://allenneighborhoodcenter.org/gardenhouse/workshops>



Urban Gardener Certificate Program

Our urban gardener certificate program will continue in 2019! The course will begin on February 7th and will cover a comprehensive view of gardening topics aimed at guiding new to intermediate urban gardeners toward a successful gardening experience! 2019 UGCP course specifics are on our website, check www.allenneighborhoodcenter.org/gardenhouse/urbangardener for details and to enroll!

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

Facebook: www.facebook.com/HunterParkGardenHouse

Instagram: www.instagram.com/hunterparkgardenhouse/

Garden House Open Hours!

Mon-Fri: 9:30a-12p

We love visitors! Stop by for a quick tour of the GardenHouse, the latest on GardenHouse programming, or present staff with a quick gardening question! Please, due to food safety concerns, no dogs in growing areas (service animals welcome), and we cannot have the public in any areas where harvesting is taking place.

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! Year-round volunteer opportunities available. To volunteer, contact: 517-999-3919, or volunteer @allenneighborhoodcenter.org

Intern at the GardenHouse

Looking for professional development experience in urban agriculture, horticulture, or non-profit programming? We have regular internships available throughout the year. Contact 517-999-3919 or volunteer@allenneighborhoodcenter.org for current internship opportunities!



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. There are harvestable fresh herbs nearly year round, as well as a seasonal assortment of fresh vegetables and tree fruit! hunterparkgardenhouse/

Allen Market Place

Buy Local. Eat Well.

Allen Farmers Market

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

The market continues its indoor season through May 8, 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!). Gift certificates are available any time and are a great



way to introduce your loved ones to the market.

Vendors from all over the region offer a wide range of food products, including fresh produce even during the cold winter months and hot dinner to enjoy here or take home.

- ◆ CBI Giving Tree Farm
- ◆ Gluten Free Rox baked goods
- ◆ Grazing Fields apples, eggs, meat
- ◆ Half Barn Farm
- ◆ Hickory Knoll Farms Creamery
- ◆ Hillcrest Farms
- ◆ Lorien's Blend herbal teas
- ◆ Rust Belt Roastery coffee
- ◆ Stone Circle Bakehouse
- ◆ Teff-rific Ethiopian food
- ◆ Titus Farms
- ◆ Toy Box Farms



Sign up for a subscription to local, sustainable produce!

The Veggie Box program is a multi-farm CSA that offers a weekly subscription to local, healthy, sustainably grown fruits and vegetables!

Each week, we purchase the best in-season produce from an array of local farmers, pack it into a box, and deliver directly to your workplace, or have it available for pick-up at the Allen Market Place. Each box includes a newsletter with healthy recipes utilizing that week's produce, a bio of the farmers providing the various items, and preparation tips for featured vegetables.

We accept weekly SNAP payments!

New this summer, Veggie Box will have two different distribution days: Tuesday Pickup and Thursday delivery.

14 weeks

Tuesday Pickup: June 4 - Sept 3
Thursday Delivery: June 6 - Sept 5
A subscription is \$315, with add-on items available for an additional cost.



Register at:
Bit.ly/summerveggiebox2019

Questions? Contact Kat Logan at
517.999.3923

or
exchange@allenneighborhoodcenter.org

Rent the AMP!

Event Space , Classroom, Kitchens
Planning a large meeting, celebration, wedding or special event? Or, are you ready to move from a home-based business to a commercial food enterprise? 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 (pictured below). Catering referrals happily provided. We offer affordable rates, and much more. Call Lindsay at 517-999-3921.



2019 Cooking Classes and Workshops

We are planning several cooking workshops that will cover a variety of topics and offer something for everyone. Watch for an all-about-coffee workshop hosted by Rust Belt Roastery's Paul Nicholls, and yet another on tea blends led by Jill Kazez of Divine Lotus. Sarah Beth Censoni-Johnson will teach a pasta-making class as well.

On March 4, offered in collaboration with MSU's Age Alive, we will offer a workshop on healthy and affordable dinner fare. On March 26, Melissa's Mobile Meals will present on creative on-the-go breakfast and lunch options for those with packed schedules.

ANC has also teamed up with LCC to develop a 3 class series including West African Cooking, taught by Teff-rific's Rahel Musa; Sourdough Pizza, taught by Sarah Zwickle of Sanctuary Pizza; and Gluten Free Baking, taught by Nikki Thompson of Sweet Encounter. Call Lindsay at 999-3921 for more information.

Outreach & Engagement

Thank You!

...to our generous donors/funders:

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... to our **Big Fuss Sponsors:** Cinnaire Corporation, Exit Realty, Blue Cross Complete, Capital Fundraising Assoc., Ferguson Development, and MI Economic Development Corporation.

... to **Big Fuss Food and Talent Donors:** Nick Fila of Tannin, and nearly all of the makers involved in our Incubator Kitchen and farmers involved in our Market!

... to **Funders and Granters:** Sisters of Mercy, Consumers Energy, MI United Way, Junior League, Pentecost Foundation, MI Good Food Fund/Capital Impact Partners, Comerica, MSHDA NEP Prog, ICHD, City of Lansing HRCS, and Unity Spiritual Center.

... too our **2019 Program Sponsors:** David Grimshaw, Hammond Farms, Preuss Pets

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

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.

- Jan 30** - Jane Reiter, art
- Feb 6** - MSU International Speaker
- Feb 13** - History Harvest?
- Feb 20** - David Smith, Lighthearted Look at Life
- Feb 27** - Evelyn Cudel
- Mar 6** - MSU International Speaker
- Mar 13** - Cindy Kangas, Humane Society
- Mar 20** - Christine Histed, Senior Nutrition
- Mar 27** - Jessica Goodrich, CADL
- Apr 3** - MSU International Speaker
- Apr 10** - Heather Vaughan-Southard, Balance & Strength
- Apr 17** - Diane Brown - Easy gardening and plant identification
- Apr 24** - Jane Reiter, art

Love ANC? Get Involved!

Love the Allen Neighborhood Center? You can become a part of it all by interning or volunteering with ANC! All of our programs are seeking help -from the GardenHouse and Youth Programs to Veggie Box to Outreach Engagement. Interested? Contact the volunteer coordinator at volunteer@allenneighborhoodcenter.org or come into the center!

Organized Neighborhood Group Meeting Schedule

ABC: The Association for the Bingham Community's (ABC) meeting dates have changed for 2019 and beyond. Our meetings are the 1st Monday of even numbered months now. Feb 4, April 1, We are still meeting at 5:30 pm at Pilgrim Church (125 S. Penn) just different dates. If you have any questions please contact Denise Kelley at 517-484-9109 abcneighborhood@sbcglobal.net or visit our Facebook page ABC Neighborhood

ANC Board of Directors: Meets the 4th Monday of the month at 6:00 pm at ANC.

Eastfield: Meets the 2nd Thursday of even-numbered months except August, from 6 pm to 8 pm. 6 pm to 7 pm is a potluck and 7 pm to 8 pm is the neighborhood meeting. For more info: Eastfield.neighbor@gmail.com.

Eastside Neighborhood Org (ENO): ENO meetings: 1st Wed of each month; 7 p.m. at Foster Community Center. ENO Spring Souper, March 23, 2019, Pattengill STEM, 4 - 7 p.m Please visit the website enoonline.org or join our facebook group Eastside Neighborhood Organization.. If you have questions, please contact Nancy Mahlow at 517-372-3249 or nmahlow2012@gmail.com

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

Green Oaks Neighborhood Organization: Meets the 3rd Monday of the Month at St. Luke Lutheran Church from 7:00 pm to 8:00 pm. Write them at Greenoaks.gono@gmail.com

Holmes St. School Community: Check us out on our Facebook page @ [holmesstreetschoolcommunity](https://www.facebook.com/holmesstreetschoolcommunity)

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

Potter-Walsh Neighborhood Association: Meets every second Mon. (except July and Dec.) from 6:20-7:20pm at [1001 Dakin St.](http://1001DakinSt) Contact LaSandra Jones, President, at 517-267-9775 with any questions.

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