

# Evening Meals

*Celebrating local seasonal food, farms, and community*

## Thursday, September 24<sup>th</sup>

Dinner is served from

### 5:30 to 7:00 PM

at the Lopez Community Center

(THIS MONTH ONLY AT THIS LOCATION)

# A Moveable Feast



Be a part of this festive community gathering that supports local, seasonal, and sustainably grown food from our island farms. Kim Bast and Jean Perry have created a wonderful seasonal meal (with a wheat-free, dairy-free, and kid-friendly option). Come celebrate the approach of the Harvest Moon!

Take a break from cooking and cleaning for the night, and relax in the company of friends. It's easy, affordable, and fun! Volunteers and donors are most welcomed and appreciated! Many thanks to all participants!

Questions? Suggestions?  
info@lopezlocavores.org  
Jean at Vortex: 468.4740

## MENU



Greek Salad with  
Tomatoes and  
Cucumbers



Green Gold Black and  
White Bean Salad with  
Garlic and Parsley



Locally Sourced  
Hearty Greens Salad



Plethora of  
Plums Cake



Lopez Fresh Herbal Tea



## DONATIONS

### ONLY



## EVERYONE IS WELCOME!

“IF EVERY US CITIZEN ATE JUST ONE MEAL A WEEK COMPOSED OF LOCALLY AND ORGANICALLY RAISED MEATS AND PRODUCE, WE WOULD REDUCE OUR COUNTRY’S OIL CONSUMPTION BY OVER 1.1 MILLION BARRELS OF OIL EVERY WEEK.”  
-BARBARA KINGSOLVER