

# Evening Meals at School

*Celebrating local seasonal food, farms, and community*

Thursday, March 25<sup>th</sup>

Dinner is served from

5:30 to 7:00 PM

in the Lopez School Multipurpose Room



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

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

Questions? Suggestions?  
[info@lopezlocavores.org](mailto:info@lopezlocavores.org)  
Jean at Vortex: 468.4740

## MENU



Lopez Vegetable  
Minestrone



Rice with Herbs  
and Nettles



Chopped Lopez  
Greens



Mixed Berry Custard  
Bars on a Chocolate  
Hazelnut Crust



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