

## NURTURE EVENT: GLENVIEW FARMERS MARKET CHEF'S TABLE

Nurture hosted the Chef's Table at the Glenview Farmers Market on Saturday, August 29, 2009. This was a great opportunity to raise community awareness about Nurture. In attendance from Nurture were Kathryn and Jeff Guylay and their children, board members Julia Goodhouse and Stacey Patillo, and volunteers Elizabeth and Curt Matlin.



The friendly, informal atmosphere at the Glenview Farmers Market was the ideal setting for Nurture. Local Boy Scouts were on hand to help customers carry bags of produce to their cars; Roxanne Junge, the Market Manager that day, greeted people by name as they browsed the booths; and the farmers were welcoming and neighborly. The Market is a meeting place for people in the community, and this reflects Nurture's mission to connect with and help our neighbors in need. The fact that Nurture operates through the Northfield Township Food Pantry and holds classes at St. Philip Lutheran Church in Glenview

truly makes us an integral part of this community.

The Market's Chef's Table usually features local eateries, so it was unique that a non-profit organization was serving up food that morning. Samples of two flavorful grain-based vegetarian salads were offered: Quinoa Tabbouli and Peach, Corn & Barley Salad.

Both recipes were made with plenty of farm-fresh produce from the Market. As interested folks dropped by the table and sampled the salads, it was fun to witness their surprise that barley and quinoa could be so tasty! The samples definitely helped convey Nurture's message that low-cost, nutrient-dense foods can be delicious too. We definitely converted some skeptics!



As a bonus that day, the Northfield Township Food Pantry hosted the Market's Community Group Table, so both organizations were able to work in tandem and reinforce one another's missions within Glenview. (Nurture hosted the Community Group Table the previous Saturday on August 22).

Everyone we spoke to was supportive of Nurture's goals and thought the program was an excellent idea. In addition to the food samples, we provided a handout with the salad recipes and information about Nurture and how to become a volunteer and make donations. All in all, our experience at the Glenview Farmers Market Chef's Table was extremely positive and we hope to be invited back next year.

