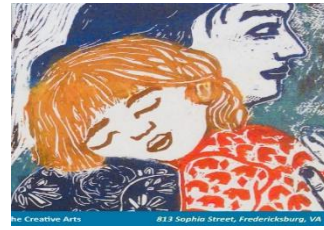




June 2018 Events -- All are Welcome

Friday, June 1, 6-8:30 pm, *First Friday*, Fredericksburg Center for the Creative Arts, 813 Sophia Street, Fredericksburg, VA 22401. “Where Art and History Meet.” Enjoy First Friday at this beautiful and historic gallery. Visit our co-op table for tasty treats and good conversation.



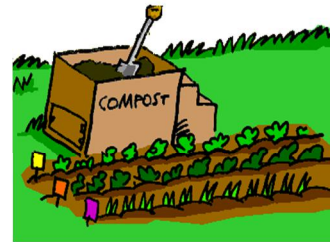
Saturday, June 2, 11 am - 5 pm, *Rock the River*, Old Mill Park, 2201 Caroline Street, Fredericksburg, VA 22401. Let the good times flow. Join us for this official start of summer celebration. Enjoy live music, lots of food and a good time for all. And please be sure to visit our food co-op table.



Saturday, June 2, 9, 16, 23, 30, 7 am-2 pm, *Farmers Market*, Hurkamp Park, 500 William Street, Fredericksburg, VA 22401. We are excited to be part of our wonderful Farmers Market! The people are welcoming and friendly and the food is fresh and oh so delicious. Local just tastes better! And stop by our food co-op table while you're there! You'll make our day.



Saturday, June 9, 9:30 am-1 pm, *Oh Yes, You Can Compost!*
Farmers Market, Hurkamp Park, 500 William Street, Fredericksburg, VA 22401. Stop by our Food Co-op table at the Farmers Market on this special Saturday to talk with lifelong composter and co-op board member, Jonathan Stevens, as he demonstrates the do's and don'ts of successful composting. Be part of the solution. Turn waste into a benefit.



Monday, June 11, 10:30 am, *Visit to The Common Market*

Cooperative, 5728 Buckeystown Pike, Frederick, MD 21702. We are excited that our board and committee members will be visiting with senior staff of this awesome food co-op. Let us know if you'd like to join us.



Thursday, June 21, 10-11am, *Discover Your Co-op*, Regency at Chancellorsville, 7435 Lee's Command Blvd, Fredericksburg, VA 22407. We're looking forward to sharing information about our exciting food co-op and offering healthy food samples with recipes to the good folks at this active adult community.



Wednesday, June 27, 5:30 – 7:30 pm, *Plant-Based Cooking Class and Vegan Potluck*, St. George's Episcopal Church, 905 Princess Anne St. Fredericksburg, VA 22401. Jill Harrington, author of *The Lupus Recovery Diet* and an instructor with the Physicians Committee for Responsible Medicine, will demonstrate how to take simple fruits and turn them into gourmet desserts. Bring a vegan dish to the potluck or make a donation to The Table, the food pantry of St. George's. What fun!!

