



August 2018 Events -- All are Welcome

Friday, August 3, 6-8:30 pm, *First Friday*, Artful Dimensions, 922 Caroline Street, Fredericksburg, VA 22401. First Fridays are such special days in our community – a time to celebrate great art and enjoy good conversation. This First Friday be sure to visit this unique and beautiful gallery. Visit our co-op table for tasty treats and good conversation.

Saturday, August 4, 11, 18, 25, 7 am-2 pm, *Farmers Market*, Hurkamp Park, 500 William Street, Fredericksburg, VA 22401. What a wonderful Farmers Market! Local just tastes better! And when you come to the market, if you have gently used tote bags in excess of your needs, please consider donating them at our co-op table. We'll make them available to others so that together we can reduce plastic waste. Either way, we love seeing you. Please come and chat.

Saturday, August 4, 9:30-11:30, *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.

Sunday, August 19, 3-5 pm, *Toward a Zero Waste Lifestyle*, Downtown Library, 1201 Caroline Street, Fredericksburg, VA 22401. Join us as we learn together how we can move toward a less wasteful lifestyle. View zero waste documentary clips, learn about the inspiring approach of food co-ops to sustainability, sample good foods and meet local green organizations and like-minded friends.

Thursday, August 23, 5-7pm, *Co-op Happy Hour*, Legume, 715 Caroline Street, Fredericksburg, VA 22401. We're excited to be back at Legume for this August Co-op Happy Hour. What a great time to catch our breath and have some fun with new and long-time friends. Hope you'll join us for a relaxed time and good conversation. Special menu offerings at reduced prices will be available from Legume for this event. All are welcome.

1st Friday

“ Local food is about getting the freshest and best-tasting food. It's also about connecting to and strengthening your community.

ANNA LAPPE

