



## JUNE 2019 EVENTS: ALL ARE WELCOME

**Saturdays, June 1, 8, 15, 22, 29, 7 am-2 pm, FARMERS MARKET,** Hurkamp Park, William & Prince Edward Streets, Fredericksburg VA. So exciting to be back at our wonderful Farmers Market where the people are friendly and the produce and other items are fresh and local. Come by our food co-op booth for lively conversation and information. *Pick up or drop off a reusable bag at the special sidewalk table from 9 am – noon.*

**Saturdays, June 1, 8, 15, 5- 8 pm, FREE PIZZA & MEMBER LOAN CAMPAIGN,** Red Dragon Brewery, 1419 Princess Anne St, Fredericksburg VA. Enjoy free pizza and learn about the opportunity for Co-op members ONLY to earn a fair return investing in our community. Friendly Co-op volunteers can answer questions and help members with paperwork.

**Saturday, June 1, 10am-2 pm, HOW-TO FESTIVAL,** Porter Branch Library, 2001 Parkway Blvd, Stafford VA. Try your hand at something new, from raising goats in your backyard to making essential oils. More than 30 skills will be available in 15- to 30-minute sessions led by local businesses and nonprofits, community members, and library staff. All ages are welcome. *Be sure to see the Food Co-op's composting demonstration!*

**Saturday, June 1, 11 am-5 pm, ROCK THE RIVER,** Old Mill Park, 2201 Caroline St, Fredericksburg VA. Join us for the good times at this official start-of-summer celebration on the banks of Fredericksburg's Rappahannock River. Enjoy live music, delicious food and fun activities for all. *Be sure to visit our Food Co-op booth!*

**Sunday, June 2, 2-4 pm, REDUCING PLASTIC,** Presbyterian Church of Fredericksburg, 810 Princess Anne St, Fredericksburg VA. Learn about the problem of plastic pollution and commit to specific actions to reduce or eliminate plastic in our daily lives.

**Wednesday, June 5, 6-8 pm, CO-OP HAPPY HOUR,** Adventure Brewing, 33 Perchwood Dr #101, Fredericksburg VA. Bring your favorite berry recipe for our friendly competition. Adventure is creating a specialty infused beer just to pair with your creations. All are welcome!

**Friday, June 7, 6-8:30 pm, FIRST FRIDAY,** Fredericksburg Center for the Creative Arts, 813 Sophia St, Fredericksburg VA. First Fridays are a time to celebrate great art and enjoy good conversation. Be sure to visit this unique and beautiful gallery. We'll welcome you at our co-op table with free tasty treats and good conversation.

**CO-OP BOARD MEETINGS.** All are welcome to attend our board meetings. These are a good opportunity for you to learn about our process and to have input. Please email us at [fxbgfoodcoop@gmail.com](mailto:fxbgfoodcoop@gmail.com) for the date, time, and place of upcoming meetings.

**Thursday, June 13, 7-8:30 pm, FOOD AS MEDICINE,** Stafford Hospital, Conference Rooms 5 and 6, 101 Hospital Center Blvd, Stafford VA. Celebrate the promise of fresh fruits and veggies. Hear from nutrition professionals about the health benefits of a plant-focused diet. Learn how an apple a day keeps illness away!