

Inglewords

Your Neighbourhood Newsletter



Blue Gecko Garden Information Meeting

Calling all aspiring green thumbs!

The kick-off meeting for the spring/summer 2017 garden season will take place on April 2, 2017, at 2:00 pm upstairs in the upper boardroom of the Inglewood Community League building at 12525-116 Ave.

If you are interested in joining the garden this year, this is your opportunity to come meet the other gardeners and learn about how it works! We'll meet for about an hour and a half, and will be collecting contact info, assigning beds, and discussing garden duties for the year.

If you have questions in advance of the meeting, please get in touch with Rachel at bluegeckogarden@gmail.com



The Verto Project

This is a 20 week paid pre-employment program for youth aged 18-24 that focuses on:

- Personal Development
- Conflict Resolution
- Career Planning
- Employment Readiness
- Work Experience

The Verto Project runs from 9:00 a.m. to 4:00 p.m. Monday through Friday at the YOUCAN Youth Services office, 11124-131 St. (next to Westmount Jr. High School).

A new Verto project starts every 8 weeks.

Next intake: April 4, 2017

For more information, or to sign up, call:

780.444.3348

or email us at

YOUCAN.Edmonton@youcan.ca

Visit Our Website

For more information on the Inglewood Community League visit our website at inglewoodcl.com.

Interested in subscribing to this newsletter? Subscribe at:

mlgn.to/3aev



Inglewood Collective Kitchens

Chopped Event

Ever wonder what to do with daikon, horseradish root, lentils, tapioca, tofu or even chicken? I am sure many are even asking, "what is daikon?" Well, daikon is a mild winter radish that can be used in salads, soups and stews.

Three teams of incredible cooks took on the challenge in a Collective Kitchen Chopped event. In sixty minutes they created an appetizer, entrée and dessert using these items in addition to typical items that would be found in a food hamper (macaroni and cheese, soup, canned beans, canned meat, canned vegetables, etc.) from Edmonton's Food Bank.

The teams prepared soups as an appetizer using potatoes, daikon, lentils and chickpeas. For the entrées they prepared chicken cordon bleu or baked chicken with polenta and roasted potatoes and a garnish of daikon. Dessert featured tapioca prepared using coconut milk with canned fruit mixed in.


Collective Kitchens provide individuals with an opportunity to get together on a regular basis to plan and cook meals on a budget. Participants learn valuable tips on how to save time and money all while having fun! At the end of the session, participants are able to take home a prepared meal that can be frozen and used when money is limited. (This is a partnership with Edmonton's Food Bank.)

For more information about Collective Kitchens, please contact Diane Thursby with Alberta Health Services at 780-735-3044.

Judy Yawney PHEc
Food Hub Coordinator
Edmonton's Food Bank

Best Regards,

Daryle Niedermayer, Communications Director

Follow us 

This email was sent from Inglewood Community League to
Inglewood Community League 12515 116 Ave. NW, Edmonton, Alberta, T5M 0V4, Canada

[Why am I receiving this email?](#)

[Click here to unsubscribe](#)

Powered by 