

Please join us for Food, Laughter and Literature!

May 16, July 11 & September 19, 5:30 – 8 pm

Share good food and conversation... be inspired and humored by guest speakers...laugh and stretch along with registered nurse and certified laughter yoga facilitator Marie Stigliani...and learn about food, environment and gardening books. **Activities for children will be available at each event.**

Potluck Picnics

All events feature potluck picnics. Bring a hearty appetite, a dish to share (local or regional food encouraged), tableware for your use, and for the May 16 event, picnic blankets or lawn chairs if the weather is pleasant!

“From Grass to Grace,” May 16

Julie Fischer turned a grass lot into an organic garden. Learn how this garden now feeds communities while nurturing minds and spirits.

Where: Unitarian Universalist Society of Black Hawk County, 3912 Cedar Heights Drive, Cedar Falls

Contact: Paige Nangle--Cedar Falls Public Library @ 859-3282 for more information

“Savoring Slow Foods,” July 11

Iowa City Chef and Author Kurt Friese will explore and explain the Slow Food movement throughout the American Midwest. Friese’s talk and his book, *A Cook’s Journey: Slow Food in the Heartland*, are eye-openers. With more than 25 years of professional food service experience, Kurt is chef and co-owner of the Iowa City restaurant Devotay, a national leader in sustainable cuisine, and supports local farmers and food artisans. Friese’s book will be available at the event, through University Book & Supply, an ACRE partner. Following his presentation, Friese will sign books.

Where: Hartman Reserve Nature Center, 657 Reserve Drive, Cedar Falls

Contact: Patty Achey-Cutts--University Book & Supply @ 266-7581 or
Hartman Reserve Nature Center @ 277-2187 for more information

“Apples, Cheese, Bees and More,” September 19

Popcorn, cheese, honey and apples are great companions. At this fall festival sample and purchase apples from local orchards, buy local popcorn and honey, help make apple cider, and learn to make cheese from Cedar Falls resident Jack Yates. This celebration will end with comedy improv troupe “Half Masted’s” tribute to apples.

Where: Hartman Reserve Nature Center, 657 Reserve Drive, Cedar Falls

Contact: Hartman Reserve Nature Center @ 277-2187 for more information

Other related community events

An exhibit—Slow Food to Fast Food: The Way Iowans Ate June 8-August 15

University Museum, 3219 Hudson Rd., Cedar Falls www.uni.edu/museum 273-2188

The Perfect Pie Crust July 28, 7 pm

University Museum, 3219 Hudson Rd., Cedar Falls www.uni.edu/museum 273-2188

Northern Iowa Food & Farm Partnership All Iowa Dinner

Center for Energy & Environmental Education, Cedar Falls www.niffp.org Fee charged for this event.

Buy Fresh Buy Local!

Go to www.niffp.org to view a publication listing local food outlets.