

PLEASE JOIN US FOR OUR VIRTUAL COMMUNITY CHEF SERIES STARTING MONDAY, FEBRUARY 8TH AT 5PM. WE HAVE SOME EXCITING SESSIONS PLANNED FOR YOU – IF YOU WOULD LIKE TO JOIN US FOR ONE OR ALL SESSIONS, PLEASE REGISTER BY EMAILING OUTREACH@GROWCFLC.COM.



February 8 @ 5pm – Fruit Crisp presented by Deborah

Deborah, a retired martial arts instructor, loves to cook and has a special interest in plant-based foods. She prefers to make her food from cratch and make it vegan; mayonnaise, salad dressings, hummus and other spreads and dips, soups, stews, casseroles and baked goods.



February 15 @ 5pm – Lentil Soup (Vegan) presented by Arwen

You may remember Arwen from our Indigenous Cooking Series with Chase Dockstader where she assisted with the Three Sisters Soup. Arwen has been cooking for years, coming from generations of chefs on her father's side, and many aunties on her mother's side with a gift in the kitchen. She has been cooking professionally off and on since the age of 9, and she is proud to say that she is both a student of herbalism and vegan nutrition. She is also an avid performance artist, and greatly involved in community support art. She loves life, enjoys sharing her happiness with others, and creating inspiration. Arwen is looking forward to sharing her food art and some joy with you!



February 22 @ 5pm – Barley, Beet & Cabbage Soup presented by Win

Win is a retired teacher who is happiest working in her garden, listening to the frogs and the bees and the birds. She enjoys cooking with freshly picked veggies and fruits, and makes the best ever beet chocolate cake. She's a whiz at cleaning baskets at GROW.