Like

FoCo Cafe News - June 2015 Volume 4, Issue 6

Dear Kathleen,

Here are *a few* highlights from a wonderful May:

- At the end of May, The Cafe had served 10,693 meals!
- Soil day - we moved lots of soil and compost and built Hugelkultur beds (pronounced Hoo-gul-culture) with aspen logs. The gradual decay of logs is a source of long-term nutrients and the logs act like a sponge so rainwater is stored and released during drier times. The composting wood also generates heat, extending the growing season. Thanks to all who helped, especially our leaders Colton Pinto and Brittany Lynn Ricketts!

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Meals Served May 2015: 2,097

May volunteer hours: 492.5 (not counting Jeff or Kathleen)

The "Latest News"

Find us on Trip Advisor: We're #33 in Fort Collins and seeing out of town visitors who are curious

Blog: Farm-to-Fork: Staying Local

Coloradoan: An essential guide to Sunday's Colorado Marathon

QSR Magazine: Everybody Eats

Fernweh Hostel's "Why We Love Fort Collins" Series

- The donation of many flats of veggies *(see below)* by Gardens on Spring Creek. Plus, receiving a generous $1000 grant from Fort Collins Morning Rotary Club for garden supplies and tools. Thank you!
- Our favorite Square feedback in May: "Thanks. Another wonderfully deeeelicious lunch!"
- Celebrating our wonderful interns! They made such a wonderful impact. And, we had so many students working on projects through classes and practicums!
- Receiving a generous grant of $1300 from the Give Next students from Lesher Middle School and hosting the awards ceremony with grants to Homeless Gear, Food Bank of Larimer County, and the Cafe. These young philanthropists funded local nonprofit organizations that focus on hunger and homelessness. The Cafe will use this grant to fund refrigeration so that we can use and store even more local foods. Congratulations to Cafe intern Trinity who wrote this grant and the Rotary grant!

- Achieving Silver Partner and Social Superstar through the ClimateWise program. Since 2000, ClimateWise has saved over $92 million and reduced 1.3 million metric tons of CO2e in our community!

We can't thank you all enough for your continued support, hours of service, and words of encouragement!

Onward and upward, Jeff & Kathleen

5 Ways You Can Make a Difference

1. Help us plant Tomorrow, June 2, is planting day at FoCo Cafe. Come help us put some beautiful plants in the beautiful planter boxes! We will start at 9:00 am. Please bring work gloves, a trowel, a water bottle, sunscreen (forecast: high of 86 degrees) and hat.

Upcoming Calendar

June 2
Planting Day! We will begin at 9:00 am - if you want to help, bring work gloves, trowel, water bottle, sunscreen and hat.

June 4
FoCo Cafe blogger meeting - if you are interested in blogging, we're meeting fat the Cafe for lunch at noon

June 7, 14, 28
Now every Sunday!
Sunday Power Yoga at Fort Collins Brewery benefiting FoCo Cafe 10-11 am, only $15 per session and includes a complimentary FCB brew or Bloody Mary
Get more info and sign up in advance

June 8
FoCo Cafe Ribbon Cutting - join us for a fun day starting with the ribbon cutting at 10:45, a group photo, Cafe food favorites, music, and the kick off of Spark Creativity classes. Join us for *Creating Our Vision: inkblot landscape*

June 14
Cafe presentation at St. Paul's Episcopal Church

June 15
Spark Creativity session Creating Sustainable Art: using nature to create

2. Join the celebration

Monday, June 8, we will celebrate the new growing season and have our official ribbon cutting at 10:45 am. We plan to take a group photo that morning of any and all who come for the fun. Lunch will be served at 11:00 featuring Cafe favorites, and Spark Creativity classes begin!

3. Spark Your Creativity

Monday, June 8, 2:00 pm kicks off the Cafe's "Spark Creativity" sessions. Every day our lives are filled with creativity, from the food we eat to the conversations we share. Join us as we explore our unique creative abilities.

The series includes:

June 8 - ***Creating Our Vision:*** *inkblot landscape*
June 15 - ***Creating Sustainable Art:*** *using nature to create paint and painting tools!*
June 22 - ***Active Creativity:*** *using movement to create something new with special musical guest(s)*
June 29 - ***Creating Words:*** *using words as inspiration*

All materials will be provided. Please pay what you can, pay what you normally would, pay it forward, or volunteer! Creators of all ages are welcome. Children under the age of 14 are encouraged to attend, but must be accompanied by an adult. **Let us know you will attend by emailing Julie@fococafe.org.**

Have lunch to nourish your body...stay to create and nourish your soul!

4. Volunteer **Registration** is available online. Once you fill out our online form, you are able to schedule your own shifts at the Cafe! Just log in and schedule yourself into our calendar. We have shifts beginning at 9:30 am, 12:30 pm, 3:00 pm and 5:00 pm. *We look forward to seeing you wear a FoCo Cafe apron!*

5. Save the Date

The 2015 **FoCo Cafe Bike-In Music Festival** is set for Sunday, July 19 at Shire CSA.
The festival line-up:

Pre-show - **Steve Chignell and Matthew Luizza**
Elise Wunder - Americana Singer Songwriter
Aspen Hourglass - Classical Fusion Rock
Von Stomper - High-energy American Roots Revival

paint and painting tools

June 16
Ticket sales open for FoCo Cafe's Bike-In Music Festival at Shire CSA

June 17-18
CAFE CLOSED - we are very honored to receive a Colorado Municipal Hero Award and will be attending ceremonies

June 19
Katy Koller will be playing at FoCo Cafe during lunch

June 22
Spark Creativity session
Active Creativity: using movement to create something new

June 29
Spark Creativity session
Creating Words: using words as inspiration

July 4
CAFE CLOSED
to observe the holiday

July 19
Save the Date:
FoCo Cafe's Bike-In Music Festival at Shire CSA

Join us for lunch:

Ticket sales will open at 10 am on Tuesday, June 16!

Soup, salad and community.
Join us Monday through Saturday 11:00 to 2:00.
Bookmark our website
to check our menu daily.

Onward and upward, Jeff & Kathleen Baumgardner
FoCo Cafe (Feeding Our Community Ourselves, Inc.)

FoCo Cafe Mission:
Building community by providing nutritious and delicious meals to the people of Fort Collins regardless of their ability to pay while using local, organic, and sustainably grown ingredients.

FoCo Cafe Values:

- Every human innately has dignity and should be treated as such.
- Every duty, volunteer or otherwise, has value.
- Participating in a community nourishes the soul.
- Everyone deserves to eat nutritional food.
- All people need a hand up at some point(s) in their lives.

The FoCo Cafe is a non profit 501(c)(3) incorporated in Colorado as Feeding Our Community Ourselves, Inc.

FoCo Cafe

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