Live Well Grand Cities
September 2026 Newsletter

Happy September!

We hope you're enjoying the changing of the leaves. Please check out Live Well Grand Cities' upcoming events this month and learn more by visiting our digital calendar.

Gardening Skills Conversation
Tuesday, September 1st, 8th, 15th, 22nd, 29th from 6:30-8pm
GF Community Gardens (2320 N Washington St. in GF)
Every Tuesday, throughout summer, we'll meet for an hour and a half in the community garden plot for: drop-in "office hours" with a gardener, showing you hands-on how to tend the learning garden and why we use certain methods on which plants. All produce will be donated to neighbors in need. All ages welcome! *If you'd like to donate supplies or funds to this effort, please reach out directly to shilo by replying to this email.*

Tabling Event: UND Student Involvement Fair
Wednesday, September 2nd from 11am-1pm
UND Memorial Union (park in the parking ramp)
Let us know if you'd like to help do outreach to UND students by tabling at the volunteer fair!

Town Square Farmers Market: Cooking Demonstration
Saturday, September 5th from 11-12pm
Town Square Farmers Market (1 S 3rd St. in GF)
Join us for FREE cooking demos during the Town Square Farmers Market. A vegetable from the market will be highlighted each week in the demo. This week we'll feature **corn risotto**. Plus, enjoy the market! Free will donations accepted.

Eat Well Cooking Class: Brussels Sprouts!
Tuesday, September 8th from 1-3pm
The Link (300 Cherry Street in GF)
Join us for a FREE cooking demos at The Link. This week we'll feature **brussels sprouts with chickpeas.**

Eat Well Cooking Class: **Grandma's Potato Stew**
Friday, September 11th from 12-1pm
Grand Forks Salvation Army (1600 University Avenue in GF)
Join us for a FREE cooking class at the Grand Forks Salvation Army. This month's dish is another rendition of **Grandma's Potato Stew.** One $10 gift

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card will be raffled off to attendees, so make sure you sign in!

Town Square Farmers Market: Cooking Demonstration

Saturday, September 12th from 11-12pm
Town Square Farmers Market (1 S 3rd St. in GF)
Join us for FREE cooking demos during the Town Square Farmers Market. A vegetable from the market will be highlighted each week in the demo. This week we'll feature **squash soup**. Plus, enjoy the market! Free will donations accepted.

Tabling Event: Global Friends Picnic

Sunday, September 13th from 5-7pm
University Park
Stop by our table at the Global Friends Picnic, celebrating our neighbors. Let us know if you'd like to help do outreach by taking a shift at the table during the festival!

DarnIT! Greater Grand Forks Mending Club & Fundraiser

Friday, September 18th from 4-8pm
Panera Bread (2515 32nd Ave. S in GF)
Join us anytime to participate in our mending club and support LWGC's programs, including our community mending club initiative, by enjoying a delicious meal at Panera. A volunteer will be there to help with bicycle maintenance. We will continue to have sewing and darning supplies available, as well. **Send an email if you want to make sure the kitchen tool sharpener is available for you.** Panera will donate 25% of qualifying sales from 4-8pm to our effort if you SHOW THE EVENT FLYER at the checkout counter WHEN YOU PLACE YOUR ORDER or use the promo code FUND4U for drive-thru, pick-up, and delivery orders.

Winship Clean Up Day

Monday, September 21st from 3:30-5:30pm
Winship Elementary (1400 5th Ave. N in GF),
We'll be replanting the traditional indigenous medicinal garden, fixing up the playground, and tending to the new trees on site. Join us for hot cocoa while we work. Please bring gloves, shovels, brooms, and water for yourself.

Eat Well Cooking Class - Dairy-free Mac and Cheese

Thursday, September 24th from 5:45-7pm
Augustana Lutheran Kitchen (520 University Ave. in GF)
Join us for a FREE Dairy-Free Mac and Cheese class, taught by **guest chef Grant!** By the end of this class, you'll be confident in serving this classic side dish to any guest in your home, even if they have a dairy allergy. The door on 6th St. and the push-button activated door in the

parking lot near the alley will both be unlocked for attendees.

World Cuisine Masterclass - Bangladesh
Friday, September 25th from 5-7pm
Christus Rex Campus Center (3012 University Ave. in GF)
Join us for a FREE cooking class and learn how to make a Sri Lankan Pol Roti and traditional side dishes. Park for free in the lot behind Christus Rex. This event is a partnership with Kori Art and the UND International Center.

SAVE THE DATE:

We have what is simply the most exciting news – coming soon! (We're waiting on final permitting to go through before we can tell you more, but we ask that you please save some time for us in your calendar between 10:30 AM and midnight on Saturday, September 26th.) **You're really going to enjoy what we have planned for the final day of the Town Square Farmers Market season, I think.**