



SEPTEMBER NEWSLETTER

Friends of the KPCK,

The best part about fall is the bountiful harvest, and the KPCK has been blessed with fresh, local produce donations! Much has been grown in the KPCK's own garden, including the green beans and zucchini in tonight's meal. A family farm outside Abingdon donated the apples in the apple crisp. Most excitingly, the dinner tonight comes from Sitka Salmon Shares, a sustainable fishery that ensures responsible fishing practices and promotes healthy communities.

A thank you to everyone who helped with tonight's dinner! Have a wonderful fall.

Upcoming KPCK Dates:

September 12th

September 26th

October 10th

Free lunch sponsored by Taco Hideout

Monday October 7th

12 pm – 1 pm

Carl Sandburg College

Crist Student Center, Building B

Hispanic Heritage Month

September 15 – October 15

Monday September 30

6:30 pm

Cooking Class:

“Making Summer Last”

Easy Garden Preservation Recipes
with KPCK's Laura Lytle

Grace Lutheran Church

108 S. Timber St

Knoxville, IL

Galesburg Farmer's Market

Every Saturday 8 am – 12 pm

360 E Simmons St

In Season Produce for September:

Apples, Corn, Cucumbers, Squash,
Tomatoes, Peaches, Potatoes

Produce grown locally in Illinois not only supports our community, but fresh produce contains more nutrients and flavor. LINK cards accepted!