

# NEST CAFE

NOURISH EVERYONE SUSTAINABLY TOGETHER



## A WORD FROM OUR FOUNDER

Happy November, friends of NEST Café (Nourish Everyone Sustainably Together)! As we roll into this season of Thanksgiving, we want you to know that we are thankful for YOU! Whether you have come to our meals, made a donation, told a friend in need about one of our meals, followed us on social media, or all three, thank you!



Here's a bit about what's happening with NEST Café. Our mission is to nourish bodies and community by providing delicious, sustainably sourced food (when available) to all who enter regardless of their means. We're a member of the "One World Everybody Eats (OWEE)" network of nearly 60 pay-what-you-can restaurants around the United States. The pay-what-you-can restaurant model works by attracting customers from a variety of life-situations, so that roughly 70% of the customers donate the suggested amount for a meal or more, allowing 30% to pay less or volunteer alongside neighbors in exchange for a meal.

\*We will make temporary adjustments as necessary to keep our customers, volunteers and staff safe during the COVID-19 crisis!

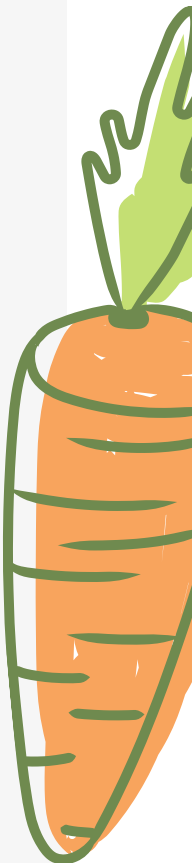
### Our location:

NEST Café will be located at the west end of 2623 5th Ave, Rock Island, next to "the House – a local church" and Closet2Closet. We're in the beginning stages of our remodel and plan to open in the spring! Here's a "before" picture on the right. We can't wait for you to see the "after!" And, yes, there will be outdoor seating and take-out available!

Enjoy and have a safe Thanksgiving,  
Laura Mahn



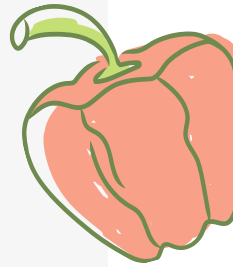
This is our before picture!





## NUMBERS FROM LAST EVENT

- Meals served - 154
- Suggested donation- \$7
- Average donation - \$12.48
- Customers donating suggested amount or more - 85%
- Customers donating less than the suggested amount - 15%



## DID YOU KNOW?

ACCORDING TO FEEDING AMERICA, "DUE TO THE EFFECTS OF THE CORONAVIRUS PANDEMIC, MORE THAN 54 MILLION PEOPLE MAY EXPERIENCE FOOD INSECURITY IN 2020, INCLUDING A POTENTIAL 18 MILLION CHILDREN."



### NEST CAFÉ SOUP NIGHTS

**12/11 FRIDAY and 12/12 SATURDAY  
4 PM while supplies last**

Purchase soup to go from Nest Café, a local pay-what-you-can restaurant, opening spring 2021.

Regular exhibit admission

2525 4th Ave, Rock Island, IL 61201

## HERE'S WHERE TO FIND US IN DECEMBER

Come see us at the Quad Cities Botanical Center for our soup nights! We will be there Friday the 11th and Saturday the 12th starting at 4pm while supplies last. For every \$1 donated for NEST's soup, \$1 is donated to the Botanical Center!





**A SPECIAL THANKS TO OUR MAJOR GIFT DONORS AND GRANT FUNDERS!**

Heidi Huiskamp Collins  
 The Quad Cities Community Foundation – Bob and Blenda Ontiveros Fund  
 The Moline Foundation  
 Brad and Beth Samuelson  
 The Doris and Victor Day Foundation




# THANK YOU!

**Follow us on Social Media**

 NEST Café Quad Cities

 @nest.cafe.qc

 Other Questions? Email us at:  
 nest.cafe.qc@gmail.com

Thank you for showing us so much love at all of our pop-up events so far! Each and every event has been a huge success because of you! You and other members of the community are making NEST possible! Our 2021 Mayoral candidates Mike Thoms and Thurgood Brooks even came out to help at two of our events. We hope to see you all at our events in December!



## Want to be a NEST builder?

### **\$10 - "The Belly-full"**

Food for 2 meals at a pop-up event

### **\$25 - "A Seat at the Table"**

1 restaurant chair

### **\$50 - "In the Bag"**

1 insulated food transport bag

### **\$100 - "Hopeful Harvest"**

1 CSA subscription

### **\$250 - "The Legit"**

Pays for our annual food and beverage permit

### **\$500 - "Ring 'er Up!"**

iPad for our "point of sale" system

### **\$1,000 - "Under the Big Tent"**

Sponsor 1 pop-up event. We will promote the heck out of your business!

### **\$2,500 - "Now We're Cookin'"**

Stock the kitchen with kitchen tools, smallwares, etc.

### **\$5,000 - "I'll have what she's having!"**

Buffet serving station, chafing pans, serving utensils, etc.

Get your name on NEST T-shirts

### **\$10,000 - "The Coolest"**

2 commercial refrigerators, 1 commercial freezer, and 1 stainless steel prep-table with under counter cooler. Get your name on the NEST wall and on NEST t-shirts

**\*Checks payable to NEST or visit our website to donate through Paypal**

NEST Café

Nourish.Everyone.Sustainably.Together

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# SLOW COOKER WINTER VEGETABLE SOUP WITH SPLIT RED LENTILS

Featured Healthy Recipe from A Beautiful Plate



## INGREDIENTS:

- 2 tablespoons extra virgin olive oil
- 1 large yellow onion, diced
- 3 celery stalks, diced
- 3 medium carrots, trimmed, peeled, and diced
- 2 medium zucchini, ends trimmed and chopped into 3/4-inch chunks
- 3 Yukon gold potatoes, scrubbed and chopped into 3/4-inch cubes
- 3/4 cup split red lentils
- 1 cup canned chopped tomatoes (with their juices)
- 2 pieces of parmigiano-reggiano rind
- 2 dried bay leaves
- 3-4 sprigs of fresh thyme
- 5 cups chicken stock
- 1 teaspoon kosher sea salt, plus more freshly ground black pepper
- 2-3 cups finely sliced savoy cabbage, reserved for later
- extra virgin olive oil, for drizzling
- freshly chopped flat-leaf parsley (or basil), for garnishing
- freshly grated parmigiano-reggiano cheese, for garnishing
- Note: \*Add your favorite meat to make this hearty soup even heartier!\*

## Directions:

- 1.) If you own a stovetop-safe slow cooker insert: Heat the olive oil in the insert over medium heat on the stove. Add the onion and celery and saute until tender, 5 to 7 minutes, before transferring to the slow cooker and continuing with the instructions below.
- 2.) If you do not own a slow cooker with a stovetop-safe insert (or wish to skip step one): Place the insert on the slow-cooker base (this recipe will fit a 4-quart capacity slow cooker). Add the olive oil, onion, celery, carrot, zucchini, potatoes, split red lentils, chopped tomatoes, parmigiano rind, bay leaves, thyme, chicken stock, kosher salt, and black pepper. Stir together. Cook on high heat for 4-6 hours, or until the red lentils are tender (or alternatively, cook on low heat for 8-10 hours).
- 3.) In the last hour of cook time (or 2 hours, if you are cooking over low heat), add the thinly sliced cabbage. Remove and discard the dried bay leaves and any tough thyme sprigs. Adjust the seasoning to taste salt and pepper – you will most likely need to be liberal on the salt for this soup!
- 4.) Serve the soup and top each serving with a drizzle of extra virgin olive oil, a sprinkling of freshly chopped parsley, and freshly grated parmigiano-reggiano.