

# NEST CAFE

NOURISH EVERYONE SUSTAINABLY TOGETHER



## OUR MISSION STATEMENT

To nourish bodies and community by providing delicious, sustainably sourced food to all who enter regardless of their means.



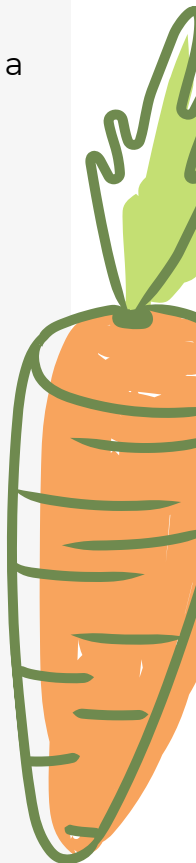
Our Founder Laura Mahn

## WHY THE NAME NEST?

NEST stands for Nourish Everyone Sustainably Together. That's what we're trying to do. We want to create a community where everyone who enters our café is nourished; where everyone's belly is filled with good, nutrient dense food and their soul is filled with goodness and belonging. A nest is a place where beings are safe, where they are cared for and nourished, and from which they can leave better equipped to face the day.

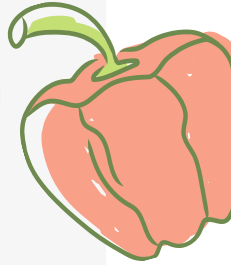
## FARMER SPOTLIGHT

Thank you to Grateful Graze and Burnham Family Farm for the sustainable practices you use in raising your meat and eggs! You're helping us nourish our community with REAL food that's good for our bodies, good for our local economy, and good for the environment. Visit them at [www.gratefulgraze.com](http://www.gratefulgraze.com) and [www.facebook.com/Burnham-Family-Farm](http://www.facebook.com/Burnham-Family-Farm)



## STORIES FROM THE LAST THREE MONTHS OF NESTING

\*We had quite a bit of leftover soup after our December Soup Nights at the Quad Cities Botanical Center (we really enjoyed partnering with them for their Winter Nights Winter Lights!) so we donated the remaining servings to the employees at two area nursing homes in the IL Quad Cities and the employees at a nonprofit in the Iowa Quad Cities. The appreciation from the staff at those facilities was overwhelming. "You have no idea what this means. This is so much more than soup." Wow! Thank YOU supporters for being part of making that happen!



\*At our January pop-up meal, a lovely customer emptied her small change-purse onto our table to make her donation. \$1.17 in mostly pennies. She gave what she had. It was beautiful. We hope she'll be a regular customer and that we'll get to know one another.

Another customer at our January pop-up meal didn't have any money to give but generously gave us 6 bus passes saying, "If anybody needs a bus pass, you be sure and give it to them!" Thank you, sir! We still have the bus passes and will have them on our table for anyone who needs them!

There's another couple that shows up at almost every one of our meals, hands us \$100 or \$150 cash, tells us they like what we're doing in the community and then drives off without a meal. Thank you! We hope you'll let us feed you sometime!



At our February 16 meal, it was -7 degrees with the windchill, and you all STILL showed up! There was even a line of cars along 5th Ave waiting to get into the parking lot to order! It was too cold for us to visit with folks and we really missed that. So, we're looking forward to warmer weather and more interactions.

We're REALLY looking forward to being in our permanent space so that these stories won't just come from fleeting encounters but from people we get to know and love. We're hopeful that we'll be able to open our doors in late spring. We'll keep you posted!



## WE WON AN AWARD!

At the annual summit of the “One World Everybody Eats” network of community cafes, NEST was honored with the “Rising Star” award.




Some February Volunteers!




Mayoral candidate Thurgood Brooks cooking it up on January 10th!

### Follow us on Social Media

 NEST Café Quad Cities

 @nest.cafe.qc

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

## 2021 NUMBERS

January 10 meals served: 150

Volunteers involved: 14

Average donation amount \$9.82

lowest donation amount per meal - \$0

largest donation amount per meal - \$100

February 16 meals served: 182

Volunteers involved: 16

Average donation: \$10.20

lowest donation per meal \$0.47

largest donation per meal \$100

A HUGE thank you to Two Rivers United Methodist Church for hosting our January and February pop-up meals!

## COMING UP!

NEST's next pop-up meals:

Thursday, March 25, 4:30 – 6:30 at the Rock Island Conservation Club, 2421 Big Island Rd, Milan.

Tuesday, April 22, 4:30 – 6:30 at St. John's Lutheran Church, 4501 7th Ave, Rock Island. We're super excited to be partnering with ARC of the Quad Cities for this meal!

## HOW CAN YOU HELP?

- 1.) Volunteer! We have volunteer shifts the day before and the day of our pop-up meals. Volunteer shifts will be posted on our website as well as our Facebook page 2 weeks prior to events. Like us on FB to get all the latest news!
- 2.) Know someone who could use a good meal? Please let them know about our upcoming meals!
- 3.) Come to our meals!

## NEST WISH LIST

7" Quick Stik Commercial Immersion Blender WSB33X

Winco 22lb capacity Digital scale (6x6 platform)

25x42 wooden A-frame menu board

Contact Laura Mahn at [nest.cafe.qc@gmail.com](mailto:nest.cafe.qc@gmail.com)

if you're interested in donating one of these items and THANK YOU.

As always, we welcome your monetary donations through Paypal on our website [www.nestcafeqc.org](http://www.nestcafeqc.org) or via check made out to NEST Café and mailed to 830 43rd St. Rock Island, IL 61201.

## A HUGE THANK YOU

\*We thank the Quad Cities community for embracing this model and supporting NEST as you can. For some, that means donating 48 cents at a meal. For some, it means volunteering at events. For some, it means donating our suggested amount. For some, it's being a monthly donor. For some, it's giving occasional gifts, and for some it is a mixture of the above. We do not list all of our volunteers or donors by name out of respect for privacy. The following have given permission to be recognized. We are grateful for the following and for ALL of our NEST supporters!

We thank all of the individuals who volunteered their time and energy, including members of the Rock Island High School Key Club and Track Team! We are so grateful for the donation of your time!

We thank WGVV 92.5 for promoting our events.

We thank the following granting organizations for providing funding for NEST in 2020 and 2021:

The Joyce and Tony Singh Family Foundation, MidAmerican Energy, Quad Cities Community Foundation - Bob and Blenda Ontiveros Fund, The Doris and Victor Day Foundation, The Moline Foundation, Hubbell-Waterman Foundation, Bettendorf Rotary, and United Way of the Quad Cities.

We thank Heidi Huiskamp Collins for her generous donation.

# JAMBALAYA

Featured Recipe that was served at our February 16th meal:

Prepared by Greg Pupillo



I love the city of New Orleans. It has great music and great food. I was very excited to make the Creole dish, Jambalaya for Mardi Gras this year. The recipe I use is adapted from the Moosewood Restaurant in Ithaca, New York. The key to its richness is creating a roux to both thicken the stew and add depth to the flavor. Liquid smoke is another great addition, especially if you aren't using smoked sausage. Ham can be used in place of the sausage if you prefer. You can omit the chicken thighs and sausage to make it vegan and use brown rice flour for the roux to make it gluten free. The recipe feeds 8.

## INGREDIENTS:

½-¾ lb Boneless Chicken thighs  
 ½-¾ lb Andouille sausage sliced  
 3 Tablespoon Olive oil  
 1 cup Chopped onions  
 4 Garlic cloves minced  
 2 Bay leaf  
 1 cup Carrots sliced  
 1 cup Celery chopped  
 2 bell peppers diced (I like to use both red and green)  
 2 cups diced tomatoes (fresh or canned)  
 10 ounces frozen sliced okra  
 3 cups stock (veggie or chicken)  
 2 teaspoons Dried basil  
 ½ teaspoon Dried thyme  
 ⅛ teaspoon ground Allspice  
 ⅛-½ teaspoon Cayenne (depending on how spicy the sausage is)  
 ¼ teaspoon Liquid smoke

## Roux:

¼ Olive or vegetable oil  
 ⅓ cup flour or brown rice flour

## Directions:

Saute the chicken and sausage in a heavy skillet until browned. Then take the meat out of the skillet and set aside. Don't clean out the skillet, you'll want it for the roux. Saute onions in oil in a large pot for about 1 minute.

Add the garlic and bay leaves and continue to saute until onions are translucent. Add the carrots, celery, peppers, basil and thyme and saute for another 5 minutes. Add tomatoes, okra, stock, remaining spices, liquid smoke and browned meat and stir. Cover and simmer over low heat for 30 minutes.

While the stew is simmering, start the roux. With the skillet you used to brown the meat, heat the oil. Start to gradually add the flour while whisking it to form a smooth paste. Lower the heat to simmer and continue to whisk the roux, being careful not to let it burn.

Continue cooking the roux while stirring for about 20-30 minutes. It should turn a nutty brown. Add the roux to the stew and stir thoroughly. Taste the stew and adjust the spices. Cook for another 10 minutes, serve over rice or corn bread and top with scallions and parsley. Make sure you have your favorite hot sauce on hand!