

# NEST CAFE

NOURISH EVERYONE SUSTAINABLY TOGETHER

## A WORD FROM OUR DIRECTOR

### We Hit a Bump in the Road

Due to circumstances beyond our control, NEST Café has made the difficult decision to end our building project at 2653 5th Ave., Rock Island. We continue to be committed to being good stewards of the gifts you have entrusted to us, to building a safe and welcoming community for people from various circumstances and to feeding all members of our community sustainably sourced, nutrient dense food, regardless of their means. Given those commitments, we believe this decision is the most responsible way forward.

The NEST board of directors and I are diligently exploring opportunities for the Rock Island location that will be just the right home for NEST Café. We are incredibly thankful for your support of NEST Café and look forward to sharing good news when we find our new home! In the meantime, we're staying busy. Check out our upcoming events.

With much gratitude and anticipation,  
Laura Mahn

## UPCOMING EVENTS

Mark your calendars!

Tuesday, August 24th, Pop-up meal at Two Rivers UMC, 1820 5th Ave., Rock Island, 4:30 - 6:30 p.m.

Friday, September 3rd, NEST works the beer tent at Mercado on Fifth, Moline 5:00 -10:00 p.m.

Saturday, September 11th, Family Fun Day Pop-up meal at Martin Luther King Center, 630 9th St., Rock Island, 11:00 a.m. - 3:00 p.m.



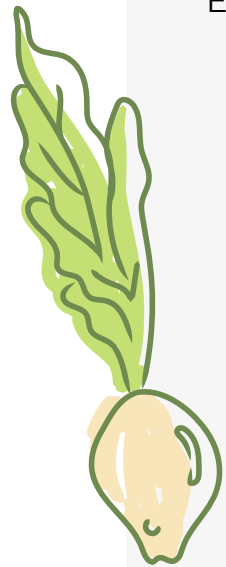
# NATIONAL EVERYBODY EATS WEEK



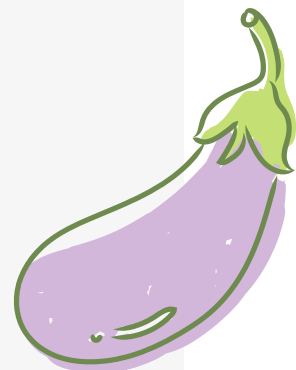
The purpose of National Everybody Eats Week is to unify and move our nation for change as it relates to the global issue of hunger.

As a proud member of One World Everybody Eats, NEST Café is dedicated to increasing food security and building community through the pay-what-you-can nonprofit restaurant model while nourishing bodies and communities by providing delicious, sustainably sourced food to all who enter, regardless of their means.

Please join us in recognizing August 22nd - 28th as National Everybody Eats Week in the City of Rock Island! We look forward to serving this community at our upcoming pop-up events, and don't forget to follow us on social media to learn more about National Everybody Eats Week!



NEST director and board members with Mayor Thoms at the August 9 City Council meeting where Rock Island officially joined cities around the country in proclaiming August 22-28 National Everybody Eats Week.



# STORIES FROM OUR SUMMER NESTING

We had a lot of summer snack fun with the 1st and 2nd grade students at Spring Forward Learning Center's summer camp. Vanilla Greek yogurt, fresh, local berries (we used strawberries, blueberries, and blackberries because they were in season here at local farms), and homemade granola. Easy as pie and oh so yummy! We were so happy to meet so many young berry lovers!



## THANK YOU



### Follow us on Social Media



NEST Café Quad Cities



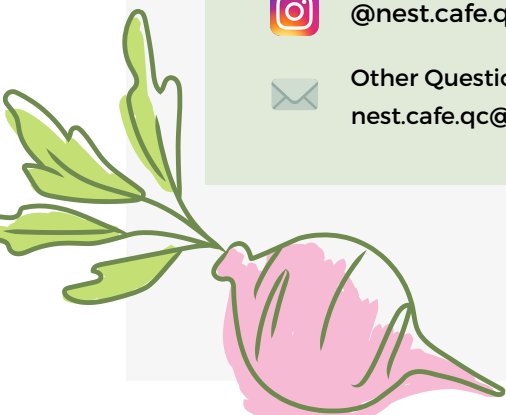
@nest.cafe.qc



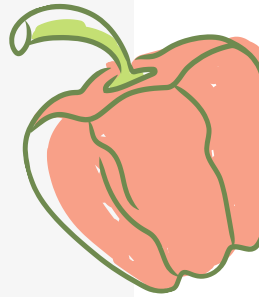
Other Questions? Email us at:  
nest.cafe.qc@gmail.com



Look at some of the beauties we received from our request for china donations!



June's pop-up featured a delicious Indonesian Rice Salad. Here's the recipe:



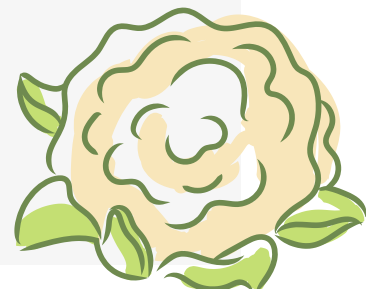
### A VARIATION OF SRI WASANO'S INFAMOUS INDONESIAN RICE SALAD

Serves 4 to 6

A great summertime recipe when scallions, garlic, peas, peppers and parsley are garden fresh in the QC!

- 2 cups cooked, cooled brown rice
- ½ cup currants (or raisins)
- 2 chopped scallions
- ¼ cup toasted sesame seeds
- ½ cup sugar snap peas
- ¼ cup toasted cashews
- 1 large, chopped pepper (we used both green and red)
- 1 stalk chopped celery (it looks nice if you slice it on the diagonal)
- fresh parsley
- dressing:
  - ¾ cup orange juice
  - ½ cup safflower oil
  - 1 Tbs. sesame oil
  - 3-4 Tbs. Tamari sauce
  - 2 Tbs. dry sherry
  - juice of one lemon
  - 1-2 cloves minced garlic
  - ½-1 tsp. freshly grated ginger root
  - salt + pepper

Combine all ingredients & serve with chilled, local greens.





# 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!
- 4.) Donate as you're able, whether that is money, time or talent. That's how NEST works!

## 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.

We thank the following foundations for helping us nourish our community.



*The* **MOLINE**  
**FOUNDATION**

The Bob and Blenda Ontiveros Fund

A Fund of the Quad Cities Community Foundation

 HUBBELL-WATERMAN  
FOUNDATION

 **MIDAMERICAN**  
ENERGY COMPANY.

THE JOYCE & TONY  
**SINGH FAMILY**  
FOUNDATION

