



Fraidpoldis Cot U

is a short film program and community food initiative in partnership with The Wexner Center for the Arts & Willowbeez Soul Veg.

Running from November 10th - Dec 27th in Free Space @ The Wex, the artists included in the program are Sable Elyse Smith, Reg Zehner Katherine Simóne Reynolds, LaToya Ruby Frazier, & Wesley Chavis.

It's curated by Cameron Granger.



WILLOWBEEZ Soul Very

is a grassroots food business focused on community. A vegan & vegetarian pop up adding to every meal.

Founded by Carnell & Malik Willoughby.



Pesto Pasta

PREP TIME
5 mins
COOK TIME
10 mins
serves 4

INGREDIENTS

Pasta of your choice

1/4 cup of sunflower seeds, almonds, cashews or pine nuts

1 cup of fresh kale (packed tight) (kale is a superfood, it's the star of the show!)

1 clove of garlic

1/4 cup of olive oil

1-3 tbsp of nutritional yeast

salt, pepper

1/2 lemon

added to blender



INSTRUCTIONS



Prep your pasta according to package instructions

Add kale, garlic, almonds (or alternative), nutritional yeast, olive oil, lemon juice, salt & pepper,to a blender and blend until smooth.

Spread the pesto onto a toasted pita to make a kale pesto pizza!

Or use it as a dip!



Where to find free and cheap food in Columbus

Mt Olive Baptist Church 428 E. Main St Grab & Go lunches on Fridays

Open Shelter
61 E. Mound St
Sack lunches Mon - Fri

St Sophia Orthodox Church
1493 Indianola Ave
Free breakfast Tues - Sat, Free lunch Tues, Wed,
Thurs, Sat, Free pizza Fridays
Accessible by COTA

Stowe Mission of Central Ohio
888 Parsons Ave
To go hot lunch every weekday 11 - 12:30
Food pantry open every day from 9 AM - 11:30 AM
Accessible by COTA

St Lawrence Haven 200 S. Fifth St. Free daily meal Mon - Fri 1 PM - 3PM

Food Not Bombs
SW Corner of Sullivant Ave & S. Burgess Ave
Free produce every Saturday at 1:15 PM until
supplies are gone.

IMMENSE GRATITUDE TO:

Kendra Bryant for her friendship, care, and photography (that helped create this zine) Brother Jeffery Grant for his eye, his videography, and support.

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Carnell and Malik and Sheri at Willowbeez, for lending your time, generosity, and wisdom to this project, and for all you do in our city.

& my grandmother, Pearl, for teaching me the importance of good food.



