



the
alex.

**COMMUNITY
FOOD CENTRE**
A Right To Food Partner



HARVEST WEEK SCHEDULE

September 14 to September 18, 2026

**Monday
Sept 14**

Scrappy Monday
(Volunteers)
10:00 am - 2:00 pm

Bokashi Composting
with Karuna Compost
12:00 pm - 1:30 pm

Mind Your Food
(Youth Ages 13 to 19)
5:00 pm - 7:30 pm

**Tuesday
Sept 15**

Scrappy Tuesday
(Volunteers)
10:00 am - 2:00 pm

Community Food
Resilience Gathering
5:00 pm - 7:30 pm

Regular
programming
(i.e. food and garden
skills programs,
drop-in community
meals) will be
paused for this week.

**Wednesday
Sept 16**

Wise Ones
Flower Power
10:00 am - 11:30 am

Food & Market Prep
(Volunteers)
12:00 pm - 4:00 pm

**Thursday
Sept 17**

Market Prep
(Volunteers)
12:00 pm - 4:00 pm

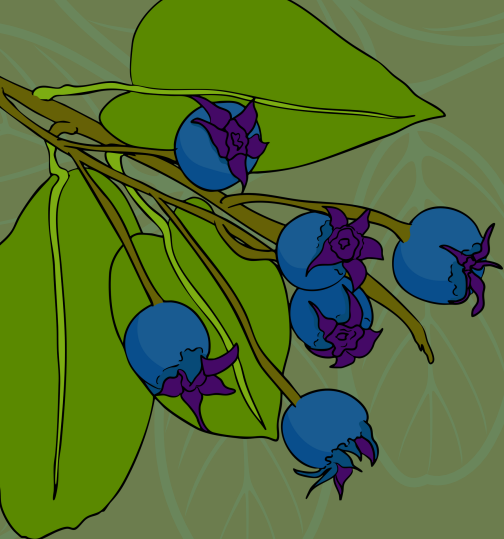
Harvest Market
(Drop-in)
4:30 pm to 6:30 pm

Registration is
required for all
volunteer shifts and
workshops during
Harvest Week!

**Friday
Sept 18**

Composting Workshop
11:00 am - 1:00 pm





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Scrappy Monday (Volunteers)

Volunteers will be transforming fresh harvest produce into delicious, nourishing foods through the art of fermentation.

To sign up, contact Nick at nbishop@thealex.ca or 403-617-3198.

Bokashi Composting with Karuna Compost

Learn how to transform kitchen scraps into nutrient-rich compost while exploring the fascinating world of fermentation.

To sign up, contact Joanna at jtschudy@thealex.ca or 403-863-3953.

Mind Your Food (Youth Ages 13 to 19)

An evening of storytelling, Indigenous music and food sharing. Celebrate culture, connection, and the stories that food carries across generations.

To sign up, contact Gii at gmasters@thealex.ca or 403-312-6665.

Scrappy Tuesday (Volunteers)

Volunteers will be making the most of the harvest by turning fresh, seasoned produce into delicious homemade salsa.

To sign up, contact Nick at nbishop@thealex.ca or 403-617-3198.

Community Food Resilience Gathering

Learn from the wisdom and experience within our community as we explore ways we can share skills, knowledge, resources and food resilience practices with one another.

To sign up, contact Bernadette at blumugdang@thealex.ca or 403-370-0807.

Wise Ones Flower Power

Preserve the beauty of the season with simple flower-pressing techniques and botanical art. For community members 55+ years and above.

To sign up, contact Jhumur at jdebnath@thealex.ca or 403-333-8142.

Market Prep (Volunteers)

Dedicated volunteers sort, stock and prepare samples for the Harvest Market.

To sign up, contact Nick at nbishop@thealex.ca or 403-617-3198.

Harvest Market

Join us to celebrate the season's harvest with local produce, music, seed saving, canning and dry herb demonstrations, and delicious samples.

To learn more, contact Jhumur at jdebnath@thealex.ca or 403-333-8142.

Composting Workshop

Wrap up the harvest season by regenerating soil. Learn the art of hot composting and get a head start on next year's garden.

To sign up, contact Joanna at jtschudy@thealex.ca or 403-863-3953.