



THE COMMUNITY TABLE

COOKING CLASSES & FARM STAND



Join our cooking classes, monthly community dinners, and year-round farm stand at the Nationals Youth Baseball Academy.

To join, please contact Tessa.Mork@ymcadc.org or call 202-745-5283.

Cooking Classes:

- We offer 3 levels of hands-on cooking classes.
- Each level is 4 or 6 weeks long.
- Participants leave with groceries after each class!
- Our Level 1 class is 6-weeks long and costs \$15. You will be reimbursed if you come to 5 classes.
- Our next level 1 class starts on: _____



Monthly Community Dinners:

- Join our dinners to break bread with neighbors.
- They are free for anyone—bring friends & family!
- Every First Friday of the month from 6:00pm - 8:00pm (unless otherwise noted).



Year-Round Farm Stand:

- Discounted produce is sold at the concession stand at a discounted rate.
- Bags cost between \$10 - \$20.
- We will soon accept SNAP and WIC.
- Every Wednesday from 4:30 pm - 7:00 pm.



The Nationals Youth Baseball Academy is located at: 3675 Ely Place SE, Washington, DC 20019.

Calendar on the back



CULINARY CALENDAR 2020

JANUARY

Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

FEBRUARY

Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7	8
10	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

MARCH

Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APRIL

Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MAY

Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	11
10	11	12	13	14	15	16
17	18	19	20	21	22	23
23/31	25	26	27	28	29	30

JUNE

Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

JULY

Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

AUGUST

Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24/31	25	26	27	28	29

SEPTEMBER

Su	M	Tu	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

OCTOBER

Su	M	Tu	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

NOVEMBER

Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

DECEMBER

Su	M	Tu	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Level 1 Cooking Class, 6-8pm

Level 2 Cooking Class, 6-8pm

Level 3: CSA Meal Prep, 6-8pm

Community Dinner, 6-8pm

Farmer's Market 4:30-7:00pm