

# Kindly KITCHEN

N O V E M B E R 2 0 1 6



## First Friday

Friday November 4th | 7:00-8:15 pm

Art Crawl, join Earline, Americana singer/guitarist, in the cafe

Cost: FREE

## Dinner & Movie Night

Saturday November 12th | 6:45-9:00 pm

We'll be serving family style dinner- gluten free/vegan pizza!

The film is called "A Place at The Table" - a documentary on Food insecurity in America. Western Youth Network (WYN) will be receiving 10% of sales, and will be there to speak briefly about an initiative going on to provide healthy foods to their children.

Cost: \$15 | Includes Dinner

RSVP at [www.eatkindlyboone.com](http://www.eatkindlyboone.com) under the events tab

## Second Sunday Earth Medicine Series: "The Art of Chai"

Sunday November 13th |  
11:00-12:15 pm

Class on how to make the most delicious chai in the world, and how to add medicinal herbal extras for enhanced flavor and healing benefits. Come ready to sip and savor. Sign up at

[www.downtoearthboone.com](http://www.downtoearthboone.com)

Cost: \$15

(Sign up at [www.downtoearthboone.com](http://www.downtoearthboone.com))