



Hello and welcome to

FOOD FOR REAL: AUTUMN

We are SQUASH, an L8-based collective, passionate about food, art and community and we invite you back to our home on Windsor Street to celebrate the coming of autumn. At this Equinox time of year when day and night are of equal length, we promote balance and celebrate community wellbeing; taking time to work, rest, eat and make, together.

All activities are **FREE**. Please donate generously, if you can, so we can keep them accessible to everyone.

More info and booking details at www.squashliverpool.co.uk

We also look forward to welcoming you to our cafe & shop - an award-winning community business where you can sample delicious seasonal specials.

Open Wednesdays 4 -7PM, Thursdays & Fridays 11AM-4PM and Saturdays 10AM-4PM

Updates via instagram, twitter & facebook @squashliverpool



Culture Liverpool

WEDNESDAY 22 SEPTEMBER



HARVEST AUCTION

FUNDRAISER 7 - 9.30PM

SQUASH HQ (No need to book)

Join in the annual harvest auction where great Liverpool-grown produce and artwork will be up for grabs. On this magical evening of food and music help raise money for two vital causes; **Habibti** Liverpool who support the medical staff and children at Al Sabeen Hospital, Yemen and Squash's own **'Box it Forward'** campaign in partnership with **Family Refugee Support Project**

Crowers & Artists! Get in touch to donate autumn produce & artwork via rachael@squashliverpool.co.uk

Donation drop-offs 10-4pm **Saturday 18th September**.

Lots can be viewed from 4-6.30pm on the day of auction.

Café open 7-9pm for autumn drinks & snacks.

FRIDAY 24 SEPTEMBER



YAMMTREE VEGAN COOKING

WORKSHOP 10am-1pm

CRAPES CARDEN

BOOKING ESSENTIAL via www.blackfest.co.uk

Join chef Abraham Ojapah, founder of Yammtree, for a yam cooking and education session. Founded in 2020, Yammtree is a healthy afro fusion plant-based movement designed to elevate the wellbeing of people through greater awareness of African food.

In collaboration with Blackfest.

More info on Yammtree via @yammtree on insta



THE ART OF SEED SAVING

WORKSHOP 11am - 2pm (Drop in)

SQUASH HQ

At the heart of food sovereignty lies seeds. Join the Squash Gardeners to sort, clean and pack seeds collected from our gardens to replenish the Toxteth Seed Library and choose a packet to take away to sow next spring.

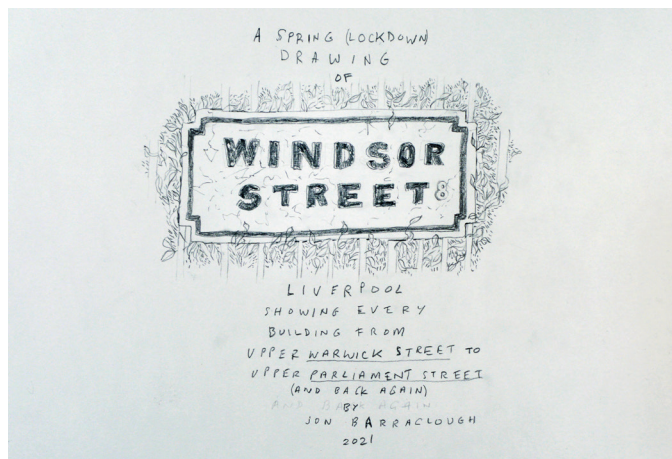
SEED MANDALA DRAWING

WORKSHOP 11am - 2pm (Drop in)

SQUASH HQ

Join artist Tabitha Moses to design your own circle pattern (mandala) inspired by the seeds we grow on Windsor Street.

FOOD FOR REAL: AUTUMN



A LATE SUMMER DRAWING OF WINDSOR STREET

ON DISPLAY FROM 22 SEPTEMBER

SQUASH HQ

During lockdown last winter and early spring, Jon Barraclough made a drawing of every building (and tree) on Windsor Street from Toxteth Library, to Squash and back again.

As the summer moves into autumn, he has revisited his Windsor Street Drawing to update the street with seasonal change and colour. His latest version will be on display from 22 September at SQUASH.



INTRODUCTION TO COMPOSTING

WORKSHOP 1 - 3pm

GRAPES GARDEN

BOOKING ESSENTIAL - email info@compostworks.co.uk

Come and learn how to compost your food waste with Minna Alanko-Falola, founder of Compost Works, a Liverpool-based social enterprise that diverts food waste from landfill through setting up composting facilities and running educational activities.

More info about Compost Works via Twitter/Facebook [@CompostWorksUK](https://www.facebook.com/CompostWorksUK)

FOOD FOR REAL: AUTUMN

HARVEST * ART * FOOD

VEG BOXES FOR ALL!

Squash sells the freshest, most colourful, organic weekly veg boxes & fruit bags - support us by ordering yours via elsie@squashliverpool.co.uk And if you are able to, please support our 'Box it Forward' scheme sharing fruit, veg and other vital supplies to L8 families in need. More info www.squashliverpool.co.uk/donate

UPCOMING EVENTS THIS AUTUMN AT SQUASH:

THE HEALING GARDEN

FOR WORLD MENTAL HEALTH DAY SUNDAY 10TH OCTOBER

BLACK HISTORY MONTH

EXPLORING WEST AFRICAN FOOD ORIGINS WITH BETTY VANDY

For updates, find us on Facebook, Twitter and Instagram on [@squashliverpool](https://www.facebook.com/squashliverpool) or phone 0151 7077897

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