



JULY 2024 NEWSLETTER

WHAT'S HAPPENING AT

THE SPRING DISTRICT

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## POINTS OF INTEREST

Art in the Park Wrap Up!  
Recycle Batteries @ BFM!  
Whole Wheat Brownies!

# ART IN THE PARK WRAP UP

## COCO ALLRED VISITS THE SPRING DISTRICT

Last month, [Coco Allred](#) brought her [Drawing Herd](#) observational workshops to The Spring District. We were thrilled to host these pop-up art classes in the heart of our neighborhood. The classes gave participants an opportunity to see their environment from the perspective of color, and focus on the intricate parts of plants, rather than the whole plant. Everyone had a wonderful time learning something new and growing as an artist.



## JULY HOLIDAYS



### CANADA DAY JULY 1

Canada Day, formerly Dominion Day, is the nationally recognized holiday celebrating the dominion of Canada; a day in 1867 when the original three provinces

of Canada came together as Canada. In 1982, Canada became a fully independent country and the national holiday was officially changed to Canada Day. Canadians celebrate the day with BBQs, parades, fireworks, and the singing of the national anthem, "O Canada".

Learn more [here](#).

### 4TH OF JULY JULY 4



American Independence Day celebrates the day the Continental Congress declared independence from Great Britain. The Revolutionary War broke out in the spring of 1775, and as support for independence grew, Congress created a committee to create a formal statement justifying independence from Great

Britain. The 5-man committee was comprised of Thomas Jefferson, John Adams, Roger Sherman, Benjamin Franklin, and Robert Livingston. The Continental Congress voted unanimously in favor of independence on July 2, and formally adopted the Declaration of Independence on July 4, the official Independence Day as we know and celebrate today. Learn more [here](#).



### BASTILLE DAY JULY 14

Bastille Day in France is widely recognized as Le 14 Juillet. This National Holiday Honors the storming of Bastille, a prison in Paris, on July 14, 1789. This act

of defiance is considered the beginning of the French Revolution, which eventually led to an end to monarch rule of France. The three guiding ideals of French government are Liberty, Equality and Fraternity. The holiday is celebrated with parades featuring French military, family picnics, and fireworks.

Learn more [here](#).

### JULY IS NATIONAL BLUEBERRY MONTH



Sometimes called a super food, blueberries are a low-calorie, nonfat food featuring fiber, vitamin C, vitamin K and potassium.

Since 1974 July has been recognized as National Blueberry Month. So join the fun and pick your blueberries from the many plants located throughout The Spring District and make one of these wonderful [recipes](#). Showcasing the diversity of blueberries, there are recipes for everything from breakfast to cocktails. Good luck no matter which one you choose to make.

# RECYCLE YOUR BATTERIES



## BELLEVUE FARMERS MARKET RECYCLES BATTERIES

The Bellevue Farmers Market has partnered with The City of Bellevue Conservation and Outreach Division to offer battery recycling. This pilot program is in conjunction with the City of Bellevue Utilities Department.

Go to the weekly farmers market and drop off your old household batteries at the Bellevue Farmers Market Info Booth.

Learn more about recycling batteries for your place of business. Batteries should not go in the garbage. Please learn how to divert them from the landfill [here](#).



## RECYCLE BATTERIES AT THE BELLEVUE FARMERS MARKET!

Drop off your old batteries at the Bellevue Farmers Market Info Booth. Do your part to help keep hazardous materials out of the local landfill.

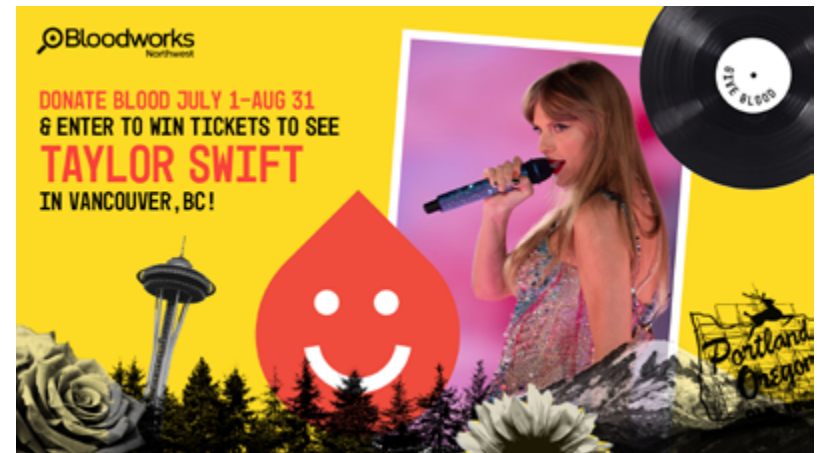
## FEATURED ORGANIZATIONS

### BELLEVUE FARMERS MARKET

The [Bellevue Farmers Market](#) mission is: To support small local farms by providing a viable, vibrant marketplace for farm product to be sold directly to consumers and to put on a weekly event for Bellevue's urban residents that nourishes, educates, and fosters community.

Most Thursdays between May and October, you'll find the market at 1717 Bellevue Way NE, Bellevue, WA 98004. This thriving community market offers locally sourced and grown products and produce, kids' programs, and opportunities to come together with your neighbors and friends.

Financial support of the market helps bolster the health and wellbeing of your local community with their creative programming and investment in "local" products and vendors. Support this important organization today. Make your donation [here](#).



Brace yourself, Taylor Swift fans! There's a glimmer of hope for you to catch her live in concert through Bloodworks Northwest. Bloodworks Northwest wants to send one lucky blood donor and guest to The Era's Tour stop in Vancouver, BC on December 6th, including overnight hotel stay. Even if you've had the pleasure of experiencing Swift's captivating live performance this year, this is a spectacle you won't want to miss. Book your appointment for July or August and complete your entry form today at [www.bloodworksnw.org/win](http://www.bloodworksnw.org/win).

Follow this link to [Find a Blood Donation Location](#) or select from the below Eastside locations:

- July 4 [EvergreenHealth Kirkland](#)
- July 9 [Kenworth Kirkland](#)
- July 18 [City of Redmond](#)
- July 19 [Overlake Medical Center](#)
- July 25 [Monolith Productions](#)

**Remember to Create Your New Account at [www.bloodworksnw.org/giveblood](http://www.bloodworksnw.org/giveblood)**

Use the new [Donor Scheduling Portal](#) to book your appointment to save lives. Get ready for a new donor scheduling experience that's mobile responsive and makes booking an appointment from your phone or desktop easy. [\[Watch Video\]](#)



BloodworksNW.org / 800-398-7888

# LUNCHTIME SUMMER CONCERTS!



JOE COOK BLUES BAND

## 2024 BELLEVUE BEATS & BITES MUSIC SERIES

The first concert in The Spring District is Tuesday, July 23. Mark your calendar to join us for a sunny lunchtime concert. Below is our eclectic line-up featuring blues and authentic Hawaiian music. We look forward to seeing you out in the park! Learn More [here](#).

July 23: [Joe Cook Blues Band](#)

July 30: [EntreMundos Quarteto](#)

August 6: [Great American Trainwreck](#)

August 13: [Elias Kauhane](#)



## 2024 BELLEVUE BEATS & BITES MUSIC SERIES LUNCHTIME CONCERTS

[J&Y Creperie](#) will be on site selling delicious crepes on Tuesday, July 23 and July 30. Check out their [menu here](#).



## FREE SUMMER MOVIES!

### THE SPRING DISTRICT *FREE* OUTDOOR MOVIES

Join us in The Spring District for the annual FREE outdoor movies.

Make a night of it! There will be food trucks on site so you can pick your spot for the movie, grab dinner, and enjoy the pre-show entertainment.

This year food trucks will feature Thai Food, a mobile creperie, Mexican Food and more!

*You bring the chair;  
we'll supply the popcorn!*



## The Spring District *Free* Outdoor Movies



08/22/24–Rated PG



08/29/24–Rated PG-13

**When:** Thursday, 08/22 & 08/29

**Where:** 12167 NE 14th Terrace

The Spring District Plaza

Located by the bocce ball court & stage  
Seating starts at 7:30pm Free Popcorn!



# Whole Wheat Double Chocolate Brownie Bites

by [Weelicious](#), Catherine McCord

If you have a 4th of July BBQ to attend take these delicious tidbits for dessert and be the hit of the party. In addition to being the perfect size, they are festive!

## INGREDIENTS

1/2 cup all purpose flour  
1/2 cup whole wheat flour  
1/2 cup cocoa powder  
1/2 cup granulated sugar  
1/2 teaspoon kosher salt  
1/4 cup butter, melted  
1/2 cup applesauce  
3 large eggs  
1 teaspoon vanilla extract  
1/2 cup mini chocolate chips

## INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. In a large bowl, whisk together the flours, cocoa powder, sugar and salt making sure to break up any cocoa powder lumps.
3. In a separate bowl, whisk together the butter, applesauce, eggs and vanilla.
4. Stir the wet ingredients into the dry ingredients until combined, and fold in the mini chocolate chips.
5. Pour 2 tbsp of batter into each greased mini-muffin cup and bake for 10-12 minutes, or until a wooden pick inserted in the center comes out clean.

(To freeze place the baked brownie bites in labeled zipper bags and freeze for up to 3 months. Defrost at room temperature and serve.)

### Nutrition

Calories: 80kcal | Carbohydrates: 12g | Protein: 2g | Fat: 3g | Cholesterol: 5mg | Sodium: 75mg | Fiber: 1g | Sugar: 6g





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