

A close-up photograph of a vibrant bouquet of flowers. The bouquet includes large yellow sunflowers with dark brown centers, a large pink chrysanthemum, several orange and pink smaller flowers, and red clematis. The flowers are wrapped in white paper with pink accents. The background is blurred, showing what appears to be a wooden bench and a red fire truck wheel.

AUGUST 2025 NEWSLETTER
WHAT'S HAPPENING AT
THE SPRING DISTRICT

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POINTS OF INTEREST

Mark your calendar for fun events!
Meet the TSD Team!
Farm Stand Update!
Green Bean Salad!

FARM STAND UPDATE



FARM STAND @ THE SPRING DISTRICT

You have just one more week to enjoy the fresh produce and flowers from The Spring District Farm Stand. The Farm Stand is sponsored by [Community Programming Fund](#) through the City of Bellevue & the [Puget Sound Energy Foundation](#). All proceeds go to [Renewal Food Bank](#), in Bellevue, WA. We are thrilled this partnership brought The Spring District its very own farmer's market this summer. With produce from [Sound Sustainable Farms](#), fruit from [Collins Family Orchards](#), and flowers from [Cha New Life Garden](#), we brought the best of the best straight to the neighborhood. The expanded markets on Thursdays, helped create a bustling atmosphere with live music and local artisans bringing their products--tote bags, lip gloss & jewelry! We had something for everyone. Farm Stand hours on August 5-6-7 are 11:00am-3:00pm! Tag us with your favorite recipes created with your produce purchases.



AUGUST HOLIDAYS

PAKISTAN INDEPENDENCE DAY THURSDAY, AUGUST 14

[Pakistan Independence Day](#) marks when Pakistan was no longer under British rule and was declared its own country rather than an independent state of India. The holiday is celebrated with flag raising ceremonies, parades, and singing the national anthem. People often dress in green and white, the national colors of Pakistan. There are musical performances, fireworks, and family gatherings.

The City of Bellevue is holding a Pakistan Independence Day Celebration sponsored by the [Pakistan Association of Greater Seattle](#). The meeting will take place on Saturday, August 16, 2025, 12:00pm - 7:00pm at Bellevue Downtown Park. The event will feature live music and delicious food. Learn more [here](#).



INDIAN INDEPENDENCE DAY FRIDAY, AUGUST 15

India fought for and won freedom from British control in 1947. After 200 years of oppression, they were no longer under British rule and India was its own sovereign nation.

With the leadership of Mahatma Gandhi and his non-violent methods, the Indian Constituent Assembly received legislative sovereignty. Independence of India coincided with the partitioning of India, allowing Pakistan to break free of British rule and become an independent country in its own right.

In 2024, the City of Bellevue officially proclaimed August 15, "India Day," highlighting the shared values of democracy, diversity, and inclusion. Happy India Independence Day. Learn more [here](#).



COMMUNITY EVENTS



BELRED ARTS NIGHT MARKET SATURDAY, AUGUST 23, 2025

BelRed's first night market takes place Saturday, August 23rd, at 130th & 132nd Ave, at NE Spring Blvd, between 3:00-9:00pm.

Mark your calendars to experience local and regional musicians, performers, artisans, and culinary options all in one place!

The [BelRed Arts Night Market](#) is summer at its best. Join the fun. Read more [here](#).

GETTING THERE IS EASY

Residents of The Spring District just need to travel one light rail stop to attend this FREE event!

Explore the Night Market website and learn more about all the great vendors and performers participating in Bellevue's first Night Market.

See the vendor list [here](#) and the food vendors [here](#).

The [BelRed Arts Night Market](#) will feature some of the most creative local performers, too. Read more [here](#).



MEET THE INTERN



MEET THE SPRING DISTRICT SUMMER INTERN ZAIRA NESBITT

Zaira is the cheery face assisting you with your produce purchase from The Spring District Farm Stand. She is a sophomore in college from Woodinville, WA.

When not enjoying meeting all the residents and visitors in The Spring District, she enjoys walking her dog, Coco, and working out/lifting at the gym.

Zaira loves to enjoy the fresh, local fruit, especially for dessert. One of her favorite recipes to have made for her is a tofu dish her dad makes her. Her favorite movies are the ones that scare her! And she LOVES traveling to Hawaii. Stop by and say "Hi!"

Thank you for your help this summer, Zaira!



YOU CAN PICK THOSE APPLES!



Zaira spent some of her time picking the apples growing throughout the gardens in The Spring District. They are small and snappy, with a tart flavor. Perfect for pie making. Keep an eye out for Italian plums and pears as they ripen. There are blueberries and other treats throughout the chef's garden. Take a look around and enjoy the surprises you come across!

THE SPRING DISTRICT TEAM

GETTING TO KNOW A SPRING DISTRICT TEAM MEMBER MEET NOAH PASSEAU

Noah is the newest member of the engineering team. As a junior engineer, his primary focus is on learning the building functions and systems of Blocks 16 and 24.

Noah is a Pacific Northwest native who grew up in Berrydale, WA. When staying local, Noah's favorite thing to do with his free time is hiking and enjoying the Cedar River. If traveling, he likes to visit Yosemite National Park.

If you see Noah in the neighborhood, ask him about his favorite sports team, The Fire Hawks.

When not at work, Noah likes to play music. "I play guitar, bass, piano, and a little violin." And his favorite movie is, "La La Land."

Coffee or Tea? How do you like it? I don't drink either. I prefer a white hot chocolate.



What is your favorite local restaurant? Gyros House Mediterranean Cuisine.

What is your favorite recipe to make or have made for you? My favorite recipe to make would have to be homemade spaghetti Alfredo and chicken. My favorite dessert is apple pie and vanilla bean ice cream.

If you were a superhero, what would your superpower be? Cellular Regeneration.

Do you have a hidden talent? Getting things put back together better than they were before

In addition to all his other talents, Noah is an ace at working on cars and trucks.

We are lucky to have Noah on our team! We are definitely benefiting from having his energy and skill around the neighborhood.

Welcome to The Spring District, Noah!



NEIGHBORHOOD EVENTS



MUSIC IN THE PARK

at the Spring District
12167 NE 14TH TERRACE, BELLEVUE WA

Join the Sustain Music Project for a vibrant series of FREE outdoor events where music and community come together in joyful, unexpected ways. Start your morning with rejuvenating yoga classes and tap into your creativity at a drop-in painting workshop, all paired with live classical music.

02 AUG, 2025	OUTDOOR YOGA CLASS LED BY CHRIS HARNOIS FLUTE & GUITAR BRING A YOGA MAT—MATS NOT PROVIDED 10 AM-11 AM
09 AUG, 2025	DROP-IN ART CLASS LED BY KIMBERLY ADAMS FLUTE & CELLO TRIO 10 AM-12 PM
13 SEPT, 2025	OUTDOOR YOGA CLASS LED BY CHRIS HARNOIS FLUTE & MARIMBA BRING A YOGA MAT—MATS NOT PROVIDED 10 AM-11 AM

SPONSORED BY:



FOR MORE INFO: WWW.SUSTAINMUSIC.ORG

MUSIC IN THE PARK @THE SPRING DISTRICT

[Music in the Park](#) brought to us by [Sustain Music Project](#) is a project bringing music and art to you, wherever you may be - a park, a community center or any other venue open to everyone.

Join us this August in The Spring District Park for outdoor yoga classes on August 2 & 13. Yoga class will be led by [Chris Harnois](#) of [Body Reflects](#) yoga studio. Chris' classes are funny and playful. Bring your mat and start your day off with an energetic class set to chamber music designed to enhance your yoga experience.

On Saturday, August 9th, 2025, get ready for an art class in the park led by [Kimberly Adams](#) with accompanying music of flute and cello.

We are looking forward to seeing your warrior poses and one of a kind works of art! Tag us [@TheSpringDistrict](#)!



NEIGHBORHOOD EVENTS CONT'D

FINAL DAYS

**FARM STAND
@ THE SPRING DISTRICT
LAST DAYS AUG 5, 6 & 7!**



Spring District Farm Stand

Open Tue-Wed-Thu
July 8th - August 7th, 2025
11am - 3pm

12167 NE 14th Terrace
Bellevue, WA 98005

Follow us @TheSpringDistrict for weekly produce updates

Proceeds and leftovers lovingly donated to Renewal Food Bank

Sponsored by:



**PUGET
SOUND
ENERGY**



*You bring the chair;
we'll provide the popcorn!
Movie starts at sunset!*

Mark Your Calendar for

SUMMER MOVIES

**Inside Out
August 21**



- Summer Market 3-7pm
- Reptile Show - 6-7pm
- Facepainting 6-7pm

**Guardians of the Galaxy Vol 2
August 28**



- Summer Market 3-7pm
- Magic Show - 6-7pm
- Facepainting 6-7pm

Follow us @TheSpringDistrict for
additional details!

12167 NE 14th Terrace
Bellevue, WA 98005

FEATURED ORGANIZATIONS

KidsQuest

Summer programming at KidsQuest Children's Museum in August give kids of all ages a chance to explore the world of mud! Scan the QR code below to purchase tickets for the curious ones in your life! Learn more [here](#) about their summer programming

KidsQuest ...Children's Museum Where Learning meets SUMMER FUN!

Open Every Day in the Summer

Explore over 25 innovative exhibits, including a real semi-truck, a 2.5 -story climber, and playful outdoor spaces.

- **Water Week:** JUL 21-25
- **Mud Week:** AUG 25-20
- **Curiosity Cart: Science of Art** roaming activities 7 days a week! *Curiosity Cart is Powered by PNC Bank*

SUMMER
NIGHTS

Join us on select
Fridays in JUL & AUG
for extra fun!



Scan to buy tickets
and to learn more!



KidsQuest Children's Museum is a 501(C)(3) non-profit organization.
1116 108th Ave NE Bellevue, WA 98004
KidsQuestMuseum.org



THE 100 DEADLIEST DAYS BETWEEN MEMORIAL DAY AND LABOR

The summer months are crucial for blood donation. Motor accidents are on the rise and there's a critically low shortage of blood donors. Your blood donation is essential to trauma care. Help support local hospitals that treat thousands of emergency patients daily and schedule an appointment to give blood. Book your appointment now to save lives. In one hour you can make a difference. Please sign up to donate blood at St. Thomas Episcopal Church in August.

Go to www.bloodworksnw.org/win to book an appointment near you and complete your on-line entry.

Thursday, August 7 [St. Thomas Episcopal Church](#)
Book your appointment anytime at the [Bellevue Donation Center](#)

Create Your Bloodworks Account at
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 #BloodSupply #BePrepared #DonateBlood



BloodworksNW.org / 800-398-7888

Green Bean Salad

by [Laura Scherb](#) with [Taste of Home](#)

Purchase your green beans and tomatoes from The Spring District Farm Stand and you will have most of the ingredients for this wonderful summertime salad. Remember, all proceeds from the farm stand benefit [Renewal Food Bank](#).

INGREDIENTS

2 pounds fresh green beans, trimmed and cut into 1-1/2-inch pieces
1/4 cup olive oil
3 tablespoons lemon juice
3 tablespoons balsamic vinegar
1/4 teaspoon salt
1/4 teaspoon garlic powder
1/4 teaspoon ground mustard
1/8 teaspoon pepper
1 large red onion, chopped
4 cups cherry tomatoes, halved
1 cup (4 ounces) crumbled feta cheese

INSTRUCTIONS

1. Place beans in a 6-qt. stockpot; add water to cover. Bring to a boil. Cook, covered, 8-10 minutes or until crisp-tender. Drain and immediately place in ice water. Drain and pat dry.
2. In a small bowl, whisk oil, lemon juice, vinegar, salt, garlic powder, mustard and pepper. Drizzle over beans. Add onion; toss to coat. Refrigerate, covered, at least 1 hour. Just before serving, stir in tomatoes and cheese.

NUTRITION FACTS

3/4 cup: 77 calories, 5g fat (1g saturated fat), 4mg cholesterol, 112mg sodium, 7g carbohydrate (3g sugars, 3g fiber), 3g protein. Diabetic exchanges: 1 vegetable, 1 fat.





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