

The Fresh Advocate

SPECIAL ISSUE

MAY/JUNE 2011



GROWING GROUNDS
DOWNTOWN

PLANTS & GIFTS

ART AFTER DARK RETURNS

On the 1st Friday of every month, ARTS Obispo coordinates with shops all over San Luis Obispo to host artists and their work in their shops for an event called "Art After Dark." This October (2010) there were 29 hosts, most of which offered food and beverage to its wandering patrons. The Growing Grounds Downtown garden shop was one such establishment that kept its doors open past closing hours.

"I love Art After Dark," was one patron's exclamation, "it's wine, it's art, it's walking, does it get much better than this?" She is one of about 200 who stroll in and out throughout the evening, enjoying the relaxing decor of the backyard garden party. There is no rush as people chat over the donated Javadi wine and samples of produce fresh from the Growing Grounds Farm. "These tomatoes are so good!" is heard again and again as people visit the table throughout the evening. Twinkle lights braided through the branches above and adobe brick-work below lend to the atmosphere. Food and wine in hand, they turn to the art work and artist to ask questions and to learn about all there is around them. "What's the process you use?" is an inquiry that induces a personal tour by the artist of his methods, throughout which we learn something of his values and his history. Suddenly his art gains deeper meaning for us too.

Reflections from last October's AAD by Amanda Hudson

MOTHER'S DAY SPECIAL

Mention this newsletter and receive
10% off any flowering plant for mom!



Friday, May 6th
6-9 p.m.

956 Chorro Street
(805) 544-4967

Presenting an evening of water colors by
John Byers and live music by **Jamie Elias Salloum!**

Coffee provided by **Nautical Bean.**

PLANT OF THE MONTH: MILLION BELLS

Scientific Name: Calibrachoa hybrid



Where to grow it: Thrives in containers like window boxes and hanging baskets outdoors where it can get lots of sunshine. Fertilize often to encourage vigorous growth and continuous blooms.

Fun Facts: This annual blooms continually from Spring through late Autumn in vibrant colors and it cleans itself, discarding spent blooms. Beautiful and low maintenance!

VOLUNTEER AT GROWING GROUNDS DOWNTOWN!

Help clients be defined by their strengths, gifts & community contributions!
Call: 805-540-6511

FARMER'S MARKET

Date: Every Thursday
Time: 6pm-9pm
Location: Our booth is on the corner of Chorro and Higuera streets out in front of Avanti.

ART AFTER DARK

Date: First Friday of every month May-November
Time: 6pm-9pm
Location: Growing Grounds Downtown will be open late and the featured artists, musicians and wineries will be set up on the patio out back.

SLO Wine & Grill Affair

Date: June 4th
Time: 1pm-4pm
Location: Per Bacco on the historic Filippini Ranch on Calle Joaquin, SLO (past the KSBY TV station). Tickets are \$35 per person in advance (\$40 at the door). For tickets call 540-6526 or visit www.t-mha.org (events)

LOCATION

956 Chorro Street
(Across from the Mission)
Downtown, San Luis Obispo
805-544-4967

STORE HOURS

10am-5:30pm, Mon.- Sat.
11am-5pm, Sunday



Transitions-Mental Health Association

Post Office Box 15408
San Luis Obispo CA 93406
www.t-mha.org
805-540-6500