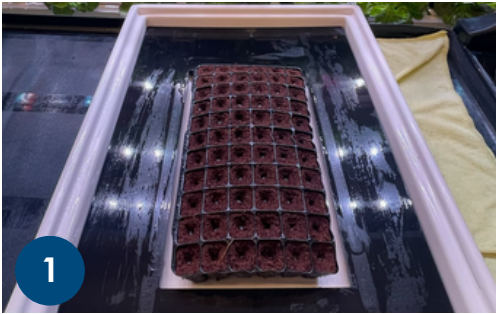


# THE FALLS FOOD HALL SPREAD

MAY 2026

## From Seed to Harvest

Curious about our hydroponic farm cabinets? Take a behind-the-scenes look at how we grow from seed to harvest.



1

Seeds start in in a soil medium and germinate within a week



2

~2 weeks later, plants are moved into the farm



3

Grown in nutrient-rich water for healthy, consistent growth



4

Harvested fresh for ~8 weeks, then we pot them up in soil and give them to you!



5

Herbs and veggies are in dishes throughout the cafe; look for the "Grown On-Site" sign!



### MEET KITTY

Catering Manager,  
Babylon Farmer



### ABOUT KITTY

To know her is to love her. Kitty is a DIY queen and thrives taking care of our farms.

**Stop by the Falls Food Hall to see the full process!**

## Hall Talk

Pro-tips to make ordering a breeze



**Did you know Savour lets you reorder your favorites in seconds?**

Simply choose your order date & time, tap the clock icon at the top of the screen, and voilà—your previous orders pop up. Click ORDER, add it to your cart, and you're off to fast checkout!

# WHAT'S HAPPENING

VISIT GO/FLIK TO SEE OUR MENU

**CELEBRATE CINCO DE MAYO**

Flavors and fun that bring the fiesta to you!

Tuesday, May 5

Food by FLIK

*Happy Mother's Day*

May 7 & 8  
**BUILD A CUSTOM FLOWER BOUQUET**

Enjoy a delicious brunch on Friday May 8th.

Food by FLIK

**Baba Ghanoush Cup, Broccoli, Carrots, Tomatoes FIT**

**POWERED BY FLIK**

**FIBER** COPLANT  
**VITAMIN C** BROCCOLI  
**BETA-CAROTENE** CARROTS

Food by FLIK

**Power in Unity**  
**STRENGTHENING COMMUNITIES TOGETHER**

**ASIAN AMERICAN PACIFIC ISLANDER HERITAGE MONTH**

This Asian American Pacific Islander Heritage Month, join us as we celebrate the strength of coming together and the power of unity. Through the vibrant flavors of Thai, Vietnam, and Fiji, we honor the cultures, traditions, and connections that unite us.

May 13 & 27

**FARMHOUSE PICNIC**

Week of May 18

**chef's choice**

Food by FLIK

**KOREAN STREET TOAST**

May 19 - 21

WHICH TASTY TRAVEL WON YOUR TASTE BUDS? SCAN TO CHOOSE YOUR FAVORITE!

**GLOBAL FOOD TREND**

Food by FLIK

**GLOBAL PANTRY**

Authentic Indigenous Ingredients, Known to Promote Health!

**LEBANON May 20**

For health benefits of Lebanese cuisine start with herbs which provide plant-based protein and fiber, as well as antioxidants, electrolyte benefits. These foods help support digestion and sustained energy while remaining flavorful and satisfying.

This month's featured ingredients include legumes, garlic, lemon, and whole grains.

Food by FLIK

Chat with our **FLIK REGISTERED DIETITIAN**

Stop by to talk with Amanda Veneman about healthy eating and sample nutritious, delicious #FoodbyFLIK!

**TASTING TABLE**

Falls Food Hall  
Wednesday 5/20

11:00 - 1:00

**Adopt-a-Basil**

Our hydroponic basil is ready for its next home. Come pick up your free plant!

**WATERSIDE'S FALLS FOOD HALL**  
WEDNESDAY, MAY 20  
11:00  
First come, first served.

Food by FLIK

**NATIONAL STRAWBERRY MONTH!**

Featured salads and desserts all month long

Food by FLIK

**NUTRITION AT HUMANA**

**WOW LIVE: NUTRITION WEBINAR**

**Home Grown Nutrition**

It's not too late to start a garden! Join FLIK Dietitian Amanda Veneman to learn how growing your own food can boost your physical and mental well-being and help stretch your grocery budget.

TO REGISTER: Search "Wow Live: Nutrition" in the Learning Center

5/29  
1:00pm EST

Earn 100 Personal Health points!

*Let's Talk*  
**FLIK**

Scan the QR Code and Submit Your Feedback

**TRY OUR RECIPES**  
Strawberry Poppyseed Vinaigrette



scan for recipe

