

Ayurvedic Community Potluck

At the home of Amelia and Aaron Neustadt in Irvine

Saturday, Sept 19, 2009 6:00pm

Ayurvedic Community Potluck

Host: Ayurvedic Community of Orange County

Saturday, Sept 19, 2009

Time: 6:00pm - 8:30pm

Home of Amelia and Aaron Neustadt

13 Cottoncloud

Town: Irvine, CA

RSVP: to Amelia 949-786-7893 and let her know what you will be bringing

Email: arusson@...

Location: Amelia's home is east of Culver Dr. and close to Main street in Irvine. From the 405 freeway, turn north on Culver and make a right on Main (1st light). Make an immediate right on West Yale Loop, then turn left at the first intersection (a stop sign -- Blue Lake South). Make the first left (Springacre), and follow this street around a small park and sand volleyball court. Make a left at Cottoncloud. The house is #13 near the end of the cul-de-sac on the left.

Let's gather our community at in Irvine at Amelia's home.

Please bring a tri-doshic lacto-vegetarian dish to share to serve 6. Please be conscious of any peanut products due allergies and refrain from bringing tridoshically imbalancing foods such as white sugar, chocolate, and yeasted breads.

It would be helpful to bring serving utensils for your dish as well as personal utensils and a plate and/or bowl so that we can be green and not use paper products. Also don't forget to bring containers for transporting extra food, as we seem to always have leftovers. Newcomers or latecomers please come even if you don't have food to share, there is always abundance.