

BotaniCuisine

MARCH 2022

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In the Spotlight



David Pannell and Lisa Fox

Founders of

Vegan Business Tribe,

a community of over 1,000 vegan business owners across the globe, on a mission to change the face of business, to create a fairer, cruelty-free world.



Inspiring Others to Go Plant-Based

TUES., MARCH 15, 7–8:30 pm ET
Peter Goldstein, of [WeDidIt.Health](#)

Nutrition and Brain Health

WED., April 8, 7:30–9 pm ET
Nancy Poznak, MS Health Science

What do Humane Labels Really Mean?

WED., April 27, 6–7:30 pm ET
Hope Bohanec, [Compassionate Living](#)

INFO / REGISTER



Climate
Healers
Presents

VCOP #9

Vegan Convergence of the Peoples

Sat. Apr. 30 & Sun. May 1
11 am – 9 pm ET / 8 am – 6 pm PT

INFO / REG

VEGAN: Vitally Engaged
Guardian of Animals and Nature.



Controversy Corner

Do animal rights activists care about their health?



Naijha Wright-Brown of
“[Naijha Speaks](#)” hosted this
discussion with Dr. Milton Mills and
Nancy Poznak, inspired by the debate
among vegans about Beyond Vegan
Chicken Nuggets served at Kentucky
Fried Chicken. **WATCH HERE**

Make the Connection TV ad, 30 seconds.

WATCH HERE

A controversial vegan advertisement
debuted on UK television channels.



By the [Afro-Vegan Society](#)

The [Dairy-Free Future Campaign](#)
provides information about the dangers of
consuming dairy products and gives us the
support and encouragement we need to
eliminate dairy products from our diets.
With online resources, including videos,
articles, cooking demos, meal plans, events
and more, Dairy-Free Future is making it
fun and easy to go dairy-free!

Wild Heart Bistro BY BOTANICUISINE



BotaniCuisine Specialty Foods

All entirely plant-sourced/vegan.

- Harvest Quiche (GF)
- Jackfruit Crabby Cakes (GF)
w/Remoulade Sauce (GF)
- Remoulade Sauce. 8 oz (GF)
- Calzones (Pizza in a Pocket)
(GF: Gluten-Free)

Available At:

- Fell's Point Farmer's Market
800 S. Broadway, Baltimore 21231
Saturdays, January – April,
from 9 am – 12:30 pm
- Pickup at BMore Kitchen

INFO / ORDER