

BotaniCuisine: Plant-Sourced Dining Outreach

April 2021 Newsletter & Update

Greetings BotaniCuisineers!



This month is flying by! While I've been gathering news and views to share with you for April, I started on a new exciting adventure with BotaniCuisine. I'm working out of a professional commissary kitchen to create specialty vegan dishes available at farmer's markets, events, and through pick-up/delivery service. More info soon! See the menu in the following section.

– Nancy Poznak, Founder, BotaniCuisine



Check out this fantastic virtual meetup series, **Plant-Powered: An Extraordinary Life.**

Dynamic speakers – Interesting, relevant topics. **Register for only \$3 each.**

Please stop by BotaniCuisine's booth at the Rotunda Farmer's Market.

Tuesdays, 11 am – 2 pm. Starting May 18 to October 26.

711 W. 40th St., Baltimore, MD 21211. Free parking 4 hours.

MENU: I'll be there one or more of these vegan specialties:

- Quiche: "Just Egg, veggies, tofu, cheese, walnut/oat crust.
- Hot Dogs w/veggies & cheese wrapped in pastry.
- Pumpkin Muffins, Chocolate Truffles
- Sweet & Nutty Popcorn Squares.

Free literature about plant-sourced/vegan food and lifestyle.

More markets announced soon!



April 22, Thursday: Earth Day with Afro-Vegan Society.

FREE online event! Be sure to **RSVP HERE.**

"Join us for informative interviews and a live panel highlighting issues surrounding climate justice and food access in our communities.

Plus learn how to make delicious climate-friendly vegan meals."

— Afro-Vegan Society

April 24 & 25, Sat. & Sun: Vegan World 2026 Convergence by Climate Healers

11 am – 9 pm EST

Register here: bit.ly/VegTix5, \$29 or Free!

More details on each presentation: [Trello Board.](#)

After registering for the convergence, you can access each presentation via the Trello Board.



Convergence Tracks:

- The New Economy • The Food Healers • The New Ecology
- The Vegan Spirituality • General Track

I will be presenting **“Superior Health Benefits of Plant-Sourced Nutrition”**
on Sat., April 24 from 5–6 pm EST. Hope to see you there!

“With kindheartedness and profound reverence for our interconnectedness, your friends at Climate Healers welcome you.”

Register here: bit.ly/VegTix5. \$29 or Free!



Peaceful Fields Sanctuary Open House, Sunday April 25

TICKETS: \$14 [REGISTER HERE](#)

Join our spring Open House at **Peaceful Fields Sanctuary**! Spend a beautiful spring day with over 60 rescued animal residents! Meet Watson the steer, Brownie the donkey, Elvis the horse, and so many more characters who call PFS home



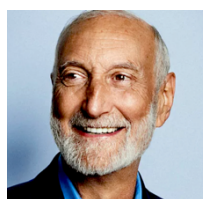
April 27, Tuesday: 7–8:30 pm EST

Virtual meetup with Amie Hamlin, Executive Director.

Amie will discuss the 'whys' and 'hows' of changing how schools feed kids. School meals fall under federal laws. Within existing laws, there is plenty of room for positive change. Amie will talk about some of the changes that they have been able to achieve, and how you can get involved in creating change where you live. [Coalition Website](#)

REGISTER, \$3 [HERE](#)

Part of the virtual meetup series: [Plant-Powered: An Extraordinary Life](#).



VIDEO: Dr. Klaper: What I Wished I Learned About Nutrition in Medical School

<https://youtu.be/fobYY3158fM>

Dr. Klaper speaks to medical students in North America, Europe, and Australia. This presentation is easy to understand and appropriate for anyone interested in learning about nutrition. He discussed the physiology of how cooking and eating animal products adversely affect our bodies and explains how every meal affects us on a genetic level. He also recommends watching the documentary, Forks Over Knives. Streaming on Netflix.

Dr. Klaper was our first guest for the virtual meetup series, [Plant-Powered: An Extraordinary Life](#).

The video replay of his presentation is posted on the webpage. Click on the preceding link.

This virtual meetup series features dynamic guest speakers and interesting, relevant topics. Held once or twice a month.