

# BotaniCuisine

## OCTOBER 2021



**Nutrition, Compassion,  
Sustainability with  
Joanne Kong, PhD,  
editor of *Vegan Voices: Essays  
by Inspiring Changemakers.***

**Friday, Nov. 12**

**7:30 – 9 pm ET / 4:30 – 5 pm PT**

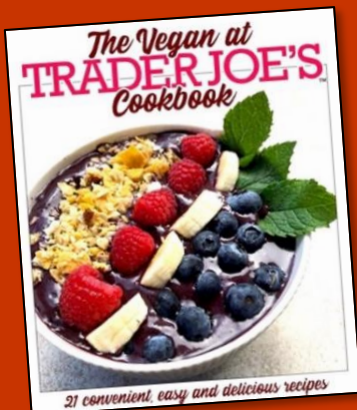


Joanne has been praised as one of the most compelling advocates for plant-based nutrition today. She has given numerous presentations at festivals and universities around the globe

**REGISTER / INFO**

(TicketTailor)

[www.PlantPoweredMeetups.com](http://www.PlantPoweredMeetups.com)



PDF only \$3.99 **BUY HERE**



## Naijha *speaks*

**YouTube Channel  
[www.naijhaspeaks.com](http://www.naijhaspeaks.com)**

Entrepreneurship, Marketing,  
Personal Development, Veganism,  
Couplepreneurship Business.

Naijha Wright is co-owner of **The Land of Kush**, a vegan restaurant in Baltimore, and organizes the annual Baltimore Vegan SoulFest. Naijha After a successful corporate career she now multitasks in many exciting ventures.



## Controversy Corner

### IRON: From Animals (heme) vs. Plants (non-heme)

“Although absorbed better, heme iron may increase the risk of cancer, stroke, heart disease, and metabolic syndrome.”

— Dr. Michael Greger of [NutritionFacts.org](http://NutritionFacts.org) explains why plants’ non-heme iron is best **in this video.**

#### Some plant-based sources, mg/cup:

Almonds	6.2 mg	(1)
Kidney Beans	5.2 mg	(1)
Cashews	8.2 mg	(1)
Chickpeas	4.7 mg	(1)
Lentils	6.6 mg	(2)
Spinach, cooked	6.4 mg	(2)
Tofu	13.2 mg	(2)

**Vitamin C enhances iron absorption.**

**Recommended Daily Intake (3):**

**Ages 19–50 years:**

Female: 18 mg. / Male: 8 mg,

**Ages 51+ years:** 8 mg Female/Male

**References:**

- (1) <http://nutritiondata.self.com/facts>
- (2) [www.webmd.com/diet/foods-high-iron-vegans#2](http://www.webmd.com/diet/foods-high-iron-vegans#2)
- (3) <https://ods.od.nih.gov/factsheets/Iron-HealthProfessional>

## Savory & Sweet BotaniCuisine CULINARY DELIGHTS

**Delicious, entirely plant-sourced/vegan,**  
by Nancy Poznak, licensed caterer,  
prepared in a professional kitchen.

- **Harvest Quiche** *Cheesy & delicious. GF*
- **Palm & Artichoke Hearts Cakes**  
*Just like Maryland crab cakes. GF*
- **Pumpkin Muffins w/Cashew Cream**

**GF: Gluten-Free**

**Pickup:**

- Farmer’s Market or Event
- Greenmount Collective,  
3326 Greenmount Ave, Baltimore 21218

**MORE INFO / TO ORDER SEND EMAIL:**  
[nancyp@BotaniCuisine.com](mailto:nancyp@BotaniCuisine.com)

## BotaniCuisine Booth at Markets & Events

**Please stop by to say hello!**

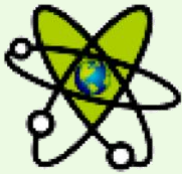
Serving the above specialty foods and providing free literature about plant-based/vegan foods. **Listings [HERE.](#)**

### BOTANICUISINE BOOTH





**How to Bake Vegan:  
The Ultimate Guide  
to Egg, Milk, and Butter  
Substitutes**  
by Brooke Still  
<https://vegnews.com/2021/9/vegan-baking-substitution-guide>



**ClimateHealers.org**

Transform yourself  
Transform your world

Together we can bring about the greatest transformation in human history.

**Vegan World 2026 Convergence**

Sat., Oct. 23, 11 am – 9 pm  
Sun., Oct. 24, 11 am – 9 pm

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**vegevents.com**

Extensive listings of events in the U.S. and other countries.

**Center for Effective  
Vegan Advocacy**

Increasing the impact of vegan advocacy worldwide to build a more powerful, inclusive, effective movement.

- Online Courses
- In-Person Trainings

**Podcast:**

**Anti-Racism in Animal Rights**

Listen as Victoria Moran of **Main Street Vegan** interviews Aryenish Birdie who works on equality for all beings, and Lucas Spiegel who has traversed the globe volunteering at animal sanctuaries.



**Food Drive**  
Oct 1 - Nov 7

**B & Dee's Baltimore Love**

*Together we WILL make a difference.*

- Non-perishable food items
- Grocery store gift cards
- Monetary donations (all tax-deductible)

CashApp: \$BanadDee

Venmo: @BandDee

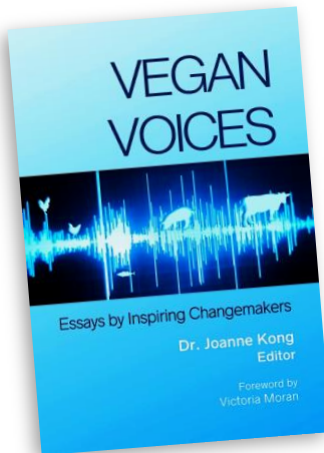
info@bdeebaltimorelove.org • 410-622-9319

**DROP-OFF LOCATIONS IN BALTIMORE, MD**

- Leon's Backroom: 227 W. Chase St. 410-539-4850
- Chase St. Accessories & Engraving: 17 W. Chase St. 833-332-4273

**ITEMS MOST NEEDED**

- mashed potatoes
- mac and cheese
- canned vegetables
- sweet potatoes or yams
- stuffing
- gravy



**VEGAN VOICES**

Essays by Inspiring Changemakers

Edited by Joanne Kong.

**Info / Buy**

"A comprehensive collection of compelling testimonials of how our food choices are deeply connected to the pressing challenges of our time. Authors express their desire for a world of greater peace and inclusivity."

**FREE! VIRTUAL BOOK LAUNCH**

Sun., Oct. 10, 1–2:30 pm ET

International event with keynote by Victoria Moran, Videos, Readings, Music, Cooking demo, Panel discussion, Prize giveaways and more!

I am honored to be one of the essay authors in *Vegan Voices* with my essay titled, "Awakening to Compassion Across the Decades."

— Nancy Poznak, Founder, BotaniCuisine