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Greetings!

It's been a whirlwind month, managing a booth at four farmer's markets ([see them listed here](#)) and getting my specialty vegan food business off the ground. I'm thrilled that the vegan quiche, hearts of palm cakes, and calzones have been very popular as they're foods that, until recently, have been difficult make vegan.

Upcoming FREE events w/ BotaniCuisine booth:

Sun., Sept 12: [Catonsville Arts & Crafts Festival](#)

CAA Park, 202 Ingelside Ave. 21228

Sun., Sept. 18 & 19, 11 am – 5 pm: **Lancaster Veg Fest (see below)**

BotaniCuisine on **Sept 19** only. Buchanan Park, Lancaster, PA

Sun., Oct. 10, 10 am – 3 pm: [Pikesville Fall Festival @ Quarry Lake](#)

2510 Quarry Lake Drive, Pikesville, MD 21209

Plant-sourced meats and cheeses keep getting better, making it possible to create plant-sourced versions of just about anything!

Wishing You Well,

Nancy

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Plant-Powered: An Extraordinary Life Virtual Meetup Series

Building Vegan Community

Learn from the Best with

Vegan Street's Marla Rose and John Beske

Virtual Meetup tonight, Thursday Sept. 2

7–8:15 pm ET / 4–5:15 pm

[REGISTER \\$3](#)



Marla & John are two of my all-time favorite people. I've had many conversations with them via Facebook, met them in person in Chicago, and happily support their very own, well-seasoned outreach efforts started in 1998, [Vegan Street](#).

Vegan Street is premiere, online powerhouse of inspiration, information, recipes, fantastic memes, interviews and a [blog](#) by Marla, who has a talent for weaving words and concepts together in ways that both inform and entertain.

Check out their ["Guide for New Vegans."](#)

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Lancaster, PA Veg Fest

Saturday & Sunday, Sept. 18 & 19

12 – 5 pm with ticketing in time frames

VIP Access 11 am – 12 pm

VIDEO: <https://youtu.be/9JUsR1Gn3Oc>

Buchanan Park

901 Buchanan Avenue

Lancaster, PA 17603

Just about an hour north of Baltimore.

INFO & FREE TICKETS

Free Community Event

With Pandemic Safety Protocols

Masks encouraged for all and mandatory for those not vaccinated against Covid19.

Labor Day Recipes

Recipes by Alison Corey of [KeepingThePeas.com](https://www.KeepingThePeas.com)

Visit her website for tons of awesome recipes!

[Smoky Vegan Carrot-Hot Dogs](#)

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Vegan Tuna Salad with Chickpeas



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