

SEPTEMBER 2020 UPDATE

Visit BotaniCuisine at these Baltimore markets:

[Overlea](#), Saturdays, 8;30 am –12:30 pm, 9/19, 10/3, 10/17 and [Rotunda](#), Tuesdays 11 am – 2 pm, through October



Fantastic Plant-Based Meal Delivery

MamaSezz makes plant-based meals exciting and soooo easy!

Tons of varieties of amazing foods and specialty bundles for everyone’s needs. Check out their fabulous [A La Carte Products](#) and wide variety of [Weekly Bundles](#) and a diverse selection of [Specialty Weekly Bundles](#).



MamaSezz says: “We are the leading whole food (entirely) plant-based meal delivery company in the U.S. We deliver delicious, hearty, fresh, ready-to-eat meals with no B.S. (you know, Bad Stuff) right to your door. We promote healthy lifestyles based on science, not diets. Success lies in permanent lifestyle changes and food should provide nourishment needed to live your best life.”

[Facebook](#) • [Instagram](#)

NEWS YOU CAN USE

On the Plant-Protein Horizon



Food Business News, June 2020
by Monica Watrous

“The burgeoning plant-based movement may accelerate in a marketplace radically altered by the pandemic, as meat processing plants temporarily shutter due to worker illness, spurring shortages of

beef, pork and poultry. Alternatives derived from oats, chickpeas, lentils and other emerging sources of protein are being used to meet demand in the meat category and beyond. The current pandemic we are all experiencing will only magnify the importance of securing and keeping a healthy and sustainable food supply, not only here in the US, but globally.”

NEW FOODS

Sweet Earth expands its vegan frozen grocery options!



Pumpkin Pie
by [LovingItvegan.com](#)
[RECIPE](#)



Mushroom & Kale Quiche
by [Talida Volnea](#)
[OneGreenPlanet.com](#)
[RECIPE](#)