

# Greetings BotaniCuisineers!

April 13, 2020

I hope this finds you well and staying safe. I imagine that by now everyone's been experiencing this new, albeit temporary, "normal" from this abrupt change of lifestyle as we diligently follow safety protocols. This can be a lonely time; please feel free to call or write. See my info below.

**My heartfelt well-wishes go out to anyone experiencing or know someone with COVID-19 symptoms.**

**Here's to thriving while we're surviving,**



Nancy Poznak, Founder

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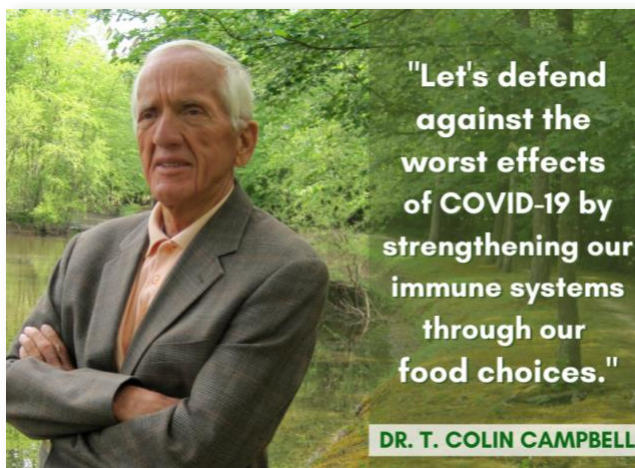
## CORONAVIRUS UPDATES:

- **Maryland Dept. of Health:**  
[coronavirus.maryland.gov](https://coronavirus.maryland.gov)
- **CDC, National Information:**  
[cdc.gov/coronavirus/2019-ncov/index.html](https://cdc.gov/coronavirus/2019-ncov/index.html)

## NEED SOME HELP?

Many people are more financially challenged than ever before.  
For help: [needhelppayingbills.com/html/food\\_banks\\_in\\_baltimore.html](https://needhelppayingbills.com/html/food_banks_in_baltimore.html)

**\$25 Gift Card for Golden West Café in Baltimore.** I have one card I'd like to give to someone who needs it. Send me an email with your full name and address, and I'll mail you the card. [nancyp@BotaniCuisine.com](mailto:nancyp@BotaniCuisine.com)  
Golden West Cafe has a great curbside and delivery service.



"Let's defend against the worst effects of COVID-19 by strengthening our immune systems through our food choices."

DR. T. COLIN CAMPBELL

## FREE! Global 10-Day Jumpstartz

**[More Info / Register](#) Starts Sun. April 19.**

Help flatten the curve through nutrition! Strengthen your immune system to fight COVID-19. Discover the power of a plant-based diet via seminars, cooking classes, daily emails, webinars, and other resources.

>> Dr. Campbell's best-selling book, *The China Study*, has improved the lives of millions throughout the world, is based upon the most comprehensive nutrition study ever conducted.

## CHICKPEA SALAD by [Simple Veganista](#)

Chickpeas (canned or boiled), celery, carrots, scallions, hummus and/or tahini (add a bit of water to thin it), vegan mayo, mustard, garlic powder, pepitas or sunflower seeds, lemon. Optional add-ins (choose those that work well together) diced red or green pepper, olives, capers, or sweet pickle relish.

1. Mash 3/4 of the chickpeas. 2. Add other ingredients.
3. Mix well. Stores in fridge up to five days.

Great on salads, in sandwiches, on crackers, as a dip, etc.

DELICIOUS AND LOADED with protein, vitamins, and minerals.



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