

BotaniCuisine

Plant-Sourced Dining Outreach



OCTOBER 2020

PDF FILE W/ HYPERLINKS

Visit us at the [Rotunda](#), Farmer's Market, last market day of the season. Special treats for sale!
Tuesday, Oct. 27, 11 am – 2 pm • 711 W. 40th St., Baltimore, MD 21211



Plant-Based Eating 101

FREE Virtual Event. Sat., Oct. 24
2-4 pm ET by Calvert Library, MD

"Want to add more plant-based meals into your diet? Have vegan guests coming to dinner?"

"Learn about the vegan, plant-based lifestyle and how to implement it into your life."

"An email link will be emailed one hour before the program to those who register."

<https://calvertlibrary.libnet.info/event/434964>

Scroll down on the above-linked page and select: **Got Veg: Plant-Based Eating 101.**

Meat Kindly
Eat Plants™

HOLIDAY SEASON PROMOTIONS, NOV. & DEC.

Experience the fabulous flavors, exceptional variety, satisfying meals, and popular culinary experiences only possible from plants!



Restaurants & Professional Chefs

- Showcase your plant-sourced meats and/or meaty/hearty meals.
- SPOTS available, intro discounts!
- FREE trial through Nov. 14. Pay only after deciding to remain in promotion.
- \$ave hundreds, reach thousands.

Business Info

Food Enthusiasts

- Order from participating businesses on the promotion's website.
- Find the foods you love.
- Discover new dishes and flavors.

[PlantPoweredMeatMonth.com](#)



- Weekly Raffle Entries
- Discounted Webinars
- Food Coupons
- Help support this promotion.

JUST \$1

**Explore Plant-Based Foods:
An Extraordinary Life!**

**FREE ZOOM GET-TOGETHER
Friday, Dec. 4, 6:30–7:30 pm ET**

Compelling reasons to embrace plant-based foods, tips on dining out, food prep at home, and excerpts from exciting documentaries.

[Register Here](#)

FOODS THAT BOOST IMMUNITY

By Physician's Committee for Responsible Medicine, pcrm.org.
"A whole-food, plant-based diet provides a strong boost of nutrients and phytochemicals vital for maximum immunity."

ANTIOXIDANTS DESTROY FREE RADICALS, BUILD IMMUNITY:

BETA-CAROTENE: Sweet potatoes, carrots, green leafy veggies.

VIT. C: Red peppers, oranges, strawberries, broccoli, mangoes, lemons.

VIT. E: Nuts, seeds, spinach, broccoli.

VIT. D: Can reduce risk for viral infection and prevention of some chronic diseases. In fortified cereals and plant milks, and supplementation.

SLEEP: Imperative for proper immune function. Fiber-rich foods and low saturated fat contribute to restorative sleep.



PUMPKIN SMOOTHIE