



VISIT WEBSITE

Restaurants & Chefs feature plant-based meats and meaty/hearty meals. Find Your Favorites • Discover New Ones



February 5 – 28, 2021

Maryland Vegan Eats encourages food service establishments to offer healthy, plant-based and/or vegan food as part of their menu selections.

Visit mdveganeats.com for participating restaurants and special events.



Free, 1-Day Virtual Conference

Sunday, Feb. 28

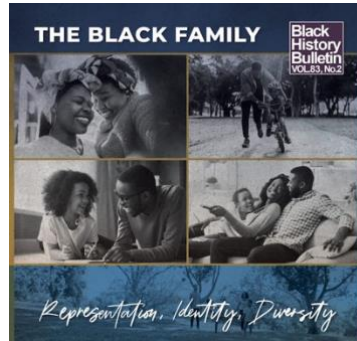
9 am – 6 pm PT / 12 pm – 9 pm ET

REGISTER / INFO:

gohealthylive.com

World-Renowned

Plant-Based Health Experts



BLACK HISTORY MONTH

2021 Theme:

The Black Family: Representation, Identity, and Diversity

“The Black Family’s representation, identity, and diversity have been revered, stereotyped, and vilified from the days of slavery to our own time.”

– ASALH.org

Film previews on PBS:

Voice of Freedom, Feb. 15

The Black Church, Feb. 16 & 17

Mr. SOUL!, Feb. 22

VIDEOS:

- Maya Angelou: And I Still Rise
- Forgotten Genius
- Fannie Lou Hamer: Stand Up
- The First Rainbow Collection
- Freedom Riders
- The True Story of Madam C.J. Walker
- Two Dollars and a Dream
- A Century of Change, Negro League Centennial Celebration
- Lorraine Hainsberry: Sighted Eyes/ Feeling Heart
- Backs Against the Wall: The Howard Thurman Story
- Driving While Black: Race, Space, and Mobility in America



7–8:30 pm ET / 4–5:30 PT

Dynamic Guest Speakers, Exciting Topics

UPCOMING MEETUPS

MAR. 5: Plant-Based Gourmet with Executive Chef and Author Suzy Gerber

APR. 2: Kids, Families & Living Plant-Based/ Vegan with super-mom Heather Brice.

MAY 7: Healing Powers of Empathy and Compassion w/ Don Robertson, Earthsave.

View replays, upcoming meetups, info, and registration:

plantpoweredmeatmonth.com/virtual-meetups

Donation: \$1 min.

VIDEO REPLAYS

JAN. 8: Healthy Nutrition with Dr. Michael Klaper, nutrition expert.

FEB. 5: Food Justice with Jacque Salomon, Seeds to Inspire



Visit BotaniCuisine at 32nd St. Farmer's Market

Saturday, Feb. 13, 7 am–12 pm

32nd St. & Barclay St., Baltimore 21218

Yummy snacks, muffins, chocolate truffles for sale. Free Literature

Vegan

First coined in 1944 by Dorothy and Donald Watson to represent “the beginning and end of vegetarian.” The definition has been modified over the years and is now:

"A philosophy and way of living which seeks to exclude — as far as is possible and practicable — all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose; and by extension, promotes the development and use of animal-free alternatives for the benefit of humans, animals and the environment. In dietary terms it denotes the practice of dispensing with all products derived wholly or partly from animals."

Donald explained their decision to create the term vegan:

For years many of us accepted, as lacto-vegetarians, that the flesh-food industry and the dairy produce industry were related, and that in some ways they subsidised one another. We accepted, therefore, that the case on ethical grounds for the disuse of these foods was exceptionally strong, and we hoped that sooner or later a crisis in our conscience would set us free.

“That freedom has now come to us. Having followed a diet free from all animal food for periods varying from a few weeks in some cases, to many years in others, we believe our ideas and experiences are sufficiently mature to be recorded. The unquestionable cruelty associated with the production of dairy produce has made it clear that lactovegetarianism is but a half-way house between flesh-eating and a truly humane, civilised diet, and we think, therefore, that during our life on earth we should try to evolve sufficiently to make the ‘full journey.’”

Full Text



Saturday, Feb. 6, 10 am PT / 1 pm ET

“Rancher Advocacy Summit (RAP) is designed to help humanity transition away from eating animals by asking the tough questions to farmers and those in the space of helping them make the difficult transition.

Hosts: Renee King-Sonnen (co-founder, Rowdy Girl Sanctuary) and Jane Velez-Mitchell (journalist).

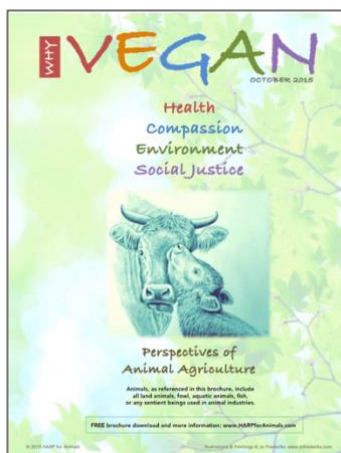
Presenters: farmers, ranchers, scientists, food and agriculture experts, business leaders, activists, and technologists.

EVERYONE can learn, benefit, and be surprised by this summit: farmers, environmentalists, food enthusiasts, and curiositors (just curious).

Register / More Info:

<https://rancheradvocacy.org/summit>

Free with donation options to help cover summit costs.



Download this beautifully-designed, easy-to-read brochure which covers important, shared concerns addressed by “vegan.”



Simple, fun, delicious, easy, versatile recipes!

<https://www.youtube.com/channel/UCcD4xGiMIG0sVzckRUjGITQ>