

Plant Based MN Newsletter

Instagram @plantpuremn.

FB and Meetup: **Plant Based MN**, plantpuremn.com



**Building
Healthy
Communities**

PlantPure Communities joined the Physicians Committee for Responsible Medicine (PCRM) last year and is now known as Building Healthy Communities. We are one of the many action networks of PCRM.

Building Healthy Communities is an all-volunteer, grass-roots group dedicated to informing the general public about the benefits of the whole food plant-based (WFPB) diet and providing support to people who are working to change their diet.

All are welcome, no matter where they are on their journey to better health.



Don't miss your chance to be the first to experience Matriarch, a chef-driven, plant-forward restaurant

The Twin Cities' plant-based community is invited to an exclusive first look at Matriarch, Minneapolis's newest upscale plant-forward restaurant. This special preview dinner is reserved for those who have long awaited sophisticated plant-based dining in our city.

Brought to you by the owners of the legendary fig + farro, this intimate preview will feature seasonal whole food plant-based cuisine through artisanal pizzas, handmade pastas, and innovative salads. Cap off the evening with dessert and one of the best views of Uptown from the gorgeous rooftop patio.

Date: Friday, Jun 20, 2025

Time: 5:30pm OR 7:30pm (two seatings available)

Price: \$95 (Optional mocktail pairing +\$35)

Limited seating available. Ticket required: <https://www.exploretock.com/matriarch-minneapolis/event/554272/chef-prix-fixe>

Located at 1601 West Lake Street, Uptown Minneapolis

*Note: Due to licensing, alcohol service is not yet available.

Be part of Minneapolis dining history before Matriarch opens its doors to the general public.



Healthy Vacationing (an oxymoron?)

There has been some talk about joining up with other members of our community to go on a healthy WFPB retreat together. Here are three possibilities to consider.

1. Holistic Holiday at Sea- Alaskan Cruise - Aug31 - Sept 7

<https://holisticholidayatsea.com/alaska/>

Cost \$1999 based on double occupancy plus airfare

2. T Colin Campbell - The Total Health Experience Caribbean Retreat in Dominican Republic- Oct 18-25

<https://caribbeanretreat.nutritionstudies.org/>

Cost \$2180 pp based on Double occupancy plus airfare

3. Holistic Holiday at Sea Caribbean Cruise - March 7-14, 2026

<https://holisticholidayatsea.com/march2025/>

\$2039 pp based on double occupancy

4. The National Health Association sponsors whole food plant based trips.

<https://www.healthscience.org/plant-based-travel/>

If you are interested in exploring traveling together as a group, please reply to this email. We will get back to you with plans to get us all together to talk about it.

Healthy Eating on the Road

Check out this video from Tammi and Tom Kramer (Nutmeg Notebook) on Vegan Travel Meal Prep for your vacations.





Here's good coverage on the health benefits of a whole food plant based diet:

[Wall Street Journal Article on Fiber in your diet.](#)



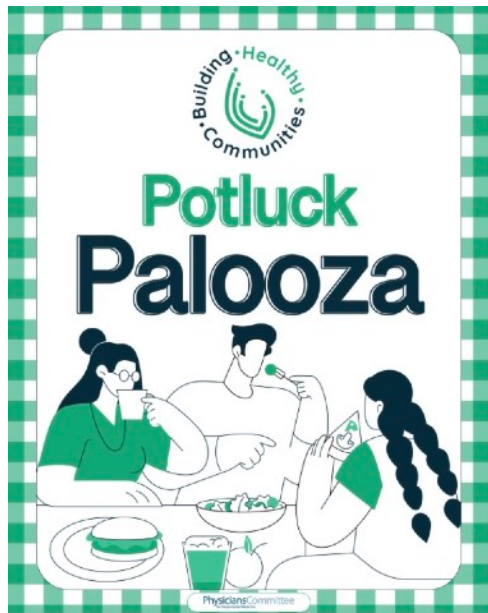
Stop the Dietary Guidelines Reform Act of 2025, S. 1129 / H.R. 2326. It would be a step backward for Americans expecting to rely on evidence-based dietary guidance.

The Dietary Guidelines Reform Act would alter the selection process for the DGAC. Currently, the U.S. Department of Agriculture and the Department of Health and Human Services appoint an external DGAC composed of nationally recognized scientific experts in nutrition and medicine. If passed, the Dietary Guidelines Reform Act would replace the DGAC with an explicitly partisan "Independent Advisory Board," partially selected by Congress. The partisan nature of Congress in addition to many Members' ties to industry would lead to a heavily politicized Advisory Board that would likely have an allegiance to industry groups, which do not have Americans' health at the top of their priorities.

The sponsors of this bill want to tear up the most recent Scientific Report and ensure meat and dairy make up the bulk of the Dietary Guidelines for Americans (DGA). Please contact your Members of Congress today to ensure that the DGA revision process is not compromised by industry influence. [Click here](#) to fill out the FastAction form to send to your representative.

June Event Calendar

June 7th and 23rd



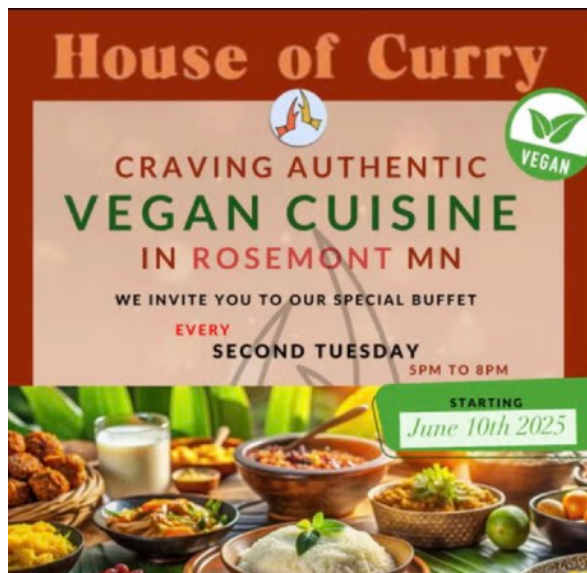
BUILDING HEALTHY COMMUNITIES PLANS POTLUCK PALOOZA

Building Healthy Communities is promoting a national Potluck event where many Building Healthy Communities will host a potluck in June. We have two different venues planned. On June 7th from 1:00-4:00 pm in the Sanborn Park Pavilion in Robbinsdale and on June 23rd from 6:00 to 8:00 pm in South Minneapolis at the Penn-Lake Public Library. For more information, and to RSVP, please click the links below.

June 7 [Sanborn Park](#), Robbinsdale

June 23 [Penn-Lake Public Library](#), South Minneapolis

June 10th, House of Curry, Vegan Buffet



Please join East Side Evolution (Plant Based MN) for the first Vegan Sri Lankan Buffet offered by House of Curry in Rosemount. Approximately 15 items will be offered, 4-5 of them oil-free! All buffet items will be labeled with the dish's name, description, and whether it is oil-free. House of Curry is an award-winning locally owned restaurant in Rosemount, MN that has been serving outstanding Sri Lankan cuisine for 12 years. No ghee, butter, or heavy cream is used (as is

common in Indian cuisine); the flavor comes from spices and coconut milk. The restaurant plans to offer the vegan buffet every second Tuesday of each month after the inaugural kick-off on June 10. The price of the Buffett is \$19.99. A table will be reserved! Look for the Plant Based MN sign. We look forward to seeing you for an enjoyable evening filled with delicious food and engaging conversation! [RSVP here](#).

June 18, 6:00-8:00 pm, Dinner out at Indian Masala

Join us at Indian Masala in Maplewood for a Vegan Buffet dinner. Located at 27 Century Ave N, Indian Masala holds a fully vegan buffet on Wednesdays and Thursdays on the first and third weeks of every month. [RSVP here](#).

HIGHLIGHTS FROM MAY

May 15, Community Ed class with SoWashCo

On a lovely Thursday evening, Steve and Janet Thompson and Celeste Knoff taught this community ed class entitled: *Plant-Powered Lifestyle*. The expressed learning objectives were to:

- Verbalize the health benefits of a plant-based lifestyle for some of the most common health disorders in the United States.
- Verbalize at least three ways in which a plant-based lifestyle can positively impact the environment now and for future generations.
- Verbalize at least three ways in which a plant-based lifestyle provides a kinder and gentler way to live with our animal friends.
- Identify valid, reliable, and scientifically based resources for a plant-based lifestyle.

While there were only 5 attendees, the conversation was lively and lots of questions were addressed, and informative conversations held. A vegan taste sampling was made available to the attendees which included a vegan spinach dip with whole wheat pita triangles and healthy vegan cookies.

Comments from the attendees included: "I can't believe how good the food tastes" and "I'm going look into buying some plant-based milk next time I go shopping."

We hope to offer more classes in the future and spread the word, even if the groups are small. We are planting seeds.

May 21, Dinner out at Indian Masala

Approximately 18 folks gathered at Indian Masala to enjoy the Vegan Buffet (including a couple oil free options!). Conversation as usual, was about veggie stuff; books, podcasts, recipes, etc. The upcoming (June 10) MeetUp at the Curry House in Rosemount was also discussed. What ARE some differences between Indian and Sri Lankan foods???

We'll be in Rosemount on the 10th and back at Indian Masala on the 18th. All are welcome. Join us; a little road trip for Vegan Sri Lankan cuisine, several oil free entrees.

May 22nd, How Not to Die and Q and A with Dr. Greger

On May 22 participants watched Dr Greger's How Not to Age Video. Dr Greger then joined the last 30 minutes for a live Q&A. How Not to Age covered topics such as autophagy, cellular senescence, epigenetics and other optimal aging regimens. Many interesting questions were covered by Dr. Greger

SAVE THE DATES

July 16, Dinner Out at Indian Masala

Join us at Indian Masala in Maplewood for a Vegan Buffet dinner. Located at 27 Century Ave N, Indian Masala holds a fully vegan buffet on Wednesdays and Thursdays on the first and third weeks of every month. [RSVP here.](#)

August 14, Plant Based Nutrition Workshop- Online Class

Learn about the science behind Whole Food Plant Based (WFPB) diets and their ability to arrest and reverse conditions such as heart disease, Type 2 diabetes and obesity. WFPB diets have also shown to reduce cancer risk, Alzheimer's disease risk and many auto-immune disorders. Learn how to take charge of your own health by eating a diet that is also better for the environment and kinder to the animals. [RSVP here.](#)

HELPFUL RESOURCES

HEALTHY CONVENIENCE FOODS:

WFPB Whole Food Plant Based

There's a growing number of sellers of health-promoting convenience foods. Take a look at these options to see what might appeal to you.

wellyourworld.com

plantstrong.com

firstseedfood.com

plantpurenation.com

TWIN CITIES VEGAN CHEF COLLECTIVE

Events (pay what you want/can)

Location: Zion Lutheran Church, 1697 LaFond Ave, Saint Paul

Tuesdays, 11am-8pm COMMUNITY MEAL

5 course vegan, GF, nut free, corn free

Thursdays, 11am-3pm HYBRID food distribution and meal
(not strictly vegan)

5-8pm. VEGAN open market and community meal

Fridays, encampment outreach, meals prepped, packed, and taken to encampment communities in Saint Paul

see @the.T.C.V.C.C_ Instagram for more info

Also see Patreon.com and @Chef-Collective-1123

Summer Recipes:



Strawberry Chia Seed Pudding



Healthy Baked Beans

If you can't make it to one of our meetings but have questions or thoughts about your whole food plant-based journey, please reply to this email and include how you'd like to be contacted. We're here to help!

It is not all or nothing, the more closely you follow the guidelines, the faster you see results. *If you no longer wish to be on this mailing list, please reply "unsubscribe" to this email.*