

Plant Based MN Newsletter

Instagram @plantpuremn.

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



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.

Moderation?

https://nutritionstudies.org/everything-in-moderation-wishful-thinking-or-wisdom-in-action/?utm_source=Newsletter+List&utm_campaign=abfe7a1440-EMAIL_CAMPAIGN_2025_05_15_03_29_COPY_01&utm_medium=email&utm_term=0_-0a8889ab09-57271545



Beans, Beans, Here's some more good news:

July Event Calendar

Tuesday, July 8, Sri Lankan Curry House, 5:30-7:30 3420 150th St. #119 · Rosemount, MN. Please join East Side Evolution (Plant Based MN) for a Vegan Sri Lankan Buffet offered by House of Curry in Rosemount. The buffet is offered 5-8pm. 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 if 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 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 https://www.meetup.com/plantbasedmn/events/308559450/?eventOrigin=group_upcoming_events

Wednesday, 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.](#) We will reserve a table and hope to see many of you there for a fun evening of delicious food and interesting conversation. Bring a friend or come to meet new ones. All are welcome.

HIGHLIGHTS FROM JUNE

June 7th, Potluck Palooza Picnic in Robbinsdale

It was a beautiful Minnesota June Saturday with blue skies and puffy white clouds when 30 plus people got together for a Potluck Palooza at Sanborn Park in Robbinsdale overlooking picturesque Crystal Lake. We savored a large variety of very delicious, health-promoting plant-based foods. There were many first-time attendees present as we enjoyed getting to know each other and sharing our health journeys: ups and downs. We heard one of our favorite phrases: "its so great to find other people that think like I do about diet and health!" A significant part of our mission is to provide that social support to people who want to improve their health by getting away from the Standard American Diet (SAD). Thunderstorms were forecast for later afternoon and showed up just as we were wrapping up and putting things away.

June 10, Dinner Out at Sri Lanka House of Curry

We had a huge turnout for our first dinner out at Sri Lanka House of Curry. Approximately 30 people attended the first vegan buffet offered by House of Curry in Rosemount on June 10. Six (out of 24) buffet items were oil-free! It was an enjoyable evening filled with delicious food and engaging conversation. We received some great suggestions for the next vegan buffet, which is planned at the same restaurant for Tuesday, July 8. You can sign up via the Meetup post. More than a dozen participants from The Caring Study joined us to meet and get to know other fellow travelers on this health journey.

June 14, Freedom Works

Our metro Building Healthy Communities chapters were asked by Lotus Health Foundation to assist with a 10-week nutrition education and lunch service this summer for a Freedom-Works program.

Saturday, June 14 was the first day. Mei Liu, Dr Jeng Lai, Mary Larson, and Steve Thompson prepared a southwest-style salad bar buffet. We introduced the participants to various plant-based meats as well as a plant-based nacho cheese sauce. The program continues every Saturday for 10 weeks. Volunteers interested in helping with the weekly meal preparation and service, please send a note to plantbasedmn21@gmail.com for more details.

June 18, Dinner at Indian Masala.

They prepared several main dishes without oil or coconut milk. We had 4 new people, including a couple referred from the Caring Study, a group Joel and Jill Erickson have worked with via the BCBS/PCRM Diabetes study. BHC is a great support for individuals coming out of such a study and wanting to maintain a lifestyle support network.

<https://www.pcrm.org/clinical-research/caring-study>

June 20, Dinner at Matriarch, 1601 W Lake St

Exciting new entry for plant forward dining. The food was delicious and the restaurant was packed. We enjoyed creative cuisine in a relaxed environment.

June 23, Potluck Palooza in Bloomington

BHC hosted a potluck this month at the Penn Lake Library in Bloomington. There was one table designated as SOS free - meaning no nuts, seeds, tahini, or avocado in addition to no salt or sugar for those following the diet in the book, Prevent & Reverse Heart Disease, by Dr Esselstyn with heart disease or Type II Diabetes. We had a few people bring dishes for the SOS free table. Overall, there was a nice mix of salads with veggies, pasta, and beans as well as fruit &

desserts. The tables seated 6 each and the room was a buzz with lively conversations.

SAVE THE DATES

TWIN CITIES VEGAN CHEF CHALLENGE:

The Twin Cities Vegan Chef Challenge happens annually each August. Local restaurants showcase innovative and delicious vegan dishes for diners to sample and rate. Diners rate their meals and post about them on social media to enter gift card drawings. [More information 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:

Easy 3 Ingredient Vegan Chocolate Sauce-

Try this on your nice cream this summer

<https://nutmegnotebook.com/recipes-2/course/dessert-course/vegan-chocolate-sauce-3-ingredients/>

Healthy Hot Dogs:

<https://www.pcrm.org/good-nutrition/plant-based-diets/recipes/carrot-dogs>

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.*