

October is
Breast
Cancer
Awareness
Month

Plant Based
Nana



Where Food Nourishes Body, Mind & Spirit!

October 2015

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“Gratitude is a flower that blooms in noble souls.” Pope Francis

NEWS YOU CAN USE!



Plant Based Chef
Challenge-October

Documentary,
“PlantPure Nation” at
Cape Cinema
Oct. 8th, 7 pm

October Green Nosh

Meat Consumption on
the Decline!
VIP Dates & More!



October promises to be a fun, exciting and busy month for our Green Nosh Committee and team of helpers. **October 1st, Thursday**, starts our month long Plant Based Chef Challenge. Hope many of you visit the participating restaurants, enjoy their plant based creation, and, most importantly, take time to comment. That will help us in planning for a possible repeat next year, and also offer valuable feedback for our chefs, plus drawings for prizes!!

Then, the following **Thursday, October 8th** - our big movie event at the Cape Cinema - 7 pm showing of the documentary, “Plant Pure Nation”, followed by Q&A with Drs. Kumara Sidhartha and Mona Sigal. Looking forward to filling the theatre.

Tickets can be purchased ahead of time at:
www.capecinema.com Only \$10/person!!!

*The Plant Based Chef Challenge
For October 2015*

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*Here's the list of Participating Restaurants:*

Alberto's Ristorante, Hyannis  
Bass River Burrito & Fish Co., West Dennis  
Gerardi's, Yarmouth  
Green Lotus Café, Hyannis  
Harbor Point, Cummaquid  
Kebab n Curry, Hyannis (Cape Cod Mall)  
Karoo's, Eastham  
Ocean House, Dennis  
Pickle Jar, Falmouth  
Pizza Barbone, Hyannis  
Royal II, Yarmouth Port  
The Corner Store, Orleans & Chatham stores  
Underground Bakery, Dennis  
Van Renssalaer's, Wellfleet

For ongoing information and details, check us out:

[www.plantbasedchefchallengecapecod.com](http://www.plantbasedchefchallengecapecod.com)

Also on Facebook:

[www.facebook.com/plantbasedchefchallengecapecod2015](http://www.facebook.com/plantbasedchefchallengecapecod2015)

Kudos and Thanks to Emerald Physicians and Cape Cod Healthcare for their sponsorship, support, and marketing of the Plant Based Chef Challenge!!





When I embraced a whole foods plant based lifestyle back in July 2006 (some call it vegan, a term I don't care to use), it was for health and wellness reasons. Back then I felt good and thought I was healthy. With never having a weight problem, and eating only the leanest, lowest fat meats, along with low-fat dairy products plus regular exercising, I believed I'd ace my yearly labs. I was horrified when the results showed the opposite. High cholesterol, high LDL's - Alarm, alarm! Most of you know the rest of the story so I won't bore you with the details. Listening to my plant based physician not only saved my life in many ways, but opened new doors in others. Thank you, Dr. Sidhartha!!

Now, however, with years of study behind me and ever before me, I eat this way not only for health reasons, but for the sustainability of our planet. The facts are clear. We can't continue the consumption of animal and dairy products without inflicting dire consequences on our planet.

The following article from Nutrition Action addresses the rationale behind declining meat consumption. The chart that follows, also from Nutrition Action, presents data on other protein sources as to amounts of both protein and sodium.

Though I'm not an advocate of many of the 'fake' meats, I admit to indulging on occasion. And for folks tip-toeing into this world, it's fine to enjoy these foods in the transition period.



The following article comes from the publication, "Nutrition Action", and was written by Michael Jacobson, Ph.D., Founder and Executive Director of NutritionAction.com, as posted in Heart and Disease.

## **"Per Capita Beef Consumption is in Decline."**

(Good news for people, animals, and the planet. We're eating less red meat.)

"Despite Americans' longtime love affair with steaks and burgers, we're slowly giving up our red-meat habit. Consumption of beef has declined steadily since its heyday in the 1970s. We ate 32 percent less in 2012 than in 1970. Americans' passion for meat, especially beef, has been cooling for several reasons:

**Health.....**The saturated fat in beef promotes heart disease. What's more, "the evidence that red meat [and] processed meat... are causes of colorectal cancer is convincing," notes the World Cancer Research Foundation. **(Read Dr. Caldwell Esselstyn's "Prevent and Reverse Heart Disease").**

**Animal welfare.....**Several groups have exposed the miserable way that cattle are sometimes treated. It doesn't take many videos of sick cows being dragged along a slaughterhouse floor to turn people into vegetarians.

**Greenhouse gases.....**Cattle are big emitters of methane gas. Pound for pound, methane's impact on climate change is 20 times greater than carbon dioxide's, [according to the EPA](#) <sup>[4]</sup>. To produce 1,000 calories of food, beef generates about five times as much greenhouse gas as dairy, poultry, pork, or eggs, says a recent study.

**Fertilizer, etc.....**It takes a huge amount of energy to produce the fertilizer to grow the corn, soybeans, and other crops that are fed to cattle. Excess fertilizer washes down rivers and streams, leading to low-oxygen dead zones in the mouth of the Mississippi. Pesticides on those crops harm wildlife, while tons of manure from feedlots stink up neighborhoods and pollute rivers.

**Price.....**Chicken and turkey are cheaper than beef. That's partly why poultry consumption doubled between 1970 and 2012. Fortunately, poultry is better than beef for our health and the environment. **(I think Dr. Michael Greger in NutritionFacts.org would argue any benefits to poultry!)**

Controversy over eating beef is likely to heat up in 2015. First, in February, the Dietary Guidelines Advisory Committee urged people to eat less red and processed meat, and to make sure it's lean. The powerful meat lobby is up in arms. And several new books have exposed the true costs of meat.

**Cowed** argues that by cutting our beef intake in half, "we can reduce pollution, global warming, medical costs, animal cruelty, loss of soil, loss of biodiversity, and germs resistant to antibiotics." **The Meat Racket** targets the bullying business practices of giant beef-hog-poultry producers, particularly Tyson And **The Chain** looks at corruption and the abuse of animals and workers in the hog industry. Eating beef occasionally isn't harmful **(Author's comments, not mine; remember MODERATION kills!)**, and, if you do, grass-fed is the way to go. But given the vast damage beef does to our health, to animals, and to the planet, I'm not surprised that more and more of us are saying, "Hold the beef."

Some people argue that eating grass-fed, organic beef is healthier. According to Dr. Thomas Campbell, Director of the T. Colin Campbell Foundation, that might be questionable. The answer is complicated.

According to Dr. Campbell, "meat can only be labeled 'organic' IF the animals have access to the outdoors, are not injected with antibiotics and growth hormones, slaughter by-products or genetically modified organisms; animals must be fed with 100% organic feed, then must have been processed without GMO-s, irradiation, or other non-organic contamination. There MIGHT be two benefits to eating grass-fed, organic beef: lower in contaminants and harboring a better nutritional profile. Right? Think again!

Dr. Campbell continues, "The differences in contamination are less impressive than one would think. One of the most comprehensive reviews showed that there was NO difference in possible contamination between conventional and organic beef. Regardless of farming method, two-thirds of chicken had **campylobacter** and one-third had **salmonella**. Up to two-thirds of pork had **E.coli**, and organic and non-organic meat was equally contaminated with **Listeria and salmonella**. There was some data, however, that showed that these bacteria were less likely to be resistant to multiple antibiotics in the organic meat.

Also, there are "unlikely to be major nutrient differences between organic and non-organic meat, just by virtue of the organic label.". However, "if the meat is grass-fed rather than grain-fed, there are likely to be significant differences in the fatty acids present in the meat. A review comparing grass-fed vs grain-fed beef found there is less fat overall, more omega-3 fats, and possibly more anti-oxidants in the grass-fed beef. In addition, the omega-3 fats are in a much more favorable ratio with the omega-6 fats. The truth is we don't know for sure because we don't have enough evidence comparing grass-fed vs grain fed beef, and its impact on health.

Check out the chart below to see the nutritional differences between grain-fed and grass-fed beef. Their differences are less significant than between beef and broccoli!!

**Comparative Nutrient Content of 100Calories Each of Grass---Fed, Raw Ground Beef, USDA Commodity Raw GroundBeef\*, and RawBroccoli (USDA nutrient database).**

| Nutrients        | Grass-Fed Ground Beef | USDA Commodity Ground Beef | Broccoli |
|------------------|-----------------------|----------------------------|----------|
| Protein (g)      | 10                    | 7.6                        | 8.3      |
| Fat (g)          | 6.6                   | 7.5                        | 1        |
| Fiber (g)        | 0                     | 0                          | 7.6      |
| Calcium (mg)     | 6                     | 3                          | 138      |
| Iron (mg)        | 1                     | .75                        | 2        |
| Vit C (mg)       | 0                     | 0                          | 262      |
| Vit A (IU)       | 0                     | 0                          | 91       |
| Cholesterol (mg) | 32                    | 30                         | 0        |



"If nutrients have anything to do with health and disease, and we know they do, the choice is between plant and animal, not between grass-fed and grain-fed beef. As you can see, these two types of beef are still composed of animal protein, fat, cholesterol, and small amounts of several vitamins and minerals. The change in fat composition does not alter the basic nutrient content. The broccoli, on the other hand, has plenty of protein and a more healthful type of protein at that, less fat, and a substantial amount of fiber, no cholesterol, and abundant vitamins and minerals, all of which are health promoting."

"The belief and discussion around the possible health benefits of eating animals grown in a more sustainable way is a good example of a lot of news generated about details out of context. There is a healthier fat profile and there may be tiny differences in absolute antioxidant content in grass fed meat (these benefits do not apply to the organic label alone; ONLY to grass fed). For these reasons if you must have meat, consuming grass-fed, organic meat or wild game instead of factory farm, grain-fed would be best; but remember the health benefits or dangers of these foods goes way beyond the fat content. I am left with serious concerns about protein content, cholesterol, lack of fiber, and lack of vitamins and minerals even in the best grass-fed, organic meat because, ultimately, it remains an animal food package with a relatively poor nutrient profile compared to plant based foods."

Thomas M. Campbels, MD  
Executive Director, T. Colin Campbell Foundation

1. Organic Requirements Simplified. Washington State Department of Agriculture. (Accessed March 18th, 2013, at [http://agr.wa.gov/foodanimal/organic/.](http://agr.wa.gov/foodanimal/organic/))
2. Smith---Spangler C, Brandeau L, Hunter GE, et al. Are organic foods safer or healthier than conventional alternatives?: a systematic review. Ann Intern Med 2012;157:348---66.
3. Daley CA, Abbott A, Doyle PS, Nader GA, Larson S. A review of fatty acid profiles and antioxidant content in grass---fed and grain---fed beef. Nutr J 2010;9:10.



What's Your Choice?



# MEATLESS MARKET

**Best Bites** (✓✓) have at least 10 grams of protein and no more than 250 mg of sodium. **Honorable Mentions** (✓) have no protein minimum and can have up to 350 mg of sodium. Both have no more than 2 grams of saturated fat. Products are ranked from least to most sodium, then most to least protein, then least to most calories. Unless noted, products are typically frozen.

## Meatless Burgers (1 patty—about 2.5 oz., unless noted)

|                                                                                                       | Calories | Sodium (mg) | Protein (g) |
|-------------------------------------------------------------------------------------------------------|----------|-------------|-------------|
| ✓ Engine 2 Plant-Strong (Whole Foods) <sup>1,G</sup>                                                  | 130      | 60          | 5           |
| ✓ Crunch Organic Quinoa (3.2 oz.) <sup>1,G,S</sup>                                                    | 190      | 170         | 4           |
| ✓ Dr. Praeger's Gluten Free California <sup>G</sup>                                                   | 110      | 180         | 4           |
| ✓✓ Sunshine Organic Black Bean South West <sup>G</sup>                                                | 260      | 190         | 10          |
| ✓ Dr. Praeger's Thai                                                                                  | 150      | 190         | 7           |
| ✓ Sunshine Organic—except Black Bean South West or Quarter Pound <sup>1,G</sup>                       | 230      | 200         | 8           |
| ✓✓ Sol Cuisine Original <sup>G</sup>                                                                  | 100      | 220         | 12          |
| ✓✓ Franklin Farms—Chili-Bean or Original Recipe <sup>1,G,R</sup>                                      | 100      | 230         | 13          |
| ✓✓ MorningStar Mediterranean Chickpea                                                                 | 110      | 240         | 10          |
| ✓ Amy's Light in Sodium California                                                                    | 110      | 250         | 5           |
| ✓ Dr. Praeger's—Bombay Curry, California, Italian, Kale <sup>G</sup> , or TexMex <sup>1</sup>         | 130      | 250         | 4           |
| ✓ MorningStar Grillers Original                                                                       | 130      | 260         | 15          |
| ✓ Wildwood Organic SprouTofu (3 oz.) <sup>1,G,R</sup>                                                 | 170      | 280         | 10          |
| ✓ Trader Joe's Quinoa Cowboy (3.2 oz.)                                                                | 180      | 280         | 5           |
| ✓ Gardein Garden Veggie (3 oz.) <sup>G</sup>                                                          | 110      | 280         | 4           |
| ✓ Sol Cuisine Sprouted Quinoa Chia <sup>G</sup>                                                       | 120      | 280         | 3           |
| ✓ Franklin Farms Portabella <sup>G,R</sup>                                                            | 100      | 290         | 14          |
| ✓ 365 (Whole Foods) Spicy Southwestern                                                                | 120      | 290         | 11          |
| ✓ Sol Cuisine Mushroom Rice <sup>G</sup>                                                              | 90       | 290         | 8           |
| ✓ 365 (Whole Foods) Meatless                                                                          | 120      | 300         | 11          |
| ✓ Trader Joe's Organic Tofu Veggie (3 oz.) <sup>R</sup>                                               | 170      | 300         | 11          |
| ✓ Dr. Praeger's Asian                                                                                 | 130      | 300         | 6           |
| ✓ Boca—except Bruschetta Tomato Basil Parmesan <sup>1</sup>                                           | 90       | 310         | 14          |
| ✓ Sunshine Organic Quarter Pound (4 oz.) <sup>1,G</sup>                                               | 330      | 310         | 12          |
| ✓ MorningStar—Garden Veggie, Mushroom Lover's, Spicy Black Bean, or Tomato & Basil Pizza <sup>1</sup> | 110      | 310         | 10          |
| ✓ Gardein The Ultimate Beefless (3 oz.)                                                               | 130      | 320         | 16          |
| ✓ Dr. Praeger's Black Bean                                                                            | 120      | 320         | 12          |
| ✓ Veggie Patch Char-Grilled <sup>R</sup>                                                              | 100      | 320         | 11          |
| ✓ Lightlife Smart Patties <sup>1,R</sup>                                                              | 100      | 320         | 10          |
| ✓ Hillary's Eat Well (3.2 oz.) <sup>1,G,S</sup>                                                       | 190      | 320         | 5           |
| ✓ Amy's Bistro <sup>G</sup>                                                                           | 110      | 330         | 5           |
| ✓ Amy's Texas                                                                                         | 140      | 350         | 12          |
| ✓ MorningStar Roasted Garlic & Quinoa                                                                 | 130      | 350         | 7           |
| ✓ Veggie Patch Mediterranean <sup>R</sup>                                                             | 120      | 350         | 5           |
| ✓ MorningStar Grillers Prime                                                                          | 170      | 360         | 17          |
| ✓ Boca Bruschetta Tomato Basil Parmesan                                                               | 90       | 380         | 13          |
| ✓ Amy's All American                                                                                  | 140      | 390         | 13          |
| ✓ Gardenburger <sup>1</sup>                                                                           | 100      | 440         | 5           |
| ✓ Amy's—Sonoma <sup>G</sup> , Black Bean, or California <sup>1</sup>                                  | 140      | 450         | 6           |
| ✓ Beyond Meat Beast (4 oz.) <sup>G,S</sup>                                                            | 250      | 480         | 24          |

## Meatless Chicken Patties (1 patty—about 2.5 oz., unless noted)

|                                               |     |     |    |
|-----------------------------------------------|-----|-----|----|
| ✓ Boca Original Chik'n                        | 150 | 300 | 12 |
| ✓ Gardein Crispy Chick'n (3.1 oz.)            | 160 | 310 | 13 |
| ✓ Gardein Chick'n Scallopini <sup>G</sup>     | 120 | 350 | 12 |
| ✓ MorningStar Grillers Chik'n                 | 80  | 350 | 9  |
| ✓ Boca Original Chik'n, made with non-GMO soy | 140 | 430 | 12 |
| ✓ MorningStar Grillers California Turk'y      | 100 | 440 | 10 |
| ✓ MorningStar Chik Original                   | 140 | 480 | 8  |

## Meatless Nuggets, Strips, etc. (No. closest to 3 oz.)

|                                                                                          | Calories | Sodium (mg) | Protein (g) |
|------------------------------------------------------------------------------------------|----------|-------------|-------------|
| ✓ Trader Joe's Tofu Edamame Nuggets (3)                                                  | 170      | 260         | 8           |
| ✓ Tofurky Tempeh Marinated Strips (6-7) <sup>1,R</sup>                                   | 130      | 320         | 12          |
| ✓ Veggie Patch Crispy Chik'n Nuggets (4) <sup>R</sup>                                    | 170      | 330         | 11          |
| ✓ Gardein Home Style Beefless Tips (NA)                                                  | 140      | 340         | 17          |
| ✓ Gardein Golden Fishless Filets (2)                                                     | 180      | 340         | 9           |
| ✓ MorningStar Garden Veggie Nuggets (5)                                                  | 160      | 340         | 8           |
| ✓ Beyond Meat Beyond Chicken Strips—Lightly Seasoned or Southwest Style (6) <sup>G</sup> | 120      | 350         | 20          |
| ✓ Lightlife Smart Strips Chick'n Style (NA) <sup>R</sup>                                 | 80       | 350         | 14          |
| ✓ Beyond Meat Beyond Chicken Grilled Strips (6) <sup>G</sup>                             | 120      | 360         | 20          |
| ✓ Gardein Chipotle Lime Crispy Fingers (2)                                               | 200      | 360         | 15          |
| ✓ Gardein Seven Grain Crispy Tenders (3)                                                 | 150      | 360         | 12          |
| ✓ MorningStar Chik'n Nuggets (4)                                                         | 190      | 600         | 12          |

## Meatless Crumbles (3 oz.)

|                                                                |     |     |    |
|----------------------------------------------------------------|-----|-----|----|
| ✓ Helen's Kitchen Organic Veggie Ground (NA) <sup>G,R</sup>    | 90  | 190 | 8  |
| ✓✓ Yves The Good Ground Garden Ground (½ cup) <sup>R</sup>     | 110 | 220 | 15 |
| ✓✓ Helen's Kitchen Organic Veggie Carnitas (NA) <sup>G,R</sup> | 140 | 230 | 14 |
| ✓ Wildwood SprouTofu Mexican Inspired (½ cup) <sup>G,R</sup>   | 90  | 280 | 9  |
| ✓ Boca Veggie Ground (¾ cup)                                   | 100 | 310 | 19 |
| ✓ Gardein The Ultimate Beefless Ground (¾ cup) <sup>G</sup>    | 120 | 340 | 18 |
| ✓ MorningStar Grillers Recipe (¾ cup)                          | 120 | 360 | 15 |
| ✓ Lightlife Smart Ground (½ cup) <sup>1,R</sup>                | 100 | 430 | 16 |
| ✓ MorningStar Chipotle Black Bean (¾ cup)                      | 110 | 430 | 12 |
| ✓ Lightlife Gimme Lean (NA) <sup>1,R</sup>                     | 90  | 490 | 11 |
| ✓ Beyond Meat Beyond Beef—Beefy or Feisty (¾ cup) <sup>G</sup> | 160 | 520 | 21 |

## Meatless Meatballs (No. closest to 3 oz.)

|                                                    |     |     |    |
|----------------------------------------------------|-----|-----|----|
| ✓ Beyond Meat Beyond Beef Swedish (6) <sup>G</sup> | 210 | 350 | 17 |
| ✓ Franklin Farms Portabella (3) <sup>G,R</sup>     | 140 | 350 | 16 |
| ✓ Beyond Meat Beyond Beef Italian (4) <sup>G</sup> | 200 | 360 | 18 |
| ✓ Gardein Classic (3)                              | 150 | 390 | 17 |
| ✓ MorningStar Veggie (5)                           | 130 | 390 | 14 |
| ✓ 365 (Whole Foods) (6)                            | 170 | 560 | 18 |

## Meatless Meats with Sauce

|                                                                                                               |     |     |    |
|---------------------------------------------------------------------------------------------------------------|-----|-----|----|
| ✓✓ Gardein Zesty Marinara Crispy Chick'n Filets (1 filet, 3.1 oz.)                                            | 130 | 240 | 11 |
| ✓ Gardein Lightly Breaded Turk'y Cutlet (1 cutlet, 3.1 oz.)                                                   | 140 | 270 | 11 |
| ✓ Lightlife Smart Wings Honey BBQ (4 wings, 3 oz.) <sup>R</sup>                                               | 110 | 290 | 12 |
| ✓ Sol Cuisine <sup>G</sup> or Simply Balanced (Target)—Smoky Chipotle Meatless Chicken (3.5 oz.) <sup>1</sup> | 130 | 300 | 15 |
| ✓ Simply Balanced (Target) Mushroom Miso Meatless Turkey (3.5 oz.)                                            | 150 | 330 | 15 |
| ✓ Gardein Mandarin Orange Crispy Chick'n (3.6 oz.)                                                            | 180 | 370 | 17 |
| ✓ Gardein Home Style Meatless Meatloaf (1 piece, 3.2 oz.)                                                     | 120 | 380 | 10 |
| ✓ Gardein Sweet and Tangy Barbecue Wings (4 wings, 3.6 oz.)                                                   | 160 | 420 | 14 |
| ✓ Sol Cuisine Meatless Chicken—Ginger Lime Teriyaki or Tangy Korean BBQ (3.5 oz.) <sup>1,G</sup>              | 180 | 430 | 18 |
| ✓ Gardein Sizzling Szechuan Beefless Strips (3.5 oz.)                                                         | 230 | 470 | 11 |
| ✓ Gardein Teriyaki Chick'n Strips (3.5 oz.)                                                                   | 200 | 590 | 15 |

✓✓ Best Bite. ✓ Honorable Mention. <sup>1</sup> Average.

<sup>G</sup> Gluten-free. <sup>S</sup> Contains more than 2 grams of saturated fat.

<sup>R</sup> Typically refrigerated. NA Not available. Note: Some serving sizes were adjusted to more closely match burgers and patties.

**Daily Limits** (for a 2,000-calorie diet): **Sodium:** 1,500 milligrams.

**Saturated Fat:** 20 grams. **Protein Daily Target:** 75 grams.

Source: company information. The use of information from this article for commercial purposes is strictly prohibited without written permission from CSPI.

# PLANT PURE NATION

From the writer and producer of "Forks Over Knives" with Dr. T. Colin Campbell, author, "The China Study", and Nelson Campbell. A ground breaking documentary revealing the power and impact of the political process on everyone's health and wellness! Brought to you by the Green Nosh Group of Cape Cod and Eric Hart, owner, Cape Cod Cinema.

**Cape Cod Cinema**  
**Thursday, October 8<sup>th</sup>, 2015**  
**7 pm**

Q&A following the film with Dr. Kumara Sidhartha, Emerald Physicians, and Dr. Mona Sigal, ER Physician, Nutritionist, and Food for Life Instructor.

**Tickets: \$10.**

**Can be purchased in advance at: [www.capecinema.com](http://www.capecinema.com)**

**[Tickets are now on sale on the Cinema's website.](http://www.capecinema.com)**

**I suggest that tickets be purchased in advance as they may not be available at the door.**

On 11/15/2011, Drs. T. Colin Campbell and Caldwell Esselstyn presented their research on the benefits of plant based nutrition to the Kentucky legislature. Its House members were enthusiastic. Kentucky has one of the highest rates of childhood obesity in the nation, and also suffers from high rates of heart attacks, strokes, and diabetes. Soon after Campbell's presentation, Rep. Tom Riner, member of the Kentucky legislature, introduced a bill to establish a pilot program that would document the health benefits of a plant based diet. But once the bill went into committee, industry lobbyists launched one of the most intensive lobby efforts ever in Kentucky. Rep. Riner, the bill's sponsor, noted that the bill was watered down to "a shadow of its former self", turned "from steel to Reynolds Wrap."

A top-down approach that recognized the powerful healing effects of plant based nutrition had failed again. But Nelson Campbell suspected there was another way to prove the merits of this idea. After the setback in Kentucky, he resolved to put his hunch to the test in his own North Carolina hometown of Mebane (population 11,562.) He also took a documentary film crew with him. Beyond Mebane, PlantPure Nation explores the topical issues of the small family farmer, food deserts, modern medicine, and the challenges of getting plant-based nutrition included in the political process.



# *Our October Green Nosh*



*Wednesday, October 14<sup>th</sup>  
5 pm*

*"The Corner Store" Restaurant  
54 Main Street, Orleans*



The friendly, smiling face with the beard belongs to chef/owner, Steve DeLeonardis, of 'The Corner Store' located both in Chatham (take-out restaurant), and his newest location in Orleans. Steve is one of those individuals who makes you smile. His exuberance, optimism, and caring personality are infectious. Our Group is grateful for his excitement over the Challenge, his eager willingness to participate, and his welcoming our Group and others to his wonderful dining eatery on October 14<sup>th</sup>.

Having eaten at The Corner Store I can attest to the quality, seasonings, and yummy taste of his creations. What's nice, too, is that Steve's friendly and welcoming personality is also mirrored by the young people he has working at his restaurant.

Steve, we look forward to our fun evening at your "Corner Store" in Orleans on 10/14. See you there!

**FOLKS - IF YOU PLAN TO JOIN US, PLEASE RSVP TO ME. NEED TO KNOW NUMBERS. HOPE MANY CAN MAKE OUR MEETING! WE HAD FUN MEETING NEW MEMBERS AT OUR SEPTEMBER NOSH. WE'RE NOW ON MEET-UP!!!**

## *Our a la Italiano September Green Nosh*



Delicious food, wonderful people (some new members, too), and hot off the press info from the one and only Dr. Michael Greger.



Faux Meatballs from Bryanna Clark Grogan  
(recipe on my website)



Tuscan Beans with Sage and Tomatoes



Zucchini, Tomatoes, Olives



Eggplant Rollatini



Delicious Italian Salad filled with Veggies



Greens and Beans





Artisan Bread from Bryanna Clark Grogan



Stuffed Peppers



Eggplant Caponata



Spinach Lasagna



Folks Gathering - 18 at this meeting!



Our Committee: Charlotte, Alvan, Jo & Tricia

## LAST MINUTE VIP NEWS

Boston Veg Fest: Oct. 24<sup>th</sup> and 25<sup>th</sup>, Reggie Lewis Stadium, Boston, [bostonveg.org/foodfest](http://bostonveg.org/foodfest)

Oct. 29<sup>th</sup>: Fundraiser for Wildcare at VanRenssalaer's Restaurant in Wellfleet.

November 2015 Food for Life Series for Cancer Prevention/Survival, Cape Cod Hospital has filled! Taking wait list for additional classes!

Recipes for Faux Meatballs by Bryanna Clark Grogan, her Tiramisu, and Artisan Bread are on my website: [www.plantbasednana.com](http://www.plantbasednana.com)

BUON APPETITO AND GOOD HEALTH TO ALL!