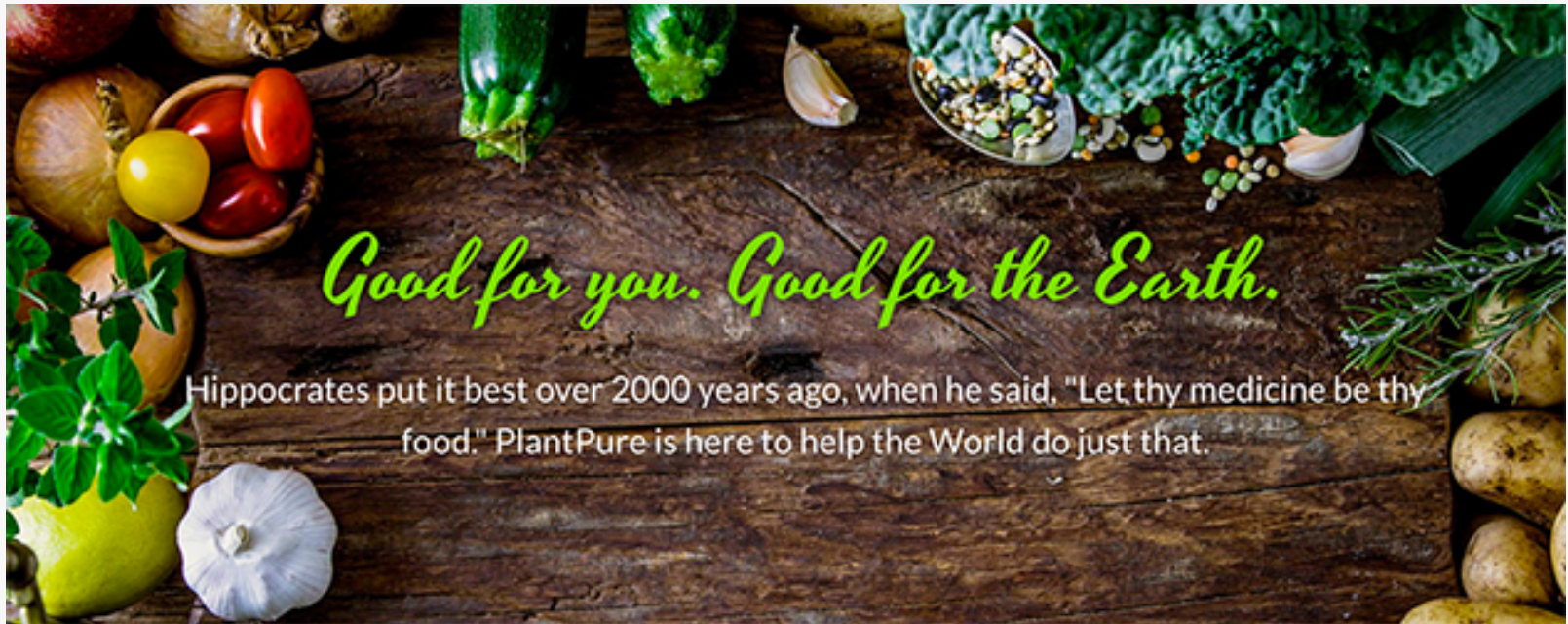




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Issue 51 - April 11, 2018



A PlantPure Update

Much has happened since our last newsletter. I will note just a few high points.

First, we are working hard to implement the next phase of our Healing America Campaign, which is the launch of a city-wide campaign in Durham, NC. We are kicking off this launch with an event on April 21st (Earth Day), at the Durham Convention Center. For more information, you can visit our Healing America website at HealingAmericaTogether.com.

We also are working on the launch of our Discount Club. If you have not already seen information on this, please check out the information on our Discount Club at PlantPureNation.com. I don't know of any other organization providing plant-based meals to doorsteps at prices lower than ours. This has always been our mission, to make eating plant-based as affordable as possible.

Finally, we have produced another couple of short videos you may want to check out, including one from our successful Healing America tour stop in St. Louis. We were greeted by a large enthusiastic crowd and are grateful to the team of people who helped to organize and promote the event. As in other stops, my father and I made an argument that helps to frame the community campaign model we are getting ready to launch. We believe this kind of community-based strategy could spawn an even larger movement that includes environmental, economic, social, and political considerations.

To see the video from this event, and a second one promoting our upcoming Durham event, you

can use these links:

St. Louis: <https://youtu.be/0hodo2o9eDs>

Durham Event: <https://youtu.be/mktagbUrMhI>

Thanks for your continuing interest and support.

Until next time,

Nelson Campbell

If you are not a newsletter subscriber, we invite you to join us. [Subscribe here](#)



We are excited to announce that our film is now available for free on [YouTube](#). Please share the link! In addition, our film is now playing not only on Amazon Prime, but also on [FMTV](#). After you sign up, the film can be found [here](#).

An Update From The Non-Profit Organization PlantPure Communities

Let's Build Healthy, Sustainable Communities!

A PPC Webinar

LET'S BUILD HEALTHY, SUSTAINABLE COMMUNITIES!

Webinar April 25, 7-8pm EST



Get Growing Initiative



Restaurant Campaign



Oasis Program Open Invitation

Join in for a live virtual event with the PlantPure Communities team! Everyone's invited! Find out how you can be part of the latest community initiatives and get your questions answered. PPC will share updates on their Restaurant Campaign – adding plant-based, oil-free dishes to restaurant menus; the Oasis Program – bringing healthier options to underserved and food desert communities; the “Get Growing” Initiative – starting a sustainable, organic Square Foot Garden to grow your own food; and more! [Join in today!](#)

Featured PlantPure Recipe

Asparagus and Tofu Feta Quinoa Salad



From Kim Campbell

Quinoa is the foundation for this light simple spring salad. The salad includes classic Mediterranean flavors of tofu feta, marinated in a tangy vinaigrette and tossed with a variety of fresh colorful vegetables.

Yields: 6 servings

Prep Time: 20 minutes

Cook Time: 5-8 minutes

Dressing:

6 tablespoons lemon juice

½ cup apple cider vinegar

2 tablespoons nutritional yeast flakes

1 tablespoon oregano

3 garlic cloves, minced

1 tablespoon maple syrup

2 tablespoons white miso paste

¼ teaspoon black pepper

Salad Ingredients:

7 ounces extra firm tofu, cut into ¼ - ½ inch cubes

1 lb. asparagus, cut into 2 inch pieces

1 cup peas, fresh or frozen

1 red bell pepper, medium diced

¼ cup red onion, small diced

1 cup cherry tomatoes, halved

2 ½ cups cooked quinoa

Directions:

1. Blend the dressing and pour into a bowl or container. Add the tofu to the dressing and marinate for at least 2 hours. It will taste amazing if you let it marinate overnight!

2. Blanch the asparagus by bringing a skillet of water to a boil and placing the cut asparagus into the boiling water for 2-3 minutes. The asparagus will brighten up and become slightly tender but still maintaining some crispiness. Remove and shock the asparagus by submerging the spears into cold water. This will stop the cooking process. Drain the asparagus when they are fully cooled.

3. In a large bowl, add the asparagus, peas, red bell pepper, onion, tomatoes, and cooked quinoa. Pour the marinated tofu and the remaining dressing mixture into the bowl and toss well to completely coat the salad. Serve at room temperature or store in an airtight container in the fridge and serve cold.

Kim's Hints: This salad is easy to customize with in season vegetables or whatever else you have available. We love to add cucumbers and black olives!

Visit PlantPureRecipes.com for more PlantPure Recipes, or to submit your own!

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