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**PLANTPURE
NATION**

STATE OF THE NATION



Issue 32 – January 18, 2017

PLANTPURE NATION UPDATE

When I got up today, I turned on the TV to watch the news. I have three go-to stations, so I turned to the first station and they were playing a drug commercial that started out, “A heart attack doesn’t care what you eat, or how healthy you are,” implying that heart attacks are largely random. Disgusted, I turned to my second go-to station, and to my chagrin the same commercial was playing. So I turned to my third go-to station, and they were playing another commercial, this time of a different drug. Finally, I went back to my first station and finally found the news.

Continuing the theme of the morning, the news commentary was focused on the current debate about healthcare and at no time did I hear any discussion of the most powerful tool for changing the healthcare equation: *plant-based nutrition*. In prior Jumpstarts we have done, the majority of people on medication had the option to substantially reduce or eliminate those medications by the end of the Jumpstart. The effects are profound.

In the plant-based community, we often think in terms of health, and sometimes venture a bit into environmental and animal welfare considerations. But I believe this is too narrow a view. This issue is also connected with economics, social justice, and politics. I think it is time to consider wrapping our health message into a larger political ideology and movement, one that is founded on respect for people, animals and the environment, but also on political and economic change that empowers local communities and individuals to solve problems. As the current debate over healthcare proves, top-down approaches will not work; *they almost always reflect the existing power structure within society*.

We are working on a social networking tool that we believe will be useful in this effort, which we hope to make available later in the year. We also are considering a convention-style event that would help to bring greater unity to the plant-based community and give some definition to the more expanded, political view I am suggesting. We are in the brainstorming stage, but may have more to share soon.

Stay tuned, and as always, thanks for your support. We especially appreciate your financial support through your purchases of our food, Jumpstarts and merchandise. Because we operate on a thin budget without support from institutional investors, these revenue dollars are precious to us.

Toward this end, we are excited to announce that Kim’s new cookbook, “The PlantPure Kitchen,” is available for purchase. Both Amazon and Barnes & Noble are carrying it, and it will soon be available on our website. We welcome your reviews on Amazon, and hope you enjoy the recipes.

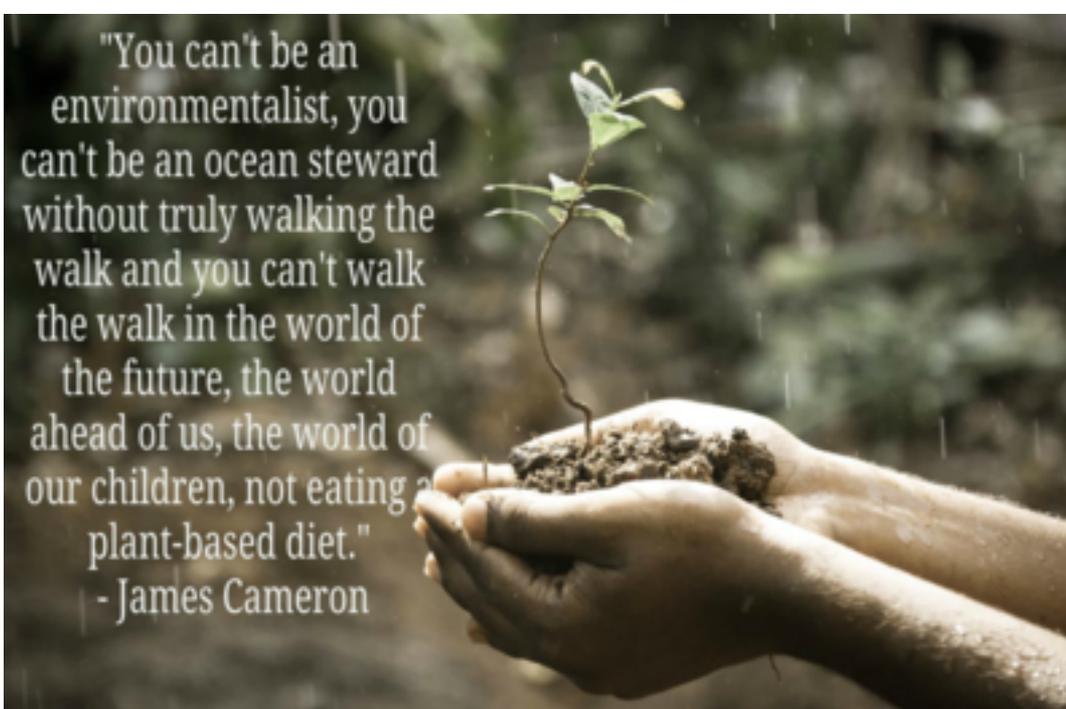
- Nelson Campbell

ORDER YOUR COPY OF [THE PLANTPURE KITCHEN](#) TODAY!



Kim Campbell builds on favorites from her last cookbook, turning recipes like the Creamy African Stew into tasty African Wraps, and shares tons of new recipes that will turn any plant-based eater into a chef with ease. With compassion for the challenges of following a plantpure diet, Campbell lends advice about the best natural sweeteners, the most useful kitchen tools for plant-based cooking, vegan-friendly substitutions for making recipes gluten-free, and a whole a lot more.

WORDS FOR LIVING WELL



PLANTPURE COMMUNITIES

Thank you for helping PlantPure Communities receive TWO matching donation

opportunities!

thankyoumeme



Thanks to many of you, the nonprofit [PlantPure Communities](#) (PPC) received gifts totaling \$10,000 before the end of the year, reaching the goal necessary to receive the match offered by a generous anonymous donor! But wait - it gets even better! PPC received unexpected news from a SECOND anonymous donor, extending the challenge by committing to match any additional donations made on or before January 15, 2017 - up to another \$10,000. And PPC was able to reach that second goal thanks to you!!

As a result of the support of this community, PPC raised more than \$20,000 over the last month and a half through 36 individual donations - which means the nonprofit will receive BOTH financial matches from the anonymous donors! Your generosity is extremely important and everyone at PlantPure Communities is so grateful for your support. [PPC's Oasis Program](#) is advancing in three low-income communities, where PPC reports they expect 10-day jumpstarts will be getting underway this quarter. Thank you for making a difference!

[Join the discussion](#) on the [PlantPure Communities Facebook Page!](#)



Join the discussion!

What's your
go-to
weekday
recipe?

#PlantPureCommunities

FEATURED PLANTPURE RECIPE

From Terri Edwards

FRENCH ONION SOUP

French onion soup is a classic and gets its flavor from deeply caramelized onions. This vegan version has every bit of the flavor, with only a fraction of the fat. Topped with sourdough bread and vegan mozzarella, I think you are going to be amazed by its incredibly warm texture and taste.

French-Onion-Soup-9 (1)



Ingredients:

- 3 large yellow onions
- 1/2 cup veggie broth or water

- 3 cloves garlic, diced
- 1/2 cup red wine (alcohol cooks out)
- 4 cups water
- 2 Tbsp soy sauce
- 2 Tbsp balsamic vinegar
- 1 bay leaf
- 2 tsp ground or fresh thyme
- 1/2 tsp salt, or to taste
- 1/4 tsp fresh ground pepper
- sourdough bread (Annie's sourdough bread has no oil)
- Vegan Mozzarella (Optional. Link to nut-free recipe below)

Instructions:

1. Slice onions into thin crescents.
2. In a large pot, saute onions in 1/2 cup of water until onions begin to heavily brown.
3. Add half of the red wine (1/4 cup) and minced garlic. Continue to brown the onions for about 3-5 minutes on low heat. Add a little more water if needed. Scrape down the the bottom of pan to release all of the flavor of caramelizing onions. Alcohol cooks out of this.
4. Add other half of red wine and continue cooking for approximately 3-5 minutes. Onions should be thickly browning, but not sticking to the bottom.
5. Add remaining ingredients to pot--4 cups water, soy sauce, balsamic, bay leaf, thyme, salt, and pepper. Cover and cook on low for approximately 15-20 minutes. While this is cooking, begin making Vegan Mozzarella Topping.

Vegan Mozzarella Topping (optional) Nut-free version link below

<http://www.fatfree.com/recipes/condiments/vegan-mozzarella-cheese>, from Susan Voisin (FatFree Vegan)

Ingredients:

- 3/4 cup water
- 1/4 cup raw cashews
- 1 Tbsp white wine vinegar
- 1 Tbsp nutritional yeast
- 1 Tbsp arrowroot powder or cornstarch or tapioca flour
- 1/2 tsp salt

Instructions:

1. Make mozzarella topping by adding all ingredients to a blender and blend on high until smooth, approximately 2-3 minutes. I don't soak the cashews.
2. Pour mixture into a sauce pan over medium heat and whisk continuously while cooking.

3. It will become thick and stretchy in 3-5 minutes.

Soup Assembly:

1. Heat broiler to high.
2. Turn soup off and remove bay leaf. Ladle soup into oven-safe crocks. Top with 2 pieces of sourdough bread. Then finish off with a large dollop of mozzarella topping (if using).
3. Place the soup crocks on a baking sheet and broil in oven for approximately 3 minutes, or until tops are brown and bubbly. Watch closely or they will burn quickly.
4. Serve immediately

Details about me:

Terri Edwards is the blogger behind EatPlant-Based.com, a licensed [Food for Life instructor](#) with Physicians Committee for Responsible Medicine, and a plant-based speaker. Her personal mission is to promote the power of food for restored health and see lives changed, just like hers was.

PLANTPURE KITCHEN STARTERS

[PlantPure Kitchen Starters](#) are designed to bring you a delicious array of plant-based entrees and sauces while making the cooking process easier. Our starters provide a variety of ethnic cuisine as well as traditional all American dishes. We provide the flavor and sauce components while you build the meal from fresh produce and grains that you buy at your local store. We even provide suggestions for how you can customize these meals to your own preferences. These starters make building healthy plant-based meals fun and creative. And each packet is good for the preparation of 4 one pound servings.



CONNECT WITH US

We would love everyone to follow all of our social media channels, and tag us/use the hashtag #plantpure as much as possible. Share our social media posts on your own social media and let's spread the message! Also, we'd love to see what your Pod is up to — feel free to post pictures of yourPod's activities to our Facebook page.

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