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**PLANTPURE
NATION**

STATE OF THE NATION



Issue 36 — March 30, 2017

PLANTPURE NATION UPDATE

I was watching the news reports of the healthcare debate this week, and one story in particular caught my attention. It was a story about a powerful group in Congress driving this debate and the complete absence of any women within the group.

Two days earlier, I learned that my brother's wife is pregnant with a second daughter. Their first daughter, only a year old, is beautiful in a way words alone cannot describe. When I cradle her in my arms, it's easy to get lost in the deep blue of her eyes, which twinkle every time she smiles. She reminds me of my own daughters when they were young. And she reminds me of what is missing in our world.

I believe our world is desperately in need of a more feminine view. And let me say that I do not believe this way of seeing, thinking and feeling is necessarily confined to a gender. The feminine perspective is usually associated with women, but just as testosterone is an essential hormone in women, as it is in men, I believe men can also discover the feminine within themselves. When I think of a more feminine perspective, I think of these words: *listening, feeling, empathizing, nurturing, and connecting*.

Don't get me wrong. I feel a masculine impulse within myself, and I am proud to be the person I am. In an increasingly 'politically correct' world, I think we sometimes beat up on men for "being men," but I would argue there is nothing wrong with masculinity ... unless divorced from the words I just used. Unfortunately, a nakedly masculine view often drives our government, our economy and our relations with one another. Unless we learn to better express the feminine view in all we do, our world will continue to disintegrate. We are losing our connections to one another and to the natural world, and there is only one way out; we must change the way we see, feel, and think.

Unfortunately, the systems in our world are tailor-made for the expression of a masculinity divorced from the feminine. We all know what it often takes to climb the rungs of top-down, hierarchical power, whether in government or industry. This is simply the way the game has been set.

And it's yet another reason why I think we need a wholesale change in the way we organize society. We must learn to empower communities, localizing our democracy in a way that pushes power down to the family, neighborhood and city government. If we do this, I believe the feminine view will find far greater expression. This is perhaps a topic for another day because it requires more explanation than I have room for here, but let me just say that I believe we need to create a more tribal kind of culture, and when we do, we will see the feminine voice flourish, and we will see our world begin to heal.

Before I finish this train of thought, I would like to circle back to our own community of plant-based eaters. I see an increasing focus on weight loss, and I see some people preaching an objectifying gospel of extreme eating. Let me be clear that I see nothing wrong with educating people on the weight loss benefits of plant-based nutrition; carrying excess weight is not fun, and is the way people often most directly feel their poor health. And who among us doesn't want to be fit and trim? Here at PlantPure, we will let people know of these healthy benefits (and I will continue going to the gym).

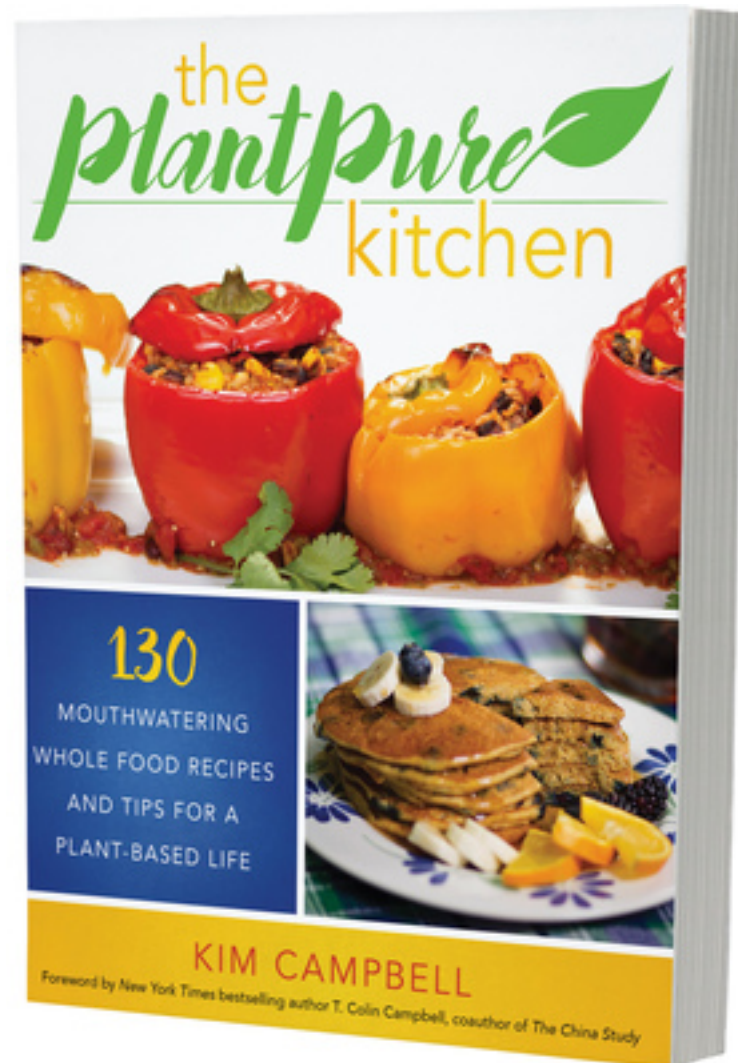
The emphasis on weight loss, however, becomes a problem when the idea of what constitutes a healthy weight becomes unreasonable, unnatural and often unattainable, when we make scientifically unfounded, sacrificial dietary rules for how one should achieve this 'ideal' weight, and when we communicate these ideas in a way that objectifies people, especially women, who have suffered this treatment for far too long. When girls and women begin seeing themselves as less than they are, we lose a perspective our world desperately needs.

Let's all of us go within ourselves to better understand who we are and why we act the way we do, so we can figure out how, together, we can build a softer, more humane world.

Until next time,

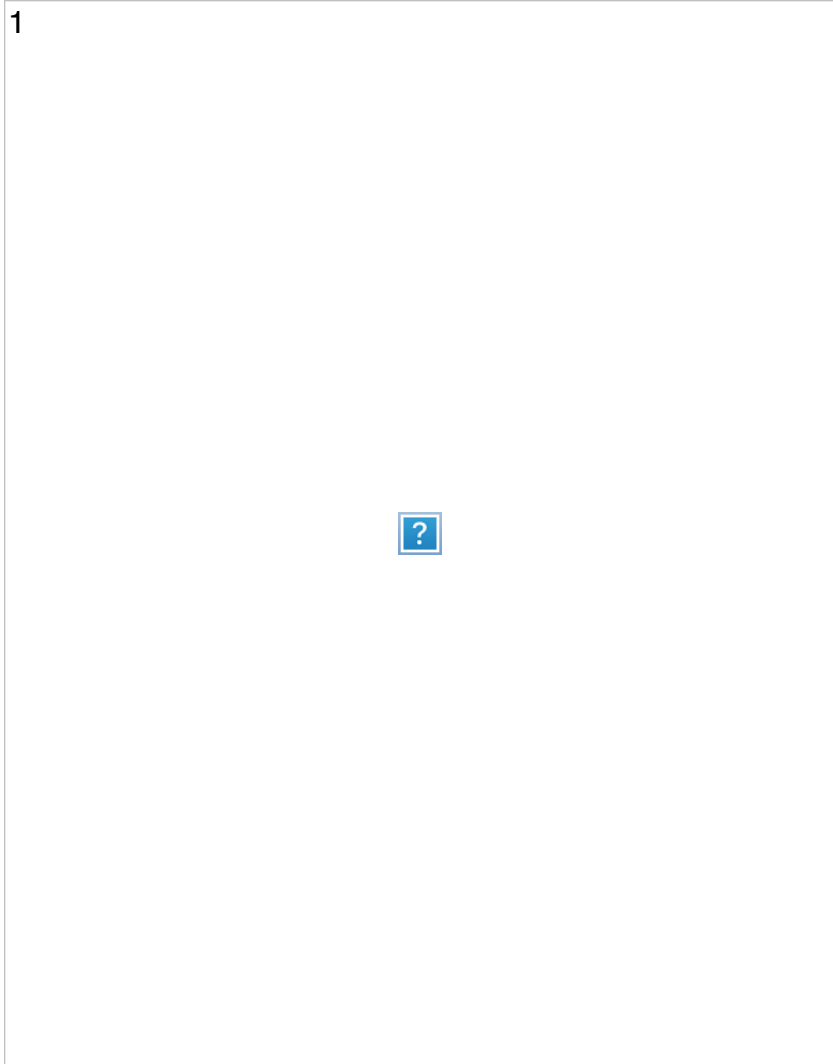
- *Nelson Campbell*

ORDER YOUR COPY OF [THE PLANTPURE KITCHEN](#) FROM OUR STORE 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 lot more.

WORDS FOR LIVING WELL



REPORT FROM THE NONPROFIT ORGANIZATION, PLANTPURE COMMUNITIES

PPC Awards Ten Educational Scholarships



As part of a collaboration with the T. Colin Campbell Center for Nutrition Studies (CNS), PlantPure Communities (PPC) recently awarded ten scholarships for the renowned Plant-Based Nutrition Certificate Program offered through CNS and eCornell. The recipients of the scholarship are those involved in the PPC Pod Program or PPC Oasis Program, who will

bring this science-based nutrition education back to their communities across the U.S. and Canada.

Read more about the PPC scholarship program and recipients on PPC's website:

<http://plantpurecommunities.org/scholarship-recipients/>

NEW! Info Sheets

Check out the updated [Resources page](#) on the PlantPure Communities Pod webpage with useful tips and ideas for Pod members and anyone interested in a whole food, plant-based lifestyle. You can access them here:

<http://www.plantpurepods.com/member-hub/> and are invited to share these resources!

Celebrate Earth Day All Month Long on PPC Social Media!



PPC is celebrating Earth Day all month long in April with a #30daysofgreen challenge, and you're encouraged to join in. What is the challenge? To eat leafy greens every day of the month! Leafy greens are an important part of daily nutrition.

To participate, beginning on April 1, post a photo each day on your Facebook, Instagram, Twitter, or Pinterest account showing how you are eating your greens--maybe it's a salad, a smoothie, or a special dish--and be sure to use the hashtag. Get creative with your recipes and spread the word to your friends and family. Recipes should be WFPB and oil-free.

At the end of April, PPC will publish another community recipe E-book centered around leafy greens, and your recipe could be featured! Be sure to email your green recipe to recipes@plantpurecommunities.org for consideration.

PLANT-BASED TRANSFORMATION SUMMIT

Free Online Summit

Heal Your Body, Lose Weight,
and Feel Your Energy Soar!

Plant-Based Transformation

hosted by Margot Freitag

with over 20 guest speakers including:

Nelson Campbell



PlantBasedTransformation.com

Join the Plant-Based Transformation Summit to discover the extraordinary benefits of eating plant-based, and how to jump in and get started. Twenty five plant-based and vegan professionals discuss how they empower people to take charge of their health and benefit the planet using the power of plants. Free registration here: <http://taigawholehealth.com/plantbasedtransformation>.

FEATURED PLANTPURE RECIPE

From Kim Campbell

ROASTED ASPARAGUS SPRING SALAD

Jump into spring with one of my favorite spring vegetables, asparagus. The base of this salad begins with arugula, or a blend of greens you enjoy, tossed with roasted warm vegetables in a creamy sweet mustard sauce. This unique salad combination can stand alone as an entrée or be served as a hearty side salad. The simplicity of roasted vegetables, wilted greens, and a sweet mustard dressing makes this a favorite year round!



Prep Time: 30 minutes Cook Time: 20 minutes

Serves: 4-6

Ingredients:

- 6-8 oz Arugula or (or your choice of mixed salad greens)
- 1 bunch (12-16 oz) asparagus, 2 inch slices (removing the tough ends)
- 1 lb. medium red potatoes, cut into 1 inch cubes
- 1 red pepper, sliced
- 1 red onion, sliced
- 6-8 garlic cloves, roughly chopped
- 2 tablespoons nutritional yeast flakes
- Salt/Pepper to taste
- 1 ½ cups frozen peas, thawed
- 1 avocado, diced

Sweet Mustard Dressing:

- 4 oz. extra firm tofu (about ¼ of a tofu cake)
- 5 medium medjool dates, pitted
- ¾ cup water
- ¼ cup yellow mustard
- 2 tablespoons apple cider vinegar
- 1 tablespoon lemon juice

Instructions:

***Kim's Hints:** It's easy to substitute vegetables in this salad which makes it ideal for eating vegetables in season.*

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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