

A PlantPure Update

Before I say more, I would like to apologize for missing two newsletter cycles. We have been busy here and just didn't have sufficient time for the newsletter. Much of our work has been focused on various logistical issues, including the packaging problem with our frozen entrees. On this latter point, we have made good progress and should be able to go live again at the end of the month.

This experience is what I would like to discuss here because it illustrates an important point. When we discovered that the seals on some of our trays were coming apart, we panicked. We do not have much of a margin for error because our capital reserves are limited. My heart sunk when I heard that our seals were breaking, but then something wonderful happened. With no complaining, and with a proactive, solution-oriented attitude, our co-packing partner immediately acted to fix the problem and did so at their cost. There was no dispute, only a desire to make the situation right.

When I was growing up, we lived quite a few years in the country, and always had work to do around our property. I remember building two barns, restoring an old farmhouse, putting fences around pastures, cutting and splitting firewood, mowing the grass in the fields, throwing hay bales into barn lofts, and cleaning out horse stalls. We used lots of tools, and sometimes had to borrow tools from neighbors. I remember my father telling me when we did this that we should always do our best to return a borrowed item in better condition than when it was given to us. Even if this meant cleaning the tool to make it a little better, this is what we did.

Unfortunately, I see a different attitude in many places, especially in the cut-throat world of business and politics. It sometimes seems no one wants to take responsibility. So when our co-packing partner committed to fix the problem of our tray seals, it put wind in my sails, and that breeze felt good, even if I was not sure at that moment exactly where I was sailing; I knew the problem would get fixed one way or another.

Imagine what our world would look like if everyone in a corporate or governmental position behaved this way. Indeed, I have never understood how some people can hide behind the walls of an organization to further their economic and/or political interest at the expense of others. We documented a riveting example of this in our film PlantPure Nation. Those legislators who tried to cover up the life-giving message of plant-based nutrition did so because they wanted to keep their power, and they thought their actions were hidden from public view.

I believe this way of thinking is a fallacy. Our actions may not always be immediately transparent to others, but I believe our lives are ultimately transparent in a more profound way, and the way we choose to treat others matters. At least this is my belief.

Thank you for your patience as we work to get our meals back on line. We will let you know the day we go live again.

Sincerely,

- Nelson Campbell

Words to Live By

“Poor health is not caused by something you don’t have; it’s caused by disturbing something that you already have. Health is not something you need to get, it’s something you have already if you don’t disturb it.”

— Dr. Dean Ornish

A Report From The Nonprofit Organization, PlantPure Communities

[PlantPure Communities Pod Stories](#) on a Screening and a VegFest



Pod leader and dentist Dr. Mike Nelson is creating change in his community and advocating for systemic health. His Pod, [Plant](#)

[New Community Recipe eBook!](#)



[Empowered Redding](#), recently held a screening of What The Health. PPC Director of Pod Operations and Development Support Katya Trent organized the first [VegFest in her hometown of Lexington, Kentucky](#) in October 2016. Read these stories and more on [PPC's website!](#)

PPC is excited to announce the release of the 30 Days of Green community recipe ebook, which includes exclusive recipes from Kim Campbell, Jasmine Briones of Sweet Simple Vegan, and many more--all centered around leafy greens! The ebook is [available for download](#) on the PPC website.

Featured PlantPure Recipe

Here's just one fresh summer salad from The PlantPure Kitchen Cookbook! [Order your book](#) to enjoy many more!

Mayan Salad

From Kim Campbell



This salad is a sweet Mexican-style blend of quinoa, beans, veggies, and avocados. The sweetness comes from the orange juice. The variety of colors, textures, and flavors make this a highly requested salad. It also makes a great filling for a burrito wrap if you have leftovers.

Yields: 4 servings

Prep Time: 20 minutes Cook Time: 15 minutes

Ingredients:

¼ cup orange juice
2 tablespoons red wine vinegar
½ teaspoon ground cumin
Pinch of sea salt
2 mangoes, pitted, peeled, and diced
1 red pepper, seeded and diced
1 cup canned or cooked black beans, rinsed and drained
¼ cup chopped fresh cilantro
3 green onions, thinly sliced
1 ½ cup cooked quinoa
1 avocado, pitted, peeled, and diced, for garnish
¼ cup pumpkin seeds, for garnish

Directions:

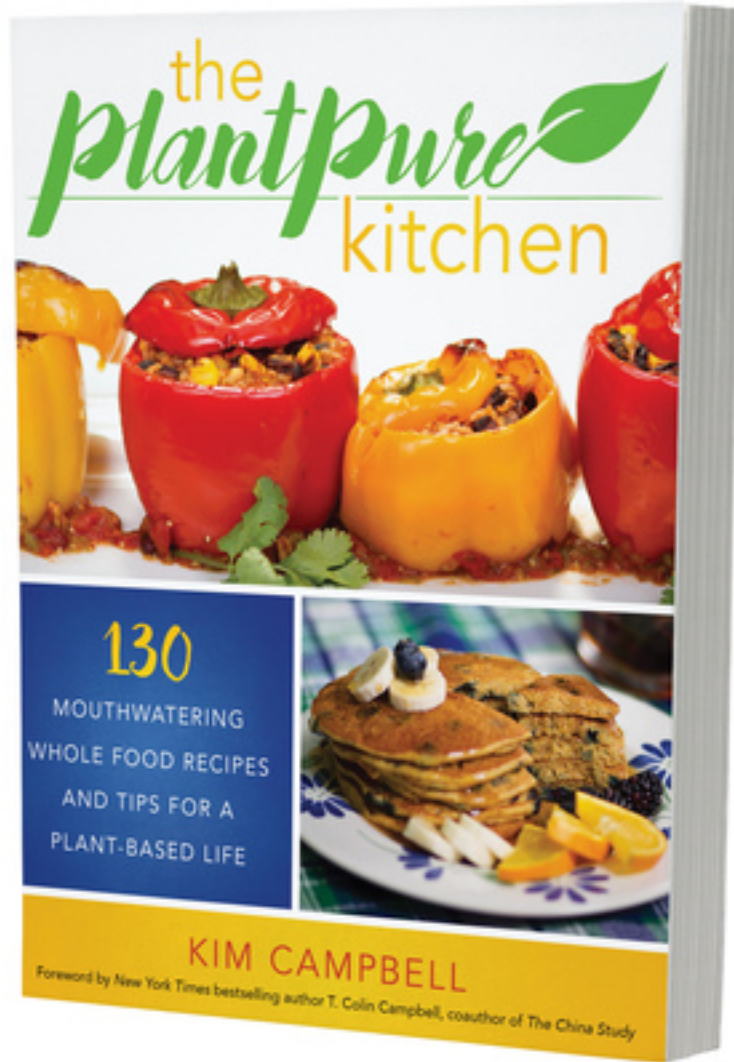
1. In a small bowl, whisk together the orange juice, vinegar, cumin, and sea salt.
2. Combine the mangoes, bell pepper, beans, cilantro, and green onions in a medium bowl and drizzle half of the orange juice mixture over the vegetables. Toss to coat them thoroughly.
3. Add the quinoa to the vegetable mixture, along with the remaining dressing, and toss to combine. Garnish with the avocado and pumpkin seeds and serve.

Kim's Hint: *For a little extra color and flavor, add ½ cup fresh or frozen (thawed) corn.*

Check out the latest PlantPure Recipes submitted by members of PlantPure Nation and the author of the PlantPure Nation Cookbook, Kim Campbell.

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Purchase 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 lot more.



Kitchen Starter A La Carte

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Standard Pack of Meal Starters & Dressings

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Watch Our Video

Download or stream the acclaimed breakthrough feature documentary film PlantPure Nation.



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