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What Do I Do with All of This Produce?! Easy Plant-Based Meals Featuring Summer Fruits and Vegetables

With Robin + Jules, founders of Plant-Based Point &
authors of *Beefless Cakes: Easy Plant-Based Recipes*

The program will begin soon.



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Upcoming programs:

Thursdays 7-8pm

July 21 – tomatoes & zucchini

August 18 – watermelon & cukes

September 15 – apples & peppers



"I have always believed we should match our plate with our heart. After I had kids I took this idea and put it into action by going plant-based and raising my kids vegan. "

-Robin Coarts, MA, MEd



"I'm vegan because it's the simplest way to protect our health, non-human animals, and the single planet we share."

-Jules Schnedeker, PMP, MA

Let's talk all things:

- Berries & Asparagus
- The Many Benefits of Farmers Markets
- Sample Menus & Money-Saving Tips
- How to Clean, Prepare, Store, and Freeze Produce
- How to Learn More!

grab a pen and
jot down ONE idea you'll try -
then let us know!

Goals 





How does shopping at the local
farmer's market help with
plant-based eating?

1

Shop local, support local farmers

2

Freshest food, in season

3

Know your foods, be informed

4

Save money

5

Community support!

**most farmers markets
accept SNAP/EBT**



What's in season in June?

apricots, asparagus, blueberries, cantaloupe, cherries, corn, kiwi, lettuce, mangoes, peaches, peas, rhubarb, strawberries, Swiss chard, watermelon, and zucchini



Why should I wait to wash produce?



Do I need to wash organic produce?



Asparagus

Low Calories

Protein

Vitamin C, A, K

Folate, Potassium

Antioxidants

Good for digestive health (fiber)

Helps with blood pressure and weight

Asparagus: How to prepare, clean, and store

 Right before you plan to prepare, rinse/wash asparagus and spread out to dry

 No need to shave the ends; just trim off starting at the pale/green transition

 **YES, you can freeze asparagus.** After washing and trimming, store in freezer-friendly bags, but don't stuff the bag (single layer) and they will be good for 8 months in the freezer



What flavor pairs well with asparagus?

garlic

rosemary

parsley

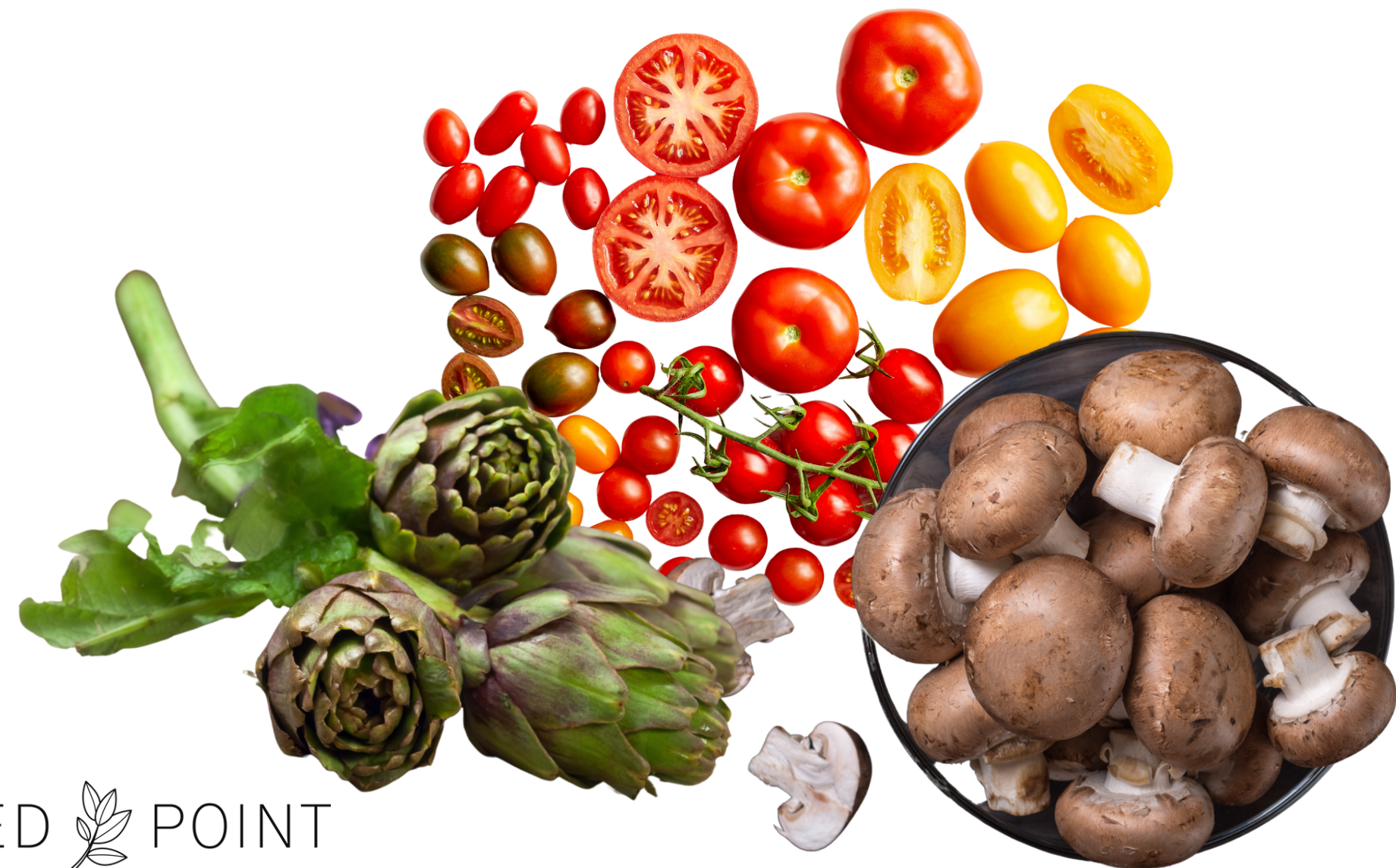


What vegetable pairs well with asparagus?

tomatoes

artichokes

mushrooms



Tired of roasting, grilling, and steaming?

BREAKFAST

- chop and add to tofu scramble; pair with mushrooms and red peppers -
- chop and add to hash browns -

LUNCH

- chop and add to summer market salad -
- make creamy asparagus soup (coconut milk, potatoes, and/or plant-based milk) -

DINNER

- chop it and put on pizza/flatbread -
- add to pasta, cheezy potato bowls, and stir fry -





PLANT-BASED  POINT

**Most nutritious berry is the blueberry!
Followed by raspberry and then strawberry**



Let's talk nutrition...

berries are packed full of antioxidants

high in fiber

helps with cholesterol, inflammation

vitamins galore

Berries



100 grams of berries = 1/2 cup

Raspberries have 8 grams of fiber/cup

Blackberries have 2 grams of protein/cup

Strawberries are high in Vitamin C and have 150% of your RDI

Blueberries & Blackberries contain flavonoid (anti-inflammatory, antioxidant)



Can you freeze berries?

yes

- 1. Rinse berries in a strainer**
- 2. Remove the stems and cut any large berries in half**
- 3. Place the berries on paper towels and drain well**
- 4. Place them in a single layer on cookie sheet or cutting board, and put the pan in the freezer**
- 5. Once hardened or frozen, can be put into freezer-friendly bags (will last for about 12 months)**

What flavor pairs well with berries?

blueberries & lemon

raspberry & ginger

strawberry & basil



What vegetable pairs well with berries?

blueberries & spinach

raspberry & tomatoes

strawberry & cucumber



Tired of putting fruit into pies?

BREAKFAST

- turn berries into a sauce for yogurt, oatmeal, or pancakes -
(great use for any bruised or soft berries)

LUNCH

- toss blueberries or strawberries into spinach salad -
- try fresh berries instead of jam in a PB&J -

DINNER

- using the sauce technique, drizzle over steamed rice and tofu, and add some fresh basil - voila! -

BONUS

make a simple syrup for desserts
or mixed drinks (or muddle for
cocktails)!

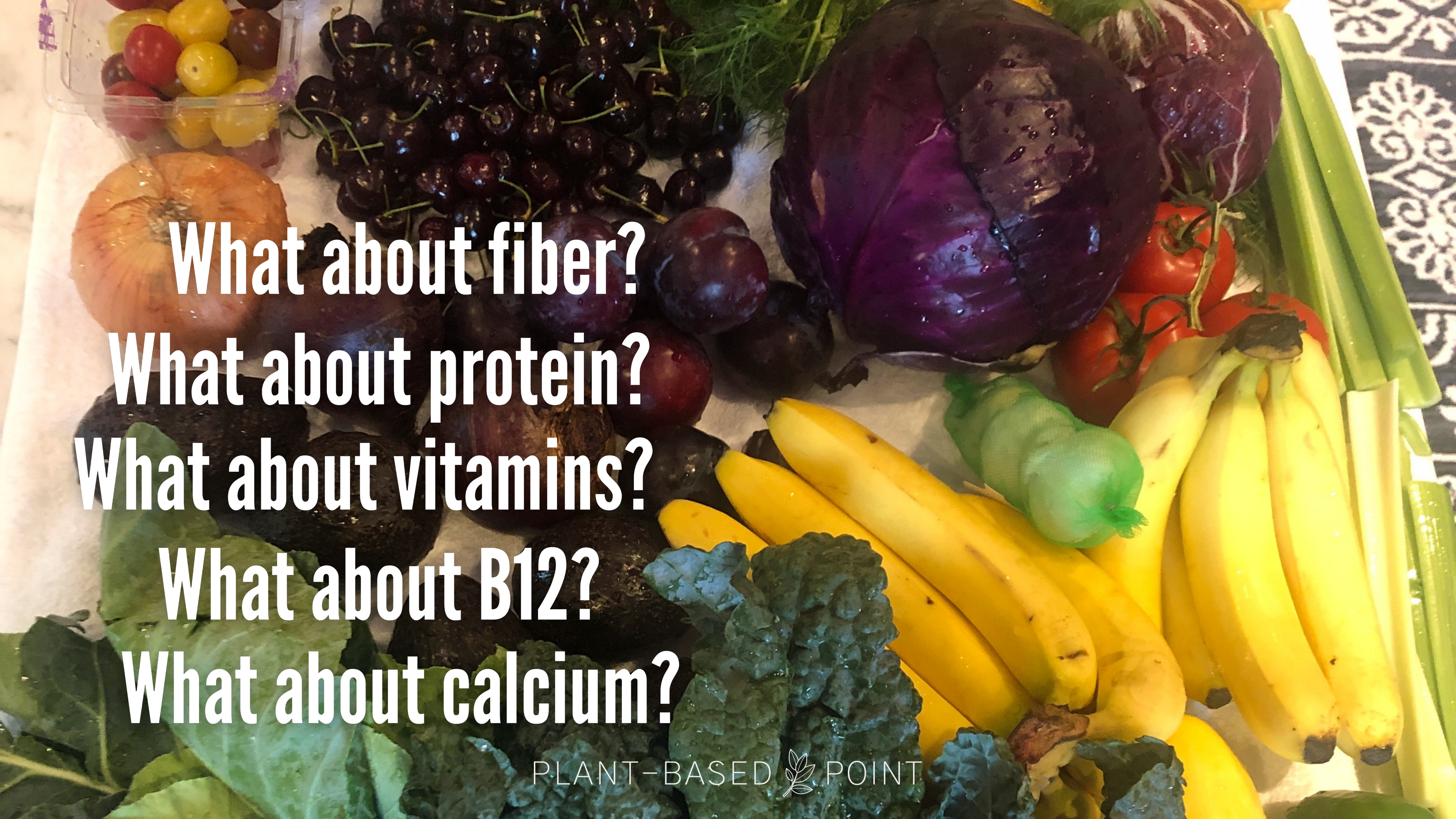




PLANT-BASED  POINT



PLANT-BASED POINT



What about fiber?
What about protein?
What about vitamins?
What about B12?
What about calcium?

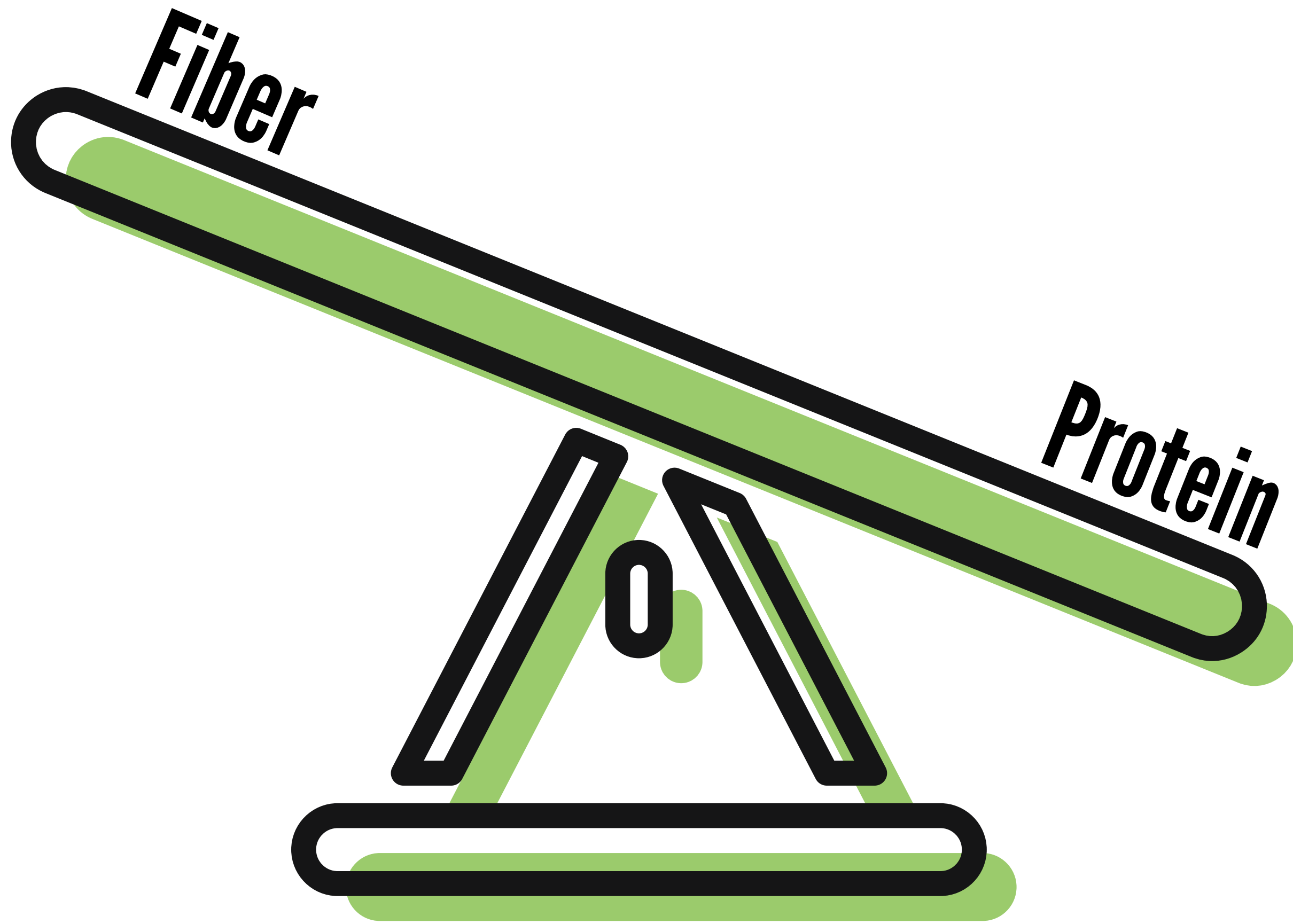


A plant-based diet is a powerful way to achieve good health.

A plant-based diet consists of exclusively plant foods, including fruit, vegetables, grains, and legumes, and avoids meat, dairy, and eggs. Plant-based foods are full of fiber, rich in vitamins and minerals, free of cholesterol, and low in calories and saturated fat. Eating a variety of these foods provides all the protein, calcium, and other essential nutrients your body needs. It's important to include a reliable source of vitamin B12 in your diet. You can easily meet your vitamin B12 needs with a daily supplement or fortified foods, such as vitamin B12-fortified breakfast cereals, plant milks, and nutritional yeast.

Those who eat a plant-based diet lower their risk for heart disease, type 2 diabetes, obesity, and other health conditions. Research also shows that a plant-based diet can be less expensive than an omnivorous diet.

**Physicians
Committee**
for Responsible Medicine





In this guide:

1. nutrition
2. sample menu
3. printable shopping list
4. instructions
5. recipes
6. resources



berries



featuring
asparagus

PLANT-BASED POINT

printable shopping list (serves 4)

PRODUCE:
 4 portabella mushrooms
 1 bunch asparagus
 3-4 cups blueberries
 1 pint strawberries
 ~3/4 cup basil
 1/3 cup parsley (optional)
 1 head garlic
 1 small red onion
 1-2 lemons (use in marinade + pie)

PANTRY:
 Balsamic vinegar (2/3 cup)
 Olive oil (1/2 cup)
 Sugar (2/3 cup)
 Cornstarch (7 TBSP)
 Salt + Pepper (to taste)
 Cinnamon (optional - for pie)
 Allspice (optional - for pie)

REFRIGERATED:
 Store-bought pie crust (most are "accidentally vegan") - two crusts (top and bottom crust for one pie)
 Vegan mayo (we love Follow Your Heart Veganaise, which is sold refrigerated)

OTHER:
 4 hamburger buns or rolls (most are "accidentally vegan")

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instructions

By using the shopping list, menu recipes (see following pages) and following the below order, you'll have a menu batch-cooking win!

FIRST:
 Preheat oven to 375 degrees Fahrenheit (for pie). While oven is preheating, assemble pie.

SECOND:
 Put pie in oven (don't forget to set that timer!) and make marinade. Marinate your mushrooms (for veggies/vegan protein) and asparagus for about 30 minutes.

THIRD:
 While veggies are marinating and pie is cooking, make strawberry-basil salad.

FOURTH:
 SAVE YOUR MARINADE! Fire up the grill and toss on your mushrooms. While the mushrooms are cooking, take the reserved marinade and add vegan mayo to make creamy dressing. After the mushrooms have grilled about 3-5 minutes on one side, flip over and also add asparagus. Cook until everything is tender and charred to your liking. (See recipe for details.)

FIVE:
 Assemble burgers and dig in!

PLANT-BASED POINT

sample menu (serves 4)

- Strawberry-basil salad
- Grilled portabella* burgers with creamy balsamic dressing
- Grilled asparagus
- Blueberry pie






*can sub other veggies, tofu or tempeh

PLANT-BASED POINT

Money-saving tips

- \$ Shop sales/in season**
- \$ Create a theme**
- \$ Repurpose ingredients**
- \$ Choose a few splurges and pair with cheap staples: bread, pasta, beans, grains, tortillas, tomato sauce, coconut milk, potatoes**
- \$ Gradually build your pantry (spices, sauces, etc.) and then leverage it!**

sample menu

(serves 4)

- Strawberry-basil salad
- Grilled portabella* burgers with creamy balsamic dressing
- Grilled asparagus
- Blueberry pie



*can sub other veggies, tofu or tempeh

PLANT-BASED  POINT

- ✓ Shop sales/in season
- ✓ Create a theme: **summer BBQ**
- ✓ Repurpose ingredients: **balsamic vinegar, basil, onions, lemons, marinade**
- ✓ Choose a few splurges: **produce**
- ✓ Pair with cheap staples: **rolls**
- ✓ Leverage your pantry: **sugar, flour, vegan mayo, cinnamon, allspice**

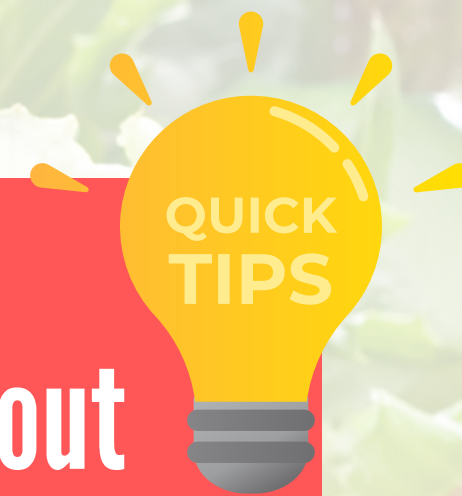
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as seen on:



PLANT-BASED  POINT



Because you don't have to worry about cross-contamination in plant-based cooking, you can save any marinades and repurpose them, e.g., as salad dressing!

- Our Favorite Resources
- Our Favorite Products
- Events**

Events

Check back regularly because we're always adding new events! Interested in booking us for a signing, talk, cooking demo, or other event? Email us at plantbasedpoint@gmail.com!

Past Events

- 5/27/2021: KTVZ News Channel 21 [Interview](#)
- 7/14/2021: "BEEFLESS CAKES" Cookbook Launch Party (Bend, OR)
- 7/16/2021: Cooking demo private party (Bend, OR)
- 8/2/2021: 92.9FM "Middays with Kris" [Radio Interview](#)
- 8/24/2021: "[All Things Vegan](#)" podcast interview on KPOV 88.9FM
- 9/19/2021: [VegLife Des Moines Summer Market](#) (vendor)
- 10/1/2021: "First Friday" featured authors at [Big Story Books & Movies](#) (Bend, OR)
- 10/3/2021: [VegLife Des Moines Summer Market](#) (vendor)
- 10/10/2021: Deschutes Public Library Presentation: [Taking the Mystery Out of Going Vegan](#)
- 10/27/2021: Natural Grocers presentation: [Prepping Your Plant-Based Pantry 101](#)
- 11/12/2021: [Roundabout Books author event](#)
- 11/14/2021: Cooking demo private party (Bend, OR)
- 11/15/2021: Baltimore County Public Library Sustainability Day presentation: [Sustainable Food Choices](#)
- 1/6/2022: Baltimore County Public Library presentation: [Reset Your Eating with Plant-Based Foods](#)
- 6/16/2022: Baltimore County Public Library presentation: "[What Do I Do with All of this Produce?!](#)" session 1 of 4, featuring berries and asparagus. [GET THE FREE MENU MEAL PLAN HERE](#)



July 2022							Today
Mon	Tue	Wed	Thu	Fri	Sat	Sun	
27	28	29	30	1	2	3	
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	

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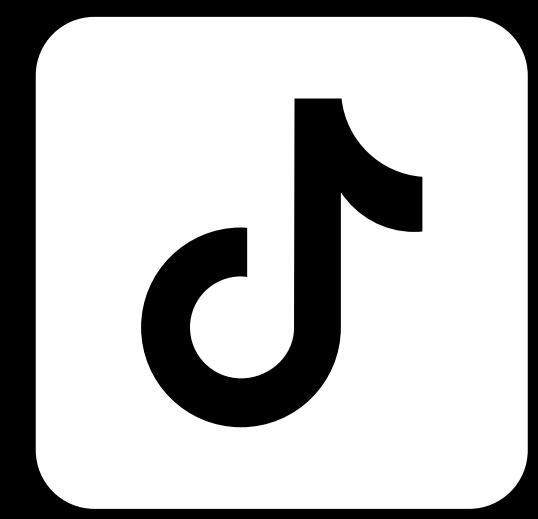
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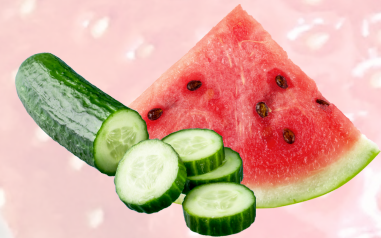


Questions?

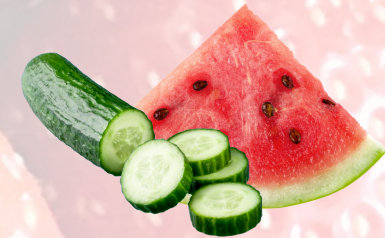
UPCOMING SESSIONS:



July 21 - tomatoes & zucchini



August 18 - watermelon & cucumbers



September 15 - apples & peppers





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*The broadcast has ended.
Thank you for watching!*

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