



Whole Food Plant Based Club Monthly Digest January 2025

This group was created to support your interest in a WHOLE FOOD PLANT-BASED (WFPB) way of eating, regardless of where you are on your journey to wellness. This way of eating includes fruits, vegetables, whole grains, legumes, nuts, seeds and strives to eliminate oils.

This site and services are for support and informational purposes only and should not be construed as medical advice.

Whole Food Plant Based Club Gatherings

When: Second Thursday of Each Month

Where: Riverbend Recreation Center 1833 Corbin Trail The Villages, Florida 32162

Time: Noon-1:30

Who: Members of The Villages and those with a Guest Pass.

Bring your own table setting and a compliant WFPB dish to share with the recipe and whether or not it is gluten free.

Description of Compliance: <https://nutritionstudies.org/what-is-a-whole-food-plant-based-diet/>

On a WFPB Lifestyle? Click Here ... [What to Eat and What Not to Eat](#)

Save the Dates for 2025 Gatherings at Riverbend:

January 9	April 10	July 10	October 9
February 13	May 08	August 14	November 13
March 13	June 12	September 11	December 11

DON'T FORGET TO VISIT OUR WEBSITE!

OUR RESOURCES, TOOLS, GUIDES, SOCIAL MEDIA LINKS, MINI COOKBOOKS, AND PAST NEWSLETTERS CAN BE FOUND ON OUR WEBSITE.

www.wholefoodplantbasedclub.com

THEORY AND COOKING CLASSES

***SIGN UP FOR DEBBIE WADDELL'S THEORY AND/OR COOKING CLASSES
-YOU WON'T REGRET IT-
HER SIGN UP SHEET WILL BE AT OUR MONTHLY GATHERINGS.***

Continuous thanks to **Debbie Waddell** for her commitment to educating our members through theory and cooking classes.

DEBBIE CAN BE CONTACTED AT: [acupunctdeb52@gmail](mailto:acupunctdeb52@gmail.com)







Seasonal Planting Guide Florida

Season	Fruits & Perennials	Vegetables & Greens
Spring (March-May)	Papaya, Banana, Moringa, Mulberry	Tomatoes, Cucumbers, Basil, Squash, Zucchini
Summer (June-August)	Passionfruit, Dragon Fruit, Pineapple	Malabar Spinach, Sweet Potatoes, Peppers
Fall (September-November)	Avocado, Fig, Guava, Loquat	Lettuce, Kale, Swiss Chard, Beets, Carrots
Winter (December-February)	Persimmons, Jaboticaba	Celery, Cilantro, Dill, Parsley, Radishes

Best Places for Organic Seeds






1) Florida-Based & Southern Climate-Friendly Seed Companies

These sources specialize in seeds that thrive in **hot and humid** environments like Florida.




-  [True Leaf Market](#) – Offers organic, heirloom, and non-GMO seeds.
-  [Southern Exposure Seed Exchange](#) – Focuses on varieties suited for the Southeastern U.S.
-  [Eden Brothers](#) – Large selection of organic seeds, including tropical-friendly options.
-  [Mary's Heirloom Seeds](#) – Specializes in heirloom, open-pollinated seeds and supports Florida gardeners.

2) Nationwide Trusted Organic Seed Companies

These are well-known for high-quality organic seeds:

-  [Baker Creek Heirloom Seeds](#) – Heirloom and organic seeds with rare and exotic varieties.
-  [Seed Savers Exchange](#) – Heirloom and organic varieties, plus a seed-saving community.
-  [Johnny's Selected Seeds](#) – High-quality organic seeds for home and market gardeners.
-  [High Mowing Organic Seeds](#) – 100% organic, non-GMO seeds.
-  [Territorial Seed Company](#) – Offers organic, hybrid, and heirloom varieties.

3) Local & Small-Scale Options


-  [Grower's Exchange](#) – Great for organic herb seeds.
-  **Local Seed Swaps & Farmers' Markets** – Check for heirloom seed swaps or gardening clubs in your area.
-  **The Seed Guy (Etsy)** – Specializes in organic survival seed packs with high germination rates.

Did You Know?

Dairy is defined as something that is not vegan because it comes from animals, such as cows, goats, and sheep. Dairy products include milk, cheese, butter, and cream, as well as foods made using these ingredients.

Did You Also Know?

**No Oil–Not Even Olive Oil!
Click Link Below to Hear Why...**

 [No Oil -- Not Even Olive Oil! - Caldwell Esselstyn MD](#)

50/50

We are now offering a 50/50 drawing at gatherings. Participation contributes to supporting club supplies and initiatives. Tickets are offered at the door and winners are announced after lunch. Half the collected donations will go back to the club and the other half of donated funds will be split between 2 or 3 winners depending on the amount of the pot. Join in on the fun each month and "Best of luck to all participants! May the odds be in your favor!"

(Must be present to collect)

Continuous thanks to Cathy Ochs for helping with fundraising for our club.

DO YOU HAVE AN IDEA FOR A FUNDRAISER? Contact Cathy at: cathyochs@att.net

A Heartfelt Thank You & A Warm Welcome

*As we begin the new year, we want to take a moment to express our deepest gratitude to **Chris Nader** for her dedication and contributions as a valued member of the Whole Food Plant-Based Club's Board of Directors. Chris has been an incredible asset, bringing passion, wisdom, and commitment to our mission. While she steps away from the board, her impact will continue to be felt, and we are truly grateful for her time and service. Thank you, Chris!*

*At the same time, we are excited to welcome **Wallace Daczkowski** as the newest member of our Board of Directors! Wallace brings a wealth of experience and enthusiasm for the WFPB lifestyle, and we are looking forward to his insights and leadership as we continue to grow and inspire healthier living in our community. Please join us in extending a warm welcome to Wallace!*

Together, let's make 2025 a fantastic year for the WFPB Club!



Thank you, Jill Keb of the Plant Life Journey Retreat for sharing your health journey.

January:

In January, Jill Keb of the Plant Life Journey Retreat shared her health journey from obsessed food addict and binge eater to where she is today certified food educator, Food for Life Instructor, yoga teacher, and so much more.

COMING ATTRACTIONS...

February:

Please join us, Thursday, February 13, at 12:00 pm at Riverbend Rec. Center where Debbie Waddell will demonstrate how to make a couple types of sauces. We will have a potato bar this month, and you can try Debbie's sauces on top of a potato! Please still bring a plant-based, no-oil dish to share plus one copy of your recipe for the potluck.

Anyone with a Villages ID or Guest Pass is able to attend.

March:

Co-leader, Charlene Wagner, will be our March speaker for the Whole Food Plant-Based Club. Charlene is passionate about plant-based living and has a wealth of knowledge to share. This month, she'll be diving into the topic of **eating raw and its incredible benefits**. She will explore how raw foods can enhance your health, energy, and overall well-being. Plus, you'll get to enjoy a **beautiful slideshow** showcasing vibrant fruits and vegetables, along with creative ways to prepare them for a **nutritious and delicious lifestyle**. Join us for an engaging and inspiring session—you won't want to miss it!

All of our presentations—are videotaped by Wallace Dackowski and he posts them on our Facebook page (Whole Food Plant Based Club).

Continuous thanks to Wallace Dackowski for securing speakers and presenters for our club.

DO YOU HAVE A TOPIC YOU WOULD LIKE TO BE CONSIDERED?

CONTACT Wallace Dackowski at: walledacz@gmail.com

Perfect Salad Dressing

Fully Raw Kristina

Here is the answer to your salad dressing dreams! Follow this recipe or swap out for other ingredients laid out in the instructions!

(Himalayan salt may be omitted or replaced with listed options)

Ingredients

Serves 5

2 medium limes, juiced

1 teaspoon pink Himalayan salt

1 medium handful of basil

2 cups fresh squeezed orange juice

2 cloves garlic (optional)

½ cup Raw tahini

1 small thumb of ginger (optional)

1 teaspoon optional: finely diced jalapeno pepper (seeds removed)

Steps

1. To make the perfect dressing every time you will need: 1. An acid 2. A fat 3. Salt 4. Herbs 5. Sweet 6. Spicy

2. One version of this recipe is laid out for you in the ingredients. However, you can swap out any of them for the following (examples)

3. 1. Fats: avocado, nut or seed butter, or leave out to have a fat-free dressing and replace with non-sweet fruit like zucchini. 2. Acids: lemon, apple cider vinegar 3. Salt: You can replace salt with celery or swiss chard stems

4. 4. Herbs: any fresh or dried herb of choice 5. Sweet: orange juice, mango, grapefruit juice 6. Any spice you like for a kick (optional): ginger, turmeric, garlic, hot peppers, cayenne pepper

5. Prep all your ingredients and blend in a high-speed blender.

6. Pour into an air-tight container and use it on salads throughout the week. Enjoy!

New York Times Bestselling Author and President of the Physicians Committee for Responsible Medicine

NEAL BARNARD, MD

presents

THE POWER FOODS DIET

Thursday, March 6, 2025
5:30 PM (doors open 5:00 PM)

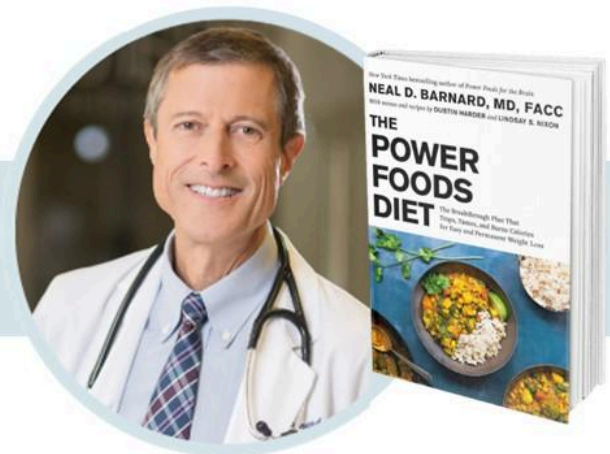
Epic Theatres Old Mill Playhouse
1000 Old Mill Run, The Villages

Evidence-based, food-as-medicine
protocol for kick-starting
weight loss and keeping it off



TICKETS \$18

<https://tinyurl.com/3zw53yb7>



QUESTIONS? (352) 638-0955 THEVILLAGES.WFPB@GMAIL.COM

OPEN TO THE PUBLIC

**Dr. Neal Barnard will be speaking at Epic Theater in Lake Sumter
Landing on Thursday, March 6th.**

<https://www.eventbrite.com/e/the-power-foods-diet-by-dr-neal-barnard-tickets-1140826415519?aff=ebdsshcopyurl&utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=>

**Continuous thanks to Paul Himes and Joe Cunningham for securing world-renowned speakers
for our club.**

DO YOU HAVE A SPEAKER YOU WOULD LIKE TO BE CONSIDERED?

CONTACT PAUL HIMES or JOE CUNNINGHAM:
tpaulhimes@gmail.com or jcunning08@gmail.com

NEED A SPEAKER FOR YOUR CLUB OR ORGANIZATION?

If you need a speaker for one of your clubs or organizations, **Diane Bray** has a very interesting and informative talk about her vast knowledge regarding how closely diet and health are interconnected. She has a wonderful story about how changing her way of eating changed her Life. Diane's inspirations will create a spark for members of your organization while they listen, learn, and explore ideas on how they can incorporate her suggestions into their own journey towards a better living experience. She provides a wealth of information and references and we are very appreciative for the time she spends educating others.

Continuous thanks to Diane Bray for investing her time, energy, and passion into promoting the values of our WFPB club.

Diane can be contacted at: dianekbray@gmail.com

WFPB DOCUMENTARY DISCUSSION GROUP

Member Jacki Rose has volunteered to host a WFPB Documentary Discussion Group!

All are welcome no matter where you are on your WFPB journey!

It meets the 2nd Tuesday of each month on Zoom from 7:00-8:00 pm.

Participants will watch the "said" documentary of the month prior to the evening.

Get educated, stay motivated & connect with others interested in WFPB!

Continuous thanks to Jacki Rose for her commitment to creating meaningful and educational experiences for our members.

Contact: Jacki Rose www.WFPBFun.com

21 - Day Vegan Kickstart

Ready to kickstart your health? The Physicians Committee for Responsible Medicine has the tools you need to get started in the relaunched [21-Day Vegan Kickstart](#) online program and mobile app. The free program is available in both English and Spanish and features hundreds of healthy recipes, meal plans, grocery lists, expert nutrition advice, cooking demonstrations, and more.

The program is based on decades of scientific research demonstrating that a vegan diet can help you reach a healthy weight and lower your risk for heart disease, type 2 diabetes, and other chronic diseases. The Kickstart program features more than 100 low-fat, plant-based recipes that will help you reap these health benefits.

CLASSIC Mocktails

by Nama Juicer

(some may contain sugar or salt rims—you may want to avoid for optimal health)

[Click Here for Recipes:](#)

[nama_nov_guide_F](#)

Regaining Your Health One Bite at a Time

Co-Leader, Debbie Waddell, was featured in the VHA Newsletter!

<https://www.thevha.net/regaining-your-health-one-bite-at-a-time/>

Thanks for getting the word out Debbie.

Eat Plants Love

Click here [EPL PLANT BASED GUIDE](#)

Plant Pure Plunge Booklet

Click Here: [PlantPure_Plunge_Booklet](#)

Plant Based Jumpstart

THE ESSELSTYN FOUNDATION'S has Written a PLANT-BASED JUMPSTART GUIDE

[Click Here for the Guide](#)

Public Health Plant Powerful

Mt. Dora, Florida

Meets the 2nd Saturday of the month, 3pm, at WT Bland Library in Mt. Dora, Florida.

Contact:

352-250-7942

Susan: Susanpetit1@hotmail.com

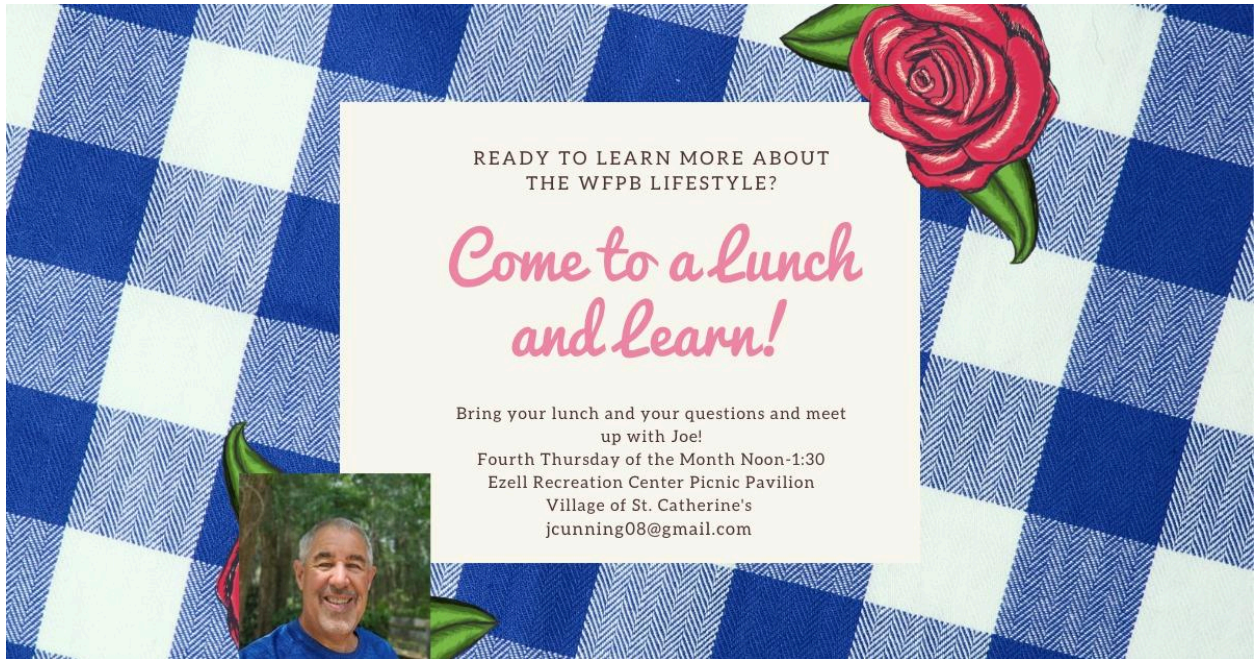
Sharon: Soulitude421@aol.com

[MeetUp.com](#) or Facebook

<https://www.facebook.com/SusanHartsfieldNP/>

<https://fb.me/e/3yyXYuu8M>

<https://meetu.ps/e/HFwSd/1J9vW/i>



Member, **Joe Cunningham**, contributed...

Our monthly meetings at the Ezell picnic area continue to be successful and fruitful. New and seasoned WFPB club members share problems and possible solutions to continue on our path. We invariably follow Dr. Greger's writings and app discussing strategies on how to implement on a daily basis.

Looking forward to having more members join us.

Continuous thanks to Joe Cunningham for stepping up and making a positive impact on our wfpb community.

Yours in Health,

CHARLENE WAGNER



The Villages WFPB Group
The Villages, Florida 32162