



The Villages WFPB Support Group Monthly Digest  
July 2023

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***This group was created to support your interest in a WHOLE FOODS 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 eliminates oils.***

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

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## **The Villages WFPB 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.

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

**Save the Dates for 2023 Gatherings:**

<b>January 12</b>	<b>April 13</b>	<b>July 13</b>	<b>October 12</b>
<b>February 9</b>	<b>May 11</b>	<b>August 10</b>	<b>November 9</b>
<b>March 9</b>	<b>June 8</b>	<b>September 14</b>	<b>December 14</b>

*Thank you, Nini, for speaking to the club about -  
"The Magic of Summer Herbs".*



### **Coming Attractions...**

#### **August**

*Kaitlyn Kuehn of Zephyr Gills Mushroom Farm- "Oh The Varieties of Mushrooms" and a cooking demo*

#### **September**

*Drew Craven, the Executive Director of The Villages Grown, will talk about The Villages Grown*

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### **Tunnels for Towers 5K:**

Pam Priddy, the Race Director for 2023 Tunnel to Towers 5K Run & Walk in The Villages, has asked that I share this information with our group! "Our event will be held on the 4th of November at the Villages Polo Club on Buena Vista Boulevard. We will have guest speakers, a vendor village from all our amazing sponsors, and other

activities if running in a 5k is not your cup of tea! This will be the first Tunnel to Towers 5K hosted in The Villages”.

If anyone in this club is interested in heading a committee to create a wfpb team, a wfpb table of information at the Polo field or volunteering for the event, please use the registration link or email [thevillages.wfpb@gmail.com](mailto:thevillages.wfpb@gmail.com). Your support would mean so much to the Tunnel to Towers Foundation, The Villages Community, and for getting our club offerings out there!

<https://runsignup.com/Race/FL/TheVillages/TunneltoTowers5KRunWalkTheVillagesFL>

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#### **Dr. Greger:**

**Club members, Paul and Susie Himes, have worked their magic again! Pencil in your calendar for Dr. Greger speaking in The Villages on January 4, 2024. More details to come and we sure could use some volunteers!! Email: [thevillages.wfpb@gmail.com](mailto:thevillages.wfpb@gmail.com)**

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#### **Types of Cruciferous Veg:**

Arugula, bok choy, broccoli (incl. Romanesco), Brussels sprouts, cabbage (green, red, and savoy), cauliflower (white, green, orange, and purple), collard greens, horseradish, kale (black, green, and red), kohlrabi (green and purple), mustard greens, radishes, turnip greens, watercress

#### **Fast Facts:**

Less than a single serving a day of broccoli, Brussels sprouts, cabbage, cauliflower, or kale may cut the risk of cancer progression by more than half.

Kale is a best-of-all-worlds food, low in calories and packed to the hilt with nutrition—vitamins, minerals, anti-inflammatory compounds, antioxidant phytonutrients—you name it.

Natural monoamine oxidase enzyme inhibitors in fruits and vegetables may help explain the improvement in mood associated with switching to a plant-based diet.

#### **Quick Tips:**

Cruciferous Vegetables – toss into soups, salads, pasta dishes, and more! Red cabbage works well in tacos. Add broccoli and kale to your favorite pasta dish. Try roasted Brussels sprouts in your salads.

**All About, Videos, Recipes:**

[click here](#)

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Click here for more information on The Villages Grown Farm Tours.

<https://www.thevillagesentertainment.com/the-villages-grown-farm-tours/>

Kaitlyn Kuehn interviews Drew Craven and a tour of The Villages Grown greenhouses.

<https://www.youtube.com/watch?v=cg7mE9YFeOQ>

**Susan from Mt. Dora Plant Pure WFPB Group Reports...**

Dark & Light Cafe in Mt. Dora is located in the Marketplace Building.

Here's a link to their Facebook page: <https://www.facebook.com/darkandlightcafe>.

“I've tasted their quinoa black bean quesadilla, avocado and chickpea wrap, spinach empanadas, and it's all been super fresh and delicious”.

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**52-Week Transition to Whole Food, Plant Based:**

[vegyourway.com](http://vegyourway.com):

Here is a diary blog of a pod leader from Massachusetts. She is writing a 52-week transition to a whole food plant based lifestyle. She is currently on week 37.

[click here](#)

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**For Sale**  
**Dr. Campbell Books**

*The Future of Nutrition.....\$17.00*  
*Whole.....\$11.00*  
*The China Study.....\$12.00*  
*Low Carb Fraud.....\$10.00*

*Buy all 4 for a Super Deal of \$44.00*

*Contact: Paul Himes 352 638 0955*

# The Nutrition Rainbow

The pigments that give fruits and vegetables their bright colors represent a variety of protective compounds. By eating all the colors of the nutrition rainbow, you'll harness the power of these cancer-fighting and immune-boosting foods!



**Lycopene** reduces breast and prostate cancer risk; boosts heart, brain, eye, and bone health.

**Beta-carotene** fights cancer; reduces inflammation, supports immune system, and boosts vision.

**Vitamin C and flavonoids** inhibit tumor cell growth, detoxify harmful substances, boost immune system, reduce inflammation, and boost heart health.

**Folate** builds healthy cells and genetic material and boosts heart health.  
**Calcium** strengthens bones, muscles, and heart health.

**Indoles and lutein** eliminate excess estrogen and carcinogens and support eye health.

**Allyl sulfides** destroy cancer cells and reduce cell division.

**Anthocyanins** destroy free radicals, reduce inflammation, and boost brain health.

**Resveratrol** may decrease estrogen production, boosts heart and brain health.

**Fiber** boosts digestion and weight loss, removes carcinogens.

PhysiciansCommittee  
for Responsible Medicine

## **Food Revolution Network:**

Research has shown that a colorful diet is a great way to boost your health and vitality. But how can you be sure that you're getting all the vitamins, minerals, and nutrients that your body needs to thrive? In this article, we'll look at the whole spectrum of rainbow nutrition to show how adding color to your plate could add years to your life (and life to your years!). [click here](#)

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### **The Raw Veggie Salad**

By Plant Based on a Budget

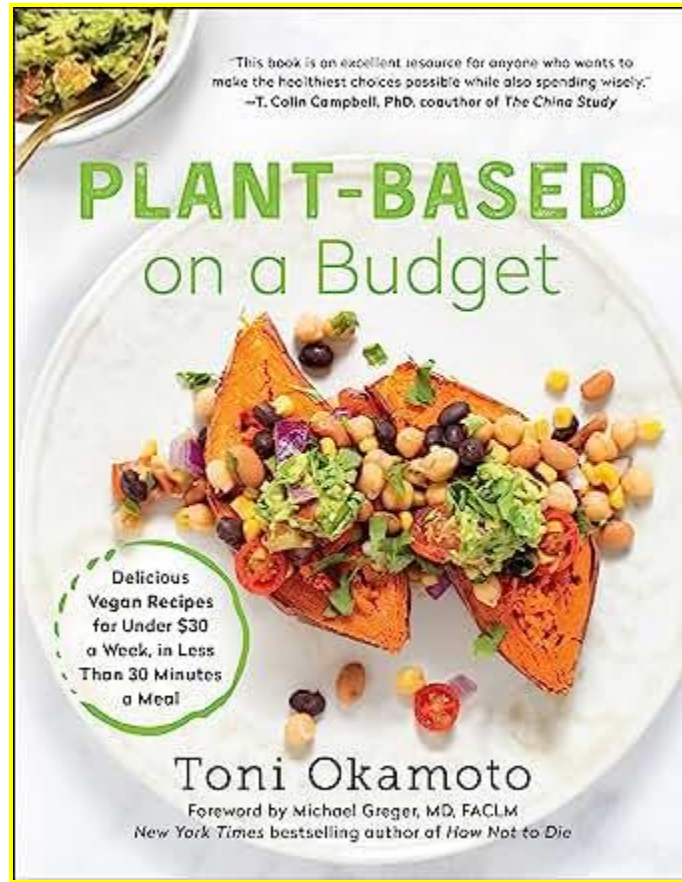
- *Spinach: This is the base of the colorful salad recipe, though other leafy greens work. I.e., butterhead lettuce, rainbow lettuce, mixed greens, [kale](#), etc. Make it a regular or non-lettuce salad.*
- *Purple cabbage: Shredded, for tons of crunch.*
- *Cherry tomatoes: Or grape tomatoes. Alternatively, larger salad tomatoes and vine-ripened tomatoes will work well during their season.*
- *[Carrots](#): Any color, shredded. For crunch and sweetness.*
- *Bell pepper: We used yellow to complete the colors, but any color (i.e., red, orange, yellow, or green) will work. Red is sweetest, and green is bitter.*
- *Cucumber: Use a Persian or English cucumber, which contain fewer seeds with a thin peel. Otherwise, it may require peeling and de-seeding first.*
- *Red onion: Fresh or pickled. Shallots will also work for the sharp flavor (but without color). Alternatively, for a very mild oniony flavor, use green onion.*
- *[Avocado](#): This adds a creamy element to the raw salad, sliced or diced. Use one without many brown spots, as they can affect the flavor.*
- *[Fresh herbs](#): We like to use a combination of minced fresh parsley and basil.*
- *Red pepper flakes: (optional) If you like a little heat in the raw salad.*

*This colorful lettuce-free salad is a delicious and appealing option when prepared for potlucks, picnics, BBQs, and an everyday lunch, especially when paired with additional carbs or protein, like:*

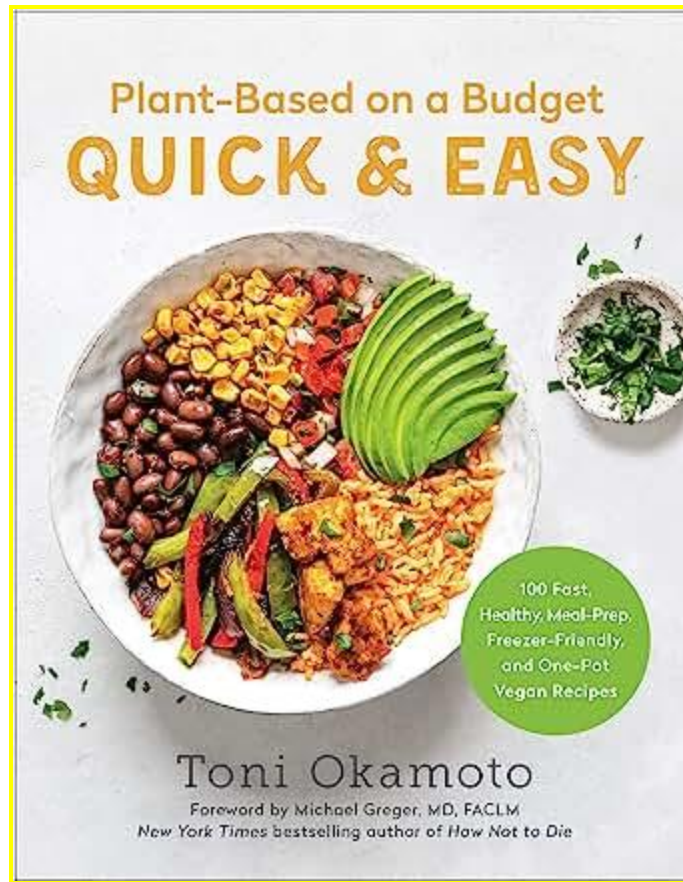




Book Recommendations:



*Toni's guidance doesn't just help you save money—it helps you save time, too. Every recipe in this book can be ready in around 30 minutes or less.*



*In Plant-Based on a Budget Quick & Easy, Toni shares creative ways to cut down on active kitchen time without having to invest in a ton of expensive equipment or resort to pricey premade foods.*

**Beginners Support:**

*It is hard for beginners of the whole food plant based lifestyle to continue their goals without support. With this in mind, the following are a few ways you can get additional help...*

<p>MEET WITH <i>DIANE</i> AT THE RESOURCE TABLE DURING THE MONTHLY GATHERINGS (2ND THURSDAY AT NOON RIVERBEND)</p>	<p>MEET WITH <i>DEBBIE</i> WFPB COOKING CLASSES CONTACT: ACUPUNCTDEB52@GMAIL.COM 908-288-2681</p>	
<p>MEET WITH <i>JOE</i> LUNCH AND LEARN (4TH TUESDAY - ST. CATHERINE'S -NOON) CONTACT: JCUNNING08@GMAIL.COM</p>	<p>MEETINGS AFTER THE MEETING NEED MORE SUPPORT? CHECK THESE OUT!</p>	<p>MEET WITH <i>RICK</i> BY FACETIME PHONE OR FACE-TO-FACE CONTACT: 715-577-0515</p>

*Stay tuned to see what else will be offered. Many thanks to all that give back to help others become healthier!*



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### Restaurant Options:

The following spreadsheet has been developed listing eateries in and near The Villages as well as some chains with possible wfpb options.

*If any member wants to add to the spreadsheet, he/she can do so by typing in the shared document. If you are not comfortable working with a spreadsheet, feel free to email [thevillages.wfpb@gmail.com](mailto:thevillages.wfpb@gmail.com) and I will input your restaurant information.*

Click here to view [+ Restaurant Options](#)

*For those of you eating outside of The Villages, Florida, the following resource is for eateries as well.*

Click here to view [☰ Dining at Restaurants and Fast Food](#)

## Resources:

<u>Documentaries:</u>	<a href="#">documentaries</a>
<u>Meal Kits:</u>	<a href="#">meal kit delivery</a>
<u>Instagrams:</u>	<a href="#">instagrams</a>
<u>Websites:</u>	<a href="#">websites</a>
<u>Frequently Asked Questions:</u>	<a href="#">Q &amp; A</a>
<u>Articles:</u>	<a href="#">articles</a>
<u>Podcasts:</u>	<a href="#">podcasts</a>
<u>Telehealth:</u>	<a href="#">telehealth</a>
<u>Webinar:</u>	<a href="#">webinars</a>
<u>Courses:</u>	<a href="#">courses</a>
<u>Vegan Summerfest:</u>	<a href="#">summerfest</a>
<u>Retreats:</u>	<a href="#">retreats</a>
<u>NHA Conference:</u>	<a href="#">conferences</a>
<u>Periodicals:</u>	<a href="#">periodicals</a>
<u>Apps:</u>	<a href="#">apps</a>
<u>Books:</u>	<a href="#">Books</a>
<u>Cooking with Young Adults:</u>	<a href="#">click here</a>
<u>Health Topics:</u>	<a href="#">click here</a>
<u>How To:</u>	<a href="#">click here</a>
<u>Microgreen Starter Kit:</u>	<a href="#">click here</a>
<u>Sprouting Beginners Kit:</u>	<a href="#">click here</a>

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## Tools:

<u>Resource Library from Whole Communities</u>	<a href="#">click here</a>
<u>Beginners Packet:</u>	<a href="#">click here</a>
<u>Success Stories:</u>	<a href="#">click here</a>
<u>EWG's Consumer Guides:</u>	<a href="#">click here</a>
<u>Salad Dressings:</u>	<a href="#">click here</a>
<u>Crops in Season in Florida Month to Month:</u>	<a href="#">click here</a>
<u>Seasonal Food Guide</u>	<a href="#">click here</a>
<u>Cooking with Young Adults:</u>	<a href="#">click here</a>
<u>52-Week Transition to WFPB:</u>	<a href="#">click here</a>
<u>Chefs and their Websites</u>	<a href="#">click here</a>

## Social Medias:

<u>Webpage:</u>	<a href="#">click here</a>
<u>Copy Me That Char's Account:</u>	<a href="#">click here</a>
<u>Copy Me That - Your Account:</u>	<a href="#">click here</a>
<u>Facebook:</u>	<a href="#">click here</a>
<u>Nextdoor:</u>	<a href="#">click here</a>
<u>Email:</u>	<a href="#">click here</a>
<u>YouTube:</u>	<a href="#">click here</a>
<u>Pinterest:</u>	<a href="#">click here</a>
<u>Amazon Link:</u>	<a href="#">click here</a>

### Mini Cookbooks:

<u>Mini Appetizer Cookbook:</u>	<a href="#">click here</a>	<a href="#">Mini Appetizer Cookbook</a>
<u>Mini Dessert Cookbook:</u>	<a href="#">click here</a>	<a href="#">Mini Dessert Cookbook</a>
<u>Mini Drink Cookbook:</u>	<a href="#">click here</a>	<a href="#">Mini Cookbook Drinks</a>
<u>Mini Game Day Cookbook:</u>	<a href="#">click here</a>	<a href="#">Mini Game Day Cookbook</a>
<u>Mini Soups &amp; Stews Cookbook:</u>	<a href="#">click here</a>	<a href="#">Mini Cookbook Soups &amp; Stews</a>
<u>Mini Raw Cookbook:</u>	<a href="#">click here</a>	<a href="#">Mini Raw Cookbook</a>
<u>Mini Dr. Greger Cookbook:</u>	<a href="#">click here</a>	<a href="#">Mini Dr. Greger Cookbook</a>
<u>Mini Stir Fry &amp; Sauces Cookbook:</u>	<a href="#">click here</a>	<a href="#">Mini Cookbook Stir Fry and Sauces</a>
<u>Mini Picnic Cookbook:</u>	<a href="#">click here</a>	<a href="#">Mini Picnic Cookbook</a>
<u>Mini 3-Ingredient Cookbook:</u>	<a href="#">click here</a>	<a href="#">Mini 3-Ingredient Cookbook</a>

### Past Newsletters:

<u>December 2022:</u>	<a href="#">Newsletter December 2022</a>
<u>January 2023:</u>	<a href="#">Newsletter January 2023</a>
<u>February 2023:</u>	<a href="#">Newsletter February 2023</a>
<u>March 2023:</u>	<a href="#">Newsletter March 2023</a>
<u>April 2023:</u>	<a href="#">Newsletter April 2023</a>
<u>May 2023:</u>	<a href="#">Newsletter May 2023</a>
<u>June 2023:</u>	<a href="#">Newsletter June 2023</a>

Yours in Health,  
***CHARLENE WAGNER***

**Club Shirts are Available**



We now have a logo for our club shirts or other memorabilia you may be interested in purchasing. You can go into the store and choose whatever navy blue shirt you like, and the logo will be placed on it. It takes about two weeks.

Contact:

Custom Apparel & Gifts  
3451 Wedgewood Ln ·  
The Villages, Florida 32162  
In Southern Trace Plaza  
(352) 750-1600





The Villages WFPB Group  
The Villages, Florida 32162

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