



The Villages WFPB Support Group Monthly Digest

FEBRUARY 2023

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 and seeds. We are a Plant Pure Pod which is a network of independent local groups (Pods) and people in a radius. PlantPure Communities advocates a whole food, plant-based diet, without animal products.

The Villages WFPB Gatherings

Second Thursday of Each Month

Riverbend Recreation Center 1833 Corbin Trail The Villages, Florida 32162

From: Noon-1:30

Members of The Villages or those with a Guest Pass.

Bring a compliant WFPB dish to share if you wish and the recipe.

Your own table setting is appreciated.

Save the Dates for 2023 Gatherings

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

Hello WFPB Members,

Mistakenly four of my own personal books were taken home by a club member at the last gathering. Below are the four titles. If you accidentally took one of these books, could you shoot me an email and let me know that they are safe and sound?

Thanks in advance,

Charlene Wagner

309 645 3433

thevillages.wfpb@gmail.com

- 1. Plantiful KiKi Lean by Plantiful Kiki*
- 2. Sprouts by Doug Evans*
- 3. Plant Pure Nation by Kim Campbell*
- 4. China Study Family Cookbook by Del Sroufe*

Diet and Disease–The Link

Dr. T. Colin Campbell, Professor Emeritus of Nutritional Biochemistry at Cornell University, author and speaker on the relationship between diet and disease had **rescheduled through the Enrichment Academy for Saturday, February 4, 2023, at 11 am at Laurel Manor Recreation. It was a full house. Paul Himes is already working on bringing the next big speaker to us.. There were books for sale at Laurel Manor as well as for the next**

30 days. Email thevillages.wfpb@gmail.com if you are interested in purchasing.



The Future of Nutrition \$28

Whole \$14

Low Carb Fraud \$10

The China Study \$22

Thank you Dr. Campbell for your Diet and Disease talk.



Thank you Diane Bray for teaching us about your Magnificent Health Journey.

Open Forum

These were some topics discussed during our January open forum:

- How does one get iron?
- Poke Bowl would like to speak and bring samples.
- Nancy Lopez was going to attempt a WFPB dish for a group - TBC
- Supplements or not?
- Farmer's market has a mushroom guy with many varieties!
- Organic vs. Non-Organic—which for what?

Coming Attractions

March

Carol Taylor - Ninja Creami

April

Debbie Waddell - The Importance of Nitric Oxide on Overall Health

May

Note: If you have an idea for a presenter—please email thevillages.wfpb@gmail.com

***Our March Challenge will be Mary's Mini.**

Mary's Mini

By John McDougall, MD

In the early 1980s, we (John and Mary) went on an “all potato and greens” diet for 10 days—just for the experience. We had hash browns for breakfast, baked potatoes and steamed frozen vegetables for lunch, and mashed potatoes with a salad for dinner. Yes, we were bored towards the end, but we each lost 10 pounds, felt great and continued our love for potatoes.

Mary's Mini-McDougall Diet® is a trimmed-down, fast-acting modification of the regular McDougall diet: it is starch-based with the addition of non-starchy vegetables and one piece of fruit a day. This is a simplified tool for people overwhelmed by the initial challenges of starting on the McDougall program and/or boosting their progress when they feel that changes are coming too slowly. Mary's Mini-McDougall Diet® is also used as a method for weight loss or a reset to get back on track with healthy eating. This is a nutritionally sound program that you may want to follow for a long time, if not a lifetime.

Here is the link if you would like to try it...

<https://www.drmcDougall.com/education/information/marys-mini-mcdougall-diet/>

Plant Based Diet vs. Vegan Diet – What’s the Difference

By Forks Over Knives

<https://www.forksoverknives.com/wellness/plant-based-diet-vs-vegan-diet-whats-the-difference/#:~:text=What%20Is%20the%20Difference%20Between,totally%20eliminates%20all%20animal%20products.>

Newcomers Packets

Are you a new member or know someone who is interested in WFPB? Here’s two starter kits...

1. [Newcomers Packet Part 1](#)

https://drive.google.com/file/d/1AYTzBe3mW3nSJnuAKPGF09_-Hmrn-BDp/view

2. [newcomers part 2](#)

<https://docs.google.com/document/d/13LgPRhMqjAEU6WlI5gXXoeQl4WQljtAmqezJUQO4upY/edit>

Concerned about Pesticides?

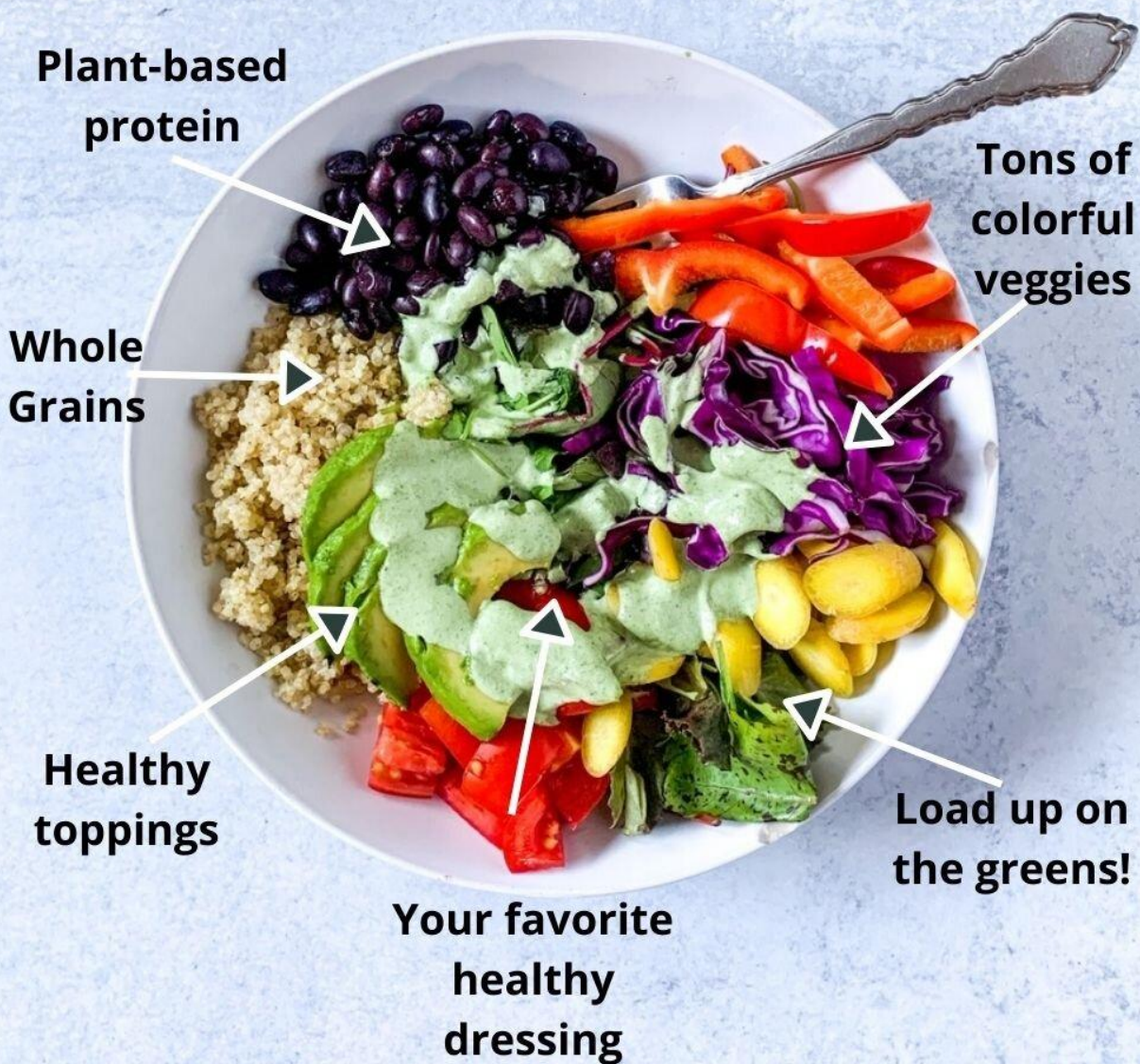
Get your FREE copy of EWG's Dirty Dozen™ and Clean Fifteen™ lists!

<https://www.ewg.org/foodnews/full-list.php>



BUDDHA BOWLS

*The basic formula for a healthy,
whole food, plant-based lunch*



Plant-based protein

Tons of colorful veggies

Whole Grains

Healthy toppings

Load up on the greens!

Your favorite healthy dressing

Recipe Box

How to Make a Buddha Bowl

<https://www.forksoverknives.com/how-tos/how-to-make-a-buddha-bowl/>

Spring Roll Bowl with Peanut Sauce by FOK

PEANUT SAUCE

- 2 Tbsp. natural creamy peanut butter
- 1 Tbsp. lime juice
- 1 Tbsp. pure maple syrup
- 1 Tbsp. snipped fresh cilantro
- 1 tsp. grated fresh ginger
- 1 clove garlic, minced
- Sea salt and freshly ground black pepper, to taste

BOWLS

- 4 oz. brown rice noodles
- 2/3 cup frozen edamame
- 1 cup fresh snow peas, halved
- 1/2 of a medium cucumber, cut into bite-size strips
- 1/2 cup coarsely shredded carrot
- 2 Tbsp. sliced radishes

OPTIONAL TOPPINGS

- Crushed peanuts
- Sliced Thai or jalapeño peppers
- Sliced green onions
- Snipped fresh cilantro
- Lime wedges

Mini Cookbooks

Mini Appetizer Cookbook  mini appetizer cookbook

<https://docs.google.com/document/d/1D0oPdwhpF9ujfLyr7N0BSItQsrd-2zyxe9IZVkoWgqQ/edit>

Mini Dessert Cookbook  MINI DESSERT COOKBOOK

<https://docs.google.com/document/d/1D0oPdwhpF9ujfLyr7N0BSItQsrd-2zyxe9IZVkoWgqQ/edit>

Mini Drink Cookbook  Mini Cookbook Drinks

https://docs.google.com/document/d/1wisGhJlhQVSUoQGYt32EY8v_HPjpEvpB_oPbR5yXaA/edit

Mini Game Day Cookbook  Mini Game Day Cookbook

<https://docs.google.com/document/d/1nF9BGLvB1Ki8kJQjYWUS37UUVEEyqmk5J0zetRpaWpC/edit>

Mini Soups & Stews Cookbook Due March 6, Monday

Note: If you want to add a recipe to one of the above cookbooks, please email thevillages.wfpb@gmail.com

Forks over Knives Vegan St. Patrick's Day Recipes

<https://www.forksoverknives.com/recipes/vegan-menus-collections/vegan-st-patricks-day-recipes/>

Wanna Hear a Joke?

Why did the tofu cross the road?

To prove it wasn't chicken.

Up For a Good Documentary?



<https://www.louiechannel.tv/products/fantastic-fungi?fbclid=IwAR1FpmM9mJA0M7DX3EXvo0TRbjucVvIkeXQxYGTvI5PqCJa74dHb01h83Sk>

Also on Netflix!

Fantastic Fungi is a descriptive time-lapse journey about the magical, mysterious and medicinal world of fungi and their power to heal, sustain and contribute to the regeneration of life on Earth that began 3.5 billion years ago.

Note: If you want to recommend a documentary, please email thevillages.wfpb@gmail.com

Shhhhh....

Wanna hear a secret? The Villages WFPB Club may have the opportunity to show a new documentary coming out before it hits the public—look for updates!

Resources

Crops in Season in Florida Month to Month

<https://www.fdacs.gov/ezs3download/download/71021/1640438/Media/Files/Marketing-Development-Files/All%20Months-Shopping%20List.pdf>

Frequently Asked Questions:

<https://gamechangersmovie.com/faqs/>

YouTube Channels:

The Villages WFPB YouTube Channel
[@thevillageswfpbyoutubechannel](#)

We received our minimum of 50 people on our new youtube channel. This will allow us to video our speaker/demonstrator live and it can be viewed the day of or at a later date by members who are unable to attend our gathering.

If you have ideas on additional videos you would like us to film and are interested in viewing on our channel or if you want to recommend a YouTube video for us to post in the next newsletter, please email thevillages.wfpb@gmail.com

(I regret to inform you that the February YouTube live gathering failed to save film footage. We will try again next month.)

***Note: If you want to recommend an article, please email thevillages.wfpb@gmail.com**

Articles:

<https://nutritionstudies.org/top-10-plant-based-news-stories-and-articles-of-2020/>

***Note: If you want to recommend an article, please email thevillages.wfpb@gmail.com**

Podcasts:

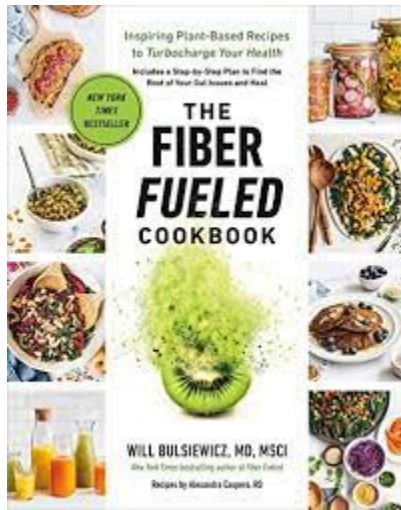
The Plant Trainers

The Plant Trainers Podcast helps you improve your quality of life through plant-based nutrition and fitness.

<https://www.plantrainers.com/blog/>

***Note: If you want to recommend a podcast, please email thevillages.wfpb@gmail.com**

Book Recommendations



***oil in some recipes! Omit or use vegetable broth**

More than just a cookbook, Bulsiewicz's, [The Fiber Fueled Cookbook](#), release the most up-to-date science to illuminate the inner workings of gut microbiota and offers a multistep plan for healing your gut by eliminating harmful foods, identifying triggers, and making other lifestyle changes.

Note: If you want to recommend a book, please email thevillages.wfpb@gmail.com

Take One/Give One Table

Cleaning out a kitchen drawer and have some non-needed gadgets you can pass along?

Have an ingredient that you have too much of and you are willing to spread the goodness to someone else?

At a garage sale and see a kitchen appliance or WFPB cookbook at a fabulous price that you already have and can't live without but would love to buy it to pass onto another member?

Feel free to add to or take away from our Take One /Give one Table at the next gathering.

Volunteers Needed

Don't forget to sign up for our restaurant campaign. "It's going to take a village". The goal of the PlantPure Communities (PPC) Restaurant Campaign is for every restaurant across the nation and across the globe to offer on their menu at least **one** plant-based meal with **no oil**. Please email if you're interested in helping. thevillages.wfpb@gmail.com

***In the future:**

Grocers Campaign - solicit WFPB No Oil Products/labels

Library Campaign - request orders of books, dvd's, magazines

Once a month "meet up" for beginners support

Once a month "meet up" for documentary viewings

Once a month "meet up" for a book club gatherings

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

Do You Have Some Spare Change?



Last but certainly not the least. Reminder: Our club does not collect dues. We Knead your Dough. It helps cover paper goods, demonstrations, copies, time and efforts, etc. Even a handful of loose change helps. There will be a tip jar at the gathering. Thank you in advance.

If you have an idea of a fundraiser—please email it to thevillages.wfpb@gmail.com

Have a Plantastic Day!

CHARLENE WAGNER

Past Newsletters:

December 2022  **Newsletter DECEMBER**

January 2023  **Newsletter JANUARY**



The Villages WFPB Group
The Villages, Florida 32162

Webpage:

<https://thevillageswfpb.wixsite.com/the-villages-wfpb-su>

Copy Me That:

<https://www.copymethat.com/recipebox/wfpb-char-wagner/6533180/?page=2>

<https://www.copymethat.com/>

Facebook:

<https://www.facebook.com/groups/556258004797268>

Nextdoor:

<https://nextdoor.com/g/dm2upp97w/>

Email:

thevillages.wfpb@gmail.com

YouTube:

[@thevillageswfpbyoutubechannel](https://www.youtube.com/@thevillageswfpbyoutubechannel)

