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## [Whole Food Plant Based Club Monthly Digest](#) [February 2025](#)

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*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.*

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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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### **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/>

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

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**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](http://www.wholefoodplantbasedclub.com)**

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**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)**

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# Seasonal Planting Guide Florida





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

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## 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.***

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### 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](#)**

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Thank you, Debbie Waddell for demonstrating how to make a delicious sauce and allowing us to sample it on potatoes.

### **February:**

In February, Debbie Waddell demonstrated how to make a yummy sauce. She had potatoes for us to try it on and we got to top it with steamed broccoli.

### **COMING ATTRACTIONS...**

### **March:**

Please join us, Thursday, March, at 12:00 pm at Riverbend Rec. Center where Co-leader, Charlene Wagner, will be our March speaker for the Whole Food Plant-Based Club. Charlene will 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**.

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

### **April:**

JIM BODENNER...more information to follow.

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](mailto:walledacz@gmail.com)



**As of the last update—we have 10 tickets left!**

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)

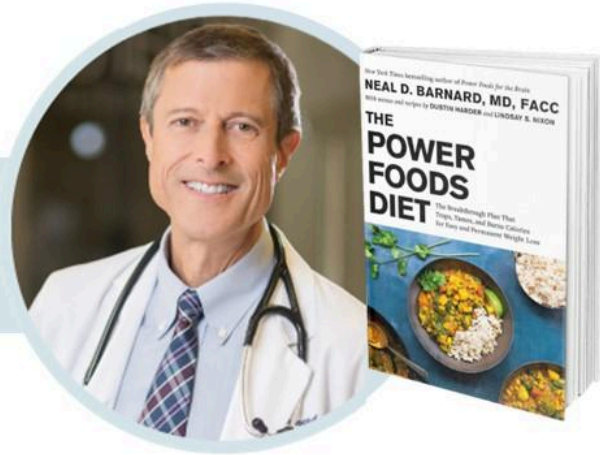
**Epic Theatres Old Mill Playhouse**  
**1000 Old Mill Run, The Villages**

**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](mailto:tpaulhimes@gmail.com) or [jcunning08@gmail.com](mailto: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](mailto:dianekbray@gmail.com)

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### **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](http://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.

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## **Plant Based Jumpstart**

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

[Click Here for the Guide](#)

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## **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](mailto:Susanpetit1@hotmail.com)

Sharon: [Soulitude421@aol.com](mailto:Soulitude421@aol.com)

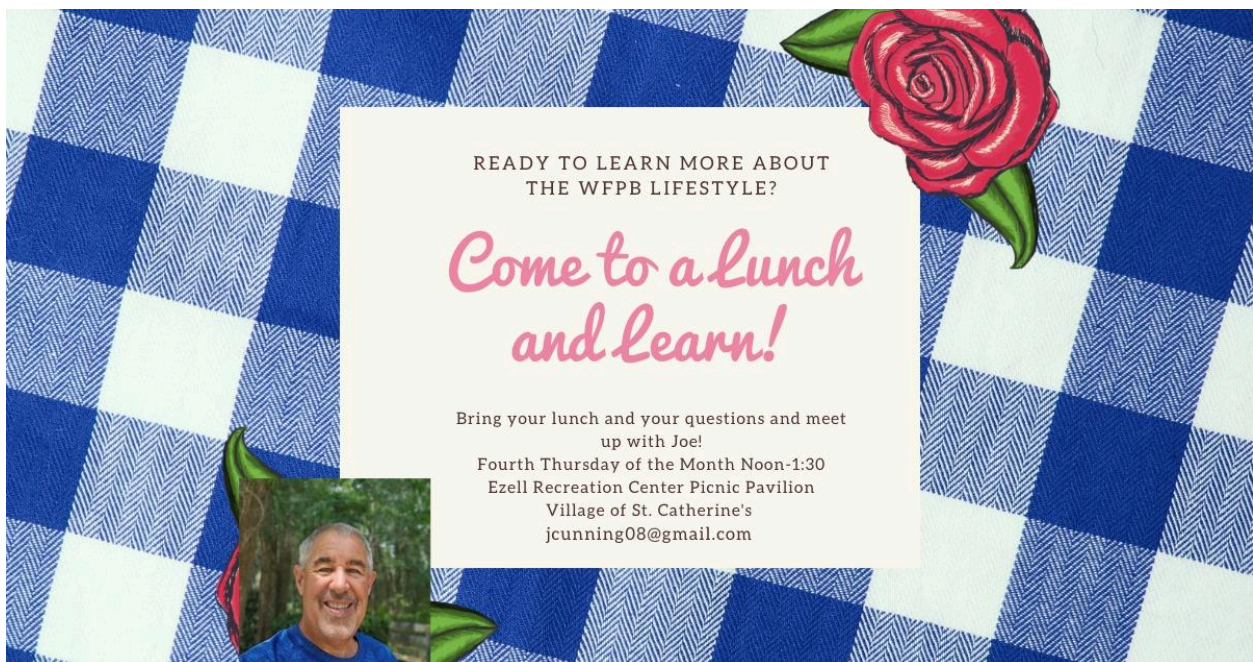
[MeetUp.com](#) or Facebook

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

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

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

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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 are 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**