

Nibbles & Tidbits - 10/5/21

Bill and I attended the 6th annual Asheville Veganfest this past Sunday. The representation of African American vendors and attendees this year was such a GREAT infusion of diversity for this event and this town. Out of 106 vendors, I counted 12 operated by black folk. These entrepreneurs came from Atlanta, Athens, and Somerville GA—They came from Columbia SC and Charlotte NC. The booths sold everything from vegan soul food, teas, pancake mixes, clothing, soap, and the best cookies I've had in forever. 😊

The move toward vegan, plant-based and vegetarian diets, is ever growing as more people step up to lead their communities toward a food system that fights chronic disease and is sustainable for the planet. The article below describes 5 who are doing that.

<https://www.pcrm.org/news/blog/5-black-vegans-working-healthier-world>