



## Twin Cities veg'fest 2019

### MAP & LEGEND

- Metro Transit Zero Waste Station
- Reverie Volunteer Area - Inside Pavilion
- US Solar Ask a Dietitian
- Compassionate Action for Animals & Photo Booth
- So Good So You Main Stage Speakers & Music
- Outdoor Games
- Information, Accessibility, & T-Shirt Sales
- ATM
- Service Animal Rest Area
- ASL Interpretation Offered Here
- Pizza Luce Water Area
- First Aid
- Video Outreach
- Porta Potties
- The Wildcat Sanctuary Family Area
- Bike Racks
- Spring Farm Sanctuary Cooking Demos
- Shuttle & Ride Sharing
- Stanford Inn VIP Area - Inside Pavilion
- Lactation Area - Pavilion Restroom
- Quiet Area
- Accessibility Information Here

- |         |                                |         |  |
|---------|--------------------------------|---------|--|
| D20     | Totally Baked Donuts           | E6      | Ruth's Vegetarian Gourmet              |
| D21     | Daisy's Cafe II                | E7      | EcuaFry                                |
| D22     | Follow Your Heart              | E8      | Sünabloom                              |
| D23     | Chant & Be Happy Club          | E9      | Muddy Tiger - Indian Street Food       |
| D24     | Jolie Maroc                    | E10     | Gorkha Palace                          |
| D25     | Sebesta Apothecary             | E11     | Irie Vybz Jamaican Restaurant          |
| D26     | Plantarian Planet              | E12     | Wholly Veggie!                         |
| D27     | Vegan Outreach                 | E13     | Radical Eats                           |
| D28     | Midwest Elderberry Cooperative | E14     | K-Mama Sauce                           |
| D29     | Vegan Mama's Bakery            | E15     | Maazah Chutney                         |
| D30     | Vegan Power Co                 | E16     | Beyond Better Cashew Sauce & Dip Mixes |
| D31     | Grik                           | E17     | Sara's Tippy Pies                      |
| D32     | Kelska Blu                     | E18-E19 | Evan's Organic Eatery                  |
| D33-D34 | Sweet Gypsy Waffle             | E20     | Stage Speakers and Merchandise         |
| D35     | Choosy Cookie Co.              | E21     | Jasmine Deli                           |
| D36-D37 | Farmers Insurance              | E22     | Bailing Out Benji                      |
| D38-D39 | Fresh Sugarcane Juice          |         |  |
| D40     | Animal Rights Coalition        |         |  |
| D41     | Mixed Media Engineering        |         |  |

Love Twin Cities Veg Fest? Then you'll love the

**TWIN CITIES VEGAN CHEF CHALLENGE**

You be the judge! Order new vegan specials while dining at participating restaurants and vote for your favorite online. Visit some, or visit all - you've got one month!

Participants include Al's Place, Barbette Restaurant, Barley John's, BRIM, Fig + Farro, Hard Times Cafe, J. Selby's, all three locations of Parkway Pizza, Pat's Tap, Pub 819, Red Stag Supperclub, The Howe Daily Kitchen & Bar, Tiny Diner, Tongue in Cheek, Twin Cities 400 Tavern, and more!

Challenge runs September 20 - October 20, 2019  
Learn more at [exploreveg.org/tcvcc](http://exploreveg.org/tcvcc)

PRESENTED BY COMPASSIONATE ACTION FOR ANIMALS AND VEGAN OUTREACH

## ZONE A

- A1-A2 Full Moon
- A3 Harm Less Threads
- A4 These Wingz?
- A5-A6 Wide World of Foods
- A7 Perennial Soaps
- A8 Fig + Farro
- A9 Simplistic Project
- A10-A11 Miss Garrett's Vegan Soul
- A12-A13 Foxy Falafel
- A14-A15 Akshay-Paatram
- A16 ROV
- A17 Ancient Indian Spices
- A18-A19 Population Connection
- A20-A21 The J. Mobile

## ZONE B

- B1 Accessibility Booth
- B2 Ask a Dietitian
- B3 **US Solar**
- B4 Saint Pops
- B5 State Farm
- B6 **Pizza Luce**
- B7 Soul Bowl
- B8 Root to Rise Kitchen
- B9-B10 Lotus Health Foundation/Plant Based Living TC
- B11-B13 Free Indeed Food
- B14 Justveggiez
- B15 **The Stanford Inn by the Sea**
- B16 Tiny Footprint Coffee
- B17-B18 Manitoba Milling Company
- B19 State Farm
- B20-B21 **Spring Farm Sanctuary**
- B22-B23 **Reverie Mobile Kitchen**
- B24 First Aid
- B25 Twin Cities Veg Fest

## ZONE C

- C1-C2 Peace Coffee
- C3 Kraft Bazaar
- C4 SSCREATIONS
- C5 The Good Kid Project
- C6 Casa de Coco Conservation Project
- C7 Tibet Momo
- C8 North Coast Organics
- C9-C10 Crofter's Organic
- C11 Vixed Baking Company
- C12 Keiko's Kitchen
- C13-C14 HeARTful Endeavors/The Urban Faerie
- C15 Reena Imitation Jewellery
- C16 Yoga Animalia Project
- C17 Vegetables Are Cool
- C18 Envision Positive
- C19-C20 Tori 44
- C21 SoulSpace Farm Sanctuary
- C22 Fur Free Minneapolis
- C23 Art by Laura Elizabeth
- C24 Minneapolis Mehndi & Henna
- C25 Robin Asbell
- C26 Minnesota Greyhound Rescue
- C27 Anna Lake Animal Sanctuary
- C28-C29 K Town Street Foods
- C30 PLNT BSD
- C31 World Population Balance
- C32 Krishna Sankirtan Festival
- C33 MN350
- C34 HumanistsMN
- C35 Herbivorous Acres
- C36 Humane Society of United States
- C37 Little Acorn Sanctuary
- C38 Sea Shepherd Conservation Society
- C39 Sammy Saves the Earth
- C40 Maji Designs
- C41 Atlas Provisions
- C42 Sanitas Foods
- C43-C44 One Earth
- C45-C46 VB & J's
- C47 Farmaste Animal Sanctuary

## ZONE D

- D1-D2 The Herbivorous Butcher Food Truck
- D3 Arbonne International
- D4 Best Friends Animal Society
- D5 Coconut Whisk Baking Co.
- D6 Rawr Organics
- D7 Jajja Wellness
- D8-D9 KCM EggRolls
- D10 Superior Switchel
- D11 Annrocks Apparel
- D12 RachCakes
- D13 Koru Kombucha
- D14 Kakookies
- D15-D16 Borealis Bowls Food Truck
- D17 Hope's Vegan Kitchen
- D18 Prairie Vegan Pies
- D19 Rouge Smoked Foods

## ZONE E

- E1 Pay-per-View and Virtual Reality
- E2 Bridges of Respect
- E3 Trio Plant-Based
- E4 Chicken Run Rescue
- E5 Seed Cafe

## ZONE F

- F1 - F3 **So Good So You**
- F4 - F5 **Rooster Redemption**
- F6 **The Wildcat Sanctuary**

- |         |              |         |                       |
|---------|--------------|---------|-----------------------|
| D42     | Mod Kitsch   | E23     | Mistress Ginger       |
| D43     | Teaquinox    | E24     | Green Garden Bakery   |
| D44     | Innate Foods | E25-E26 | Rooted Green Wellness |
| D45-D46 | Sssdude-Nutz | E27     | Full Moon             |
| D47-D48 | Fro Yo Soul  | E28     | Smiling Wellness      |

Visit [tcvegfest.com/survey](http://tcvegfest.com/survey) and be entered to win a gift basket!

Please note: Views expressed by Twin Cities Veg Fest vendors, exhibitors, sponsors, and/or the public may not necessarily reflect the policies or opinions of Compassionate Action for Animals.

SPRING FARM SANCTUARY COOKING DEMO SCHEDULE

- 11:30 – 12:15pm** **Dustin Harder, The Vegan Roadie** Coconut Cheddar Fondue Sauce
- 1:00 – 1:45pm** **Lisa Neumann and Katherine Pardue of Hark Café** Decadent Gluten-Free Buttery Shortbread Fruit Bars
- 2:30 – 3:15pm** **Keeping Up with Coco & Lala** Summer Salads (Savory Sweet Potato Salad and Chickpea “Tuna” Salad)

SO GOOD SO YOU MAIN STAGE SCHEDULE



So Good So You is a locally-based manufacturer of plant-based functional beverages. We are dedicated to delivering delicious products that make your life better while driving positive environmental change.

FOR THE LOVE OF BODY & PLANET™

- 11:00 – 11:35am** **Douala Soul Collective** Music
- 11:40 – 12:10pm** **Karla Moreno-Bryce, MDA, RD, LD,** Registered Dietitian and Owner of Nutritious Vida “5 Healthy Habits of Raising Vegan Families”
- 12:20 – 1:00pm** **Sun Shapes** Music
- 1:05 – 1:35pm** **Melanie Moonstone,** Founder and Operator of Rooster Redemption “Smashing Rooster Stigma”
- 1:45 – 2:30pm** **Mary Bue** Music
- 2:35 – 3:00pm** **Kenny Feldman Animal Advocate Award Presentation**  
This award honors a community member whose amazing work is pushing the ball forward for animals.
- 3:00 – 3:30pm** **Jeff Johnson,** Associate Professor of Philosophy, St. Catherine University “Some Ways of Seeing Other Animals”
- 3:30 – 4:00pm** **Jon Camp,** Vice President, Grassroots, for The Humane League “Ending Factory Farming”
- 4:10 – 4:55pm** **Mistress Ginger** Music  
Cash raffle drawing to happen during set.

**VEG ISLAND JAM: THE OFFICIAL TWIN CITIES VEG FEST AFTER-PARTY**  
At the So Good So You Main Stage. Tickets at [tcvegfest.com/vegisland](http://tcvegfest.com/vegisland) or just outside the stage starting at 5:00pm.

- 5:00 – 5:45pm** **Sammy Strings & The Can of Bliss** Veg Island Jam
- 6:00 – 6:45pm** **Sawyer’s Dream** Veg Island Jam
- 7:00 – 7:45pm** **Smokin’ Joe** Veg Island Jam

THANK YOU

TO THE VOLUNTEERS WHO PLANNED THE 2019 FESTIVAL

**NATHAN GAUT,** COMMITTEE CHAIR // **MITCH THOMPSON,** ASSISTANT TO CHAIR & LOGISTICS // **JODI GRUHN,** SOCIAL MEDIA & PRESS COORDINATOR // **SAL KRAVIK,** TWITTER COORDINATOR // **MAGGIE SIMMONS,** INSTAGRAM COORDINATOR // **CECILIA BURKE,** ZERO WASTE COORDINATOR // **DYNE STEPHENSON,** FOOD VENDOR COORDINATOR // **EMMA CAMERON,** EXHIBITOR COORDINATOR // **LYDIA GREEN,** SPONSORSHIP COORDINATOR // **LEAH LUND & JULIE KNOPP,** COOKING DEMO COORDINATORS // **JAMES PEÑA & SHANNON LASNETSKI,** VOLUNTEER COORDINATORS // **THERESA ZINGERY,** CAA TABLES COORDINATOR // **SUZY SORENSEN,** SPEAKER COORDINATOR // **MICHELLE SHAW,** ACCESSIBILITY & WELCOME COORDINATOR // **SAM BARBA,** MUSIC COORDINATOR // **ARTHUR GOLDSTEIN,** OUTDOOR GAMES COORDINATOR // **DUSTIN CAHILL,** WEBMASTER // **FRED TIO,** ELECTRICIAN // **JORDAN SCHOUWEILER,** FAMILY AREA COORDINATOR //

OUR FESTIVAL VOLUNTEERS, SPONSORS, PRESENTERS, EXHIBITORS & PERFORMERS

CAA STAFF

**LAURA MATANAH,** EXECUTIVE DIRECTOR // **EMILY NYBERG,** COMMUNICATIONS COORDINATOR //

Twin Cities **veggies** fest

2019 EVENT GUIDE

PRESENTED BY COMPASSIONATE ACTION FOR ANIMALS



2019 SPONSORS



Metro Transit is proud to support sustainable food and transit options in the Twin Cities. By providing rides to the festival, we encourage you to consider Metro Transit as your daily alternative to driving alone.



+ Blue Lotus Chai, Harmless Threads, Orgain, & Thrive Magazine