THANK YOU

TO THE VOLUNTEERS WHO PLANNED THE 2019 FESTIVAL


SPRING FARM SANCTUARY COOKING DEMO SCHEDULE

11:30 – 12:15pm
Dustin Harder, The Vegan Roadie
Coconut Cheddar Fondue Sauce
Decadent Gluten-Free Buttery Shortbread Fruit Bars

1:00 – 1:45pm
Lisa Neumann and Katherine Pardue of Hark Café
Summer Salads (Savory Sweet Potato Salad and Chickpea “Tuna” Salad)

2:30 – 3:15pm
Keeping Up with Coco & Lala

SO GOOD SO YOU MAIN STAGE SCHEDULE

11:00 – 11:35am
Doula Soul Collective
Music
“5 Healthy Habits of Raising Vegan Families”

11:40 – 12:10pm
Karla Morene-Bryce, MDA, RD, LD, Registered Dietitian and Owner of Nutritious Vida
“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
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/vegisl 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

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.