

BURLINGTON



VegFest



**SPENCER
SMITH PARK**

**SATURDAY
AUGUST 16TH
11:30AM - 6PM**

Visit us at

burlingtonvegfest.com



BURLINGTON

VegFest



ON OUR STAGE

1:00 PM

MC FIONA ROOSSIE

WELCOME & LAND ACKNOWLEDGEMENT



1:05 - 1:55 PM

STEPHANIE BRAGANZA & BAND

LIVE MUSIC



2:15 - 2:25 PM

MC FIONA ROOSSIE

OUR MISSION



2:30 - 3:20 PM

EARTHA LOWE

**RAW RADIANCE: A BEGINNER'S GUIDE TO
EASY VEGAN RAW FOOD PREPARATION**

Get Eartha's recipes in our program!



3:30 - 3:55 PM

MC FIONA ROOSSIE

THE DISINFORMATION REPORT



4:00 - 5:00 PM

DR. LINDA PLOWRIGHT

NUTRITION FOR MENTAL HEALTH



ACCESS THE FULL

DISINFORMATION REPORT

Harvesting Denial, Distractions & Deception:

Understanding Animal Agriculture's Disinformation Strategies



RAW RADIANCE

A Beginners Guide to Easy Raw Vegan Food Preparation with Eartha Aisha Lowe



You are made up of living ENERGY. What you put in your mouth becomes you! Why not put beautiful living energy into your body and embrace vitality?

So, what is Raw Food?

Raw food, often referred to as raw living food, encompasses an approach centred on consuming foods that are alive and filled with enzymes that nurture our digestive system, our cells and our own unique wellness machine – our immune system. The philosophy behind eating raw is that we do not cook anything over 104–118°F (40–48°C). After that temperature, the enzymes and nutrients start to break down and we kill the vitamins and any phytonutrients (antioxidants).

It is true that most of the food we eat today is dead food and devoid of any nutrients - that is why we consume so much and why we are always hungry. It is not that we are not getting enough food, we are not getting the nutrients the body requires, so it stays hungry. When you eat Raw Foods and consume nutrients in their natural form, you will find that you will eat a lot less and a lot less often. Your body becomes satisfied and starts to return to its ultimate form. You will experience more vitality, more energy and eating and snacking will reduce. Your body will return to its natural weight and your skin and spirit will shine.

Enjoy the recipes shared.

PAD THAI

Spiral into a quick and easy raw Pad Thai dish with a rich umami sauce.

Create vibrant vegetable noodles for your recipe. Using a spiralizer, transform zucchini, yellow squash, carrots, or sweet potatoes into uniform strands. Ensure vegetables are trimmed to fit your spiralizer for optimal results.

Add thinly sliced bell peppers (e.g., red, yellow, green) or chili peppers (e.g., jalapeño, serrano), mushrooms (e.g., cremini, shiitake), and optionally, ripe mango.

Ingredients

- ¼ cup almond butter/peanut or cashew butter
- 1 teaspoon freshly minced ginger
- 1 tablespoon maple syrup (optional)
- 2 tablespoons Tamari
- ¼ cup lemon juice
- 1 small seeded and chopped chilli
- 1 teaspoon ground coriander
- ¾ cup filtered water



Instructions

Whisk all ingredients together in a bowl until smooth. For an even smoother result, process in a small blender or food processor. Add water, a little at a time, until the mixture reaches your desired consistency. This sauce can be prepared in advance and stored in the refrigerator for later use, or it can be served immediately after preparation.

Add sauce to noodles and toss. Add bean sprouts or other sprouts for a nutritional power punch. Sprinkle with sesame seeds (optional).

Refrigerate for up to 3 days.

Prep time: 20–25 minutes.

BLUEBERRY COCONUT YOGURT

Fermented or cultured foods are considered a live food with the culturing process continuing during storage, enhancing nutrient content.

Ingredients

2 cups chopped young coconut meat

1 cup coconut water (unsweetened)

½ cup frozen blueberries

1 teaspoon Probiotic powder



Instructions

Using a blender, blend all the ingredients until well combined.

Transfer the mixture to a clean jar. Cover the jar opening with cheesecloth or muslin, securing it with a rubber band. Allow to ferment at room temperature for 24 hours. The appearance of air bubbles indicates active probiotic fermentation.

After 24 hours, your Blueberry Coconut Yogurt is ready to be enjoyed. Store it in an airtight container in the refrigerator up to 3–4 days.

Eartha Aisha Lowe is a Vegan Food Entrepreneur and Founder of the Earth Food Love, an artisanal vegan food company dedicated to creating delicious, nutritious, and sustainable products. Follow along at www.earthfoodlove.ca.

BURLINGTON

Veg Fest



The
Stage



Welcome
booth &
Emergency
control



First aid



Missing
persons



The
Fun zone



Washrooms



OUR EXHIBITORS

- 8 Cool Cats Jewelry Shop
- Alfie's Lemonade
- Animal Liberation Kitchen
- Bloomer's Vegan Foods
- Bone Apple Teeth Bakehouse
- Bring me Some
- Burlington Produce
- Cathy's Kombucha Inc.
- Cedar Row Farm Sanctuary
- Chez Matilda
- CHEZZIES PATTIES
- Claire's Bake Shop
- Cocosoul
- End Fur Farming Ontario
- Excessless
- Fairly Frosted Bakery
- Frankie's World Rat Rescue
- Fresh Restaurants
- Green Eyed Kitty Jewelry
- Hanes Hummus
- Happily Ever Esther Farm Sanctuary
- Hippie Pops
- HotSourSaltySweet (unbutter)
- Humble Seedz
- Kaaya
- La Dolce Vita
- Lady Wood Designs
- Ladybird Animal Sanctuary
- Lavish Earth
- Mexhico Restaurant
- Momma's Hummus
- Mute Swan Society
- Nima London
- Osobelle Tea Ltd.
- Plant Based Treaty / TPS
- Plant Up
- Plant-Based Palette
- Pumpkin's Acres Rabbit Rescue
- Red Cap Hot Sauce Co.
- Sau Bakery
- Sausage party Toronto
- Sick On Sin
- Smoothie Bros
- Soup Girl
- Spartan Kitchen
- Stitch'N'Stuff
- Sweet Pompoms
- That's waffle licious
- The Ass Menagerie Sanctuary
- The Browns' Microsanctuary
- The Rain Forest Jewelry Collection
- The Strudel Ladies
- The Supreme Master Ching Hai Meditation Association
- Tree-eats Vegan Bakery
- Tresca Greens
- Truth Belts
- Vital-Life Vegan Rastarant Inc
- We The Free
- YOSO



**THANKS TO OUR
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WHY SHOULD I
and how do I

BE VEG

LINGTON
legit

WE GIVE BACK!

Tell us what you loved (or didn't) about Burlington VegFest and help us make next year even better. Everyone who fills out our quick feedback form will be **entered into a raffle to win an awesome vegan prize!**

The draw takes place in **October**, and we'll announce the lucky winner then—so don't miss your chance to have your say and snag something sweet!



We've donated **\$1500 in vegan groceries** to the **Burlington Food Bank** every year since the start – and this year is no different. Help us give to those in need with your donation

Challenge **22**

Scan here to join **900,000+** people who have taken the **22-day vegan challenge**



THANKS FROM THE 2025 BURLINGTON VEGFEST ORGANIZING COMMITTEE:

Lori, Jennifer, Fiona, James,
Kale, Adrienne and Athena

SCAN
HERE



SCAN



SCAN

THANKS FOR SUPPORTING
BURLINGTON

VegFest



Burlington VegFest is 100% volunteer-run and powered by a small but passionate team dedicated to making the benefits of vegan living accessible to all. As a non-profit event, we rely on community support to keep it free, fun, and full of inspiration.

Love what we do? Help us grow with a donation! Visit the Welcome booth and make a donation of **\$20 or more** and you'll receive an exclusive **Burlington VegFest pin** as a thank-you!

SCAN HERE
TO MAKE A DONATION ONLINE

