



SATURDAY, OCTOBER 28

10:00 a.m. - 6:00 p.m.

ORLANDO FESTIVAL PARK

2911 E. Robinson Street, Orlando, FL 32803

**Speakers • Presentations • Humane Education
Veggie Kids Zone • Food Demos • Restaurant Booths
Live Music • Animal Haven • Artist Corner
200+ Veg-Friendly Vendors**

INFO GUIDE

About Central Florida Veg Fest

Vegetarians of Central Florida welcomes you to Central Florida Veg Fest 2023! The first Central Florida Veg Fest organized by VegCF took place at Lake Lily in 2005, with the second through sixth taking place 2006-11 at Loch Haven Park. The event has been at Festival Park for 10 years now—it gets bigger and better every year!

CFVF features presentations, humane education, food demos, food court, live music, entertainment, veggie kids zone, humane education, artist corner, animal haven, 200+ eco-friendly vendors, and much more!

The goals of the Veg Fest event are to:

- support conservation, recycling, and organic farming
- reduce pollution and energy consumption
- help endangered and rescued animals
- protect our natural resources
- promote a plant-based diet
- empower people to make positive changes in the way we eat and live.

The acoustic stage for Veg Fest is produced by Rahoe Productions & Representation. RPR provides audio technician and engineering studios.

Musical acts at both stages are coordinated by The Anthologists. The Anthologists is a cover collective and booking group performing and coordinating live music events throughout Central Florida.

Thanks to all the volunteers, sponsors, vendors, speakers, musicians, and everyone else who contributed to this event.

Next up is Central Florida Earth Day (www.CFEarthDay.org) on April 20, 2024 at Lake Eola Park.

Thanks to the businesses and groups who are sponsoring Central Florida Veg Fest 2023!

EARTH SPONSORS

Vegetarians Of Central Florida
Orlando Weekly

JUNGLE SPONSORS

Green Works Orlando
Solutionary Species

FOREST SPONSORS

Seed Food and Wine Festival
VegFund
A Well-Fed World

GARDEN SPONSORS

Asia Trend
City Of Orlando Families, Parks & Recreation
Fun 4 Orlando Kids
Global Peace Film Festival
The Milk District
My Central Florida Family
Natural Awakenings
Spay & Neuter Nation
WMFE 90.7

SPEAKERS

*Sponsored by Vegetarians of Central Florida
and presented by Solutionary Species*

11:00 a.m. Thomas Goodman, “Strategies for Plant-Based Food Outreach!” Plant Dining Partnerships

The presentation will showcase the vast opportunity in encouraging businesses to carry plant-based food options in their supply chains. These tools will be shared through step-by-step illustration highlighting how fun, easy, and effective we all can be creating a more compassionate food system. In this process, will also discuss various ways all of us can use our passions and strengths to create a revamped food system accordingly.

Thomas Goodman has been a lifelong admirer of animals, was raised meat-free and later became a professional advocate in 2014. He has since worked in various initiatives such as corporate outreach, federal state and regulatory advocacy, promotion of Meatless Mondays, leafleting across North America, public speaking, campaigning, community organizing, and more for the animal protection movement.

1:00 p.m. Lisa Wong, “Get In Touch and Listen to Your Inner Doctor” Center For Healing By Design

Our organization provides the general public self-care and self-healing education that integrates WFPB (Whole-Food Plant-Based) diet and lifestyle to empower them to take control of their health. We offer a presentation entitled “Get In Touch and Listen to Your Inner Doctor”. The purpose of the presentation is to raise awareness of how our body communicates the damage done to our body from intake of animal protein, emotional stress, and toxic chemicals via ear readings.

Lisa Wong, L.Ac. is known as the champion for the voiceless, both the animals and the Inner Doctor. She is the world’s first vegan acupuncturist to climb Mt. Kilimanjaro and the founder of Center for Healing By Design, a 501c3 non-profit organization with the mission to empower people worldwide with evolutionary self-care education, experience, and tools to get in touch with their Inner Doctor and create the happy healthy fulfilling lives in harmony with Mother Earth and all living beings.

3:00 p.m. Ron Knaus, “Here, There, Tomorrow; Tools for Resolution”

The Vegan Doc

Here: Present status of health conditions with cause and effect. There: Present results of society, food industry, and human behavior with leaders of change. Tomorrow: Present present day guidelines of recover using lifestyle behaviors; offer positive tools for recovery that can be utilized today and tomorrow.

Ron Knaus was a physician who was always interested in ‘social justice issues’; in fact he was the founder and CEO of American Aspergers Association where he gave free Hyperbaric Oxygen therapy to any child within the spectrum. Once he retired he became plant-based, lost over 30% of his weight, and has become a leader in teaching physicians and others about the benefits of Lifestyle Alterations. He is a sought-out speaker for Veg Fests throughout Florida and a member of the American College of Lifestyle Medicine.

WATER & WASTE STATIONS

Water Stations: In order to minimize use of disposable plastic containers, water at Central Florida Veg Fest is provided by Earth Sponsor Vegetarians of Central Florida. You can bring your own container, take a small paper cup, or buy a reusable water bottle at Veg Fest Central. The water itself is free to the public and is filtered potable water.

Waste Stations: In addition to the permanent trash and recycling containers around Orlando Festival Park, look for waste stations around the event with containers for 1) compost/food waste, 2) recyclable waste, and 3) trash waste. Please bring all waste to the waste stations. In addition, Orlando Solid Waste has provided all of the blue recycling frames and cardboard trash boxes for the waste stations. And the City of Orlando’s Green Works Orlando is supplying multiple composting carts for food waste collection.

FOOD

All food served at Veg Fest is vegan (containing no animal products). Much of the food is organic and/or local. There are plenty of raw options.

THE FOLLOWING VENDORS ARE AT THE FOOD COURT

Ain't Got No Beef ribs: cauliflower wings, mac and cheese

Bom Grill pad Thai: Thai lo mein, veg tofu, Thai curry, spring roll, edamame, Thai tea, Thai coffee

Corn Soup King: corn soup macaroni pie, rasta pasta, vegetable roti, rice, Ital stew, BBQ/jerk soya, curry chickpeas, pineapple smoothies, coconut water

Curious Cat Bakery: croissants brownies

The Earthy Kitchen: empanadas, rice bowl, cakes, coconut flan, tres leche, cookies, pastries

Framework Craft Coffee Bar: pastries, coffee, tea

A Harmless Bite: croissants, cruffins, doughnuts, buns, brownies, s'mores, cookies

Hibachi 88: pad thai, chicken rice, spring rolls, dumplings, tofu, vegetable teriyaki, tempura vegetable, sweet banana, sweet potato balls, corn, cheese wontons

House of Mofos: mofongo, mofongo cheeseburgers, plantain cheeseburgers, plantains, cheeseburgers, chopped cheese sandwiches, rice, chickn stew, cookies, tres leches, cake jars

Kale Cafe: veggie burger, seitan Philly buffalo sandwich, seitan jerk sandwich, seitan BBQ sandwich, mac n' sheese, jerk mushrooms, kale salad, baked goods

Karelyn's Vegan: chickn sandwiches, barbecue soul food platters, Philly cheesestayk, chocolate chip cookies, tropical lemonade

Kona Ice of Downtown Orlando: drinks

Mango Kings: mango flower, mango colada smoothie, pina colada smoothie, mojitos lemonade

Mother Kombucha: kombucha, sparkling water

Ox's Way: toona salad, enoki mushroom chicken sandwich, portabella mac n cheese, crab cake, avocado fries, desserts, juice

Pizza Nova: pizza, brownies, smores, seltzer, juice

Rock Paper Scissors Eat: fysh n chips, fysh po boy, chycken sandwich, jackfruit sloppy joe burger, sleezy dawgs, cheezy fries, bottled beverages

Soulicious Vegan Kitchen: crab cake, fish taco, Buffalo wings, fajita nachoes, nachos, elderberry syrup, chocolate chip cookies, lemonade

Steph the Raw Chef: cashew cheeses, flax crackers, cashew burger mix, cashew burger wraps, kale chips, cinnamon apple pies, fruit and vegetable juices

Vegan Scoops: ice cream, waffle cones, sundaes, cinnamon buns, chocolate chip cookies, ice cream sandwiches, floats

Veggie Garden: spring roll, summer roll, soy protein rib, teriyaki wheat gluten, sauteed vegetables, rice, fried tofu, rice noodle, potato noodle, pickle carrot & daikon, lemonade, iced tea, Thai tea, taro tea, honey dew, Vietnamese coffee

Verdu-us: ice cream

Yene Romay Ethiopian Kitchen: split lentils, split peas, mixed vegetables, cabbage, collard greens

THE FOLLOWING VENDORS ARE ELSEWHERE IN THE PARK

Big Fields: dandelion unhone, dandelion molasses, dandelion coffee, herbal jellies, dandelion CBD oil

Chamberlin's Natural Foods: snack bars, apples

CPs Mother Loving Cookies: cookies, ice cream sandwiches, limonada

Rise Yaupon: tea

Sunflour Bakery: pastries, cupcakes, muffins, cake pops, croissants, cinnamon rolls, cookies

FOOD PREPARATION **DEMONSTRATION SCHEDULE**

*Sponsored by Vegetarians of Central Florida
and presented by Solutionary Species*

Central Florida Veg Fest will showcase the very best in eco-friendly, vegan food preparation demonstration!

12:00 p.m. Chef Timaree Hagenburger “Don’t Heat Up That Kitchen!”

The Nutrition Professor

Learn how to combine simple ingredients to create a yummy dish that can be enjoyed all week! Plus, tips and tricks to have delicious meals at your fingertips (that love you back)!

2:00 p.m. Chef Jenn Ross “Jamaican Beef Patties”

DaJen Eats

Learn how to make the classic Jamaican handheld meat pie-beef patty--in a plant-powered way. Chef Jenn will walk you through how to easily create a buttery, flaky crust stuffed with delicious island-flavored goodness.

4:00 p.m. Chef Shannon Blair “Eat Like a Solutionary”

Solutionary Species

We will be making delicious, plant-based foods that you can easily create at home!





Veg
VEGETARIANS
OF CENTRAL FLORIDA **CF**

SAVE
Earth

**SAVE THE
DATE**



**LAKE EOLA
PARK**

**FLORIDA'S LARGEST
EARTH DAY EVENT**



APRIL 20, 2024

CFEarthDay.com

OTHER ACTIVITIES

Vegetarians of Central Florida (organizers of Central Florida Veg Fest and Central Florida Earth Day) will feature the Ask-a-Vegan tent at Veg Fest Central. Come get all your questions about veganism answered and sample delicious and nutritious food and drink products from veg companies. Also at Veg Fest Central will be the VegCF booth, so come get information about the group and its activities. VegCF will also be selling new and classic Veg Fest and Earth Day and t-shirts.

Check out all the fun stuff happening! There will be meditation by Heartfulness Meditation Orlando, AcroYoga by Orlando Acro Club, and cirque style entertainment by Climbers Aerial Arts and Fitness.



90.7 WMFE 89.5 WMFV

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MIND BODY SPIRIT

Presented by Warrior ONE

Want to be at peace with yourself, the Earth, and the animals? Practice Ahimsa! Ahimsa is a Sanskrit term which translates roughly into non-injury to living beings or dynamic harmlessness.

Central Florida Veg Fest features ongoing free activities, such as yoga and meditation, at the Mind Body Spirit area! Massage will be provided throughout the park.

10:30 a.m. Flow Yoga

11:00 a.m. Meditation

11:30 a.m. Flow Yoga

12:00 p.m. Meditation

12:30 p.m. Flow Yoga

1:00 p.m. Meditation

1:30 p.m. Flow Yoga

2:00 p.m. Meditation

2:30 p.m. Family Yoga

3:00 p.m. Meditation

3:30 p.m. Flow Yoga

4:00 p.m. Meditation

4:30 p.m. Flow Yoga

RAFFLE

Central Florida Veg Fest will feature a raffle and silent auction conducted by Spay & Neuter Nation, with all proceeds going to animal rescue groups at the Veg Fest Animal Haven. Thanks to the contributors to the raffle and silent auction. Individual vendors at Veg Fest will also be holding raffles and drawings.



MUSIC

Sponsored by Rahoe Productions & Representation and presented by The Anthologists

11:00 a.m. Glass Spouses: Original Gothic folk music

12:00 p.m. Minutes & Seconds: Heartfelt acoustic pop with soaring vocals

1:00 p.m. Theo Moon: Colorful!

2:00 p.m. John David Williams: Singer/songwriter and musical chameleon

3:00 p.m. Anthony Rouhana: Introspective indie rock

4:00 p.m. Faae: Indie folk jazz

5:00 p.m. Hannah Stokes: Jazz and soul inspired indie folk

ENTERTAINMENT

Presented by Vanja Dance

10:45 a.m. Lake Como Dance Team: Jazz

11:45 a.m. Lockhart Middle School Dance Team: Jazz

12:45 p.m. Legacy Middle School Dance Team: Dance

1:45 p.m. Vanja Dance: Belly dance

2:45 p.m. Jasmine Gerard: JTAPZ Tap dance

3:45 p.m. Central Florida Performing Arts: Musical

4:45 p.m. Hsin Yung-I Chuan School of Tai Chi and Qigong:
Tai chi

Festival Way

Closed to
Through Traffic

E. Livingston Street



Maguire Boulevard

**Main
Parking
Area**
(ENTRANCE ON
E. LIVINGSTON)

PARKING

ACOUSTIC
STAGE

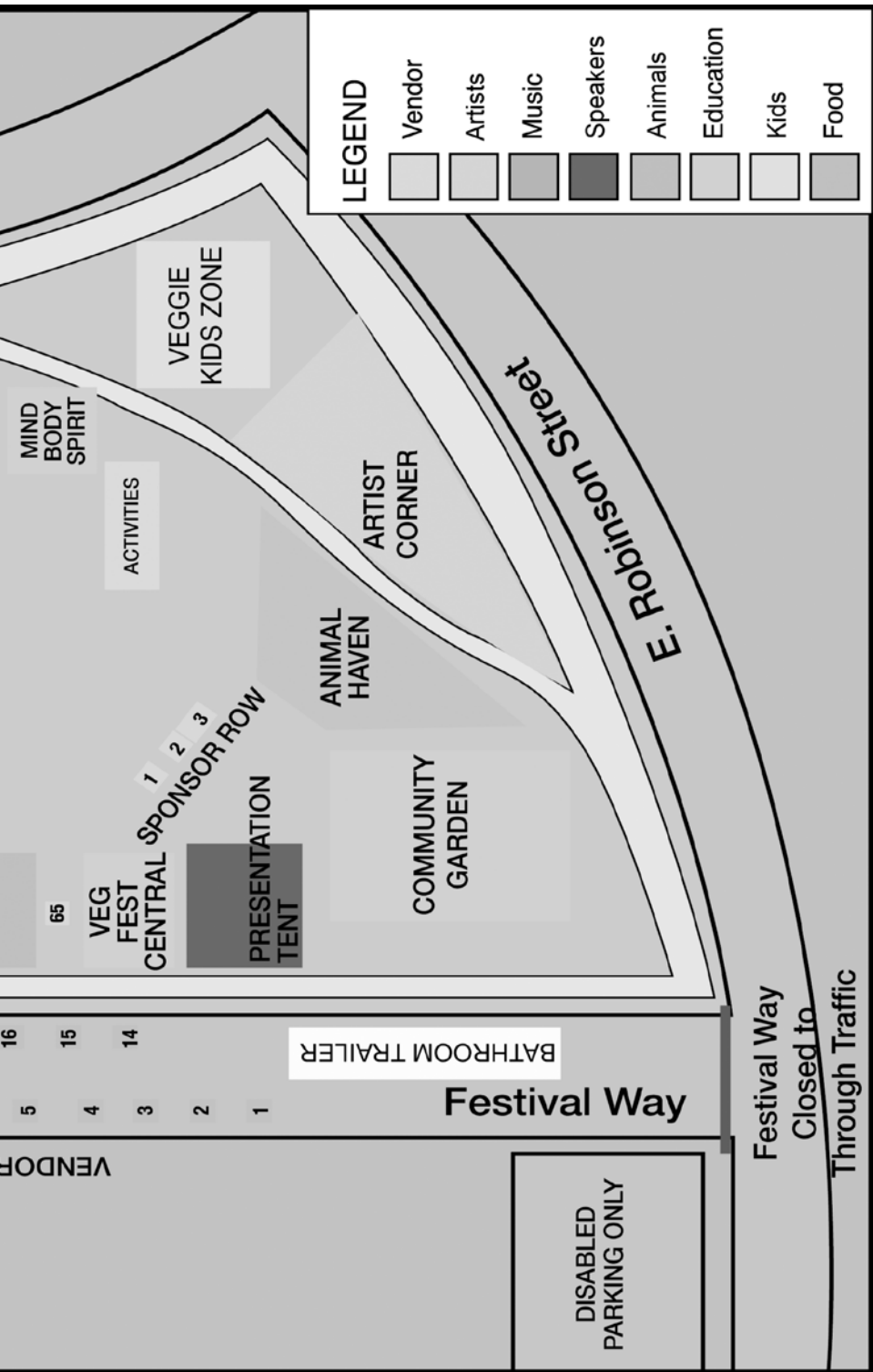
PICNIC
AREA

TENT VENDORS

FOOD VENDORS

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| 8 | 21 | 34 | 46 | 59 |
| 7 | 20 | 33 | 45 | 58 |
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KIDS & FAMILY

Orange Co. Conv. Center **Expo**

ANIMAL HAVEN

Central Florida Veg Fest devotes attention to our non-human animal friends and neighbors! Your four-legged friends are invited to Veg Fest! Bowls of water are provided. The Veg Fest Animal Haven features animal sanctuaries, animal rescue groups, dogs and cats for adoption screening, information on caring for companion animals, feeding dogs and cats a vegetarian diet, the importance of spaying and neutering, caring for feral cats, and much more! The Veg Fest Animal Haven is sponsored by Garden Sponsor Spay & Neuter Nation.

ANIMAL HAVEN VENDORS:

Spay & Neuter Nation (Garden Sponsor)	Florida Boxer Rescue
Animal Advocates FL	Florida Parrot Rescue
Blueberry Heaven Sanctuary	TNVR of Central Florida
Camp FigWig Farm and Sanctuary	United Paws Rescue
CLP Animal Rescue	Whisker Town Cats
Feline Furcrew Rescue	

ARTISTS

Central Florida Veg Fest features artists and crafters encompassing a variety of media, especially those that are environmentally and vegan related.

ARTIST CORNER VENDORS:

Afro Liberated Taste	Folksylove
Ajna Beeing	John Coburn Tie Dyes
Art and Fashion by Luya	Julia's Natural Shops
Eileen A. Art	Kenan Sari
Essence of Nature	Recycled Beautifully
Exrthchld Art	SomethingByLexi
Flame2scent Candles	



"Every challenge presents an opportunity to be part of the solution, and every solution creates a path towards progress."

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VEGGIE KIDS ZONE

The Veggie Kids Zone is sponsored by Garden Sponsor Fun 4 Orlando Kids and Garden Sponsor My Central Florida Family

Veggie Kids Zone Vendors

Fun 4 Orlando Kids (Garden Sponsor)

My Central Florida Family (Garden Sponsor)

Florida Odyssey of the Mind

Happy Wrap

Isha Foundation

Magic Center Region Odyssey of the Mind

Walden Community School

Youth Families and Communities United

Ongoing Activities:

- Make your own eco-paint using flour, water, and food coloring and paint a big pallet and paper mushrooms!
- Create flower pots out of recycled paper!
- Make a home for local bees to live inside!
- Coloring books, stickers, and crafts!



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PROMO
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Mention Veg Fest Promo

Climate-Friendly Food Guide

Our colorful **Climate-Friendly Food Guide** is filled with easy-to-understand explanations, inviting infographics, helpful hints, fun food swaps, delicious recipes, and more. It makes it clear why choosing a plant-based diet is one of the most powerful actions you can take to create a sustainable, well-fed, and climate-friendly future.



Stop by for A Well-Fed World's table under the tent for a free copy!



Better Gifts

Perfect to Give AND Receive!

Some charities like Heifer International promote “sending a cow” or “giving a goat.” But the foods that nurture people the most are the same foods that best protect animals and the environment. Choosing a gift-donation to A Well-Fed World’s **Plants-4-Hunger** program directly supports plant-based feeding and farming projects that nourish children and communities in need throughout the U.S. and around the world. **We give 100%!**



Photo: Seed Programs International, Guatemala



DIRECTORY OF PARTICIPANTS

Veg Fest participants represent a wide array of eco-friendly businesses and groups. Welcome to the sponsors, speakers, food prep demonstrators, musicians, vendors, and contributors who are participating in Central Florida Veg Fest 2023! Contributors have donated promotions, money, products, raffle prizes, have advertised in the Veg Fest Info Guide, or have otherwise contributed to the success of the event; they do not necessarily have a physical presence at the event. Please support Veg Fest participants! (Sponsors listed in **bold**.)

VENDOR	LOCATION
Advance Chiropractic	Tent Vendor 38
Afro Liberated Taste	Artist Corner
Ain't Yo Mama's Baked Beans.....	Natural Awakenings Magazine
Ain't Got No Beef.....	Food Court 9
Ajna Beeing	Artist Corner
The Almond Milk District*	Veg Fest Central
Animal Activism Mentorship.....	Solutionary Species
Animal Activists of Central Florida.....	Veg Fest Central
Animal Activists of Central Florida Meetup.....	Veg Fest Central
Animal Advocates FL.....	Animal Haven
The Animals Need You	Solutionary Species
The Anthologists.....	Acoustic Stage
Apopka Maranatha SDA Church	Tent Vendor 46
Austin Aries.....	Veg Fest Central
Art and Fashion by Luya.....	Veg Fest Central
Asia Trend*	Veg Fest Central
ASPCA.....	Tent Vendor 50
AWAKENING/art & culture	Tent Vendor 35
Barakat Insurance	Tent Vendor 37
Bettys Naturals	Artist Corner
Bhakti Yoga Club	Tent Vendor 39
Big Fields.....	Tent Vendor 9
Bitchin' Sauce*	Veg Fest Central

VENDOR

LOCATION

Shannon Blair	Presentation Tent
Blueberry Heaven Sanctuary.....	Animal Haven
Bom Grill.....	Food Court 23
Buddhist Tzu Chi Foundation	Tent Vendor 45
Butler Foods*.....	Veg Fest Central
Camp FigWig Farm and Sanctuary	Animal Haven
CannaCare Wellness.....	Tent Vendor 3
Center for Healing By Design	Tent Vendor 16
Central Florida Earth Day	Veg Fest Central
Central Florida Freethought Community	Tent Vendor 36
Central Florida Performing Arts	Entertainment
Central Florida Vegan Professional Database.....	Veg Fest Central
Cereset.....	Tent Vendor 4
Chamberlin’s Natural Foods	Tent Vendor 24
Chef Jenn Ross	Presentation Tent
Chef Shannon Blair	Presentation Tent
Chef Timaree Hagenburger.....	Presentation Tent
Citizens’ Climate Lobby	Tent Vendor 47
City of Orlando Families, Parks and Recreation	Veg Fest Central
The CLEO Institute	Tent Vendor 58
Climbers Aerial Arts and Fitness.....	Activities
CLP Animal Rescue.....	Animal Haven
Corn Soup King	Food Court 22
CP’s Mother Lovin Cookies	Tent Vendor 1
Curious Cat Bakery	Food Court 21
Dejaci Home Fragrance.....	Tent Vendor 6
The Earthy Kitchen	Food Court 1
EcoJoia.....	Tent Vendor 65
Eileen A. Art.....	Artist Corner
Equality Florida.....	Tent Vendor 48

VENDOR**LOCATION**

Essence of Nature	Artist Corner
Everglades University	Tent Vendor 49
Exrthchld Art	Artist Corner
Faae	Acoustic Stage
Fab Foodies	Food Court 14
Fab Lab Beauty Bar	Veg Fest Central
Families, Parks and Recreation Advisory Board*	Veg Fest Central
Farm Animal Rights Movement	Solutionary Species
Feline Furcrew Rescue	Animal Haven
Festival Park Community Garden	Festival Garden
First Unitarian Church of Orlando	Tent Vendor 28
Flame2scent Candles	Artist Corner
Florida Access Network	Tent Vendor 60
Florida Boxer Rescue	Animal Haven
Florida Falun Dafa Association	Tent Vendor 55
Florida Parrot Rescue	Animal Haven
Florida Voices for Animals	Veg Fest Central
Focus Chiropractic	Tent Vendor 11
Folksylove	Artist Corner
Framework Craft Coffee Bar	Food Court 12
Fun 4 Daytona Kids*	Veggie Kids Zone
Fun 4 Lake Kids*	Veggie Kids Zone
Fun 4 Orlando Kids	Veggie Kids Zone
Fun 4 Seminole Kids*	Veggie Kids Zone
Fun 4 Space Coast Kids*	Veggie Kids Zone
FusionFest	Tent Vendor 51
Glass Spouses	Acoustic Stage
Global Peace Film Fest*	Veg Fest Central
Good Fills	Festival Way

VENDOR

LOCATION

Thomas Goodman.....	Presentation Tent
Greater Orlando Center for Spiritual Living.....	Tent Vendor 21
Greater Orlando NOW.....	Tent Vendor 59
Green Works Orlando	Veg Fest Central
Guang Ming Temple.....	Tent Vendor 17
Happy Wrap.....	Veggie Kids Zone
A Harmless Bite.....	Food Court 18
Heartfulness Meditation Orlando.....	Tent Vendor 53
Hibachi 88.....	Food Court 4
Hodo Foods*.....	Veg Fest Central
House of Mofos.....	Food Court 7
Hsin Yung-I Chuan School of Tai Chi and Qigong.....	Entertainment
Humanist Celebrant Orlando.....	Tent Vendor 40
International Yoga Travel.....	Natural Awakenings Magazine
Isha Foundation.....	Veggie Kids Zone
ISKCON of Alachua.....	Tent Vendor 56
It's Just Yoga.....	Tent Vendor 19
Jasmine Gerard - JTAPZ.....	Entertainment
John Coburn Tie Dyes.....	Artist Corner
Julia's Natural Shop.....	Artist Corner
Kale Cafe.....	Food Court 2
Kelly Semrad For District 5 Orange County.....	Tent Vendor 57
Ron Knaus.....	Presentation Tent
Kona Ice of Downtown Orlando.....	Food Court 6
Lake Como Dance Team.....	Entertainment
LeafFilter Gutter Protection.....	Tent Vendor 22
League of Women Voters of Orange County.....	Tent Vendor 29
Legacy Middle School Dance Team.....	Entertainment
Lockhart Middle School Dance Team.....	Entertainment
Mango Kings.....	Food Court 11

<u>VENDOR</u>	<u>LOCATION</u>
Marijuana Care Clinic	Tent Vendor 34
Marijuana Express M.D.	Tent Vendor 13
Maxwell Alejandro Frost for Congress.....	Tent Vendor 44
Merchant of Eco Beauty	Tent Vendor 23
Metro Orlando Vegan Eats*	Veg Fest Central
The Milk District*	Veg Fest Central
Minutes & Seconds.....	Acoustic Stage
Mood Rising.....	Tent Vendor 33
Theo Moon	Acoustic Stage
Mother Kombucha	Food Court 24
Murray Insurance Agency.....	Tent Vendor 25
MÜV Medical Cannabis Dispensary	Tent Vendor 10
My Central Florida Family	Veggie Kids Zone
Natural Awakenings Magazine	Sponsor Row 3
Neptune Memorial Reef.....	Tent Vendor 40
NorthShore Printing	Veg Fest Central
NoTo2.org	Tent Vendor 18
The Nutrition Professor.....	Tent Vendor 15
Oh Eco.....	Tent Vendor 8
Orange County Democratic Environmental Caucus.....	Tent Vendor 42
Orange County Library System	Tent Vendor 20
Orlando Acro Club	Activities
Orlando Family Magazine*	Veg Fest Central
Orlando Sings.....	Tent Vendor 31
Orlando Weekly	Sponsor Row 1
People for the Ethical Treatment of Animals*	Tent Vendor 43
People Power for Florida.....	Festival Way
Permaculture Life	Tent Vendor 52
Pizza Nova	Food Court 17
Planet Smoothie*	Veg Fest Central

VENDOR	LOCATION
Plant Dining Partnerships	Tent Vendor 14
Public Bank Orange County	Tent Vendor 35
Rahoe Productions & Representation	Acoustic Stage
Recycled Beautifully	Artist Corner
Revival Gardening	Tent Vendor 7
Rise Yaupon	Tent Vendor 5
Robert F. Kennedy, Jr. for President	Tent Vendor 62
Rock Paper Scissors Eat	Food Court 5
Anthony Rouhana	Acoustic Stage
Sahaja Yoga Meditation	Tent Vendor 63
Saladmaster	Tent Vendor 12
Kenan Sari	Artist Corner
Save the Manatee Club	Tent Vendor 27
Seed Food and Wine Festival*	Veg Fest Central
Simply Well	Tent Vendor 2
Solutionary Species	Sponsor Row 2
Somethingbylexi	Artist Corner
Soulicious Vegan Kitchen	Food Court 8
Spay & Neuter Nation	Animal Haven
STEM Gift Drive	Tent Vendor 41
Steph the Raw Chef	Food Court 15
Hannah Stokes	Acoustic Stage
Sudz Cauldron	Tent Vendor 26
Sunflour Bakery	Veg Fest Central
Supreme Master Ching Hai International Association Florida Center	Tent Vendor 61
Tampa Bay Veg Fest	Veg Fest Central
thebutterbar	Tent Vendor 64
TK Law	Tent Vendor 32
TNVR of Central Florida	Animal Haven
Total Beauty Health & Wellness	Tent Vendor 30

<u>VENDOR</u>	<u>LOCATION</u>
United Paws Rescue	Animal Haven
Vanja Dance	Entertainment
Vanja's Vegan Voyage	Veg Fest Central
Vegan Scoops	Food Court 16
Vegan Victory Team	Veg Fest Central
VeganEvan	Solutionary Species
VeganEvan's Mission	Solutionary Species
Vegetarian Journal*	Veg Fest Central
The Vegetarian Resource Group*	Veg Fest Central
Vegetarians of Central Florida	Veg Fest Central
Vegetarians of Central Florida Meetup	Veg Fest Central
VegFund*	Veg Fest Central
Veggie Garden.....	Food Court 13
Verdu	Food Court 19
Veterans Cannabis Care	Tent Vendor 13
Walden Community School	Veggie Kids Zone
Warrior ONE	Mind Body Spirit
Watermark Media*	Veg Fest Central
A Well-Fed World	Veg Fest Central
West Florida Climate Save	Tent Vendor 54
Whisker Town Cats	Animal Haven
John David Williams	Acoustic Stage
WMFE* 90.7	Veg Fest Central
Lisa Wong.....	Presentation Tent
Yene Romay Ethiopian Kitchen	Food Court 3
Young Living Essential Oils	Natural Awakenings Magazine
Youth Families and Communities United.....	Veggie Kids Zone
Zero Orlando	Tent Vendor 26

FARM FRESH
— EVERY —
WEDNESDAY



Supporting local vegetarians, vegans, and those aspiring to be veg, since 2003!

Group restaurant visits, potlucks, volunteer days & much more:
meetup.com/VegetariansCF

Online community at:
facebook.com/groups/VegCF

Local veg-friendly dining guide & more: VegCF.org

Organizers of Central Florida Veg Fest & Central Florida Earth Day

