



# One More Leaf: An International Vegan/Vegetarian Sampler Dinner

Saturday, October 24<sup>th</sup>, 2009  
Starting at 5:30 pm, at Congregation Beit Tikvah

## Taste international specialties

Thai-style spicy mixed vegetables in coconut milk, Indian barley pilaf,  
Israeli couscous with pistachios and apricots, Roasted vegetables in African peanut sauce,  
Japanese sweet simmered shiitake mushrooms, Orange-pecan wild rice and mushrooms, and more

## Become more environmentally aware

- In support of the international [www.350.org](http://www.350.org) effort (to bring awareness that we need to get the CO<sub>2</sub> level down to under 350 ppm), come sample some food that is low in the food chain.
- Talk to Vegetarian Resource Group ([www.vrg.org](http://www.vrg.org)) and Preventive Nutrition Services food experts.
- Ask a registered dietitian your questions.
- See the one-hour documentary "A Sacred Duty: Applying Jewish Values to Help Heal the World", which presents a strong universal message that people can have an impact on environmental change with their food choices.
- Let your children participate in environmental awareness activities while the movie is shown.

## Bring

- A vegan or vegetarian dish to share.
- Your own plates, cups, and utensils. We will have disposables available for folks who forget.
- Requested minimum donation of \$10 for ages 12-adult, \$5 for ages 5-11, and free for 4 and under.

The meal will consist of special dishes selected by the Vegetarian Resource Group and Preventive Nutrition Services, along with potluck dishes you bring. Additionally, we'll have grains and vegetables to sample, delicious mushrooms, and amazing truffles. The evening will include a brief and lovely Havdalah service, led by Rabbi Elizabeth Bolton, where we will gather in a circle to light candles, sing a few songs, and pass around a spice box.

## With much appreciation for donations from:

The Classic Catering People, One Straw Farm, Truffles by Emily, Woodland Mushrooms, and Whole Foods Market

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All are welcome!

Please reserve your place at this event by October 12<sup>th</sup>.

[info@BeitTikvah.org](mailto:info@BeitTikvah.org) or 410-464-9402

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Congregation Beit Tikvah

5802 Roland Ave., Baltimore MD 21210

[www.BeitTikvah.org](http://www.BeitTikvah.org)

