



July Events at a Glance

July 8 - 8 am - Gardening at Blackshear Elementary - Saturday

July 15 - 9 am - Meditation - Saturday

July 15 - 9:45 am - Yoga - Saturday

July 15 - 11 AM - Cooking Class with Leah and Avital - Saturday

July 16 - 5 PM - Dinner at Veegos - Sunday

July 22 - 4 PM - Super Salad Bar Potluck - Saturday

July 23 - 1 PM - Presentation and Potluck - Sunday

July 26 - 5-6PM EST/6-7PM CST - CNS Cooking Class with Donna

July 28 - 6:30 PM - Potluck and Panel Discussion - Friday

August Preview Below

Welcome to the July Newsletter!

It's a busy month again at PlantPure Houston. We have potlucks in Richmond and Houston, dinner outing, live and online cooking classes, gardening, meditation, yoga, and a vegan potluck with climate discussion panel.

Join us at Blackshear Elementary this Saturday to work in the **school**

garden. Welcome to attend for 30, 60 or 90 minutes. Sign up on [EventBrite!](#)

Location: Blackshear Elementary School; 2900 Holman, 77004.

Entrance to the parking lot is off of Ennis. Gated parking lot but volunteers will let you in.

Date and Time: July 8, 8:00 - 9:30 AM

Ready to take it easy for one evening? Join **Harmony N Houston Pod** for dinner out at **Veegos**.

Location: 10932 Westheimer Road, Houston, 77042

Date and Time: Saturday July 16, 5 PM

Please [RSVP](#) to Susan Marsh

PlantEd in Fort Bend POD is offering a **Super Salad Bar potluck** at Lisa Arnold's home on Saturday, July 22nd. Get inspired to fill your plate with tasty salad helpings. Please bring a vegan and whole food plant based dish, using little or no oil if possible, and an ingredient list or recipe of your dish.

Location: Bridlewood Estates subdivision in Richmond, TX

Date and Time: Saturday July 22, 4 PM

Please contact [Lisa Arnold](#) for registration

The guest speaker for the **Potluck at Lifestyle Docs** will be **Dr. Nisha Shah**, ophthalmologist. The talk will be followed by the popular whole food plant based potluck. Please bring a dish to share.

Location: Lifestyle Docs Clinic

4500 Bissonnet St. Suite 355, Bellaire, TX 77401

Date and Time: 7/23 at 1 PM - 2:30 PM

Click [here](#) for additional information.

Do you need more ideas for what to cook? Two great classes will be offered this month, in person and online.

All About Dressings Part 2 with Leah and Avital

If you are curious to create delicious, oil-free, plant-based dressings, you will want to attend.

Location: Lifestyle Docs Clinic

4500 Bissonnet St. Suite 355, Bellaire, TX 77401

Date and Time: 7/15 at 11:00 AM

Please [register](#) for free cooking class

Just in time for "Eggplant Month", Donna Spencer will offer an online class: **Eggplant! Not just a one trick parmy!**

One can make so much more with eggplant than parmesan or baba ganoush. Be tempted by Grilled Eggplant and Tomato Salad with a Basil Lemon Pesto, Caponata, and a Dark Chocolate Almond Eggplant Torte. All made the WFPB way.

The class is offered through [CNS Kitchen](#)

Date and time: July 26th 5-6pm EST/6-7pm CST

[Click](#) to register, for questions [email](#) Donna.

An additional vegan potluck will be hosted by the Climate Action

Team at First Unitarian Universalist Church of Houston on July 28th at 6:30 pm. This time, Nan Hildreth will present seven posters summarizing our climate accomplishments so far, both globally and in Houston. (www.HoustonClimateBoulder.org) The panel after the potluck will discuss "What our churches are doing for our climate".

Please register [here](#).

Location: 5200 Fannin (access parking from Southmore or Oakdale)

Date and Time: 7/28 at 6:30 PM

Lifestyle Docs July Events:

Guided Meditation with Dr. Munish Chawla

Location: Lifestyle Docs Clinic

4500 Bissonnet St. Suite 355, Bellaire, TX 77401

Date and Time: 7/15 at 9:00 AM

In person or join [Zoom](#) Meeting

Beginning Yoga with Waverly Evans

Location: Lifestyle Docs Clinic

4500 Bissonnet St. Suite 355, Bellaire, TX 77401

Date and Time: 7/15 at 9:45 AM

Join [Zoom](#) Meeting

With Chef AJ:

Catch the latest [episode](#) of Drs. Chawla from 6/28, covering the final Lifestyle Medicine pillar, "Avoid Risky Substances", with a discussion on addictions and how to break free.

**Looking forward to seeing you at one of these events,
Susan and Karlina (aka Karoline)
(832) 647-2220**

Future Dates:

Sunday, August 13 @ 2:00 PM Field Trip to Lone Star Mushroom Farm
Friday, August 18 @ 6:30 PM Vegan Potluck at First Unitarian Universalist Church of Houston
Sunday, August 27 @ 1:00 Lifestyle Docs and Bayou City Beet Potluck
Saturday, October 7, 9 am - 3 pm, 5th Annual [PPF](#) Retreat



PLANTPURE HOUSTON

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