

Contact: Unny Nambudiripad
Tel: 612-276-2242 (office), 612-293-6876
(cell) email: info@tcvegfest.com

FOR IMMEDIATE RELEASE



DIVERSE FOOD COURT AT TWIN CITIES VEG FEST

One of the main goals of Twin Cities Veg Fest is to showcase a wide range of delicious compassionate food choices. In addition to tons of free food samples, there will also be food vendors selling delicious meals at Twin Cities Veg Fest. The food vendors include Asase Yaa, Kitty Corner Café, Flamingo Ethiopian Restaurant and Seward Cafe. Twin Cities Veg Fest 2013 will be held Saturday, Oct. 26, from 10 a.m. to 4 p.m. at Coffman Memorial Union on the Minneapolis campus of the University of Minnesota.

Asase Yaa is a local catering and festival food provider run by the amazing chef Petrina Walker. Petrina will be cooking up a variety of delicious vegan food with influences from Africa to Asia. Her food was a big hit at last year's festival, and she sold out before the end of the festival.

Kitty Corner Café is a relatively new cafe that opened on Washington Ave just east of Cedar earlier in 2013. Owner Zuhali Sari is committed to providing great vegan options, and her shop includes vegan waffles and sandwiches. Kitty Corner will be selling Turkish style vegan waffles served with fruit, nuts, and powdered sugar.

Flamingo is an Ethiopian restaurant on Syndicate St in St. Paul. They'll be selling a variety of delicious vegan foods. The foods are simply prepared but rich with flavor. Typical ingredients include lentils, collards, potatoes, and many aromatic spices.

Seward Cafe has been a mainstay of the Seward neighborhood since 1974. They will be selling a variety of delicious vegan baked goods including cookies and muffins.

Twin Cities Veg Fest is a free event for anyone and everyone – omnivores, vegetarians, and vegans alike. The first Veg Fest held last year was met with a turnout of over 1,200 people. The first 1,000 attendees will receive a free Twin Cities Veg Fest gift bag. Attendees will also enjoy free vegan food samples as well as delicious vegan meals offered by local food vendors. For more information, go to <http://TCVegFest.com>.

Twin Cities Veg Fest is sponsored by Yelp, Way Better Snacks, and Carole and Stan Feldman in memory of their son Kenny.

Twin Cities Veg Fest is a program of Compassionate Action for Animals (CAA), an animal advocacy organization dedicated to improving the lives of farmed animals by encouraging consumers to move towards a plant-based diet. Founded in 1998, CAA exposes the cruelties of modern animal agriculture, provides resources on vegan nutrition, cooking, and eating out, and organizes social events.

Zuhali Sari is available for interviews or to do a cooking demo on your program. For more information call 612 276-2242 or email info@tcvegfest.com.

If you'd like more information about Twin Cities Veg Fest, or to schedule an interview with one of the organizers, call 612 276-2242 or email info@tcvegfest.com.