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to the*

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**SATURDAY NOV. 2ND  
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**#TVFTURNS10**

*Event Program*



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Thanks to Ben's Body Basics out of Shreveport, Louisiana, for helping us bring Olympic weightlifter Kendrick Farris to TVF2019! You can find Ben's Body Basics and hear Kendrick's talk in the covered pavilion at the City Futsal Dallas Sports Park!



Join Isha Foundation for free 30-minute Yoga for Beginners sessions throughout the day! You can view the yoga schedule on the back page of this program.

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Green Mountain Energy

Holy Kombucha

Renewal by Andersen

## IN THIS PROGRAM

### **SPONSOR AND VENDOR INFO**

Information about our sponsors and vendors, including some special offers!

### **EVENT MAP**

Check out the map in the center of this program to see where you can find vendors, stages, restrooms, an ATM, and other key areas!

### **LIST OF VENDORS**

See our full list of Texas Veggie Fair 2019 vendors and exhibitors, grouped by category, and use that list to find your favorite vendors on the accompanying map!

### **PRESENTER BIOS**

Learn more about our featured presenters for TVF2019.

### **SCHEDULE**

You can find the complete schedule for TVF2019 programming—guest speakers, musical performances, panel discussions, yoga, and more—on the back page of this program.



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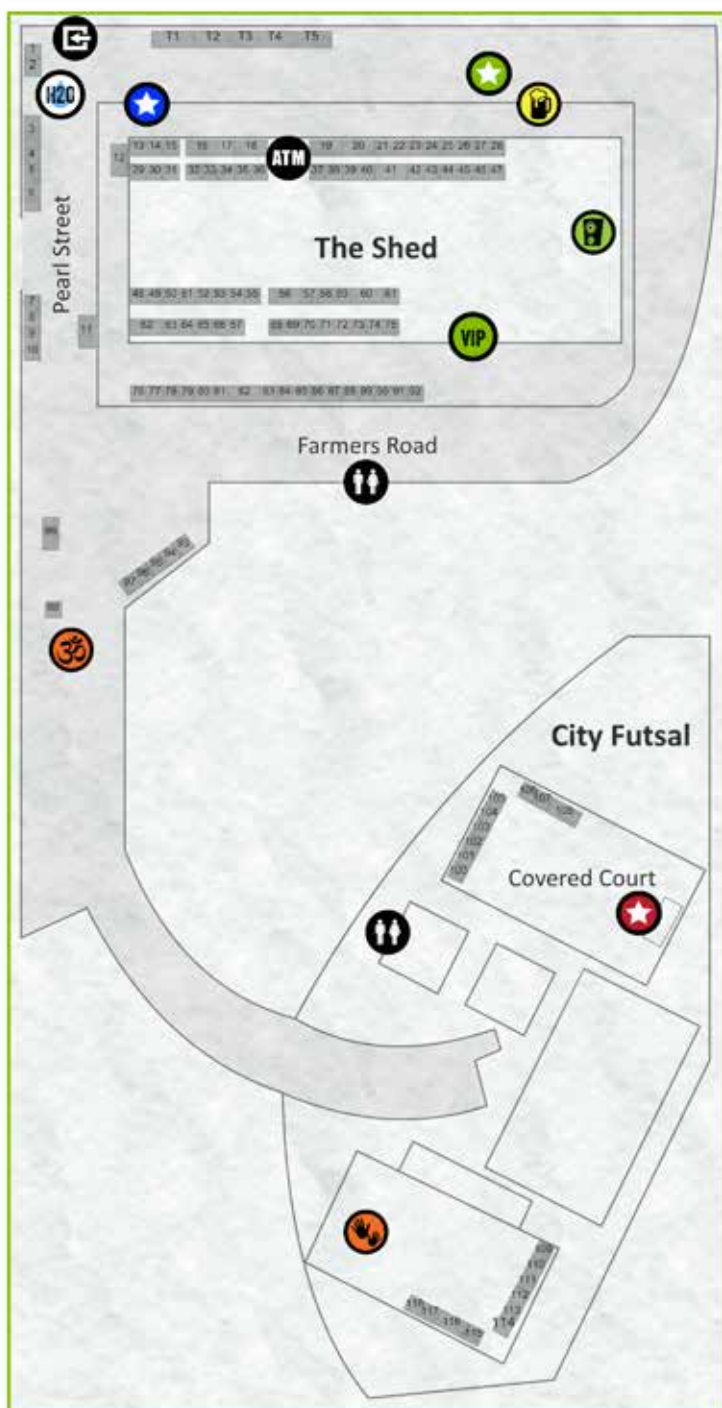
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# TVF2019 MAP



-  Trinity Hall Beer Garden
-  V-Eats VIP Experience
-  Yoga by Isha Foundation
-  Restrooms
-  One Life Radio Panel Stage
-  Speaker/Chief Demo Stage
-  Healthy Lifestyle Pavilion by SanareLife
-  Kids Area
-  Blue Circle Media Performance Stage
-  ATM
-  Water Refill Station
-  Recycling Bins Throughout
-  Composting Bins Throughout

# VENDORS & EXHIBITORS

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- SPECIAL VENUE SPONSOR
- PURPLE RIBBON SPONSOR
- BLUE RIBBON SPONSOR
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### COMPOSTING GUIDE

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## TVF2019 PRESENTER BIOS



### Kendrick Farris

Kendrick Farris is a three-time Olympian and one of the athletes featured in the film *The Game Changers*. Farris adopted a plant-based diet in 2014 and went on to become Team USA's only male weightlifter to qualify for the Rio Olympics in 2016. His appearance at TVF2019 is sponsored by fellow Louisianian Ben's Body Basics.



### Sustainable Duo

Carly Bergman and Brenden Fitzgerald are on a mission to help people decrease their carbon footprint through sustainable living. The Sustainable Duo will share their expertise in eco-friendly plant-based living during their 'Let's Get Zero-Wasted' presentation.



### Miss Krystle

Miss Krystle is a vegan singer and songwriter with 20 years of experience in the entertainment industry. She has expanded her passions into founding her own record label and running her own entertainment law firm. Be sure to check out Miss Krystle's live performance at TVF2019!



### Eddie Garza

Chef Eddie Garza is the Senior Food and Nutrition Manager for The Humane Society of the United States and a leading figure in the movement to reform food systems in Latin American communities. Garza will offer cooking demonstrations featuring his unique plant-based recipes in both English and Spanish.



### Carol J. Adams

Carol J. Adams is a feminist-vegan advocate, activist, and the author of numerous books including her pathbreaking *The Sexual Politics of Meat: A Feminist-Vegetarian Critical Theory*, now celebrating its 25th anniversary. Adams will speak about her newest book, *Protest Kitchen*, at TVF2019.



## Reverie Bakeshop

plant-based all-vegan

Instagram Facebook @reveriebakeshop

Website: [www.reveriebakeshop.com](http://www.reveriebakeshop.com)

French pastries, kolaches, custom cakes,  
gluten-free options, and more!

START 11:00

## TVF2019 SCHEDULE

END 6:00

### SPEAKERS/ CHEF DEMOS

At the CITY FUTSAL COVERED COURT

#### 11:30 SUSTAINABLE DUO

Vegan Eco-Entrepreneurs  
"Let's Get Zero-Wasted!"

#### 12:30 EDDIE GARZA (EN ESPAÑOL)

Chef y Escritor  
Demostración de Cocina

#### 1:30 CAROL ADAMS

Feminist-Vegan Advocate and Author  
Protest Kitchen

#### 2:30 EDDIE GARZA

Celebrity Chef and Cookbook Author  
Cooking Demonstration

#### 3:30 KENDRICK FARRIS

Olympic Weightlifter  
You've seen three-time U.S. Olympian Kendrick Farris in the film *The Game Changers*, and now you can hear the story of how he found out about a plant-based diet!

### MUSIC

At the BLUE CIRCLE MEDIA Stage  
under The Shed

#### 11:00 DJR MUSIC

#### 12:00 LONESOME DOVES

#### 1:00 DJ FITZ LAUDER

#### 2:15 LOYAL SALLY

#### 3:00 DJ FITZ LAUDER

#### 4:30 MISS KRYSTLE

### YOGA FOR BEGINNERS

Presented by ISHA FOUNDATION  
30-minute sessions

12:00, 1:00, 2:00, 3:00, 4:00, 5:00

### BEER GARDEN

Presented by TRINITY HALL IRISH PUB  
near the Blue Circle Media Stage  
A beer garden curated and operated by  
vegan-friendly Trinity Hall Irish Pub. All  
beverages offered are 100% vegan down  
to the tiny details of processing.

11:00 TIL 5:30

### PANEL STAGE

Presented by ONE LIFE RADIO

HOSTED BY BERNADETTE FIASCHETTI

#### 11:30 PLANT-BASED PREGNANCY & PARENTING PANEL

with Blogger Molly T. (FashionVeggie), RDN  
Marla Ablon, and Plant Based Grocery Co-  
Owner Ryan Manchew

#### 12:15 VEGAN TASTE TESTS

Watch the OLR team try various foods from  
TVF2019 vendors!

#### 12:45 VEGAN INFLUENCER PANEL

with Carly Bergman and Brenden Fitzgerald  
of the Sustainable Duo, Miss Krystle, and  
Taylor Mosley of What Taylor Likes.

#### 1:45 PLANT-BASED HEALTH & NUTRITION PANEL

with Vegan Athlete Robert Cheeke, Food  
Saved Me Founder Katherine Lawrence-  
Ireland, and Plant-Based Vascular Surgeon  
Dr. Rizwan Bukhari

#### 2:30 ADOPTABLE DOG MEET & GREET

Meet dogs from Chihuahua Rescue &  
Transport, Recycled Pomeranians, and The  
Love Pit Rescue looking for forever homes!

#### 3:00 WOMEN-OWNED VEGAN BUSINESS PANEL

with Brooke Ali of Viridescent Kitchen,  
Annette Baker of Nature's Plate, Racene  
Mendoza of Reverie Bakeshop, and Gabrielle  
Reyes of One Great Vegan

### KIDS AREA

Join us for arts and crafts, bounce  
houses, story time, face painting, and  
more in the kids area at the City Futsal  
Sports Park!

### HOW HEALTHY IS YOUR LIFESTYLE?

Featuring NYSE COLLINS

Take a journey through the "How Healthy  
Is Your Lifestyle?" pavilion for an  
opportunity to examine your current  
lifestyle and learn various ways to  
improve health with plant-based thinking  
Separate content for kids and adults!

11:00 TIL 5:00