



Official Website: www.portlandvegfest.org

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NORTHWEST VEG presents:

2007 Portland VegFest: A Compassionate Living Fair

[Northwest VEG](http://www.portlandvegfest.org) is pleased to present Oregon's Largest Vegetarian Festival, [VegFest – A Compassionate Living Fair](http://www.portlandvegfest.org), on May 11 and 12 in Portland. VegFest celebrates and promotes sustainable, compassionate and healthy food choices and lifestyles. This low-cost, fun event welcomes everyone; with our uplifting atmosphere and positive approach to nurturing the world and building community, VegFest connects organizations, businesses and educators with the local community.

Portland's VegFest will feature world-renowned authors and acclaimed chefs, as well as 60+ exhibitors and participating non-profit groups offering free food samples, information on nutrition and health, exercise, cooking and baking, and environmental sustainability. In addition, food and vegetarian lifestyle products will be available for purchase. VegFest will have a family-friendly atmosphere and include activities for children.

Where: Benson High School
546 NE 12th Ave., Portland, OR 97232
(NE Portland near the Lloyd Center)

When: Friday, May 11, keynote presentation at 7 p.m. (Doors open 6:15 p.m.)
Saturday, May 12, festival from 10 a.m. to 6 p.m.

Admission: Friday keynote presentation is \$5 - \$10, sliding scale; Saturday admission is \$5 at the door.

Schedule of Events

May 11: Join us at 7 p.m. for a celebratory evening with keynote speaker [Dr. T. Colin Campbell](http://www.portlandvegfest.org), best-selling author of [The China Study: Startling Implications for Diet, Weight Loss and Long-Term Health](http://www.portlandvegfest.org). Musical entertainment provided by [Anima Bhakti](http://www.portlandvegfest.org), a Portland-based instrumental duo known for their eclectic blend of world music.

May 12: Enjoy a day-long festival from 10 a.m. to 6 p.m. with speakers, chef demos, exhibitors, free food samples, and silent auction. Speakers include [John Robbins](http://www.portlandvegfest.org), author of [Diet For A New America](http://www.portlandvegfest.org), [The Food Revolution](http://www.portlandvegfest.org), and his newest book, [Healthy At 100: The Scientifically Proven Secrets of the World's Healthiest and Longest-Lived Peoples](http://www.portlandvegfest.org); [Dr. Caldwell Esselstyn, Jr.](http://www.portlandvegfest.org), author of [Prevent and Reverse Heart Disease](http://www.portlandvegfest.org); [Jonathan Balcombe, Ph.D.](http://www.portlandvegfest.org), of the Physicians Committee for Responsible Medicine (PCRM) and author of [Pleasurable Kingdom: Animals and the Nature of Feeling Good](http://www.portlandvegfest.org); and Jennifer Hillman and Kelly Peterson of [The Humane Society of the United States](http://www.portlandvegfest.org). Chefs include [Bo Rinaldi](http://www.portlandvegfest.org) and the Chefs of award-winning [Blossoming Lotus Café](http://www.portlandvegfest.org); Vegan Culinary Educator and Consultant, [Chef Al Chase](http://www.portlandvegfest.org); and chefs and authors [Zel Allen](http://www.portlandvegfest.org), [Julie Hasson](http://www.portlandvegfest.org), and [Bryanna Clark Grogan](http://www.portlandvegfest.org).

VegFest is presented by Northwest VEG, with:

VegFest Sponsors: [Blossoming Lotus Café](http://www.portlandvegfest.org), [Vegan Bodybuilding & Fitness](http://www.portlandvegfest.org), and [VegNews](http://www.portlandvegfest.org)

VegFest Gold Supporters: [Vega](http://www.portlandvegfest.org) and [Bob's Red Mill](http://www.portlandvegfest.org)

VegFest Silver Supporters: [Proper Eats Market & Cafe](http://www.portlandvegfest.org), [Herbivore Clothing & Magazine](http://www.portlandvegfest.org), [Pioneer Organics](http://www.portlandvegfest.org), [Natural Awakenings Magazine](http://www.portlandvegfest.org), [Living Harvest](http://www.portlandvegfest.org), [Book Publishing Company](http://www.portlandvegfest.org), [Integrated Medicine Group](http://www.portlandvegfest.org), [Field Roast Grain Meat Company](http://www.portlandvegfest.org), [Humane Society of the United States](http://www.portlandvegfest.org), [LÄRABAR](http://www.portlandvegfest.org), [Papa G's Vegan Organics](http://www.portlandvegfest.org), [Coconut Bliss](http://www.portlandvegfest.org)

Driving Directions and Public Transportation Options: Benson High School is located 2 blocks SE of the Max line NE 11th stop, and [TriMet](http://www.portlandvegfest.org) bus #70 stops directly in front of the VegFest entrance at Benson. [Click for Mapquest directions.](http://www.portlandvegfest.org)

Keynote Evening May 11th. 7 - 9:30pm at Benson High School, 546 NE 12th Ave. Lecture by Dr. T. Colin Campbell and music by Anima Bhakti; \$5 - \$10 admission.

Portland VegFest May 12th, 10am - 6pm at Benson High School, 546 NE 12th Ave. Speakers, Chefs, Free Food Sampling, Silent Auction, Product Exhibitors and Educational Displays; \$5 admission

For Event Information: www.portlandvegfest.org