

Sink your teeth into Easton VegFest

By JENNIFER SHEEHAN

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Vegan Voyagers is among the food trucks expected at the second annual Easton VegFest, 11 a.m. to 5 p.m. Sept. 7 at the city's Riverside Park and Scott Park. (April Gamiz/The Morning Call)

From “meaty” sandwiches to creamy frozen treats, you’ll find something delicious at the second annual Easton PA VegFest, 11 a.m. to 5 p.m. Saturday at the city’s Scott Park and Riverside Park.

You'll find delicious food, cruelty-free craft vendors, live entertainment, vegan presentations, an animal haven, yoga classes, children's activities, and more. The event is hosted by the Easton Area Chamber of Commerce.

Here's just a sample of the food and drink vendors who will be on hand:

- Aman's Artisan Indian Cuisine
- Bananarama
- Bank Street Creamery
- Bull & Bear
- Cinnamon Snail
- Franklin Hill Vineyards
- Freakin Vegan
- Gallows Hill Spirits Co.
- Lehigh Valley Kombucha
- Mo'Pweeze Bakery
- Nature's Way Market
- OMG Smoothies
- Santoro's Franks & Chili
- Sarah's Sweet and Savory Snacks/Nuts About Granola LLC
- The Taza Truck
- Vegan Voyagers
- Weyerbacher Brewing Co.
- Zuzu Confections

As that's going on, you can also stop by the Nurture Nature Center at 3 p.m. for an author talk on plant-based sports nutrition by Matt Ruscigno. The event is hosted by Lehigh Valley Vegan and the Nurture Nature Center.

A vegan for more than 23 years, Ruscigno has given presentations all over the world. Most recently, he is the co-author of "Plant-based Sports Nutrition" (Human Kinetics, 2019) with Enette Larson Meyer. A recreational athlete himself, Ruscigno has completed numerous marathons, ultra races and

triathlons, including the Norseman, considered the world's hardest Ironman, and the Furnace Creek 508, a 500-mile, non-stop bike race through Death Valley.

The talk is free to attend.

The Nurture Nature Center is at 518 Northampton St.

Info: [facebook.com/events/747705952335930](https://www.facebook.com/events/747705952335930); <https://www.vegevents.com/events/easton-pa-vegfest-2/>