

Bethlehem VegFest celebrates all things vegan and sustainable

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Bethlehem's VegFest returns Saturday. (chris knight / morning call file photo)

The Cinnamon Snail, a New York food truck with a cult following and vegan street food cookbook, will be there.

So will OMG Smoothies, a Bally, Berks County, truck offering made-to-order, all-fresh smoothies; and the legendary Vegan Treats of Bethlehem, with its you-can't-believe-it's-vegan baked treats.

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ADVERTISING

These vendors and many more will tempt the taste buds of vegans and meat-eaters alike at the sixth annual Bethlehem VegFest, 11 a.m. to 6 p.m. Saturday at the Greenway in south Bethlehem, at New Street just south of East Third Street.

VegFest celebrates all things vegan and sustainable with food and crafts, speakers, children's activities, a beer tent and live music. Nearly 10,000 people came out to last year's festival.

The free fest kicks off with a yoga class at 11 a.m. by the Yoga Loft of Bethlehem. Bring your yoga mat.

Speakers include Brian Rossiter of Fruit Powered (1:30 p.m.), who will talk about how a fruit-based raw vegan diet can supercharge your life.

Information will be plentiful — about area animal rescue groups such as the Sanctuary at Haafsville in Breinigsville and the Pig Placement Network and about health and wellness from organizations such as Easton Family Chiropractic.

Of course the biggest draw is the food vendors, offering savory to sweet vegan delights.

On tap: Freakin' Vegan of Prospect Park, N.J., known for its vegan empanadas; Lil Miss Organic of Allentown, who specializes in gluten-free dishes made with locally sourced, home-grown and organic ingredients; Taza Truck, one of the Valley's top food trucks offering freshly prepared Egyptian foods; and Mo'Pweeze Bakery, an allergen-free bakery in New Jersey specializing in cupcakes and cakes.

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More info: www.downtownbethlehemassociation.com.

— *Jennifer Sheehan*