

**FOR IMMEDIATE RELEASE**

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**THE 5th RICHMOND VEGETARIAN FESTIVAL  
Come Get Your Veg On!**

The 5<sup>th</sup> Richmond Vegetarian Festival 2007 will take over the Azalea Gardens in Bryan Park on Saturday, June 23, 2007 from 12:00 to 6:00 PM. This free, outdoor event is open to the public and will celebrate a healthy and humane lifestyle with food and live entertainment for people of all ages. With extended hours, you can come for lunch and stay for dinner!

This is Richmond's fifth year of fantastic food and music celebrating vegetarianism. Thousands will gather to spend the day sampling a diverse mix of foods while listening to some of the most promising up-and-coming local musicians. Toss in an eclectic group of vendors, non-profit organizations, artists and artisans, and you get a festival that offers something for everyone--- from kids to seniors, meat-eater to vegans—and everyone in between!

Many local businesses will be showcasing their vegetarian-friendly products. Both nonprofit and humane organizations alike will be on hand to present their respective issues and to introduce you to some furry friends. Grab a bite to eat, have a seat and enjoy a stellar line up of bands--- 11<sup>th</sup> House, Special Ed and the Shortbus, Richmond Afro Beat, Jim Branch of the Richmond Jazz Society, and the Paul Sigmon Band. Imagine, the hardest decision you make all day might very well be trying to decide which restaurant to choose from!

This year we will be bringing back some old favorites while adding some exciting new elements. Our Farmers' Market is back by popular demand! Local farmers will be onsite for you to purchase an assortment of fresh, locally grown produce. Discover how easy it is to eat a more healthy diet by partaking in cooking demonstrations by talented local chefs like Chris Rubinstein, Nancy Cohen, and Ralph Estivez. Bring the little ones to the Kid's Patch to learn more about humane animal treatment while enjoying some good old traditional entertainment and a moonbounce. Young and old alike will watch in awe as Jonathan Austin does what he does best-- - entertain the crowd with his magic tricks and juggling feats that you shouldn't try at home! Spend a fun wholesome family afternoon and meet people who share positive ideas on health and lifestyle.

The Richmond Vegetarian Festival is a project of Compassionate Action for Animals and the Vegetarian Society of Richmond and is being sponsored by Vegan Action, ALR Design, Ellwood Thompson's, Natural Awakenings, Doctors' Chiropractic & Rehab, Mix 103.7 and Wilkinson Printing Company.

Even with Richmond's favorite meteorologist, Mike Goldberg, as our emcee, we cannot guarantee that the weather will cooperate. On the off chance that we need to reschedule, our rain date will be June 30th, same time, same place. For additional information about the festival, please visit [www.veggiefest.org](http://www.veggiefest.org) or call (804) 262-8507. Come join us in celebrating a healthy and humane lifestyle! Volunteers are always welcome.