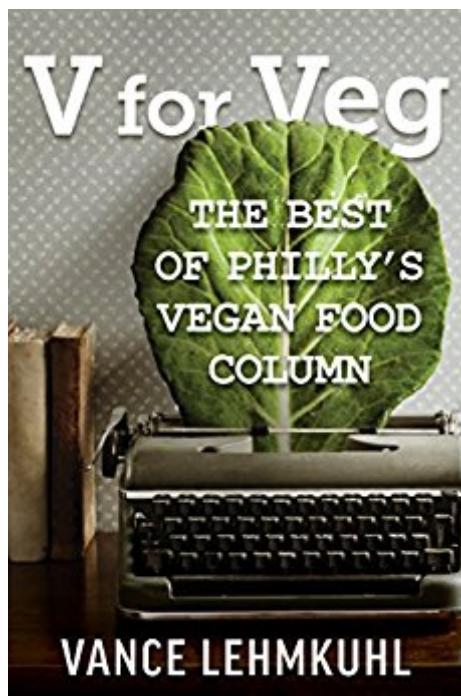


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# V For Veg: The Best Of Philly's Vegan Food Column



## Synopsis

V for Veg is a collection of the vegan food columns that Vance Lehmkuhl has written over the years for the Philadelphia Daily News. Filled with wit, humor and good information about the vegan/vegetarian plant-based community in Philadelphia, the book covers many of the events, personalities, restaurants, and industries that have grown up in and around Philadelphia. Combining healthful information with a sly, humorous style, Vance Lehmkuhlâ™s book will delight the veg-conscious and may spur many a meat eater to explore the animal-free options now available for feeding all aspects of our lives.

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