

# **North Shore Writers Festival: The Veggie Verse — insights from plant-based cookbook creators**

This is an in-person event

Date April 13, 2024

Time 1:00 pm to 2:00 pm

Location North Vancouver City Hall

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Event type: [Authors & writers](#)

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## Event overview

April 13, 2024

1:00 pm to 2:00 pm

Dive into the world plant-based cooking with Lyndsay Sung, Bri Beaudoin, Desiree Nielsen and Joanna Tymkiw!

Whether you're a seasoned vegan chef or just starting to explore the benefits of a plant-forward lifestyle, this event promises to offer valuable insights, delicious recipes, and compelling stories.

Lyndsay Sung is the self-taught baker, writer, and photographer behind Coco Cake Land (established in 2007!). Known for her bright, colourful, and fun cake world, she is the author of three cookbooks, including *Plantcakes: Fancy + Everyday Vegan Cakes* for Everyone. You can find her work online @cococakeland and via her website [cococakeland.com](https://www.cococakeland.com).

Bri Beaudoin is a recipe developer, food stylist, and certified nutritionist. Her debut cookbook, *Evergreen Kitchen: Weeknight Vegetarian Dinners for Everyone*, was published October 2022. The cookbook was shortlisted for the 2023 IACP Awards, by the International Association of Culinary Professionals.

Desiree Nielsen is a registered dietitian in Vancouver Canada with over a decade of experience in plant-based nutrition and chronic digestive and inflammatory disease. She is the author of two Canadian bestselling cookbooks, *Eat More Plants* (an instant #1 bestseller) and *Good For Your Gut*, which spent 4 weeks on the national Globe and Mail bestseller list and recently, a 2023 IACP award winner. Her latest book, *Plant Magic*, arrives April 2024.

[Register](#)

*The North Shore Writers Festival is presented in partnership by North Vancouver City Library, North Vancouver District Public Library, and West Vancouver Memorial Library. This is one of the nine events happening April 12 – 13. [View the full schedule.](#)*

[Calendar](#)

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## Next Events

Seniors' gatherings

[Seniors' gathering: Social prescribing](#)

**Tuesday, May 14, 2024, 10:00 am to 11:30 am**

[Go to event](#)

Collaboratory

[Recording station tour: Video](#)

**Cancelled**

**Tuesday, May 14, 2024, 2:00 pm to 3:00 pm**

[Go to event](#)

Open space

[Teen open space](#)

**Tuesday, May 14, 2024, 3:00 pm to 6:00 pm**

[Go to event](#)

Open door community hub

[Wednesday open door community hub](#)

**Cancelled**

**Wednesday, May 15, 2024, 9:00 am to 12:00 pm**

[Go to event](#)

Collaboratory

[Thursday device clinic](#)

**Thursday, May 16, 2024, 2:00 pm to 3:00 pm**

[Go to event](#)

Open space

[Teen open space](#)

**Thursday, May 16, 2024, 3:00 pm to 6:00 pm**

[Go to event](#)

Teens and tweens

[Teen open gaming](#)

**Thursday, May 16, 2024, 3:30 pm to 5:30 pm**

[Go to event](#)

Urban homesteading

[North Shore knitters](#)

**Thursday, May 16, 2024, 7:00 pm to 8:30 pm**

[Go to event](#)

Collaboratory

[Introduction to navigating digital health services](#)

**Thursday, May 16, 2024, 7:00 pm to 8:30 pm**

[Go to event](#)

Children

[Baby storytime](#)

**Friday, May 17, 2024, 10:15 am to 10:45 am**

[Go to event](#)

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