



For Immediate Release:

3rd Annual Southern Maryland (SOMD) Vegan Restaurant Week: November 1st-7th, 2021

Leonardtown, MD, October 10th, 2021 — With over 2,000 animal-free dishes sold at 18 local businesses during the first-ever SOMD Vegan Restaurant Week in 2019, and the consumer demand only increasing since then, the St. Mary's and Calvert Counties event returns for November 1st through 7th, 2021.

In honor of World Vegan Day on November 1st, participating restaurants will begin featuring animal-free dishes specially created for this week-long community event. In addition to vegans, ALL diners are encouraged to enjoy a variety of plant-based menu items that support healthier diets, combat climate change and world hunger, preserve natural resources, and extend compassion to all living beings.

After *The Economist* accurately declared that “2019 will be the year veganism goes mainstream”, animal-free consumption continues to grow exponentially. According to [The Good Food Institute](#), as of April 2021, the U.S. plant-based foods market is worth \$7 billion. Meanwhile, plant-based food dollar sales increased 43% in the last two years, making it over 2x faster than overall food sales since 2018.

A third annual Vegan Restaurant Week is yet another example of Southern Maryland embracing mainstream veganism, while supporting local businesses at the forefront. Furthermore, the ongoing COVID-19 pandemic has also spotlighted the [impacts of food choice](#) on human health, the environment, social injustices, and even food shortages. There has never been a better, or more critical, time for local businesses to take advantage of a customer base that is demanding nourishing, [climate-friendly](#), equitable, animal-free food.

About Vegan Restaurant Week: Participating in the 2021 Southern Maryland Vegan Restaurant Week gives local restaurants the opportunity to further highlight their passion for creating unique and flavorful menu items that are inviting for all diners to enjoy. Additionally, this innovative and welcoming dining experience will continue to provide awareness about the numerous benefits of animal-free eating.

Participating Businesses Include:

[Lotus Kitchen](#) | [Botanic Deli – Café](#) | [The Lobby Coffee Bar & Café](#) | [Ruddy Duck Brewery](#) | [Ruddy Duck Alehouse](#) | [Hook & Vine Kitchen and Bar](#) | [IL Piccolo Morso](#) | [The Good Earth Natural Foods Co.](#)

For updates and more information:

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