

From the Ashes of The Red Avocado...

Written by The Red Avocado
Tuesday, 05 June 2012 14:42

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...arises Burt Family Food Services

Most of you probably already know that The Red Avocado is now out of business. This is the last newsletter to inform you of continuing services from Chef Dave. Please follow the links to find out more about any particular subject. We hope you will support us by following our [new blog](#)

and "liking" our [new Facebook page](#)

We have started a new business called [Burt Family Food Services](#) . Chef Dave is preparing [weekly meals](#)

for pick up once a week - standard is 4 meals for 2. This service continues the successful Meal Plans that were available the last few years at The Red Avocado. All meals are vegan and 99% organic.

Cooking classes are ongoing through Kirkwood Community College and [New Pioneer Food Co-op](#) . These focus

on vegan and seasonal cooking including a 4 part vegan whole foods series, vegan 3-course meals and intensive classes focusing on one particular ingredient. We will also be presenting free cooking demos throughout the year at various locations. Look for us at the market this summer, at the

[Field to Family Festival](#)

in September and at Willowwind School in the Fall.

Our original recipe veggieburgers are [available locally](#) and larger shipments can be arranged

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ices@gmail.com

burtfamilyfoodserv

to

arrange an order. If you are outside of Iowa City, our
[teas](#)

, frozen veggieburgers and other dried goods can be shipped. Within a month or so we should have online ordering available via PayPal.

Around town, veggieburgers are available at [The Wedge Downtown](#), New Pioneer Food Co-op delis and The [mpet Blossom Cafe](#)

[Tru](#)

. In the future we hope to have the veggieburgers available from the frozen section of the Co-op again as well as the tea blends that were so popular.

We hope to be shipping veggieburgers via [Buykind](#), a website that specializes in delivering vegan foods from restaurants around the country.

Private Nutritional and cooking consultations are also available. Email burtfamilyfoodservice@gmail.com

to

arrange an appointment specific to your needs.

If you'd like to subscribe to our bimonthly newsletter please reply to this email with "subscribe" in the subject line. The newsletter will include links of interest, local news, nutritional information, recipes and special offers.

If you are interested in the meal plans and would like to receive the menus with no obligation to purchase please reply with "meal plan" in the subject line.

If you'd like both please reply with "subscribe meal plan" in the subject line.

Again, please visit our [website](#) and our [Facebook page](#), as we continue to grow.

Thanks for your ongoing support.