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NOURISHING CREATION JOURNAL

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The Art of Plant-Based Nourishment

An introduction to thoughtful, evidence-led plant-based nutrition

nourishingcreation.com

Reference standards: All nutritional data and dietary matrices presented across these pages are compiled from official public health guidelines issued by the ***NHS, the British Dietetic Association, and The Vegan Society.***



01: Introduction

The Art of Plant-Based Nourishment

Welcome to the first issue of the Nourishing Creation Journal (Booklet Edition).

This journal was born from a simple yet profound realisation, that the act of feeding ourselves can be a beautiful intersection of scientific truth and artistic expression. In a world often dominated by restrictive food trends and overwhelming data, this volume seeks to slow down the conversation.

Our mission is to present a thoughtful, evidence-led approach to plant-based nutrition, grounding modern clinical wisdom in our timeless human heritage.

To achieve this, we have married the latest nutritional guidance from trusted bodies like *The Vegan Society, the British Dietetic Association, and the NHS* with classical, public-domain masterpieces. As you journey through these pages, you will find that our relationship with the soil, the harvest, and the table is an ongoing act of stewardship—a quiet, daily ritual that restores both our inner ecosystems and the earth itself.

A final thought before you read the full volume

Whether you are fully established on a plant-based path or simply curious about adding more whole, earth-born foods to your plate, I hope this volume serves as a source of quiet inspiration. May these pages empower you to view your daily meals not just as a source of fuel, but as an elegant, intentional act of nourishing creation.



02 | Nutrition

Current nutritional advice confirms that a whole-food, plant-based diet can provide all the nutrients our bodies need to thrive—with the sole exception of *Vitamin B12*.

Vitamin B12: Essential Foundations

In an article for *Forks Over Knives,* Dr Sofia Pineda Ochoa, MD, explains that **vitamin B12 is synthesised exclusively by soil bacteria** rather than plants or animals. Historically, our ancestors naturally obtained this nutrient from residual soil remaining on harvested produce. Today, however, modern sanitisation, sterile farming practices, and chemically treated soils eliminate these vital micro-organisms from our food supply. To explore this mechanism further, read *03 | Spotlight on B12*.

The Essential Nutrient Matrix for a Plant-Based Diet

Table 1: **Five key pillars of a plant-based diet** outlines the essential nutrient foundations for lifelong vitality. By staying hydrated with clean water and planning meals around a colourful variety of whole foods from these first pillars—**protein, fibre, carbohydrates, good fats, and vitamin B12**—you will naturally consume the wider spectrum of micronutrients required for optimal health.

Table 2: **Other essential nutrients for optimal health on a plant-based diet** provides reassurance that all other essential vitamins and minerals are readily available within the plant kingdom.

Table 1: Five key pillars of a plant-based diet

Nutrient Class	Top Plant Food Sources	How it Nurtures Your Body
Protein	Lentils, chickpeas, beans, tofu, tempeh, seeds, and nut butters.	**Sustains & Repairs:** The fundamental building block driving muscle maintenance, cellular repair, and bone development.
Fibre	Legumes, whole grains, fresh vegetables, seasonal fruits, and raw nuts.	**Gentle Balance:** Supports digestive health, helps maintain healthy cholesterol levels, and keeps your natural energy steady.
Carbohydrates	Wholegrain breads, complex cereals, brown rice, wholewheat pasta, and skin-on potatoes.	**Daily Sustenance:** A key energy source supporting daily metabolic needs.
Good Fats	Cold-pressed rapeseed and olive oils, fresh avocados, raw nuts, and natural nut butters.	**Deep Protection:** Promotes a healthy heart, aids in managing blood pressure, and supports both optical and cerebral health.
Vitamin B12	Nutritional yeast flakes, vitamin-fortified cereals, and fortified plant-based milk alternatives.	**Neurological Pillar:** The absolute anchor controlling neurological stability, balanced psychological mood, immunity, and systemic stamina.

This Essential Nutrient Matrix for a Plant-Based Diet is based on expert information collected from: ***The Vegan Society, the British Dietetic Association, and the NHS.***

Nutrient Class	Top Plant Food Sources	How it Nurtures Your Body
Omega-3 ALA	Walnuts, chia seeds, flaxseeds, hemp seeds, edamame, and leafy greens.	**Essential Vitality:** An essential fatty acid powerhouse that gently stabilises and supports healthy cardiovascular balance.
Iron	Spinach, spring greens, soybeans, dried fruits, pumpkin seeds, oats, and 70% dark chocolate.	**Stamina & Focus:** Combats physical fatigue, supports cognitive clarity, and builds strong immune responses. (Tip: Combine with Vitamin C to increase absorption.)
Calcium	Kale, fresh broccoli, pak choi, raw figs, almonds, chia seeds, fortified tofu and plant milks.	**Structural Strength:** The foundational block securing mineral density across skeletal bones and teeth, while supporting nerve signaling.
Other B Vitamins (B1, B2, B3, B6, B7)	Diverse pulses, mushrooms, oats, bananas, fresh tree fruits, and wholemeal flour.	**Cellular Fuel:** Transforms daily foods into natural biological energy while protecting your skin tone, clear eyes, and active blood cells.
Iodine	Nori seaweed, certified fortified plant drinks, enriched breads, and alternative plant yoghurts.	**Metabolic Spark:** A vital thyroid building block heavily powering systemic metabolic rates, neurological functions, and natural skin clarity.
Zinc	Cooked quinoa, pumpkin seeds, cashew nuts, brazil nuts, shiitake mushrooms, and porridge oats.	**Cellular Renewal:** Powers fundamental DNA replication processes, aids skin cell healing, and drives metabolic synthesis.
Choline	Edamame beans, whole soya alternatives, quinoa, Brussels sprouts, cauliflower, and jacket potatoes.	**Structural Integrity:** A crucial factor in safely maintaining optimal liver function, natural fat clearance, and cellular integrity.
Selenium	Brazil nuts, whole chickpeas, white pasta varieties, sunflower seeds, and button mushrooms.	**Natural Growth:** Maintains healthy, thick hair and nail growth patterns while supporting thyroid gland functions and white blood cell immunity.
Vitamin A	Bright yellow and deep red peppers, green leafy vegetables, and sweet yellow fruits.	**Radiant Defense:** Safeguards baseline optical health performance, natural skin repair mechanisms, and robust front-line immune defenses.
Vitamin C	Tangy citrus fruits, fresh strawberries, sweet peppers, broccoli florets, and potatoes.	**Protection:** Enhances non-heme iron absorption while safeguarding skin cells, systemic blood vessels, and cartilage tissues.
Vitamin D (D2 / D3)	Direct midday sunlight exposure, enriched breakfast cereals, and specialised plant-based D3 supplements.	**The Facilitator:** The absolute catalyst driving physical calcium absorption, keeping muscles strong, and maintaining skeletal stability.
Vitamin E	Vegetable oils (rapeseed, sunflower, olive), mixed nuts, raw seeds, and whole-grain cereal crops.	**Antioxidant Shield:** Acts as a dominant natural internal shield, defending cells, vision, and natural immune resistance.
Vitamin K	Crisp broccoli, fresh baby spinach, cold-pressed vegetable oils, and unrefined cereal grains.	**Restorative Healing:** The underlying cofactor responsible for critical blood-clotting mechanisms, quick wound healing, and complete bone strength.

Table 2: **Other essential nutrients for optimal health on a plant-based diet.**



03 | Spotlight on B12

Understanding Our Only True Essential Supplement

In our **Essential Nutrient Matrix**, we explored how expert guidance from The Vegan Society, the British Dietetic Association, and the NHS confirms that a whole-food, plant-based diet can provide all the nutrients our bodies need to thrive.

However, as our master matrix highlights, there is one vital exception to this rule. This spotlight takes a closer look at **Vitamin B12**—exploring exactly what it is, why it is missing from modern crops, and how to easily secure it as part of your daily routine.

What & Why

Vitamin B12 is an absolute necessity for human health. It plays a critical role in supporting your nervous system, boosting your immunity, and maintaining your daily energy levels by helping to produce red blood cells. A common misconception is that B12 is naturally produced by animals. In reality, Vitamin B12 is made by tiny **soil microorganisms and bacteria.**

Historically, our ancestors obtained trace amounts of B12 directly from the residual soil left on farmed produce. However, modern agriculture utilises sterile cleaning methods and treated soils. While these practices are excellent for hygiene and eliminating harmful pathogens, they also eliminate these natural, beneficial bacteria. Because B12 is not found naturally in modern, unfortified plant foods, it is the one nutrient that must be consciously added to a plant-based diet.

What to Watch Out For

Because B12 is water-soluble, your body cannot store large amounts of it long-term, meaning a regular supply is essential. A deficiency in B12 can take months or even years to surface, often starting with subtle symptoms like low energy, sluggishness, or mood swings. However, there is absolutely no reason to worry. Preventing a deficiency is incredibly straightforward, and securing a reliable supply is one of the easiest habits to build when transitioning to a plant-based lifestyle.

How to Optimise Your Intake

Ensuring your system stays fully supported is simple, stress-free, and requires only a small amount of daily or weekly planning. **The Vegan Society** recommends reliable ways to meet your requirements:

- **Enjoy Fortified Foods:** Incorporate foods that have B12 naturally added to them into your daily meals. Excellent choices include fortified plant milks, breakfast cereals, and nutritional yeast (which adds a cheesy flavour to dishes).
- **Take a Regular Supplement:** If you prefer a simpler approach, taking a supplement is an effective method supported by health guidance.

A Reassuring Note on Supplementation

As noted by health authorities, choosing to take a B12 supplement is not a sign that a plant-based diet is unnatural; it is simply a reflection of the clean, sterile world we live in today. For those looking for an easy way to cover this requirement alongside other daily essentials, options like The Vegan Society's own chewable multivitamin, **VEG 1**, are widely available. A single daily tablet provides *Vitamin B12*, alongside *Vitamin B2 and B6, Vitamin D3, folic acid, selenium and iodine*, serving as a straightforward companion to your whole-food kitchen.



04 | Spotlight on Iron and Calcium

Iron: What & Why

Iron is a vital mineral that helps your body produce haemoglobin, which carries oxygen in your blood. Plant foods provide a type of iron called **non-heme iron**. While this form takes a little more work for your body to absorb, it has a massive health benefit: your body naturally regulates it. If your iron stores are low, your body automatically absorbs more; if your stores are full, it slows down absorption to protect your cells. Unlike the iron from meat, plant-based iron never overloads your system, lowering your risk of chronic diseases.

What to Watch Out For

Because plant-based iron absorbs more slowly, the **British Dietetic Association (BDA)** notes that we need a slightly higher total daily intake than meat eaters. Low iron can lead to fatigue or anaemia, but there is absolutely no need to worry. The BDA explicitly states that well-planned plant-based diets do not result in higher rates of anaemia. Your digestive system is incredibly clever—over time, it naturally adapts to become highly efficient at pulling iron from plant sources.

How to Optimise Your Intake

Meeting your iron needs is simple with a small amount of mindful planning. You can easily boost your absorption and bypass natural “iron blockers” by following three golden rules:

- **Build an Iron Bridge:** Pair iron-rich foods (like lentils, chickpeas, pumpkin seeds, and kale) with Vitamin C (like bell peppers, citrus fruits, or berries). Vitamin C instantly changes the iron into the exact form your body prefers.
- **Time Your Tea & Coffee:** The natural tannins in tea and coffee block iron absorption. Enjoy your favorite brews one to two hours away from your main meals to give your body a clear window to work.
- **Soak Your Staples:** Soaking dried beans, grains, and seeds in water before cooking them helps deactivate phytates, effectively unlocking the iron trapped inside.

Calcium: What & Why

Calcium is the most abundant mineral in the human body. Alongside Vitamin D, its primary job is to build and maintain strong bones and healthy teeth. However, it also plays a crucial, lesser-known role in everyday life: it enables your muscles to contract, helps your blood clot safely, and regulates your heartbeat. Because your body cannot create its own calcium, it relies entirely on the food you consume daily.

What to Watch Out For

There is a common misconception that dairy products are the only way to get enough calcium, which can leave plant-based beginners feeling a little unsure. However, the **British Dietetic Association (BDA)** explicitly reassures us that you can easily achieve everything your body needs entirely from plant sources. Meeting your daily requirement simply ensures that your bones stay fully charged, strong, and healthy throughout every stage of your life. Reassuringly, keeping your levels optimal is incredibly straightforward with just a tiny bit of daily planning.

How to Optimise Your Intake

Ensuring your bones stay strong and fully charged is simple when you focus on a few calcium-dense plant staples and a couple of lifestyle habits:

- **Choose the Top Plant Sources:** Embed plenty of natural, calcium-rich foods into your weekly meals. Excellent plant choices include dried figs, almonds, kale, red kidney beans, sesame seeds, tempeh, and calcium-set tofu.

- **Look for the "Fortified" Label:** If you enjoy plant-based milk alternatives (like oat, almond, or soya milk) and plant-based yoghurts, make sure to check the carton. Opting for versions fortified with calcium means a single glass can provide just as much calcium as dairy milk.
- **Don't Forget the Sunshine Partner:** Calcium needs a teammate to work. Your body cannot absorb calcium efficiently without **Vitamin D**. Support your calcium intake by getting outside in the summer sun, or taking a standard daily Vitamin D supplement during the darker autumn and winter months, as recommended by UK guidelines.

05 | Menu Ideas

From Matrix to Plate:

Simple Menu Ideas for Whole-Food Living

Moving from nutritional science to the kitchen, however, should never feel complicated. This spotlight puts our matrix into practice with a selection of humble, deeply satisfying meal options. Designed equally for home cooking and for sharing with restaurants when dining out, these ideas show how simple, everyday ingredients can beautifully support your health and the planet.

What & Why

Putting the matrix into practice means choosing ingredients that deliberately honour ecological stewardship and biological balance. When we base our meals around whole plant foods—such as earth-healing pulses, vibrant vegetables, and ancient grains—we dramatically lower our environmental footprint while filling our plates with life-giving nutrition.

By ensuring each meal draws naturally from the **key lifestyle pillars (clean water, protein, fibre, complex carbohydrates, good fats, and Vitamin B12),** we automatically unlock the wider spectrum of micronutrients listed in Table 2. These humble, wholesome dishes prove that nourishing yourself and protecting the earth is a deeply satisfying, unified ritual.

What to Watch Out For

When planning plant-based meals, it is common to worry about getting enough variety or satisfying dietary requirements. The key is to avoid falling into the trap of complex, hyper-processed meat alternatives. Instead, simply ensure your plate features a colourful balance of whole grains, legumes, and plenty of seasonal vegetables and fruit or fresh salads. This natural variety creates the perfect “nutrient bridge,” allowing your body to absorb vitamins and minerals efficiently without the need for strict calculation.

A Note for the Kitchen and the Table

Whether you are preparing these dishes in the quiet sanctuary of your own kitchen or sharing these simple concepts with a restaurant chef while dining out, view each meal as a gentle return to the natural rhythms of the earth. Choosing humble, authentic components—like whole grains, seasonal vegetables, and earth-healing pulses—is a profound act of ecological stewardship. Reassuringly, these meal frameworks can be effortlessly curated using a flexible mix of fresh, tinned, frozen, or pantry-packet options depending on what is accessible to you; simply keep a mindful eye on the ingredient labels to monitor added salt, sugar, and fat content.

How to Structure Your Menu

As with any dietary framework, please remember that these suggestions do not account for individual allergies or intolerances. We always recommend cross-checking physical packaging labels at home, or consulting directly with kitchen staff when dining out, to safely adapt these ideas to your personal medical needs. By centering your plate around these foundational food groups, you bypass the need for hyper-processed alternatives and intricate tracking. Instead, you create a beautiful, effortless balance across the five lifestyle pillars—transforming the simple act of daily dining into a joyful ritual of balanced nutrition and mindful creation.



The Vegan Kitchen

Main Meal Framework

To experience the true art of balanced nutrition, each of our hearty main dishes is designed to be served alongside a choice of simple, elemental companions that work together to maximise your vitality:

The Carafe of Fresh Water: A simple jug of water enjoyed throughout your meal.

(Providing essential, calorie-free hydration that aids chewing and swallowing, while naturally helping your stomach soften food and process dietary fibre efficiently for smooth, comfortable digestion).

The Crisp Mixed Salad: A fresh, raw garden side featuring leafy greens, peppers, and tomatoes.

(Providing an abundance of hydration and raw, heat-sensitive Vitamin C—which acts as the perfect biological key to instantly unlock and boost the iron absorption in your main meal).

The Seasonal Cooked Vegetables: A generous serving of hot, steamed or roasted greens (such as broccoli, kale, or peas).

(Providing a comforting hit of dense minerals and concentrated dietary fibre that supports gut health, while offering fat-soluble antioxidants that become more bioavailable through cooking).

All main meals are ideally enjoyed with options from the companions: *water, mixed salad, or seasonal vegetables.*

The Ancient Grain Stir-Fry: A balanced bowl of nutty, long-grain brown rice tossed with a vibrant medley of garden vegetables and pan-seared tofu cubes, complemented by a rich, savoury miso sesame dressing.

(Providing a complete balance of plant protein, complex carbohydrates, and good fats, while pulling in essential iron, zinc, and bone-supporting calcium).

The Hearty Italian Bolognese: A rich, deeply simmered lentil and tomato bolognese sauce, served over your choice of a baked jacket potato or spaghetti/whole-wheat pasta.

(Providing exceptional plant protein, slow-release carbohydrates, and dietary fibre, while capturing a high volume of iron that is naturally enhanced by the vitamin C in the rich tomato reduction).

The Rustic Legume Toast: Creamy, slow-cooked butter beans in a rich, herb-infused tomato reduction, spooned generously over thick slices of toasted seeded bread or a fluffy jacket potato.

(Providing foundational protein, complex carbohydrates, and gut-loving dietary fibre, while enriching your plate with natural calcium, zinc, and non-heme iron).

The Healing Harvest Soup: A thick, warming soup packed with seasonal root vegetables, leafy greens, and your choice of protein-dense lentils or mixed beans.

(Providing pure hydration, clean plant protein, and rich dietary fibre, while acting as a mineral sponge to deliver potassium, iron, and protective antioxidants).

Simple Desserts

The Earth-Born Sweet Finish: A simple, elegant bowl of fresh seasonal or stewed dried fruits, served over a bed of chilled, calcium-fortified plant-based yoghurt and dusted with a hint of cinnamon or toasted seeds.

(Providing complex carbohydrates, fibre, and healthy fats, while delivering a targeted dose of calcium alongside vitamin C to support everyday vitality).

The Rustic Harvest Crumble: A warm, comforting bake of spiced seasonal fruits hidden beneath a crisp, golden-baked oat and seed topping, served alongside a scoop of smooth soya vanilla ice cream or a drizzle of warm soya vanilla custard.

(Providing complex carbohydrates, dietary fibre, and plant protein, while drawing in magnesium, iron, and a reliable boost of fortified calcium).

The Velvet Chocolate Mousse: A remarkably light, airy chocolate mousse crafted from whipped soya protein and dark cocoa, offering a rich yet balanced cocoa experience.

(Providing plant protein and good fats, while pulling in magnesium, zinc, and iron naturally found within raw cocoa grains).

Breakfast Options

The Vibrant Whole-Grain Bowl: A hearty base of muesli soaked in calcium-fortified almond milk, layered with a dollop of creamy, unsweetened plant-based yoghurt and topped with a colourful variety of fresh seasonal fruits, dried fruits, nuts, and seeds.

(Providing protective good fats, slow-release carbohydrates, and dietary fibre, while delivering a major boost of calcium and iron optimised by the vitamin C in the fresh fruit).

The Savoury Cooked Classic: A comforting skillet of protein-rich scrambled tofu seasoned with turmeric and black pepper, served alongside grilled tomatoes, mushrooms, and wilted spinach.

(Providing high-quality plant protein and good fats, while drawing in an abundance of non-heme iron, calcium, and cellular-supporting B vitamins).

Refreshers

The Orchard Fruit Flapjack: A dense, chewy bar of slow-baked whole oats and naturally sweet dried fruits, providing a perfect, energy-boosting companion for a quiet afternoon tea.

(Providing slow-release carbohydrates, dietary fibre, and healthy fats, while delivering natural iron, potassium, and trace minerals from the whole grains).

The Plant-Based Garden Scone: A rustic, golden scone packed with dried vine fruits, perfectly paired with a dollop of unsweetened plant yoghurt and fresh berry compote.

(Providing satisfying carbohydrates, dietary fibre, and protein, while enriching your afternoon tea with a natural source of iron, potassium, and bone-building calcium).



06: Curator’s Reflection

As we close the first volume of the Nourishing Creation Journal (Booklet Edition), we invite you to pause and reflect on the visual journey that accompanied our exploration of plant-based nutrition.

In curation, as in nutrition, choices must be deliberate. To ground our modern, evidence-led data in a sense of timeless human heritage, we selected historical, public-domain artworks to introduce each section. These pieces remind us that our connection to the soil, the harvest, and mindful dining is not a fleeting trend, but a foundational human rhythm.

The Art of the Harvest

From the collaborative community efforts captured in Camille Pissarro’s impressionist landscapes to the quiet, respectful endurance depicted in Jean-François Millet’s *The Gleaners*, these classical paintings celebrate the humble origins of our food. They elevate raw ingredients—a single head of green cabbage, a handful of gathered peas, or an ancient grain—into objects of profound beauty and worth. Millet’s canvas in particular honours gleaning, one of Europe’s oldest forms of community welfare. Rooted in ancient biblical covenants—such as the agricultural mandates in Leviticus—landowners were commanded never to strip their fields completely bare during a harvest. Instead, the edges and dropped grains were intentionally left behind. This sacred covenant granted the landless poor, the traveller, and foraging animals legal access to the earth’s residual bounty to ensure no living thing went hungry.

The *Fabaceae* family—our humble peas, beans, and lentils—is a beautiful testament to plant-based nourishment. On an ecological level, these plants are literal "earth-healers". Working symbiotically with underground Rhizobia bacteria, they draw nitrogen from the atmosphere to enrich and restore exhausted soil from the inside out. When we look at Pissarro's canvas, we are not just seeing a crop: we are witnessing an ancient partnership that heals the earth while nourishing our bodies.

A Vision of Dynamic Coexistence

To bring this edition to a meaningful close, our final post centres upon Edward Hicks' legendary folk masterpiece, *The Peaceable Kingdom.* Inspired deeply by the biblical prophecy in Isaiah 11: 6–9, this striking canvas presents a profound visual metaphor for absolute holistic harmony. Hicks vividly illustrates the scriptural vision of natural predators and prey—where the lion lies down with the lamb, and leopards, bears, and oxen coexist peacefully guided by young children—while framing this biological peace alongside historical depictions of cross-cultural treaty-making in the background.

Within our journal, this imagery serves as the ultimate aspiration for plant-based nutrition. It challenges us to foster a lifestyle that honours deep biological peace: an ecosystem where humans, animals, and microbes thrive in cooperation rather than exploitation.

A Ritual of Nourishment

Similarly, botanical illustrations like the *Ficus hispida* invite us to look closer at the intricate architecture of plant life, appreciating the complex systems that generate our vital macro and micronutrients.

Concluding this journey, as brought to life by Hanna Hirsch-Pauli's sunlit canvas, the ultimate destination of this visual exploration is the table—a space where clean water, whole foods, and community meet to create daily vitality.

By combining the latest nutritional science with centuries-old artistic heritage, we hope this booklet has inspired you to view your daily meals not just as fuel, but as an act of nourishing creation.

Volume 1 Image Gallery & Attributions

All historical and botanical artwork featured in this volume resides within the public domain. We gratefully acknowledge Wikimedia Commons and the respective global archives for preserving these treasures.

01: Introduction

Artwork: ***The Pea Harvest (1887) by Camille Pissarro.***
Source: Public domain, sourced via Wikimedia Commons.

02: The Essential Nutrient Matrix

Artwork: ***The Gardener (Old Peasant with Cabbage) (1899) by Camille Pissarro.***
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03: B12 Spotlight

Artwork: ***The Gleaners (1857) by Jean-François Millet.***
Collection: Musée d'Orsay, Paris. Sourced via Wikimedia Commons.

04: Iron & Calcium Spotlight

Artwork: ***Ficus hispida L. (Early 19th Century)*** by an unknown botanical artist.
Collection: The Cresswell Collection. Sourced via Wikimedia Commons.

05: Menu Ideas

Artwork: ***Breakfast Time (1887) by Hanna Hirsch-Pauli.***
Collection: Nationalmuseum, Stockholm. Sourced via Wikimedia Commons.

06: Curator's Reflection

Artwork: ***The Peaceable Kingdom (c. 1833–1834) by Edward Hicks.***
Collection: National Gallery of Art, Washington, D.C. Sourced via Wikimedia Commons.

Sources & Further Exploration

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About Nourishing Creation

Nourishing Creation serves as an unfolding journal exploring the sacred intersections of faith, ecology, and plant-based food systems. Our mission is simple: to cultivate harmony across creation care, stewardship, the soil, and the kitchen.

Volume 1: The Art of Plant-Based Nourishment Booklet Edition

This opening volume serves as a thoughtful, evidence-led introduction to plant-based living, grounding modern nutritional science in our shared responsibility to care for the earth.

Wendy Corbett
- Founding Editor and Creative Lead, Nourishing Creation Journal

Combining editorial curation and visual media with a deep commitment to environmental sustainability, animal welfare, and a factual, compassionate exploration of our food systems.

Next edition: Volume 2: *Spring 2027*
Discover How Animals Instinctively Heal and Nourish the Earth

Connect with Wendy at nourishingcreation.com