

🎉 Celebrate spring on a plate - pasta bursting with veggies, juicy peach pico, and a fresh kitchen tip you'll use all season long. ✉ Forwarded this email? ✍ Subscribe below to get connected and receive more updates like this directly!

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Pasta with vibrant spring veggies! Sweet peaches! May is Spring Time on a Plate.

Hi ,

Spring is in full swing, and for me it brings back memories of home (Rochester, New York) where it meant finally thawing out from those long, gray winters. When we moved to Houston, Texas in 2005 - with two middle school-aged boys in tow, spring started to mean something different.

Now rooted in Austin, watching our sons raise families of their own, spring brings a sense of renewal - gentle breezes, blooming colors, and that brief window of perfect weather before the heat and June hurricane storms roll in. It's a season of lively farmers' markets, relaxed weekends, and fresh inspiration in the kitchen. Here, spring isn't just about warming up—it's about *waking up* the senses.

Recipes

Pasta Primavera + Peach Pico di Gallo

May's produce is bursting with brightness: green beans, fresh peas, asparagus, zucchini, and carrots. All of them come together in this recipe - [Pasta Primavera](#). A light creamy alfredo, vibrant colors, and entirely plant-based.

And since peaches are in season, I'm including a bonus recipe: [Fresh Peach Pico di Gallo](#). It's a fun, fruity nod to the end of the Texas bluebonnet season and a perfect topping for everything from avocado toast to veggie burgers.



Pasta Primavera

Spring Vegetables
tossed with plant-
based love.



Fresh Peach Pico di Gallo

Sweet heat in every
bite.



Quick Kitchen Tip

Strawberries, Stem-Free in Seconds

Forget the strawberry huller you can never find—grab a straw instead. Just push it through the bottom of the berry straight up through the stem, and *pop!* It comes out cleanly. One of those simple, satisfying tricks you'll find yourself using all season long.

Wholism

Lately, I've been reflecting on *wholism* - the idea that everything in life, whether it's health, business, or food, is deeply connected and works best in harmony. This way of thinking, shaped by my background as a mathematics major, IT project manager, and now budding entrepreneur, is something I carry with me into the kitchen every day.

Aristotle's quote, "**The whole is greater than the sum of its parts,**" has always resonated with me. In mathematics, meaning doesn't arise from isolated formulas, but from the way they interact. The same is true with food - it's not just about individual ingredients, but how they come together to nourish, satisfy, and surprise.

A guiding mantra I still lean on comes from my favorite math professor, [Dr. Clarence F. Stephens](#), who often told us to "**think fast slowly.**" That simple wisdom - to pause, reflect, and stay thoughtful - continues to shape how I support others on their path to healthier living.

So when I say "[eat the rainbow](#)" it's not just about nutrients - it's about celebrating variety, beauty, and the joy of intentional, plant-based eating.

Because in the end, wholism reminds us that true nourishment, like life, is most powerful when all the parts come together in vibrant, delicious harmony.

Wishing You a Joyful May

Whether you're planting herbs, trying new recipes, or just soaking in the sunshine, I hope this month brings you lots of flavor and joy. Happy May and happy cooking! 🍓🍌🌿

Peas n health,

~ Donna

PS ~ And if you enjoyed this newsletter, I'd love for you to pass this along to friends and family so they can [subscribe](#) too! Your support means the world to me!



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Ready to start?

My goal is to inspire YOU to embrace a plant-fueled lifestyle to live a healthier and more vibrant life. Tell me what classes are of interest, or download my free-oil and dairy-free salad dressing recipes and health goal recharger vs depleters worksheet.

Cooking Class Interest

Whole Food Plant-Based Salad Dressings

Health Goal Rechargers vs Depleters Worksheet



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