

🥒🍌 This week: creamy zucchini pasta, a DIY summer kitchen tip, and a new Italian cooking guide.

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Hi ,

July always feels like the season when the kitchen starts filling up with produce faster than we can use it: zucchini on the counter, tomatoes ripening by the window, basil waiting for its moment, and maybe a few fruit flies trying to move in too.

This week, I'm leaning into simple summer cooking with an Italian spirit: fresh vegetables, bright herbs, easy sauces, practical kitchen tips, and recipes that make the most of what is already in season.



Recipe to Try This Week

Creamy Zucchini Pasta, or Spaghetti con Crema di Zucchine, turns fresh zucchini into a silky, dairy-free sauce with basil, lemon, almonds, nutritional yeast, and just enough pasta water to bring everything together.



It's the kind of recipe I love in July: light but satisfying, full of summer flavor, and easy enough for a weeknight dinner when the kitchen is already overflowing with produce.

Serve it with extra basil, a little lemon zest, and a sprinkle of Plant-Based "Pecorino" or your favorite dairy-free parmesan-style topping.

👉 [Get the recipe.](#)



Kitchen Tip: Skip the \$6 Fruit Fly Trap

I recently bought a fruit fly trap at the grocery store for about \$6. While I was assembling it, a little of the liquid spilled onto my hand. I couldn't find the ingredient list on the packaging, but it smelled like diluted vinegar and felt a bit sticky.

That made me curious, so I looked it up.

It turns out the liquid was made up of mostly water, a little vinegar, and a tiny amount of sodium lauryl sulfate, which is a soap-like surfactant that helps trap the flies.

So next time, I'm making my own.

DIY Fruit Fly Trap

Add to a small jar, cup, or bowl:

- 1/4 cup apple cider vinegar
- A small splash of water, optional
- 1-2 drops dish soap
- Optional: a tiny piece of ripe banana or fruit peel

Cover with plastic wrap and poke a few small holes in the top, or place a simple paper funnel into the jar, leaving a small opening at the tip.



The vinegar attracts the fruit flies, so keep it strong enough to smell, and the tiny bit of dish soap breaks the surface tension so they sink.

Simple. Cheap. And one less thing to buy. Best part? It actually works!



Mark Your Calendar

- July 3-12 ✨ **The Plant-Based Bundle opens**

I'm contributing **The Art of Oil-Free Italian Cooking | A PLANTifull Fare Guide** to this year's bundle. I shared more yesterday, and I'll send the bundle link when it goes live on July 3.

- July 11 ✨ **Cooking demo with Linda Tyler on [Chef AJ Live](#)**

Join us at **11:00 a.m. PST / 2:00 p.m. EST** as we share recipes from our [Purely Plant-Based Cheese](#) cookbook.

I hope this week brings you good summer produce, fewer fruit flies, and something simple and satisfying simmering on the stove.

With love from my kitchen to yours,
Donna

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Ready to start?

My goal is to inspire **you** to embrace a plant-fueled lifestyle for a healthier, more vibrant life.

Tell me what classes interest you, or grab a few helpful freebies—and don't forget a little flavor boost with my favorite kitchen ingredient, California Balsamic vinegars!



Cooking Class Interest

Tell me what classes you'd like to see



Free Salad Dressing Recipes

Oil- & dairy-free inspiration



Shop My Favorite California Balsamics

Add rich, tangy flavor to salads, roasted veggies, and desserts



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