

LA Unscripted | February 18th, 2022

From hot spots to hidden gems and lots of local flavor It's your guide to L A the unscripted way And tonight we're talking plant based they are the two words quickly becoming synonymous with how we eat in L A plant based Hello everyone I'm Devin And tonight it is going vegan You know Californians aren't just eating more vegetables They're growing them in urban farms like this one The grow good urban farm in Bell California but fear not apartment dwellers and plant killers We found something that can turn 84 square feet of space inside or out into broccoli kale strawberries herbs anything you can think of I think to like have a garden is to you know be an optimist right Because you're nurturing life and you're thinking about the future it starts here This farm we grow baby plants We've grown them for the 1st 2 to 3 weeks of their life That's a seedling right there So that's a green bunching onion The farm stand is a hydroponic garden You need about two by two So about four square feet there's a tank of water at the bottom There's modules that hold the plants it's on a timer So every so often the timer goes off and it pumps water to the top It rains down inside this unit and it delivers plant roots Just the amount of water and nutrients that they need a material that the farm sand is made out of is ocean bound plastic Just add water and add two scoops of nutrients and you're pretty much good You just can grab it all You can do anything and then eat it Yeah it tastes like wasabi That's actually really good And I learned I was going to be a dad and started to look at food differently So opted for organic produce But I learned that the real challenge is getting the food from the farm to the grocery store you know 10 days old before anyone at the store gets it And we all know how you know food goes bad in the fridge like within a couple of days And I learned that 40 to 50% food gets wasted you know before anyone eats it So I figured like what if we could just take the waste out of the system We'd cut the price of food in half And that's where the concept of lettuce grow came from This is great You could also just pull this out and put this like as a centerpiece on your table Oh how great You're right Like for like the fall like a fall floral piece Yeah It's amazing We've grown over to different varieties in the farm stands We have six different types of basil We have three different types of arugula right now The most popular butterhead and romaine and we've got like the Asian greens tod soy bok choy We get into the vegetables tomatoes zucchini you can even grow watermelon And then we also grow strawberries and alpine berries Anything that's not a tree or a bush you can pretty much

grow It's so easy It takes about five minutes a week to maintain And we have an app and even if you don't use your phone we have emails that tell you exactly what to do It's all about the experience how like meditative it is how good for their soul People say it's the best thing that done with their Children Like the single most you know best activity I think that growing food is in our DNA Every time I see like my kids or any kids interact with the farm stand or any garden they're they're all like totally pulled in the plant based movement is gaining a lot of steam and is quickly growing So my goal is really to make this as ubiquitous as a refrigerator You know that people that everyone has you know the ability to grow some percentage of their food at home Wow it's so alive and coming up Matthew Kenny one of the pre eminent vegan chefs in the world cooks as a dish straight from his lettuce grow But first she turned the pandemic into a happy vegan place for her Instagram followers and became a household name Now Food goddess T the brown opens her very first restaurant Hello there y'all All right Hello Hungry tales Hello there I can't wait for people to try to just feel the energy out and spread the word What I love about K my name L A is that we get a lot of people who aren't vegan but to be able to sample and try foods that they literally enjoy That light bulb comes on So that's what I love introducing people who aren't vegan to different options that taste really good My name is Stacy and I'm the general manager here at K My name L A with co-owner Tabitha Brown of course So her fans and her following they flood in literally our first day We had like 80 reservations and they come in you see the vibe you see her book around you see her pictures around and then the energy of the fans that come in that truly love that's their energy as well Let's take some red potatoes and put it in the pan like so like that Did you get into it I had to get into it I got a little bit of everything on my floor because that's my business Oh God we thank you So literally it's nothing but a good time I I wish I was exaggerating but I'm not literally tables will talk to each other This is not even half of the menu There is so many things So oh my God I am a Niko and I am a head chef at K and in they cannot believe that something like this can taste really good I mean they probably thought veganism is just eating veg veggies and stuff but it's not buffalo cauliflower wings with waffle that's super popular and it's so good The tacos are so amazing My favorite the fried avocado tacos like literally it's a symphony in your mouth Those are the empanadas Kenyans are basic The the like mozzarella sticks the Venezuelan mozzarella sticks French fries the Greek Greek fries fried oyster mushroom wrap My motto always is what you're

eating is either healing you or it's either killing you literally there's no in between So it's a good vibe good energy and just like that Hospitality is definitely pre I feel happy you know here kind of getting ins inspired like every day and vegans are you know more aware more aware of the planet more aware of others So that kind energy the integrity that they do carry the kindness that they do carry they give that to others and it comes back So when you walk in here you literally feel that as well Um Just I'm happy that you're here and let's join together in community and Kale my name joins the growing list of over 150 vegan restaurants in L A But one of the most highly anticipated places actually started as an Atlanta food truck with a very funny name Jasmine Simpkins meets the slutty vegan I literally would have never imagined in a million years that I would have one of the hottest concepts in the country Hey what's up world It's your girl Pinky Cole founder and CEO of the world famous slutty vegan A tl OK So for those who don't know what is slutty vegan slutty vegan actually was inspired by the city of Los Angeles A lot of people don't know that um it is a plant-based burger joint Um And the inspiration came from a ghost kitchen that I found when I was doing Uber Eats and Grubhub in L and I brought that concept to Atlanta Georgia I became vegan almost eight years ago My mother is vegetarian She's a Rastafarian So I grew up eating what she ate She ain't healthy I ain't healthy right And I took that into my adulthood When I came up with this idea I was in my bedroom and it hit me like a ton of bricks like slutty vegan I called my best friend I called my other friends like what y'all think it probably took me like three days to come up with everything Then I went in the kitchen and Voila I opened the first location January 13th 2019 But before then I had one food truck um already on the road And then after that I just started opening up I opened up two locations in the middle of the pandemic Now here we are four stores later two food trucks later Now everybody knows our name Our most popular sandwich is the one I stand And and that is our patty with bacon lettuce tomato cheese and our special secret sauce Then we have the menage eoi with all of those toppings plus shrimp And then another fan favorite is the fussy hussy and that comes with pickles But whatever you try as slutty vegan I can guarantee you you are going to fall in love with it One because the food is damn good Two because the experience is even better when you walk in a slutty pin we're yelling at you We're dancing with you We used to hug you before COVID So we ain't hugging you no more but the music is popping It's it feels like a party when you walk through the door slutty vegan is just not a black business Slutty vegan is for everybody There

are a lot of celebrities that come in town um when they have concerts and we cater for them just recently I fed Erykah Badu Every time she comes to Atlanta she calls us My goal is to bring a slutty vegan to L A 2022 4th quarter And I know that coming to L A and tapping into the vegan market is definitely not for the faint at heart So I'm really gearing myself up to be able to come to such a special city uh like Los Angeles and I just can't wait but I had already had my dream job So to be able to create something that has now become a household name like some days I'm pinching myself Like is this real Is this really mine First of all I love that name Second of all that food is literally mouthwatering I will be your first customer All right Coming up inside another tiny space serving big vegan flavors Some plant based soul food and vegan actor Shannon Elizabeth reveals her secret nacho recipe Welcome back to L A in Scripted plant based special from let us grow and their amazing nursery here in Bell California Look at these adorable seedlings by the way this is Rainbow Chard and this is Arugula How cute are they And you know we also have over 1200 dairy farms in California But more and more people are taking their coffee with a side of nut milk Sales are up over 60% in the last five years alone Thanks to great little breakfast spots like this one in Eagle Rock I think we're fortunate to be in Los Angeles and there's so many vegan restaurants coming up But I think when every time we wanted to go somewhere like let's go to a vegan coffee shop We felt like that's what lacked in vegan breakfast all day Hi I'm Joanna and I'm one of the owners of one of the chefs My name is Celeste and I'm also one of the owners and chefs We're at Little Burn coffeehouse in Glassell Park You know we've always dreamed of having AAA vegan cafe Unfortunately for the previous business they had to close because of the pandemic it was our opportunity to take over And here we are we decided to take the risk you know even though it was like during the pandemic but everything seemed to work out and the vegan community really supported us and came out and we were actually really excited and kind of scared you know just with everything going on But we've been very lucky and we're still here So every time I come here I always get the Horchata cold brew coffee It's delicious I am drinking Horchata coffee I have a pumpkin spice latte We're both vegan I've been vegan for about 18 years I actually grew up in a farm where they raise chickens and then I got to see it first hand you know and I didn't have much information at 13 So that was also kind of like the dream of doing my own thing as I developed and learn more Obviously we have a coffee shop So we want stuff to taste good and make a space for vegan and non vegan

people to try compassionate stuff and not miss the flavor of dairy So it has a lot to do with taste but also the environment and try to do our research too So that was like instant like let's make this a coffee shop and the vegan community I think reaches out and helps one another And it's also like the times that we're in you know Latinx LGBT Q we made a safe space a compassionate space So I think people really it transpired that we were giving love and I think people feel it because we love to be here Genuinely a love for animals is what all vegans seem to have in common especially if you're talking to actress Shannon Elizabeth the work she's doing in the name of veganism and animals is pretty remarkable So my journey is kind of a long one I haven't had meat really in like 25 years So it's been long So you don't just become vegan overnight It was knowing what the animals went through once I knew what was happening It it kind of just that was why I did it And my whole body changed when I stopped eating meat everything changed for me So I started going out to South Africa and learning about conservation said yeah this is what I wanna do with with my charity and with my life I feel like this is my mission on the planet My why is to help save animals and be a voice for them because they need us One of the projects that we're working on it a blind black rhino that we take care of His name is Munu You can actually follow the story at Munu the rhino on Instagram But he is a beautiful incredible very rare species of black rhino And he just happens to be blind poaching has gone through the roof right now So we ended up getting him a night time armed guard that sleeps with him and stays with him at night Really For me ultimately any animal I look in their eyes I'm close to them I'm around them I feel their heart and their love and their need for help And that's what drives me to learn as much as I can and listen to people and just try to make a difference while I'm here I love making Mexican food for people But vegan style I think we're gonna go through today how to do a vegan queso where you don't even have to cook anything and you start with raw cashews so you soak them and then you drain them and rinse them And that's what we have here The other key ingredient is nutritional yeast garlic or garlic powder I'll use a little bit of onion and some salsa So now let's put it all together Who would have thought that all this could be vegan Thank you Shannon and coming up a guy who can definitely say he started it all One of the OG California vegan chef is cooking us a meal when L A unscripted returns Welcome back to our plant based special from the Grow Good Urban Farm in Bell California Are we about to give you a five star lesson in Farm to table Let's see how a world

class chef with over 40 restaurants around the globe turns his let us grow into a meal and I'm very hungry This looks amazing Well I became a chef because I love food and restaurants and wine and the idea of of entertaining I would never have embarked on a plant based career if I didn't believe it was the most exciting food to work with We operate in six segments hospitality education media products services and licensing 60 restaurants or food businesses globally ranging from drivers that we have next to mcdonald's and Burger King to our food hall in Los Angeles We have double zero in Venice plant food and wine on a bikini We have Sistina in Culver City and make out in Culver City It's been there about eight or nine years We're opening oa in Beverly Hills and we work with Lingerie in Beverly Hills Also opening Sistina in Century City I could use this I can just sit here There's still a lot of concern about how complicated it is to be vegan And the reality is it's very simple if I'm you know I'm a chef but I have sometimes only five minutes to make my meals Wow So you got to be an iron You got three kinds of kale in there Yeah they're cooked inside You got some micro greens here I think the best way to eat it is just I can make you one You like guacamole I went down to visit a Jacob stand and it was just like peacefully there uh outside his house And you know I just really loved it And so it's really become a part of our life It's changed you know the way the home feels And I really just love being around plants you know not just to eat them I like I being around them seeing them what was really fun was seeing broccoli grow last summer the greens when you harvest them fresh there's something so tender about them And the experience is totally different on the palate the taste the sharpness of the taste it tastes so good Very simple You can make it in 10 minutes I just encourage people to cook what they love and and find an alternative if it's something that usually has an animal product in it and then just take note of how they feel and the rest usually takes care of itself And if you can't get to a Kenny restaurant fear not He has 12 cookbooks Ok Time to put a whole lot of soul and your vegan meal Courtesy of the new hot spot The Tree I'm V and I'm Tree and we're the co owners of the VV Tree Silver Lake we opened because we actually have a restaurant in Charlotte North Carolina as well During the All Star weekend Nick Cannon happened to Google us He came in he ordered everything we had twice after that He invited us out to Wild and out in Atlanta to cook maybe a week or so After that my wife and I we looked at each other at the same time I wonder how Nick would feel about bringing this to L A So we we called him up He's like let's do it And that began our journey to L A My wife chef Velvet is known as a transition

specialist So she helps people transition from meat eaters to plant-based lifestyle My goal was to bring something different that could potentially aid in a lot of the diseases and the things that are running rampant in our community When people try our shrimp they can't believe it's not shrimp So you're having the texture you're pulling it So your mind is like mm this is familiar But then once the spice is headed and are and blended in it's better than chicken It feel better than chicken It's also signals going off saying oh this is I know that taste So we specialize in the soul plate That's because everyone wants to try everything which is the shrimp the chicken the mac yams cornbread and collard greens Uh we have a newbie here She's a baby vegan She's been vegan for about a few months Six months So you just became vegan About how many months ago January I started the year off saying I wanted to do like a cleanse and also just kind of figure out what my body liked and what it didn't like And it's just stuck Is there anything special about you that you want people to know I really just want to make sure that the stories that I tell feel very L A centric because I'm an L A girl I love this city All right So I think it's pretty safe to say that plant based is not a passing fad In fact it was the fastest growing food business in the country last year I just think about this for every meal you make plant based You're saving £40 of grain 1100 gallons of water 30 square feet of forest and one animal Pretty cool Right We'll see you next time Thank you for joining us