

# LA Unscripted | February 18th, 2022

<https://silosolo.com/989585>

## Summary

The video discusses the concept of plant-based eating in LA and how it is becoming popular. It highlights the Lettuce Grow system, which allows people to grow their own food at home using hydroponics. The importance of growing food at home is emphasized, including reducing waste and having a direct connection to food. The video also features popular vegan restaurants in LA, such as K My Name LA and Slutty Vegan, and explores the founder of Slutty Vegan and how the concept came about.

## Silo sample questions

- What is the concept of plant-based eating in LA?
- What is the lettuce grow concept and how does it work?
- Why is growing food at home important?
- What are some popular vegan restaurants in LA?
- Who is the founder of Slutty Vegan and how did the concept come about?

## Topics

plant-based eating

Lettuce Grow

growing food at home

vegan restaurants in LA

Slutty Vegan

## Key Takeaways

- Plant-based eating is becoming synonymous with how people eat in LA. Californians are not only eating more vegetables but also growing them in urban farms.
- Lettuce Grow is a system that can turn a small space into a hydroponic garden. It uses a timer to pump water to the plants and delivers the right amount of water and nutrients. The farm stand is made out of ocean-bound plastic.
- Growing food at home reduces waste and cuts the price of food. It also allows people to have a more direct connection with their food and is seen as a meditative and soul-nurturing activity.
- Some popular vegan restaurants in LA include K My Name LA, which offers a variety of vegan options that taste good, and Slutty Vegan, a plant-based burger joint with multiple locations.
- Pinky Cole is the founder and CEO of Slutty Vegan. The concept was inspired by a ghost kitchen in Los Angeles and started as a food truck in Atlanta. Pinky became vegan and wanted to create a plant-based burger joint with a catchy name.

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