

ALL THE **OOE + GOO** WITHOUT THE **MOO + COO**®

Swop out dairy and eggs with plant-based options

JULY 2026 NEWSLETTER

SIGN UP FOR PLANT SWOP'S MONTHLY NEWSLETTER

Refresh and edit your pantry and recipe box to include plant-based ingredients, nourishing meals, and explore some healthy swops to adopt.

If you enjoy our content, please help us grow by sharing and subscribing—for free.

Chef Anne Callaghan

SUBSCRIBE FREE

BEAT THE SUMMERTIME HEAT
WITH REFRESHING WATERMELON RECIPES



SUMMERTIME SPICY
WATERMELON SALSA

This crisp, refreshing melon-based salsa is sweet and spicy, packs a crunch, and screams summertime.

Adjust the heat and the amount of cucumber and peppers for added crunch to suit your taste. Serve with your favorite tortilla chips, crudité, or add it as a garnish to spice up your meal.

RECIPE



WATERMELON COOLER

Nothing screams summer more than ice-cold watermelon juice dripping down your chin. This slushy soup-like cooler is refreshing with a sweet-sour and fragrant spicy-bush basil and ginger infusion. For a slightly tipsy version, add a jigger each of Vodka and St-Germain Elderflower Liqueur to the watermelon balls before chilling. The crunch of the chilled melon balls and the refreshing slush will cool you down on those hot summer nights.

RECIPE



CHECK OUT THESE GREAT TOOLS AND RESOURCES



CAT CORA MELON BALLER

PROFESSIONAL 18/8 STAINLESS STEEL DUAL BLADE S22/30-Millimeter

Superior scooping and garnishing, this melon baller (6.5 x 2.25 x 0.50-inch) features professional 18/8 stainless steel for exceptional durability. Resistant to rust and stains, and easier to maintain sharpness, ideal for any home or professional kitchen.

SHOP



PUREPOD PRODUCE, VEGETABLE
AND FRUIT CLEANER

BREAKS DOWN PESTICIDE RESIDUES, WAX
COATINGS, AND SURFACE CONTAMINANTS
AT THE MOLECULAR LEVEL

Upgraded Vegetable and Fruit Cleaner, Powered by OH-Ion Technology, Rechargeable Clean in 10 Minutes, Extend Shelf Life, No Chemicals, Waterproof.

Product Dimensions: 3.86"L x 3.54"W x 6.38"H



Fill any bowl or sink with water, place the fruit cleaner device inside with your produce, and press the button.

In 10 minutes, the vegetable and fruit cleaner generates powerful hydroxyl ions that break down pesticide residues, wax coatings, and surface contaminants at the molecular level. Just water, no sprays or chemicals needed. It supports a convenient kitchen cleaning routine.

SHOP

CHEF TIP

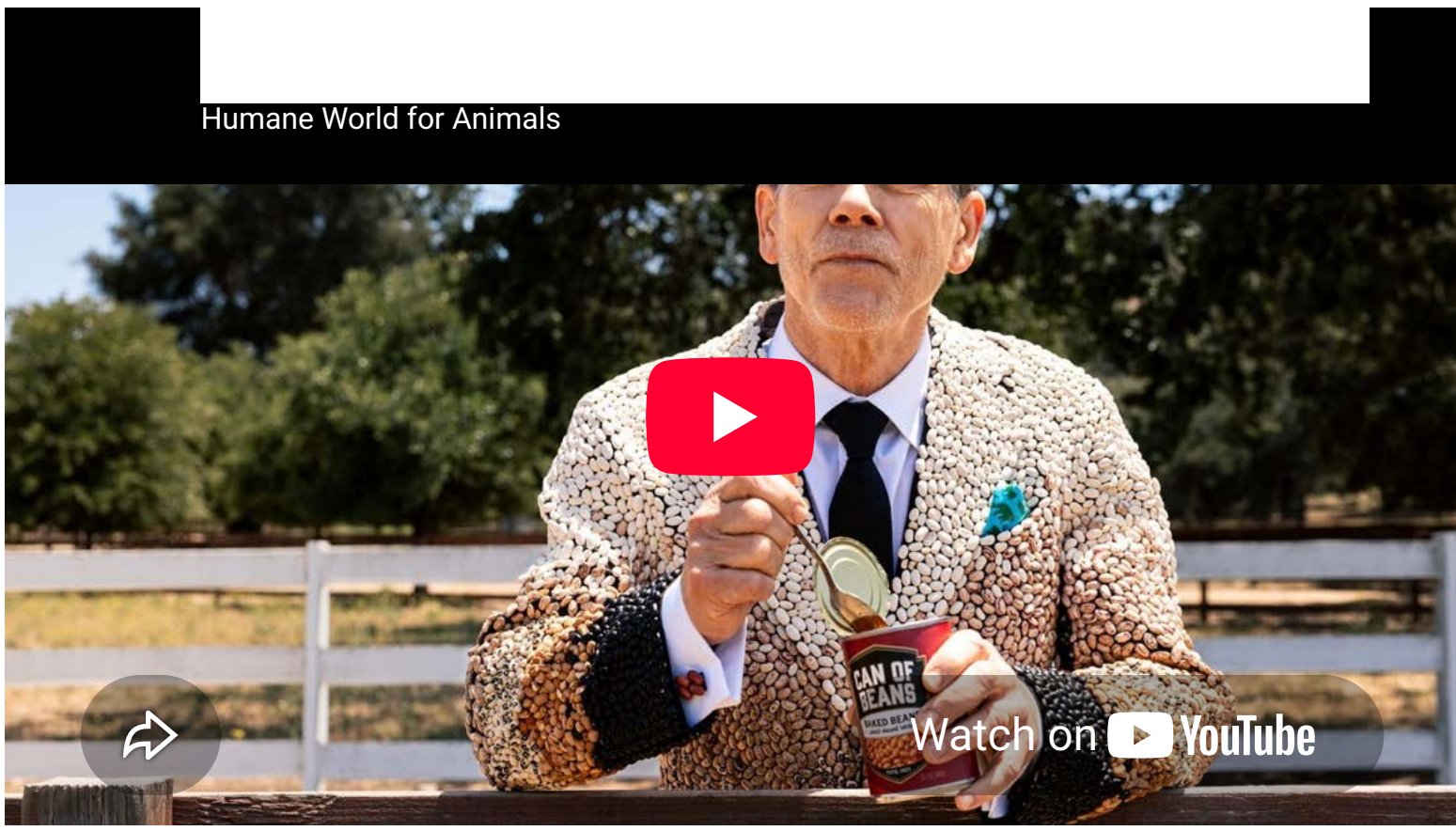


Waste-Not-Want-Not
'COCO CUBE' FOR A QUICK
DAIRY SWOP

Canned Coconut milk or cream spoils quickly once opened. Freeze any unused in ice cube trays to have on hand when you need a dairy swop in your favorite recipes.

I keep the 'Coco cubes' frozen in an airtight container or zip-lock bag to blend into sauces, soups, or smoothies in a pinch.

KEVIN BACON CHANGES NAME TO KEVIN 'BEAN'
CAMPAIGN 'BEANSDAY'



Kevin Bacon changes name to Kevin
'Bean' to launch meat-swapping
campaign 'Beansday'.

Author: Helen Greaves, June 19, 2026

Award-winning actor and animal ally

Kevin Bacon has temporarily renamed himself Kevin 'Bean' to launch a new initiative from the charity Humane World for Animals.

Known as 'Beansday', the campaign encourages people to swap meat for beans every Wednesday, demonstrating how small dietary shifts can protect animals, human health, and the planet.

Check out article . . .



We often use affiliate links on the PLANT SWOP website, including those from Amazon.

Make a purchase using the links included, and we may earn commission from qualifying purchases at no cost to you.

Click & Follow



This email was created with Wix. [Discover More](#)