

## SIMPLE AND GREEN

FORGET WHAT YOU KNOW ABOUT VEGANISM—**GWENDOLEN BOKINE'S** GWENNIE ON THE GO IS BRINGING CARBIVORES OF ALL STRIPES INTO THE FOLD. **BY CRYSTAL MARTIN**

For Gwendolen Bokine, a former New York City high school teacher, a move to Montauk seven years ago jump-started her own vegan diet and sharpened her focus on fitness. Now, with her health consultancy, Gwennie on the Go, she has set out to help others.

### **Veganism: an intro**

Bokine's signature event, "Beyond Twigs, Sticks, and Berries," helps curious omnivores discover delicious, plant-based cuisine. Once a month, 30 guests indulge in a five-course vegan meal prepared by a Hamptons chef. "There's a cooking demonstration. And the simpler it is, the more likely people are to try the meal at home—that's the goal," says Bokine. The next event will be held in mid-July at the Watchcase condominiums in Sag Harbor.

### **But it's not all or nothing**

Bokine studied nutrition and the health benefits of a plant-based diet at Cornell. While she always had concerns about the welfare of animals, she simply lost her taste for animal products. "But I'm not trying to scare people into eating better," she says. Instead, she encourages her clients to gradually crowd out meat and other animal products from their diets. Besides her own garden, her favorite place to get produce is Country Garden Farm in Bridgehampton (35 Millstone Road). "You have all the local squashes, potatoes, yams. Take advantage of it!"

### **The mind-body connection**

Bokine encourages her clients to take a 360-degree approach to health. "When I'm working with clients, I'm not looking for them to simply fit into their bikinis. I want to change how they think," she says. "The more conscious you become, the better decisions you'll make about diet and exercise." *gwennieonthego.com* ■



Health coach Gwendolen Bokine helps people discover delectable plant-based cuisine with monthly dinners and cooking demonstrations.