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Part memoir, part cookbook, and part health-and-nutrition how-to, Blue Moon Vegetarian chronicles Kentucky-born former nurse Paula Marie Coomer as she and her fiancÃ© go vegetarianâ€”and ultimately veganâ€”while also planning their wedding, adopting a pound hound, and remodeling their two-story Victorian.

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Paula Coomer is a poet, literary author, and former public health nurse who studies non-Western approaches to caring for the body. In addition to the cookbook Blue Moon Vegan, she is the author of five books of poetry and fiction, including the novels Dove Creek and Jagged of the Sky.

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"Blue Moon does not use any animal by-products in our brewing process, nor are there any animal sources used in our packaging. Isinglass is not used in our brewing. There are five basic ingredients in all Blue Moon products. These include pure water, malted barley, corn syrup, hops, and yeast.

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