

**SEED
FOOD**
& WINE WEEK
Miami, FL



SEED FOOD & WINE FESTIVAL RETURNS TO MIAMI WITH FOUR-DAY, PLANT-BASED EXTRAVAGANZA FEATURING AN ALL-NEW CELEBRITY CHEF LINEUP; CUTTING-EDGE, VEGAN PRODUCTS TO DISCOVER; AND A ROBUST SCHEDULE OF MORNING-TO-NIGHT PROGRAMMING

The First Large-Scale, Plant-Based Event Of Its Kind Announces Tickets Are Now On Sale to the 8th Annual Festival Taking Place From Thursday, January 26 Through Sunday, January 29, 2023

High-resolution images can be downloaded [HERE](#)

MIAMI, FL — (January 13, 2023) — The nation’s premier plant-based extravaganza, [SEED Food and Wine Festival](#), is returning to Miami for its eighth year from January 26 through 29, bringing the very best in conscious, sustainable, plant-based living and wellness to health-minded locals and visitors alike. The nationally-recognized event – known as SEED Week – boasts an extensive line-up of sensational 100% vegan happenings including the famous Plant-Based 21 Seeds Burger Battle™ and Saturday’s flagship Festival Day Tasting Village presented by Baptist Health; plus, celebrity chef appearances, exclusive dinners and brunches, engaging workshops, fitness events and more. The city’s signature plant-based event will be hosting this year’s ticketed happenings in some of Miami’s hottest neighborhoods, including Miami Design District, Coconut Grove and Wynwood, encouraging guests to sip, savor, learn and play all while showcasing the many positive aspects that come with a conscious, sustainable, plant-based lifestyle.

Ranked 3rd in USA Today’s “Top 10 Best Wine Festivals,” SEED is renowned as the leading plant-based food and wine festival in the U.S. since 2014. More than your average foodie event, SEED

is a movement dedicated to a commitment to wellness, offering attendees an array of mindful options in the lifestyle space that celebrates the growing plant-based community. This year's festival will be held during Veganuary, a global movement inspiring people around the world to try a plant-based lifestyle during January and will include tastings from national and local restaurants; vegan wines; fresh juices; live music; organic body care; clothing, yoga, and everything that celebrates plant-based living and wellness.

SEED will gather some of the most talented speakers, chefs, and celebrities for a fun, educational and deliciously enticing week of food, cocktails, parties, and industry-led workshops. Top "Goji Level" sponsors for 2023 include Baptist Health, Saint James Organic Tea, Ketel One Vodka, Ketel One Botanical, South Florida BMW, Oatly, and 21 Seeds, with other contributing sponsors set to participate including Miami Design District, Fresh Point, Curaleaf, Alto, Frey Vineyards, and many more.

"SEED is committed to being a leader in sustainability and promoting mindful options for everyday consumption. We're thrilled with the event lineup that our team has organized for 2023," says Alison Burgos, co-founder of SEED Food & Wine Festival.

"Now, more than ever, people are embracing a clean, health-minded plant-based lifestyle. SEED Week 2023 will serve as an opportunity to connect with thought leaders and industry experts, as well as vendors, chefs and brands that offer delicious foods and drinks that are as tasty as they are beneficial to overall wellness."

Tickets to individual events are available [here](#).

Guests can also opt to immerse themselves in the well-rounded dining journeys offered through the festival's "SEED Plant Pusher Experience" (\$145 pp) which includes access to the most popular events in one all-encompassing pass; as well as the "SEED Visionary Pass Experience" (\$495), allowing guests to sip and savor their way through the events, including dinners, while enjoying priority entrance access, premier seating and other VIP-only amenities.

The complete schedule for **SEED Week 2023** is as follows:

SEVENTH ANNUAL PLANT-BASED 21 SEEDS BURGER BATTLE™ Presented by

Miami Design District Thursday, January 26, 2023 | 7:00 p.m. to 10:00 p.m.

Location: Miami Design District

Tickets: \$60-\$85 (includes admission, unlimited beer and burgle samples)

Sponsored by: BMW, Waterloo, Ketel One Botanicals

Walk the green carpet and chow down on plant-based burgers created by chefs and restaurants from across the country. This hugely popular annual event features an array of delectable burger creations, and celebrity judges will choose their favorites while you get to cast your vote for the crowd's choice: **BEST PLANT-BASED BURGER IN AMERICA**. Wash down the deliciousness with paired craft brews and kombucha and get your sweet tooth fix with our dessert station all while enjoying live music and great company.

SEED SUMMIT Presented by VegNews and KEHE

Friday, January 27, 2023 | 8:30 a.m. to 4:00 p.m.

Location: Sacred Space, 105 NE 24 Street, Miami, FL 33137

Tickets: \$50 (includes admission and lunch)

Connect with other conscious and sustainable aficionados for a day of inspired conversations, this event features a full day of workshops and panels— all designed for entrepreneurs, content creators, influencers and those passionate about conscious, sustainable and vegan living. You'll mingle with celebrities; meet creative, like-minded people; and learn everything you need to know to elevate your presence and make a major impact on the world. The day includes an organic plant-based breakfast and lunch. This year's event will continue to add to the nation's growing and oftentimes provocative conversations about food and health.

BLUE ZONES GLOBAL DINNER Hosted by Dan Buettner

Friday, January 27, 2023 | 7:00 p.m. to 10:00 p.m.

Location: Love Life Cafe, 545 NW 26th St, Miami, FL 33127

Tickets: \$200 per person

A modern experience hosted by *National Geographic Explorer* and *New York Times* Best-Selling Author Dan Buettner, featuring an unforgettable five-course journey around the world with James Beard Finalist Jeff Brana and Diego Tosoni from Love Life Café, as well as Pamela Wasabi from Wasabi Bakery.

STAY FIT, 305. MOVE IT, MOVE IT!

Saturday, January 28, 2023 | 9:00 a.m. to 11:00 a.m.

Location: Regatta Park 3500 Pan American Dr, Coconut Grove, FL 33133

Free event

Start the day with an invigorating trio of fun experiences on Saturday morning including HIT, yoga with Miami's favorite yogis, and a Zumba class. Grab a refreshment and healthy snack and get ready to head into the Grand Tasting Village.

SEED FESTIVAL DAY TASTING VILLAGE Presented by Baptist Health

Saturday, January 28, 2023 | 11:00 a.m. to 5:00 p.m.

Location: Regatta Park 3500 Pan American Dr, Coconut Grove, FL 33133

Tickets: General admission: \$60 / VIP Admission: \$85 / Kids: \$25

Sponsored by: Baptist Health, Publix, South Florida BMW

Dig into a day-long smorgasbord of incredible food, drink, speakers, demos, wellness, shopping, and much, much more! Enjoy ALL THE FREE food and drinks you can devour all day at the nation's ultimate event dedicated to celebrating the best in plant-based health, wellness, conscious and sustainable living. Sip brews at the beer garden and enjoy celebrity speakers, get fit with the event's wellness stage, recharge in the meditation lounge, check out crafts, buy cruelty-free fashion, and sample delicious plant-based treats from over 70 restaurants, bakeries, brands, wines, spirits and juices. immortalize your experience via Instagram, and head home with a new enthusiasm for all the awesome aspects of a conscious, plant-based lifestyle! The family-friendly festival will include a "Kids Zone," as well as fitness activities throughout the day for all fitness levels.

GARDEN OF EVE DINNER

Saturday, January 28, 2023 | 7:00 p.m. to 10:00 p.m.

Location: Miami Beach (Venue TBD)

Admission: \$200

This dinner will bring together two powerhouse women chefs, Josie Smith Malave and Bruny Rosado, dishing up an unforgettable culinary experience. We'll start with cocktails & hors d'oeuvres, followed by a wine-paired dinner. You'll spend the evening enjoying innovative, mouthwatering cuisine made exclusively for special SEED guests.

YOGA MEDITATION MORNING

Sunday, January 29, 2023 | 9:00 a.m. to 10:30 a.m.

Location: The Sacred Space, 105 NE 24th St, Miami, FL 33137

Free event

Kick off the weekend with a yoga and meditation session presented by Modern Om to fill your heart and soul with good vibes before heading to the festival's bustling events.

OATLY BLOOM BRUNCH

Sunday, January 29, 2023 | 11:00 a.m. to 2:00 p.m.

Location The Sacred Space, 105 NE 24th St, Miami, FL 33137

Admission: \$60

Grab some friends and head to Sacred Space for a delicious, organic, plant-powered brunch made by an impressive lineup of culinary all-stars. Tasty morning eats will be paired with a variety of refreshing juices, cocktails and Bellinis.

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About SEED Food & Wine

SEED Food and Wine Festival is the premiere plant-based food and wine festival in the country since 2014. Join in for a week-long adventure, sip, savor and experience the very best in conscious, sustainable plant-based living. Admission includes unlimited pours and bites from the best plant based and vegan chefs, brands and products from coast to coast as well. For more information, seedfoodandwine.com. Follow SEED Food & Wine Festival for event updates at [@SEEDFW](https://twitter.com/SEEDFW).

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