

Ahimsa Lights the Way

American

Vegan

Second Series Volume 12 Number 1

Spring 2012

Book Release:

**People Are
Talking About...**
Dating Vegans

"I loved the concept and I love the book. It combines two of life's great adventures: exploring vegan food and exploring new relationships. Tasteful in every sense of the word, yet with a dash of mischievousness, this book has something for everyone with an open mind and an open heart."

—Jonathan Balcombe
author of *Pleasurable Kingdom*
and *The Exultant Ark*

(Continued on page 13)



- Restaurant Reviews • Main Street Vegan • Alzheimer's Disease
- Vegan Kids • Eating for Athletes • Pop-Up Café • Healthy Eating Plate
- Calcium • Child Abuse? • Fashion • New Books • Ingredient Substitutions



American Vegan Garden Party

Sunday May 27 2012

Noon: Outdoor Lunch • Music by Adelanté

2pm: Afternoon Program

(Includes short membership meeting & trustee election)

AVS Headquarters, Malaga NJ

Emcee Anne Dinshah: Author (*Dating Vegans*, coauthor *The 4-Ingredient Vegan*), and Rowing Coach

Will Tuttle — *Time to Wake Up: Our Cultural Crisis and the Vegan Solution*. Author (*World Peace Diet*), Educator, Pianist and Composer

Victoria Moran — *Main Street Vegan: Making Miracles in the Real World*. Author (*Creating a Charmed Life*, and *Compassion: The Ultimate Ethic*) and Lifestyle Coach

AVS
Book Room Sale
11am-6pm

Books, DVDs, Videos,
and Posters

Adelanté: An eclectic fusion of improvisational jazz and classical styles.

J. Jody Janetta—drums/percussion

Paul “Woz” Woznewski—synths/flute/harmonica
and Steve Testa—bass

American Vegan Society
56 & 72 Dinshah Lane, Malaga NJ 08328
Phone: 856-694-2887, Fax: 856-694-2288
www.americanvegan.org

Registrations Due

by May 23

Donation:

Supporter \$50, Adult \$25
Student/Low income \$10
Child \$5



"The one I attended was fabulous! The food, the flavors, were so delicious. Impressive!
—Peggy

Invite Your Friends to a Special Afternoon!

GREAT IDEA!

Miss Rachel's PANTRY

when your wish is a vegan dish!



POP-UP CAFE

Select Date • Your House

Arrive between (select times), stay as long as you like, and eat to your heart's (and belly's) content.
It will be a sliding fee between \$15-30 per person—money in the jar honor system on arrival.



**SAMPLE
MENU!**

Moroccan-Themed Buffet Menu

- Coriander-Spiced Seitan Kebobs with Apricot Glaze
- Baked Eggplant Steaks with Kale and Lentil Stuffing*
- Moroccan Carrot Salad with Raisins, Garlic, and Cilantro*
- Chickpea and Potato Tanjine with Pickled Lemon*
- Israeli Couscous with Parsley and Mint
- Jasmine Rice with Saffron*
- Agave and Cinnamon Oranges with Mint*
- Chilled Mint Tea*

*Gluten-Free

Email all your friends and get RSVPs for a wonderful event they won't want to miss.
Yummy food and lots of fun. Hope to see you there!

Miss Rachel's Pantry serves up home-style cuisine from an itty bitty South Philly catering kitchen. What started as a small one-gal personal chef operation in 2007 has grown to include a meal delivery service, vegan catering for weddings and all types of special events, cooking classes, a weekly Lunch Club, and vegan-menu-design consultation.

Their dining room is open for private events and once-weekly fixed-price dinners at a beautiful reclaimed community wooden-farm table. From hearty dishes to locally-roasted, fair-trade coffee, every dinner is a special experience for up to 14 guests at a time.

Rachel Klein
MISS RACHEL'S PANTRY
1732 West Passyunk Avenue
Philadelphia PA 19145
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www.MissRachelsPantry.com
MissRachelsPantry@gmail.com



AHIMSA

THE COMPASSIONATE WAY

AHIMSA is a Sanskrit term meaning non-killing, non-injuring, non-harming.

AVS defines it in daily life as Dynamic Harmlessness, spelled out at right.

THE AMERICAN VEGAN SOCIETY is a nonprofit, non-sectarian, non-political, tax-exempt educational membership organization teaching a compassionate way of living by Ahimsa (see above) and Reverence for Life.

VEGANS—pronounced VEE-guns—live on products of the plant kingdom, so exclude flesh, fish, fowl, dairy products (animal milk, butter, cheese, yogurt, etc.), eggs, honey, animal gelatin and broths, as well as all other items of animal origin.

VEGANISM ALSO EXCLUDES animal products such as leather, wool, fur, and silk, in clothing, upholstery, etc. Vegans usually try to avoid the less-than-obvious animal oils, secretions, etc., in many soaps, cosmetics, toiletries, household goods and other common commodities.

AN EDUCATIONAL CONVENTION is held each year, at Malaga or elsewhere.

INDIVIDUAL MEDICAL ADVICE is not given; AVS educates on ethical, ecological, aesthetic, healthful, and economic aspects of vegan living in general.

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ARTICLES or items may be submitted for possible publication.

AMERICAN VEGAN SOCIETY

Since 1960

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HARMLESSNESS with Reverence for Life

INTEGRITY of Thought, Word, and Deed

MASTERY over Oneself

SERVICE to Humanity, Nature, and Creation

ADVANCEMENT of Understanding and Truth

American Vegan

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is on our website, or you may order it from AVS!

www.americanvegan.org

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Presenting Vegan Options to Professional Chefs Association of South Jersey



Taj executive sous chefs Michael McSweeny and Quinn McCord, Freya Dinshah, and Toni Giacobbe-Reale

When Guy Dunagan, vice president of the Professional Chefs Association of South Jersey, requested a talk, I agreed to attend their March 13 meeting in the Rainforest Lounge at the Taj Mahal, Atlantic City New Jersey, and called Linda Long to join me. Taj catering coordinator Toni Giacobbe made arrangements.

The evening had an air of excitement. We were in the company of creative top chefs. Our book display was attracting attention.

At the reception Chef Michael McSweeney baked mini pizzas: bread topped with hummus and grilled tomatoes, served with cucumber linguini and frisée lettuce. Chef Quinn McCord had prepared a colorful roulade of pureed potato and rice surrounded by vegetables, including roasted red peppers and broccoli rabe, in an eggplant wrap.

With the title *The Rising Popularity of Vegan Cuisine*, I suggested that by putting plant proteins on their menus chefs could assist the public in meeting dietary guidelines as well as provide options for a growing vegan clientele. "It's good for business!" added Linda.

For vegans and others, the dinner menu included a main dish of grilled polenta crescent moons over a bean ragout. Great job!

- Freya Dinshah



Chef Quinn's Vegetable Roulade

On the Way to the Shore....

VEGGIE GRILLE

A Vegan's Best Bet
in Atlantic City

Going to the shore? Let's pick up a burger on the way!

Coming home from the shore? Let's have a nice dinner before the drive.

Either way, we can stop at **Veggie Grille**, an Italian-style pizzeria restaurant, bar, and grille, which serves up fast delicious meals for everyone, seven days a week, year-round.

Featuring many organic items, the extensive menu offers traditional favorites such as pizza, turnovers, quesadillas, wraps, subs, pasta, salads, and burgers in vegan, and the usual meat and cheese versions.

A full half of the menu is vegan which means selection can take longer than the wait! Arriving at dinnertime, the ten Organic Vegan Entree Favorites caught my attention. I decided on option #1, *Tofu Crab Cakes*, and resolved to try option #2 next time. Exquisitely seasoned and served on organic pasta with a light herbed sauce, plus a side salad, the only bad thing is that I have to go back ten more times for dinner before I get to eat option #1 again!

- Anne Dinshah

VEGGIE GRILLE

(Opp. Bader Field, next to Knights Inn)
500 N Albany Ave (US Rt 40)
Atlantic City NJ 08401
609-823-5500 or -5300

Uses vegan *Daiya®* cheese, seitan, and soy faux meats. Wheelchair accessible. Open Mon-Sun 11am-10pm.
www.happycow.net/north_america/usa/new_jersey/atlantic_city/

The Professional Chefs Association of South Jersey website, www.pcasj.com, now lists American Vegan Society as a resource. PCASJ participates in the Chef to Child program; we attended a demo they did for school children—it was mostly plant-based.

Wildflower

earthly vegan fare



Hungry in South Jersey? Check your apps. Your GPS will take you to Millville for the only fully vegan place—**Wildflower: Earthly Vegan Fare**. Found in the Village on High (a collection of eclectic buildings housing mostly artist studios), **Wildflower** has taken root and become the anchor of the neighborhood.

This blossoming business began in January 2011 as the commissary for a lunch truck venture run by Eric Nyman and Melissa Maly. When people got a whiff of Melissa's cooking, the tiny kitchen turned into a takeout café, with a few tables outside. Later, **Wildflower** expanded to the adjacent studio for indoor seating.

Patrons strike up conversations about manager and general facilitator Eric's enticing menu copy, Melissa's new colorful mandala mural, and the artist of the month's work on the opposite wall. Sometimes accompanied by live music, open-mike comedy, or other entertainment, food is the attraction.

Chocolate-Peanut Butter "Cheesecake"

"Basically you can't go wrong with anything on the menu. Just throw a dart and you'll be satisfied," says frequent customer Eric Berti. Wraps pack wholesome goodness with a bountiful rainbow of the freshest organic local (as possible) salad vegetables surrounded by a generous spread of hummus, avocado, or a mock-meat. Salads are menu mainstays, given unique twists such as *All-American Ranch Power*, *Mineola Orange*, or *Mango-Coconut*. There is always a hot soup of the day, and hot specials are offered on Fridays and Saturdays; Fridays feature sushi. Third Fridays ramp up the city's art celebrations with receptions and bands, while **Wildflower** pleases shoppers' tastes with a special dinner theme.

"The food is so good I practically live here," declared Michelle Sergi who ate the *Mexicali Bliss Wrap* three times that week, but says her favorite is the *Terrific Tofu Cutlet Sandwich*. "It's like a grilled chicken sandwich. You wouldn't think it is tofu!"

Wildflower's dessert reputation is so good that some people come just for that (and are usually tempted into a whole meal). From light parfaits to decadent cookies so huge they should be shared, or vegan cheesecake slices so heavenly you'll want to eat one all by yourself, the dessert case is sure to please everyone, even the gluten-free crowd.

Wildflower would be a big undertaking for two people with family obligations. Andrea Coslop,

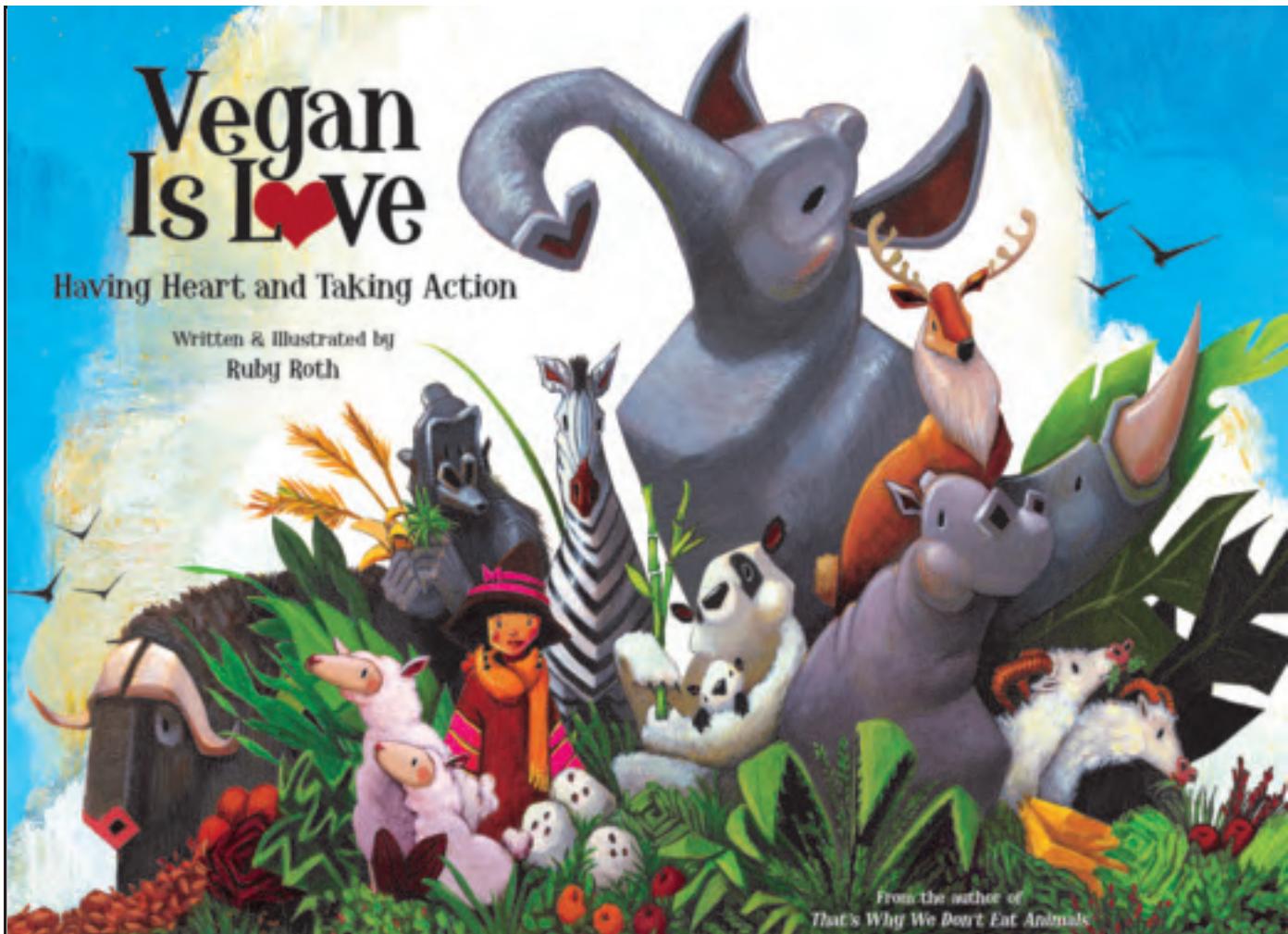
assistant chef, and confectioner, is the key third person who makes it all work.

The press has done numerous in-depth articles in the regional papers. Initially treating the café as a novelty, they shifted to endorsing the food. The local newspapers boast about the draw power of a vegan eatery in its Art District. Online-user review databases are also positive. **Wildflower's** customers are wonderfully diverse, and delighted.

Greater Millville Chamber of Commerce Executive Director Earl Sherrick says, "It's great having such a unique eatery as **Wildflower Café** in Millville; they attract a distinctive group of consumers that may not ordinarily have a reason to visit our downtown."

Open Wednesday thru Sunday
Wildflower: Earthly Vegan Fare
 501 North High St, Village on High
 Millville NJ 08332
 856-265-7955, www.wildflowervegan.com
eatpeace@wildflowervegan.com





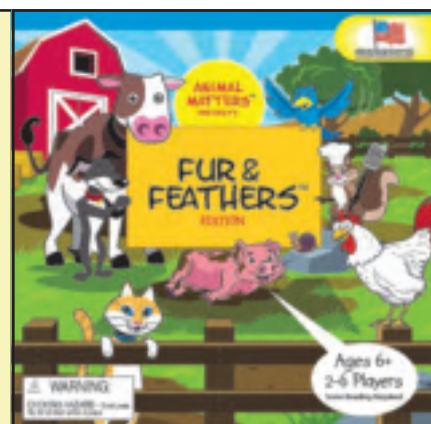
The April 24 release of Ruby Roth's new book, *Vegan Is Love*, caused controversy and concern. The debate aired on NBC's *Today Show*, in the *Huffington Post*, and other media outlets. The book's theme is about choosing to live without using animals for food, clothing, or fun. The mature subject matter and eye-opening images, of hunting, animal testing, and meat dripping blood, were criticized as not suitable for children—who might be frightened, decide not to eat animals, and become malnourished.

"My goal is not to scare any child, and in my experience, I never have," said Roth. "If it's too scary to talk about it—the reality of where those pieces of meat come from, then it's certainly too scary to eat." Childhood might be "the best time to create awareness and change behavior accordingly," says Dr. David Katz, of Yale Prevention Center, in support of Roth. "The torture and maltreatment of animals are real." So, what's worse? "Telling kids about what's going on? Or raising them in a world where it is going on and keeping them in the dark about it so they become complicit to it?"

VEGAN IS LOVE: Having Heart and Taking Action —Ruby Roth author and illustrator. 2012, 40pp 11½x9¼" \$16.95 from AVS.

FUR & FEATHERS —Animal Matters. This board game is a fun, fact-filled game about animals and how our everyday choices can affect their lives. The object of the game is to be the first player to save one of each of the five animals. Players can do so by correctly answering animal fact questions, choosing not to eat animals at the Café, visiting the Animal Shelter and adopting a pet, or by the luck of the spinner at The Farm.

The game is rated for ages 6 and up with some reading required. *Fur & Feathers* teaches counting, reading, comprehension, strategy, compassion, responsibility and sharing. *A portion of the proceeds from this game will go directly to support rescued farm and domestic animals.* Product is printed with soy-based inks. To order the game, please visit www.animalmatters.com. 2011, 10½x10½" \$18.99.





FASHION

with a conscience

My name is Karen and I have been vegan for six years. I am currently working as a fashion model and also as a nanny.

I am writing this section to share all the vegan and cruelty-free fashion finds that I come across in my journeys. I hope to bring you easy-to-find and inexpensive options to help make you feel as fashionable and ethical as possible! What I write here will come from my personal shopping experiences and research, and I hope to include tips from you. Let's have some fun here!

Handbags and Wallets

My focus today is on vegan handbags. First, we will take a look at the brand **Urban Expressions®**. I came across these bags while shopping at **DSW®** (Designer Shoe Warehouse). I picked up a very cute bag that I was positive was made out of leather. I checked out the tag on the bag and saw a **PETA** sticker and a “**Certified Vegan**” stamp right next to it! I almost fell to the floor! The selection was colorful, varied in size, and every one of them looked rich! They also carry wallets that are equally as wonderful too! The fabric was soft to the touch, stylish, and cruelty-free! I instantly purchased a wallet, then proceeded to tell my friends where to easily find a stylish vegan handbag. Their website is www.urbanexpressions.net, or just pop into your local **DSW**.



Big Bag with
Zippered Pockets
—Urban Expressions



Bahia-Natural Strap Bag and
Natural Lifestyle 2 Wallet
—Big Buddha

Not that I am advertising here for **DSW**, but last week when I was back looking for another wallet, I came across my second vegan option! (Two in one store, crazy I know!) This brand is called **Big Buddha®**. I have personally been on the lookout for the brand ever since I saw a stunning bag on a fellow vegan’s shoulder! Luckily

for me, I just found a large selection down the road from my house! The sizes of the bags range from small to large, and they come in a variety of colors.

The nice thing about a company that has a large following is that they do all the trendy research for you. The bags and accessories they put out are what is a hot trend! If you are looking through a fashion magazine and see the latest animal print or hot pink bag, you don't have to look any further than their website or selection in store! They have business-minded bags to funky bags—not to mention a **SALE** section on their website: www.bigbuddha.com.



Blake Vintage Bag—Matt & Nat

Last, but not least, I will cover the brand ***Matt & Nat***. They are a little higher on the price scale, but worth every penny! This company has been around since 1995 and has always been 100% vegan and cruelty-free. The lining on the inside of their bags is made from 100% recycled plastic bottles! You might be thinking, I bet that feels harsh? I can personally say that the lining is super soft and looks like suede. When I got my first ***Matt & Nat*** I ran around to everyone (strangers included) and had them feel the liner. When they read that it was from plastic bottles, they couldn't believe it. The bags range from clutches to briefcases to expandable totes that can hold the kitchen sink! Their website is www.mattandnat.com. They carry bags for men, too!

Non-Leather Boots

Step out in style with these vegan boots by Wanted®—a find at Boscovs.

Women's Forest
Knee-High Boot
—Wanted



I hope you found this info helpful! Please feel free to email me with your great finds. Thanks for stopping by!

Contact Karen at veganfinds@comcast.net.

Healthy & Beauty

Great Morning Green Smoothie

Yield: 2 cups

1 cup pineapple juice, or as needed
 1½ cups—packed greens,
 mostly spinach, some parsley (tender kale also ok)
 8 blanched almonds
 1 banana

Mix in blender at highest speed, until smooth and creamy.

Best results are achieved with a high performance blender such as Vitamix®. If you own one you can double the quantities, and substitute twice as much cucumber and fresh pineapple chunks for the juice.

-FD



Vegan Action (a nonprofit group in Richmond Virginia) administers this “Certified Vegan” logo—an easy-to-recognize trademarked symbol.



The logo is easily visible to consumers interested in vegan products and helps vegans to shop without constantly consulting ingredient lists; it helps companies recognize a growing vegan market; and it helps bring the word “vegan”—and the lifestyle it represents—into the mainstream. (Please keep in mind, however, that the logo is not yet on every vegan product.) www.vegan.org

PETA Business Friends: companies that support the nonprofit People for the Ethical Treatment of Animals’ activities. It does not in itself denote PETA’s endorsement of a product, but the companies and product information are linked by PETA.

Urban Expressions all-vegan products are sold in stores throughout the United States, Europe, Canada, Japan, Korea, and China, and online.

Big Buddha all-vegan products are sold in stores throughout the U.S., and online.

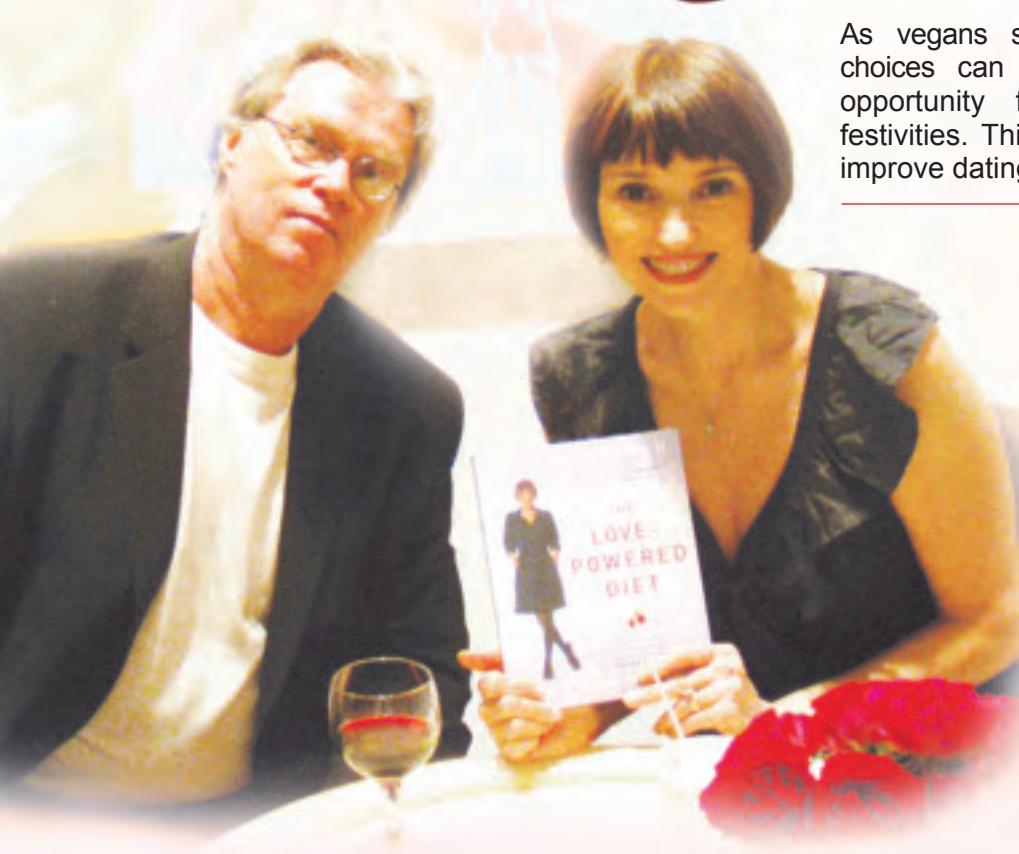
Matt & Nat all-vegan products from Canada. Also sold in stores throughout the U.S., and online.

Photo of Karen by Rita Zimmerman

Recipes for Relationships

Dating Vegans

A Series by Anne Dinshah



Victoria Moran & William Melton

William Melton ran a singles ad in the newspaper, just before the advent of Internet dating. Victoria Moran, reading the personals for amusement, was surprised to find herself drawn to one of them. It came from an attorney/musician who had lived all over the world. She called the blind box number and indicated that he could respond by fax — “That felt safer than a phone number, just in case he was an axe murderer,” she said. They were married fourteen months later.

In responding to the ad, Victoria was upfront that she had a daughter, four cats and a dog, and that she was a vegan. She wanted to get the hard stuff out of the way first so if anything seemed problematic, it would all be out in the open. William had never met a vegan but he accepted her way of eating without much thought. In those early days, it only seemed like a diet, not the philosophical underpinnings of a whole way of life.

Victoria and William met for the first time in a bagel shop

As vegans socialize with non-vegans, our food choices can be a source of frustration or an opportunity for positive interactions and fun festivities. This series of articles provides ideas to improve dating experiences.

close to her daughter Adair’s ballet class. He was absolutely her type—Kris Kristofferson meets Eric Clapton. She had never dated a non-vegetarian before, but this seemed worth pursuing. In the first two weeks of dating, William ate vegetarian whenever they went out—usually for Italian food, his favorite, and vegan-friendly for her.

When it was starting to get more serious, he took her to a sports bar for what she found out was a kind of test. When they arrived, a Kansas City Chiefs game was on TV and William had brought her a bright red Chiefs sweatshirt to wear. “I felt awkward and embarrassed,” she recalls. “I’m just not a team-sweatshirt type. It was as if I were wearing a Halloween costume but it wasn’t Halloween.”

She ordered a salad and baked potato. William asked for a Kansas City steak. Victoria detached herself thinking, “What the heck, it’s not like we’re getting married or anything.” She survived the evening (with more anxiety about the sweatshirt than the steak). The next morning William called to say that he was done with meat.

“I’d never thought about what

meat-eating really means until I met Victoria," he says. "All of a sudden it was clear to me that we shouldn't kill innocent animals for food we don't need. That sports bar date was just to be sure that I hadn't started falling in love with an extremist. Even though I was ready to be a vegetarian, my mother wasn't, and my children weren't. I didn't want to be with someone who couldn't give other people the freedom to make their own choices."

After their marriage, they moved into a big house in Kansas City. Victoria cooked a lot and they entertained often. Now they live in New York City, and the combination of a small kitchen, a busy life, and great ethnic delivery only a phone call away means that she cooks less. William loves her *Famous Vegan Chili*, and in the warm months she makes a lot of creative raw food dishes which William likes more than the heavier "whole grains and tofu" kind of vegan cuisine.

"William is not a foodie," Victoria explains. "That's good because a foodie would have had a hard time going vegetarian overnight, but the downside is that he's not very adventurous around eating. We have to compromise there. I get to be adventurous when I go out or when I'm cooking for company. When it's just us, I keep it pretty basic. It's worth it to have dinner together and a time to connect. He's always sweet and says, 'This is the best dinner I've ever had'."

For years, William drank a quart of skim milk before going to bed each night. In 2004, at a Farm Sanctuary gala, they watched a film that included footage on the dairy industry. He

immediately switched to soymilk, although he still sometimes eats cheese pizza and has mozzarella-tomato salad at Italian restaurants. "I understand about not eating meat and fish, I've cut way back on dairy, and almost never eat an egg, but to commit to veganism is still a stretch for me," he says. "You've got to understand that I'm the kind of guy who, if I hadn't met Victoria, would be eating Big Macs. I've come a long way."

Although William's children, now young adults, eat conventionally, they were accepting of Victoria and her values from the outset. Once when they were driving together, Erik, then eleven, alerted everyone that a song by Moby had come on the radio. "He's a vegan like you," he told Victoria. That warmed her heart.

Victoria does believe, however, that being vegan made the "blended family" ideal much harder to achieve. Adair, vegan from birth, was fourteen when she and William married. "I didn't realize at the time how extreme it is to be vegan in this culture," Victoria says. "Once these other children were in our lives, even part of the time (they spent most of the week with their mother), it was obvious how 'alternative' our lifestyle was. Things that other families would have done together—go out for ice cream, get a birthday cake from the regular bakery, color eggs at Easter, go to the zoo or the circus—my daughter and I simply did not participate in. In so many ways, we were two families in one house."

It was a difficult transition and Victoria still wrestles with ways she might have done it

better. "I became a vegan to live a more compassionate life, but I wondered so often when William's kids were young if maybe I wouldn't have shown more compassion by sitting down with them and eating a slice of pizza. In fact, I probably would have done that but I had my own vegan daughter to think about and the almost religious emphasis on reverence for life that I'd raised her with. The way I see it today is: If you're going to be a vegan, have a very stable life. The blended-family thing is tough for anybody, and throwing in something as unusual as veganism can make it a whole lot harder."

They've made it through. William has been vegetarian for thirteen years now. Victoria took that plunge when she was living in London at age eighteen. Veganism was hard for her then because she was prone to bouts of binge-eating. Once she made peace with that difficulty through a spiritual program of recovery, letting go of eggs, dairy, and the prepared foods made with them was relatively easy.

Now Victoria is a vibrant, healthy, fit, inspiring vegan who has authored 11 books on wellness and personal growth including *The Love-Powered Diet*, *Living a Charmed Life*, and the newly released *Main Street Vegan* (see next page). She is an international speaker and a certified life coach. William has added screenwriting to his resume, and one of his scripts, *Miss Liberty*, is about a cow that escapes from a slaughterhouse. Adair is an actress in New York City, vegan married to a vegetarian actor, and devoted to their two vegetarian dogs.

Victoria's Famous Vegan Chili

Yield: 8 servings

If you like this chili as much as Victoria and William do, it is a meal in itself for four people. If you serve it with salad, chips and guacamole, and dessert, it can stretch to feed eight.

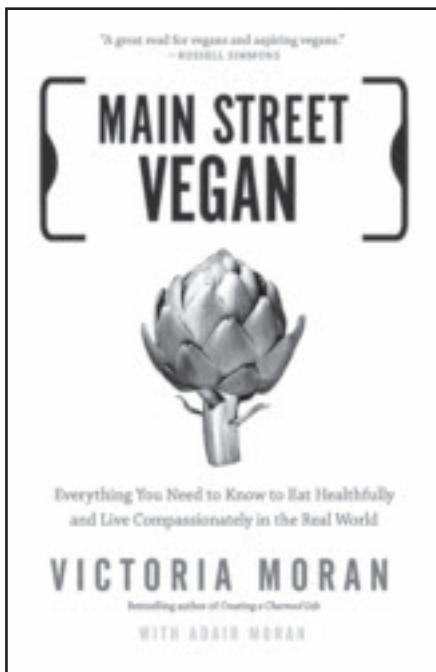
1 onion, chopped
 4 Tbsp. olive oil
 2 tsp. minced garlic (optional)
 1 red or yellow bell pepper, chopped
 1 lb. extra firm tofu, drained, blotted dry, and chopped into $\frac{1}{4}$ " cubes
 1 large (32 oz.) or 2 small (16 oz.) cans kidney beans
 1 large (32 oz.) or 2 small (16 oz.) cans chopped or stewed tomatoes
 1 lb. frozen organic corn kernels
 Spices to taste: cumin, chili powder, cayenne, seasoned salt or salt-free seasoning

Place onion and 2 Tbsp. of the olive oil in large skillet over medium-high heat. Stir and fry about 5 to 7 minutes until onion becomes translucent. Reduce the heat to medium-low and add minced garlic. Cook one minute, stirring constantly. Add bell pepper and continue cooking another 2 minutes, lowering heat if necessary to keep garlic from burning. Remove veggies with slotted spoon and set aside.

Place the additional 2 Tbsp. of oil and tofu into the skillet. Stir and fry tofu about 5-7 minutes or until some sides are crisp. Add beans, tomatoes, and seasonings to tofu, and stir. Add veggies and frozen corn. Adjust seasonings to taste. Reduce heat to simmer at least until warm throughout. The longer it cooks, the more the flavors meld together. An hour is fine as long as there is plenty of liquid (check occasionally).

Serve warm with cornbread or crackers. Also makes divine leftovers.

Review of Victoria's New Book:



MAIN STREET VEGAN: Everything You Need to Know to Eat Healthfully and Live Compassionately in the Real World

—Victoria Moran with Adair Moran.
 2012, 400 pp $5\frac{1}{4} \times 8\frac{1}{4}$ " \$16.95.

Everyday people will find adopting a vegan lifestyle an accessible goal with this handbook. It is inviting and comprehensive. Readers are encouraged to go at their own pace, and shown how to retain familiar traditions but in a vegan way.

As a vegan parent I know how important it is to act "normal" and not do things my children categorize as "weird". Many people feel that it is more important to fit in socially than adopt an alternative (though gentler and healthier) lifestyle—easier for them and thoughtful for their children's peer approval. Understanding how important it is to blend in, Victoria and daughter Adair combine their accumulated life experiences to help people have the best of both the vegan and real worlds. For Victoria, that's over thirty years as a committed vegan (and prior years intermittently),

and for Adair, a lifetime. This well-referenced work also draws on recipes and advice from many, mostly contemporary, vegans and resources.

Main Street Vegan starts from a weight-loss and health perspective and goes on to talk about the plight of food animals, and animals used in the production of clothing, toiletries and cosmetics. With the discussion of environmental destruction, and hunger issues, the vegan approach is shown to offer a panacea to a troubled world!

The concurrent "how to" guide recommends a primarily whole-foods approach yet allows for use of refined flour, sugar, and oil so you can make cookies suitable to share at the office, birthday cake for a grandparent, and sauté onions or burgers in the traditional manner. There are super-healthful salads, plus fruit-and-greens smoothies. Whole-grains and vegetables are the rule in recipes for everyday. The book acquaints the reader with vegan convenience foods that make busy lives easier.

Other topics include how to: dress compassionately and find cruelty-free make-up; order food at a restaurant, and get fast-food options; mix or order drinks; and barbecue when it's time to cook outdoors. Some subjects are covered more deeply than others, reflecting the authors' own proclivities.

When it comes to life's challenging situations, Victoria shares personal predicaments so you know she knows how tricky life can be. She imparts her practical wisdom. Although it is much easier today than 30 years ago, being vegan still requires extra diligence; it strengthens character!

Main Street Vegan is well-designed to achieve its goal of engaging public interest and fostering committed vegans whom others will want to emulate. Those who are already vegan will improve their knowledge-base, practice, and social skills.

—FD

Dating Vegans

Recipes for Relationships

If you like Anne Dinshah's *Dating Vegans* series in this magazine, you will love the new book that pulls it all together, with sections on philosophy, and "how to get from the first date to forever" giving added value. It is perfect for your summer reading. From its captivating cover, to the bounty of advice found in real people's stories, the pages are packed with useful insights and suggestive recipes. This is a must-read for everyone in a relationship vegan-with-a-non-vegan, or anyone who has a vegan friend.

Better than a romance novel that whisks you away to fantasy, *Dating Vegans* is genuine. It is a catalyst for reevaluating your own interactions with other people whether you are the vegan or the other person. Where am I now? What is certain? What might I compromise? What would I do if I met a person like that? Will I make a recipe? This powerful function of the book can appeal to anyone, regardless of relationship situation. The author has applicable tips for getting a date or keeping together long-term. Learn how to share information, so that vegan values get just consideration, without being socially abrasive to those not yet holding these ideals.

This book will not sit on your shelf for long—you might read the dating portion once or twice, but you or your date can cook the recipes over and over for each other. Or take the book out in public—you might pick up a date if seen reading it!

The first book of its kind to boldly explore this aspect of vegan living is receiving strong acclaim from vegan cognoscenti:

*"Let me get this straight: Anne Dinshah goes on dates for a full year as research? Why didn't I think of that? *Dating Vegans* is a must-have manual for any vegan willing to give a chance to someone from the other side of the plate. Overflowing with stories, anecdotes, humor, advice and recipes, here is your guidebook to finding friends, lovers, and hopefully, that one person who is both."* —**Joseph Connolly**, founder of VegNews magazine

*"You owe it to yourself to get this book. And you owe it to Anne, who tirelessly dated countless non-vegan men and interrogated them to bring you this comprehensive report on the intersection of love, ethics, and food. *Dating Vegans* is for everyone who has dated a vegan or a non-vegan, or who might someday consider dating another human being of any kind."* —**Vance Lehmkuhl**, Philadelphia Daily News "V for Veg" columnist

"Who does not know relationships can be challenging? Add a difference in eating habits and, Oh my! Anne Dinshah has pinpointed many dating scenarios and, better yet, includes helpful answers for those delicate differences over food. If this is not enough, she includes the basic facts about how to become an exciting plant-based eater, along with some rather conversational



Photo: Jayteck

and enticing recipes like *Takedown Chocolate Brownies* to help along your own scenarios!" —**Linda Long**, author and photographer of *Great Chefs Cook Vegan*

Anne Dinshah is a lifetime vegan and author of *Healthy Hearty Helpings*, a vegan cookbook for busy people who wish to eat well. She coauthored Maribeth Abrams' cookbook *The 4-Ingredient Vegan*. Her career as a rowing coach takes her to a variety of locations throughout the United States where she embraces the challenges of everyday life with focus, persistence, and grace. Anne enjoys many forms of athletics from swimming to wrestling. She has been fortunate to become friends with many men and experience romantic dating adventures. With the help of non-vegan friends who appreciate her vegan cuisine, Anne is building her stone and timber-frame writer's cabin in western New York state. She is committed to building bridges as a vegan in a culture that depends heavily on animal products.

**DATING VEGANS:
Recipes for Relationships**
2012, 178pp 6x9" \$12.95.
Order from AVS.
E-book coming soon, \$5.95.

NUTRITION & ALZHEIMER'S DISEASE

Steve Blake, ScD

We all know that our diet can affect our chances of getting diabetes and heart disease. What about Alzheimer's disease? Evidence from medical journals indicates that we may be able to dramatically cut our risk of Alzheimer's disease—simply by getting enough of four vitamins. Further reduction of risk may be possible with a diet high in antioxidant fruits and vegetables. Are there dietary factors that increase our risk? Yes, the saturated fats in meat and dairy products can double our risk of developing Alzheimer's disease. In fact, high blood cholesterol levels can triple the risk. Let's take a look at how this dreaded disease develops.

How Amyloid Plaques Develop

Brain cells have certain long proteins embedded in their surrounding membranes. These long proteins are called "amyloid precursor proteins." They cause no trouble while in the membranes. The trouble begins when enzymes inside brain cells begin snipping off protein chains. These snipped-off proteins are called amyloid-beta. The snipped-off amyloid-beta proteins form clumps between the brain cells. These clumps are called amyloid-beta plaques and they are one signature feature of Alzheimer's disease.

The amount of amyloid-beta formed is controlled by secretase enzymes inside brain cells. If there is more secretase, then we produce more amyloid-beta. If these secretase enzymes are quenched, then the risk of forming amyloid-beta plaques is greatly reduced. The interesting

part is that we can control these enzymes and thus the build-up of amyloid plaque.

We need two B-vitamins to quench the secretase enzymes, and thus the formation of amyloid plaque. Vitamin B12 and folate work together to create SAMe (s-adenosylmethionine). SAMe quenches the genes that produce secretase enzymes inside our brain cells.

Many diets do not supply enough folate. However, it is simple and easy to get enough folate from green leafy vegetables and beans. It is not so easy to get enough vitamin B12 and to absorb it properly. A cheap and safe sublingual vitamin B12 supplement is good insurance against Alzheimer's disease. People with dementia might consider taking SAMe supplements. SAMe needs to be taken in the morning and can react with certain drugs.

Just getting enough folate and vitamin B12 can cut the risk of Alzheimer's disease by one quarter.

Advanced Glycation Endproducts

When sugars react with proteins or fats, they can cause advanced glycation endproducts. The acronym AGE is appropriate as these malformed proteins are a major cause of aging. These AGEs can lodge in the amyloid plaques in the brain. The AGEs then create massive amounts of free radicals that cause the cooking and shrinking of an Alzheimer's brain. First, it is a good idea to get enough folate and vitamin B12 to lower the production of amyloid plaques. Second, it is important to reduce our internal production and intake of AGEs.

AGEs are made inside our bodies when blood sugar is high. After drinking a big, sugary drink, AGE formation will be higher than normal. These AGEs can circulate to the brain and build up in amyloid plaques. Happily, when we eat slow-releasing carbohydrates, we do not tend to create AGEs inside our bodies. Beans, vegetables, and yams are examples of slow-releasing carbohydrate sources that are safe to consume. White bread, white rice, and sugary desserts are examples of foods that boost blood sugar and AGE formation.

AGEs can also be taken in from certain foods. The presence of water or steam prevents AGEs from forming during cooking. Plant foods are generally safe from high amounts of AGEs because of their water content. When meat, chicken, or fish are fried, broiled, or barbequed, AGEs are produced in large quantities. High amounts of AGEs are also found in cheese. This is because milk sugar reacts with milk protein to produce AGEs during the aging process. This is another good reason to avoid these animal products.

Avoiding fried meat and sugary drinks can reduce your risk of Alzheimer's disease by half or more.

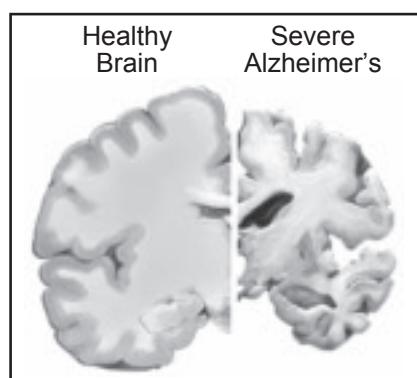


Photo: Courtesy of the National Institute on Aging/National Institutes of Health

Antioxidants

We have learned that free radicals are produced in amyloid plaques studded with advanced glycation endproducts. These free radicals cause the oxidation and inflammation in Alzheimer's dementia. Antioxidants are helpful to lower the risk of Alzheimer's disease as well as other chronic diseases such as cancer and arterial disease. There are two types of antioxidants. Some come to us in plant foods. Other antioxidants are created inside our bodies. The antioxidants created inside our bodies need certain minerals to function.

Antioxidants are abundant in fruits and vegetables. Vitamin C and carotenes are examples of antioxidants found in plant foods, but they are not found in animal foods. Polyphenols are found in berries and grapes. Not coincidentally, consumption of berries and grapes has been found to lower the risk of Alzheimer's disease.

The most important antioxidant for cell membranes is vitamin E. Vitamin E protects the cell membranes in the brain from attack by free radicals. This is especially important because the cell membranes in the brain are particularly vulnerable to free radicals. The best sources of vitamin E are walnuts, almonds, sunflower seeds, and hazelnuts. Certain cold-pressed oils are the only other dietary source. Most vitamin E supplements are not helpful because they contain only the synthetic form of alpha-tocopherol and little or none of

the other tocopherols that make up vitamin E.

Getting enough antioxidant vitamins can reduce the risk of Alzheimer's disease by four to eight times.

One of the main antioxidants inside our bodies is called glutathione peroxidase. Glutathione peroxidase needs the mineral selenium to function. The high amount of free radicals generated in Alzheimer brains depletes glutathione peroxidase and selenium. Many nuts and seeds are high in selenium, especially Brazil nuts and brown sesame seeds.

The other important antioxidant enzyme formed within our bodies is called SOD (Super Oxide Dismutase). SOD needs three minerals to function. Copper, zinc, and especially manganese are needed to quench free radicals with this enzyme. Manganese has been found to be lacking in some diets, particularly high-meat diets. Whole grains, spinach, peanut butter, and sunflower seeds are good sources of these three minerals.

Other Dietary Influences

It is interesting that DHA from fish or fish oil has been found to be unhelpful in preventing or treating Alzheimer's disease. A recent, pivotal study showed that DHA is useless in treating Alzheimer's disease.

Medical plants are vegetables with concentrated nutrients. There are two medical plants that have been shown in several double-blind studies to be quite helpful for Alzheimer's patients. One of these plants is the most-

purchased medical plant in Europe. Gingko biloba increases circulation in the brain. Nine double-blind, randomized, placebo-controlled trials showed that ginko biloba helped both in delaying the onset of Alzheimer's disease and in treating it. Ginkgo biloba is contraindicated if there are bleeding tendencies or with blood-thinning medication.

Another medical plant used for Alzheimer's disease is gotu kola (*centella asiatica*). One study found that gotu kola lowered amyloid-beta in the hippocampus of the brain. The hippocampus is a memory area of the brain. Another study using gotu kola showed an improvement over six months in moderate Alzheimer's disease, rather than the all-too-common degeneration.

Diet can also influence our intake of pollutants. Certain pollutants have been found to double the risk of Alzheimer's disease. Solvents and pesticides were found to double the risk. Pesticide exposure is vastly lower in plant foods than in animal products.

As we have seen, it is possible to greatly reduce the risk of this dreaded dementia.

Please contact the author at mail@naturalhealthwizards.com and visit his website www.naturalhealthwizards.com.

Dr. Steve Blake is the author of the college textbook *Vitamins and Minerals Demystified* (McGraw-Hill, 2008). As a registered, professional herbalist, he has authored one of the largest databases of worldwide plant medicine called the *Herb Doctors*. His dietary analysis software allows the evaluation of nutrients including antioxidant vitamins. Steve Blake has doctorates in holistic health and naturopathic medicine. He lives on an organic farm on Maui.

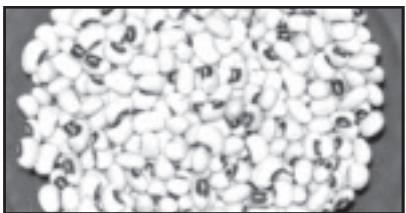
Avoiding Fried Meat And Sugary Drinks Can Reduce Your Risk Of Alzheimer's Disease By Half Or More.



Recipes for Mental Stamina

Natural Chef Catherine Blake

Eating whole plant foods will always provide you with needed nutrients. Like sincere friends, the nourishment is real, true and lasting. When we eat refined foods we have a good time for a short while as we enjoy the tasty treats, but the energy wears off, leaving us feeling depleted and undernourished. Processed, refined, and artificial foods are the false friends of the food kingdom, robbing us of our strength. Let us choose whole plant foods for our ultimate well-being.



BLACK-EYED PEAS

Black-eyed peas are a new favorite of mine because they don't need pre-soaking. When the beans are fresh, they pressure cook in 20 minutes and have a lovely, almost peanutty flavor. I often prepare these when I hunger for a deeper nutrition.

1 cup black eyed peas
3 cups water (if pressure cooking)
or 6 cups of water (stovetop)

Add after cooking:

2 Tbsp. nutritional yeast flakes
2 Tbsp. *Eden® Umeboshi Plum vinegar*

Pressure cook for 20 minutes, or simmer stovetop, covered, for one or 1½ hours, or until soft. You can also add tamari or hot sauce to taste.

Nutritional Highlights in 4 oz.:

Calcium: 114 mg.—Daily need (DN) 1,000 mg.; Folic Acid: 110 mcg. (DN 400 mcg.)

YOUR FAVORITE SOUP

We grow collards in our garden and they are wonderful. Sturdy plants, strong food. I always feel healthy and happy when I eat this meal.

1 pound collards (or kale, spinach or chard)
1 small onion, diced
1 green bell pepper, chopped medium
1½" of fresh ginger, grated
4 cloves of garlic, crushed
1/8 tsp. black pepper
1 can coconut milk, unsweetened
4 cups water
½ lemon, juice of

Clean collards and chop into large pieces. Remove the toughest stalks. Simmer for 15 minutes, then add the other ingredients (except for the lemon juice) and simmer for 20 more minutes. If you are using a more tender green, then all can cook simultaneously. Add the lemon juice just before serving. Serve with black sesame crackers and avocados. Yum!

Nutritional Highlights provided in 1½ cups of this soup:

Folic Acid: 260 mcg. (DN 400 mcg.); Beta Carotene: 17,764 IUs. (DN 2,333 IUs. Plenty for days!); Vitamin C: 144 mg. (DN 75 mg. Enough!); Calcium: 343 mg. (DN 1,000 mg); Magnesium: 163 mg. (DN 300 mg.)

Televised chef Catherine Blake, BA, BD, has been preparing whole food, plant-based meals daily for over 20 years. She has been a Kitchen Health consultant since 1990. In 2007, she earned a certificate in nutritional biochemistry. Catherine has been teaching at the University of Hawaii on Maui since 2008. She is author of *Healthy Recipes for Friends: Soothing, Simple, and Pure*. She lives on Maui with her husband Steve, 4 cats, 20 hens, 15 roosters, and visiting feral pigs.

www.naturalhealthwizards.com
revcatblake@gmail.com

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Cooking tips: Most people undercook beans. Maybe they'll mix them with rice, and when the rice is done, they turn off the heat. Or they'll cook 3 kinds of beans together, but all need different cooking times. The result is a crunchy bean and indigestion. To thrive on a vegan diet, beans are essential. Cook just one kind of bean at a time. When you think they are done, cut one in half and if there is still a light color in the middle, or if it is at all crunchy, it's not fully cooked. Get to know the different beans one at a time, but by all means, cook them enough!

VEGAN DEMONS: ROVING RESTAURANT REVIEW



Restaurant: Veggie Lovers (in operation since October 2010)

Phone: 215-226-6688 • **Fax:** 215-238-0607 • **Web:** www.veggielovers.net

Location: 225 North 11th Street, Philadelphia, PA 19107 (Chinatown)

Hours: Open 7 Days. Monday-Thursday: 11am-10pm;

Friday & Saturday: 11am-11pm; Sunday Noon-10pm.

Selection: 100% Vegan • **Service:** Friendly & Fast

Atmosphere: Pleasant, Relaxing and Very Clean (notably the restrooms)

Value/Price: Very Reasonable • **Rating:** VVVV (out of 5)

Isn't it great to not have to worry when ordering food? Of course it is! And that is one awesome aspect of **Veggie Lovers** restaurant. We Vegan Demons appreciate the concept and the vibe it creates.

Two people who love we curious Vegan Demons hopped us to a menu after a Philly First Friday. We had to check it out as soon as possible.

During a time-constrained first visit we had *Wonton Soup*, *Sauté' o' Kale* and *General Tsao's Chicken*—no quote marks—it's all vegan. The food was outstanding; we knew we had to return to find out more.

On our second visit to VL, we decided to only order food whose titles gave no clue as to the contents of the dish. After we started

with a tasty *Coconut Tapioca Shake*, we ordered the large *Toon Pancake* (served with a savory soy dipping sauce), with thoughts of Roger Rabbit. We had to stop ourselves from eating the entire pancake so we'd have room for the other items. The *Veg Duck Soup* had an earthy flavor that tasted healthy, although we liked the wonton soup better. We ordered the *As-You-Wish Roll*, which was shredded mushrooms rolled in a bean-curd skin. We will definitely order this again. *Triple Three Treasure* was similar to waffle fries, but consisted of taro, white potato, and sweet potato in corn flour. Though enjoyable, it was a little starchy for one Demon's taste.

Fennie Gao, our waitress and the co-owner of **Veggie Lovers**,

told us that all produce is purchased fresh daily and prepared to order. The owners and all the employees at **Veggie Lovers** are vegetarian—most are vegan. They work to obtain ingredients that are pure and organic (mostly from private farms).

Fennie and Mr. Huang (her husband, and co-owner), feel their restaurant is not just a business, but also a way of life and an expression of their desire to foster a healthier world. They obviously take pride in their endeavor and it shows. Both of us Vegan Demons felt at home and have enjoyed our dining experiences there very much.



UPCOMING EVENTS (More events are listed at www.americanvegan.org.)

RETREAT: Exploring Veganism as a Spiritual Practice, Saturday, August 11 2012, 10:00am to 4:00pm in Saunders Woods, 1020 Waverly Road, Gladwyne, PA 19035. Speakers: Rae Sikora (Plant Peace Daily). Neal Seghal (Evolve For Animals). Group discussions, guided meditations, yoga classes led by John Calabria and Derek Goodwin. Vegan lunch by chef Christina Martin, nature walk, Animal Blessing (3pm). Cost (includes lunch): \$40 adults (scholarships available), \$30 adult students/seniors, \$20 youth (12-17), \$10 children (6-11), free for children under 6. Free child care. To Register: contact Lisa Levinson, publiceyephilly@gmail.com, 215-620-2130. See www.publiceyephilly.org, www.veganspirituality.com.

Carême s

Gourmet Dinners
Academy of Culinary Arts
Atlantic Cape Community College
Mays Landing NJ

Hosted by American Vegan Society
Tuesday, September 25 2012—Served
Monday, December 17 2012—Buffet
Details: www.americanvegan.org
856-694-2887

Vegan Eating for ATHLETES

Cila Warncke

When I was training for my first marathon my family was concerned. Not because of the potential for blisters, black toenails, and dehydration. They were worried because I don't eat meat. "How will you get enough protein?" they wanted to know. It is a question every vegan athlete is bound to be asked and it can be downright distracting. When intelligent people insist you are shortchanging your body by not eating meat, it can make you wonder: is veganism holding me back?

My personal experience is that eating a plant diet has improved my running and overall health. I feel lighter, stronger, and more energetic. I don't get colds, even in freezing rain or at high altitudes. My asthma has vanished. But one amateur marathon runner does not a scientific case make. There is strong anecdotal evidence for the benefits of a plant-based diet but let's look further. Individual diets vary but all athletes have the same basic needs: protein for muscle repair and growth; fuel, that is calories, for energy; and other nutrients including vitamins and minerals. Studying these components demonstrates that vegan eating is not only acceptable for athletes; it is actually beneficial compared to the Standard American Diet.

PROTEIN

Conventional wisdom says that "high quality" animal protein is essential to optimum performance. Running for miles, or

spending hours in the gym, breaks down muscle and the only way to rebuild it is with lots of eggs, meat and milk—or so the argument goes. This is a convenient sales pitch for the meat and dairy industry, and helps shift a lot of whey powder, but the facts paint a different picture. Animal protein is considered "high quality" because it contains all of the amino acids our bodies need to build new tissue. However, it's not simply "steak = muscle."

In *The China Study*, Dr T. Colin Campbell uses the analogy of beads on a string. If you have a string of beads that breaks and you want to recreate it, you can't just take a string from someone else and tie them together; you separate the replacement beads and then restring them to replicate your broken strand. This is how protein synthesis works. Our bodies don't just absorb protein; they *create* it from the constituent amino acids. The molecular structure of individual amino acids (e.g. lysine, methionine) is identical regardless of whether they occur in plant or animal protein. The designation "high-quality" for animal proteins is outmoded. Plant proteins are growing in favor. They are increasingly recognized as being accompanied by several advantages.



Matt Frazier running in the Boston Marathon.
Photo: Erin Frazier

The big question is: can you get enough protein from plants? The answer is a resounding "Yes!" All plants contain some protein and whole grains, nuts, and legumes are particularly abundant sources. A varied selection supplies all essential amino acids. Soybeans have 29 grams of protein per cup; lentils 18; black beans 15. Spinach has five grams per cup—as much as brown rice. Peas have nine grams per cup. Tofu offers 11 grams of protein per cup while tempeh has a staggering 41 grams. As registered dietician Reed Mangels notes in her article "Protein in the Vegan Diet": "It is very easy for a vegan diet to meet the recommendations for protein, as long as calorie intake is adequate."

FUEL

Eating enough to fuel hard training can sometimes be a challenge, according to vegan marathoner and ultrarunner Matt Frazier, who writes the terrific *No Meat Athlete* blog. Most plant foods are naturally lower in fat and calories, he says, but you can easily compensate by eating healthy fats to replenish the calories burned in exercise. One of Frazier's inspirations is record-breaking ultrarunner and strict vegan Scott Jurek, who eats up to 8,000 calories per day. Jurek relies on hearty meals for fuel, starting with a 1,000-calorie breakfast smoothie made from oil, almonds, bananas, blueberries, dried coconut, dates, and brown-rice-protein powder. Lunch and dinner include salads, whole grains, potatoes and sweet potatoes, beans, tempeh, or tofu.

MICRONUTRIENTS

The dairy industry's *Got Milk?* ad campaign broadly hints that the only way to get the calcium you need for strong bones is from dairy. And a lot of people think regular helpings of red meat are the best way to get iron in your diet. Nutritionist, marathoner and Ironman triathlete Dr. Ruth Heidrich argues otherwise. She has been a vegan for almost 30 years and eats mostly raw fruit and vegetables because she'd rather be out running than in the kitchen. It sounds like a strict diet, even by vegan standards, but Dr. Heidrich is confident it supplies perfect nutrition: "Eating like I do provides about five percent protein, which is the ideal amount," she says. "I don't do anything special for iron or calcium. My two meals are based on organic leafy greens which

provide iron, calcium and all sorts of minerals that are good for the blood, the bones, the brain." The proof of the diet is in the results: Dr. Heidrich trains for three hours a day, has a BMI of 18.5 percent, excellent blood pressure and cholesterol, and a resting heart rate of 46 beats per minute. Most compellingly, she doesn't sound half as old as her seventy-odd years. The sheer zest for life she conveys, even over the phone, is a compelling argument for going vegan.

MIND-BODY FITNESS

Clearly a vegan diet can meet our physical needs but, as any athlete will tell you, mental strength is just as important as muscle. Part of the challenge of athletic performance is maintaining energy and focus. Eating a clean, lean plant diet means you avoid toxins such as antibiotics, growth hormones, and diseases like salmonella and E. coli. From an ethical standpoint, eating a meat-free diet means your pursuit of fitness isn't harming animals, or contributing to the environmental degradation caused by industrial farming. There is also an unquantifiable but very real sense of well-being that comes from eating vegan. Matt Frazier noticed that his outlook changed when he switched to a plant-based diet: "It seemed to level out my mood, not just during sport but all through the day. I developed a calmer, more Zen attitude."

o

MATT FRAZIER'S 5 FAVORITE VEGAN ATHLETE FOODS

Hemp: Rich in fat, protein and omega-3 fatty acids. Eat hemp seeds raw, or use hemp oil or protein powder in shakes or salad dressings.

Coconut Oil: A good source of medium-chain triglycerides. This type of fat is structurally similar to carbohydrates so it provides immediate fuel for exercise, and coconut oil is good for high-temperature cooking.

Blueberries: Chock full of fiber, vitamin C, and phytochemicals, they are great in smoothies.

Arugula: Leafy greens are packed with vitamins and minerals. Arugula, aka rocket, adds a peppery kick to salads and sandwiches.

Hummus: Made from garbanzo beans, tahini, garlic, lemon and oil, hummus provides protein, fiber, calcium, and essential fats. Slather it on bagels or pita bread for a sustaining post-workout snack.

RECOMMENDED READING:

THRIVE: The Vegan Nutrition Guide to Optimal Performance in Sports and Life –Brendan Brazier, www.brendanbrazier.com/book/thrivehome.html

SENIOR FITNESS: The Diet & Exercise Program for Maximum Health & Longevity –Ruth Heidrich, PhD.

THE CHINA STUDY –T. Colin Campbell PhD, www.thechinastudy.com

LINKS:

Ruth Heidrich, www.ruthheidrich.com

Matt Frazier, www.nomeatathlete.com

Reed Mangels, PhD, RD

"Protein in the Vegan Diet"

www.vrg.org/nutrition/protein.htm

AVS received this letter earlier in the year:

I am enclosing the letter I just wrote to First Five California about their anachronistic and inappropriate "Milk is the Way to Go" campaign aimed to young children.



Offending Ad

Tacos Tonight!

It was Kiara's idea to make tacos. The eleven-year-old, and ten-year-old Hakim, prepared the snack for 20 children in the After School Program on a Tuesday evening. Freya Dinshah, adult volunteer, supervised.

Snacks now focus on foods kids should be eating more of: fresh fruits and vegetables, plant proteins and oils (legumes, nuts and seeds), and whole grains.

Raw Veggies:

4 tomatoes, chopped
4 carrots, peeled and grated
 $\frac{1}{2}$ head romaine lettuce, chopped
 $\frac{1}{2}$ head iceberg lettuce, chopped
 $\frac{1}{2}$ head bok choy, chopped

Toss the greens with dressing. Arrange vegetables in rows on a serving tray. Use tongs for serving.

Dressing:

1 Tbsp. lime juice, 2 Tbsp. oil
Shake in jar with lid.

Onions & Mushrooms & Beans

1 or 2 Tbsp. oil
1 Tbsp. soy sauce
5 onions, sliced
2 8-oz-pkgs sliced mushrooms
2 cans roman beans

Heat oil and soy sauce in a saucepan. Add onions and mushrooms, and cook until tender, covering pot with lid. Stir in beans, and heat through. Drain off excess liquids (reserve for stock).

Tacos: Warm tacos in oven at low heat for 5 minutes.

Chezy Sauce

Put contents of a jar of salsa in a pitcher. Stir in nutritional yeast flakes until thick. Add water and oil to desired consistency for a pourable "chezy" sauce.

Photo: Diana Romer



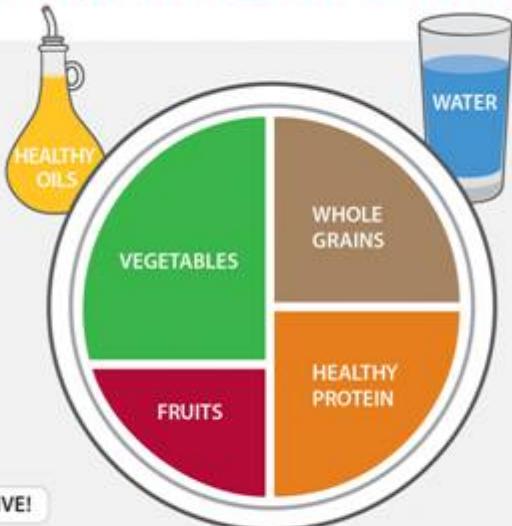
To Serve:

Fill tacos with bean mixture, and raw veggies. Drizzle on Chezy Sauce.

Food cost per person: 97 cents.

Harvard Replaces Milk with Water at launch of **HEALTHY EATING PLATE**

HEALTHY EATING PLATE



Nutrition Experts at Harvard School of Public Health (HSPH) declare their new (September 2011) **Healthy Eating Plate** is based on sound nutrition research and not influenced by powerful agricultural interests as is the case, they say, with the USDA's Choose My Plate (June 2011). HSPH takes issue with recommendations to eat dairy at every meal to safeguard the intake of calcium.

The **Healthy Eating Plate** shows that a plant-based diet rich in vegetables, whole grains, healthy fats, and healthy proteins lowers the risk of weight gain and chronic disease.

AV

Copyright © 2011 Harvard University. For more information about **The Healthy Eating Plate**, please see The Nutrition Source, Department of Nutrition, Harvard School of Public Health, <http://www.thenutritionsource.org> or Harvard Health Publications, <http://health.harvard.edu>

Calcium and Milk

CALCIUM IS IMPORTANT.
But Milk Isn't The Only, Or Even Best, Source.

With sidebar:

**Five Quick Tips:
Building Stronger Bones**

Read article: Calcium and Milk: The Bottom Line

at <http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/calcium-and-milk/index.html>
from The Nutrition Source website.

Note from American Vegan Society on vitamin D (re Five Quick Tips): Official recommendations regarding dietary supplementation change. Vitamin D recommendations have increased hugely in recent years (previously there were warnings of excess toxicity), partly because people are using sun screens and living indoors much of the time. Readers should note that Vitamin D supplements may come from animal sources (D3) or from vegetable sources (D2). Vitamin D3 is more readily absorbed than D2. However, since animal protein and excess calcium intake can inhibit natural vitamin D production from sun exposure¹, and consuming animal fats increases skin cancer risk from sunning², vegans have advantages there. If possible, sunbathe regularly and moderately according to skin type.

1. T Colin Campbell PhD in The China Study 2. Agatha Trash MD lecture.



My Formal Report to the State of Florida about OUR LARGEST SOURCE OF CHILD ABUSE: FOOD

John McDougall MD

On Friday, April 27 2012, Florida Governor Rick Scott signed HB 1355 that establishes stricter criminal penalties for individuals who fail to report known or suspected child abuse; and especially involving victims of sexual abuse.

Children are among the most defenseless victims of crime.

I (John McDougall, MD) am a physician licensed to practice medicine in the state of Florida (FL license #ME 79850). In Florida, medical doctors are one of over 40 professionals who are identified as mandated reporters of child abuse. (Teachers, school professionals, counselors, nurses, doctors, dietitians, and mental health professionals are among those required to report child abuse in Florida, California, and many other states.)

In compliance with Florida state law, I am filing this report about widespread child abuse caused by various food industries working directly with branches of US government. These food organizations are actively involved in acts of commission and omission that result in harm, potential for harm, and/or the threat of harm to children. The health consequences of their various business activities amount to physical, emotional, and sexual abuse of children.

Child Abuse: Obesity

A half-century ago, when I was in grade school, an overweight classmate stuck out and was ridiculed. Today, fully a third of school children are overweight or obese. Although “fat-acceptance” may be much greater these days, the humiliation and discrimination of buying from the plus-size racks and the remarks from school classmates are just as painful and cruel as they were decades ago.

Child Abuse: Disfigurement and Pain

Even though obesity is the most commonly-discussed harm caused by unhealthy eating, it is not the only one, and not necessarily the most painful one. The noticeable facial sores from acne and the hidden worry when bowel movements come as infrequently as once a week cause intense hurting—and they are due to diet, too. Headaches, gut aches, body aches, and arthritis, caused by eating primarily animal food, are crippling our children. The lack of energy-enhancing carbohydrates from plant-foods is making them fall behind in mental and physical races.

Child Sexual Abuse: Precocious Puberty

Sexual child abuse is outlawed in almost every country worldwide, yet the dominant food industries, acting under the approving eyes of government agencies, are major contributors to sexually-related injustices committed against millions of children annually in the US. Meat and dairy foods alter hormone levels, causing adult physical characteristics, reproductive functions, and sexual desires to emerge in people who, chronologically, are still children.

The normal age of human sexual maturity is between 16 and 19 years. The modern Western diet, based on meat and dairy products, is causing dramatic changes in human development, triggering the onset of precocious puberty at an average of 8 to 12 years, long before nature ever intended.

The adverse consequences of premature sexual development permeate our society. The development of female breasts and buttocks activate natural male reproductive behaviors, causing some men to prey on girls. Precocious

A Few Examples of Organizations Actively Involved in Child Abuse

PRODUCTION

Tyson Foods
Kraft Foods
Foster Farms
PepsiCo

ASSOCIATIONS

Cattlemen's Assn.
Dairy Council
Restaurant Assn.
Soft Drink Assn.

DIRECT SALES

McDonald's
Ben & Jerry's
Krispy Kreme
Safeway

GOVERNMENT

USDA
Lunch Program
Farm Sub.
Educators

puberty encourages children to make unwise choices that very often lead to disease, pregnancy, single motherhood, premature marriage, divorce, disruption of the mother's education, and poverty. Also, a teenage mother has a far greater risk of complications of pregnancy. Precocious puberty is associated, later on in life, with more heart disease and cancer.

But, Everything's Normal

Epidemic obesity and sickness are often unseen because they are so common. These are "normal" conditions and the perpetrators include the "nicest people." Teachers, bankers, ministers, doctors, and police feed the Western diet to their children thinking that the meat and cheese are good for their muscles and bones, and the junk is inconsequential. Ignorance of the cause does not diminish the suffering. If this kind of pain resulted from a large man swinging a wooden stick at a small child, then the perpetrator would be locked up in jail.

We live in a so-called "free society." Terms such as "free speech," "free enterprise," and "free trade" are used to justify business behaviors that harm the weak and disadvantaged in our society. Under these rules the dairy industries' right to advertise the purported benefits of calcium in their products, while hiding the seriousness of the artery-clogging fats, outweighs the rights of children to basic good health.

Civilized people, however, protect their children. Only after the age of consent (18 to 21 years) do adults have the right to drink and smoke themselves sick. The spigot of disease from the food industries could be turned off in the same ways our society legally limits the access to alcohol and tobacco to under-age children. However, ID is unlikely to be required for the purchase of a slice of pepperoni pizza and *Dr. Pepper®* in the near future.

The Immediate Solution: Education & Food Accessibility

When our (the McDougall) children were growing up, they were not forbidden from eating junk food outside of our home. However, they were taught that rice, corn, potatoes, and beans were the correct foods. Also important, Mary always had a kitchen full of tasty starch-based meals for our daughter and two sons to eat. The same opportunities must be offered to all children by government mandate.

All school age children must receive fundamental education on the proper diet for human beings: a starch-based diet with fruits and vegetables. Students must understand that this kind of food will make them attractive, strong, and fit. The same kind of health education that tells kids that smoking cigarettes makes them smell bad and look old before their time needs to be used to connect hamburgers and string cheese to oily

skin, acne, body odor, poor performance, and obesity. Losers eat protein (meat and cheese) in exclusion of carbohydrate (corn, potatoes, and rice).

Smoke-free environments are now established in and around all schools. An environment of safe foods will provide even greater opportunities for health. Delicious starch-based meals of pizza, pasta, burritos, and rice bowls must be served exclusively for the school lunch programs. The reintroduction of home economics classes will teach students how to gather and prepare basic foods.

Although many concerned citizens are now helping with efforts that restrict the sale of sugary drinks and improve school lunches, our children remain unprotected. The state of Florida, under the direction of Governor Scott, has taken a "zero tolerance position" on reporting known or suspected child abuse. This law has caused me to make this public complaint. I hope it will invigorate others to perform their moral duty and comply with their legal obligation to take steps to fix our largest source of child abuse: food.

Please send this and/or your own message to your local PTA, school boards, churches; regional, state, and national governments.

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Dr. McDougall's Health and Medical Center, P.O. Box 14039, Santa Rosa CA 95402, www.drmcdougall.com

Information on vegetarian and vegan children needed for research study.

Parents with vegan and vegetarian children (from birth to 18 years of age), along with their children, are requested to complete a two-page-long survey for a research project. The goal of the project is to assess the patterns of growth (e.g. height, weight, and BMI for age) among children adhering to different diets (e.g. meat eating, lacto-ovo-vegetarian, and vegan). The survey includes questions such as height, weight, and age of the child. To participate or for additional information, please contact Roman Pawlak PhD RD at vegetarianchildren@gmail.com.

Photos: Scott Hurlbert

World Vegan Feast
200 Fabulous Recipes from Over 50 Countries
Bryanna Clark Grogan

We welcome this latest cookbook by Bryanna Clark Grogan, who has over 22 years experience as a chef, teacher, and journalist.

Bryanna's first book, *The Almost No-Fat Cookbook* was published in 1994. She has written six other books and she also provided the recipes for Dr. Neal Barnard's *Program for Reversing Diabetes*. One of her most popular books is *Nonna's Italian Kitchen*.* Bryanna is known for her skill in making meat alternatives. The regard in which she is held is evident when, upon doing a You Tube search for her name and vegan recipes, other people will be found demonstrating their favorite Bryanna recipe, for "ham" or "chicken breasts".

World Vegan Feast has wonderful brunches, munchies, soups, salads, breads, and desserts to transport you to other lands! The main dishes, especially those for company occasions, make this book a treasure to own, and to use to satisfy guests at holiday time.

We asked Bryanna how she gained familiarity with the cuisines of other countries. She replied:

By reading and experimenting. I own many cookbooks—most not vegetarian. I ask people I know about the food of their native lands. We try ethnic restaurants when in the big city.

I have researched cuisines of my own personal background (Peruvian, Italian, Spanish, Basque, French, English, Scottish; regional American and Canadian); those of my husband (Quebec, Irish); of my children (besides mine, they are part Irish and German); and now my grandchildren's backgrounds include Metis (Native Canadian mixed with Scottish/French), French Canadian, Ecuadorian, and Russian Mennonite. Then, I research whatever catches my attention or tickles my fancy!

What have you learned over the course of writing your cookbooks?

How to cook better! Seriously!

I am learning all the time. I've learned how to add more flavor to vegan foods, to be a better baker, various ways to cut down on fat without losing flavor, how to be more efficient in the kitchen, and much more. My pantry has expanded with newly-discovered grains, legumes, condiments and other goodies. I've also learned to cook for friends with various food allergies.

Your interest in cooking goes back to childhood. Tell us about your first kitchen experiences.

They were not vegan! I was pulling up a chair by the kitchen counter to help my mother at a very young age—before I can remember. She said I cooked my first dinner at age six—I don't know what it was. When I was about eleven, an Armenian family friend taught me to make bulgur wheat pilaf, which I love to this day. As a teen, I often started dinner for my mother, a chore I enjoyed.

What food did your family eat?

I grew up in California, so it was pretty eclectic. We enjoyed Italian food (my father was half Italian) and Asian foods, and my mother cooked quite a few French recipes. She used wine in her cooking and so do I. My father, though Peruvian, loved Japanese food, so we often ate out in Japanese restaurants, which gave me an early acquaintance with tofu. We also had Portuguese friends and Mexican friends, so we ate interesting food.

My father insisted on a large salad at every dinner, and it was basically romaine lettuce with sourdough croutons (homemade) and my mom's simple dressing of olive oil, fresh lemon juice, garlic and salt. Though not vegetarian, my mother made vegetable and legume soups at least once a week, and she served lots of vegetables with meals, never overcooked (she was ahead of her time). She wasn't a baker,

so we rarely had dessert. My father preferred yogurt and fruit for dessert. We ate a lot of rice, a mainstay of Peruvian cuisine, and crusty San Francisco sour-dough bread or dark Dutch pumpernickel bread were common in our house. My father had studied in Germany and Switzerland, and he enjoyed heavy, dark breads.

How did cooking become a career?

It's my second career, because I was a mother of four for many years, and I have run a small branch of the Vancouver Island Regional Library for 30 years. The cooking career was a long process. I loved to cook and to write, so, when I was a young mother, experimenting, learning to bake healthful breads, etc., I wrote (unpaid) cooking columns in local papers in some of the places we lived.

When I became a vegan about 24 years ago, there were not many vegan cookbooks and I found much of the food dull and often very high in fat. So, I became pretty serious about making tasty, low-fat vegan food. I did some local cooking workshops. Subsequently, I sent some ideas to *Vegetarian Times* magazine and I ended up writing some features and reviews for them for about five years during the late 1980s and early 1990s. Over the years, I have conducted more workshops, written books and articles, and maintained a cooking blog for six years, etc.

When did you become vegetarian? vegan?

In 1988. At first I ate some seafood, as well as dairy and eggs, then quickly eliminated the seafood, then a few months in decided that it only made sense to become a vegan if I wanted to be consistent on an ethical level.

What motivated you?

I had been interested in vegetarian cooking since the late

1960s. We read *Diet for a Small Planet* and ate mostly vegetarian for many years when we lived in the city, generally only eating flesh foods at other people's houses. Then we got caught up in the "back to the land" movement, moved to the country, and my husband raised some livestock, though we still rationed our meat. We refused to buy it from the store, nor did we buy eggs or dairy. I learned to bake without eggs when the chickens weren't laying, and without milk when we had no milk. (I did the whole thing—made my own butter, cottage cheese, ricotta cheese, yogurt, even peanut butter, from scratch.) As an aside, I gained a lot of weight during this time.

I was intrigued by soy foods and seitan, and learned to make my own soy milk, tempeh, and tofu back in the early 1970s. A Seventh Day Adventist friend taught me to make some tasty seitan cutlets, and we ate these foods, along with vegetable/legume soups and bean stews, as well as animal foods.

So, I was well ahead of the game when I became a vegetarian, and then a vegan.

In 1987, we moved to Denman Island, to a much smaller property. We decided not to raise any animals or chickens, at least for a while (we had brought some of our frozen meat with us from the small farm we had). In the first six months on Denman, I lost a lot of weight, simply from not having all that Jersey cream and butter available and not wanting to waste it!

Six months later, my husband died tragically in a drowning accident, only 38 years of age. For the first time in my life, I went through a period of several months when I didn't care about food. I had to feed the kids, and I fed myself, but it was going through the motions.

After a while, I realized that I was buying milk, eggs, meat, etc., from the store—something we hadn't done for years. But I really didn't want to start raising animals myself. I also began having some disturbing dreams about animals being abused. (This was unusual for me—I'm not given to spiritual or particularly meaningful dreams!) I decided that this was the time to become a vegetarian, so I did.

As time went on, I decided that I could not be an ethical vegetarian if I were eating eggs from the store or milk and cheese from cows whose calves would be taken away and raised for veal. I could get "free-run" eggs and home-raised meat on Denman Island, but it seemed "elitist"—an option only available to the privileged few who live in the country and know the farmers. I decided to be vegan. I read all I could, and the challenge of creating really tasty vegan food (without a lot of fat) eventually brought me back to myself and made me enthusiastic about life again.

Just after I became vegan, I read John Robbins' book *Diet for a New America*. It was a tremendous help in solidifying my commitment to a vegan diet.

We'll talk more with Bryanna in the next issue. She hopes to be at the World Vegetarian Congress in San Francisco next October (see p. 35).

WORLD VEGAN FEAST: 200 Fabulous Recipes from Over 50 Countries—Bryanna Clark Grogan. 2011, 269pp 7½x9" \$19.95.
(Vegan Heritage Press)

*Footnote: Other books by Bryanna Clark Grogan (Book Publishing, TN) *20 Minutes to Dinner* (out of print), *Soyfoods Cooking for a Positive Menopause* (has quick recipes), *Authentic Chinese Cooking for the Contemporary Kitchen*, *The Fiber for Life Cookbook* (with many quick recipes)
Books available from AVS.

BRYANNA'S RECIPES

Light Seitan Cutlets

Yield: 16 cutlets *SFO

These tasty, tender cutlets are easy to make and very versatile. Use them for scaloppini-type dishes, or slice or cut them for stews or stir-fries. For stews, make the cutlets a bit thicker than the directions instruct. The combination of tofu (or beans) and soy (or chickpea) flour with vital wheat gluten results in seitan that is tender and not a bit rubbery. Note: These cutlets, like most seitan products, definitely improve if made ahead and chilled thoroughly to firm them up before using. If you're in a hurry, transfer them to a platter or baking sheet in the freezer until they cool completely.

Wet Mix:

12 oz. firm tofu (not silken tofu)
(soy-free option: omit the tofu and use 1½ cups packed, rinsed, and well-drained, unseasoned canned or cooked cannellini, white kidney or great northern beans)
1 cup plus 1 Tbsp. cold water
3 Tbsp. soy sauce (Or Marmite® or Vegex® flavored vegetable broth)
1 Tbsp. olive oil

Dry Mix:

2 cups pure gluten powder (vital wheat gluten)
½ cup soy flour, or chickpea flour (besan)
½ cup nutritional yeast flakes
2 tsp. onion powder
1 tsp. garlic powder

Cooking Broth:

3 cups hot water
½ cup vegan "chicken-style" broth powder¹
2 Tbsp. olive oil
4 cloves garlic, crushed

Wet Mix: Blend all the ingredients in a blender or a food processor until smooth.

Dry Mix: Combine all ingredients in a medium bowl. Pour the blended wet mix into the bowl with the dry mix, or add the dry mix ingredients to the wet mix in a food processor.

If mixing by hand, stir until it's too difficult to stir anymore, and then knead the mixture briefly on a clean surface until it is smooth (wet your hands if necessary).

If mixing in the food processor, run it until the dough forms a ball on the top of the blade, then keep running for 30 seconds more.

Preheat the oven to 300° F. Divide the dough into 16 approximately equal pieces. Flatten them out on a clean, damp surface with your hands. Make the cutlets a little thinner than you want the end result to be, because they will expand as they cook. Place them in two oiled 9x13" baking pans. The cutlets can overlap a bit.

In a large bowl, combine the cooking broth ingredients. Pour half of the broth over the cutlets in each pan. Cover the pans with foil and bake 30 minutes. Turn the cutlets over and cook covered 15 to 30 minutes longer. You want the cutlets to absorb all the broth, but not to brown, so keep an eye on them. Separate them carefully. Cool the cutlets before cooking with them. You can bread or flour them and fry the cutlets like "schnitzel" in a little oil, or use in recipes that call for seitan.

¹McCormick® or Massel® brands.—available from VeganEssentials.com if not where you shop, as are ²Butler® Soy Curls, Gardein®, Yves®, Field Roast® (for recipe below).

Indonesian Green Curry on Roasted Sweet Potatoes

Yield: 5 servings
*GFO, SFO, <30

This is an excellent and unusual way to enjoy sweet potatoes. The green coconut curry is fashioned after an Indonesian style, but the presentation is my own invention.



Photo by Brianna Clark Grogan

1¾ lbs. sweet potatoes, peeled and cut into 1½" chunks
2 Tbsp. olive or peanut oil
Kosher salt and freshly ground black pepper
4 cups *Light Seitan Cutlets*, cut into strips; or reconstituted ²Soy Curls, drained (3 cups dry), or a vegan meat alternative (Gardein®, Yves®, Field Roast®)
2 Tbsp. (fish-free) Thai green curry paste
1⅓ cups chicken-style vegan broth¹
1 cup lite coconut milk
1/3 cup drained and crumbled extra-firm silken tofu (or very well-cooked short grain white rice)
4 to 5 dried kaffir lime leaves or zest from one organic lime or lemon
¼ cup chopped fresh cilantro

Preheat the oven to 400° F. Toss the sweet potato chunks with the oil, and salt and pepper to taste. Spread on a 12x17" baking sheet and bake for about 25 minutes or until soft inside and browning on the outside.

Combine the seitan and curry paste in a medium bowl. Heat a large nonstick skillet over medium heat. Add the seitan and sear the strips a bit. Add the broth. Blend the coconut milk and tofu in a blender until smooth, then add to the skillet, along with the kaffir lime leaves or zest.

Bring to a boil and then turn down to a simmer. Simmer until the sauce thickens. Add the cilantro. Divide the roasted sweet potatoes among 5 warm plates. Top each mound of sweet potatoes with some of the curry.

*GFO=gluten-free option, SFO=soy-free option, <30=under 30 mins.

New Books

100% VEGAN COOKBOOKS:

The Complete Idiot's Guide to GLUTEN-FREE VEGAN COOKING: To Your Fabulous Health! The Best of Two Culinary Worlds –Julieanna Hever, MS, RD, CPT and Beverly Lynn Bennett. Easy, tasty recipes, and helpful advice. Sections on nutrition, substitutions, and prepping your kitchen. 52 full-color photos. 2011, 352pp 7½x9" \$18.95.

COOKING VEGAN: Healthful, Delicious, and Easy –Vesanto Melina, MS, RD and Joseph Forest. An internationally-renowned vegan dietitian and professional chef combine their vast knowledge and experience for a powerhouse of nutrition information and enticing recipes. A nutritional analysis accompanies each recipe. 2012, 263pp 7x10" \$19.95.

GLUTEN-FREE AND VEGAN HOLIDAYS: Celebrating the Year with Simple, Satisfying Recipes and Menus –Jennifer Katzinger. Stylish sweet and savory recipes for the perfect holiday menu. Recipes are also soy-free and use alternative sweeteners and whole grains. 2011, 190pp 6¾x8" \$24.95.

GLUTEN-FREE VEGAN COMFORT FOOD: 125 Simple and Satisfying Recipes, from "Mac and Cheese" to Chocolate Cupcakes –Susan O'Brien. A follow-up to *The Gluten-Free Vegan*, this book is full of healthy, delicious recipes. Includes a breakdown of gluten-free ingredients (such as flours and sweeteners), their nutrients, and how they affect the recipe's texture and flavor; a list of easy "replacers" and essential foods for any gluten-free vegan pantry. 8 full-color photos. 2012, 240pp 7x9" \$18.00.

GRILLING VEGAN STYLE: 125 Fired-Up Recipes to Turn Every Bite Into a Backyard BBQ –John Schlimm. Grilling basics and expert techniques along with creative recipes such as *Slip-N-Sliders*, *Seventh Inning Stretch Tacos*, and *Midsummer Night's Asparagus*. 54 full-color photos. 2012, 252pp 7¼x9" \$20.00.

The Healthy Voyager's GLOBAL KITCHEN: 150 Plant-Based Recipes From Around the World –Carolyn Scott-Hamilton. Travel the world without leaving your home. Recipes marked as gluten-free, low-glycemic, soy-free, low-fat, and raw food. Homemade recipe substitutions for eggs, dairy, stock, and flavorings. Also includes shopping and kitchen tips. 52 full-color photos. 2012, 256pp 7½x9¼" \$19.99.

HEARTY VEGAN MEALS FOR MONSTER APPETITES: Lip-Smacking, Belly-Filling, Home-Style Recipes Guaranteed to Keep Everyone—Even the Meat Eaters—Fantastically Full –Celine Steen and Joni Marie Newman. More than 200 indulgent recipes where you won't miss the meat or dairy. Recipes are coded quick and easy, low-fat, gluten-free, and soy-free. 69 full-color photos. 2011, 272pp 7½x9¼" \$19.99.

The INSPIRED VEGAN: Seasonal Ingredients, Creative Recipes, Mouthwatering Menus –Bryant Terry. More than an assortment of recipes, this is a fusion of food, stories, music, and art inspired by family memories, social movements, unsung radical heroes, and visions for the future. Includes preparation/cooking techniques to create nutritionally-balanced meals. 16 full-color photos. 2012, 223pp 7½x9" \$19.00.

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Details on pg 28.



LET THEM EAT VEGAN! 200 Deliciously Satisfying Plant-Powered Recipes for the Whole Family —Dreena Burton. Author emphasizes whole food and low-fat recipes. Special sections on kid-friendly recipes, substituting to adjust for allergies, increasing protein in dishes, making recipes more savory or indulgent, serving suggestions, cooking techniques for quicker fixes, what role an ingredient might play in a recipe and if you've got flexibility to add less or more. 16 full-color photos. 2012, 351pp 7½x9" \$20.00.

RABBIT FOOD COOKBOOK: Practical Vegan Recipes, Food History, and Other Miscellany —Beth A. Barnett. Simple, tasty recipes from breakfast to dessert. Also includes helpful ingredient tips with whimsical drawings throughout the book. 2011, 223pp 5½x7½" \$21.00.

The SEXY VEGAN COOKBOOK: Extraordinary Food From an Ordinary Dude —Brian L. Patton. Lively, funny book with creative recipes that are easy to make. The author makes veganism accessible to non-vegans. 2012, 253pp 6x9" \$16.95.

VEGETARIAN TIMES EVERYTHING VEGAN: 250+ Easy, Healthy Recipes for Food Lovers and Compassionate Cooks —Edited: Mary Margaret Chappell. Vegetarian magazine leader offers something for everyone. Section on menu ideas that includes holidays, helpful tips on serving suggestions, time-savers, meat substitutes, and more. 2011, 368pp hard 7½x9¼" \$29.95.

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VEGANISM

MAIN STREET VEGAN: Everything You Need to Know to Eat Healthfully and Live Compassionately in the Real World —Victoria Moran with Adair Moran. Adopting a vegan lifestyle is an accessible goal with this handbook. Written not just for the health conscious, but for people from all walks of life. Readers encouraged to go at their own pace, and shown how to retain familiar traditions but in a vegan way. Includes 40 vegan recipes. 2012, 400 pp 5¼x8½" \$16.95.

NO HAPPY COWS: Dispatches From the Frontlines of the Food Revolution —John Robbins. Comprehensive, incisive collection of essays on current food politics by a pioneering food activist. Enlightening for even the well-informed. Includes listing of books and films on healthy eating and food politics. 2012, 204pp 5½x8½" \$16.95.

BOOKS FOR THE YOUNG

VEGAN IS LOVE: Having Heart and Taking Action —Ruby Roth. See book review on page 7.

TRAVEL

VEGETARIAN VISITOR 2012: Where to Stay and Eat in Britain —Annemarie Weitzel, Editor. Vegan Society (U.K.) award-winning guide. Lists some 80 guest houses, hotels and private homes in England, Wales and Scotland offering accommodation to the traveler, and over 250 cafes, restaurants, and pubs known for catering well to vegetarians and vegans. 2012, 111pp 5¾x8¼" \$5.95.

LATE LISTING:

The STARCH SOLUTION: Eat the Foods You Love, Regain Your Health, and Lose the Weight for Good! —John A. McDougall, MD and Mary McDougall. 2012, \$26.99

THE FOOD REVOLUTION

The Food Revolution Summit provided cutting-edge wisdom from 21 top food leaders. It took place May 6 to 13 2012 over the Internet. John Robbins interviewed the revolutionary thinkers and experts. His son Ocean Robbins moderated the free online conference.

Now the interviews are being offered again on a rotating basis, so you can check in every week to hear a new batch. The in-depth discussions are opening up new paths of communication, learning, and action. Take part! Go to <http://foodrevolution.org/cmd.php?af=1456368>. (The latter part of that URL denotes you heard about it from the American Vegan Society.)

John Robbins is a leading exponent of healthy food for a healthy planet. He is author of the pivotal *Diet for A New America* (1987, SALE \$10), *The Food Revolution* (2001, SALE \$10), and *The New Good Life* (hard cover \$26). These books are highly recommended and available postpaid at these prices from the American Vegan Society.

The CLINT CHRONICLES: Banana Whip



One hot summer day Mom phoned Dad and asked him to meet her at the local ice cream stand after work. Dad usually pays for food when we are out. Mom often buys ingredients and makes food at home. This time Mom said she'd like to offer to pay for the ice cream since it was her idea. However, she would only purchase vegan ice cream—his choice. The stand sells banana whip with the ingredients of bananas, and bananas and your choice of toppings such as sliced strawberries or crushed pineapple.

Dad thought for a minute and said, "You go ahead and order for yourself. I'll get my own." Mom and I enjoyed the vegan banana whip (It's delicious and also makes good babyfood!) while Dad had his favorite, a black and white milkshake from cow's milk.

Later that evening we saw Grunny (Mom's mom). Dad said, "Hey Freya, your daughter invited me out for ice cream and offered to pay for it, but only if I order a vegan treat. I don't get it."

Freya replied, "Someday you will." As she walked away, Dad shook his head in puzzlement.

Do you get it? Our choices extend to what products we choose to support with our purchases, whether we consume them or not. We make a statement with every decision, big or small.

Eugene Oregon: IN THE SPOTLIGHT

When Lin Silvan became a finalist honored at the Lane County **United Way Volunteer of the Year Award** luncheon* in April 2012, hundreds of people heard about the Eugene Veg Education Network (EVEN).

As a result, that evening and the next day EVEN's website got lots of hits, and people were asking, "What's EVEN?" and "What's vegan?"

Lin Silvan is Founder and Executive Director of the Eugene Veg Education Network which has been serving as a vegan resource since 2005.

In the past seven years, Lin has reached tens of thousands with information and guidance to help them adopt a healthful, compassionate, and eco-conscious lifestyle. Lin has become the vegan voice within the Eugene area community helping to show the connection between our food, sustainability, health, peace, and compassion for animals.

Lin works more than full-time, volunteering her energy to vegan education and outreach. She answers email inquiries, hosts speakers for educational presentations, tables and leaflets to distribute vegan material, writes e-newsletters, and maintains an active and informative website. In the past year alone, she has donated over 2,400 hours, and has done so for the last six years, volunteering 2,000 to 3,000 hours per year.

Of all the ways she could be spending her retirement, there is none for which she has a greater passion and drive than to advocate for the animals, for the planet, and for the natural health to which our bodies are always aspiring. Lin is well known locally and nationally for her determined and steadfast contributions toward creating a better planet.

Robert Jacobucci says, "Lin is determined and tenacious in achieving EVEN's goals. EVEN owes its existence and direction to Lin, one extremely dedicated individual. Because of her commitment and drive, EVEN has made substantial inroads in the vegan community locally and beyond."

Lin is an excellent example of what can be accomplished with minimal resources, enthusiasm, and a generosity of spirit.



Lin Silvan
Volunteer Finalist

Eugene Veg Education Network (EVEN)

1574 Coburg Rd., #120, Eugene OR 97401
www.eugeneveg.org

Footnotes:

* "The veg-friendly lunch was outstanding," said Lin. In July 2011, Lin won "Essentials for Life"—a category that emphasizes education and information to help others. She was one of three finalists in that category.

Vegan Valentine Buffet & Book Signing



Tuesday, February 14 2011, 6:30pm

When you think of dating someone, the first thing you think of isn't normally what their food preferences happen to be. But, if you are a vegan it can be one of the things you consider. The American Vegan Society hosted a Valentines Dinner Buffet, at Carême's restaurant which featured a book signing by Anne Dinshah, daughter of Society president Freya Dinshah. Anne's book, *Dating Vegans: Recipes for Relationships*, talks about

vegans socializing with non-vegans and how it can be a source of frustration or an opportunity for positive interaction and fun activities.

My two friends and their husbands joined us for the Valentines Dinner Buffet prepared and served by the culinary students under the supervision of their faculty; and while the women were excited about the night's offerings, the men were a little apprehensive but willing. It was Valentine's Day after all! The dining room was abuzz with people and the music for romance was performed by Dylan Martello on acoustic guitar in the background. Everyone was talking and laughing, it had a party atmosphere almost. The menu was extensive for the event, which impressed the men. The more food the better, bring it on! They thought they would never be filled up on veggies.

Our table was called to the buffet. (We had pulled a low number from a hat—good thing—our table was feisty.) The buffet was pretty impressive. Needless to say we tasted some of everything and it became very quiet at our table.

After the appetizers came the mains, this time around the men were talking positive about what they were about eat. Everything was scrumptious. The pasta and the mushrooms were a major hit

with the table, leading the men to talk about how they could eat veggies if they were prepared like this at home. Progress, folks!

We sipped our tea and coffee and ate our desserts at a leisurely pace talking and laughing. It had turned out to be a wonderful Valentine's Day in the company of good friends with delicious, and let's not forget, healthy fare. And not one man was hurt in the process. And who knows, maybe the men will eat all their veggies next time.

—Reported by Michele Errichetti in www.JerseyBites.com. Michele is from South Jersey born and fed. She comes from an Italian family where they eat, live, and breathe FOOD. Michele was cooking and eating under her grandmom's feet every Sunday for "gravy" and at home with her mother (a 'Medigan' or American) during the week. Nowadays, she cooks for her two sons, husband, and father most days of the week.





Buffet Menu

Starters

Hummus with Whole Wheat Flatbreads

Squash Soup with Roasted Fennel, Toasted Pecans

Beet Onion Salad with Mint

Roasted Grape Tomatoes, Corn, Olive Oil, Basil, Sea Salt [1]

Arugula Salad with Spiced Pumpkin Seeds, Meyer Lemon Dressing

Fennel Salad with Avocado and Red Grapefruit

Quinoa Tabouli [2]

Sea Vegetable Salad with Dried Cherries and Miso Dressing

Mains [4]

Grape Leaves stuffed with Pine Nuts and Spiced Rice

Garlic Potatoes, Green Beans and Cauliflower

Pasta with Broccoli Rabe and White Beans

Millet with Red Beans and Kale

Sweet Potato Cakes with Portobello, Roasted Peppers,

Dandelion Greens and Cashew Sauce [3]

Desserts

Lemon-Caramel and Kiwi Napoleon with Mango Sauce [6]

Pine Nut Anise Cookies

Shortcake with Winter Fruit Compote [5]

Pumpkin Cake with Chocolate Hazelnut Ganache and
Cinnamon Coffee Sauce

Coffee, Tea, Decaffeinated, Assorted Beverages

Music for Romance

Dylan Martello—acoustic guitar

Carême's Gourmet Restaurant

Academy of Culinary Arts

Back of the House: Chef Educator Joseph Sheridan

Front of the House: Educator Ms. Feye

Dean: Kelly McClay

Atlantic Cape Community College , Mays Landing NJ 08330
www.atlantic.edu

Thank you culinary students and staff for a wonderful evening!

Photos for this story: Jayteck





The First Vegan Cookbook – New York 1874

John Davis

We know there were some journals, published in London in the 1850s, which only included recipes entirely from plant foods and water, but the first known ‘vegan’ cookbook came from New York in 1874.

Russell Trall M.D. was born in Connecticut, 1812, and was taken by his parents to western New York when he was a child, working for several years on a farm. He later studied medicine and settled in New York City in 1840, where he became a hydropathist. [Hydropathy is a method of treating disease by use of water, both externally and internally. -ed.]

In 1843 he opened a water-cure establishment, then expanded it in 1853 to include a medical school for both sexes, as the NY Hygeio-Therapeutic College, promoting totally drugless health.

In 1850 the first American Vegetarian Society was launched in New York, with Dr. Trall as the Recording Secretary, alongside his friend and mentor, Sylvester Graham, as a Vice President. Their mutual friend Bronson Alcott was a visiting teacher at Trall’s school.

Around the same time he published his ‘Hydropathic Encyclopedia’ in eight volumes—with some volumes promoting a diet exclusively of plant-foods and pure water, but others including eggs and dairy products, though with some hesitation.

In 1854 Trall published the ‘New Hydropathic Cook-Book’, again with many recipes using eggs/dairy, even a section on meat for those demanding it, but describing the use of any animal products as a ‘compromise.’

This was eventually resolved in 1862, when Trall came off the fence and changed the food at his establishment to consist entirely of plant-food plus water. He also settled on the term Hygeian (Hygeia was the Greek goddess of health), and this became a forerunner of the Natural Hygiene movement.

The change was explained in the Preface to his 1874 book **THE HYGEIAN HOME COOKBOOK**.

He wrote: “More than twenty years ago the ‘Hydropathic Cookbook’ was published . . . but for a dozen years past our table has been prepared without milk, sugar, salt, yeast, acids, alkalies, grease [butter], or condiments of any kind.”

He also objected to substituting any other animal products for flesh-eating.

An archive copy of **THE HYGEIAN HOME COOKBOOK: Healthful and Palatable Food Without Condiments —Russell Trall, New York, 1874** may be viewed at <http://archive.org/details/hygeianhomecookb00tral>. It makes for fascinating reading.

A sample recipe:

Hygienic Brown Betty

Prepare a quantity of apples for stewing, cleanse some raisins and currants, and stone some dates; the proportions may be according to taste or fancy; cut some Graham bread into thin slices; put into the stewing kettle a layer of the fruits; then a layer of bread, repeating and alternating until the kettle is nearly full, or until a sufficient quantity is prepared; then pour on cold water until it reaches within two inches of the top of the pudding; set it where it will simmer slowly without burning; cook until the bread and fruit are thoroughly soft, when the liquor will be very rich; serve warm or cold. Grated coconut may be added if its flavor is desired.

John Davis Blog, March 14 2012, now a chapter in his ebook on Vegan History on the website of the International Vegetarian Union

www.ivu.org/history/Vegan_History.pdf

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Go to www.goodsearch.com or www.goodshop.com and enter **American Vegan Society** as the charity you want to support.

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Above your name is the year of your membership expiration. If you are a Life member, you will see "Life." If you have inquired but not yet joined, "Inq" appears above your name.

DEFINITIONS

VEGAN: Uses no animal-source food or clothing.

TOTAL VEGETARIAN: Uses no animal-source food, vegan in diet only; still using some animal items such as leather, wool.

VEGETARIAN: Uses no flesh, fish, fowl (products of slaughter), still using milk or dairy products. (lacto-vegetarian), or eggs (ovo-vegetarian).

AMERICAN VEGAN SOCIETY MEMBERSHIP

BASIC MEMBERSHIP is open to all: vegan, vegetarian, or non-vegetarian. ADVANCED Membership (voting, office holding) is open to vegans practicing Ahimsa (send for application form).

MEMBERSHIP/SUBSCRIPTION is \$20 per calendar year (2 or 3 print issues & website). (\$10 student/low-income within U.S.A.). Join before midyear, receive back issues, or join later and you're on to end of next year. Pay by check/money order/credit card (Visa, MasterCard, or Discover).

LIFE MEMBERSHIP is \$200; Life Patron \$500 or more; Life Benefactor \$1000 or more. Each type includes lifetime (your or AVS, as the case may be) *American Vegan* subscription. Each type payable at one time or in installments, normally completed within two years.

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American Vegan Society

Together we explore and apply compassionate living concepts, and reflect on the beauty of life.

We learn how to save the animals, how to revere the Earth, and how to care for ourselves.

We learn to live in harmony, creating a better world for all.

People follow a vegan lifestyle for ethical reasons, for health, and for the environment. A vegan diet is an adventure in taste offering an amazing variety to please the palate. Vegetables, grains, fruits, and legumes are the basics from which delicious meals are made. Foods from plants best provide for all people in the world.



MEAT SUBSTITUTES

Legumes, beans, peas, and lentils are an all-natural, high-fiber protein source that can easily be used as the main course or in place of meat in recipes.

Vegetarian burgers, made from a variety of plant foods including vegetables, grains, and soy, provide a meat-like taste and texture and can substitute for ground meat.

Tempeh, made from fermented soybeans, has a distinct flavor and meaty texture that can be used in place of ground meat and works well in curries, chilis, and stir-fries.

Seitan, made from wheat gluten, is well-suited for shaping into roasts or for replacing strips or chunks of meat in recipes such as fajitas, stews, or stir-fries.

Portobello mushrooms have a savory flavor for filling a meat layer in a dish or as “burgers” at your next barbecue, especially after marinating in low-fat dressing and then grilling or heating in a frying pan.

Tofu, a curd made from soybeans, is mild in taste and easily absorbs the flavor of any recipe. Soft tofu works well in soups, sauces, and desserts, and firmer varieties work well in stir-fries and other recipes requiring tofu to hold its shape. For a denser texture, freeze tofu, thaw, and squeeze out excess water before using it in your recipe.

Textured vegetable protein (TVP), made of defatted soybeans, provides a substitute for ground meat.

OIL ALTERNATIVES

Sautéing: Water or vegetable broth.

Baking: Applesauce, or low-fat liquids such as plant milk or water.

EGG SUBSTITUTES

One egg is equal to:

1/4 cup silken tofu blended

1/2 mashed banana

1/4 cup applesauce or pureed fruit

1/2 cup soy or rice yogurt

1 1/2 tsp. of Ener-G Foods Egg Replacer +
2 tbsp. lukewarm water

1 tbsp. ground flaxseed meal + 3 tbsp. water + 1 tbsp. oil + 1 tsp. baking powder + 1 tsp. potato or cornstarch

1/4 cup mashed white potatoes or sweet potatoes

2 tbsp. potato starch, cornstarch, or arrowroot

2-3 tbsp. tomato paste

1/4 cup cooked oats

2-3 tbsp. bread crumbs

2-3 tbsp. flour

1 tsp. baking powder

DAIRY ALTERNATIVES

Milk: Equal portion of almond, oat, soy-, hazelnut, or rice milk.

Creams: Almond milk (or any nut milk), soymilk, coconut milk, mashed potato, pureed garbanzo beans, pureed tofu, soy sour cream, soy whipping cream, or soy creamer.

Parmesan cheese: Nutritional yeast, garlic powder, and/or chopped walnuts or almonds.

Cheese: Soy-, rice-, nut-based cheese alternatives, or nutritional yeast.

Butter: Dairy-free non-hydrogenated margarine for cooking, baking, or spreading. Some good brands include Earth Balance and Spectrum.

Ricotta cheese: Firm tofu, drained, and crumbled.

San Francisco Vegetarian Society
to host International Vegetarian Union in 2012

sfvs.org



Telephone
415.273.5481

Exhibitors contact sfvs at
wvdinfo@sfvs.org

**Oct 5 – 11, 2012: IVU Congress, Workshops,
Events and Tours in the City & Beyond.**

Oct 6 – 7, 2012: 13th World Veg Festival in Golden Gate Park

www.worldvegfestival.com

www.facebook.com/event.php?eid=215452428473359

The International Vegetarian Congress events in San Francisco will be followed
by a long weekend in the Los Angeles area at the

Healthy Lifestyle Expo

Warner Center Marriott, Woodland Hills CA

October 12 to 14 2012, and extending to October 16 for IVU meetings.

The Healthy Lifestyle Expo is run by Vegsource.com—host to many vegetarian websites.
Healthy Lifestyle Expo seat bookings are being taken at www.healthylifestyleexpo.com.

Plan to go to either or both San Francisco and Los Angeles events.

Further details will be added via this link as they become available: www.ivu.org/congress/2012.

All food in all locations will be completely vegan (total vegetarian), as is now always the case.

American Vegan

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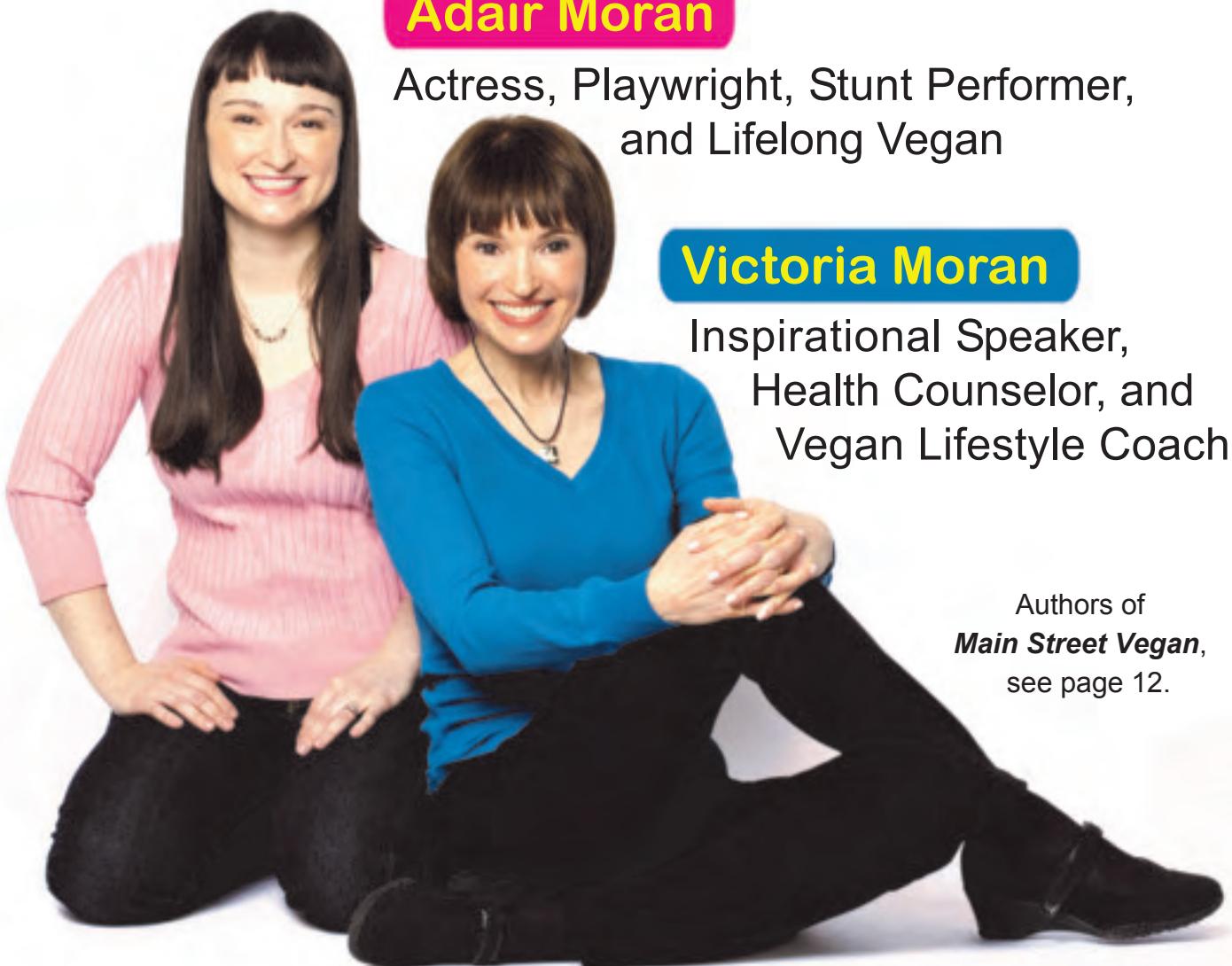
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Authors of
Main Street Vegan,
see page 12.