

VEGETARIAN

JOURNAL

HEALTH ECOLOGY ETHICS

Is Your Sugar Really Vegan?

An Update on Refining Practices

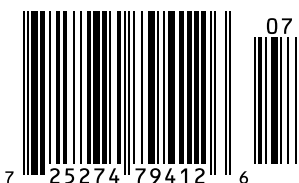
Veggie Meatloaf

To Serve During All of Your Holiday Festivities!

Walnut, Onion, and Carrot Rice Loaf (page 6)



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School Lunches Made Simple

NUTRITION HOTLINE

SUZANNE HAVALA HOBBS
DrPH, MS, RD



This issue's Nutrition Hotline helps readers identify healthful convenience foods that can help cut the time and effort needed to prepare home-cooked meals.

QUESTION: *"I'd like to prepare more meals at home but don't have time to make many foods from scratch. What do you suggest?"*

ANSWER: Eating more meals at home—rather than out—usually results in fewer calories and better nutrition. But home cooking doesn't mean you have to soak beans and make sauces from scratch. Shortcuts are OK if you use high-quality ingredients.

And, let's face it, convenience foods are a necessity for most of us. I know few people who have the time to press and fill fresh ravioli and then clean and chop vegetables for a green salad to go with it. Therefore, carefully chosen, ready-to-use products can save time and make home-cooked meals possible.

So, what makes a product "high-quality?" Generally, the best foods are as close to their natural state as possible. They contain few—if any—artificial flavorings or colorings, minimal sodium and added sugar, and no partially hydrogenated vegetable oil, the biggest source of trans fat. If the product is a bread or a cereal, it is made with the whole grain. Preferably, the ingredients are organic. Here are some examples:

- **Ready-to-eat vegetables.** For instance, grab some prewashed salad greens, chopped vegetables for a stir-fry, a coleslaw mix, or peeled baby carrots. Do you lose nutrients when vegetables are cut up and left to sit on supermarket shelves? Sure, but what's left is still full

of what's good for you. Also, you will pay more if someone else peels your carrots for you. But if these items save you lots of prep time and help you to eat more vegetables, they're worth it.

- **Canned beans.** Cans of black beans, pinto beans, garbanzo beans, and kidney beans are staples found in many vegetarian homes. One reason is because they're so quick to prepare. Just open a can, rinse the beans in a colander, and add them to salads, soups, chili, casseroles, burritos, or rice. Do canned beans contain more sodium than soaked, dried beans? Yes, but rinsing removes most of the added sodium.
- **Pasta sauce.** Bottled tomato sauces are higher in sodium than those you would make from scratch with fresh tomatoes. Served over whole wheat linguine with steamed vegetables and a salad, though, they can be part of an overall nutritious meal. Look for brands made with organic tomatoes, such as Muir Glen.
- **Seasoning short-cuts.** Buy bottled, minced garlic and use it by the spoonful. It tastes nearly as good as fresh, and it beats garlic powder for flavor. Also good are fresh (refrigerated) basil pesto and bottled sun-dried tomatoes. I buy mine at large warehouse clubs.

(Continued on page 21)

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www.vrg.org

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NOTE FROM THE COORDINATORS

REACHING OUT TO THE YOUNGER GENERATION



A prime purpose of The VRG is to make it easier for our children, grandchildren, and future generations to be vegetarian. In this issue, we are excited to announce the winners of our two \$5,000 college scholarships for student activists. (See page 26.) High school student Melody Austin sharpens her journalistic skills by writing about Morning Sunday's outreach on page 35. And Reed Mangels shares some helpful ideas for school lunches on page 11.

We did a live experiment by having four non-vegetarian 8- and 9-year-old boys to an overnight vegan birthday party. Interestingly, there were zero problems with our kid-friendly menu. For dinner, we had pasta, corn on the cob, and garlic bread, with each child (of course) wanting his pasta served differently. The vegan took his with tomato sauce; one boy wanted his plain; another only wanted his with butter, though he was happy with New Balance trans fat-free margarine, as long as he called it butter; another requested the sauce on the side; and the fifth needed his pasta with soy sauce.

Though we had lots of 'junk' ready to put out, the children were happy with pretzels and veggie sticks, and no one asked for carbonated beverages, just the water and the juices offered. The vegan cake was a huge hit. It was actually made using a Duncan Hines mix and Ener-G egg replacer. Last year, we served Nancy Berkoff's vegan cake recipe from *Vegan in Volume*, which also was a treat for the children. It held together even better than the Duncan Hines cake. We also have other cake recipes on our website at <www.vrg.org/recipes/vegancakes.htm>.

For breakfast, we provided cut-up fruit (which was devoured), Whole Foods and Van's vegan mini-waffles, toasted mini-bagels, and (at the kids' request) leftovers from dinner the night before. At other times, we have successfully served Tofutti Cuties, Morningstar Farms burgers, Lightlife Hotdogs, and Amy's Toaster Pops to meat-eating children, usually with requests for more.

Though our birthday party menu sounds relatively simple, it worked with these kids. We think a positive attitude, a simple menu, and refraining from making a big deal out of the foods being vegan or vegetarian works best. Similarly, we have found that going ethnic with Chinese or Italian cuisine usually pleases most meat-eaters more than having them try what they consider unusual natural foods. If people are used to gourmet meals, there is a grand array of vegetarian foods to please their palates. If people want simplicity, then that's okay, too.

Thank you to everyone—the food companies, wholesalers, retailers, vegetarian groups, activists, donors, volunteers, parents, teachers, researchers, scientists, health professionals, vegetarian kids, and others—for taking on their very different yet undeniably important roles in making our world a more vegetarian place. You are assisting vegetarian families today and changing the world for generations of human and non-human animals to come.

Debra Wasserman & Charles Stahler

Coordinators of The Vegetarian Resource Group

VRG's MEMORIAL AND HONORARY GIFT PROGRAM

How often have you wanted to make a gift in honor of a loved one or friend but weren't sure which charities are vegetarian-friendly, pro-environmental, or pro-animal rights? Please remember The Vegetarian Resource Group. You can make a gift in memory of a loved one or as a living tribute to honor someone you care about on a special occasion, such as a wedding or birth. We'll send an acknowledgement to you and to the recipient(s) you choose. Your gift will support educational outreach programs and help promote vegetarianism.

Memorials & Honorary Gifts

In memory of: _____

In honor of: _____

Please send acknowledgement to:

Name: _____

Address: _____

My name and address:

Name: _____

Address: _____

Make checks payable to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203.

Generous donations were made in memory of Julie Kerr by Gordon Dow, the Sovereign Family, and others.

Thank you to the following volunteers for coordinating VRG outreach booths: Ryan Andrews, RD, and Mark Rifkin, RD, in Maryland; Phil Becker in San Francisco; Jessica Dadds in Washington State; Chef Ralph Estevez and Elsa Spencer in Virginia; Lisa Martin in Colorado; and Reed Mangels, PhD, RD, in Massachusetts.

Michigan Veg Group Adds VRG Materials to Their Presentations

Good Afternoon, Sonya:

I just received the information that you sent me. Thank you for the timely response. I am thrilled with the quality of the materials. I am especially excited about the children's information, the ADA position paper, and the pediatric manual. Great stuff! It couldn't have arrived at a better time.

Northern Vegans (www.northernvegans.com) is hosting a vegan potluck tomorrow. We are expecting several new people and will be giving a presentation on "Why Vegan." The materials will be a welcome complement to the presentation. I will keep in touch and let you know when we need more. Thank you again for working with us.

Sincerely,

Natasha G., via e-mail

Toronto Vegetarians Love VJ, Especially Useful Poll Data

How are things at VRG? FYI, I volunteer most Saturdays at the Toronto Vegetarian Association (<www.veg.ca>) in the resource center, and we all enjoy reading

Vegetarian Journal when it comes in. The vegetarian census comes in handy all the time!

Jason, Owner of www.tastebetter.com

Editors' Notes: *The latest VRG poll information is always available online at <www.vrg.org/nutshell/faq.htm#poll>. Also, TVA hosts an annual festival each September.*

Call-A-Dietitian Day Answered My Veggie Health Questions

Dear VRG:

I want to thank you and Mark Rifkin for offering the nutrition call-in service. I just got off my phone call and so appreciate the time, assistance, and consideration.

A great big THANK YOU!

Judie H., via e-mail

Editors' Note: *Call-a-Dietitian Day gives you the opportunity to have general vegetarian and vegan nutrition questions answered by Mark Rifkin, MS, RD, LDN, a longtime VRG volunteer. To learn more about Call-a-Dietitian Day, please e-mail The VRG office at vrg@vrg.org or call (410) 366-8343.*

Be advised that Call-a-Dietitian Day sessions are not individualized nutritional counseling.

Letters to the Editors can be sent to: *Vegetarian Journal*, P.O. Box 1463, Baltimore, MD 21203. You may also e-mail your letters to vrg@vrg.org.

Coming in the Next Issue:

VEGAN CHEESECAKES

Plus: *Vegan Fare from India, All About L-Cysteine, Vegetarian-Friendly Books for Kids, and more!*

Loafing Around

by Debra Daniels-Zeller

IN THE EARLY 1960s, WHEN MY MOTHER AND father went out for the evening, mom always let me select one of the four varieties of frozen TV dinners that Swanson's offered at that time. I always chose meatloaf with mashed potatoes. A guilty pleasure, I always looked forward to this mass-produced frozen dinner. But I often picked the loaf apart with my fork and wondered about the ingredients. What were they? And what held them together?

I'm sure those frozen dinners sparked my quest for the perfect loaf, but I found few vegetarian loaf recipes until the late '60s. By the end of the 1970s, however, there was at least one veggie loaf recipe in every natural foods cookbook. By 1980, I'd baked countless loaves—soy, millet, carrot, rye, buckwheat, and endless variations of the ubiquitous lentil loaf featured in many '70s cookbooks.

Over the years, though, vegetarian loaves gained a bad reputation. Sadly, many early recipes came out of the oven resembling bricks and were just about as appetizing. If you followed a typical recipe as it was written, you wouldn't have to worry about not having enough food to go around. No one wanted a second helping.

But daydreams of creating a savory, sliceable loaf transport me back to a dinner with my best friend's family in 1972. They were vegetarians, and her mother had an almost instinctive ability to analyze ingredients and combine them to make memorable dishes. She once baked a loaf composed of cooked red beans and rice mashed with sweet caramelized onions, chopped jalapeños, sage, and toasted pecans. Each plain white dinner plate cradled warm, savory loaf slices and mashed potatoes topped with homemade gravy. On the side were steamed green beans and sliced fresh tomatoes gathered from the garden. It looked like a styled food picture from a magazine. And the amazing flavors and texture of that loaf remained with me for years.

I was excited about the prospect of creating and eating a number of vegetarian loaves for a month, but when I told my husband, he groaned. I shouldn't have been surprised because not every loaf I'd made over the years turned out like the loaf my friend's mother made.

I admit, there is a certain mystique about creating a loaf that slices with good texture and a balance of flavors. But skill at loaf perfection comes from practice at selecting ingredients and allowing yourself to play with food possibilities. Add too much liquid or too many beans, and the loaf is moist and heavy. Not enough holding power (wheat gluten or egg replacers), and each slice crumbles into pieces. For years, making adjustments with various recipe ideas, I found it was trial and many errors. Family and friends were often reluctant loaf tasters, enduring more than one failure. At least the dogs rejoiced over loser loafs.

But each dud was a stepping stone, spurring me to make loaves that impressed even my biggest critic—me. When the month was over and the recreated recipes complete, I realized no leftovers had gone to the dogs. The *Southwestern Polenta Loaf* disappeared in one day, and my husband and I wanted more. And my husband took *Chickpea Loaf* (page 8) topped with *Smooth Adobo Sauce* (page 10) in tortillas for lunch for days. He combined *Fire-Roasted Tomato Bread Loaf* (page 10) with black beans and added *Chipotle Barbecue Sauce* (page 10) to make unique burritos. I reheated loaf slices and topped them with sauce, gravy, or vegetables. Or I put a slice on toasted whole wheat bread with all the fixings—mustard, vegan mayonnaise, lettuce, pickles, and tomatoes.

Thank goodness we've moved beyond frozen mystery meat dinners, and I don't have to feel guilty about ingredients. Nowadays, a loaf is a pleasure. These are my favorite versions.

WALNUT, ONION, AND CARROT RICE LOAF

(Makes one 9 x 5-inch loaf or 8 servings)

**Pictured on the cover.*

*This recipe is inspired by the "Walnut Cheddar Loaf" recipe in the classic vegetarian book *Diet for a Small Planet* by Frances Moore Lappé. If you don't like walnuts, use another variety, such as pecans or hazelnuts.*

1 Tablespoon oil
 1 cup chopped onions
 1 cup diced carrots
 Water, if needed
 1¼ cups cooked brown rice (any variety)
 1½ cups dried bread crumbs
 ½ cup lightly toasted, chopped walnuts
 ½ cup silken tofu, beaten
 ½ teaspoon oregano
 ¼ teaspoon pepper
 ¼ teaspoon garlic powder

Heat a heavy skillet over medium heat. Add oil and onions and sauté the onions until soft. Stir in carrots, cover, and cook until carrots are soft. Add a small amount of water, if necessary. Remove from heat.

Preheat oven to 350 degrees. Line a loaf pan with parchment paper.

In a large mixing bowl, blend the sautéed vegetables and cooked rice with the bread crumbs, walnuts, tofu, oregano, pepper, and garlic powder. Mix well. Place mixture in the prepared loaf pan and bake for 40 minutes or until done.

Total calories per serving: 199 Fat: 8 grams
 Carbohydrates: 26 grams Protein: 6 grams
 Sodium: 155 milligrams Fiber: 3 grams

SOUTHWESTERN POLENTA LOAF

(Makes one 9 x 5-inch loaf or 8 servings)

*Sun-dried tomatoes are available in jars in the salad dressing aisle of most any grocery store. Look for adobo sauce on the international aisle of the grocery store or, better yet, make your own with the **Smooth Adobo Sauce** recipe on page 10.*

Leftover slices of this loaf are good sautéed for breakfast with smoky tempeh strips.

Vegetable oil spray
 3 cups water
 ¾ cup polenta (coarse cornmeal)
 2-3 Tablespoons *adobo* sauce or salsa
 ¼ teaspoon salt
 1 cup frozen corn or corn scraped fresh from the cob
 ½ cup chopped sun-dried tomatoes
Smooth Adobo Sauce to finish

Lightly oil a loaf pan. Combine ingredients in a medium saucepan and bring to a boil. Reduce heat to medium-low and cook for 20 minutes, stirring frequently. When mixture is very thick and cornmeal is cooked, scoop it out into the loaf pan. Spread to smooth.

Let sit for half an hour before slicing. Drizzle **Smooth Adobo Sauce** (page 10) over each slice.

Note: You can alter the flavors in this recipe by adding any of the following to the saucepan while cooking:

- One-half cup of chopped olives, nuts, or dried cranberries
- One cup of diced steamed sweet potatoes or carrots
- Chopped raw parsley or cilantro

Total calories per serving: 78 Fat: <1 gram
 Carbohydrates: 17 grams Protein: 2 grams
 Sodium: 194 milligrams Fiber: 2 grams

10 Loaf Tips

- 1) Use a 9 x 5-inch loaf pan, smaller loaf pans for individual servings, or a square baking pan.
- 2) Oil or parchment paper lining a loaf pan insures easy removal.
- 3) Balance heavy ingredients with light cooked whole grain components, such as rice, quinoa or millet, or bread crumbs. Beans, potatoes, sweet potatoes, and tofu add moisture and heaviness.
- 4) Bread crumbs and ground flaxseeds blended with water help create a more sliceable loaf. Grind your own flaxseeds in a spice or clean coffee grinder.
- 5) To replace salt, try adding chopped dulse (a sea vegetable), chopped olives, or capers.
- 6) To impart a smoky flavor, add *adobo* sauce or chipotle chili powder.
- 7) For crunch, lightly toast various nuts or sunflower or sesame seeds. Blend in right before baking.
- 8) Caramelized onions add sweet tones. If you don't like onions, lightly sauté carrots or red peppers, or add some sweet potatoes. You can also squeeze in a tiny amount of agave nectar to balance the other flavors.
- 9) If you're not sure whether a loaf is done, it's best to bake it for 5 more minutes. Wait 10 minutes before removing from pan.
- 10) Loaves are dry by nature and call for a topping, whether gravy, pasta sauce, salsa, barbecue sauce, or even sautéed vegetables.

PECAN-LENTIL LOAF

(Makes one 9 x 5-inch loaf or 8 servings)

To cook the buckwheat, bring 1 cup of water to a boil and add ½ cup buckwheat. Simmer until grains are soft. I like to use shiitake mushrooms, but button or cremini mushrooms also work well in this recipe. Preheat the oven to 325 degrees and lightly toast the nuts for 10 minutes.

1 cup red lentils
1½ cups water
1½ teaspoons oil
½ cup finely chopped onions

6 mushrooms, coarsely chopped
¼ teaspoon garlic powder
⅛-¼ teaspoon cayenne
½ teaspoon salt
1 cup cooked raw buckwheat
2-3 Tablespoons tomato paste or *Smooth Adobo Sauce* (page 10)
Vegetable oil spray, if needed
2 Tablespoons ground flaxseeds
6 Tablespoons water
1 cup bread crumbs
½ cup lightly toasted chopped pecans or walnuts

Combine lentils and water in a medium saucepan. Bring to

a boil, reduce heat, and simmer for 20 minutes or until lentils are soft and water is absorbed. Add a little more water as lentils cook, if needed.

While the lentils cook, heat a skillet over medium heat. Add oil, onions, and mushrooms. Cover with a lid that fits directly over the onions and mushrooms and sweat the onions until soft. Remove lid and add garlic powder, cayenne, and salt. Continue to stir and cook until mushrooms are soft and have released their juices.

When lentils are done and the water has been absorbed, remove from heat, stir, and mash. Stir in cooked vegetables, buckwheat, and tomato paste or *Smooth Adobo Sauce* (page 10). Blend well.

Preheat oven to 350 degrees. Line a 9 x 5-inch loaf pan with parchment paper or lightly oil the pan.

Blend flaxseeds and water in a blender or with a hand blender until frothy and thick. Stir this mixture into the loaf with the bread crumbs and nuts. Press mixture into the loaf pan. Bake for 45 minutes.

Top this loaf with *Chipotle Barbecue Sauce* (page 10) or with ketchup.

Total calories per serving: 240 Fat: 7 grams
Carbohydrates: 34 grams Protein: 11 grams
Sodium: 249 milligrams Fiber: 7 grams

CHICKPEA LOAF

(Makes one 9 x 5-inch loaf or 8 servings)

Inspired by the “Chickpea Loaf” recipe in The New York Times Natural Foods Cookbook, chickpeas—also called garbanzo beans—contribute a nutty flavor and great texture to this loaf. If you can’t find

Quick Fix Burger Tips

The recipes in this article yield delicious veggie loaves, but some make incredible vegetable burgers as well. Here are a few things to keep in mind if you want to make an impressive burger from these recipes:

- Of the recipes in this article, *Pecan-Lentil Loaf* or *Chickpea Loaf* are the best bets for making patties or burgers.
- Thoroughly mix ingredients. Blending the ingredients as smoothly as possible is essential to make burgers. A food processor helps but isn't essential. I used a potato masher and got good results.
- Measure out approximately a third of a cup of the mixture. Flatten into a patty not more than a ½-inch thick. The thinner the patty, the faster it will cook.
- Vegetarian burgers are more delicate than meat-based burgers. It's easier to fry in a little oil. A non-stick pan will work, but you won't get a nice crispy crust. You can also broil or grill the patty. Cook until browned on one side, then turn carefully.
- To grill, use a vegetable grid so pieces don't fall into the fire.
- Cook for approximately 5 to 7 minutes on each side or until the bottoms are crispy.
- Set out a variety of condiments. Mustards, chutneys, salsas, barbecue sauce or ketchup, pickles, chopped onions, avocados, and lettuce are just a few examples.
- You can prepare the burger mixture a day ahead and refrigerate until ready to use, if desired.

a large cans of chickpeas, use two 15-ounce cans. Potato starch helps hold this loaf together.

- 3 Tablespoons ground flaxseeds
- 1/2 cup cold water
- 1 Tablespoon oil
- 1 onion, diced
- Vegetable oil spray, if needed
- One 25-ounce can chickpeas (garbanzos), drained and rinsed
- 1/4 cup *Chipotle Barbecue Sauce* (page 10) or *Smooth Adobo Sauce* (page 10)
- 2 Tablespoons potato starch
- 1 cup crushed crackers, such as saltines
- 1/4 cup chopped black olives
- 1/2 cup lightly toasted walnuts or pecans

Mix the flaxseeds and cold water in a blender or with a hand blender. Blend on high until the texture is very thick.

Heat a heavy skillet over medium heat. Add oil and onions and stir. Place a lid directly over the onions and sweat until onions are transparent. Remove lid and continue to cook until onions brown.

Meanwhile, preheat oven to 350 degrees. Oil a loaf pan or line it with parchment paper. Combine the chickpeas and sauce in a large bowl. Thoroughly mash chickpeas with a potato masher. Sprinkle potato starch and crackers over chickpeas. Stir in, and then add olives and nuts. When everything is blended, stir in the flaxseed-water mixture.

Press the mixture into the loaf pan. Bake for 1 hour or until browned on top. Remove loaf from oven and then from the pan. If the loaf needs further cooking, you can set it on a pizza screen and put it back in the oven for a few minutes. When done, let it sit for 15-20 minutes before slicing. Top with your favorite gravy, tomato sauce, or *adobo* sauce.

Total calories per serving: 246
Carbohydrates: 33 grams
Sodium: 423 milligrams
Fat: 10 grams
Protein: 7 grams
Fiber: 6 grams

RED BEAN AND MILLET LOAF WITH SWEET POTATOES AND MUSHROOMS

(Makes one 9 x 5-inch loaf or 8 servings)

This layered loaf crumbles a little when warm but becomes more solid as it cools. I like to make it a day ahead, then slice and fry it with a little oil. Served with mashed potatoes and gravy, this recipe is great comfort food.

To cook millet, simmer 1 cup of millet in 1 3/4 cups water for 20 minutes. Use the remainder of the millet to reheat as a hot breakfast cereal in the morning.

- 1 cup chopped mushrooms
- 1 Tablespoon oil
- 1 cup diced sweet potatoes
- Water, if needed
- 1/2 cup silken tofu
- 2 Tablespoons salsa (optional)
- 2 Tablespoons potato starch
- One 15-ounce can red beans, drained and rinsed
- 1/2 cup cooked millet
- 1 cup rye bread, cut into small cubes
- 1/2 cup thawed frozen corn or corn scraped fresh from the cob

- 1 teaspoon chopped rosemary
- 1/2 teaspoon salt
- 1/2 cup toasted, finely chopped nuts, any variety (optional)

Heat a heavy skillet over medium-high heat. Add mushrooms and dry fry until they release their juices. Reduce heat. Add oil and sweet potatoes, cover, and cook until sweet potatoes are soft. Add a little water, if necessary, to keep potatoes from sticking. When potatoes and mushrooms are done, remove approximately a 1/2-cup and combine with tofu, salsa, and potato starch. Mix well. Set aside.

Preheat oven to 350 degrees. Line the baking pan with parchment paper. In a large mixing bowl, combine the red beans, millet, and rye bread and mash together until blended. Stir in the tofu mixture, corn, rosemary, salt, and nuts. Mix well. Spread half of this mixture into the loaf pan. Place the remaining mushrooms and sweet potatoes over the layer, and then spread the remaining beans and millet mixture on top. Pat down. Bake for 45 minutes. Remove from oven and invert on cooling rack to cool.

Total calories per serving: 141
Carbohydrates: 24 grams
Sodium: 380 milligrams
Fat: 3 grams
Protein: 5 grams
Fiber: 5 grams



FIRE-ROASTED TOMATO BREAD LOAF

(Makes one 8 x 8-inch baking dish or 8 servings)

I loved my grandmother's no-frills, Depression-era, bread and tomatoes dish so much I created a stuffing-like loaf out of her main ingredients. Artisan bread works best for this recipe because the dense texture holds up when it is saturated with the tomato juice. (Regular sandwich bread falls apart.) Look for agave nectar in natural foods stores. If you can't find it, use maple syrup.

- 2 Tablespoons oil
- 1 small yellow onion, peeled and chopped
- 1 cup chopped mushrooms
- 3 cloves garlic, pressed, or ¼ teaspoon garlic powder
- Dash of hot sauce
- One 28-ounce can fire-roasted or plain diced tomatoes
- 4 heaping cups cubed artisan bread
- ½ Tablespoon agave nectar or maple syrup
- 2 teaspoons dried basil
- ½ teaspoon dried marjoram
- ½ teaspoon salt
- Vegetable oil spray to prepare pan

Heat oil and sauté onions until soft. Add mushrooms. Continue cooking until mushrooms are soft and have released their juices.

In a large mixing bowl, combine onion-mushroom mixture with the remaining ingredients. Blend well. Let ingredients sit for half an hour before baking.

Preheat oven to 350 degrees. Place mixture in a lightly oiled 8 x 8-inch baking pan and bake for 30 minutes or until firm.

Total calories per serving: 135 Fat: 3 grams
Carbohydrates: 22 grams Protein: 4 grams
Sodium: 514 milligrams Fiber: 2 grams

SMOOTH ADOBO SAUCE

(Makes approximately 1¼ cups or ten 2-Tablespoon servings)

This sauce is hot and spicy. A little goes a long way. Look for dried chipotle chilies in natural foods or specialty grocery stores.

This sauce will keep for a few weeks in the refrigerator. For long-term storage, freeze in an ice cube tray so you have small useable portions. Thaw a cube or two in the refrigerator when ready to use.

- 5 dried chipotle chilies
- ½ red or yellow onion, minced
- ¼ cup rice or cider vinegar
- ¼ cup ketchup
- 2 cloves garlic, pressed
- ¼ teaspoon salt
- 2½-3 cups water

Combine all ingredients in a small saucepan. Bring to a boil. Reduce heat and simmer for 2 hours or until the sauce is reduced by half. Remove chilies from the sauce, remove stems, and add chilies back to the sauce. Purée all sauce ingredients in a blender. Place sauce in a glass container, cover, and refrigerate. The sauce is hot and spicy, so add sparingly.

Total calories per serving: 12 Fat: <1 gram
Carbohydrates: 3 grams Protein: <1 gram
Sodium: 131 milligrams Fiber: <1 gram

CHIPOTLE BARBECUE SAUCE

(Makes approximately 1¼ cups or ten 2-Tablespoon servings)

A chipotle chili is a smoked jalapeño. It imparts smoky tones to any dish. You can find dried chipotle chilies in natural foods and specialty stores. You can also get a can of smoked

jalapeños in adobo sauce at a grocery store. Look for those in the same aisle as tortillas, refried beans, and salsa. These are difficult to remove from the sauce, so use only one smoked jalapeño.

Freeze the remainder of these canned chilies for future use. Line a baking sheet with parchment paper and spread the chilies out in a single layer to freeze. When the chilies are frozen, slip them into a plastic bag and store until you need them.

Liquid smoke is available at many grocery stores, but its inclusion isn't vital to the recipe.

- One 15-ounce can unsalted diced tomatoes
- 2 dried chipotle chilies
- ½ cup water
- ½ cup finely diced onions
- 1 Tablespoon molasses
- 1 teaspoon prepared mustard
- ⅛ teaspoon garlic powder
- ¼ teaspoon salt
- Dash of liquid smoke (optional)

Combine all ingredients in a small saucepan. Cover and simmer for 30 minutes. Remove lid and continue to simmer to desired consistency. Remove chipotle chilies before serving. Serve this sauce as is for a chunky texture, or purée it to create a smoother consistency.

Total calories per serving: 16 Fat: <1 gram
Carbohydrates: 4 grams Protein: <1 gram
Sodium: 71 milligrams Fiber: 1 gram

Debra Daniels-Zeller is a frequent contributor to *Vegetarian Journal*. Her most recent article, *Thickeners*, appeared in Issue 1, 2007. A resident of Washington State, she has authored *Local Vegetarian Cooking: Inspired Recipes Celebrating Northwest Farms*.

Not Just PB & J

Tips for Packing a Lunch Box That's Sure to Please By Reed Mangels, PhD, RD

NO ONE EVER TOLD ME THAT ONCE MY DAUGHTER started kindergarten, I'd be packing a lunch 180 days a year. Let's see, 180 days times 13 years of school, times 2 kids—that's a lot of lunches! "Can't you just let them buy lunch sometimes?" my co-workers ask. I've thought about it, but the only vegan-ish option at the elementary school is peanut butter and jelly, and at \$2 plus for a sandwich, it seems crazy not to make lunches. The middle schools and high schools have a few more options, but my kids prefer homemade lunches.

What are the secrets of an appealing lunch? Good food goes a long way, whether it's leftovers or something planned especially for that day. Fun is important also—sandwiches cut into cute shapes, a clever note, or a colorful napkin. One of my daughter's friends had a family tradition of having a peanut butter and chocolate chip sandwich on the first Wednesday of

the month, something she looked forward to eagerly. Just spread bread with peanut butter, sprinkle on a spoonful or two of vegan chocolate chips, press gently into the peanut butter, and top with another slice of bread. Even as simple a treat as a little bag of popcorn sprinkled with nutritional yeast or a homemade cookie can brighten up the day.

One way to jazz up the lunch box is to pack a theme lunch occasionally. A lunch can be based on a letter of the alphabet. For "A," try alphabet soup, apple slices with almond butter, an applesauce muffin, and apricot fruit leather. Another idea is to base a lunch on a color. Veggie chili, a fruit cup with watermelon and strawberries, and cherry tomatoes make for a Really Red Lunch. Other themes could be based on animals, a shape, the season, a holiday, or foods from another country.

Here are some lunch preparation tips as well as some lunch box ideas my family has enjoyed.

Lunch Packing FAQs

How do you have time to pack a lunch?
Planning ahead can markedly reduce the amount of time needed to put together a lunch. Think about what you're making for dinner and if you need to make a little extra to put in a lunch box the next day. Veggie burgers, soups, pasta, stir-fries, pizza, beans and rice, lasagna, barbecued tofu or seitan, and chili are all examples of foods that can be gently warmed and sent for the next day's lunch. Leftover pasta salad, hummus, grain salad, or sushi doesn't even need heating. Make extra pancakes for breakfast one morning and pack them in the lunch box another day with a small container of maple syrup. If you're sending soy yogurt or soup, make a quick batch of muffins for breakfast that morning and tuck a muffin into the lunch box, too. Quick breads, like banana or pumpkin bread, can also be made the night before.

It really helps to jot down ideas for quick and easy lunches your kids like. There's nothing worse than looking for inspiration in an unsympathetic refrigerator at 6 a.m. If you're not sure whether your kids will like a recipe or product, give it a test run on the weekend or during the summer.

Do as much as you can the night before and get your kids to help. For example, soymilk can be poured into a bottle, pretzels or cut-up vegetables packaged, utensils put in the lunch box, and dips or spreads made in the evening for the next day.

What are some ideas for entrées?
One way to think about the main dish in a lunch box is by category—beans, soy products, nuts and nut butters, and pasta and other grains. Some ideas from each category can be found on the next page.

Beans

Vegetarian baked beans, beans and rice, bean burritos or tacos, bean dip with tortilla chips, a bean burger on a bun, a hummus wrap, hummus with vegetable dippers, chili, lentil soup, sloppy lentils, falafel in pita bread, curried chickpeas

Soy products

Tofu burger or tofu hot dog in a bun, deli slices on a sub roll with tomatoes and shredded lettuce, soy yogurt, chicken-less nuggets, barbecue tofu, tofu 'egg' salad (tofu mashed with vegan mayonnaise, mustard, celery, pickle relish, and seasonings), English muffin pizza with soy pepperoni

Nuts and nut butters

Nut butter spread on apple slices, nut butter dip with pretzels and carrot sticks, nut butter and crackers (If your school doesn't allow peanut butter, try soy nut butter instead.)

Pasta and other grains

Pasta salad, pasta and tomato sauce, noodles with peanut sauce, rice salad, ramen noodle soup with tofu cubes, sushi, rice balls, pancakes or waffles

What if my child wants to have a lunch that looks like everyone else's? Sandwiches are a super way to blend into the crowd. Nut butter and jelly looks the same whether the lunch box is vegan or not. Deli slices between two pieces of bread look remarkably like your child's friend's sandwich. Many schools post the cafeteria menu online, publish it in the paper, or send home a monthly lunch calendar. Your child may like to have lunch box food that is similar to the cafeteria food—chicken-less nuggets, a tofu hot dog, pasta with tomato sauce, or a taco.

What about food safety?

The key to lunch box safety is making sure that hot foods stay hot and cold foods stay cold. Use a plastic thermos to pack hot foods. To help food stay hot, pour boiling water into the thermos, cover, and let it sit for 10 minutes, pour out the water, and then add the hot food. Use an insulated lunch box and frozen cold packs to keep food cold.

I'd like to put a note in my child's lunch box, but I'm not sure what to write. Jokes, word scrambles, a comic clipped from yesterday's paper, a sticker, a geography fact, a limerick or other short rhyme, a note from the family dog or cat, a small origami figure, a quick drawing, or whatever else you can tuck in.

MAPLE YOGURT DIP FOR FRUIT

(Serves 1)

Pack this recipe into your child's lunch box with fruit dippers like apple slices, strawberries, seedless grapes, orange sections, or pineapple chunks. Baby carrots are also delicious with this dip.

One 6-ounce carton or $\frac{3}{4}$ cup plain soy yogurt
1 Tablespoon maple syrup
 $\frac{1}{2}$ teaspoon lemon juice
 $\frac{1}{4}$ teaspoon vanilla extract

Combine all ingredients. It's easiest to do this in a small container—not the yogurt carton—and then put the container right into the lunch box.

Total calories per serving: 157

Carbohydrates: 30 grams

Sodium: 24 milligrams

Fat: 2 grams

Protein: 4 grams

Fiber: <1 gram

PEACH-MANGO MUFFINS

(Makes 12 muffins)

*These muffins, along with **Maple Yogurt Dip** and fruit, can be the basis for a "Think Spring" lunch box. Tuck in pictures of flowers or a packet of seeds to plant at home.*

1 cup peach juice
1 cup rolled oats (regular or quick but not instant)
Vegetable oil spray to prepare muffin cups
 $\frac{1}{2}$ cup whole wheat pastry flour
 $\frac{1}{2}$ cup unbleached all-purpose flour

- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 3 Tablespoons wheat germ
- 1/4 cup canola oil
- 1/4 cup vegan brown sugar
- 1 1/2 teaspoons Ener-G egg replacer or 1 1/2 teaspoons ground flaxseed
- 1/4 cup water
- 1/2 cup fresh or thawed frozen mango cut into small pieces

The night before, combine the peach juice and oats and refrigerate overnight.

The next morning, preheat oven to 400 degrees. Spray 12 muffin cups with oil. Combine flours, baking powder, baking soda, and wheat germ in one bowl.

In another bowl combine canola oil and sugar. Blend egg replacer or flaxseed with water and add to oil mixture. Add dry ingredients and mix well. Stir in the mangos. Portion batter into muffin cups and bake 25 minutes or until done. Cool in pan on a cooling rack 2-3 minutes. Remove from pan to finish cooling.

Total calories per muffin: 132	Fat: 5 grams
Carbohydrates: 19 grams	Protein: 2 grams
Sodium: 96 milligrams	Fiber: 1 gram

EARLY MORNING PASTA SALAD

(Serves 3)

This salad is made from leftovers and can be put together quickly. Pack with lemonade, blueberries, a red checked napkin, and a scattering of plastic ants for a "Picnic in a Lunch Box."

- 1 1/2 cups cooked leftover pasta
- 1/2 cup cooked or drained canned beans
- 1/2 cup thawed frozen mixed vegetables, peas, or corn or 1/2 cup of any chopped cooked or raw vegetables that your child likes
- 2 Tablespoons reduced-fat salad dressing that your child likes (A mild Italian or sesame ginger works well with this recipe.)
- 1 Tablespoon vegan mayonnaise
- 1 Tablespoon orange or pineapple juice

Toss pasta, beans, and vegetables together. In a small bowl, mix salad dressing, mayonnaise, and juice together and pour over pasta mixture. Combine gently, adding more dressing to moisten if needed.

Total calories per serving: 177	Fat: 4 grams
Carbohydrates: 29 grams	Protein: 7 grams
Sodium: 196 milligrams	Fiber: 4 grams

HUMMUS ROLL-UPS

(Serves 1)

This recipe puts a fun twist on the classic hummus wrap.

- 1/4 cup prepared or purchased hummus
- 1 whole wheat tortilla
- Shredded carrots, lettuce, and/or chopped olives (optional)

Spread the tortilla with hummus, completely and evenly covering the tortilla. Sprinkle on finely chopped vegetables and olives and press down gently. Gently roll the tortilla up into a tube. Use a sharp knife to slice the rolled-up tortilla into 6 or 8 slices. Each slice will look like a spiral or a cinnamon roll. Pack the slices into a container, cut side up.

Total calories per serving: 226	Fat: 6 grams
Carbohydrates: 35 grams	Protein: 7 grams
Sodium: 350 milligrams	Fiber: 4 grams

PEANUT BUTTER BALLS

(Makes seven 2-ball servings)

*These bite-sized treats will supply lots of energy for the playground. Pack several of them with the **Hummus Roll-Ups** above or with hummus on a bagel, cherry tomatoes, and grapes. Then, add a note on a round piece of paper for a "Round and Round Lunch."*

- 1/2 cup smooth peanut butter (or other nut butter or soy butter)
- 1/4 cup rice syrup
- 2 Tablespoons wheat germ
- 1 cup lowfat granola cereal, crushed or crumbled to eliminate any large chunks
- Toppings, such as flaked coconut or chopped nuts (optional)

Stir together all ingredients except toppings. Roll the mixture into 14 balls, adding more granola if the mix is too sticky or liquid to work with. If you want to use toppings, sprinkle each topping on a plate and roll the balls in the toppings to coat.

Total calories per serving: 211	Fat: 10 grams
Carbohydrates: 26 grams	Protein: 6 grams
Sodium: 142 milligrams	Fiber: 2 grams

Reed Mangels, PhD, RD, is one of VRG's Nutrition Advisors. She is the co-author of *Simply Vegan* and the most recent American Dietetic Association position paper on vegetarian diets.

veggie bits

Clif Kids Makes Snacking and Lunch-Packing Easy and Fun

Clif Kid is a new child-friendly line of products from the company that brought those popular energy bars to market. Their Organic ZBaRs are chewy, baked whole grain snacks that come in three vegan varieties, each drizzled with stripes of chocolate on top. The Chocolate Brownie sports a fudgy taste and texture, while the Peanut Butter flavor is aromatic with nutty goodness. Plus, the Chocolate Chip variety will make you feel good about giving your kids cookies for dessert!



Another product that recently made its debut is Organic Twisted Fruit. These snacks, reminiscent of Fruit Roll-Ups, are made almost entirely of organic ingredients, but the real appeal is their fun, rope-like strands that can be eaten whole or pulled apart for additional thrills. Organic Twisted Fruit is available in four flavors—Sour Apple, Strawberry, Tropical Twist, and the particularly tangy Mixed Berry.

Clif Kid products are available from many retailers that carry natural foods. For more information, contact Clif Bar, Inc., at 1610 5th Street, Berkeley, CA 94710-1715. The company's phone number is (800) 254-3227, and its website is <www.clifbar.com>.

Incredible Spreadable Sheese



Sheese is a Scottish company that produces one of the largest arrays of vegan cheeses around. Their newest offerings include Creamy Sheese, 9-ounce tubs of soft, cream cheese-like spreads in five fantastic

flavors. The Original would feel right at home on any toasted bagel, the Chives evokes a perfect baked potato, and the Garlic & Herb is simply daring raw veggies to come in for a dip. In addition, the Cheddar-Style will have all of your party guests reaching for the crackers, while the Mexican-Style, with its hint of salsa, will have them grabbing for the corn chips.

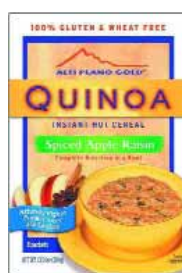
These products are available at some natural foods stores, from online retailers, and through Sheese's distributor in the United States, Black Duck Imports, LLC. Write to the company at 706 East Pine Street, Suite #7, Orlando, FL 32801, or call (407) 401-4153. Their website is <www.blackduckimports.com>.

For a Spoon Full of Sugar...

Florida Crystals produces an incredible family of items made from organic sugar cane and processed without the use of bone char or any other animal byproducts. Among the company's most sought-after confections are its Organic Brown Sugar and its Organic Powdered Sugar. Both products easily replace their traditional white sugar counterparts, adding the same ease of use and sweetness to baked goods, drinks, and more!

Contact Florida Crystals Corporation at P.O. Box 33402, West Palm Beach, FL 33402, or call the company at (877) 835-2828. More information is available at the company's website, <www.floridacrystals.com>.

Hot Cereals for Cold Mornings



Quinoa (pronounced "keen-wa") is a staple in South American diets, and it's starting to gain a foothold north of the equator as well. AltiPlano Gold has introduced this wheat- and gluten-free grain in an instant hot cereal form that's similar to oatmeal in many ways. This simple-to-prepare product comes in five hearty varieties—Chai Almond, Natural, Oaxacan Chocolate, Orange Date, and Spiced Apple Raisin—so a different flavor will entice you from even the coziest bed every morning of the workweek.

Write to AltiPlano Gold, LLC, at P.O. Box 156678, San Francisco, CA 94115-6678, or call the company at (415) 380-5050. You can learn more about these products at <www.altiplanogold.com>.

Please Pass the Gravies!

'Tis the season for veggie turkey, mashed potatoes, and other foods that just taste better when swimming in a puddle of vegan gravy. Leahey Foods offers three gluten-free mixes that will liven up your holiday get-togethers. Their No Chicken Golden Gravy adds a savory mushroom flavor to vegetables, while their No Beef Brown Gravy is a wonderful topping for potatoes in many forms. Plus, the unique No Beef Mexican Style Gravy provides a spice combination ideal for any taco, burrito, or bean dish. Can't decide on a single flavor? Leahey offers a Sampler Pack that includes one pouch of each.

For more information, contact Leahey Foods at 4630 Richmond Road, Suite 265, Cleveland, OH 44128, or call the company at (866) 9-LEAHEY. Their website is <www.leaheyfoods.com>.

Is Your Sugar Vegan?

An Update on Sugar Processing Practices

By Jeanne Yacoubou, MS

IN 1997, THE VEGETARIAN RESOURCE GROUP published an article on sugar refining, focusing in particular on the char derived from cow bones that is used as a filter to whiten cane sugar during the refining process. In this report, The VRG revisits the issue of bone char use in the sugar industry, examines emerging practices for refining sugar, and discusses alternatives to sugar refined with bone char.

WHERE THE SUGAR INDUSTRY STANDS TODAY

The sugar industry's practices haven't changed much over the past decade. The same large American cane sugar companies that were operating then are still in business and have bought out smaller operations in the United States. There are a few small cane sugar companies, but there are really only two large cane sugar enterprises—Imperial/Savannah Foods (Dixie Crystal) and Florida Crystals. Florida Crystals owns American Sugar Refining (Domino Foods) as well as the C&H Sugar Company, both of which now call bone char “natural charcoal.”

The two major companies refine most of the sugar sold on store shelves in the United States. The majority of this sugar is produced and consumed domestically, although some of the sugar sold by American Sugar Refining is purchased from Australia or Brazil. (By comparison, much of the sugar in packaged products sold in the United States is imported.)

The U.S. companies still use cow bone char as the preferred filter for cane sugar. The exception is a plant that American Sugar Refining owns in Yonkers, NY, which uses an ion exchange system that cost \$30 million. Their refining process is quite different and involves liquid sugar that cannot be filtered through bone char. Jeffrey Robinson, Technical Director of American Sugar Refining, said the Yonkers, NY, plant is only the company's fourth-highest producing plant of five plants, yielding approximately 4 million pounds of sugar per day. On another note, Paul Caulkins, the Corporate Quality Assurance Manager of Imperial/

Savannah Foods, said his company is seriously looking into overhauling its filtering system at a price tag of \$25 million because there have been recent improvements in ion exchange filter technology.

In 1997, The VRG reported that Refined Sugars, Inc., maker of Jack Frost sugar, used granular carbon instead of bone char. Refined Sugars was one of the companies bought out by Domino, which uses bone char for most of its sugars. (See the table on page 18 for the names of Domino's non-organic and organic brands that are not filtered through bone char.) Jack Frost sugar is still being produced at their Yonkers plant. It is available in New York and northern Pennsylvania and constitutes approximately 0.5 percent of Domino's total sugar production.

Imperial Sugar produces a turbinado sugar that has not been processed through bone char. The Imperial Sugar Company is part owner of Wholesome Sweeteners, which produces several brands of sweeteners that are not filtered through bone char. (See table on page 18.)

VegNews published a 2006 article stating that a small cane sugar company, U.S. Sugar Corporation, uses a 'new' sugar refining process that does not involve bone char. U.S. Sugar has not responded to several phone calls that The VRG has made regarding their cane sugar refining process.

WHY BONE CHAR IN THE FIRST PLACE?

The average consumer's love affair with white, sweet foods prompted the sugar industry to develop a sugar refining process that would yield 'pure' white crystals. Hundreds of years ago, sugar refiners discovered that bone char from cattle worked well as a whitening filter, and this practice is now the industry standard.

Sugar cane has held an approximately 50 percent market share of sugar in recent history, with sugar from sugar beets taking the rest. Beet sugar is not refined in the same way as cane sugar. Bone char filtering is never used in beet sugar processing.

Unfortunately for consumers buying prepackaged, sweetened foods or those eating out, it is difficult to

know the source of the white refined sugar that these foods contain.

Consumers should be forewarned that making a company inquiry will not usually resolve their concerns because many manufacturers purchase both sugar produced from sugar beets and sugar produced from sugar cane. Robinson stated, "Common practice at many manufacturers is to store refined sugar from both sources in the same bin, thereby co-mingling the two." It is likely that a certain prepackaged or restaurant-served food may contain both cane and beet sugar. Proportions of each in any given serving probably vary over time.

THE EXACT ROLE OF BONE CHAR IN SUGAR REFINING

A bone char filter acts like a crude filter and is most often used first in cane sugar refining. To sugar scientists, it is a 'fixed bed adsorption' filter, meaning that particles unlike itself stick to it. It is also the most efficient filter for removing colorants; the most frequently found colorants are amino acids, carboxylic acids, phenols, and ash.

The bone char is not as good at removing impurities such as inorganic ions, so after being put through bone char, sugar may be passed through activated charcoal or an ion exchange system as well. The sugar also goes through several different filters to remove larger particles. Nevertheless, bone char filters are the most efficient and most economical whitening filters, thereby maintaining their position as the industry's cane sugar filter of choice.

Connie Hunter, Consumer Relations Specialist for Domino Sugar and the C&H Sugar Company, said the bones used to make bone char come from "non-European cattle." Robinson told us that American Sugar Refining purchases its bone char from a Scottish company, which did not respond to our inquiries. He said that he has been told these bones come from cattle that have died naturally in Brazil, India, Morocco, Nigeria, and Pakistan. The bones are sun-dried and incinerated for 12 hours at more than 700 degrees Celsius. During the burning process, all organic matter that may be present—including viruses, bacteria, and proteins—is destroyed, leaving only an inert granular substance that is 10 percent elemental carbon and 90 percent calcium hydroxyapatite.

The other major company that sells bone char to the sugar industry is the American Charcoal Company, which was started in 2002 and is located in Wyoming. According to American Charcoal representative Craig

Giles, the company gets its bone char in ready-to-sell form from Brazil's cattle industry. Imperial/Savannah Foods purchases its bone char from both the Scottish company and American Charcoal.

HOW MUCH BONE CHAR IS USED?

Paul Caulkins, the Corporate Quality Assurance Manager of Imperial/Savannah Foods, said that little bone char can be obtained from a single cow "since only the dense bones of the animal, such as the pelvic bones, can be used." After checking with his suppliers, Caulkins informed us that "one cow averages 82 pounds of total bone. About one-fourth to one-fifth of the total weight (between 17 and 20 pounds per animal) is the load-bearing bone used for char (due to its strength). Since our yield conversion to char from that is approximately 50 percent, on average, one cow will produce nine pounds of bone char."

Sugar companies purchase large quantities of bone char for several reasons, the first being the sheer size of their operations. Large commercial filter columns often measure 10 to 40 feet high and five to 20 feet wide. Each column, which can filter 30 gallons of sugar per minute for 120 hours at a time, may hold 70,000 pounds of char. If nine pounds of char is produced by one cow and 70,000 pounds are needed to fill a column, a simple math calculation reveals that the bones of almost 7,800 cattle are needed to produce the bone char for one commercial sugar filter. (We did not receive a verification of this estimate from another source.) Furthermore, each refining plant may have several large filter columns.

Companies use up their supplies of bone char relatively quickly. Since bone char is the first filter used in the sugar refining process, its granules absorb large amounts of colorants and impurities. This means that the overall working life for bone char granules may be

"...those who wish to avoid bone char processing altogether (should) purchase organic sugar and consume foods that list only organic sugar or evaporated cane juice as sweeteners."

reduced significantly. In general, bone char may last for five to 10 years, depending on the volume of raw material filtered through it and the level of impurities in the sugar. The bone char may be rejuvenated several times by burning it at 9,500 degrees in a kiln for 20 minutes, but this typically occurs only once.

Over time, some of the char disintegrates and becomes too small in particle size to filter anymore, so that portion is screened off. Also, colorants and other impurities begin to permanently fill the bone char's microscopic holes, compromising its effectiveness. These impurities make the char heavy, and it can't be volatilized off when rejuvenated in a kiln. Even with the massive quantities of bone char that industries secure, these factors contribute to the need to replenish their bone char stores regularly.

At this time, the cane sugar industry believes that only more cow bone char can fill the same roles as well as bone char. Other technologies, such as reverse osmosis, have been under study for a long time, but they don't perform as well as bone char does at the high temperatures used in the refining process. Perhaps by the time of our next update on the sugar industry, bone char will no longer be a mainstay of sugar refining, especially since Caulkins stated that the prices of bone char, activated carbon, and ion exchange technologies are comparable. What's needed is improved technology, consumer pressure on the industry to change its refining methods, and the capital investment—a tall order for now but maybe a reality one day.

ORGANIC SUGAR: ALWAYS BONE CHAR-FREE

The increasing popularity of organic foods in the United States has bolstered the production of the organic sugar industry. In fact, The VRG is happy to report that there is a large market niche for organic sweeteners.

To maintain its organic integrity, organic sugar is only minimally processed or not refined at all. Since bone char is not on the National Organic Program's National List of Allowed and Prohibited Substances, certified USDA organic sugar cannot be filtered through bone char. In fact, the technical directors of both Imperial Sugar and American Sugar Refining told us that organic sugars are only milled and never go to the refinery where the bone char filters are located.

A common processing aid, lime, is used as a clarifying agent in organic cane sugar processing, removing cane fibers and field debris. Since lime is on the National List, it can be used in organic sugar production. However, because the lime itself is synthetic, no organic sugar processed in this manner can ever

be certified 100% USDA Organic; the maximum certification it can receive is 95% certified organic. Consequently, any sugar-containing product made with organic sugar can achieve only a 95% certified organic rating.

There are a few organic clarifying agents, such as the seeds of the drumstick tree (*Moringa oleifera*) and the edible fruit of *Cordia myxa*, that could produce 100% certified organic sugar. However, Dr. Stephen Clarke, Director of Technical Services at Florida Crystals, said, "These aids are a substitute for the polyacrylamide materials that we conventionally use in clarification and not for the lime that is used for pH adjustment. The 'natural' flocculants are basically acidic polysaccharides extracted from succulent plants similar to aloe." Clarke informed The VRG that Florida Crystals tested some organic clarifying agents approximately two years ago, but their performance was "poor and inconsistent." He did say, "Although the potential is there, the real problem is that another crop has to be grown and processed."

Another reason why bone char is not used in organic sugar production is that its decolorizing function is neither needed nor desired. U.S. organic laws do not have any strict standards regarding the color of organic sugar (like those that exist for conventional white sugar). Unrefined sugar is naturally light tan to brown, and the medium to darker colored sugars are often described as 'golden.' "Retail customers seem to prefer this color and associate it with a more natural, less processed product," stated Tom Hasenstaub, the Organic Program Manager at Florida Crystals. He added that the natural color of organic sugar "has been somewhat problematic to certain industrial customers who are trying to formulate organic processed products to emulate the color profiles of their conventional products."

At the present time, most organic sugar used in the United States is imported from Paraguay, Brazil, and Mexico. Florida Crystals is the only U.S. producer of organic sugar, with approximately 4,000 acres of rotating organic sugar cane and rice in production and an additional 900 acres planned for the upcoming growing season. However, this quantity meets only 20 percent of U.S. demand. Approximately 80 percent of all organic sugar produced in the U.S. is used in industries manufacturing sugar-containing products, while 20 percent is purchased directly by consumers.

The table accompanying this article (page 18) lists the brands of organic sweeteners that we have determined to be bone char-free, based on correspondence with the manufacturers.

Bone Char-Free Sugars Produced by U.S. Companies

COMPANY	BRAND NAME(S)
C&H Sugar	C&H Pure Cane Washed Raw Sugar C&H Pure Cane Certified Organic Sugar
Cumberland Packing Company	Sugar in the Raw
Domino Sugar	Domino Demerara Washed Raw Cane Sugar Domino Pure Cane Certified Organic Sugar
Florida Crystals	Florida Crystals Demerara Natural Sugar Organic Evaporated Cane Juice (granulated and powdered) Golden Granulated Evaporated Cane Juice Florida Crystals Milled Cane Natural Sugar Florida Crystals Certified Organic Natural Sugar
Great Eastern Sun	Sweet Cloud Organic Raw Cane Sugar
Hain Celestial Group	Hain Organic Brown Sugar Hain Organic Powdered Sugar
Shady Maple Farms	Shady Maple Farms Granulated Maple Sugar
Tropical Traditions	Rapadura Whole Organic Sugar
Wholesome Sweeteners	Light Muscovado Sugar Dark Muscovado Sugar Sucanat (granulated and powdered) Organic Sucanat (granulated and powdered)

NOTE: 100% Pure Beet Sugar is not passed through a bone char filter.

Today in the United States, all organic sugar is produced from sugar cane. According to Ruthann Geib, the Vice President of the Sugar Beet Growers Association, there is no organic sugar beet production in the United States at this time. Clarke noted, "There are no technical reasons preventing the production of organic beet sugar; it has been done in Europe."

WATCH OUT FOR BONE CHAR: TIPS FOR CONSUMERS

On your next trip to the sugar aisle at the grocery, you may notice many bags of sugar that are labeled "100% Pure Cane Sugar." Most likely, this sugar was refined using bone char. In contrast, sugar in bags labeled "100% Pure Beet Sugar" was never passed through a bone char filter.

Questions soon arise about sugar labeled, for instance, "Granulated Sugar." There is no way to tell based on this phrase alone whether the sugar had been filtered through bone char. The phrase "100% Sugar" is equally ambiguous. Supermarket chains that purchase sugar from a large sugar company but label it as their own may not indicate which type of sugar it is.

Brown sugar is made by adding molasses to refined white sugar. Therefore, companies that use bone char to produce their white sugar will also use it to produce their brown sugar. The same is true for confectioner's sugar, which is refined white sugar with added cornstarch. Invert sugar is filtered through the use of bone

char. Fructose may but does not typically involve a bone-char filter. Molasses, turbinado, demerara, and muscovado sugars are never filtered through bone char. Evaporated cane juice is also bone-char free. If in doubt about any product, concerned consumers should direct inquiries to the manufacturer.

For now, The VRG suggests that those who wish to avoid bone char processing altogether purchase organic sugar and consume foods that list only organic sugar or evaporated cane juice as sweeteners. Eating prepackaged foods and/or restaurant foods that contain refined white sugar will always be questionable.

When discussing ingredients, information changes and mistakes can be made. Please use your own best judgment about whether a product is suitable for you. We encourage everyone to be reasonable and realistic. Use this article with other information to assist you in making personal decisions, not as a standard that you or others may not be able to achieve. Don't let smaller issues get in the way of larger dietary or ethical decisions. Always be encouraging to others and do the best you can, taking into account that neither you nor the world is perfect.

Jeanne Yacoubou is Research Director for The Vegetarian Resource Group and holds master's degrees in philosophy, chemistry, and education. She wrote *Vegetarian Certifications on Food Labels — What Do They Mean?* for *VJ* Issue 3, 2006.

NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

VRG IN THE NEWS

VRG Nutrition Advisor Reed Mangels, PhD, RD, was interviewed for stories about vegetarian diets in *Newsweek*, the *Scranton Times*, and *L.A. Parent* magazine. In addition, she has been interviewed numerous times for the *For the Love of Produce* show on KSVY Radio in Sonoma, California. Reed and VRG Nutrition Advisor Suzanne Havala Hobbs, DrPH, RD, with vegetarian nutritionist Ginny Messina, MPH, RD, submitted a letter to the *New York Times* concerning the *Times* publishing an op-ed in which the writer made numerous erroneous and misleading claims about vegetarian and vegan diets for children. VRG's Food Service Advisor Nancy Berkoff, RD, EdD, CCE, is celebrating the seventeenth year of her syndicated *Healthy Eating* column. The weekly column covers the healthy aspects of eating a plant-based diet.

VRG OUTREACH

VRG's Food Service Advisor Nancy Berkoff, RD, EdD, CCE, has been working with Sharon and Don Christensen and their Vegan Culinary Academy (veganculinary@mchsi.com), located in the Napa Valley, CA, to develop new courses. The VCA offers consulting to health care facilities that would like to add vegan meals to their menus, has private vegan chefs, and offers long- and short-term vegan culinary classes.

Simple Sweeteners

By Chef Nancy Berkoff, RD, EdD, CCE

WE ALL KNOW THAT FRUITS AND GRAINS should be our usual 'sweet' choice, but sometimes you just gotta give in to sugar. When the occasion calls for using sugar, you'll need to select the correct form for the desired results. You have many options, but this article will concentrate on a few of the most popular ones.

Vegan sugar can come from sugar cane, beets, dates, and other naturally sweet plants. Some vegan sugars are a bit darker than conventional granulated sugar and may be a bit coarser in texture. You can refer to the article on pages 15-19 of this issue of *Vegetarian Journal* for a rundown on vegan sugar.

DRY SWEETENERS

Vegan sugar, such as Florida Crystals or Sucanat, can be used as is to top cookies or pies right out of the oven. As the baked products cool, some of the sugar will melt, and some will remain as crystals. This creates a sweet, crunchy topping. If a fruit salad is not quite as sweet as you'd like, you can toss the salad, very frugally, with vegan sugar. For an old-fashioned and attractive side dish, appetizer, or dessert, sprinkle vegan sugar over a pink grapefruit half, a thick slice of fresh pineapple, or pitted fresh peaches. Place on a cookie sheet or broiler pan and broil for a minute until the sugar is melted. Serve hot and bubbly.

If you'd like to create your own vanilla sugar, gently slit a whole vanilla bean in several places and plunge it in the middle of a bowl or jar of vegan sugar. Cover and let it sit for several days, stirring occasionally. Vanilla sugar can be stirred into hot coffee, tea, or grain beverages or into soy or rice milk. It can also be used to lightly top pancakes, waffles, hot or cold cereal, yogurt, or sliced fruit.

POWDERED SUGAR

If a non-vegan baking recipe calls for 'sugar,' you can generally use any vegan sugar. If your recipe calls for 'powdered sugar' or 'confectioners' sugar,' you can

create your own vegan version by grinding vegan sugar in a food processor, coffee grinder, or spice mill. If you have lots of time and muscle, you can place the sugar between sheets of waxed paper and use a hammer or rolling pin to grind it until smooth. The finished product should be the consistency of cornstarch.

Powdered sugar can be sprinkled by hand or placed in a spice-sprinkling canister. This gadget—which looks like a short, fire hydrant-shape can with a removable, perforated top—is available in most stores with kitchen supply areas, in large grocery stores, and online. They are inexpensive and should last a very long time.

Powdered sugar can be sprinkled alone or com-

Quick Frostings

For special occasions, create a rich cake or cupcake frosting by combining $\frac{1}{2}$ cup vegan margarine with $\frac{1}{4}$ cup vegan cream cheese, 2 Tablespoons vanilla soy or rice milk, 2 teaspoons vanilla extract, and 4 cups powdered vegan sugar until very well blended. This will make a plain frosting, but you can spice it up with the following splashes and dashes:

- For a lemon frosting, add 1 Tablespoon lemon juice and 2 teaspoons lemon zest.
- For a chocolate frosting, add 3 Tablespoons unsweetened cocoa powder.
- For a mocha frosting, add 2 Tablespoons unsweetened cocoa powder and 1 Tablespoon instant coffee powder.
- For a green tea frosting, add 1 Tablespoon green tea powder and 1 teaspoon lemon zest.

This makes about three cups of frosting, enough to frost two 9-inch cakes or approximately 24 cupcakes.

bined with ground cinnamon; powdered ginger; dried, ground orange zest; or your favorite spice. You can use powdered sugar in place of frosting to top carrot cake, gingerbread, zucchini bread, or cupcakes. Create a dessert pancake by topping hot pancakes with a thin layer of fruit preserves, sliced strawberries, and a sprinkle of powdered sugar.

VEGAN CHOCOLATE

There are many vegan chocolate bars on the market. Beyond eating chocolate, think about using it as a dessert ingredient. We tried some Terra Nostra Organic rice milk-based chocolate bars as a coating for chocolate-covered fruit. We broke the plain chocolate bars (not the ones with fruits or nuts) into small pieces and placed them in a microwaveable bowl. We added approximately 1/4-inch of water and microwaved until the chocolate seemed to become soft, approximately 45 seconds on HIGH for 1/2 cup of chocolate. This can easily be done on top of the stove, stirring while

melting the chocolate. Stir the melted chocolate until it is smooth, and allow to cool for one minute.

While the chocolate is cooling, place your fruit of choice on a sheet of waxed paper or a non-stick cookie sheet. The fruit could be fresh, small whole strawberries that have been washed and patted dry, dried apricots or figs, dried pineapple or mango chunks, or (if you have a lot of patience) fresh raspberries. Gently dip each piece of fruit halfway into the chocolate, swirl around to coat, and replace on the waxed paper or baking sheet. Allow to harden for approximately 30-45 minutes at room temperature before serving.

If you'd like to make a very fast fudge, melt approximately 1 cup of crumbled vegan chocolate or vegan chocolate chips, 1 Tablespoon of nonhydrogenated vegan margarine, vegan sugar to taste, and a touch of vanilla extract in the microwave or on the stovetop until the chocolate is melted. Stir very well to combine. Pour into a glass bowl, gift tins, or muffin cups, and allow to thicken, which usually takes at least an hour.

NUTRITION HOTLINE

(Continued from page 2)

- **Soup starters.** Several companies make ready-to-eat soups that can also be used as a base for other dishes. Try organic vegetable or mushroom broth by Pacific Natural Foods, sold in aseptic quart boxes. Trader Joe's carries a similar product, also organic and packaged in aseptic quart boxes. Their Organic Tomato & Roasted Red Pepper Soup, for example, can be cooked with whole wheat elbow macaroni or barley and your choice of minced vegetables. Pick up the low-sodium varieties of these products when at all possible.
- **Staple grains.** I keep Hodgson Mill Whole Wheat Veggie Rotini and Trader Joe's Organic Whole Wheat Rotelle Pasta in my pantry at all times. Cooked, whole grain pasta tossed with pesto and toasted pine nuts or with olive oil and minced garlic is a quick and healthful main course. Also try Near East whole grain blends, such as brown rice with roasted pecans and garlic or Mediterranean Curry couscous. Cooked rice is good mixed with rinsed canned beans for burrito filling.

There are many other ready-to-eat convenience products out there. In the grocery store, study nutrition labels and ingredient lists, giving bonus points to packaged foods with short lists of wholesome ingredients. Then, use those products to help you get through busy days with health-sustaining, home-cooked meals.



Vegging Out with *Kung Fu* and *Star Trek* by Richard Marranca

IT WAS NOT LONG AGO WHEN BEING VEGETARIAN was looked upon as eccentric or radical, but thanks to many cultural and spiritual changes, this is no longer the case. Humans always find new influences and evolve, and fortunately, some of the virtues stick.

For millennia, cultural heroes were hunters and warriors with giant egos—see Gilgamesh, Achilles, or the variations on the cowboy archetype. Of course, spiritual journeyers have always existed—and they popped out on television in the 1960s and 1970s in the guises of Mr. Spock (Leonard Nimoy) from *Star Trek* and Kwai Chang Caine (David Carradine) from *Kung Fu*. Nimoy and Carradine acted brilliantly, with strength and dignity, showing the nuances of these complex characters and humor, too.

On *Kung Fu*, “The Shaolin acolytes and priests... could do amazing feats of skill and strength. Yet they were Buddhist vegetarians.”

Whatever promotes vegetarianism and consciousness is a good thing, and looking back, I was fortunate to have been influenced by these programs—the ideas rang true and showed brilliant alternatives to conventional living. They were part of the matrix of other revolutions at the same time, such as the interest in Asian philosophy, civil rights, women’s rights, animal rights, the flowering of arts and music, environmentalism, global thinking, and space exploration.

Isn’t it interesting that TV showcased two outsiders of mixed ethnic origins whose philosophy, way of being, and looks were exotic, even strange? After all, it wasn’t Captain Kirk, Dr. McCoy, or Scotty who was vegetarian, nor was it likely that any of the cowboys or storekeepers on Caine’s trail were refraining from meat.

In fact, that’s often how humans present utopian ideals; they exist in another era. There was once a time when people were virtuous, or there will be a time...

Let’s take a look at these voyagers from the past and future—Caine from the 19th century and Spock from the 23rd century. Typical of mythic heroes, Caine was an orphan. His father had been an American sailor and his mother Chinese. During a fierce rain, young Caine sat outside the door of the Shaolin Monastery (in China) until the venerable ones let him in. Even then, he had courage and physical strength, and not all boys were accepted or later made it through the grueling asceticism.

The Shaolin acolytes and priests were experts in philosophy and mindfulness but also in the fighting art of kung fu. They were masters of chi, that pervasive energy that exists within and all around us. Chi represents the boundless, flowing universe. And Shaolin fighting skills were amazing; they had learned from great masters and from the animal kingdom (the praying mantis and other creatures) and could perform amazing feats of skill and strength.

Yet they were Buddhist vegetarians. Buddhism recognizes that all is suffering and that one must promote compassion and meditation to enter nirvana, a numinous and transcendent state of being. Buddhism recognizes the interdependence of all life forms. The first precept—“Do not kill”—is founded upon compassion and unity. According to Professor Sumalee Mahanarongchai of Thannasat University in Bangkok,

“The existence of humans and animals is harmoniously based on causal law. In the far course of transmigration, there is not one living being that has never been our father, mother, sister, son, daughter, or any form of kinship in various degrees.”

Vegetarianism was part of the Shaolin creed, their method of conscious living and denial of samsara, the whirlpool of society. Shaolin priests were aware of life on a small and large scale, realizing as such Buddhists do, that Indra’s Net of Gems is full of reflections, that

each is part of the whole, as each human, plant, or animal shares in nature's bounty—interdependence.

Reaching maturity, Caine passed all the tests of skill and knowledge and became one of the great monks of his monastery. Caine was ready to go forth into the world as a beacon of peace; that's what he learned from Master Po (Keye Luke) and others. But life often throws seemingly terrible things at good people.

It had been Master Po's lifelong desire to visit the Forbidden City during a special festival. So it was that, amidst a long line of pilgrims, Master Po and Caine met on the road. Everything was beautiful and timeless—master and disciple reunited. Suddenly, the emperor's nephew emerged on a litter. The guards shoved Master Po aside, but the blind master casually threw the guard. After all, bullies need an education, too.

Another guard threw a spear into Master Po's body. For once, Caine wasn't mindful and threw the spear into the emperor's nephew. Master Po forgave Caine

“Caine equated the birth of the buffalo's calf with that of the hunter's baby; the hunter had an opening of enlightenment and stopped his murder spree.”

for his trespass as his beloved mentor died in his arms. With a secret society and a variety of killers on his trail, Caine left China. He chose the American West because he also wanted to find his half-brother.

Each episode had action, nature, mystery, and a life lesson. In *Cry of the Night Beast* (1974), Caine stopped a hunter from killing a buffalo and her calf. (That was a normal occurrence in American history; the buffalo population plummeted from 200 million to just a few thousand.) Caine said that the purpose of the buffalo was “to grow, to live.” In fact, Caine braved dangers and found milk to care for the calf when it strayed from its mother. He equated the birth of the buffalo's calf with that of the hunter's baby; the hunter had an opening of enlightenment and stopped his murder spree. The hunter even said he would become a farmer.

In another episode, Caine witnessed a bank robbery. The robbers shot at him, but he wouldn't pick up a gun to shoot back. Of course, later on, he knocked them

out in his own way. At one point, he said to the sheriff's son (who was impressed with Caine's ability to shoot a bow) that he did not believe in harming animals and eating animal flesh. For Kwai Chang Caine, archery was a meditation; the archer became one with the target.

In the episode when Caine found his brother, he didn't want to ride a horse, even though others were pursuing them on horseback. He didn't want to burden the horse. He only got on the horse because his brother was in trouble and he didn't want them to become separated; even then, he apologized to the horse.

This was new for TV, and while many found it fascinating, I suspect that others found it a bit strange. Yet it had long-range influences on our culture. Viewers might have tuned in because *Kung Fu* featured the Old West and had its share of bars and dancing girls and cowboys and fist fights. However, along the way, they breathed in this new way of being that echoed back to Asia's axial age. Others were already living a similar path and found reflections of their own beliefs.

When I shared this essay, some friends talked about their enthusiasm for *Kung Fu*, *Star Trek*, and the subsequent *Trek* spin-offs. Several mentioned that Caine and Spock were heroes to them. One person also mentioned that, in an episode of *The Next Generation*, characters spoke of a cruel era when humans experimented on animals. The dream of axial age logic and compassion converged in the brilliance of *Star Trek's* Mr. Spock.

Although *Star Trek* hurls us into imagination and utopian possibility, the issues of life are analogous. The mind, with its fight-or-flight response, creates similar dramas and dilemmas whether on earth or in the far reaches of outer space. Science fiction (myth and science in fictional form) is an arena to explore new ideas and ways of being, such as time travel or universal peace.

The *Starship Enterprise* had as its mission “to boldly go where no man has gone before, to seek out new civilizations.” The colorful, multicultural, wise, and courageous crew helped others in both typical and strange ways—the hero's quest on a galactic scale. It's ironic that the crew (just like Caine) was peaceful but always found itself fighting out of dangerous situations. They contended with tribes as well as advanced civilizations and all kinds of menacing natural phenomena, from gangsters and Klingons and Romulins to deathly energy fields. This is because television needs drama even more than philosophy, but it's also reflective of human consciousness, so full of paradoxes, personae, threats, territoriality, shadows, and violence.

Spock was a science officer and second in command after Captain Kirk (William Shatner). He was

a hybrid—his father was a Vulcan diplomat, and his mother was an emotional human—whose planet had turned to peace after millennia of violence. Vulcan, one can say, is the dream of earthlings—will we get there? Spock was extremely capable and logical, an überman. He was brilliant, with an encyclopedic mind, and many times saved the *Enterprise* from destruction. In fights he was unbeatable.

If Kirk could beat Spock at chess, it is only because sometimes illogic wins out. Spock could play music, and in one episode, he most closely identified with some 'hippies' looking for utopia, whereas the hippies referred to Kirk as "Herbert."

"Spock realized things were wrong.... He even stated, 'I've eaten meat and enjoyed it,' in a disgusted way."

In the time-traveling episode *All Our Yesterdays* (1969), Spock, Kirk, and Dr. McCoy (DeForest Kelly) visited a doomed planet named Sarpeidon. For everyone to escape, an old librarian assisted in transporting them to some period of history. The Atavachron sent Kirk to the 18th century, where he was accused of witchcraft, while Spock and McCoy vanished into an ice age. Returning to atavistic behavior, Spock soon fell in love with Zarabeth, a beautiful woman who had gotten on the bad side of her government and was sent into oblivion. Spock tasted meat and nearly killed McCoy. Soon, he realized things were wrong and looked for a way back. He even stated, "I've eaten meat and enjoyed it," in a disgusted way.

In another time-travel episode, *The City on the Edge of Forever* (1967), Kirk, Spock, and McCoy were sent

into the 1930s by the Guardian of Forever. McCoy saved a woman named Edith Keeler (who ran a soup kitchen), which threw history out of kilter and would have allowed the Nazis to win World War II. Kirk and Spock must allow history to take its normal course. The complication was that Kirk has fallen in love with Edith. While Spock worked on a primitive computer to examine the permutations of history and to know what actions to take, Kirk went to the store and bought bologna and bread for himself and vegetables for Spock.

In other episodes and in subsequent movies, we saw more of Spock's peculiarities—he could put people to sleep with the Vulcan neck pinch; he could read minds by using the Vulcan Mind Meld. In *Star Trek IV: The Voyage Home*, he saved Earth from destruction by melding with Gracie the whale (in San Francisco in 1986) and found out she was pregnant. He meditated, too. In some *Star Trek* movies, Spock became more spiritual and monkish, more like Kwai Chang Caine. I wonder if there is a message here, that all this technological wizardry will bring us back to where we began in the spiritual traditions.

These programs, based on wisdom and right action, influenced millions of viewers. We may not realize what was achieved because it was done with undeniable shrewdness. In fact, vegetarianism was something authentic and taken for granted; it was the right thing to do based on compassion and logic. The achievements of Caine and Spock were not for themselves but for others. True to their nature of the spiritual path, they did not look to the fruits of their labor. As if waves rolling from a tossed stone, wisdom reaches us—from long ago or from the musings on a shining future.

Richard Marranca had a Fulbright to teach American literature and culture at the University of Munich from 2002 to 2005. Presently, he teaches and writes fiction, essays, and poetry.

Bequests

VRG depends on the generous contributions of our members and supporters to continue our educational projects. Though the world may not become vegetarian in our lifetimes, we realize that we are planning and working for future generations.

- ◆ Your will and life insurance policies enable you to protect your family and also to provide a way to give long-lasting support to causes in which you believe. Naming The Vegetarian Resource Group in your will or life insurance policy will enable us to increase our work for vegetarianism.
- ◆ One suggested form of bequest is: *I give and bequeath to The Vegetarian Resource Group, Baltimore, Maryland, the sum of _____ dollars (or if stock, property, or insurance policy, please describe).*
- ◆ To be sure your wishes are carried out, please speak with your attorney specifically about writing the correct information in your will.

Shakti Restaurant

Vegan-Friendly Dining in Costa Rica

FINDING VEGAN MEALS WHEN TRAVELING CAN BE difficult. Fortunately, in downtown (*el centro*) San José, Costa Rica, there is a vegetarian-friendly restaurant that has been serving healthy traditional and local foods since 1987. Located a couple of blocks from the nation's court and justice buildings, the Shakti Restaurant serves complete plates-of-the-day, salads, soups, veggie burgers, fresh juices, and more.

With plenty of seating, the Shakti Restaurant has a dedicated and reliable staff. On your first visit, order the plate-of-the-day, called '*el especial del día*' in Spanish. This will be a complete and satisfying lunch—fresh juice, salad, soup, brown rice, beans, vegetables, and a small *postre* (pudding) for dessert, all for under US\$5.

SHAKTI RESTAURANT

Location: Avenida 8, Calle 11 / 13,
Barrio La Soledad, San José,
Costa Rica

To a taxi driver: *100 metros al sur de la parada de los buses a Turrialba* (100 meters south of the Turrialba bus stop)

Phone: 222-4475 (You can place take-out orders as well.)

Hours: 7 A.M. to 5 P.M., Monday through Saturday

The owners are a great young Costa Rican couple, Heika Castro and Raul Salas, who have proudly worked their business for years. Customers come and go, enjoying hearty (or light) meals at reasonable prices and drinking juices like *el vampiro* (the vampire), *el digestivo*, or even a *potensex* juice (orange, pineapple, and ginger whizzed together). The tables fill and turn again as dishes are served piping hot or fresh-tossed. From raw to steamed to casseroled to baked, vegetarian and vegan eating can be had with confidence at the Shakti.

Costa Rica is full of freshness, from the air to the sea, from the volcanoes to the clouds. Everything grows here—blackberries, kiwi, taro root, orange mandarins, miniature vegetables, and leafy lettuces, to name just a few items. There is an abundance of options. If you

look in the right places, you can get some great vegan dishes. Keep in mind that, generally, the pesticide laws in Central America are lax. Ask for organics wherever you go to create the awareness and a demand in the marketplace for the importance of clean produce.

PATACONES

Request *patacones* (tasty munchies) wherever you visit in Costa Rica. They are especially well done on the country's Caribbean side and in San José. Basically, *patacones* are mashed and fried plantains. They are round and slightly thicker than a corn chip, but they too are served as a food to dip into salsa, guacamole, or *frijoles molidos* (puréed beans).

Here is how to make them:

- 1) Gather four green plantains, your closest bottle of vegetable or light olive oil, and some salt.
- 2) To peel a plantain, cut the tips off of each end. Carefully slice the skin down one side (taking care not to cut the plantain itself) and pry the skin off with your fingers.
- 3) Cut the peeled plantains into 1-inch (3 centimeter) thick chunks.
- 4) Heat oil on medium heat until hot; fry the plantain pieces on both sides until they are golden.
- 5) Flatten the fried plantains, gently, to approximately 1/4-inch (1 centimeter) thick. Use the bottom of a glass, bowl, or jar to flatten the plantains or place the plantains between two pieces of waxed paper or in plastic baggies and then flatten. Press gently, or the plantains will smash and stick to everything.
- 6) Fry again in the hot oil until both sides are golden brown and crispy to your personal taste. Drain the fried plantains on a paper towel before serving, and sprinkle with a little salt for flavor.
- 7) Serve with dips, melted vegan cheese, hot peppers, or scrambled tofu with tomatoes and onions. Also, they are a great side dish with grains or soups and as *bocas* (appetizers).

Thanks to Elizabeth Striebel for contributing this article to *VJ*.
She is vegan and has lived in Costa Rica for many years.



VRG SELECTS TWO \$5,000 COLLEGE SCHOLARSHIP WINNERS FOR 2007

Thank you to an anonymous donor who funded two VRG \$5,000 college scholarships for high school students who have actively promoted vegetarianism. Once again, this year, we have received applications from across the spectrum. Finalists varied from a student raised on a cattle farm to an immigrant from a meat-eating culture who didn't really know English until sixth grade but spoke on vegetarianism in front of his whole school. Another student did a four-year research project on vegetarianism. Though some of the applicants were hard-core protestors or came from vegetarian families, many were from conservative religious backgrounds and were more traditional in their outlook. We wish we had funding to give scholarships to more individuals, but following a difficult decision process, we're proud to announce that this year's winners are Nora Allen from Connecticut and Jason Levy from Illinois.

NORA ALLEN



Nora stated, "After speaking with my boss at the grocery store where I work in Connecticut, we began carrying Yves' Veggie Cuisine Products, including deli 'meats' and chili bowls (containing TVP), as well as soy macaroni and cheese. We also started carrying some Tofutti products, such as the fudgesicles and pint-sized containers. While they had Amy's and Morningstar Farms products before I had requested them, they are now... adding new products. (I had to request those burger crumbles!) I have noticed a growing increase in how many meat substitutes people are buying, as well as products such as soymilk. The Boca and Amy's products seem to do the best, and Silk soymilk is very popular as well. Many of my friends' parents have also been keeping some of these items for me in their houses and now consume them themselves."

Nora told VRG about another one of her projects: "As for some exciting news, I am working with one of the dietitians at the nursing home where I work. She and the food services director are in the process of adding more vegetarian-friendly items. Some recent successes have been adding veggie burgers available as

an alternate daily, as well as peanut butter and jelly sandwiches. They are now keeping soymilk on hand, and the dietitian is also developing a new cycle of menus. I am helping her to find one meat-free alternate daily (not including fish!). I also explained that vegetarians don't eat fish, and it is now no longer served to vegetarian patients. I lent her a few of my cookbooks, as well as provided her with some useful websites to share with the kitchen."

For two of her interest patches for Girl Scouts, Nora used veganism in the requirements, including preparing vegan meals for meat-eating teenagers and teaching them about the vegan diet. While at a field hockey camp on a college campus, she had a long talk with the food services manager. He was thrilled to hear all her suggestions, as he needed ideas for an incoming vegan student, which he never had before.

Nora chose a college that is not completely vegan-friendly. "I did this because I am intent on leaving my mark on the school," she said. "I welcome a challenge and know that I am paving the way for future vegan students. I spoke to the dining services and am going to work with them on planning a more extensive vegan menu. A weekly vegan option will not suffice—I'm a person, I still need to eat every day!"

Nora hopes to be a registered dietitian and to incorporate veganism into her career. "With all I have gained from going vegan, I feel it is only right by sharing what I've learned. By becoming a dietitian, I hope to show how the vegan diet can be the solution for everyone."

JASON LEVY



Jason Levy was the president and founder of the first animal rights group at Elgin High School in Elgin, Illinois. As a result of collecting nearly 600 signatures from students and faculty, he convinced his school cafeteria to serve veggie burgers as well as a fried vegetable and rice dish. Even with all of the activists she works with, Marta Holmberg from PETA plainly stated, "Jason is AMAZING."

Jason's group sponsors monthly information tables at school, which is the maximum frequency allowed.

Jason convinced his teachers to use humane mouse traps instead of glue traps. He has also written articles about vegetarianism for the school newspaper and has placed pro-vegetarian ads in the publication. In addition, he's organized a movie screening at school, where he showed a pro-vegetarian movie and provided vegan food literature.

Jason has been highly active in his community as well. He has influenced local restaurants that provide vegetarian meals to post stickers in the windows indicating so, and he hosts a vegetarian table one night a week at a local music venue called The Clearwater Theater. He also organizes animal rights demonstrations around town, where he's done everything from dressing up like a giant chicken to donning a zombie costume.

Jason works at a business that sells and mail orders popcorn. He has set up a vegetarian display at his workplace and has even developed vegan varieties of its products, using Earth Balance for the margarine and Road's End for a cheese popcorn. He believes people will buy these for both health and ethical reasons.

On a personal level, Jason said he convinced his mother, his grandmother, numerous friends, classmates,

and teachers to go vegetarian. Jason's perfect life in five years would be to live in a world that lives by ahimsa (non-violence), where people are practicing non-violence in all aspects of their lives, including when they sit down to dinner. He stated, "Unfortunately, this does not look as if this will be likely to happen within the next five years, but until then, I will work tirelessly for that day to come. Hard work is not unheard of in my family. My mother works hard seven days a week just to make ends meet. I plan to major in political science so that I can some day have an active role in politics and work for a pro-vegetarian candidate or organization."

The VRG will award two \$5,000 scholarships in 2008. Visit <www.vrg.org> to apply. You must be a graduating high school senior in 2008. The deadline is Wednesday, February 20, 2008. If you wish to fund an additional scholarship, call (410) 366-8343 or e-mail vrg@vrg.org.

We greatly appreciate the support of the following individuals/businesses in honor of VRG's Silver Anniversary!

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SCIENTIFIC UPDATE

By Reed Mangels,
PhD, RD, FADA

A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

Adequate Calcium Important for Vegan Bone Health

How much calcium do vegans need? A recently published study from the U.K. helps to provide the answer. Researchers from Oxford University studied more than 34,000 adults. Subjects included meat-eaters, fish-eaters, lacto-ovo vegetarians, and vegans. Subjects were asked about their diet and exercise habits and if they had had a fractured bone in the past six years. Average calcium intakes of vegans were lower than the other groups, and more than three-quarters of the vegans had a calcium intake below the U.K. recommendation of 700 milligrams of calcium daily. Approximately 1,800 subjects reported one or more fractures, with the wrist, arm, and ankle being the most common fracture sites. Vegans had a 30 percent higher fracture rate than the other groups. When only those vegans who consumed at least 525 milligrams of calcium a day were examined, the difference in fracture rates among the groups disappeared. In other words, meat-eaters, fish-eaters, lacto-ovo vegetarians, and vegans getting at least 525 milligrams of calcium all had a similar risk of fracturing a bone, while vegans with lower calcium intakes had a higher risk of fracture. Protein intake did not appear to affect fracture risk in this study. These results suggest that it is important for vegans to get adequate calcium from sources like kale, bok choy, collards, mustard greens, calcium-set tofu, calcium-fortified soy milk or juice, or a calcium supplement.

Appleby P, Roddam A, Allen N, Key T. Comparative fracture risk in vegetarians and nonvegetarians in EPIC-Oxford. *Eur J Clin Nutr* 2007 Feb 7. Advance online publication.

How Many Fruits and Vegetables Do You Eat?

The U.S. Dietary Guidelines recommend eating at least three to five servings of fruit and four to eight servings of vegetables daily. However, a 2005 survey of close to 350,000 adults in the U.S. found that, on average, people in the United States eat 1.6 servings

of fruit and 3.2 servings of vegetables, well below recommendations.¹ When we look at teens, the numbers are even more troubling. On average, high school-aged boys and girls ate less than two servings of vegetables and less than two servings of fruit daily.² Students ate fewer fruits and vegetables as they moved from junior to senior high school and after high school graduation. This is of special concern because the teen years are times when lifelong dietary habits are being developed and because kids who eat more fruits and vegetables have stronger bones. We know vegetarians are above average in many ways. We hope that one of these is the number of servings of fruits and vegetables eaten.

¹ Centers for Disease Control and Prevention. 2007. Fruit and vegetable consumption among adults—United States, 2005. *MMWR Morb Mortal Wkly Rep* 56:213-17.

² Larson NI, Neumark-Sztainer D, Hannan PJ, Story M. 2007. Trends in adolescent fruit and vegetable consumption, 1999-2004. Project EAT. *Am J Prev Med* 32:147-50.

People Who Eat a Plant-Based Diet Live Longer

A large study that is being conducted in 10 European countries aims to look at dietary patterns and health in older people. More than 500,000 people, age 60 and older, are included in this investigation. In one part of this project, approximately 74,000 participants were divided into three groups based on their dietary pattern. One group, which had the highest 'plant-based' score, had high intakes of vegetables, fruit, dried beans, grains, and vegetable oils. People in this group tended to be from France, Greece, Italy, and Spain. Another group, with the lowest 'plant-based' score had high intakes of meat, dairy products, margarine, and potatoes and low intakes of fruits, vegetables, and grains. Many people from Sweden and Denmark were in this group. A third group was intermediate with medium amounts of fruits, vegetables, meat, and dairy products and an intermediate 'plant-based' score. The group with the highest 'plant-based' score had a markedly

lower mortality (risk of dying from any cause) than either of the other two groups. These results are similar to those seen in California Seventh-day Adventists and in elderly Japanese. Eating a more plant-based diet appears to lead to a longer life.

Barnia C, Trichopoulos D, Ferrari P, et al. 2007. Dietary patterns and survival of older Europeans: the EPIC-Elderly Study (European Prospective Investigation into Cancer and Nutrition). *Public Health Nutr* 10:590-98.

Harvesting Vegetables and Grains May Result in Fewer Animal Deaths Than Many Previously Thought

Both academic research and media reports have popularized the idea that harvesting crops like wheat, soybeans, and corn kills large numbers of mice, voles, and other field animals. Because these crops are the basis of many vegetarians' diets, some have used these findings to question the ethical basis of vegetarian and vegan diets. A new report examining the issue, however, concludes there is little evidence to support this view. Andy Lamey, a doctoral student at the University of Western Australia, has re-examined an earlier analysis by Steven Davis, an animal scientist at Oregon State University, which concluded that a relatively small number of animals were killed to produce grass-fed beef. Lamey raises key questions about the number of animal deaths caused by farm machinery compared to those due to animal predators and about the statistics that Davis used. In addition, Lamey points out that animal agriculture poses many more risks to humans (such as slaughterhouse accidents) than does vegetable production. Based on his analysis, Lamey concludes that vegetarians and vegans should not change their diets due to a concern about field animal deaths.

Lamey A. 2007. Food fight! Davis versus Regan on the ethics of eating beef. *J Soc Philos* 38:331-48.

Diet and Skin Cancer

Skin cancers, including melanoma, basal cell cancer, and squamous cell cancer, are the most common of all cancers. New research suggests that diet may play a role in the development of at least one kind of skin cancer, squamous cell cancer. Each year, between 200,000 and

300,000 people in the United States are diagnosed with this cancer, and the incidence rate is rising. Researchers in Australia studied more than 1,000 adults over an 11-year period to see which factors were associated with skin cancer. Even when factors like sun exposure and skin color were taken into account, people who ate a lot of red or processed meat and high-fat dairy products had a greater risk of developing squamous cell cancer. This was especially true for people who had already had skin cancer. Those eating more fruits, vegetables, and whole grains and having a lower fat diet had a 54 percent lower risk of developing squamous cell cancer. Of course, the most important way to reduce risk of skin cancer is to avoid excess sun exposure and to use sunscreen. Eating generous amounts of fruits, vegetables, and whole grains can also reduce your risk.

Ibibebe TI, van der Pols JC, Hughes MC, et al. 2007. Dietary pattern in association with squamous cell carcinoma of the skin: a prospective study. *Am J Clin Nutr* 85:1401-1408.

More Reasons to Eat Organic

Most people would agree that organically produced foods are better for the environment because synthetic fertilizers and pesticides are not used. Several recent studies also suggest that organically grown foods have a higher level of some key nutrients than do conventionally grown foods. A study¹ of organically grown kiwis found that they had higher levels of vitamin C, potassium, calcium, magnesium, and phosphorus. Organically grown kiwis also had a darker green color and a thicker skin and tended to ripen faster than conventionally grown kiwis.

Organically grown wheat was shown to be comparable to conventionally grown wheat in terms of the quality of baked products made from each kind of wheat and the nutritional value.² Despite not being treated with fungicides, organically grown wheat was no more likely to be contaminated with fungus than conventionally grown wheat.

¹ Amodio ML, Colelli G, Hasey JK, et al. 2007. A comparative study of composition and postharvest performance of organically and conventionally grown kiwifruits. *J Sci Food Agric* 87:1228-36.

² Mader P, Hahn D, Dubois D, et al. 2007. Wheat quality in organic and conventional farming: results of a 21 year field experiment. *J Sci Food Agric* (in press).



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VEGAN SUCCESS: SCRUMPTIOUS, HEALTHY, VEGAN RECIPES FOR BUSY PEOPLE

By Susan Daffron and James H. Byrd



Vegan Success is written in a casual, friendly manner, as if your neighbor just dropped in to share some cooking tips. It contains a vegan glossary, a shopping list (including brand names the authors prefer but not all of the fruits and vegetables that you will need for the recipes), label-reading tips to avoid non-vegan ingredients, and substitution suggestions. Then, the authors get right to the recipes, which are generally simple to prepare, easy to modify for different tastes, and delicious.

The book includes sections on Tofu, Tempeh, Lentils, and Beans; Vegetable-Centered Dishes; and Vegan Sandwiches; among others. Even longtime vegans will find new ideas for using tofu and vegetables. My family liked the Slow-Roasted Tofu, the Baked Eggplant, and the Real Gravy, and my 17-year-old test subjects loved the Berry Cobbler.

The book would have benefited from more careful editing to avoid factual mistakes, such as the inclusion of butter (a non-vegan ingredient) in one recipe, and missing instructions. (Do I really want to sauté a whole onion?) The use of the word “vegan” in so many recipe titles was redundant given

the name of the book. Additionally, there are no nutritional analyses. However, the authors definitely make clear that being vegan does not mean sacrificing delicious taste, a variety of ingredients, or quick meals.

Vegan Success: Scrumptious, Healthy, Vegan Recipes for Busy People (ISBN 0974924512) is published by Logical Expressions, Inc. The 224-page book retails for \$19.95 and can be purchased online at <www.vegansuccess.com> or in bookstores. Reviewed by Jane Michalek.

HOT DAMN & HELL YEAH! RECIPES FOR HUNGRY BANDITOS AND THE DIRTY SOUTH VEGAN COOKBOOK

By Ryan Splint and Vanessa Doe



This book offers two primarily vegan cookbooks in one. Both were originally written in a 'zine format but are now presented in book form, each starting from one of the book's covers. You'll find sauces (including Bourbon Whiskey BBQ Sauce), breads, side dishes, soups and chilies, main dishes, and plenty of desserts.

Among the creative recipes that Ryan Splint shares in *Hot Damn and Hell Yeah!* are Hush Puppies (delicious served with red beans and rice), Cranberry Scones, Vietnamese-Style Curry, Mighty Chewy Brownies, and Apple Enchiladas.

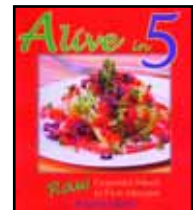
Vanessa Doe's creations in *The Dirty South Vegan Cookbook* include Rosemary Sweet Biscuits, Fake Fried Chicken (made with seitan), Injera (Ethiopian bread) with Ethiopian stews, Blackeye Pea Cakes, and Espresso Cake.

Black-and-white, hand-drawn illustrations are included in this book. Nutritional analyses are not provided, and not all the recipes are low in fat.

Hot Damn & Hell Yeah! Recipes for Hungry Banditos and The Dirty South Vegan Cookbook (ISBN 0977055701) is published by Microcom Publishing and is available in bookstores or online at <www.microcosmpublishing.com>. Reviewed by Debra Wasserman.

ALIVE IN 5

By Angela Elliott



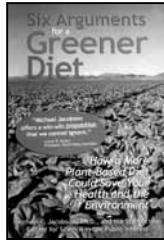
Recipes in most raw food cookbooks necessitate many ingredients and a great deal of the chef's time, which makes *Alive in 5* all that much more refreshing. This book's gourmet raw recipes can be prepared in five minutes. Readers will enjoy dishes such as Unbelievable Chili (made with sun-dried tomatoes, avocados, almonds, plus more), Zippy 'Tuna' Rolls (made with raw sunflower seeds), and Life's a Bowl of Cherries Sorbet (cherries and agave nectar). Note the recipes do not include nutritional information.

Alive in 5 (ISBN 1-57067-202-6) is published by Book Publishing Company. This 128-page book retails for \$14.95 and can be found in local bookstores or ordered online. Reviewed by Debra Wasserman.

reviews

SIX ARGUMENTS FOR A GREENER DIET

By Michael F. Jacobson, PhD, and the Staff of the Center for Science in the Public Interest



Did you know that a lacto-ovo vegetarian diet uses 54 percent less energy and generates 52 percent fewer greenhouse gases and 50 percent less sulfur dioxide equivalents than a typical American diet? How about that, if everyone in the U.S. went vegetarian, we could expect a health care cost savings of as much as \$84 billion annually? Or that the saturated fat and cholesterol in animal products are responsible for 65,000 fatal heart attacks every year? Did you know that farm animals use twice as much water as the 9 million people living in the New York City area? Or that 140 million cows, pigs, and sheep and 9 billion chickens and turkeys are slaughtered annually in the United States?

These are some of the facts presented in *Six Arguments for a Greener Diet*. Michael Jacobson and the staff at the Center for Science in the Public Interest (CSPI) have done a masterful job of documenting many of the problems of an animal-based diet, advising consumers about ways to change their eating habits, and making recommendations to change national policy. The six arguments mentioned in the title are less chronic disease and better overall health, less food-borne illness, better soil, more and cleaner water, cleaner air, and less animal

suffering. (In the interest of disclosure, I wrote the chapter on chronic disease but have no financial interest in this book.)

The book's lively writing style and colorful illustrations make it an entertaining and engrossing text. Some readers may be troubled by the fact that, while this book promotes moving towards vegetarianism and provides resources for those choosing a vegetarian diet, it does not suggest that everyone become vegetarian.

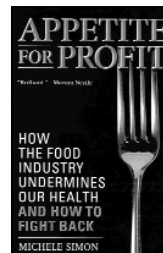
I believe that *Six Arguments for a Greener Diet* offers a means to introduce many people who are not yet vegetarian to the benefits of reducing animal product consumption, not only to help themselves but to help the environment and reduce animal suffering. Even if you're already convinced that it's best to eliminate animal products from your diet, *Six Arguments* will give you the facts that you need to convince others to move towards a vegetarian diet.

Six Arguments for a Greener Diet (ISBN 0-89329-049-1) is published by CSPI. It has 256 pages and retails for \$14.95. You can order this book at <www.EatingGreen.org>. Reviewed by Reed Mangels, PhD, RD.

APPETITE FOR PROFIT

By Michele Simon

Have you ever wondered why, rather than healthy food options, junk food is always featured in commercials, in your child's classroom, in sports arenas, or just about anywhere you look



today? Michele Simon, a public health lawyer and activist, explains the reasons this occurs in her new book, *Appetite for Profit*.

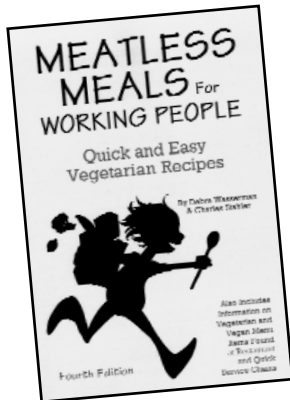
Why is it so difficult to put an end to this practice? You'll read about the food industry lobbying at the local and national level, front groups, and other tactics that greatly influence nutrition policy. Discover why major food companies engage in massive public relations campaigns to protect their livelihood and to deflect the threat of government regulations and lawsuits. For instance, have you ever witnessed companies that produce unhealthy food products donating money for exercise programs in your community? This is just one tactic they use to bolster their image. Food companies also realize they will not have to change their practices if they keep consumers focused on education and individual choice. In other words, place all the emphasis on individual responsibility rather than corporate responsibility.

While reading this book, I couldn't help but think how little has changed on this front in more than 30 years. In the mid-1970s, I worked with NYPIRG (a Nader group) to get rid of junk food in vending machines. In many ways, it seemed hopeless back then; today, the situation is even more dire with all the corporate buy-outs and resulting power in the hands of a few. Nevertheless, Michele Simon offers her readers concrete ways to fight back.

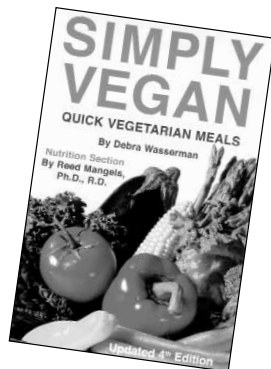
Appetite for Profit (ISBN 1-56025-932-9) is published by Nation Books. This 416-page book retails for \$14.95 and can be found in local bookstores. Reviewed by Debra Wasserman.

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Books

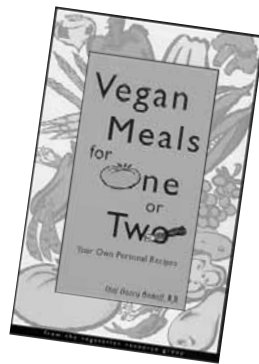


Meatless Meals for Working People—Quick and Easy Vegetarian Recipes (\$12) by Debra Wasserman. We recommend using whole grains and fresh vegetables. However, for the busy working person, this isn't always possible. This 192-page book contains over 100 fast and easy recipes and tells you how to be a vegetarian within your hectic schedule using common, convenient foods. Spice chart, low-cost meal plans, party ideas, information on fast food restaurants, soy dishes, and more. Over 90,000 copies in print.



Simply Vegan (\$14.95) by Debra Wasserman and Reed Mangels, PhD, RD, CCE. These 224 pages contain over 160 quick and easy vegan recipes, a complete vegan nutrition section, and a list of where to mail order vegan food, clothing, cosmetics, and household products. Vegan menus and meal plans. Over 85,000 copies sold.

Conveniently Vegan (\$15) by Debra Wasserman. Prepare meals with all the natural foods products found in stores today, including soymilk, tempeh, tofu, veggie hot dogs. . . . You'll find 150 recipes using convenience foods (including canned beans) along with grains, fresh fruits, and vegetables. Menu ideas, product sources, and food definitions included. (208 pp.)



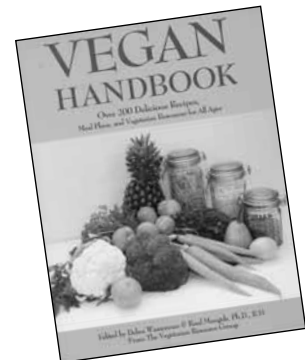
Vegan Meals for One or Two—Your Own Personal Recipes (\$15) by Nancy Berkoff, EdD, RD, CCE. Whether you live alone, are a couple, or are the only one in your household who is vegetarian, this 216-page book is for you. Each recipe is written to serve one or two people and is designed so that you can realistically use ingredients the way they come packaged from the store. Information on meal planning and shopping is included, as well as breakfast ideas, one-pot wonders, recipes that can be frozen for later use, grab-and-go suggestions, everyday and special occasion entrées, plus desserts and snacks. A glossary is also provided.

Vegan in Volume (\$20) by Nancy Berkoff, EdD, RD. This 272-page quantity cookbook is loaded with terrific recipes serving 25. Suitable for catered events, college food services, restaurants, parties in your own home, weddings, and much more.

No Cholesterol Passover Recipes (\$9) by Debra Wasserman. Includes 100 eggless and dairyless recipes. Seder plate ideas. (96 pp.)

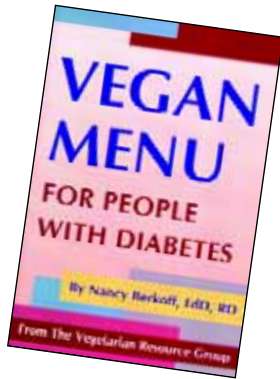
The Lowfat Jewish Vegetarian Cookbook—Healthy Traditions from Around the World (\$15) by Debra Wasserman. Over 150 lowfat international vegan recipes with nutritional breakdowns, including Romanian Apricot Dumplings, Pumpernickel Bread, Russian Flat Bread, Potato Knishes, North African Barley Pudding, and much more. Menu suggestions and holiday recipes. (224 pp.)

Vegan Passover Recipes (\$6) by Chef Nancy Berkoff. This 48-page booklet features vegan soups and salads, side dishes and sauces, entrées, desserts, and dishes you can prepare in a microwave during Passover. All the recipes follow Ashkenazi Jewish traditions and are pareve.



Vegan Handbook (\$20) edited by Debra Wasserman and Reed Mangels, PhD, RD. Over 200 vegan recipes and vegetarian resources. Includes sports nutrition, seniors' guide, feeding vegan children, recipes for egg-free cakes and vegan pancakes, Thanksgiving ideas, vegetarian history, menus, and more. (256 pp.)

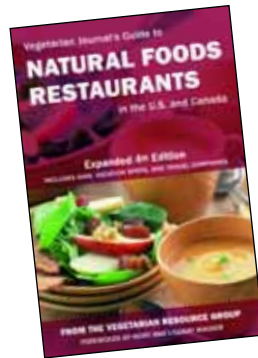
Vegan Microwave Cookbook (\$16.95) by Chef Nancy Berkoff, RD, EdD, CCE. This 288-page cookbook contains 165 recipes, some of which take less than 10 minutes to cook. It also includes information for converting traditional recipes to the microwave, microwave baking and desserts, making breakfasts in a snap, and suggestions and recipes for holidays and parties.



Vegan Menu for People with Diabetes (\$10) by Nancy Berkoff, EdD, RD, CCE. This 96-page book gives people with (or at risk for) diabetes a four-week meal plan, exchange listings for meat substitutes and soy products, and recipes for enjoyable dishes, such as Creamy Carrot Soup, Tangy Tofu Salad, Baked Bean Quesadillas, and French Toast.

Vegan and Vegetarian FAQ—Answers to Your Frequently Asked Questions (\$15) by Davida Gypsy Breier and Reed Mangels, PhD, RD. Based on answers given to some of the over 150,000 visitors every month to The Vegetarian Resource Group website <www.vrg.org>, this 272-page guide

addresses many circumstances of living as a vegetarian. You will find answers for everything from food ingredients to veggie kids to how to cook tofu. Includes 35 popular recipes as well as sources for thousands more. A perfect gift for a new vegetarian or for a seasoned vegan looking for unusual items, such as vegan bowling shoes or ballet slippers.



Vegetarian Journal's Guide to Natural Foods Restaurants in the U.S. and Canada (\$18). Whether you're traveling on business or planning a much-needed vacation, this book is certain to make your dining experiences better. This fourth edition lists more than 2,200 restaurants, vacation spots, and local vegetarian groups to contact for more info about dining in their areas. (448 pp.)

For Children and Teens

Leprechaun Cake and Other Tales (\$10) by Vonnie Crist, recipes by Debra Wasserman. A vegan story/cookbook for children ages 8-11, with glossary of cooking terms. (128 pp.)

The Soup to Nuts Natural Foods Coloring Book (\$3) by Ellen Sue Spivak.

The Teen's Vegetarian Cookbook (\$9.99) by Judy Krizmanic. This book is packed with health info, easy recipes, college cuisine, glossary terms, and more. (186 pp.)

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A Healthy Morning By Melody Austin

MORNING SUNDAY HETTLEMAN, AN ACTIVIST who raises health and environmental awareness in the African-American community in Baltimore, knows that it isn't always easy to find healthful meal options. However, it is even more difficult for members of lower income minority groups who live in the underprivileged areas. "Vegetarianism is a wonderful thing, but it's not available to all people in the city," she said.

Morning Sunday was used to having ripe fruits and fresh vegetables available everywhere she went in her native Hawaii, but once she moved to Baltimore, "I couldn't eat the way I was used to!" She related a story about how she once walked 10 blocks looking for something healthful to eat. She had reason to believe that she was not the only one in her neighborhood who craved fresh fruits and vegetables. She also thought that many people weren't making healthful food choices and wouldn't consider a lifestyle like vegetarianism simply because they didn't know much about it.

She decided to do something about that. She knew that many people who could benefit from her message didn't have regular Internet access, so she wrote to local radio stations for two years, looking for opportunities to share with a large audience how enjoyable eating vegetarian meals can be. Eventually, WEAA 88.9 FM in Baltimore, the radio station owned by Morgan State University, made her the host of her own show, *The Environmental Report*. The show focused on environmental and health information and advised vegetarians and others who were curious about vegetarian diets about getting proper nutrition from a plant-based diet.

Morning Sunday's next step was to try her hand at television. All this took was calling the county's executive office, and someone simply connected her to Baltimore's public access station. She developed and hosted a show called *Cable Crabs* that helps viewers avoid having a 'crabby' food experience without meat. In particular, the show addressed an audience that has

become vegetarian for health reasons, like Morning Sunday herself. A few years ago, her doctors told her that she needed to lessen the amount of meat in her diet to help control her asthma. Morning Sunday took their advice to a whole new level and decided to share her knowledge with anyone who would listen.



Morning Sunday

For a project that has the potential to make such a big impact, producing *Cable Crabs* has required fairly little effort. "It's very easy," she explained. "I record a tape, I send it in, and they play it a few times a week until I send another one."

In addition to these projects, Morning Sunday contributes to other activities that aim to educate all ages. She has started the Urban Conservative Core to teach children in Baltimore about the animals that share Gaia (Mother Earth) with them. She is also working with political organizations, such as the Black Greens of Baltimore, that educate the public and promote healthier eating habits within the community.

The resources that Sunday Morning uses for her shows and outreach activities are easily accessible to the public. Her main sources of information are health professionals and books from the health sections of public libraries. She also takes advantage of resources that can address her questions about nutrition, such as the Call-a-Dietitian Day that The Vegetarian Resource Group sponsors one Friday each month.

Why is promoting vegetarianism in one's community a good thing? "Vegetarianism is like the spokes on the wheel of a bike," Morning Sunday said. "The healthy spokes are necessary to keep the wheel, which is our bodies, in good shape. When the wheels are taken care of, they let the bike move, and the bike is our community." If most people do their parts to take care of the environment, animals, and themselves, their entire community will reap the benefits.

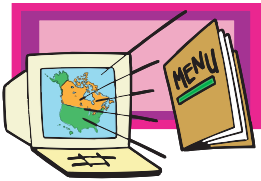
Melody Austin is a student at Butler University. She wrote this article during a high school internship with The VRG.

Great Resources from The VRG!

Vegetarian Journal isn't the only form of information that The Vegetarian Resource Group provides for its members and the public. Make sure that you check out these other helpful resources!

Online Version of *Vegetarian Journal's Guide to Natural Foods Restaurants*

Going on a trip? Get the most up-to-date listings for vegetarian, vegan, or veggie-friendly restaurants from the online version of *The Guide to Natural Foods Restaurants in the U.S. and Canada*. Just visit <www.vrg.org/restaurant/index.htm> to find details about establishments in all 50 U.S. states, all of Canada's provinces and territories, and Puerto Rico!



The VRG Parents' List

Are you raising a vegetarian or vegan child? If so, join The VRG Parents' List on Yahoo! Groups and begin exchanging ideas with more than 1,000 other moms and dads of veggie kids. Discussions range from creating tasty snacks for toddlers to attending non-vegetarian gatherings, from helping kids handle peer pressure to shopping for leather and wool alternatives! You don't even need a Yahoo! ID to join, just an e-mail address. Go to <<http://groups.yahoo.com/group/vrgparents/>> to sign up!



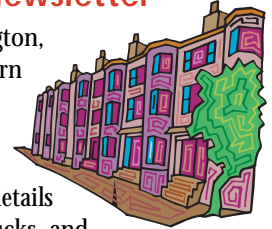
VRG-NEWS E-Mail Newsletter



VRG-NEWS is a free electronic newsletter that provides subscribers with a calendar of upcoming vegetarian events across the United States, vegan recipes, fast food chain and ingredient updates, product reviews, announcements about new books and free samples, and all the latest news from VRG. This update keeps tens of thousands of readers current about veggie happenings until the next issue of *Vegetarian Journal* comes their way. See <www.vrg.org/vrgnews/index.htm> to subscribe!

Local Events E-Mail Newsletter

Do you live in Maryland; Washington, D.C.; northern Virginia; or southern Pennsylvania? Then you might be interested in signing up for The VRG's *Local Events* e-mail newsletter. You will get all of the details about local events, vegetarian potlucks, and other veg-friendly events in Baltimore and the surrounding areas. The newsletter also lets subscribers know about volunteer days at The VRG's office and outreach opportunities, such as conferences and fairs, throughout the Mid-Atlantic. To sign up, send an e-mail request to vrg@vrg.org.



For More Information, Call (410) 366-8343 or Visit WWW.VRG.ORG

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