

Flavored Tofu • Middle Eastern Eggplant Dishes

VOLUME XXIX, NO 2

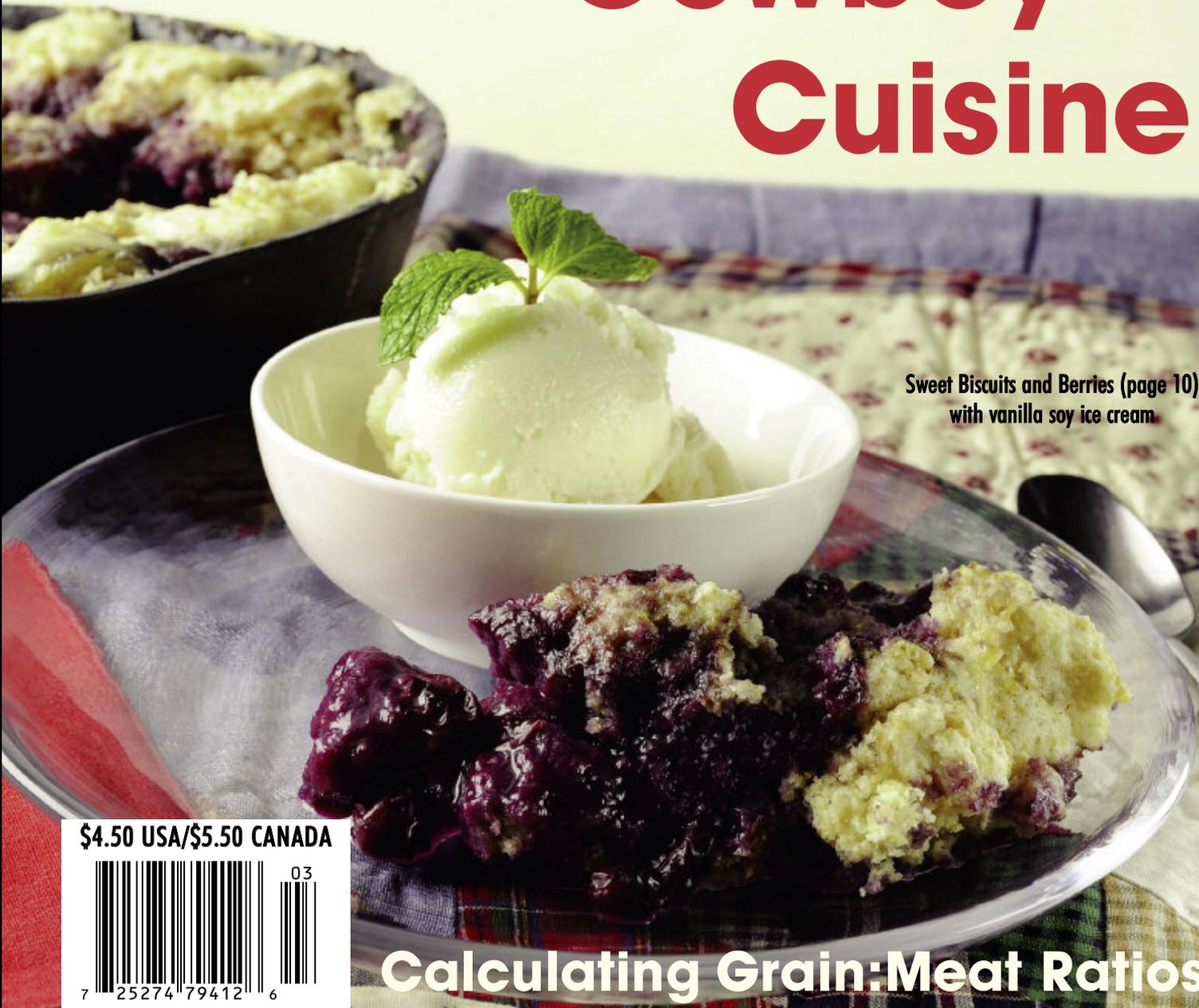
VEGETARIAN

JOURNAL HEALTH ECOLOGY ETHICS

Farmers Talk
Going Organic

Round Up Your Posse for

Cowboy Cuisine



Sweet Biscuits and Berries (page 10)
with vanilla soy ice cream

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Calculating Grain:Meat Ratios

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NUTRITION HOTLINE

SUZANNE HAVALA HOBBS
DrPH, MS, RD



This issue's Nutrition Hotline discusses gout and suggests dietary and lifestyle changes that may help some find relief from its symptoms.

QUESTION: "What is gout? Who is most likely to experience it? And what dietary changes can help to reduce its occurrence?"

ANSWER: For some people, arthritis is a pain in the big toe.

These people experience gout, a form of arthritis characterized by sudden bouts of intense, burning pain, often accompanied by stiffness and swelling. Oddly, the joint in the big toe is the most common site of an attack, but gout can also affect the ankles, knees, hands, and wrists.

Gout is more common in men than women and most frequently develops between 40 and 50 years of age. Typically, attacks last from a few days to more than a week.

The source of the pain associated with gout is a build-up in the blood of uric acid, which can form sharp crystals that collect in the joints. People who are overweight or heavy drinkers of alcohol are more likely to have high uric acid levels. Certain medications, such as aspirin and thiazide diuretics, and some medical conditions, including high blood pressure and hypothyroidism, are also associated with increased blood levels of uric acid.

Fortunately, there are ways to reduce the symptoms associated with gout in some people. Simple dietary changes are often a good place to start:

- **Consume fewer animal proteins.** All animal proteins raise uric acid levels, so reducing the amount of animal products in your diet or eliminating them completely may help to ease symptoms.

- **Consider limiting plant-based foods that raise uric acid levels.** Asparagus, mushrooms, and dried beans and peas are high in purines, which break down into uric acid in the body. However, you should focus on avoiding other foods that raise uric acid levels, such as animal products, before you consider limiting these otherwise healthful foods.
- **Drink plenty of fluids.** Water is the best choice. Staying well-hydrated helps to dilute blood uric acid levels.
- **Avoid alcohol.** Men should limit drinks to two per day; women should not have more than one a day. Less is better. Avoid alcohol completely if you are experiencing an attack of gout.

Lifestyle changes can also reduce symptoms of gout:

- **If you are overweight,** work at losing those extra pounds to reduce the pressure on your joints. Establish a habit of regular physical activity, and cut back on the amount you eat.
- **Avoid fasting or low-carb, high-protein diets** if you are trying to lose weight. Both approaches can raise uric acid levels.

If you'd like to learn more about gout, visit the National Institute of Arthritis and Musculoskeletal and Skin Diseases, a unit of the National Institutes of Health, online at <www.niams.nih.gov>.

Adapted from Sue's weekly newspaper column and republished online at <www.onthetable.net>.

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The *Vegetarian Journal* is one project of The Vegetarian Resource Group. We are a nonprofit organization that educates the public about vegetarianism and the interrelated issues of health, nutrition, ecology, ethics, and world hunger. To join VRG and receive *Vegetarian Journal* in the USA, send \$20 to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203.

NOTE FROM THE COORDINATORS

VRG EDUCATES DIETITIANS



The VRG once again reached out to registered dietitians at the annual meeting of the American Dietetic Association (ADA) in Denver. On the first day of exhibits, we were busy from beginning to end, giving away six boxes of literature and placing vegan information into the hands of health professionals from around the country. Our booth was near the much larger National Cattlemen's Association exhibit, but it also was not too far from Follow Your Heart, a first-time exhibitor that was pushing vegetarian items for food services. One of our favorite booths was a blueberry association giving away wild blueberry samples.

Even the second day, the crowd at the VRG exhibit never slowed down. We were delighted to hear how many young dietitians said that they use our website, <www.vrg.org>, for themselves and their clients. We are so excited and proud that, down the line, so many more dietitians will be giving out positive information about vegetarian diets. Though early at 8 o'clock on a Monday morning, 250 health professionals came out at the conference to hear our nutrition advisor Reed Mangels, PhD, RD, speak about plant-based diets. Reed also moderated another vegetarian-related session, which had approximately the same number of participants. After Reed's presentation, representatives from two state dietetic associations approached her about presenting at their annual meetings. A federal government policy person who attended Reed's talk also asked for further information and vegetarian menus.

Thank you to Bill Conway, MD, who assisted at our booth during the ADA meeting. Considering how hard he works at his practice and how little time off he has, his taking time to help us is greatly appreciated. Also, thank you to Heather Gorn, who has devoted so many hours to coordinating the update of our website. When we do outreach and hear how many dietitians and clients use <www.vrg.org>, everyone's assistance is appreciated. You can understand how valuable it is to have information that is accepted by health professionals, especially during these times. In addition, thank you to Reed Mangels for the thousands of hours she has spent on research and guiding our nutrition writers and interns.

Kudos to VRG member Robin Kantor, who organized a vegan food tasting at her synagogue to celebrate the 350.org environmental campaign. Others around the country may want to do the same in their area. If you are interested in more information about the environment, this *Vegetarian Journal* issue is for you! See Debra's organic farming article on page 14, Jeanne Yacoubou's article on meat-to-grain conversion ratios on page 20, and VRG's new environmental brochure on the back cover. Write to <vrg@vrg.org> to request brochures to hand out.

Here's to a healthy and environmentally sound future!

Debra Wasserman & Charles Stahl



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.

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Thanks to Helena Doerr for her donation in honor of Stuart Stahler, and thanks to the Baskin Family for their donation in memory of Lester and Ruth Stahler, Leonard Thier, and Sally Thier.

Special thanks to Gretchen Chlebowski, Ned Chlebowski, Robert Chlebowski, Debbie Grossman, Judy Grossman, Susan Lincke, Eric Sharer, and Valerie Soszynski for helping with the VRG booth at the Printers Row Lit Fest and the Green Festival in Chicago, IL.

Vegetarianism Helps the Environment During Global Crisis

Kudos for your longtime, valuable efforts to educate people about the many benefits of vegetarianism and to provide the information to enable people to maintain vegetarian lives.

Today, your efforts are more important than ever as there are increasing indications that animal-based agriculture is a major factor behind the planet's rapid movement toward an unprecedented climate catastrophe. In 2006, a United Nations report indicated that animal agriculture emits more greenhouse gases in CO₂ equivalents than all the cars, planes, ships, and other means of transportation worldwide combined. In a November/December 2009 cover article in *World Watch* magazine called "Livestock and Climate Change," two environmentalists argue that 'livestock' agriculture is responsible for over half of the human-induced greenhouse gases.

To move our imperiled planet to a sustainable path, it is essential that the vegetarian movement stress the urgency of a shift to plant-based diets. To help in our efforts, we can also point out the very significant contributions of

meat consumption to disease, mistreatment of farmed animals, rapid species extinction, hunger, water scarcities, deforestation, desertification, soil erosion, and many more societal problems.

I urge The VRG to continue its valuable efforts to educate people on these issues.

Very truly yours,
Richard S., via e-mail

Note: Jeanne Yacoubou discusses this topic in detail on page 20. Also, check out The VRG's new brochure, "Save Our Water the Vegetarian Way," on this issue's back cover.

Passover Recipes From VRG Cookbook and VJ Are a Big Hit!

In response to *No Cholesterol Passover Recipes* by Debra Wasserman and *Matzo Desserts and Vegan Easter Eggs* by Nancy Berkoff in Issue 1, 2010, of *Vegetarian Journal*:

Happy Passover!

Thank you for the yummy-looking recipes for our vegan Passover. This is our first year as vegans, and we're excited to celebrate with new foods.

And thank you for coming up with these alternatives. L'chaim!
Denise S., via e-mail

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

Coming in the Next Issue:

LOUISIANA COOKING

Plus: 2010 Teen Poll Results, Fresh Summer Berry Recipes, Using Coconut Flour and Coconut Sugar, and more!

Vegan Cowboy Cuisine

By Debra Daniels-Zeller

WHEN I WAS YOUNG, my familiarity with cowboy cuisine came from old John Wayne movies and 1950s TV westerns like *Rawhide*. More recently, I learned that mobile wagon wheel kitchens carried vinegar to replace lemons and molasses because sugar was in short supply. And in 1866, Charles Goodnight invented the chuckwagon. I imagine Charles thought this wagon was going to revolutionize trail food cooking, and it did for awhile. The elaborate cooking wagon contained drawers and storage nooks for cookware and pantry foods, and it came with a hinged box on the back that could be opened as a food prep surface. Most of the dishes stirred up in this traveling kitchen came from plain pantry ingredients—flour, beans, rice, and dried fruits. The cook could supplement recipes with wild berries and greens they found along the way.

The wagon wheel chef, usually an old cowboy, made twice as much money as the average cowboy, and nobody messed with the kitchen tools and supplies. Typical savory side dishes were composed of beans, like cranberry or Jacob's cattle beans. They were slow-cooked in campfire coals in Dutch ovens. Though the original dishes weren't vegetarian, they're easy to convert. Just leave out the meat and fat, and these old-fashioned recipes taste much better.

Sourdough starter, flour, and cornmeal were traveling pantry staples for biscuits, flapjacks, cornbread, and desserts. Pickled vegetables made dishes sparkle, and dried fruit made sweet desserts when fresh fruits and wild berries were scarce. By the 1880s, railroads entered the west, and wagon wheel kitchens became obsolete.

Check out cowboy cuisine on the Internet today, and you'll find entrées and side dishes laden with fat, smothered with cheese, and drowning in sodium. But true cowboy cuisine takes us back to a time when delicious comfort food was made from plain, pronounceable ingredients and cooked with simple equipment. The beauty of this cuisine is that these are everyday dishes that you'll want to eat over and over again.

GRANNY'S CABBAGE AND CARROT SALAD (Serves 4)

This is a great everyday salad, and it goes perfectly with baked beans. Of course, Grandma didn't use agave nectar or vegan mayonnaise, but if she made this salad today, she might. Try variations like dried fruit or another shredded vegetable, such as golden beets or parsnips.

3 cups shredded cabbage
1 medium-sized carrot, grated
3 Tablespoons lemon juice
1/3 cup vegan mayonnaise

1/2 Tablespoon ketchup
1 Tablespoon agave nectar
Salt and freshly ground pepper to taste

In a large mixing bowl, combine cabbage, carrots, and lemon juice. In a separate small bowl, combine mayonnaise, ketchup, and agave nectar. Stir into cabbage mixture. Add salt and pepper to taste. This salad is better if it is allowed to marinate for approximately an hour in the refrigerator.

Total calories per serving: 85 Fat: 5 grams
Carbohydrates: 11 grams Protein: 1 gram
Sodium: 196 milligrams Fiber: 2 grams

SLOPPY JOES (Makes 4 sandwiches)

The beauty of these hot sandwiches is that they make an easy dinner, served simply over a bun and eaten with a fork. Tempeh works best here because the crumbly, slightly chewy texture is most reminiscent of the original sloppy Joes. The peppers, celery, and carrots make this sloppy hot sandwich a full meal deal.

1-2 Tablespoons safflower oil
1 cup diced green or red peppers
1 cup diced celery
1/2 cup diced carrots
8 ounces tempeh
2 cloves garlic, pressed, or 1/2 teaspoon garlic powder
1 Tablespoon molasses
1 Tablespoon red wine vinegar or plain vinegar
2 Tablespoons chili powder

One 15-ounce can no-salt-added tomato sauce
Dash of cayenne
Salt to taste
4 whole grain rolls or buns, sliced in half

Add oil to a heavy skillet over medium heat. Add peppers, celery, and carrots. Stir and cook until vegetables soften, adding a little water if necessary. Crumble tempeh and stir in with garlic. Stir and add molasses, vinegar, chili powder, tomato sauce, and cayenne.

Cover and simmer on low heat for 20 minutes. Taste and then add salt, if desired.

Toast buns on a lightly oiled griddle, if desired. Spoon tempeh topping over the buns. Serve with coleslaw.

Total calories per sandwich: 335 Fat: 12 grams
Carbohydrates: 46 grams Protein: 15 grams
Sodium: 335 milligrams Fiber: 8 grams

SPICY BARBECUE TEMPEH 'RIBS'

(Serves 4)

Unlike traditional ribs, these vegan ribs aren't swimming in a pool of fat. Lemon adds zing to the sauce. Look for chipotle chile powder in natural foods or specialty stores. If you can't find it, use a smoky vegan hot sauce.

If you have leftover sauce, don't throw it away. Use it to flavor a pot of beans for another meal.

2 Tablespoons oil
8 ounces tempeh, sliced into 4 servings
1 cup water
1/2 cup ketchup
1 1/2 Tablespoons vegetarian Worcestershire sauce
2 teaspoons chili powder
A pinch of chipotle chile powder or dash of smoky hot sauce

1 large onion, peeled and thinly sliced
1 lemon, sliced

Add oil to a heavy skillet over medium heat. Add tempeh and cook for approximately 4 minutes on each side or until lightly browned. Remove from heat. Transfer tempeh to a clean towel and drain.

Preheat oven to 350 degrees. While the oven heats, combine water, ketchup, Worcestershire sauce, and chili powder in a small saucepan to make the barbecue sauce. Simmer on low for 5 minutes. Stir in the chipotle chile powder or hot sauce.

Lay tempeh in a baking dish and pour the sauce over it. Lay onions and lemons over the tempeh. Cover and bake for 30 minutes.

Remove from oven. Briefly place tempeh under the broiler to blacken the onions. Serve these tempeh 'ribs' over rice, quinoa and corn, or soft polenta with coleslaw on the side.

Total calories per serving: 218 Fat: 13 grams
Carbohydrates: 18 grams Protein: 11 grams
Sodium: 427 milligrams Fiber: 1 gram

BAKED BEANS

(Serves 4)

Baked beans are one of my favorite everyday foods. I loved them when I was young, too, but back then, our beans came from a can. Today, canned varieties can't compete for taste with these easy homemade baked beans.

The secret to good baked beans is molasses and slow cooking, and the key to a vegetarian smoky flavor without the campfire coals is chipotle chiles. Be sure to take them out before serving because the seeds make these smoked jalapeños quite hot

inside. You can find dried chipotle chiles in many natural foods stores.

*If you want to use canned adobo chiles from any grocery store (in the international aisle), use only 1/4 or 1/2 of a chile. Freeze the remainder. Use an old ice cube tray so you can freeze each chile individually. For this recipe, take your time, slow down, and make some **Country Cornbread** (page 8) while you wait.*

1 Tablespoon extra-virgin olive oil or safflower oil
2 cups diced onions
1/4-1/2 teaspoon crushed red pepper flakes (optional)
One 15-ounce can no-salt-added tomato sauce
1 or 2 dried chipotle chile pods
1 1/2 cups diced carrots
2 cups water
1 1/2 cups white beans (any kind but garbanzo), washed and soaked 8 hours
2 Tablespoons unsulphured molasses (not blackstrap)
1 Tablespoon agave nectar or Sucanat (organic sugar)
1 1/2 Tablespoons Dijon mustard
Salt to taste

Add oil to a heavy skillet over medium heat. Stir in onions and pepper flakes. Sauté until onions are soft and slightly browned. Add a little water if necessary.

When onions are done, combine them in a small soup pot with tomato sauce, chili pods, carrots, water, and white beans. Bring to a boil, and then reduce heat and simmer for an hour.

While beans cook, blend together molasses, agave nectar, and mustard. Add this when beans become tender. Cook until most liquid is absorbed. Salt to taste.

Total calories per serving: 420 Fat: 4 grams
Carbohydrates: 78 grams Protein: 19 grams
Sodium: 238 milligrams Fiber: 16 grams

COUNTRY CORNBREAD

(Serves 8)

What are **Baked Beans** (page 7) or **Spicy Barbecue Tempeh 'Ribs'** (page 7) without cornbread? Baked in an old-fashioned cast-iron skillet, this recipe can also be baked in oiled and floured muffin tins.

For an egg replacer, I use ground flaxseeds blended with water. Look for ground flaxseeds in the refrigerated section at a natural foods store, or find whole flaxseeds in the bulk bins and grind the seeds in a clean coffee or seed grinder. Refrigerated ground seeds should be used within a month since the oil they contain can go rancid. Freeze for long-term storage. I keep whole flaxseeds on

hand in my freezer and grind them as needed.

Vegetable oil spray

- 1 cup cornmeal
- 1 cup unbleached flour
- 1 Tablespoon baking powder
- 1/2 teaspoon salt
- 2 Tablespoons ground flaxseeds
- 6 Tablespoons cold water
- 1/3 cup brown sugar (Use your favorite vegan variety.)
- 1/3 cup safflower or corn oil
- 1 cup plain soy milk

Preheat oven to 400 degrees.

Spray or lightly oil a 9- or 10-inch cast-iron skillet and place it in the oven.

In a large bowl, sift cornmeal,

flour, baking powder, and salt together. Combine flaxseeds and water in a blender. Cover and turn on high for 3 minutes. The mixture should be foamy. Add sugar and blend until smooth. Pour in oil and mix. Stir in milk last. Combine wet and dry ingredients. Stir just until blended.

Use mitts to remove skillet from oven, pour batter in, spread evenly, and place it in the oven. Bake for 25 minutes. Use a toothpick to check if the cornbread is done. If it isn't quite done, bake for another 5 minutes. Remove from oven and serve while warm.

Total calories per serving: 239	Fat: 11 grams
Carbohydrates: 32 grams	Protein: 4 grams
Sodium: 302 milligrams	Fiber: 2 grams

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CORN CAKES WITH BLACK BEANS

(Serves 4)

Thick cooked cornmeal and beans become perfect partners in this rustic dish. You can make the corn cakes a day ahead because they have to cool to thicken. Simply reheat for a few minutes in the microwave or for 5-10 minutes in a 350-degree oven.

Always check the ingredients in enchilada sauce because some varieties include lard. I have the best luck with enchilada sauce at natural foods stores. Use the remainder for another bean dish or freeze it and use later.

For a variation on this recipe, trying using squash instead of zucchini. Squash has a wonderful smoky flavor when grilled; however, you also can roast it and run it under the broiler briefly. Another ingredient that's good in this dish is roasted or grilled sweet red peppers, peeled, seeded, sliced into ribbons, and placed with the zucchini between the layers.

This dish has a mild flavor. If you like hot and spicy, add salsa.

- 1 cup coarse cornmeal**
- 3³/₄ cups water, divided**
- 1/2 teaspoon salt**
- 1 cup corn, fresh, frozen, or drained canned**
- 1/2 cup diced shallots or onions**
- 1/2 cup diced green bell peppers**
- 1 Tablespoon olive oil or safflower oil**
- 1 1/2 cups cooked black beans or one 15-ounce can black beans, drained and rinsed**
- 1/2 cup mild vegetarian enchilada sauce**
- 2 medium-sized zucchinis, cut lengthwise into 1/4-inch slices**

Place cornmeal, 1 cup water, salt, and corn in a saucepan and bring to a boil over high heat, stirring

continuously. As mixture begins to thicken, gradually add more water, stirring, until mixture pulls away from the sides of the pan. This may take approximately 20 minutes. When mixture is thick, spread into a lightly oiled 9-inch square pan and let cool for an hour. Cut in half and with a spatula remove the thick cooked and cooled cornmeal onto a plate.

Sauté shallots or onions and green peppers in oil in a 9- or 10-inch heavy skillet until soft. Add drained black beans and enchilada sauce. Simmer on low for 10 minutes. While these simmer, lightly spray the zucchini slices and grill or roast (at 350 degrees for approximately 10 minutes) until lightly browned and soft.

Top half of the cornmeal cake with half of the black beans mixture. Next, place layers of zucchini and then top with the remaining cornmeal square. Spoon remaining black beans over the cornmeal square. Lay the remaining zucchini over the top.

Total calories per serving: 308
Carbohydrates: 56 grams
Sodium: 398 milligrams

Fat: 6 grams
Protein: 12 grams
Fiber: 11 grams

WILD MUSHROOM, ONION, AND SQUASH QUESADILLAS

(Serves 4)

Though cheese is part of the word, quesadillas can easily be made without cheese. At the Ballard farmers' market in Seattle, the Patty Pan Grill cooks fresh vegetable quesadillas, and it's the sauce that really makes them special. Also, when making them at home, resist overstuffing.

If you don't have access to wild mushrooms, use portobellos from the

grocery. Portobellos are best because they're big and meaty. Scrape off the gills, cut the mushrooms into 1/2-inch slices, and grill. For variation and protein, try adding a spoonful of baked beans to the filling.

- 1 1/2 Tablespoons olive oil or safflower oil**
- 2 medium zucchinis, sliced in half lengthwise**
- 2 medium sweet onions, peeled and sliced**
- Vegetable oil spray**
- 2 cups sliced mushrooms, or 2 portobello mushrooms, sliced**
- Salsa to taste (optional)**
- 2 cups baby spinach, rinsed and dried**
- Four 8-inch flour tortillas**

Heat a 10-inch heavy skillet over medium heat. Add oil, zucchini slices, and onions. If grilling, simply spray or paint a thin coating of oil on the vegetables first. Cook until these vegetables are soft and slightly browned.

Remove from pan and add mushrooms. Stir and cook them over medium heat until done. Add the onions and zucchini back into the pan.

On another burner, heat a griddle over medium heat. Use a non-stick griddle or lightly spray a griddle with oil so tortillas don't stick. Place two tortillas at a time on the griddle, and place vegetables on half of each tortilla. Spoon on the amount of salsa desired and top with baby spinach. Fold tortillas, flip, and cook the other side. When both sides are lightly browned, the quesadilla is done. Repeat with remaining tortillas. Serve hot.

Total calories per serving: 196
Carbohydrates: 29 grams
Sodium: 249 milligrams

Fat: 8 grams
Protein: 5 grams
Fiber: 2 grams

TOMATILLO-CHILE SALSA

(Makes approximately 2 cups or sixteen 2-Tablespoon servings)

Salsa's origins can be traced back to the Incas, Mayans, and Aztecs, but the earliest known printed salsa recipe was published in 1898.

Salsa is practically the state condiment in Texas, and it brings cowboy cuisine to life. Enjoy this salsa with quesadillas, beans, or rice. Or you can use it to top tostadas, tuck into burritos, or spice up tacos.

4 medium tomatillos, husked and chopped
1/2 cup minced sweet onions, such as Walla Walla, Vidalia, or Maui
1 poblano chile, stem removed and seeded
1 medium tomato, chopped
1 cup peeled and diced cucumbers
1/4 cup chopped cilantro
1/4 cup green salsa
1 Tablespoon lime juice (optional)
Agave nectar to taste

Place the tomatillos, onions, chiles, tomatoes, cucumbers, cilantro, salsa, and lime juice in a blender, salsa maker, or food processor and briefly purée. Drizzle in agave nectar to taste, starting with 1 teaspoon. Add more until the taste is perfect. Serve with warm corn tortillas

and with rice, beans, corn cakes, or potatoes.

Total calories per serving: 9
Carbohydrates: 2 grams
Sodium: 23 milligrams
Fat: <1 gram
Protein: <1 gram
Fiber: <1 gram

SWEET BISCUITS AND BERRIES

(Serves 4-6)

**Pictured on the cover. I imagine that, when cowboy chefs found wild berries on the trail, they splurged with recipes like this one. Emigrants who traveled along the Oregon-California trail wrote about using lemon extract for flavoring in biscuits and desserts. We're fortunate to have real lemons year-round in grocery stores today. Remember to zest the lemon before juicing it. One heavy medium lemon contains approximately 1/4 cup or 4 Tablespoons of juice. My favorite way to serve this recipe is with lemon or coconut sorbet and a sprig of mint.*

BERRIES

5 cups mixed berries (2 1/2 pints of blueberries, blackberries, and raspberries)
1/2 cup water
2-4 Tablespoons sugar (Use your favorite vegan variety.)
2 Tablespoons lemon juice
2 teaspoons lemon zest
1 Tablespoon arrowroot

Place berries, water, sugar, lemon juice, lemon zest, and arrowroot in a 9- or 10-inch heavy skillet. It's best to use a non-reactive metal pan for this recipe, but if you only have cast-iron, use that. Bring the berries to a simmer over medium heat. Then, turn to medium-low and cook for 5 minutes. Stir frequently. While berries cook, continue stirring and prepare biscuits.

BISCUITS

1/3 cup soy milk
1 Tablespoon lemon juice
1 cup flour
1/4 cup sugar (Use your favorite vegan variety.)
2 Tablespoons baking powder
1/2 teaspoon baking soda
1 Tablespoon chopped lemon zest
2 Tablespoons cold, nonhydrogenated vegan margarine

Combine soy milk and lemon juice in a small container. In a medium-sized bowl, blend the flour, sugar, baking powder, baking soda, and zest. Mix well. Cut in margarine with a pastry blender or fork. Try not to touch it with your fingers because this cold, hard fat determines how flaky the biscuits will be. Mix in liquid until just moistened.

Drop biscuit batter from a teaspoon onto the simmering berries, going around the outside of the pan until you reach the middle, covering the entire fruit mixture. Cover and simmer on low heat for 30 minutes. When inserted toothpicks come out clean, they are done.

Total calories per serving: 372
Carbohydrates: 75 grams
Sodium: 778 milligrams
Fat: 7 grams
Protein: 6 grams
Fiber: 11 grams

Debra Daniels-Zeller is a frequent contributor to *Vegetarian Journal*.



Flavored Tofu

By Chef Nancy Berkoff, RD, EdD, CCE

WE ALWAYS LIKE TO EAT WELL, BUT WHO WANTS to heat up the kitchen when the weather gets warm? That's when flavored tofu comes in very handy. Scope out several markets in your area to see what type of flavored tofu they offer.

SAVORY

Your local market may have smoked tofu or teriyaki-, southwestern-, lemon and pepper-, and chili-flavored tofu. Also, you can create your own flavored tofu by marinating drained, extra firm tofu with a mixture of soy sauce, water, minced onions, and/or garlic or with a mixture of vinegar, a small amount of oil, and your favorite spice blend. For example, choose a mix of chili powder, white pepper, and a hint of cumin, or try a blend of dried oregano, parsley, thyme, sage, and rosemary. Allow tofu to marinate, covered and refrigerated, for at least two hours.

Whether you find your tofu already flavored or create your own, you can use flavored tofu to create some wonderful warm-weather dishes. Here are some ideas to get you started:

- Crumble flavored tofu over your favorite cold green salad (such as a mixture of baby spinach, shredded Swiss chard, fresh green peas, shredded carrots, and sesame seeds). To add some crunch, think about adding toasted cashews or almonds or some crispy Asian noodles.
- Crumble flavored tofu over cold noodles or rice, toss lightly with your favorite salad dressing, and garnish with sliced mushrooms or grated fresh beets.
- Mix cold, cooked rice with mixed raw summer squash or cold, cooked mixed vegetables, and a small amount of vinegar or soy sauce. Then, top with crumbled flavored tofu.
- Toss cold, cooked rice with salsa and spoon on a bed of raw or cooked cold greens. Garnish with crumbled flavored tofu.

SWEET

If you're looking for something on the sweeter side, you may find strawberry-, lemon-, chocolate-, or melon-flavored tofu. However, you must be certain to check labels to ensure they are vegan.

In addition, many markets that stock tofu carry 'sweetened' tofu, which is usually silken tofu sold with a glucose syrup flavored with ginger. You can create your own sweetened tofu by pouring maple syrup thinned with a little bit of water over silken tofu, covering, and allowing to cool in the refrigerator for at least an hour. You can also use slightly watered-down rice syrup combined with minced fresh ginger as your 'sweet' for a sweet tofu.

Here are some other ideas:

- Slice ripe bananas, mix with a small amount of mango or apricot nectar, and toss with cold cooked rice. Then, top with sweet tofu and garnish with sesame seeds.
- Place sweetened silken tofu in a blender; add a small amount of orange juice concentrate and fresh raspberries or strawberries. Blend until smooth. Then, you can do one of the following:
 - Pour into a prepared pie shell or individual tart shells and allow to set in the refrigerator for two hours.
 - Pour into individual dishes or ice cube trays and serve as a cold dessert, or heat and serve as a hot morning breakfast dish.
 - Pour over ice and drink as a cold 'meal in a dish' or blend with ice for a smoothie-type beverage.
- Simply place sweet tofu in a dessert dish, top with fresh seasonal fruit, and enjoy.
- For dessert or breakfast, create a sweet burrito by mixing sweet tofu with chopped fresh seasonal fruit and rolling in lavash bread, a corn tortilla, or a cold pancake.

SCIENTIFIC UPDATE

By Reed Mangels,
PhD, RD, FADA

A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

Organic Foods: Better? Safer?

A limited number of research studies examines the nutritional quality of organic foods. The French Agency for Food Safety convened a group of 50 experts who spent more than two years examining all published research on organic foods.¹ Updated results of their review were recently released and include the following:

- Higher levels of iron and magnesium in organic vegetables than in conventional vegetables
- Higher levels of antioxidants in organic fruits and vegetables than in conventional fruits and vegetables
- Pesticide residues, as expected, markedly lower than in conventionally produced foods. Most often, pesticide residues in organic foods were non-existent.
- Lower levels of nitrates in organic vegetables
- Similar levels of most minerals and beta-carotene in organic and conventional foods.

These results show that organic products offer some significant advantages over conventionally grown products in terms of nutritional content and lower levels of pesticides and other potentially harmful substances.

Interestingly, another recent review of scientific research did not find any significant difference in nutritional quality between organic and conventional food.² This survey did not look at pesticide levels.

¹ Lairon D. 2009. Nutritional quality and safety of organic food: A review. *Agron Sustain Dev*.

² Danhour AD, Dodhia SK, Hayter A, et al. 2009. Nutritional quality of organic foods: a systematic review. *Am J Clin Nutr* 90:680-85.

Make No Bones About It

Osteoporosis—the result of years of bone density loss—can lead to broken bones, reduced mobility, and other unpleasant consequences. Good nutrition seems to be important for strong bones. A measurement called bone mineral density (BMD for short) is used to determine bone strength and to predict the likelihood of a person

developing osteoporosis. There have been a number of studies of vegetarians, especially women, to see if a vegetarian diet affects BMD. These studies have often been small, and the results were not consistent. Researchers from Vietnam and Australia used a powerful tool called meta-analysis to combine results of nine studies of BMD in vegetarians. Six of the studies were of lacto-ovo vegetarians and three were of vegans. When the studies were combined, vegetarians had a 4 percent lower BMD than non-vegetarians. However—and this is an important however—the magnitude of the difference between vegetarians and non-vegetarians was not clinically significant. This means that the difference is very modest and would not be expected to significantly increase vegetarians' risk of osteoporosis or bone fracture. Vegans had a lower BMD than did lacto-ovo vegetarians. The study authors predict that vegans would have a slightly (perhaps 10 percent) higher risk of bone fracture compared to non-vegetarians. Neither dietary calcium nor protein intake could explain the difference in BMD between vegetarians or vegans and non-vegetarians. Other factors—such as weight-bearing exercise, vitamin D, vitamin K, and potassium—that play a role in bone health were not examined. From a practical standpoint, getting enough of key nutrients and regularly walking, running, or doing other weight-bearing exercise is your best bet for avoiding osteoporosis.

Ho-Pham LT, Nguyen ND, Nguyen TV. 2009. Effect of vegetarian diets on bone mineral density: a Bayesian meta-analysis. *Am J Clin Nutr* 90:1-8.

Vegetarian Diets Help Reduce Cholesterol

Close to half of adults in the United States have cholesterol levels that are higher than recommended. As a group, vegetarians tend to have lower blood cholesterol levels than non-vegetarians, and vegans have lower blood cholesterol than lacto-ovo vegetarians. Investigators recently looked at a number of studies that used vegetarian diets as a treatment for high cholesterol levels. They found that changing from a standard American diet to either a more plant-based diet

(not vegetarian but limited meat) or a lacto-ovo vegetarian diet led to, on average, a 10 to 15 percent decrease in both cholesterol and LDL (bad) cholesterol levels. Changing to a vegan diet led to a 15 to 25 percent decrease in total cholesterol and LDL cholesterol. If a change was made to a vegetarian or vegan diet along with eating more fiber, soy, or nuts, a 20 to 35 percent decrease in cholesterol and LDL cholesterol levels was seen. In contrast, conventional dietary therapy for high cholesterol levels (non-vegetarian diet with lower saturated fat and cholesterol) only reduced total cholesterol and LDL cholesterol levels by 5 to 10 percent. The bottom line: Be good to your heart—go vegetarian. For more about heart-healthy vegetarian diets, see VRG's brochure at <www.vrg.org/nutshell/hearthealth2.pdf> and <www.vrg.org/nutshell/hearthealth1.pdf>.

Ferdowsian HR, Barnard ND. 2009. Effects of plant-based diets on plasma lipids. *Am J Cardiol* 104: 947-56.

AHA Urges Americans to Use Less Sugar and Sugary Foods

Did you know that the average American eats more than 22 teaspoonfuls of sugar a day? We don't just add sugar to cereal or coffee—it's added for us by food processors. Soft drinks account for approximately a third of the sugar Americans consume, while desserts and candy supply another third.

Over the past 30 years, the average calorie intake of Americans has increased by 150 to 300 calories per day. Approximately half of the increased calories comes from sugar-sweetened drinks. These higher calorie levels wouldn't be so bad if we were exercising more, but there was no change in activity over the period studied. That's one reason why obesity is increasing at a rapid rate.

Besides raising the risk for obesity and related health problems like diabetes, excess sugar intakes can lead to increased blood pressure and higher triglyceride levels. These health-related effects have prompted the American Heart Association to recommend that women get no more than 100 calories a day from added sugar and that most men stay under 150 calories per day from sugar. To put this in perspective, a typical can of soda provides 130 calories from added sugar.

Johnson RK, Appel LJ, Brands M, et al. 2009. Dietary sugars intake and cardiovascular health: a scientific statement from the American Heart Association. *Circulation* 120:1011-20.

Increased Rate of Type 2 Diabetes Forecast

Type 2 diabetes is the most common form of diabetes. It occurs more commonly in adults, although cases are being reported in children and adolescents as well. One risk factor for this disease is being overweight. As the population's weight increases, an increase in type 2 diabetes would be expected. Several researchers created a mathematical model to predict the development of type 2 diabetes over the next 25 years. Their model forecasts that the number of people with type 2 diabetes will increase from 23.7 million to 44.1 million by 2034. This increase will come with a price tag. By 2034, diabetes-related expenses are expected to triple to \$336 billion yearly. Vegetarians have a lower risk of type 2 diabetes (<www.vrg.org/journal/vj2009issue4/2009_issue4_scientific_update.php>), and vegetarian diets have been shown to be an effective treatment for type 2 diabetes (<www.vrg.org/journal/vj2007issue1/vj2007issue1.pdf>).

Huang ES, Basu A, O'Grady M, et al. 2009. Projecting the future diabetes population size and related costs for the U.S. *Diabetes Care* 32:2225-29.

Type 2 Diabetes and Fish

Researchers from the Netherlands wondered if people who eat fish have a lower risk of developing type 2 diabetes. They studied close to 4,500 Dutch men and women, age 55 and older, who did not have diabetes at the start of the study. Subjects were asked how often they ate certain foods, including fish. The subjects were then followed for approximately 12 years to see which ones developed type 2 diabetes. Those subjects who ate the most fish had a 30 percent higher risk of developing type 2 diabetes, compared to those who never ate fish. Lean fish intake increased risk more than fatty fish and shellfish, which had no effect on risk. Intake of EPA and DHA (omega-3 fats found in fish) did not affect risk of type 2 diabetes. Eating fish does not appear to be protective against type 2 diabetes. Indeed, both vegans and lacto-ovo vegetarians have been shown to have a lower risk of type 2 diabetes than fish-eaters (<www.vrg.org/journal/vj2009issue4/2009_issue4_scientific_update.php>).

van Woudenburgh GJ, van Ballegooijen AJ, Kuijsten A, et al. 2009. Eating fish and risk of type 2 diabetes. *Diabetes Care* 32:2021-26.

Organic Farming

From the Farmers' Point of View

By Debra Wasserman

SOME READERS KNOW HOW DIFFICULT IT IS TO BE financially successful as a family farmer in the United States today. In many regions, farmers sell off their land to developers because the land is worth more than the value of the crops they can grow and sell. Often it is stated that organic farming is a more profitable way to go. Also, activists frequently say that everyone should be eating organic food because it is better for people's health and the environment. However, we wondered about organic farming from the farmers' point of view. The following article is based on interviews done with farmers living in different regions of the United States.

ONE STRAW FARM

White Hall, Maryland

<www.onestrawfarm.com>

On an absolutely gorgeous day, I visited One Straw Farm in White Hall, Maryland. This family-operated farm has been growing organic produce for approximately 25 years and is the largest organic vegetable farm in Maryland. Approximately 100 acres of organic produce are farmed, including 20 acres of tomatoes. Other products include cucumbers, eggplant, herbs, lettuce, onions, peppers, watermelon, and a variety of greens (such as chard, collards, and kale).

While exploring the lush acres of land, I asked owners Joan and Drew Norman a number of questions. First, they told me that, economically, the best crop varies from year to year; greens and tomatoes are generally a successful crop for them each year. One disaster was a crop of edamame (green soybeans) they planted. Right before the crop was ready to be picked, deer ate it all. Drew said he tried everything to scare the deer away, but they would not budge.

In recent years, the Normans have been growing strawberries. Joan told me that the biggest cost associated with growing strawberries without pesticides is weeding. To overcome this problem, Joan said they till under the old strawberry plants and plant new

plants each year, which is less expensive than hiring people to do the weeding.

Then, I asked how they market their vegetables. For approximately 10 years, One Straw Farm has run a Community Supported Agriculture (CSA) program. Families pay a set price each year and, in return, receive organic vegetables for several months. During the 2009 season, the Normans expected to reach close to 2,000 CSA members. Joan said interest was way up as more people forgo eating out in favor of cooking at home due to the poor economy.

One Straw Farm also has a booth at the Waverly Farmers' Market in Baltimore on Saturday mornings and at other Baltimore-area markets—including the Fresh Farm Market at Harbor East, the Mill Valley General Store, Kenilworth Farmers' Market, and the Whole Foods location in the Mt. Washington neighborhood—during the week. CSA members can pick

“They would like to be able to supply organic produce to independent natural foods stores; however, this is not financially feasible since a viable delivery system is not available.”

up their vegetables at various locations, and local consumers can buy directly at these farmers' markets. One Straw Farm sells their organic produce to several restaurants around Baltimore, as well as to the Boordy Vineyards winery. In addition, the Normans are testing distributing food to nearby Goucher College through Bon Appetit, the school's catering company.

One Straw Farm wholesales their vegetables to Whole Foods in the Mid-Atlantic region and to some natural foods stores and restaurants in Maryland. They would like to be able to supply organic produce to independent natural foods stores; however, this is not financially feasible since a viable delivery system is not available. Both Joan and Drew mentioned that Whole

Foods is fairly generous about the price they pay farmers for their vegetables. Also, Drew noted that Whole Foods factors in the cost of trucking when paying farmers.

Joan said that the vegetables they distribute to Whole Foods are USDA #1-graded produce. Vegetables that do not meet these high specifications are sold at the farmers' markets. All the vegetables are picked by hand. Tomatoes, for example, are boxed by color and size.

One of the major obstacles in the Normans achieving permanent financial success is the skyrocketing cost of boxes, stickers, and rubber bands needed to pack and deliver the vegetables through wholesale channels. This is a huge cost to them, yet they have no choice but to spend the money. In fact, that is one reason why they are having a difficult time paying down their outstanding debt. They do not have this type of expense with the CSA program since they can reuse crates and don't need the stem tags or stickers.

Another issue is escalating fuel costs. Joan would love to put up windmills on her farm and convert to wind-produced energy, but the initial cost to put up the windmills is quite high. However, they have recently launched a restaurant-to-farm biodiesel operation. A local restaurant provides them with used oil, and the farm converts it into energy to run their tractors.

Drew pointed out that, occasionally, the farm needs a certain type of organic nitrogen fertilizer that is only manufactured in California. The cost to ship it to the East Coast is high, and he worries about the negative environmental impact that comes with trucking it in from the West. Drew also mentioned that organic farmers use a broad spectrum spray when necessary, but this product kills off all bugs in the area sprayed. Conventional farmers have more, though not better, choices for sprays that do not necessarily kill all bugs. He wishes organic farmers had more options.

When I asked Drew what made him become an organic farmer, he replied, "I was naïve, young, and dumb." He pointed out that a lot of what he learned while studying agriculture in college made little sense: "One class would contradict what was stated in another class at the University of Maryland." He remembers thinking to himself, "Why kill off 99 percent of the positive with pesticides to get rid of 1 percent bad?"

Drew also said, "If farming were more predictable, it would be the best job in the world. European governments support farmers much more than they do in the United States. Food is not an important issue in this country."

How We Can Help Organic Farmers

- ◆ Join a Community Supported Agriculture (CSA) program at a local organic farm.
- ◆ Remember to return boxes and other packaging materials to the CSA and other organic farmers so they can be reused. This will reduce costs and waste.
- ◆ Buy organic produce directly from the growers at farmers' markets.
- ◆ Buy from stores that treat organic farmers well and give them a fair price for their products.
- ◆ Recognize delivery obstacles. Perhaps local entrepreneurs can assist in the distribution of organic produce to restaurants, schools, etc.
- ◆ New and often young organic farmers (especially near urban areas) often have difficulty obtaining reasonably priced land on which to farm. Landowners and others who control land (including nonprofits) can discuss with organic farmers ways to make land available at a reasonable price so as to be economically viable for both parties.
- ◆ Individuals and groups involved with government regulation and legislation can develop policies that encourage organic farming. This includes support of organic farming research, support of farmers' markets offering organic food, rewards for distributing organic food to schools and restaurants, and perhaps tax incentives to make land available to organic farmers.

Please e-mail vrg@vrg.org to share solutions that have helped organic farmers in your area.

LICKING CREEK BEND FARM

Needmore, Pennsylvania

Mike Tabor is a social activist and has been organic farming since 1972. Licking Creek Bend Farm consists of 60 acres in Needmore, Pennsylvania. Approximately 15 acres are devoted to produce, and three to four acres are devoted to growing Christmas trees. The farm also has organic apple and pear trees. Every other year, some land is set aside to sit for a year, and less produce is grown that year. Mike's largest crop is heirloom tomatoes. Other crops vary seasonally, such as beets, radishes, and lettuce, for example, in the fall.

When I asked Mike why he became an organic farmer, he replied that he "accidentally fell into it. I was an anti-war activist and owned the land that the farm is now situated on. In the early 1970s, I wanted to start up a Jewish political communal group having a kibbutz-like atmosphere. I quickly learned that I enjoyed working on the land combined with being a social activist."

Mike said that his most profitable crop is organic basil, which he grows from June through mid-October. He noted that weather can sometimes destroy a crop. For example, he lost most of his 2004 pumpkin crop to a flood.

Most of the produce grown at Licking Creek Bend Farm is distributed directly to consumers. Mike feels strongly that organic produce must be made available to low-income individuals, not just to the wealthy through high-priced establishments. To accomplish this, Mike sells his produce at farmers' markets, including the one in the Adams Morgan section of Washington, D.C., where he's been selling produce since 1974. He also does several other farmers' markets and delivers to the University of Maryland's co-op and a few other

select co-ops. A third of his customers are Women, Infants, and Children (WIC) Program recipients.

Mike said that he uses electric fencing around his farm to keep deer away from his crops. He does have some problems with groundhogs and wild turkeys, but they're not major nuisances. Mike also shared that he has tried to be as environmentally sound as possible throughout his life, including when farming, and that not all organic farmers care about the environment as much as he does. For instance, most organic farmers use plastic around crops to cut back on weeds and then either burn the plastic or simply throw it out. Mike wants to recycle the plastic and has tried to get other

"Mike feels strongly that organic produce must be made available to low-income individuals, not just the wealthy through high-priced establishments."

organic farmers to do the same. He also mentioned that he has seen organic farmers drinking out of Styrofoam cups at farm meetings, and this annoys him.

When asked if his farm is profitable, Mike replied that he can pay his workers well but that he himself does not draw a salary. A few years ago, he started a CSA program with 16 families and now has a waiting list, despite never advertising the CSA. He said that his major obstacle is personally not being able to charge more money for his produce. For example, he could double the price he charges for his heirloom tomatoes but feels it is unethical since then it would make the cost prohibitive to lower-income consumers.

When I asked Mike if he would encourage others to become organic farmers today, he said yes. However, he warned that he's seen people fail at organic farming over and over because they're undercapitalized from the start and forget that it takes several years to become economically successful. He also noted that many people today are so out of shape physically that they could never do all the work necessary on a farm. In fact, his biggest problem has been finding able farm workers who are physically capable of doing the work and don't have personal problems.

In conclusion, Mike strongly urges organic farmers to think about whether it's ethical to raise organic food and then only make it available to the wealthy. All farmers should reach out to other income groups. Mike invites students from inner-city schools to his

Organic Seed Sources for Farmers

- ◆ Abundant Life Seeds — www.abundantlifeseeds.com
- ◆ High Mowing Seeds — www.highmowingseeds.com
- ◆ Johnny's Selected Seeds — www.johnnyseeds.com
- ◆ Peaceful Valley — www.groworganic.com
- ◆ Seeds of Change — www.seedsofchange.com
- ◆ Tomato Fest — www.tomatofest.com

farm. He also feels that, with the obesity epidemic today, farmers need to get organic produce into schools.

HONEY BROOK ORGANIC FARM

Pennington, New Jersey

<www.honeybrookorganicfarm.com>

Honey Brook Organic Farm is one of the oldest operating organic farms in New Jersey. In 1991, farmer Jim Kinsel established a CSA system, now the oldest CSA in New Jersey. I had the pleasure of speaking to Jim's wife, Sherry Dudas, and she shared some thoughts.

Jim, who has a math degree from Rutgers University, worked at Prudential for a while, but Sherry said that job did not nourish his soul. Therefore, he went back to Rutgers and took some environmental courses. Jim apprenticed for three years on organic farms—including Farmer John's Organic Produce in Warren, New Jersey, and Howell Living History Farm in Hopewell, New Jersey—and then founded his own farm.

Sherry related how Jim now feels a real sense of obligation running their organic farm. Among the CSA members are many cancer survivors looking for organic food, homeschooling families who use the farm as an

"Farming became profitable for them when they reached 500 CSA members in the late 1990s."

educational tool, city folk trying to eat healthy, local conservationists, and a melting pot of ethnic groups that includes Asians, Indians, and Russians.

Honey Brook Organic Farm consists of 60 acres that are entirely organic, where most of their produce is grown. The farm is also transitioning 200 acres to organic, and this is where pumpkins, watermelons,

and winter squash are grown. The organic land is their oldest farm land and the location where they grow items such as arugula, berries, cabbages (all types, including purple and Chinese), herbs, onions, peppers, potatoes, sweet corn, tomatoes, and zucchini. Tomatoes are their largest crop, and they're renowned for them.

"In New Jersey, customers would expect all farms to grow tomatoes," Sherry said. "Members of our CSA continue to come from various ethnic backgrounds and will, from time to time, request we grow new foods. Ground cherries related to tomatillos are now grown.

"They employ college students to staff their farmers' market where CSA members go to pick up their share of produce."

We get seeds from Johnny's Selected Seeds. This is also our third year for pick-your-own eggplant. We offer several varieties of eggplant, including Thai and Chinese eggplant, to cater to the wide variety of people."

Early on, Honey Brook Organic Farm wholesaled some crops and sold at farmers' markets. When the CSA started in 1991, it had 50 members, and they were farming 3.5 acres. Farming became profitable for them when they reached 500 CSA members in the late 1990s. As a result, they were able to purchase their own farm land and were no longer tenant farmers. They can also provide their staff with benefits, pay a fair salary, and provide housing in some cases. In addition, they employ college students to staff their farmers' market where CSA members go to pick up their share of produce. By 2009, the CSA had 3,300 members sharing 2,500 memberships, and they distributed all of their produce through this program.

Bequests

The 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.

Honey Brook Organic Farm, in addition to farming their own land, leases some land from two environmental nonprofits. The relationship has worked well for them, but with the recent economic downturn, one of the nonprofits wanted to raise their rent by one-third. Sherry said that they strive to keep their CSA affordable and generally raise prices 3 percent per year. However, if land rental costs continue to go up rapidly, they would be forced to pass on this increase to their CSA members. Fuel costs are not a big issue for them since their farm is quite compact and they're not trucking their crops to other locations.

Sherry feels that the biggest challenge for organic farmers in New Jersey today is access to land and high rental costs. Most organic farmers in the state have not grown up on farms and, therefore, usually start off by having to rent land from others. It is very difficult for them to negotiate a long-term lease, which is absolutely necessary for organic farming. Landowners are reluctant

to lease land to new organic growers since they tend to be young and may not realize what they are getting themselves into. In contrast, landowners are confident that experienced conventional farmers, who often have been farming on their land with pesticides, will pay their rent.

In addition, the cost of packaging items continues to go up. For example, Sherry pointed out that their bushel boxes now cost \$2.50 each. Last year, they spent a lot of time educating their CSA members about the importance of recycling the boxes, and it has paid off. Members no longer damage boxes as much and often remember to return them for a new share of produce.

SUNIZONA FAMILY FARMS

Willcox, Arizona

<www.sunizonafamilyfarms.com>

Sunizona Family Farms was officially certified organic in March 2009. Previously, they did hydroponic farming without using pesticides.

Presently, 1½ acres of tomatoes and ½ acre of herbs, lettuces, and microgreens are grown in greenhouses. This year, they planted summer and winter squash (including pumpkins) on 5 acres outdoors. They also have some trial areas of corn, greens, melons, and potatoes to see how well they grow on the land. Much more acreage is available to them to expand into; however, their long-term goal is to grow a variety of foods and not simply large numbers of one or two crops.

Sunizona Family Farms uses veganic farming methods. That is, they only use plant-based materials, including the fertilizer. They are veganic primarily due to fear of disease from manure produced by animals. They make their own potting soil, as well as organic fertilizer. Janice Smith, who is one of the farm's owners, said, "It's really exciting to have control over everything we use." They haul tomato leaves and stems left after extensive pruning to keep the plants productive. This material is made into fertilizer, along with straw, alfalfa, and pinto beans that they get from other local farms. The whole plant material is then reused on their land.

Sunizona Family Farms distributes their produce locally in Arizona, primarily to AJ's Fine Foods, Basha's Supermarkets, New Frontiers, and Whole Foods Markets. "It's awesome dealing with Whole Foods and the other establishments," Janice explained. Once an account is approved and set up, the farm deals directly with produce managers in the stores, and they deliver to the stores. They do not have a middle person to go through. They are in contact with the produce managers twice a week.

Organic Farming References

Books

- ◆ *Growing Green* by Jenny Hall and Iain Tolhurst. Published by Chelsea Green Publishing Company 2007. ISBN 978-1-933392-49-3.
- ◆ *Organic Farming: Everything You Need to Know* by Peter V. Fossel. Published by Voyageur Press, 2007. ISBN 978-0760324691.
- ◆ *Organic Vegetable Production: A Complete Guide* by Gareth Davies and Margi Lennartsson. Published by Crowood Press, 2006. ISBN 978-1861267887.
- ◆ *What's Wrong With My Plant? (And How Do I Fix It?)* by David Deardorff and Kathryn Wadsworth. Published by Timber Press, 2009. ISBN 978-0-88192-961-4.

Veganic Websites

- ◆ www.goveganic.net
- ◆ www.veganorganic.net

“The ash that remains after burning the pecan shells, which is high in trace nutrients, is then used in their vegan fertilizer. They are also experimenting with using pecan shells as mulch instead of using sheets of plastic.”

One day, Sunizona Family Farms would like to make their crops available in farmers’ markets; however, the closest large market to them right now is a 1½-hour drive. Janice stated that, once they have more crop variety, they will look into doing farmers’ markets. She also disclosed that Whole Foods in effect told her that they will buy whatever crops she grows.

The paperwork for becoming organic is daunting, but Janice agreed that it is so worth it. She also mentioned that farmers always have to go through a learning curve. For example, crop yield can sometimes be lower than expected.

Janice said she’s vegan and that farming is a wholesome way to raise a family. She homeschooled her children, and part of their education was working the land. Her kids are grown now, but they all remain involved in the farm. One daughter does the farm’s website, while another is in charge of sales. One son heads up the farm’s outdoor acreage, and the youngest son does the accounting.

When asked about expenses to do farming today, Janice said that energy costs are the next highest expense after labor costs. Last spring, they replaced the gas heat used in the greenhouses and instead now use a biomass boiler. They utilize local waste—pecan shells—to produce the heat. There are many pecan farmers in this area of Arizona, and they need to get rid of all the shells. By doing this, the farm has reduced their energy costs to less than half of what they were before. The ash that remains after burning the pecan shells, which is high in trace nutrients, is then used in their vegan fertilizer. They are also experimenting with using pecan shells as mulch instead of using sheets of plastic.

SANTA CRUZ FARM AND GREENHOUSES Española, New Mexico

Located in northern New Mexico, Santa Cruz Farm and Greenhouses sits on land that has belonged to the Bustos family since the late 1600s. They are part

of the Santa Cruz land grant. The king of Spain gave out land grants in New Mexico in the 1500s and 1600s to encourage settlers to travel to the new world and establish claims for Spain.

Serafina Youngdahl Lombardi, the programs director at Santa Cruz Farm and Greenhouses, said that the Bustos family began growing organic crops in 1993. The farm is now certified organic, and they are using veganic farming methods on 3 acres. Farming occurs year-round in 9,000 square feet of greenhouses. Don Bustos began organic farming after attending a conference and watching a video about how the animal industry treats livestock. He was appalled. In addition, he realized it made more ecological and economic sense to have a plant-based nutrient cycle at his farm. This made the produce safer for his family and customers because it eliminated the potential exposure to animal pathogens.

The Bustos family finds that the farming is going extremely well, often having better production than many non-vegan organic farms and their conventional farming cohorts. Santa Cruz Farm grows 76 varieties of crops. Their major and most profitable crops include asparagus, blackberries, green chilies, salad greens, and strawberries. “People claim we have the tastiest lettuce mix at the market, the biggest blackberries, the earliest asparagus,” Serafina explained, “but much of this has to do with the overall management and long-term vision of the farm.”

“He realized it made more ecological and economic sense to have a plant-based nutrient cycle at his farm.”

One problem that Santa Cruz Farm and Greenhouses faces is that being veganic still doesn’t mean that much to a lot of people. “Individuals often don’t get it, so we have no extra pricing benefit,” Serafina said.

Another major challenge on the horizon is the Good Agricultural Practices (GAPs), which want to eliminate wildlife and their habitat. GAPs can refer to any collection of specific methods, which when applied to agriculture, produce results that are in harmony with the values of the proponents of those practices. GAP policies are not always in harmony with organic or veganic philosophies.

Debra Wasserman is Co-Director of The Vegetarian Resource Group.

FACTORS INVOLVED IN CALCULATING GRAIN: MEAT CONVERSION RATIOS

BY JEANNE YACOUBOU, MS
VRG RESEARCH DIRECTOR

AN ENVIRONMENTAL ARGUMENT FOR VEGETARIANISM often involves discussing how livestock consume grains and legumes so they may grow and become meat for people to eat, when it would be more efficient for people to consume those grains and legumes directly. The process of converting grain, legumes, and their byproducts into human-edible meat is commonly expressed as a grain:meat conversion ratio.

In researching the quantities and types of feedstuffs that livestock need to produce meat, there are wide discrepancies in the grain:meat ratios that various scientists, government agencies, nonprofits, and agribusiness have calculated. Some ratios ran as high as 16 pounds of grain to produce a pound of meat, while others were as low as 0.3 pounds of grain to produce a pound of meat.

So, what are some of the many factors that affect calculating grain:meat conversion ratios? Without knowing what the author used to calculate the ratios, the ratios cannot be accurately compared.

One of the major reasons there are differences in grain:meat conversion ratios is because there are varying definitions of the word 'feed.' The United States Department of Agriculture (USDA) publishes annual statistics at www.nass.usda.gov/Publications/Ag_Statistics that discuss feed provided to livestock. It is not made explicitly clear how 'feed' is defined for the purposes of these tables. Personal e-mail communications between the writer and several USDA employees confirmed that feed is *not* synonymous with 'concentrates,' such as grains and legumes. Some USDA tables may use 'as-fed' feed values, which means the moisture content of the feed is included. (The moisture content of the feed may vary between 7 and 70 percent of the feed weight itself.) Similar tables from other sources

may be based on 'dry matter weight,' which excludes all weight due to water. Feed may have been assumed to be synonymous with grain and/or to contain moisture, and this could explain why some of the grain:meat conversion ratios are very large.

Ruminant livestock—including cattle, sheep, and goats—often consume diets that consist largely of feedstuffs that humans can't consume, such as pasture, hay, and crop residues (i.e., cornstalks). In some regions of the world, ruminants subsist entirely on these feedstuffs. However, most ruminant livestock produced under intensive conditions (i.e., feedlots) spend much of their lives eating grains and soybean byproducts, such as soybean meal and soybean oil, that humans could consume.

The situation is different with monogastric livestock (i.e., animals with one stomach), such as hogs and poultry. Under the intensive rearing conditions that are common in the United States, these species' diets consist almost exclusively of human-edible grains and legumes. Consequently, tables, such as those that the USDA publishes, that address values of total feed consumed and total number of (monogastric) livestock produced do provide a rough estimate for grain:meat ratios (ignoring moisture content). Such tables cannot provide accurate ratios for ruminant livestock, such as cattle and dairy cows.

When considering ratios, it is also important to determine if they are extrapolations based on a single stage of an animal's life cycle spent on a feedlot to the entire lifetime of the animal. Although many cattle spend the last few months of their lives on feedlots, most of their lifetime had been spent grazing on pasture. Large ratios do not reflect this fact.

Furthermore, it is vital to know which weight (referred to as live, carcass, or boneless cut in agri-

business) was used in the ratio's calculation. Animal producers typically analyze "the amount of feed consumed per pound of live weight gain" when they make economic comparisons between the efficiencies of different diets or when they compare weight gains in animal groups on different dietary regimes. Carcass weight is closer to the actual amount of meat that a consumable animal produces, while boneless meat cuts (considering fat trimmings here as insignificant) are the most accurate. When calculations are based on live weights, the result is often smaller feed:meat ratios. In contrast, larger ratios could imply that carcass weight or boneless cut weight was used to calculate the amounts.

This is assuming that all other variables involved in the cases under consideration are constant.

For those interested in reading about the animal industry's feed:meat ratios using yet another indicator (i.e., price of corn and price of live weight unit produced)—as well as other issues related to this topic—see the *2009 Reference Issue and Buyer's Guide of Feedstuffs* magazine available at <www.feedstuffs.com>.

Jeanne Yacoubou is Research Director for The Vegetarian Resource Group. She holds master's degrees in philosophy, chemistry, and education.

NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

THE VEGETARIAN RESOURCE GROUP IN THE NEWS

Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD, was interviewed by *Content That Works*, a Chicago-based national newspaper syndicate, about the American Dietetic Association's updated position paper on vegetarian diets. As in the past, Reed was one of this position paper's authors. In addition, Reed was interviewed by EarthSave Radio about vegetarian nutrition and The VRG. Furthermore, Reed and Vegetarian Resource Group Food Service Advisor Nancy Berkoff, RD, EdD, CCE, were the guests on a call-in show focusing on vegetarian children on KPCC, the National Public Radio affiliate in Los Angeles. VRG Co-Director Charles Stahler was quoted by *The New York Times* concerning the number of adults in the United States who are vegan.

VEGAN OUTREACH

Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD, and Winston Craig made a presentation called "Can Plant-Based Diet Approaches be Safe and Adequate?" at the American Dietetic Association Food & Nutrition Conference & Expo (FNCE). Additionally, Reed worked the VRG booth at the Boston Vegetarian Food Festival.

Below is a summary from longtime VRG volunteer Gretchen Chlebowski, who is featured in this issue's *Vegetarian Action* article on page 35, about her experiences doing outreach at a recent event:

"The 3rd Annual Chicago Green Festival was an indoor event at Navy Pier. Attendees who were unable to take public transportation and instead paid significant parking fees, along with festival entrance fees, may have shifted into browse mode rather than buy mode the minute they entered the festival. Most, if not all, of the food provided for sale was vegetarian. Long lines were at the *Soul Vegetarian* booth, which provided a vegan southern meal (BBQ, mac and cheese, collard greens, and a muffin) for \$10.

"I am grateful for the nice group of volunteers who assisted me at The Vegetarian Resource Group booth at the Chicago Green Festival. They are Robert Chlebowski, Debbie Grossman, Judy Grossman, Susan Lincke, Eric Sharer, and Valerie Soszynski. We distributed VRG's magazine to those interested in having a sample copy and talked with people about vegetarian and vegan diets. Some of the questions involved information such as where to find a particular product or our thoughts on which brand of a particular product tastes best. At the end of the festival, an animal rights group offered to take our leftover literature, which we gave to them in one or two boxes. Many vegetarians feel the general public does not yet understand the detrimental impact of a meat-based diet on the environment. Most agree the public needs further exposure to this type of information."

— Gretchen Chlebowski

Delightful Eggplant Dishes From the Middle East and North Africa

By Habeeb Salloum

FROM LARGE AND EGG-SHAPED TO SMALL AND thin, the many varieties of eggplants in produce sections have been catching an increasing number of consumers' fancy. From black to blue, mauve, purple, white, and all the shades in between, eggplants draw those seeking appetizing foods.

Versatile, visually appealing, and delicious, eggplants are a vegetarian's dream vegetable. For thousands of years, they were one of the most popular vegetables in their lands of origin. In China, India, Japan, the Balkans, and eastern Mediterranean countries, they



have been used as a meat substitute for untold centuries. It is said that, if the eggplant recipes of all the Mediterranean countries were gathered, there would be well over a thousand. In the Arab countries of the Middle East alone, at least 150 eggplant dishes are known.

The nutritional value of eggplant is about average, on the same level as tomatoes. On the other hand, eggplants are not high in calories (if they are not fried), making them ideal for those watching their weight.

Eggplants can be cooked or preserved in various ways. When they are to be puréed, they can be roasted over coals or in the oven. Broiling over an open fire gives them a delicate smoky flavor, but baking them in the oven is much easier. The skin should be pierced in several places before roasting or baking, and the

eggplant turned a few times as it bakes. When the skin blisters, the eggplant is cooked, and the skin should be removed immediately. The cooked pulp's light, creamy texture is extraordinarily delectable.

If the eggplant is to be fried or used in salads and stews, it should be sliced or cubed, placed in a strainer, and then sprinkled with salt. Next, a weight should be placed on top for an hour; this allows the pieces to drain and release their bitter juices. Then, fry the eggplant slices or cubes quickly to cut down on oil absorption.

When eggplants are to be preserved, use pickling ingredients and oil. This gives the pickled eggplant a smooth, rich taste. Centuries of experience have demonstrated that olive oil is the perfect medium to use when cooking or preserving eggplant.

Keeping these hints in mind, a cook can plunge quickly into the *badhijan* world of the Middle Eastern lands. Try these simple recipes, modified and using very little oil to meet vegetarian and dieters' needs.

BADHINJAN MUTABBAL (EGGPLANT APPETIZER)

(Serves 4)

Traditionally, when this recipe is made, the slices are fried in olive oil. However, baking the slices in the oven is a much healthier method of preparing eggplant.

1 medium-sized eggplant (approximately 1 pound), peeled and sliced lengthwise and then cut into half-moon slices approximately 1/4-1/2 inch thick

SAUCE

2 Tablespoons finely chopped coriander leaves

1 Tablespoon pomegranate concentrate or grenadine syrup (can be purchased online), diluted in 2 Tablespoons water

- 1 Tablespoon lemon juice**
- 2 cloves garlic, crushed**
- 1/2 small jalapeño pepper, very finely chopped**
- 1/2 teaspoon salt**
- 1/2 teaspoon black pepper**
- 2 Tablespoons toasted blanched almonds**
- Sprigs of fresh coriander**

Preheat oven to 350 degrees.

Place eggplant in a pan and bake for 30 minutes, turning over once. Allow eggplant to cool somewhat. Remove from pan and allow to cool.

In the meantime, make the sauce by combining the coriander, diluted concentrate or grenadine syrup, lemon juice, garlic, jalapeños, salt, and pepper. Set aside.

Place the eggplant slices on a serving platter, and then spoon the sauce evenly over top. Decorate with the almonds and the sprigs of coriander and serve.

Total calories per serving: 67 Fat: 3 grams
 Carbohydrates: 11 grams Protein: 2 grams
 Sodium: 296 milligrams Fiber: 4 grams

EGGPLANT AND TOMATO DIP

(Serves 6)

- 1 medium-sized eggplant (approximately 1 pound)**
- 2 cups stewed tomatoes**
- 2 Tablespoons fine vegan bread crumbs**
- 2 cloves garlic, crushed**
- 1 teaspoon crushed dry basil**
- 1/2 teaspoon salt**
- 1/2 teaspoon cumin**
- 1/2 teaspoon black pepper**
- 2 Tablespoons pomegranate seeds**
- 2 Tablespoons toasted pine nuts**
- 2 Tablespoons finely chopped parsley**
- 1 Tablespoon olive oil (optional)**

Preheat oven to 350 degrees.

Place eggplant in a pan and

bake, turning over frequently, for 1 1/4 hours or until the skin is crisp. Allow eggplant to cool somewhat. When cool enough to handle, remove and discard the skin.

Place eggplant in a blender, along with the tomatoes, bread crumbs, garlic, basil, salt, cumin, and pepper. Blend into a smooth paste. Place in a serving bowl and refrigerate for an hour.

Decorate with pomegranate seeds, pine nuts, and parsley. Drizzle a little olive oil over top just before serving, if desired.

Total calories per serving: 78 Fat: 3 grams
 Carbohydrates: 12 grams Protein: 2 grams
 Sodium: 366 milligrams Fiber: 4 grams

SHAWRABAT BADHINJAN WA KUSA (EGGPLANT AND ZUCCHINI SOUP)

(Serves 8)

Numerous versions of this soup are found in North Africa; however, the eggplant is usually fried before it is added as an ingredient. This version is more healthful and even tastier.

- 1 medium-sized eggplant (approximately 1 pound), peeled and diced into 1-inch cubes**
- 1 medium-sized zucchini (approximately 6-7 inches long), diced into 1/2-inch cubes**
- 1 medium-sized onion, finely chopped**
- 4 cloves garlic, crushed**
- 1/2 cup finely chopped fresh coriander leaves**
- 5 Tablespoons no-salt-added tomato paste, diluted in 2 cups water**
- 1/4 cup uncooked white rice**
- 2 Tablespoons olive oil**
- 1 teaspoon salt**
- 1 teaspoon cumin**
- 1/2 teaspoon black pepper**
- 1/4 teaspoon cayenne**
- 4 cups low-sodium vegetable broth**
- 4 Tablespoons finely chopped fresh basil**

Place all ingredients, except the basil, in a saucepan and bring to a boil. Cover and simmer over medium-low heat for 40 minutes. Stir in the basil and serve hot.

Total calories per serving: 96 Fat: 4 grams
 Carbohydrates: 14 grams Protein: 2 grams
 Sodium: 376 milligrams Fiber: 3 grams

EGGPLANT SALAD

(Serves 6)

This recipe, which originated in Yemen, can also be served as a side dish or as a dip.

- 1 medium-sized eggplant (approximately 1 pound)**
- 1 small Spanish onion, very finely chopped**
- 2 Tablespoons olive oil**
- 1 clove garlic, crushed**
- 1/2 teaspoon salt**
- 1/2 teaspoon black pepper**
- 4 Tablespoons lemon juice**
- 1 small tomato, finely chopped**
- 1/4 cup finely chopped fresh coriander leaves**
- 1/2 teaspoon paprika**

Preheat oven to 350 degrees.

Place eggplant in a pan and bake, turning over frequently, for 1 1/4 hours or until the skin is crisp. Allow eggplant to cool somewhat. When cool enough to handle, remove and discard the skin.

In a mixing bowl, mash eggplant into pulp. Then, stir in the onions, olive oil, garlic, salt, pepper, and lemon juice. Mix well.

Transfer to a serving bowl and decorate with tomatoes and coriander. Sprinkle with paprika just before serving.

Total calories per serving: 69 Fat: 5 grams
 Carbohydrates: 7 grams Protein: 1 gram
 Sodium: 199 milligrams Fiber: 3 grams

SALATAT BADHINJAN WA LUZ (EGGPLANT AND ALMOND SALAD) (Serves 5)

This is a unique salad. You can use other types of nuts—such as Brazil nuts, pecans, cashews, or walnuts—in this salad instead of the almonds.

- 1 medium-sized eggplant (approximately 1 pound), peeled and diced into 1/2-inch cubes
- 2 Tablespoons lemon juice
- 2 Tablespoons olive oil
- 1/2 teaspoon salt
- Nonhydrogenated vegan margarine to prepare baking pan
- 1/2 cup coarsely ground toasted almonds
- 4 Tablespoons finely chopped fresh coriander leaves
- 1 Tablespoon pomegranate concentrate, diluted in 3 Tablespoons water
- 2 cloves garlic, crushed
- 1/2 teaspoon black pepper
- Parsley sprigs

Preheat oven to 350 degrees.

Place the eggplant, lemon juice, olive oil, and salt into a bowl and thoroughly mix until the cubes are coated. Spread evenly on a greased baking pan and bake for 30 minutes. Set aside to cool.

Combine the eggplant mixture and the almonds in a bowl. Set aside.

In a separate bowl, combine the remaining ingredients, except the parsley sprigs. Then, stir into the eggplant-almond mixture.

Place in a serving bowl, decorate with parsley sprigs, and serve.

Total calories per serving: 135
Carbohydrates: 10 grams
Sodium: 236 milligrams
Fat: 10 grams
Protein: 3 grams
Fiber: 4 grams

SHALADA BRANIYA (MOROCCAN EGGPLANT SALAD) (Serves 6)

In Morocco, salads are often made from cooked vegetables.

- 1 large eggplant (approximately 2 pounds), peeled and diced into 1/2-inch cubes
- 4 cloves garlic, finely chopped
- 5 cups water
- 1 teaspoon salt, divided
- 2 medium tomatoes, finely chopped
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1/4 teaspoon black pepper
- 1/8 teaspoon cayenne
- 4 Tablespoons lemon juice
- 2 Tablespoons olive oil
- 4 Tablespoons chopped fresh coriander leaves
- Lemon slices or wedges

Place the eggplant, garlic, water, and 3/4 teaspoon salt in a saucepan. Cover and bring to a boil. Cook over medium-low heat for approximately 5 minutes until the eggplant is cooked but still firm.

Place the saucepan contents in a strainer. Allow to drain and cool.

Transfer saucepan contents to a salad bowl and sprinkle with the

remaining salt. Stir in the remaining ingredients, except the coriander and lemon wedges, and then gently toss. Decorate the salad with the coriander leaves and lemon wedges and serve.

Total calories per serving: 89
Carbohydrates: 12 grams
Sodium: 395 milligrams
Fat: 5 grams
Protein: 2 grams
Fiber: 6 grams

BABA GHANNUJ (EGGPLANT-TAHINI DELIGHT) (Serves 6)

This dish originated around Syria, but it has become very popular in all the eastern Arab countries. Now, it is found at every feast and party, having become a true part of all eastern Arabs' kitchens.

- 1 large eggplant (approximately 2 pounds), pierced with a fork on all sides
- 2 cloves garlic, crushed
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon cumin
- 1/2 teaspoon ground coriander seeds
- 5 Tablespoons lemon juice
- 5 Tablespoons tahini
- 4 Tablespoons water
- 1/2 cup finely chopped fresh parsley
- 1 small tomato, finely chopped
- A little olive oil (optional)

Preheat oven to 350 degrees.

Place eggplant in a pan and bake, turning over frequently, for 1 1/4 hours or until the skin is crisp. Allow eggplant to cool somewhat. When cool enough to handle, remove and discard the skin. Mash pulp well, place in a mixing bowl, and set aside.

Place remaining ingredients, except the parsley, tomatoes, and olive oil, in a blender. Blend mix-

“Versatile, visually appealing, and delicious, eggplants are a vegetarian’s dream vegetable.”

ture for a few moments, adding a little water if too thick. Stir the mixture into the eggplant.

Transfer the mixture to a serving bowl. Decorate with parsley and tomatoes and serve. Drizzle a little olive oil over top just before serving, if desired.

Total calories per serving: 119 Fat: 7 grams
Carbohydrates: 13 grams Protein: 4 grams
Sodium: 218 milligrams Fiber: 7 grams

MANAZILET BADHINJAN (EGGPLANT AND CHICKPEA CASSEROLE) (Serves approximately 6)

Changing up the ingredients, such as by adding potatoes, zucchini, or mushrooms, yields tasty variations for this dish.

- 2 Tablespoons olive oil
- 1 large onion, finely chopped
- 2 medium sweet red peppers, chopped
- 4 garlic cloves, crushed
- 1 medium-sized eggplant (approximately 1 pound) peeled and diced into 1/2-inch cubes
- 2 cups fresh or frozen peas
- 2 cups stewed tomatoes
- 2 cups cooked chickpeas
- 1 teaspoon cumin
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon cayenne
- 1 cup water

Preheat oven to 350 degrees.

Heat the oil in a frying pan. Sauté the onions and red peppers over medium heat for 7 minutes. Add the garlic and stir-fry for another 3 minutes. Add the eggplant cubes and quickly stir-fry for 1 minute.

Transfer the frying pan contents to a casserole dish and stir in the remaining ingredients. Cover and bake for 50 minutes. Remove the cover and bake for an additional 10 minutes.

Total calories per serving: 237 Fat: 7 grams
Carbohydrates: 36 grams Protein: 10 grams
Sodium: 551 milligrams Fiber: 11 grams

BADHINJAN MISHWI BIL FURN (BAKED EGGPLANT STEAKS) (Serves 6-8)

Serve this dish with mashed potatoes or cooked rice.

- Nonhydrogenated vegan margarine to prepare casserole dish
- 1 large eggplant (approximately 2 pounds), peeled and cut into 1/2-inch slices
- 1/2 teaspoon salt

BASTING

- 1/2 cup chopped fresh basil
- 1/2 cup chopped fresh coriander leaves
- 1/2 cup finely chopped fresh dill
- 1/2 small jalapeño pepper, chopped
- 1 medium onion, chopped
- 4 garlic cloves, crushed
- 2 Tablespoons lemon juice
- 2 Tablespoons olive oil
- 2 teaspoons sugar (Use your favorite vegan variety.)
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt

Grease baking pan or casserole dish with margarine. Set aside.

Lightly sprinkle eggplant with the salt and place in the pan. Set aside.

Preheat oven to 350 degrees.

Make the basting by placing the remaining ingredients into a blender and making a soft paste, adding a little water, if necessary.

Brush the eggplant slices with a quarter of the basting and bake for 20 minutes. Turn slices over, brush with another quarter of the basting, and bake for another 25 minutes or until done. Top with remaining basting and serve hot.

Total calories per serving: 95 Fat: 5 grams
Carbohydrates: 13 grams Protein: 2 grams
Sodium: 394 milligrams Fiber: 6 grams

BADHINJAN MAQ'ID (CANDIED EGGPLANTS) (Serves 8)

- 1 dozen tiny eggplants (approximately 3 inches long), washed and stemmed
- 2 cups sugar (Use your favorite vegan variety.)
- 3 cups water
- 6 whole cloves
- 1 Tablespoon orange or rose blossom water
- 4 Tablespoons lemon juice

Place eggplants in a large pot and cover with water. Bring to a boil and cook over medium heat for approximately 5 minutes. Remove and drain in a strainer.

Place the sugar, water, and cloves in a saucepan. Bring to a boil over medium heat, stirring constantly. Add the eggplants, cover, and cook over medium-low heat for 25 minutes. Stir in the orange or rose blossom water and lemon juice and cook for another few minutes. Remove and allow to cool before serving, with or without the syrup.

Total calories per serving: 236 Fat: <1 gram
Carbohydrates: 60 grams Protein: 2 grams
Sodium: 5 milligrams Fiber: 6 grams

Habeeb Salloum is a frequent contributor to *Vegetarian Journal*. He lives in Ontario, Canada.

Cold Salads for Warm Months

By Chef Nancy Berkoff

SALADS HAVE BEEN EATEN IN ONE FORM OR another since humans started eating. The original caveman (or, more politically correct, caveperson) diet was a type of moveable salad bar of wild veggies, tree fruit and nuts, and seasonal berries. The only thing missing was salad dressing!

Segue several millennia to 1920s Hollywood. The movie industry included salads on its list of things to make glamorous. The Brown Derby was the place to be seen, but not with lettuce on your blouse or tomato seeds blotting your lipstick. The **Cobb salad** (named after the chef who invented it) was the response to a see-and-be-seen Hollywood lunch crowd. Bite-sized lettuce pieces were topped with ribbons of crumbled tomatoes, avocado slices, bacon, bleu cheese, and eggs. Tossed with dressing, the chopped Cobb was easy to eat while diners smiled for the camera.

Create your own vegan Cobb with soy crumbles, smoked tofu pieces, and shredded vegan cheese. To ramp up the nutrition in this salad, sneak in baby spinach, arugula, or romaine with the iceberg lettuce.

“Classically, a salad consists of an underliner, the main body of the salad, a garnish, and the dressing.”

The **Caesar salad** was a south-of-the-border invention for the movie star set. Tijuana was an exotic town within three hours' drive of Hollywood, with the extra-added attraction of legal booze. (Remember that short historical event, Prohibition, was in full swing at the time.) Tony Caesar and his brother ran a Tijuana restaurant frequented by the Hollywood crowd. Caught with an empty pantry one Sunday, when the brothers had assumed everyone had headed north for the work-week, the brothers Caesar created a tableside salad from this and that. Or at least, that's how legend has it. It sounds plausible, as a mixture of Romaine lettuce, egg yolks, anchovies, shredded cheese, and croutons sounds

more like an emergency solution than a well thought-out plan, no? How can anyone tell how salad history will be made?

Create a vegan Caesar with shredded nori (dried seaweed sheets used for sushi) added to your favorite vinaigrette for the dressing and shredded vegan cheese of choice.

CREATING A BASIC SALAD

Classically, a salad consists of an underliner, the main body of the salad, a garnish, and the dressing. You may include all or some of the elements of a classical salad or just ad lib. Whatever you choose, be sure to include texture, color, flavor, and visual interest. A scoop of potato-and-lentil salad may taste great but looks blah; a scoop of potato-and-lentil salad on a bed of shredded green and red cabbage or shredded endive and raddichio topped with a radish rose and sprinkled with capers or chopped red onions says, “Time for dinner!”

Streamline your preparation by having basic ‘bed’ mixtures (chopped romaine, shredded lettuce, mixed greens, and cold cooked starches, such as couscous, cracked wheat, or pasta) and toppings (smoked or extra firm tofu crumbles, soy crumbles, cooked beans or lentils, shredded vegan cheese, etc.) ready but separate. Then, you can build an entrée salad with no additional preparations and no waste of ingredients.

ETHNIC FLAIR

Every nation has its specialty dishes, and this includes salads:

- The French have the **Salade Niçoise**, an artfully arranged platter of cold *haricots vert* (slender green beans), wedged new potatoes, hard-cooked eggs, cold poached tuna, and earthy, flavorful niçoise olives. Create a vegan version with crumbled extra firm tofu instead of eggs and sliced smoked tofu for the tuna.
- Leftover bread? Choose the **Italian** method and create a cold bread salad; large croutons of bread are tossed and marinated with chopped tomatoes, onions, oregano, basil, black pepper, chopped olives, and oil and vinegar. Add your favorite cooked beans

of choice and a sprinkle of nutritional yeast, and you have a meal!

- Salads with a **Mexican or Southwestern** flair can be served in soft or hard tortilla shells. Traditional green salads can be flavor-accented with fresh cilantro and chopped fresh, canned, or pickled chilies (You choose the heat!); tomatoes; onions; chilled black, white, and red beans; fresh corn (cut it right from the cob into the salad); and avocado. Use tomato, mango, pineapple, squash, tomatillo, or grilled vegetable salsas in place of creamy salad dressings or as an ingredient in vinaigrette dressing.
- Use *raita* (plain soy yogurt or vegan sour cream with chopped cucumbers, tomatoes, and onions) and chutneys for an **Indian** flavor in your basic salad dressings.
- Go **Southeast Asian** and add red or green chili pasta and soy sauce to create a new salad dressing.
- *Caponata* (marinated eggplant salad, available canned) and *tapenades* (chopped olive pastes) add a **Mediterranean** idea to both tossed salad greens and to salad dressings. Prepared pestos (a combination of basil or spinach with pine nuts and olive oil) can be used chilled as a salad dressing or added to a creamy salad dressing.
- Onions, beets, vegan sour cream in the dressing, and for the big spenders, vegetarian caviar add a **Russian** accent to mixed greens. Try grating fresh beets or shredding canned beets into a baby green salad for sweetness and color. Turn your Thousand Island dressing into a mock Russian dressing with a dab of vegan caviar.

FIRE AND ICE ...

This is a dramatic way to enjoy salads containing hot and cold ingredients. Generally the 'bed' is cold (tossed greens, chilled couscous, cold pasta), and the topping ingredient (stir-fried tofu, tempeh, seitan, or

soy crumbles) hot. Or both the bed and the topping can be cold and the dressing hot.

Have a bed of baby greens chilling, and add some sizzling-hot marinated tofu at the moment you are ready to eat; serve a chilled mixed cabbage salad with freshly cooked, sliced tofu dogs. The same goes for a vegan Caesar salad topped with baked smoked tofu; a spinach-orange salad with a hot smoked vegan bacon dressing; a cold rice noodle salad topped with fiery, chili-laced Tofurky; or a pasta salad topped with a skewer of grilled mushrooms and tomatoes.

GARNISHES

Asian and tropical ingredients can be used as a garnish or as a salad ingredient for more crunch, flavor, and interest. Toss in fresh, frozen, or canned water chestnuts, bamboo shoots, sprouts (beyond soy with radish, broccoli, and sunflower sprouts), mangos, papayas, citrus (such as Mandarin orange, kumquat, blood orange, and Asian grapefruit), and pineapple. Your iceberg will be delighted with the new company.

“And if a vegetable can be shredded or diced, then it belongs on top of a salad.”

Make a selection of croutons, which can be seasoned with nutritional yeast, black or white pepper, chili powder, basil, oregano, thyme, rosemary, and sage. Green, black, and stuffed varieties of olives can be chopped to top salads, as well as other pickled vegetables (onions, carrots, peppers, chilies, cauliflower, and celery, often available as a canned mix).

Chutneys can come to the rescue again for crunch, color, and flavor (mint or mango chutney mixed with vinaigrette). Walnuts, almonds, peanuts, and pistachios can be chopped and used in a salad or as a topping, as can sesame, sunflower, and pumpkin seeds. Cold beans and tofu add flavor, color, and protein.

And if a vegetable can be shredded or diced, then it belongs on top of a salad. Think multi-colored peppers, red and white onions, carrots, cauliflower or broccoli, red and green cabbage, summer squash, fresh herbs, mushrooms, and cucumbers, and those are just to get you started!



LOTS OF CRUNCH AND COLOR SALAD

(Serves 8)

- 2 pounds cooked spinach or soy small-shaped pasta, such as rotini, penne, or small shells (Start with 1 pound or 2½ cups uncooked pasta.)
- 1½ cups cooked edamame (fresh soybeans, available frozen)
- 1 cup roasted soy nuts or chopped walnuts
- 2 cups fresh bean, radish, or broccoli sprouts, washed and drained
- ¼ cup chopped scallions
- 2 Tablespoons peeled and chopped fresh ginger
- 1½ cups orange juice
- ¼ cup white vinegar
- 2 Tablespoons vegetable oil
- 1 Tablespoon low-sodium soy sauce
- 1 clove garlic, minced

In a large bowl, toss pasta, edamame, nuts, sprouts, scallions, and ginger. Set aside.

In a small bowl, combine the orange juice, vinegar, oil, soy sauce, and garlic. Mix well. Add the dressing to the pasta and toss well to combine. Cover and allow salad to chill for at least 2 hours before serving.

Total calories per serving: 12 Fat: 12 grams
Carbohydrates: 46 grams Protein: 21 grams
Sodium: 85 milligrams Fiber: 4 grams

VIETNAMESE 'BEEF' SALAD

(Serves 8)

SAUCE

- 1 cup rice vinegar
- ⅓ cup cold water
- 1 Tablespoon sugar (Use your favorite vegan variety.)
- 1 teaspoon ground black pepper

To prepare sauce, combine all ingredients in a non-reactive bowl and stir well until combined.

SALAD

- 2 cups thinly-sliced sweet onions, such as Vidalia or Maui
- One *Sauce* recipe (See above.)
- Vegetable oil spray
- 2 cloves garlic, minced
- 2 pounds smoked tofu or tempeh, cut into 1-inch cubes (approximately 4 cups)
- 3 Tablespoons low-sodium soy sauce
- 1 bunch cilantro
- 2 tomatoes, cut into 8 wedges

Place 1 cup of the onions and all of the sauce in a non-reactive bowl. Cover and refrigerate for 2 hours, stirring occasionally.

Spray a sauté pan with oil and allow to heat. Add garlic and sauté for 1 minute. Add tofu or tempeh and sauté for 1 minute. Add soy sauce and remaining onions and stir-fry until onions are soft.

Line a serving platter or individual plates with cilantro. Place tomato wedges on top of cilantro and the sauce over tomatoes. Just before serving, place hot tofu or tempeh on top of vegetables.

Total calories per serving: 231 Fat: 10 grams
Carbohydrates: 13 grams Protein: 23 grams
Sodium: 693 milligrams Fiber: 1 gram

FAST SALAD DRESSINGS

INDIAN CURRIED GRAPEFRUIT DRESSING

(Makes approximately one cup or eight 2-Tablespoon servings)

- ¾ cup unflavored soy yogurt
- 2 Tablespoons coconut milk
- 2 Tablespoons grapefruit juice concentrate
- 1 Tablespoon grapefruit juice
- 1 teaspoon maple syrup or rice syrup
- 1 Tablespoon curry powder
- ½ teaspoon black pepper

Mix all ingredients together in a

non-reactive bowl, cover, and refrigerate for at least 30 minutes prior to serving.

Total calories per serving: 33 Fat: 1 gram
Carbohydrates: 5 grams Protein: 1 gram
Sodium: 4 milligrams Fiber: <1 gram

MEDITERRANEAN CREAMY DRESSING

(Makes approximately 1¾ cup or fourteen 2-Tablespoon servings)

- 1 cup unflavored soy yogurt or vegan sour cream
- ½ cup crumbled extra firm tofu
- 2 Tablespoons white vinegar
- 1 Tablespoon balsamic vinegar
- 2 Tablespoons olive oil
- 1 Tablespoon minced fresh basil
- 1 Tablespoon minced fresh oregano
- 1 teaspoon white pepper

Mix all ingredients together in a non-reactive bowl, cover, and refrigerate for at least 30 minutes prior to serving.

Total calories per serving: 34 Fat: 2 grams
Carbohydrates: 2 grams Protein: 1 gram
Sodium: 8 milligrams Fiber: <1 gram

RETRO GREEN GODDESS

(Makes approximately one cup or eight 2-Tablespoon servings)

- ¾ cup vegan sour cream
- 1 Tablespoon olive oil
- 2 teaspoons white wine vinegar
- 1 Tablespoon fresh lemon juice
- 1 teaspoon low-sodium soy sauce
- 1 Tablespoon minced fresh garlic
- 1 Tablespoon chopped fresh parsley
- 1 Tablespoon minced fresh tarragon

Mix all ingredients together in a non-reactive bowl, cover, and refrigerate for at least 30 minutes prior to serving.

Total calories per serving: 81 Fat: 5 grams
Carbohydrates: 7 grams Protein: 1 gram
Sodium: 143 milligrams Fiber: <1 gram

SOUTHWESTERN CHILI PEPPER DRESSING

(Makes approximately one cup or eight 2-Tablespoon servings)

- 1 ounce chopped fresh chilies (You determine the heat!)
- 1/4 cup olive oil
- 2 Tablespoons fresh lime juice
- 2 Tablespoons minced onions
- 2 Tablespoons no-salt-added tomato purée
- 1/2 Tablespoon minced garlic
- 1 Tablespoon chopped fresh cilantro
- 1 teaspoon ground cumin
- 1 teaspoon red pepper flakes

Mix all ingredients together in a non-reactive bowl, cover, and refrigerate for at least 30 minutes prior to serving.

Total calories per serving: 65 Fat: 7 grams
Carbohydrates: 1 gram Protein: <1 gram
Sodium: 2 milligrams Fiber: <1 gram

CONTINENTAL SHALLOT AND CAPER DRESSING

(Makes approximately one cup or eight 2-Tablespoon servings)

- 1/2 cup red wine vinegar
- 2 Tablespoons white wine vinegar
- 1/4 cup olive oil
- 2 Tablespoons chopped shallots
- 1 Tablespoon drained capers
- 1 teaspoon Dijon mustard
- 1 teaspoon black pepper

Mix all ingredients together in a non-reactive bowl, cover, and refrigerate for at least 30 minutes prior to serving.

Total calories per serving: 66 Fat: 7 grams
Carbohydrates: 1 gram Protein: <1 gram
Sodium: 48 milligrams Fiber: <1 gram

THAI PEANUT DRESSING

(Makes approximately 1/2 cup or four 2-Tablespoon servings)

- 1/4 cup fresh orange juice
- 2 Tablespoons fresh lemon juice
- 2 Tablespoons creamy (not chunky) peanut butter
- 1 Tablespoon orange juice concentrate
- 1 teaspoon black pepper
- 1/2 teaspoon chopped fresh chilies

Mix all ingredients together in a non-reactive bowl, cover, and refrigerate for at least 30 minutes prior to serving.

Total calories per serving: 63 Fat: 4 grams
Carbohydrates: 6 grams Protein: 2 grams
Sodium: 37 milligrams Fiber: 1 gram

CHINESE SESAME-SOY DRESSING

(Makes approximately one cup or eight 2-Tablespoon servings)

- 3/4 cup rice vinegar
- 1 teaspoon fresh orange zest
- 1 Tablespoon low-sodium soy sauce
- 2 Tablespoons sesame oil
- 1 Tablespoon minced fresh ginger
- 1 Tablespoon minced fresh garlic
- 1/8 cup fresh orange juice

Mix all ingredients together in a non-reactive bowl, cover, and refrigerate for at least 30 minutes prior to serving.

Total calories per serving: 35 Fat: 3 grams
Carbohydrates: 1 gram Protein: <1 gram
Sodium: 75 milligrams Fiber: <1 gram

CHOPPED VEGGIE VINAIGRETTE

(Makes approximately one cup or eight 2-Tablespoon servings)

- 1/3 cup red wine or balsamic vinegar

- 1/8 cup olive oil
- 1 Tablespoon minced fresh garlic
- 2 Tablespoons chopped Roma tomatoes
- 2 Tablespoons chopped bell peppers
- 1 Tablespoon chopped celery
- 1 Tablespoon chopped onions
- 2 teaspoons minced fresh oregano
- 1 teaspoon minced fresh basil

Mix all ingredients together in a non-reactive bowl, cover, and refrigerate for at least 30 minutes prior to serving.

Total calories per serving: 35 Fat: 3 grams
Carbohydrates: 1 gram Protein: <1 gram
Sodium: 2 milligrams Fiber: <1 gram

ITALIAN SUN-DRIED TOMATO-ROSEMARY VINAIGRETTE

(Makes approximately one cup or eight 2-Tablespoon servings)

- 8 sun-dried tomatoes (approximately 1/2 cup), minced
- 1/2 cup olive oil
- 2 Tablespoons fresh lemon juice
- 1/2 Tablespoon Dijon mustard
- 1 Tablespoon fresh rosemary, minced

Mix all ingredients together in a non-reactive bowl, cover, and refrigerate for at least 30 minutes prior to serving.

Total calories per serving: 130 Fat: 14 grams
Carbohydrates: 2 grams Protein: <1 gram
Sodium: 94 milligrams Fiber: <1 gram

Nancy Berkoff is The Vegetarian Resource Group's Food Service Advisor. She is the author of *Vegan in Volume*, *Vegan Meals for One or Two*, *Vegan Microwave Cookbook*, *Vegan Menu for People with Diabetes*, *Vegan Seafood: Beyond the Fish Shtick for Vegetarians*, and *Vegan Passover Recipes*.

veggie bits

Miss the Taste of Seafood?

Taste Above's Veggie Crab Cakes are delicious vegan patties made from wheat, onions, potatoes, and spices, but their taste and texture are so authentic that most people wouldn't guess they don't contain shellfish. Each package contains four 2.5-ounce faux crab cakes, so pick up a few boxes the next time you're near your grocer's freezer case. They promise to make appealing appetizers or entrées for your next cookout or beachside party!



To learn more, contact Taste Above's distributor, JB Brands, LLC, at P.O. Box 5305, Portland, OR 97228-5305. You may also call (800) 796-2126 or visit their website at <jbbrandsllc.com>.

If You Can't Stand the Heat...

Then, reach for a gelato! We have to say "Grazie!" to Soylato, which has introduced non-dairy versions of those Italian ice cream-like treats to the marketplace. These products differ from many other gelatos since they use soy, rather than dairy products, as a prime ingredient. The Soylato website lists 10 varieties—such as vanilla, chocolate, strawberry, mango, peach, blue raspberry, and pistachio—as well as an offer to make any others upon request. Regardless of the flavor, these confections will certainly garner shouts of "Bravo!"

Contact Soylato at 2100 4th Street SW, Waverly, IA 50677, or via phone at (319) 352-4053. Their website is <www.soylato.com>.

Dress to Impress

Alternative Outfitters is heaven for the fashion-conscious vegan who is looking for stylish apparel, shoes, accessories, bags, and cosmetics. All products are completely vegan, and all beauty products are cruelty-free. While surfing their website, make sure to take a look at their tees and tanks. Some of their cute, organic cotton tops show a happy cow under the statement, "Go Veg! Your animal friends will thank you."



Contact Alternative Outfitters or visit their showroom at 408 South Pasadena Avenue, Suite 1, Pasadena, CA 91105. You can also call them at (866) 758-5837 or visit their website at <www.alternativeoutfitters.com>.

Written by Erin Smith, VRG Intern.

Hungry Sultan Makes It Easy to Eat Hummus on the Go

No matter where your summer travels take you, make sure you bring along a nutritious snack. Hungry Sultan has introduced a line of mini-meals called Healthy Lunch to Go! Each package includes a single-serving can of ready-to-eat hummus, some Carr's Table Water Crackers, and a spoon, making it easy to scoop and spread their creamy chickpea purée. These convenient, shelf-stable snacks come in four savory varieties—Original, Roasted Garlic, Spicy, and Sun-Dried Tomato.

Contact Hungry Sultan at 14 Rancho Circle, Lake Forest, CA 92630, or via phone at (949) 215-0000. The company's website is <www.hungrysultan.com>.

Tofutti Without the Trans Fats

As one of the most famous companies making vegan versions of standard dairy products, it's not surprising that Tofutti now offers nonhydrogenated varieties of its plain Better than Cream Cheese and its plain Sour Supreme vegan sour cream. Both items are as smooth and creamy as their trans fats-containing counterparts, so think about reaching for these the next time you're topping toasted bagels or your favorite Mexican dish.

Write to Tofutti Brands, Inc., at 50 Jackson Drive, Cranford, NJ 07016, or call the company at (908) 272-2400. Their website is <www.tofutti.com>.



Raw Creations' Sweet Treats

Raw Creations is a Chicago area-based company that makes raw and organic vegan delights without soy, wheat or gluten, GMOs, or processed sugar. Among their scrumptious products are brownies, almond and raisin cookies, and nut-free macaroons. VRG staff members liked the Cacao Cake, with a perfect level of chocolate taste atop a tasty, nut-laden crust, and the Carrot Cheesecake offered the crunch of real organic carrot slivers with every bite. However, the most popular option had to be the Cacao Ganache Tart, which is rich, smooth, and extremely fudgy.

To learn more, contact Raw Creations®, LLC, at 8400 South Roberts Road, Justice, IL 60458, or via phone at (708) 212-8694. The company's website is <www.raw-creations.com>.

HAPPY, HEALTHY, VEGAN KIDS — WITH VEGAN AND GLUTEN-FREE RECIPES

By Tracie DeMotte, Tierra Carlson, and Tasha Carlson

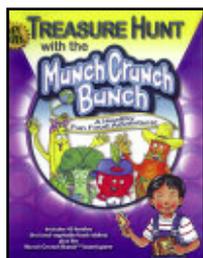


Here's a new children's book, suitable for kids ages 4 to 8, that promotes the vegan message well. It includes photos showing various animals and has several vegan recipes throughout the book. Kids will especially love Tic Toc, Taco Salad and Chic, Chic, Chocolate Cake. There's also a page on factory farming and pollution.

Happy, Healthy, Vegan Kids (ISBN 978-1-4415-0782-2) is published by the Xlibris Corporation. Order this book online at <http://astore.amazon.com/httpwwwvrgorg-20?_encoding=UTF8&node=4>. Reviewed by Debra Wasserman.

TREASURE HUNT WITH THE MUNCH CRUNCH BUNCH

By Jan Wolterman, Melinda Hemmelgarn, MS, RD, and J.W. Wolterman



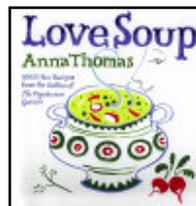
This slick, full-color story/activity book is perfect for young children and is published in English and Spanish. The story/board game inside will teach kids how to make healthy food choices. Emphasis is placed on fresh, organic produce,

including a wide range of fruits and vegetables. Some story characters are Brainy Broccoli and Bandana Banana.

Treasure Hunt with the Munch Crunch Bunch (ISBN 0-9789542-0-3) is published by Kid Well Enterprise. This book retails for \$11.95 and can be purchased online at <http://astore.amazon.com/httpwwwvrgorg-20?_encoding=UTF8&node=3>. Reviewed by Debra Wasserman.

LOVE SOUP

By Anna Thomas



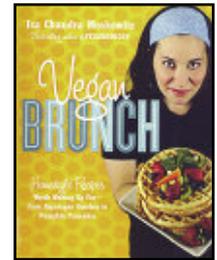
Love Soup is a new book from Anna Thomas, author of *The Vegetarian Epicure*. This latest volume offers up 160 soup recipes, most of which are vegan. For the most part, the soup chapters are arranged seasonally. Fall soups include Fennel and Onion Soup and Chard and Yam Soup, while you may wish to try winter options such as Spicy Butternut Ginger Soup and Tomatillo, Squash, and Mustard Greens Soup. During spring months, sample Fresh Fava Bean and Sweet Pea Soup, and have some Corn and Pepper Soup or Kale Tomato Soup during the hot summer.

Other chapters in this cookbook include Cold Soups, Holiday Soups, A Few Good Breads, Hummus and Company, Salads for Summer and Winter, and A Few Easy Sweets. Unfortunately, the desserts are not as vegan-friendly as the rest of the book.

Love Soup (ISBN 0-978-0-393-06479-7) is published by W.W. Norton & Company and retails for \$22.95. Order it online at <<http://astore.amazon.com/httpwwwvrgorg-20?node=1&page=2>>. Reviewed by Debra Wasserman.

VEGAN BRUNCH

By Isa Chandra Moskowitz



Isa Chandra Moskowitz has done it again! Her latest book, *Vegan Brunch*, serves up creative dishes that you and your family or friends won't want to miss.

The first section of recipes consists of savory dishes, such as tofu omelets with a wide variety of filling choices, like grilled marinated asparagus, tempeh bacon and caramelized onions, and guacamole and potatoes. Other savory dishes include tofu scrambles, frittatas, quiche, and pierogi. The next group of recipes features sweets, including pumpkin pancakes, gingerbread waffles, French toast, and crêpes.

The author offers up tasty side dishes, such as roasted potatoes, hash browns, home fries, grits, and fried plantains, as well as three different types of vegan sausages.

The bread section includes a wide variety of muffins, coffee cake, cinnamon rolls, scones, and biscuits. These are followed by various toppings—including whole berry sauces and Smoked Almond Gravy—as well as a few beverages, such as Pink Grapefruit Mimosas and Mango Lassi.

Call up your neighbors and friends, and invite them over for a brunch today!

Vegan Brunch (ISBN 978-0-7382-1272-2) is published by Da Capo Press. Order online at <http://astore.amazon.com/httpwwwvrgorg-20?_encoding=UTF8&node=1>. Reviewed by Debra Wasserman.

reviews

THE BEST OF VEGAN COOKING

By Priscilla Feral



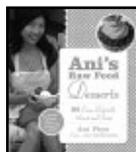
The Best of Vegan Cooking is a collaborative effort that includes original recipes as well as dishes produced by various authors and chefs. Among these wonderful recipes, you will find Miso Tempeh Nori Soup, Himalayan Red Rice Salad with Cranberries, Sweet Potato Gnocchi, Quinoa-Stuffed Acorn Squash With Cherries, Fennel and Onion Risotto, Wheat-Free Apple Cinnamon Muffins, Chocolate Marbled Pound Cake, and Mango Tango Flan.

The book has some beautiful color photographs. Nutritional analyses are not provided; however, generally, the recipes are not high in fat.

***The Best of Vegan Cooking* (ISBN 0-9769159-2-8) is published by Friends of Animals and retails for \$19.95. Order this book online at <www.friendsofanimals.org>, or purchase it in a bookstore. Reviewed by Debra Wasserman.**

ANI'S RAW FOOD DESSERTS

By Ani Phyo



Finally, there's a book devoted to raw desserts! I have often felt that, when people tell me they have enjoyed dining on raw foods, they were probably thinking about the raw dessert they had recently consumed. If you want to prepare some of these options at home, this book is meant for you.

Under Frozen Treats, you'll learn how to prepare Key Lime

Kream Bars (made from cashews, lime juice, agave syrup, coconut oil, and filtered water) and Mango Sorbet (a lower-fat treat). The chapter on Cakes and Tartlets includes Raspberry Ganache Fudge Cake (containing walnuts, cacao or carob powder, and Medjool dates) and Lemon Pudding Filled Coconut Cupcakes.

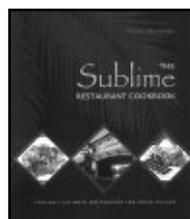
Readers won't want to miss the section on Chocolate and Fudge, which includes Mayan Crunch Truffle Balls and Chocolate-Cashew Butter Fudge. Then, there's the Peach and Pistachio Cobbler, Pecan Pie Cookies, Cherry Brownie Hearts, and so much more.

Ani's Raw Food Desserts features numerous beautiful color photos of the recipes. Nutritional analyses are not included, and many of the recipes are not low-fat. If you're allergic to nuts, you might want to pass on this book. But others can enjoy scrumptious desserts without ever having to turn on the oven or stove.

***Ani's Raw Food Desserts* (ISBN 978-0-7382-1306-4) is published by Da Capo Press Lifelong Books. The book retails for \$17.95. Purchase it at <<http://astore.amazon.com/httpwwwvrgorg-20?node=6&page=2>>. Reviewed by Debra Wasserman.**

THE SUBLIME RESTAURANT COOKBOOK

By Nanci Alexander



So many readers have told VRG that they love dining at Sublime Restaurant in Fort Lauderdale,

Florida. Now, everyone can sample the establishment's cuisine at home, thanks to this cookbook.

Enjoy Chilled Cucumber Coconut Soup, Watercress Salad, several sushi and pizza recipes, Pad Thai, Sublime Loaf, Roasted Garlic Mashed Potatoes, and yummy desserts, such as Georgia Peach Crisp, S'mores Brownies, and Baked Apple Napoleon.

***The Sublime Restaurant Cookbook* (ISBN 978-1-57067-227-9) is published by Book Publishing Company. The book retails for \$19.95. Purchase it at <<http://astore.amazon.com/httpwwwvrgorg-20?node=1&page=2>>. Reviewed by Debra Wasserman.**

VEGETARIAN COOKING FOR MOMMIES

By Laura Theodore

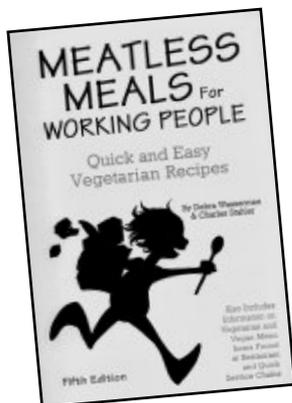


Vegetarian Cooking for Mommies is a collection of basic recipes, most of which are quick and easy. The majority of the 60 recipes are vegan; the new edition will contain only vegan dishes. Recipes include Broccoli with Lemon Sauce, Nutritious Nachos, Raspberry Tofu Pudding, and Tofu 'Eggless' Salad. Menu ideas for Thanksgiving and New Year's also are included. New cooks will appreciate the detailed information on vegetarian foods and cooking techniques.

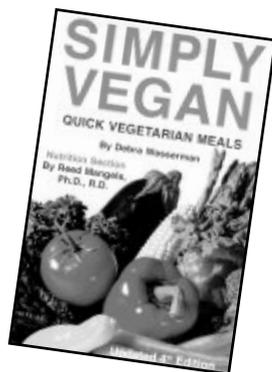
***Vegetarian Cooking for Mommies* (ISBN 978-0-557-01991-5) is published by Lulu.com. It has 96 pages and retails for \$12.95 in paperback or \$7.95 as a download from <www.mommiesline.com>. Reviewed by Reed Mangels, PhD, RD.**

VRG Catalog

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 100,000 copies in print.



Simply Vegan (\$14.95) by Debra Wasserman and Reed Mangels, PhD, RD. 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 90,000 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.)



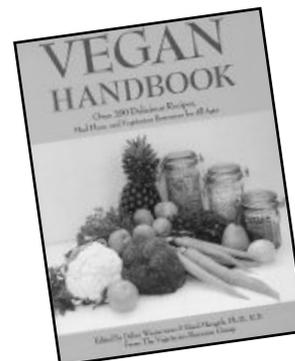
Vegan Meals for One or Two—Your Own Personal Recipes (\$15) by Nancy Berkoff, RD. Whether you live alone, are a couple, or are the only one in your household who is vegetarian, this 216-page book is for you. Each recipe is written to serve one or two people and is designed so that you can realistically 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, 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.)

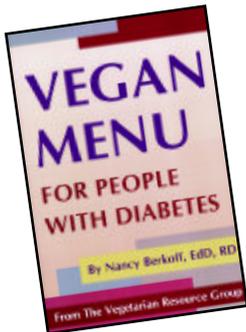
Vegan Passover Recipes (\$6) by Chef Nancy Berkoff, RD. This 48-page booklet features vegan soups and salads, side dishes and sauces, entrées, desserts, and dishes you can prepare in a microwave during Passover. All the recipes follow Ashkenazi Jewish traditions and are pareve.



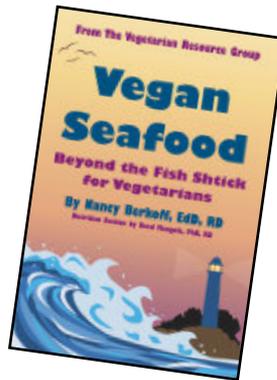
Vegan Handbook (\$20) edited by Debra Wasserman and Reed Mangels, PhD, RD. Over 200 vegan recipes and vegetarian resources. Includes sports nutrition, seniors' guide, feeding vegan children, recipes for egg-free cakes and vegan pancakes, Thanksgiving ideas, vegetarian history, menus, and more. (256 pp.)

Vegan Microwave Cookbook (\$16.95) by Chef Nancy Berkoff, RD. 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.

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.)



Vegan Menu for People with Diabetes (\$10) by Nancy Berkoff, EdD, RD. 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 Seafood: Beyond the Fish Sticks for Vegetarians (\$12) by Nancy Berkoff, EdD, RD. Chef Nancy Berkoff has created these unique and good-tasting vegan fish and seafood dishes. After using this book, you'll agree with millions of vegetarians who say: Sea Animals—Don't Eat Them! Inside these 96 pages you will find sections about cooking with vegan 'fish,' 'seafood' stocks and sauces, websites offering vegan 'seafood' products, and info about omega-3 fatty acids for vegans. Avoid fish but still enjoy the taste of the sea with 'Fish' Sticks, Ethiopian-Style 'Shrimp' and Sweet Potato Stew, 'Crab' Rangoon, 'Tuna' Salad, Gefilte 'Fish,' Spicy 'Fish' Cakes, and much more!

Free Children's Handouts

I Love Animals and Broccoli Coloring Book

A coloring book that promotes healthy eating and vegetarianism for children ages 3-7.

I Love Animals and Broccoli Shopping Basket

An 8-page activity book with a crossword, quizzes, and more, designed for ages 7-11.

Vegetarian Nutrition for Teenagers Brochure with all of the basics about veggie nutrition.

(For these items, a donation to cover printing and postage would be appreciated.)

Bumper Stickers

Bumper Stickers (\$1 each, 10 + \$50 each)

"Be Kind to Animals—Don't Eat Them"

"Vegetarians Are Sprouting Up All Over"

Vegetarian Journal

Vegetarian Journal subscriptions are \$20 per year in the U.S., \$32 in Canada/Mexico, and \$42 in other countries.

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Vegetarian Action

Promoting Vegetarianism in the Heartland

By Valerie Soszynski

ONE SATURDAY MORNING IN EARLY JUNE, PEOPLE arrive at the Printers Row Lit Fest in Chicago, eager to pick up the latest books as well as learn something new throughout the day. Excitedly waiting at The Vegetarian Resource Group booth is Gretchen Chlebowski. She has been tabling at Printers Row for several years. “Our VRG table at these and other events is often flooded with people interested in vegetarianism and veganism,” she said. “It has been very exciting and encouraging to see such interest.”

A vegan for 18 years, Gretchen is a highly dependable volunteer for The VRG. She has set up vegan dinners at restaurants, coordinated wellness activities, and brought in guest speakers at her workplace. In addition, she has organized pet blessings and talks about veganism at her church.

Gretchen stated, “Recently, I noticed a middle school in my neighborhood was having a Wellness Day, so I contacted the school to see if they would be interested in having me distribute vegetarian literature at this event. After reviewing the sample materials I provided, the health teacher invited me to host a table at their Wellness Day and said that she and the school principal were so impressed with VRG’s materials that they wanted to include information from them in their health class curriculum.”

She also said, “I have hosted booths for VRG at book fairs and other festivals in Chicagoland, which have exposed thousands of people to a large selection of vegan cookbooks and literature. Most of these festivals are outside, so during the cold winter months in Chicago, we have to think of new ways to get vegetarian information in front of people.”

For example, one of Chicago’s all-vegetarian, mostly vegan restaurants draws a huge number of carry-out customers on Thanksgiving Day. Therefore, Gretchen suggested to the owners that they insert an issue of

Vegetarian Journal into their take-out bags along with coupons to their restaurant, which they did.

However, Gretchen’s outreach is not limited to providing VRG material to Midwesterners. Through her website ChooseKindness.com, she encourages people to learn about the humane treatment of animals and how they can live every day without using animal products or causing animal suffering. Gretchen said, “My hope is that someone interested in finding personal care products not tested on animals, for example, will access the site and then quickly discover other alternatives they might not have known about—such as circuses that don’t have animals, vegetarian restaurants

that exist in their city, and health charities that don’t fund experiments on animals. The idea is to make access to all this information as convenient as possible so more people will learn about these alternatives and integrate them into their own lives.”

Gretchen continued, “I was very touched at the Chicago Green Festival recently when two young kids barely taller than my table came up to the VRG booth and proclaimed that they

loved animals and wanted to be vegetarians. After I gave them a coloring book and a few other items, they initiated a philosophical discussion with me involving various ‘what if’ scenarios while their mother watched proudly from behind them.”

“This incident reminded me of the importance of empowering children and youth to consider the impact of their choices on animals and the Earth throughout their lives,” Gretchen concluded. “With steady commitment to promotion efforts, I believe the number of vegetarians and vegans will continue to increase, with benefit to our planet and all of its inhabitants.”



Gretchen Chlebowski, her husband Robert, and their dog Ned at Printers Row

Valerie Soszynski wrote this article during a nutrition internship with The Vegetarian Resource Group.



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Quantities of these brochures are available upon request. We simply ask for a donation to help defer the costs of printing and shipping. Please send your request to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203. You may also contact The VRG at (410) 366-8343 or via e-mail at vrg@vrg.org.

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