

Jamaican Ital Cuisine • Cooking with Spring Greens

VOLUME XXXII, NO 1

VEGETARIAN

JOURNAL HEALTH ECOLOGY ETHICS

COLLEGE SURVEY:

Students' *favorite* on-campus vegan dining options

Quick & Easy BEANS



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National Poll Results

What will Vegans and Vegetarians Eat?

www.vrg.org

NUTRITION HOTLINE

REED MANGELS, PhD, RD



This issue's Nutrition Hotline addresses food safety guidelines to follow when hosting a vegan potluck.

QUESTION: *"I'm planning to host a vegan potluck and wondered if there were things that I should be aware of in terms of food safety."*

G.H., via e-mail

ANSWER: Great thinking – every year millions of people in the United States get sick from contaminated food. While we often think of chicken, mayonnaise, and other animal products as prime causes of food poisoning, bacteria also multiply in plant-based dishes. A few simple practices will help to keep your guests healthy.

As you prepare food for the potluck, be sure to wash your hands frequently, especially if you are going back and forth between food prep and other chores. If you're making a salad, or cutting up fruits and vegetables, wash the fruits and vegetables before cutting them. This helps to keep bacteria on the surface from being transferred to the cut part of the fruit on the knife used for cutting.

As you set up for the potluck, make sure you have plenty of serving utensils. Using a utensil for each dish avoids cross-contamination and reduces the risk of someone using their (unwashed) hands to pick through a bowl or plate of food. Serving dips and salsas with a serving spoon also discourages double-dipping.

Provide Post-its or index cards so your guests can list the ingredients in their dishes. This simple step is a huge help to people with food allergies or sensitivities. If you have guests with severe allergies, consider having one serving

table that only has foods that don't contain the allergen – no nuts, for example. This reduces the risk of the serving spoon from the peanut noodles accidentally ending up in the nut-free rice salad.

Encourage your guests to reheat food as necessary when they arrive at the potluck. Foods that are to be served hot should be reheated rapidly to a temperature of 165 degrees or higher. Keep foods hot (at least 140 degrees) on the serving table by using slow cookers or chafing dishes. If you plan to socialize before eating, keep perishable foods like dips, salads, and spreads in the refrigerator until you're ready to eat.

Keep track of time; foods should not sit at room temperature for more than two hours, including transport time. If you can't refrigerate foods, discard anything perishable that has been out for more than two hours. Foods like bread and chips do not need to be discarded.

Of course, you can't control the food preparation practices of people attending your potluck, but the steps above will help to reduce the risks of food poisoning or allergic reactions for your guests.



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The VRG's website is www.vrg.org.

CHANGE OF ADDRESS: Please send change of address to P.O. Box 1463, Baltimore, MD 21203. You may also e-mail a change of address to vrg@vrg.org.

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Vegetarian Journal is one project of The Vegetarian Resource Group. We are a nonprofit that educates the public about veganism/vegetarianism and the interrelated issues of health, nutrition, ecology, ethics, and world hunger. To join VRG and receive *Vegetarian Journal* in the USA, send \$25 to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203, or go to www.vrg.org/donate. Additional donations support our outreach and research.

NOTE FROM THE COORDINATORS

A HEARTY VEGAN THANK YOU!



We give a happy welcome to our new editor Samantha Gendler and a sad goodbye to our now former editor Keryl Cryer who left after a decade of service. Thank you to both Keryl and Samantha for making the transition as smooth as possible. Though the change included the usual learning curve, this was less overwhelming than 10 years ago when our former editor left and Debra was operating with no sleep keeping the *Vegetarian Journal* on time while tending to a young child and figuring out what to do with all the unknowns after 9/11 and the economic downturn. At that time, for a few years we noticed that many vegetarian and animal rights groups/volunteers became low key. Today, we're happy to observe that veggie festivals and outreach again are booming all over the country.

Kudos to VRG's Volunteer Coordinator Mary Herbranson, who realized during a single week she had our high school intern Soren packing for outreach booths at 12 events. Thank you to all our interns, volunteers, and donors around the country who allow us to be at venues from professional conferences and vegetarian festivals to street fairs and presentations in prisons and schools. And it was cool that after an intern roped her mother into helping at one of our community outreach booths, that mom, who had so much fun, decided to organize a two-day vegetarian booth at a county fair in a relatively conservative area of the state. If you would like to help with outreach anywhere in the country, please pop Mary a note at vrg@vrg.org or call (410) 366-8343. For those of you living in Maryland, volunteering in the office to help send out all these materials can make a huge difference. And of course financial contributions and bequests are greatly appreciated so we can keep up with all the outreach opportunities.

VRG had an outreach booth at Natural Products Expo. It was satisfying answering questions from exporters of vegan goods from Colombia, Burkina Faso, and elsewhere. We were glad we could point a New York City school food-service looking for sources of vegan cheese without nuts or coconut in the right direction. To help us encourage and answer many of the questions we receive from companies who want to market vegan products, we've conducted numerous polls over the years. For example, see our new poll results starting on page 14.

At the Natural Products Expo East, there was a host of new vegan products being displayed from kale chips and coconut ice cream to vegan scallops, vegan chocolate crunch bars and hearty vegan lentil dishes. To learn about some of these new items, look for reviews on our blog at www.vrg.org, as well as in the Veggie Bits column of this issue on pages 22-23.

Debra Wasserman & Charles Stahler

Handwritten signatures of Debra Wasserman and Charles Stahler in black ink.

Coordinators of The Vegetarian Resource Group

VRG'S MEMORIAL AND HONORARY GIFT PROGRAM

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

Memorials & Honorary Gifts

In memory of: _____

In honor of: _____

Please send acknowledgement to:

Name: _____

Address: _____

My name and address:

Name: _____

Address: _____

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

Thank you so much to Alan A. Polster for converting VRG information into HTML for our website: www.vrg.org

Special thanks to the numerous interns and volunteers we've had over the past 6 months in the VRG office! We greatly appreciate all your help doing research and outreach.

Thanks to TheVegetarianSite.com for their generous donation!

Vegans Should Not Ride Horses

I just read "Non-Leather Saddles Now Available" in Volume 31 of *Vegetarian Journal*. The author is happily sharing with the readers that we vegans now have a non-leather alternative to leather saddles. To me, that seems to make about as much sense as announcing in a Jewish magazine that we finally have an organic, naturally-fed, humanely treated pig we can eat!

Vegans, by definition, not only restrict their diets of all animal-based foods, but avoid using other animal products as much as possible. And why do we go the extra mile beyond simply not eating animal-based products? Because we don't wish to harm animals in any way. Wearing leather shoes is being a party to animal cruelty.

So, does it make sense to enslave a horse and then, at the same time, think that you're being kind to the cow to not use its skin to make a saddle?

In my experience, horses are very sentient beings. I'll never forget the one year that my wife and I lived adjacent to a corral where two horses lived: a male and a female, companions of each other.

The male was, on a fairly regular basis, taken out for one reason or another, but the female was left in the corral. Inevitably, the female would shriek at the top of her lungs as her companion was taken away. Of course, the male would eventually be returned to the corral. Nonetheless, when he was taken away again, the result was the same: the female expressed her displeasure in no uncertain terms.

Do horses like to be enslaved? All you have to do to answer this question is watch a horse being "broken in." They buck and throw the riders until their fight is gone. Eventually they give up and the human becomes their master. Not only are the horses forced to do work, but they are not free. From time to time, their human masters must use aversive stimuli to control their behavior (spurs, whips, etc.).

To really show kindness to animals, I'd suggest stop riding horses. Period! **Micah L., via e-mail**

Note: Readers who are interested in eliminating the use of leather can utilize *The Vegetarian Resource Group's updated Vegan Guide to Leather Alternatives* at: <http://www.vrg.org/nutshell/leather.php>

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:

FILIPINO CUISINE

Plus: *Cooking with Fresh Herbs, Quick Breakfasts, Using a Co-Packer to Produce Vegan Food, and more!*

Cooking with... **Early** *Spring* greens

By Chef Nancy Berkoff, RD, EdD

Cabbage, cilantro, parsley, Swiss chard, green peppers, chilies, leeks, scallions and chives, snow peas, petit pois (young green peas), spinach, kale, collards, mustard and beet greens, romaine, and endive are some of the greenery we can use to brighten our spring menu! It certainly is easy eatin' green.

FENNEL FLAVORS

You can call it Florence fennel, you can call it sweet anise, you can even call it finocchio; however you name it, spring is the time to enjoy fennel. Learn to recognize fennel by its white Disney-esque celery stalk, tapering off to skinny (like the diameter of your index finger) stalks and ending with feathery leaves, reminiscent in shape of fresh dill. Fennel has a mild licorice aroma and flavor. Used correctly, it is absolutely intoxicating.

Fennel can be eaten raw. Just de-string the bulb and the stalks with a vegetable peeler and crunch on it as you would celery. Or, buy a bagged salad, slice some fresh fennel, and toss in some walnuts, and you have an upscale salad with no fuss.

FRESH BEANS FOR SPRING

Think you need a vitamin pill to get vitamin C, vitamin A, folic acid, thiamin, iron, potassium, magnesium, and calcium? You don't! You just need a plate of fresh beans. Over 7000 years ago, civilizations in Mexico and Peru were cultivating beans. Eating beans is a good recommendation that has stood the test of time.

When we're talking fresh beans, we're talking about all the varieties of green beans, wax beans and fresh flageolet, lima, butter beans (baby lima beans), and black-eyed peas harvested in the spring. Think that lima beans are too starchy and grainy for you? Try to round up some fresh limas or butter beans before they are dried (or frozen or canned.) You'll find they are sweet, soft, and oh-so-good.

Fresh green beans vary in color, texture and size, depending on the variety of seed used and growing region. There are the snooty *haricots verts*, Greyhound slender green beans used in *salade Niçoise*, and stocky snap beans. Green beans can be purple, striped, or dotted with red. Wax beans can be pale beige to sunny yellow. Both green and wax beans can be eaten uncooked as a snack or tossed into any kind of salad. They can also be steamed or grilled and served as a side dish.



COOKIN' GREEN CABBAGE

Fresh tender heads of green spring cabbage are a versatile ingredient for your spring menu. Separate leaves for wrapping savory mixtures of cornbread or whole wheat stuffing, or stuff with rice, chopped veggies and nuts. Try shredding green cabbage for use in stir-fries, soups, and stews.

Green cabbage holds up just fine to light steaming and a toss with soy sauce and sesame seeds. Bok choy (Asian cabbage with a sweet-tasting stalk and leaves that resemble spinach) and Napa cabbage (a pale green cabbage that resembles Romaine lettuce), are also agreeable to being steamed or tossed with seasoning or salad dressings of your choice.

Cabbage is known for its prominence in Irish dishes, and the traditional Irish dish, *colcannon*, can easily go vegan. Mix sautéed onions and cabbage into mashed potatoes and serve as is, or shape into potato cakes coated with breadcrumbs and bake. The cabbage adds texture and nutrients to the mashed potatoes. The addition of silken tofu or Ener-G egg substitute to colcannon brings you to a colcannon croquette, once formed into triangles and baked in the oven. If you're in a time crunch, prepare colcannon with pre-shredded bagged cabbage and instant vegan mashed potatoes.

HUNTING THE A-LUSIVE ASPARAGUS

Asparagus can be found as a green, purple, or white vegetable. Green asparagus usually has the most flavor and is the most robust of all three. Purple asparagus looks pretty when raw, but will convert to mostly green when cooked. Asparagus does not like to sit around for very long. If you plan to keep your asparagus in the refrigerator for more than a day, place the asparagus in a clean vase or glass, fill with water, and store as an asparagus "bouquet" in the back of the refrigerator, where it is coldest.

Asparagus doesn't benefit from a great deal of handling. For perfectly cooked asparagus, fill a frying pan with water and bring it to a boil. Trim a small amount of the stem ends, wash, and plunge into the boiling water. Turn constantly, and in about three minutes you'll have perfectly cooked asparagus. Remove from the water, rinse quickly under cold water, or place in an ice bath (equal parts cold water and ice) until the heat is removed. Serve immediately as a warm vegetable, or chill in the refrigerator to be used as a cold snack or salad ingredient.

To create a cream of asparagus soup, you'll want to peel the asparagus first, just like you peel a carrot.

Think green Think nutrition

Here are some nutrition notes to use as "selling" points for a 4-ounce serving of green spring veggies:

Romaine lettuce has 2600 IU of vitamin A, 24 mg of vitamin C, and 36 mg of calcium (as opposed to iceberg lettuce, which has 330 IU of A, 4 mg of C and 19 mg of calcium.) Romaine isn't just for Caesar salad; try braising it in a small amount of veggie stock and serving as a side dish, or using it to replace your pasta "bed" in an entrée.

Endive (also known as chicory, or if it's red, radicchio) has 4000 IU of vitamin A, 24 mg of vitamin C, and 100 mg of calcium. Shred it and use it in green, pasta, or tofu salads or as a crunchy garnish for soups or stews.

Kale is the king of green, boasting 8900 IU of vitamin A, 120 mg of vitamin C, and 135 mg of calcium. Kale can be chopped raw and added to salads, or used as a garnish for soups, stews and casseroles. Steam it quickly with a small amount of garlic and chopped onion and serve as a side dish.

Escarole (broad-leafed chicory) has 2000 IU of vitamin A, 6 mg of vitamin C, and 187 mg of calcium. It's very high in fiber, with a peppery, astringent taste. Escarole is a good counterpoint to mild lettuce in green salads, or shred it for topping stir-fries and soups.

Boston or Bibb lettuce is a sweet green with 970 IU of vitamin A, 8 mg of vitamin C, and 35 mg of calcium. Use in salads or as a wrapper for spring rolls stuffed with cooked rice, barley, and chopped greens.



Green Pea MockaGuacamole

(Serves 12)

Take advantage of young spring peas for this recipe.

- 2 pounds fresh or thawed frozen green peas (about 4 cups)**
- 1 Tablespoon ground cumin**
- ½ cup chopped sweet onions**
- 2 cloves garlic, minced**
- 3 Tablespoons lemon juice**
- ¼ cup olive oil**
- 2 teaspoons red pepper flakes**
- 3 teaspoons black pepper**

Place the peas, cumin, onions, and garlic in a food processor or blender. Process until smooth.

Add lemon juice and olive oil, and process just to blend. Season with red pepper flakes and pepper to your taste. Blend just to combine.

Serve with veggie chips or sticks, bread sticks or crackers, or tortillas.

Total calories per serving: 107 Fat: 5 grams
 Carbohydrates: 12 grams Protein: 4 grams
 Sodium: 6 milligrams Fiber: 4 grams

Spring Greens and Lentil Sauté

(Serves 2)

- Vegetable oil spray**
- ½ cup cooked or canned, drained lentils**
- 1 teaspoon black pepper**
- 2 cups (packed) fresh mustard greens, kale, or chard**

Heat a large frying pan and spray with oil; allow to heat. Add lentils. Season with pepper.

Cook and stir until lentils are coated and warm, about 2 minutes.

Add greens and cook and stir until greens are wilted, about 2 minutes. Serve immediately.

Note: Frozen or canned greens will not work well with this recipe.

Total calories per serving: 72 Fat: <1 gram
 Carbohydrates: 13 grams Protein: 6 grams
 Sodium: 15 milligrams Fiber: 6 grams

Smoky Collards

(Serves 5)

Cooks frequently add meat to collards to give them a smoky taste. Vegans do not have to buy liquid smoke to attain a similar taste. Instead, you can add vegan “bacon” strips or smoked tofu.

- 4 pounds collard greens (or collards, mustard and turnip greens mix)**

- Vegetable oil spray**
- 8 strips vegan “bacon” strips or ½ cup diced smoked tofu**
- 6 cups water**
- Salt and freshly ground black pepper, to taste**

Wash greens well, picking them over to remove any brown spots or blemishes. Drain well. Discard the discolored outer leaves and cut out the thick ribs. Tear the greens into pieces.

Spray a large frying pan with oil, allow to heat and add vegan ‘bacon’ strips or smoked tofu. Stir and toss for one minute to heat.

Add greens and the water and bring to a boil over medium heat. Reduce the heat to low, cover, and continue to cook until the greens are tender.

The cellulose exterior gives asparagus great “chew,” but does not blend very well. Cook, then blend the asparagus. Then simply add your blended cooked asparagus to your favorite potato soup recipe for subtle color and flavor.

Fennel Salad

(Serves 4)

Take a break from lettuce and dive into this crunchy, aromatic salad.

- 1½ cups peeled fresh fennel, leaves removed, and cut into thin strips**
- 1 cup deseeded and cut into thin strips red bell peppers**
- ¼ cup balsamic vinegar**
- ¼ cup olive oil**
- 2 teaspoons cracked black pepper**

Toss fennel and red bell peppers in a medium bowl.

In a small bowl, whisk together vinegar, oil, and pepper until frothy.

Pour evenly over fennel and mix to coat. Cover and refrigerate at least one hour before serving.

Total calories per serving: 143 Fat: 14 grams
 Carbohydrates: 5 grams Protein: <1 gram
 Sodium: 10 milligrams Fiber: 1 gram



topped with the tofu or almonds and apple. Drizzle the dressing over the top and serve.

Total calories per serving: 90 Fat: 7 grams
Carbohydrates: 6 grams Protein: 3 grams
Sodium: 203 milligrams Fiber: 2 grams

Vinegary Green Beans with Dill

(Serves 4)

This dish can be served warm or cold, and can be prepared ahead of time on the stove or in the microwave.

- 1 pound very thin green beans, fresh or frozen (thawed), long-cut or French cut, cleaned (about 2½ cups)**
- 1 teaspoon dry mustard**
- 2 Tablespoons cider vinegar**
- ½ teaspoon lemon zest**
- ½ teaspoon white pepper**
- 4 teaspoons minced fresh dill, or 2 teaspoons dried dill**
- 3 Tablespoons chopped green onions**
- 1 Tablespoon sesame or vegetable oil**

For microwave preparation, place the green beans in a 1½ quart microwaveable bowl (try not to cut the beans, as the long beans make a good appearance and help to keep a pleasant texture.)

In a separate bowl, mix the remaining ingredients together. Pour the mixture over the beans and toss to combine. Microwave uncovered on HIGH for 3 minutes, or until just soft.

Serve hot, or allow the beans to chill for 30 minutes and serve as a cold side dish.

Note: If you are preparing this dish on the stove, place the beans in a medium pot. Combine the remaining ingredients in a bowl and pour over the beans. Cook, constantly stirring, over medium heat for about 5 minutes, or until the beans begin to just soften.

Total calories per serving: 68 Fat: 4 grams
Carbohydrates: 9 grams Protein: 2 grams
Sodium: 8 milligrams Fiber: 4 grams

Nancy Berkoff is the author of *Vegans Know How to Party* and *Vegan Meals for One or Two*. She is also The Vegetarian Resource Group's Foodservice Advisor.

Note: Traditional collard condiments include chopped fresh onions and hot sauce.

Total calories per serving: 162 Fat: 3 grams
Carbohydrates: 26 grams Protein: 13 grams
Sodium: 323 milligrams Fiber: 15 grams

Grilled Romaine Salad with Vinaigrette Dressing

(Serves 5)

Yes, Romaine is a “green veggie” and it holds up well to light grilling!

- 1 head of romaine, heart only, cut in half lengthwise**
- 1 Tablespoon olive oil**
- ¼ cup diced smoked tofu or ¼ cup chopped roasted almonds**
- ½ cup sliced green or red apple**
- 3 Tablespoons prepared vinaigrette dressing**

Brush the romaine halves with olive oil. Place them cut side down on a gas grill for about 30 seconds or until they have grill marks.

Arrange the halves on a plate



Quick & Easy Beans

Dishes to warm you from the inside this winter

WITH A HIGH PROTEIN, FIBER, AND MINERAL content, along with low sodium and fat levels, beans can magically transform a pot full of low cost into a nutrition-packed, flavorful “yum.”

Beans can be boiled, steamed, slow-cooked, and even barbecued, but baking seems to rate very high among wintertime cooks. Baking brings out the sweetness and the tenderness in beans while helping them to retain their shape and texture.

Keep a ready supply of prepared beans on hand. This can include canned beans that simply need to be drained, frozen beans that need a fast steam or microwave, or dried beans that have been cooked, drained and stored in the refrigerator. Cooked beans can last up to three days in the refrigerator. Canned baked beans are a nearly perfect dish, as they are creamy and saucy in texture and can have flavors ranging from nutty to smoky. They can be served as a side, perhaps English style on toast at the breakfast table, or as a simple main course. Try mixing them with scrambled tofu for a tasty addition to a burrito. Heinz Vegetarian Baked Beans are very versatile; if you prefer to avoid brown sugar, Hain's and Celestial brands have great flavors as well.

If you would like to make your own batch of baked beans, you need cooked, drained beans and a liquid sauce for baking. The sauce is used to moisten and flavor the beans. Decide on which role your baked beans will play – entrée, casserole, side dish, or dessert – and then you can decide on the ingredients.

You can use canned, drained white beans to create your own baked beans. A rule of thumb for baking beans is to start with $\frac{3}{4}$ cup of sauce for every $1\frac{1}{4}$ cups of cooked beans. The beans will absorb a lot of the liquid and will help to soften the fiber. If you would like your beans to taste strongly of a certain flavor, add the ingredient you want to taste most prominently at the beginning of cooking. If you'd like just a hint of a certain flavor, add it during the last 10 minutes of cooking. For example, if you would like to have an oniony bean casserole, finely chop onions and mix them with

By Chef Nancy Berkoff, RD, EdD

the beans before putting them in the oven. If you'd like just a whisper of onions, sprinkle them lightly over the beans several minutes before removing from the oven.

Baked beans benefit from slow baking. Try to bake them between 300 to 325 degrees over a long period of time, from 2-6 hours, depending on the amount. If you bake beans quickly, you may wind up with tough, dry beans.

You can select one type of bean and vary the sauces, or vary both the beans and the sauces. We've given you some ideas below. If you use about 3 cups of cooked beans, you can add about $2\frac{1}{4}$ cups of sauce; bake covered, in an 8 x 8-inch glass casserole dish or a small glass loaf pan. It's always a good idea to bake beans in a nonreactive dish, so no off flavors develop.

If you like one type of sauce, then vary your beans for a different flavor. Tomato-based sauces work well with white, pinto, cranberry, black-eyed peas, and green or gray lentils. Garlic and lemon based sauces work well with kidney, appaloosa, garbanzo (chick-peas), and lima beans, as well as split peas and yellow or orange lentils.

BAKING BEAN COMBOS

To create these dishes, start with cooked or canned drained beans.

GREEN GRATIN: Combine soymilk with fresh shredded spinach, kale, or collard greens (if using frozen greens, thaw them and squeeze out as much water as possible), dried thyme, dried sage, and fresh garlic. Add beans and bake. If desired, top with dried breadcrumbs and place baked beans under a broiler for several minutes until browned.

LEMONY VEGETABLE: Combine vegetable broth with chopped onions, garlic, fresh or dried mint, and lemon juice. Toss with beans and bake.

Cacciatore Baked Beans: Combine canned tomatoes (with juice), tomato purée, garlic, oregano, basil, black pepper, and white wine or a dash of cider vinegar. Toss with beans, top with a small amount of nutritional yeast, and bake.

Curried: Combine vegetable broth, chopped tomatoes, fresh grated ginger, curry powder, fresh cilantro or parsley, and ground cumin. Toss with beans and bake.

Traditional New England: Combine chopped onions, prepared mustard, black pepper, vinegar, molasses, and maple syrup together. Toss with beans and bake.

Elegant: Combine mushroom broth, white wine, garlic, and rosemary together. Toss with beans and bake.

Pizza Baked Beans: Combine chopped tomatoes, prepared tomato sauce, sliced mushrooms, chopped bell peppers, chopped onions, basil, and black pepper. Toss with beans and bake.

FAST AND HEARTY BEAN IDEAS

- Toss together three or four kinds of cooked beans, such as pinto, black and white. Mix with a little vinegar and oil and serve as a side dish or toss into salad as a combination dressing and ingredient. Without the vinegar and oil, the bean combination can be stirred into soups to add flavor and texture. You can also purée this bean combination and add it to soups to give a “creamy” appearance.

- Purée cooked white or red beans and stir into tomato or creamy pasta sauce, or “cream of” soups. This adds more flavor and texture and cuts down on the amount of fat needed.

- Combine four types of cooked beans, such as black, Great northern, black eyed peas, and pinto. Add cumin, chili powder, chopped tomatoes, and tomato purée and make a fast four-bean chili. Try heating the mixture in the microwave, adding chopped onions and peppers, and scooping it up with tortilla chips or pita bread. Top with chopped peppers, shredded carrots, and bean sprouts.

For a fast side dish, toss the combination with cooked pasta, a small amount of vegetable or mushroom broth, and seasoning combos (such as basil, oregano and garlic or curry powder, cumin and black pepper). Top with breadcrumbs and bake.

Bean Buyers Guide

Purchase dried, or canned and ready to use

GREAT NORTHERN BEANS

These are medium-sized, white, round and mild. They work well for baking and soups.

CANNELLINI BEANS

These kidney-shaped white or beige beans are very mild and are good for soups and casseroles.

NAVY BEANS

If you need a smaller bean, try these pea-sized white or beige beans. They are also very mild, and good for baking, soups, and casseroles.

PINTO BEANS

Try using these medium-sized, kidney-shaped pink beans for puréeing in soups and sauces.

KIDNEY BEANS

The medium-sized, deep red kidney bean is popular in chili, cold salads, and soups.

BLACK BEANS

Completely black and medium in size, these beans are good for sautéing, steaming, and for topping rice and pasta dishes.

LENTILS

These fast-cooking legumes are small and flat and can be black, brown, gray, green, yellow, or orange. They are good for use in vegetable stew, soups, and curries.

GARBANZO BEANS (CHICKPEAS)

Purée these small round and beige beans into a dip (hummus), mash into patties for baking (falafel) or toss into a cold salad.



A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

Changing to a Vegan or Vegetarian Diet Offers Significant Environmental Benefits

Researchers in the UK estimated greenhouse gas emissions from 61 different categories of foods. The emissions were based on food production, transportation, packaging, and storage. They then created six scenarios based on typical UK eating habits with modifications in the types of foods, but no change in the calorie level, and estimated the impact that each scenario would have on greenhouse gas emissions.

- In Scenario 1, meat was directly replaced with dairy products. This change was estimated to reduce greenhouse gas emissions by 22%, but resulted in a higher fat diet.
- Scenario 2 was developed to be similar to the diet of a typical vegetarian in the UK. A change to this scenario would result in an 18% reduction in greenhouse gas emissions.
- Scenario 3 replaced meat with grains, fruits, vegetables, nuts, seeds, and dried beans. Dairy product consumption was unchanged. Greenhouse gas emissions would be 25% lower with this scenario compared to the typical UK diet.
- Scenario 4 replaced meat and dairy products with a mixture of healthy and unhealthy plant-based foods (sweets, alcohol, soft drinks, etc). This scenario was estimated to reduce greenhouse gas emissions by 31%, but was also higher in sugar and was not believed to be a health-promoting diet.
- Scenario 5 was similar to the diet of a typical vegan in the US. Greenhouse gas emissions would be about 23% lower.
- Scenario 6 replaced meat and dairy products with grains, fruits, vegetables, nuts, seeds and dried beans. Greenhouse gas emissions would be about 25% lower. In addition, this scenario is lowest in fat and sugar.

On average, changing from a nonvegetarian to a vegetarian diet could reduce greenhouse gas emissions

by 22% (average of scenarios 1-3). Changing from a nonvegetarian to a vegan diet was estimated to reduce greenhouse gas emissions by 26% (average of scenarios 4-6). Any of these changes would be less expensive than the average diet in the UK and would have adequate protein. Scenarios 3 and 6 would offer significant health benefits including a lower fat content and greater use of fruits, vegetables, beans, and grains. Further modifications to Scenario 6 including use of more local, in-season produce and reduction of unnecessary packaging might lead to reductions in greenhouse gas emissions in excess of 50% compared with a current “typical” UK diet, according to the study’s authors. Dietary choices can make a significant impact on greenhouse gas emissions.

Berners-Lee M, Hoolohan C, Cammack H, Hewitt CN. 2012. The relative greenhouse gas impacts of realistic dietary choices. *Energy Policy*. 43:184–90.

Vitamin D Intake is Associated with a Lower Risk of Stress Fractures in Teenage Girls

Stress fractures are a common overuse injury seen in both competitive and recreational athletes. They are painful and can limit an athlete’s participation during a sports season. A recent study examined the role of dietary factors in stress fractures in teenage girls. Over 6500 girls, ages 9 to 15 at the start of the study, reported what they ate, what supplements they used, their physical activity, and any stress fractures over the study period of seven years. About 30% of the girls participated in at least an hour a day of high-impact activity (running, basketball, soccer, tennis, cheerleading, or volleyball). Overall, 4% of the girls had a stress fracture, with most stress fractures occurring in girls who regularly did high-impact activities. There was no protective effect of dairy product consumption – girls who ate 3 or more servings of dairy products per day were no less likely to have a stress fracture than girls who consumed no dairy. Higher calcium intakes also did not seem to be protective, but higher vitamin D

intakes (averaging 663 IU/day) were associated with a lower risk of stress fracture. When only girls participating in high-impact activities were examined, higher vitamin D intakes were associated with a lower incidence of stress fracture; higher calcium intakes (~1900 mg/day) were associated with a greater risk of stress fracture. These results were consistent with other studies that have found that very low calcium intakes are bad for bones but that higher calcium intakes do not reduce the risk of fracture in children or teens. This study and other studies suggest that it is important for teenage girls to have adequate vitamin D. Vegan sources of vitamin D include fortified plant milks and supplements.

Sonneville KR, Gordon CM, Kocher MS, et al. 2012. Vitamin D, calcium, and dairy intakes and stress fractures among female adolescents. *Arch Pediatr Adolesc Med* 166:595-600.

Soy for Breast Cancer Survivors

Should women who have had breast cancer eat soy products? Concerns have been raised because of soy's isoflavone content which could interfere with tamoxifen, a drug commonly used to treat breast cancer, and because of the potential for isoflavones to stimulate cell growth.

Researchers from the U.S. and China used data from 4 studies in the U.S. and China to examine the use of soy foods after women were diagnosed with breast cancer. Consumption of 10 mg or more of isoflavones per day (the amount in about 3.5 ounces of soymilk) was associated with a reduced risk of breast cancer recurrence and a slightly reduced risk of dying from breast cancer. These effects were seen in Chinese, U.S., and U.S. non-Asian women. In addition, soy food did not appear to interfere with tamoxifen therapy. Although these results are promising, breast cancer survivors should discuss any dietary changes with their healthcare providers.

Nechuta SJ, Caan BJ, Chen WY, et al. 2012. Soy food intake after diagnosis of breast cancer and survival: an in-depth analysis of combined evidence from cohort studies of US and Chinese women. *Am J Clin Nutr*. 96:123-32.

Environmentally Sustainable Diets Also Offer Significant Health Benefits

In the United Kingdom, food, especially meat and dairy products, is responsible for about 20% of all greenhouse gas production. The UK's Climate Change Act of 2008 mandates reduction of greenhouse gas emissions to 80% below 1990 levels by 2050. One factor in meeting this mandate is to modify food consumption. An advisory committee created three possible scenarios for dietary changes that could reduce greenhouse gas emissions.

Ideally, in addition to helping the environment, dietary changes would also offer positive health benefits. A recent report estimated the health effects of each of the possible scenarios.

- Scenario 1 calls for a 50% reduction in consumption of meat and dairy products and an increase in fruits, vegetables, and cereals. This is estimated to reduce greenhouse gas emissions by 19% and to result in 36,910 deaths per year being delayed or averted due to the healthier nature of the diet.
- Scenario 2 calls for a 75% reduction in use of cow and sheep meat and replacing these foods with chicken and pork. This is estimated to reduce greenhouse gas emissions by 9% and to delay or avert 1,999 deaths per year.
- Scenario 3 calls for a 50% reduction in use of meat from pigs and chickens and replacement of those foods by fruits, vegetables, and cereals. This is estimated to reduce greenhouse gas emissions by 3% and to result in 9,297 deaths per year being delayed or averted.

It is clear that Scenario 1 has the greatest impact on the environment and on human health. We can only wonder how much greater effect would be seen if 100% of meat and dairy products were to be replaced with fruits, vegetables, and cereals.

An analysis similar to this should be conducted in the United States and other countries so that dietary recommendations can be developed that represent best practices with regards to the environment and health.

Scarborough P, Allender S, Clarke D, et al. 2012. Modelling the health impact of environmentally sustainable dietary scenarios in the UK. *Eur J Clin Nutr* [Epub ahead of print].

whole grains

sugar

leafy greens

What will Vegans and Vegetarians eat?

meat genes

by Charles
Stahler

vegan deli slices

FOOD COMPANIES, MARKETERS, RESEARCHERS, STUDENTS, AND MEDIA HAVE BEEN ASKING THE VEGETARIAN RESOURCE GROUP about the number of vegetarians and vegans for years. But now that our audience is being taken much more seriously, we are being asked more in-depth questions.

Should items containing sugar whitened with bone char be labeled vegetarian? Will vegetarians eat veggie burgers cooked on a grill where meat was cooked? What about growing meat in a test tube? To help answer some of these questions, we wanted to find out what vegetarians and vegans are thinking. We did an informal survey of our *Vegetarian Journal* subscribers, booth attendees, and online visitors. But we also wanted to run a more scientific random poll, which can be extrapolated to the United States adult population.

First we commissioned Harris Interactive to conduct a national telephone poll of a representative sample of 2,030 respondents. This gave us the number of vegetarians with a sampling error of plus or minus two percentage points. We then asked the vegetarians, vegans, and those interested in vegetarian meals:

IF YOU'RE LOOKING TO BUY A VEGETARIAN PRODUCT, YOU WOULD PURCHASE:
(Select all that apply)

- 1) Your favorite veggie burger cooked on the same grill where meat is cooked, if the grill is cleaned first.
- 2) A vegetarian vegan deli slice sandwich in Subway.
- 3) Your favorite dessert containing sugar, if the source of sugar isn't specified.
- 4) A vegetarian dish containing leafy greens such as broccoli, kale, or collards.
- 5) A vegetarian dish containing whole foods such as lentils, chickpeas, or rice.
- 6) A meat alternative grown from animal cell DNA obtained ten years ago, which does not currently involve the raising of animals.
- 7) Your favorite dessert containing sugar whitened through a bone char filter, if bone char is not in the sugar.

Numbers and Implications for Food Companies, Restaurants, Health Professionals, and Food Services

(The questions were asked of those that eat one or more vegetarian meals per week.)

WOULD PURCHASE A VEGETARIAN DISH CONTAINING LEAFY GREENS SUCH AS BROCCOLI, KALE, OR COLLARDS

74%	Total
77%	Vegans
72%	All Vegetarians including vegans
70%	Vegetarians not including vegans
75%	All those that eat one or more vegetarian meals per week, not including vegetarians/vegans

Of note is that about three fourths of all audiences are looking for healthy greens, as your dietitian and mom suggested. For restaurants, foodservices, and companies that are only thinking about meat analogs, producing items with green vegetables should be seriously considered. On the other hand, because one quarter of those eating vegetarian meals may not go out of their way to purchase green vegetables, it should not be assumed that a vegetarian or someone eating vegetarian meals (or a meat eater) is automatically eating a healthy diet as suggested by health authorities. When evaluating a client's diet, a dietitian or other medical professional should specifically ask what is being consumed.

WOULD PURCHASE A VEGETARIAN DISH CONTAINING WHOLE FOODS SUCH AS LENTILS, CHICKPEAS, OR RICE

67%	Total
80%	Vegans
65%	All Vegetarians including vegans
61%	Vegetarians not including vegans
68%	All those that eat one or more vegetarian meals per week, not including vegetarians and vegans

This may be of long term concern that about 40 percent of vegetarians are not seeking whole foods. Dietitians, public health professionals, and educators may need to keep an eye on this. Vegans do appear to be looking for healthier meals.

WOULD PURCHASE YOUR FAVORITE VEGGIE BURGER COOKED ON THE SAME GRILL WHERE MEAT IS COOKED, IF THE GRILL IS CLEANED FIRST

56%	Total
53%	Vegans
57%	All Vegetarians including vegans
58%	Vegetarians not including vegans
56%	All those that eat one or more vegetarian meals per week, not including vegetarians and vegans

About half will purchase a veggie burger cooked on the same grill where meat is cooked, if the grill is cleaned first, and about half won't. We don't know what percentage of the non-purchasers will eat a veggie burger if the burger is cooked separately. Since people have different views, we believe this points towards labeling and disclosure so customers can make their own decisions. Even in small establishments, it may be possible to meet the needs of some vegetarians by working together; options include a microwave or separate pan on the grill. Education of foodservice staff may work to attract and keep new customers.

WOULD PURCHASE YOUR FAVORITE DESSERT CONTAINING SUGAR, IF THE SOURCE OF THE SUGAR ISN'T SPECIFIED

47%	Total
25%	Vegans
37%	All Vegetarians including vegans
40%	Vegetarians not including vegans
49%	All those that eat one or more vegetarian meals per week, not including vegetarians and vegans

Some vegetarians or vegans won't eat products with white sugar because of concern of the sugar being processed through bone char. See VJ Issue Four 2007 http://www.vrg.org/journal/vj2007/issue4/2007_issue4_sugar.php.

And some individuals don't want to consume added sugar at all, or only certain types of sugar for health or political reasons. Just over half of the people eating one or more vegetarian meals once a week are choosing to not buy a dessert if the source of sugar is not specified. This is a very strong case for labeling. Manufacturers, restaurants, and foodservices should label the source of their sugar so that consumers can make their own choices. This information should also be easy to find on product and restaurant websites. It makes sense that vegans would be most concerned about the sugar, but it is fascinating that there was also a high level of concern among all those that eat one or more vegetarian meals per week. If a manufacturer or restaurant has a doubt about any ingredient being suitable, they should certainly label and disclose.

WOULD PURCHASE A VEGETARIAN VEGAN DELI SLICE SANDWICH IN SUBWAY

- 47% Total
- 54% Vegans
- 54% All Vegetarians including vegans
- 54% Vegetarians not including vegans
- 47% All those that eat one or more vegetarian meals per week, not including vegetarians/vegans

Burger. Burger. Burgers. Most chains and restaurants have added vegetarian burgers. About half of those eating vegetarian meals and thus at least one quarter of the whole population would also buy vegan deli slices. It makes sense for restaurants and food services offering veggie burgers to take this next step and add and promote another convenient sandwich product.

WOULD PURCHASE YOUR FAVORITE DESSERT CONTAINING SUGAR WHITENED THROUGH A BONE CHAR FILTER, IF BONE CHAR IS NOT IN THE SUGAR

- 21% Total
- 3% Vegans
- 21% All Vegetarians including vegans
- 26% Vegetarians not including vegans
- 21% All those that eat one or more vegetarian meals per week, not including vegetarians/vegans.

We were surprised that 80 percent of the people who eat vegetarian meals, but aren't vegetarian, would not

purchase the sugar processed through bone char. Because they already eat meat, why would they care? Possibly many of these people did not want a product with sugar, and bone char wasn't the issue. Or maybe the words "bone char" just sounded bad to them; they don't care that it is an animal product. But striking was that twice as many people would eat sugar if they did not know the source as people who would eat the sugar processed through bone char if they knew this happened.

There's no question that to meet the needs of consumers, companies should be labeling the sources of their ingredients so that customers can make their own decisions. This question appears to be the only place where there was a truly large difference between vegans and vegetarians. But this issue still seems like it matters to many vegetarians and those eating vegetarian meals who aren't vegan.

WOULD PURCHASE A MEAT ALTERNATIVE GROWN FROM ANIMAL CELL DNA OBTAINED TEN YEARS AGO, WHICH DOES NOT CURRENTLY INVOLVE THE RAISING OF ANIMALS

- 11% Total
- 2% Vegans
- 4% All Vegetarians including vegans
- 5% Vegetarians not including vegans
- 12% All those that eat one or more vegetarian meals per week, not including vegetarians/vegans.

Some advocacy groups, individuals, researchers, and businesses view meat grown in a factory as the answer to numerous environmental and animal welfare issues. As of now, almost every vegetarian-interested consumer segment does not seem to be ready for this product. It is to be expected that vegans and vegetarians would not want to eat the food, but it's fascinating how many of the non-vegetarians are not ready for this development. These types of products should be labeled and disclosed so consumers will be able to make their own decisions in the marketplace.

METHODOLOGY

Harris Interactive conducted a survey within the United States by telephone on behalf of The Vegetarian Resource Group between March 15-18, 2012 and March 22-25, 2012, among a nationwide cross section of 2,030 adults (aged 18 and over.) Figures for age, sex, race, education, region, number of adults in household, and number of telephone lines were weighted where necessary to bring them into line with their actual proportions in the U.S. population. For those who ate one or more vegetarian meals per week, we asked follow-up questions. For the vegetarians, in theory, with probability samples of this size, one could say with 95 percent certainty that the results for the overall sample have a sampling error of plus or minus 10 percentage points. For those that ate one or more vegetarian meals per week, the sampling error would be approximately three percentage points. From our first question, we determined that 47 percent or 982 respondents ate one or more vegetarian

meals per week and asked the follow-up questions of these individuals.

Unfortunately, there are several other possible sources of error in all polls or surveys, including refusals to be interviewed (i.e., non-response), question wording and question order, and weighting. It is impossible to quantify the errors that may result from these factors.

The data above is from the Harris Interactive telephone poll. The interpretation and analysis above are those of The Vegetarian Resource Group, and not directly a result of the poll. The thoughts are based on these numbers and other polls, as well as our other experience and research in the vegetarian movement. These results and our conclusions can drastically change, especially as vegetarians become more knowledgeable, and more people become vegetarian.

For more information on Vegetarian Resource Group polls, see <http://www.vrg.org/nutshell/faq.htm#poll>

NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

VRG IN THE NEWS

Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD, was interviewed by a columnist for Mother Nature Network (mnn.com) about the safety of vegan diets for children. She discussed the B12 sources available to vegan children (soy, plant milks, nutritional yeast, cereals) as well as the misperceptions of the amount of protein needed in a child's diet. She cited the World Health Organization's Protein Digestibility Corrected Amino Acid Score (PDCAAS) as an accurate system of measuring protein. The article used The VRG's poll numbers to report the numbers of vegetarian and vegan children in the U.S. You can read the complete article on the Mother Nature Network's website at <http://www.mnn.com/food/healthy-eating/stories/is-it-safe-for-kids-to-be-vegan>.

Reed also did a one-hour segment on the Dr. Don Show, a weekday broadcast on KZZZ 1490 AM, to speak about vegetarian diets for babies.

THE VEGETARIAN RESOURCE GROUP OUTREACH

VRG's Food Service Advisor Nancy Berkoff, RD, EdD, CCE, did outreach at several local farmers markets in California. She demonstrated how to incorporate fresh seasonal produce and beans into tasty and economical meals. She focused on how to prepare meals on a food stamp budget, which is called 'Calfresh' in California.

Jamaican *ital* Cuisine

By Saba Igbe with recipes
from Yvonne Hope

Jamaican cuisine has been influenced by its slavery era and a variety of cultures including China, India, Africa, Europe, and the Middle East. Its food includes everything from boiled green banana to mango chutney. Most Jamaican food includes meat of some kind, but *ital* food is an exception. *Ital* cuisine involves a natural way of cooking, developed by Rastafarians. Typical *ital* food does not include red meat and is prepared to enhance a healthy lifestyle.

Since the 1940s, Rastafarians have disapproved of processed food. Herbs and hot peppers like Scotch bonnet are a frequent substitute for salt. Sugar is usually avoided, and only a little dark raw sugar sweetens some food on occasion. Though vegan food wasn't popular in 1970s mainstream Jamaica, it wasn't unusual for Rastafarians to make their own tofu, veggie mince, and soymilk from scratch. Now, a whole generation has lived to see *ital* become a more accepted part of Jamaican cuisine.

Generally, *ital* ingredients are directly from the Earth, and local markets are a popular place to find

fresh vegetables. It's common for some Rastas to blend their own herbs and spices to create flavor specific to their taste. Traditional *ital* food includes beans, peas, callaloo, and coconut, which are part of traditional Jamaican cuisine as well. *Ital* is thought to be a take on the word vital, and means natural, organic, fresh, and pure. For Rastas, the choice to eat *ital* is a spiritual decision that can be for health reasons, or as a way to respect the lives of fellow animals.

Despite the general guidelines, there aren't rigid rules about what to eat or how to make *ital* food. In fact, there is a tendency to experiment with food. If an ingredient isn't available, then some Rastas will try something else. Food can be influenced by other cultures. For example, Ghanaian peanut stew can get the Jamaican treatment with scallions, thyme, coconut milk, and callaloo added.

The following *ital* recipes are influenced by international cuisine and provided by Yvonne Hope, owner of the Ashanti Oasis Vegetarian Restaurant in Kingston, Jamaica.



Veggie Mince Wrapped in Pak Choi Leaves

(Makes 6 stuffed leaves)

Scallions, also known as green onions, spring onions, or green shallots, are seen by many Jamaicans as an essential part of Jamaican cuisine. Veggie mince is textured vegetable protein or TVP.

½ pound textured vegetable protein
4 ounces tomato paste
1 medium onion, chopped
2 stalks scallion, chopped
2 cloves garlic, chopped
1 sprig thyme
Salt to taste
Half a Scotch bonnet pepper without seeds or ½ teaspoon cayenne pepper
6 pak choi leaves (bok choy)

Cook textured vegetable protein in water for 5-8 minutes. Add the tomato paste, onion, scallion, garlic, thyme, salt, and hot pepper.

Blanch the pak choi leaves. Put blanched pak choi leaves in cold water to stop the cooking process. Spoon cooked textured vegetable protein in pak choi leaves and wrap or roll.

Total calories per stuffed leaf: 154 Fat: 1 gram
Carbohydrates: 21 grams Protein: 19 grams
Sodium: 37 milligrams Fiber: 8 grams

Left: Veggie Mince Wrapped in Pak Choi Leaves and Tofu with Tropical Sauce as served at the Ashanti Oasis Vegetarian Restaurant in Kingston, Jamaica.

Tofu with Tropical Sauce

(Serves 10)

Callaloo is a leafy vegetable. It can be found in Jamaican food stores. Collard greens, bok choy, or spinach can be substituted.

1 pound tofu
2 medium onions, chopped
2 scallions, chopped
2 cloves garlic, minced
2 sprigs thyme
1 Tablespoon grated fresh ginger
Salt to taste
Half a Scotch bonnet pepper without seeds, minced or ½ teaspoon cayenne pepper
¼ pound callaloo or other leafy green vegetable, chopped
1 cup fruit juice
2 Tablespoons cornstarch

Slice tofu into triangles (6 slices). Make a pocket in each slice of tofu (at the top.)

Blend half of the herbs and spices along with all the onions and pepper and pour over tofu to marinate. Steam callaloo or other leafy greens.

Bake or fry tofu, then stuff with steamed callaloo or other greens. Bring fruit juice and remaining herbs and spices to a boil, then add cornstarch and simmer until it thickens. Pour fruit juice over tofu and serve. You can add small pieces of fruit if you choose.

Total calories per serving: 68 Fat: 2 grams
Carbohydrates: 9 grams Protein: 5 grams
Sodium: 8 milligrams Fiber: 1 gram

Red Peas (Kidney Bean) Loaf

(Serves 6)

Red peas, as they are commonly called in Jamaica, are known as kidney beans in many other countries. Dried red peas are best soaked overnight, or for several hours.

½ pound dried red peas (kidney beans)
1 medium onion, finely chopped
1 Tablespoon minced garlic
2 Tablespoons fresh parsley, finely chopped
1 teaspoon coriander
¾ teaspoon cumin
½ teaspoon salt
Pepper to taste
2 Tablespoons flour
½ cup coconut milk

Boil or cook red peas (kidney beans) until tender.

Preheat oven to 350 degrees. Combine cooked red peas, onion, garlic, parsley, coriander, cumin, salt, and pepper in a medium bowl. Add flour and combine well, making sure to mix all ingredients together. You can also combine the ingredients in a food processor. Add the coconut milk last to make a batter.

Pour the mixture in an oiled loaf pan. Bake at 350 degrees for 15-20 minutes or until the loaf is golden brown.

Total calories per serving: 184 Fat: 4 grams
Carbohydrates: 28 grams Protein: 9 grams
Sodium: 202 milligrams Fiber: 6 grams

Curry Bean Curd

(Serves 10)

Eden Foods, as well as other Asian companies, produce dried bean curd.

- 10-ounce package dried bean curd
- 2 medium onions, chopped
- 1 scallion, chopped
- 2 cloves garlic, minced
- 2 sprigs thyme
- 1 Tablespoon grated fresh ginger
- Salt to taste
- Half a Scotch bonnet pepper without seeds or ½ teaspoon cayenne pepper
- 3 Tablespoons vegetable oil
- 1 Tablespoon curry powder

Soak bean curd in warm water for 25-30 minutes. Once the bean curd becomes soft, pour the bean curd liquid away. Cut bean curd horizontally, then marinate in half the portion of the herbs and spices along with half the chopped onion and 2 Tablespoons water.

Sauté remaining onion, herbs and spices, then add bean curd, and allow it to warm for 5 minutes. Add curry powder at the last minute. Stir and serve.

Total calories per serving: 186 Fat: 13 grams
Carbohydrates: 7 grams Protein: 14 grams
Sodium: 3 milligrams Fiber: 3 grams

Three Bean Stew

(Serves 4)

Broad beans, gungo peas (pigeon peas), and red peas (kidney beans) can be substituted with any three beans of your choice.

- 1½ cups canned broad beans

- 1½ cups canned gungo peas (pigeon peas)
- 1½ cups canned red peas (kidney beans)
- 10 ounces coconut milk
- 1 medium onion, chopped
- 2 scallions, chopped
- 2 cloves garlic, minced
- 1 sprig thyme
- Salt to taste
- Hot pepper
- 1 carrot, chopped

Place beans and coconut milk in a large pot. Add the remaining ingredients and cook 30 minutes over medium heat.

Total calories per serving: 287 Fat: 16 grams
Carbohydrates: 31 grams Protein: 10 grams
Sodium: 329 milligrams Fiber: 9 grams



Falafel with Tahini Sauce

(Makes 15 small patties serving 4)

- 7 ounces chickpeas, soaked overnight and drained
- 1 medium onion, chopped
- 1 Tablespoon minced garlic
- 2 Tablespoons fresh parsley, finely chopped
- 1 teaspoon coriander
- ¾ teaspoon cumin
- ½ teaspoon salt
- Pepper to taste
- 2 Tablespoons flour
- Oil for frying

Boil chickpeas until tender.

Combine cooked chickpeas, onion, garlic, parsley, coriander, cumin, salt, and pepper in a medium bowl. Add flour and combine well. Mash ingredients together. You can also combine ingredients in a food processor. You want it to be a thick paste.

Form the mixture into small patties. Slightly flatten.

Fry in 2 inches of oil for 2-5 minutes until golden brown. Serve with Tahini Sauce (below).

Total calories per serving: 307* Fat: 14 grams
Carbohydrates: 37 grams Protein: 10 grams
Sodium: 305 milligrams Fiber: 9 grams

*without tahini sauce

The fat content of this recipe will vary depending on the type of oil used, cooking temperature and time, and other factors. We estimate that 10% of the oil used for frying will be retained.

Tahini Sauce

(Makes about 1 cup)

Tahini is a sesame seed paste.

- ½ cup tahini
- 3 cloves garlic
- ½ teaspoon salt
- 2 Tablespoons olive oil
- ¼ cup lemon juice
- 1 teaspoon parsley, finely chopped

In a food processor or blender, combine tahini and garlic. Add salt. Remove from food processor and add olive oil and lemon juice. If the sauce is too thick, add a teaspoon of warm water until desired consistency. Mix in parsley. Serve immediately or refrigerate.

Total calories per 2 TB serving: 124 Fat: 11 grams
Carbohydrates: 4 grams Protein: 3 grams
Sodium: 173 milligrams Fiber: 2 grams

Saba Igbe was born in France, raised in Nigeria, and now works as a writer in Kingston, Jamaica.

P.F. Chang's Vegetarian-Labeled Dishes: Oyster Sauce is All-Vegetable: No Honey, Egg or Dairy Present

By Jeanne Yacoubou, MS, VRG Researcher

A staff member at the VRG spotted a July 2012 post written by a vegan who said that at P.F. Chang's, "...all the dishes are cooked in oyster sauce [and so are not vegetarian or vegan.]" Since this information was contradictory to what we reported in 2008 about the P.F. Chang's vegetarian-labeled menu items, (http://www.vrg.org/journal/vj2008issue4/whos_veggie_friendly.htm), we contacted the chain to see if there had been an ingredient change.

The Culinary Department stated: "All of our vegetarian-marked items on our menu do not contain any seafood or animal products. Our 'Vegetarian Oyster Sauce' is actually made with mushrooms and no actual oyster or shellfish."



The VRG also asked the Marketing Coordinator at P.F. Chang's if any of the menu items noted as "vegetarian" contained honey, egg, or dairy ingredients. He assured us: "No, they do not." Some items may contain cane sugar.

The P.F. Chang's vegetarian menu is as follows:

- **Appetizers:** Chang's Vegetarian Lettuce Wraps, Spring Rolls, Edamame
- **Entrées:** Buddha's Feast (steamed), Buddha's Feast (stir-fried), Coconut Curry Vegetables, Stir-Fried Eggplant, Vegetarian Ma Po Tofu, Vegetarian Fried Rice
- **Sides:** Garlic Snap Peas, Shanghai Cucumber, Sichuan-Style Asparagus, Spicy Green Beans, Spinach Stir-Fried with Garlic

More information about the vegetarian menu options at P.F. Chang's may be found on their website: <http://www.pfchangs.com/menu/>

Another VRG article about P.F. Chang's vegetarian dishes may be found here: http://www.vrg.org/journal/vj2011issue1/2011_issue1_pf_changs.php

For information on food ingredients, fast food, and for other information of interest to vegetarians and vegans, please subscribe to our email newsletter at <http://www.vrg.org/vrgnews/>

Bequests

The Vegetarian Resource Group 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.
- ♦ The VRG is a tax-exempt organization. Bequests are tax-deductible for federal estate tax purposes.
- ♦ 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.

veggie bits

Move Over, Nutella!



Justin's Nut Butters are a revelation—your breakfast routine will never be the same! These organic, gluten-free, and sustainably harvested products come in six vegan variations, including Maple Almond Butter and Chocolate Hazelnut Butter, both of which are melt-in-your-mouth delicious. Additionally, the company carries vegan, organic

Dark Chocolate Peanut Butter Cups that are yummiier than what you would find in any candy aisle. Guilt-free guilty pleasures are hard to come by, but Justin's products fit the bill!

Justin's products can be found at popular retailers, including but not limited to Hannaford, Safeway, and Whole Foods. To learn more, visit <www.justinsnutbutter.com>, or contact the company at (303) 449-9559. *Written by Amanda Matte, VRG Intern.*

Breakfast Baking Mixes: Instant Homemade Decadence

Mom's Vegan Kitchen has succeeded in concocting what they call "critter-free comfort food:" easy-to-prepare Pancake & Waffle Mix, French Toast Mix, and Biscuit Mix. The time-pressed, those not keen on baking, or those too tired in the morning to rustle up their own recipe can now rejoice in the mouthwatering, made-from-scratch deliciousness of vegan breakfast comfort foods.

Drizzle the top of the moist, golden pancakes or Mom's French toast with maple syrup to create a decadent morning feast just like Mom used to make—only better! Use the biscuit mix to whip up freshly baked, fluffy rolled, quick or dropped biscuits that, when spread with vegan butter, taste exactly like the homemade biscuits you always wished you could make.

Contact Mom's Vegan Kitchen at info@momsvegan.com, or learn more by visiting <www.momsvegan.com>. You can also call them at (971) 340-5100, or write to them at 1125 Southeast Division Street #201, Portland, OR 97202. *Written by Shelby Jackson, VRG Intern.*

Just Fruit, And That's It!

That's It Fruit Snack Bars offer a convenient way for anyone to obtain the recommended two to four servings of fruit per day without added sugar, fat, or artificial flavors. So, exactly what are these products? Think of fruit leather but thicker and shaped like a granola bar!

That's It Fruit Snack Bars come in three flavors: apples and apricots, apples and cherries, and apples and pears. In each of the flavors, the bar is only 100 calories and provides 3 grams of fiber and many antioxidants. These bars are also a perfect choice for various diets because they are kosher, vegan, and gluten-free.

That's It Fruit Snack Bars are available online at <<http://www.thatsitfruit.com/>>. For more information, contact Superfood Nutrition, LLC, by email at sales@thatsitfruit.com. You can also contact the company via phone toll free at (888) 305-7910. *Written by Amanda J. Gilley, VRG Intern.*



Give Vegan Kids a Treat with Divvies

When Lori Sandler found out that her son is allergic to milk, eggs, and nuts, she strove to make baked goods that he could enjoy. The result is Divvies, a company that is 100 percent dairy, egg, and nut-free.

Their crumb-free cookies are perfectly chewy and come in six flavors, including Oatmeal Raisin, Molasses Ginger, and their soft Choco-Lot Brownie cookies. Divvies also makes two flavors of chocolate bars: semi-sweet dark chocolate and mint chocolate that are sweet and geared toward children's taste buds. In addition, bakers will love that Divvies sells bags of semi-sweet chocolate chips, and the Divvies Bakery Cookbook will guide you in making treats such as cupcakes and fudge for yourself.

You can order Divvies products online at <<http://www.divvies.com/>>, call them at (914) 533-0333, or write to them at 700 Oakridge Common, South Salem, NY 10590. *Written by Rebecca Kaplan, VRG Intern.*

Revolutionary Vegan On-the-Go Meals

Looking for convenient, filling fare that can be eaten virtually anywhere? GoPicnic Ready-to-Eat Meals have got you covered with their vegan boxed meals requiring zero preparation and no refrigeration. A well-balanced meal with a whopping 25 grams of protein, the hummus and crackers meal includes fruit & nut mix, dry roasted edamame and an Endangered Species Dark Chocolate bar. Similarly nutritious and satisfying is the sunbutter and crackers meal, containing creamy sunflower seed spread, seed & fruit trail mix, tropical fruit bites, and a double chocolate cookie.

Information on this product can be found online at <<http://www.gopicnic.com/Special-Diets/Vegan-Meals>>. *Written by Shelby Jackson, VRG Intern.*

Free Discount Card for Prescriptions, Vision, Hearing, and Dental Services

The free WellCardRX provides discounts for prescriptions, vision services, hearing aids, and dental work. Download the following PDF for your free card, as well as additional information about the program and how to link to a list of participating providers: www.vrg.org/offers/images/wellnessrxcard.pdf

If you aren't able to download the card, or would like additional cards to distribute, email your request to vrg@vrg.org or call (410) 366-8343.

This is not insurance. This free discount card program is not an insurance plan. The card is only valid at participating providers and may not provide the lowest discount. Compare to receive the best price.

Experience a Blissful Vegan Bed and Breakfast

Situated among 70 acres on Washington's South Whidbey Island, Someday Farm Vegan Bed and Breakfast is a nature-lover's paradise. Each cozy suite is fully appointed with a stocked vegan kitchen, WiFi, and a flatscreen TV. Wake to a healthy breakfast of fresh vegan baked goods and fruit each morning, then take advantage of the beautiful scenery! There are biking, hiking, and walking trails right on the property,

and plenty of sweet animals to visit with around the grounds. This is a getaway not to be missed!

To learn more or make a reservation, contact Someday Farm at info@somedayfarmveganbedandbreakfast.com, or call (360) 331-2864. *Written by Amanda Matte, VRG Intern.*

Handy Granola Snacks

Earnest Eats has created seven wonderful granola snacks, each of which has a delightfully sweet and salty mixture of flavors that you won't want to miss. They offer substantial granola bars called Granola Planks in Maple Almond Crunch, Blueberry Vanilla Crackle, and Pomegranate Walnut Crisp flavors. Additionally, Earnest Eats makes delicious Baked Whole Food Bars, which have a cookie-like texture, in Almond Trail Mix, Apple Ginger, Choco Peanut Butter, and Cran Lemon Zest varieties. Granola Planks and Baked Whole Food Bars are highly recommended.

To learn more, visit <www.earnesteats.com> or call (888) 264-4599. Earnest Eats is located at 444. S. Cedros Avenue, Suite 260, Solana Beach, CA 92075. *Written by Eric Kantor, VRG Intern.*



Sensational Seitan!

Upton's Naturals makes four styles of seitan that vegetarians should keep in the refrigerator at all times. The traditional and ground varieties put delicious spins on conventional mock meats, and the Chorizo browns nicely to make an authentically beefy taco filling. However, the company's premier offering has to be its Italian Sausage-Style Seitan, with zesty Mediterranean spices like anise. These crumbles make a perfect pizza topping, and they amplify the flavors in even the blandest store-bought marinara to create an exquisite no-meat sauce. The result was so irresistible that our test subjects didn't wait to add the sauce to their pasta but rather consumed it straight from the bowl!

Upton's Naturals products are available from many Whole Foods locations, co-ops, and select online retailers. Write to the company at 1939 West Fulton, Chicago, IL 60612, or call (312) 666-7838. More information is available on the company's website, <www.uptonsnaturals.com>.

VEGAN

What are students' favorite on-campus vegan dining options?

on Campus

In an online poll, The Vegetarian Resource Group asked college students, "What are your five favorite vegan foods served on campus?" VRG wanted to find out what is currently being served at colleges, and which foods appeal to students. We had 230 respondents from approximately 162 schools.

The top six favorite vegan foods offered are salad/salad bar, veggie burgers, hummus, stir-fry, burritos, and pasta. These are all relatively easy items for food services to offer, and most do at this point.

The next few popular items are vegetable sushi, vegetable wraps, vegan pizza, and falafel. If vegan items are already selling, college food services may want to think about adding these vegan options.

Other vegan foods that appealed to students were soy milk, vegan tacos, minestrone soup, oatmeal, smoothies, chili, mashed potatoes, spring rolls, tofu scrambles, tomato soup, vegan "chicken" nuggets, veggie subs, bagels, fruit cups/bowls, vegan brownies, butternut squash soup, cereal, peanut butter, polenta, quinoa, seitan, tofu salad, vegan cupcakes, vegan mac-n-cheese, vegan meatballs, vegan sloppy joes, vegetable soup, vegetable salad, black beans and veggies, chick-pea salad, edamame, and enchiladas.

Colleges may also want to try offering fried plantains, fried tofu with chili sauce, guacamole, lentil burgers, miso soup, mushroom and barley soup, orzo, portobello sandwiches, Primal vegan jerky strips, pumpkin lasagna, seitan burritos, tempeh, tofu pad

Thai, Tofutti products, vegan hot dogs, vegan sausage patties, vegan shepherd's pie, veggie Indian curry, African pilaf, and Asian noodle salad.

Additional vegan foods college students liked included baked potatoes, barbecued seitan, barley soup, beans and rice, bean soup, black bean soup, brown lentil stew, carrot cashew soup, "chicken" fingers, "chicken" pot pie, Chinese food, coconut lentils, Creole pumpkin and lentils, curry seitan, curry tofu and peas, and grilled seitan.

Here are some more options to think of offering: Lentil soup, Moroccan stew, mushroom stroganoff, vegan nachos, pumpkin ravioli, quinoa stuffed peppers, Rice Dream, seitan chicken sandwiches, vegan soyriso nachos, spinach pie, split pea soup, sweet and sour tofu, tabbouleh, Thai noodles with peanut sauce, Tofurky sandwiches, vegan beef and broccoli, vegan tuna sandwiches, vegan lasagna, veggie stew, veggie kabobs, yuba, and zucchini cakes.

Since these foods are already being offered, foodservice staff at other colleges may want to sell these foods when vegan foods are requested. For vegan students, when approaching your foodservice staff, you may want to suggest these options since they seem to be working at other colleges.

Thank you to Anna Austin, John Cunningham, Jessica Friend, Sonja Helman, Reed Mangels, Lindsey Siferd, and Charles Stahler for assistance with this project during 2011 and 2012.

Top 5 Vegan campus foods

TOTAL

1. salad
2. veggie burger
3. There aren't many options
4. salad bar/stir-fry (tie)
5. burritos/pasta (tie)

MALE

1. veggie burger
2. salad/stir-fry (tie)
3. French fries/veggie wrap
4. Chili/no vegan options/oatmeal

FEMALE

1. salad
2. veggie burger
3. There aren't many options
4. salad bar
5. stir-fry

VEGANS

1. salad
2. There aren't many options
3. salad bar
4. hummus/stir-fry/veggie burger
5. burritos

VEGETARIANS

1. salad
2. veggie burger
3. There aren't many options
4. stir-fry
5. tofu/vegetable sushi

NON-VEGETARIANS

1. salad
2. no vegan options/pasta
3. French fries/salad bar/stir-fry
4. Veggie burger/veggie wraps/
I don't know any
5. on-campus restaurant chains

ON-CAMPUS MEAL PLAN

1. salad
2. veggie burger
3. pasta/stir-fry
4. salad bar
5. burritos/tofu/veggie wraps

NOT ON MEAL PLAN

1. salad
2. There aren't many options
3. veggie burger
4. no vegan options
5. I don't eat on campus

23 YEARS & OLDER

1. salad/no vegan options
2. French fries/salad bar/stir-fry/veggie burger
3. I don't eat on campus
4. burritos/cookies/hummus

LEADER OF VEGETARIAN/VEGAN ANIMAL RIGHTS OR ENVIRONMENTAL CLUB

1. salad
2. burritos/pasta
3. salad bar/there aren't many options
4. I don't eat on campus/stir-fry
5. hummus/veggie burger

NOT A LEADER

1. salad
2. veggie burger
3. There aren't many options
4. salad bar/stir-fry
5. French fries/veggie wraps/no vegan options

a Vegan in

CHINA

by Yasmin Radbod

This article is about my experience studying abroad in China as a vegan. I spent two semesters studying at Nanjing University 营僭寓帔 and traveled all around China, from Shanghai to Chengdu to Guilin, and more. I will get some basic questions out of the way first. I am guessing you might be asking yourself, “Wait, there are vegans in China?” There are! I am not the only one. During my time in China I never met another foreigner who was vegan; however, I now know many Chinese Buddhists who are vegan. Another question you might have is, “Is there a word for ‘vegan’ in Chinese?” There is: *Chun sushi zhe* 纯腫鷓砵

So who is vegan in China, and why? Religion is the primary reason for a Chinese person to be vegan. Buddhists are sometimes vegetarian or vegan. When looking for vegetarian restaurants in China, if you find a temple in the city you are in, there’s a good chance there are vegetarians there (especially monks). It is common for people who volunteer and work in the temple to be vegetarian, and they can direct you to a vegetarian restaurant or store. Also, many temples have their

own vegetarian restaurants, usually filled with elderly people, and tend to be less expensive than a typical restaurant (besides the common street food and small shops). Noodles are a favorite among vegetarians in China and are served at many temples as a staple of the Chinese vegetarian diet. Rice, of course, is also a staple for all Chinese.

I personally know several monks and Buddhists who consume noodles on a daily basis. When I say ‘noodles’ I mean a dish consisting of three primary parts: plain noodles, soy sauce broth or soup, and a vegetable or mock meat topping. At the most famous temple in Nanjing, *Jimingsi Jiming Temple*, 鸡鸣廬 I found a wide variety of vegan noodle dishes such as ‘Noodles with Mock Chicken,’ ‘Noodles with Mushrooms,’ ‘Noodles with Mixed Vegetables,’ and more.

In Nanjing, there is a brand of vegetarian products that is used widely in temples called “Whole Perfect Food.” Their website (<http://www.wpvege.com/en/>) is in Chinese and English. The company is headquartered in Hong Kong, but products are manufactured in Shenzhen, Guangdong Province. They have a wide variety of mock meat products, such as Vegetarian Lamb Kebab, and an assortment of other ‘veganized’ traditional Chinese ingredients such as Vegan Oyster Sauce and Vegan Shredded Fish.



Noodle and veggie bowl at Jiming Temple.

When traveling in Hangzhou, a city that is just a few hours away from Nanjing by train, I surprisingly stumbled upon a completely vegan restaurant called *Xiao Gulin* 小蠅棧, which can be translated as ‘Little Mushroom Forest.’ The owner and employees are all vegan and Buddhist. This particular restaurant serves only vegan hot-pot; the customer can choose from a wide variety of vegetables and grains, as well as dumplings, and the kitchen prepares everything in a stew. They also make their own fresh mock meats daily inside the store, as well as mock fried eggs. They even make their own fresh sauces (more than 10 to choose from) and they are all delicious. Their teacher, or master, is from Taiwan. They also have their own company and distribute

many vegan products. Their website (www.xiaogulin.cn) is in Chinese.

Personally, I never met a vegetarian in China who was vegetarian for any other reason besides Buddhism. The concept of “going green” or being vegetarian to protect the environment is widely nonexistent. I met a few people who are vegetarian for health reasons, but they were all elderly people who are not allowed to eat meat because of their cholesterol levels. The idea of being vegetarian for the sake of animal rights is tied to Buddhist values, and does not exist outside of Buddhism for common Chinese. When I explain my reasoning for being vegan to Chinese people, most are confused that I am not Buddhist. The idea of being vegan for the

Vegan CHINESE Dictionary

純腫鷓蓉

Vegan: *Chun sushi zhe*

舉嘆嚙腫

Vegetarian: *Wo zhi chi su*

腫蠔

Strictly Vegetables: *Su cai*

葷蠔

Everything besides vegetables, or all animal products: *Hun cai*

舉信嚙葷蠔

I don't eat animal products: *Wo bu chi hun cai*

攝槎穉动痿穉
隕栽信脏穉

All animal products are unacceptable: *Suoyou de dongwu de peiliao bu xing de*



Vegan hot pot with vegetable broth, mock meat, and mock egg.

environment, for my health, and for animal rights is foreign to them. People in China who are not vegetarian often asked me why I couldn't eat at least a little beef. I was often told that I should be eating at least beef, and that seafood should not be considered meat.

I have asked myself many times why there are not more vegetarians in China. To answer this question, we must look to China's history. The generation who lived through the Mao era did not have a stable life, were generally poor farmers, and having an abundance and variety of food to choose from was simply not an option. As China becomes more modernized, having Western food and a variety of food, especially animal products, is very important to the

people. The ability of previous generations to provide their children and grandchildren with plenty of options and an abundance of meat is perceived as very fortunate and prosperous.

Meat has always been extremely important and highly valued in Chinese culture (outside of Chinese Buddhist monks). For example, when celebrating *chun jie* 春节, the Chinese New Year, it is essential to have an abundance of meat served at the family meal. Dumplings, a traditional Chinese staple, are always prepared with meat filling. Also, young Chinese people particularly like fast food restaurants such as Pizza Hut, McDonald's, and KFC. All of these chains have successfully adapted to Chinese tastes. In major cities such as Nanjing, it is

easy to find these three restaurants, as well as Starbucks Coffee and other Western restaurants. Chinese restaurants are also serving Westernized foods.

From what I experienced, it seems that the green movement that exists in the West and the desire to protect the environment through changing our diet has not yet reached China. However, I predict that major cities such as Shanghai, Beijing, and Nanjing will be more exposed to ideas regarding environmental protection and its relationship to diet and nutrition in the next 10 to 20 years.

Yasmin Radbod is a former VRG intern and wrote this article while studying abroad in China for two semesters.

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Vegetarian Journal's

2012 Essay Contest Winner

AN EASY CHOICE

By Colin Vineberg, 7 yrs
Maryland

MY NAME IS COLIN AND I AM 7 YEARS OLD. I HAVE been a vegetarian since I was born. I am a vegetarian because my daddy is one also. He gives me the choice to eat meat or not to but I choose not to. I don't eat meat for many reasons. I don't like getting hurt and I do not want to hurt any animals. Why would you want to eat something that you have to hurt first? My daddy also showed me papers and articles about how meat can hurt our bodies. Meat can cause you to get sick and I want to be

“Why would you want to eat something that you have to hurt first?”

healthy. Eating natural foods makes me feel like I have lots of energy and can do well in school. I don't understand why kids eat so much candy when strawberries and broccoli taste better. I just love fruits and vegetables. They are yummy not yucky. People should try to eat less meat. It is good to try new things. I want to be a vegetarian for my whole life and hope more people do also.



The Vegetarian Resource Group's ANNUAL ESSAY CONTEST RULES

To enter VRG's annual essay contest, just write a 2-3 page essay on any aspect of vegetarianism or veganism. There are three entry categories: age 14-18, age 9-13, and age 8 and under. A \$50 savings bond will be awarded in each category.

All entries must be postmarked by **Monday, May 2, 2013**, for the 2013 contest. Entrants should base their entries on interviews, personal experience, research, and/or personal opinion. You need not be vegetarian to enter. All essays become property of The Vegetarian Resource Group. Only winners will be notified.

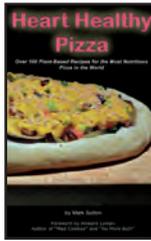
Send entries to:

The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203

Please make sure to include your name, age, address, phone number, school, and teacher's name.

HEART HEALTHY PIZZA

By Mark Sutton



If you're looking for a book devoted to creative vegan pizza recipes including crusts, sauces, and toppings, look no further. *Heart Healthy Pizza* offers a variety of crust recipes including whole wheat, pumpernickel or rye, corn polenta, and rice and potato. Among the sauces you'll find Carrot Sauce, Basil Pesto, and tomato or white sauces.

Mark also shows you how to prepare delicious vegan non-cheeses. Enjoy Barley, Carrot, and Potato Sauce; Oats, Mustard, and Nutritional Yeast Sauce; Millet, Avocado, and Oregano Sauce; or Quinoa, Carrots, and Corn Sauce. The ingredients are all blended to make creamy cheese alternatives.

Other sections of the book include legume-based sauces such as Chickpea, Oats, and Pimentos Sauce and Yellow Dal and Rice Sauce; tofu-based sauces including Tofu and Lemon Sauce and Tofu Sprouted Sunflower Seeds Sauce; and vegetable-based sauces such as Potato, Carrot, and Ginger Sauce and Sweet Potato, Oats, Carrots, and Green Chili Sauce.

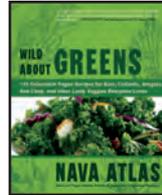
The chapter called *Pizza Possibilities* offers many creative suggestions including Artsy Artichoke, Mushroom and Corn; Gratefully Greek; Pleasing Polynesia; Indian Samosa-Styled Pizza; and Asian Occasion.

The next time you plan on throwing a party, be sure to use this book and wow your family and friends!

***Heart Healthy Pizza* (ISBN 978-1-46998-138-3) is 179 pages. It is a self-published book and retails for \$17.99. You can purchase this book online. Reviewed by Debra Wasserman.**

WILD ABOUT GREENS

By Nava Atlas



I love eating greens, so this new book brought me joy. The color photos added further excitement. The first part of this book teaches readers how to freeze greens (especially when you've grown too many in your garden) and how to dehydrate them. Preparation techniques shown include steaming, sautéing, braising, and stir-frying.

Chapter 2, *Greens with Beans, Grains, Pasta and Other Vegetables*, features recipes such as Bok Choy Fried Rice; Quinoa with Kale, Sweet Potatoes, and Pecans; and Polenta or Grits with Spinach and Caramelized Onions.

In Chapter 3 you will find salads, dressings, and dips. Try Three-Potato Salad with Arugula or Roasted Beets and Fennel Salad with Beet Greens and Oranges. You can also prepare Kale and Cucumber Salad with Avocado-Tahini Dressing or Spinach or Arugula and Miso Pesto.

The next chapter is *Greens in Soups and Stews*. Recipes include Coconut Cauliflower Curry with Mustard Greens and Spinach; Leek and Potato Soup with Watercress; and Hot and Sour Vegetable Soup with Asian Greens.

Finally, Chapter 5 features

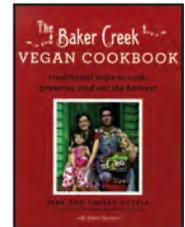
Green Juices and Smoothies.

Enjoy Beets and Greens Juice with Apple and Ginger or Spinach and Mango or Peach Smoothie.

***Wild About Greens* (ISBN 978-1-4027-8588-7) is a 240-page hard-cover book. It is published by Sterling Publishing and retails for \$24.95. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.**

THE BAKER CREEK VEGAN COOKBOOK

By Jere and Emille Gettle



This cookbook is written by the co-founders of Baker Creek Seed Company in Mansfield, Missouri and includes useful canning and preserving information.

Unique recipes include Apple-Raisin Samosas, Shaved Asparagus and Arugula Salad with Coconut-Lime Dressing, Kraut Burgers, Broccoli Potstickers, Preserved Meyer Lemon-Cumin Moroccan Carrots, Pickled Chili-Garlic Green Beans, and Grilled Fennel with Tropical Tamarind Sauce.

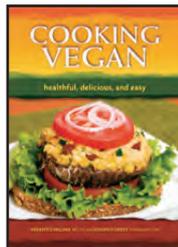
Readers will also find internationally inspired recipes such as Russian Eggplant and Shiitake Pockets, Green Pea Falafel with Tahini Sauce, Szechuan Green Beans, Broccoli Pad Thai, Butter-nut Squash Curry with Jasmine Rice, and Japanese Yam Gnocchi with Miso-Scallion Sauce.

***The Baker Creek Vegan Cookbook* (ISBN 978-1-4013-1061-5) is a 194-page book retailing for \$19.95. It is published by Hyperion. Find this book in a local bookstore or online. Reviewed by Debra Wasserman.**

reviews

COOKING VEGAN

By Vesanto Melina, MS, RD and Chef Joseph Forest



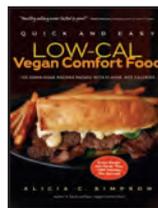
This dietitian and chef duo have produced a vegan cookbook with extensive nutrition information. You'll find a lot of helpful tips in this book including 12 menus, a chart of foods grouped according to six tastes, a shopping list, and kitchen equipment list. Nutritional analyses are also provided.

There are many creative recipes including Sunflower-Sesame Spread; Carrot, Lemongrass and Basil Soup; Vietnamese Salad; Avocado, Grapefruit and Chipotle Dressing; Sweet and Sour Tofu; Cashew Cheese Lasagne; Tamarind-Date Sauce; Rosemary Gravy; Lemon Roasted Potatoes; and Chocolate-Orange Cake.

Cooking Vegan (ISBN 978-1-57067-267-5) is 264 pages. It is published by Book Publishing Company and retails for \$19.95. You can purchase this book from The Vegetarian Resource Group (see pg. 34) or online at <http://www.vrg.org/catalog/>. Reviewed by Debra Wasserman.

LOW-CAL VEGAN COMFORT FOOD

By Alicia C. Simpson



The book demonstrates that comfort food does not have to equate with high-fat cuisine. You'll find 150 vegan recipes with 350 or fewer calories per serving. Also

included are sample menus for four different daily calorie counts.

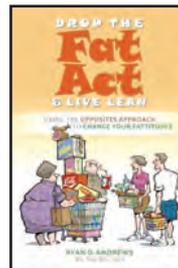
Some of the creative recipes include Sweet Seitan Sausage, Sticky Bun Popcorn, Crispy Chile Peas, Spicy Kale Slaw, Orange Cauliflower Soup, Corn Dogs, Chik'n Curry, Butter Pecan Ice Cream, Moon Dusted Donuts, Blueberry Cornmeal Pancakes, and Classic Cheese Sauce.

Nutritional analyses are provided and you'll also find color photos.

Low-Cal Vegan Comfort Food (ISBN 978-1-61519-042-3) is a 272-page book. It is published by The Experiment and retails for \$17.95. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.

DROP THE FAT ACT & LIVE LEAN

By Ryan D. Andrews, MS, MA, RD, CSCS



Drop the Fat Act & Live Lean teaches weight management skills by using a unique approach. Instead of going over the usual topics, Registered Dietitian Ryan Andrews mixes things up and focuses on what not to do if you're trying to lose weight. By examining common habits of people who weigh more than they'd like to, Andrews helps readers understand that factors including skipping breakfast, not getting enough sleep, eating haphazardly, and focusing on short-term gain can be counterproductive. This motivational book provides many thought-provoking ideas for identifying habits that lead to successful weight con-

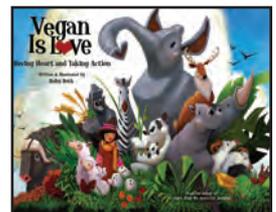
trol. Cartoons are used cleverly throughout the book to reinforce Andrews' message. *Drop the Fat Act* strongly promotes the use of a vegan diet, not only for its health benefits but also because of its impact on the environment, world hunger, and animal welfare.

This book emphasizes making good decisions on everyday choices related to food and exercise. A simple seven-week plan for making changes is a helpful feature.

Drop the Fat Act & Live Lean (ISBN 978-1-57067-259-0) is published by Healthy Living Publications. It has 160 pages and retails for \$12.95. Look for this book in your local bookstore. Reviewed by Reed Mangels, PhD, RD.

VEGAN IS LOVE

By Ruby Roth



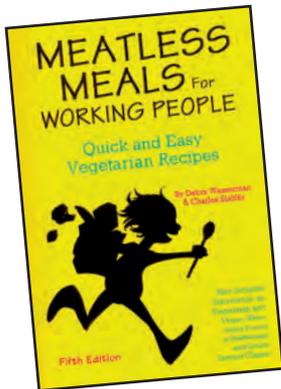
Vegan is Love covers a wide range of topics including clothing, animal testing, zoos, aquariums, circuses, racing, hunting, bullfights, and rodeos, as well as eating for health, ethics, and the environment.

The book's target audience is ages 7 and above; however, some of its illustrations are extremely graphic. Children may feel depressed or scared by the vivid depictions of blood and death. Nevertheless, we hope that this book ends up on every library shelf because of its important and realistic message.

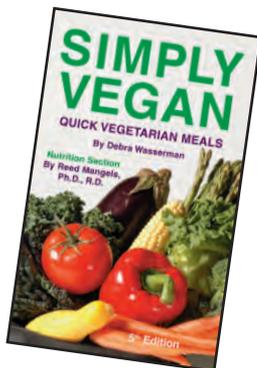
Vegan is Love (ISBN 978-1-58394-354-0) is a hardcover book with color illustrations. It is published by North Atlantic Books and retails for \$16.95. Look for it in a bookstore or online. Reviewed by Debra Wasserman.

VRG Catalog

Books

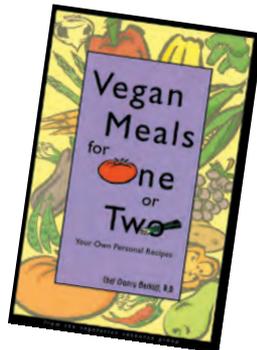


Meatless Meals for Working People—Quick and Easy Vegetarian Recipes (\$12) by Debra Wasserman. We recommend using whole grains and fresh vegetables. However, for the busy working person, this isn't always possible. This 192-page book contains over 100 fast and easy recipes and tells you how to be a vegetarian 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 (\$15.95) 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 95,000 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.

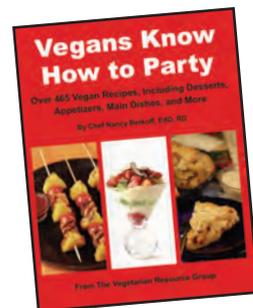
Vegan in Volume (\$20) by Nancy Berkoff, RD. This 272-page quantity cookbook is loaded with terrific recipes serving 25. Suitable for catered events, college food services, restaurants, parties in your own home, weddings, and much more.

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.)

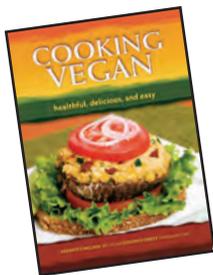
Vegan Passover Recipes (\$6) by Nancy Berkoff, RD. This 48-page booklet features vegan soups and salads, side dishes and sauces, entrées, desserts, and dishes you can prepare in a microwave during Passover. All the recipes follow Ashkenazi Jewish traditions and are pareve.

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.)

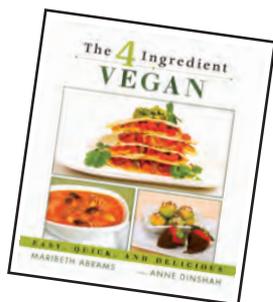


Vegans Know How to Party (\$25) by Chef Nancy Berkoff. This 384-page book teaches you how to put on a soiree for vegans and all who enjoy great food! It features over 465 recipes, including appetizers, soups, salads, ethnic cuisine, sandwiches, and—of course—desserts like pies, cakes, and cookies! Also inside are tips for basic party planning, kids' parties, cooking for a crowd, working with a caterer, and more!

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.



Cooking Vegan (\$20) By Vesanto Melina, MS, RD and Chef Joseph Forest. This dietitian and chef duo have produced a wonderful vegan cookbook with extensive nutrition information. You'll find a lot of helpful tips including 12 menus, a chart of foods grouped according to six tastes, a shopping list, and kitchen equipment list. Creative recipes include Carrot, Lemon-grass and Basil Soup, Vietnamese Salad, Sushi Rolls, African Chickpea Stew, etc.



The 4-Ingredient Vegan (\$15) by Maribeth Abrams with Anne Dinshah. Some cooks are intimidated by recipes with long lists of ingredients. Now, there's a cookbook that meets their needs. Includes recipes with only four main ingredients such as Mediterranean Penne, Pear-fect Strudel, and Baked Artichoke Dip.

Vegan Seafood: Beyond the Fish Stick for Vegetarians (\$12) by Nancy Berkoff, EdD, RD. Chef Nancy Berkoff has created unique and good-tasting vegan fish and seafood dishes. Inside these 96 pages you will learn about cooking with vegan 'fish,' websites offering vegan 'seafood' products, and info about omega-3 fatty acids. Avoid fish but still enjoy the taste of the sea with 'Fish' Sticks, 'Tuna' Salad, and much more!

Free Children's Handouts

I Love Animals and Broccoli Coloring Book

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

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 \$25 per year in the U.S., \$32 in Canada/Mexico, and \$42 in other countries.

Reprints from Vegetarian Journal

Non-Leather Shoes, Belts, Bags, etc. (\$5)
Guide to Food Ingredients (\$6)

Order Form

To order, mail to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203; place your order over the phone at (410) 366-8343 Mon-Fri 9 a.m. to 5 p.m. Eastern time; fax your order form to (410) 366-8804; or order online at our website: <www.vrg.org>.

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For orders under \$25, add \$6 (\$10 Canada/Mexico) for shipping.

For orders over \$25, shipping is free within the continental U.S.

For other foreign orders, inquire about shipping charges first.

Vegetarian Action

MARLA ROSE BY AILEEN MCGRAW

BASED IN CHICAGO, MARLA ROSE PROMOTES veganism through creative action. She cofounded the Chicago Vegan Family Network, started the Chicago VeganMania festival, blogs as Vegan Feminist Agitator, has two vegan-based columns on Examiner.com, and wrote the novel, *The Adventures of Vivian Sharpe, Vegan Superhero*.

Vegetarian since 15, and vegan (along with her husband) since 1995, Marla shares her passion with vegan youth. In 2004, she and Lisa Joy Rosy founded the Chicago Vegan Family Network, which she calls a “sanctuary, a place where [children and their parents] are understood, supported and accepted...through building community, we deepen the foundation of compassionate living values and help to create proud, confident, independent children.”

CVFN reaches out to kids, who then find their own forms of vegetarian action. Marla helps her son Justice demystify his lifestyle through videos in which he speaks for what he is: a vegan child.

“Undoubtedly, our large and small efforts create a powerful ripple effect,” she reflects, “which results in an environment that is more open to our values.”

With her family, Marla’s vegetarian action plays to kids’ interests. They volunteer at animal shelters and run a vegan lemonade and treat stand called the Stand for Kindness. On Thanksgiving, they bring an inflatable turkey to life, complete with a sign that aims to inspire others to try a vegan holiday.

Marla gets young vegetarians involved in every method of outreach. VeganMania, a festival she cofounded and produced, fills Chicago with vegan vendors and innovations. The family and kids area of past festivals included vegan cupcake decorating with local bakeries, a mini playground, and natural seasonally-inspired arts and crafts.

Continuing her outreach for all ages, Marla authored the novel, *The Adventures of Vivian Sharpe, Vegan Superhero*, giving readers an authentic coming-of-age story. The creation of genuine, dynamic characters that expose vegan youth to teenage challenges was essential to Marla.

“In terms of my novel and outreach to kids, my first obligation was to write a compelling story with complex characters,” Marla explains. “After that, if there is any outreach with my novel, it is to inspire

readers to think about their own lives, where they can make positive changes that go against the grain, and become empowered to be bold, passionate and engaged members of our world.”

Be it blogging via Vegan Feminist Agitator, attending campouts and potlucks with CVFN, or helping Justice make kid-friendly Vegetarian Starter Kits, Marla’s son fuels her dedication. “I want to be an example to him that it is up to us to create the world we want to inhabit,” she says. “You don’t like what you see? Change it. You don’t see what you want to see? Create it.”



Marla Rose: Writer, Activist, Community Builder

- Want to join the vegan family? Connect with the VRG’s Parents List on Yahoo or visit the Chicago Vegan Family Network Facebook page at www.facebook.com/pages/Chicago-Vegan-Family-Network/
- Find “a blueprint for starting your own vegan family network” in Marla’s Examiner blog: www.examiner.com/vegan-restaurants-in-chicago/marla-rose
- Learn more about Marla Rose and her vegetarian action on her website, marlarose.com

Aileen McGraw wrote this article while doing an internship with The Vegetarian Resource Group.



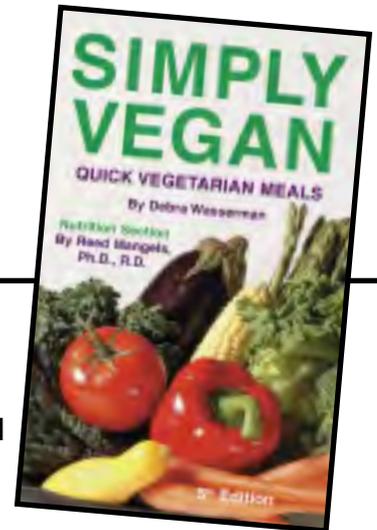
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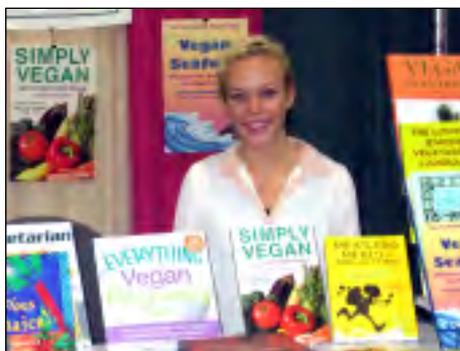
New Edition of Simply Vegan

The 5th edition of *Simply Vegan* (\$15.95, 224 pages) is now available. See catalog page 33 of this issue or call (410) 366-8343 to place your order. You can also purchase this book online at www.vrg.org/catalog. The nutrition section and vegan product information is completely updated. This new edition also contains a copy of VRG's 4-color My Vegan Plate. It makes a great gift!



VRG Outreach

Thank you to VRG intern Whitney and her mother, Natalie, who helped with our outreach at the Hampden (Baltimore) festival. Natalie had so much fun that she decided to organize a two-day vegetarian booth at



VRG intern Whitney Blomquist at the Academy of Nutrition and Dietetics Food & Nutrition Conference & Expo in Philadelphia.

her local county fair. Over 1000 people enter their handiwork in competitions there, which include livestock, home arts, farm and garden, crafts, and 4-H departments. Natalie would like to organize more vegetarian activities in St. Mary's County, Maryland. If you would like to participate, please e-mail vrg@vrg.org



VRG volunteer Lisa Martin at the Boulder Bike Festival

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