


Issue 4

Digital Edition

T.O.F.U.

there is an alternative.



Focus on Vegan Parenting:

More Than Just Pushing Vegetables

Featuring:

An Interview with Cursed Arrows

Love, honesty, strife, and quinoa.

The Kitchen Sink

Yurt living, accordion building, and more...

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Winter 2010

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Holy interactive PDF, guys!

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Devon Crosby for practically coding a website in his sleep, and for giving a little toy robot the chance to be a star.

The businesses that have jumped onboard or stayed involved without question. Your support has helped to make all this possible.

Those who continue to fight for the alternative in whatever way they feel appropriate.





Letter from the Editor

“Thanks for the support.”

It’s a statement I’ve felt the need to say at many points in my life, and with every issue of T.O.F.U. I add one more moment to that list. Since day one the little guy would not have started his crazy journey through this world if it wasn’t for the interest and involvement of so many people. Advertisers, contributors, musicians, media, friends, family and so many more... The true list of people to thank could probably fill a whole issue.

Without these people, their time, love, understanding, advertising, writing, playing, creating, laughter, criticism, support and promotion, the magazine would not exist in any form.

So, instead of explaining the move to digital, the vast improvement in the layout

and design, the numerous reasons for yet another long delay between issues, as well as the new pricing model for the magazine, I’m just going to say “thank you” to everyone who has heard me utter the word “T.O.F.U.” and not immediately run in the other direction.

If your name does not show up somewhere in this issue in digital 1s and 0s, please don’t assume I forgot the role you played. It’s just 4am, I’m a week behind my scheduled sneak peek, and a certain far-too-patient someone (who deserves the biggest thanks of all) needs this editorial from me in order to make it just as beautiful as the rest of what has lovingly come together as the fourth issue of the little magazine that should.

*See you around the campfire,
Ryan Patey*



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The Poor DIY Fat Vegan

Daveybrat

A litte background here: my name is Daveybrat, I have been vegan for almost 14 years and was vegetarian for 3 years before that. Yes, I am a vegan food nerd.

This means I love vegan food, finding new restaurants and recipes, and making new treats. Recently I have been cutting down on sugars (avoiding pop and candy) to reduce my chance of getting diabetes as I have drunk waaaaaaay too much pop for someone with my genetic background (Native and Irish).

My girlfriend (who is also vegan) has a soy allergy, so we have been trying to make our meals mostly soy free. A treat here and there is worth it, though, if it doesn't make her too sick. Women should watch their soy intake if they can, too much of a yummy thing can be bad for you. See the movie *Food, inc.* for information about the mass production of soy.

The nutritional content of our diets is more important when we cook now, but everything has to be tasty !

There is a misconception that being vegan has to be expensive... If you eat a lot of fake meats, fake dairy, or order from away, it can get pricey... But I'm poor, so it's a lot of veggies and beans, which ends up being healthier.

I used to live in Winnipeg, a Mecca of sorts for vegan food, but then I moved to Newfoundland about 3 years ago... Nowhere near as much vegan food. I have always cooked meals, but with living in Winnipeg you can be lazy if you have the budget to eat at restaurants, or you just go around and munch at the organic delis/grocery stores. Every time I go home and

visit it's basically a food tour of my hometown. My cooking was put to the test living in St. John's and I do believe I have done well. I have been trying to re-create the dishes I love from the 'Peg. I do make more elaborate meals, but when yer lazy, in a pinch for time, or just have limited ingredients, these little recipes help.

Pakoras Oh man. Little, crunchy, delicious veggie fritters, which can essentially be any finely chopped combination of veggies (I prefer onions, spinach, parsley, garlic, ginger and jalapenos), an assortment of spices to taste (usually onion or garlic powder, curry powder, cumin, paprika, garlic or celery salt, and Cajun spice - but you can add anything, just have fun with it!), and chickpea flour (about 3-4 cups worth. Aaah hell make as big or small a batch as you like!). Chickpea flour is like any other flour, except when you add water, it binds really, really well, and is super sticky. Anyway, the mixture should be pancake batter consistency. The more moist it is, the better it will

taste. Not enough water, they end up being really dry tasting and you do not want that... Trust me. DRY PAKORAS ARE LIKE SOGGY NACHO CHIPS. Gross.

Drop a small nugget's worth in a wok/pan full of hot oil or use a deep fryer. Keep adding more until there is no room left. Fry until brown and form into little tasty nuggets of yumminess. You can also make them bigger and make veggie burgers with the mix. Super cheap and you can get a lot of patties out of the batter. Veggie burgers for a week! I use a plum sauce/hot sauce mix for dipping instead of the standard tamarind sauce that comes with a pakora. Vegenaïse is also fucking wicked on a veggie pakora burger.

French Toast À La Vegan Speaking of chickpea flour (I love this stuff, if I could, I would marry it, but it gives me the farts!), have I mentioned french toast à la vegan? It's really easy, and it's good to use up old bread so you don't have to throw it out in the compost when it gets all moldy. Also, french baguette toast is a wicked

treat. All you need is a cup of plain or vanilla soy milk (just add a teaspoon of vanilla to the plain if that's the case), about a tablespoon of corn starch and cinnamon, and about 1/3rd of a cup of chickpea flour. Mix in a bowl and dip yer bread in... Let it soak for just a little, you don't want super soggy bread. Gross. Fry it in some vegan margarine (Earth Balance/ Fleischmans lactose free, or I think Costco/Price Club has a bulk one without dairy now). The chickpea flour gives it its egg-like taste without the aborted fetus feeling. I love maple syrup with my french toast.

Peanut Butter Garlic Chili Sauce Stir Fry is also one of my fall backs when I am not feeling creative. Block of tofu, braised gluten (Magic Wok Grocery on Duckworth) or So Soya slices (Bulk Barn) works well for the meat substitute. With the so soya slices you have to boil them for about 15 minutes then simmer and add your own flavoring, I would suggest Bragg's soy sauce or cheap alternative, garlic powder, and hell, some liquid

smoke if you want a tasty little smokey treat. If you are allergic to soy or gluten or both, no worries, it's still super tasty - don't stress! Fry up the "meat," add some soy sauce/ garlic powder, then once it's crispy add whatever veggies you want. I personally like onions, garlic, broccoli, bok choy, some carrots, hell, add anything you want!

The secret is in the sauce. Mmmmm.... sauce.

The sauce is basically roughly half a cup of peanut butter (I prefer Kraft extra smooth, but I am sure organic stuff is way better for you without all that sugar), garlic chili sauce (cheap stuff at Dominion or Magic Wok Grocery on Duckworth)... Go for the Rooster brand. Some soy sauce or tamari soy sauces, minced or powdered garlic... Mix and add a little water to make it like a satay sauce. I always add the sauce last, once all the veggies are cooked. Don't overcook those veggies though! You want the nutrients. I always top mine off with some sesame seeds, green onions or, if I am super broke, I make some Mr. Noodles,

throw the spice mix into the stir fry and add the noodles after. Rice noodles are always a good addition, or throw it over some rice. This all shouldn't take more than 10-15 minutes to make. If you are cooking it for more than half an hour... Surprise! Your food is now either on fire or charcoal.

Vegan Caesar Salad, at last. You can make your own croutons, but... I am lazy (who has the time to toast old, spiced bread in the oven?). Some of the cheaper brands are vegan. I usually get mine from Sobeys, the Sobeys brand seemed to be vegan last time I checked, and cheap... Facon bits are soy-based (just steal those. I mean, acquire them from the dollar store...), and I usually add green onions to it. Traditionally Caesar salad doesn't have green onions, but pfft - traditions are meant to be broken. I just use a tahini based dressing. All it is is about 1/2 cup of tahini (also depends on how much salad you want to make), a little garlic salt and powder (a teaspoon each), a little onion powder, paprika, about a tablespoon of lemon

juice, and enough water to make a nice salad dressing-like consistency. Mix! And now you can make friends with salad. I think I have even used the world's best veggie chicken fingers (PC brand) on the salad to get that chicken ceaser salad thing on the go.

Lately I have been experimenting a lot with curries, and a lot have been turning out deadly. Updates to come on that front.

Three simple recipes. Let me know if they work out for you.

loves,
the Daveybrat

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Answering Questions from Non-Vegan Children

Jason Doucette

What do you
do when a
non-vegan child
asks why you
or your children
don't eat bacon?

After all,
it's yummy,
right?



That was the question posed by Kim to the Council of Vegan Parents, the advisory board that powers all the parenting advice over on SpawnBetter.com, and it's a topic that parents and non-parents alike have had to deal with. How do you get your point across in an age-appropriate way without causing more problems than you solve?

Here's what our team had to offer:

Be Assertive, Consistent, and Prepared

"Think about things beforehand," says Steph: "I have found myself kicking myself for using wishy-washy rhetoric when people are interested in our veganism and I wish I had said something more positive and assertive at the time."

This advice holds true in pretty much all scenarios, really, but it's especially useful with children, where things tend to be more on the black and white side without so many shades of grey.

That said, the part about being positive is a big deal too: "Because we're not murderers like your parents" is probably not the best approach. :)

As Steph notes, "thinking through the scenarios will make sure these things don't happen again," and there's a lot to be said for preparation.

If you have a few spare moments to go through some imaginary conversations (hey, they're not just for toddlers!) you'll find yourself better equipped for simple "why" questions if they come up.

Be Honest Without Being Gruesome

Elaine takes an honest yet age-appropriate approach to questions from non-vegan children.

For a pre-teen she knows, she'll offer vegan food when he or she visits, and if he or she has questions, she'll answer them. For very young children, Elaine opts for a simple "I don't eat that," and while she'll still answer questions, she's quicker to

change the subject. And for those in between, here's a recent example that I think is pretty cool:

"...on a drive to the park one day we saw a truck filled with pigs. I told the kids that seeing big metal trucks like those, with the holes in the sides, made me sad. The kids asked why. I explained that the pigs were probably being hauled off to slaughter to become pork, ham, or bacon."

"More questions came: How far do they take them? Do they get food along the way? Do they get hot or cold in the truck? Do they know what's happening? What should the driver do instead if everyone stopped eating pork, ham, and bacon?"

"I answered each one as honestly as I could. The pigs travel from all over the place so some pigs travel short distances and others travel for days. No, they do not usually have any food or water while they travel because that would make it too messy in the truck. Yes, sometimes it gets too hot or too cold and sometimes the pigs will get sick or die during

the trip. They don't know exactly what's happening, but they're probably scared. Wouldn't you be scared if you were in that truck? The driver should haul vegan food or... well what do you want to do when you grow up? Maybe the driver should do that!"

Focus on Things in Common

Julie's family tries to shift the conversation away from "why don't you eat that" to a discussion of things that they do eat that kids also like, which shifts the emphasis over to things that they have in common. I like this idea a lot, and have you noticed that discussions with children have a lot of good strategies that work well with adults? Funny, that.

Dealing With Other Parents

What about when a child goes home and tells his or her parents what was said?

Interestingly, none of our respondents have had any problems here. I think it has a

lot to do with the approaches they've taken, as detailed here: be consistent, be honest, don't be gruesome, and focus on the things that you have in common, and you're a lot less

Have you had any incidents explaining veganism to non-vegan children, either with them or their parents? I'd love to hear about them so we can all learn.

*You can leave a comment at
<http://tinyurl.com/2b5wqq5>
or you can email
jason@spawnbetter.com*

Thanks to Kim, Steph, Elaine, and Julie for their help with this one!

RECIPE

Shake-It Kale Salad

Salad Ingredients

- 1 large bunch kale (shredded)
- 1/4 - 1/2 of a purple cabbage (shredded)
- A few handfuls of baby spinach (or regular spinach, torn)

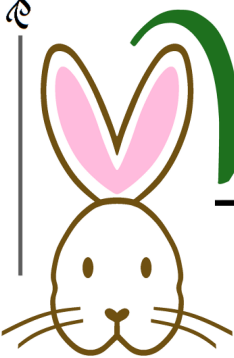
Dressing Ingredients

- 1/2 Cup Olive Oil
- 1/3 Cup Tamari (not quite to the top)
- 4 Tbsp Apple Cider Vinegar (balsamic is yummy, too)
- 1 heaping Tbsp tahini
- 1 heaping Tbsp agave nectar
- 1 heaping Tbsp chopped fresh herbs (basil, chives and oregano are awesome)



1. Whisk everything but the kale, cabbage, spinach and olive oil until you get a good bum-shake going.
2. Slowly add in the olive oil while you keep shakin' it.
3. Combine dressing with greens.
4. For best flavour, allow to sit in the fridge for a few hours before serving for best flavour.

Kristine Elliott



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The Magical Magic Oven

Teresa Fisher

All you really need to know:
pizza delivery with Daiya cheese!



After spending a week in San Francisco last February, with all the vegan luxuries one could ever desire, I was spoiled. Pizza delivery with Daiya spoiled. That's what I'm talking about here. Amici's East Coast Pizzeria (www.amicis.com) made such outstanding, Daiya covered pizza that I smuggled a whole pizza onto my 12 hour flight home. I know you'd do it too. We all know how awful it is to be a hungry vegan in an airport.

I live in Halifax where it's pretty

cushy to be a vegan. There are lots of options for dining out and ordering delivery for lazy nights at home. However, we in Halifax have a small hole in our vegan souls, a hole that can only be filled with delicious Daiya topped pizza, preferably by delivery. Don't worry, I'm working on it. I have full faith that it's only a matter of time. Sweet time and sweet talking.

Until then, my dreams will only come true when I visit Toronto and order up some Magic Oven

pizza. Magic Oven impresses in a multitude of ways. First, with the option of a yeast-free organic spelt crust or a gluten-free rice flour crust. Second, you have a wide choice of sauces to choose from, all included in your price. Keep it classic with a Non-GMO tomato sauce or mix it up with BBQ, spicy, or ginger (yes, ginger!) tomato sauce.

Now for the best part: Daiya is included in the price of your pizza! It's mixed in with all of your other cheese options at no extra charge! Yes, we have all died and gone to vegan heaven. Now just wait, it gets better. Your topping options include things like green-tea infused tofu, roasted rainbow peppers, garlic rubbed spinach, tandoori and/or rosemary sweet potato, avocado, steamed kale, fresh mango, edamame, beets, coconut, flax seeds, hemp hearts, and walnuts. WOW.

As if that isn't enough to make you book your next vegan holiday in Toronto, Magic Oven has outstanding customer

service. Something happened to my last order and when it arrived, the amount of Daiya on my pizza was barely $\frac{1}{3}$ of the amount of regular cheese on the pizzas my two friends ordered. I called back and explained my disappointment, politely asking for a re-make of my pizza. Not only did they genuinely apologize several times, they insisted I keep the first pizza! Upon prompt re-delivery the new and improved Daiya covered pizza I was given a face-to-face apology explaining how embarrassed they are and how glad Magic Oven is that I called back.

Oh, and it was SO delicious. Mmm... until next time, Magic Oven.

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I ♥ Potlucks

Lisa Dempster

Veganism can feel very isolating, especially when your social world is mostly populated by omnivores.

Lisa's solution? Trust in the power of the potluck!

When I first went vegan, I knew one other vegan (and her brother). Now I know a lot more than that – 100? more? – due in large part to that awesome invention, the potluck.

A potluck is a event where every guest brings a plate of food to share, so it's the perfect kind of party for bringing vegans together. My first potluck was three or four years ago. I was blogging about vegan stuff and also active on the internet forum Post Punk Kitchen, as were quite a few other Melbourne vegans. My one vegan friend and I decided to have a potluck at her place so we could meet these other vegans from the internet, and we let our PPK forum friends know.

The potluck was small, six or seven people I think, and

female-only. From memory, there were chickpea cutlets, sushi, sweet treats and pancakes. A bit awkward at first, we settled down into a good chat on the verandah and went away with plans to do another potluck soon.

At the time we didn't realise that little forum potluck would turn into something huge, but it did. The group had another potluck, and a BBQ, and another potluck, and each one lead to new people coming along... now, that small group has morphed into a core group of about 25, though they are sometimes much bigger. It's been huge in helping to connect the vegan social network in Melbourne.

The potlucks have been going for three years now and have grown and changed



and morphed in that time. Sometimes public announcements go up on our food blogs, making them accessible to newbies, and sometimes a simple text message goes out to a few people, but the elements are always the same: food, friendship, and chilled out fun.

One of the reasons why the potlucks work so well – why

they are so much fun – is because of their relaxed nature. I’ve never been to a dinner at our local vegetarian society because I’m not all that keen on the idea of sitting down for several hours at a restaurant with people I don’t know. But get a bunch of people into someone’s backyard, with a tray of food they have made themselves (easy talking point – what did you make?), maybe

add a few dogs and – bish! A stress-free party that isn't too intimidating for new faces.

The somewhat random part of potlucks is where the power lies, connecting with vegans that you don't already know. After all, if you know one vegan (as I did), they probably also know one, and they know one, etc... so if you create a space for any vegan to come and eat together, enough people will bring someone and suddenly your network is growing and you'll be meeting vegans from all over town.

Why is it important to connect with other vegans? So many reasons!

My vegan friendships, stemming mostly from our potluck crew, are important to me in a million different



ways. The value of not being 'the only vegan' is huge, it's cool to have friends who share my values and interests, and in a lot of cases we've found that we have much more in common than just our ethics.

It's been fun for me to watch friendships growing out of that first potluck. At first, with my potluck crew, it was all vegan business: talking about food, swapping recipes, sharing tips on places to eat, pooling information... but then we discovered more common ground than just food, and now, we're just friends.

From catching up over vegan potlucks, other outings were born (fancy dinners, gigs, bike rides), and I now have a good group of friends I invite along when I'm going out for breakfast or dinner, and a whole bunch more that I chat to at gigs or events. Through people I met at potlucks, I've met other vegans out and about, and I now feel really connected to the vegan community in Melbourne.

Potlucks are one of my favourite ways to socialise. I like that the shape of them is different every

time – sometimes they're huge and turn into a party where everyone is drinking and yelling, and sometimes it's a small group who sit around and talk as a group. I like that it is stress-free for the host, which leads to a casual vibe. I like that they're inclusive, and being DIY is part of that: if you're broke you can still usually find something to bring along, and if not, well there's still plenty of food to go around. Ultimately, there's just something really comforting about communal eating. Sharing food really does bring people together.

A few years ago, Isa Chandra Moskowitz wrote a set of rules for potlucking¹, including: don't cook at the host's house; always offer to help clean up; bring big portions; the host should not be doing most of the cooking. "Potlucks are so easy!" she wrote. "I didn't even realize that any rules were needed for one."

I agree that potlucks are the simplest form of entertaining, and disagree with a few of her rules... so here are a few

guidelines of my own. For perfect potlucking:

- Cook in bulk and make food that is easy to split and share.
- If there are leftovers of your dish, leave some for the host before taking them home. (A friend of mine calls this the 'leftover tax'.)

Pretty simple, right? I'd encourage all vegans to throw a potluck (or if you know of some happening in your area, perhaps through food blogs, then go to one!). All you need to do is decide on a date and venue (and if you have a small place you can always have it in a park), and put word out to your vegan friends to come along and bring a dish. If you want to meet new vegans, tell your friends to bring a friend.

Whatever form your potluck takes, I guarantee you'll have a blast sharing some home cooked vegan food.

¹ theppk.com/2008/06/pot-luck-faux-pas-and-a-quiche/

The World's First Vegan Accordion

Stéphane Groleau

When tradition conflicts with your ethics, you have to take matters into your own hands.



As a vegan, when I first started to play the accordion, I didn't know to what extent animal components were used. I was curious about the way accordions work, and I was interested in connecting with my cultural roots. But as the years passed, I began feeling more and more awkward about my accordions. Accordions, especially hand-made traditional ones, rely intensively on animal products.

The most obvious are the leather straps that hold the instrument. Unfortunately, leather is also used inside with the reeds and in the bellow. You'll also find animal products in the glues and in the varnish.

So my quest for a vegan accordion started around 2008. After a lot of research and work, I finally realized I would have to build it myself. First, with fellow musicians we

organized an accordion building workshop with French accordion makers Emmanuel Pariselle and Marc Serafini. There, I gained insight about where animal products are found.

Usually, every place susceptible to an air leak uses leather: the reeds (the vibrating metal tongues for each note); the air valves, and the bellow corners. The bellow is the critical part of the accordion. Normally, each of the eighty corners is insulated with a piece of leather. I would have liked to buy a vegan bellow, but no manufacturer was interested in making it for me. So I had to build it myself, requiring further research and experiments to find the right materials.

Instead of leather, I used a special Lorica fabric. To glue it with the folded cardboard, I used a vegan non-toxic Weldbond glue. In general, reeds are attached and insulated with beeswax. Personally, I used screws, but I also used soy-based wax from a candle for some parts. To finish the instrument, I

found a varnish from Ecos Paints.

It took me about six months working a few days, evenings and nights on it. I'm quite satisfied with the result, especially for my first one. This project was important for me because of my ethics, but it also demonstrates that, just like in food and in agriculture, if we want to avoid animal inputs, there are many alternatives out there. And concretely, in itself building an accordion is an achievement, so that alone develops an interest among non-vegan musicians. This way, I can bring up animal issues in a rather traditional world.



If you'd like to know more, please visit my websites.

www.eco-rdeon.veganquebec.net

www.veganquebec.net

A Veggieman's Journey

David J. Parker

There are as many routes to veganism as there are people thinking about it and doing it.

Our own was circuitous, to say the least.

We have two grown children (24 and 26), both committed vegans with the elder being a raw vegan and living in the United Arab Emirates. She regularly informs me of the obvious: being raw isn't very easy there.

I started a long time ago in 1973 whilst hitch-hiking around the USA. I found myself in California amongst all the natural foodists and alternative lifestyle folks (OK, hippies). The most revealing experience was bumping into a couple of those people who were off to an ashram called Yogaville West. It was

a life changing experience, although I didn't realize that at the time.

The next year I hitch-hiked from my home in England to Israel and lived on a kibbutz, where eating a vegetarian diet was very, very easy. Almost everything on our plates was grown right there or nearby, and extremely fresh. Going back to Britain I fell back into my carnivorous ways, blaming a return of the fatigue one often feels in a cold dark climate, as so many others have done, on the meatlessness of my diet. Many years later my wife, two babies and I had a

two year stint living in Singapore where the creatures you purchase for food often come complete with head, feet and viscera, if they are fowl. For fish, much



the same excepting of course that fish have no feet. And meat was often seen inundated with flies. Seeing and experiencing all this, my wife Margaret had a revelation and observed that “the dishes that were often in front of us could just as easily be meatless and you wouldn’t know the difference”.

So, we became vegetarian, although I was not completely committed until we returned to Canada in 1988 and heard an interview with John Robbins on CBC radio. The idea that a guy who could have inherited the Baskin-Robbins ice cream empire chose instead to live on a small plot of land and grow his own food really fired me up. I immediately purchased my first copy of *Diet for a New America* (I have bought many more for friends since).

Strangely, the first section on the issue of compassion almost turned me off the whole book. I guess my sensibilities at the time were

dulled by never having thought about that aspect of the issue before. Thankfully I persisted through the health and environmental impacts of meat consumption and became, as we are frequently called, a *Vegevangelist*.



Serendipitously our return to Canada coincided with the starting up of a group here in Edmonton called the Vegetarians of Alberta Association. We have nurtured the group now for 21 years and seen it grow and morph into the Vegans & Vegetarians of Alberta Association with a web site www.VofA.ca, a large membership and a respected profile locally.

Yes, you are thinking, but how did you keep the kids on the true path? Well, it was very easy, we really never encountered any resistance from them. The truth is that they were both proud of being vegetarian, almost from birth. Surprisingly the only small problem was stopping them fighting over who took the most salad – I am still amazed at how my wife managed to get them thinking like that.

I do regret those first 12 years when we made the same mistake that so many other vegetarians have made -

substituting more cheese for the absent meat. I do believe that Linda McCartney would still be alive today had she not made this same error. As my good friend Howard Lyman, the Mad Cowboy, says, “Milk should be the first thing you cut out”. Dairy is simply liquid meat, and concentrated at that with other bad stuff included.

So that is my family’s journey toward a healthy and ethical lifestyle. The only regret is that we didn’t start much earlier, but isn’t that how change almost always happens..... slowly?

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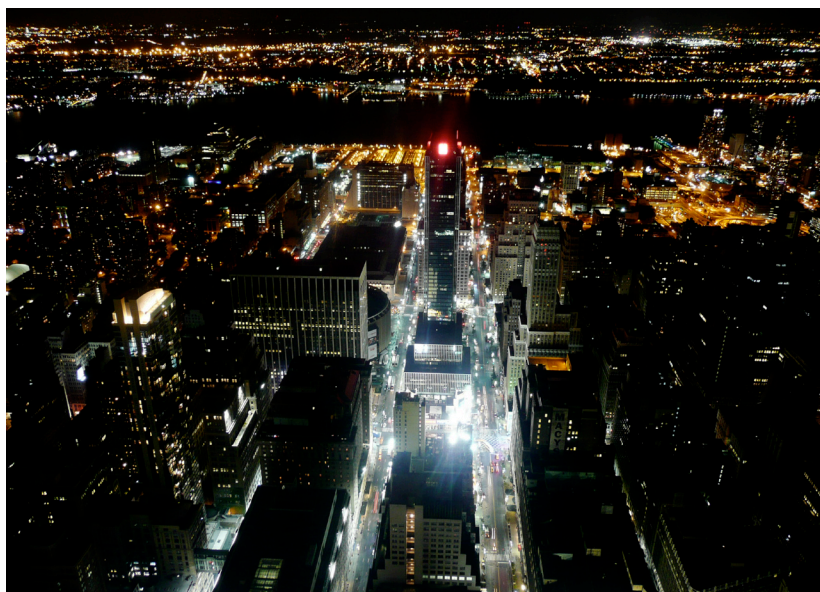
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New York City

Happy Kreter

In previous issues of T.O.F.U., I wrote about the best places to eat in Vancouver, Washington, Oregon, and Los Angeles.

This time we're headed to the Big Apple.



For my money, New York City is the best place to eat vegan in North America. There are a ton of places to eat out at, and many of them are very good, but I'm going to limit my discussion to a few absolute favourites.

And for those of you unfamiliar with my style, I'm a meat-and-

potatoes vegan. I like to eat healthy, but when I want to indulge, I get decadent... So there won't be any talk of great salads here. Let's jump in.

Red Bamboo – This is my favourite restaurant in the world. Its focus is on soul food/comfort food, and they really set the bar at Red Bamboo.

Located in historic Greenwich Village, this place has limited seating, and is often packed. But it's worth the cramped quarters for a taste of their BBQ Buffalo Wings alone. No fake-chicken aficionado should go very long without downing an order of these beauties.

Other winners include the Butterfly Soy Chops, Grilled Bourbon Chicken, and Codfish Cakes with Mango Salsa. Each of those entrees is served with some nice veggies, usually of the mashed potatoes and collard greens variety. And no trip to Red Bamboo is complete without a vegan Boston, which is a milkshake with an extra scoop of ice cream on top. And the deserts are to die for as well, so save room for the Oreo Cookie Cheesecake. All vegan of course.

Uptown Juice Bar – This isn't usually at the top of many people's New York hotspots, but don't let that bother you. We're looking for quality, not trendiness. Located on 125th street in the heart of Harlem, this place serves damn fine vegan burgers, as well as multi-course meals. You place

your order cafeteria style, choosing two of three items plus a "protein," which is essentially a course of a faux-meat style dish. Once again, it's a lot of soul food, but with a bit of a healthier spin than Red Bamboo, and also a much more casual atmosphere. And if you're into juicing, then this is the place for you.

Candle Café / Candle 79 – These are swanky vegan joints in a nice neighbourhood in Manhattan. Quite pricey, but they have something for everyone, and how often do you sit down to some vegan fine dining?

I recommend the Taco Salad, Cajun Seitan Sandwich, or BBQ Tempeh & Sweet Potato Sandwich. If you want to feel like a big wig, then get yourself a fancy \$20 entrée like the Pomegranate Grilled Tofu. Personally, I'll stick with the more plebeian fare.

Food Swings – This is basically a fast food/diner type place in a hip part of Brooklyn. It's open late, so you can almost always satisfy a craving here. In fact, they have a special late night menu

specifically for you alcohol-drinking fools stumbling out of the bar at the end of the night. I think it's known colloquially as "the drunk menu."

As far as comfort food goes, this place has it all – fishsticks, chili-cheese fries, chicken nuggets, (four different kinds of) chicken wings, reubens, philly cheese steaks, gyros, a huge selection of burgers, pizzas, and heroes/grinders/subs. And a crazy variety of milkshakes. And everything on the entire menu is 100% vegan. Insane.

Atlas Café – This place is not 100% vegetarian, but it is your hook-up for vegan soft serve ice cream. Get some wicked toppings in that thing and live it up. I recommend

cookie bits, peanut butter, and banana.

If you want to get something to eat, they have a decent selection of vegan items including crepes, paninis, and salads, but this place is all about the deserts for me. Their desert case features one of the broadest selections of vegan cakes and goodies anywhere, and they are all slam-dunks. So don't be shy!

That's it. Your guide to the vegan Mecca. Don't miss out on the treats New York has to offer. There are vegan items available everywhere, so explore, have fun, and get ready to hit the treadmill when you get back home.



I Vegan A Blog

Kathryn Asher

Building your very own vegan soapbox requires diligence, creativity... And a really great camera.

Having mulled around the idea of creating an online vegan something-or-other for a while (ahem), I finally, and randomly, moved on it: I took a (bad) picture of my dinner and wrote about preparing it. Looking back, there was some foreshadowing:

1. I was recently back from a 10-year vegan anniversary food tour of NYC that my fellow 10-year-vegan and I live-blogged to the amusement of our friends and family.
2. I was tired of counting the local vegans I know on one finger, let alone one hand.
3. the vegan-themed Op Ed I wrote for the local newspaper—yes I'm talking about you Saint John Telegraph-Journal—didn't make it past the upper echelons.

I kicked things off in the month of November, which happened to be VeganMoFo (the Vegan Month of Food), when vegan bloggers take to their kitchens and computers to promote vegan food. Sadly I was too late to make the cut, so I went about MoFoing all by my lonesome.

First Impressions? Revealing anything on the net suddenly makes you feel like an egomaniacal ass. What's worse, no one in the blogosphere may be paying attention.

Because I've been putting this project off for an even decade now, I gave myself some guidelines: "Post every day in the month of November—even though I'm too late to make the VeganMoFo cut (and a royal procrastinator)—and include at least one food picture a day."

And post day after day I did. Discover what it's like to cook, photograph, and write about food at 2 am, I also did. And when things got busy it wasn't long before I was letting other areas of my life (like my inbox) rage out of control or slapping a picture of a salad up and calling it a post.

Now that I'm a month in, I suddenly sound like I'm straight off Quarrygirl's Vegan Soundboard app: Cupcakes! Blogger/Baker/Photographer! Isa Chandra! Have you read my new blog post?!

Blogging for a month doesn't exactly give me license to make recommendations to the uninitiated, but here goes anyway.

First and foremost: follow the every move of vegan superstars

(think Sarah Kramer, Erik Markus, VegNews, Ecorazzi... Ryan Patey). They churn out tons of content assembly-line-style that can easily (and shamelessly) be borrowed. (Isa, I'm still thinking of new ways to capitalize on your Thanksgiving in an Hour post.)





Second: invest in a smart-phone for its photo and video capabilities.

Not only can you capture things of note on the fly (or not of note depending on how desperate you get), but the apps can provide fodder for your efforts: VeganXpress, VeganYumYum, VegOut, and most importantly, Reeder. Load this app with RSS feeds from the sites you visit compulsively anyway and suddenly you consume the vegan corner of the web in a more efficient way—and your phone becomes more than just

a Facebook machine!

Third: share the burden by making use of friends' and family's (equally) mildly entertaining vegan happenings.

Fourth: use the blog as an excuse to do things you wouldn't otherwise, like embark on a 46-hour cashew cheese recipe or leave dirty dishes from Tuesday's post untouched until Friday.

Fifth: find a user-friendly platform so you're not buried in the FAQs when you should be tending to your 46-hour cheese. I went with new kid Posterous because it's embarrassingly easy to post from an iPhone, but WordPress also has good word of mouth.

Lastly: much like one would do for kids with a storybook, tempt blog readers with colourful pictures. Apparently the written word doesn't have the draw it once did.

I'm fortunate to have a DSLR camera (complete with telephoto lens), but

unfortunate in that I mostly don't know how to use it.

Going forward, I hope to do more than just make a mess of my kitchen. I'd like to venture into the deep end of veganism: animal rights (I have a Masters in Animal Rights after all). I'm particularly interested in catering to the veg curious. I've been doing this as an armchair activist through **Take5Save5.com**, but there's nothing like putting your own stamp on things. So consider this part of the new rules of engagement, and as with the first set of guidelines, should things go awry feel free to delete me from your bookmarks list, RSS reader, or similar. And wish me well cause I've only just...vegan. (groan)

*New blogger Kathryn Asher can be found at
thelonelyvegan.posterous.com*



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Great-Aunt June's Shortbread

These cookies have been around for generations, but only recently received a "kind" makeover. They're most often found around the holidays, but also make a good finger food if you find yourself at a formal affair like a baby shower.

Cookies

- 1 tub (mad, I know!) Earth Balance (softened)
- 1 Cup icing sugar
- 1tsp pure vanilla
- 1 Cup cornstarch
- 1 tsp salt
- 4 Cup flour

Frosting

- 1/2 Cup Earth Balance (softened)
- 1 tsp pure vanilla
- 3 Cups icing sugar
- 2 to 4 Tbsp soymilk

1. Whip the margarine. Add icing sugar, vanilla, cornstarch, and salt (mixing after each). Add the flour, 1 cup at a time, until thoroughly mixed.
2. Knead the dough on a floured surface for 10 min, or with a dough hook for 5 min.
3. Roll out the dough on a floured surface to about 1/2 inch thick and cut into shapes. Traditionally a small circle is used (about 1 1/2 inches in diameter), but a less conservative baker may opt for nontraditional shapes. Bake on a greased cookie sheet at 350 °F for 12 to 15 min, rotating pan halfway.
4. Whip margarine with vanilla, then gradually add icing sugar. Add soy milk until the frosting reaches a spreadable consistency. Pipe (coloured) frosting onto cooled cookies and add toppings ad nauseam!



Kathryn Asher
the.lonelyvegan.posterous.com

Crowbars: My Stealth Activism Tool

Breighan Hunsley

**Frustrated by a lackluster job market,
Breighan let her heart (and her stomach) take the lead,
discovering her own brand of activism along the way.**

I started an energy bar business because I couldn't find another awesome job. I didn't apply for just any job-- only those that truly spoke to me. After recovering from major bowel surgery, I refused to return to my old job that I'd had for over 6 years, and I refused to take a shit job I didn't truly want.

During my recovery this summer, I decided to kick it on my balcony every day just reading. I stumbled upon a book called "The 4-Hour Workweek" by Tim Ferriss (that I recommend you all read). I was several pages in when I wrote a note in my note-taking book: "outsource Crowbars." I look back at this and laugh. In some ways I wish I had outsourced them, but it just seemed easier to make them myself. This is also pretty funny to think about because they're not easy to make at all. They're insanely dense and heavy as hell.

My only product, the Crowbar, is a wheat-free vegan energy bar that I designed five or so years ago. I've since reformulated them to be in line with my nutrition nerdery. Now that I have my own business, I'm totally responsible for all my work-related decisions. It's amazing how someone with a strong set of principles such as myself cannot bend on certain things without getting nauseous. I HAD to use New Brunswick's Speerville oats, I HAD to use oxo-biodegradable packaging, I HAD to make sure the granola was homemade and not a sugar-laden American one as it had been in the product's first prototype.

Nobody knows about these decisions. They're not on the package. They're carved into my heart, and even though these things make less profit for me, and aren't yet written anywhere for people to see, the profit is a

silent one-- it's a profit for all of us, and allows me to sleep better at night. I had friends ask me why I'd pay more for a local product thus making less profit even though nobody knew it was local. It's because I had to. Making a product you believe in entirely is the only way.

I hadn't really considered how fantastic it would feel to feed people a healthy vegan product before I started to demo them. Elderly people, children, people who love trashy food, people of all walks of life were digging Crowbars. I figured that they'd be popular with vegans, people with food sensitivities and health-conscious folks.

Some of the most rewarding feedback I get is when someone who doesn't care about any of these aspects, someone who doesn't care that they're eating an energy bar with five nutritional claims or would even think to

look-- when they're really into it-- this is gold. They're not sure why they like it, they just do.

I have a strong nurturing side. I really want everyone to be eating healthy, local vegan food. It's awesome to be offering it-- to have crafted a product with my heart and to have formulated it with my knowledge of nutrition and to be feeding it to others and having it make them happy.

For the most part, I gave up being an active animal rights activist about seven years ago. I almost entirely stopped going to protests, writing letters, attending meetings and planning events. I felt guilty



about this for a while, like I wasn't doing as much as I was capable of. I did, though, work three jobs in a row where I got to promote a vegan diet every day while getting paid for it. This is certainly a form of activism, and arguably an even more effective one.

Activism can come in many forms: taking a vegan dish to a potluck, baking a vegan birthday

cake for your grandmother, buying local apple cider to mull during the holidays, or filling out a comment card at a coffee shop asking them to offer soymilk. I'm grateful I'm in the position to share a healthy vegan product made with local ingredients with people. It's stealth activism, and it feels awesome.

RECIPE

Thai Thing

This isn't a gourmet meal, but it's quick and healthy.

Its glamorous name around the house is "Thai Thing" and I hereby bestow it onto you. Summer's vegetables seemed more authentic in this recipe, but autumn and winter aren't too far behind.

- 2 Tbsp oil
- 1 lb or less of firm tofu, cubed
- 3 Cups seasonal vegetables (chopped)
- 1 Tbsp grated ginger root
- 1/2 can of coconut milk
- 2 Tbsp lime juice
- 1 tsp turmeric powder
- 2 Tbsp soy sauce (scant)
- 3/4 tsp thai green curry paste

1. Saute tofu until browned--around four minutes. Remove from pan and allow to rest on a plate.
2. Sauté vegetables for about five minutes. Add coconut milk, turmeric and ginger. Cook until vegetables are almost tender. Add lime juice, soy sauce, curry paste and tofu. Cook for five more minutes.
3. Serve over rice noodles.

Breighan Hunsley





Victorious Pumpkin Chocolate Spice Muffins

I was looking for pumpkin spice muffin recipes and couldn't find one with ingredients I was truly into, so I made one up myself. This is my first muffin recipe, and it's been a huge hit among everyone who's eaten one.

- | | |
|--|--|
| <ul style="list-style-type: none">1 1/2 Cups light spelt flour1/2 Cup maple syrup2 tsp baking powder1 tsp cinnamon1/4 tsp ginger1/4 tsp nutmeg1/4 tsp clovesa pinch of sea salt2 Tbsp blackstrap molasses1 Cup almond milk1/2 Cup pumpkin puree1/4 Cup grapeseed oil
(or other)1 Flax egg
(1 Tbsp ground flax mixed with 3
Tbsp water)1 Cup chocolate chips2 tsp vanilla | <ul style="list-style-type: none">1. Preheat oven to 350F.2. Whisk together ground flax and water in a small bowl and set aside.3. Sift together dry ingredients, except for the chocolate chips.4. In another bowl, combine the wet ingredients until homogenous.5. Add the wet mixture to the dry and stir until just mixed. Fold in the chocolate chips.6. Portion batter into 12 greased or lined muffin cups and bake for 20-25 minutes or until tester toothpick comes out clean. |
|--|--|

Breighan Hunsley

ny Parent Times

Printed in China ONE DOLLAR

WEDNESDAY, JUNE 8, 2005



VEGAN PARENT FORCES CHILD TO EAT NOTHING BUT A WHOLE FOODS PLANT-BASED DIET!

By Kelly Twomey

It's always struck me as funny that the vegan diet is such a "public" diet. Put two people side by side, a vegan and a non-vegan, and the vegan will be the one asked about where they get their protein, their iron, their calcium... And what do vegans eat, anyway?

Former intelligence officials say that besides the problems of conducting thorough background checks in those countries, the agency also worries that recruits could be bugged if their families were

The omnivore, no matter what their diet consists of (say, for example, McDonalds, pizza and mac n' cheese) will never be asked those questions. Vegans must constantly substantiate what they eat. As a result, most vegans I know have read a handful of nutrition books, or at the very least scoured the internet for nutrition basics, so that we can be armed & ready when questioned about single nutrients.

I have had my share of curious & critical questions from people when confronted with my veganism, and I therefore expected a lot more dietary interference during my pregnancy. I was prepared for the onslaught of worried family/friends/strangers who thought I might be lacking in one nutrient or another. Surprisingly, not only did almost everyone I know accept the fact that I would continue to be a vegan during my pregnancy, there were relatively few comments about singled out nutrients, and the comments that I did receive were always of a curious nature (which I never mind discussing), as opposed to a judgmental one. People really only felt the need to speak up about one issue.

“Are you going to let your child eat meat?”

“Are you going to raise your child vegan?” “Are you going to let your child eat meat?” “What if your child doesn’t want to be vegan?”

People generally feel very uncomfortable about vegans “imposing” their vegan beliefs on children. They seem to be very concerned for the child’s welfare. Perhaps it’s the fault of the famous parents that starved their child in 2003. The parents were vegan and charged with murder because they decided to feed their infant nothing but soymilk & apple juice, and their baby died of starvation. This is not a “vegan” issue. Would all omnivores be presented with this story if these parents had fed their child nothing but cow’s milk & apple juice? Doubtful.

Yet everyone has heard of this story, and people have presented it to me on several occasions as “proof” that veganism is dangerous for babies. Apple juice & soy milk does not constitute a vegan diet. The baby was 6 months old when she died, and therefore

she should have been drinking breastmilk, or at the very least, infant formula (note: I am not an advocate for formula, but consider it an absolute last resort if there's some valid reason why the child cannot have breastmilk). It is advised that neither cow's milk, nor soy milk is offered until the child is at least 12 months old. The story is clearly one of neglect & ignorance rather than "veganism", however despite thousands of positive articles on the health of a vegan diet since this couple starved their child seven years ago, people still think of this story when they hear about vegan parents.

Although I don't want to make light of that one example of "unhealthy" veganism (one who only eats chocolate & french fries might also be called a vegan, but I certainly wouldn't make them a poster child for veganism), I do think it's a great example of how one news story can infiltrate the minds of the general population, despite so much evidence showing that a vegan diet can be very healthful & can reduce and eliminate many of the ailments we face today.



In contrast with those parents from 2003, I consider myself a "healthy" vegan. I love salads, I eat a variety of fruit, vegetables, grains, legumes, nuts & seeds to fuel myself. I don't eat a lot of junk food, deep fried, heavily processed, or fast food. Logically, I will pass the same food that I eat onto my daughter, so if those around me realize that my health is important to me and I eat healthfully, why would they not expect that I would give my child the same healthful food?

I tend to look at meat & dairy as I would cigarettes & alcohol. Sure, lots of people smoke & drink, and not everyone dies from it, but they are poisons we choose to take into our bodies.

Meat & dairy are also avoidable poisons. Nowadays, it seems to be a pretty well known fact that meat & eggs elevate cholesterol, and contribute largely to heart disease. Dairy has been linked to everything from ear infections to cancer. (We won't even approach the topic of growth hormones & antibiotics, the size of this article just doesn't allow for it.)

By the time my daughter is old enough to make those choices for herself, she will not be given the option to eat meat, smoke cigarettes, or have a shot of whiskey. There will come a time though, where she will make choices as to which poisons she will succumb, hopefully on only an occasional basis. I doubt very much that I will have anything to say about it at

Let's talk about imposing our values on our children. This isn't a vegan issue.

When I get the question "Will you let your child eat meat?" I equate it to "Will you let your child smoke cigarettes?" Nobody ever asks parents the latter because no rational parent would encourage their child to inhale toxins, even when the parent is a smoker him- or herself. They also know that a time will come when children no longer listen to their parents & they do what they want despite the consequences. It's our job as parents to make sure they never want to do it in the first place. Sometimes we will succeed, but sometimes we won't.

that point, my only hope is that I raise her in a way that allows her to make smart decisions & respect her own health above "looking cool" or "fitting in".

Let's talk about imposing our values onto our children. Correct me if I'm wrong, but this isn't a vegan issue either. I have never met a parent that didn't impose their values onto their kids, and I'm not even sure that it's possible not to... isn't it the very definition of "parent" to teach our kids right from wrong? We pass down our beliefs and our morals from generation to generation. It's how we learn.

Going back to the smoking analogy, smoking wasn't a big deal in the 1950's. Nobody knew about the serious health consequences affiliated with smoking cigarettes. Since then, we've learned that they cause cancer. We therefore pass that information down to our children, and as a result, there are far fewer smokers now than there were back then, and we've managed to ban smoking from almost all indoor public spaces. There are many studies that are indicating that meat, dairy and eggs are huge culprits when it comes to cancer, heart disease, diabetes, obesity, asthma, ear infections, eczema, and the list goes on. If I can teach my child to love vegetables, to eat healthfully, and to refrain from eating animal products, then in my eyes, I'm doing her a favour & raising her in the healthiest way that I know. When it comes to teaching her about the ethics of veganism, I plan to be age appropriately honest about it. I will start by telling her that animals are our friends, and we don't eat our friends. The evidence of friendship will be

**If I can teach her to love
vegetables,
then in my eyes,
I'm doing her a favour.**

pretty clear to her, as all kids are raised learning to love animals. I'm not sure exactly when the disconnect happens, but it's clear that little kids are not taught that the chicken in the bucket for dinner is the same as the chicken that we just saw playing in the dirt at the farm sanctuary. I'm sure she'll have lots of questions about it as she grows, and I'll try to answer all of her questions with honesty, and compassion. If she decides when she's old enough, that she disagrees with me & wants to eat animals...well then

I don't have any more say than I would if she decided to start smoking.

Being an involved parent means teaching our kids what we know. My eyes have been opened to the horrors of the animal industry, and I can no longer shut my eyes or turn away from it. The way we "farm" animals for food has changed dramatically in the last 50 years, and the small family farm is becoming just a memory of how it used to be. If I were to feed my child animal products, it would be the equivalent of

me telling her that slavery is wrong, but then buying her a slave for Christmas.

To sum it up, I believe that being a vegan is the most healthful & compassionate way to live, and I couldn't fathom raising my daughter in any other way. There's no guarantee that she'll

always live that way, but until she can make her own choices, she will be taught to live by my beliefs & ethics. Hey, some kids are forced to eat liver, so I figure she'll have it pretty easy being "forced" to live in a way that doesn't hurt animals and is beneficial for her health.

RECIPE

Cauliflower Mashers

This is a recipe that as always been a hit every time I serve it. So, Amber, Daniel, Marge, and everyone else who has asked for it, and my response was 'just throw this in and then this,' without any proper measurement, here it is.

- 1 medium head of cauliflower (chopped)
- 1 bulb of garlic
- 1/2 Tbsp garlic (minced)
- 1 Cup unsweetened soy milk
- 3/4 nutritional yeast

1. Cut top off garlic, then drizzle with olive oil, salt and pepper. Wrap in foil and roast at 400 degrees until soft.
2. In a large pot boil water, and then add the cauliflower. Cook cauliflower until you can pierce it easily with a fork. Strain in colander.
3. Put roasted garlic and cauliflower in a Cuisinart and blend, adding soy milk slowly until it's the consistency of mash potatoes.
4. Return to pot and heat on low temp, stir in nutritional yeast, minced garlic, and your desired amount of salt and pepper.



Ranise Coppens
aveganriot.blogspot.com

lava

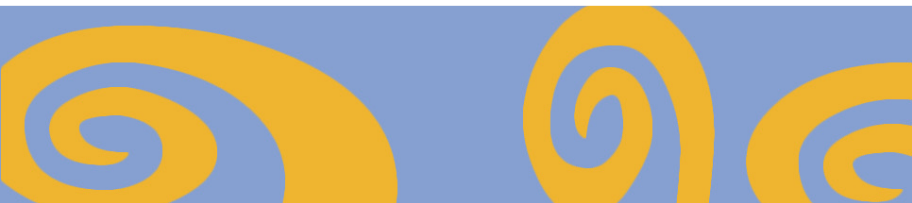
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St. John's City Review

Daveybrat, Ryan Patey, and Kira Petersson-Martin

T.O.F.U.'s new digs might not be the vegan Mecca of the east,
but if you look in the right places
there are some real gems to be discovered...



St. John's and its people are intimately bound with the ocean. Its history and culture are richer for this connection, but that doesn't mean that all the city has to offer is fishy!

The capital of Newfoundland and Labrador, St. John's is a city full of character on Canada's most Easterly coast. Traditional Newfoundland cooking is full of fat, fish and salt, but while the city certainly has its fair share of fish-and-chips shacks, St. John's can actually be pretty vegan-friendly if you can scratch beneath the surface.

Shopping for vegan essentials is straightforward and convenient in the metropolitan St. John's area. The two major shopping chains here, **Sobey's** and **Dominion** (a subsidiary of Loblaw's/Superstore), have a section of their stores dedicated to health-conscious and ethical eating. In these areas you can find all of the vegan, gluten-free, and organic products carried. Dominion generally has the superior selection of vegan and maritime-local goods (though Sobey's has started carrying more Tofutti products!), such as Nova Scotia-made tofu and Newfoundland-grown spinach. Helpful tip: the Blackmarsh Road location has an even more impressive variety than the other two stores in the St. John's area.

For specialty items like raw cashews and gluten-free flours, there's also a well-stocked **Bulk Barn** near the Village Mall on LeMarchant Road. Finally, the bigger **Shopper's Drug Mart** locations tend to have a relatively large organic food sections, and some of their treats are "accidentally vegan."

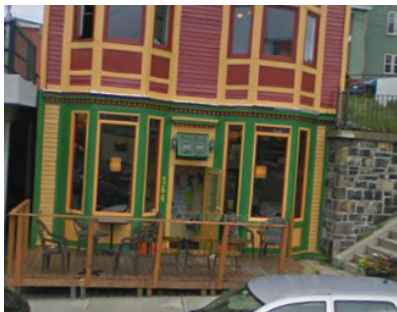
If small-scale business is more your cup of tea when it comes to groceries, there are several options available to you in St. John's, including a seasonal fresh vegetable stand in Churchill Square, **Lester's Farms**, **Belbin's Grocery** (awesome hummus and other prepared meals), **Taste of East inc.** (a grocery store dedicated to Indian food near MUN: www.tasteeast.ca) and **Auntie Crae's** downtown.

By far my favourite options, however, are the **St. John's Farmer's Market** (stjohnsfarmersmarket.org) and **Food For Thought**, an Oxfam-affiliated business on Duckworth street.

Food For Thought is a small but cozy store specializing in health-conscious and organic sundries and supplements, and has a surprisingly tasty assortment of vegan chocolates (although they aren't advertised as such, and are tucked away amidst a million other things on the front counter).

The St. John's Farmer's Market is the real hidden treasure of the city, though, running from 9 am to 2 pm

every Saturday from May through November. The SJFM has continued to grow since its inception a few years back, and was incorporated as a non-profit last year. With dozens of vendors, some of whom specialize in vegan baking or cooking, it's a great source for groceries, treats, and a great lunch!



At first glance, dining options in St. John's seem limited. Despite the fact that there's only one vegetarian restaurant, however, there are a number of vegan-friendly options in the city! **The Sprout** is the most obvious choice, being a vegetarian restaurant with a number of vegan options (including desserts!). The pad thai and bean burrito are excellent options, and the vegan fruit crisps and brownies are fabulous.

Craving Japanese? **Sun Sushi**

is one of the better options in the city with a few yummy vegan options. Just be sure to request no mayo on your sushi, as certain chefs have a penchant for throwing it on rolls that are described as mayo-free!

Pi is another great option in downtown St. John's. A pizza place with a funky, math-inspired aesthetic, Pi offers not only a vegan crust, but a vegan chocolate cake as well (though the cake is sadly icing-free). The brand new, and stylish, **Piatto Pizzeria + Enoteca** (piattopizzeria.com) on Duckworth specialises in Neapolitan pizza. The servers and chefs are keen to accomodate vegan diets, and even though they don't carry a vegan cheese, they will throw some on for you if you bring your own.



Pizza Delight also uses vegetable-based pan grease and a vegan crust, so it's another option for your vegan pizza craving.

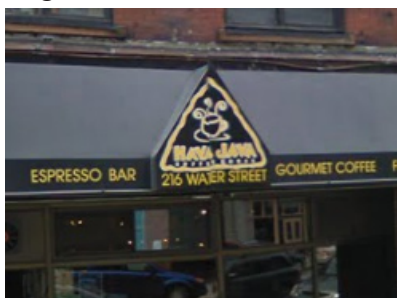
Looking for something a little more exotic? Less obviously vegan-friendly but no less tasty is the **Afghan Restaurant**.



A family-run business on Duckworth street, the Afghan Restaurant serves a limited menu with one meatless and one omni option per day. Because the menu changes daily it's a good idea to ask whether the meatless option involves dairy that day, but generally the food is delicious and vegan-approved!

Shalamar is an Indian restaurant on Duckworth that has some vegan dishes, but it's still good to ask for clarification prior to ordering. **International Flavors**, at the base of Signal Hill, is also

mostly vegan, though they sometimes use ghee (Indian butter) in their dishes. Again, it's good to ask first! **India Gate** also makes awesome food. Check out their eggplant curry, chana masala and deadly pakoras with tamirind sauce. Finally, the **Taj Mahal** on Water has a fair amount of vegan options, with a pretty decent lunch buffet. For Chinese food, both the **City Light Buffet** on Topsail Road and **Magic Wok** on Water street have a few vegan (or easily veganized) options. Check out the spring rolls at both places, as they are totally vegan!



If you're looking for a quick lunch, **Hava Java**¹ offers vegan Thai rolls (skip the fish sauce) on Thursdays and Fridays, vegan chilli on the weekends, and a vegan soup once in a while. A laid-back

1. Much of this issue was designed and layed-out over a 10-hour Hava Java session!

spot, Hava Java also offers a selection of fresh-pressed juices (try the tri juice!) and soy milk equivalents for most of their coffees.

Mega Wraps (on Torbay Road) and **Colossal Pizza** (on Water Street) offer amazing falafel... But be sure to request “no garlic sauce” at Colossal Pizza! To satiate a burger craving try **The Celtic Hearth** on Water Street. It’s open 24 hours a day, and their new chickpea burger (ordered without the feta) is delicious. If soy isn’t an issue, **The Bagel Café** on Duckworth has another really tasty, vegan-safe burger.

So what if you want something quick and sweet, like a hot chocolate? Your first stop should be the **Coffee Matters** on Military Road. The feel’s a little more suit-and-tie than knotted-scarf, but if you request that your hot chocolate be made with soy milk it magically morphs into vegan-friendly fare. With flavours like banana, spicy chilli, and mint, you’re in for a sweet treat! Although they also offer a vegan pasta salad and occasionally vegan soups,

what you really need to try is their peanut butter square . Divine!

Finally, if you’re really stuck for time and end up caught in the Avalon Mall, check out the **Thai Hut**. Not only do they have a clearly-labelled vegan pad thai on the menu, they also have a tasty vegan black rice dish that is fun to eat and be seen eating. The mall is also home to chains like **Booster Juice** and **Extreme Pita**, both of which have healthy vegan options. These chains have locations throughout the city (including on campus) if you ever find yourself stuck. Other chains in town that you can avail yourself of if stuck for food options include **Montana’s**, **Zeller’s** restaurant, and **Swiss Chalet** for veggie burgers, and **Wok Box** for “East Asian” food.





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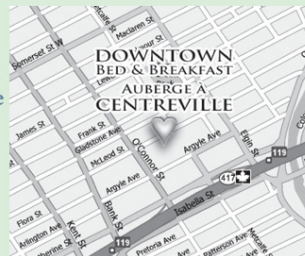
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Another Version of being an Animal Rights Activist

Zoë Rasputin

Most veg*ns fall somewhere between doing nothing and extreme activism. A Toronto group has been working to bring them together with people from both ends of the spectrum.

V.A.S.T. is an acronym for **Veg*n Adventures and Socials in Toronto** (and beyond). We are a veg*n group on Facebook that regularly offers social events to members. We host a variety of events from potlucks to indoor rock climbing, skydiving, camping, movie nights, and more!

We presently have over 500 members, and have been around since 2008 (under our former name of TVA Adventures). Co-created by myself and Tara K, along with two other administrators (Roger and Morgan), we regularly plan veg*n events around Toronto for the members of our group.

People can join by adding themselves to the list of V.A.S.T. members on Facebook or by sending a personal e-mail to us: vasttimes@yahoo.ca. Just about everything we do has a veg*n spin to it. A support network can

make or break an individual who is trying to be veg*n among her/his non-veg friends or who has trouble explaining their choices to well-intentioned family members.

In brief, V. A. S. T.:

- provides a space to talk about veg and non-veg issues
- stokes the momentum of a veg lifestyle and community
- brings awareness to veg*n and animal rights issues
- fundraises for animal friendly causes
- promotes animal-centric film (The Cove, Sharkwater)
- is a happy medium between casual vegetarianism and extreme AR activism
- brings awareness to events put on by other veg groups
- encourages members to join other veg groups, increasing their sense of belonging in the greater veg*n community



This group strives to be inclusive to people of all ages, of all levels of being veg*n, and even to those who are only veg-friendly. By including a wider group of people, we are sometimes considered part of the ‘mainstream’ of vegetarianism, and will easily reach some people that a specifically AR group would not. Through a group like V.A.S.T., however, certain issues are brought to the forefront by osmosis or word of mouth. People are increasingly using our group page to post about veg happenings or veg news, either local to Toronto or international.

About a year ago, a person was strongly trying to change the Toronto Vegetarian Association into the Toronto Vegan Association. Unfortunately for

that individual, he did not get the support that he was expecting from the vegetarians, vegans, and AR activists present there that night.

A few months ago, something similar happened. I learned of a situation where a friend of a friend got himself in hot water with some people who identified themselves as AR (animal rights) activists. I think the friend had made a comment found to be inappropriate by the activists, and soon a very public argument ensued. Some of the comments made from one activist in particular implied that the friend should go back to his veg social group (ours). It was an insult, surely made because that activist was frustrated about how seriously he takes his role,

and how others like myself feel comfortable in “limiting” how much we do, according to that one activist’s definition of what *should* be done to truly help animals.

Is there anything wrong in wanting to change things for the better, particularly for a group of animals who obviously can’t fight against humans the same way that other humans can? No. Do we need people to be extreme in this pursuit? My opinion is a definite “yes”. I can understand why some activists out there resort to radical behaviours to communicate and express their values.

There are enough variances in our personalities that for every extreme AR activist, there also exists an extreme anti-AR activist. An example of the latter could be someone trying to earn a living by killing sharks, elephants, or gorillas. Or, it could be someone so ingrained in their position as

a researcher that through their research, he or she has become desensitized to the ongoing torture or experiments that is or are performed. There are far too many examples of how animals should not be treated, locally and internationally.

By a different token, then, is it wrong to simply be vegetarian or vegan? If that kind of lifestyle is enough for those of us living it, should it not be enough for others? If someone chooses to volunteer their time, donate money, fundraise, keep abreast of veg*n and animal issues, be part of the vegetarian community, and be a representative of successful vegan living, do these actions have no value? Only 4% of the



world is vegetarian, shouldn't we all be working together and not against each other?

The bulk of vegans are not radical animal rights activists like those you would find among organizations like the Animal Liberation Front or PETA. Many of us, it would seem, fall into a more common, more general view of the word "vegan" or "vegetarian". By choosing not to eat animals, we become ambassadors of this lifestyle. We even end up inspiring others to follow our lead.

It seems to me that the reason that the animal rights activist group is not dominating the whole veg*n scene is because it isn't reflective of everyone's comfort level or personality. This is what it takes to be an activist -- to not only be vegan, but to go beyond that and bring it to the next level.

My partner worded it well: The simple act of being vegetarian is inherently political.

Not every animal rights activist that I know is radical per se. They don't go out wearing balaclavas and using violence to get their way. As with wars, violence isn't the only solution. However,

"AR" people take being vegan a notch above - they proactively go out there to be the voice of animals who have been harmed through no fault of their own. I believe in what they do, and I support it. I would be living in the same kind of ignorance as I did before if it were not for such active people.

That said, we all have a right to express disdain for animal abuse, however we like. I will promote AR events that I feel are VAST appropriate (I have to be careful not to inundate the group with all veg news that comes my way), I will also attend AR events (like the Liberty over Violence L.O.V. annual fundraiser dinner), and I will raise money for AR related projects like Sea Shepherd (VAST helped raise over \$300 in September 2009, which I personally matched donations dollar per dollar).

It can be hard enough to be steadfast about a vegetarian or vegan lifestyle, defending why we choose not to eat animals or even avoid wearing pearls, down jackets, etc., without having to justify ourselves to the other end of the spectrum as well. Mainstream omnivores feel

like their reality is just fine the way it is, and do not appreciate being preached to. Try being a mostly vegan person with family members who own a cattle ranch. When I visit them, I'm looking into the faces of cows whose lives will be reduced to just 3 years instead of their natural 20.

How can I fight that? As much as I'd like to, I can't control how others choose to live their lives, but I can continue to influence the eating choices of those around me on a small scale. I can team up with other like-minded people, and feel the benefits of

group strength as a result.

Without being part of veg*n social groups, my life would not be as rich as it is now. We have built a community where we are all able to live and continue growing. Our collective intentions are good - from the many people that I've personally met, our hearts seem very open to doing what we can to help animals.

Ultimately, it's up to each of us to determine exactly what "doing what we can to help animals" means.



Agriculture et Veganisme

Stéphane Groleau

Adopter une alimentation exclusivement végétale est le moyen le plus direct de dire « non » à la souffrance animale et ainsi sauver des vies.

Malheureusement, l'exploitation des animaux se retrouve à bien d'autres endroits parfois insoupçonnés.

Les méthodes de cultures actuelles, qu'elles soient conventionnelles, biologiques ou biodynamiques sont grandement orientées vers l'utilisation des animaux. Au centre de celles-ci : l'utilisation du fumier animal. Bien sûr, le fumier a la capacité de fertiliser les plantes, mais il est faux de croire en sa nécessité.

En effet, les excréments ne représentent qu'une partie de ce que les animaux ont d'abord ingérés, ils n'apportent rien de nouveau. Nous pourrions utiliser directement cette nourriture pour fertiliser les sols. En fait, les défenseurs du fumier sont généralement des consommateurs de viandes ou de sous-produits animaux (lait, fromage, œuf). En agriculture biologique, il est même possible d'utiliser du fumier provenant d'élevages conventionnels où hormones et pesticides furent utilisés.

Les résidus des abattoirs font aussi leur chemin en agriculture (incluant l'agriculture biologique). Farine de sang, poudre d'os, farine de plumes et compost de crevette servent à fertiliser



les tomates, concombres et compagne. Par conséquent, un chou fertilisé avec du sang séché est-il encore végétalien?

Si l'on se préoccupe réellement de la condition animale, les impacts écologiques de l'élevage et de la production conventionnelle doivent être analysés. L'utilisation de pesticides, d'engrais de synthèse et d'organismes génétiquement modifiés est loin d'être sans conséquences : pollution, érosion, pluie acide, déforestation, désertification, production de gaz à effet de serre. Tout cela contribue au meurtre, à la souffrance et à l'extinction de milliers animaux et d'espèces chaque année. Sans compter toutes les expérimentations animales liées au développement de ces produits nocifs.

Bref, pour sortir de ce système de domination des animaux non humains, il faut



nécessairement changer de paradigme; cesser de croire en l'absolue nécessité du fumier (et des animaux) comme source de nourriture pour les plantes; et alternativement, orienter l'agriculture vers des méthodes pacifiques, à base de végétaux, respectant ainsi le sol et ses habitants.

N'est-ce pas là le même débat qu'au niveau de l'alimentation humaine? Tout comme l'humain peut très bien vivre en se nourrissant de végétaux, le sol (et par conséquent les plantes) peut être davantage vivant et conserver une

fertilité à plus long terme si on le nourrit avec des végétaux. Concrètement, cela se traduit par l'utilisation des engrais verts, des paillis végétaux, du compost végétal, du compost de surface, de la rotation ou succession des cultures ou toute autre méthode durable, écologiquement viable et ne reposant sur aucune exploitation animale.

Une des techniques les plus prometteuses consiste à utiliser des branches ou jeunes pousses d'arbre réduites en copeaux et que l'on épand à la surface du sol. Appelés bois raméaux fragmentés (BRF), ces petits fragments occasionne le développement d'une faune

et d'une flore différentes des engrais habituels. De plus, ils améliorent la structure du sol (rétention d'eau, aération, drainage) et apportent des nutriments. De pair avec les sources de fertilité, les principes de travail minimum ou de non-travail du sol permettent de protéger cette fine couche de terre d'où tous nos aliments émanent. L'absence d'animaux d'élevage en surface est alors compensée par la présence d'une riche communauté d'organismes dans le sol, lesquels digèrent les végétaux morts et « labourent » le sol.

Diverses méthodes de culture existent et de plus en plus de



personnes cultivent sans intrant animal, si bien qu'un réseau anglais d'agriculture et de jardinage biologique végétalien fut mis sur pied en 1996, suivit quelques années plus tard d'un réseau similaire en Autriche. Depuis 2008, un réseau Nord-Américain a également vu le jour et répertorie plus d'une dizaine de fermes. À noter toutefois que d'ici à ce que les légumes biologiques végétaliens arrivent dans les supermarchés, les produits certifiés biologiques restent la meilleure alternative. En effet, l'agriculture conventionnelle avec ses pesticides, engrais

de synthèse et organismes génétiquement modifiés a des répercussions encore pires sur l'environnement et ses habitants (empoisonnements, avortements, difformités, cancers...).

Finalement, cultiver un potager chez soi restera toujours la façon la plus sûre de savoir d'où proviennent nos aliments et ainsi, de respecter la vie. Pour en connaître davantage sur le réseau d'agriculture biologique végétalienne ou pour démarrer votre propre jardin végétalien, passez voir le site www.goveganic.net.



Autres ressources

Vegan Organic Network: www.veganorganic.net

Site francophone: www.vegeculture.net

Stéphane Groleau (Quebec) is the co-founder of the Veganic Agriculture Network, a writer for Growing Green International magazine and the webmaster of veganquebec.net. An eco-film maker, he co-directed A Veggie Meal, the first French Canadian documentary about vegetarianism and veganism.



SPOTLIGHT

CURSED ARROWS

The Halifax-based band steps away from the mics to offer their thoughts on quinoa vs. couscous, and other controversial issues.

By Ryan Patey

Alright, let's try and make this fun! Cursed Arrows are [three words]:

Jack E: Love, honesty, strife.

Ry N: Pursuing musical truth.

In one word, why are you vegan?

Jack E: Compassion

Ry N: Choice

How long have you been vegan?

Jack E: We've been vegan for more than seven years. We went vegan together, and I'd already been vegetarian since the age of thirteen.

Ry N: I was an omnivore until Jackie and I cohabited in 2003. It took me about six months to phase out my old food habits.

If you could live in one place for the rest of your life, and eat at only one restaurant, where would it be?

Jack E: Calactus Cafe in Moncton could feed me every day and I'd be happy. As for a permanent locale, we haven't found one yet...somewhere with a city, an ocean, mountains and wilderness nearby.

Ry N: The perfect city/restaurant

combination has not yet made itself known to us. We've yet to travel to the United States on a lengthy tour, so we would probably have an answer following that trip. Otherwise, we've always had a strong desire to open our own vegan food establishment.

Who would win in a fight: Quinoa or Cous Cous?

Jack E: Couscous has the mainstream on its side, so the audience reaction would likely propel it to victory. They are worthy opponents.

Ry N: This is a hard battle. Personally I'll side with couscous about 90% of the time, but quinoa is a powerful grain. I call it a draw!

Is there somewhere that you have visited that didn't seem vegan-friendly at all?

Jack E: Lots of tiny, rural communities that subsist on hunting and fishing are seemingly devoid of vegetables, but vegans always find a way to survive - temporarily.

Ry N: Similar to the perfect city/restaurant, we haven't toured enough yet to know. We generally survive thanks to grocery stores along the way.

Your most recent album, *Telepathic High Five*, is a rather fierce little beast. Does playing music give you a platform to voice your opinions in a way you may not personally? Are you passive or aggressive when the microphones are off?

Jack E: That album was a spontaneous explosion of socio-political dysphoria. Playing music is certainly our only platform for relaying our opinions, since we're extremely reclusive and spend every waking moment thinking about or writing songs. The strength of our music – the song structures, the lyrics, the loudness or subtlety of our instruments – compels us to be truthful whether we're in front of mics or not. We're confident that the songs speak for themselves, and for us, since they come about so honestly, and feel so important.

**we aren't the kind of
people who push our beliefs
on others**

Ry N: We aren't the kind of people who push our beliefs on others, so we generally voice our opinions through music because that's the most direct way to

do it. I think that gives people the chance to think about and interpret how we feel about the world, but perhaps also reflect on some of the things surrounding them. *Telepathic High Five* was us getting a lot off our chests as a result of being somewhat angry and reclusive. That's something we've been trying to change, and I think our song-writing has been changing along with it.

Speaking of voicing your opinions, your other blog, "Hardcore Vegan," touched on the issue of flexibility within veganism in reference to the Alicia Silverstone incident. Do you think that flexibility is related to how long someone's lived as a vegan?

Jack E: Definitely, I think that the longer you spend on the fringes of society, outside the status quo, the greater your desire to understand others who flirt on the fringes and try to do good for us all. I try to leave a lot of leeway in my mind for issues surrounding vegan morality, as long as the individual in question deeply cares and tries to convey to everyone else that the central issue of veganism is life-long compassion. Sometimes the details are less important than

the greater good.

Ry N: I certainly would never consume animal products in order to appear less “rude” in a social situation, but I do agree with what Jackie said in terms of the greater good. I’d rather that people in positions of influence (celebrities) bring the idea of being vegan to the attention of

Ry N: I’m of the mind that we can and will teach our children the way we live and eat. That to me is as normal as raising any child in a family with “alternative” views. They’ll know and understand why we live the way we do and we don’t anticipate it being an issue. The difficulty will be how they function in the world around

our children will be encouraged to feel the same compassion for others and hunger for knowledge that we feel every day

the mainstream. At least then more people can start thinking and making their own decisions about the way they live.

Continuing with the notion of flexibility, one of the focuses of this issue is the idea of vegan children and parenting. How do you feel about the idea of raising children vegan?

Jack E: Our children will be vegan. Without using any labels, our children will be encouraged to feel the same compassion for others and hunger for knowledge that we feel every day. It won’t occur to them not to be vegan. I would have loved living this way as a child.

them, which is something that vegans of any age have to deal with to varying degrees.

Does that extend to raising pets, such as cats or dogs, as vegan?

Jack E: No. Cats and dogs have fangs for a reason; they gnaw on things and hunt small animals and insects and birds for a reason. It’s deeply ingrained in their natures, and raising pets is an ethical compromise in itself, so I find that allowing them to fulfill their carnivorous needs in reasonable ways is healthiest for them. Having said that, since they are domestic animals that live indoors, feeding them a

varied diet that includes a lot of plants both keeps them healthier, and keeps the vegan conscience a bit more intact.

Ry N: We've had numerous conversations about this and remain quite conscious that our cats are not people (nor are they as adaptable as I feel we humans are), and shouldn't be treated as such. We make sure they eat an assortment of the same whole foods we do, and we feed them the most conscientious store-bought pet food we can find.

Does the idea of "owning" animals as pets strike you as antithetical to the vegan mentality?

Jack E: Yes, it does, but we have taken on animals as pets out of the sheer desire to befriend them. There is a lot of merit in coexisting with other animals; I wouldn't be the vegan I am without my animal friends. However, I think they deserve more than being kept indoors. If you adopt animals, you should either allow them to live as freely as you can (outdoors), or nurture them almost like you would your own offspring. Never abandon them, or let them down. Never treat them like commodities.

Ry N: Definitely. The distinction becomes apparent when you do treat a pet like your own. They are our friends and we try to be companions to them almost more so than they do us.

**i hope that when a
revolution comes along,
it will happen in
the real world**

Would you prefer to lead a revolution or to live quietly in the woods?

Jack E: This is a question I ask myself almost daily. I would like to find a balance between the two. Revolt in the city, retreat to the woods.

Ry N: We are pulled quite strongly between the two worlds. We happily live surrounded by amenity and appreciate what cities have to offer, but the solitude and quiet appeals strongly to our personalities as well. We draft our musical plans in solitude and then unleash them to the outside world.

If there is a revolution, will it be televised or a Facebook event?

Jack E: It'll definitely be "televised" on Youtube. I sort of treat Youtube and other video sites like the current incarnation of basic cable, as I think most of the younger generations do.

Ry N: I hope that when a revolution comes along, it will happen in the real world.

Your song "Superspecies" mentions subsistence farming, which is something North America seems to avoid. In Newfoundland we now import around 90% of our food. Of course, this also gives us more options and makes being vegan easier. In our Canadian climate, is a vegan diet still the most ethical choice?

Jack E: A vegan mindset is always the most ethical choice. If you end up eating only imported vegetables because of where you are situated, then at very least you are supporting a wholesome and healthy diet and mindset for yourself. However, the more remote your locale, the less practical it becomes to rely on others for your sustenance. This may be why so many vegans gravitate either towards rural living, so they can grow much of their own food, or urban life, so they can walk down the block and

buy food from a small organic grocer. The latter definitely has its ecological downsides, but veganism is all about compassionate compromise.

Ry N: We try to eat local food as much as is available (thank goodness for farmer's markets), but at the same time food distribution and the way people think about producing and consuming food needs to and can change quite a bit from how it's been for the past several decades. We hope that through the choices we make as consumers, things will move in a more positive direction.

veganism is all about compassionate compromise

Best Cursed Arrows song to listen to while writing a letter to a political leader:

Jack E: "Run Forever" or the title track to our new album, "The Madness of Crowds." Both are written from the perspective of someone looking out for the masses, who've long been terrorized by corporate interests. That is about to end.

Ry N: My vote goes to "Run Forever" as well, but we've got

more songs in the works that hold true to the same feeling of frustration.

Best Cursed Arrows song to listen to while making vegan babies:

Jack E: I've never understood fornicating to music, but I've definitely imagined it. Our new song "One In The Blue," comes to mind. It's driving, and relentless, but it was written quietly and in secret.

Ry N: "One In The Blue" is sexy. The song "Moths" from our little-known first record is a sensitive number as well, if the mood were just right.

T.O.F.U. Tour, Fall 2011. In?

Jack E: Yes, in theory, but we won't know until later in the year. It's tough to make long-term plans lately; we're finding that spontaneity serves us better. If we're in the country at that point, we're in.

Ry N: Ditto.



More Cursed Arrows:

MySpace: <http://www.myspace.com/arrowsband>

Blog: <http://cursedarrows.blogspot.com/>

Facebook: <http://www.facebook.com/pages/Cursed-Arrows/14740519851>

Vimeo: <http://vimeo.com/channels/112440>

YouTube: <http://www.youtube.com/user/thecursedarrows>

Pumpkin Syrup

I'm one to seek out a vegan-friendly pumpkin latte or two, or milkshake, during my favorite season, and one to wonder, "Why aren't there more classy pumpkin cocktails?"

Eye-rolling over the multiple recipes for pumpkin syrups and sauces online that simply involved pureeing canned pumpkin with maple syrup and heating it, the following happened in my kitchen. Use this sauce to sweeten your tea, incorporate into cocktails, bribe your friends for favors in the 10th and 11th months of the year, and smuggle into local coffeeshops.

- 2 Cups of cold water
- 3/4 Cup dark brown sugar
- 1 1/2 Cups roasted pumpkin
- pinch sea salt
- 1 cinnamon stick
- 1/4 tsp nutmeg
(freshly grated)
- 2 Tbsp of maple syrup

1. Combine all ingredients, except for the maple, in a saucepan. Bring to a boil.
2. Reduce heat to low, and cover. Cook for 30 minutes. Occasionally stir gently.
3. Stir in two tablespoons of maple syrup and carefully remove the cinnamon stick.
4. Even more carefully, transfer to a blender, and puree until smooth. Be sure to let it cool, somewhat, or let the blender breathe so you don't have an autumn explosion on your hands.
5. Transfer to a bottle or jar. Refrigerate between uses.



Jess of Get Sconed!
getsconedpdx.com

DIY

The Yurt

William Brown

...straight up with no chaser... learn first hand from a cult leader...don't become a cog in the machine... dot, dot, dot like the writer louis-ferdinand celine... don't fight the machine... just stick your tongue out and walk away... live the life you've always wanted to live... work from home... do it yourself... what i meant to say was... is... that is, (first comma if you're a comma counter) wondering what to do in your last days?... tired of the same old routines?... tired of playing snakes and ladders in the city's playground?...

well, let's grab that dice and see how the numbers roll...



Once upon a time, William Brown and Sparrow started walking until they got to the city limits...they then turned around and told the city to go fuck itself!...next, our anti-heroes bought a cheap car, a cheap bottle of wine and travelled all across Canada (lower case "c", cause I'm not Canadian...I'm not some patriotic tool...sucking on

and also found the area which suited them the best, in terms of community and geography...they then moved into the area of their choosing, not knowing a soul and only a couple of hundred dollars...their motto was that "if it was meant to be the doors would open" for them and it did...by setting clear, articulate intentions



the tit of nationalism...rant and rave...snore) to see where they would like to live...they volunteered and worked...they also camped and slept in their car...they also lived and worked in small towns and intentional communities...through this they gained experience and skills

and letting people know exactly what they were looking for, our delinquents went from sleeping in their car that first night to camping in a campground the next night, to sleeping in a tipi in someone's back yard, to working, then to house-sitting in an off-grid cabin, to finally

meeting a family that was willing to let them land-share with them...through the help of family and doll hairs they purchased a used yurt...the total cost of yurt, platform woodstove and simple furnishings came to under \$20,000...they harvested their own wood for their woodstove and built their own furniture or got them for cheap...used...this year they built a small green house and made garden beds out of scrap wood...they also made their own natural fence to keep out deer and dogs by using dead trees from the forest down below...rain barrels, do it yourself plumbing system, homemade clothes, canning, walking...

Our scratch and sniff heroes are living their dreams in reality with very little money and with very little experience in country living...

...man, i can't stress enough

about creating clear goals for you or for your family...write it out, talk it out, draw it out, collage it out....know what you want...stay positive and keep moving forward... negativity only brings on depression and stagnation...don't take on too much and focus on one step at a time....social network and be adaptable...don't buy stupid shit that you don't need...learn how to live with less...learn to read and write...learn some hobbies... learn how to live in nature... learn how to live intuitively... this is your adventure...this is your life...so live it...grab a big ass knife and start carving your own path...fuck what others do or say...unless you are happy with the ignorance and lies that our civilization supplies?

In the end, i'll see you on the other side of the rainbow my friends...



JOIN THE CULT TODAY!

<http://www.youtube.com/misterwilliambrown>
(or maybe tomorrow, if you're too busy)

SPLITTING the difference

sharing a child between two homes is difficult,
but throw in some serious ethical and dietary differences
and things get even more complicated...



where do you draw the line on compromise?

“Veganism is a choice, right? So you’ll give your kid the right to choose whether to be vegan or not, right?”

This statement, and variations on its theme, has been omnipresent in my life since the spring of 2006, when I found out I was pregnant. My daughter is four now, and I still hear this on a regular basis. I don’t think that will ever change. What *has* changed, however, is my reaction.

It was like the chorus of a really bad pop song, repeated over and over until I couldn’t get it out of my head.

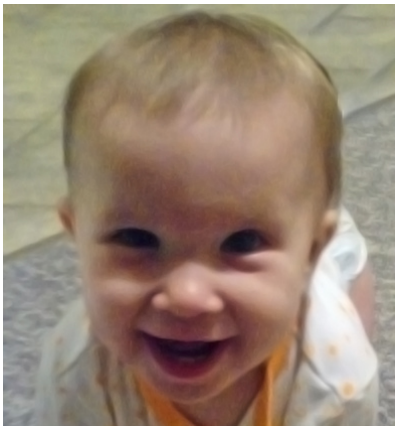
Back when I was expecting, I was “just” a vegetarian. Yet despite that, I was still under enormous pressure from my family, and especially my then-partner’s family, to eat meat. It was like the chorus of a really bad pop song, repeated over and over until I couldn’t get it out of my head: “There is no way you can have a healthy baby without eating meat.”

Thinking it was the right thing to do for my baby, I tried to comply but failed miserably. I simply couldn’t do it. After more than a decade of vegetarianism, there

was no way I could knowingly ingest the flesh of an animal, let alone enjoy it. I was wracked with guilt. I felt like a complete and utter failure, the worst kind of mother... How could I put my own desires ahead of my child’s needs? It wasn’t until my doctor assured me that a well-planned vegetarian or vegan diet was as healthy for my baby as an omnivorous one that I was finally able to relax into my pregnancy and let go of

some of that self-hate.

Looking back on that experience, I am incredibly grateful. What would have happened if I’d been saddled with a doctor who wasn’t so open? Would I have continued to force myself to do what was “right” for my baby, regardless of my own emotional health? Would I have stayed vegetarian and spent the rest of my pregnancy torturing myself for being a “bad mother”? Neither option is appealing, and I have my doctor to thank for how amazing the last half of my



pregnancy ended up being.

A lot has changed since that time in my life. I am no longer with my daughter's father, though we remain close friends. I graduated from university, and am now pursuing a Master's degree. I moved from the frigid prairies to an island called Newfoundland. Finally, I have also transitioned from habitual vegetarianism to an ahimsa-inspired, environmentally conscious veganism.

I have spent my entire time as a veg*n parent defending my right to raise my daughter as I see fit. Often this judgement comes from external sources, and is motivated by curiosity and misunderstanding. Other times, however, it comes from within my own family circle, and is not so innocent.

As a single parent, and a woman who loves her family, I very much want to get along with everyone. While my own family is, for the most part, accepting of my vegan diet now, they still anxiously stuff Evelyn's face with meat products whenever I am not present. This is done because they earnestly believe that mechanically-separated, reconstituted chicken is necessary for her development. Having said that, they also don't bother me about the vegan diet she follows when they are not around. As my mother once put it, "I respect your beliefs, but I also respect mine."

**I have to, in effect,
"share" my daughter.**

You might ask why I don't throw my maternal weight around more in this situation. The answer is somewhat complex, because I have to (in effect) "share" my daughter. Her father and I have joint custody, and the result of this is that certain concessions have to be made.

It was long ago decided that when our child is with me she

will share my lifestyle, but when she is with her father she will share his. This means, yes, eating meat, but also heavily-processed, semi-foods like Cheez Whiz and Cheetos.

When we were together her father tolerated my diet, but it was always made very clear to me that our daughter was supposed to be able to “choose” vegetarianism, and not have it “forced” on her. This of course meant feeding her an omnivorous diet, and not explaining my dietary choices to her - indeed, never mentioning them in the first place.

I would like to raise my daughter differently than I have in the past.

He and his family feel very strongly about our daughter’s “right” to eat meat, a right that they fear I am depriving her of. Years ago this wouldn’t have bothered me, because I so badly wanted to be accepted by them - but I now question that position.

I would like to raise my daughter differently than I have. I would like to explain



to her, fully, why I abstain from all animal products. The reasons are complex but can easily be made suitable for a child’s consumption: health, ethics, and environmental sustainability. I don’t pretend that veganism represents the end-all and be-all in each of those categories, but it is the best way I know how to “be” in this world at this time. I do not shy away from teaching her about my Jewish faith, or asking others to keep the food they feed her kosher. The concepts of tikkun olam (“repairing the world”) and tzedakah (“charity as justice”) are common in our household – so why am I so uncomfortable with introducing ahimsa-inspired veganism to my daughter?

When I remain quiet about issues that matter to me, whose interests am I serving? Mine? My daughter's? Society's? Who benefits from my silence? Certainly not the animals.

the most natural, logical option for human consumption. It may be natural to many, but it is not natural to me – and it need not be natural for my daughter.

By catering to the status quo, I

When I remain quiet about issues that matter to me, whose interests am I serving?

I have raised my daughter to understand the food chain as extending further than the grocery store checkout; to look forward to the farmer's market not just as a social outing, but as a source of real, wholesome food; and to express compassion for all living things... But that last point rarely connects with the first. By avoiding the issues of veganism, I am raising her to think of animals as somehow "less" than humans, both in terms of inherent value and function in the world.

The question I opened this article with needs to be reframed. When people claim that veganism is a choice, what they really mean is that it is "abnormal," "different." Omnivorism is also a choice, but it isn't framed as such. Rather, it is presented as

am also teaching my daughter that difference is something to hide away. If veganism is a choice, then so is omnivorism, and I have the right and responsibility to educate my daughter about the benefits and drawbacks of both. Not because I want to indoctrinate her, but because I legitimately want her to be able to make up her own mind.

If veganism is a choice, then so is omnivorism.

Yes, veg*nism is a choice, just like any other lifestyle... But in order for veg*nism to really be a choice, it needs to be *presented* as one, on an equal playing field with other diets. North America's enforcement

of “compulsory omnivorism” relies on presenting veg*n lifestyles as deviances from the “normal” way of being in the world.

Fuck that noise.

I say fuck that noise. Veganism is an alternative, and not an aberration. Growing up, I will ensure that my little girl knows that.

Not all hope is lost, either. Just the other day I overheard an argument between my daughter and one of her friends. The little boy kept insisting that everyone really should eat meat if they wanted to be healthy. His mother corrected him, reminding him that she is a vegetarian herself, and doesn’t eat meat. He insisted that veggie meat was gross, and that no one could like it, my daughter angrily declared, “Well I LOVE veggie meat!”

And that’s something.



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100% FREE OF MEAT,
LEATHER, DAIRY, EGG, WOOL, SILK,
ANIMAL BY-PRODUCTS,
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OR RAISED EYEBROWS.



As a vegan, you've done the research, read the labels, and answered silly questions about the emotional lives of carrots. You've dealt with the raised eyebrows at family dinners when you explain (again) why chicken isn't vegan. And you've probably found many products that seem vegan but have animal-based products in there somewhere.

VeganEssentials.com is your one-stop shopping source for the vegan lifestyle. Food, clothing, shoes, makeup, vitamins, bath products, and more – over 1100 products, all guaranteed to be 100% vegan, delivered to your door with no hassles. Visit us online or call toll-free at 866-88-VEGAN (866-888-3426).

 **VeganEssentials.com**

The Vegan's Guide to Essential Fatty Acids

Kristine Elliott

So; EFA's - essential fatty acids.

What are they? Why do you need them?

Because you do **NEED** them, you know. **YOU DO!**

Essential fatty acids are called essential because we need them to live; yet they are something our bodies don't really manufacture on their own, we need to obtain them through dietary or supplemental sources. These little lipids are **REQUIRED** for a healthy biological process and response and are not really a source of energy (like for example, the fats found in say, an olive!). So don't go running away because I mentioned the word fat. Because my friends, this is life or death, really.

I'm not trying to be dramatic but I am consistently surprised at how little people (in particular us vegans) pay attention to their intake of essential fatty acids, in particular Omega-3, a.k.a your best friend.

You've surely seen many oils on your supermarket or health food store shelves claiming to supply

your body with a full spectrum of essential fatty acids. But guess what? We get **PLENTY** of omega-6, found in nuts, seeds, avocados, grains, cereals, breads, soy, corn, etc. We get **PLENTY** of omega-9, found in the same and similar foods as omega-6. But what we're lacking, what we **REALLY** need, is omega-3.

Typical sources of omega-3 include fish. And more fish. Fish oils provide the two most biologically significant forms of omega-3, DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid). These are the active forms of omega-3 that provide direct health benefits.

So **WHAT** is a vegan to **DO**? Many of us turn to flax, hemp and chia. These little seed creatures are great – in terms of the fibre that a whole seed can provide, but they do very little in terms of providing your

body with any significant health benefit in the form of an essential fatty acid. The reason why, is that plant omegas most often come in the form of ALA (alpha linolenic acid), which has no biological significance in the body. It MUST be converted (using a pathway called Delta-6-Desaturase or D6D) to EPA before the body can use it. In flax, this conversion happens at a rate of about 3-4%... not a lot of 'bang for your buck', right? And many flax or hemp oils require you to take multiple tablespoons per day. Not only is this not an effective way to get your omega-3, it is also an excessive source of calories and other fats, which your liver will certainly scoff at you for.

Look for an omega oil made with TWO things, first; a good source of DHA (like algae! It's true – where do you think the fish get their DHA from?). And something like echium seed. Echium is a land plant which is a great source of SDA (stearidonic acid). What's so great about

SDA? It does not require the D6D enzyme to convert to EPA in your body. This means that you're looking at a conversion rate of about 30% (vs. flax which is 3-4%). Prepare your cells for an omega party, because you're going to feel amazing. And as an added bonus, because of the higher conversion rate, you only need to take a few teaspoons!

Omega-3 is crucial, my friends. Not only is it great for your skin and hair, but it also has much deeper, more profound health benefits than you can imagine. For example, 40% of the polyunsaturates in our brain are DHA. Can you imagine if they all faded away and you never replenished your DHA cells?! You're brain would shrink like a grape in your dehydrator. And EPA is crucial for keeping inflammation at bay. It's great for helping you get back to the yoga studio faster, or for helping to maintain muscle mass when you have to carry your (what feels like) 30lb CSA box home 5

blocks in the snow.

This is a very brief explanation of why EFA's are so crucial for health and what they do in our body, but please take my word

for it when I say you need them, you really do. Your heart, your eyes, your brain and every living cell in your body will love you for taking a moment to quickly nourish them each day.

RECIPE

Garlic, Spinach & Chickpea Soup with Apple Cinnamon Cloud Biscuits

This soup is based on something I ordered at a little café in the city, though I've changed it so many times, it is now unrecognizable.

It has become one of my fave soups.

- 1 large onion
(finely chopped)
- 5 or more cloves garlic
(minced)
- 1 tsp crushed fennel seed
- fresh basil, fresh parsley,
cayenne pepper & paprika
(a pinch each)
- freshly grated nutmeg
(7 swipes along a little grater)
- handful of spinach
(sliced)
- 1/2 red pepper
(diced small)
- 1 fennel / anise bulb
(sliced)
- 3 small potatoes
(cubed)
- 2 13 oz cans of chickpeas
(rinsed & drained)
- 4 cups veg stock
- 1 13 oz can of coconut milk
- 2 Tbsp vegan "butter"
- salt and pepper

1. Sauté the onion for five to ten minutes, stirring periodically. Add the cloves of garlic and cook for another minute.
2. Throw in herbs, spices, and spinach. Sauté for another two minutes.
3. Add the rest of the veggies & liquid. Bring to boil and simmer until potatoes are tender.
4. Finish soup with salt and pepper to taste, then add the vegan 'butter' for richness.

*Deann Maclean
locrianrhapsody.blogspot.com*

Apple Cinnamon Cloud Biscuits

These biscuits are so quick, simple and delicious.

This recipe is specific, but it is also adaptable. The baking soda and cream of tartar is added to reduce 1 tsp of baking powder. I find baking powder leaves a bitter quality. I like the nuttiness of whole wheat, but it can be eliminated as well. The flavourings can be changed to make more savory biscuits by adding caraway, thyme or some vegan 'cheese'. The vinegar creates 'buttermilk' and may be omitted or substituted with another vinegar.

Try any variation from your imagination.

1 3/4 Cup flour
1/4 Cup whole wheat flour
3 tsp baking powder
1/4 tsp baking soda
1/2 tsp cream of tartar
1 tsp cinnamon
1 Tbsp sugar
1/2 tsp salt
1/2 Cup 'butter'
2 apples
(peeled & diced small)
1 flax 'egg'
(2 Tbsp ground flax + 3 Tbsp
water, let sit for a few minutes)
1 tsp apple cider vinegar
enough 'milk' to make 1 Cup
1 tsp vanilla

1. Sift together the dry ingredients.
2. Cut in 1/2 cup vegan 'butter', then add the apples.
3. Combine the flax 'egg', apple cider vinegar, milk and vanilla in a measuring cup. Add this mixture to the dry ingredients.
4. Drop large spoonfuls onto an ungreased cookie sheet. Bake at 450° for 10-15 minutes.
5. Let sit on sheet for a minute or two before removing to a cooling rack. I know they smell awesome, but do try to wait a few minutes before eating to prevent burns!

Deann Maclean
locrianrhapsody.blogspot.com



Summer Tour Two thousand ten

[illegible]



“Justin’s prints and illustrations are complex in process and thought but simple in beauty. The ideas of innocence and the loss there-of, the weaving memories that shape our lives, and the longing of someone who is outside looking in are all prevalent in the composition of Justin’s work. The nostalgia of childhood that lingers on into our adult lives and the paths of daydreams we want to lose ourselves in are inherent in his art. The starkness of the landscapes and the muted panes of color form an emotional bond with the subject matter of the pieces through the painstakingly detailed fine lines and scratchings of the drawings themselves. Based out of Northern Illinois, Justin’s amazing work stands out as a monument to all of our wishes even in the face of our sometimes daunting reality.”

- Erin Armstrong, *Kill Hatsumomo Prints/Screwball Press*



FREE ENERGY FOXY SHAZAM

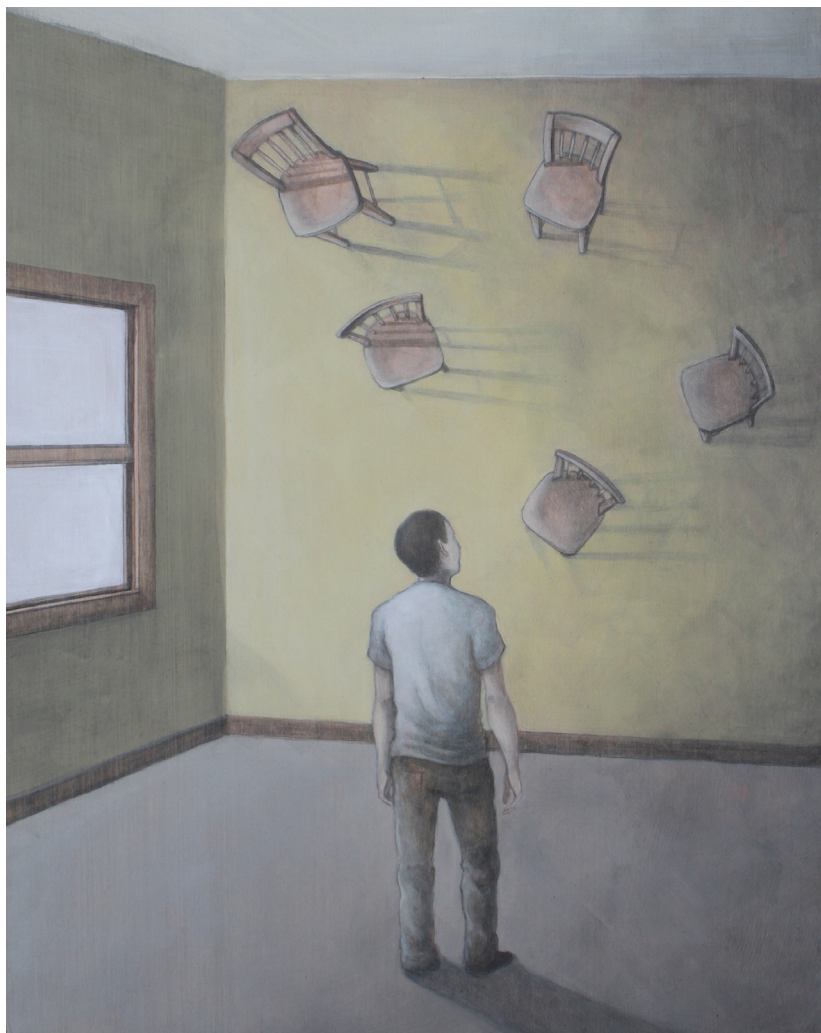


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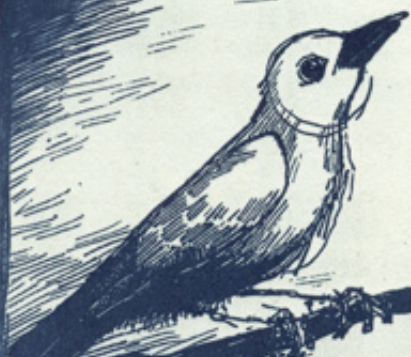
INSTANTRENTAL.COM ALLWET HAND-MADE

AJP SHAW



“Why vegan? I adopted a vegan diet about five years ago. I spent a good few months wrestling with the idea, trying to mediate the uncertainty that comes with any kind of lifestyle change with my increasing discomfort for supporting animal exploitation industries. By choosing to avoid animal products, I’m doing what I think is the right thing to do. It’s not about being better than anybody or imposing any kind of harsh self-discipline or anything like that. For me, veganism is a reflection of my beliefs about justice, and I find it to be a positive and fulfilling way to live.”

Justin Santora



So this is
distance

Tour poster for Make Do And Mend

(Page 80)

Serigraph on cougar cover, three screens used

Approx. 12x25"

2010

Retain This Receipt Throughout Your Journey

(Page 81)

Acrylic and graphite on wood panel

10x10"

2010

We Tied a Rope to the Back of the Bus

(Page 82)

Serigraph on cougar cover, ten screens used

18x24"

2010

Poster for Free Energy and Foxy Shazam

(Page 83)

Serigraph on rolland cover, four screens used

Approximately 16x24"

2010

Oh

(Page 84)

Acrylic and graphite on wood panel

9x12"

2010

So This Is Distance

(Page 85)

Cyanotype on kozo heavy paper

Approx. 6x8.75"

2009

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