

Memorable Projects • 30 Top Vegan Restaurants

VOLUME XXXI, NO 3

VEGETARIAN

JOURNAL

HEALTH ECOLOGY

30 Vegan Dishes
That Carnivores
Will Celebrate

*The VRC Turns
the Big 30!*



\$4.50 USA/\$5.50 CANADA



Popular Veggie Foods –
1982 Vs. Today

www.vrg.org

NUTRITION

REED MANGELS, PhD, RD



This issue's Nutrition Hotline looks back at some of the more common—and most memorable—questions from the past 30 years.

“Nutrition Hotline” has been a popular feature of *Vegetarian Journal* for many years. Let’s look back on some “Nutrition Hotline” columns from the past.

We’ve consistently encouraged readers to not accept everything they see in the popular press—whether it’s in a newspaper or a magazine, on Facebook or a blog.

When you hear about a study purporting to show that vegetarian diets are deficient in one or more nutrients, ask some questions.

- Was the study of a small group of vegetarians who ate a very limited diet?
- Was the study done in a country where food adequacy or safety is an issue? If so, the results may not apply to vegetarians with easy access to a varied, hygienic diet.
- Was the study done recently? Today’s diets typically feature more varied foods, including fortified foods, than did vegetarian diets years ago.
- Could factors other than diet have influenced the results?
- Have other studies reached the same conclusions?

The bulk of the evidence is that vegetarians live long, healthy lives. [2002]

QUESTION: *“I just read about not needing fruits and vegetables—they don’t keep you from getting cancer. Is this true?”*

ANSWER: Short answer, “No, don’t let the headlines fool you. Fruits and vegetables are foods you need every day.”

The story that you heard was probably based on a report from EPIC (European Prospective Investigation into Cancer and Nutrition), a large multi-country study involving close to half a million people. In the published study, researchers stated that fruits and vegetables had a very small effect on cancer risk. This statement led to headlines like “Five Fruits and Veggies a Day Won’t Keep Cancer Away.”

Unfortunately, some news stories did not point out that the study found that people eating more fruits and vegetables did have a lower risk of cancer, approximately 3 percent lower risk for every 200 grams (about 7 ounces) more fruits and vegetables eaten. That translates to a 3 percent reduction in risk just by adding a medium stalk of broccoli to your diet every day. The risk reduction was linear. In other words, the more fruits and vegetables you eat, the lower your risk for cancer is.

While a 3 percent reduction in cancer risk may sound quite small, we can look at the number of people who develop cancer each year and conclude that reducing this number by 3 percent would mean that thousands of people would not get cancer. People who eat more fruits and vegetables also have a lower risk of heart disease, obesity, and type 2 diabetes.

So, don’t let the headlines fool you. Eat plenty of fruits and vegetables, and since we don’t know exactly which ones are best, eat a variety every day. [2010]

(Continued on page 32)

MANAGING EDITOR: Debra Wasserman
 SENIOR EDITOR: Keryl Cryer
 EDITORS: Carole Hamlin,
 Jane Michalek, Charles Stahler
 NUTRITION EDITOR: Reed Mangels, PhD, RD
 NUTRITIONAL ANALYSES: Suzanne Hengen
 COVER PHOTO AND STYLING: Linda Long
 VRG VOLUNTEER COORDINATOR
 AND CATALOG MANAGER: Mary Herbranson
 WEB DEVELOPMENT/RESEARCH: John
 Cunningham
 RESEARCH DIRECTOR: Jeanne Yacoubou
 RESTAURANT GUIDE/MEMBERSHIP: Sonja
 Helman
 VEGETARIAN RESOURCE GROUP ADVISORS:
 Arnold Alper, MD; Nancy Berkoff, EdD, RD;
 Catherine Conway, MS, RD; Jim Dunn;
 Heather Gorn, MPhil; Suzanne Havalala Hobbs,
 DrPH, MS, RD; Enette Larson-Meyer, PhD, RD;
 Reed Mangels, PhD, RD; Jerome Marcus, MD;
 Virginia Messina, MPH, RD; Mark Rifkin, MS,
 RD;
 Brad Scott, MBA; Eric Sharer, MPH, RD, LDN;
 Wayne Smeltz, PhD

COPYRIGHT 2012 BY THE VEGETARIAN
 RESOURCE GROUP, INCORPORATED
 PRINTED IN THE UNITED STATES OF AMERICA.
 The *Vegetarian Journal* (ISSN 0885-7636) is
 published quarterly. The contents of *Vegetarian
 Journal* and our other publications, including
 web
 information, are not intended to provide per-
 sonal
 medical advice. Medical advice should be
 obtained
 from a qualified health professional. We often
 depend on company statements for product
 and ingredient information. It is impossible to
 be
 100% sure about a statement, info can change,
 people have different views, and mistakes can
 be
 made. Please use your own best judgement
 about whether a product is suitable for you. To
 be sure,
 do further research or confirmation on your own.
 SUBMISSIONS: We do not accept unsolicited
 manuscripts. Please send a query letter first.
 ADVERTISING: *Vegetarian Journal* does not accept
 paid advertising. We do review vegan prod-
 ucts.



www.vrg.org

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

FEATURES

6 • Celebration Meals

Chef Nancy Berkoff helps you pull off parties with ease!

10 • 30 Memorable Activities

From The VRG's 30 Years of Activism

12 • Top Vegan Foods 30 Years Ago Vs. Today

Christine Kasum Sexton, MPH, asks leading dietitians about their views.

18 • Remember When?

VRG volunteers and staff take Amanda J. Gilley down memory lane.

22 • Vegan Restaurants Across the USA

Debra Wasserman finds essential eateries for your next road trip!

27 • Looking Back and Looking Forward

Six luminaries consider the vegetarian movement's past and future.

30 • 30 Ways to Celebrate with The VRG Over the Next 30 Years

35 • List of 30th Anniversary Donors

Special thanks to all of these VRG supporters!

DEPARTMENTS

<i>Nutrition Hotline</i>	2
<i>Note from the Coordinators</i>	4
<i>Letters to the Editors</i>	5
<i>Notes from The VRG Scientific Department</i>	9
<i>Vegan Cooking Tips</i>	16
30 Vegan Meal Ideas Even Non-Vegetarians Will Enjoy! By Chef Nancy Berkoff, RD, EdD, CCE	
<i>Scientific Update</i>	20
<i>Catalog</i>	33
<i>VRG Teaches Interns About Veganism/Candle 79 Party</i>	Back Cover

NOTE FROM THE COORDINATORS

THE VRG CELEBRATES 30 YEARS OF ACTIVISM



When Charles became vegan in 1977 and Debra in 1980, the word ‘vegan’ was pretty much unknown. We knew only a handful of vegans. Several had a Peace Corps background, and their vegetarianism was related to a wider philosophy about the world. Others were concerned about health, Ahimsa, and an animal perspective. Many of the early activists were considered ‘characters’ or unconventional.

We remember one VRG member who told us that, when everyone else was vegetarian, he would start eating meat to be different. Many activists were anti-medical professional and ‘anti-establishment.’ From the beginning, The Vegetarian Resource Group believed that there were as many health professionals and businesspeople who supported vegetarianism as there were in any other segment of society. Certainly, 30 years later, we have been proven right.

When we first published *Vegetarian Journal’s Guide to Natural Foods Restaurants in the U.S. and Canada*, we struggled to find vegetarian (let alone vegan) restaurants in every part of the country. In this issue, we have a nice listing of vegan restaurants across the United States (page 22). These include gourmet and down-home cooking, cafés in large cities and small towns, and almost every ethnic creation. Even during our 25th anniversary, we couldn’t have written such an extensive article. For a full listing of restaurants, see <www.vrg.org/restaurant/index.php>.

As vegetarianism and veganism continue to spread, vegetarian groups will probably still have differing views. For example, many of us enjoy the proliferation of sugar-laden vegan desserts, but there are those who encourage us to moderate our consumption and advocate for healthful versions of these treats. While there are those who will consume in vitro meat, there will certainly be those who don’t consider it vegetarian and want alternatives. None of us will have to worry about lack of passion and debate in the future.

We can’t begin to thank the thousands who have assisted The Vegetarian Resource Group with education and outreach over the years. We apologize to those we are not naming here, but we especially want to acknowledge the following:

- Ernie Kopstein, MD; Audrey Fluke, RN; and Norris Fluke, who helped start The Vegetarian Resource Group back in 1982.
- Michael Blum, Cindy Blum, and later Sarah and Eric Blum, who carted our first wooden outreach booth hundreds of miles, sponsored vegan potlucks in the middle of farming country, and did cooking demos in every venue.
- Ruth Ransom Blackburn, RD, our first registered dietitian.
- Suzanne Havala Hobbs, DrPH, RD, who did scores of articles and handouts.
- John Shoemaker, who weekly came to the ‘office’ to help with clerical work and created our Vegetarian Game computer program.

(Continued on page 15)

VRG'S MEMORIAL AND HONORARY GIFT PROGRAM

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

Memorials & Honorary Gifts

In memory of: _____

In honor of: _____

Please send acknowledgement to:

Name: _____

Address: _____

My name and address:

Name: _____

Address: _____

Make checks payable to The Vegetarian Resource Group and mail to P.O. Box 1463, Baltimore, MD 21203, or donate online at <www.vrg.org/donate>.

Thank you to The Vegetarian Site for their generous donation!

An anonymous donation was made in memory of Marcus Wohlfeiler.

An anonymous donation was made in memory of Dr. Ernie Kopstein.

Once Upon a Time...

Hi! Just wanted to let you know that today is my 29th anniversary as a vegetarian, thanks to Debra and Charles. They gave a tofu demo in late 1982 or early '83 at Mt. Vernon, where I purchased *Laurel's Kitchen* from them. By February 6th, I was vegetarian—and have remained so.

Janet S., via e-mail

Longtime Vegetarian Has Been Educating Others for Decades

I've been vegetarian for 35 years (1976) and many of those years (the past 20) have been vegan. Way back then, we were often challenged with aggressive verbal attacks of "What do you feed your cats and dogs?" or "What kind of shoes do you buy?" My personal confusing pet peeve was "Can't you hear the plants screaming when you cut them or cook them?" We always gently answered these questions with the truth.

Years later, when those friends began having heart disease, high blood pressure, and cholesterol problems, they came back to us with a different tone, asking, "How do you do that vegetarian stuff?" Again, we gently embraced

their approach and began teaching what we knew.

Meanwhile, I became a registered dietitian and have been for the past 15 years. I love when a client expresses desire to become vegetarian, and I am able to professionally and personally share what I know.

In the past, I have requested several of the pamphlets and handouts that VRG has produced. Now, I would like to request again whatever you can send to me at my job for use in educating my clients.

I especially found the following handouts useful:

- *Veganism in a Nutshell*;
- *Heart-Healthy Eating Tips*;
- *Vegetarian Nutrition for Teenagers*;
- *Feeding Vegan Kids, Vegan Nutrition in Pregnancy and Childhood, and Vegetarian Diets During Pregnancy, Lactation, and Infancy*; and
- the *MyVeganPlate* (Hooray! Well done!).

If you have any or all of these available to send my way in as many quantities as you can spare, I would be very grateful, as would my vegetarian clients.

Thank you for all you do!
Amy T., via e-mail

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

Coming in the Next Issue:

COOKING WITH MUSH-

Celebration Meals

By Chef Nancy Berkoff, RD, EdD, CCE

LIFE IS SO HECTIC—WHO HAS TIME TO PLAN AND prepare menus? Nevertheless, birthdays, anniversaries, Valentine's Day, and sports events happen, and you *can* offer attractive, healthful, interesting food without spending too much time in the kitchen!

APPETIZERS

Crudités are crunchy vegetables, and they are extremely easy to make. Consider cherry tomatoes, radishes, broccoli and cauliflower florets, baby carrots, yellow squash and zucchini sticks, whole scallions, raw asparagus (with the thin, tough layer of skin removed), and pickled vegetables, along with various flavors of breadsticks. An accompanying dip could be made from roasted garlic that has been puréed with herbs, such as basil and oregano or cumin and curry powder. Or you can prepare a *Tapenade*. (See recipe, opposite page.)

Bread can serve as a conversation piece. Buy a round French bread loaf, cut open the top, hollow out the center (saving the crumbs for cooking), and serve soup or casserole-type entrées in the hollowed-out center. Larger loaves can be used as serving vessels for appetizer dips and spreads.

PASTA

Need an elegant cold appetizer or entrée? Look to pasta! Purchase vegan tortellini, gnocchi, or miniature ravioli. Cook, drain, and cool the pasta and then toss lightly with vinegar. Create a dressing of vegan sour cream or vegan mayonnaise, prepared mustard, cracked black pepper, chopped fresh grapes, and chopped nuts, such as hazelnuts or cashews. Toss the pasta and the dressing together. Then, serve the pasta on a bed of fresh spinach or romaine lettuce, and garnish with either a sprig of fresh basil or some chive flowers.

Pasta can also serve as an elegant hot appetizer or entrée. Sauté two or three different colors of bell pepper slices, julienned zucchini, baby carrots, sliced fennel, and minced garlic with olive oil, and then season with

fresh thyme, marjoram, and parsley. Toss the hot vegetables with tortellini, orecchiette, or orzo.

DESSERTS

Leftover sweet breads, such as muffins and raisin bread, can be used to create bread pudding. For every pound of crumbled bread (figuring four servings per pound), combine 3 cups soy or rice milk, $\frac{1}{2}$ cup maple syrup, 4 Tablespoons apple juice concentrate, 2 Tablespoons orange zest, and 1 Tablespoon each ground cinnamon, ginger, nutmeg, and cloves. Combine milk mixture and bread, and then add raisins, chopped dried fruit or nuts, or chocolate chips if you like. Bake at 350 degrees for 20-40 minutes until set, and serve with sorbet.

"You can offer attractive, healthful, interesting food without spending too much time in the kitchen!"

One dessert that can be elegant or hardy, is fast to make, and requires minimum preparation is poached pears. (This can be done with apples or peaches as well.) All you need are pears, a sauce, and a sorbet! You make the pear sauce just as you would an applesauce, simply leaving the pears a bit chunky. An alternative is to make stewed pears instead of sauce, which entails cooking cored, peeled, and chunked pears in a small amount of water with cinnamon, nutmeg, ginger, and raisins.

To make sorbet, purée overripe fruit with apple juice concentrate and freeze, or purchase already-made sorbet. Extra ingredients include ginger snaps, oatmeal cookies, and fruit chips. For example, you can buy apple chips already made, or make your own pear or apple chips by peeling, slicing thin, and baking the

slices on a greased baking sheet at 425 degrees.

Assembling your poached pears begins with a 9-inch dinner plate. Select two small glass dishes that will fit on the plate. Place a poached pear in one dish, top with sorbet, and garnish with a fruit chip. Fill the second dish with sauce, and garnish with a cinnamon stick. Decorate the dinner plate with several cookies and chips, and *voilà!* A beautiful—and easy-to-make—dessert!

TRIMMINGS

Accessories are what make a meal really festive. The recipes themselves may be prepared simply, with just enough seasoning to make things interesting. To add more color and flavor, bring on the condiments. For example, roasted Tofurky slices taste good, but roasted Tofurky slices with walnut gravy, pineapple salsa, mango chutney, or freshly-made apple-pear sauce taste great!

We like to have a condiments platter with chopped tomatoes, sliced olives, sliced mushrooms, sliced sweet and yellow onions, chopped garlic, chopped sweet and garlic pickles, and sliced chilies on the table so guests can create their own flavor profiles. Flavorful entrées, such as the *Stuffed Eggplant* (page 8) and *Jambalaya* (page 8) recipes that follow, become a wonderful meal with the right accessories!

BEVERAGES

Cold beverages should be refreshing, and hot beverages warming. Consider a ‘ginger sparkler,’ made with sparkling water or seltzer, crushed fresh ginger, lemon juice, and either apple juice concentrate (for sweetening) or a spicy chai masala (black tea with spices) for

a hot beverage. One or two ‘theme’ beverages can help to bring your meal together.

OLIVE AND TOMATO TAPENADE

(Makes approximately 3 cups or twenty-four 2-Tablespoon servings)

Use tapenades as a dip, a topping for crusty bread or crackers, or an ingredient in a salad dressing. This recipe can be made ahead and stored in the refrigerator for two or three days.

- 1 cup pitted black olives**
- 1/2 cup capers, drained**
- 1/2 cup canned sun-dried tomatoes packed in oil, drained**
- 2 Tablespoons chopped fresh basil**
- 1 Tablespoon vegan Parmesan cheese (dry mixture) or nutritional yeast**
- 1 Tablespoon ground white pepper**
- 2 cloves garlic, peeled**

Add all ingredients to the canister of a blender or food processor. Process only until just combined, leaving some ‘texture’ rather than making a paste. Place tapenade into a glass container, cover, and refrigerate for at least 1 hour prior to use.

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

GRAPE AND PEAR SALAD WITH SESAME SEEDS (Serves 4)

To make this salad into an entrée, add in 2 cups of cooked, cooled, and seasoned black beans or lentils.

- 2 ripe, unpeeled medium pears (approximately 1 pound)**
- 1 Tablespoon fresh lemon juice**
- 1 cup red seedless grapes**
- 2 cups assorted baby greens, washed**
- 3 Tablespoons sesame seeds**
- 1/2 cup balsamic vinegar**
- 1/4 cup olive oil**
- 1 teaspoon grated fresh ginger**
- 1 teaspoon cracker black pepper**
- 1 teaspoon fresh lemon zest**

Cut pears into thin strips, toss with lemon juice, and place in a medium bowl. Cut grapes into halves and toss with the pears.

Arrange the greens on a salad platter and top with the pear-grape mixture. Sprinkle evenly with sesame seeds. Chill salad until ready to serve.

In a small bowl, whisk the vinegar, oil, ginger, pepper, and zest together until well-combined. Drizzle dressing over salad just before serving.

Sample Menus

For a ‘game day’ event:

- Olive and Tomato Tapenade
- Jambalaya (page 8)
- Unfrosted Happy (Fill-in-the-Blank) Cake (page 8)

For a ‘holiday’ meal:

- Grape and Pear Salad with Sesame Seeds
- Stuffed Eggplant (page 8)
- Frosted Happy (Fill-in-the-Blank) Cake (page 8)

Total calories per serving: 282 Fat: 17 grams
Carbohydrates: 31 grams Protein: 3 grams
Sodium: 44 milligrams Fiber: 6 grams

FAST-AND-TASTY STUFFED EGGPLANT (Serves 6-8)

Using edible shells adds pizzazz to an entrée plate. Incorporate eggplant; zucchini; tomatoes; green, red, yellow, or orange bell peppers; or sweet onions with this stuffing.

This recipe can be prepared ahead of time, refrigerated for two or three days, and then reheated.

- 3 eggplants (approximately 3 pounds)**
- Vegetable oil spray**
- 4 cups prepared vegan cornbread or fresh bread crumbs**
- 2 cups cooked, cooled mixed veggies (such as peas, diced carrots, and cut green beans; chopped broccoli and cauliflower florets; or a chopped, mixed Asian veggie blend)**
- 1 cup cooked fresh mushrooms or drained canned mushrooms, diced**
- 1/2 cup finely diced sweet onions, such as Vidalia or Maui**
- 2 Tablespoons low-salt soy sauce**
- 2 Tablespoons fresh chopped cilantro or parsley, or 1 Tablespoon dried parsley**

Preheat oven to 350 degrees.

Wash the eggplant, cut off the caps, and slice the eggplant in half lengthwise. Scoop out the eggplant, leaving approximately a 1-inch thickness of pulp, to create a bowl. Discard the pulp or refrigerate for later use.

Spray a baking sheet with vegetable oil. Place the eggplant,

cut-side-down, on the sheet. Bake for 10 minutes or until the shells just begin to soften. (Don't allow them to collapse!) Remove shells from the oven and allow to cool.

In a bowl, mix the remaining ingredients together until well-combined. Place the eggplant shells upright on the baking sheet and pack them with filling. Cover with foil and bake for approximately 30 minutes or until the filling is very hot. Remove the eggplant from the oven. Allow to cool for 5 minutes and serve.

Note: If you would like a fast sauce to serve with this dish, toss some canned diced tomatoes and diced onions into a tomato purée, warm, and serve.

Total calories per serving: 292 Fat: 12 grams
Carbohydrates: 41 grams Protein: 7 grams
Sodium: 821 milligrams Fiber: 9 grams

JAMBALAYA (Serves 8-10)

Jambalaya is spicy, colorful, filling, and easy to prepare! You can take advantage of seasonal vegetables and sales on canned vegetables to vary this recipe's taste.

Don't forget to keep some extra hot sauce on the table!

- 3/4 cup no-salt-added tomato paste**
- 5 cups low-sodium vegetable broth**
- Vegetable oil spray**
- 1 cup chopped green bell peppers**
- 1 cup chopped onions**
- 1/4 cup chopped celery**
- 2 cloves garlic, minced**
- 2 cups uncooked white rice**
- 3 cups fresh sliced zucchini or yellow squash**
- 2 cups trimmed fresh or thawed frozen okra, sliced**

- 1 cup cubed seitan or tempeh**
- 4 cups no-salt-added canned diced tomatoes (not drained)**
- 1 teaspoon dried oregano**
- 1 teaspoon dried parsley**
- 1 teaspoon Tabasco or hot sauce**

In a large bowl, mix the tomato paste and broth until smooth. Set aside.

Spray a large pot with vegetable oil. Sauté the bell peppers, onions, celery, and garlic until slightly soft, approximately 3 minutes. Add the rice and allow to cook, stirring, for 1 minute. Add the tomato paste mixture. Reduce heat, cover, and simmer for approximately 10 minutes, stirring occasionally.

Spray a large skillet with vegetable oil. Add the zucchini or squash, okra, and seitan or tempeh, and cook over high heat, stirring, for 2 minutes, just to heat and 'sweat' the vegetables. Add the mixture to the rice. Add in the tomatoes, oregano, and parsley, stirring well. Cover and simmer for 15-20 minutes or until the rice and veggies are soft. Mix in the hot sauce and serve hot.

Total calories per serving: 304 Fat: 2 grams
Carbohydrates: 57 grams Protein: 15 grams
Sodium: 259 milligrams Fiber: 6 grams

HAPPY (FILL-IN-THE-BLANK) CAKE (Makes one 9-inch bundt cake, approximately 12-16 servings)

Baking this cake in a bundt pan maximizes moisture and creates an attractive presentation. This cake can be prepared ahead of time and frozen. Then, it can be thawed and frosted when needed.

This cake is good even without frosting. If frosting is not desired,

a sprinkle of shredded coconut or a topping of fruit preserves works well.

Vegetable oil spray

1 1/2 cups whole wheat pastry flour
1 1/2 cups unbleached white flour
1 1/2 Tablespoons baking powder
1/2 teaspoon salt
1 1/2 cups plain or vanilla soymilk
1 cup maple syrup or rice syrup (Maple syrup will provide a deeper color.)
1/2 cup vegetable oil
2 teaspoons vanilla extract
1 teaspoon fresh orange zest or 1/2 teaspoon dried orange zest

Preheat oven to 350 degrees.

Spray the bundt pan with oil.

In a large bowl, combine the flours, baking powder, and salt and mix well. In a medium bowl, whisk the remaining ingre-

dients together until well-combined. Mix the contents of the two bowls together until smooth and well-combined.

Pour batter into the prepared pan. Bake for approximately 30-40 minutes, depending on the oven, until a toothpick inserted into the cake's center comes out clean. Keeping the cake in its pan, place it on a rack to cool for at least 30 minutes before frosting or serving unfrosted.

Total calories per serving: 264 Fat: 10 grams
Carbohydrates: 40 grams Protein: 4 grams
Sodium: 248 milligrams Fiber: 2 grams

MOCHA FROSTING

(Serves 6)

1/3 cup water
1/4 cup cornstarch
3/4 cup maple syrup

1/2 cup almond or soy butter
1/3 cup unsweetened cocoa powder
2 teaspoons instant coffee or espresso powder (not crystals)
1 teaspoon vanilla extract
Approximately 3 Tablespoons plain or vanilla soymilk

In a saucepan, combine the water and cornstarch and whisk briskly (no heat) until well-combined. Then, whisk in the maple syrup. Bring the mixture to a boil, using medium heat and stirring constantly. Cook for approximately 2-3 minutes, until the mixture is very thick and smooth. Reduce

Nancy Berkoff is The Vegetarian Resource Group's Food Service

NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

VRG OUTREACH

Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD, wrote the "Vegan Nutrition in Pregnancy and Childhood" information that the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) uses on its website. Their "General Educational Materials" page begins at <<http://wicworks.nal.usda.gov/pregnancy/general-educational-materials?page=1>>.

In addition, Reed has been talking about pregnancy on *The Dr. Don Show*, a weekday broadcast on KZZZ 1490 AM. The show was created to help educate the listening audience about important health issues, with emphasis on lifestyle changes and dietary intervention. The host, Dr. Don Wagner, is a doctor of osteopathic medicine who is board-certified in emergency medicine and family practice, and he is course-certified in lifestyle medicine and plant-based nutrition.

VEGETARIAN RADIO EPISODE By Amanda Matte, Vegetarian Resource Group Intern

For two hours every Monday night, I have the pleasure of addressing the airwaves with my friend Sheila on our radio show, *Canny Crack*. The show can be accessed both on air and online through the station for which we work, WLOY, which is Loyola University of Maryland's very own radio station. The show celebrates an eclectic assortment of music that spans the genre spectrum, with a heavy focus on all things English. On April 2, Sheila and I decided to use our DJ roles to spread the word about The VRG and vegetarianism in general to our listeners. She is a fellow vegetarian, so we opened up the phone lines and allowed people to call in with questions about the lifestyle. We also discussed some of our favorite recipes, and my favorite vegetarian restaurant located in England called the Sky Apple Cafe!

30 MEMORABLE ACTIVITIES FROM THE VRG'S 30 YEARS OF ACTIVISM

- 1) A vegan medical doctor, a vegetarian nurse, a vegan competitive swimmer, and two vegan activists formed The Vegetarian Resource Group (originally known as Baltimore Vegetarians) in October 1982. Our first events result in feature articles in various media.
- 2) Our then-tiny group exhibits at the American Dietetic Association (ADA) annual meeting alongside large food manufacturers and animal industry trade associations. The ADA is known as the Academy of Nutrition and Dietetics today.



- 3) VRG dietitians help to spearhead the formation of a vegetarian 'practice group' within the American Dietetic Association. That way, vegetarianism could be presented in a scientific way, and vegetarian interests would be represented.

Generally in the past, vegetarian groups saw themselves as separate from the medical community, but after the practice group was founded, some vegetarian groups around the country started working with mainstream dietitians and doctors.

- 4) The VRG stops a rodeo from performing in Baltimore City.
- 5) The VRG posts signs on buses promoting World Vegetarian Day.
- 6) Baltimore's mayor declares World Vegetarian Day. Numerous groups around the country then do the same.



- 7) During one year in the early 1990s, The VRG holds a conference for 350 people in Baltimore,

holds another for 700 people in New York City, and assists Jewish Vegetarians in holding a conference for 400 people in New York.

- 8) Over the years, VRG dietitians co-author the position papers on vegetarianism that the Academy of Nutrition and Dietetics (formerly the American Dietetic Association) publishes.
- 9) VRG's Nutrition Advisor Reed Mangels, PhD, RD, writes the text for a Wegman's supermarket brochure on vegetarianism.
- 10) In 1996, VRG Nutrition Advisor Suzanne Havala works with the national Meals on Wheels program to create menu alternatives for its clients. Cathy Conway, MS, RD, tests quantity recipes for VRG in various settings in New York City, and menus are released the following year.

In 2011, VRG's Food Service Advisor Nancy Berkoff, RD, EdD, CCE, works with a local Meals on Wheels program in Long Beach, CA, to add vegetarian options to their menus.



- 11) VRG's Co-Director Debra Wasserman appears on *Good Morning America* doing a vegan cooking demonstration.
- 12) CNN features VRG's Co-Director Debra Wasserman in a vegan cooking segment that runs numerous times over several days.
- 13) The VRG exhibits at the American Heart Association's annual convention. Most other exhibitors are pharmaceutical or medical equipment manufacturers.
- 14) VRG's Food Service Advisor Nancy Berkoff does a vegan cooking demo during the ADA's

annual meeting and another at a National Association of College and University Food Service (NACUFS) convention.

- 15) *Meatless Meals for Working People* sells more than 100,000 copies, and *Simply Vegan* has 100,000 copies in print.



- 16) The Vegetarian Resource Group's website goes live in January 1997. The Tufts University Nutrition Navigator awards the VRG website one of their highest rankings for a nutrition website. Today, more than 180,000 people a month visit VRG's website: <www.vrg.org>.
- 17) A 1993 feature in *Parade* magazine generates thousands of requests for vegetarian information from The VRG.
- 18) VRG begins awarding two \$5,000 scholarships to graduating high school seniors. Also, VRG awards a \$3,500 needs-based annual internship.



- 19) VRG starts publishing *Vegetarian Journal's Foodservice Update* in 1993. These articles promote veganism to institutions, such as university cafeterias, hospitals, and restaurants, by offering quantity recipes and details about where to find vegan food in bulk.
- 20) VRG exhibits at the American Academy of Family Practitioners' annual meeting.
- 21) VRG starts a Yahoo! discussion group so

vegetarian parents can exchange ideas and support one another.

- 22) In 2001, VRG begins offering an online course on vegetarianism, taught by VRG's Food Service Advisor Nancy Berkoff, RD, EdD, CCE.
- 23) In 2004, the Associated Press interviews VRG Co-Director Charles Stahler concerning the impact mad cow disease has had on the vegetarian movement. The resulting article sends readers nationwide to VRG's website.
- 24) The American Culinary Federation asks VRG Food Service Advisor Nancy Berkoff, RD, EdD, CCE, to do an eight-hour seminar for culinary educators in 2009.

- 25) VRG greatly expands its Spanish language offerings of vegan materials, both online at <www.vrg.org/nutshell/index.htm#spanish> and in print. A recent addition is a Spanish-language children's coloring book.



- 26) The National Academy of Sciences develops a discussion about the new Dietary Reference Intakes for Calcium and Vitamin D, published by the National Academies Press in 2011 (page 420), and identifies the VRG website as the source of information for how many people in the U.S. are vegetarian.
- 27) Major media, such as ABC, CBS, NPR, and *USA Today*, cite VRG poll information in reports and articles. Major food companies and quick-service chains begin to contact VRG to discuss meatless options they are developing.
- 28) The United States Department of Agriculture (USDA) website links to the VRG's food service information.

- 29) In 2011, *VRG's Food Ingredient Guide* becomes available as a mobile app for iPhone and Windows Phone 7.

- 30) VRG produces a short vegan video and offers a veggie video scholarship: <www.vrg.org/video scholarship.php>.



Top Vegan Foods 30 Years Ago Vs. Today

Views from Dietitians Researched By Christine Kasum Sexton, MPH

WHEN THE VEGETARIAN RESOURCE GROUP was founded 30 years ago, many things were quite different than they are today. Neon colors and shoulder pads dominated the fashion scene, and most telephones were still connected to a wall. (Imagine that!) Advances in technology were beginning to gain steam with the birth of the CD player, and *Time Magazine* named “The Computer” as person of the year. *ET* was playing at the box office, and Michael Jackson’s *Thriller* was on its way to becoming the best-selling album of all time.

While some of us may wish to go back to those less-connected, pre-tweeting times, vegan food enthusiasts would have good reason to stay right here in the present. Thirty years ago, a vegan in the supermarket was faced with limited options, to say the least. Today, there is an

“Thirty years ago, a vegan in the supermarket was faced with limited options, to say the least. Today, there is an abundance of vegan products competing for shelf space, and new ones appear seemingly every day.”

abundance of vegan products competing for shelf space, and new ones appear seemingly every day. Gone are the days when vegetarians needed to search out dairy or meat alternatives in rare natural foods stores. These days, products ranging from soymilks to meatless burgers to dairy-free cheeses are commonplace in almost any grocery store. To get a clearer perspective on the changes that have occurred in vegan foods over the past 30 years, I asked some prominent vegetarian dietitians to share their thoughts on the subject.



Ryan Andrews, MS, MA, RD,

Director of Education at Precision Nutrition, imagines that the top vegan foods 30 years ago included tofu, granola, and carrots. Vegan options were basic, straightforward, and limited in their variety. “Some-

one who found themselves attached to these kinds of foods 30 years ago might have bailed on the idea of eating a vegan diet. Now, with all of these options, ‘limited’ food variety is no longer a concern.”

In his opinion, the biggest change regarding vegan foods over the last 30 years is that, these days, we can get just about any food ‘veganized.’ “Virtually every food that comes from an animal now has a plant-based equivalent,” Andrews says. Items such as vegan eggnog, vegan ice cream, vegan yogurt, vegan cheese, vegan meat, and vegan protein powder are now available. Andrews sees these products’ availability as important in making a vegan diet appealing to a larger segment of the population. He cites vegan versions of milk, burgers, and desserts as the top vegan foods today. “Non-dairy milks have taken over.” In fact, he is surprised when he meets someone who still drinks cow’s milk, unless they live on a dairy farm. Veggie burgers have become widely accepted, even among meat-eaters. And he thinks today’s vegan desserts taste better than their counterparts made with animal products.



Virginia Messina, MPH, RD,

Co-Owner of Nutrition Matters, Inc., agrees that 30 years ago, we did not have today’s wonderful selection of vegetarian and vegan convenience products. “I think many vegans and vegetarians built their diets around tofu, lentils, and brown rice, with

foods like homemade granola for snacks and breakfast,” Messina says. Textured vegetable protein was available at that time, as a sort of a preview of the veggie meats that were to come later. Early Seventh-day Adventist cookbooks made extensive use of nuts, according to Messina, so nuts were also an important food for vegans. These days, there are many more vegetarian and vegan cookbooks available, making it easier for anyone to prepare a wide variety of vegetarian meals.

Messina says, “Narrowing choices down to the top vegan foods today is a happy problem because of the incredible number of products available. I think many vegans still make extensive use of foods like brown rice, lentils, and tofu, and so they still rank as among the most important vegan foods. But veggie meats—and there are so many of them that I can’t single out just one—are increasingly important in many vegan diets and are wonderful for their convenience and nutrition.”

“These days, there are many more vegetarian and vegan cookbooks available, making it easier for anyone to prepare a wide variety of vegetarian meals.”

Another food that Messina cites as a staple in today’s vegan diet is hummus. Not so long ago, hummus was found only in Middle Eastern restaurants or delis. These days, most grocery stores carry multiple brands and flavors of hummus, attesting to its widespread popularity. According to a *New York Times* article last year, hummus sales in the U.S. went from \$5 million a year in 1995 to \$325 million only a decade later. Messina also ranks soymilk and almond milk among the most important of today’s vegan foods because their availability has made it so easy for more people to go vegan.



Reed Mangels, PhD, RD,

a Nutrition Advisor for The VRG, says that the staples of her vegan diet have not changed much over the past 30 years. She still relies on basic, nutritious, whole foods as her mainstays and may choose new vegan convenience foods only occasionally. Therefore, her ‘top vegan foods’ list

is the same now as it would have been in the 1980s. On that list are chickpeas, which Mangels considers the most versatile bean. They can be a main ingredient in a wide variety of dishes, including hummus, pasta sauces,

falafel, Moroccan couscous, minestrone soup, and curry dishes. “I buy cans of chickpeas by the case,” she says.

Other foods topping her list include peanut butter and pasta, which she sees as a quick, easy, and versatile food. Dark green vegetables such as kale, collards, and broccoli are staples since they taste good and are an easy way to get more calcium. Also topping her list are seasonal fruits, including apples, peaches, strawberries, and blueberries. Mangels says that fruits such as these are true convenience foods.

Although Mangels does not choose the newer vegan foods often, she admits that it is nice to have them sometimes. She did miss some foods, including chocolate and cheese, when she first became vegan and is glad to be able to choose vegan forms of these nowadays. Twenty-five years ago, Mangels only knew of one company that produced vegan chocolate. These days, it is easy to find a variety of vegan chocolates at your local grocery store or online. For years after becoming vegan, Mangels says that she did not eat the vegan cheeses that were available. “Early vegan cheese tasted like soap and didn’t melt,” she remembers. The newer vegan cheese varieties do melt and have more of a greasy, salty cheese taste. Mangels states, “Nutritionally, they’re pretty worthless, but for an occasional topping on pizza or lasagna, they work.”

Vegan frozen desserts have also come a long way over the past 30 years. Previously, non-dairy frozen desserts were produced mainly for people who kept kosher. In Mangels’ opinion, these desserts were a treat, but there were not many flavors to choose from, and they had a sort of chemical taste. She is happy to have more choices these days.



Myriam Parham, RD, is glad

that soymilk choices are now more varied and tasty. “I remember when soymilks had awful tastes, and they were too thick, plain, or just plain bitter-tasting. I remember eating meat analogues that had extremely chewy or mushy textures. The addition of soy isolates helped and improved the taste of many products.”

Today, Parham says that her family’s favorite vegan products include several Gardein products. “My daughter especially enjoys the Seven-Grain Crispy Tenders, Chick’n Scallopini, Beefless Tips, and the Ultimate Beefless Burgers, which have amazing flavor and texture and even contain grains like kamut, amaranth, millet, and quinoa. I find that my non-vegan family and friends find them appealing. Some of their amazing features

include the facts they are non-GMO, many are lowfat, they contain some fiber, and they are not too high in sodium.” Also on her family’s favorites list are the Gardenburger BBQ Riblets.

Parham adds, “Other vegan mock meats we occasionally use, especially when we have ‘meat-eaters’ for company or for a quick meal, include Tofurky Kielbasa sausage and lunch meat slices. When you consider the serving size of the lunch meats, which is very generous, a couple of slices on a sandwich are not too high in sodium or fat.” Tofurky also has a new pizza line that uses the Daiya brand dairy-free cheese. “I was never a fan of cheese, even before becoming vegan, so the cheese pizza was too ‘cheesy’ for me, but I’ve found the Italian Sausage Pizza with a ‘blend of fire-roasted vegetables’ pretty amazing. It has a little warm spicy touch, and the crust is excellent.”

Although Parham has eaten many highly processed soy- or gluten-based vegan foods and still does occasionally, she tries to minimize them in favor of less processed,

more healthful choices. “We are trying to use legumes more for our protein sources in our meals. Tofu is still tops for stir-fries, but we add lots of beans to soups, stews, and rice or pasta dishes. Slightly roasted and salted edamame is popular in our kitchen and when we visit Asian restaurants.”

Finally, Parham feels “recommending and using ‘faux meat’ products is a bit troubling, at times. They imply that we need to eat ‘meat-like’ foods to be healthy, which could not be further from the truth. Ideally, our diets should primarily consist of eating foods in their most natural form and should consist of mostly fruits, vegetables, grains, legumes, nuts, and seeds. This is real food! It is exciting to see our newest U.S. Dietary Guidelines encouraging at least half of the food on our plates to be fruits and vegetables. This helps us dietitians to guide our clients to more healthful eating.”

Christine Kasum Sexton is a VRG volunteer and wrote the “Nutrition Hotline” column for Issue 2, 2012, of *Vegetarian*

WE Thank You, We THANK You, We Thank YOU!

Tofurky would not be here without your help and support.



Turtle Island Foods, Inc.
P.O. Box 176, Hood River, OR 97031
800-508-8100 • www.tofurky.com

NOTE FROM THE COORDINATORS

(Continued from page 4)

- Jerry Schaum, who often helped at events.
- Stuart S. for helping with accounting. We remember drinking (orange juice) and eating bagels while you tried to teach us these 'new' accounting programs.
- Our families, who taught responsibility and supported us in all our endeavors.
- Sandy Weinstein, who did early tofu cooking demos and was featured on *People Are Talking*. (Oprah Winfrey was a co-host of this show at one point.)
- Karen Lazarus, MD, for her help, support, and friendship over the years, and Phil Becker, Jim Dunn, David McLaughry, and Susan Petrie for doing booths in many states as they moved around the country.
- 'Nurse Bobbie' Pasternak, RN, who was a pioneer for vegetarianism and The VRG on the Internet.
- Brad Scott, who created our entire computer and Internet infrastructure.
- Andy Singer, who put in a small water heater for us.
- Reed Mangels, PhD, RD, has been a true hero to the group on both the scientific and administrative side. Reed (twice co-author of the American Dietetic Association position paper on vegetarianism) does not present herself as a 'guru,' but she is one of the leading experts on vegetarianism and veganism in the country from both a scientific and practical view.
- Another unsung hero in the movement is Chef Nancy Berkoff, EdD, RD, whether she is organizing vegan fundraisers for animal groups, certifying culinary programs, or teaching chefs and foodservice staff around the country.
- Heather Gorn also understands and actively participates in the administrative side of The VRG. The group's activism and outreach will certainly continue another 30 years thanks to her unwavering efforts.
- Biologist Dick Stafursky, whose pioneering work inspired much of The VRG. His ideas included computerizing vegetarian member lists on a mainframe before we all had personal computers, leafletting at a *Star Trek* premiere before animal rights groups were prominently doing this kind of outreach, flying a giant carrot in front of the White House for World Vegetarian Day, researching and advocating for vegetarianism on space flights, setting up one of the first vegetarian offices and incubators to encourage vegan projects, and doing a vegetarian radio show each week for years during the 1970s.
- Our past staff, including Davida Breier, Jessica Dadds, Tamara Gabai, Jeannie McStay, Roseanne Silverman, Ziona Swigart, and Mike Vogel.
- Our current staff, including Keryl Cryer, John Cunningham, Sonja Helman, Mary Herbranson, and Jeanne Yacoubou.
- Photographer Linda Long.
- Suzanne Hengen for doing the nutritional analyses for recipes and Sarah Ellis for previously doing this.
- Volunteer *Vegetarian Journal* Editors Carole Hamlin and Jane Michalek.
- Fannie Fonseca-Becker, MPH, RD; Ana Negrón, MD; Myriam Parham, RD; Laura Rico; Cecilia Rosenblum; and Annabelle Simpson, who translated articles into Spanish for our website.
- VRG Advisors Arnie Alper, MD; Catherine Conway, MS, RD; and Mark Rifkin, RD.
- Volunteers Ryan Andrews, RD (CO); Terry Carlo (MA); Gretchen Chlebowski (IL); David Herring (DC); Lisa Martin (CO); Jenny Sacenti (MD); Eric Sharer, MPH, RD (IL); Elsa Spencer (VA); Sheila Vaswani (MD); and Frada Wall (MD).
- VRG Strategic Planners Jerry Marcus, MD, and Wayne Smeltz, PhD.
- All our past interns, volunteers, members, and of course, our donors and grantors, who understand the cost of doing outreach in the mainstream world.
- Sponsors of our scholarship contest, needs-based internship, video scholarship, and other projects.

Again, we apologize that we don't have room to thank everyone. As Heather stated, "VRG serves as not only a resource for providing reliable, fact-based information about vegetarianism, but also as a platform through which people can contribute their individual skills towards the common goal of promoting veganism."

If you would like to volunteer, please contact Mary at vrg@vrg.org or call (410) 366-8343. Thank you for the past 30 years and the next 30 years to come.

Debra Wasserman & Charles Stahl



Coordinators of The Vegetarian Resource Group

30 Vegan Meal Ideas Even Non-Vegetarians Will Enjoy!

By Nancy Berkoff, RD, EdD, CCE

HERE ARE EASY-TO-PREPARE VEGAN DISHES, ALL using foods available in many mainstream supermarkets, that you *and* many of your non-vegetarian friends can enjoy.

- 1) Cold or hot cereal and soy, rice, or almond milk, along with raisins or other dried fruit
- 2) Peanut, soy, sunflower, or hazelnut butter and sliced bananas on whole wheat toast or a bagel
- 3) Green salads from the supermarket salad bar with citrus sections, berries, and peanuts



- 4) Green salads from the supermarket salad bar with walnuts
- 5) Green salads from the supermarket salad bar with hummus in place of salad dressing (Or you can double the garbanzos and add hummus for some extra texture.)
- 6) Veggie burgers and veggie dogs that have been barbecued, steamed, or pan-fried and then topped with the works!
- 7) French Bread pizza... Preheat your oven. Slice crusty French bread lengthwise and place it on a baking pan. Top with tomato sauce, fresh or canned mushrooms, fresh or canned chopped tomatoes, and chopped olives. Bake until bubbly.
- 8) Homemade onion soup with French bread... Slice lots and lots of onions. Then, spray a large pot with vegetable oil and quickly sauté the

onions, which will create their own 'juice.' When the onions are very soft, add in vegetable or mushroom broth and allow to simmer. Voila, onion soup! Serve with crusty French bread.

- 9) Four-bean chili (If a canned or frozen four-bean chili is not available, then a fast mix of four types of canned vegan beans with cumin, garlic, and hot sauce works.)
- 10) Four-bean salads with pecans (If a pre-mixed four-bean salad is not available, then a fast mix of green beans, kidney beans, wax beans, and white beans tossed with oil and vinegar works.)
- 11) Canned black beans with salsa served over steamed or microwavable brown rice
- 12) Canned black beans mixed with fresh or frozen pre-cut bell peppers and fresh cut, canned, or frozen corn, served over a toasted roll, steamed rice, or the cooked grain of your choice



- 13) Canned, frozen, or ready-to-heat fresh black-eyed peas mixed with canned or frozen mixed veggies and either salsa or Italian dressing, served over steamed rice or the grain of your choice
- 14) Canned vegetarian refried beans, cooked with chopped tomatoes and chilies and served over steamed rice
- 15) Canned vegetarian refried beans served with pita bread or hard or soft tacos, chopped tomatoes, onions, and chopped chilies

- 16) Bean burritos made with whole wheat tortillas, a variety of beans, salsa, and chopped chilies (You choose the heat!)
- 17) Tortilla wraps... Fill the tortillas with hummus or sliced vegan 'meats,' such as Lightlife, Tofurky, or Yves deli slices (usually found refrigerated in the produce section). An alternative is to fill the tortillas with vegan sour cream, vegan cheese, or vegan cream cheese, along with leftover beans and lots of chopped salad and veggies.
- 18) Vegan pasta tossed with canned white beans, black olives, and fresh or dried herbs of choice
- 19) Vegan pasta tossed with kidney beans, chopped green olives, and fresh or dried herbs of choice
- 20) Vegan pasta tossed with chopped tomatoes or canned tomatoes packed in tomato purée, along with chopped veggies and sunflower seeds
- 21) Mushroom Ragu... Place sliced fresh mushrooms in a large pot and just cover with vegetable broth. Allow to simmer until the mushrooms are soft. Season with garlic or onion powder, fresh or dried parsley, and other herbs and spices of your choice. This recipe can be served over toasted bread, cooked grains, or sliced cooked potatoes.
- 22) Baked potatoes topped with chopped veggies and kidney beans and tossed with the salad dressing of your choice (Read the label to ensure that the dressing is vegan.)

- 23) Baked potatoes topped with canned vegetarian baked beans and chopped onions
- 24) Baked potatoes topped with hummus and chopped veggies
- 25) Baked sweet potatoes topped with vegan margarine, fresh or canned-in-juice sliced oranges, fresh or canned-in-juice pineapple chunks, and slivered almonds or sunflower seeds
- 26) Baked sweet potatoes topped with pecans and either apple slices or 'natural' jarred applesauce (which usually does not contain added sugar)



- 27) Apple slices with peanut, soy, sunflower, or hazelnut butter and raisins
- 28) Celery sticks with peanut, soy, sunflower, or hazelnut butter and either raisins or dried cranberries
- 29) Sorbet with mixed dried fruit and almonds
- 30) Sorbet with sliced fresh fruit, shredded coconut, and peanuts

Join The VRG and Receive *Vegetarian Journal*!

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Payment Enclosed (check or money order)

Please charge my (circle one) MC / Visa: # _____ Expires: ____/____

Send \$25 for one year of the quarterly *Vegetarian Journal*; in Canada and Mexico, please send \$32; other foreign subscribers, please send \$42 in U.S. funds with a postal money order or by MasterCard/ Visa. Send payment and subscription information to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203. You can order online at www.vrg.org/journal/subscribe.htm. You can also order over the phone by calling (410) 366-8343 Monday through Friday 9-5 Eastern time, or fax your order to (410) 366-8804. Please e-mail vrg@vrg.org with any questions.

Remember When?

Reminiscing About The VRG's Past 30 Years

By Amanda J. Gilley

THIS UPCOMING SEPTEMBER WILL MARK 30 YEARS since The Vegetarian Resource Group first set out on its journey to promote vegetarianism and veganism. To celebrate this milestone, I interviewed several VRG staff members and volunteers about their most memorable moments with this nonprofit.



Reed Mangels, PhD, RD, is a familiar name within the organization. She has written countless articles for *Vegetarian Journal* and The VRG website and has contributed to many of the cookbooks that The Vegetarian Resource Group has published. Her most memorable activities with the group have

included the 'firsts.' She remembers the first VRG exhibit at the annual meeting of the American Dietetic Association (ADA). Reed describes this event, which was held in San Francisco, as very exciting because there were so many "other exhibitors, including the Dairy Council and the Pork Producers Association." These conferences remain rewarding for her because "so many people come up and tell us that they 'always' refer clients to our website and use our brochures."



Suzanne Havala Hobbs, DrPH, is the Director of the Doctoral Program in Health Leadership at the University of North Carolina at Chapel Hill. She has worked extensively with The VRG, contributing to *Vegetarian Journal* and acting as a nutrition advisor. Her most unforgettable moments

also involve the ADA conferences. She remembers one of the meetings when The VRG's booth was located right beside the National Pork Producers Council table, "a situation that piqued the ire of the two large women perched on barstools at that table." She also said, "Later in an elevator, two guys from a company promoting steaks asked two of us from The VRG out to

dinner. They were befuddled when we said we were vegetarians, and needless to say, there was no date."



Brad Scott mentioned that

The VRG's Vegetarian Expo 1992 was the most memorable event for him because he organized it. The event attracted 380 guests, with Michael Jacobson, PhD, Executive Director of the Center for Science in the Public Interest, providing the keynote speech. There were

many booths, cooking demos, free samples, nutrition information, and several presentations. "The one-day 'conference' provided me the opportunity to work

"The VRG's Vegetarian Expo 1992... attracted 380 guests, with Michael Jacobson, PhD, Executive Director of the Center for Science in the Public Interest, providing the keynote speech."

with many VRG volunteers and staff members both during the organizing phases and obviously on the day of the event," Brad remembered.



VRG's Consumer Research Manager/Web Developer **John Cunningham** also remembers some 'firsts.' When he began working at The VRG in August 2001, he read a research article stating that 25 percent of teen girls thought that vegetarianism was cool. John said that watching the changes in

attitudes towards vegetarianism has been outstanding. "Back in the '70s, being vegetarian was a 'joke,'" he stated. "It was the punchline on sitcoms. It has moved from being thought of as only something strange people do to being thought of as virtuous." He has seen this

change directly through exchanges with various Eleanor Wolff Scholarship hopefuls, and he thinks their passion is a promising sign for the future of vegetarianism.



Mark Rifkin, RD, has worked with The VRG on many projects, but his most memorable activity is Call-a-Dietitian Day. To Mark, this project in particular was incredibly fulfilling because it allowed him to answer questions and clear confusion for those who are vegetarian or vegan and those who have been considering a vegetarian or vegan lifestyle.

Heather Gorn says that one project that stands out for her is *VRG's Guide to Fast Food and Quick-Service Chains*. This is a long-term project that involves VRG researching menu items at fast food and quick-service chains to determine which are suitable for vegetarians and vegans. "This project has meant a lot to me personally because I spent a lot of time helping to update it when I was younger," she said. "It really taught me how to do research and gave me tremendous insight into the complexities of food ingredients."

"But besides this, the effects of this project were felt nationally and internationally when one of our researchers confirmed that the French fries at McDonald's were made with natural flavorings from an animal source," she stated. "This information was reprinted in the best-selling book *Fast Food Nation* as well as in *Atlantic Monthly* and resulted in a class-action lawsuit against McDonald's. The research continues, and we also now publish the latest updates on our blog, Facebook page, and Twitter account."

"(VRG's Guide to Fast Food and Quick-Service Chains) has meant a lot to me personally because I spent a lot of time helping to update it when I was younger. It really taught me how to do research and gave me tremendous insight into the complexities of food ingredients."



Saurabh Dalal, President of the Vegetarian Society of DC and a volunteer for the International Vegetarian Union (IVU), feels that The VRG, as its name suggests, has been a tremendous resource since its founding 30 years ago. "My strong affinity for the group comes not only from their prompting and

supporting my choosing to become vegan in 1991, but in the consistent and dedicated effort of providing well-thought-out, practical information, tools, and guidance," he said. "From supporting individuals' changes and the groups who promote change in turn, The VRG helped lay the groundwork for so many other groups today. VRG continues to do the hard, day-in-day out, grassroots work that truly helps create meaningful change towards a vegan world."

"Undoubtedly for me, the personal friendship that I developed with VRG Co-Directors Debra and Charles, as well as with so many members of VRG's team of educators and activists over the years, always stands out in my mind," Dalal continued. "It is absolutely this type of interaction with many people and organizations that will lead to further, powerful successes in time."

"Reed remembers her first pre-Thanksgiving potluck as delivering happy emotions."

Thinking back through 30 years of memories, each person I interviewed described their most memorable moments with obvious joy. Reed remembers her first pre-Thanksgiving potluck as delivering happy emotions. She had never really known other vegetarians, and to be at a vegetarian feast with an assortment of amazing people was really pleasant and welcoming. In fact, she says she still smiles when she remembers how happy she felt that day. John grinned thinking about the interns who have brought their spirit and motivation into The VRG office. And Suzanne remembers the milestone of blessing the group with a name. Even though her idea for a name was not chosen, she finds it "hard to imagine it as anything but The VRG today."

Amanda J. Gilley wrote this article during an internship with The VRG. She is a graduate of Johnson and Wales University and is soon starting her RD training in Virginia.

SCIENTIFIC UPDATE

By Reed Mangels,
PhD, RD, FADA

A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

As I look back on 30 years of The Vegetarian Resource Group, I can only marvel at how far our knowledge of vegetarian nutrition has come. In 1982, 42 English-language scientific articles related to vegetarian diets or health were published. Over the next 29 years, more than 2,300 articles were published, with more than 90 appearing in the past year alone.

The past 30 years have seen many milestones in research and policies related to vegetarian nutrition. We've seen oat bran slip out of favor to be replaced by other fads, including acai, spirulina, coconut water, green tea, and pomegranate juice. Dietary advice moved from a focus on very lowfat diets to high-protein/low-carb diets to a more recent interest in raw foods and gluten-free diets. Through all of these changes in nutrition and food recommendations, research consistently pointed to the health advantages of diets based on fruits, vegetables, whole grains, nuts, and dried beans.

Here's a timeline of highlights in research and policy related to vegetarian diets, as reported in *Vegetarian Journal*.

- 1982** – Researchers at Tufts University and MIT report on the nutritional status of vegetarian children.
- 1983** – A vegetarian diet is shown to be an effective way to lower blood pressure.
- 1985** – Lower rates of diabetes are seen in vegetarian Seventh-day Adventists.
- 1987** – Studies at “The Farm,” an intentional community in Summertown, Tennessee, show that it is possible to sustain a normal pregnancy on a vegan diet.
- 1988** – The first International Congress on Vegetarian Nutrition is held in Washington, DC.
 - VRG's Advisor, Suzanne Havala, RD, authors the American Dietetic Association's position paper on vegetarian diets. Dietitians affiliated with The VRG have authored or co-authored every ADA position paper since 1988.
- 1990** – Dean Ornish, MD, reports that lifestyle changes (lowfat near-vegan diet, smoking cessation, stress management training, and moderate exercise) can reduce blockage in coronary arteries.
- 1991** – A landmark study of children and adolescents in Southern California finds that, on average, Adventist vegetarian children are taller than their meat-consuming classmates.
- 1993** – Long-term use of a vegetarian diet is shown to help control blood pressure in older (>65 years) Seventh-day Adventists.
 - The EPIC-Oxford study begins in the UK. The Oxford component of the European Prospective Investigation into Cancer and Nutrition (EPIC) is a prospective cohort of 65,000 men and women, many of whom are vegetarian, living in the UK. This study will produce a tremendous amount of information on vegetarian diets and health.
- 1995** – The Food and Drug Administration (FDA) replaces outdated and questionable information in its publications about vegetarian diets—including “Vegetarians just love crab cakes and shrimp,” and “It's unhealthy for children to eat no red meat”—with more current and accurate information that supports vegetarianism as a positive dietary choice.
 - For the first time ever, the U.S. Dietary Guidelines mention vegetarianism. “Some Americans eat vegetarian diets for reasons of culture, belief, or health. Most vegetarians eat dairy products and eggs, and as a group, these lacto-ovo vegetarians enjoy excellent health. Vegetarian diets are consistent with the Dietary Guidelines and can meet Recommended Dietary Allowances for nutrients.”
- 1997** – A study of teens in Minnesota finds those who self-identify as vegetarian are more likely to have a healthful diet with more fruits and vegetables and fewer sweets and salty snacks.
 - An expert committee commissioned by the American Institute for Cancer Research and the World Cancer Research Fund concludes that dietary choices are responsible for approxi-

mately one-third of all cancer deaths and that vegetarians have a decreased incidence of several kinds of cancer. The committee's recommendations for reducing cancer risk include, "Choose predominantly plant-based diets rich in a variety of vegetables and fruits, legumes, and minimally processed starchy staple foods," and "If eaten at all, limit intake of red meat to less than 3 ounces daily."

- 1999** – Researchers at the Third International Congress on Vegetarian Nutrition report that combined data from five studies involving more than 75,000 subjects shows that mortality from heart disease is 24 percent lower in vegetarians than in non-vegetarians.
- 2000** – Calcium-fortified soymilk is included in the Milk Group of the Food Guide Pyramid for the first time.
- 2001** – A study shows that older women with a high intake of animal protein have almost three times more risk of fracturing a hip than do women with lower animal protein intakes.
 - A study of California Seventh-day Adventists finds that being vegetarian increases life expectancy by several years.
- 2002** – The Adventist Health Study-2—a study of more than 96,000 Seventh-day Adventists in the United States and Canada, approximately one-third of whom are categorized as vegetarian or vegan—begins.
 - A UK study finds that non-meat-eaters, especially vegans, have a lower prevalence of hypertension and lower blood pressures than meat-eaters, largely because of differences in Body Mass Index (BMI).
- 2003** – Vegans have the lowest BMI, followed by vegetarians and then fish-eaters, compared to meat-eaters in the UK.
- 2005** – A vegan diet high in soy protein, almonds, and viscous fibers from oats, barley, psyllium, eggplant, and okra appears to be as effective as medication in lowering blood cholesterol levels.
 - Large studies find a significant correlation between red and processed meat consumption and risk of colon cancer and type 2 diabetes.
- 2006** – A lowfat, vegan diet is successfully used in treatment of type 2 diabetes. Subjects who follow the vegan diet have better lipid levels

and glycemic control than those on a conventional diabetic diet.

- The Food and Agriculture Organization (FAO) of the United Nations releases *Livestock's Long Shadow: Environmental Issues and Opinions*, an extensive report assessing livestock's impact on the environment. Among its conclusions are that the livestock sector produces more greenhouse gases than automobiles and other forms of transportation and that livestock produce almost two-thirds of ammonia emissions, a significant contributor to acid rain.
- 2007** – A large study from the UK finds that adequate intakes of calcium are needed to reduce risk of bone fracture in vegans.
- 2008** – Modifications to the food package included in the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) allow soymilk or tofu to be substituted for cow's milk for women and children. (Medical documentation is required for children.) Tofu and soymilk must meet specific nutritional standards to be approved for purchase.
- 2009** – The National Cancer Institute estimates that 11 percent of deaths in men and 16 percent of deaths in women could be prevented by decreasing red meat consumption. For women, a marked decrease in red or processed meat consumption is estimated to prevent approximately one in five deaths from heart disease.
- 2010** – *Dietary Guidelines 2010*, issued by the USDA and the Department of Health and Human Services, speaks highly of the health benefits of vegetarian diets and includes vegetarian and vegan meal patterns for the first time.
- 2011** – A large study from the UK reports that vegetarians (including vegans) have a 30 percent lower risk of developing diverticular disease compared to non-vegetarians.
 - Adventist Health Study-2 finds a much lower risk of metabolic syndrome (a group of conditions that include high blood pressure, high blood sugar, and too much body fat) and of type 2 diabetes in those eating a vegetarian or mostly vegetarian diet.
- 2012** – Public schools have the option to use tofu as a meat alternate for school breakfast and lunch programs.

Vegan Restaurants Across the USA

By Debra Wasserman

7 HIRTY YEARS AGO, THERE WERE NOT MANY vegetarian restaurants in the United States, and even fewer were completely vegan establishments. Today, there are literally dozens of vegan dining places to visit. Below is a sampling of great vegan establishments. The next time you are on vacation or have a business trip, be sure to show your support and patronize these restaurants!

Also, don't forget to visit The Vegetarian Resource Group's online guide to vegetarian/vegan restaurants in the USA and Canada at www.vrg.org/restaurant/index.php for information about other vegetarian restaurants. Please let us know if there are corrections or additional vegetarian/vegan restaurants that should be added to this guide.

LOVIN' SPOONFULS

2990 N. Campbell Ave., Ste. 120
Tucson, AZ 85719

Lovin' Spoonfuls boasts 'delicious, healthful dining in a gracious atmosphere.' Although the environment is upscale, you don't need to dress up to visit. Dinner options include several different burgers, pastas like Old Country Lasagna, Stroganoff Supreme, Thai Vegetable Curry, salads, and more. This restaurant has something to please every palate. Visit www.lovin Spoonfuls.com, or call (520) 325-7766.

GARDEN SECRETS RESTAURANT

538 W. Grand Ave.
Hot Springs, AR 71901

Garden Secrets offers an all-vegan menu of American, Mexican, Chinese, and Italian cuisines. Enjoy soups, salads, wraps, subs, burgers, and entrées. Garden Secrets is located near the heart of Hot Springs and just around the corner from Bathhouse Row and Hot Springs National Park. Call (501) 623-9700, or visit www.gardensecretsrestaurant.com.

NATIVE FOODS

1091 Newport Center Dr.
Newport Beach, CA 92660

Native Foods uses tempeh, seitan, and textured vegetable protein (TVP) to make many of its dishes. Try the Jerk

Burger made with spicy grilled seitan, a mock fish sandwich called the Moby Dick, Indonesian tempeh chips, or Japanese buckwheat noodle stir-fry called Yakisoba. Native Foods now has several locations in different states. Call (949) 760-9999, or visit www.nativefoods.com.

BRIGHT STAR VEGAN THAI

9819 Foothill Blvd., Unit F
Rancho Cucamonga, CA 91730

Bright Star Vegan Thai features an extensive menu of traditionally-based Thai dishes done vegan-style! Enjoy options such as Orange 'Chicken,' Pad Thai, Pineapple Curry, Sweet Chili Soy 'Fish,' and Spicy Mint Noodles Soup. Bright Star boasts a family-friendly, casual atmosphere; one of its most unique features is an open kitchen that allows diners to view the preparation of their meals. The restaurant is accessible from Route 66. Visit www.brightstarvegan.com, or call (909) 980-9797.



Millennium Restaurant in San Francisco, CA

MILLENNIUM RESTAURANT

580 Geary St.
San Francisco, CA 94102

Millennium Restaurant offers gourmet, vegan cuisine in an elegant setting. Focused on sustainability, the restaurant uses organic, local, and seasonal ingredients in their ever-changing, internationally-influenced menu. Enjoy creative dishes such as Moroccan Spice Grilled Portobello Mushroom, Plum-Glazed Eggplant, and Heirloom Tomato Coconut Masala. This upscale

restaurant is located inside the Hotel California. Reservations are recommended. Visit <www.millenniumrestaurant.com>, or call (415) 345-3900.

ADAMA VEGAN COMFORT CUISINE

428 Chapala St.
Santa Barbara, CA 93101

Adama Vegan Comfort Cuisine offers vegan food in a cozy, warm atmosphere. Enjoy Jackfruit Tacos, Chipotle Panini, or Pumpkin Pecan Pancakes. Call (805) 560-1348, or visit <www.adamavegan.com>.



Photo courtesy of dosvegans.wordpress.com

Fire-n-Spice Vegan Restaurant in Hartford, CT

FIRE-N-SPICE VEGAN RESTAURANT

248 Sisson Ave.
Hartford, CT 06105

Fire-n-Spice Vegan Restaurant offers delicious foods, such as Barbecue Tempeh, Seitan Stroganoff, Ital Stew, Plantains, and Tofu with Peanut Sauce. Many raw foods items are available as well. Call (888) 367-7970, or visit <www.firenspiceveganrestaurant.com>.

CAFÉ GREEN

1513 17th St., NW
Washington, DC 20036

Café Green offers an all-vegan menu that ranges from light fare to filling entrées. With a true concern for the environment, the café uses ingredients that are organic, seasonal, and locally-sourced as often as possible. Located in downtown DC, it is only two blocks from the Dupont Circle (North) Metro. Visit <www.javagreen.net>, or call (202) 234-0505.

SUBLIME

1431 N. Federal Hwy.
Fort Lauderdale, FL 33304

Sublime offers the ultimate in upscale vegan dining in a fresh, chic setting. The menu includes sushi, salads,

brick-oven pizzas, pastas, and entrées, and organic ingredients are used whenever possible. As if the delicious food and beautiful ambience aren't enough reason to go to Sublime, there's the added incentive of knowing that all of the restaurant's profits go to animal welfare organizations. Reservations recommended. Visit <www.sublimerestaurant.com>, or call (954) 615-1431.

AMITABUL

6207 N. Milwaukee Ave.
Chicago, IL 60646

Enjoy unique vegan Korean cuisine at this terrific restaurant. Portions are huge, and the food is creatively presented. Try maki rolls, vegan egg rolls, grilled dumplings, soups, vegan pancakes made from various batters, vegan tofu young, noodle-based dishes, and much more! Amitabul is located between Huntington and Raven Streets in Norwood Park. Call (773) 774-0276, or visit <www.amitabulvegetarian.com>.

THE WANDERING BUDDHA

2239 St. Claude Ave.
New Orleans, LA 70117

At The Wandering Buddha, the chef prepares delicious, vegan versions of the food she grew up eating in Korea. Feast on Scallion Pancakes, Rice with Vegetables, Stir-Fried Glass Noodles with Vegetables, or Braised Tofu. The restaurant is located a few blocks from the French Quarter behind the Hi-Ho Lounge. You can dine in the bar or out on the covered patio. Cash only. Call (504) 945-9428, or visit <www.thewanderingbuddha.com>.

EDEN VEGETARIAN CAFÉ

321 Main St.
Bar Harbor, ME 04609

Eden Vegetarian Café is a vegan restaurant featuring organic ingredients and produce from local farms. Their elegant menu changes with the seasons, but previous offerings have included Fire Cracker BBQ Tempeh, Garden Vegetable-Stuffed Tofu Pockets, Spring Asparagus & Leek Bisque, and Thai Drunken Noodles. The restaurant is located on the corner of Exchange St. and Main. Please note that Eden is open from May through October. Call (207) 288-4422, or visit <www.barharborvegetarian.com>.

GREAT SAGE

5809 Clarksville Square Dr.
Clarksville, MD 21029

Enjoy fine gourmet dining at the all-vegan Great Sage. With an international flavor and emphasis on organic

ingredients, the menu includes gluten-free, soy-free, and raw foods selections. Between lunch and dinner, they offer a lite fare menu. Reservations are recommended on weekends. Visit <www.greatsage.com>, or call (443) 535-9400.



Photo courtesy of True Bistro

True Bistro in Somerville, MA

TRUE BISTRO
1153 Broadway
Somerville, MA 02144

True Bistro is an upscale restaurant that serves vegan food and drinks. Using fresh, local, and seasonal ingredients, their international menu includes gluten-free items, and nut-free options are available for those with mild tree nut allergies. Enjoy fine dining with selections such as Black Bean & Plantain Torte and Grilled Seitan Sausage Sandwiches (with lettuce, cherry tomatoes, mustard, and aioli on toasted sourdough). True Bistro is in Somerville's Teele Square neighborhood, next to Tufts University, and near the Davis Square subway stop on the Red Line. Visit <www.truebistroboston.com>, or call (617) 627-9000.



Photo courtesy of Ecopolitan

Ecopolitan in Minneapolis, MN

ECOPOLITAN
2409 Lyndale Ave. S.
Minneapolis, MN 55405

Ecopolitan's menu consists entirely of raw, organic vegan foods and offers a nice variety of soups, salads, entrées, pizzas, and desserts. The clean, smoke-free environment is enhanced by the use of non-toxic paints and building materials. Dress is typically informal but suitable for business entertaining. Reservations are recommended. The restaurant also has an ecological shop that sells natural, non-toxic home and body products. Call (612) 874-7336, or visit <www.ecopolitan.com>.



Photo courtesy of VegaDeli Café

VegaDeli 100% Vegan Café near St. Louis, MO

VEGADELI 100% VEGAN CAFÉ
177 Hilltown Village Center
Chesterfield, MO 63017

VegaDeli is a totally vegan café and juice bar offering cooked and raw foods. Menu items include soups, sandwiches, veggie burgers, and desserts. They offer nutrition and cooking classes, as well as free wi-fi. VegaDeli is located on Olive Blvd. by Chesterfield Parkway in the Schnucks Hilltown Village Center; they are on the left side of the plaza. Call (636) 536-6938, or visit <www.vegadeli.com>.

COUNTRY LIFE RESTAURANT
15 Roxbury St.
Keene, NH 03431

Located downtown, Country Life is a self-serve vegan establishment with many different options. Call (603) 357-3975, or visit <www.countryliferestaurant.com>.

VEGGIE HEAVEN
631 Valley Rd.
Montclair, NJ 07043

Veggie Heaven offers an extensive vegan menu with soups, noodle dishes, and mock meats. Desserts include Vanilla Soy Cheesecake, Tofu Ice Cream (vanilla almond

bark, chocolate, wild berry, or butter pecan), and the extremely popular Green Tea Cake. Visit <www.veggieheavenmontclair.com>, or call (973) 783-1088.

THAI VEGAN

5505 Osuna Rd., NE
Albuquerque, NM 87105

Thai Vegan offers an extensive menu. Enjoy Chef's Specials such as Mushroom Steak, Soy Shrimp Spinach Noodle, or Lentil Loaf. Prices are fair, and their lunch and dinner combinations are especially good values. Call (505) 884-4610, or visit <www.thaivegannm.com>.

BLOSSOM

187 9th Ave.
New York, NY 10011

Blossom is a chic restaurant offering an intimate dining experience. Menu items include Seitan Medallions, Porcini Crusted Filets, Tofu Fra Diablo, and Phyllo Roulade. Then, there's the dessert menu, with pumpkin pie, chocolate ganache tortes, pineapple crêpes, and apple and cranberry napoleons. Blossom is located in the heart of Chelsea, between 21st and 22nd Streets. Reservations are recommended for dinner. Call (212) 627-1144, or visit <www.blossomnyc.com>.



Candle 79 in New York, NY

CANDLE 79

154 E. 79th St.
New York, NY 10075

Candle 79, from the same owners as Candle Café, offers fine dining and vegan gourmet cuisine. They use organic and seasonal ingredients in their creative menus. Enjoy dishes such as Chili-Grilled Tempeh, Moroccan-Spiced Chickpea Cake, Live Heirloom Tomato Tartare, Balsamic Herb Baked Tofu, or Seitan Piccata. Candle 79 is located at Lexington Ave. on the Upper East Side. Reservations are accepted. Visit <www.candle79.com>, or call (212) 537-7179.



Photo by Vickie Burick

Plant in Asheville, NC

PLANT

165 Merrimon Ave.
Asheville, NC 28801

Plant offers innovative, vegan organic cuisine, such as Peppercorn Crusted Seitan, Smoked Portobello Steak, and Grilled Chili-Glazed Tofu. Reservations are recommended, especially on weekends. Call (828) 258-7500, or visit <www.plantisfood.com>.

BLOSSOMING LOTUS

1713 NE 15th Ave.
Portland, OR 97212

Blossoming Lotus serves organic vegan cuisine, including many raw foods dishes. You can start things off with a great appetizer, such as Cashew Hummus, Tempeh Salad, or a Veggie & Toasted Tofu Hand Roll. Their Tempeh Fajitas, Spicy Avocado Sandwiches, and Southwest Bean & Brown Rice Bowls are just a few of the many delicious options they have to offer. Located in Irvington, Blossoming Lotus is next to Peet's Coffee. Visit <www.blpdx.com>, or call (503) 228-0048.

SPRIG & VINE

450 Union Square Dr.
New Hope, PA 18938

Sprig & Vine is an all-vegan restaurant offering fine dining with creative, gourmet cuisine. Some of the tantalizing lunch items include Caraway-Crusted Tempeh Reubens, Spicy Vietnamese Cauliflower Banh Mi, Edamame Falafel Wraps, and Sweet Potato-Black Bean Chili Burritos. For dinner, try Blackened Tofu, Miso-BBQ Eggplant, or Cajun-Crusted Green Tomatoes. At brunch, don't miss the Cornmeal French Toast or Warm Doughnuts. Call (215) 693-1427, or visit <www.sprigandvine.com>.

MILAH VEGETARIAN

218 S. 16th St.
Philadelphia, PA 19102

MiLah Vegetarian, located in the Center City area of Philadelphia, offers international vegan fare. Most dishes are available without onions or garlic, and gluten-free selections are also offered. Try the Caribbean Grilled Seitan, the BBQ Tofu and Eggplant, or the Cajun Corn and Barley Soup. Reservations are recommended for Friday and Saturday evenings. Call (215) 732-8888, or visit <www.milahvegetarian.com>.



Photo courtesy of Eden a Vegan Café

Eden a Vegan Café in Scranton, PA

EDEN A VEGAN CAFÉ

344 Adams Ave.
Scranton, PA 18503

Eden is an all-vegan café in downtown Scranton. Offering sandwiches, salads, soups, and desserts, it's a great place to stop for a meatless meal. Be sure to try their delicious pizza! Eden is in walking distance of the University of Scranton. Call (570) 969-1606, or visit <www.edenavegancafe.com>.

IMAGINE VEGAN CAFÉ

2156 Young Ave.
Memphis, TN 38104

Imagine Vegan Café is a family-owned restaurant that gives vegans a taste of the ubiquitous Memphis barbecue but without the meat! Their menu features a wide variety of vegan meat and dairy substitutes in options such as chicken nuggets and corn dogs. Indulge with a vegan milkshake, or bring your own wine (for a small corkage fee). Imagine is located in the Cooper-Young neighborhood. Call (901) 654-3455, or visit <www.imaginevegancafe.com>.

VEGERIA

8407 Broadway St., Ste. 1
San Antonio, TX 78209

Vegeria Vegan Restaurant offers Tex-Mex and American cuisine. Enjoy dishes such as Vegan Nachos, Black Eye Pea and Quinoa Burritos, Soyrito and Zucchini Tacos, and Homemade Vegan Tamales. Vegeria is located in the Viva Book Complex. Visit <www.myvegeria.com>, or call (210) 826-4223.

SAGE'S CAFÉ

473 E. 300 S.
Salt Lake City, UT 84111

Patrons of Sage's Café are treated to a comfortable and unique atmosphere where they can enjoy original, mostly organic vegan creations. Known for great breakfasts, Sage's selections include Tofu Scramble, Breakfast Tacos, Blueberry Flap Jacks, and French Toast. Sage's also offers a sensitivity menu with alternative suggestions for specific allergies. The restaurant is located at Broadway. Visit <www.sagescafe.com>, or call (801) 322-3790.



Photo courtesy of www.queertrigirl.com

Plum Bistro in Seattle, WA

PLUM BISTRO

1429 12th Ave.
Seattle, WA 98122

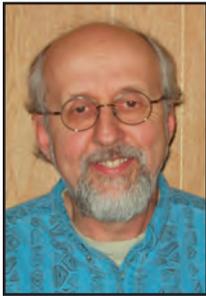
Plum Bistro serves organic, gourmet vegan cuisine with a touch of soul. Enjoy Grilled Teriyaki Tofu Kebabs, BBQ Po' Boys, Smoked Northwest Portobello & Tempeh Crêpes, or Cajun-Fried Seitan Steak Burgers. Make sure to try their popular garlicky yam fries! From the owners of Hillside Quickie Café, Plum Bistro is in the Pike Pine Triangle on Seattle's Capitol Hill. Call (206) 838-5333, or visit <www.plumbistro.com>.

Debra Wasserman is one of The VRG's Co-Directors.

Looking Back and Looking Forward

By Christine Kasum Sexton, MPH

BOTH THE VEGETARIAN MOVEMENT AND OUR society as a whole have changed immensely since VRG was founded in 1982. We wanted to know what leaders of the vegetarian and animal rights movements consider the most important vegetarian/vegan changes over the last 30 years. Also, we asked them to speculate about what may happen over the next 30 years. Here are some of their thoughts.



SETH TIBBOTT
Founder, Turtle Island Foods

When I first started making tempeh for Turtle Island Foods 31 years ago, there wasn't much of a natural foods industry. You would find just a few co-ops and stores in Portland, OR. Most were small and not very modern in décor.

Getting placement for my three tempeh items (Soy, 5-Grain, and Tempehroni) was very easy. I remember one store owner saying, "Wow, do you have any more products? Now, we can fill up our shelves!" The word 'vegan' was not in common usage then. 'Pure vegetarian' was more common to describe someone who did not eat dairy, eggs, or animal products of any kind. The only meat alternatives were tofu, tempeh, and Worthington Foods. There were no ready-made veggie burgers on the market; you pretty much had to make your own. I ate a lot of stir-fries and beans and rice and lived off pressure-cooked soybeans and tempeh.

As for the next 30 years, I expect vegetarian and vegan foods will grow exponentially and get significantly better in texture and flavor. I think a large force driving this trend will be that the environmental efficiencies of the plant-based diet will be too obvious to ignore. The unsustainability of meat production will become more and more apparent. This, of course, will not be an easy nor graceful transition for many, but shortages of grain, water, and other natural resources will make a plant-based diet the cost effective way to go. Couple this with the obvious benefits to human and animal health and welfare and the improved taste and texture of vegan products, and it is hard to argue for any other future.



SAURABH DALAL
President, Vegetarian Society of DC

The awareness and practice of veganism have grown enormously over the past 30 years. I feel that 'veganism' is familiar to large segments of the population in the U.S. (and other western countries) today. It is

where vegetarianism was in terms of familiarity a couple of decades ago. With the availability of delicious options in stores and restaurants, publications, online resources, and so much more, veganism is slowly moving from the edges into the mainstream. The movement is also on much better footing, and the creativity, energy, and resources employed are all wonderfully encouraging.

Like many others activists and educators, I firmly believe the next 30 years will see, and require, a major shift in the world's population towards vegan diets and lifestyles. Although I would love the number to be 100 percent, I believe that we can achieve somewhere around 40-50 percent of the population being (effectively) vegan in the next 30 years, and perhaps 70 percent (of an estimated 8-9.5 billion people) being largely vegan. Such numbers would also 'normalize' veganism and make it more widely understood, accepted, supported, and possible for others to choose it.



WAYNE PACELE
President and CEO,
The Humane Society
of the United States

When I became a vegan in 1984, most people had no idea what 'vegan' meant, or even how to pronounce it. While only a small percentage of Americans practice vegetarianism and veganism today, they are now part of the lexicon, are growing in popularity, and have moved from the margins to the mainstream. The most common form of meat avoidance is actually that of so-called 'flexitarians,' who eat vegetarian more often than not but do not abstain entirely.

There was a time when vegetarianism was cast as somehow unhealthful or dangerous, but the last three decades have rendered that view archaic. Eating lower on the food chain has been propelled by a raft of science that shows it provides superior health benefits compared to a standard American diet; by the availability of meat-free alternatives in the marketplace; by concerns about climate change and other environmental factors; and by the rise of the animal protection movement, which has focused public attention on the plight of all animals.

“When I became a vegan in 1984, most people had no idea what ‘vegan’ meant, or even how to pronounce it.”

Popular culture has made a tremendous difference, and so has the written word. Colin Campbell’s book, *The China Study*, had a particularly big impact, and even Bill Clinton now swears by its medical principles. *Skinny Bitch* reached young women throughout America, as did both Ellen and Oprah with their broadcasts about veganism. Matthew Scully even brought a powerful ethical case for vegetarianism from a traditional and conservative perspective in his book *Dominion*. High-profile cases of salmonella poisoning and even a case of mad cow disease reminded consumers of the food safety threats that incubate on factory farms.

During the same period, obviously, a series of undercover investigations by the Humane Society, Mercy for Animals, and other groups threw back the curtain on intensive confinement practices and revealed to consumers the misery that the animals endure for our societal preference for meat. If we care about animals, we must take into account our food choices.



BARBARA LOVITTS
Life Member, *The Vegetarian Resource Group*

In the last 30 years, vegetarianism has entered mainstream culture. There’s less ‘taunting’ of vegetarians about their dietary choices, and non-vegetarians often feel uncomfortable around and apologize to

vegetarians for their dietary choices. ‘Vegan’ has become a commonly used and understood word. Menus indicating which items are vegetarian or vegan, or could

be made vegetarian or vegan, now exist in many food establishments. Waiters and waitresses understand what you mean when you ask that an entrée be made vegan. It’s easy to find products such as soymilk and tofu in supermarkets. There’s been an explosion in production of meat analogs and different types of non-dairy milks. Soymilk is being offered as an alternative in some public schools. Fewer doctors are blinking an eye when you tell them that you are raising your children vegetarian or vegan, and whole families are following their child’s lead and becoming vegetarian or vegan. I no longer have to call ahead to conferences and conventions to request a vegetarian meal. ‘Vegetarian’ is listed as a meal option on pre-set menus at conferences and conventions.

In the next 30 years, a larger percentage of the population will become vegetarian or vegan. More vegetarians will be elected to public office. Food products will carry a symbol indicating whether they are vegetarian or vegan. Animal rights groups and the animal agriculture industry will reach more agreements on the humane treatment of animals.



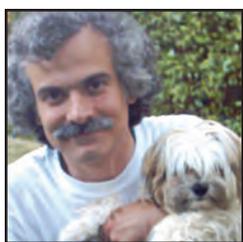
INGRID NEWKIRK
Director, *People for the Ethical Treatment of Animals (PETA)*

What’s the most important change? The amusing realization that almost everyone now knows they really should be vegan, or at least vegetarian. If they are not, with-

out your having said a word, they are defensive, guilty, or apologetic; make excuses; and sometimes pretend to be vegetarian or to be ‘mostly’ vegetarian. We have become their external conscience.

What’s ahead? In addition to lots more vegan ‘meat and dairy,’ laboratory-grown *in vitro* meat—grown from animal cells but without the breeding, mutilations, transport, and slaughter—will prove Sir Winston Churchill right when he speculated that, one day, people could eat chicken without killing a bird.

“What’s the most important change? The amusing realization that almost everyone now knows they really should be vegan, or at least vegetarian.”



PHIL BECKER
Life Member and Volunteer,
The Vegetarian Resource
Group

“Becker’s ‘Top Ten’ List” the past 30 years includes having gradually but steadily...

- 1) Educated health professionals, public policy makers, and the public at large that vegetarian/vegan diets can be health-protective and an effective way to reduce one’s risk for chronic diseases, which was contrary to the commonly held belief for many generations, even among health professionals.
- 2) Informed public policy makers and the public at large about the plight of farm animals.
- 3) Influenced the food industry and the educational system to offer vegetarian and vegan food choices in public eateries and schools.
- 4) Improved consumer awareness about their food choices. Ingredients labeling, organic food choices, and nutritional information all have progressed to their current status because the vegetarian/vegan communities demanded that consumers know what goes into the food that they are eating.
- 5) Publicized food production as one of the most pressing environmental issues of our time. In contrast to 30 years ago, today virtually every legitimate environmental and conservation organization has acknowledged the unsustainable practices associated with livestock agriculture and has supported the need to eat lower on the food chain.
- 6) Demonstrated that food-related issues are social justice issues. It was back in the mid-1980s when I first learned from George Eisman about the ‘cash-crop’ economy associated with food commodities like coffee, cocoa, and sugar. Even though these products are vegetarian, the primary point is that what we eat as consumers can have profound (and even devastating) impacts on the quality of life of other people and their cultures around the world.
- 7) Exemplified the adage: “Be the change you want to see in the world.” Vegetarians/vegans are living proof that not only can you live a full and vibrant life without meat, but also that one can be adequately nourished without consuming an excessive number of calories at every meal.
- 8) Legitimized terms like vegetarian and vegan as being genuine, viable, and highly desirable choices for living one’s life in a manner that is consistent

with ‘leaving no trace’ and ‘treading lightly on the earth,’ thereby reinforcing that diet and philosophy for living are inseparable entities.

- 9) Solidified the idea that, if one fervently believes in animal rights, one’s diet can be consistent with one’s political and philosophical beliefs.
- 10) Unified vegetarians and vegans with mainstream society by putting a vegetarian/vegan spin on conventional practices, such as dinner outings, parties, weddings, and a plethora of other human activities. This consistently demonstrates that vegetarians/vegans are indeed part of and want to be part of the human experience—and not separate from it as some critics of vegetarianism/veganism contend.

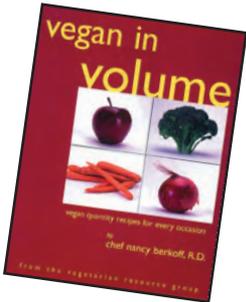
While I am not psychic about the future, I do believe we will see several changes. The ‘bad’ news is that human global population will continue to grow exponentially and reach a record of 15 billion by 2040 or so. Along with that, there will be unprecedented (non-human) species extinction, more global (human) conflicts over natural resources, and new strains of diseases previously unknown because global sanitation resources won’t be able to keep pace with global population growth.

“Vegetarians/vegans are indeed part of and want to be part of the human experience — and not separate from it as some critics of vegetarianism/veganism contend.”

The ‘good’ news is the quality of health care in nations like the U.S. will be better than ever (but only for those who will be able to afford it). I also predict that we will see factory farms disappear in the U.S. (but unfortunately escalate in lesser developed regions due to their position in economic development). Protections for ALL animals will improve throughout democratic regimes (as will legal protections for animals). Also, the availability of tasty, economical vegan food will grow exponentially throughout the world and become a leading economic force for import and export of food commodities (ditto for organic food production).

Christine Kasum Sexton, MPH, researched this article while volunteering with The Vegetarian Resource Group.

30 WAYS TO CELEBRATE WITH THE VRG OVER THE NEXT 30 YEARS

- 1) Continue a healthful, compassionate vegan diet.
- 2) Volunteer in our office in Baltimore, MD, or long-distance. Contact Mary at vrg@vrg.org.
- 3) Eat at great vegetarian/vegan restaurants and send us updates for restaurants in your area. See www.vrg.org/restaurant/index.php.
- 4) Give our *Vegan in Volume* to food services. See our book catalog: www.vrg.org/catalog.
 
- 5) Serve on a VRG committee. Contact Mary at vrg@vrg.org.
- 6) Sponsor a VRG scholarship or intern. See www.vrg.org/student/scholar.htm and www.vrg.org/student/eleanor_wolff_scholarship.php.
- 7) Give *Vegetarian Journal* gift subscriptions to your family and friends: www.vrg.org/catalog.
- 8) Include The Vegetarian Resource Group as a beneficiary in your will.
- 9) Stay positive and keep a sense of humor.
- 10) Get VRG's Visa® Platinum Rewards Card at www.cardpartner.com/affinity/app/vrg. Once you activate it, The VRG receives \$50!
 
- 11) Purchase books from VRG and give them to your friends, relatives, and local schools: www.vrg.org/catalog.
- 12) Purchase Message Checks with VRG's information on them (under animal rights): www.messageproducts.com.
- 13) Volunteer to convert *Vegetarian Journal* articles and other VRG info into HTML and participate in other web promotions of vegetarian information. Contact Heather at heatherg@vrg.org.

Bequests

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

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

- 1 4) Donate your old automobile to VRG: <www.v-dac.com/org/?id=521279034>.
- 1 5) If you work for the federal government, please remember The VRG when choosing your charities for the Combined Federal Campaign.
- 1 6) Donate stock to The Vegetarian Resource Group.
- 1 7) Friend The VRG on Facebook: <www.facebook.com/thevegetarianresourcegroup>.
- 1 8) Donate to VRG through United Way or local charity campaigns.
- 1 9) Make a monthly or quarterly recurring donation to The VRG: <www.vrg.org/donate>.
- 2 0) Join The VRG e-mail list at <www.vrg.org/vrgnews/>.
- 2 1) Help at a Vegetarian Resource Group outreach booth. Contact Mary at (410) 366-8343 or vrg@vrg.org.



- 2 2) Name VRG as a beneficiary for your IRA or life insurance.
- 2 3) Assist VRG with app development or computer tasks. Contact John at vrg@vrg.org.
- 2 4) Let others know about our online parents' group: <groups.yahoo.com/group/vrgparents/>.
- 2 5) Thank and encourage other activists.
- 2 6) Show empathy and kindness towards non-vegetarians and all others.
- 2 7) Volunteer your professional skills for the growth of The Vegetarian Resource Group or another non-profit group.
- 2 8) Congratulate yourself for the positive changes you have made. Do your best, but remember that humans aren't perfect.
- 2 9) Say thank you to our dietitians who have given so many hours to spread scientific information about vegan diets.
- 3 0) Eat your leafy green vegetables.



Vegan Dinner in Philly

Singapore Chinese Vegetarian Restaurant ♦ 1006 Race Street
 Sunday, October 7, 6 PM ♦ During the AND Conference

The Vegetarian Resource Group will host a vegan feast during the annual meeting of the Academy of Nutrition and Dietetics (formerly the American Dietetic Association). The restaurant is approximately one block from the Convention Center in Philadelphia's Chinatown. Dietitians, local VRG members, and the public are welcome!

Buffet Menu

House Wonton Soup ♦ Hot and Sour Soup ♦ Salad ♦ Spring Rolls ♦ Curry Dumplings ♦ Sesame Noodles
 General Tao's 'Chicken' with Broccoli ♦ Singapore 'Pepper Steak' ♦ Coconut 'Shrimp and Chicken'
 Vegetable Lo Mein ♦ Chinese and American Greens ♦ Brown Rice ♦ White Rice ♦ Oranges ♦ Tea

Cost

\$20 per person, which includes tax and tip.

Menu subject to change. Please reserve early as seating is limited. Please send \$20 per person to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203. Pay at <www.vrg.org/donate> and write in "Singapore dinner" and the attendees' names in the notes. Or call (410) 366-8343 between 9 AM and 5 PM Eastern time Monday through Friday to pay with a Visa or MasterCard.

NUTRITION HOTLINE

(Continued from page 2)

We've responded to many questions about vegetarian children.

QUESTION: *"My 10-year-old granddaughter has decided to become a vegetarian. My daughter says she doesn't know what to feed her and that she is not eating veggies or fruits."*

ANSWER: It's your granddaughter's responsibility (with her parents' help) to choose a variety of healthful vegetarian foods. Sharing an eating plan (like the one on our website) for vegetarian children and talking with her about choices from each food group is a good way to help her think creatively as she develops a list of healthful vegetarian foods that she will eat. [2007]

Questions about protein have been popular. We've reiterated, in many different ways, that careful combining of different protein sources is not something to focus on.

There is really no need for vegetarians in the United States to be concerned about complementing proteins. By eating a variety of foods such as unrefined grains, legumes, seeds, nuts, and vegetables throughout the day, you are virtually assured of getting adequate protein. Protein is made up of amino acids. Actually, we require certain essential amino acids, not protein at all. Most protein sources of non-animal origin do contain all of the essential amino acids, but the amounts of one or two of these amino acids may be low in a particular food in comparison to a protein from an animal source. However, by eating a variety of foods, you can meet amino acid needs. [-1994]

Diets come and diets go. We've answered questions about many popular diets. Remember these?

Statements like "I could never be a vegetarian, I'm type O" are not based on scientific evidence and may even lead people to avoid making dietary changes that could benefit their health and the planet. Stick with a varied, whole foods-based vegetarian diet regardless of your blood type. [1999]

Nothing about the science of sustainable eating practices actually changed to prompt the low-carb craze that has made the Atkins diet so popular. It's true that

you can lose weight on the Atkins diet or other controlled-carb diets, but you can also lose weight on high-carb, low-fat, rice, and grapefruit diets. Research suggests that weight lost on the Atkins diet, as with other diets, is the result of cutting calories, not carbs.

Suzanne Havala Hobbs, DrPH, MS, RD [2004]

And one of our favorite questions:

QUESTION: *"I want to become a vegetarian, but I hate most vegetables. Can I be a vegetarian without vegetables?"*

ANSWER: The more you read about vegetarian diets, the more you'll see statements like, "Eat a variety of foods." That's because different foods provide different nutrients. For instance, dried beans supply protein and iron while fruits are a good source of vitamin C. Vegetables make important contributions when it comes to nutrition. Orange vegetables like carrots and sweet potatoes have generous amounts of vitamin A. Green vegetables such as kale and collards supply iron and calcium. All vegetables provide fiber and phytonutrients (simply put, nutrients that are important and that come from plants).

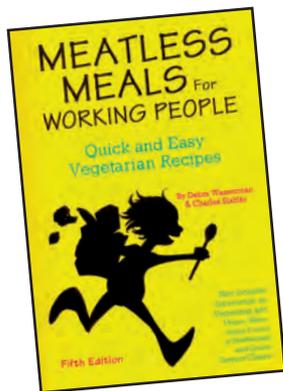
That's not to say that you can't get many of these vitamins, minerals, and other nutrients from other foods if you don't eat vegetables. You can get some from fruits, you get some from whole grains, and if necessary, you can take a vitamin pill. The only problem is that vegetables are such low-calorie powerhouses that you may find that you have to eat a lot more fruit or a lot more beans to make up for what you're missing by not eating vegetables. In addition, there may be some phytonutrients that are unique to vegetables that we don't even know about yet and that aren't in vitamin pills. If you don't eat vegetables, you miss out on these potentially important phytonutrients.

Do you really not eat any vegetables, or is it that you really don't like cooked vegetables or certain vegetables? There's no law that says that you have to eat every vegetable. For variety's sake, it would be good to try to find a deep orange-colored vegetable or two, a green leafy vegetable or two, and a few other vegetables that you could eat regularly.

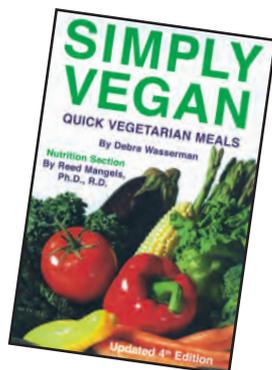
Maybe you decided when you were 3 or 4 or 5 that you didn't like vegetables and haven't tried many of them since. Believe it or not, your tastes change as you get older, and what tasted bitter or unpleasant when you were a child may taste pretty good now. Try eating some vegetables raw or just cooking them lightly and see if that makes them more appealing. [2010]

VRG Catalog

Books

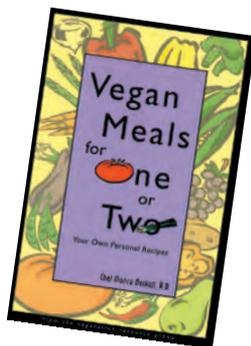


Meatless Meals for Working People—Quick and Easy Vegetarian Recipes (\$12) by Debra Wasserman. We recommend using whole grains and fresh vegetables. However, for the busy working person, this isn't always possible. This 192-page book contains over 100 fast and easy recipes and tells you how to be a vegetarian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



Simply Vegan (\$14.95) by Debra Wasserman and Reed Mangels, PhD, RD. These 224 pages contain over 160 quick and easy vegan recipes, a complete vegan nutrition section, and a list of where to mail order vegan food, clothing, cosmetics, and household products. Vegan menus and meal plans. Over 90,000 copies sold.

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



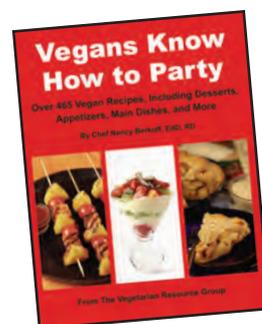
Vegan Meals for One or Two—Your Own Personal Recipes (\$15) by Nancy Berkoff, RD. Whether you live alone, are a couple, or are the only one in your household who is vegetarian, this 216-page book is for you. Each recipe is written to serve one or two people and is designed so that you can realistically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

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

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

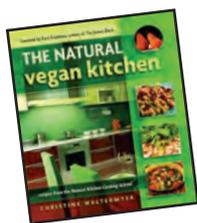
Vegan in Volume (\$20) by Nancy Berkoff, RD. This 272-page quantity cookbook is loaded with terrific recipes serving 25. Suitable for catered events, college food services, restaurants, parties in your own home, weddings, and much more.

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

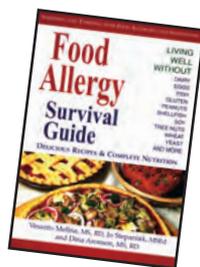


Vegans Know How to Party (\$25) by Chef Nancy Berkoff. This 384-page book teaches you how to put on a soiree for vegans and all who enjoy great food! It features over 465 recipes, including appetizers, soups, salads, ethnic cuisine, sandwiches, and—of course—desserts like pies, cakes, and cookies! Also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

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



The Natural Vegan Kitchen (\$19.95) by Christine Waltermeyer. Christine Waltermeyer is the founder and director of The Natural Kitchen School in Princeton, NJ, and New York City. Among her delicious recipes, you'll find Tempeh Mock Tuna Salad, Zucchini Rice Cakes with Vegan Tartar Sauce, Tofu Pot Pie, Seitan in Mexican Gravy, African Vegetable Stew, Apricot Mousse, Vanilla Amazake Custard, and more. The book includes nutritional analyses and beautiful color photos. (192 pp.)



Food Allergy Survival Guide (\$19.95) by Vesanto Melina, MS, RD; Jo Stepaniak, MSED; and Dina Aronson, MS, RD. This book provides extensive information and an excellent vegan recipe collection for those with allergies or sensitivities to dairy, eggs, gluten, nuts and peanuts, soy, yeast, fish and shellfish, and wheat. (382 pp.)

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

Free Children's Handouts

I Love Animals and Broccoli Coloring Book

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

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

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

Bumper Stickers

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

"Be Kind to Animals—Don't Eat Them"

Vegetarian Journal

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

Reprints from Vegetarian

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

Order Form

To order, mail to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203; place your order over the phone Mon-Fri 9 a.m.

to 5 p.m. Eastern time at (410) 366-8343; fax your order form to (410) 366-8804; or order online at our website: <www.vrg.org>.

Check or Money Order (Enclosed)

ITEM	QUANTITY	PRICE	SUBTOTAL
Vegetarian Journal Subscription			

SUBTOTAL \$ _____
SHIPPING AND HANDLING* \$ _____
MARYLAND RESIDENTS, ADD 6% SALES TAX \$ _____

Credit Card VISA MasterCard

NAME _____
ADDRESS _____
CITY _____ STATE _____
ZIP _____ COUNTRY _____
PHONE () _____
CREDIT CARD # _____
EXPIRATION DATE _____
SIGNATURE _____

***SHIPPING AND HANDLING CHARGES**

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

We greatly appreciate the support of the following individuals/businesses in honor of VRG's 30th Anniversary!

Donations

Anonymous (16) • Lea Augustine • Juanita Ball • Stephanie Basile • Ellen Bennett • James H. Bisby • Linda Bower
C.W. Brooks • Meryl Brott • Marilyn Burckardt • Roy E. Cameron, PhD • P. Campbell • Deborah A. Carstensen
George Ching • Craig A. Cline • Joseph Connelly/VegNews Media • Jane Cunin • Vaughan Dewar
Dr. Cynthia Cuttino Edwards, LMSW • Eugene Efinger • M. Eugenia Allen-Egbert • Ed Elliott • Robert English
Irving Falik • Margo Fine-Gabbay • Shirley C. Fox • Marshall S. Galinsky • Katherinie Ganz • Jeannie Genecko
Richard Gertler • Anne Goodman • Robin Gorfine • Betty Gunz • Tina Hallberg • Renate Hanauer • Rob Haworth
J.W.F. Holliday • Valerie Howell • Todd Husak • Iski Iskander • Fern Jarmulnek • Sylvester Johnson • Valerie Johnson
Joanne Katzen • Peggy King • Cynthia Kondon • Yala Korwin • David Latimer • Cynthia Embree Lavoie • Gale J. Lederer
Deborah J. Lewis • Celeste London • Ann Mask • Sandra Maynard • Luke McMorrow • Jane Michalek • Chris Nanny
Ed and Louise Nelson • Carrie Nutter • M. Olson • Sabrina Parada • Myriam Parham, RD • Elana Pessin • Mark Roth
Carolyn Roux • Sheri Runtsch • Sherry Salzman • Gertrude Scanlan • Albert Schapiro • Kate Seeger • Magda Simopoulos
Annette Sims • Judy Slarb • Patrick E. Smith • Sharon Speziale • Stanford Inn • Marcia G. Sutherland
Marietta Sypniewski • Michael A. Tedesco • Melissa Tillett • Megan Timberlake and Dr. Tom Sun II
M. Ivan Trotsky • Janet Valade • J. Walker, Jr. • Winston's Green Grocery • Joseph Woods • Barry Zalph

\$50-\$99 Supporters

Zel and Reuben Allen • Amy's Kitchen • Anonymous (8) • Dr. Maria Ascher • Benjamin Barnett • Ruth Bennett
Alex Birman • Roderick Brumbaugh • David and Jill Campbell • Kathleen Carlsson • Gretchen and Robert Chlebowski
John Deleon • Bipin Domadia • Mary Duch • George Eastman • C.J. Eicholtz • Rachel Fishbein • Ed and Ruth Goldstein
Roberta Gray, MD • L. Habenicht, MD • David Herring • Brenda Huang • S. Huang • Karen L. Jones
Albert R. Kalter, DC • Sharon Kilburg • Carol Kloss • Lisa Kotitsa • Ruth Krueger • Cheryl Lee • Rocco P. Lotesto
Barbara Lovitts • Maine Coast Sea Vegetables • Geoff Manikin and Patricia Rhea • Kerry Masters • Melissa Miller
J.B. Munson • Joseph A. Natalie • Micke Pescatore • John and Beverly Petiet • Karen R. Piasecki • Valerie Ramsey
Richard Reis • Gary Rogers • Dona Sayerburger • Richard Schwartz • Jodi and Bruce Shames • Carolyn Shannon
Bill Shurtleff/Soyinfo Center • Karen Simasek • Norman Simmonds • Ray Smith • Joseph Springer • Sarah B. Stewart
John Trevi • Nancy Trexler • Tom Tucker • Nancy I. Ulanowicz • Leslie Weisman • Steven J. Zelman, MD • Marcia Zier

\$100-\$499 Sustaining Members

Nitin Ajmera • Anonymous (8) • Linda Arnone • Gary Audiss • Robert Bair • Daniel Burnstein • Ann Berwald
Kim Lawyer Block • Kitty Boyan • Nancy Chapman/Soyfoods Assoc. of North America • Sharon Cook • Morton Cummins
Philip Glaser • Carole Goldstein, MS, RD • Florence Harris • Georgia Hiesterman • Tom Jenkins • Lori L. Jervis
Kevin K. Lee • Rosemary Cook Listano • John Manning • Robert Martin • Colin and Jennifer McCullough
Adina W. Mercer, MD • Virginia Messina, RD, MPH • Luann Mostello and Arthur Milholland • Marilyn Montenegro
Cheryl Poppel • Bart Potenza and Joy Pierson/Candle Café • David Schechterman • Jon and Kathleen Shoemaker
Jennifer Sowle • Barbara Stasz • Laurie Baker Walden • Judy Waters • Ann and Lawrence Wheat • Jeff and Jayne Zimmerman

\$500 Contributors

Alison Cox/Edward and Sons Trading Co., Inc. • Anonymous (2) • Joyce Hunt Litchy

\$1,000-\$5,000 Circle of Compassion

Anonymous (2) • St. Louis Vegetarian Society

\$15,000 Donor

Anonymous (1)

If we missed listing your name, please let us know and we'll add you to our list running in the next *Vegetarian Journal*.

CHANGE SERVICE REQUESTED

VRG Teaches Interns About Veganism

In May 2012, eight dietetic interns and a professor from the University of Maryland at College Park took a field trip to The VRG's office in Baltimore. The participants learned basics about veganism, and each student received a copy of all of The VRG's books and handouts so they could better help future vegetarian clients. Also, the students were assigned to bring in potluck vegan dishes, all of which were creative and delicious!



Happy 30th Birthday to The VRG!



The VRG celebrated its 30th anniversary at Candle 79 in New York City, and the food was fantastic! The menu included Stuffed Avocado Salad, Seitan Picatta, Black Bean-Pumpkin Seed Burgers, Spaghetti & Wheat Balls, and a choice of Fruit Crumb Pie with vegan vanilla ice cream or Chocolate Mousse Pie for dessert. In attendance were VRG members and supporters — including several Life Members, Advisors, and Board Members — as well as VRG Co-Director Debra Wasserman (center).