

ISSUE 57 | MAR/APR 2020

VEGWORLD

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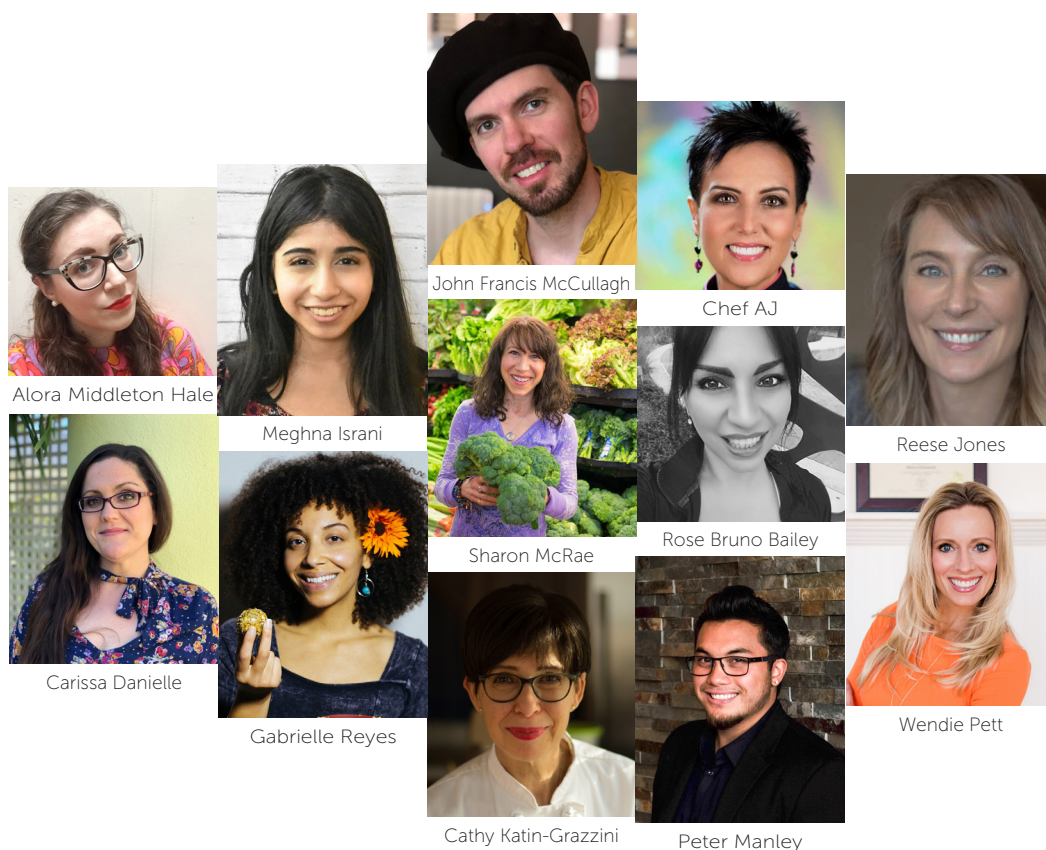
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Not Pictured: Andy Baxter, Kelly Cess, Jill Rachel Jacobs, and Emma J. Purvey

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EDITOR'S NOTE

A message from **VEGWORLD** Magazine
Editor-in-Chief, Courtney Garza



Releas-
ing **VEG-**
WORLD's first
Environmental
Issue is very import-
ant to me. Being kind
to the environment is
symbiotic to being kind
to animals. I believe living
a vegan lifestyle is a holis-
tic one, where every creature
must be shown respect and
compassion, from the animals to
our bodies and the Earth. So the
way we treat our planet is 100% a
part of that equation.

With this issue, I hope you are able to
take away something new to imple-
ment into your everyday vegan prac-
tices some aid to our Earth, which is
in dire need these days. By consuming
less, or even no, meat and dairy prod-
ucts, you are giving the best com-
pliment to our Earth's sustainability.
Thank you for taking the time to learn
and grow with us in this evolved issue
and for considering kindness for our
shared home.

Courtney Garza

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LATEST VEGAN NEWS

UK Judge Rules Veganism a “Protected Philosophical Belief” Under the Law

by *Diana O. Potter*

Some people don't yet know that veganism isn't just a list of dos and don'ts but a complete and complex value system that influences every aspect of vegans' lives.

So far, unfortunately, “some people” means most people. Result? We who follow plant-based lifestyles that include advocacy for the animals and the environment often face criticism, put-downs, and even discrimination for our beliefs.

Sound familiar? Here in the US, yes — but in the UK, “the times, they are a-changing.”

A Legally Protected “Philosophical Belief”

UK vegan Jordi Casamitjana claimed in a landmark legal case that he was fired after telling co-workers that their employer's pension monies were being invested in unethical funds and companies that experiment on animals.

The employer? Surprisingly, it's an animal welfare charity, The League Against Cruel Sports. The charity rejected Casamitjana's claim, leading to the judge's decision in late 2019 that ethical veganism qualifies as a philosophical belief protected under UK law.

In early January 2020, Judge Robin Postle stated he was “satisfied overwhelmingly” that ethical veganism meets the UK Equality Act's specifications to qualify as a philosophical belief. In his ruling, summarizing the results of an employment tribunal — the UK's method for adjudicating many types of legal disputes, including employment claims — Judge Postle said that veganism “clearly in my view meets all the criteria; It is a philosophical belief, not just an opinion....It is cogent, serious and important, and worthy of respect in democratic society.”

Britain's Equality Act, made law in 2010, defines “religion or belief” as one of nine “protected characteristics” that also include race, sex, pregnancy and maternity, and sexuality. The act thus makes it illegal for employers to discriminate for any of the nine reasons.

Casamitjana brought his case to court with the goal of forcing the Equality Act to include veganism as a protected philosophical belief, and for now, he is succeeding.

For Casamitjana to qualify for protection under the Equality Act, his attorneys were required to prove that veganism is “a belief and not an opinion,” that it has “a certain level of cogency, seriousness, cohesion, and importance,” and that it is “worthy of respect in a democratic society, compatible with human dignity and not [in] conflict with the fundamental rights of others.”

Satisfaction — and a Forward Look

Casamitjana expressed his satisfaction with the judgment: “I'm extremely happy with the outcome of this hearing and for the words of the judge who clearly understood what ethical veganism is. I didn't expect to have a judgment today, but the overwhelming weight of the evidence we have provided seems to have been sufficient for the judge to conclude that I'm the ethical vegan I

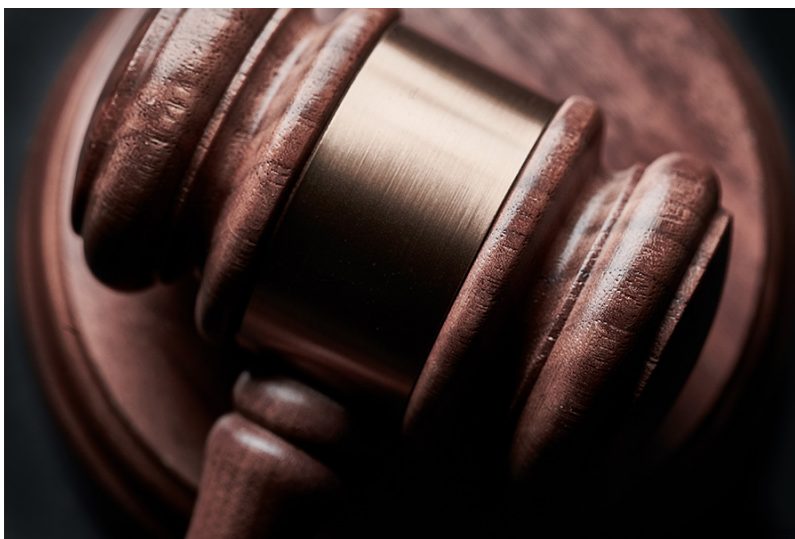
say I am, and that ethical veganism is a protected non-religious philosophical belief.”

In a further statement ringing with hope, he noted, “I am not alone. Many people have supported me because they, or their friends, have experienced discrimination for being ethical vegans. Hopefully, from my dismissal, something positive will come by ensuring [that] other ethical vegans are better protected in the future.”

The charity does not contest the animal welfare

aspect of the issue on which the judge ruled, said Rhys Wyborn, a member of the defense for The League Against Cruel Sports. Wyborn underscored the league's intention to pursue the “real crux of the matter,” the reason(s) for Casamitjana's dismissal, which the League believes was “due to his misconduct and not the belief he holds.”

Whatever the eventual outcome of this case, it represents yet another step forward in securing veganism's place as a major force for change in our too-often-unheeding world.



Musician Jaden Smith Hosts the “Carnival of Love,” a Vegan Event on Skid Row

by Peter Manley



In February, Jaden Smith — popular musician, entrepreneur, and son of actor Will Smith — threw what was called the “Carnival of Love.” The festival, which was a 100 percent vegan event, was created for the sole purpose of serving the local people in need.

The event took place in the Skid Row area of Los Angeles, California, where Jaden Smith personally attended to hand out free food to those who attended.

Jaden Smith’s very own The I Love You Restaurant — a vegan pop-up/food truck that aims to feed the hungry in the L.A. area — handled most of the food offerings. In addition to the food truck were restaurant-style tables placed outdoors, which were all decorated with balloons and signs from sponsors.

Brands such as New Balance, Cafe Gratitude, and Impossible Foods sponsored the event, contributing in the form of donated goods to further support the charitable festival.

Shortly after the Carnival of Love, The I Love You Restaurant posted a photo on Instagram with the following caption: “A big thank you to all our partners and volunteers for coming together for a day of giving at the Skid Row Carnival of Love, our first I LOVE YOU activation of the decade.”

Jaden was inspired to launch the I Love You Restaurant (as well as his many other initiatives to aid people in need) after starring in a film with his father Will Smith. In the movie — *The Pursuit of Happyness* — Jaden was inspired to help tackle the food and water poverty issues after working with homeless people during the filmmaking process.

In addition to his I Love You Restaurant and events throughout L.A., the young entrepreneur also aims to provide clean water to those in need through his water brand JUST Water.

EVERYTHING’S GREENER IN *Plano, Texas*

The City of Plano’s Certified Green Businesses are committed to the environment. Actions vary from offering locally-sourced goods, insulating water heaters, installing solar panels to electric vehicle charging stations. By reducing their environmental footprint, they make Plano a smart place to shop, live, work and play.

Find a Plano Green Certified business near you with the map at plano.gov/findgbc



Top Ten Cities in the US for Vegan Eats

by Alora Middleton Hale



I'm sure most vegans would agree that one of the most important things we look at when planning a trip is where we can eat. Luckily, the world of vegan eating has certainly expanded within the past few years and the internet, with all of its pictures and reviews, has definitely made it easier to scope out the best places for vegan fare in advance.

While the amount of vegan eateries around the nation is growing, there are still some cities that stand out when it comes to the number of veg-friendly and vegan restaurants available. For this reason, I have put together the top ten cities in the United States for vegans to get their nom on.

New York City, New York

Veg-Friendly Restaurants: 406
Vegan Restaurants: 77

The vegan options are plentiful in the Big Apple! New York City has a long history of international immigration. In fact, over 37% of the population was born in another country. This diversity could be one reason why NYC has such an abundance and variety of vegan options to choose from.

Highlights:

- Beyond Sushi
- Champs Diner

- Jajaja
- Orchard Grocer
- P.S. Kitchen

Los Angeles, California

Veg-Friendly Restaurants: 275
Vegan Restaurants: 54

Los Angeles – home to Hollywood, palm trees, and a plethora of vegan options. Los Angeles really is a vegan's paradise! Like New York City, Los Angeles boasts a diverse community with varying cultures and diets. Not only is there a variety of cuisines to choose from when it comes to vegan eats, but there is also an ever-growing number of vegan food festivals and street fairs that happen in LA – some of them weekly! With so many different options and opportunities for vegan food, there's sure to be something for everyone to enjoy.

Highlights:

- Little Pine Restaurant
- Crossroads Kitchen
- Real Food Daily
- Ramen Hood
- Donut Friend

Portland, Oregon

Veg-Friendly Restaurants: 274
Vegan Restaurants: 49

Portland is an exciting and unique city known for embracing the "weird." Vegans should have no problem at all finding somewhere to eat in Portland. The food and beer options are plentiful and often lean towards one-of-a-kind food experiences versus those born of mass consumerism. Portland is also home to around 21 farmer's markets, ripe with locally grown and organic produce.

Highlights:

- Back to Eden Bakery
- Bye and Bye
- Vtopia Cheese Shop and Deli
- Virtuous Pie
- Ichiza Kitchen & Tea House

Chicago, Illinois

Veg-Friendly Restaurants: 276
Vegan Restaurants: 33

Chicago is known for many things, including its interesting architecture, jazz music, and plentiful museums. The Windy City also has a diverse dining scene and vegans have definitely not been left out! Whether you're in the mood for comfort food, international cuisine, or raw vegan options, Chi-Town has got you covered! You can even try out some vegan deep dish pizza and decide for yourself which side of the New York vs Chicago-style pizza side you're on.

LATEST VEGAN NEWS

Highlights:

- Amitabul
- Althea
- The Chicago Diner
- Native Foods
- Upton's Breakroom

San Francisco, California

Veg-Friendly Restaurants: 208

Vegan Restaurants: 19

There's more to San Francisco than fog, steep hills, and the Golden Gate Bridge. Like Portland, San Francisco has an abundance of organic produce. In fact, 40% of Bay Area land is dedicated to farming. Because of this, San Francisco boasts many organic restaurants and grocery stores, and with them come vegan-friendly food options! If you're looking for even more places to eat vegan, Oakland is just across the Bay Bridge, adding another 67 veg-friendly restaurants and 15 more vegan restaurants to your list of places you can eat.

Highlights:

- Shizen Vegan Sushi Bar
- Next Level Burger
- Golden Era Vegan Restaurant
- VeganBurg
- Nourish Cafe

San Diego, California

Veg-Friendly Restaurants: 231

Vegan Restaurants: 22

Authentic Mexican cuisine is one of San Diego's culinary attractions, and vegans definitely haven't been left out. There's a variety of Mexican restaurants, food trucks, and food stands in San Diego that are vegan or offer vegan options. If you're looking for options outside of Mexican food, San Diego's got you covered there, too. From vegan fast food to raw organic meals made using fair trade and local ingredients, San Diego has something for you to enjoy for breakfast, lunch, and dinner.

Highlights:

- Plant Power Fast Food
- Donna Jean
- Kindred
- Plumeria
- Grains

Seattle, Washington

Veg-Friendly Restaurants: 190

Vegan Restaurants: 23

Due to its location in the Pacific Northwest, Seattle has a reputation for being a bit wet and dreary. Luckily, Seattle is also becoming known as a great place for vegans to find some delicious food. Warm yourself up with some vegan comfort food, shop at an all-vegan grocery store, or visit the David Bowie-inspired vegan bar. Of course, a visit to Seattle wouldn't be complete without coffee. Luckily, most of Seattle's coffee shops and cafés offer a wide range of plant milks for you to add to your brew.

Highlights:

- Wayward Vegan Café
- Araya's Place
- Cycle Dogs
- Galaxy Rune
- Harvest Beat

Atlanta, Georgia

Veg-Friendly Restaurants: 138

Vegan Restaurants: 15

Atlanta recently made vegan news when a Kentucky Fried Chicken located in the city attracted crowds that wrapped around two city blocks to try the new Beyond Vegan Chicken nuggets and wings. Both vegan options sold out in a matter of five hours. Luckily for vegans in Atlanta, there are even more exciting vegan food options just waiting to be tried!

Highlights:

- Dulce Vegan Bakery and Café
- Green Sprout
- Café Sunflower
- Soul Vegetarian
- Herban Fix Vegan Kitchen

Austin, Texas

Veg-Friendly Restaurants: 127

Vegan Restaurants: 24

Austin is a creative community with a thriving music scene and outstanding food. It's no wonder that this city is a great place for vegans to enjoy some great vegan eats. The variety of vegan options in Austin is huge, boasting pizza, ribs, nachos,

ice cream, tacos, mac and cheese, and more! Vegans will have no problem finding something to enjoy in this friendly city.

Highlights:

- The Beer Plant
- Counter Culture
- Arlo's Food Truck
- Rebel Cheese
- Nissi Vegan

Phoenix, Arizona

Veg-Friendly Restaurants: 85

Vegan Restaurants: 11

The scorching weather isn't the only thing in Arizona that's hot (sorry, I had to do it). The vegan food scene in Phoenix is heating up and isn't showing signs of slowing down. Options include Mexican, Thai, Vietnamese, and Brazilian. There's even a vegan goth-themed café! Plus, if you visit Phoenix between October and April, you'll be able to enjoy both cooler weather and the blossoming vegan scene.

Highlights:

- Verdura
- Green New American Vegetarian
- Vegan House
- Mi Vegana Madre
- Casa Terra
- Dark Hall Coffee

HONORABLE MENTIONS

Boston, Massachusetts

Veg-Friendly Restaurants: 97

Vegan Restaurants: 8

Miami, Florida

Veg-Friendly Restaurants: 75

Vegan Restaurants: 11

Denver, Colorado

Veg-Friendly Restaurants: 141

Vegan Restaurants: 7

Charlotte, North Carolina

Veg-Friendly Restaurants: 67

Vegan Restaurants: 5



Australia's One Billion Burned Animals: A Tragedy — and a Warning

by **Diana O. Potter**

As vegans, we thrive. But as you know, our thriving veganism isn't all about us. It's also about helping to safeguard the environment and protect the animals. As veganism grows, so do these passionately committed advocacy movements that are critical to our survival — and the Earth's. That's a good thing, of which we can be justly proud.

If only it were enough, or even close. Besieged by the life-threatening effects of climate change seen in increasingly violent storms, earthquakes, polluted waters, and fires worldwide, our formerly all-embracing, nurturing Earth seems almost to be rebelling against the humans so thoughtlessly destroying it.

Humans certainly deserve the blame, and perhaps many deserve to suffer for their inaction. But it's the innocent others of the

Earth — the animals and the forests, seas, and lands that are their home — whose suffering is inexcusable.

A Billion Animal Deaths in Australian Wildfires. A Billion.

The news media have exhaustively reported on the agonizing deaths of 1 billion animals in Australia due to the hundreds of devastating and so far unstoppable wildfires that have raged there for over four months. A "billion" is such a huge number; it recalls a demagogue's alleged WW2 statement that "One death is a tragedy; a million deaths is a statistic." So let's talk about just one of the hundreds, perhaps thousands, of species burned to death or likely to die because the fires have destroyed their sources of food and shelter: koala bears.

In just the state of New South Wales, an estimated 8,000 koalas have burned to

death. On the formerly pristine Kangaroo Island, once considered a kind of "Noah's Ark" for endangered species (which include koalas), it's feared that the koala kill is so high it places the survival of the entire species in peril.

Rescuers braving the scorched areas to bring out surviving animals describe "apocalyptic scenes" of death and destruction: Venturing into a burned area a week after the fires had passed through, one group found *one* burned-but-alive koala amid thousands of bodies of other koalas, kangaroos, wallabies, and birds.

And these are only two examples of what's happening all over Australia. As one rescuer says, "Amid all this death, every time we find an animal alive it feels like a miracle."

Are Australia's Wildfires the Beginning of the End?

Wildfires have been part of Australia's history for a long time, but the fire season is now longer, and the fires more extreme, as climate change strengthens its grip.

According to University of Sydney ecologist Chris Dickman, as reported by *Smithsonian Magazine*, what's happening in Australia should serve as a warning sign for the rest of the planet.

"Sometimes," Dickman says, "it's said that Australia is the [world's] canary in the coal mine, with the effects of climate change being seen here most severely and earliest." In Australia now, he continues, "we're probably looking at what climate change may look like for other parts of the world in the first stages." What about the later stages? Like the explosion in the coal mine, if the canary goes unheeded, climate change could lead to irreversible environmental damage — damage that changes everything about how we live, even *why* we live.

In this global crisis, now seems a good time for us, as vegans, to view the harm from animal agriculture and that from climate change as two expressions of the same towering threat to the animals' and our own survival...and to increase our commitments accordingly.

Vegan Billie Eilish Gobbles Up Top Grammy Awards

by Diana O. Potter



Let's start with the 62nd Grammy Awards' Album of the Year win for *When We All Fall Asleep, Where Do We Go?*

For the next few nights at least, 18-year-old breakout recording artist Billie Eilish will likely be going back in her dreams to Staples Center in Los Angeles on Sunday night, January 26, where she won ALL FOUR major Grammy Awards.

Eilish had some strong competition, to say the least, including Ariana Grande, Lizzo, Lil Nas X, and other superstars of the recording industry.

In addition to Album of the Year, Eilish's Grammys include **Record of the Year** and **Song of the Year**, both for the smash hit "Bad Guy"; and, most prestigious of all, **Best New Artist** — making her the first woman and only the second artist (after Christopher Cross, who won 39 years earlier) to rise to this acclaimed level of achievement.

And...she's the *youngest winner ever* for both Record and Song of the Year. Remember, that's the youngest in 62 YEARS!

Eilish also shared the Grammys for Album, Song, and Record of the Year with her brother ("my best friend") and artistic collaborator, Finneas O'Connell, who accepted the Song of the Year award with her onstage and said, "This is to all the kids who are making music in their bedroom today [he and Billie record together in a bedroom in their family home]. You're going to get one of these!"

Standing beside her brother, the astonished and delighted Eilish spoke of her gratitude to The Recording Academy audience and so many more:

"I genuinely want to say that I'm so grateful, and I'm so honored to be here amongst all of you. I love you to my

core. I grew up watching all of you. Thank you to my team, my mom, my dad, my best friends."

Eilish's mom, vegetarian since high school and long-time vegan Maggie Baird, in addition to raising incredibly talented Billie and her brother, also raised Billie as a vegetarian from birth. Read about Maggie Baird's remarkable life, and drool over the delicious vegan meals she makes for her family — even when they're touring! — in the story "Ocean Eyes: Billie Eilish's Mom Talks Veganism and Kids" in our Nov.-Dec. issue.

Today, Billie's a powerful voice speaking out against the climate crisis. Just one example: She made her most recent world tour, "Where Do We Go," as green as possible, even banning plastic straws!

What's Billie dreaming about doing next? She hasn't said. But we know it will be extraordinary.

Joaquin Phoenix Wins Best Actor for *Joker* and “Best Speech” — for the Animals

by *Diana O. Potter*



If there were an Oscar for “Best Winner’s Speech on Behalf of All Vulnerable Beings and Especially Animals,” Joaquin Phoenix, 45, would have won his second “Best” award at the Academy Awards on Sunday, February 9.

Of course, winning Best Actor for the film *Joker* is a major achievement for the long-controversial star.

But it was his deeply felt passion for the rights of others, animal and human — along with an expression of personal humility in the face of such issues that doubtless surprised many — that stood out among the winners giving thanks that night.

“I do not feel elevated above any of my fellow nominees or anyone in this room,” he began, “because we share the same love, the love of film....But I think the greatest gift that it has given me, and many of us in this room, is the opportunity to use our voice for the voiceless.”

In his lengthy speech of thanks to the Academy, Phoenix gave voice to many progressive causes — echoing and expanding on the speech he gave at the 77th Golden Globe Awards last January 5 after winning Best Actor for *Joker* there. (You’ll recall that he also influenced the Golden Globe event organizers to make their pre-awards dinner menu entirely vegan.)

“Whether we’re talking about gender inequality or racism or queer rights or indigenous rights or animal rights,” He told the Academy audience, “we’re talking about the fight against the belief [that] one nation, one race, one gender, or one species has the right to dominate, control and use, and exploit another with impunity.

“I think that we’ve become very disconnected from the natural world and...what we’re guilty of is an egocentric world view, the belief that we’re the center of the universe.”

The actor continued: “We go into the natural world and we plunder it for its resources. We feel entitled to artificially inseminate a cow and, when she gives birth, we steal her baby, even though her cries of anguish are unmistakable. And then we take her milk that’s intended for her calf and we put it in our coffee and our cereal.”

After making such powerful points, Phoenix ended his Oscar speech with a thoughtful commentary that shows how he’s matured since his earlier days in acting, when he was often arrogant and mocking of others:

“I think we fear the idea of personal change, because we think we have to sacrifice something, to give something up. But human beings at our best are so inven-

tive and creative and ingenious, I think that when we use love and compassion as our guiding principles, we can create, develop, and implement systems of change that are beneficial to all sentient beings and to the environment.”

He ended his speech with a touchingly emotional reference to his late brother and fellow actor, River Phoenix:

“When he was 17, my brother wrote this lyric. He said, ‘Run to the rescue with love, and peace will follow.’

“Thank you.”

We who also care about and defend the animals thank *you*, Mr. Phoenix. May your voice be heard for a very long time in as many places as possible where humans still believe in their right to kill and eat defenseless animals.



Oprah's 2020 Vision: Your Life in Focus Tour Collaboration with Weight Watchers Features Vegan Restaurants As Favorite Stops

Weight Watchers (WW, Weight Watchers: Reimagined) is launching "Oprah's 2020 Vision: Your Life in Focus" and is partnering with its "favorite" local restaurants in various Tour locations *to make it easy to select options that align with a balanced 2020 action plan.*

The best part? Most of the restaurants along the tour include either fully vegan or vegan-friendly restaurants!

In particular, **VEGWORLD's** hometown, Dallas, TX, will have two local vegan restaurants, **Peace. Love. & Eatz** Smoothie Bar and **Viridescent Kitchen**. Both were part the "favorite" local restaurant stops featured on the tour's Dallas visit on Saturday, Feb. 15th.

In celebration of "Oprah's 2020 Vision: Your Life in Focus" tour, WW is showing up on menus across America. To guide out-of-town visitors and locals in fulfilling their wellness goals, Weight Watchers has collaborated with a diverse group of restaurants to create "WW Favorite" dishes that fit a healthy lifestyle. Their aim is to make it easy to select options that align with a balanced 2020 action plan.

At each stop of the nine-city tour, Oprah will highlight individuals who, by taking charge of their own health, created a ripple effect of wellness in their communities. **Peace. Love. & Eatz**, located in DeSoto, and **Viridescent Kitchen**, located in Plano, will be featured as go-to restaurant stops for attendees and those looking for a healthy bite in the Dallas-Fort Worth Metroplex. Oprah Winfrey's tour with WW will feature special guests for all nine arena shows. Oprah will sit down for an intimate one-on-one conversation with Lady Gaga in Ft. Lauderdale, FL, Tina Fey in St. Paul, MN, Amy Schumer in Charlotte, NC, Dwayne Johnson in Atlanta, GA, Michelle Obama in Brooklyn, NY, Tracee Ellis Ross in Dallas, TX, Kate Hudson in San Francisco, CA, Jennifer Lopez in Los Angeles, CA, and Gayle King in Denver, CO.

For more information about the tour and its mission, visit:
<https://www.oprahmag.com/life/a28899378/oprah-ww-tour>.



SeaWorld Finally Puts End to "Dolphin Surfing" Act

by Peter Manley

On the 1st of February, the longtime culprit of animal abuse — SeaWorld — vowed to finally put an end to its show that forces dolphin trainers to ride on dolphins' backs and even faces.

The massive live-attraction company finally decided to pledge not to continue this act any longer after PETA — short for People for the Ethical Treatment of Animals — organized a campaign. As an integral part of this campaign, PETA included a veterinary report that proved dolphins suffered extreme injuries and pain at the San Diego, San Antonio, and Orlando SeaWorld locations.

Furthermore, PETA managed to publish many localized ads against SeaWorld's abusive practices as well as earn the support of actor Alec Baldwin. In a conference call with SeaWorld officials, Baldwin asked, "When will SeaWorld stop allowing trainers to use dolphins as surfboards, standing on their faces and backs, to perform circus-style shows?"

To put the icing on the cake, PETA is also a shareholder in the SeaWorld company and initiated a shareholder proposal in December of 2019 to put an end to the "dolphin surfing" practice.

In response to the consistent and successful efforts by PETA, SeaWorld agreed that it will no longer feature any shows that consist of people riding on dolphins' backs and also will put an end to people riding on dolphins' faces, which is something that is only reported to occur at its San Diego location.

While this is a great victory for PETA and the animal rights movement, PETA is still on a mission to put an end to any dolphin, orca, and sea animal suffering at SeaWorld. In a recent statement, PETA Executive VP Tracy Reiman said, "The company seems intent on being dragged, kicking and screaming, into ultimately releasing these animals to seaside sanctuaries. PETA is calling on it to put a plan in place now."

LATEST VEGAN NEWS

CLIMATE CHANGE AND THE AMERICAN DIET



Earth Day Network and Yale Program on Climate Change Communication Present New Research and Insights on Consumer Food Habits

American consumers are hungry for more climate-friendly plant-based diets, but they need more information, according to results from a national survey released Thursday, February 13th, by Earth Day Network (EDN) and the Yale Program on Climate Change Communication (YPCCC).

The report, titled "Climate Change and the American Diet," found that half (51%) of Americans surveyed said that they would eat more plant-based foods if they had more information about the environmental impacts of their food choices. However, 70% rarely or never talk about this issue with friends or family. Nearly two-thirds of the Americans surveyed report having never been asked to eat more plant-based foods, and more than half rarely or never hear about the topic in the media.

However, the report found that more than half of Americans are willing to eat more vegetables and plant-based alternatives and/or less red meat. Additionally, consumers are already changing their diets and purchasing habits in favor of plant-based foods.

"This data is a wake-up call for the climate movement," said Jillian Semaan, Food and

Environment Director, Earth Day Network. "Animal agriculture is one of the major drivers of our climate crisis; we need to provide people with the relevant information that connects food choices, animal agriculture, and climate change."

Although 4% of Americans self-identify as vegan or vegetarian, 20% choose plant-based dairy alternatives about two to five times a week or more often. Roughly the same percentage choose not to buy products from food companies that are not taking steps to reduce their environmental impact.

"Many American consumers are interested in eating a more healthy and climate-friendly diet," said Anthony Leiserowitz of Yale University. "However, many simply don't know yet which products are better or worse — a huge communication opportunity for food producers, distributors, and sellers."

Additional Barriers to Climate-Healthy Diets: Cost, Taste, and Accessibility

Americans identified other barriers to eating more plant-based foods, including perceived cost, taste, and accessibility. About half (49%) of Americans think a meal with

a plant-based main course is more expensive than a meal with a meat-based main course.

The research also showed that Americans would eat more plant-based foods if they cost less than meat options (63%) and if they tasted better (67%). Barriers of cost and access, including distance from grocery stores and access to fresh produce, impact lower-income households in particular.

These and other findings come from a nationally representative survey conducted by the Yale Program on Climate Change Communication and Earth Day Network. The survey of 1,043 American adults (18+), was conducted in December 2019 on the Ipsos KnowledgePanel. The research was funded by Earth Day Network as part of its Foodprints for the Future campaign.

In addition to Dr. Anthony Leiserowitz, principal investigators included Drs. Seth Rosenthal (Yale) and Matthew Ballew (Yale), and Jillian Semaan (Earth Day Network).

Barn Sanctuary: A Safe Haven for Barnyard Refugee

Dan McKernan lives in Chelsea, Michigan. He quit his technology career in Austin, Texas, and founded Barn Sanctuary in 2016. He was called from a deep place within to return home and convert his family's generations-old farm into a rescue for barnyard animals. And he had absolutely no experience.

The mission of Barn Sanctuary is rescuing and rehabilitating farm animal refugees and spreading the message of compassion. Dan, along with his dad who has lived and worked on the farm for most of his adult life, are passionate about animal welfare. They share a common goal: to save farm animals from perilous situations and give them a place to live out their natural lives in safety and peace.

Barn Sanctuary is going to be featured on *Animal Planet* later this Spring 2020. Viewing twelve 1-hour episodes about running a sanctuary, the world will see farmed animals like never before! *Barn Sanctuary* will inspire viewers of *Animal Planet* with rescue stories, unique medical cases, and charismatic characters – both human and animal – while shining a light on modern-day farm life, with a distinctive twist. This is a story of a heroic and bold adventure.

It is very hard work for Dan, his dad, and the 12-person team working to care for the turkeys and pigs and cows and goats and the farm – yet they are real heroes. There are three full-time Animal Caregivers who do the majority of Animal Care work. Three of the team members, Elisha, Alicia, and Christine, will be featured in the show as well.

Their passion and purpose are palpable. A variety of programs for children have been established, and families from the community are invited to learn about the proper care of animals. There was a month-long waiting list for the extremely popular Saturday Barn Sanctuary Tours.

The folks at Barn Sanctuary are proponents of a vegan lifestyle. The awakening awareness about the atrocities that are endured by factory farm animals must be mitigated by reducing the demand. It's basic math – by consuming less meat and fowl that come from animals that have been abused and neglected and treated inhumanely, we can all create a safe haven on earth.

Photos courtesy of <https://apaigephotography.com/>



New Vegan Cooking Show *New Day New Chef* Debuts on Public Television Stations and Amazon Prime Video

From the Golden Globes to Dunkin' Donuts, from Burger King to Starbucks, the world is waking up to the benefits of a plant-based diet, for the climate, human health, and the animals. Now, the skyrocketing trend toward plant-based eating is hitting television with a first-of-its-kind vegan cooking show.



New Day New Chef is a new, fast-paced cooking show set to air on Public Television stations throughout the nation and is now available to watch on Prime Video.

New Day New Chef is hosted by *New York Times* bestselling author and former CNN Headline News (HLN) host Jane Velez-Mitchell, who is well-known for advocating a vegan lifestyle. Season one features eight episodes of fun, delicious, easy vegan recipes, such as a tantalizing tower of triple-decker veggie burgers and a Superwoman bowl of well-massaged kale. Love eggs? They show you how to make eggless, zero-cholesterol deviled eggs that will be a hit at any party.

"In this New Day of climate and health consciousness, anyone can be a New Chef, and we'll show you how," said Eamonn McCrystal, multi-Emmy Award winner and Executive Producer of *New Day New Chef*. "There's a new appetite for plant-based food, and we're serving recipes and information to a large, curious community of foodies and home cooks who want to put their ethics on their plate."

Each episode features a different celebrity co-host, new chefs, and a fresh panel of taste testers eager to sample delicious dishes. From Olympic medalists to movie stars, from muscular bodybuilders to sinewy yoga masters, *New Day New Chef* helps Americans reinvent their diets, boost their energy, lower their carbon footprints, and transform their lives with a simple switch to plant-based foods.

Special guests include some of America's best-known vegans, including: NBA legend John Salley; Olympic medalist and *The Game Changers* star Dotsie Bausch; Marco Antonio Regil, host of Spanish versions of *The Price Is Right* and *The Wall*; *Vanderpump Rules* star and trans activist Billie Lee; *90210*'s Christine Elise; *Annabelle Comes Home* actress Katie Sarife; *Star Trek Into Darkness* actress Gianna Simone; Supermodel and producer Katie Cleary; *SpongeBob* and *Family Guy* voice actress Lori Alan; *Flip The Script*'s Ally Iseman; TV chef Mario Fabbri; Celebrated Los Angeles chefs Babette Davis and the Spork Sisters, and more.

New Day New Chef is produced by Inspired in conjunction with JaneUnChained News, a 501(c)(3) nonprofit. The show is now available to stream on Amazon Prime Video, and it will be available on Public TV stations throughout the US starting this Spring. (Check your local listings.)

IS THE JUICE WORTH THE SQUEEZE?

Only If It's Squeezed Responsibly.

by Kelly Cess

High-alcohol kombucha (née hard kombucha) is gaining traction in the market — comin' atcha like a fizzy, funky freight train. And just like any food trend, we have the two extremes: uncompromising, responsibly made, and delicious; or fast, fashionable, and fine.

With so many bottles of booch out there, it's nearly impossible to tell quality from don't-go-there. Beyond the liquid in the bottle, who's making this stuff, anyway? We can't speak for everyone, but we can't enjoy a boochy buzz unless we know it's thoughtfully made by people who care about something beyond cashing out.



Enter Boochcraft, the maker of certified organic hard kombucha (7% alcohol by volume, or abv) using whole, fresh fruit that they juice in-house. The brand's quality standards for their ingredients and the way they process them are just two examples of the level of accountability to which they hold themselves. As their little boochery has grown, they haven't made a single step forward without first considering their footprint. It's not the easiest, or the most profitable, way to do business, but it's the right way for our planet. And for Boochcraft, that comes first, before profit.

Some highlights of Boochcraft's sustainability programs:





Compost, Baby!

The company goes through *a lot* of material to make their kombucha. Fruit scraps, tea leaves, herbs, SCOBYs (symbiotic cultures of bacteria and yeast), paper towels — and they compost 100% of it. Their program diverts tons of waste from the landfill and supplies fresh, organic fertilizer for farmers and gardeners in the Chula Vista, CA, area. In 2019, they composted 289 tons of organic material!



Water Conservation

Last year, they pioneered a water-recapture loop system to reuse the hot water that was being lost down the drain. This project resulted in the re-collection of 2,000 gallons of fresh water *per day*. That adds up to 730,000 gallons per year at their current production rate, which only stands to increase in 2020.



1% for the Planet

Pretty straightforward, accounting-wise: 1% of their gross revenue is given back to non-profit partners in six crucial areas: climate, food, land, pollution, water, and wildlife. Boochcraft happily shares their profits with those who are paving the way towards a healthy, vibrant future for our planet.



Fans of Fair Trade

The brand uses only fair trade sugar and participates in a program that directs their annual premiums to a farmer-managed account, ensuring that any profits go towards the specific needs of their community.





JUICE DEFINITELY WORTH THE SQUEEZE

Todd Kent, Boochcraft CEO and Co-Founder, states, "Our commitment to this difference, among the giants of this business, has paved the way. It has turned heads and raised eyebrows. It has created conversation. It has created conscious consumption and a mindful experience for our consumers. So, here we are five years later. Still being bold, squeezing limes, and caring about our product and the people behind it. In short, the juice is definitely worth the squeeze!"

Boochcraft is available in select states with more markets to come soon. To find a location near you, go to Boochcraft.com.

ABOUT THE AUTHOR

Kelly Cess is a writer, strategist, and cat mom living in the Bay Area where she helps mission-driven, health-conscious companies bring their original brand stories to market. She tends a tiny but mighty urban garden and finds peace in the Sierra Nevada mountains.

VEGAN-FRIENDLY CORN DOGS & FUSION- INSPIRED CUISINE

MEET DALLAS' OWN CORN DOG GUY

by Courtney Garza

When you think of corn dogs, what do you think?

Your first thoughts may be of a carnival or state fair where there's fried food galore, with the American staple of meat-on-

calling. His original plan was to be a mechanical engineer with studies in the field from the University of Texas at Dallas. Later, with a job teaching calculus and physics to high school students all lined up and mechanical engineering in his future,



a-stick covered with cornmeal dough at the forefront. There may even be some mustard and ketchup dressing it up, but nothing too fancy — or vegan, for that matter — about it.

Time to banish those old-fashioned thoughts! Leave it to Dallas local and chef Johnny Tran to revolutionize how people think about corn dogs. How? By improving their appeal both outside and inside, making them not only more creative, but vegan-friendly as well.

Johnny's culinary career was not planned but rather was thrust upon him. After a series of hard life events, it was clear to him that being a plant-based chef was ultimately his

Johnny was on a trajectory that did not involve food, or even food science, at all.

So how did he end up as a vegan chef who revolutionized... corn dogs?

It started when his best friend Javier Enriquez looped him into a program called AmeriCorp, a government-paid summer gig in Oregon that would teach them about healthcare, building community gardens to help remedy the area's "food desert" issue, and education within a nutritional literacy program. At

AmeriCorp, Johnny discovered a passion for cooking as he learned about nutrition and wellness from PCRM (Physicians Committee for Responsible Medicine) teachings and, with Javier, began to implement them through a series of community potlucks.

The potlucks ultimately turned into feasts for everyone; people were simply coming to enjoy Johnny's unique plant-based dishes!

Soon his friend Javier was dreaming about their going back to Dallas to provide the local vegan community with something new, something that would fill an unmet need among the area restaurants' current plant-based offerings. Given the popularity of fried food (and especially Fletcher's egg- and meat-

ENTER THE CORN DOG GUY

"If we were going to do this, we wanted something different to offer," states Javier. "We wanted to provide something outside of just vegan corn dogs, [such as] corn dogs with crazy toppings like pizza or tacos, with full flavor profiles for each corn dog."

With Javier's business savvy and support, Johnny kicked off his vegan culinary career in 2018 by working at V-Eats Modern Vegan restaurant in Dallas. Here he gained valuable experience, made important industry connections, and began building the Corn Dog Guy brand. Johnny and Javier were able to hit the ground running with help from an IDA (government-funded Individual Development Account) from the Center



laden corn dogs) during the Texas State Fair season, the duo recognized the lack of a comparable vegan offering.

Javier implored Johnny to leave his teaching job so they could open up an all-vegan corn dog food business. At first Johnny didn't feel ready to abandon his long-envisioned career in teaching. But Javier finally won him over, and they were on their way at last.

For Transforming Lives in Fort Worth; the IDA enabled them to get back \$8 for every dollar they put in. It was this financial support that led them to pursue further training and money to rent a food truck from the owner of V-Eats, Troy Gardner. And that led to the official opening of the Corn Dog Guy at V Market Dallas in October 2018.

The positive response from the community was more than outstanding. Johnny and Javier soon had a line

of 300+ people waiting to try their artisan vegan corn dogs — and coming back for more!

"Every festival we went to, we always had the longest line," Johnny happily relates. "It's so cool to see how much work we put into this business and see how much our community appreciates it and allows us to grow even further."

MORE CONNECTIONS = MORE VEGAN CUISINES

Johnny never intended to limit his vegan culinary skills to corn dogs. But it wasn't until recently that he's had the time to expand his style with other partners. In late 2019, Plano, Texas-based Viridescent Kitchen reached out to Johnny about collabo-

exchange for the owners' investment in the Corn Dog Guy brand.

"I've always wanted to focus more on creating nutritionally balanced, healthy, warming food, not something raw, or bland, like most people might think healthy vegan food is," Johnny explains. "I'm excited to work with Viridescent Kitchen to make food for plant-based conferences, weddings, art gallery openings, etc. I feel there is a lack of that kind of service, and I plan to create more menus to cater to big, high-class events."

Through his work and connection with Viridescent Kitchen, Johnny will be the chef in charge of catering Dallas' upcoming Food As Medicine Summit in April 2020, an evidence-based nutrition



rating with him on pop-up events at their all-vegan restaurant. There, Johnny knew, he could explore more of his creative cuisines, such as Asian-fusion food and dishes that didn't involve a fryer.

With much success at the Viridescent Kitchen pop-up events, owners Brooke Ali and Laura Thornthwaite asked Johnny to sign on as a consulting chef and assist with special catering projects in

education conference rooted in PCRM teachings. The founder of PCRM, Dr. Neal Barnard, will also be in attendance at the summit.

"It's great to come full circle since we learned from PCRM [and] Dr. Barnard's teachings in that summer program in Oregon, and now we're back to Dallas and implementing those ways into our cooking," Johnny says. "I'm happy to cook the col-

ors of the rainbow that have great fiber content, protein, healthy fats, [and] antioxidants, while keeping the natural flavors of the ingredients to speak for themselves instead of trying to make them taste like meat or something they're not."

NO STOPPING THE CORN DOG GUY!

As they pursue their business partnership together with Corn Dog Guy, Johnny and Javier aim to bring more now-lacking vegan concepts to Dallas. They hope to open up a restaurant in Dallas in the next year or so, while keeping the Corn Dog Guy as a food truck/pop-up concept.

"Dallas is so slept on [overlooked] and the talent is abundant," notes Javier. "Whatever we end up doing next, we're happy to have such a united vegan movement here. We are so fortunate to be [in Dallas] to grow our business more."



ABOUT THE AUTHOR

Courtney Garza is a passionate vegan who brings her love for journalism, creativity, helping local businesses, and animals together with her compassionate social media agency, Sprinkles Creative, which she co-founded with her business partner Christina Bluford to aid businesses with their branding strategy. Courtney also owns and operates **VEGWORLD** Magazine, an international vegan lifestyle publication, as the Editor-in-Chief to curate and promote plant-based stories about vegan products, services, and individuals from all walks of life.



Borden's Declares Bankruptcy. And Elsie The Cow Is Free.

by **Diana O. Potter**

Elsie the Cow's generations of faithful service as the advertising mascot for the giant Borden Dairy Company are finally over. And so is the company.

Founded in Dallas, TX, 160 years ago, Borden has long used Elsie the Cow, wearing a classically tatty housewife apron, as the "warm, approachable mom" who stood for keeping children healthy by giving them plenty of whole milk to drink.

And Borden's? Declaring bankruptcy in January 2020 thanks to the seemingly unstoppable growth of non-dairy milk alternatives, Borden is the second dairy empire in just a few months to do so: Dean Foods went bankrupt in November 2019.

In Borden's case, an unsustainable debt load due to declining sales and falling profits made bankruptcy inevitable. With 1) the

ever-increasing popularity of plant-based versions of traditional and less healthy foods, including once-iconic dairy products like Borden's milk, and 2) healthcare institutions' changing view with regard to milk's health benefits, the dairy industry has seen profits plummet.

Whole Milk a Staple for Our Youngest Kids? Doctors: Not So Fast

The Physicians Committee for Responsible Medicine (PCRM) and other healthcare organizations spoke out strongly in September 2019 when it was announced that the forthcoming new edition of *Dietary Guidelines for Americans* would retain the recommendation of whole milk for very young children. This would be in direct opposition to the fast-emerging view of healthcare professionals that the fat in whole milk is a detriment to young children's health.

Elsie Reclaims Her Identity — as a Cow with Quite a Past

At last, Elsie the Cow can finally take off her ruffy '50s apron and rejoin the herd. And she has a remarkable story to share with them.

Created by Borden's advertising agency in 1936 to give their milk an endearing personality (who doesn't love Mom?), Elsie was a print character appearing on milk bottle caps and in magazine ads before graduating to radio commercials, the height of advertising power at the time. One radio announcer began receiving more fan mail for Elsie than for him!

But Elsie has even more to brag about: In a Borden exhibit at the 1939 World's Fair in New York, 150 Jersey cows were sent to demonstrate what sounds like a demonic milking device called the rototactor — a merry-go-round milking machine with live cows on top! Thankfully, the machine failed to impress fairgoers. But everyone wanted to know which cow was Elsie!

That did it. Elsie had to be a real cow. From the 150 cows at the fair, Borden selected one who seemed to stand out from the others, making eye contact and appearing to have a personality. You'll love her real name: You'll Do Lobelia.

And she did very well, indeed, outdrawing every other World's Fair exhibit during the 1940 season and becoming a major personality on personal appearance tours selling US War Bonds.

Elsie Lives On

With Borden gone, I like to imagine Elsie retired to a cow sanctuary, run by dedicated animal lovers, and ending her days as the star of the herd. I see her ruminating about her past accomplishments — but also learning from her bovine mates about the drop in animal cruelty that is sparing many cattle from the savagery of animal agriculture methods.

I like to think she's happy being just a cow munching on grass, as plant-based as you can get.

The Very First 24-Hour Vegan Drive-Thru Chain is Progressing to Windsor



by Peter Manley

Recently, the Canadian fast-food vegan restaurant chain — Globally Local — announced that it will be expanding its efforts to Windsor. The vegan drive-thru will be opening its fourth location in Windsor, Ontario, by next spring.

The operation has already begun with construction initiated on the brand new, 1,200 square foot restaurant building, which is being designed similarly to its popular location in Toronto. The building will be capable of seating 28 while offering an entirely vegan menu that's complete with breakfast, lunch, and dinner items.

Popular menu items include breakfast sandwiches, chicken sandwiches, cheeseburgers, fries, onion rings, milkshakes, and a wide variety of options you'd typically find on a drive-thru menu.

Aside from running a food truck as well, the founder of Globally Local — James McInnes — also launched two locations in London (Ontario) in 2017, one of them featuring the world's first-ever 24-hour vegan drive-thru restaurant.

Starting as soon as early 2020, McInnes has plans to expand Globally Local beyond Canada with locations on the US East Coast.

In an interview with plant-based magazine *VegNews*, founder McInnes said, "We are excited to bring vegan fast food to the United States and our Windsor location is the start of that push forward."

Korean Plant-Based Meat Brand Introduces Vegan Meat Made With Imperfect Produce

by Peter Manley

In an effort to promote sustainability and better waste management, a Korean vegan meat company is putting unwanted produce to good use.

The Korean vegan meat company Unli Meat — which is a subsidiary company under the South Korean food company Zikoooin — recently launched plant-based meat alternatives in the United States. However, instead of following the more traditional path of using "perfect" produce ingredients to make vegan meat, Unli Meat puts imperfect produce — that would have otherwise been discarded — to good use.

The vegan meat company makes a range of plant-based meat alternatives, including vegan ground beef, fillets, and sausage patties, all of which are made using imperfect or blemished (but perfectly edible) produce, such as nuts, grains, and oats.

To make the vegan meat taste and feel like the real thing, Unli Meat uses its own patented technology, called "protein compression."



In a recent statement, Min Keum Chae — CEO of parent company Zikoooin — said, "I want Americans to have a new experience with Asian plant-based meat. It's not just a hamburger patty, it's a plant diet that you can enjoy with barbecue and Asian cuisine. I want to delight not only vegetarians but also curious gourmets."

Zikoooin has recently introduced the new Unli Meat products to Americans via pop-up events in both New York and San Francisco. The company has been in negotiation with a few American grocers, which include Wooltarie and Super Fresh. Both will begin selling the new Unli Meat Korean vegan meats this year.



CEO of Impossible Foods Denies Report That He Ceased Negotiation with McDonald's

by Peter Manley

Many of the world's largest fast-food chains are choosing to accommodate the growing demand for plant-based alternatives by adding new items to their menu. This, of course, has naturally sparked key relationships between fast-food chains and plant-based companies. Such partnerships include Burger King's and Del Taco's partnerships with Impossible Foods (for the Impossible Whopper and Impossible Taco) and TGI Friday's collab with Beyond Meat to develop the Beyond Burger.

While many fast-food chains are quickly adding vegan options to their menus, one company is moving rather slowly to accommodate demand: McDonald's.

Despite incorrect claims, however, Impossible Foods is still in the running for partnership with McDonald's. Earlier this month, the news company Reuters made a report that claimed Impossible Foods ceased all negotiation efforts with McDonald's in fear that it would not be able to produce enough supply for the high demand, consisting of 14,000 US locations alone.

However, Pat Brown — CEO of Impossible Foods — denied that claim, informing *Business Insider* in an interview that it was "complete bullsh*t" and his words were wrongly misinterpreted. In this interview, he says, "We're very deliberate in how we approach customers but we would never blow off or disrespect a potential

customer, and any suggestion that we would do that is complete nonsense."

While Brown agreed that the demand for Impossible Burgers is currently far outweighing the supply, the company is always interested in collaborating with any business that is, or is going to be, selling meat to customers..

So, as it stands, Impossible Foods is still a "possible" for partnership with McDonald's. However, McDonald's is already in its early stages of a partnership with Beyond Meat, a direct competitor for Impossible Foods. Recently, McDonald's Canada introduced the P.L.T. (Plant, Lettuce, & Tomato) burger in 52 Canada locations.

PBFA and Kroger Plant-Based Meat Test

Plant-Based Foods Association announced the official start of PBFA's innovative plant-based meat test with Kroger, the leading grocery retailer in the United States. You can now find three-foot plant-based meat sets within the conventional meat department at 60 Kroger stores across Denver, Indiana, and Illinois. The goal of the research is to measure the impact of changing where all plant-based meats are sold on sales and customer engagement.



Starting in December 2019, PBFA is tracking consumer engagement as well as dollar and unit sales of plant-based meats sold within the meat department. In addition to this quantitative sales analysis, they will also conduct shopper interviews and shopper marketing communication, to obtain the most comprehensive results. The goal is to provide retailers with actionable data to inform merchandising decisions and optimize plant-based food sales. In addition to plant-based burgers and sausages, this test includes plant-based deli slices, roasts, seitan, and jackfruit.



Keep up with PBFA's Meat Test results at:
plantbasedfoods.org/pbfa-kroger-plant-based-meat-test-is-live.



Disney's Aladdin Actor Mena Massoud Invests in Vegan Restaurant Chain

by Peter Manley

In the recent live-action remake of Disney's *Aladdin*, actor Mena Massoud starred as Aladdin. But did you did you know that he is a passionate vegan?

Following the release of the movie, Massoud introduced his vegan company and community called Evolving Vegan. The website offers several products and vegan-based items for sale, while the Facebook group serves as a community to connect those interested in veganism with people who have answers.

Now, the *Aladdin* star has become one of the newest investors in the San Diego-based vegan restaurant Plant Power Fast Food, or PPFF for short. The fast-food chain serves a variety of vegan alternative versions of common American fast-food menu items, including the McDonald's Big Mac (which it has recreated as the "Big Zac").

After realizing that the company's business model aligns with his personal mission of promoting veganism and meaningful living, Massoud decided to invest in the brand's Series A Raise Capital program.

In a recent interview, Massoud said, "I've spent a great deal of time touring North America visiting a lot of plant-based restaurants and PPFF immediately stuck out as a big player. They have massive ambitions in the space, and they don't just outsource their products like many of the other companies in the marketplace. There is great attention to detail, and we share the same outlook — that in order to cause real change, we have to make plant-based living accessible to the masses."

Between the years of 2016 and 2018, PPFF saw a massive increase in gross sales of 438%. The company's founder, Zach Vouga, was also listed in *Forbes'* popular "30 Under 30" list as an influential young leader with a bold and forward-thinking mission.



Plant-Based Company Miyoko's Creamery Sues California's DFA for Violating Free Speech Laws

by Peter Manley

In most cases, when a company files a lawsuit, it is typically against another company or an individual. However, the vegan company Miyoko's is filing a lawsuit against the California Department of Food and Agriculture (DFA) for violation of free speech.

The lawsuit developed after the California Department of Food and Agriculture demanded that Miyoko's discontinue the use of several terms, such as "butter," "dairy," and "cruelty-free." Furthermore, the California DFA also requested that the vegan company remove from its website an image of a woman hugging a cow.

Assisting Miyoko's Creamery, the animal-advocacy organization Animal Legal Defense Fund (ALDF for short) filed the

lawsuit last week on behalf of the vegan company and against the California Department of Food and Agriculture. California's DFA made the demands of the company despite the fact that Miyoko's provided precise and accurate labeling of their products, with labels such as "vegan," "plant-based," and "made with plants."

In the lawsuit filed by the Animal Legal Defense Fund, the organization explained that California's DFA is wrongfully enforcing federal law and violating Miyoko's Creamery's basic right to freedom of speech.

In a statement, ALDF Executive Director — Stephen Wells — said, "The government has no business censoring humane companies from accurately describing their

animal-friendly products. The California Department of Food and Agriculture should be at the forefront of efforts to shift away from destructive factory farming, not acting to stifle its competitors."

In comparison to animal products such as dairy cheese, Miyoko's production process results in nearly 20 times fewer greenhouse gas emissions. Despite the lawsuit underway, Miyoko's is sending out a food truck to 17 major cities in the US, where it will be giving away 15,000 grilled cheese sandwiches. Through these grilled cheese sandwiches, Miyoko's is introducing its new hypoallergenic vegan butter and cheese.



Vegan Yogurt Brand Plans to Convert US Dairy Farmers to Oat Planters

by Peter Manley

As you may already know, the dairy industry is struggling in the United States. Thanks to the growing interest in healthier plant-based foods, people are passing by the dairy products and grabbing their plant-based versions instead.

While most vegan or plant-based companies are competing against the dairy industry, one brand is looking to help the dairy industry — but not in the way you think.

Earlier this week, Hälsa Foods — a Scandinavian brand that offers vegan oat-based yogurt drinks — announced that it has a goal to convert US dairy farms into organic oat farms instead. The brand creates its own yogurt products from pesticide-free oat plants that are grown in a region of Scandinavia known as “Oat Valley.” Following suit, it plans to bring the same sustainable practices to United States-based businesses as a new business opportunity.

As part of the effort, Hälsa Foods assembled a group of Scandinavian farmers and researchers to curate educational documents. These documents will help US dairy farmers to potentially move toward growing oats instead, which are climate-friendly, especially compared to the current dairy industry.

In a recent statement, Hälsa Foods co-founders Mika Manninen and Helena Lumme said the following: “Oats are one of the most environmentally friendly ingredients for making plant-based milk and other products. We are currently importing our organic oats from Scandinavia because we cannot find the quality that meets our standard in the United States. At the same time, US dairy farms are struggling due to slumping milk sales. So we thought, why not come up with a solution that benefits both us and our planet?”

The first participant in the Scandinavian vegan brand’s initiative is High Meadows of Hoosick, which is a New York-based farm that currently milks 200 cows. The owners, Eric and Jamie Ziehm, are very eager to start the process. “Our goal is to build a biodiverse and biodynamic ecosystem that has the ability to regenerate its resources. We hope this will have a positive impact and also inspire our fellow farmers who are facing many challenges today.”

In 2018 alone, US milk sales dropped by a massive \$1.1 billion, according to a report by the Dairy Farmers of America. Meanwhile, plant-based foods continue to grow in overall sales by 11%, year after year.

VEGWORLD EVENTS CALENDAR



Looking for the most exciting, fun, inspiring, and informative vegan events worldwide?
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Send the details to editor@vegworldmag.com

[Festival Of Chariots 2020](#)

Mar 1, 2020
Phoenix, AZ

[Space Coast Fresh Fest 2020](#)

Mar 1, 2020
Cocoa, FL

[Hip Hop Is Green Expo 2020](#)

Mar 6, 2020
Seattle, WA

[Prevent And Reverse Heart Disease And Cancer For Women Conference By Jane Esselstyn](#)

Mar 7, 2020
Lyndhurst, OH

[Ocala Veg Fest 2020](#)

Mar 8, 2020
Ocala, FL

[Fork Smart Summit 2020](#)

Mar 11, 2020
Calgary, AB

[Bradenton Street Fair 2020](#)

Mar 14, 2020
Bradenton, FL

[Vegan Life Live](#)

Mar 14, 2020
London, England

[Temecula Vegan Festival 2020](#)

Mar 14, 2020
Temecula, CA

[Vegan Life Live](#)

Mar 15, 2020
London, England

[Palm Beach VegFest 2020](#)

Mar 21, 2020
Boca Raton, FL

[Vegan Cooking Demo – Food](#)

[Truck Tacos](#)

Mar 21, 2020
Lisle, IL

[Savannah Veg Fest 2020](#)

Mar 22, 2020
Savannah, GA

[Lifestyle Medicine Symposium](#)

Mar 28, 2020
Indianapolis, IN

[LABL Vegan Fair Liverpool 2020](#)

Mar 28, 2020
Liverpool, England

[Scotland Vegan Festival](#)

Mar 28, 2020
Glasgow, Scotland

[VegFest Pensacola 2020](#)

Mar 28, 2020
Pensacola, FL

[2020 Indy VegFest](#)

Mar 29, 2020
Indianapolis, IN

[Food Is Medicine](#)

Apr 4, 2020
Midland, TX

[Texas VegFest 2020](#)

Apr 4, 2020
Austin, TX

[VegFest Puerto Rico 2020](#)

Apr 5, 2020
Aguada, Puerto Rico

[Raleigh Veg Fest 2020](#)

Apr 5, 2020
Raleigh, NC

[NH VegFest 2020](#)

Apr 11, 2020
Concord, NH

[Leicester Vegan Festival 2020](#)

Apr 18, 2020
Leicester, England

[The Conscious Festival HK 2020](#)

Apr 18 - Apr 19, 2020
Hong Kong, Hong Kong

[Fairfax Veg Fest 2020](#)

Apr 19, 2020
Herndon, VA

[New England VegFest 2020](#)

Apr 19, 2020
Worcester, MA

[New Food Conference 2020](#)

Apr 23 - Apr 24, 2020
Berlin, Germany

[Charleston Sol Food Veg Fest 2020](#)

Apr 25, 2020
Summerville, SC

[Midwest Vegan Fest 2020](#)

Apr 25, 2020
Glendale, WI

[VegFest Within Aberdeen Earth Day Festival 2020](#)

Apr 25, 2020
Aberdeen, MD

[Mindful Eating Film Festival & Expo 2020](#)

Apr 26, 2020
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[Alabama Vegan Fest 2020](#)

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FALAFELS, SAMOSAS, AND CHIA, OH MY!

A PLANT-BASED CULINARY RETREAT AT SEA

by *Jill Rachel Jacobs*

When one thinks of vegetarian cuisine, images of bland tofu, pasta, and kale may often come to mind. But for those who want to include varied and creative plant-based dishes in their diet while cruising, life just got a little better.

Okay, a *lot* better!

Regent Seven Seas Cruises recently debuted an extensive array of plant-based cuisine on menus across its entire fleet, including over 200 gourmet plant-based items. And I was determined to try them all!

On a crisp, autumnal night, I set sail on a New England/Canada/Bermuda cruise departing out of New York City.

I had a plan: I was going to work on my novel-in-progress; rest; eat clean, healthy food; rest; and eat some more. Seemed like a winning formula for a stressed-out, burnt-out Big Apple writer in search of solace, calm, and healthy gourmet food. And did I mention rest?

Mazza Plate with Hummus
and Grape Leaves.
Photo by Jill Rachel Jacobs



Sunrise. Photo by Jill Rachel Jacobs

I have to admit, I was a little skeptical about the luxury cruise line's new plant-based menu. As someone who favors vegetarian food, I am often overwhelmed when it comes to menu options when dining at non-vegetarian restaurants.

But I was pleasantly surprised and impressed by the inspiring, creative, and beautifully presented plant-based menu options; many dishes rivaled the vegan fare at my favorite NYC restaurants.

Sitting in the beautifully appointed Compass Rose Dining Room, I felt transported back to Angelika's Kitchen, a popular NYC vegetarian restaurant that recently closed after 40 years. And I was again reminded that plant-based eating can be interesting, colorful, innovative, flavorful, and healthy.

The new plant-based dishes, developed by Regent's culinary leadership team under the direction of Bernhard Klotz, Regent's vice president of Food and Beverage, were created in partnership with world-renowned chef, culinary instructor, and author Christophe Berg, a 15-year vegan.

"For luxury travelers who are increasingly adding more plant-based cuisine to their meals, we're offering even more imaginative selections of bold, flavorful appetizers, entrees, and desserts with cravable tastes and mouth-watering presentations," said Jason Montague, Regent Seven Seas Cruises president and chief executive officer.

Menu selections highlight many of my favorite cuisines including Italian, Greek, Middle Eastern, Thai, Mexican, and more.



Basil Scented Fruit Minestrone with Lemon Sorbet.
Photo by Jill Rachel Jacobs

Sample menu during my 10-day cruise:

Breakfast: Banana-Oatmeal Pancakes with Berries; Maple Syrup/Avocado Toast on Rustic Farmers Bread

Lunch: Mazza Platter with Grape Leaves and Hummus; Falafel Power Bowl with Roasted Carrots, Cucumber, Cherry Tomatoes, Assorted Greens, Olives, Capers, Mint, Parsley, Lemon-Tahini dressing; Sweet Potato Fries

Dinner: Mushroom and Spinach Crepes with Béchamel and Tomato Sauce/Vegetable Tian Tomato and Bell Pepper Coulis

So I didn't get much writing done on my retreat. But I rested, ate healthy, and returned with a renewed sense of purpose and commitment to eating clean, plant-based food.

I can't say that I've gotten much writing done since I've returned, either.

I've been a little busy planning my next cruise.



Vegetable Tian Tomato and Bell Pepper Coulis. Photo by Jill Rachel Jacobs

REGENT PLANT-BASED MENU HIGHLIGHTS

BREAKFAST

- Chia Cashew Yogurt with Carrot-Hazelnut Granola, Mixed Berries, and Tropical Fruits
- Chickpea Pancake with Spinach, Cherry Tomatoes, Mushrooms, and Harissa Sauce, Just Like Feta
- Banana-Oatmeal Pancakes with Berries and Maple Syrup
- Avocado Toast on Rustic Farmers Bread

LUNCH

- Sweet Potato Soup with Miso and Ginger
- Tomato Bisque with Dill
- Roasted Almond and Vegetable Soup
- Vietnamese Summer Rolls with Vegetables, Grapefruit, Coconut, Boston Lettuce, and Rice Paper; Roasted Peanut Dip
- Tajin Spiced Hummus and Avocado Wrap with Boston Lettuce, Carrots, Cherry Tomatoes, and Cucumber; Fruit Skewer
- Osaka Power Bowl with Soba Noodles, Eggplant, Tofu, Sweet Potatoes, Edamame, Wakame Salad, and Nori; Miso Sesame Dressing
- Mediterranean Bowl with Brown Rice, Beluga Lentils, Green Peas, Cauliflower, Tomato, Homemade Tzatziki, Kalamata Olives; Pita Bread; Roasted Almond-Orange Dressing
- Falafel Power Bowl with Roasted Carrots, Cucumber, Cherry Tomatoes, Assorted Greens, Olives, Capers, Mint, and Parsley; Lemon-Tahini Dressing
- Green Lentil Penne Pasta; Wild Mushroom Bolognese with Cashew Nuts
- "Impossible Burger" on a Sesame Bun, Just Like Cheddar, Lettuce, Tomato, Onion; Skinny Fries

DINNER

- Caramelized Apple Tart with Fresh Feta-Cashew Cheese, Balsamic Caramel
- Wild Mushroom Tart with Brittle Pie Crust, Mushroom Duxelles, Red Pepper Coulis
- Mulligatawny: Traditional Indian Red Lentil and Coconut Soup
- Spiced Potato and Green Pea Samosas with Tamarind Chutney
- Baked Porcini and Spinach Cannelloni with Toasted

Hazelnuts, Tomato Sauce, Béchamel Sauce

- Mushroom and Spinach Crepes with Béchamel and Tomato Sauce
- Roasted Mushroom-Stuffed Zucchini with Quinoa-Olive Salad, Pine Nut Dressing, Yellow Pepper Coulis
- Singapore Noodles with Stir-Fried Vegetables, Turmeric, Ginger, Garlic, Soy Sauce; Rice Vermicelli
- Green Curry Vegetable Stir-Fry with Eggplant, Oyster Mushrooms, Cauliflower, Green Peas, Jasmine Rice
- Crispy Sweet and Sour Vegetables with Tofu, Cashew, and Sesame Seeds

DESSERTS

- Summer Berry Pudding Chantilly
- Basil-Scented Fruit Minestrone, Lemon Sorbet
- Peach and Blueberry Cobbler with Cornmeal-Almond Topping
- Pear Williams and Rosemary Sorbet
- Lime-Vodka Sorbet
- Champagne Sorbet



Hawaiian Poke Bowl. Photo by Jill Rachel Jacobs

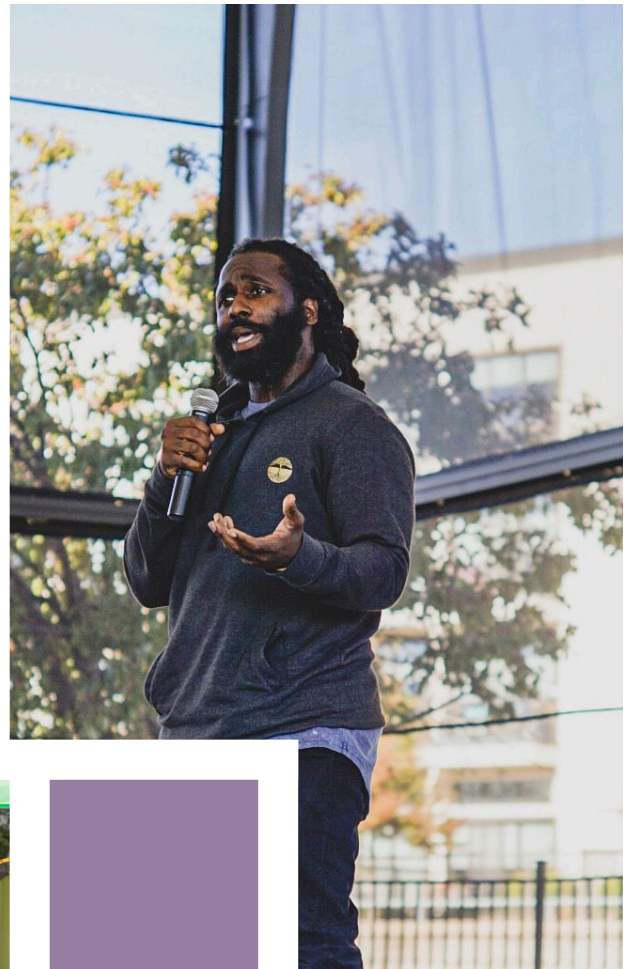


Summer Berry Pudding Chantilly. Photo by Jill Rachel Jacobs

ABOUT THE AUTHOR

Jill Rachel Jacobs is a New York-based writer whose publishing credits include *The New York Times*, Reuters, the *Independent*, the *Washington Post*, the *Philadelphia Inquirer*, *Newsday*, the *New York Post*, the *San Francisco Chronicle*, *ThriveGlobal.com*, *Organic Style*, the *Los Angeles Times*, the *Chicago Tribune*, and NPR's *Marketplace* and *Morning Edition*.

Ms. Jacobs has interviewed noted actors, musicians, and humanitarians including Glenn Close, Bette Midler, Jessica Lange, Mary Tyler Moore, Tom Selleck, Gabriel Byrne, Julianne Moore, Lisa Kudrow, Ted Danson, Jane Goodall, Claire Danes, Pierce Brosnan, and Herbie Hancock.



Texas veggie fair turns 10!

by Carissa Danielle

IN OCTOBER OF 2010, THE FIRST ANNUAL TEXAS VEGGIE FAIR WELCOMED VEGAN AND VEG-CURIOUS INDIVIDUALS FROM ALL OVER THE LONE STAR STATE. BORN OUT OF THE DESIRE FOR VEGAN VERSIONS OF THE FUN FESTIVAL FOODS THE EVENT'S FOUNDER, JAMEY SCOTT, ENJOYED DURING HIS YOUTH, THE FIRST TEXAS VEGGIE FAIR WAS HIS SPECIAL BRAINCHILD.

Scott was motivated to create a Fall fair experience for the ever-growing local vegan community, an experience that has grown every year in both size and recognition. The inaugural event drew a crowd of 750 visitors and a handful of plant-based vendors — surprisingly many at the time, but modest in comparison to the 18,000 attendees and the more than 120 vendors at the 10th annual celebration in November 2019.

A YEARLY YUM-FEST OF VEGAN FOOD AND FUN

Hand-picked vendors, speakers, and entertainers travel to Dallas from all over the United States to take part in this one-day festival. Local favorites, including Spiral Diner, Nature's Plate, and Reverie Bakeshop, have been mainstays for several years. Regularly added to the lineup are new, up-and-coming food experiences from vendors on the vegan scene, such as funnel cakes by Boardwalk Bites, gluten-free munchies by Tiki Loco, and health-conscious fare from Viridescent Kitchen.

Many of these business owners also take part in a series of educational and informative panels, such as last year's Woman-Owned Vegan Business Panel, comprised of local vegan female entrepreneurs Brooke Ali, Annette Baker, Racene Mendoza, and Gabrielle Reyes, and hosted by One Life Radio's founder, Bernadette Fiaschetti.

Additionally, the fair has hosted numerous vegan celebrities, including award-winning artist Erykah Badu; world-renowned vegan chefs and hosts of the fair's first-ever bilingual cooking demonstration, Miguel Bautista and Eddie Garza; and, most recently, US Olympic weightlifter and star of the hit film, *The Game Changers*, Kendrick Farris, who spoke on the important role a plant-based diet played in elevating his career. Even Vegan Rapper Grey, famous for the viral YouTube sensation "Vegan Thanksgiving" as well as his clothing line, Plant Based Drippin, made an appearance in 2017.

THERE'S ALSO A MORE SERIOUS SIDE

The fair is not all fun and games, however. While food and entertainment options are always abundant, the Texas Veggie Fair also serves as an opportunity for fairgoers to connect with change-making non-profits, each serving a deeper, more meaningful purpose within the realm of the vegan movement. Each year, organizations focused on resolving issues faced by humans, animals, and the environment alike attend the event to educate, inspire, and network with attendees. In 2019 alone, more than two dozen such organizations participated in the fair, including the political animal-advocacy group Texas Humane Legislation Network, the international non-profit environmental organization EarthX, the world's largest grassroots human rights organization Amnesty International, and local plant-based health advocacy group Plant Based DFW.

BEHIND THE SCENES: HARD-WORKING VOLUNTEERS DEDICATED TO VEGANISM

Successfully executing the largest and longest-running vegan festival in the state of Texas requires a year-round concentrated group effort from a dedicated team of volunteers. Scott credits the work of these volunteers with making the annual tradition of the Texas Veggie Fair a reality. When asked how he and his team accomplish such a large-scale event, driven by donated labor, his response reflects the true meaning of the fair: "The simple answer is that a small number of people devote a huge portion of their personal time to put on the event....We make it work by believing that our efforts are helping more people to adopt a cruelty-free vegan lifestyle."

The Texas Veggie Fair is a free annual event held each Autumn and is open to the public. To learn more, including how to become a volunteer, please visit texasveggiefair.com.

ABOUT THE AUTHOR

Carissa Danielle is the founder and director of North Texas Vegans and an intersectional vegan entrepreneur with a passion for educating others on the topic of living a vegan lifestyle. Carissa resides in Dallas, TX, with her partner and rescue dogs, where she works as a vegan business consultant, social media manager, and educator. In her spare time, Carissa enjoys hiking, camping, and traveling as well as practicing yoga, meditation, and mindfulness.



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@nooch_bunny

ABOUT JAMEY SCOTT

Jamey Scott is the founder of DallasVegan.com, Dallas Vegan Drinks, and the annual Texas Veggie Fair. Scott grew up in the DFW Metroplex and has called the City of Dallas home for most of his adult life, and he is proud of the thriving local vegan community that he has helped establish. Scott has received multiple awards for community leadership including The Pollination Project's Unsung Hero Award for his work in "veganizing" Dallas.



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Singapore FOODIE TRIP

Best Vegan-Friendly Restaurants in The Lion City

by Reese Jones

We're living in a century where healthy eating and veganism have become mainstream. Many cities are hopping on the vegan trend including Seattle, Turin, Bristol, Berlin, and, for the longest time, Singapore.

Singapore is reportedly Asia's second most vegan-friendly city due to its "roaring vegan scene" suited for diners looking for any number of guilty pleasures. With such a vast selection of vegan options popping up all over the city, there's never been a better time to go there and dive into its wholesome culinary scene.

**“
Singapore is
reportedly Asia's
second most vegan-
friendly city due to its
“roaring vegan scene”
”**

WHOLE EARTH

As a tourist, it's almost obligatory to visit some of Singapore's tourist attractions, one of which is Tanjong Pagar, a historic district located within the Central Business District. When it's time for lunch, Tanjong Pagar is home to Whole Earth, a Peranakan-Thai restaurant featuring some of the best vegan dishes in the city. Due to its popularity and pricey menu, the restaurant is reservations-only. But don't pass up the chance to try some of their crispy golden oats, sweet and sour tofu, and classic golden rice.



Photo by Foodoshoot

GREENDOT

"Eat green, feel good."

When you see an establishment that has these four words glowing in neon with a line out the door, after an exhausting day walking around Westgate Shopping Mall, you know you're in the right place. GreenDot is a small restaurant in Westgate that offers a lot of healthy and sizable Asian fusion options for around \$10 to \$18 per head. The food is free from flour, gluten, and MSG — making this the perfect place to indulge in local rice and noodles with families and friends.

MAKANSUTRA-GLUTTONS BAY

As a vegan, you may find yourself eating Indian food most of the time in Singapore, since their dishes are generally vegan. A prime example of this is prata, a fried flatbread. You can put anything in pratas including fruit and vegetables. As a famous local hub for various Asian food stalls, Makan-sutra-Gluttons Bay serves state-of-the-art veggie pratas stuffed with carrots, cabbage, and sauce made with potatoes and chilies. Makansutra-Gluttons Bay sits right beside the Float at Marina Bay, the world's largest floating stage. The Float is also one of the most magnificent soccer stadiums in the world, and it provides visitors exceptional views of the city. End your day at Marina Bay with a prata in hand and be rewarded with the best view of Singapore's unforgettable skyline.



Photo by Chubby Botak Koala



Photo by Living Nomads

VEGANBURG

If you're craving some McDonalds in Singapore, don't give in! Try this eatery instead. Fast food has never been tastier nor more deceiving than the burgers at this establishment. Vegan-Burg's patties are made from 100% vegetable ingredients and contain no gluten, dairy, or eggs. Their patties are made from tofu, soy, and other vegan alternatives that contain all the flavors and aromas of a regular burger. Their vegan ciabatta buns are made entirely with rye and whole meal, as opposed to milk and butter. When you start missing home, and are craving some comfort food, this is the best place to enjoy burgers without the guilt.

Photo by The Finder Singapore

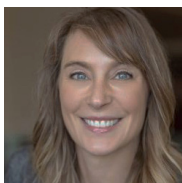




Photo by Cromly Stories

AFTERGLOW

If your food cravings hit while you're in the middle of Keong Saik Road, a street lined with local and international eateries, grab a seat at this unique local gem. Afterglow is a raw-food vegetarian and vegan restaurant offering exciting and inventive dishes made from scratch with a farm-to-table concept. All their food is uncooked, heat-free, and sugar-free. Afterglow's classic woody interior reflects its natural, raw philosophy and gives the place a very cozy atmosphere. Some of their must-tries include the Acai Bowl, Avocado Kimchi Rolls, and local, dairy-free raw chocolates.



ABOUT THE AUTHOR

Reese Jones is an avid foodie and has been a vegan for most of her life. She loves to travel and discover new and interesting food.



DO YOUR CHILDREN'S SCHOOLS TEACH ETHICAL — OR *DOUBLE* — STANDARDS?

by *Shoshana Chaim*

Your home. Your rules. You know what to expect, and so do your kids.

But send your kids off to school, and the problems can begin. Everything ethical you try to instill in your kids may seem to be tossed in the trash... not even in the recycling bin.

From what I've seen, there are just too many double standards in schools. Such as what, you ask? Well, consider that, in most schools, they teach the

3Rs (Reduce, Reuse, Recycle), and they have the kids recycle paper — which is then just tossed in the garbage after hours, when no one is looking.

Need another example? I've observed that schools typically teach "healthy eating" according to Canada's Food Guide and the US Dietary Guidelines for Americans (take a deep breath here) — but they also sell cookies and chips to raise money for malnourished children (oh, the irony!).

Finally, they teach inclusiveness, but their actions don't always pave the way: such as when, at school events, they fail to provide food for children with allergies or religious, ethical, or nutritional differences.

CREATING CHANGE, NOT CHAOS

Facing issues like these, what's a parent to do? Some of your choices would include homeschooling, running into the principal's office like a bull in a china shop, working some mysterious magic, just letting it go, or taking calm, educated, calculated action.

Since bulls do NOT belong in a china shop, the last choice looks like the best one.

In a recent episode of The Plant Trainers Podcast, my husband Adam and I addressed how to make changes in schools without being chased away with torches and pitchforks. As we've learned, it's not going to be easy. But you know what they say: Anything too easy is probably not worth doing.

Getting started. Building school relationships and alliances will help your cause now and down the road, too. A good place to start is joining your school's Community Committee. Showing up for monthly meetings demonstrates your support and dedication to bettering the school. Learn the interpersonal dynamics, see what's going on, and offer some of your time to help out.

Prioritizing issues. Now that you have a presence in the school community, you likely have a better understanding of who's on your side, who's got the most influence, and why the committee made some of their past decisions. So go ahead, make a graphic organizer or "dream board," or simply scribble down all the things you'd like to see changed within the school that would align it better with raising ethical, compassionate children. Then rank your issues from the most to the least important to you.

Maintaining perspective. As you prioritize, think about this: Your more important priorities may create the most resistance. Keep in mind that this is a long term game...we are talking about building a strong market portfolio, not winning the Friday night super-ball jackpot!

TAKING ACTION AND GETTING RESULTS

Choose small, more easily achievable projects to work on before you get into issues involving radical change:

- Build trust by finding a way to make the cause about a large group of children, never just your own.
 - » For example, you could say, "There are many kids in the school with egg and dairy allergies; why don't we offer Valentine's Day cookies that are free of those allergens?" instead of saying, "Animal products cause health issues and contribute to animal torture, and I don't want my children to be exposed to that! I demand vegan holiday treats!"
 - » Oops! While all that may be true...it's going to get you nowhere. Expect people to get their backs up and defend their own choices. Result: disaster — and no support for change.
- Or, you could start with waste disposal issues. Ask, "How can we reduce the use of plastic [or paper or electricity] in our school community?"



- » Encourage the use of reusable water bottles, suggest using school council funds to buy reusable doodle pads instead of paper ones, or introduce the idea of the school's purchasing online textbooks to save paper. The options are endless, offering you many ways to create meaningful change.

At the end of the day, it's important for any school to evolve, just like their students. Use compassion and inclusiveness to fuel change that will help the student body feel comfortable and develop sound ethical standards that will last a lifetime.

IT WON'T BE EASY, BUT IT'S SO WORTHWHILE

Take it from me, your path to school change won't always be smooth. You may need to go right from those committee meetings to a yoga class or, better yet, a boxing lesson! But remember to celebrate every small step in the right direction as if it's a huge win, because it is. And because it will keep you moving in the right direction.

Keep in mind, too, that you'll be setting a good example for your children by standing up for what you and they believe is important, and doing so in a respectful, well-thought-out manner. After all, creating responsible adults is the way we're going to see the most enduring change in this world.

Now it's time to take action. Get out there and be the change!

DIETARY GUIDELINES LINKS:

- <https://food-guide.canada.ca/en/>
- <https://www.hhs.gov/fitness/eat-healthy/dietary-guidelines-for-americans/index.html>



ABOUT THE AUTHOR

Shoshana Chaim is the co-host of the popular Plant Trainers Podcast, Founder of **PlantTrainers.com**, and a Canadian Wellness Expert with a special interest in plant-based nutrition and Redox Signalling Technology. She works one-on-one with busy individuals to alleviate the stress in life caused by diet, lifestyle, cellular breakdown, and chronic illness. She is an author, an international speaker, and a creator of the Vegan Podcast Academy.

AN IRISH VEGAN
GOES BACK
TO HIS ROOTS,
FINDING
PLENTY TO EAT
— AND PONDER





by John Francis McCullagh

As VEGWORLD readers know well, the journey to veganism is a journey of self-discovery, of reconnecting with the compassion and kindness we are born with but lost touch with along the way.

Discovering one's heritage is a similar journey: learning about your family's history, your people's culture, and the mythos that connects you to them. I've always loved animals and, being third-generation Irish American, I've always loved Irish culture and stories. But all my life there's been a disconnect. As I began my journey into veganism, I also dove deeper into the study of my own Irish culture.

Ireland has always been a land of cattle, dairy, seafood, and meat. The land is abundant with beautiful lush, green glens that are naturally suited for grazing cows, sheep, and other farmed animals. Since it's an island, fishing has always been an important staple in the Irish diet and in the economy as well. In fact, animal agriculture is so ingrained in Irish culture that most traditional Gaelic songs are about, or heavily include references to, farmed animals! In ancient Ireland, owning dairy cows was a sign of wealth. Dairy was even used to appease the Daoine Sidhe, the fairy people, so they wouldn't curse your household, crops, or cattle.

History and myth aside, the standard "Irish breakfast" is dominated by sausage, bacon, eggs, and butter!

Given all this, it's a fair assumption that traveling to Ireland as a vegan, let alone living there, would be near-impossible. Fortunately, it is not.

I've only experienced Ireland as a vegan, and I'm happy to say that the movement and the restaurant scene are growing at a steady pace. When I went there in 2017, I travelled alone and mainly ate at bed-and-breakfasts. I'd simply request a vegan meal from the owners, and they were always more than happy to provide what they could.

However, on my most recent trip, with my fiancée Courtney in 2019, I was delighted to see the growth of the movement. While the number of all-vegan restaurants is still fairly low across the country, more restaurants are offering a lot of great vegan options.

On our trip together, we traveled Ireland, exploring the vegan scene while I showed her glimpses into Irish culture, with its rich history and mythology, and even took her into the Gaeltacht to learn to speak the language.



IRISH VEGAN RESTAURANTS WE VISITED, AND THE FOOD WE ENJOYED

The Carrot's Tail, Dublin: 0% Waste, 100% Vegan

Once we'd landed in Ireland, we headed straight for Carrot's Tail, a 100% plant-based restaurant! The space is cozy and open, with several rooms to hang out in while you eat, work, or read. It also features a grocery section, where you can buy beans, rice, pasta, nuts, seeds, and other organics in bulk. The whole shop is zero-waste, with reusable bags and jars for their grocery items and compostable napkins for their food service. Their menu is ever-evolving as the owners,

husband and wife, come up with new recipes. We very much enjoyed their Tofu Peanut "Sambo" (a Thai spin on the Banh Mi) and their Sweet Potato Carrot Ginger soup helped keep us warm on that cold, windy day. I was particularly delighted that they had a Cheddar Meatball sub made with their own plant-based meatballs.

Póg Café, Dublin: Delicious Vegan Options

The next morning, we hit up Póg Café and got our day started with a beautiful Beet Chai Latte and Cappuccino, both with oat milk! While this café isn't 100% plant-based, they have some great vegan options, including their house-made oat pancakes and a vegan "Nutella" called Cleantella! Their almond butter toast was covered in bananas and berries, making

for a nice mix of nut-butter goodness with fruit sweetness.

"The vegan movement in Ireland has definitely grown substantially since I first went vegan in 2015. I was lucky to live in Dublin, where vegan food would be more widely available in restaurants and supermarkets, but even at the supermarket the range of vegan food was limited. Now it's difficult to leave a supermarket without the temptation of buying a new vegan treat that's on the market!" – Deirbhle Nic An Aoire, server at Póg Café

Veganic, Dublin: 0% Waste, 100% Vegan/Organic

Veganic is the first 100% vegan and 100% organic grocery store in all of Ireland! From food to snacks to dog food, and even including the bulk items such as nuts, pasta, and beans,



everything is certified organic and vegan. All their bags are reusable, and you can even bring in your own jars for the bulk items. While the shop is small, it contains a huge range of products! Eating-out vegan is great, but a place to stock up your home is necessary. Hopefully Veganic is the first of many in Ireland.

"I can feel a shift in the collective consciousness away from consumption of animal products. Maybe 5 years ago, asking for a vegan option in a restaurant meant tomato sauce and pasta or a salad with the cheese removed. Now the pressure is on businesses to offer proper vegan options, with a lot now having a vegan menu as the trends shift. That's not to mention there are some great vegan restaurants and cafés in Dublin, in the last 5-10 years, that are 100% vegan, where vegans can go and enjoy everything off the menu, not just one option!" – Jenny, manager of Veganic

Bláth na Gréine, on Inis Oírr Island: Practice Your Irish!

Unfortunately, we missed the ferry to go to the small Gaeltacht island of Inis Oírr. But we hope to visit their wonderful all-vegan restaurant next time! The shop specializes in vegan pastries and cakes, but it definitely has savory options, too. Rebecca runs the café and her husband Finion runs the gift shop. Plus, if you want to practice your Irish, the owners are fluent! (Bláth na Gréine is Irish for sunflower!)

FUN FACT!

A Gaeltacht is a region of Ireland where Irish is the main language of communication in everyday life and business. To ask someone "Do you speak Irish?", you say, "An bhfuil Gaeilge agat?" (Pronounced: *On will Gwale-ga ah-git*). Someone who speaks Irish is known as a Gaeilgeoir (Pronounced: *gwale-gore*). To hear the language, you can check out TG4 on YouTube, or TGLurgan to hear Irish-language versions of pop music.

Sweet Beat, Sligo: 0% Waste, 100% Locally Sourced

Aside from a dairy milk option for your tea or coffee, this restaurant is 100% vegan and zero-waste. Plus, all their food is made from locally sourced produce, even their coffee and vegan turmeric butter! With a brunch and dinner menu, drinks and smoothies menu, and even a kids' menu, there's so much food and a variety to choose from. This was one of Courtney's favorites! The meals are centered around a healthy, whole-foods approach, but the shop sells a lot of vegan sweets to finish your meal!

TESCO Stores & Applegreen Gas Stations

When we were on our way to the Gaeltacht for our Irish-language course, we knew our vegan options would be limited. Fortunately, TESCO has really made an amazing effort to bring in their own brand of vegan food. They've also partnered with Wicked Healthy, an all-vegan line of pre-packaged meals by Derek Sarno. We stocked up on the delicious and extremely affordable ready-made vegan meals from TESCO.

And a shout-out to Applegreen, an Irish gas station/convenience store chain, for creating the first Irish-made vegan sausage roll!! Eating vegan in Ireland isn't just getting easier at restaurants, but at home and on-the-go!



FUN FACT!

Póg means "kiss" in the Irish language! Irish and English are the official languages of the Republic of Ireland. Irish, also known as Gaeilge, derives from the Celtic language family, differing greatly in grammar and vocabulary from the West-Germanic language branch that includes English, German, and Dutch. Verbs come before nouns, the beginnings of words mutate quite often, and it's full of idiomatic phrases! *Is teanga aisteach agus álainn í* — It is a strange and beautiful language.





Simply Green, Bally Shannon: 0% Waste, Non-Stop Deliciousness

Simply Green was absolutely amazing! While not 100% plant-based, they have a ton of great vegan options. Each vegan dish we tried was so full of flavor I couldn't stop eating it. The shop has also been successfully switching many of their clientele to non-dairy creamers and adding more vegan food into their lives. After we ate, we both spoke for about an hour with the owner Fiona and her amazing staff!

Nine Hostages, Derry: 100% Vegetarian, 100% Great Coffee

While you can get coffee almost anywhere, Ireland is better known for tea drinkers. But if you're looking for a quality cup, check out Nine Hostages. It was the only third-wave coffee shop we found on our Ireland travels. Plus, the shop is all vegetarian, with great vegan options. Their vegan hot chocolate tasted just like I remember from my childhood!



FUN FACT!

GLEANN CHOLM CILLE AND OIDEAS GAEIL

Oideas Gael is an Irish-language school in the Gaeltacht of Gleann Cholm Cille in Southwest Donegal. Irish-language courses in the Gaeltacht regions allow students to immerse themselves in the language as they learn it or improve upon the Irish they already have. While the language has been in decline for some time, the past few years have seen a significant rise in speakers of the language and in efforts being made to keep it thriving, both from the general public and from sections of the government and media.

Pyke 'n' Pommes, Derry: Vegan Watermelon Steak!

While this spot is definitely not a vegan restaurant, they have added some great options, like their smoked watermelon steak and the house-made vegan burger. The watermelon steak was amazing! Each cut is served with a side of fresh lime, and I highly recommend using it. Somehow the lime really ups the flavor from great to phenomenal! And the vegan burger was delicious, with just enough of a kick to it. If you want to sit by the River Foyle, you can get the vegan burger at their fun double-decker bus location on the river bank, just a few blocks down from their brick and mortar shop.

Hidden City, Derry: Yummy Vegan Sandwiches

Hidden City features a huge selection of amazing vegan options. The owner Justin spent years traveling abroad learning different cuisines and techniques, bringing back with him a great range of culinary experience. His skill certainly shows in his food, especially the hearty sandwiches!

The Quirky Raven, Derry: Veganized Full Irish Breakfast

The Quirky Raven was fun and colorful, with a lot of delicious vegan options. They have a veganized full Irish breakfast (complete with a vegan sausage plus tofu squares, curries, and extra cheesy [vegan] lasagna). A plus is that they're

eco-friendly! . While they aren't 100% waste-free, they are actively working towards it day by day. For example, they no longer carry disposable plates or utensils. They are also very conscious of differences in physical and mental health and strive to be accommodating for everyone; they even look after their local homeless population by donating their excess food to shelters.

Whole Green, Letterkenny: 100% Vegan, Including Cakes and Trifle

Despite worries and criticisms about opening an all-vegan brick and mortar shop, Whole Green has been very successful. Featuring great whole-foods options, with interesting bowls and a beet-burger, this shop is bound to satisfy you with healthy, colorful food. Plus, their desserts were especially delicious. My favorite was the vegan carrot cake! It was just the right texture and had a unique frosting. And if they happen to have their berry trifle on the day's menu, be sure to order it for a special treat!

The Rolling Donut, Dublin: Delicious Vegan Varieties

It's difficult to find a great vegan donut that isn't too cakey. We were so happy to get these wonderful donuts from The Rolling Donut, specializing in sourdough donuts. Such a variety of unique flavors, too, like their pistachio donut, that I almost didn't want to share. Always great to be able to grab a vegan sweet treat while exploring!



Token, Dublin: Fried Vegan Comfort Food

The majority of the vegan scene in Ireland seems to be centered around very healthy whole foods. No complaints, of course, especially since it's all so delicious. But when you're craving some fried comfort food, defi-

nately be sure to check out Token in Dublin. This awesome vintage arcade and pinball hall features great vegan comfort-food options! They have decadent cheesy fries, double-stacked Beyond Meat burgers, and even delicious Beyond Meat "chicken" nuggets with unique, house-made sauces! Bring some friends, chow down on

tasty and satisfying vegan food, and challenge each other to some classic video games!

IRELAND'S MORE GREEN THAN EVER NOW, IN THE BEST POSSIBLE WAY

I'm so proud to see Ireland's growing vegan scene. There are still some areas, however, especially further out in the countryside, where people have zero knowledge of veganism. In fact, one of our older classmates at Oideas Gael told us that we'd "increased his knowledge of veganism by 100%!" However, outside of such small pockets here and there, the message has reached most of the island, and more and more people are embracing it. Restaurants are more vegan-friendly than ever, and the people were always willing to accommodate us in every way possible.

And there's more: Beyond veganism, a powerful sustainability movement is pushing hard towards a more zero-waste Ireland, and it's truly inspiring. Windmills dot the land, most of our to-go containers were compostable, and we saw a concerted effort to transition away from plastic. Even the Halloween parade in Derry featured a climate change awareness message!

But perhaps we shouldn't be surprised. It's only fitting for the Emerald Isle to be going Green. After all, Ireland is the 19th greenest country in the world!



FUN FACT!

The Irish for vegetarian is *feoilséontóir* (pronounced: *fyol-shayn-tour*), which means "meat-shunner!" Unfortunately the word for vegan is just *veigeán*, not nearly as cool. Hopefully, in time the vegan Gaeilgeoir community will create a cooler word! Until then, to say "I'm a vegan," say, "Is veigeán mé."



ABOUT THE AUTHOR

John Francis McCullagh is a martial arts filmmaker and has been vegan for nearly five years. His journey to veganism began when he became a vegetarian at 8 years old. John Francis hopes to spread veganism's positive message through his life and his work.

OUR FAVORITE THINGS

From Oprah to Ariana Grande to Julie Andrews, many people look forward to their favorite things. At **VEGWORLD** Magazine, we are happy to be blessed with so many fun, new products that make checking the mail a little bit like Christmas every day! We are excited to share with you our staff's favorites.



FORAGER'S SUPER GREENS CHIPS

Forager's Super Greens chips are pretty much a win-win across the board! They provide the classic crunch we want from a chip along with a more nutritious tortilla chip base that packs 1 ½ cups of organic leafy greens and ancient grains from sprouted brown rice and quinoa, instead of a more classic base of simply corn.

2



PACIFICA BEAUTY

Pacifica Beauty is the original 100% Vegan, Cruelty-Free, and Clean Beauty brand. With their slogan, "Made with compassion for the planet, animals and you," we feel confident in their products and overall mission.

Our current favorite of theirs is their Dreamy Youth Moisturizer.

Made up of a potent formula that is supported by concentrated peptides, floral stem cells, antioxidants, and advanced extracts that join forces to deeply moisturize and improve skin's youthful glow.

3



STASHER BAGS

Stasher Bags is increasingly becoming known as the go-to reusable food container for their sleek design and eco-friendly materials.

We're practically loving their Mojave collection that donates 1% of all sales to the Mojave Desert Land Trust, an organization dedicated to preserving desert lands for generations to come.

4



REAL SOURCE DIGESTIVE BOOST

We've been adding this to our smoothie bowls every day for much-needed gut support!

This powerful adaptogenic blend thoughtfully combines Real Source's sustainable prebiotic water lentil superfood with functional organic superfoods and probiotics to help to keep our digestive systems healthy and feeling amazing!

5



WAKA COFFEE

Coffee is inherently vegan and though instant coffee doesn't usually come to mind as healthy, sustainable, or even that tasty, Waka Coffee changes the game on many fronts in a positive way.

It has no additives at all and is actually recommended to drink black (like we often do) and can be made wherever we are, which gives us an alternative to coffee shops while also reducing the use of other less vegan-friendly products, like K-cups or old school 3-in-1 instant products (which have milk powder).

Waka Coffee also donates 4% of its profits to charity: water through their Add Water, Give Water program. This donation supports clean water initiatives in 26 countries around the world. There is no plastic in Waka packaging, so the boxes can be recycled, and it ships light which reduces carbon emissions.

6



BANGS SHOES

The brand name BANGS comes from the Chinese character for "help," and they certainly know how to give back to their community and the world with their profit share and all-vegan materials for their unique shoes.

Bangs takes 20% of their net profits and puts them towards helping entrepreneurs start businesses around the world. They partner with a third-generation family-owned manufacturer to guarantee all of their goods are produced and sourced ethically. They have cultivated a company culture and community united around everyday adventure, positivity, encouragement, and a passion to do good.

They have helped to invest in over 3,000 entrepreneurs across 70 countries, including the USA.

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VEGWORLD Style & Beauty

THE VEGAN FASHION REVOLUTION IS ON THE RISE, INSPIRING DESIGNERS, STIMULATING CREATIVITY, AND SAVING ANIMALS AS WELL AS, IN MANY CASES, THE ENVIRONMENT.

CHECK OUT SOME OF THE LATEST TRENDS, TIMELESS PIECES, AND THE UP-AND-COMING INNOVATION OF VEGAN PRODUCTS.

TRUE BEAUTY

by Sharon McRae

My new facial treatments + favorite new lipstick find!

Blue Beautifly is a vegan and ethical skincare company that was founded on the principles of embracing nature as the only true source for health and beauty, respecting our planet and all of its inhabitants, and operating with transparency, authenticity, and integrity. Their products are composed of the highest-grade organic botanicals and active ingredients that are 100% vegan, cruelty-free, and biodegradable.

Ever since I had my first real spa facial, a few years ago, I've been incorporating exfoliating products into my home skincare routine. One of my favorite treatments is a facial mask, because it feels so luxurious and leaves my skin looking radiant the day after. Blue Beautifly has two wonderful products that I'm really loving!

The first is the **Papaya Enzyme Mask**, which uses a highly effective combination of papaya and pineapple enzymes to gently slough away dead skin cells and impurities. It's packaged in a glass jar with a small scoop, and it smells deliciously fruity! After applying a thin layer and letting it sit on my face for 10 minutes, I massage it in, then rinse it off. I like to follow with another of my favorite new Blue Beautifly products, the **Rose Hyaluronic Serum**, to hydrate my skin. Just 2-3 drops are enough to leave my face looking radiant and smooth the next morning!

Another Blue Beautifly treat is the **Bilberry Antioxidant Mask**. This treatment uses powerful antioxidants and vitamins from extracts of green tea, bilberry, açai berry, pomegranate, spirulina, and rosemary to hydrate and

tone skin, leaving it brighter, more radiant, and more youthful. What more could you ask for in a skincare product? It also smells pleasantly fruity and is applied the same way as the papaya mask. Overall, I've been very impressed with Blue Beautify, and I plan to try more of their products in the near future. I highly recommend checking them out if you're looking for clean and ethical skincare.

Next, one of my favorite makeup items has always been the "your lips, but better" types of lip color products. When I was trained as a makeup artist, I learned that every woman should have the perfect lip color that she can easily apply with no other makeup on to instantly light up her face. Ideally, that shade is close to the natural color of the lips, but one shade brighter or deeper. So I was excited to learn about the new **Nude Lipstick** line from the British company **Lily Lilo**; they've been on my radar screen for a while because they have some very popular vegan products, including eye shadow palettes, that are often written about in beauty blogs. Not all of their products are vegan, but I wouldn't be surprised if they were moving in that direction.



Ever since I had my first real spa facial, a few years ago, I've been incorporating exfoliating products into my home skincare routine.

Their new vegan nude lipstick collection, called **Nothing to Hide**, includes six nude shades that are designed to flatter all skin tones. The new formulation offers fabulous color pay-off, staying power, and hydration, without the use of any animal products or testing. The lipsticks are formulated with nourishing grapeseed, argan, and sunflower seed oils, and they're free from harsh chemicals, gluten, fragrance, and GMOs. The colors range from a barely-there golden beige to a rich, deep rosy brown. My favorites are **Without a Stitch** (a natural rose color) for daytime, and for evening, **Undressed** (a cool mauve-based nude). Both shades have just a bit of shine, and they feel very comfortable, almost like a lip balm, with no waxy or heavy consistency. I find them to be quite hydrating, unlike many other vegan lipsticks, and also surprisingly long-wearing. I love that I can wear them alone or paired with a gloss to add more shine. These lipsticks are a must in my makeup bag now, and I would definitely encourage anyone who prefers a more natural lip look to give them a try!



ABOUT THE AUTHOR

Sharon McRae is a wife and mother of two young adults and a teen as well as a certified health coach and PCRM Food for Life instructor, residing in Columbia, MD. She has been adopting and applying principles of health and nutrition in her own life for more than three decades. She became a health coach to fulfill her passion of helping others take control of their health by making better lifestyle choices and adapting a whole food, plant-based vegan diet.

RENEW, REUSE, RECYCLE

by Tess Chavez



One of the many BEAUTIFUL benefits of being vegan is its lowered impact on the environment. I love finding quality products that I can rave about that I can reuse and recycle. Many people refer to this as zero-waste living, but I prefer to reference these products as part of my low-impact living regimen.

Here are a few upgrading recommendations for you to consider this season as you do your Spring cleaning and adopt new, healthier, safer, and more eco-friendly products. Not only will these products work wonders for you; hopefully you'll also find that you're saving money by purchasing them.

YOUR BEST SHAVE!

It is predicted that, by 2050, there will be more plastic than fish in the ocean, so if there's a best time to jump on the eco-friendly wagon, it's now. Say hello to the **LISSE Razor!** "No plastic. No toxins. No irritation." LISSE is vegan and Leaping Bunny approved!

For starters, the razor itself is a rose gold safety razor and the blades are

from Rockwell Razors, which means both the blades and razor can be fully recycled. The LISSE shaving oil is also vegan and cruelty-free, and their shaving soaps are from a Canadian company that also abides by those standards. So toss all those plastic, disposable razors, stop borrowing your boyfriend's, and go get your LISSE razor. I've been using this razor for nearly six months now and will NEVER go back!

And just to make this deal even sweeter, LISSE gives 2% of gross razor sales to

**THIS
BRINGS
US TO
MY NEXT
SUBJECT:
YOUR
CYCLE
AND THE
CUP.**



Femme International to help empower young women through health and menstrual education in East Africa. Many girls in Tanzania and Kenya have to skip school on account of their cycles; Femme International educates them and helps provide kits that incorporate using a cup safely.

This brings us to my next subject: Your cycle and the cup.

PROGRESS. PERIOD.

"The cup" is something that I recently learned about as I was researching a healthier and less costly alternative to tampons, which I no longer wanted to purchase or use. If you don't know what the cup is, it is a period cup, generally made of soft silicone and worn internally like a tampon; but, instead of absorbing menstrual fluid, it collects it. It can truly replace both tampons and pads, with no leaks and no worries.

As with most transitions, it may take a little time to adjust to this sustainable method for managing your periods, but it's healthier and better for your body, and therefore worth a try.

Most women like options, including trying different products before settling on the one they feel works best for them, and I am no exception. There are a number of options for the cup out there; the two that I'm going to talk about are the Saalt Cup and the OrganiCup. I suggest doing a little research to see which cup is the best for you.



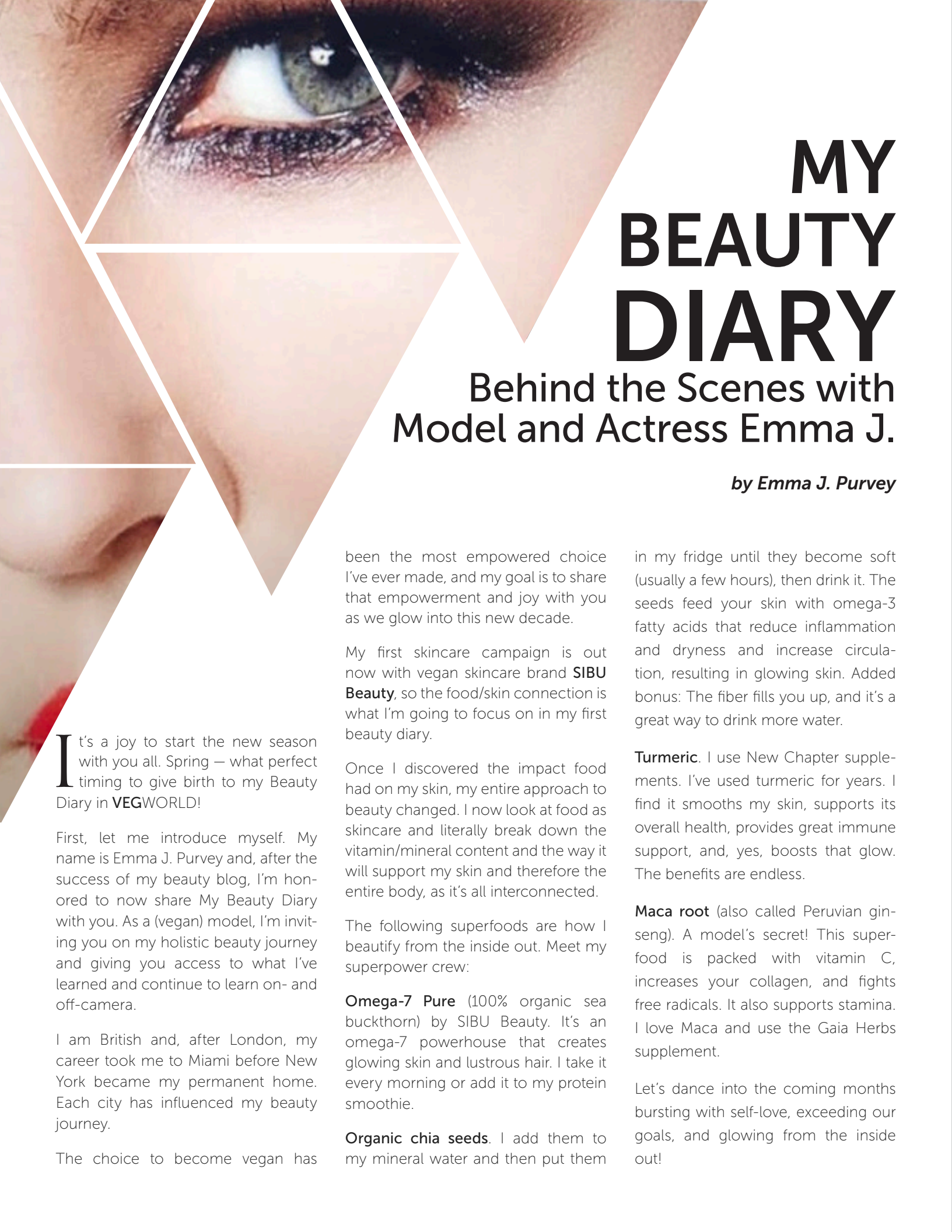
The Saalt Cup, made of medical-grade silicone, is vegan and cruelty-free. The company also commits to giving 2% of their revenue to help fund initiatives in education, empowerment, and sustainability. They have a wonderfully helpful website to guide and educate you in choosing the right cup and getting your questions and concerns answered. The Saalt Cup has the capacity of up to four tampons, can be worn continuously for up to 12 hours, and comes in a little cotton pouch for storage when not in use. It's available in Small and Regular sizes and regular or soft silicone material.

The OrganiCup is comparable to the Saalt Cup, with just a slightly different design. It's available in three sizes, with a capacity of up to three tampons, and can also be worn continuously for up to 12 hours. Made of medical-grade silicone, the Saalt Cup contains no BPA, no latex, and no dye. And your choice of cup comes with a cotton carrying/storage pouch. The company's website tab "Impact" gives great stats on the reality of using tampons and feminine products versus the purchase of one cup. They also work with many partners to help women in developed and developing countries receive proper education on menstrual health.



ABOUT THE AUTHOR

Quintessa "Tess" Chavez is VEGWORLD Magazine's Style Editor and a lover of all things beauty and fashion, of course vegan and cruelty-free! She is also the owner and founder of Vegan Bites Guide, a dine-in and dine-out vegan options guide. Her vegan journey started with her love of animals; soon the health benefits came along, and then the environmental welfare, and it was a done deal. Based in Dallas, TX, Tess continues to carry out her vegan mission of spreading awareness.



MY BEAUTY DIARY

Behind the Scenes with Model and Actress Emma J.

by Emma J. Purvey

It's a joy to start the new season with you all. Spring — what perfect timing to give birth to my Beauty Diary in **VEGWORLD!**

First, let me introduce myself. My name is Emma J. Purvey and, after the success of my beauty blog, I'm honored to now share My Beauty Diary with you. As a (vegan) model, I'm inviting you on my holistic beauty journey and giving you access to what I've learned and continue to learn on- and off-camera.

I am British and, after London, my career took me to Miami before New York became my permanent home. Each city has influenced my beauty journey.

The choice to become vegan has

been the most empowered choice I've ever made, and my goal is to share that empowerment and joy with you as we glow into this new decade.

My first skincare campaign is out now with vegan skincare brand **SIBU Beauty**, so the food/skin connection is what I'm going to focus on in my first beauty diary.

Once I discovered the impact food had on my skin, my entire approach to beauty changed. I now look at food as skincare and literally break down the vitamin/mineral content and the way it will support my skin and therefore the entire body, as it's all interconnected.

The following superfoods are how I beautify from the inside out. Meet my superpower crew:

Omega-7 Pure (100% organic sea buckthorn) by SIBU Beauty. It's an omega-7 powerhouse that creates glowing skin and lustrous hair. I take it every morning or add it to my protein smoothie.

Organic chia seeds. I add them to my mineral water and then put them

in my fridge until they become soft (usually a few hours), then drink it. The seeds feed your skin with omega-3 fatty acids that reduce inflammation and dryness and increase circulation, resulting in glowing skin. Added bonus: The fiber fills you up, and it's a great way to drink more water.

Turmeric. I use New Chapter supplements. I've used turmeric for years. I find it smooths my skin, supports its overall health, provides great immune support, and, yes, boosts that glow. The benefits are endless.

Maca root (also called Peruvian ginseng). A model's secret! This superfood is packed with vitamin C, increases your collagen, and fights free radicals. It also supports stamina. I love Maca and use the Gaia Herbs supplement.

Let's dance into the coming months bursting with self-love, exceeding our goals, and glowing from the inside out!

Refresh!

DEODORANTS TO TRY FOR A FRESH 2020

by Tess Chavez

With all the New Year's resolutions, many of you will be testing out new detox programs and getting back in the gym after a holiday season full of festive treats! There is no doubt that as your body is getting back in the groove of things you may be sweating out toxins, so we have got you covered, literally, with some vegan deodorant options that will keep you smelling clean, fresh, and brand-new. I suggest buying and trying a few brands, with a few scents to really find out what works for you.

1 Crystal Deodorant's motto is safety armed with confidence. They have been in the industry for 35 years and use clean ingredients that are free of aluminum, parabens, silicones, phthalates, and artificial fragrances and colors. My personal favorite is their Mineral-Enriched Deodorant Invisible Solid in the scent Mountain Fresh. However, Crystal has a long list of deodorants to include sticks, roll-ons, and sprays in an array of scents.

2 Native Deodorant is another great vegan contender. They are not only vegan, but also free of aluminum, parabens, and sulfates. They use ingredients that we know like coconut oil, shea butter, and baking soda. Native has more than just deodorants, so if you like to stick to one scent for your body, check them out. They carry deodorant, body wash, bar soap, and toothpaste. I have been raving on their classic charcoal stick deodorant, but every so often, I like to mix it up with their seasonal scent for fun!

3 Schmidt's Deodorant is an award-winning natural deodorant. They are committed to staying certified vegan, Leaping Bunny cruelty-free, aluminum-free, propylene glycol-free, PEG-free, paraben-free, phthalates-free, artificial fragrances-free, and more! They are also using hemp seed now as well, have formulations for sensitive skin, and their scents are divine. I love their Patchouli + Hops and their Sage + Vetiver. They too carry oral care, soap, home care, and children's products.

4 Ursa Major is the first spray deodorant that I have tried and they did not disappoint. The scent is Sublime Sage and it smells fresh and clean. I use it as my carry on in my gym bag as it is easily accessible and a quick spray after my workout tends to blend better than a stick after I have been sweating. They are always cruelty-free and this deodorant spray is one of their newest products. I am ecstatic to add them to my collection and highly recommend giving them a try.

1



2



3



4

MAKING LENTILS MAINSTREAM

NEW PRODUCTS NEW POPULARITY

by Meghna Israni

EASY-TO-EAT LENTILS? DONE!

Deshmukh is the founder and CEO of **Nutritionist Deepa, LLC**, a Chicago-based start-up working to push lentil consumption into the mainstream. In June 2019, the company released its first product line: **Lentil Krispies**, a crunchy, flavorful product designed to appeal to the American consumer. Although any of the three flavors of Krispies can be snacked-on directly out of the bag, they're best used as an add-in to soups, salads, yogurt, and other dishes.

"They're meant to make it easy to eat lentils," Deshmukh says. "You just sprinkle them into your meal for a boost of protein and prebiotic fiber."

It's a truth universally acknowledged that lentils, a plant-based protein source belonging to the legume family, are incredibly good for the environment. In a 2011 survey of the greenhouse gas emissions of 20 common proteins and vegetables, the Environmental Working Group identified lentils as the most climate-friendly food on the list. In a more recent article on the University of California, Berkeley website, research fellow Joy Neumeyer marveled at the way lentils create their own fertilizer, allowing for future crops to be grown in the same soil without synthetic chemicals.

Today, as an increasing number of Americans show interest in reducing their carbon footprint and eating sustainably, one would guess that the demand for lentils would increase in a similar proportion. However, although domestic lentil consumption is on the rise, USA Pulses reports that over 90% of America's lentil crop is exported. Compared to their counterparts in Canada, Australia, and India, Americans are largely disinterested in lentils.

That's the problem that dietitian-turned-entrepreneur Deepa Deshmukh aims to solve.



CHANGED TEXTURE = IMPROVED ACCEPTANCE

Deshmukh is familiar with the hang-ups that many American consumers have with lentils. After many years of providing nutritional counseling to clients with chronic health conditions, she became used to being met with resistance when she incorporated lentils into meal plans. Her patients were unfamiliar with preparing lentils, uncomfortable with adding them to meals, and unaccustomed to the taste of the “exotic” lentil-based recipes they found online.

“A lot of patients didn’t like the taste and texture of traditionally prepared lentils,” Deshmukh says. “It was very different from what they were used to.”

Rather than give up on lentils, which boast so many nutritional benefits, Deshmukh decided that she would attempt to devise a new way of consuming them. Three years of research and development later, the Lentil Krispies product line balances being palatable to consumers with retaining nutritional value. The Krispies are minimally processed, containing an impressive 6g protein per ¼ cup serving. A special patent preserves the natural prebiotic fiber found in green lentils, which is believed to have numerous health benefits.

“Prebiotic fiber feeds probiotic bacteria, the good bacteria in your gut,” Deshmukh explains. “It’s critical for good digestive health.”



COMING SOON: LENTIL-BASED FAMILY MEALS

In addition to the Krispies, more elaborate lentil-based products are already in the works. In the upcoming months, Deshmukh plans to begin production of **Power Meals**, a family-friendly line

of lentil-based products that will be sold online.

Other new products will introduce lentils to an even broader audience. Deshmukh’s “lentil-based protein crumble” is geared towards school and workplace meal cafeterias, where it will serve as a meat substitute in traditional school lunch recipes like tacos and burritos. Taste trials in various public schools and universities were scheduled to begin in early 2020.

DONATING PROFITS TO FURTHER NUTRITIONAL EDUCATION

In the meantime, Deshmukh hopes to empower individuals to take charge of their health and make more informed choices about food. Going into 2020, nutritionist Deepa has pledged to donate a portion of her lentil products’ profits to farmers, teachers, and social media platforms that provide nutritional education resources.

“So many individuals and communities lack access to nutritional education,” Deshmukh says. “We want to do our part to give them the tools to understand how what they eat affects their body, and how they can make better choices. At the end of the day, that’s what our brand is all about.”



ABOUT THE AUTHOR

Meghna Israni is a communications specialist at Nutritionist Deepa, LLC, where she’s proud to be a part of the movement towards plant-based eating. You can keep up with Nutritionist Deepa’s activities at [@nutritionistdeepa](#) on Instagram, Facebook, and LinkedIn, or on their website: www.nutritionistdeepa.com.

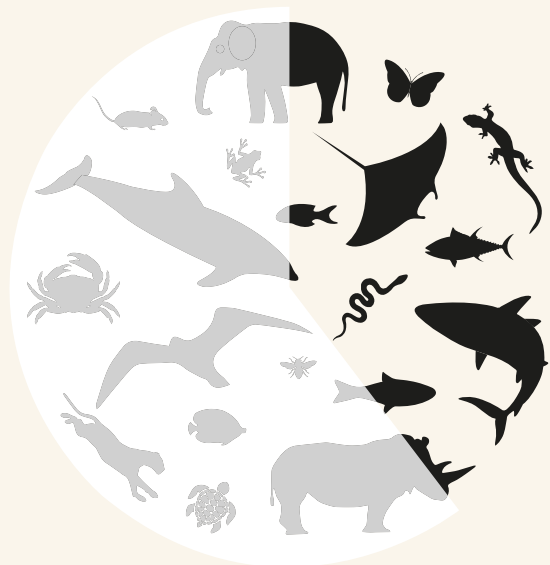
The real battle for the future of our planet—and the future of the human race—is being fought on our plates, multiple times a day, with every food choice we make. By shifting towards a plant-centric diet (and away from the industrial livestock system) we can help kick-start an urgent global sustainable food movement and help save the world. Here are excerpts from the *Eat for the Planet Cookbook*, an essential guide on how to do it.

Eating vegan for one day uses
1,500 fewer gallons of water,
which is enough to meet the daily indoor needs of approximately **15 people** in the United States.

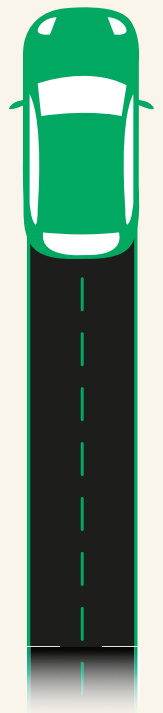


EAT FOR THE PLANET

60% OF GLOBAL BIODIVERSITY LOSS results from meat-based diets.



If Americans shifted their diets to add more **plant-based foods**, the reduction of greenhouse gas emissions in **ONE DAY** would be equivalent to **ELIMINATING 661 MILLION CAR MILES.**



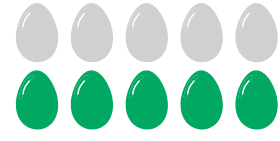
The average world citizen
needs to eat



90% LESS
PORK



75% LESS
BEEF



50% LESS
EGGS

to **AVOID A CLIMATE
CATASTROPHE.**

COOKBOOK TAKEAWAYS

With its collection of unforgettable vegan recipes and insight from some of the most influential voices in the vegan world, *Eat for the Planet Cookbook* is an essential guide to eating responsibly and eating well.

MEET THE AUTHORS OF THE *EAT FOR THE PLANET COOKBOOK*



Nil Zacharias is the cofounder of Eat for The Planet (eftp.co), Mostly Plants (mostlyplants.com), and One Green Planet (onegreenplanet.org). He also hosts the popular podcast "Eat For The Planet with Nil Zacharias" and is a sought-after international speaker based in Los Angeles.

Gene Stone has written or co-written 45 books on a wide variety of subjects, including the national bestsellers *Forks Over Knives*, *How Not to Die*, and *The Engine 2 Diet*. Stone lives in Hudson, New York.



SUZY AMIS CAMERON'S
ON A MISSION TO
SAVE THE PLANET

One Meal
(or more!)
a Day

by Cathy Katin-Grazzini



Environmental advocate, actress, model, co-founder of MUSE School, wife, mom, and new grandma, flyer of planes and rider of horses, and architect of a movement to avert climate catastrophe, Suzy Amis Cameron says she's only getting started! I sat down with Suzy recently to learn more about her initiative OMD for the Planet, One Meal a Day.

Environmental damage to ecosystems and to species is becoming more urgent than ever. Scientists say we're nearing a tipping point, a terrifying prospect. How did you become passionate about the environment, and an activist?

I don't even like to think of myself as an activist fighting anything, because I feel like the things that you fight just get bigger. To me, it's about moving the needle and making shifts. I like to think of myself more as an "advocate." I started really caring about food and things that were environmentally friendly in my home when I had my first child, 29 years ago. When I met Jim (film director James Cameron) 23 years ago, the two of us were like-minded. We started looking at plastics and alternative energy. We ended up getting a ranch together and made it 100% solar-powered. We started driving hybrids as soon as they were available.

I was invited to work at probably the largest environmental NGO in the US. There I started learning about all the different environmental issues we faced. That was sobering to say the least. Hearing about dead zones, biodiversity loss, deforestation, ocean acidification, and disappearing glaciers, I would drive home from meetings feeling completely gutted. I needed time to sit in my garage in my car to gather myself before I went in the house, so I could go in and be the cheerleader: "No, we're gonna clean it up and we're going to figure it out!" We were always presented with these horrible things, but it felt like there were never solutions. **No one EVER said a word about the environmental harm from animal agriculture during this whole time**

Then we watched *Forks Over Knives*. We both have cancer and heart disease in our families. We went cold turkey. Within 24 hours we'd cleaned out our kitchen. Very, very few people do that. But that's how we roll. We had assumed we needed meat to be strong and dairy to have strong bones.

After *Forks Over Knives* we felt mad and betrayed that we'd been advertised to our whole lives to believe we needed those things to be healthy.

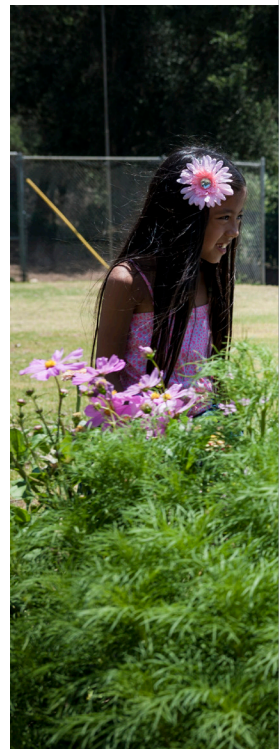
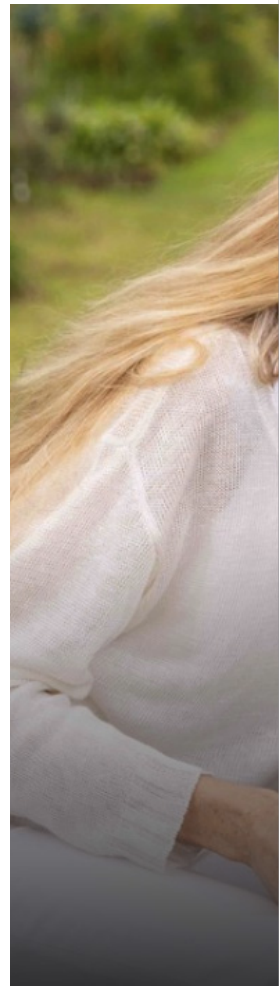
Our whole world shifted, not only regarding what we were eating, but with how we were going to be spending our time. How we were going to look at our business decisions and our investments. We divested from all kinds of different companies and started investing in plant-based proteins, farmlands, and companies that make plant-based foods.

Now you know Jim's movies. They're, like, *THE END OF THE WORLD!* When we first started dating, he told me, "I don't use the word 'hope.'" I said, "Well, I do!" He actually wears a tee shirt that says, "Hope Is Not A Strategy." A few months after we went plant-based, and after many conversations about animal agriculture and the environment, we were walking on the beach, and Jim said, "You know, Babe, for the first time in my life I actually do have hope that the more people we can inspire to eat plant-based, the more we can move the needle on climate change."

This happened around the same time that we were working with Chatham House and Oxford University to quantify the amount of greenhouse gases caused by animal agriculture. We wanted to make sure we had the science behind us. We learned that animal agriculture is the second leading cause of climate change and greenhouse gases — more than all transportation combined. That means every car, every airplane, every bus, every ship. People can do more to help the environment by what they're putting on their plates than by what they're driving. In other words, *if you're driving a Prius through McDonald's, you're not helping at all. Every time you eat, you are either helping the environment — by resourcing and creating more biodiversity, cleaning up the ocean, the air, and the land — or you are hurting it.*

I understand MUSE School was originally your testing ground for OMD (One Meal a Day), your initiative to fight climate change and the focus of your new book, *The OMD Plan*. How did that go?

Coming to OMD was definitely by trial and error. When Jim and I went plant-based, we absolutely got up on our soapboxes and started screaming





Our whole world shifted, not only regarding what we were eating, but with how we were going to be spending our time.



from the mountaintops. Because we love our families, for Christmas we gave these bags that had *Forks Over Knives*, *The China Study*, cookbooks, all kinds of stuff. Oh, my gosh, they were really upset with us. How dare we tell them what to eat and how to eat?

At MUSE it began in January of '14, all because of a conversation with [her sister] Rebecca. We looked at each other and said, "We cannot call ourselves an environmental school and still be serving animal products. We

going 100% plant-based." There was a mutiny. We lost 50% of our families.

We even had teachers who pushed back. One day back then Jeff King got really upset and frustrated with the families, and he said, **"People! You can feed them what you want for breakfast. You can feed them what you want for dinner. It's ONE MEAL A DAY, O-M-D!"** And that's the origin. You could just feel this sigh of relief, this release of tension. "Oh, they're not telling us that we have to be vegan all

not eat so much miso soup (which I love and eat almost every day), I would be, like, "Well, now, hold on a minute!" You know what I mean?

I think that's why OMD works the way it does, because it's not judgmental. You don't have to be perfect. It's just dipping your toe in. It's just swapping one of your meals a day. Then, when I explain: Look, one person changing one meal a day for one year saves close to 200,000 gallons of water and the carbon equivalent of driving from Los Angeles to New York — you can really make a difference.

**You don't have to be perfect.
It's just dipping your toe
in. It's just swapping one of
your meals a day.**

have to go plant-based." There wasn't another model out there; no one else had done it. We brought in doctors, climate scientists, athletes, authors, chefs. They would spend the whole day with the children, going from class to class, and then at nighttime at our "Muse Talks" they would give a presentation to the grownups. We would give parents a glass of wine and beautiful vegan food, once a month over 18 months. We had food committees with the parents, with the teachers and the students. We had Dr. Neal Barnard talk about the benefits of raising a plant-based child. We got advice from Drs. Dean Ornish and Caldwell Esselstyn.

Then in the fall of '15 we announced, "Yep, we did it. Here we are. MUSE is

the time. They're only saying our child is just going to be eating one plant-based meal a day."

By the way, MUSE quickly regained its enrollment and has now surpassed it. From all around the US and even from Europe, people come to MUSE now *because* it's plant-based.

When you talk to people about changing anything, it's like, "Well, hold on, wait, I'm in my comfort zone. I don't really feel like I need to change even the shampoo that I like." And when you talk to somebody about food, immediately arms get crossed. People get really tense. They don't like to be told what to do. Now a few people like trying new things. I certainly do! But if somebody told me today that I should

It's as simple as putting soy or almond milk on your granola in the morning, having a roasted veggie and bean burrito for lunch, putting tomato sauce on your pasta instead of a meat sauce, or throwing in some Beyond Meat crumbles and making your own Bolognese sauce. Simple, incremental changes. As Oprah, who's been doing our 30-Day OMD Challenge, put it, "It's so graspable; I can wrap my head around that."

Many people, when they decide to make dietary changes, make it all or nothing. If they can't do it perfectly, or if they fall off the wagon, it's, "Oh, well, then, screw it. I'm not gonna keep doing this. I'll just have what I want." But no, it's fine if you don't have your OMD at breakfast time; you can do it at lunch time, or at dinner. It's just little steps. The book is a guide to how to change one meal or two, or you can blow up your kitchen like Jim and I did and dive in 100% and cold turkey. It's got meal plans, shopping lists, and a whole well of resources. The recipes are easy. Most are from my children, friends, and family. It's real food for real people, kid-tested, just easy kitchen hacks.

OMD's mission has grown from its origin at MUSE School into a movement. You have campaigns in

schools, in restaurant chains, a pilot program in North Carolina. What are these initiatives all about?

Well. Number One, I'm just getting warmed up! Because it's such a simple, elegant concept that people grasp, we realize just how much we can move the needle on climate change when we inspire people to eat plant-based food. We started out with a campaign with Applebee's, one of the largest restaurant chains in the US. They did not have one vegan option on their menu at all. We went there, campaigning outside, asking them to make a change, just to add one option so people can have OMD choice if they want to. And they did!

There's a university in Portugal and one in Helsinki that in the last two months have both banned beef from their campuses. One of the states in Brazil is making all of their school lunches plant-based. Things are definitely happening. Working with the school system in the United States, though, is a whole 'nother beast, because it's so subsidized by the beef and dairy industries. We are slowly chipping away at it, and it is gaining momentum. There will be a tipping point very soon.

We've created a corporate deck to talk to airlines, hotels, restaurants, and yet more schools, encouraging them to become OMD corporations and organizations. Jim had the first plant-based catered set on *Avatar*, sold as OMD, and they calculated how much water and carbon they saved during all those years of production. It's ongoing right now in New Zealand as they continue work on the *Avatar* series. In the near future I'll be announcing quite a few huge corporations that have signed on to be OMD corporations. That's exciting!

Many of VEGWORLD's readers have already left animal products behind

THE OMD PLAN



**SWAP ONE MEAL A DAY TO SAVE YOUR
HEALTH AND SAVE THE PLANET**

SUZY AMIS CAMERON

FOREWORD BY DEAN ORNISH, MD

PREVIOUSLY PUBLISHED AS OMD

them. But we all can do more for the planet when there's so much at stake. Beyond changing just what's on their plates, are there ways for people to partner with OMD in their own communities, to work with you to change the menus at their own schools, restaurants, and local businesses? Can WE help OMD move the needle further?

The small but mighty OMD team is rapidly growing. I don't think we realized just how much OMD was going to expand. It's gone vertical on many levels. We will be open to finding OMD ambassadors in local communities. That's pretty much the pilot program in North Carolina. It's the model we're testing. I've received emails

and requests from people from the least expected places, like Oklahoma, Kansas, Louisiana, Texas, Mississippi. They're coming out of the woodwork!

So I hear you saying the time is not quite here, but stay tuned, something may be coming.

Yeah, tell them to reach out to us on either social media or on the OMD site if they're interested in starting an OMD movement in their communities, because we'll soon be starting to gather people and vet them.



About Suzy Amis Cameron

A noted environmental leader and business pioneer, mom of five and new grandma, **Suzy Amis Cameron** is committed to caring for our wild, living Earth, with an emphasis on plant-based food to address climate change. She is the author of *The OMD Plan: Swap One Meal a Day to Save your Health and Save the Planet* (Simon & Schuster/Atria) and the founder of the OMD Movement, dedicated to transforming eating habits and expanding access to healthy, climate-friendly food for all. In 2005, she founded MUSE School in Calabasas, CA, with her sister, Rebecca Amis. MUSE is the first school in the country to be 100% solar-powered and zero-waste, with a 100% organic, plant-based lunch program. Based on MUSE's values and curriculum, MUSE Global was launched in 2018 to franchise the school worldwide. Additionally, she is a founder of the plant-based ventures Verdient Foods, Cameron Family Farms, Food Forest Organics, and Plant Power Task Force with her husband, James Cameron. In 2009, she launched Red Carpet Green Dress (RCGD), a global sustainable fashion campaign showcasing environmentally responsible fashions on the red carpet in partnership with The Oscars. RCGD also co-creates sustainable garments with luxury international fashion brands. Suzy is also an Executive Producer of *The Game Changers* documentary on world-class plant-based athletes. As an actor she has been featured in more than 25 films, including *The Usual Suspects* and *Titanic*.

(For more about MUSE School, which Suzy founded with her sister Rebecca Amis, see VEGWORLD's interview with Rebecca and her husband Jeff King, the school's CEO, in our Nov/Dec 2019 issue.)



ABOUT THE AUTHOR

Cathy Katin-Grazzini is Food Editor for VEGWORLD Magazine and a contributing writer. A plant-based personal chef, culinary instructor, and coach in the NYC Metro area, Cathy creates beautiful, healthful dishes that help us look and feel our best. Certified in Plant-Based Nutrition from the T. Colin Campbell Center for Nutrition Studies at Cornell, Cathy is also a Rouxbe-trained chef. She has a BA from the University of Chicago, attended graduate school at Harvard University, and received an MA from Johns Hopkins University. Cathy lives with her husband Giordano in Ridgefield, CT.



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HELP THE ENVIRONMENT WITH YOUR FOOD CHOICES

by John Oberg

You want to help the environment and the climate, right? Yes, of course you do. We all do. Nobody looks around and says, "Yeah, let's set this town ablaze!" or "This city would look better if it was underwater."

I've considered myself an environmentalist since the time I could even vaguely understand what the concept meant. As a kid, I loved trees and grass and bushes and water. They all brought me a lot of joy, and I wanted to see them protected.

For a long time, however, I was doing something that was in direct opposition to the protection that I wanted to provide for the environment:

I was eating animals.

As most **VEGWORLD** readers know, animal agriculture is one of the leading causes of environmental destruction and a leading driver of climate change. Yet nearly no one likes to talk about it, because the majority of the population is complicit in it. It's one of the best examples of the definition of *cognitive dissonance*.

It's easy to point fingers at others so that we can avoid responsibility. It's time for all of us to take a critical look at our behavior and ask if this is something that we truly feel comfortable supporting.

I stopped eating animals and went vegan at the age of 22, over a decade after declaring my love and concern for the environment. Whatever your age, it's never too late for you to make a change. At 32, I now have under my belt a decade of protecting the environment as opposed to being complicit in its destruction.

When I learned how farm animals were treated before becoming chicken wings or steaks, choosing to go vegan was the only logical step. What I didn't yet know, however, was how that decision would also benefit the environment. Furthermore, I didn't realize just how easy and meaningful this decision would be.

Knowing that veganism means that I'm no longer contributing to environmental degradation, forest clear-cutting, and the incredible levels of pollution that come with eating animals is a weight off my shoulders. If I'm not willing to set a forest ablaze or pump huge amounts of methane into the air, why pay someone else to do so?



WHATEVER
YOUR AGE,
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ABOUT THE AUTHOR

John Oberg is an animal advocate and social media influencer, dedicated to making the world a kinder place for animals by utilizing the power of social media. In 2019, he launched his own independent project for animals through Patreon to maximize his impact for animals. Previously, he served as Director of New Media for the international animal protection organization, The Humane League, and as Director of Communications for Vegan Outreach. In 2019, impressions of his posts on social media totaled over 200 million.



THREE ENVIRONMENTAL AND VEGAN TRUTHS FROM CAPTAIN PAUL WATSON, RENOWNED OCEAN CONSERVATIONIST

by Amy Beth Bolden

If you like tall and *true* tales of adventure on the ocean blue, you definitely should get to know Captain Paul Watson. I'm so glad I did.

The famous *Whale Wars* captain has been a huge influence on my vegan life. With a lifelong background in conservation and experience co-founding the Greenpeace and Sea Shepherd organizations, Captain Paul has a lot of untapped vegan-lifestyle wisdom to share.

Beginning at the end of 2017, I had the opportunity to learn from Captain Paul when I became a new radio personality on LA Talk Radio's weekly "State of the Oceans" program. Our shared airwave experience quickly showed me I'd been given the ultimate opportunity to expand my knowledge as a new vegan.

I took weekly notes and eventually began applying what I learned to my own life. Little did I know that our time together, while he might not recognize it, would be some of the most impactful time I've spent during my vegan journey so far.

His raw honesty struck me during our shared time together on LA Talk Radio, and I've taken many lessons with me into the next phase of my own journey. So, if you'll allow me to share them with you, here are three vegan-vital truths I learned directly from Captain Paul:

First, "If the oceans die, we die."

It's one of the things he said the most, pointing to the crucial importance of our planet's marine life. As a "vegan for health," I was startled by this at first and wrestled with it for a while. But as time went on and I listened to more of Captain Paul's experience, I came to see it as a valid perspective. And I started to understand the significance that our actions have on the environment we call Planet Earth. I learned that:

- Our oceans are home to Earth's most valuable ecosystems. These ecosystems influence our weather



patterns, the foods we eat, the future of our environment and even our survival. Definitely a concept to which I needed to pay attention.

Second, I was constantly reminded that the vegan journey doesn't have to be a perfect one. If companies are coming out with plant-based options that are better for the environment, great! If there's someone who's sharing inspiration with

their vegan recipes, awesome! As long as you're trying your best every day to make conscious choices, that counts for something. I learned that:

- Every vegan follows the plant-based journey at his or her own pace. While Captain Paul has sacred values that he holds onto tightly, there was never any hint of judgment towards those who are doing their best to make small but important changes.

Third, I realized how much we have been conditioned to stick to the status quo. Because big government dominates our lives, we often forget the power we have been given to change the outcome. The question I was often asked to consider was, "Are the companies you're putting your dollars towards aligning with the values that you want to support?" I learned that:

- The most powerful vote we have is our dollar. Dollar and demand are powerful tools that can shift the world towards plant-based options.

Thank you, Captain Paul Watson, for teaching me how to better serve my world with my vegan lifestyle — and for making it your life's mission to protect our oceans for future generations.



ABOUT THE AUTHOR

Amy Beth Bolden is a photographer and the founder of Veg Threads, an agency connecting forward-thinking brands and people. You can find her snuggled in the foothills of Denver, CO, with her husband, two dogs, and usually eating vegan food while enjoying local food-finds and the Rocky Mountain sunshine. Keep up with her "No BS Vegan Lifestyle" and food-ventures on Instagram [@thatveganwife](#).



German Insurance Provider Develops a Guide to Plant-Based Nutrition in Healthcare Facilities

by Peter Manley

A few weeks ago, a Germany-based medical insurance provider introduced a nutritional guide to plant-based eating that targets German healthcare facilities and hospitals.

The health insurance company — BKK ProVita — published the nutritional guide with hopes of encouraging health facility management and catering leaders to implement plant-based menu items in their healthcare facilities. The plant-based nutritional guide provides a wealth of information on the plant-based diet, including health benefits, environmental benefits, and even very detailed instructions for implementing plant-based nutrition within a healthcare setting.

To develop the nutritional guide, BKK ProVita collaborated with A'verdis (a German consulting firm) and the German Hospital Institute. In addition, the health insurance provider also received guidance from 30 experts in the healthcare field holding roles including hospital cooks, nutritionists, clinic managers, and caterers.

Andreas Schöfbeck — CEO of BKK ProVita — said the following on the new guide: “At BKK ProVita, we know plant-based nutrition is healthy. As a statutory health insurance company, we are committed to making this form of nutrition better known and to ensure that as many people as possible have access to it. With the new guide, we are supporting the health not only of patients but also of hospital staff in the context of workplace and external health promotion.”

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RECYCLE YOUR EXERCISE EQUIPMENT FOR A BETTER PLANET — AND LIFE

by Wendie Pett

A landfill graveyard full of old, worn-out, broken-down exercise equipment is a scary and overwhelming thought, especially when you consider the abundance of health clubs and equipment around the world in addition to personal in-home equipment.

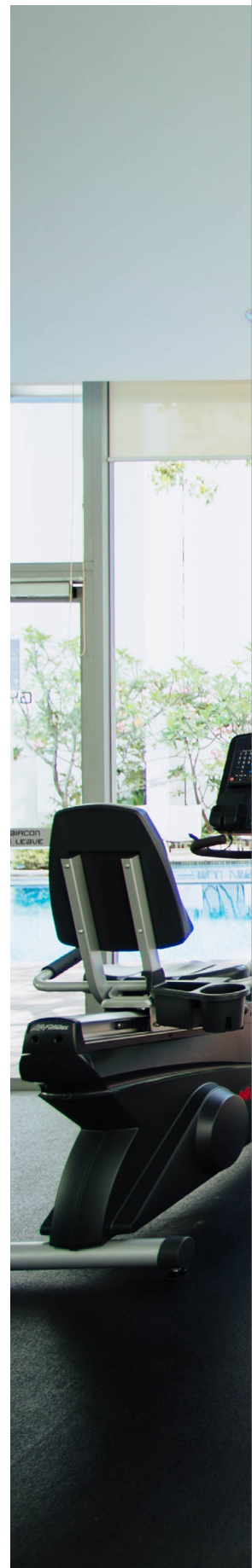
According to the United States Environmental Protection Agency, Americans are up from 7% recycling in the 1960s to 35% recycling today. That is indeed great news, but we could do much better! Especially since the average amount of waste thrown out each year is close to 250 million tons.

Obviously, the main kind of waste is food (which should be composted and not thrown out at all). But the problem of exercise equipment waste is perhaps more serious in the long run, since this “durable equipment” doesn’t decompose for generations, if ever.

The good news is that most exercise equipment can be recycled, and it should be. If you’re just throwing old machines into a dumpster — or, worse yet, on the side of the road because you don’t want to pay the recycling removal fee — that choice is affecting the health not only of our planet but of future generations as well.

I’ve had my fair share of cumbersome treadmills, stair-steppers, and abdominal machines over the years, so I’m not off the hook here, either. In fact, recently I had a treadmill that I couldn’t even give away. I’m sure it had something to do with the stationary track being a beast in size and in weight. But I finally paid someone \$50.00 to take it off my hands to recycle. It was worth the investment in the planet and the peace of mind to do so.

How about you? Do you have machines around your home that are taking up space, collecting dust, or have become oversized clothes racks? If so, you aren’t alone. They not only take up valuable space in your home, they also take away valuable dollars from your pocketbook. One of my husband’s friends spent over \$20,000.00 on equipment and rarely used it. Yikes! Now, if you’re using your exercise equipment often, then that’s another story, and that’s for a different article.







THE IDEAL EXERCISE EQUIPMENT? YOUR OWN BODY!

But I will say, as a fitness expert and someone who encourages daily exercise, that I'm a bigger fan of using the body as "gym equipment" and the great outdoors for walking, running, stepping, and climbing. There's nothing better than being able to do your workout anywhere and anytime, without needing special equipment, spending unnecessary money — or loading up on (or trashing) equipment you don't use.

Want to get your heart rate up quickly? No need to hop on a treadmill for a sprint or climb a virtual mountain on a bulky stair-stepper. You can just practice some high-intensity interval training with basic moves such as jump squats, burpees, skaters, high knees, punch-outs, power jacks, and the list

goes on. Mix it up to work different muscle groups, but it's guaranteed you will get your heart rate up.

And you won't need exercise equipment other than the one you were born with!

What about strength training? You might think you need weights for that. Actually, you don't. This answer might come as a relief if you have an abandoned rack of weights of all sizes collecting dust in the basement. (And a relief for the planet if you recycle or sell them.)

Body weight exercises can build incredible strength. Think pull-ups (which can be done outdoors on a steady tree branch or at a nearby park), push-ups, dips, squats using visualized resistance, and isometrics. All are exercises that use your body as your gym. A great piece of "equipment" that you can take anywhere, and it won't end up in a landfill or destroy the planet.

YOUR BODY AND NATURE: PERFECT TOGETHER

If you're wondering how to become more aware of the need to take care of the environment, let me suggest you take a walk in the woods. Yes, a stroll in the woods brings you back to the basics of God's green Earth.

There's something so powerful about immersing yourself in nature. It gives you a deeper respect for the planet, but it also helps to calm your mind and spirit. Nature reflects beauty, wholeness, and healing back to us.

Studies show that walking or running in nature can help to increase positive mental-health effects, including effects on anxiety and depression, above and beyond the effects of merely walking indoors.

That statement alone should encourage you to trade in and/or recycle your indoor equipment. Surprise: Just that simple act can also improve your mental outlook! The healthy, happy attitude you can get from recycling old exercise equipment is difficult to put into words, but the feeling is intoxicating and highly contagious.

So start a contagion in your family and with your friends. Rid your home of unused fitness equipment and recycle it. Use your body as your gym and watch how this minimalist approach frees up time for working out, squelches excuses, gives back much desired space in your home... and makes room for new, healing thoughts in your mind.



ABOUT THE AUTHOR

Wendie Pett is a full-time business owner of Visibly Fit as well as a naturopathic doctor, wife, mother, fitness expert, author, speaker, TV host, and part-time volunteer. Her business consists of whole-food plant-based wellness coaching, emotional healing, personal online training, educational and motivational speaking, and creating new products/tools to assist clients along their wellness journey.



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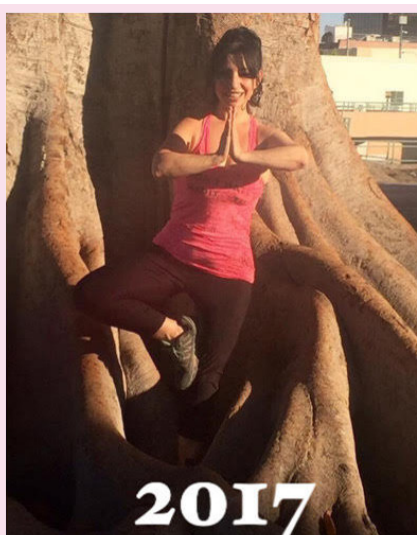
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Personal Reinvention

MY VEGAN WEIGHT LOSS JOURNEY

by Rose Bruno Bailey



Look within yourself

Reinvention begins when you take a good look at your life and decide change is necessary.

To get started, sometimes you need to rediscover your own personal “why.”

I’m no stranger to the vicious cycle of losing and gaining weight. As a former dancer, I was very in tune with my body, but the constant pressure of perfection left me with food issues that would linger for years.

When my weight went up, I started a weight loss blog. Having been a vegetarian off and on, I contemplated veganism because of my love of animals. However, believing the hype about weight loss and carbohydrates, I selfishly chose a low-carb lifestyle instead. I lost a lot of weight — and gained most of it back during a series of personal life challenges. My confidence suffered as a result.

ENTER ESTHER THE WONDER PIG!

It was the discovery of Esther the Wonder Pig on Instagram that changed everything for me. I finally made the compassionate connection between animals and the food on my plate. I realized I needed to align my lifestyle with my belief system.

I’d found my personal “why.”

I ultimately decided to go vegan for both ethical and health reasons. My vegan weight loss journey would be my mission going forward. As I restarted my former weight loss blog, I planned to live my most authentic life as a vegan.

And I knew my weight loss would be successful.

Hippocrates’ words resonated with me deeply as I watched the film *Forks Over Knives* and realized food could heal or harm. I followed vegan professionals and continued to study and educate myself. I even began to follow vegan influencers to help inspire me.



ABOUT THE AUTHOR

Rose Bruno Bailey is a poet/writer, vegan weight loss/philanthropic blogger, and author of *Camellia in Snow*. Her work is published online and in print magazines. She was born in Chicago and raised in Cleveland, OH. Her background is in theater with an emphasis on dance. Her life journey has taken her from New York to West Hollywood, CA, and she now resides in Texas. Her partners in this journey are her husband James and two beloved Siamese cats, Spanky and Max.

To track my food intake, I used Weight Watchers online to stay accountable. To strive for healthy choices, I used (and still use), the app “Daily Dozen” by Dr. Michael Greger. I eat mostly plant-based whole foods, but I do enjoy a little vegan fun food as well, because I’m striving for balance over perfection.

My fitness is powered by the YouTube fitness influencer Melissa Bender, of Melissa Bender Fitness, and on my own I’m running, practicing home yoga, and doing body-weight workouts. I can proudly say that. So far, I’ve lost 20 pounds!

I know I’m on my way to my best physical, mental, and spiritual health.

WHAT I LEARNED WHILE I LOST

Traveling my vegan weight loss journey, I learned that confidence opens doors, compassion opens hearts, and being healthy makes it all possible.

My advice to anyone contemplating a vegan lifestyle, especially if weight loss is a goal, is to try following my path:

- Look within yourself.
- Then look to the professionals: Take knowledge from the many vegan films, books, apps, and Facebook groups, and learn from well-known influencers sharing their vegan experiences.

FINALLY, FOCUS ON YOUR PERSONAL “HOW”

Everyone’s body is different, so experiment by trial and error until you find what works for you. Soon you will be navigating the grocery stores and restaurants like the vegan boss that you are, and doing it with confidence and compassion.

Happy Reinvention!

*Let food be
thy medicine,
and medicine
be thy food.*

— Hippocrates

How to Be a Better Vegan in - the Garden

by **Andy Baxter**

As veganism continues on the rise, and people all over the world reject the commodity status of animals by removing animal-based products from their diet, there remains one place where this concern is very real, yet often little recognized:

The garden.

Surprised? It's true. Many people who embrace plant-based lifestyles think mainly of their diet and less about the fact that the plant-based movement seeks to end the exploitation of animals in all its forms — which must include animals in the garden.

Gardens are vibrant ecosystems teeming with wildlife. But some common gardening practices, such as the use of animal-based compost, conflict with the ideals of veganism. Here's how you can become a better vegan in your own garden.

PRODUCE YOUR OWN FERTILIZER AND COMPOST

Animal-manure compost is often gathered from the feces produced by animals forced into dairy or meat production, thereby tainting it with animal suffering. Fortunately, vegan compost and fertilizer are easy to make:

- Organic food waste can be rotted down into compost to provide nutrients for the soil and plants.
- Organic matter from the garden, such as leaves, can also be used for nurturing the soil.

TREAT PESTS IN A HARMLESS WAY

As you know too well if you're a gardener, while we want to help ecosystems thrive in our gardens, sometimes the insects that we protect spread and destroy our cherished plants. The green-fingered will typically use pesticides to protect their gardens — but these will potentially harm other animals in the process of killing the pests.

The vegan solution is to prevent pests and diseases from spreading in the first place:

- One option is to rotate your crops throughout the year, particularly those that are most important to you. This will help keep pests from propagating at a fast rate.

USE SOIL MULCHING RATHER THAN DIGGING

Digging the soil in your garden can disrupt wildlife in the soil by causing a more rapid breakdown of organic matter. This leaches nitrogen and other nutrients into the soil, which can impair soil fertility and kill insects.

The vegan solution is mulching: covering soil with organic matter once a year.

- By applying mulch over your garden about 2 in. (5 cm.) deep, you'll be helping the soil to maintain its fertility and encouraging your plants to grow.
- Mulching also protects the soil from eroding due to wind or rain and naturally prevents weed growth.

ABOUT THE AUTHOR

Andy Baxter is the managing director and founder of the Internet Gardener business in the UK. As a long-time lover of plants and gardening, over a decade ago he noticed the gap in the market for online gardening products. Since then, Andy has gained a number of impressive achievements to his name, including an award at the Online Retail Awards 2016 — but his true love is still his own garden.



Dear CHEF AJ



What advice do you have for someone who is trying to cut back on the amount of salt in the foods they eat without sacrificing flavor?

The first thing I would say is that salt is actually a very lazy way to season

your food, and there are myriad other ways to get great flavor without it, such as using fresh herbs and spices. That said, because salt is so addictive, people may not fully enjoy their food sans salt at first. It can take up to 30 days for people to enjoy and appre-

ciate the taste of whole, natural food without added salt. This process of adjusting is called *neuroadaptation*. Yes, it can take a month for your taste buds to adjust to the less stimulating flavors. But when you do, you may actually find that salted food tastes *too* salty.

Believe it or not, most Americans ingest the majority of their salt from eating processed food, where the salt is hidden in the food rather than added from a salt shaker. Bread can have more sodium hidden on the inside than even potato chips, which just have the salt added to the outside. If someone insists on still using salt, I recommend they buy the most expensive salt they can find. That way, they will hopefully use less of it, and then only sprinkle it on the surface of their food where their tip-of-the-tongue taste buds can really taste it.

When you cook with salt (or sugar or oil, for that matter), it dissipates so that you can't taste it, and you have to add additional salt after cooking. A single teaspoon of salt has 2300 mg of sodium, so I recommend using products that are lower in sodium, such as raw coconut aminos (only 95 mg of sodium per teaspoon) or a low-sodium miso like South River or Cold Mountain (only 110 mg of sodium per teaspoon).

There are many delicious salt-free seasonings widely available now, such as Mrs. Dash, that can be found at regular grocery stores. (Just be sure they don't contain any added sugar.) Both Costco and Trader Joe's make a popular salt-free seasoning, but I like Benson's Gourmet Seasonings ([available at](#)

www.bensonsgourmetseasonings.com; 10% off with code "AJ"). My favorite? Benson's Table Tasty! I also love the spices from The Local Spicery (**available at www.localspicery.com; two free samples with code "Chef AJ"**). My favorite here is the Pepperoni Spice.

It could be very helpful to eliminate salt if you're trying to lose weight, because salt is an appetite stimulant that can cause you to eat more food. According to research, it might cause you to eat up to 11% more calories, and those calories often come from fat.

Another trick if you're trying to reduce or eliminate the amount of salt you eat is to give your taste buds something sour, because your taste buds for sour sit right next to the taste buds for salt. Try adding some lemon or lime juice to your steamed greens. (This will also help you absorb the calcium.) In addition, certain foods, particularly green vegetables, are naturally high in sodium, as are sea vegetables. Adding things like kelp, nori, wakame, and kombu to your salads, soups, or stir-fries will impart a naturally salty flavor as well as give you the iodine you may be missing if you no longer eat regular packaged salt, which is iodized. My personal favorite is smoked dulse, available at many natural-foods stores and online at Maine Coast Sea Vegetables.

Remember: Sugar, oil, and salt are not food, and they are not found in nature in any concentrated form. Dr. Alan Goldhamer, co-founder of the TrueNorth Health Center, explains that they are actually chemicals that, when added to food, "fool" the brain's satiety mechanism, causing us to overeat. High amounts of salt in the diet have also been linked to stomach cancer; in addition, salt is also a leading cause of high blood pressure, increasing the risk of cardiovascular disease.

What healthy snacks do you recommend for in between meals?

Well, you're probably not going to like my answer, but I don't recommend eating between meals. If you need to snack, then either you didn't eat enough at your last meal or you're eating for reasons other than hunger. Many people eat because they're angry, anxious, bored, depressed, lonely, tired, or stressed but not because of true physiological hunger. This is commonly called *emotional eating*.

The way you can tell if you're eating because you're truly hungry or for emotional reasons is by **what** you are choosing to eat. True hunger can be satisfied by eating any food with

actual nutrient value, whereas emotional hunger can only be satisfied by eating particular foods the person craves. These are usually fatty, sweet, salty, or a combination of these "pleasure-trap" chemicals. That's why one of my mottos is, "if you're not hungry enough to eat vegetables, then you're probably not hungry."

So, in my opinion, the absolute healthiest snack is vegetables. Whether enjoyed raw, steamed, roasted (without salt and oil, of course), or blended into a soup or salad smoothie, vegetables make the perfect snack. Sugar snap peas are delicious eaten steamed or raw and are perfect for snacking, as are jicama sticks. Both provide that much-desired crunch that many people are looking for. Dr. Caldwell B. Esselstyn, Jr., of the Cleveland Clinic recommends that his patients with heart disease snack on steamed kale anointed with a few drops of a good-quality balsamic vinegar, and I couldn't agree more.

On the next page is an easy and delicious recipe for "Honey" Mustard Dip that is sure to help you enjoy eating vegetables!

ABOUT THE CHEF

Chef AJ has been devoted to a plant-exclusive diet for over 41 years. She is the Host of the television show *Healthy Living with Chef AJ* and the YouTube show *Weight Loss Wednesday*. She is the creator of the Ultimate Weight Loss Program and conference and the author of the popular book *Unprocessed* and the bestselling book *The Secrets to Ultimate Weight Loss*. In 2018, she was inducted into the Vegetarian Hall of Fame; she is proud to say that her IQ is higher than her cholesterol.

Watch the free summit: <https://therealtruthaboutweightloss.com>  www.EatUnprocessed.com





'HONEY' MUSTARD DIP

INGREDIENTS

- 12 oz. cauliflower, steamed and chilled
- 4 oz. pitted dates
- ½ cup Westbrae salt-free mustard

INSTRUCTIONS

1. Steam cauliflower, then chill.
2. Place all ingredients in a high-powered blender and blend until smooth.
3. Use as a delicious dip, dressing, or spread.

CHEF SPOTLIGHT



COCO MORANTE

What was it that got you interested in cooking?

I come from a family of great home cooks — my grandmother worked with caterer/restaurateur Narsai David back in the day, and the two of them still joke that the other taught them everything they know. As a kid I loved doing anything food-related with my family. Some of my best memories are hanging out in the kitchen with Grandma Rachel; watching PBS cooking shows with my Grandma Adele; learning to bake and make jam from

my Aunt Belinda and Great Aunt Mim; and teaching myself the basics at home with the crosshatched illustrations in *The Fannie Farmer Cookbook*.

What's the one ingredient you can't live without?

Good salt. I love the plain, rosemary, and black garlic salts from Jacobsen Salt Co. — they make seasoning and flavoring food a no-brainer. Try a pat of vegan butter and a pinch of the black garlic salt on your morning oatmeal...so delicious.

Where do you go for inspiration?

The food carts and restaurants in Portland, Oregon, where I live, provide endless inspiration. There are so many creative and passionate chefs in this town; we are utterly spoiled for fantastic food. I also love to scope out restaurants whenever I travel somewhere new. My itinerary is built around meals.

What's your go-to meal when cooking for guests?

When it's cold out, lentil soup with gremolata, and some crusty garlic bread alongside. Such a simple meal to throw together, and it never fails to satisfy. In warmer weather, I tend to go more Mediterranean, with hummus, pitas, and crudité, and a big fruit plate or bowl of berries.

What kitchen gadget do you recommend every vegan have at their disposal?

An immersion blender, for sure. I use mine almost daily for puréeing soups, making cashew-based creamy sauces, and emulsifying vinaigrettes.

A mandoline is also great to have on hand (along with a cut-proof glove — safety first!). The one I use is a v-slicer model from Swissmar Borner, and it's been serving me well for years. If you're making pickle chips, slicing tomatoes and onions for veggie burgers, or putting together a slaw or winter vegetable salad, getting those thin, uniform slices is so much easier and faster with a mandoline.

ABOUT THE CHEF

Coco Morante is a recipe developer and food blogger who runs the extremely popular "Instant Pot Recipes" Facebook page, founded the blog "Lefty Spoon" at leftyspoon.com, and recently authored *The Essential Instant Pot Cookbook* (Ten Speed Press, August 2017) and *The Ultimate Instant Pot Cookbook* (Ten Speed Press, October 2018).

BREAKFAST TACOS WITH PINTO BEANS AND TOFU

This recipe was inspired by the breakfast tacos at Torchy's Tacos in Austin, Texas. Piled high with Tex-Mex toppings, they're a belly-filling breakfast that begs to be veganized. Tofu is crumbled and cooked with lots of vegetables and spices to create a flavorful, protein-filled base. It'll stay warm in the Instant Pot while everybody eats their first round of tacos, so you can have piping-hot seconds, too.

Makes 2-4 servings

INGREDIENTS

- 2 Tablespoons extra-virgin olive oil
- 3 cloves garlic, minced
- 1 yellow onion, diced
- 1 red, orange, or yellow bell pepper, seeded and diced
- 2 jalapeño chiles, seeded and diced
- ½ teaspoon fine sea salt
- 1 Tablespoon chili powder
- 1 teaspoon ground cumin
- ½ teaspoon freshly ground black pepper
- ½ teaspoon ground turmeric
- ½ teaspoon dried oregano
- 1 cup low-sodium vegetable broth
- 1 (14-ounce) block firm tofu, drained and crumbled
- 1½ cups cooked pinto beans or 1 (15-ounce) can beans, rinsed and drained
- 1 (14 ½-ounce) can fire-roasted diced tomatoes
- ¼ cup nutritional yeast
- 12 warmed corn tortillas
- Sliced avocado, chopped fresh cilantro, and hot sauce (such as Cholula or Tapatio) for serving

DIRECTIONS

Select the **Sauté** setting on the Instant Pot, add the oil and garlic, and heat for about 2 minutes, until the garlic is bubbling. Add the onion, bell pepper, jalapeños, and salt. Sauté for about 4 minutes, until the onion softens. Add the chili powder, cumin, pepper, turmeric, and oregano and sauté for 1 minute more. Stir in the broth, using a wooden spoon to nudge loose any browned bits from the bottom of the pot. Stir in the tofu and beans, then pour the tomatoes and their liquid on top. Do not stir.

Secure the lid and set the Pressure Release to **Sealing**. Press the **Cancel** button to reset the cooking program. Then select the **Manual** or **Pressure Cook** setting and set the cooking time for 10 minutes at high pressure. (The pot will take about 15 minutes to come up to pressure before the cooking program begins.)

When the cooking program ends, perform a quick pressure release by moving the Pressure Release to **Venting**. Open the pot, add the nutritional yeast, and stir to combine. At this point, you can serve right away, or you can thicken the tofu mixture.

To thicken, press the **Cancel** button to reset the cooking program. Then select the **Sauté** setting. Bring the tofu mixture to a simmer and cook, stirring occasionally, for 8 to 10 minutes, until thickened. Press the **Cancel** button to turn off the pot.

To serve, spoon the mixture onto the warmed tortillas. Top with avocado and cilantro and serve right away with hot sauce.





Photos
by Miggs
McTaylor



Baja Fishless Taco with Pineapple Chili Salsa

by Miggs McTaylor

Crispy battered Baja fishless fillets on warm corn tortillas, topped with fresh pineapple chili salsa and a drizzle of lime mayo. Fresh flavors evoking thoughts of warm summer evenings and salty offshore breezes. Delicious!

Prep Time 75 minutes Cook Time 40 minutes Makes 4-6 servings



TO MAKE THE PINEAPPLE CHILI SALSA

INGREDIENTS

- 2 cups ripe pineapple, approximately 1/2 pineapple, diced
- 1 cup cherry tomatoes
- 1/2 red onion
- zest and juice of 1-2 limes
- 2 mild green chilis or jalapenos
- fresh cilantro

DIRECTIONS

1. In a bowl, finely dice red onion.
2. Add lime zest and juice, mix together, and set aside.
3. Peel pineapple, discard its fibrous core, and dice.
4. Quarter, then halve the cherry tomatoes.
5. Remove seeds from chilis or jalapenos and dice.
6. Combine pineapple, tomatoes, and chilis or jalapenos with red onion/lime mixture.
7. Add more of any ingredient to taste.
8. Mix cilantro in just before serving.

TO MAKE THE BAJA BANANA BLOSSOM MINI “FISH” FILLETS

INGREDIENTS

- 1 can (18 oz./510 g) banana blossom in brine, drained
- 1/2 cup cornstarch for dusting
- 1-2 Tablespoons ground nori
- 1/4 teaspoon sea salt
- 1 1/3 cups sparkling water
- 1 teaspoon baking powder
- 2 teaspoons dried chili flakes
- 1 teaspoon ground cumin
- 1/2 teaspoon garlic powder
- 1/4 teaspoon ground white pepper
- 1 teaspoon sea salt
- 3/4 cup chickpea flour
- 3/4 cup gluten-free flour

DIRECTIONS

1. Either heat a deep fryer to 325°F/170°C or fill a heavy-based pan with enough oil to cover your fishless fillets.
2. Put dry ingredients into a bowl or blender, add sparkling water, and whisk/blend until smooth. Let rest for 30 minutes.

3. Drain the can of banana blossoms.
4. Cut each piece of banana blossom lengthwise, then cut each length into 2 or 3 pieces on a diagonal. Keep the layers in piles.
5. For dusting, mix cornstarch, nori, and sea salt.
6. Coat each fishless fillet in the dry mix.
7. Dip each in batter and fry until golden.
8. Keep warm in the oven until serving. (Blossoms can also be lightly fried first, then dropped back in the fryer before serving.)

TO MAKE THE FRESH CORN TORTILLAS

INGREDIENTS

If you aren't lucky enough to live somewhere you can buy fresh corn tortillas, homemade definitely tastes best!

- 1 1/2 cups masa harina flour
- pinch of salt
- 1 cup warm water plus extra if needed

DIRECTIONS

1. In a mixing bowl, combine salt and masa harina.
2. Pour in 1 cup warm water and mix until it forms a ball. The dough should be soft and slightly wet.
3. If you can't roll the dough into smaller balls without cracks appearing around the edges, add a little water at a time until you can.
4. Roll into golf-ball sized balls (approximately 1 oz. or 30g). You should get around 14 balls.
5. You can keep these covered with a damp cloth in the fridge until you are ready to press them.
6. If you don't have a tortilla press, place a ball between 2 layers of clingfilm or in a firm plastic bag on a flat work surface.
7. Press each tortilla, roll in the plastic film or bag with a rolling pin, or flatten with a heavy pan until it is about 5 in. in diameter.
8. Pre-heat a griddle or heavy-based pan until hot.
9. Cook tortillas on each side until lightly browned and air pockets form (about 30-60 seconds).
10. Keep warm until serving.

TO MAKE THE LIME MAYO

Add zest and juice of a lime to store-bought vegan mayo. Or, it's easy to make your own, like this.

INGREDIENTS

- ¼ cup aquafaba (juice of canned chickpeas)
- 1 teaspoon Dijon mustard
- 1 Tablespoon lime juice
- zest of a lime
- ¼ teaspoon sea salt
- ¾ - 1 cup canola or sunflower oil
- 1 jalapeno, finely chopped (optional)

DIRECTIONS

1. Put aquafaba, lime juice, mustard, and sea salt into a blender or tall vessel if using a stick blender.
2. Blend until light and frothy.
3. On high speed, slowly stream in oil, mixing continuously until thick and creamy.
4. Pour into a bowl, add lime zest, taste, and season.
5. For an extra kick, add finely chopped jalapeno.
6. If your mayo fails to thicken, pour it into a separate container. Add more aquafaba to the blender. Blend until frothy, then slowly pour the mayo mixture back in with the blender on high speed.
7. If it becomes too thick, you can add a little water or lime juice. Re-season to taste.

PUTTING IT ALL TOGETHER

1. Start with a fresh warm tortilla.
2. Top with shredded salad leaves and/or red cabbage, sauerkraut, or curtido.
3. Spoon on pineapple chili salsa.
4. Layer 1 or 2 mini Baja fishless fillets.
5. Drizzle lime mayo on top and add any topping(s).

TACO TOPPINGS

(USE SOME OR ALL, IT'S UP TO YOU!)

- lettuce leaves, shredded
- red cabbage, shredded
- sauerkraut
- curtido (lightly fermented cabbage relish)
- your favorite chili powder
- jalapenos, seeded and chopped finely

NOTES

If you plan to prepare all the elements of these tacos on the same day, start with the batter and, while it's resting, prepare the mayo and salsa. Next, roll, press, and cook the tortillas, then batter and fry the fillets. (If you're good at multi-tasking, you can cook the tortillas and fry the fillets at the same time.) Lastly, assemble the tacos.

TIME TIP

If you're short on time, buy pre-made tortillas and store-bought mayo. It will save you 50 minutes. Or, make the salsa, lime mayo, and tortillas ahead of time. It's best, however, to fry the fishless fillets just before serving.



ABOUT THE CHEF

Miggs McTaylor is a New Zealand-trained professional chef and Botanical Cuisine Specialist, having completed eCornell's Plant-Based Nutrition Certification, Forks Over Knives Ultimate Cooking, and Rouxbe's Professional Plant-Based Certification and Essential Vegan Desserts courses. Miggs currently lives in rural New Zealand, writing recipes, building her catering business, and teaching plant-based cooking with a focus on local and seasonal food.

THAI-MEXICAN TACOS WITH A TWIST!

by Kim Campbell



Photo by Nelson Campbell

I'm taking Taco Tuesdays to another level! Mexican and Thai come together in this recipe for a fun and flavor-packed fusion taco. Combining different world cuisines on the same plate is the best way to experiment with spices, flavors, and unique ingredients. The vibrant flavor combination of zesty lime, sweet maple syrup, and an array of Mexican and Thai spices is infused into the meaty cauliflower and walnut taco filling, then topped with the perfect combination of sweet and sour cabbage and mango coleslaw. The savory peanut sauce puts an exclamation point at the end of this flavor sentence!

Prep Time 30 minutes **Cook Time** 30-40 minutes **Makes** 10-12 tacos

INGREDIENTS

- 10-12 corn tortillas, plus:

For the Sweet and Sour Slaw

- 1 (14 oz.) bag pre-chopped coleslaw
- 2 cups finely diced mango or pineapple (fresh or frozen)
- 4 green onions, thinly sliced
- ¼ cup chopped cilantro
- 2 Tablespoons rice vinegar
- 1 Tablespoon lime juice
- ¼ teaspoon sea salt or to taste

For the Filling

- 1 small (12 oz.) head cauliflower
- 1½ cups walnuts
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon ground coriander
- 1 teaspoon chili powder
- ½ Tablespoon maple syrup
- 1 teaspoon ginger paste
- 2 Tablespoons lime juice
- 2 Tablespoons low-sodium tamari sauce
- 1 teaspoon sriracha

For the Peanut Sauce

- 2 Tablespoons water
- 3 Tablespoons all-natural peanut butter
- 1 Tablespoon rice vinegar
- 2 Tablespoons lime juice
- 1 Tablespoon low-sodium tamari sauce

- 1 teaspoon minced ginger or ginger paste
- 2 garlic cloves
- 1 teaspoon sriracha sauce

Garnish options:

- ½ cup crushed peanuts
- ½ cup chopped cilantro

DIRECTIONS

1. Preheat oven to 375°F.
2. Line a baking sheet with parchment paper.
3. Place slaw ingredients into a medium-sized bowl and toss. Cover and refrigerate until ready to use.
4. Soften taco shells by wrapping corn tortillas in a slightly damp cloth or paper towel and microwaving for 30 seconds.
5. Drape each tortilla over two bars of your oven rack and bake for 8-10 minutes. Watch them carefully, as they can burn quickly. Remove and set aside.
6. Place cauliflower and walnuts into a food processor and pulse until evenly ground into rice-sized pieces.
7. Place the mixture into a large bowl with the remaining filling ingredients.
8. Mix thoroughly until well combined, making sure to distribute the flavors thoroughly.

9. Evenly spread the cauliflower/walnut filling onto the prepared baking sheet and bake for 30-40 minutes.
10. Stir midway through to prevent over-browning and burning around the edges.
11. While the filling is baking, prepare the peanut sauce by placing sauce ingredients into a small blender and blending until smooth and creamy.
12. To build your tacos, spoon the cauliflower/walnut filling into taco shells, add the sweet mango slaw, and top with peanut sauce and your choice of garnish.

THAI-MEXICAN TACO TIPS

- You can skip the taco shells and place the filling and slaw in a lettuce bowl or on top of a bed of greens. It also pairs beautifully with a baked sweet potato!
- For those of you who love a meatier texture, you can replace the cauliflower/walnut filling with Butler Soy Curls!
 1. Hydrate 4 oz. dried soy curls in warm water for 10 minutes.
 2. Place the hydrated soy curls into a food processor and process until finely diced.
 3. Add the remaining filling ingredients and pulse 3-4 more times until flavors are fully blended.



ABOUT THE CHEF

Kim Campbell is the author of *PlantPure Nation* and the *PlantPure Kitchen* cookbooks. She has developed more than 250 delicious whole food plant-based recipes using no processed oils. Kim is also Director of Culinary Education and Development at PlantPure, where she works with her husband, Nelson, building an organization that promotes a whole food plant-based diet. Nelson directed and produced the groundbreaking movie, *PlantPure Nation*.

Kim graduated from Cornell University with a BS in Human Service Studies with a concentration in Nutrition and Child Development. Her passion has always been nutrition education for children, families, and adults. Kim has been a plant-based cook for more than 25 years, cooking for her family and friends. Her love of culinary arts goes back to her early childhood growing up in a large traditional family. Kim is gifted at creating

traditional American cuisine using 100% accessible plant-based ingredients. She builds flavors and textures that are familiar to most people, helping to make the transition to a plant-based diet easier for many of them.

Kim is also the daughter-in-law of Dr. T. Colin Campbell, considered by many as the science "father" of the rapidly growing plant-based nutrition movement.



Creamy Broccoli Cold Slaw

by **Gabrielle Reyes** of *One Great Vegan*

INGREDIENTS

To Make the Cole Slaw

- 4 cups chopped raw broccoli
- 1 cup diced red onion
- $\frac{3}{4}$ cup raisins
- $\frac{1}{2}$ cup raw sunflower seeds

To Make the Cashew Cheese Sauce

- $2\frac{1}{2}$ cups raw cashews
- $\frac{1}{3}$ cup apple cider vinegar
- 1 Tablespoon maple syrup
- $\frac{1}{4}$ cup lemon juice
- 1-2 Tablespoons pink Himalayan salt
- 1 Tablespoon black pepper
- $1\frac{1}{2}$ Tablespoons minced garlic
- 1 Tablespoon garlic powder
- 1 Tablespoon onion powder
- 1 cup plant-based milk

DIRECTIONS

1. In a blender, blend all ingredients for Cashew Cheese Sauce until it has a hummus-like consistency.
2. In a large bowl, combine sauce with broccoli, raisins, sunflower seeds, and onion.
3. Mix until everything is covered in the sauce.
4. Chill and serve!



ABOUT THE CHEF

Gabrielle Reyes is a actress, singer, veggie-lover, and colorful food creator! She's been vegan for about 10 years and has fallen in love with all things vegan, vegetarian, plant-based, organic, and all-natural! She created One Great Vegan so that others seeking health and wellness would have a source for recipes, guidance, coaching, and cooking classes.

One Great Vegan is based in Dallas, TX, and offers private cooking classes, and plant-based and gluten-free catering, and Chef Gabrielle Reyes is the host of the Musical Cooking Show, *The Colorful Home Cooking Show*, helping you take the right steps towards a healthy, vegan lifestyle!

CARROT TOP (LOW WASTE) GREEN GODDESS PESTO

by Hilaire Baumgartner

This Green Goddess Pesto is loaded with a mix of fresh herbs that are easily interchangeable. Using the stems from each herb ensures low waste and maximum flavor. Spread this on sandwiches or wraps or smother on roasted veggies, pasta, and more!

Makes about 2 cups

INGREDIENTS

- 4 cups mixed herbs: 1 cup carrot top greens and 3 cups basil, cilantro, and parsley (all including stems)
- ½ cup pine nuts
- ¾ cup nutritional yeast
- 1 Tablespoon fresh garlic, minced
- juice of 1 lemon
- ¾ cup extra-virgin olive oil
- salt and pepper to taste

INSTRUCTIONS

1. In a food processor, add all herbs, pine nuts, and nutritional yeast.
2. Grind/pulse lightly until herbs are mostly broken down.
3. Add remaining ingredients, minus the oil.
4. Lightly stream oil into mixture, in batches, pulsing until a thick pesto forms.
5. Depending on the consistency you like, you may need to add more oil.
6. Add salt and pepper to taste and store covered in the fridge. It will keep for about a week.

NOTES

- This recipe is intended to be adjusted based on your specific preferences. I like a basil-heavy pesto, so I include more basil than parsley or cilantro.
- If you have other herbs or greens, such as chives or spinach, that you need to use up, this pesto is a great way to do it!
- Walnuts or other nuts can be substituted for pine nuts, but the overall taste will be affected.



ABOUT THE CHEF

Hilaire Baumgartner is a recipe developer, food photographer, and owner at **Baumassfoods.com**. On her blog, she shares bomb-ass recipes and food content that vegans of all ages can enjoy. Get her FREE Snack E-book at <https://mailchi.mp/096a2ce2cb06/bombasssnacks>.





OYSTER MUSHROOM ‘STEAK’ SANDWICH WITH HERB-ROASTED GOLDEN POTATOES

by Marco Knox

What?! A plant-based ‘steak’ sandwich? Oh, yes! I sourced oyster mushrooms from a local farmer in Saint Augustine, FL, and they are the perfect ingredient for this creation. Topped with fresh arugula and avocado, a creamy spread of homemade Chinese 5-spice crème sauce takes this sandwich to a whole new level. Add a side of herb-roasted golden potatoes and you’re set for a delicious meal!

Prep Time 25 minutes, including marinating Cook Time 10 minutes Makes 2 servings

KITCHEN TOOLS NEEDED

- 2 steak weights or saucepots filled with random heavy things (keep these within reach)
- skillet or griddle
- oven with roasting pans
- silicone mats or parchment paper
- metal and rubber spatulas
- metal or glass mixing bowls
- Vitamix or other high-speed blender

FOR THE CHINESE 5-SPICE CRÈME

INGREDIENTS

- 1/3 cup blanched and soaked almonds
- 1 cup filtered warm water
- 1 Tablespoon cornstarch
- 3/4 teaspoon Chinese 5-spice powder

DIRECTIONS

1. Put 1/2 of water and all other ingredients into a Vitamix or high-speed blender.
2. Start blender on low and gradually work your way up to high, blending until smooth.
3. Add remaining water and blend again until smooth.
4. Transfer to a small saucepot and slowly bring to a medium heat, stirring frequently to prevent sticking/scorching.
5. Once desired thickness is achieved, remove crème from saucepot and set aside.

FOR THE OYSTER MUSHROOM ‘STEAK’ SANDWICH

INGREDIENTS

- 1 pound fresh oyster mushrooms
- 1 cup 1/4-inch-sliced red onion
- 1/2 cup coconut aminos
- 1/4 teaspoon sesame oil
- 1/4 teaspoon liquid smoke
- 1/4 cup + 2 Tablespoons red wine (your choice: I prefer a spicy/ smoky merlot)
- 1/2 teaspoon fresh-ground black pepper
- 1 clove garlic, minced
- 1 teaspoon smoked paprika
- 2 vegan sandwich buns
- 1/2 sliced avocado
- 1/2 cup arugula

DIRECTIONS

1. In a bowl, combine coconut aminos, sesame oil, liquid smoke, 2 Tablespoons of the red wine, black pepper, fresh garlic, and smoked paprika.
2. Mix well and set aside. This is your marinade.
3. Clean oyster mushrooms by removing the thicker parts of the stems, then press them firmly down into a large baking pan.
4. Pour marinade over mushrooms and place steak weights on them for 10 minutes.
5. Flip mushrooms, reapply marinade and steak weights, and marinate for another 10 minutes.
6. Preheat skillet or griddle to medium-high and preheat oven to 400°F (204°C).
7. Add sliced onion and sear 2 minutes or until the onions just start to become translucent.
8. Make room in the skillet or griddle and add the marinated mushrooms.
9. Sear with steak weights on top for 2-3 minutes per side, then remove steak weights.
10. Check for doneness, looking for medium-tender, not soggy.
11. While the mushrooms are cooking lightly toast the buns in the preheated oven for approximately 2-3 minutes.
12. Once done, turn heat to high and deglaze the pan by adding the 1/4 cup of red wine.
(Note: Burn off excess alcohol only if you're a trained professional — otherwise, allow it to cook off naturally.)



Photo by Marco Knox

FOR THE HERB-ROASTED GOLDEN POTATOES

INGREDIENTS

- 3-4 large golden potatoes
- ¼ cup fresh rosemary, finely chopped
- 1 teaspoon garlic powder
- 1 teaspoon fresh-ground black pepper
- ½ teaspoon onion powder
- ½ teaspoon olive oil

DIRECTIONS

1. Preheat oven to 400°F (204°C).
2. Add all ingredients to a mixing bowl and toss until potato slices are evenly coated.
3. Neatly arrange the sliced potatoes onto a lined sheet pan.
4. Bake for 25 minutes, checking periodically for doneness.
5. Doneness is a preference; I like mine just a bit crunchy, but another 10 minutes in the oven may be your preference.

To Serve

1. Add a spread of the Chinese 5-spice crème to the bottom of each toasted bun.
2. Layer arugula and onions, then top with a generous layer of oyster mushrooms.
3. Top with sliced avocado and a drizzle of extra Chinese 5-spice crème and serve!

ENJOY!



ABOUT THE CHEF

Marco Knox is living proof of the power of personal transformation. At age 41, he was terribly out of shape, suffered from consistent and severe back pain, and was medically obese. Moreover, he had been diagnosed with hypertension and was considered pre-diabetic, with dangerously high cholesterol.

After switching to a 100% whole food plant-based diet, he lost 50 pounds and completely reversed his health status. Now, having no signs of the aforementioned health issues, he dedicates his life to educating others on the benefits of living a comprehensive and sustainable whole food plant-based lifestyle.



<https://thephytogenicchef.com/meal-planner>



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MOROCCAN MESLALLA SALAD

by Cathy Katin-Grazzini

As delicious as it is beautiful, Moroccan meslalla is a mix of orange sections with flavorful green olives and magenta slices of watermelon radish, dressed lightly in a sauce of apricot, lemon, and mint. This refreshing and nourishing salad will wake up all your senses!



PREP TIME
30 minutes



MAKES
4 servings

INGREDIENTS

- 3 ripe navel oranges
- 1 small watermelon radish
- ¼ cup whole green olives
- 1 lemon, zest and juice
- 1 Tablespoon orange flower water
- 2 teaspoons soft apricot paste (see DIRECTIONS) from 1 cup unsulphured dried apricots
- Sea salt (optional) and freshly ground black pepper, to taste
- 1-2 teaspoons fresh mint leaves, chiffonade-cut into ribbons

DIRECTIONS

To Make the Apricot Paste

1. In a glass or ceramic bowl, cover apricots with water and microwave for 2 minutes. (Alternatively, simmer on a stovetop for 5 minutes.) Cool.
2. Purée apricots and their soaking water in a food processor or high-speed blender until very smooth. We're looking for a soft consistency...like apple-sauce.

To Make the Salad

1. Peel oranges, removing as much pith as possible.
2. Section, then slice each section in half.
3. Slice watermelon radish thinly with a mandoline or chef's knife to 1/16 in. (2mm) thickness.

To Make the Dressing

1. Mix lemon juice with orange flower water.
2. Stir in apricot paste until dissolved.
3. Season with salt and pepper as desired.
4. Thin with water if needed to achieve a light dressing.

To Serve

1. Plate individually on salad plates.
2. Spoon on dressing.
3. Garnish with mint ribbons and lemon zest.

Savor the flavors!



ABOUT THE CHEF

Cathy Katin-Grazzini is Food Editor for **VEGWORLD** Magazine and a contributing writer. A plant-based personal chef, culinary instructor, and coach in the NYC Metro area, Cathy creates beautiful, healthful dishes that help us look and feel our best. Certified in Plant-Based Nutrition from the T. Colin Campbell Center for Nutrition Studies at Cornell, Cathy is also a Rouxbe-trained chef. She has a BA from the University of Chicago, attended graduate school at Harvard University, and received an MA from Johns Hopkins University. Cathy lives with her husband Giordano in Ridgefield, CT.



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Photo by Giordano Katin-Grazzini

MY BIG NO-FAT GREEK SALAD WITH OIL-FREE DRESSING AND TOFU FETA

by Chuck Underwood

Looking for something quick and easy without heating up your kitchen? Then try my Big No-Fat Vegan Greek Salad! It's super-tasty and completely oil-free.



PREP TIME
30 minutes



MAKES
4-6 servings

THE TOFU FETA

INGREDIENTS

- 12 oz. extra-firm tofu
- ¼ cup red wine vinegar
- 2 Tablespoons lemon juice
- 1 Tablespoon white miso
- 2 Tablespoons nutritional yeast
- 1 teaspoon oregano
- ½ teaspoon garlic powder
- ¼ teaspoon salt

INSTRUCTIONS

1. Drain and press tofu and crumble into bite-sized pieces in a shallow bowl.
2. Mix remaining ingredients and pour over crumbled tofu.
3. Mix, cover, and refrigerate until needed.

THE OIL-FREE GREEK DRESSING

INGREDIENTS

- ⅓ cup red wine vinegar
- ¼ cup aquafaba (canned chickpea liquid)
- ½ teaspoon Dijon mustard
- ¾ teaspoon dried basil
- ¾ teaspoon dried oregano
- ¾ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 Tablespoon chopped Kalamata olives (optional)

INSTRUCTIONS

1. Drain juice from a (15-oz.) can of chickpeas and save (except the ¼ cup for the dressing). Save the beans, too; we'll add those to the salad.
2. Mix all dressing ingredients together.
3. Whisk or shake until thoroughly mixed and set aside.

THE GREEK SALAD

INGREDIENTS

- 2 English cucumbers, chopped
- 1 red bell pepper, chopped
- 1 pint cherry tomatoes, sliced
- ½ small red onion, thinly sliced
- 1 (15-oz.) can chickpeas (you've saved the juice), rinsed and drained
- Handful fresh spinach
- ¼ cup Kalamata olives, pitted and sliced (optional)

Garnishes

- Kalamata olives, pitted and sliced
- Fresh basil leaves
- Fresh parsley leaves

INSTRUCTIONS

1. Chop cucumbers and bell pepper into bite-sized pieces and place in a large salad bowl.
2. Thinly slice the onion and cut the cherry tomatoes in half and mix into the salad.
3. Add the chickpeas, spinach, and dressing and toss to coat.
4. Add as little or as much tofu feta as desired and garnish with sliced Kalamata olives, fresh basil and/or parsley.

ABOUT THE CHEF

Chuck Underwood is the founder of Brand New Vegan, the popular food blog that helps brand new vegans all over the world transition to a plant-based diet by recreating the comfort foods they love. He holds a certificate in Plant-Based Nutrition from eCornell University, and his recipes have been featured in such online publications as *Forbes*, *Newsweek*, *Eating You Alive*, and *LiveKindly*.

Chuck is also a regular presence in the NW Veg Potluck circuit, where he teaches people how to get healthy one delicious bite at a time and also administers an ever-growing Facebook support group with over 18k followers.

Chuck resides in Portland, OR, with his wife and partner, Rhonda.

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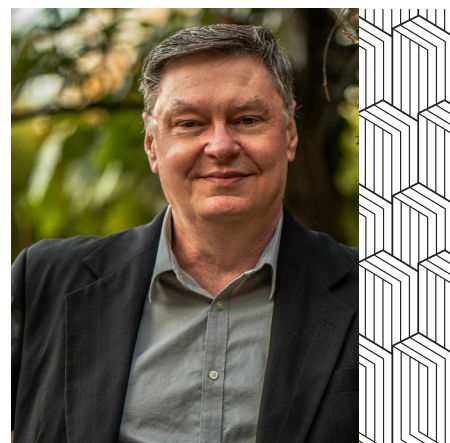




Photo by Chuck Underwood



SPICY STICKY BLOOD ORANGE TOFU

by WoonHeng

Spicy sticky blood orange tofu is a perfect use of Spring citrus. This delicious tofu dish is made from fresh-squeezed orange juice, guaranteeing you won't stop with just one bite!

INGREDIENTS

For the Tofu

- 1 pack (16 oz.) firm tofu, drained well and cubed
- 1 small onion, diced
- 3 cloves of garlic, sliced
- 2 Tablespoons red chili pepper, diced
- salt to taste
- oil for pan frying

For the Batter

- ¼ cup rice flour
- 3 Tablespoons tapioca starch
- ¼ cup of water (more if needed)

For the Sauce

- juice of 1 blood orange
- ½ cup water
- 2 Tablespoons ketchup
- 1½ Tablespoons pure cane sugar
- 1 Tablespoon soy sauce
- 1 Tablespoon rice vinegar

DIRECTIONS

To Make the Tofu

1. Mix rice flour and tapioca starch in a bowl.
2. Slowly add in ¼ cup water and stir to combine.
3. In a heated non-stick pan, add enough oil for frying.
4. Dip tofu in flour mixture, shake off excess, and fry until golden brown.
5. Place tofu on a paper towel to absorb oil.
6. Repeat until all tofu is fried.

To Make the Sauce

1. Mix ketchup, orange juice, soy sauce, sugar, rice vinegar, and water in a bowl.
2. Sauté onion and garlic in a non-stick pan with 1 teaspoon oil until onion turns translucent.
3. Add in sauce mixture and let simmer for 2 minutes until sauce thickens.

To Serve

1. Toss fried tofu cubes in the sauce until well coated.
2. Serve warm with a bowl of rice.



ABOUT THE CHEF

My name is **WoonHeng** and I love cooking. My goal is to inspire others to eat one meatless meal at a time and share the belief that cooking at home is not only fun, but rewarding as well. Asian food is my favorite, and I find making dumplings meditative.



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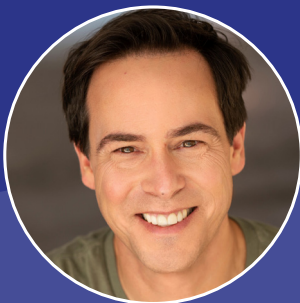
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