



Vegetarian News

“For Health and Humanity”

Fall Issue 2007

World Veg Festival

Welcome everyone to the 8th Annual Award Winning World Veg Festival in the Golden Gate Park in the County Fair Building, 9th Avenue & Lincoln Way, San Francisco. The festivities are on Saturday & Sunday, September 29 & 30, 10 a.m. to 6 p.m. presented by the San Francisco Vegetarian Society and In Defense of Animals. \$5 donation. Children, Students, Seniors FREE. Everyone free to 10:30 a.m. both days. There will be a great array of speakers, demo presenters, and entertainers. Speakers for Saturday: Dr. Gabriel Cousens (MD); Colleen Patrick-Goudreau, Compassionate Cooks; Dr. Caldwell Esselstyn (MD); Dr. Michael Greger (MD); Dan Piraro, Cartoonist of Bizarro; Robert Cheeke, Vegan Body Building & Fitness; Erica Meier, Compassion Over Killing; Dr. George Guimaraes from Brazil, Dietitian; Vaidya Pryanka, Aum Ayurveda; Dr. Rick Dina (DC); and Dan Brook, Eco-Eating. Food Demo Presenters for Saturday: Cherie Soria and Dan Ladermann, Living Light Culinary Arts Institute; Dustin Garrett Rhodes, Friends of Animals; Shanta Sakaroff, Other Avenues; Jennifer Cornbleet, Raw Made Easy; Meredith McCarty, Healing Cuisine. Speakers for Sunday: Dr. Gabriel Cousens (MD); Dr. John McDougall (MD); Dr. Milton Mills (MD); Dr. Elliott Katz, In Defense of Animals; Howard Lyman, The

Mad Cowboy, Erik Markus, Author; Briksha Mahendra, Yoga Teacher; Nathan Runkles, Mercy for Animals; Dr. Steve Blake, Master Herbalist; Azalea Blalock, Healthy Thru Nature. Bob Linden, from Go Vegan Radio, will be the Emcee. Food Demo Presenters for Sunday: Vaidya Pryanka, Ayurvedic Cooking; Antonio Magana, Flacos Mexican Catering. There will be Yoga on the lawn on Sunday with Dee Benefield and wonderful entertainment Saturday and Sunday, including Wayne Huey, Chinese Panda Acrobat, Rob Schaaf Jazz Duo, Eric Park Folk Singer, and Akhi Sista with Indian Classical. The Gallery will be filled with exhibitors and food vendors with delicious vegan cooked or raw food for sampling and for sale. Tickets for a gala organic vegan dinner at 6:30 p.m. on Saturday, catered again this year by Seth Pasternack of Convergence Foods, will be on sale during the day. In addition to the cooked vegan dinner, there will also be tickets for a special Raw Mediterranean Dinner available catered by Cherie Soria of Living Light Culinary Arts Institute. Please check our Veg Calendar insert, web site, www.sfvs.org or our telephone hot line 415-273-5481 for more information. Also note that there may be unavoidable last minute changes.

We thank our Co-Presenter Dr. Elliott Katz, Director of In Defense of Animals, and our Principal Sponsors: Varnashram and Clif Bar and Company; Major Sponsors: Friends of Animals, Veg News Magazine, Wildwood Natural Foods, and Yogi Times; Associate Sponsors: Common Ground, Living Light Culinary Institute, Rainbow Co-op, Revista dos Vegetarianos.

Many thanks to our all volunteer committee and their many hours of work: President, Dixie Mahy, Treasurer Joseph Cadiz, Vice President Nancy Loewen, Board Members Sharon Leong, Kristen Miles, Gabe Quash, Janet Tom, Neil Yoskowitz, and Graphic Artist Sarah Premo.

SUMMARY OF EVENTS

- Sep 14 WVF Volunteer Party & Orientation
- Sep 29-30 World Veg Festival
- Oct 1, 8, 22, 29 Free Cooking Classes
- Oct 7 KFC Leafletting
- Oct 13 SF Potluck & Free Lecture
- Oct 19 Dining out
- Oct 28 Halloween Potluck, Alameda

See the enclosed Veg Calendar for a description of events hosted by the Society, as well as other “veg” happenings in the Bay Area. The Calendar is posted on our web site, www.sfvs.org and you can always call (415) 273-5481 for information.

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For Health and Humanity

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Vegetarian News is published by the San Francisco Vegetarian Society (SFVS), a nonprofit, non-sectarian group dedicated to educating the public about the benefits of a vegetarian diet, for health and humanity. SFVS was founded in October 1968 and is one of the oldest vegetarian organizations in North America.

Members are encouraged to submit articles, announcements, reviews, recipes, etc. to the editor. Deadline for submissions for next newsletter is October 1st, 2007. Please contact Dixie Mahy at 415-885-2251 or dixiemahy@gmail.com.

ADVERTISE WITH US and reach more veg'ns! Is there a restaurant or store we should know about? Have them contact us.

Ads start at just \$35 per issue. Discounts available for multiple issue commitment. Please contact Advertising Coordinator Joseph Cadiz, jcadiz2002@yahoo.com.

Weight Control & Calorie Density Foods

By Dr. Rick Dina

Founder of Vitality Wellness Center in San Rafael CA, chiropractic care & nutrition counseling, and a speaker at World Veg Festival, Saturday, September 29th.

This article discusses an incredibly important concept in nutrition that is extremely basic and fundamental, yet all too commonly overlooked. This simple to understand idea makes portion control, counting calories, carbs and fat grams, worrying about insulin production and the glycemic index of foods all but obsolete.

This paramount idea in nutrition has to do with the caloric density of the foods that make up the bulk of one's diet. Foods that are high in caloric density are foods that have a lot of calories in a given weight or volume. Foods that are low in caloric density are foods that have very few calories in a given weight or volume. For example, if you measured the amount of calories in one pound of cheesecake vs. one pound of cucumber, you would find that the cheesecake had many times more calories than that same amount of cucumber.

We cannot deprive ourselves into health. Pushing away from the table and being hungry in order to lose weight is a short-term measure at best. When people go ON a diet, the implication is that they are going to deprive themselves of something that they enjoy for a period of time until they get good and skinny, and then they go OFF the diet, adding back the very foods that got them to the unhealthy place they did not want to be in the first place. What we need to do is change our eating habits in such a way that we enjoy what we eat so much that we can eat satisfying volumes of food and never feel deprived. In order to be able to do this, we have to understand what creates satiety, which is the feeling of fullness and satisfaction we experience so we are no longer hungry.

Although there are many factors to consider, the greatest contributor to satiety is the volume of food that we ingest. When we fill ourselves up with enough food, our stomach and intestines stretch to accommodate it. Stretch receptors are activated, which send a signal to a part of our brain known as the hypothalamus. From there the hypothalamus creates the feeling of satiety by a variety of mechanisms. If we ate enough cheesecake (vegan or otherwise) to fill up our stomach, we would end up with a lot of extra calories we don't need, create a lot of extra work for our digestive system, and end up with excess body fat. If we stuffed ourselves completely full of cucumbers, we would certainly not have an excess of calories. When we eat foods lower in calorie density, we can fill ourselves up and feel full and satisfied without consuming excess calories.

There are three primary factors that contribute to the caloric density of food. The first, and by far most significant is the amount of water found in a food. Water takes up lots of room and is heavy, but supplies no calories. Therefore foods high in water content are low in calorie density. The second consideration is the fat content of a food. One gram of either carbohydrate or protein contains about 4 calories, whereas one gram of fat contains 9 calories, or over twice as much for the same weight. Our third consideration is the fiber content of a food. Fiber, like water, takes up room, but supplies no calories.

It takes about one pound of food to fill the average person's stomach. With that in mind, let's look at some examples of the caloric density of various foods. Raw vegetables average about 100 calories per pound. Fresh fruit averages about 300 calories per pound. Melons, for example, have about 180 calories per pound, whereas less watery bananas have about 400 calories per pound. Brown Rice has 500 calories per pound, whereas fiber deficient white rice has 590 calories per pound. White pasta contains 680 calories per pound.

Let's take the ingredients for white pasta (essentially white flour and water mixed into dough) and put it in the oven for a while. As the heat evaporates the water, we end up with white bread, which has about 1250 calories per pound, nearly twice the caloric density as the white pasta cooked in water. If we cooked the white flour and water dough mixture even longer, we could end up with a "fat free" saltine cracker, with a calorie density of over 1600 calories per pound. So by cooking our white dough mixture in water (white pasta) compared to baking it in the oven until crispy (saltine), we can triple the calorie density, just by taking the water away. What this means from a consumption point of view is that it takes three times more calories from saltines to achieve the same amount of stretch receptor activation to send signals to the hypothalamus to create satiety. Another way of looking at this is if you fill yourself up on low water content food compared to high water content food, you will eat three times as many calories at that meal!!

Bananas and California avocados contain about 70% water content and have similar fiber content. Bananas are low in fat and avocados are high in fat. We mentioned earlier that bananas have about 400 calories per pound, whereas avocados have about 800 calories per pound. Although double the calorie density of bananas, rich and creamy avocados have less than half the calorie density of the fat free saltines we looked at earlier. An organic brown rice cake, for example, is similar in calorie density to a saltine. "Dieters" frequently eat brown rice cakes, but typically avoid avocados. They would be better off eating avocados if their goal was to feel satisfied with the right amount of calories. If they made guacamole from half avocado and half tomato, they could eat 4 times more guacamole than brown rice cakes for the same amount of calories. Which one sounds more enjoyable to you?! The bottom line in this example is that the water content of a food is a far greater determinant of calorie density than the fat content. The fiber content of a food, although of some significance as we saw in the brown rice vs. white rice example, is the least significant determinant of caloric density.

Have you ever been thirsty? Too hot or too cold? Have you ever been uncomfortable because you had to go to the bathroom but had to wait? Our bodies have multiple feedback mechanisms that give us incentive to take the actions that favor our well-being. When we drink water,

turn on a fan, put on a blanket, are able to find a bathroom, etc., we feel better. The hunger mechanism works in much the same way. When we need food, we become hungry and when we are full we are no longer hungry and feel good. It is really amazing how sensitive our satiety mechanisms are. If we consumed only 1/2 of one percent extra calories, that would result in about one pound extra body fat per year, or ten pounds per decade, which is about the rate that at which Americans are packing on the extra pounds. Calorically dense foods do not do a very good job at helping the hypothalamus regulate proper caloric intake compared to foods that are low in caloric density.

Another mechanism that helps the hypothalamus create satiety has to do with nutrient levels in the bloodstream. When we are nutrient deficient, our body maintains hunger so we have incentive to eat more food to (hopefully) derive the needed nutrients. Foods rich in water and fiber, and low in fat, such as fruits and vegetables, are low in calorie density, and have a very high ratio of nutrients per calorie. When we eat large volumes of these foods, we supply both the bulk and nutrients that help our hypothalamus create satiety with the right amount of calories for our individual needs. The Standard American Diet, as well as many vegetarian and vegan diets, is filled with processed foods that are low in water, fiber and nutrition, causing us to overeat that little extra that really adds up over time. This happens all too frequently with some raw foodists as well, who eat a diet based on dehydrated foods, oils, nuts and seeds, as opposed to a diet based on fresh fruits and vegetables. At three meals per day, we consume 1095 meals per year. If we consume just three extra calories per meal, that adds up to one pound of body fat over the course of a year, or ten pounds per decade.

Satiety researchers tell us that when the average calorie density of our diet is 500 calories per pound or less, achieving optimal weight occurs naturally. You simply eat when you are hungry, until you are full and satisfied. I know it sounds just too simple to be true, but this concept has been well researched and documented. For example, the "Lifestyle Heart Trial" by Dr. Dean Ornish put subjects with clogged coronary arteries on a diet that consisted of low fat, whole natural plant foods, with optional small quantities of egg whites or non fat dairy products allowed. There was absolutely no restriction of food in any way, or the counting of calories, carbs or fat grams. In fact, by its design it was a "high carb" diet. Because it was from whole natural low fat plant foods it was naturally high in water and fiber, therefore low in calorie density and high in nutrients. Participants could eat as much as they wanted as long as they followed these simple guidelines. The average weight loss over the one-year trial was 28 pounds. This approach was not only effective for weight loss, but for many other health issues. 72% of subjects showed reversal in the size of the plaques clogging the arteries leading to their heart. A follow up study was done showing that most of the original group was still following the program even 5 years later.

In order to maintain a healthy weight, we need to eat **LARGE VOLUMES OF FOOD**. Yes, that is correct, large amounts of foods that are low in calorie density. We are usually told to eat less, but I am strongly suggesting that you eat more of the right kinds of foods. That way you activate those stretch receptors, supply your body with an abundance of nutrients, and consume plenty of water and fiber, all of which create that feeling of satisfaction researchers call satiety. If you get hungry a few hours later, then eat some more. With this type of eating plan, you eat all you want, and you never have to feel hungry or deprived. Your energy level, well-being and many other parameters of health will improve dramatically. Life will be so good that the thought of vegan ice cream, cookies, pancakes and other calorically dense, nutrient impoverished, addictive processed foods will pale in comparison to the enjoyment you now experience from your new found health and vitality. Change always takes effort, but making these healthy changes is always extremely worthwhile. After a while, as with any new habit, it simply becomes the new norm for you. But you have to be willing to get through the transition phase to get to the other side. I wish you all the best of success in adding more high nutrient, low caloric density fresh fruits, vegetables, juices, smoothies, etc. to your diets and experiencing the level of health and vitality you deserve!!

Urban Sprouts Connects Youth With Nature & Health

By Carmen Lee, SFVS Discount Coordinator



In *Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder*, author Richard Louv describes today's generation of children under virtual house arrest, disconnected from nature and thus more susceptible to problems of obesity, depression and attention deficit disorders. Reasons why children spend less time in nature include disappearing access to natural areas, competition from TV and computers, dangerous traffic, more homework, and parental fear of child abductions. However, Louv argues that getting kids outdoors more to experience nature directly could serve as an antidote to much of what ails the young because nature inspires us to be creative as we make full use of our senses, to be physically active as

we explore and to cultivate our sense of stewardship for the Earth. Since the 2005 publication of Louv's book, grassroots efforts have spawned a "No Child Left Inside" campaign to make children more comfortable with the outdoors.

In some San Francisco neighborhoods, violence might scare some residents into staying inside and not exercising. These same neighborhoods also may lack stores that sell fresh produce. Enter Urban Sprouts, a non-profit founded in 2004 by two trained garden educators, committed to serving middle and high schools in SF's south and eastern neighborhoods. At the four public schools (Excelsior Middle, Martin Luther King, Jr. Middle, Ida B. Wells Continuation High and June Jordan School for Equity) where Urban Sprouts works, 50% of youth are overweight and 93% are considered unfit, according to state fitness standards – double the rate of overweight youth in the rest of SF.

Urban Sprouts offers a year-round outdoor education program that teaches youth to grow, harvest, prepare and eat a variety of organic, seasonal and local vegetables from school gardens. In the process, students learn about healthier food choices and conservation while they involve their families in garden-based nutrition workshops and a school lunch improvement initiative.

* During the school year, students participate in the school garden during science class experiencing hands-on the full process of planting, growing, harvesting and eating crops. Students make full use of their senses in a garden safari to identify beneficial insects and to forage for ingredients in creating meals. In addition to preparing guacamole, salsa and raw salads, students learn to cook outdoors with a wok making vegetarian stir-fry, rice and pasta dishes.

* JJSE students take a semester-long elective course on Food! focused on sustainable agriculture and food production, which includes field trips to visit local farms. These students also hosted a meeting with the SFUSD Nutrition and Food Services Director to discuss improving school lunch at the JJSE/Excelsior campus.

* Students in Urban Sprouts' after school program began a school-wide recycling program, which include monitoring recycling bins at lunch and calculating the school's waste diversion percentage, with support from SF's Department of the Environment.

* Urban Sprouts hosts youth-led community-wide events to build involvement in the garden program through Salad Days (where students harvest, prepare and serve school-grown salads to the entire student body at lunch) and Garden Work Parties (where students and staff host a celebration of garden work, harvesting, cooking and other activities, attended by students, families, teachers and community members).

* This past summer Urban Sprouts partnered with Garden for the Environment (GFE) to host its inaugural Summer Youth Program. Urban Sprouts trained and supervised five high school students who served as staff for 16 middle

school participants, meeting four hours each day for two weeks at GFE. The Summer Program included daily garden work; an intensive curriculum on gardening, soil health, zero waste, nutrition and food systems; daily harvest and preparation of a healthy lunch; and a Graduation Garden Party in which youth shared their learning with their families and friends, created take-home actions to apply their learning at home (kits for home recycling, composting, and gardening) and produced a recipe book with photos of themselves in action at the garden.

With a staff of three garden educators, Urban Sprouts has provided hands-on garden learning to over 450 youth in the past year. Urban Sprouts co-founder Michelle Ratcliffe, Ph.D. has researched the positive outcomes from students' participation in Urban Sprouts' programs. Its garden-based learning helps ensure that we "leave no child inside" so SF youth can become more engaged in school, eat more vegetables, exercise more, connect with the environment and even provide fresh and healthy food in the neighborhood. Urban Sprouts co-founder Abby Jaramillo, who is pursuing a Masters of Nonprofit Administration, said that her students harvested lettuce for Eric's Alamo Square Deli, located near the school garden at Ida B. Wells High School.

It takes a village: Urban Sprouts has recruited community members to volunteer in classes, which lowered the youth-adult ratio from 25:1 or higher to as low as 5:1, during garden-based activities. For more information, contact abby@urbansprouts.org or visit www.urbansprouts.org.

Urban Sprouts' Fresh Garden Salsa!!!

3 garlic cloves, finely chopped
1 onion, finely chopped
1 large green bell pepper, finely chopped
1 whole jalapeno, seeded & chopped
8 roma tomatoes, finely chopped
1 small bunch of cilantro, finely chopped
Juice from 1 lemon

Mix ingredients together and serve, altering the recipe to suit your own taste preferences. Store covered in the refrigerator. Serve with delicious tortilla chips!

FUN FOOD FACT: Tomatoes have lots of lycopene, which studies have shown helps prevent many types of cancer as well as some heart diseases!

Urban Sprouts' Zesty Corn Salad

8 ears fresh corn
1 small red onion, diced
1 medium red bell pepper, diced
1 medium green bell pepper, diced
½ cup fresh cilantro, chopped, plus few sprigs for garnish
1/3 cup olive oil
Juice of 1 lime (about 2 tablespoons)
1 tablespoon rice wine vinegar
Salt & black pepper, to taste

Boil fresh corn in boiling salted water for 10 minutes, then remove and plunge into cold water to stop cooking. Cut kernels off cobs. Combine all ingredients in a large bowl, mixing well. Chill. Before serving, garnish with cilantro sprigs.

FUN FOOD FACT: In one red bell pepper, you get 291% of your daily requirement of Vitamin C, and 104% of your daily requirement for Vitamin A! In just one delicious pepper!

Urban Sprouts Stir Fry

Kale & other leafy greens, 2 stalks, cut into bite-size pieces
Broccoli, ½ pound, separated into 1" florets
Snow peas, ½ pound
Garlic, 2 cloves minced
Onion, 2 cups diced
Green onions, 4 chopped
Ginger root, 1 tablespoon peeled & minced

Brown sauce
6 tablespoons of soy sauce or tamari
2 tablespoons rice wine
2 tablespoons cornstarch
1 teaspoon sesame oil
1 teaspoon sugar
1 teaspoon Bragg's apple cider vinegar

Combine sauce ingredients and set aside. Add 1 tablespoon peanut oil or vegetable oil to hot wok. Swirl. Add onions and stir fry 2 minutes. Add garlic, scallions and ginger for last 30 seconds. Add vegetables and sauce, stir fry 1 minute. Add 1 tablespoon water, cover and steam 1 minute. If desired, stir-fry tofu separately and add at the end. Serve with rice.

FUN FOOD FACT: Kale has the most nutritional value for the fewest calories of any food around!

Vegan Breakfast Smoothies

By Kiki Powers, M.S., C.W.S.

If you are looking for simple ways to incorporate more nutritious vegan foods into your life, you may want to consider a delicious morning smoothie. With our busy schedules, many of us may skip breakfast, even though we require morning nourishment for a healthy metabolism, lasting energy, and stable blood sugar levels. Smoothies can be ideal because they are light, nourishing, and easy to consume if you don't like a heavy morning meal, and are quick to prepare for those on the go.

Smoothies are filling and hydrating, and research from Penn State University found that liquid foods help you to feel full longer, making you less likely to overeat later in the day. They are also fiber-rich since whole fruit is used, which is valuable since most Americans fail to consume even half of the 25-30 grams of daily fiber recommended

for optimal health. Additionally, smoothies help you incorporate more daily fresh fruit servings than you might normally consume, for a healthy infusion of antioxidants, vitamins and minerals. Great before a hike or gym session as well. Try one or more of these delicious, nutrient-dense vegan options:

Chocolate Peanut Butter Smoothie

2 cups chocolate or carob soy or almond milk
2 T creamy peanut butter
1 1/2 frozen bananas
1 T flax oil (optional)

Berry Blast Smoothie

1 container soy yoghurt
1 c frozen berries of choice
1 banana, sliced
1/2 1 c soy or almond milk
1 T flax oil (optional)

Pumpkin Spice Smoothie

1 to 1 1/4 c vanilla soy or almond milk
1/4 c canned pumpkin (not pie mix)
1 c vanilla frozen soy yoghurt
1/2 t pumpkin pie spice
1/4 t vanilla
1 T flax oil (optional)

For all recipes, mix ingredients in blender until creamy. Feel free to vary ingredients slightly for thinner or thicker smoothies. Each recipe serves two. For more ideas, contact Kiki Powers at kiki@aboutnhs.com

FOOD & DRINK

Fall Recipe

Following is a recipe from an autumn menu from Meredith McCarty, DC, NE, Diet Counselor, and author of 3 cookbooks and her own monthly e-newsletter, www.healingcuisine.com. She will be presenting a Cancer Prevention Workshop & Demo at the World Veg Festival on Saturday, September 29th.

Heirloom Bean & Vegetable Soup

Makes 6 to 8 servings or 8 cups

Heirloom beans are native, non-hybridized beans with names like Anasazi, Scarlet Runner, Red Calypso, Steuben Yellow Eyes, Rattlesnake, Cranberry (also called Italian Barlotti Beans), Christmas or Chestnut Limas, Gigandes, and Swedish Brown Beans. Some are available organically grown from Gold Mine Natural Food Co. by mail order (1-800-475-3663), www.ranchogordo.com, Phipps Bean Farm in Pescadero, CA, Dean and Deluca in St. Helena, CA, and the Mill Valley Market. Anasazi Beans, also called Painted Desert Beans, have

been cultivated in America since 1100 A.D. The name means “ancient ones” or “predecessor” in the Navajo language. They have a pinto-like flavor.

1 cup heirloom beans (Anasazi, etc.)
5 1/2 cups or more water (2 cups to soak, 2 1/2 cups or more to cook)
1 bay leaf
3-inch piece kombu sea vegetable
1 teaspoon olive oil
1 onion, diced, or leek white, cut in 1/4-inch half moons
4 cloves garlic, minced or pressed
1 carrot, cut in 1/4-inch half moons
1 rib celery, sliced
1 red potato, cut in 1/2-inch dice (or parsnip, rutabaga or turnip)
2 cups winter squash, peeled and cut in 1/2-inch dice
1/2 teaspoon sea salt
Water
1 tomato, chopped
Up to 1/2 cup fresh herbs, (1/2 cup or 3/4 ounce fresh basil with 1 teaspoon fresh rosemary), chopped
Freshly-ground pepper
1/4 cup white miso or part light barley miso
Half a bunch arugula or parsley, chopped, or cooked hardy greens

1. Sort through beans by spreading them on a white plate in batches. Rinse, drain and soak 8 hours or overnight. Drain beans. (If you are sensitive to beans, repeat this process: drain beans and soak in fresh water for another 8 hours.)

2. Bring beans to boil in pressure cooker or in a 2-quart pot. Turn heat low to simmer uncovered for 5 minutes, then add bay leaf and sea vegetable. Cover and cook by either method, 20 to 60 minutes in pressure cooker (less with Anasazi beans), or 45 minutes in a pot for Anasazi beans and up to 3 hours for other beans, adding more water as necessary. Vigorously whisk kombu to dissolve it in the hot bean broth. Makes 2 1/2 cups.

3. Heat oil in a 3-quart pot. Add onion and garlic and sauté briefly. Add carrot, celery, potato, squash, salt and water to barely cover, about 3 cups. Bring to boil then turn heat to medium to cook until tender, about 10 minutes. Add beans, remaining vegetables and seasonings and cook a couple of minutes more. Dissolve miso in a little of the hot soup broth and add to pot. Stir in greens and serve.

Fabulous Fudge

Following is a delicious fudge recipe by Colleen Patrick-Goudreau, Nutrition Educator & Cooking Instructor, Author of Vegetarian Cooking Video and the newly published cookbook, *The Joy of Vegan Baking*, www.compassionatecooks.com. She will be a speaker at the World Veg Festival on Saturday, September 29th.

drdavis@carpal-tunnel-syndrome.com. 15% discount for SFVS members on all chiropractic, physical therapy, and massage services.

Penang Garden Restaurant, 728 Washington Street, San Francisco Chinatown, (Mixed) Manager Steven Ouyang, www.penanggarden.com. 10% discount on vegetarian menu items for SFVS members. Family-owned and operated, they serve authentic Southeast Asian cuisine from Singapore, Malaysia and Thailand. There are more than 40 vegetarian appetizers, soups, entrees, rice and noodle dishes.

Community Thrift Store

Clean clothes and good items you no longer need can be donated to the Community Thrift Store where you can mention #95 to give SFVS credit for any sales of the items. They are located at 623 Valencia, near 17th in San Francisco, 415-861-4910. Many thanks to Ann Tran, Brad Rossi & Greg Lane, Brian West, Joseph Cadiz, Josh Gould, Pat Godinez, and Shanta Sacharoff for their donated items.

Vehicle Donation

A big thanks to Elaine Gutleridge, Mark McGinty and Luke Nysen Lawndale for their car donations. If you have a used car, you can donate it to SFVS for a tax deductible donation. It will be picked up and processed and SFVS will receive any proceeds from the sale of the car. Contact SFVS 415- 273-4381 for information on the procedure.

Go Vegan Radio

goes National and can be heard in 16 states. In No. California, every Sunday 9-10 pm on 960 "Air America." www.GoVeganRadio.com archived and podcasting.

Fillmore Street Jazz Festival



SFVS volunteers, organized by Neil Yoskowitz, passed out vegetarian information and Flacos provided vegan Mexican food at our booth July 30 & August 1, the only strictly vegan booth at the event and a first for SFVS's participation. Many thanks to Varnashram Inc. for funding our booth.

Please disregard the "Request to Join" or "Renew" if you already have. Checks are sometimes posted after the mailing labels have been made. Duplicates may also be the result of different lists your name appears on. We appreciate your patience in deleting any duplicates. Contact: tracyinfo@aol.com for direct corrections or call our hot line: 415-273-5481.

WORLD VEG FESTIVAL SEPTEMBER 29 & 30

San Francisco Vegetarian Society
for Health and Humanity
P.O. Box 2510
San Francisco, CA 94126

NOTE: If your membership is about to expire (see date on label), then we urge you to renew now!