



Vegetarian News

“For Health and Humanity”

Holiday Issue 2007

PRESIDENT’S CORNER HOLIDAY WISHES

From Dixie Mahy

We wish everyone happy holidays as we approach our annual season of celebrations from Thanksgiving in November to Hanukkah, Winter Solstice, Christmas, and Kwanza in December. Although this is a time for merriment and sometimes overeating, we might remember we can have a healthy happy holiday for ourselves and our animal friends by sticking to our plant based diets. Sad to say, the UnTurkey and Hip Whip, a favorite for many are no longer being made; however, there are still some options, including Tofurkey made by Turtle Mountain and Celebration Roast made by the Field Roast Grain Meat Co., featured at our World Veg Festival evening dinner. There are several soy whipped creams and ice creams now available also; Purely Decadent Soy Cream was served at our WVF eve dinner. For those who would like to start from scratch, check out our Holiday Recipe section. If you would rather eat out, join us at our various potluck parties or dining out in San Francisco and East Bay including the Millennium Restaurant for Thanksgiving. All are listed in our Veg Calendar.

AWARD WINNING WORLD VEG FESTIVAL 2007

Sponsored by The San Francisco Vegetarian Society
And In Defense of Animals

By Dixie Mahy

Another fabulous celebration! It exceeded our expectations - not only in attendance at 5,500 attendees but in overall presentation. Colleen Holland, co-editor of VegNews Magazine, one of our sponsors sent her response, “I just want to extend my most heartfelt congratulations on an incredible 8th annual World Vegetarian Day Celebration. It was the best yet! The event was buzzing all weekend. And

believe me, I know how much work it takes to pull off an event of this magnitude. You did a great job. As always, it’s a pleasure partnering with you to promote the event.” Veg News voted our SFVS Veg Festival as their No. 1 favorite vegetarian event in the Nov/Dec issue. It all took place at the San Francisco County Fair Building in the Golden Gate Park on September 29 & 30, two beautiful days with the sun shining on our festivities making the courtyard a wonderful place to dine in the fresh air with Flacos creating a festive atmosphere with vegan Mexican food, Maggie Mudd providing delicious vegan ice cream cones, Clif Bars, another of our sponsors, providing tasty samples of their healthy candy bars, EcoVille with their colorful African vegan wares, and wonderful activities in our Children’s Corner next to the Save a Bunny Pet Adoption Corner. To top it all off, Dee Benefield, yoga teacher, led a hearty group in yoga on the lawn.

Organizing Committee

This event could not have happened without the Organizing Committee preparing, publicizing, and presenting the event. Many volunteer hours were given by our dedicated committee: Dixie Mahy, SFVS President & WVF Coordinator; JC, SFVS Treasurer & Exhibitor Coordinator; and SFVS Board Members Kristen Miles, Sharon Leong, Neil Yoskowitz, and Gabe Quash, SFVS & IDA representative. Additional key people include Nancy Loewen, Janet Tom, and Christine Vitale.

SUMMARY OF EVENTS

- Nov 18 East Bay Thanksgiving Potluck, Alameda
- Nov 22 Thanksgiving Dining Out Millennium, SF
- Nov 22 East Bay, Thanksgiving Potluck, Berkeley
- Dec 1 & 2 Animal Rights Film Festival & Potluck, SF
- Dec 2 Dining Out Enjoy Restaurant, SF
- Dec 9 Holiday Potluck, SF
- Dec 25 Holiday Open House, SF

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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San Francisco Vegetarian Society

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 December 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.

Sponsors

Much appreciation to our major sponsors who provided financial and/or promotional support: Dr. Elliot Katz, Director of In Defense of Animals and Co-Presenter and Warren Haven of Varnashram as Major Sponsor. Other Sponsors include: Clif Bar Inc., Friends of Animals, VegNews Magazine, Revista dos Vegetarianos (Brazil), Wildwood Natural Foods, Common Ground, Rainbow Grocery Coop, Yogi Times and Living Light Culinary Institute.

Contributors

We also thank individual contributors who donated generously to help support SFVS and the World Veg Festival: Christine Vitale, Susan Sullivan, and Marin Vegetarians.

Incredible Speakers

Where else would you find so many fabulous speakers back to back, wall to wall? The frustrating dilemma was choosing which speaker, which room?

Bob Linden, www.GoVeganRadio.com was our Emcee extraordinaire. His lively vegan programs may be heard Sundays 9 to 10 p.m. on Air America 960 AM. Our great speakers included: Dr. Gabriel Cousens (MD) Director Tree of Life & author; Colleen Patrick-Goudreau, Co-Founder Compassionate Cooks & author The Joy of Vegan Baking; Dr. Caldwell B. Esselstyn (MD) Surgeon at Cleveland Clinic & author; Michele Simon, Research & Policy Director Marin Institute & author Appetite for Profit; Dr. John McDougall (MD) Director McDougall Program & author; Dr. Milton Mills (MD) Associate Director Physicians Committee for Responsible Medicine; Dr. Eliot Katz (DVM) Director In Defense of Animals; Howard Lyman, Mad Cowboy & author; Robert Cheeks, Vegan Athlete; Erica Meier, Director Compassion Over Killing; Dr. David Engle (DC); Vaidya Priyanka, Ayurvedic Healer; Dr. Dan Brook (Ph.D.) Eco Eating website; Erik Marcus, Founder Vegan.com Activist Network & author; Nathan Runkles, Director Mercy for Animals; Dr. Steve Blake (ND) & author; Christine Vardaros, Professional Cyclist, & columnist; Azalea Blalock, Director of Healthy thru Nature Institute, EcoVille, and Greensoulfest and Herbalist; Dee Benefield Yoga Teacher.

Fabulous Demo Presenters

Our Demo Presenters gave us an array of healthy yet delicious ethnic cooked and raw samples & recipes. Our Chefs included: Cherie Soria Co-Director Living Light Culinary Arts Center & Raw Food Festival & author with Dan Ladermann; Dustin Rhodes Capital Correspondent for Friends of Animals with Dave Shishkoff Senior Canadian Correspondent for Friends of Animals and President of BC Organic Athlete Chapter; Shanta Nimbark Sachaaroff, Manager Other Avenues Natural Foods Co-Op & author Flavors of India; Jennifer Cornbleet Director Raw-Food Cuisine & author Raw Made Easy; Meredith McCarty Consultant for Healing Cuisine & author; Jesse Miner Professional Chef; Antonio Magana Chef of Flacos Mexican & Central American Catering; Briksha Mahendra Agarwal Yoga and raw food teacher.

Fantastic Entertainers

Our ecelectic entertainers presented a wide variety of acts and included: Dan Piraro, comic and nationally known Cartoonist of "Bizarro"; Turning Point Jazz with Rob Schaaf on Sax & Jim Jacobs on Guitar; Eric Park Folk Singer/Musician with original songs; Wayne Huey, Chinese Panda Bear Acrobat with phenomenal strength & balance;

FatChanceBellyDance Troupe with colorful costumes, exciting rhythms, & unique improvisational choreography; Akhilesh Sista on the Vina with Classical Indian Music.

Food Booths & Other Vendors

It could not be a success without our fabulous food booths: Blessings Alive & Radiant (Raw), Enjoy Vegetarian Restaurant (Chinese), Flaco's Mexican Foods, Juicy Lucy's (Raw), Lydia's Living Foods (Raw), New Ganges (Indian), and Maggie Mudd Vegan Ice Cream. Our other food vendors included: Arora Creations, Field Roast Grain Meat, Living Light Culinary Institute, Nutiva, Omni Herbal Trading, Other Avenues, Ragazzi Vegan, Sequel Naturals Inc., Sjaak's Organic Chocolates, Sunflower Baking, Tasty Eats, Inc. Teccino Café, and Product Donor: Dana's Long Lasting Impressions. We had interesting non-food booths that presented vegan items of interest: Book Publishing Company, Candleweath Intl., Cathy Cohn Nutrition, Compassionate Cooks, EcoVille, Diet Doctor Software, Living Intentions, New Living Expo, Radha Vignola Books, Snooty Jewelry, Synergy Clothing, and V-dog food.

Non-Profit Organizations

Our non-profit exhibitors provided educational information covering health, humane, environmental, and spiritual issues and included: Action for Animals, Alley Cat Allies, Animal Place, Compassion Over Killing, East Bay Animal Advocates, Farm Sanctuary, Mercy for Animals, One Taste Urban Retreat Center, Pets & Pals, Save A Bunny, SF Life, Sivananda Yoga Center, Supreme Master Ching-Hai, The Vegetarian Resource Group, Vasu Murti, Vegan Outreach, Veganbodybuilding.

Saturday Gala Dinner

Our Dinner Celebration on Saturday eve provided a choice between two organic vegan gourmet menus: Mediterranean Mezza Meal in the Raw catered by Cherie Soria of Living Light Culinary Institute and Italian Cooked Meal by Seth Pasternack of Convergence Foods. Added attraction included a Celebration Roast from Field Roast Co. and Purely Decadent Vegan Ice Cream from Turtle Mountain Co.

Bicycle Coalition

The San Francisco Bicycle Coalition provided valet parking for those who rode their bikes to the park. They encourage more bike riding to our event next year. It's healthier and greener and its easier than finding parking.

Graphics

Thanks to Sarah Premo for post card & poster design and Miguel A Blazquez for printed program design, Golden Dragon Printing for poster & card printing, and Kristen Miles for photography at the event.

Volunteers

Many thanks to our wonderful volunteers over the week-

end, setting up, cleaning up, ushering, and helping to make the event run smoothly. We could not have done it without them.

Storage

Thank you goes to those who stored the samples, books, food, signs, etc. at their homes or places of business: Dixie Mahy, Joseph Cadiz, Tracy Ewing, and Daily Health Deli.

Mayor's Proclamation

Thanks to Mayor Gavin Newsom for sending a Proclamation recognizing the work of The San Francisco Vegetarian Society in creating a better world for people, animals, and the earth through a plant based diet and lifestyle and In Defense of Animals for their animal protection work dedicated to ending the exploitation and abuse of animals anywhere in the world and declaring October 1st as World Vegetarian Day in San Francisco. It was read by SFVS President Dixie Mahy at the Plenary Session ending the two day Festival on a very high note.

No More Gum Disease

By SFVS Member, Art Konrad

Condensed from Lecture Presented October 13, 2007

By popular request

We have been led to believe that losing teeth is part of getting old. But losing teeth means losing control over our ability to eat fresh and raw foods – our ability to eat the foods we choose. That can be devastating to vegetarians who know very well how important food is to their health.

Over 75% of the general population, including vegetarians has the bacteria in their mouths which can cause serious gum disease. By the time they reach age 55, about 50% have serious full blown gum disease. By age 65, 50% have lost most if not all of their natural teeth due to that same gum disease.

It turns out that about 50% of younger people have this disease as well, but more often it is in the earlier stages, and goes unrecognized for years. It starts as bad breath, bleeding gums, loose teeth, and can take 10, 20 even 30 years to reach critical stages requiring painful gum surgery and/or loss of teeth.

Over time, not only do you produce less saliva which is your natural defense to the bacteria, but the oxygen and enzyme levels greatly decrease thereby allowing the bacteria to get a leg up on you. Slowly but surely the bacteria begins to win the game. Bad breath is caused by the maturing of these bacteria which give off what is called Volatile Sulfur Compounds (VSC gases). From there, the bacteria quickly mature further into toxins. It is these toxins that actually "eat the skin cells of the gums". Yes, your pockets or receding gums is caused by the bacteria turning into toxins which actually eats the soft tissue of your gums leading to bleeding, soreness, tenderness,

gingivitis, and in a short period of time...pockets, gum recession and periodontal disease (gum disease).

Even with the help of dentists, half of all Americans are on schedule to lose this game. This does not speak well of dental science today. Something is missing!

Simply put, we are never told about the 22 bacteria that cause all the problems. That's right – it's a bacteria problem: From cavities and plaque to serious gum disease the cause has been known for years – 22 well-identified bacteria. Why aren't we ever told this?

Moreover, why are we being led down the path to painful, expensive and barbaric gum surgery and teeth removal to address a bacteria problem? Imagine if we addressed all our bacteria problems with surgery – we would never survive our medicine.

We have many ways to solve bacteria problems, but it all starts with at least recognizing that it's a bacteria problem!!! Once we understand that we can begin to see how the good and bad bacteria fight for the real estate of your mouth. Our failure to understand these things leads us to use many so called "remedies" which actually worsen the problem. Mouth washes, even most toothpastes dry out the mouth which dramatically encourages the bad bacteria to multiply at a much faster rate. A chemical in almost all brands of toothpaste, Sodium Lauryl Sulfate, not only dries out the mouth but can affect the mucosal lining of your mouth. The same thing for most mouth washes! Alcohol and some of the other chemicals used to kill bacteria can also dry out the mouth and can damage the lining of your mouth. Breath mints, chewing gums and even some toothpaste have sugar which exacerbates the problem even further. Besides sugar, there are other harmful ingredients often found in toothpastes, including so called "natural" toothpastes: Sodium Fluoride (brushing with Rat Poison), Triclosan (the high price of killing bacteria), FD & C Dyes # 1 & 2 (like adding tar to toothpaste), and Hydrated Silica (scrubbing your enamel away). So our "remedies" actually increase the bad bacteria and harm the very sensitive gum tissues we are supposedly trying to protect.

My periodontist, who performed gum surgery on me over 20 years ago, told me that I should schedule surgery again – I had some deep pockets. I remembered how painful and expensive that surgery was, so I was highly motivated to find a better way. I searched high and low, tried several products including home and folk remedies and finally settled on two superior but inexpensive products that actually worked. Most wonderfully, I discovered what a really clean and comfortable mouth feels like.

I tried several products in my search, including some old home remedies. Some have negative side affects. (For example, Hydrogen Peroxide can feel uncomfortable and prolonged use can produce a phenomenon called "hairy

tongue" – kind of scary.) Two products out shined all the others. One of these was difficult to apply, requiring an applicator. I finally settled on OraMD which was both effective and easy. Even before trying it, I knew I had finally found the right solution when I read the scientific logic behind it.

Please note, OraMD consists of three well-chosen essential oils, peppermint, spearmint, and almond. These oils kill the bacteria that cause the problems, but just as importantly, these are oils, which means they are soothing to the gums and the whole oral cavity. So many other products I tried fail in this regard. I believe the real healing process is the lingering soothing protection that the oils provide which allows for re-growth of lost tissue which is why deep pockets and receding gums can be reversed. Each drop instantly kills the problem bacteria on contact and because it is 100% pure, it deeply penetrates the crevices and pockets of your teeth and gums, eliminating problem bacteria there as well. Since OraMD is an oil, it does not wash away like other products. It lingers in those nooks and deep pockets and does not allow the bacteria to re-enter those areas eliminating bacteria and pathogens and it gives relief from the causes of gum disease, gingivitis, bleeding gums and bad breath. Your body begins to heal all it's own as it does naturally.

After about 3 months of use, my periodontist was totally amazed: Dramatically healthier gums, much less pain and amazingly, no bleeding at all. There was usually a lot of bleeding for me with the deep cleaning they do. He kept remarking how much more relaxed I was. He said if I can keep this up, I should have no surgery in my future at all.

In my search I discovered important principles which were later confirmed by the ancient medical system of Ayurveda. My discoveries helped me avoid gum surgery, re-grow lost gum tissue, (yes you can do that) and even reverse deep pockets (my 6's and 7's became 4's and 5's in just a few months). My discoveries also keep plaque from building up, which my dentists always appreciate at cleaning time. I get nothing but praise on my dental visits these days.

These general principles have also guided me in a research project on behalf of SFVS, to find toothpaste that meets three criteria: 1) all Vegan ingredients, 2) uses none of the Five Harmful Ingredients, and 3) actually contains ingredients helpful to teeth and gums. Looking into hundreds of brands and formulations, I have found only seven that can be considered safe and actually helpful. Yes, the toothpaste you are using may not be vegetarian and even if it is, it may not be actually healthy. You need this information.

I would be happy to provide the following reports. Just email me at artkonrad@yahoo.com. If you do not have email, please feel free to call me at 415.221.3864. Feel free to pass these reports onto friends and loved ones.

• **No More Gum Disease – Stop this Barbaric practice.** My personal experience reversing severe Gum Disease, and how I did it. Includes the Scientific Logic behind Essential Oil based products.

• **Toothpaste Report: Which are the Vegan and Healthy Toothpastes you can rely upon?** Results of my personal research to find dental products that are Vegan, devoid of any harmful ingredients, but also must have actual health promoting ingredients.

• **Toothpaste: the Monster in the Medicine Cabinet.** Explains the five harmful ingredients in toothpaste, including many so called natural toothpastes – 16 page report by Trusted Health Products, Inc.

FOOD & DRINK

Healthy Eating through the Holidays

From Meredith McCarty, Workshop & Demo Presenter in World Veg Festival 2007 and Author

Staying healthy through the holidays can be a challenge when you're not prepared. But with just a little forethought and a plan to eat home-cooked food part of the time, it's easy. By focusing on whole grains, beans and vegetables, we create a blood quality that is resistant to infection. Due to its fermentation, tempeh is known to contain a natural antibiotic. I always feel like I'm protected for the next several days after eating it. And prepared this way, it's irresistible. The dressings are great on all greens, not just bok choy. Making a healthy dessert once a week prevents cravings for less healthy foods. Try this pretty tart as part of your Happy, Healthy Holidays!

MENU

Savory Chickpea Rice
Braised Lemon-Rosemary Tempeh
Bok Choy with 2-Taste Dressing
Cranberry-Currant Tart

Savory Chickpea Rice

Makes 4 to 10 servings or 5 cups
Phytic acid in grains prevents the absorption of minerals. Soaking the rice before cooking—for at least an hour or for no longer than when bubbles form on surface, about 24 hours—allows this acid to leach into the soaking water to be discarded. (For wheat, fermentation such as in sourdough bread, does the same thing.)
Beans require a long soak period to break down the starches that can be hard to digest.

This is a very simple way of preparing rice and beans at the same time.

Adding a piece of seaweed to the pot adds the full spectrum of minerals and trace elements as they are found in nature and in our blood. Kombu seaweed also contains sodium alginate to remove toxic substances from the blood

(such as radiation and pollution) and a natural form of MSG to enhance flavor. When rice is cooked, you can chop the cooked kombu for eating or simply discard it.

1 1/2 cups short grain brown rice
1/2 cup chickpeas (garbanzo beans)
2 3/4 cups water
2 3/4 teaspoons vegetable bouillon
3-inch piece kombu

Garnishes:

Half a fat carrot, thinly sliced on the diagonal, boiled 5 minutes, and cut with hors d'oeuvre cutters for garnish.
Parsley sprigs for garnish

1. Rinse and drain rice and beans and transfer to bowl. Add measured amount of fresh water to soak. Drain soaking water into measuring cup, measure, and discard. Add fresh water, to replace the amount measured, to pressure cooker and bring to boil.

2. Whisk in bouillon, then add rice, beans and kombu. Bring to pressure. Cook over low heat for 45 minutes. Let pressure come down naturally or by running cold water over top of pot. When pressure gauge can be lifted easily without hissing, you can open the cooker.

3. Transfer cooked chickpea rice to serving bowl by spreading out large spoonfuls to aerate rice, or fluff it with a fork. This ensures a light texture as the rice cools. Garnish to serve. (Keep refrigerated, reheating rice and beans with a little water in a pot or steamer basket, or by sautéing it with onions, garlic, mushrooms, or with a variety of vegetables.)

Variation: Herbed Brown Rice: To hot cooked rice, add 1/2 cup combined fresh parsley and chervil, or 1/2 cup parsley with 2 teaspoons fresh thyme, minced.

For 10 servings, per serving:

Calories: 143 Protein: 4gm Saturated Fat: 0.2gm Fiber: 3 gm Carbohydrates: 29gm Fat: 2 gm Cholesterol: 0 Sodium: 263mg Calories from Protein: 12% Calories from Fats: 10% Calories from Carbohydrates: 79%

Braised Lemon-Rosemary Tempeh

Makes 3 to 4 servings
2 teaspoons olive oil
8 ounces tempeh, sliced in half lengthwise, then in 1/4- to 1/2-inch slices crosswise
1/2 cup water
2 tablespoons lemon juice
2 teaspoons natural soy sauce
1 clove garlic, pressed
Freshly ground pepper
1/2 teaspoon rosemary, minced

1. Heat oil in a skillet over medium heat. Tempeh should fit snugly. Brown one side and then the other, 2 to 4 minutes on each side.

2. Mix remaining ingredients. Remove pan from heat, pour liquid over tempeh covering pan immediately to avoid spattering. Cook until liquid is completely absorbed and tempeh is cooked all the way through, 5 to 10 minutes more.

For 4 servings, per serving (with 2 teaspoons oil):
Calories: 131 Protein: 9gm Saturated Fat: 1gm Fiber: 5 gm Carbohydrates: 14gm Fat: 4.6 gm Cholesterol: 0 Sodium: 127mg Calories from Protein: 26% Calories from Fats: 31% Calories from Carbohydrates: 43%

Bok Choy with 2-Taste Dressing

Makes 3 servings or 3 cups

Preparing the whole bunch of greens at once saves time and energy. Here is a choice of several easy and very different flavor combinations for dressing irresistible platters of healing greens. Start by mixing equal volumes of each ingredient, for example 1 teaspoon each lemon juice and soy sauce.

Water

1 pound bunch bok choy, 6 to 8 cups, sliced

2-Taste Dressing:

Lemon or lime juice mixed with natural soy sauce (fat-free)

Brown rice vinegar mixed with umeboshi vinegar or soy sauce (fat-free)

Toasted sesame oil or extra virgin olive oil mixed with umeboshi vinegar or soy sauce

1. Bring 1/2 inch water to boil in a large pot. Add bok choy, stir and cover to cook until crisp-tender, for about 3 minutes. Remove from pot with a flat strainer.

2. Mix 1 teaspoon each dressing ingredient, except umeboshi vinegar which should be less to keep sodium content down. Dress and serve. Or, dress just a small portion of greens to eat now and refrigerate the rest for use at your next meal. Add to soup or to sautéed root vegetables for another dish.

Cranberry-Currant Tart

Makes 8-10 servings

This very simple, no-sweetener fruit pie is as elegant as it is naturally delicious.

Pastry:

3/4 cup each whole wheat pastry flour and organic unbleached white pastry flour

1/8 teaspoon sea salt

1/4 cup light walnut oil (I prefer Spectrum brand)

3 to 4 tablespoons cup water

Filling:

2 cups cranberries

1/2 cup currants

1 1/2 cups filtered apple juice or cider

3 tablespoons agar sea vegetable flakes

1/4 teaspoon sea salt

1 tablespoon arrowroot powder or kuzu root starch

Water

1. Preheat the oven to 400°. To prepare the pastry, mix dry ingredients, then stir in oil until small lumps form. Stir in water gradually to make a smooth, pliable dough. Roll out between sheets of waxed paper, flouring both the bottom sheet and the top of the dough. Transfer to a lightly-oiled tart pan, trim excess to 1/2 inch over edge of pan. Fold pastry inward and press against rim. Bake until done, about 12 minutes, glazing the edges in the last 5 minutes with a mixture of 2 teaspoons brown rice syrup and 1 teaspoon water.

2. To prepare filling, sort through cranberries to discard soft ones along with any stems. Rinse and drain. In a 2-quart pot bring to boil the currants, juice, agar, and salt. Simmer until the agar is completely dissolved. Add the cranberries and cook until they are tender but not mushy, 2 to 5 minutes more.

3. Stir the thickener in a little cool water to completely dissolve it and add it to the pot. Stir gently until the mixture thickens slightly, in a few seconds. Transfer the filling to the pre-baked tart shell. Allow the filling to cool and gel up before serving, about 1 hour at cool room temperature.

Variations:

Cranberry Tart: Omit the currants and substitute 1/2 cup sweetener (1/4 cup each brown rice syrup and maple syrup is nice) for the same amount of juice.

Cranberry-Fruit Tart: Include just 1 cup of cranberries and 1/4 cup of currants. Add 1 1/4 cups combined fresh diced apples and pears with the cranberries.

BIO for previous recipes

Meredith McCarty, DC, NE (Diet Counselor and Nutrition Educator), is a vegan and macrobiotic counselor, cooking instructor and speaker and author of three cookbooks. Visit her website, www.healingcuisine.com.

***Vegan Pumpkin Pie**, p. 104

from *The Joy of Vegan Baking*, Traditional Treats and Sinful Sweets by Colleen Patrick-Goudreau, Director of Compassionate Cooks and Speaker at World Veg Festival.

*an excellent Christmas or Holiday gift to yourself or friends & family

www.compassionatecooks.com or 510-531-COOK

Convergence Wholesome Organic Cuisine, 2551 South Rodeo Gulch, Suite 2, Soquel CA 95073, 831-469-4643, www.convergencefoods.com, 10% off catering. Chef Seth Pasternack of Convergence Foods has catered our delicious gourmet organic vegan dinners for our World Veg Festival for the past three years.

Sjaak's Organic Chocolates, P.O. Box 6562, Eureka CA 95502, 707-775-2434, www.sjaaks.com, 15% discount on any retail web orders through December 31, 2007. Enter SFVS15 in the coupon code section. Complete the online survey to enter a monthly drawing to win \$50 worth of chocolates! Family-owned Sjaak's offers a wide variety of vegetarian and vegan chocolate delights – bars, caramels, truffles, green tea bites, nuts & Chews, etc. – in seasonal selections and gift boxes, wonderful gift ideas for the holidays.

Vegan Divine LLC, P.O. Box 1161, Renton WA 98057, 206-529-4406, www.vegandivine.us, 10% off vegan baskets for all occasions – a great gift idea for holiday giving. Enter voucher code 21100022027 upon checkout. Simran Khalsa and Santamrit Violet are co-founders who believe in offering the best vegan gift baskets featuring handmade, cruelty-free, Fair Trade, and sustainable items. Choose your gift basket or order gift certificates for friends and family.

Yummie House Vegetarian's Heaven, 6903 Geary Blvd./33rd Ave., SF 94121, 415-933-8938, 10% off purchase of \$20 or more. Get a stamp card for 1 free tapioca drink after you buy 5 tapioca drinks.

Vehicle Donations

A big thanks to Adam Lovelace, Gregg Andrews, and Enrico White 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 415-273-5481 for information on the procedure.



Living Light
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Join Us for Vegetarian Thanksgiving and Holiday Events!

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!

Vegetarian News is printed on recycled paper.