



Vegetarian News

"For Health and Humanity"

Fall Issue 2008

WORLD VEG FESTIVAL

**Saturday & Sunday, October 4th & 5th
from 10 a.m. – 6 p.m.**

**Presented by The San Francisco Vegetarian Society &
In Defense of Animals**

**County Fair Building, Golden Gate Park, San Francisco
\$6 suggested donation. Children, Students, Seniors
FREE. Everyone free to 10:30 a.m. both days.**

Everyone is welcome to attend the 9th Annual Award Winning World Veg Festival. Over the years, the event has won national acclaim from The North American Vegetarian Society and Veg News Magazine for the best veg event in the country! This is a wonderful opportunity for vegetarians/vegans to get together and celebrate. It is also a great opportunity to bring non-vegetarian friends and family to enjoy a non-threatening entertaining yet educational experience. The Gallery and Courtyard will be filled with exhibitors and food vendors with delicious vegan cooked or raw food for sampling and for sale. There will be a great opportunity to meet an array of outstanding speakers, demo presenters, and entertainers. Please check our Veg Calendar insert, web site www.sfv.org, or our telephone hot line 415-273-5481 for dates, times, and more information.

Speakers include: Emcee Bob Linden, John Robbins, Dr. Alan Goldhamer (DC), Howard Lyman, Dr. Steve Blake (DN), Milton Mills (MD), Dr. Will Tuttle (PhD), Dr. Elliot Katz (DVM) of IDA, Dr. Leslie Van Romer (DC), Erica Meier of COK, Vaidya Priyanka, Colleen Patrick-Goudreau, Mike Anderson, Marti Kheel, Dan Brook (PhD), Art Konrad, Azalea Blalock, Robert Cheeke, Erin Williams of HSUS, and Nathan Runkle of Mercy for Animals. Demo Presenters include: Vaidya Priyanka, Meredith McCarty, Cheri Soria &

Dan Ladermann, Patti Breitman, Patricia Koot, Jesse Miner, Azalea Blalock, Shanta Nimbark Sacharoff, Robin Silberman, Antonio Magana, and Sarah Kramer. Entertainers include Wayne Huey of Panda Bear Acrobats, folk singer Eric Park, Jazz artists Rob Schaaf and Jim Jacobs, FatChance Belly Dancers, Celtic and Indian Musicians. Yoga on the lawn will be presented by Dee Benefield. Please note that there may be unavoidable last minute changes.

Tickets for a gala organic vegan dinner at 6:45 p.m. on Saturday, catered again this year by Seth Pasternack of Convergence Foods, will be on sale during the day for \$20. In addition to the cooked dinner, there will also be a special raw dinner catered by Cherie Soria of Living Light Culinary Arts Institute for \$25. Contact Rose@RawFoodChef.com for information or to order in advance.

We thank our Co-Presenter Dr. Elliot Katz, Director of In Defense of Animals, and our Principal Sponsors: Varnashram Inc., Vegetarian Foundation, and Veg News Magazine. as well as our Associate Sponsors: Living Light Culinary Institute, Organic Athlete, Pulmuone Wildwood, Inc., New Living Expo, Common Ground, Gafe Gratitude and Rainbow Coop.

Many thanks to our all volunteer committee and their many hours of work: President Dixie Mahy, Treasurer Joseph Cadiz, Vice President Nancy Loewen, and Secretary Audra Dixon. Board Members: Sharon Leong, Robert Martin, Kristen Miles, Joyce Thorton and Neil Yoskowitz, and SFVS members: Helen Leroy-Adler, Janet Tom, and Sharon Troy.

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SUMMARY OF EVENTS

- Sep 19 **WVF Volunteer Orientation Party**
- Sep 24 **Vegan Dinner at Red Victorian**
- Oct 1 **Forum on Food Choices**
- Oct 1, 8, 15, 22, 29 **Vegan Dinners at Red Victorian**
- Oct 4 & 5 **World Veg Festival, Golden Gate Park**
- Oct 11 **Potluck with DVD at IOA**
- Oct 18 **Astronomy Trip to New Mexico**
- Oct 19 **Cooking Class at Red Victorian**
- Oct 23 **Diabetes Cooking Class at IOA**
- Oct 31 **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.sfv.org and you can always call (415) 273-5481 for information.

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 October 1st, 2008. 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.

Non-Vegetarians in Greater Risk for Health Problems

From Scott Munson

Lucknow: Non-vegetarian families run a greater risk of suffering from chronic diseases than their vegetarian counterparts, suggests a survey conducted by Lucknow University (LU) students. "The survey covered 1,000 upper-middle class families of Lucknow in which it was observed that the non-vegetarians are more prone to diabetes, cancer, asthma, arthritis and other chronic diseases," said LU's Institute for Public Health and Affairs (IPHA) director Manoj Dixit.

Posted by "AnimalConcerns.org" Wed Jun 4, 2008

For details: <http://sify.com/news/fullstory.php?id+14687345>

Healthy Lifestyle Triggers Genetic Changes

By Will Dunham

From Scott Munson

Comprehensive lifestyle changes including a better diet and more exercise can lead not only to a better physique, but also to swift and dramatic changes at the genetic level, U.S. researchers said.

In a small study, the researchers tracked 30 men with low-risk prostate cancer who decided against conventional medical treatment such as surgery and radiation or hormone therapy. The men underwent three months of major lifestyle changes, including eating a diet rich in fruits, vegetables, whole grains, legumes and soy products, moderate exercise such as walking for half an hour a day, and an hour of daily stress management methods such as meditation.

As expected, they lost weight, lowered their blood pressure and saw other health improvements. But the researchers found more profound changes when they compared prostate biopsies taken before and after the lifestyle changes. After the three months, the men had changes in activity in about 500 genes — including 48 that were turned on and 453 genes that were turned off.

The activity of disease-preventing genes increased while a number of disease-promoting genes, including those involved in prostate cancer and breast cancer, shut down, according to the study published in the journal Proceedings of the National Academy of Sciences. The research was led by Dr. Dean Ornish, head of the Preventive Medicine Research Institute in Sausalito, California, and a well-known author advocating lifestyle changes to improve health.

"It's an exciting finding because so often people say, 'Oh, it's all in my genes, what can I do?' Well, it turns out you may be able to do a lot," Ornish, who is also affiliated with the University of California, San Francisco, said in a telephone interview. "In just three months, I can change hundreds of my genes simply by changing what I eat and how I live?" That's pretty exciting," Ornish said. "The implications of our study are not limited to men with prostate cancer." Ornish said the men avoided conventional medical treatment for prostate cancer for reasons separate from the study. But in making that decision, they allowed the researchers to look at biopsies in people with cancer before and after lifestyle changes. "It gave us the opportunity to have an ethical reason for doing repeat biopsies in just a three-month period because they needed that anyway to look at their clinical changes (in their prostate cancer)," Ornish said. Addendum: "I don't understand why asking people to eat a well-balanced vegetarian diet is considered drastic, while it is medically conservative to cut people open and put them on choles-

terol-lowering drugs for the rest of their lives.
Editing by Julie Steenhuysen and Xavier Briand. Addendum from Dixie Mahy.
<http://www.msnbc.msn.com/id/25201082>
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Common Sense Nutrition

New DVD: Lifesaving Truths about Protein, Soy, and Fish

By Dr. John McDougall

Misinformation about the nutritional qualities of common foods leads people to make incorrect choices and the consequences are as serious as obesity, heart disease, cancer, diabetes, and premature death.

Error #1: Plants Are Incomplete Proteins

Almost every dietitian, doctor, and respected organization teaches animal foods are necessary in order to get sufficient amino acids from proteins. They are wrong, and the science says so. Plant foods provide complete nutrition long before they reach the dinner table. Informed consumers will avoid all that fat, cholesterol, and contamination mixed up with animal protein by choosing delicious dishes made from “complete protein” foods like potatoes, rice, and/or beans.

Error #2: Soy Makes People Sick

Soy foods are at the center of one of the most intense controversies in nutrition; some people say they are medicines and some say poisons. They can be both, but as traditional foods, like tofu and soymilk, they are delicious additions to a healthy meal plan. However, fake meats, synthetic estrogens, and baby formulas made from soybeans are toxic.

Error #3: Fish Is Good for the Heart

The belief that fish is the most important food for a healthy heart has led to the destruction of our oceans. Plants provide the safer, cleaner, environmentally sensitive, and original source of omega-3 fats. The real tragedy is this slaughter of sea life has been senseless because consuming fish does the body much more harm than good.

To learn more about these lifesaving truths on DVD, go online: <http://www.drmcDougall.com/misc/2008other/dvd/ful/truthdvd.htm>

It's the Meat, stupid!!

From Georgiana Scott

Angry Doctors Use 1,000 Tomatoes To Spell Out Salmonella Source For FDA: “It's The Meat, Stupid!” Demonstration July 8 at U.S. Health and Human Services Seeks FDA Focus on Animal Agriculture's Key Role in Food borne Illnesses Linked to Tomatoes

WASHINGTON - As the Food and Drug Administration enters the 13th week of its struggle to identify the source of the salmonella outbreak that has reached 38 states and the District of Columbia, doctors will spell it out for them—

quite literally. Doctors from the Physicians Committee for Responsible Medicine (PCRM) will use more than 1,000 tomatoes arranged to write “IT'S THE MEAT, STUPID!” in front of the U.S. Department of Health and Human Services building at 200 Independence Avenue, S.W., on Tuesday morning. They aim to highlight the key role of meat industry pollution in spreading salmonella, E. coli, and other food borne pathogens that affect thousands of Americans every year.

“Salmonella are intestinal bacteria, and tomatoes have no intestine,” PCRM president Neal Barnard, M.D., says. “These germs come from chicken and cow feces that contaminate waterways used for irrigation and contaminate kitchen counters and grocery store shelves.” A dangerous salmonella strain dubbed “salmonella saintpaul” has sickened more than 900 Americans in recent weeks. Pollution from animal agriculture is the most likely original source. Like E. coli, salmonella live in the intestinal tracts of animals and are usually transmitted to humans from food contaminated with animal feces. As a recent Pew Commission Report on industrial farm animal production noted, untreated animal waste harboring pathogens contaminates air, water, soil, and crops. Farm animal waste was the identified cause of a 2006 E. coli outbreak in which infected spinach killed three people and sickened hundreds of others, according to an investigation by the FDA, an agency within Health and Human Services. Dr. Barnard pointed out that infected cows and chickens, not tomatoes or other vegetables, are the ultimate source of dangerous outbreaks of food borne illness.

The problem needs to be attacked at the source, in the factory farms, ranches, and feedlots where infected animals produce waste that contaminates healthful produce. Salmonella are currently found on approximately one-third of chicken products in retail stores, and feces from chickens and other animals carry the bacteria to other food products. Consumers can fight food borne illnesses by choosing meatless meals.

Going Green

From Dixie Mahy

Green is in. The problem is people are forgetting the most important step in Going Green – Diet! A plant based vegan diet is the most practical, energy saving, compassionate, ethical, and healthy diet you can eat. The amount of earth's resources used in a vegan diet is so much less than other meat/dairy-centered diets (even when organically grown) that it has to be officially called “The Green Diet!” Everyone by now should be aware of the UN Food & Agriculture Organization Report of 2006 that animal agriculture accounts for 18% of greenhouse gas emissions contributing to global warming. That is more than auto emissions and is a major cause of land and water degradation. Carbon dioxide from burning forests to create animal pastures; fossil fuels needed to operate factory farm and slaughterhouse machinery, refrigeration equipment and

trucks to transport feed and animals compound the problem of greenhouse gasses. The other gasses, methane and nitrous oxide discharged from cattle and their waste products are even more damaging.

Although Al Gore has been in the forefront of raising awareness of global warming, he does not usually even mention diet when he calls for a ten-year plan to save energy.

Recently, he was asked why he wasn't a vegetarian and his lame answer was that he was not perfect. Let's hope someone can help him achieve perfection.

5 Easy Green Steps for Life

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

In addition to becoming a vegan, following are some Green Tips for a better world.

1) Be a Local

Buying locally helps the planet and you too. Locally produced food requires less packaging and creates far less waste. And locally produced foods are healthier for you. They tend to be most fresh, are usually grown on smaller farms with more natural methods than factory farms, and are more likely to be organically grown. Since you are buying directly from local growers, you can always ask about their methods. Track down your local Farmer's Market and enjoy.

2) Actively Reuse

Reusing items helps the environment while saving you cash. For example, donate old books to libraries rather than throwing them out, then pick up some used "new" reads yourself. Or bring books to used bookstores and browse the shelves. In the kitchen, use sponges and dish towels in place of paper towels, and cloth napkins instead of paper. Also, try rechargeable batteries. Before you throw something away, remember, it may be valuable to someone else. Start a Goodwill bin or have a garage sale, ensuring your goods continue to be reused.

3) Buy Fair Trade Where Possible

Fair trade is defined as a market-based approach to reducing global poverty and promoting sustainability across the globe. Buying an item that is Fair Trade Certified guarantees a high quality, more environmentally friendly product, while you are also helping to support the standard of living of people in less developed countries that produce items like coffee, tea, cocoa, fruits, nuts, other foods, crafts and clothing. Start with your daily cup of coffee, making sure your dollar speaks in support of fair trade.

4) Don't Just Recycle, Precycle

Most earth-friendly households are recycling their glass, paper and plastic in special garbage bins. If you have more than one child of the same gender, you probably also recycle clothing. If not, do share clothes in good condition that your child has outgrown, either with people you know,

or by donating them. Along with recycling, learn to precycle, which means planning ahead so there is less to recycle later, like using washable picnicware rather than disposables, buying in bulk, and taking your own cloth bags when grocery shopping.

5) Think Green for Gifts

Between the holidays, birthdays, and other occasions, you may give gifts often. This is a great time to think green. Firstly, be sure someone actually needs the gift you're buying; practical items *are* appreciated. Share your green spirit with others by treating them to fair trade coffee, tea and chocolate, hemp or bamboo dish or hand towels, or a gift certificate to an organic produce delivery. When wrapping, swap the decorative paper for canvas bags that can be used again for a bonus gift, or use the funny paper section of the news for a fun, whimsical wrap.

Anti-Cruelty Bill (AB 2098) Signed into Law

By Bradley S. Miller, Humane Farming Association

From Georgiana Scott

We are extremely pleased to report that California Governor Arnold Schwarzenegger has just signed into law the nation's most comprehensive legislation to protect sick and injured farm animals.

Introduced by Assemblyman Paul Krekorian (D-Burbank), AB 2098 will prohibit the transport and marketing of downed animals and will allow prosecutors to file criminal charges against any slaughterhouse that butchers downed animals for human consumption.

In addition to banning the marketing of downed cows, HFA's legislation will for the first time ever **prohibit the marketing of other diseased and disabled farm animals, including pigs, sheep, and goats.** This bill also for the first time prohibits factory farms and other producers from transporting disabled farm animals to stockyards, auctions, or other marketing facilities.

"California cannot allow unscrupulous slaughterhouse operators to endanger the safety of America's food supply and engage in grotesquely cruel practices. AB 2098 is an important step toward a safer food supply and basic decency to farm animals, and I am delighted that the Governor has signed it into law," said Assembly member Krekorian.

HFA's National Director Bradley S. Miller noted, "For the sake of a few dollars profit, rather than putting downed animals out of their misery, the meat industry routinely keeps these suffering animals alive in order to turn them into steaks and hamburgers that they can sell to the public. This law will finally put an end to such practices in California - and creates a model for the rest of the nation." From: hfa@hfa.org

Stuffed and Starved: The Hidden Battle for the World Food System

Recommended reading from Carmen Lee

Half the world is malnourished, the other half obese—both symptoms of the corporate food monopoly. From seed to store to plate, *Stuffed and Starved*, explains the steps to regain control of the global food economy, stop the exploitation of farmers and consumers, and rebalance global sustenance. (Raj Patel's book may be purchased at Modern Times Book Store, 888 Valencia, San Francisco or check his web site for more information or for his schedule: <http://www.stuffedandstarved.org/drupal/node/5>)

California Agriculture's Chinese Roots

By Carmen Lee

In *Stuffed & Starved: The Hidden Battle for the World Food System*, Raj Patel noted the role of immigration in California's agricultural history—beginning with indigenous people, followed by Chinese, Japanese, Filipinos, Mexicans, Punjabis and Oaxacan. Each group brought their own foods, skills, seeds and expertise—thus contributing to California's agricultural prosperity (our state produces one-third of our nation's food), while enduring racism and exclusion. (See preceding article for more information on book and web site.)

With the growing interest in local food and where it comes from, I joined the California Historical Society's tour, *Following the Golden River: Early Chinese Pioneers of California's Heartland*. This weekend journey traced the footsteps of the early Chinese who arrived in San Francisco on their way to work in the Sierra Nevada gold mines, railroad, and levees of the Central Valley from Marysville to Stockton.

Gold Rush

Farmers from China's Pearl River Delta region began immigrating to California during the Gold Rush of 1849. These immigrants came to seek a better life in *Gum Shan* (Gold Mountain)—fleeing invasions by foreign powers, civil unrest, inflation, famines resulting from overpopulation and natural disasters (earthquakes, fires, periodic floods and droughts).

California welcomed the Chinese in 1850 with enactment of the Foreign Miners Tax, which was mainly collected from the Chinese in an attempt to drive them from the mines and contributed up to half of California's revenue. While some Chinese miners opened laundries and restaurants (creating Hangtown Fry, a variation of the Cantonese egg foo young) to provide a more steady living, others cultivated patches of vegetables, sweet potatoes and fruits. By the early 1860s, Chinese were growing vegetables in virtually every mining camp where they were found and along major transportation routes. Miners reached the mining camps by traveling along the Sacramento and San Joaquin Rivers.

Transcontinental Railroad

From 1865 to 1869, over 10,000 Chinese were involved in the construction of the first transcontinental railroad, which facilitated the transport of California produce. The railroad fed white workers beef, beans, potatoes, bread and drinking water from contaminated streams. In contrast, the Chinese ate a more balanced diet of rice, dried fish, vegetables, fruits and tea—which they transported by their own supply network—and thereby avoided some dietary diseases common to other workers.

Agriculture

At the time of the Gold Rush, California's food source came primarily from cattle-raising. The Central Pacific Railroad Company's use of Chinese labor inspired other entrepreneurs to hire Chinese in other large construction projects, such as swampland reclamation and levee building that helped convert the Sacramento River Delta into some of the richest farmland in the world.

Brian Tom, founder of the Chinese American Museum of Northern California in Marysville, noted that when the Chinese first immigrated to California in the mid-19th century, China had developed the most advanced agricultural technology in irrigation, crop rotation and fertilization. Ecology Action's John Jeavons has acknowledged the "highly effective, resource-conserving, and sustainable 4,000-year-old Chinese Biointensive way of farming." Chinese from the Pearl River Delta had experience in controlling waters and developing fertile farmland in inaccessible river valleys.

Beginning in the 1860s, Chinese began reclamation of land in Sacramento-San Joaquin Delta, a marshy swamp that was subject to heavy flooding. This work involved building a series of levees to control the flooding. They hired for as little as 90 cents a day, using hand shovels and wheelbarrows. By 1880, they reclaimed 88,000 acres from Delta marshlands for agricultural production—notably developing "Asparagus Capital of the World" and the major source of Bartlett pears. Canneries arose near the fruit orchards and farms to handle the produce as soon as it was harvested.

"Driving Out"

The railroad brought cheap manufactured goods and unemployed European immigrants from the East Coast, triggering an economic depression in the West and the Chinese were made scapegoats. During the "Driving Out" period, white mobs burned and plundered Chinese communities throughout the West. Most Chinese farm workers, who made up 75% of California's agricultural workers in 1890, were expelled. The vacant agricultural jobs, which later proved to be unattractive to unemployed whites, were filled then by Japanese workers.

Locke

The Sacramento Delta was one of the few places where Chinese escaped violence. In *Bitter Melon: Inside*

America's Last Rural Chinese Town, James Motlow observed, "Undoubtedly, the enormous fortunes made by Delta landowners, canners and shippers helped soothe the intolerance of the Chinese: until World War II, Chinese rarely made more than a dollar a day as laborers and domestic help. Also, the Chinese stayed as much to themselves as possible . . ."

In 1915, a group of Chinese built their own town on Delta land leased from George Locke. (Under California's 1913 Alien Land Act, Chinese were not allowed to own land – until this law was declared unconstitutional in 1952. Sacramento County, which governs the 10 acres on which Locke was built, subdivided the land to enable its residents to purchase land for the first time in 2004.) For almost 5 decades, Locke was inhabited solely by Chinese. As the children of Locke's first families left for higher education and professional careers, whites followed by a few Filipino and Mexican families moved in.

Designated a National Historic Landmark in 1990, Locke today has 10 remaining Chinese residents from its peak of 600, a community garden and memorial in honor of the "industrious Chinese pioneers of California whose strength and sacrifice helped build the transcontinental railroad, construct the levees of the Sacramento-San Joaquin Delta, and develop agriculture in the Central Valley."

This reflection on the experiences of Chinese pioneers and other immigrants in bringing produce from "farm to table" gives much food for thought and appreciation. For more information or discussion, contact Carmen Lee carmen_cebs@yahoo.com

Carmen would like to thank the following persons who led the journey back 160 years and provided commentary on California's agricultural roots: Steve Yee (www.yeefowmuseum.org), Connie King & Clarence Chu (www.locketown.com), Ron Wong (www.californiastaterailroadmuseum.org), Dr. Herbert Yee, Richard Rich (www.sacramentorailyards.com), Brian & Lawrence Tom (www.bokkai festival.com), Dr. Gaing & Lily Chan (www.cityoforoville.org), Gary Holloway & Lisa Eriksen (www.californiahistoricalsociety.org).

RECIPES

Following are recipes from the vegan cookbook *New Favorites* by M. Butterflies Katz veganpoet@gmail.com. The book is 224 pages with over 200 delicious recipes, as well as nutritional and cooking information, guidelines, and many wonderful and profound quotations. "Brook Katz is a wizard of tastes, textures, and treats, helping you conjure up the fabulous meals of your past with ingredients that invite a healthier future." Michael Klaper M.D. Retail price: \$11.99 may be ordered from the American Vegan Society, 56 Dinshah Lane, P.O. Box 369, Malaga, New Jersey. <http://www.gentleworld.org/recipes.html>

Basic Seitan Recipe (Wheat-Meat) yields 5 large pieces

Wheat gluten is the natural protein portion of wheat that is extracted after wheat is milled into flour. In its processed form, wheat gluten is a fine tan flour consisting of about 75-80% protein. Seitan is made from wheat gluten flour and can be used for many purposes. It is one of the best meat substitutes for flavor absorption as well as texture. It is high in protein and low in fat. Once prepared, it can be sliced into strips and served with different sauces or ground for tacos, lasagna, chili, etc.

18-20 c. water (for boiling)
1/2 t. sea salt
4 1/2 c. gluten flour
1/2 c. nutritional yeast (optional)
1 t. garlic powder
1 t. dried basil
1 t. sea salt
1 t. herb seasoning
1 t. onion powder
1 t. oregano
3 1/2 c. water
1/4 c. molasses
1/4 c. tamari or substitute

1. Add sea salt to the water and bring to a boil.
2. In a medium-sized bowl, combine the dry ingredients (flour, yeast and spices).
Stir well.
3. In a separate bowl or a measuring cup, mix together the remaining liquids.
Add liquid to the dry and mix thoroughly until dough is consistent. It should be solid and firm, yet not dry.
4. Pour onto tray and knead dough until all air is removed.
Form a rectangular loaf on the tray and cut into even pieces (approx 3 X 3).
5. Place the pieces of dough into boiling water. Boil for 45-50 minutes.
6. Remove a piece and cut it to see if it is done. It should be firm all the way through.
7. Drain water and cool seitan on a tray.
8. If not for immediate use, leave in large pieces and freeze. Keeps well in the freezer. When removing from freezer, defrost then prepare as directed in recipe.

Carrot-Cashew Pate serves 3-4

2 carrots, peeled and chopped
1 celery stalk, chopped
2-3 cloves garlic, dice 1 slice sweet onion
1 c. cashews, soaked for 15 minutes (or soaked almonds)
sea salt or substitute, to taste
1/4 c. cold-pressed oil

1. In a food processor, using the S-shaped blade, blend the vegetables to a fine consistency.
2. Drain the water from the cashews. Add them to the processor and process along with the remaining ingredients. Stop periodically and scrape the sides with a rubber spatula.

3. Continue to blend until creamy.
4. Chill and serve as a dip, a side dish or as a spread for wraps, etc.

Sweet Corn Muffins

- yields one dozen
- 1/2 c. sweetener (liquid)
- 1/2 c. sweetener (dry)
- 1 1/4 c. tofu milk (thick)
- 1/4 c. oil
- 1 1/2 c. cornmeal, sifted
- 1/2 c. pastry flour, sifted
- 1 t. baking soda, sifted
- 1/2 t. sea salt

1. In a medium-sized bowl, whisk the first four ingredients.
2. Into a larger bowl, sift dry ingredients.
3. Add wet to dry ingredients and mix well.
4. Drop batter by the spoonful into an oiled muffin tin or muffin cups, filling each cup 3/4 full.
5. Bake in a pre-heated oven at 400F for 20 minutes or until golden brown

Book Corner

An Animal rights history book recommended by Janet Tom *The Longest Struggle: Animal Advocacy from Pythagoras to Peta* by Norm Phelps. Review from Booklist on Amazon: Phelps, a vegetarian and animal-activist author, follows the history of philosophical thought about the exploitation of animals and various animal advocates who have fought for animal rights from roughly 600 BCE to the present. These philosophical underpinnings provide the roots of the animal-rights movement, the history of which fills the rest of the book. Published by Lantern Books, \$20 or you can borrow a copy at the SF Main Library where Janet works.

SUPPORT SFVS

with your membership. See Form below.

**PRESIDENT’S CORNER
HAPPY BIRTHDAY TO SFVS**

By Dixie Mahy

The San Francisco Vegetarian Society celebrated its 40th Anniversary at the Enjoy Restaurant, with a capacity crowd on October 11th. It was a gala event with a delicious 9 course vegan menu truly Enjoyed by all. Many thanks to Winnie for planning the menu, Sharon Leong for taking reservations, JC for handling the checks, Kristin Brun’s gift basket of Uli Mana, Bavarian Breads, Dr. Kracker, & Vegan Chocolate Truffles for the silent auction, Tom Flynn’s gift of original notecards, and me for sending out invitations to the mailing list and for donating items for the silent auction, and Dave Goggin for his \$125 bid.

SFVS was one of only five vegetarian societies in existence in October of 1968 when Fred Baldus put a notice in the Chronicle Classifieds “Vegetarians Unite” and 30 people showed up in his office forming the society. As far as I can tell, Norman Seaton, PhD, is the only one of the original founders, who is still alive and active today. If there are any others, let me know, as I would like to acknowledge them. There are many more grass roots vegetarian groups throughout the U.S. today but SFVS is the second oldest that has continued uninterrupted. We are proud of our consistent outreach educational efforts and especially proud of our World Veg Festival, which attracted around 4,500 attendees last year. As we look forward to the coming year, we thank all of you who have supported our activities with your loyal membership and your volunteer energy. Our efforts are even more needed today to help people become aware of the connection of diet and Global Warming. Those of you who would like to help us, be sure to use the form on p. 7 and join us and/or volunteer by contacting the society’s hot line, 415-273-5481.

Out Reach

SFVS has been busy throughout the summer with its Out Reach information tables at various public gatherings, Jazz

SFVS MEMBERSHIP FORM

- Status:** New member Renewing member
- Level:** Individual dues of \$20 Family dues of \$30
- Student dues of \$10 Senior dues of \$10
- Disabled dues of \$10 Life dues of \$500

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- Work Phone: _____
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You can contact me for help with: Monthly Meetings
 Newsletter Special Events Other:

SFVS membership qualifies you for half-price membership in NAVS, North American Vegetarian Society. NAVS, PO Box 72, Dolgeville NY 13329; and for 25% discounted membership to VegDining (\$10.95).

Make check payable to San Francisco Vegetarian Society and mail to: SFVS, P.O. Box 2510, San Francisco, CA 94126. Addresses are not provided to any other organizations. Financial statement available upon request.

Festival on Fillmore Street July 5 & 6, East Bay Express Party at Oakland Museum July 11, Festival of the Sail at Pier 32 July 25 – 27, and the Filipino Festival at Yerba Buena August 9 & 10. Many thanks to our volunteers for staffing the events: Fillmore – Audra Dixon, Jennifer Dent, Rane Stark, Richard Bennett, Sharon Troy, Tom Flynn, Ron Scheinberg & Vasu Murti; East Bay Express Party – Dixie Mahy, Tom Flynn, Patricia Koot; Festival of Sail – Amy Faust, Audra Dixon, Melinda Hamm, Valerie Ostrom, Nancy Loewen, Ron Scheinberg, Tom Flynn, Robert Martin, Dixie Mahy, Filipino Festival – Carrie Swenson, Danilo Ho, JC, Tom Flynn. Dixie Mahy and Robert Martin were guest speakers at the Smith Group Health Fair in the Financial District, San Francisco June 16.



Photo: Dixie Mahy, Audra Dixon, Sharon Troy, & Ron Scheinberg at the Fillmore Street Jazz Festival

Life Member & Donors

Many Golden Carrots to Gregory Wellons for becoming a Life Member of SFVS. We truly appreciate his support and also Dennis Fox for his Vehicle Donation. Contact the Society at 415-273-5481 if you would like more information on Life Membership or Car Donations.

DISCOUNT UPDATE

By Carmen Lee, Coordinator

Sadly, since publication of our SFVS Discount Program list (as an insert to our Summer 2008 issue), 3 providers have closed their vegan kitchens: All About Herbs at Paris Café, Bok Choy Garden in the Richmond District (though owner Ken Kuet indicates at www.bokchoygarden.net that he may open at another location) & Juicy Lucy's in North Beach (though owner Lisa Bach will serve vegan fare at farmers' markets listed at www.juicylucys.com).

To make it easier to find our vegetarian-friendly discount providers, webmaster Tony Martin redesigned our site so our SFVS Discount Program directory now has its own page at www.sfvs.org/discounts.php. In addition, vegetarian-friendly businesses interested in promoting their products or services can submit an application online www.sfvs.org/printapp.html to carmen_cebs@yahoo.com.

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.

JOIN US AT WORLD VEG FESTIVAL OCTOBER 4 & 5 !!

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.

