

# THE GLEANER

The bimonthly e-newsletter of the Sacramento Vegetarian Society  
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## We'll miss you, Susan, Ken and Rachel!

Life is full of passages, and one that is emotionally difficult for members of the Sacramento Vegetarian Society is the imminent departure – for Texas, for crying out loud! – of SVS members Susan, Ken and Rachel Jaffe.

Ken is careful to point out that they are moving to Austin, one of the bluer towns in a deeply, disturbingly red state. A meteorologist, Ken has landed what sounds like a fantastic job in terms of his talents and interests: With a small wind-energy company, he will plot out where turbines will go in the dusty plains of west Texas and elsewhere. We wish you all the best, Ken: May the wind always blow in your favor!

Ken performed admirably as vice president and set the bar extremely high as our dine-out coordinator. His enthusiasm for food, his energy for arranging the dine-outs, his organization skills and his general *bonhomie* (that's French for a hell of a fun guy to talk with!) will long be remembered fondly.

Susan, a registered dietician, has been a prolific contributor to the Gleaner as the SVS nutrition adviser. Check out her latest article, on artichokes and strawberries, in this issue. We use the word "latest" in hopes that when Susan joins the Austin Vegetarian Society and starts writing nutrition columns for its newsletter, she will e-mail us copies so that we can continue to run her words of wisdom. Susan, we'll pay you twice what you have been receiving from us!

Rachel, their quiet, exceptionally patient and good-natured young daughter, is also going to be missed. Remember the good times, kid. We will.

To celebrate Ken's new job, the Jaffes' exciting new life (albeit in Texas, fer crissakes),

along with a few other SVS-member milestones, join us for vegan chocolate cake (on the house!) at the May potluck, Sunday the 21<sup>st</sup> at 5:30 p.m. Get ready to party like it's World Vegetarian Day, as we don't anticipate the doors closing till, oh, 7:45 or 8 p.m. Rest up!

## We bow to our new webmaster

The crowd roared its approval when Marty Maskall, longtime SVS member and professional website designer, stepped up to the plate this spring and launched our new website at [www.sacramentovegetariansociety.org](http://www.sacramentovegetariansociety.org). Once again, we have an Internet domain name that makes sense and can be typed without hunting around on the keyboard for the "/" and "~" symbols. Bravo, Marty!

If you have any suggestions for the new site, please send us an e-mail, and we'll pass it along to our new webmaster, who replaces self-described "Web lackey" Don McNerny, who will concentrate on his SVS librarian duties. Don resurrected our Earthlink site when it looked as though the SVS was headed more toward the 19<sup>th</sup> than 21<sup>st</sup> century in terms of communicating with its members. Thanks for your service, Don!

## Earth Day a success for SVS, all concerned

The skies cooperated despite forecasts of rain and gloom when environmental activists and other "crunchy" types gathered at Sacramento State for the revived Earth Day celebration, which returned after skipping 2005.

The SVS table was a popular spot, with bumper-sticker, book and cookie sales netting our organization a grand total of \$37.75. Also,

55 people filled out our sign-up sheet and soon will be receiving more information about SVS. Many of our current members first heard about SVS through Earth Day, so we hope to see some new faces at upcoming potlucks and dine-outs.

The event overall appeared to be a great success, with scores of vendors, thousands of visitors and well-received stage acts that included Mumbo Gumbo. The food, entirely vegetarian, was sold by vendors coordinated by Reed Parsell, SVS president. Some vendors, including What's Poppin' and Doggy Daddy's (which served Yves jumbo veggie dogs), sold out before the last hour of the festival. Roots N Kulchah, a darling of the local vegan movement, was so busy it couldn't keep up with orders.

Hats off to SVS members Kevin Beile, Don Knutson and Wendy Hoffspiegel, who were major players in the Earth Day planning and execution phases. Kevin was in charge of more than 50 volunteers, and Don single-handedly oversaw composting efforts and monitored the recycling bins. Wendy was the first friendly face that arriving vendors encountered early that day, and served as official Earth Day Greeter till the event closed.

SVS members Reed Parsell and Kari Rose Parsell worked with the food vendors and tried to keep them happy throughout the busy day.

Also, thanks are extended to our tablers: Sheila Compton, Marty Maskall, the Jaffes, Charlotte Markee, Michael Laughlin, Don McNerny and his grandson, and Kari Rose Parsell.

We already are looking forward to Earth Day 2007.

On April 1, SVS was invited to have a table at the Sacramento Zoo's Earth Day celebrations. Wendy Hoffspiegel, Don Knutson, Charlotte Markee, David Middlesworth, and Reed and Kari Rose Parsell volunteered that day, and were rewarded with vegan mini-cookies from member Rey Ortega's Sun Flour Baking Co., treats which also were being passed out to zoo visitors. Yum! See what you missed?

But the event itself was rather glum, as this zoo seems depressingly old-school in terms of its confining animal enclosures and sketchy signage. SVS members were distressed to be placed right in front of the lion enclosure. Even so, we managed to obtain the e-mail addresses of 20-some passers-by, none of whom has responded in any way to the e-mailed thanks and e-calendars we sent out subsequently.

Perhaps they only were interested in the free cookies.

## **The next potluck and our last potluck's minutes**

Our next potluck is at Sunday, May 21 at 5:30 p.m. in the Community Learning Center of the Sacramento Natural Foods Co-op, at Alhambra and S streets. **(The following potluck, same time/same place, will take place on Father's Day, June 18.)**

Potlucks are open to all SVS members and friends. We ask that everyone bring a vegetarian (preferably vegan) dish, with a label stating whether it is vegan or vegetarian and a list of its ingredients, that's enough for at least six servings. Also, please bring your own utensils, plate (or bowl), napkins and glassware/cup. Filtered water is provided.

Throughout the year, potlucks will be held on the third Sunday of each month, same time, same place. The remaining 2006 potluck dates are: May 21, June 18, July 16, Aug. 20, Sept. 17, Oct. 15, Nov. 19 and Dec. 17.

**April potluck minutes (from pen and keyboard of SVS secretary Sheila Compton):** Reed Parsell opened the meeting to discuss upcoming Earth Day. Kevin Beile is in charge of volunteers. Reed and his wife, Kari Rose Parsell, will share duties of coordinating the food vendors, who include Roots & Kulchah, Planet Smoothie, Emma's Tamales, Rainbow Snow, Doggie daddy, What's Poppin', Leatherby's, Xochimilco and Sun Flour Baking Co.

Regarding Earth Day at the Sacramento Zoo, on April 1, Reed said the free cookies were very popular.

The April dine-out was held at Mother India. About 12 people attended. There is a vegan buffet there every Thursday and Friday night.

The big news is that Ken and Susan Jaffe will be moving to Austin, Texas because of Ken's new job. Ken passed around the newsletter from the Austin Vegetarian Society ([www.vegnetAustin.org](http://www.vegnetAustin.org)).

Don Knutson was just back from a trip to Vietnam and passed out delicious vegan coconut candy made over there. Don also said he was very disappointed in the Sierra Club for donating a hunting trip to Alaska as a prize.

## Fascinating fruits and vegetables of spring and summer

By Susan Jaffe

Registered dietitian and  
nutrition adviser for SVS

As I look out the window today, I welcome the sunshine after many days of rain. It is about time for some spring weather! My thoughts turn to the wonderful spring and summer fruits and vegetables that become available starting in May and June. A couple of my favorites are artichokes and strawberries. Perhaps these are some of your favorites as well. Here are a few interesting facts about these powerhouse produce items.

Artichokes are available year-round with peak harvests in the spring and fall. Did you know that Castroville is America's artichoke capital? In the lush rolling fields around Castroville, artichokes abound and grow. The big ones are perfect for cooking and stuffing with fillings such as pasta salad. Medium-size artichokes are perfect for single servings and baby artichokes are almost completely edible and great for sautéing or roasting.

When choosing them, look for compact, heavy-for-their-size artichokes. Store them in the crisper in the refrigerator and use them within a week. Artichokes with thorns (at the tip of their petals) have bigger hearts and are tastier than the thornless varieties.

Each artichoke contains on average 25 calories and is a good source of fiber and important nutrients such as vitamin C, folic acid, and magnesium. Artichokes are naturally low in fat and cholesterol free. This healthy vegetable is easy to prepare and cook, and fun to eat, too! My daughter, Rachel, really enjoys artichokes; she can't wait to get to the heart.

To prepare, use a sharp knife to cut off the stem at the base and the top of the artichoke. Trim the tips of the remaining petals with kitchen shears. Cook by steaming on a rack over boiling water or by microwaving in a deep bowl with ½ cup of water for each artichoke. Cover with a paper towel or plastic wrap, and cook on "high" for 8 to 12 minutes for one artichoke; 15 minutes for two. Let stand 2 minutes. Drain well, and press the petals back and remove the small purple-tipped center petals and the fuzzy choke with a spoon. The petals should be able to be removed quite easily which means the artichoke is ready to eat.

To eat, just pull the outer petals off one at a time and dip them in your choice of sauce or dip. Put the base of the petal in your mouth. Bite down gently, and pull through your teeth to scrape off the "meat" at the base of the petal until you get to the center. Remove the choke and cut the bottom or heart into bite-sized pieces.

Here's a tasty dip to enjoy with your artichoke:

### Artichokes With Balsamic Vinegar

Cook artichokes as directed. Cut in half and remove the choke. Place on a plate, cut-side up. Drizzle good quality balsamic vinegar into a bowl or cup. Dip artichoke heart in the vinegar as you eat.

Nutrients per serving: Calories 17; Fat 0 g; Cholesterol 0 mg; Protein 2 g; Carbohydrates 4 g; Sodium 27 mg; Fiber 2 g.

(Information and recipe courtesy of [www.5aday.com](http://www.5aday.com))



Strawberries are produced in California at an amazing rate of 1 billion pounds each year. Did you know that strawberries are the only fruit with seeds on the outside? On average, there are 200 seeds on a single strawberry.

According to the California Strawberry Advisory Board, California strawberries are available January through November, with peak quality and supply from March to May. If all the strawberries produced in California in one year were laid berry to berry, they would go around the world 15 times!

Strawberries are high in vitamin C, folic acid, and a good source of fiber. One cup of strawberries is only 55 calories.

Strawberries are actually a member of the rose family. The flavor of a strawberry is influenced by weather, the variety and stage of ripeness when harvested. Strawberries are delicate, requiring gentle handling to prevent bruising.

When choosing strawberries, look for bright red berries with fresh green caps on. Inspect each package to make sure that there are no signs of mold growth. If one berry has mold, mold spores will have traveled throughout the entire package.

You should use strawberries as soon after harvesting or purchasing as possible. Refrigerator storage does not improve the quality of fresh strawberries. Berries should not be left at room temperature for more than a few hours.

Store unwashed berries loosely covered with plastic wrap in the coldest part of your refrigerator for two to three days, at most. You shouldn't wash berries until you are ready to use them. To wash strawberries, place them in a colander and rinse under cold running water. Strawberries shouldn't set in the water as they will lose color and flavor. After washing, remove the green cap with a vegetable peeler or paring knife without removing any of the fruit.

Here are a couple of recipes incorporating strawberries:

## Strawberry Salsa

### Ingredients:

1 pint fresh strawberries, washed and sliced  
5 tomatoes, chopped  
1 jalapeno pepper, seeded and minced  
2 cloves garlic, minced  
Juice of 1 lime  
1 tablespoon olive oil

### Instructions:

In a large bowl, combine strawberries, tomatoes, jalapeno pepper, garlic, lime juice and oil. Toss all together to mix and coat. Cover dish and refrigerate for two hours to chill.

(Recipe courtesy of Nutrition and Physical Activity Tool Kit for Childcare Providers.)

## Strawberry Smoothie

### Ingredients:

1 cup vanilla soymilk  
¼ cup silken firm tofu  
1 cup fresh sliced strawberries or frozen unsweetened strawberries  
1 tsp. vanilla extract

### Instructions:

Place all ingredients in a blender. Blend on high speed until smooth. Pour into a glass and enjoy. I use a tablespoon or so of maple syrup for sweetening.

Sources: Text –

[www.urbanext.uiuc.edu/strawberries/facts.html](http://www.urbanext.uiuc.edu/strawberries/facts.html)

(Recipe courtesy of Food and Health Communications.)

## Sacramento vegetarian calendar, May and June

(Asterisks indicate the item was not listed in last Friday's SVS e-calendar)

**Through Sunday, May 7:** The Sacramento Society for the Prevention of Cruelty to Animals is conducting its annual book sale, Friday and Saturday 10 a.m. to 8 p.m. and Sunday 11 a.m. to 6 p.m. at the Marketplace at Birdcage, 6187 Sunrise Blvd. in Citrus Heights. For details, call (916) 383-7387, ext. 9102.

**Saturday, May 13:** The Performing Animal Welfare Society's elephant sanctuary in San Andreas is hosting a Mother's Day Open House from 10 a.m. to 2 p.m. Admission is \$35 general, \$20 for kids (12 and younger) and seniors. Prepaid tickets are required. For details, contact Kim Gardner at (916) 488-3991 or [kgardner@pawsweb.org](mailto:kgardner@pawsweb.org).

**Sunday, May 14:** The San Joaquin Vegans will gather at 5:30 p.m. Please RSVP to [vsontroem@deltacollege.edu](mailto:vsontroem@deltacollege.edu).

**Saturday, May 20:** The Performing Animal Welfare Society's is hosting an Open House at its Galt sanctuary from 11 a.m. to 2 p.m. Admission is \$12 general, \$9 for kids (12 and younger) and seniors. No reservations will be taken; purchase tickets at the gate. For details, contact Kim Gardner at (916) 488-3991 or [kgardner@pawsweb.org](mailto:kgardner@pawsweb.org).

**Sunday, May 21:** LET US EAT VEGAN CHOCOLATE CAKE! Join the Sacramento Vegetarian Society for its monthly potluck at 5:30 p.m., when we will celebrate several significant milestones among the group's members. Sacramento Natural Foods Co-op's Community Learning Center, just south of the intersection of Alhambra Boulevard and S Street. For details, visit SVS' website at [www.sacramentovegetariansociety.org](http://www.sacramentovegetariansociety.org).

**Saturday, May 27:** The Sacramento Vegan Meet-up group is gathering for an evening of burritos and a dessert cook-off. For details about the event or to join the growing and vibrant organization, visit <http://vegan.meetup.com/105>.

**Saturday, June 3:** The Performing Animal Welfare Society's is hosting Wines, Tigers and Beers at its Galt sanctuary from 5 to 8 p.m. Admission is \$35, adults only. Prepaid tickets are required. For details, contact Kim Gardner at (916) 488-3991 or [kgardner@pawsweb.org](mailto:kgardner@pawsweb.org).

\* **Saturday, June 10:** Painting for Paws! is a fundraiser for Happy Tails Pet Sanctuary, a no-kill cat shelter in East Sacramento. The Second Saturday art reception will feature a show and sale of cat- and human-created paintings, along with refreshments and entertainment. From 6 to

9 p.m. in the parking lot of Sacramento magazine, 56th and H streets (across the street from the shelter). For details, go to [www.happytails.org](http://www.happytails.org).

\* **Saturday, June 10:** Animal Place in Vacaville is conducting farm tours from 11 a.m. to 1 p.m. Cost is \$10, for ages 12 and older. For details, visit [www.animalplace.org](http://www.animalplace.org).

\* **Sunday, June 18:** Join the Sacramento Vegetarian Society for its monthly potluck at 5:30 p.m. Sacramento Natural Foods Co-op's Community Learning Center, just south of the intersection of Alhambra Boulevard and S Street. For details, check out SVS' website at [www.sacramentovegetariansociety.org](http://www.sacramentovegetariansociety.org).

\* **Saturday, June 24:** Animal Place in Vacaville is conducting farm tours specifically for children, from 11 a.m. to 1 p.m. Cost is \$5, ages 5 to 12. For details, go to [www.animalplace.org](http://www.animalplace.org).

\* **Thursday, June 29:** The deadline for submitting items for the July-August Gleaner. Please send recipes, essays, whatever to [sacveggie@hotmail.com](mailto:sacveggie@hotmail.com).

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