

# THE GLEANER

The bimonthly e-newsletter of the Sacramento Vegetarian Society  
October-December 2006; Volume 20, Number 5

## Gleaner returns from hibernation

“Better late than never” is the slender thread of hope that Gleaner’s editors are hoping will be the forgiving outlook of Sacramento Vegetarian Society members who have been waiting patiently for the September-October edition since, well, Aug. 31.

The Gleaner returns today, however, with news of coming events, a quick wrap-up of things recently past and a few feature stories to whet your appetite for the November-December Gleaner, which will be coming your way in February 2007. (A little lame, shamefaced humor there.)

Seriously, the deadline for submitting items for the next Gleaner is Friday, Oct. 27. Please send features, recipes, announcements, random vegetarian thoughts or whatnot to [sacveggie@hotmail.com](mailto:sacveggie@hotmail.com).

The next regularly scheduled SVS potluck will be at 5:30 p.m. Sunday, Oct. 15 in the Community Learning Center of the Sacramento Natural Foods Co-op, at the corner of Alhambra and S streets. All SVS members, their friends and those interested in any and all aspects of vegetarianism are invited to attend.

As usual, each potluck participant is asked to bring one dish that will feed at least six people. Ideally, the dish will be vegan (no animal ingredients whatsoever), as many of our members are vegans, and we all want to be able to

eat everything. Please bring a list of ingredients to accompany your dish, and e-mail the recipe to [sacveggie@hotmail.com](mailto:sacveggie@hotmail.com) if you are interested in it being printed in the Gleaner.

Also, we ask that you bring your own plates, bowls, glasses, utensils and the like. If you drive rather than walk or ride a bike, please park somewhere other than in the Co-op’s main parking lot, which is reserved for shoppers.

Generally, potluck socializing begins at 5:30 p.m. We all start dishing up food from the buffet at 6 and a brief business meeting is conducted from 6:45 until 7ish.

SVS potlucks are held on the third Sunday of every month, same time and location. Coming potlucks will be Nov. 19, Dec. 17, Jan. 21, Feb. 18, March 18, April 15, May 20 and June 17.

## SVS flocks to S.F. veggie day

Two cars with a total of nine SVS members made the familiar-to-many-of-us Interstate 80 trek to the World Vegetarian Day (which actually stretched over two days, Sept. 30 and Oct. 1) in San Francisco’s Golden Gate Park.

The outing was a full-day affair, launched before 8:45 a.m. and concluded around 10 p.m. In between, traffic proved not all that dreadful and the event was a pleasurable potpourri of food vendors (several of them raw), animal-

rights groups, well-known veggie authors such as Howard Lyman, and “concept” vendors (including a Christian vegetarian table).

Speakers such as Dr. Joel Fuhrman, author of the best-selling “Eat To Live,” kept veggie day participants engaged for much of the day—and reminding us the even we vegetarians, vegans and raw foodists need to eat more vegetables.. Festivities wrapped up with a vegan dinner that featured green salad, zucchini, pesto polenta, followed by apple pie with cashew cream and Soy Delicious for dessert. Several of us earlier had lunched at Herbivore, an all-vegan restaurant that required a much-appreciated 40-minute (each way) stroll through the park, its panhandle and a few urban blocks to reach it, including a jaunt down colorful Haight Street.

SVS participants were Kevin Biele, Lisa de Carlo, Don Knutson, Charlotte Markee, Don McNerny, Linda Middlesworth, Reed Parsell, Mary Rodgers and Kari Rose Parsell.

Markee suggested that next year, SVS carpoolers leave at a similar time but skip the World Vegetarian Day’s dinner, opting instead to have dinner at one of the Bay Area’s many vegetarian or vegan restaurants.

## **SVS dines out on kabobs, sushi**

**By Charlotte Markee**  
**SVS dine-out coordinator**

For our August dine-out we left the city and ventured out to Orangevale, to the family owned restaurant Kolbeh Kabob. Both turnout and food were good.

The appetizer was pita bread with fresh mint and basil. It was served with

butter on the side (there was no vegan alternative). I liked it without the added fat. The kitchen prepared a special dish not listed on the menu: okra and stewed tomatoes. The restaurant had a nice selection of vegetarian dishes, although few vegan options, as many dishes had feta cheese on top. I did not try the veggie kabob but it sure looked good, so I may return to try it.

In September we returned to the Second Saturday schedule for dine-outs. We gathered at Southside Park to see the San Francisco Mime Troupe perform. Don’t be afraid: They aren’t really mimes, but a really funny and relevant political/musical/comedy group. What a mouthful! Be sure to come see the show next September—then you’ll understand.

After the show, we went around the corner to Hitomi Espresso Café. This is a popular downtown lunch spot but a quiet dinner location. It does not have a large veggie menu, but does make some good vegetarian rolls. However, if you’re not a veggie sushi fan, and want have the chow mein or stir fried veggies, make sure to specify “vegetarian”—no fish sauce or chicken broth. As a rule, it is always good to ask when ordering.

The next dine-out will be Oct. 14 at Julianna’s Kitchen downtown, known for its falafels. And. I still am searching for a good vegan pizza. Please e-mail me at [charma63@earthlink.net](mailto:charma63@earthlink.net).

## **A glimpse at rural Chinese use of animals**

**By Don Knutson**

In my most recent trip to China, I traveled to far southwestern China in the Himalayas, just a matter of 15 km from the border with Myanmar, to the bustling tourist town of Lijiang.

The cobblestone streets of old town Lijiang, where vehicle traffic is prohibited, have literally thousands of small shops to buy virtually everything China is known for, from tea to spices to fabrics. And though most everything had a price posted, everything was subject to bargaining, something our corporate mindset as Americans has moved away from.

One day during our weeklong stay, we ventured to a farmers market just contiguous to the old town. We found an abundance of produce including the incredibly sweet Chinese mango, which is smaller than what we see here but with an intense flavor. But things soon took a turn for the worse when we entered the livestock section.

The first thing I saw was a row of severed yak heads with their tongues grotesquely extended from their mouths to show everything a buyer might get. Soon, we were surrounded by all sorts of animal parts, with all the accompanying flies ignored by the merchants.

And then we came to the killing area where six dogs in a cage were awaiting their fate at the hands of the butcher. Four of the dogs had given up and passively were awaiting their final moment, but the other two continued to bark, cry and struggle for freedom. Nearby sat cages and cages of emaciated ducks, geese and chickens waiting to be processed.

In the few minutes we were in the area, we saw a three-month old piglet and a chicken have their throats cut. A housewife came and purchased the chicken after it had been bled out and she carried it away by its feet. Later, a woman on the tour asked whether I as a vegan was “upset” or “insulted” by the killings I had seen. I replied, “I know that literally millions of animals are

slaughtered every day in America. Why should I be offended that two here were executed in my presence?”

As we were departing the market, two things I saw moved me. First, there were a couple of fish in a plastic bowl with shallow water gradually suffocating to death (freshness of meat is prized by Chinese). And then I saw a bowl with a single turtle struggling with all of his or her might to escape the confines, but the turtle kept sliding back. He or she was still determined to achieve the prize of freedom. I kept thinking about what the turtle would do once he or she had attained the prize, but the priority of the moment was clear.

Later in the day, as we were climbing a hillside to reach a Buddhist monastery outside of town, we looked out over a small village and heard the continual cries of pigs—indeed, there was a slaughterhouse in the middle of the village where they were being executed. I asked the tour guide whether we might go near there on our way back so we could see it. The bewildered guide said it would be out of our way.

When I travel, I am interested in observing life as it goes on where I am visiting.

Shall we blame the Chinese for the horrid state of animal affairs I witnessed at that market? I have traveled extensively in the developing world, and the abuse of animals is directly proportionate with the extent of impoverishment.

Furthermore, China endured famine during Mao's ill-fated Great Leap Forward and Cultural Revolution in the 1950s and '60s and the Chinese learned whatever animal or insect parts could be consumed for survival.

# A dummies guide to getting protein

By Charlotte Markee

What about protein? As vegetarians or vegans, we all have been asked how we get enough protein. Americans have been raised to believe that a healthful diet must include animal protein.

Bodybuilders and weightlifters have trusted that increasing the protein in their diets would create more muscle. But an increase in animal protein also creates diseases of excess. Animal protein has no fiber, very little complex carbohydrates (1), and of course is very high in saturated fat. What's the result? A slowdown in the colon, less energy and clogged arteries.

What is surprising is that in the cult "how to" book "Weightlifting for Dummies," the authors do not recommend an increase in protein. In fact, they imply that protein supplements are a waste of money, and a balanced diet, including a vegetarian diet, is all that is needed to be fit and increase muscle. The book's dietary recommendations say that an adequate protein intake for an omnivore is two eggs, one glass of milk and 4 ounces of chicken. Most omnivores easily eat twice that much protein in a single day. So how much protein do we need?

Experts recommend 0.4 grams of protein per day for every pound of body weight (2). For example, a person weighing 125 pounds would need 50 grams of protein every day. The average requirement is between 47 and 70 grams per day. Take the protein requirements for an omnivore: two eggs have 12 grams of protein, one glass of milk contains 8 grams of protein, and about 4 ounces of chicken has 30 grams of protein. Many omnivores eat this much

protein in one meal. Now, how easily can we convert that animal-based diet into a plant-based diet, increase our fiber and eliminate saturated fat as well?

We could replace the two eggs with 1 cup of instant oatmeal and 1 cup of soymilk. We could try two ounces of peanut butter on a slice of whole wheat bread instead of one glass of milk. A more nutritional alternative to 4 ounces of chicken would be a half-cup of tofu, 1 cup steamed broccoli and one medium baked potato. These examples are not complete meals, only ideas of how much protein is in what we eat.

What about protein? Forget the old four-basic food groups, where half the requirements were animal products. Bodybuilders, weightlifters and athletes of any level can get the recommend 47 to 70 grams of protein per day on a vegan diet. A balanced vegan diet contains all the protein needed, plus fiber, complex carbohydrates and other nutrients not found in animal protein.

The next time someone asks you if you get enough protein on a vegan diet, tell them, yes, it is easy to get the recommended 47 to 70 grams of protein per day on a plant-based diet, and that a plant-based diet is higher in fiber, which reduces the risk of getting colon and other cancers. Complex carbohydrates keep my energy level high and, finally, there's no saturated fat to clog my arteries. Why would I not eat a plant-based diet?

For more information, check out Jack Norris' website: <http://www.veganhealth.org/sh>  
Footnotes:

1. Barnard, Neal. Food for Life. 1993. Harmony Books, NY New York.
2. Norris, Jack. "Where do you get your Protein?"(2006)

<http://www.veganhealth.org/articles/protein>

# Some more spin about spinach

(Forwarded by SVS member  
Don Knutson)

This week, America shunned spinach after some bagged spinach was found to carry a deadly strain of E. coli bacteria. The Thursday Sept. 21 New York Times, however, included an op-ed by Nina Planck, author of “Real Food: What to Eat and Why,” who suggests spinach farmers are not the culprits.

In the piece titled “Leafy Green Sewage” (page A31), Planck wrote: “Indeed, this epidemic, which has infected more than 100 people and resulted in at least one death, probably has little to do with the folks who grow and package your greens. The detective trail ultimately leads back to a seemingly unrelated food industry: beef and dairy cattle.”

E. coli O157:H7 is different from most E. coli, which are harmless to humans, according to Planck. She wrote:

“Where does this particularly virulent strain come from? It's not found in the intestinal tracts of cattle raised on their natural diet of grass, hay and other fibrous forage. No, O157 thrives in a new—that is, recent in the history of animal diets—biological niche: the unnaturally acidic stomachs of beef and dairy cattle fed on grain, the typical ration on most industrial farms.

“It's the infected manure from these grain-fed cattle that contaminates the groundwater and spreads the bacteria to produce, like spinach, growing on neighboring farms,” she explains.

“The contamination of groundwater, floodwater and rivers—all irrigation sources on spinach farms—by

the E-coli-infected manure from cattle farms.

“The United States Department of Agriculture does recognize the threat from these huge lagoons of waste, and so pays 75 percent of the cost for a confinement cattle farmer to make manure pits watertight, either by lining them with concrete or building them above ground. But taxpayers are financing a policy that only treats the symptom, not the disease, and at great expense. There remains only one long-term remedy, and it's still the simplest one: Stop feeding grain to cattle.”

And she concludes:

“California's spinach industry is now the financial victim of an outbreak it probably did not cause, and meanwhile, thousands of acres of other produce are still downstream from these lakes of E. coli-ridden cattle manure. So give the spinach growers a break, and direct your attention to the people in our agricultural community who just might be able to solve this deadly problem: the beef and dairy farmers.”

You'll find the full piece online at <http://www.nytimes.com/2006/09/21/opinion/21planck.html>. It addresses a danger of factory farming from the standpoint of public health but does not mention animal welfare. Most cattle, fed on corn, live pathetic lives. Contrary to the images we remember from childhood of animals grazing in meadows, those raised for beef and milk today live in disgusting feedlots, often knee-deep in their own manure, with no protection from the elements.

In 2002, The New York Times Magazine ran a cover story, “This Steer's Life,” in which Berkeley author Michael Pollan documented the life of a steer from birth to death. That piece is available on Pollan's website at

<http://www.michaelpollan.com/article.php?id=14> . It is well worth reading.

Planck's op-ed deserves some appreciative letters to the editor against factory farming. Feel free to sing the praises of a veggie diet.

The New York Times takes letters at [letters@nytimes.com](mailto:letters@nytimes.com).

Always include your full name, address and daytime phone number when sending a letter to the editor. Remember that shorter letters are more likely to be published. And please be careful not to use any exact phrases from this alert in your letters; the editors wish to receive original reactions from their readers.

Yours and the animals',  
Karen Dawn, DawnWatch

## **Vegetarians calendar (from our weekly e-calendar)**

**Sunday, Oct. 15:** Second annual "Put Your Best Paw Forward" 5-kilometer walk for feral cats on Feral Cat Day, registration 8-9 a.m., walk starts at 9 a.m. at Southside Park. \$20 entry fee includes T-shirt. For details, visit [www.coalition4cats.org](http://www.coalition4cats.org).

**Sunday, Oct. 15:** 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, visit SVS' Web site at

[www.sacramentovegetariansociety.org](http://www.sacramentovegetariansociety.org).

**Wednesday, Oct. 18:** Victoria Boutenko, popular author of several best selling raw and living foods books, will present a lecture, "Greens Can Save Your Life: How To Enjoy Greens and Why We Need Them" 6:30-8:30 p.m.; Sierra 2 Center (Curtis Hall), 2791 24th St. (near Broadway); \$5 per person

includes lecture, handouts and a green smoothie. Please reserve a spot by contacting Verawnika Clay at (916) 366-3898 or [rawfood@comcast.net](mailto:rawfood@comcast.net).

**Thursday, Oct. 19:** Victoria Boutenko, popular author of several best selling raw and living foods books, will present a lecture, "Nourish your Body: Know the Signs of Malnourishment and How To Avoid It." 6:30-8:30 p.m.; Sierra 2 Center (Curtis Hall), 2791 24th St. (near Broadway); \$5 per person includes lecture, handouts, and a green smoothie. Please reserve a spot by contacting Verawnika Clay at (916) 366-3898 or [rawfood@comcast.net](mailto:rawfood@comcast.net).

**Saturday, Oct. 21:** Performing Animal Welfare Society's Third Annual Elephant Grape Stomp: An Afternoon in Tuskany is a fundraiser for PAWS at which you can explore the expansive ARK 2000 refuge in San Andreas, home to PAWS elephants, while dining on a Tuscan vegetarian catered buffet and sampling regional wines, 11:30 a.m.-3 p.m. Tickets \$100, reservations required (adults only). Call (916) 488-3991 or visit [www.pawsweb.org](http://www.pawsweb.org).

**Saturday, Oct. 21:** The Sacramento Society for the Prevention of Cruelty to Animals 20<sup>th</sup> Annual Reigning Cats and Dogs is a gala benefit for the SSPCA offering food, wine and beer tasting, silent and live auctions, and entertainment, 6:30-10 p.m., Sacramento Convention Center, 13<sup>th</sup> and J streets. Tickets \$65-\$75. Call (916) 383-7387 or go to [www.sspca.org](http://www.sspca.org). (Note: This is not a vegetarian event.)

**Saturday, Oct. 21:** The Sacramento Vegan Meet-up group will gather at 5 p.m. for a pumpkin-related evening of entertainment. For details, visit [www.vegan.meetup.com/105/](http://www.vegan.meetup.com/105/)

**Saturday, Nov. 18:** Farm Sanctuary near Orland is hosting its annual Celebration for the Turkeys, a vegan

alternative to traditional Thanksgiving meals, beginning at noon. The \$30 per-person charge includes a full meal. Reservations are required by Nov. 10; call (607) 583-2225, ext. 221 or visit [www.adoptaturkey.org](http://www.adoptaturkey.org). Note: SVS hopes to arrange a carpool for this event, should there be enough interest. If you'd like to participate, please e-mail [reedparsell@hotmail.com](mailto:reedparsell@hotmail.com) or respond to this message.

**Tuesday, Nov. 14:** Vegan chef Emily Webber presents a cooking class, "Warm and Wonderful Thanksgiving Sides" at 6 p.m. at Whole Foods Market Sacramento, Arden Way and Eastern Avenue. The menu: Spiced Butternut Squash and Coconut Milk Bisque, Modern Green Bean and Baby Portabella Casserole with Baked Onion Ring Topping, Sweet Balsamic Roasted Brussels Sprouts with Toasted Hazelnuts, Orange-Glazed Sweet Potatoes with Cranberries and Walnuts, Sweet Corn Pudding and Herbed Biscuits. \$35. For details, phone (916) 488-2800 or visit [www.wholefoods.com](http://www.wholefoods.com).

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**Monday, Nov. 20:** Vegan chef Emily Webber presents a cooking class, "A Very Vegetarian Thanksgiving" at 6 p.m. at Whole Foods Market Sacramento, Arden Way and Eastern Avenue. The menu: Holiday Salad: Mixed Greens with Pears, Cranberries, Tofu Feta and Spiced Pistachios with Cranberry-Zinfandel Dressing; Savory Homemade Seitan with Herbed Wild

Mushroom Gravy; Classic Herbed Wild Rice and Bread Stuffing; Roasted Green Beans with Lemon, Thyme and Toasted Pine Nuts; Mom's Cranberry Walnut Bread; and Grandma's Pumpkin Pie. For details, phone (916) 488-2800 or visit [www.wholefoods.com](http://www.wholefoods.com).

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