

THE GLEANER

The bimonthly e-newsletter of the Sacramento Vegetarian Society
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No neo-cons on this ballot

Just when you thought you were free from voting for a few months ...

The Sacramento Vegetarian Society is accepting nominations for our four elected offices: president, vice president, secretary and treasurer. We also seek input on the nonelected positions that



will be appointed by the new SVS Board of Directors in January: activity-group leader, dine-out coordinator, health and nutrition adviser, librarian, membership coordinator, newsletter editor, outreach coordinator, speaker coordinator and webmaster.

If you would like to nominate someone (and that someone could include yourself!) to one of the four elected positions, please do so by sending an e-mail to sacveggie@hotmail.com; please make "SVS board nominee" your subject line.

This year, Reed Parsell has been president and treasurer, Charlotte Markee has served as the vice president since Ken Jaffe moved to Texas in June, and Sheila Compton has continued her long-running reign as our secretary.

Separate e-mails will be sent to which you can reply with your nominations and, later, your votes. Participation is much appreciated!

Potlucks continue on third Sundays

The Gleaner is late once again, but less so than last time! In any event, it is unlikely you are reading this in time to make note of the fact:

Our next potluck is at 5:30 p.m. Sunday, Nov. 19 in the Community Learning Center of the Sacramento Natural Foods Co-op, at Alhambra Boulevard and S Street.

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: Nov. 19 and Dec. 17. In 2007, the dates are: Jan. 21, Feb. 18, March 18, April 15, May 20, June 17, July 15, Aug. 19, Sept. 16, Oct. 21, Nov. 18 and Dec. 16.

7 SVS members flock to turkey fest

Farm Sanctuary's annual Celebration for the Turkeys on Saturday, Nov. 18 attracted a small but committed bunch of SVS members, who carpooled

to the event 100 miles north of Sacramento in rolling hills near Orland.

David Middlesworth and Lisa DeCarlo were the generous drivers. Passengers were Don Knutson, Charlotte Markee and her mom, Rose, Linda Middlesworth, Reed Parsell and Kari Rose Parsell.

Highlights of the day include the feeding of the turkeys, up-close visits with pigs and cows, a vegan dinner with an impressive variety of dishes served in generous portions, and an inspirational presentation by guest speaker Lawrence Carter-Long. The former staff member for the Sacramento-based Animal Protection Institute began with a humorous retelling of his returning home to Indiana for the holidays when he was a newly minted vegetarian, and concluded with his deft and insightful handling of questions from the crowd – which numbered more than 100.

Celebration for the Turkeys marks one of the milestones of every year for SVS, and we hope that next year even more members will have the opportunity to participate.

Where do you get your greens?

By Charlotte Markee

I found World Vegetarian Day to be very inspirational. The week following this year's two-day festival, put on by the San Francisco Vegetarian Society Sept. 30-Oct. 1 in Golden Gate Park, I ate more fresh fruits and veggies than usual. I consumed kale, spinach, collard greens . . .

But the more time and distance between me and speakers Joel Fuhrman, M.D., and representatives from Organic Athlete, the more I found myself relapsing into my not-so-healthy diet.

Yes, being vegan does not always mean we eat what's best for us. We all know how to eat healthfully, so why is it so easy to eat unhealthfully? While I do not often rely on frozen or canned foods, I am very happy eating a baked potato or a bean burrito for dinner—and skipping the greens.

So I write this as a reminder to myself . . . and everyone striving to eat a more healthful diet. Try this easy recipe to include more greens in your diet, courteous of *Table for Two* by Joanne Stepaniak.

Stuffed Vegetable Rolls

6 large kale or collard green leaves
1/2 cup water or veggie broth
1/2 cup zucchini, diced
1/2 cup red bell pepper, chopped
1/3 cup bulgur, uncooked
2 tablespoons raisins
½ teaspoon dried basil leaves
1/4 teaspoon dried marjoram leaves, crushed
1/4 teaspoon garlic granules (or powered garlic)
1/4 teaspoon salt (or to taste)
1/8 teaspoon pepper
1/4 cup walnuts, chopped
1 teaspoon fresh lemon juice
1 8 ounce can tomato sauce
Tabasco sauce to taste

Remove the stems from the kale or collard greens. Place whole leaves in a steamer basket or steamer insert in a large saucepan filled with an inch of water. Bring the water to a boil. Cover the saucepan with a lid and reduce the heat to medium. Steam the leaves until they are wilted and very tender. (approx. 12 to 18 minutes). Remove the steamer from the saucepan and allow the leaves to cool.

Meanwhile, place the water, zucchini, red pepper, bulgur, raisins, herbs, garlic, salt and pepper into a 3-quart saucepan. Bring to a boil. Reduce the heat to medium. Cover the saucepan with a lid, and simmer the mixture for 8 minutes. Remove the saucepan from the heat, and let the mixture rest, covered, for 5 minutes.

Preheat the oven to 400 degrees.

Stir the walnuts and lemon juice into the cooked bulgur mixture.

Lay the cooked kale or collard greens leaves on a flat surface. Place about 1/3 cup of the bulgur mixture on each leaf in a strip near the stem end. Fold in the two lengthwise sides. Then, starting at the unfolded edge of the stem end, carefully, roll up each leaf to enclose the filling.

Stir Tabasco sauce into the tomato sauce. Then spoon 1/3 cup of the sauce into a 10-inch glass pie plate or shallow baking dish.

Place the vegetable rolls, seam side down, in to a single layer in the sauce. Spoon the remaining sauce over the rolls.

Place a lid on the casserole dish or cover with foil. Bake for 20 minutes. Serve hot.

This recipe for two may sound complicated, but it can be prepared easily and does not trash the kitchen. Enjoy, eat to live, live to eat . . . food can be good *and* good for you.

Read all about it: Ethics of eating

Just in time for the food-focused holiday season, and as the movie *Fast Food Nation* plays in theaters across the country, an article in November's *Sacramento* magazine takes a look at the ethics of eating.

For the article, *Sac* mag contributing writer (and SVS president) Reed Parsell asked a sampling of Sacramentans how they grapple with the ethical implications of what they eat—whether they are at all concerned with the impact their food choices have on animal welfare, farm workers' lives and the environment. SVS members Don Knutson and Juana Rogers are quoted in the story. So, the next time you're in the grocery checkout line or at a bookstore, be sure to check this month's issue out. Also, once December is here, the article should be posted online on *Sacramento* magazine's website, www.sacmag.com.

Veggie restaurants in Greater L.A.

By Reed Parsell

(Note: This article was written for the *Las Vegas Review-Journal* and the *Santa Barbara News Press*)

PASADENA, Calif.—Things don't look too promising for the hungry vegan couple as they survey the scene at Lake Avenue and Boylston Street. Carl's Jr. at one corner, McDonald's across the street, KFC at the third corner and . . . What does that placard on the fourth corner, at the Olean restaurant, say? Could it be?

"The first vegetarian fast-food drive-thru" is what it says, and on that cloudless August afternoon my wife and I felt as though we had just won the lottery. My selections—a burger, fries and a soft drink—proved to be quite yummy and harked back to my pre-1988 life as a meat-snarfing young man on the "all-American" diet. Burritos, chili dogs and pizzas also are on Olean's menu, with the only ingredient not qualifying as vegan (no animal products whatsoever) being the optional

vegetarian cheese, which contains casein (a milk byproduct).

The Greater Los Angeles area is one of the greater places on the planet for vegetarians and vegans who enjoy eating out. Sure, getting around in this motorist's nightmare of perpetually clogged freeways and backed-up surface streets can give anyone an upset stomach. But once you are seated in any of the region's many peaceful, welcoming "beans and greens" establishments, drive-time frustrations melt away and taste buds' clamor for food becomes more insistent than deafening car alarms.

I once lived in Torrance and still a couple times a year escape from vegetarian-unfriendly Sacramento to see friends and dine at some outstanding veggie restaurants in Southern California. The eatery I used to patronize when I resided down there in the early 1990s, and my sentimental favorite, is The Spot (www.worldfamouspot.com), at 101 Second St. in Hermosa Beach. This is a quiet, friendly place that's only a two-minute walk from the beach and its miles-long pedestrian and bicycle path.

The Spot is vegetarian, not vegan, so some dishes contain cheese, eggs and/or milk. I always—no exceptions, much to the chagrin of my more adventuresome wife—opt for the Super Garden Burrito (slightly less than \$10), which consists of garden veggies, baked tofu and beans (black or pinto) wrapped in a tortilla that is smothered in "savory sauce." That condiment used to be sensational, and still is wonderful despite recent tinkering that makes it less oily and fattening. (Don't you hate it when health food gets more healthful?) Basically, it consists of tofu, almond (or safflower) oil, brewer's yeast, soy sauce and a few spices blended to cream-

colored goodness. Who needs cheese when there's savory sauce?

Well, Native Cheese certainly is worth pursuing. The best fake cheese I have ever tasted, and I have tried dozens of them, graces several dishes at Native Foods (www.nativefoods.com). At 1110 Gayley Ave., near UCLA and the Wilshire Boulevard exit off Interstate 405, Native Foods is hands-down the best vegan restaurant in the state, if not the country. Its foods are simple, varied and exceptionally realized, at reasonable prizes. The Mama Mia pizza (\$13.95), Philly Peppersteak Sandwich (\$9.25), Chili Cheese Fries (\$6.50) and Sam's Native Cheesecake (\$5) all are great. I imagine everything else is, too, but I can't help but stick with my favorites.

Native Foods, by the way, is also in Costa Mesa, Palm Desert and Palm Springs. If you are a vegetarian, you simply cannot miss this place. It's worth driving many, many miles out of your way to experience Native Foods.

My wife and I also are impressed with Leaf Cuisine (www.leafcuisine.com), a neat and tidy little restaurant at 11938 W. Washington Blvd. in Culver City. (A branch recently opened in Sherman Oaks.) This place practically screams "It's good for you!" The —and this is a mouthful for the health-food crowd—is organic, vegan, raw and kosher. We tried three wraps, all \$8 and loaded with greens and other salad ingredients: the Bombay Burrito (lentil croquettes with coconut curry sauce), the Flying Falafel (sprouted chickpea falafel croquettes with tahini sauce) and the Mediterranean Medley (sun-dried tomato and walnut croquettes with spinach pesto sauce).

Everything was delicious, with the sauces exceptionally tasty. And best of all, the food made us *feel* good. Just

what the doctor ordered—the doctor who cares about nutrition, that is, which if you will allow me to say so is a rare breed of doctor indeed.

In my opinion, The Spot, Native Foods and Leaf Cuisine represent the best of Los Angeles-area vegetarian restaurants. Honorable mentions include Real Food Daily (www.realfood.com), a popular, all-vegan eatery with locations in Santa Monica and West Hollywood . Its varied fare includes tacos, nut loafs and soups, though I strongly suggest you avoid ordering the BBQ Tofu Chop Salad, a dish that doesn't seem to know what it wants to be and as a result isn't much of anything. Follow Your Heart (21825 Sherman Way in Canoga Park), a combination health-food store and restaurant in the San Fernando Valley , has an extensive selection of veggie fare. Friday night is pizza night; we found the crust to be superb but were not impressed with the tofu topping, which was too mild and too liberally employed.

As for Olean in Pasadena , here's something else it offers that vegans are unlikely to encounter anywhere else: Soft-serve "ice cream." Yum! To find more vegetarian, vegan and raw restaurants in the Greater Los Angeles area, check out Miki's Guide to Vegan Dining in L.A.!(www.randomgirl.com/veganla.html) and Vegetarians in Paradise(www.vegparadise.com/restaurants/html).

SVS calendar to mid-January

(From our weekly e-calendar)

Sunday, Nov. 19: 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' website at

www.sacramentovegetariansociety.org.

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.

Tuesday, Nov. 21: "Raw Transformation," a presentation by Matt Monarch, author of "Raw Spirit" who has been eating 100 percent raw foods for six years. 6:30 to 8:30 p.m. For location and other details, contact the Sacramento Natural Foods Co-op (916) 455-2667.

Tuesday, Nov. 21: "Raw, Healthy, Fit & Fabulous!" a cooking-class demonstration by Pamela Spencer, a nutritionist and raw-food chef. \$25. At 6:30 p.m. the first and third Tuesday of every month at Whole Foods Market, at Eastern Avenue and Arden Way. Register at least 24 hours in advance: (916) 488-2800 or www.wholefoods.com.

Thursday, Nov. 23: Join the Sacramento Vegetarian Society for its fifth (at least!) annual Vegan Thanksgiving Potluck, at the Southside Park Co-housing Common House, 434 T Street, (SW corner of 5th and T streets).

Doors open at 6 p.m. and dining begins at 6:30 p.m. Donations from SVS members welcome; nonmembers are asked to pay \$5. Please RSVP and indicate what type of dish you are bringing (we ask that it be enough for at least six servings) by Monday, Nov. 20 by e-mailing Reed Parsell at reedparsell@hotmail.com.

Sunday, Dec. 10: The San Joaquin Vegans group gathers at 5:30 p.m. at the Peace and Justice Center, 329 Bedford St. in Stockton. (The Miracle Mile area off Pacific Avenue. At Tap Plastics, turn right.) Each person is asked to bring enough for eight servings; a \$1 donation is requested, or \$9 without food. RSVP via e-mail to SJVegans@hotmail.com.

Sunday, Dec. 17: 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' website at www.sacramentovegetariansociety.org.

Monday, Jan. 1: The deadline to submit articles or comments for publication in the January-February edition of the Sacramento Vegetarian Society's Gleaner e-newsletter.

Tuesday, Jan. 4: "Naturally Healthy Weight Loss," a lecture and demonstration-style class by Emily Barth Webber, vegan chef. \$35. At 6 p.m. at Whole Foods Market, at Eastern Avenue and Arden Way. Emily shares with you her personal tips for achieving and then maintaining a trim and sexy figure without counting calories and while really enjoying lots of delicious, yet healthy, whole, organic plant-based cuisine. Register at least 24 hours in advance: (916) 488-2800 or www.wholefoods.com.

Sunday, Jan. 7: The San Joaquin Vegans group gathers at 5:30 p.m. at the Peace and Justice Center, 329 Bedford St. in Stockton. (The Miracle Mile area off Pacific Avenue. At Tap Plastics, turn right.) Each person is asked to bring enough for eight servings; a \$1 donation is requested, or \$9 without food. RSVP via e-mail to SJVegans@hotmail.com.

Thursday, Jan. 18: "Gourmet Vegetarian Cooking Class: New Year's Resolution Cooking," with Meredith McCarty. \$55. At 6:30 p.m. at Whole Foods Market, at Eastern Avenue and Arden Way. Learn how to prevent cravings, how to manage menopausal symptoms, and how to eat to prevent and recover from a broad spectrum of illnesses from the common cold to breast cancer, heart disease or diabetes. Register at least 24 hours in advance: (916) 488-2800 or www.wholefoods.com.

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