

The Gleaner

Published bimonthly by

Sacramento Vegetarian Society



For the animals. For your health. For our planet.

Peanuts and Salmonella—the Real Story

Daniel Elmer Salmon and Theobald Smith knew back in 1885, when they discovered the *Salmonella* bacterium, where those microbes came from. Why doesn't press coverage include the available knowledge the public needs to know about the largest food recall in history?

Next time you run into a press report on the recent salmonella contamination of peanuts, there will likely be no mention of animals as the source of the contamination. We're reprinting Dr. Barnard's article because it so clearly spells out what we all need to know—and share.

We're hoping that every time you come across an incomplete report, you'll respond to the media source responsible with a fact or two out of Dr. Barnard's editorial to set the record straight. —ed.

NEAL D. BARNARD, M.D., *President, Physicians Committee for Responsible Medicine*

Jan 28, 2009—It's as if the whole nation just acquired a peanut allergy. As a salmonella outbreak sickens hundreds of people across the country, federal health officials are warning consumers not to eat products containing peanut butter until they get more information about which products are behind the outbreak. Peanut butter cookies, peanut butter crackers, even cereal that contains peanut butter—it's all off limits until further notice.

The proximate source of the outbreak, according to the Food and Drug Administration, is peanut butter and peanut paste made by the Peanut Corporation of America at its Blakely, Ga., processing plant.

Sound familiar? Once again, a previously innocuous food product is being linked to a life-threatening foodborne illness. In 2006, spinach was pulled off store shelves for a month due to *E. coli*. In 2008, the problem products were tomatoes, which health officials believed were behind a huge salmonella outbreak that sickened hundreds of Americans. And now peanuts are under scrutiny.

As a physician, I am profoundly troubled by this situation. Salmonella, *E. coli*, campylobacter—national outbreaks of foodborne illnesses are coming fast and

furiously, and federal officials seem to be scrambling just to warn consumers, let alone head off these problems at the source. Perhaps that's because regulators aren't focusing on the underlying problem.

Salmonella and *E. coli* are intestinal bacteria. But spinach has no intestine.

Neither do tomatoes. And neither do peanuts. When produce becomes tainted, it's usually because feces from an infected animal contaminated the fertilizer or irrigation water used in the fields. 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 the 2006 spinach *E. coli* outbreak, according to an investigation by the FDA.**

The government must acknowledge that the original source of this salmonella outbreak is not peanuts—it's our out-of-control factory farming system.

Americans now eat more than one million animals per hour, and as demand for cheap meat grows, thousands more factory farms, feedlots, and other agribusiness operations are popping up across the country. A single factory farm often houses hundreds of thousands of animals and produces as much waste as a small city. In fact, **factory farm runoff is the biggest water**

pollution problem in the United States. And the animal waste in this runoff contains pathogens—salmonella, *E. coli*, and other bacteria—that can be 10 to 100 times more concentrated than in human waste.

Georgia, home of the accused peanut processing plant, ranks #1 in the country in the production of chicken meat and eggs—and also in peanuts. With Georgia's poultry industry raising more than 1.3 billion birds a year in crowded, often unsanitary conditions, it's no surprise that some of the billions of peanuts grown in the state are infected with salmonella and other bacteria. Many counties in Georgia produce both poultry and peanuts, which makes it easy for deadly bacteria to travel through runoff into adjacent fields where peanuts and other crops are grown. But many other parts of the country, from Maryland to California, host huge factory farms—and face similar pollution problems.

I hope policymakers will take immediate action in protecting our food supply and investigate animal agriculture as the original source of this salmonella outbreak. But while we're waiting, consumers can help curtail factory farm pollution by simply opting for meatless meals. If more of us followed a plant-based diet, the number of animals on farms would decrease. This health change would help reduce everyone's risk of foodborne illness. It wouldn't hurt our cholesterol levels either.

Reprinted with permission from PCRM (emphasis added). Dr. Barnard may be reached at:

5100 Wisconsin Ave., N.W., Suite 400

Washington, DC 20016

Web site: www.pcrm.org

Illustration: Florida Center for Instructional Technology
<http://etc.usf.edu/clipart>



Sacramento Vegetarian Society

For the animals. For your health. For our planet.

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Mail: P.O. Box 163583, Sacramento, CA 95816-9583
Phone: (916) 967-2472
Web: <http://www.sacramentovegetariansociety.org/>

Mission Statement:

The Sacramento Vegetarian Society (SVS) is an association which recognizes vegetarianism to mean abstinence from flesh, including fish and fowl.

The Society encourages vegetarians and non-vegetarians to participate.

SVS will not discriminate on the basis of race, color, creed, sex, age, or sexual preference.

SVS operates on a non-profit basis.

SVS Officers

Linda Middlesworth, *President*
Marty Maskall, *Vice President*
Sheri Kindsvater, *Secretary*
Don Knutson, *Treasurer*
Mary Rodgers, *Public Relations Coordinator*
Mary Rodgers, *Newsletter Coordinator*
Ilsa Hess, *Events Coordinator*
Don McNerney, *Librarian*
Marty Maskall, *Webmaster*

The Gleaner

is published bimonthly by SVS.

Submission Guidelines

Send submissions or inquiries to:

Newsletter Coordinator: mrodgers@macnexus.org.

Submissions of articles relating to the various aspects of vegetarianism, including nutrition, animal rights, environmental impacts of food production, and political issues are welcome, as are vegetarian or vegan recipes, editorial commentary, book reviews, and announcements of upcoming events. Submissions are accepted electronically as e-mail attachments. Contact the Newsletter Coordinator or check the website for formatting specifications.

Submission deadlines for articles:

March–April 2009: Feb. 23, 2009;

May–June 2009: April 12, 2009;

July–August 2009: June 14, 2009;

September–October 2009: Aug. 17, 2009;

November–December 2009: Oct. 12, 2009

From the President

LINDA MIDDLESWORTH

I would like to thank Reed Parsell, president of SVS for the past 3 years, as well as his supportive wife, Kari. Without them, SVS would not be the success it is today. I know all the members appreciate their wonderful work on our behalf. It takes organization and commitment to keep SVS going.

They had the help of Charlotte Markee, who tirelessly organized our dine-outs; Sheila Compton, who took notes as our secretary; and Don McNerney, who maintained our library. They also had the support of Don Knutson, who hosted our Thanksgivings and meetings whenever we needed a warm, hospitable place to gather and munch on great vegan food.

I am thrilled at becoming the new president of SVS. I believe my role will be about facilitation. We have great people who have stepped up to the plate to assist in continued SVS success. Marty Maskall is our Vice President and Webmaster; Mary Rodgers, our PR and Newsletter Coordinator; Ilsa Hess, our Events Coordinator; Don Knutson, our Treasurer; Sheri Kindsvater, our Secretary; and Don McNerney, our Librarian. Wendy Hoffspeigel is on the Events Committee, and we are looking volunteers to help with the Events and Newsletter Committees. We look forward to your help at any time; get in touch at sacveggie@hotmail.com. With more people assisting SVS, the better our chances are for an exciting future.

I would like to see us have a bigger presence in Sacramento. We can do this by using press releases, flyers, and ads in local papers. I believe that not many people know we exist and would welcome the camaraderie of compassionate, healthy people such as ourselves. We have a lot of events in mind already with speakers, movies, cooking demos, and more. We will cover all aspects of being vegetarian, including political, animal advocacy, environmental issues and, of course, health and nutrition. Our SVS tag line encompasses our mutual goals:

For the animals. For your health. For our planet.

I am hoping to see you all with your great vegan dishes at the next potluck!

SVS on the Move ...

Change is inevitable, and changes are in the works at SVS ...

New Logo: Linda Middlesworth's new SVS logo design graces this issue in its plant and earthtone colors.

Website Update: Marty Maskall's weeks of work on the SVS website will be evident to you next time you visit sacramentovegetariansociety.org, which we invite you to do soon! Marty would love to hear your comments and suggestions. Drop her a line at mmaskall@pacbell.net.

and some soon to come: here's where you come in ...

Name this newsletter contest! The *Gleaner* has a new look and is ready for a new name. Please send your suggestions to the Newsletter Coordinator (mrodgers@macnexus.org) by the next potluck date—March 15. The winner will receive a free year's membership in SVS.

About Nutrition

LINDA MIDDLESWORTH

Just today (Feb. 8) in a *Newsweek* Health and Wellness article, the author, a doctor, suggested that we drink hormone-free milk to prevent breast cancer. Does he not know that even milk without added hormones has natural hormones, making it impossible to drink hormone-free cow's milk? The natural hormones in milk are meant for calves, not humans.

If you are still an ovo-lacto vegetarian, I encourage you to try to replace your dairy, in all forms, with non-dairy versions made with soy, rice, almond, or hemp. This is to ensure a healthier you, with less risk of breast or prostate cancer as just one of the many benefits.

Going vegan will vastly improve your health. A vegan diet is a plant-based diet devoid of animal protein or animal products of any kind, including fish, eggs, cheese, milk, or meat. This may sound restrictive at first, but once you get the delicious recipes together, you will not feel deprived at all. This way of eating will help you prevent cancer, obesity, type-2 diabetes, heart disease, digestive disorders, and degenerative diseases such as arthritis. According to one of my favorite medical doctors, John McDougall, the following guide¹ lists the foods to eat and also to avoid to become the healthy, vibrant person you want to be.

- Whole grains and noodles (eggless), oats, bran
- Whole grain flours
- Beans, all kinds
- Potatoes, especially Yukon gold or red, or sweet potatoes
- Green and yellow veggies (especially kale)
- Round veggies such as cucumber, okra, onions, peppers, tomatoes, and all mushrooms
- Root veggies such as beets, radishes, rutabaga, turnips, celery root
- Herbs such as parsley, cumin, cilantro, basil, thyme, sage, and rosemary
- Limit fruits to 2 or 3 servings per day (½ cup per serving)
- Use nut butters such as peanut and almond, tahini, olives, avocados, and higher fat tofu sparingly or not at all if you are trying to lose weight. Avoid olive and other veggie oils. Olive oil, for instance, has 14–17% saturated fat and is a processed, nonfiber food and is 100% fat with 9 calories per gram, compared to 4 calories for complex carbohydrates.
- Eat no animal proteins. This helps to prevent the chronic health issues listed above. Dairy proteins also attack the enzymes needed to remove cholesterol.
- Eat until you are full, not stuffed! Eat meals regularly.
- Try to limit your salt to ½ teaspoon per day.
- Avoid isolated soy proteins, such as in fake meats.
- Limit or avoid alcohol.
- Avoid coffee and drink green and black teas.
- Replace sodas with mineral water or plain water.

Tip: To reduce fat in baked goods, I replace oils with applesauce; for main dishes, I use fat-free veggie broth or water.

1. Adapted from *The McDougall Program: 12 Days to Dynamic Health*, by Dr. John A. McDougall.

Linda Middlesworth is a Certified Personal Trainer specializing in nutrition.

Linda's Suggested Links/Reads

- Dr. John McDougall's website
(www.drmcDougall.com/)
- Physicians Committee for Responsible Medicine (www.pcrm.org/).
- Cookbooks: *The Peaceful Palate*, by Jennifer Raymond; *Vegan Vittles: Recipes Inspired by the Critters of Farm Sanctuary*, by Joanne Stepaniak.
- *Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes without Drugs*, has some of my favorite recipes.

—Linda Middlesworth

Jack's Suggested Links

Recently updated VeganHealth.org pages:

<http://www.veganhealth.org/articles/omega3>

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

Jack's blog's RSS feed; subscribe at:

<http://jacknorrisrd.com/>

Dina Aronson's blog:

<http://veganrd.blogspot.com/>

PCRM's "Breaking Medical news" mailing list in which they send out short emails about new studies as they come out: http://support.pcrm.org/site/PageServer?pagename=pcrm_publication_sub.

—Jack Norris, President, Vegan Outreach

Bodhi Vegetarian House Vegan Cooking Classes

Here's one of the best deals in town!

For \$10, Bodhi Vegetarian House will teach you how to make a delicious, nutritious, vegan, multi-course meal, and the meal is included in the cost of the class.

For information on upcoming Sunday cooking classes, call 853-1645 or e-mail annalong@bodhivegetarianhouse.com.

Bodhi Vegetarian House is at 10899 Olson Drive in Rancho Cordova, just east of Zinfandel.

Kentucky Fried Chicken: They Do Chicken *Wrong*

CAMILLA KENDALL

Imagine if, shortly after you were born, your nose were cut from your face, your nails were ripped out, you were crammed in close quarters with hundreds of others, and you were never allowed to go outside. Then, when your unnaturally short, tortured life was deemed over, you were scalded alive, fully conscious, before you were slaughtered. It seems unimaginable, doesn't it? But, this is the life of a chicken destined for a Kentucky Fried Chicken (KFC) restaurant.

Chickens demonstrate sophisticated social behaviors and exist in stable, social groups. They have over 24 different vocalizations for communicating within their group. They can recognize over 100 different chickens and remember them—that's better than me! Their ability to problem solve, in some cases, is even beyond that of a small child. When an object is taken away and hidden, they know it still exists—again, better than me, which is why you'll never get that twenty dollars I owe you!

Chickens are sentient and intelligent beings, yet they are massacred by the billions. In fact, out of the 10 billion animals slaughtered each year in the United States, 9 billion of them are chickens. Because 95 percent of the animals slaughtered are chickens, they are exempt from the humane slaughter act (not that any of these animals are slaughtered humanely). And, KFC's raising and slaughtering practices are some of the worst.

PETA, after failed negotiations with KFC requesting they introduce more humane practices, started their worldwide "Kentucky Fried Cruelty" campaign back in 2003. It's been a long fight and the battle is not nearly won, but there have been some changes. Canada's KFCs and PETA have made some negotiations and, according to the new plan, the company that coordinates the purchasing of chickens for all Canadian KFCs will take the following actions:

- Ensure the phase-in of 100 percent of chicken purchases from suppliers that use controlled-atmosphere killing (CAK)—the least cruel form of poultry slaughter ever developed. (Go to <http://www.peta.org/cak/> to see a short video presentation of the CAK method).
- Improve the audits used to monitor Canadian KFCs' chicken suppliers in order to reduce the number of broken bones and other injuries suffered by birds.
- Urge Canadian KFCs' chicken suppliers to adopt better practices, including improved lighting, more space for birds, lower ammonia levels, and a phase-out of growth-promoting drugs and breeding practices that painfully cripple chickens.
- Form an animal welfare advisory panel to monitor the changes and recommend further advancements.



Getting a few things right up north: Animal rights activists Alex Bury and Jack Norris tie the knot at a KFC in Toronto to support Canadian KFC's adoption of several humane practices.

KFC, continued on page 5

Obama Appoints Vegetarian Animal Rights Activist

DON KNUTSON

Much has been written about Barack Obama's choices for his Cabinet and advisors, but there has been little coverage of whether any of his selections has a background in the area of animal rights. And now, there is at least one.

On January 7, *The Wall Street Journal* reported that Cass R. Sunstein, a Harvard Professor of Law and a vegetarian, had been appointed to head the White House Office of Information and Regulatory Affairs (OIRA), a position customarily referred to as "regulatory czar." As OIRA administrator, Sunstein would have considerable authority in steering the federal government's political direction.

According to the Center for Consumer Freedom, an organization critical of vegetarianism and animal rights concerns, and likely funded by ranching interests, Sunstein has been quoted as follows:

- In a 2002 working paper, while at the University of Chicago Law School, he wrote: "[T]here should be extensive

regulation of the use of animals in entertainment, scientific experiments, and agriculture."

- In a 2004 book, *Animal Rights: Current Debates and New Directions*, which he co-edited, he apparently attempted to bring about a framework to give animals the legal right to file lawsuits, "[A]nimals should be permitted to bring suit, with human beings as their representatives, to prevent violations of current law . . . Any animals that are entitled to bring suit would be represented by (human) counsel, who would owe guardian-like obligations and make decisions, subject to those obligations, on their clients' behalf."
- And, in a speech delivered at a 2007 Harvard University conference, *Facing Animals*, he said, "We ought to ban hunting, I suggest, if there isn't a purpose other than sport and fun. That should be against the law. It's time now." He also advocated, "eliminating current practices such as greyhound

racing, cosmetic testing, and meat eating, most controversially." Additionally, he describes the treatment of farm animals as "a form of unconscionable barbarity not the same as, but in many ways morally akin to, slavery and mass extermination of human beings."

Much of his speech can be heard online at: <http://video.google.com/videoplay?docid=2586700172704318361>.

Finally, a touching story in Wikipedia clearly reveals Sunstein's pro-animal leanings: "Sunstein had a pet Rhodesian Ridgeback, Perry. During the Clinton impeachment hearings, Sunstein grew tired of appearing on news programs, and agreed to appear on Greta Van Susteren's CNN program only if he could bring Perry on the show with him; she agreed. Perry died in the fall of 2008. The University of Chicago Law School has created the Perry/Sunstein fund in Perry's memory, a scholarship fund for a student with an interest in animal welfare."

Don Knutson is the SVS Treasurer

KFC, continued from page 4

The majority of KFCs in Canada have also added a faux-chicken menu item to their restaurants. Our fellow activists Jack Norris, from Vegan Outreach, and Alex Bury, PETA member, celebrated these changes by getting married at a KFC in Toronto, Canada! They showed their support for the negotiations by dining on the restaurant's new mock-chicken Classic Vegetarian Sandwich. Mmm, I'm getting hungry!

So, people, activists, and chicken lovers, we can't give up the fight! This is proof—our efforts can make a difference. Please join your fellow activists and me in future KFC demonstrations, which will be posted on the SVS calendar. Let's expose KFC's secret: how they do chickens wrong!

Prop 2: Historic Ballot Win for Farm Animals

JENNIFER HILLMAN

Director of Ballot Issue Campaigns, The Humane Society of the United States

On November 4, 2008, 8 million Californians voted with compassion and passed Proposition 2, the historic initiative that will prevent the most egregious of farm animal confinement methods. Egg-laying hens, breeding pigs, and veal calves will no longer be stuffed into crates and cages so small that they are unable to turn around, lie down, and extend their limbs or wings. More than 4,000 volunteers helped to collect close to 800,000 signatures—many of you were part of that amazing effort. In addition, a huge coalition of endorsing individuals and organizations supported Proposition 2, including more than 700 California veterinarians, more than 30 newspapers, more than 100 California family farmers, 100 California elected officials, and the cities of Los Angeles, San Diego, San Francisco, Sacramento, and others.

With the passage of this critical initiative, the link between animal welfare and social justice was reflected in the new partnerships created during the California campaign, including that with the Sacramento Vegetarian Society. Led by The Humane Society of the United States and Farm Sanctuary, the leaders and volunteers of this historic campaign should plan to continue efforts to reach out to farmers and retailers in California to help them transition to more humane practices.

Jennifer Hillman can be reached at jhillman@hsus.org.

Vegan Outreach to Leaflet Colleges in Sacramento

Vegan Outreach is a nonprofit group dedicated to reducing suffering and ending animal cruelty through the distribution of 16-page, full-color brochures detailing the conditions of factory farms and offering plant-based diet alternatives. Vegan Outreach's focus is primarily on leafleting college campuses, and in 2003 the Adopt-A-College program officially began. This program includes a website of college campuses; leafleting totals from individuals, student groups, and local activist groups; and tips and strategies for volunteers.

From 2001 to 2008, Jack Norris, Vegan Outreach President, lived in Sacramento and was able to leaflet local colleges on a regular basis.

This leafleting increased in 2007 when Vegan Outreach hired Brian Grupe to leaflet part-time in Sacramento. Brian now lives in Oakland and is Vegan Outreach's Bay Area Outreach Coordinator, but he will still be leafleting Sacramento colleges. At least 100,000 brochures have been handed to Sacramento students over the last 6 years.

Local colleges that provide great leafleting opportunities are Sacramento State, Cosumnes River College, American River College, Sacramento City College, Sierra College, and UC Davis.

Brian shares an experience in Sacramento: "The last time I leafleted my alma

mater, Sacramento State, four individuals told me they had stopped eating meat from receiving a brochure directly from me."

Vegan Outreach currently has paid leafleters in California, New York, Illinois, and Pennsylvania. However, it is the support that is received from volunteers and donors alike that keeps Vegan Outreach going strong.

You can help: Brian will be leafleting in Sacramento a few times this semester. He generally leaflets a college campus from 8:30 a.m. to 1:30 p.m. or later, depending on student foot traffic. If you would like to join him, or have any questions about Sacramento leafleting, or leafleting in general, please send an e-mail message to him at brian@veganoutreach.org.

Vegan Outreach Links

Adopt A College program:

<http://www.veganhealth.org/colleges>

A Meaningful Life (Essay by Matt Ball on the Vegan Outreach philosophy):

<http://www.veganoutreach.org/advocacy/meaningfullife.html>

History of Vegan Outreach:

<http://www.veganoutreach.org/articles/history.html>

Ordering materials:

<http://www.veganoutreach.org/catalog/>

Calendar

Send calendar entries for the March–April '09 issue by Feb. 25, to MRODGERS@MACNEXUS.ORG.

Sat., February 21

Vegetarian Indian Feast. 10–12:30. 1914 Alhambra Blvd. **Vegetarian cooking class.** \$45–35. Instructor: Shankari Easwaran. Register through Sacramento Natural Foods Co-op, 916-455-COOP.

Wed., February 25

A Simple Way to Change the World: Support Local Growers. 2791 24th Street, Sac. See p. 7 for full details on the **organic vegan dinner from Eileen's Kitchen and wine tasting** 6–7 p.m., and **panel discussion** 7:30–9:30 p.m.

Sat., February 28

In the Kitchen with Eileen, 2:30–5 p.m. 1914 Alhambra Blvd. **Vegetarian cooking class.** Sign up through the Sacramento Natural Foods Co-op, 916-455-COOP.

Fri., March 13

Eileen's Kitchen. 6–8 p.m. 1914 Alhambra Blvd. **Seasonal, organic, vegetarian community dinner;** benefits Soil Born Farms. Live music. Registration required, SNFC: 916-455-COOP. \$25.

Sat., March 14

Hearty Vegan Soups and Stews. 10 a.m.–12 noon. 1914 Alhambra Blvd. **Vegan cooking class.** \$35–25. Instructor: Wim van Warmerdam. Register through Sacramento Natural Foods Co-op, 916-455-COOP.

Sat., March 14

SVS Dine-Out. 6 p.m. Location TBA.

Sun., March 15

SVS Monthly Potluck. 5:30–7:30. 1914 Alhambra Blvd. Bring vegan or vegetarian food or drink for eight, a list of ingredients, your utensils, and mark whether your offering is vegan or vegetarian. Free with potluck dish; \$4 for those who arrive empty handed. Program TB A: check website.



Brian Grupe leafleting for Vegan Action

Roasted Sweet Potato Wedges

Makes 4 servings

2 medium sweet potatoes, cut into wedges
1/8 teaspoon cinnamon
1/4 teaspoon seasoned salt
1/4 teaspoon ground cumin
1/8 teaspoon black pepper
1/4 teaspoon garlic powder
1 vegetable oil spray

Preheat oven to 450 F.

Combine sweet potatoes, cinnamon, salt, cumin, black pepper, and garlic powder in a plastic bag. Seal and shake. Place sweet potatoes on a baking sheet (do not overlap) coated with vegetable oil spray. Bake for 20 minutes or until very tender, flipping potatoes once during cooking.

Nutrition Information Per serving (1/4 of recipe):

Calories: 53	Protein: 1.2 g	Calcium: 24 mg
Fat: 0.1 g	Carbohydrates: 12.1 g	Iron: 0.5 mg
Saturated Fat: 0 g	Sugar: 4.8 g	Vitamin C: 11.3 mg
Calories from Fat: 2.1%	Fiber: 2 g	Beta-Carotene: 6,561 mcg
Cholesterol: 0 mg	Sodium: 106 mg	Vitamin E: 0.4 mg

This recipe is a preview from the upcoming NEW EDITION of *The Survivor's Handbook: Eating Right for Cancer Survival*.

Go to <http://www.cancerproject.org/recipes/index.php> to view the Cancer Project Recipe of the Week Archive. The Cancer Project is an independent affiliate of the Physicians Committee for Responsible Medicine.

Submitted by Linda Middlesworth

Recipe

A Simple Way to Change the World: Support Local Growers

and join an inspiring [discussion with local farmers](#).

- What are you supporting when you buy delicious local, organic food from small family farms?
- Does your food dollar help preserve and protect the land, build strong communities, and ensure that your food is safe?

Gather with local heroes who provide our food, care for our land, and strengthen our communities. Learn how our food choices impact the environment, the local economy, social justice, and food safety.

Who: Farmers from eight local organic farms:

- Full Belly Farm
- Soil Born Farms
- Good Humus Produce
- T&D Willey Farm
- Terra Firma Farm
- Steamboat Acres
- Blue Heron Farm
- Durst Organic Growers

When: Wednesday, February 25, 7:30–9:30 p.m.

Where: 24th Street Theatre, 2791 24th Street, Sacramento.

Why: To connect people to where their food comes from, and to raise funds for The Soil Born Farms Urban Agriculture & Education Project and the Good Humus Land Preservation Project.

Cost: Tickets are available at the Sacramento Natural Foods Co-op, 1900 Alhambra Blvd. \$15, \$10 Co-op owners, \$5 children under 12.

Extras: An **organic vegan supper** from Eileen's Kitchen (\$10, tickets available at the Sacramento Natural Foods Co-op) and **wine tasting** with Berryessa Gap Vineyards will be available between 6 and 7 p.m.

Calendar continued

Mon., March 23

Indian Vegetable Dishes. 6:00–8:30 p.m. 1914 Alhambra Blvd. **Vegetarian cooking class.** \$45–35. Instructor: Shankari Easwaran. Register through Sacramento Natural Foods Co-op, 916-455-COOP.

Sat., March 28

In the Kitchen with Eileen, 2:30–5 p.m. 1914 Alhambra Blvd. **Vegetarian cooking class.** Sign up through the Sacramento Natural Foods Co-op, 916-455-COOP.

Fri., April 10

Eileen's Kitchen. 6–8 p.m. 1914 Alhambra Blvd. **Seasonal, organic, vegetarian community dinner;** benefits Soil Born Farms. Live music. Registration required, SNFC: 916-455-COOP. \$25.

Sat., April 11

SVS Dine-Out. 6 p.m. Location TBA.

Sun., April 19

SVS Monthly Potluck. 5:30–7:30. 1914 Alhambra Blvd. Bring vegan or vegetarian food or drink for eight, a list of ingredients, your utensils, and mark whether your offering is vegan or vegetarian. Free with potluck dish; \$4 for those who arrive empty handed. Program TB A: check website.



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<http://www.sacramentovegetariansociety.org/>

Sacramento Vegetarian Society's Vegan/Vegetarian Restaurant Guide*

CAMILLA KENDALL AND JANET WEEKS

VEGAN

Au Lac Veggie

Asian Fusion

3500 Stockton Blvd., Sacramento, CA 95820; (916) 451-6842

Bodhi Vegetarian House

Vietnamese

10899 Olson Dr., Rancho Cordova, CA 95670; (916) 853-1645
<http://bodhivegetarianhouse.com/>

Noble Vegetarian

Vietnamese

5049 College Oak Dr. #A, Sacramento, CA 95841; (916) 334-6060
www.noblevegetarian.com

Pure Joy Café

Whole Raw/Live Food

450 N St., Sacramento, CA 95814; (916) 370-6100

Alternative Baking Company

Bakery

(Order through website.)
<http://www.alternativebaking.com/>

Sugar Plum Vegan

Bakery/Dessert

No store front; please call to order; Sacramento, CA; (916) 706-8101
<http://sugarplumvegan.wordpress.com>

Sun Flour Baking Company

Bakery

2464 Marconi Ave., Sacramento, CA 95821; (916) 488-4150
<http://www.sunflourbaking.com/>

VEGETARIAN

Andy Nguyen's

Vietnamese

2007 Broadway, Sacramento, CA 95818; (916) 736-1157
10145 Folsom Blvd., Suite #9, Rancho Cordova, CA 95670;
(916) 362-2270

Eileen's Kitchen

Macrobiotic

Monthly family-style vegetarian dinner (\$25)
1914 Alhambra Blvd., Sacramento, CA 95816; Make reservations through the Sacramento Natural Foods Co-op
(916) 455-2667; <http://www.sacfoodcoop.com/>

Sunflower Natural Food

Veggie Burgers/Sandwiches

10344 Fair Oaks Blvd., Fair Oaks, CA 95628; (916) 967-4331

Udupi Café

Indian

2226 Sunrise Blvd., Rancho Cordova, CA 95670;
(916) 851-5900; <http://www.udupicafe.net/>

Request Your FREE
Vegetarian Starter Kit at:
www.goveg.com/order.asp

* NOTE: Future lists will include the numerous vegetarian-friendly restaurants in the Sacramento area. Any of your favorites missing? Please let us know.

Please visit the Sacramento Vegetarian Society's website: <http://www.sacramentovegetariansociety.org/>