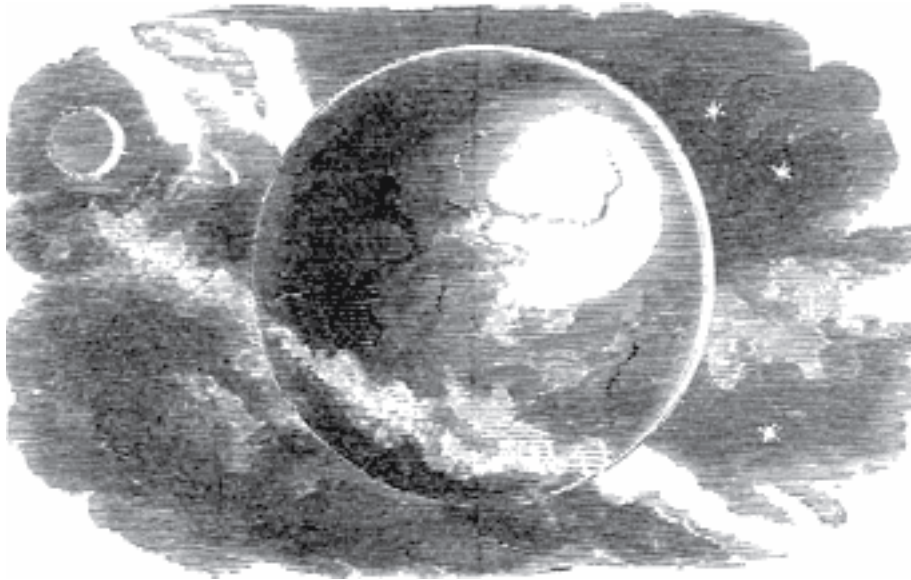


Sacramento Valley Vegetarian



Published bimonthly by the SACRAMENTO VEGETARIAN SOCIETY

April is Earth Month: SVS Celebrates 41st Earth Day!



All non-photo illustrations in this issue courtesy of FCIT (<http://etc.usf.edu/clipart>)

Less Meat Consumption = Less Global Warming, Better Health

One of the easiest ways you can help stop global warming and improve the health of the planet is by reducing your consumption of meat (for a powerful article on the environmental impact of meat, see Mark Bittman's 2008 *New York Times* piece: "Rethinking the Meat-Guzzler").

But reducing your meat intake, and becoming more aware of meat industry practices, can also have a major positive impact on your personal health.

Source: STOPGLOBALWARMING.ORG; submitted by Marty Maskall

A shocking recent study by the Translational Genomics Research Institute found that nearly half of the meat and poultry sampled in the nationwide study was contaminated with staph bacteria, much of it resistant to antibiotics.

The bottom line? The widespread use of antibiotics in animal feed on factory farms, used to make the animals grow faster, not to treat them for infections, is creating breeding grounds for drug-resistant bacteria that threaten all of us.

Save the planet three times a day

Raising animals for food is one of the leading causes of both pollution and resource depletion today.

According to a 2006 United Nations report, "Livestock's Long Shadow," raising chickens, turkeys, pigs, and other animals for food causes more greenhouse gas emissions than all the cars, trucks, and other forms of transportation combined.

Researchers Gidon Eshel and Pamela Martin from the University of Chicago came to a similar conclusion, reporting in "Diet, Energy, and Global Warming" that when all levels of production are factored in—from livestock crop production to shipping animals for slaughter—a vegetarian diet is the most energy efficient, and the average American does more to reduce global warming emissions by not eating meat, eggs, and dairy than by switching to a hybrid car.

In other words, what we eat has more of an impact on the environment than what we drive.

Source: *Compassion Over Killing* (WWW.COK.NET)



Sacramento Vegetarian Society

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

E-mail: SACVEGGIE@GMAIL.COM
Mail: P.O. Box 163583, Sacramento, CA 95816-9583
Phone: 916-455-0563
Web: [HTTP://WWW.SACVEGGIE.ORG/](http://www.sacveggie.org/)
Meetup: [HTTP://WWW.MEETUP.COM/SACRAMENTO-VEGETARIAN-SOCIETY/](http://www.meetup.com/Sacramento-Vegetarian-Society/)
Facebook: [HTTP://WWW.FACEBOOK.COM/PAGES/SACRAMENTO-VEGETARIAN-SOCIETY/121795524519597](http://www.facebook.com/pages/Sacramento-Vegetarian-Society/121795524519597)
Listserv: [HTTP://GROUPS.YAHOO.COM/GROUP/SACVEGGIE/](http://groups.yahoo.com/group/sacveggie/)

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

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Sacramento Valley *Vegetarian*
is published bimonthly by SVS.

Submission Guidelines

Send submissions or inquiries to:

Editor: 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 vegan recipes, editorial commentary, book reviews, and announcements of upcoming events.

Submissions are accepted electronically as e-mail attachments. Contact the editor or check the website for formatting specifications.

Submission deadlines for articles:

May–June 2011: May 8, 2011

July–August 2011: June 13, 2011

September–October 2011: Aug. 15, 2011

Friday, April 29 • 7–9 P.M.

Vegan Nacheez Cook-off



Never Felt Better Vegan Store 2315 K St., Sacramento

The rules are simple: create a ready-to-eat vegan dish using the secret ingredient—Nacheez. Never Felt Better carries both flavors of Nacheez: spicy and mild.

Prizes for first, second, and third place.

You can sign up at SVS's Meetup site: [HTTP://WWW.MEETUP.COM/SACRAMENTO-VEGETARIAN-SOCIETY/](http://www.meetup.com/Sacramento-Vegetarian-Society/), or just show up with your entry and/or your appetite!

Sunday, May 1 • 9 A.M.–NOON

Brief announcements at 10:30

Koffee Klatch



Sol Collective, 2574 21st St., Sacramento

We want to give folks a place to:

- Stop by for a few minutes or linger for a while;
- Mingle with old friends and new supporters over coffee, tea, and vegan pastries; and
- Talk about what they're up to (so bring flyers, handbills, petitions, as well as opinions).

We'd also like to hear your ideas on how to improve SVS, so:

- Tell us what you think,
- Bend our ears,
- Give us what for

—you get the drift. Please bring kuestions, komments, and criticisms, along with your kaffeine kravings (de-kaf too).

RSVP: [HTTP://WWW.MEETUP.COM/SACRAMENTO-VEGETARIAN-SOCIETY/](http://www.meetup.com/Sacramento-Vegetarian-Society/) or SACVEGGIE@GMAIL.COM

From the President



GLENN DESTATTE

Greetings Earthlings,

The pace of activity has been picking up, and we will soon have lots more activities posted

Schmoozefest. We're looking forward to our Koffee Klatch scheduled for May 1 at Sol Collective (2574 21st Street, one block south of Broadway). This is an experiment where we encourage folks to stop by any time between 9 A.M. and noon, stay as long as they wish, meet and greet friends new and old, and make connections. Since we created the flyer, we've

added something: we want to see if people are willing to stop by a farmer's market, or their neighborhood store, and pick up a box or bag of in-season fruits or vegetables (something from your garden or fruit tree would also work), and bring them to the Klatch. Around noon, we will send someone down to Cesar Chavez Plaza where Food Not Bombs serves free vegan meals to the homeless and hungry every Sunday afternoon. This worthy effort deserves our support.

Don to the Rescue. SVS Treasurer Don Knutson took the lead on working with the Environmental Council of Sacramento (ECOS) in organizing Earth Day 2011 in Southside Park on April 23. Don chaired the planning meetings and recruited

FROM THE PRESIDENT, continued on p. 9

Calendar

Send calendar entries for the May–June issue by May 8, to SACVEGGIE@GMAIL.COM.

Fri., April 29

Vegan Nacheez Cook-off. 7 p.m.–9 p.m., at Never Felt Better vegan shop, 2315½ K St., Sacramento. The rules are simple: create a ready-to-eat vegan dish using Nacheez. Prizes for first, second, and third place. (916) 889-1189.

Sat., April 30

Worldwide Vegan Bake Sale, Sacramento Edition. 10 a.m.–1 p.m., In front of Sugar Plum Vegan Café, 2315 K St., Sac. All proceeds go to Animal Place. Baked goods from Sugar Plum, Azna Gluten-Free Bakery, and Bicycle Bakery. Want to bake something? Call Beth at 916-317-3257.

Sun., May 1

Koffee Klatch. 9 a.m.–12 noon, at Sol Collective, 2574 21st St., Sacramento. Informal get-together for socializing and charting SVS's future. RSVP at SACVEGGIE@GMAIL.COM or on our Meetup site: [HTTP://WWW.MEETUP.COM/SACRAMENTO-VEGETARIAN-SOCIETY/](http://www.meetup.com/SACRAMENTO-VEGETARIAN-SOCIETY/). Coffee, tea, vegan pastries provided.

Fri., May 13

I'tal Friday. 6 p.m.–10 p.m., at Sugar Plum Vegan Café, 2315 K St., Sacramento. Special Caribbean menu second Friday of each month prepared by chef Kimba Kabaka. (916) 706-3302.

Sat.–Sun., June 4–12

International Vegan Festival. Malaga, Spain. Speakers on education, ethics, nutrition, animal rights, and the law. Varied entertainment program. For full details, go to: [HTTP://WWW.IVU.ORG/VEGANFEST/2011](http://www.ivu.org/veganfest/2011).

Thurs–Mon, July 5–9

Vegetarian Summerfest. Johnstown, PA. Over 50 informative, inspiring speakers. Sponsor: North American Vegetarian Society. Register at: [HTTP://WWW.VEGETARIANSUMMERFEST.ORG/](http://www.vegetariansummerfest.org/).

Thurs–Mon, July 21–25

Animal Rights National Conference. Los Angeles. 90 speakers from 60 groups. Sponsor: FARM. Register at: [HTTP://WWW.ARCONFERENCE.ORG/](http://www.arconference.org/). Sign up by Saturday, April 30 for discount rate.

SVS Online

What's your preference? Several options exist for you to participate in the SVS cyber-community.

Social Networking:

Meetup: At MEETUP.COM, enter "Sacramento Vegetarian Society." This is the best way to keep up to date with and to sign up for SVS events and activities.

Facebook: At FACEBOOK.COM, enter "Sacramento Vegetarian Society."

Listserv: At GROUPS.YAHOO.COM, enter "Sacramento Vegetarian Society." If you don't already have a free yahoo account, you'll have to sign up for one.

Website SACVEGGIE.ORG

E-mail SACVEGGIE@GMAIL.COM

Vegan personal chefs in “Cowntown”? You betcha!

Catering and cooking classes too!

MARY RODGERS, *SVV* Editor

Eileen’s Kitchen

Eileen Murray has been cultivating the art of cooking organic, whole food for 30 years. She has been a camp cook, baker, entrepreneur, and instructor in Alaska, the North Pole, Nevada City, and lucky for us, Sacramento. This accomplished macrobiotic chef received instruction at the Kushi Institute in Boston, and here in California at the Vega Center in Oroville. When Eileen is not in the kitchen, you’ll find her in the garden.

Sacramentans enjoyed monthly dinners at Eileen’s Kitchen over many years, most recently through the Sacramento Natural Foods Co-op, where Eileen also teaches at the Cooking School. The monthly dinners are no more, but Eileen’s macrobiotic/vegan/organic personal chef and catering services are still available, as

are vegan cooking classes in a brand new venue!

Personal Chef. Eileen is always open to interviewing new personal chef customers. The service is a full macrobiotic, vegan, organic meal with soup. Eileen cooks on Mondays and Wednesdays, and meals, which cost \$15 each, may be picked up after 3:30 p.m. at a Midtown location. There is no delivery service. After a trial period, customers sign up for a subscription plan. For further details, Eileen’s contact info is below.

Cooking Classes: A Macrobiotic Way of Cooking. A recent addition to Eileen’s Kitchen is instruction in vegan, macrobiotic cooking from a classroom and teaching space in her home. Classes are set up as a twice-monthly series, although participating in only part of a series is also possible. Get in touch to see if any spaces

remain in the May and June series, or sign up when the classes start up again in August.

EILEEN’S KITCHEN, continued on p. 5



Eileen Murray

Roots-N-Kulchah



Kimba Negasi Kabaka offers personal chef and catering services through Roots-N-Kulchah, a business

he started in 2004. The focus is on healthy, organic, vegan, Caribbean (“I’tal”) cuisine, reflecting Kimba’s Rastafarian/Caribbean roots (he is from the island of St. Croix in the Virgin Islands). Kimba has been vegan for 21 years and has studied nutrition from a holistic standpoint during that time. He attended Johns Hopkins University and Morgan State University in Baltimore, Maryland, earning degrees in Business Management and Nutrition.

The short-lived but wildly popular Roots-N-Kulchah outdoor vegan café, which operated at 24th and K Streets starting in April 2004, really made an impact by giving Sacramentans a choice of healthy, delicious, vegan, I’tal food not available elsewhere in

our region. Unfortunately, City restrictions made continuing to run his business in a fixed location impossible. Luckily for us, Kimba’s still here, and his food is still available.

Personal Chef/Caterer. Roots-N-Kulchah clients can receive a week’s worth of food in the convenience of their own home, or an exotic “Caribbean Night Out,” where Chef Kimba sets the mood of a night out under the Caribbean stars. This includes a Caribbean vegan dinner of your choice, tantalizing Caribbean drink, dinner served in coconut shells, and your choice of Caribbean music (reggae, calypso, soca, or steel pan). This service is offered for any special

ROOTS-N-KULCHAH, continued on p. 5

Eileen's Kitchen, from p. 4

The hands-on instruction runs from 10 a.m. to 1 p.m.; lunch is from 1 to 2 p.m. on the first Saturday or the third Friday of the month. The theme of the class series is basic cooking techniques and recommendations. The concentration will be on building skills in different areas such as:

- Stocking the kitchen;
- Importance of variety;
- Choosing a seasonal menu;
- Preparing condiments;
- Pickle making; and
- Whole-person nourishment.

Just bring an apron; everything else is provided. The \$45.00 charge per class includes lunch. Classes are limited to a maximum of 6 students.

Getting in Touch. To inquire about catering or personal chef services, or a cooking class series, call Eileen at 916-457-9466, or e-mail her at eileenskitchen@att.net.

Long-time SVS member Mary Rodgers is a Sacramento technical editor and graphic designer.

Roots-N-Kulchah, from p. 4

occasion—a romantic dinner, family night, small dinner party, etc. This is also a wonderful way to have a first date or to impress your wife, husband, girlfriend, or boyfriend in the convenience of your home.

Roots-N-Kulchah embodies a holistic philosophy that focuses on healthy living. The emphasis on organic, vegan food is based on the Rastafarian belief in providing health and vitality to the human body. Kimba explains his food philosophy: “Rastas eat to live and not to die, therefore prohibiting a dead flesh diet, which we call ‘Deadas.’ It is true when they say you are what you eat. When one eats the flesh of a dead animal, not only is he or she consuming

What Every Vegan Should Know About Vitamin B₁₂

Very low B₁₂ intake can cause anemia and nervous system damage. The only reliable vegan sources of B₁₂ are foods fortified with B₁₂ (including some plant milks, soy products, and breakfast cereals) and B₁₂ supplements. Vitamin B₁₂, whether in supplements, fortified foods, or animal products, comes from microorganisms.

Most vegans consume enough B₁₂ to avoid anemia and nervous system damage, but many do not get enough to minimize potential risk of heart disease or pregnancy complications.

To get the full benefit of a vegan diet, vegans should do one of the following: eat fortified foods two or three times a day to get at least three micrograms (µg) of B₁₂; take a daily B₁₂ supplement providing at least 10 µg; or take a weekly B₁₂ supplement providing at least 2,000 µg.

If relying on fortified foods, check the labels to make sure you are getting

enough B₁₂. For example, if a fortified plant milk contains 1 µg of B₁₂ per serving, then consuming three servings a day will provide adequate vitamin B₁₂. Others may find the use of B₁₂ supplements more convenient and economical.

The less frequently you obtain B₁₂ the more B₁₂ you need to take, as B₁₂ is best absorbed in small amounts. The recommendations above take full account of this. There is no harm in exceeding the recommended amounts or combining more than one option.

There is nothing natural about modern factory farming. In choosing to use fortified foods or B₁₂ supplements, vegans take their B₁₂ from the same source as every other animal—microorganisms—without causing environmental damage, or suffering to any sentient being.

Vegans using adequate amounts of fortified foods or B₁₂ supplements are much less likely to suffer from B₁₂ deficiency than the typical meat eater. The Institute of Medicine, in setting the U.S. recommendations for B₁₂, makes this clear. “Because 10 to 30 percent of older people may be unable to absorb naturally occurring vitamin B₁₂, it is advisable for those older than 50 years to meet their RDA mainly by consuming B₁₂-fortified foods or a vitamin B₁₂-containing supplement.” Vegans should take this advice about 50 years younger, to the benefit of both themselves and the animals. B₁₂ need never be a problem for well-informed vegans.

Source: The Vegan Society ([HTTP://WWW.VEGANSOCIETY.COM/LIFESTYLE/NUTRITION/B12.ASPX](http://www.vegansociety.com/lifestyle/nutrition/B12.aspx))

Write to us!

Letters to the editor, articles, recipes, book reviews... send to SACVEGGIE@GMAIL.COM.

Happy Go Lucky: Passing it on ... to you?

MARY RODGERS, SVV Editor

SVV recently had the opportunity to chat with Stuart Campbell, co-owner of Happy Go Lucky Veggie Cuisine. Happy Go Lucky, a vegan mobile food cart business, ended its two-year run in downtown Sacramento in March. Now for the good news: their custom-made “American Dream” cart is available to potential veggie entrepreneurs out there.

The cart already includes several bells and whistles—such as a converter for plugging in a fan or radio, a powerful hot water heater, and a number of extra sinks—that were needed to meet Sacramento County’s 2009 codes. The most recent codes call for a mechanical refrigeration device, the only addition needed to make the cart completely legit.

Stuart says his favorite part of the Happy Go Lucky experience was “learning how to run a business, and the difference between being in business just to make money and being in a business that contributed something

of use to the city.” Plus, it was just plain fun and gratifying: “People really appreciated that we were there, and almost without exception, our customers became our friends.”

The path to Happy Go Lucky included a bit of serendipity. Stuart and his partner Stephanie were both working in offices and looking for something new. They happened to hear about the lottery for mobile food cart licenses, and on a whim decided to put their names in the hat. They ended up third out of 160 entries.

Stuart and Stephanie shared the news of their good fortune at their favorite vegan restaurant, Au Lac Veggie (now Loving Hut), and owners Manh and Thuy offered to provide food for them. The menu eventually expanded to include items from other restaurants, including Sugar Plum Vegan—a happy collaboration among Sacramento’s vegan businesses.

Why a vegan cart? Stuart’s interest in healthy eating goes way back: he’s been vegetarian since he was 6 years old—a family tradition. His mother hosted one of the first vegetarian cooking shows in the country, “Regina’s Vegetarian Table,” on PBS.

What’s the most fun Stuart had during his Happy Go Lucky days? Taking the cart to the Jewish Heritage Festival, where the rapper Matisyahu, a Hasidic Jew, performed and drew 10,000 people to the State Capitol.

“Happy Go Lucky was enjoyable and meaningful for us, but now it’s time to follow another passion, and move on,” Stuart informed us. He and Stephanie, who has already relocated to Los Angeles, are both writing screenplays and pursuing their burning desire to learn about the film industry. We wish them luck in their new ventures, and thank them for



Stuart Campbell, co-owner of Happy Go Lucky Veggie Cuisine

two years of providing and promoting incredible vegan cuisine to the Sacramento community—a service most certainly of use to our city—and not just to its small but growing vegan population.

Stuart offers some simple words of encouragement for those considering carrying on the vegan food cart tradition in Sacramento: “If someone is genuinely passionate about good, healthy food, if that’s the thing that lights their jets, the thing that makes them feel most alive, then it can be a meaningful and rewarding experience for them.” He also points out that the Sacramento permits are affordable: \$335 per year, as compared to, say, San Francisco, where in some areas the fees are \$1,000 per month!

Stuart is happy to talk to anyone wanting to know more about starting a food cart business and purchasing a well-equipped cart that will get them in the door. You can reach him at HAPPYGOLUCKYVC@GMAIL.COM or 916-247-9789.

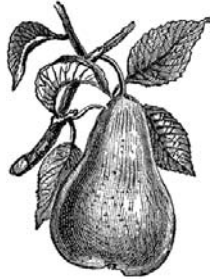


Happy Go Lucky food cart for sale

The New Four Food Groups: *Worried about protein, calcium, etc.? Don't be. Follow these guidelines for a vegan, whole-foods diet, and you'll be covered.*

Confused about what healthy vegetarians/vegans should be eating? These recommendations from the Physicians Committee for Responsible Medicine ([HTTP://WWW.PCRM.ORG/HEALTH/VEGINFO/VSK/FOOD_GROUPS.HTML](http://www.pcrm.org/health/veginfo/vsk/food_groups.html)) provide a healthier, all-plant alternative to the USDA's guidelines.

Be sure to include a good source of vitamin B₁₂, such as fortified cereals or vitamin supplements.



Fruit

3 or more servings a day

Fruits are rich in fiber, vitamin C, and beta-carotene. Be sure to include at least one serving each day of fruits that are high in vitamin C—citrus fruits, melons, and strawberries are all good choices.

Choose whole fruit over fruit juices,

which do not contain very much fiber.

Serving size: 1 medium piece of fruit • ½ cup cooked fruit • 4 ounces juice



Legumes

2 or more servings a day

Legumes, another name for beans, peas, and lentils, are all good sources of fiber, protein, iron, calcium, zinc, and B vitamins. This group also includes chickpeas, baked and refried beans, soymilk, tempeh,

and texturized vegetable protein.

Serving size: ½ cup cooked beans • 4 ounces tofu or tempeh • 8 ounces soymilk

Many of us grew up with the USDA's old Basic Four Food Groups, first introduced in 1956. The passage of time has seen an increase in our knowledge about the importance of fiber, the health risks of cholesterol and fats, and the disease-preventive power of many nutrients found exclusively in plant-based foods. We also have discovered that the plant kingdom provides excellent sources of the nutrients once only associated with meat and dairy products—namely, protein and calcium.

The USDA revised its recommendations with the Food Guide Pyramid, a plan that reduced the prominence of animal products and vegetable fats. But because regular consumption of such foods—even in lower quantities—poses serious health risks, PCRM



Whole Grains

5 or more servings a day

This group includes bread, rice, tortillas, pasta, hot or cold cereal, corn, millet, barley, and bulgur wheat. Build each of your meals around a hearty whole grain dish—whole grains are rich in fiber and other complex carbohydrates, as well as protein, B vitamins, and zinc.

Serving size: ½ cup rice or other whole grain • 1 ounce dry cereal • 1 slice bread



Vegetables

4 or more servings a day

Vegetables are packed with nutrients; they provide vitamin C, beta-carotene, riboflavin, iron, calcium, fiber, and other nutrients. **Dark green leafy vegetables** such as broccoli, collards, kale, mustard and

turnip greens, chicory, or cabbage are especially good sources of these important nutrients. **Dark yellow and orange vegetables** such as carrots, winter squash, sweet potatoes, and pumpkin provide extra beta-carotene. Include generous portions of a variety of vegetables in your diet.

Serving size: 1 cup raw vegetables • ½ cup cooked vegetables

developed the New Four Food Groups in 1991. This no-cholesterol, low-fat plan supplies all of an average adult's daily nutritional requirements, including substantial amounts of fiber.

The major killers of Americans—heart disease, cancer, and stroke—have a dramatically lower incidence among people consuming primarily plant-based diets. Weight problems—a contributor to a host of health problems—can also be brought under control by following the New Four Food Group recommendations.

Try the New Four Food Groups and discover a healthier way to live!

"She'll never know what hit her"

MARY RODGERS, SVV Editor

My first (and last!) time inside a chicken coop was during a job interview back in 1978. Thin rays filtered through cracks in the rough plank walls as we crouched on a redwood 4 × 4, our bowed heads grazing the low roof in the cool darkness. Chickens greeted us with contented clucks as they fixed us with welcoming eye-level stares.

This was no doubt the "Can she get along with animals?" segment of the interview, and somewhere between the beak-to-nose interaction with those engaging, chatty,

... a very large sow ran full throttle toward him, grunting in ear-splitting bursts.

curious birds and visiting the goat corral, I was offered a live-in, environmental-education instructor position at Slide Ranch—a dream come true! This little slice of heaven cradled between Highway One and the Pacific on a steep Marin County slope would be home!

I was a few years into no-compromise vegetarianism, but barely aware of the cruelty that comes with raising all sorts of domestic animals, beyond the *Washington Post* horror story I read one morning over a bacon and eggs breakfast before rushing off to college classes. The matter-of-fact account detailed how cows were slaughtered—and described their palpable terror as they desperately tried to evade the fate of their companions ahead of them on the conveyor belt from which there

was no escape. That article turned me vegetarian on the spot.

Those contented chickens were certainly a world apart from what I now know of the torture of battery cages that is reality for over 99 percent of egg-laying chickens—even many "free-range" chickens that are crammed into enclosures on the ground.* The Slide Ranch goats and cows went about their lives grazing in free-ranging herds; a cow nuzzling and licking her calf near her ambling, munching herd on an impossibly green hillside seemed miles away from the horrors of factory farming that *Post* article awakened me to. The bucolic scene seemed too good to be true.

The young man who interviewed me (whose name I don't recall), explained the set-up: city kids of all ages came here to experience a real "working farm." Not only were the vegetables fresh from the garden ... so were the eggs, milk, chickens, pigs, and cows. I digested those uncomfortable bits of reality as we meandered toward a barn and large enclosure—and I felt my Pollyanna view of "heaven" start to crumble.

They killed those friendly chickens? How could they? Would I have to?

A sudden thunderous bellow caused me to jump—and probably let out an involuntary little yelp—as we entered the enclosure. "This is Farrah," my interviewer informed me, as a *very* large sow ran full throttle at him, grunting in ear-splitting bursts. I had no idea pigs could jump so high, and with such enthusiasm. I was witnessing



pure ecstasy, love, joy. Farrah obviously adored that man. As he petted her head and scratched her ears, he casually informed me, "We're doing Farrah in tomorrow."

"Wha-a-at?" I gasped, looking at him uncomprehendingly. His expression didn't change.

"H-h-how?" I stammered.

"I'll shoot her right between the eyes. She'll never know what hit her," he said as both hands cradled Farrah's snout; she, eyes closed, continued grunting blissfully and nuzzling her "friend's" hand as her front hooves kneaded the ground like a contented cat's paws. An occasional hoof lifted to touch the companion stroking her face with convincing affection.

Heaven had turned to hell. I declined the job offer and was left with a sense of cognitive dissonance I will probably never come to grips with.

Just last week I e-mailed Slide Ranch, hoping they had a picture of Farrah I could run here. No one there remembers her. But I'll never forget Farrah, and the regrettable lessons I learned from her and her human companion.

Long-time SVS member Mary Rodgers is a Sacramento technical editor and graphic designer.

*** Things will start getting a little better for chickens and some other confined farm animals when Prop 2's provisions (passed in 2008) start taking effect in 2015.**

FROM THE PRESIDENT, from p. 3

vegan food vendors. Despite getting off to a later-than-usual start, everything got done, and the weather cooperated. We gave away tons of literature and made some great connections. Additionally, SVS is now a Member Organization of ECOS, and we welcome the prospect of working with ECOS on local environmental issues, especially as they relate to land use connected to food production.

Free Food. Don also took the City of Sacramento City Manager Academy course for community activists. Each week, one student volunteered to see that the 30-some students were fed. Don secured Sugar Plum Vegan for March 16. A week later, yours truly delivered the vegan dinner from Loving Hut in Elk Grove. Both were huge hits with Don's classmates.

Another Earth Day. We tabled at the Sacramento City College Earth Day event on April 26. Despite the fact that only two weeks remained in the semester, many students and faculty stopped by to ask questions, pick up literature, and be generally supportive. We did have to explain to one young man that we were *not* "veterinarians."

They're our future. Thanks to the good graces of Professors Julie Hawthorne, Patti Redmond, and Beth Forrester, I've had the opportunity to speak to seven classes at City College regarding SVS's participation in Healthy Development for Oak Park's campaign to thwart a proposed McDonald's at the corner of 2nd Ave. and Stockton Blvd. In addition to the details of the campaign, my talks focused on the role of McDonald's (and the entire food system, for that matter) in the obesity epidemic in the United States. (If you want to see our country getting heavier and

more unhealthy, go to the Center for Disease Control and Prevention's link at [HTTP://WWW.CDC.GOV/OBESITY/DATA/TRENDS.HTML](http://www.cdc.gov/obesity/data/trends.html), and click on the map).

Michelle Obama has said, and it bears repeating, "Medical experts are predicting that this generation is on track to have a shorter lifespan than their parents."

Heading south. We followed up on our February trip to Cosumnes River Preserve with another outing south of the city. On April 2 we arranged a guided tour of the Howard Ranch

area of the Preserve (right next to the decommissioned Rancho Seco nuclear power complex) to check out the wildflowers in bloom and some of the wildlife in the vernal pools (no, Rush, they're not mud puddles).

Your two cents worth. Be sure to submit your candidates for "myth of the month" (see p. 10) and/or your most outrageous incident involving reactions of friends or family to your outré eating inclinations.

Food for thought. Thank you to Bobbie Landau for generously donating six books to the SVS library.

Japan to End Whaling

CBS (CBSBREAKINGNEWS.COM) reported on April 19 that Japan will no longer hunt and kill whales for research.

"Japan will no longer conduct scientific research on whale populations which require capture and dissection," said Chief Cabinet Secretary Makoto Inoue, speaking at a press conference in Tokyo. "The Minister of Agriculture, Forestry, and Fisheries has revoked all permits for whaling research."

Japan has been killing about 1,000 fin and minke whales each year under scientific "research" programs sanctioned by the International Whaling Commission, selling the meat as food on the domestic market.

Under the 1946 International Convention for the Regulation of Whaling, countries are allowed to issue permits to kill whales for scientific "lethal research," a loophole exploited by Japan for large-scale whaling operations. Japan had been maintaining that the program was needed to estimate whale populations and study their breeding and feeding habits.

Anti-whaling activists appeared stunned. "Well, it's certainly good news," said Annika Schroer of Greenpeace.

A spokesperson for anti-whaling organization Sea Shepherd, best-known for colliding protest boats against whaling vessels, cautiously welcomed the announcement. "This is what we've been working for," said Colin Shelby, a board member of the NGO. "But we will be watching closely to make sure this isn't some kind of ploy."

"And we will need to keep up the pressure against Iceland," he added.



Myth of the month

Vegetarians are often confronted with a host of reasons for eating meat, dairy, and eggs, and for using products that are derived from, or tested on, animals. In this new column, we'll feature talking points to counter some of the arguments that pop up with predictable regularity. However, since this is a bimonthly publication, we'll generally run two myths—space permitting—in each issue.

“If we didn't eat animals, they would quickly overpopulate the planet and most likely starve to death.”

The population of domesticated farm animals in the United States in 2008 has been estimated at around 20 billion. This figure is low, however, since the actual number of animals slaughtered for food in the U.S. was 10,270,019,000.

What this means is farm animals outnumber human beings by a 65:1 ratio in the U.S.

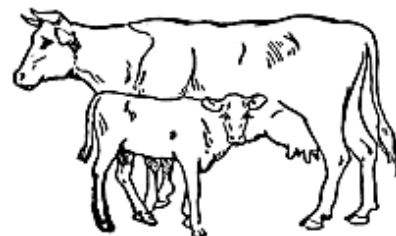
As it may appear from these statistics, non-human animal populations already seem to be out of control. You might think that to kill these animals would be the best solution since they are already consuming 80 percent of the corn grown in this country and 60 billion pounds of our soy each year, but unfortunately no matter how many animals Americans kill and eat each year, there continue to be more of them.



No, we didn't make these arguments up, nor did the International Vegetarian Union, from whose online newsletter they were excerpted ([www.IVU.ORG](http://www.ivu.org)). No doubt they will sound familiar to many of our readers.

IVU's original source was the Care2 website: [HTTP://WWW.CARE2.COM/CAUSES/ANIMAL-WELFARE/BLOG/10_ARGUMENTS_AGAINST_A_VEGAN_LIFESTYLE/](http://www.care2.com/causes/animal-welfare/blog/10_arguments_against_a_vegan_lifestyle/) (and, no, Care2 didn't make them up, either!)

Do you have a favorite “veggie myth” you'd like to submit? We encourage your suggestions, and your responses to these subjects. Have you had similar conversations? Do you have helpful responses to share? Our SACVEGGIE@GMAIL.COM mailbox awaits your messages.



“If we didn't milk cows, their udders would explode and they would die.”

It is true that if a dairy cow is not relieved of the milk her udder produces, it can become so painfully distended and swollen with milk that she may be incapable of walking to reach water or food and, therefore, she would die.

The reason this is remarkably rare in nature is that bovine animals, like virtually all mammals, only lactate after giving birth or when they have nursing young.

Because farmers want to take milk from a cow who is producing it, they remove her newborn calf from her and hook her up to milking machines that roughly simulate the nursing of calves. If a farmer forgets or neglects to milk cows who have had their calves taken from them, the cows will moo their distress from the incredible discomfort.

If farmers didn't take calves from their mothers, they would suckle naturally every 20 minutes or so, and the mother cow would never experience the discomfort and potentially lethal result of underutilized milk.

Baigan Bharta (Roasted Mashed Eggplant Curry) *Neema Talwar*

Ingredients

Eggplant 1 lb (approx)	Garlic 1 tsp, finely chopped
Onions 1 med., finely chopped in a food processor	Asofoetida (Hing) 1 pinch (optional)
Tomatoes 3 med, finely chopped	Coriander powder (Dhaniya) 2 tsps
Turmeric (Haldi) ½ tsp	Cumin powder (Jeera) 1 tsp
Oil 2 tbsp	Garam masala 1 tsp
Salt to taste	Red chili powder to taste
Frozen peas ½ cup (optional)	Green chilies, finely chopped to taste
Ginger 1 tsp, finely chopped	Cilantro 5 sprigs, finely chopped, for garnishing

Method

Pre-heat oven to 400°, **rub a little oil** on the eggplant, **put it in an oven-proof dish**, and **bake** for about 45 minutes, turning the sides every 15 minutes.

Once that is done, **remove** eggplant from oven, **let it cool** a little and then **peel** off the skin (it will come off very easily). **Cut** flesh into chunky pieces and keep aside—it will be a little smooshy.

Heat the rest of the oil in a non-stick pan on medium to high heat.

After the oil gets hot, **add** asofoetida, turmeric, and onions (in that order).

Give onions and spices a good **stir** and let them **cook** till the onions turn translucent.

Add the ginger and garlic and let it all **cook** till the onions start turning golden.

Add the tomatoes and **cook** till the oil separates from the mixture; this will take a little while. Don't forget to **keep stirring**; tomatoes tend to burn fast.

Add the garam masala, cumin powder, coriander powder, red chili powder, and the green chilies. **Mix**.

Add the eggplant pieces and **mix**.

Add the peas and salt, **mix and cover** the pan, **reduce heat** to medium flame and let it cook. The peas are optional but taste and look good.

Once it starts boiling and the spices have all blended in well with the eggplant and peas, it is ready.

Garnish with fresh cilantro and serve hot with any Indian flatbread (naans, chapatis, paranthas).

Serves 4–6

Tip: Use a 1- or 2-inch deep dish for baking; the eggplant tends to let go of a lot of juice, which can be thrown away.



SVS is happy to welcome Neema, who joined our SVS Meetup group in early March of this year. Neema teaches Indian vegetarian cooking as a hobby and tries to cover basic, nutritious Indian cuisine in about three lessons.

SVS will be teaming up with Neema to offer classes to our members. Check out upcoming issues and our Meetup site for updates.

Neema, who has been vegetarian for three years, is a software programmer who lives in Gold River with her husband, father, and a Great Pyrenees dog.

Sacramento Vegetarian Society



P.O. Box 163583
Sacramento, CA 95816-9583
sacveggie@gmail.com
<http://www.sacveggie.org/>

Vegetable *Dirty Dozen* much “cleaner” than meat, dairy, eggs

The best ways to minimize ingesting toxic pesticides in your food are to avoid eating animal products and nonorganic produce.

Animal products, by far, account for most of the pesticide residues in the average American’s diet: meat supplies a whopping 55 percent; dairy, 23 percent. In contrast, grains contribute 1 percent and fruits 4 percent. Still, it’s good for you, and for the environment, to bypass all pesticide-treated crops. When it comes to toxic chemicals, less is definitely better.

In a recent Environmental Working Group study, researchers tallied results from 100,000 USDA and FDA produce pesticide reports to determine which fruits and vegetables eaten in the U.S. have the highest, and lowest, levels of chemical residue.

The worst, known as the Dirty Dozen, contained anywhere from 47 to 67 pesticides per serving. One possible reason for the high residues may be that fruits and vegetables with soft, permeable skins are more susceptible to absorbing pesticides.

The Dirty Dozen

1. Celery
2. Peaches
3. Strawberries
4. Apples
5. Domestic blueberries
6. Nectarines
7. Sweet bell peppers
8. Spinach, kale, and collard greens
9. Cherries
10. Potatoes
11. Imported grapes
12. Lettuce

The following non-organic fruits and vegetables, named the Clean 15, contained very little or no pesticides, perhaps because of the protection provided by their strong outer layers.

The Clean 15

1. Onions
2. Avocados
3. Sweet corn
4. Pineapples
5. Mango
6. Sweet peas
7. Asparagus
8. Kiwi fruit
9. Cabbage
10. Eggplant
11. Cantaloupe
12. Watermelon
13. Grapefruit
14. Sweet potatoes
15. Sweet onions

Sacramento Vegetarian Society Membership Application

Detach (or copy) and mail this form with a check made out to Sacramento Vegetarian Society. | Send to: SVS, P.O. Box 163583, Sacramento, CA 95816.

Name(s) _____ Date _____

Street/Mailing Address _____

City _____ State _____ Zip _____

Phone _____ Fax _____ E-mail _____

Individual member: \$20/year Family membership: \$33/year