

Sacramento Valley Vegetarian



Published bimonthly by the SACRAMENTO VEGETARIAN SOCIETY

Know your neighbors!

Never Felt Better: Sacramento's vegan shop

Jen and Shawn Fosnight talked with SVV editor Mary Rodgers about their unique vegan shop, Never Felt Better—a destination for local and traveling veg*ns—how they started, where they're at, and where they're going.

SVV: What were your reasons for starting this business?

Jen: It has always been a goal of mine to own my own business, and when this opportunity started to materialize we realized that Sacramento was the perfect location for its very own all-vegan shop. We wanted to be a blend of FoodFight! Grocery, Herbivore, and Little Otsu—all successful vegan businesses we admired.

SVV: Is this your first business?

Jen: Never Felt Better was my first vegan crafting business that took off while we lived in Portland, Oregon. I had a great time on the crafting show circuit with so much support—it was fantastic.

SVV: Did previous employment experience prepare you for this?

Jen: My whole life has been about retail sales. I have worked from the bottom up and had some really cool jobs in the past. I have also managed offices, which gave me back-office training as well.

SVV: Never Felt Better is obviously more than just a business to you. Does it reflect your values and lifestyle?

Shawn: We are a vegan family, who want to provide a place where people like us can purchase vegan items that are hard to get other than online. We want to show people that the vegan lifestyle is not being inducted into a

vegetable cult! We like to eat, dress well, read, and have fun ... and all of those things can be done in a cruelty-free lifestyle with ease.

We lean heavy on animal rights and justice issues because that's all included in veganism in our opinion. It's not just a fad diet, or an oddity!

SVV: When did Never Felt Better open?

Jen: We opened very softly September 18th, 2010. We weren't sure what the reception was going to be like! But with sites like HappyCow and Yelp, we have become quite the destination spot. We plan to have a *huge* one-year anniversary party!



Never Felt Better's eclectic product line fits right into the warm, welcoming, colorful setting.

SVV: What are your best-selling items?

Jen: Those would have to be grocery/pantry items. Soy curls by Butler Foods, Teese cheese and Dandies

NEVER FELT BETTER, continued on p. 8

Myth of the month: What's up with soy?

Soy is a good source of fiber, protein, and other nutrients. Yet, some concerns have been expressed about its role in enabling breast cancers because of the results of a few studies. The Women's Healthy Eating and Living (WHEL) study found no connection between soy consumption and breast cancer.

Source: JACKNORRISRD.COM

WHEL is a randomized controlled trial of a high fruit/vegetable/fiber and low-fat dietary intervention in early stage breast cancer survivors in the U.S. It had a median follow-up of 7.3 years from the time of enrollment. Soy intake was measured post-diagnosis, using a food frequency questionnaire that included specific items for meat substitutes (such as tofu, veggie burgers), and soy milk, as well as an opportunity to include other soy foods and supplements.

SOY, continued on p. 10



Sacramento Vegetarian Society

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

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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 Officers

President, Glenn Destatte

Vice President, Wim van Warmerdam

Treasurer, Don Knutson

Secretary, Open

Newsletter Editor, Mary Rodgers

Membership Coordinator, Mary Rodgers (Interim)

Nutrition Advisor, Goli Sahba, M.D.

Webmaster, Marty Maskall

SVS is a member organization of:

Environmental Council of Sacramento

Vegetarian Union of North America/Intl. Veg. Union

Sacramento Valley *Vegetarian*

is published bimonthly by SVS.

Submission Guidelines

Send submissions or inquiries to:

Editor: MRDROGERS@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 for formatting specifications and submission deadlines.

Sunday, June 12 • 9:30–11:30 A.M.

Brief announcements at 10:30

Koffee Klatch



Sol Collective, 2574 21st St., Sacramento

- Stop by for a few minutes, or linger for a while;
- Mingle with old friends and new supporters; and
- Find out what's up with SVS and kindred local orgs (bring flyers, petitions, opinions)

Bring questions, comments, criticisms, and kaffeine cravings.

You bring: vegan pastries (from Sugar Plum, Old Soul, home)

We supply: koffee (de-kaf included) and a selection of teas.

Optional, but encouraged: pick or buy fresh produce for Food Not Bombs—a group that has been feeding vegan food to the homeless at César Chávez Plaza every Sunday for over 20 years.

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

Sunday, June 26 • 5:30 P.M.

Vegan potluck and special presentation:

Becoming a Nutritarian*

to maximize wellness and longevity

Goli Sahba, M.D.

Grange Hall, 3830 U St., Sacramento

*** How to eat based on Dr. Joel Fuhrman's ANDI Score to prevent and treat chronic disease**

Learn how to get more micronutrients per calorie in your diet. Food has powerful disease-protecting and therapeutic effects, and plant-based foods provide a broad array of necessary micronutrients.

The foods with the highest micronutrient per calorie scores are green vegetables, colorful vegetables, and fresh fruits. For optimal health and to combat disease, it is necessary to consume enough of these foods that deliver the highest concentration of nutrients.

Goli is SVS's new Nutrition Advisor, and a Family Physician and Holistic Health Coach/Counselor. She received additional training in nutrition and health counseling at the Institute for Integrative Nutrition in New York to learn prevention and treatment of diseases often difficult to control like obesity, digestive problems, fatigue, hypertension, diabetes, heart disease, and more. Visit her website at WWW.DOCTORSAHBA.COM.

Calendar

Send calendar entries for the July–August issue by July 1, to SACVEGGIE@GMAIL.COM.

Thurs., June 9

✓ **Food, Fun(ds) & Farm Stands.** 6:30 p.m.–9 p.m., at 40 Acres Gallery, 35th & Broadway, Sac. Celebrate Alchemist CDC's success in bringing locally grown produce to Sacramento neighborhoods! Enjoy fine local wine, tasty finger food (vegan options), and live bluegrass by Hot Tar Roofers. Tickets \$20/advance; \$25/door. Info: <http://www.alchemistcdc.org/>, 916-204-8260.

Sat., June 11

✓ **Monthly South-Area Dine-out.** 5:30–8:00 p.m., at Loving Hut, 8355 Elk Grove Blvd., Elk Grove. You'll love the food at this great vegan restaurant—fresh salads, super soups, curries, and more. For your health, the animals, and the environment, join SVS at this gathering. RSVP at WWW.MEETUP.COM/SACRAMENTO-VEGETARIAN-SOCIETY/ OR SACVEGGIE@GMAIL.COM.

Sun., June 12

✓ **Koffee Klatch.** 9:30–11:30 a.m., at Sol Collective, 2574 21st St., Sacramento. See p. 2. RSVP at WWW.MEETUP.COM/SACRAMENTO-VEGETARIAN-SOCIETY/ OR SACVEGGIE@GMAIL.COM.

✓ **Around the World in 80 Oaks: World Music Ensemble Concert** 5:30 pm., at Shields Grove, UC Davis Arboretum, UC Davis. A strolling concert through the Grove. Poetry by City of Davis Poet Laureate Allegra Silberstein, commentary by Grove docents, and more. Free admission. Take advantage of this opportunity; budget cuts have ended funding for the World Music Ensemble. RSVP at WWW.MEETUP.COM/SACRAMENTO-VEGETARIAN-SOCIETY/ OR SACVEGGIE@GMAIL.COM.

Sat., June 18

✓ **Book signing and reception.** 7–9:30 p.m., at Never Felt Better vegan shop, 2315½ K St., Sacramento. Summer Keightley, author of *Glad Cow Cookbook*: discussion and demo of the new vegan guidelines; reception with GF vegan food and drink, RSVP at WWW.MEETUP.COM/SACRAMENTO-VEGETARIAN-SOCIETY/ OR SACVEGGIE@GMAIL.COM.

Sun., June 19

✓ **SVS Board Meeting.** 10:30 a.m., at Sugar Plum Vegan Café, 2315 K St., Sacramento. SVS is committed to democratic decision making and meetings are open to all. If you'd like a copy of the agenda, let us know at sacveggie@gmail.com.

Sun., June 26

✓ **Potluck and Speaker: *Becoming a Nutritarian*.** 5:30–8:30 p.m. Dr. Goli Sahba, SVS's new Nutrition Advisor, Sacramento Grange Hall, 3830 U St. (at Stockton). See p. w. RSVP at WWW.MEETUP.COM/SACRAMENTO-VEGETARIAN-SOCIETY/ OR SACVEGGIE@GMAIL.COM.

Mon, July 4

✓ **Pignic.** Farm Sanctuary, Orland. Celebrate the freedom of rescued farm animals; free guided tours; vegan hot dogs and trimmings. Info: [HTTP://WWW.FARMSANCTUARY.ORG/FARM/](http://WWW.FARMSANCTUARY.ORG/FARM/).

Tues–Sat, 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/).

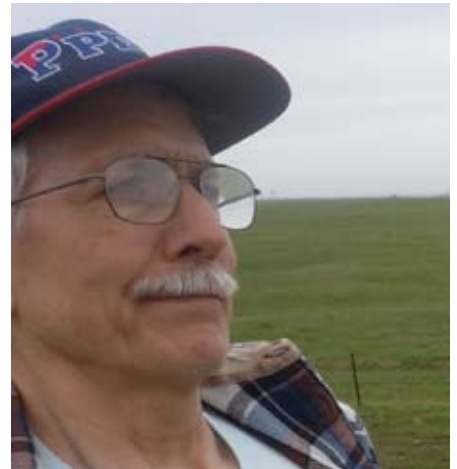
Thurs–Mon, July 21–25

✓ **Animal Rights National Conference.** Los Angeles. 90 speakers from 60 groups. Sponsor: FARM. Register at: [HTTP://WWW.ARCONFERENCE.ORG/](http://WWW.ARCONFERENCE.ORG/).

Sat, July 30

✓ **Twilight Tour.** Farm Sanctuary, Orland. Mingle with rescued residents and learn about their nighttime behavior, then sit back and enjoy vegan fare, beer and wine, and great music. Info: [HTTP://WWW.FARMSANCTUARY.ORG/FARM/](http://WWW.FARMSANCTUARY.ORG/FARM/).

From the President



GLENN DESTATTE

Greetings, Veg-heads!

Things are picking up at SVS. After several months of laying the groundwork, our efforts are about to bear fruit. Later this month, SVS will be issuing membership cards to our paid members. We are doing this in conjunction with the launch of our discount program with local businesses. Our initial offer promises to be an eye-opener, so be sure to keep an eye on our electronic media, or better still, come to our next potluck.

That not-to-be-missed potluck will be held June 26 at the Sacramento Grange's Wisteria Hall—a pleasant facility, in a prime location. Our featured guest will be SVS member Dr. Goli Sahba, a long-time Sacramento family medicine practitioner who specializes in nutrition.

We hope Wisteria Hall will be the site of many SVS events to come. Once you see the facility, I think you'll understand why.

One fine event that has already happened was the “Basics of Indian Cooking” class offered by Meetup member Neema Talwar on

FROM THE PRESIDENT, continued on p. 7

A Taste of Health: *Vegan, macrobiotic cruise with Holistic Holiday at Sea™*

BOBBIE LANDAU

Day 1: At a Key West museum I met a woman from the cruise. Her words of wisdom were: “Be positive, be neither for nor against, and peace begins within.” Those words became part of

Holistic Holiday at Sea presents the ultimate gift for your mind, body, and spirit. Share the wisdom of some of the world’s leading authorities and experts in holistic living and natural health.

Cruise the Eastern Caribbean on one of the world’s premier Italian luxury liners, the MSC Poesia, which combines the style and sophistication of Europe with American comforts and convenience. Visit exciting ports of call while you dine on specially prepared organic natural foods and beverages prepared by our own chefs. Workshops and lectures included (ATASTEOFHEALTH.ORG).

my “Taste of Health + Life Is What Happens When You Are Making Other Plans” experience.

Summary and Recovery

Over 900 of us enjoyed A Taste of Health (Holistic Holiday at Sea’s February 27–March 3, 2011, vegan cruise)—the plant-based food, health information, cooking demonstrations, macrobiotic information, and more.

The **salad bar** featured lettuce varieties, vegetables, broccoli, rice, and more. Plant-based dressings included avocado, cilantro, lemon, tahini, and more mouth-watering tastes! Some were oil free. Made-from-scratch soups were included. Plant-based macrobiotic principles included rice or other grain with each meal. Freshly made desserts were included with lunch and dinner. There were gluten-free tables and a healing diet. The food was outstanding!

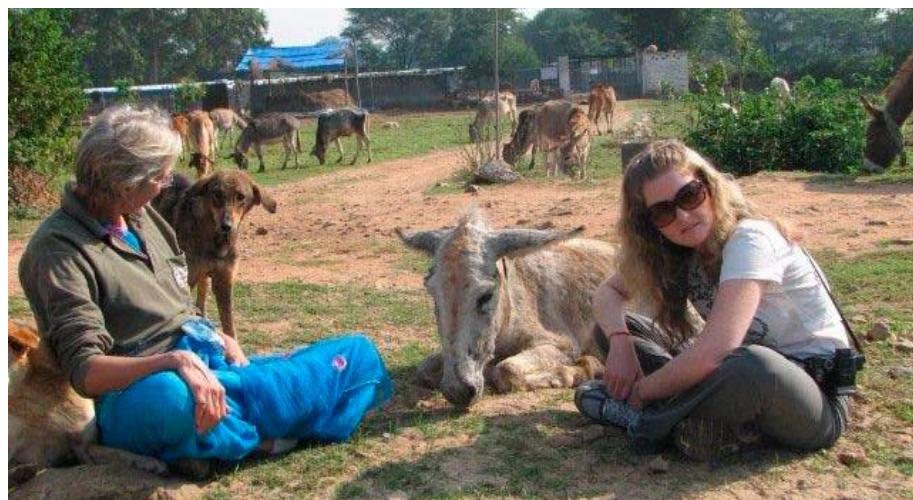
The **keynote speaker** was Dr. T. Colin Campbell, author of *The China Study*, which showed the benefits of a plant-based diet for preventing and healing the most common chronic diseases, including cancer. Each lecture period gave us a choice of three speakers, often including a cooking demo. Food demonstrations by Christina Periello of the *Christina Cooks* TV show and Isa Chandra Moskowitz, author of vegan cookbooks, including the popular *Vegan Cupcakes Take over the World*, included health explanations.

Evening events at 9:45 p.m. included a Vegan Pizza Party and Vegan Ice Cream Parties.

Recovery. Testimony from 20 people who cured themselves of cancer with a macrobiotic diet was quite impressive. Some had breast cancer, ovarian cancer, lung cancer, pancreatic cancer, and cancers I had never heard of. Some were told they had

Veg Voyages offers vegan guided tours of India ILSA HESS

I have always wanted to go to India, but was concerned about traveling there alone and all the milk that is usually in traditional Indian cuisine. When I saw the ad for Veg Voyages’ Camels & Canines & Cows—Oh My! adventure, I knew I had to go. I traveled from Nov. 25 to Dec. 13, 2010, and the weather was perfect! Here is the link to all the fun things offered on the tour: [HTTP://WWW.VEGVOYAGES.COM/ADV-CAMEL.HTML](http://www.vegvoyages.com/adv-camel.html).



We spent five days volunteering at the Animal Aid animal sanctuary near Udaipur. The animals taught us so much about the meaning of life and the importance of love.



A bike tour of UNESCO World Heritage Keoladeo Ghana National Park; this is one of many temples on the property. We saw lots of monkeys, and kingfishers and many other birds.

A TASTE OF HEALTH, from p. 4

3–6 weeks to live and nothing could be done. A doctor was told he could take experimental medication, but it wouldn't help him. That was 12 years earlier. All of them survived and have no signs of cancer now. Some had their cancers over 20 years ago.

The road to recovery included a macrobiotic lifestyle and stopping an animal-based diet, including dairy and eggs, immediately. All said their doctors gave no information on drug alternatives. Medical doctors receive very little training in nutrition.

In other classes, we learned how dairy and other animal products upset the system and often cause cancers. According to Dr. Campbell and others, media marketing and advertising, along with drug companies, are encouraging the medical community to use expensive drugs, rather than preventive measures like good nutrition, resulting in increased incidence of obesity, diabetes, cancer, heart disease, and other health issues.

Outlook. This portion of the program focused on living without undue stress. A macrobiotic coach helped with food choices and changing lifestyle.

Seeing and hearing people who chose not to use modern drugs or what the medical community recom-

mended, but allowed the body to heal itself, made a great impression on me. Many had children and family and wanted to “stay around longer.”

Meeting these people was inspirational for me. Macrobiotics is here to stay! For more information, go to: ATASTEOFHEALTH.ORG.

Epilogue

Tues., March 8, two days after returning home, my daughter asked if I had gotten a facelift. I hadn't. She asked me if I had a facial. I didn't. *She asked what I had done as she said my face looked great, and I looked 20 years younger than when I left 2 weeks ago.*

What I did: Mornings I walked the ship's deck for 25 minutes and stretched. I was positive and followed my heart with the mantra: “Peace begins within.” I ate delicious plant-based food!

Wed., March 9, My lovely daughter wrote: “Mom, I just want to tell you that you look great. *I am not sure if the cruise itinerary told you that you would look younger after the cruise, but you sure do!* Your forehead is so smooth and you were glowing. I am wondering what caused the change; I want to do what you did.”

Could the sun, Vitamin D, miso soup, and my attitude have done that much? The last two nights I danced until the wee hours of the morning. With daily walks, a plant-based diet, and living a positive lifestyle, maybe others could become healthier and we'd save billions of health care dollars?



While volunteering, we were sent off with tiffins for our daily lunches. It was like we lived there! I sure miss all of that delicious home-cooked vegan Indian food! (That's Ilsa on the right, behind the shades. —ed.)

VegVoyages tours: experience the culture, heritage, and customs of Rajasthan while helping injured and neglected animals at a great grassroots refuge!



A traffic jam on the highway with a herd of camel and one of the many brightly colored trucks.

Meals for Health: Results!

MARY RODGERS

EarthSave's Meals for Health pilot project, a month-long nutritional intervention program held at the Sacramento Food Bank (see January–February 2011 issue), was a resounding success. Most strikingly, 100% of the participants stuck with the program and all graduated. All lost weight and had measurable health improvements. Three women from the Women's Wisdom Project at the Sacramento Food Bank share their experience as Meals for Health participants. All three are continuing to follow the plant-based Meals for Health diet. An online blog and regular potlucks provide ongoing support.

Erika Byrd entered the program with numerous health challenges, including high blood pressure, lupus, and Raynaud's disease. In addition to losing 14 pounds during the program (and 4 more since the program ended), she has experienced a remarkable reduction in symptoms, including a remission of lupus (a chronic autoimmune disease), to the point where she's not sure if she still has it.



Erika Byrd

By the second day, she went through the “detox from hell.” She, like others in the program, experienced headaches during the detoxification process. She watched her face “do its own facial.” Blackheads and whiteheads appeared as impurities worked their way out of her body. That's hard to imagine, looking at her clear, smooth complexion today. Luckily participants had health coaches to guide them through the scary side of detoxing, and all other aspects of the program.

Erika, who was hospitalized four times with hypertensive emergencies, lowered her blood pressure from 180/115 to 149/105 without medication, simply by following the Meals for Health guidelines. Her body fat index went from 27 to 21, and she was off heartburn medication within 2 weeks.

One particularly helpful aspect of Meals for Health was being shown how to prepare tasty food without adding salt and oil. Participants also learned how to adapt dishes they were used to eating, so with just a few tweaks, they can enjoy healthier versions of familiar favorites.

Water, and fruit smoothies—to which Erica adds ice, flaxseed, spinach, and soymilk—have replaced unhealthy drinks. She recently prepared a cheese dish for her daughter, and out of habit she took a little bite, and the cheese, a once favorite food, “tasted like straight grease.”

Erica has watched others with lupus deteriorate, many ending up wheelchair bound, and decided: “No way, I don't want to live like

this.” It's a good bet that this enthusiastic, bright-eyed woman who now feels “energized and alive,” won't have to.

Rachael Vasquez reports being “blown away” by the wealth of information provided during the month-long program. As a result, she has entirely changed her view about food. When Rachael left



Rachael Vasquez

home, she learned cooking with international flavors—anything but Mexican food she grew up with. Now she's back to the basics—rice and beans—and loving it.

Her greatest benefit from the program has been “seeing the whole picture”: diet, exercise, psychology, how the body works, and that “we are in control of managing them.” The results for Rachael have been clarity of mind, feeling better about herself, and losing weight (15 pounds in 11 days). Rachael broke into tears as she told how surprised and grateful she was that “someone could care enough

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RESULTS! from p. 6

to give me information about what my body needed—I am eternally grateful.”

Not only were participants given knowledge of what is good for health, they were also taught how to apply it. At the start of the program Rachael said “I didn’t think I could live without ice cream.” Now she says “frozen papayas make the best ‘ice cream.’” In addition to losing most of her food cravings, another benefit for Rachael was “going from limited food choices to all this great, healthy food.” Also gone is drinking coffee for energy, and the ups and downs that resulted. She now has “a constant flow of energy” from the “perfect plant-based food” that her body needs.

“If I’m going to appreciate this body, what I have, I need to take care of it. That takes commitment and will power.” Rachael credits

FROM THE PRESIDENT, from p. 3

June 6 in Gold River. Not only was a good time had by all, but the waiting list length exceeded class enrollment! Naturally, we’ve scheduled another session and will keep doing so as long as demand is there. Look for several other cooking classes in the near future.

More details on these and other developments will be in the July–August newsletter, which should be out in about a month. We’d like SVS members to submit items for publication (we’ll edit for grammar and clarity, but give wide latitude as to subject matter—just try not to get too snarky, please). Also, give us ideas for subjects you’d like to see covered in these pages; we’ll do our best to follow through.

Meals for Health with teaching her how to accomplish that. And others are noticing what she refers to as “a big life change.” When friends comment on the positive changes they notice, it’s inspiring to her, and to them.

Heather Matthews had a few health scares, so she was looking for a better way of eating. She had already taken several plant-based diet classes when she heard about Meals for Health. Even though she had been vegetarian for a long time, the switch to a vegan diet resulted in many positive changes, including losing 12 pounds.

Like the other participants, Heather was impressed by the “outstanding speakers,” including a psychologist who gave pointers on how to deal with people who will try to dissuade you from making healthy changes, and of letting go of things from the past that you can’t do anything about.

Another helpful technique she learned is to always begin a meal with salad or fruit before starting on the main dish, so you’ll eat less of the more calorie-dense items.

Heather told of a “life-altering” testimony by a woman who had weighed several hundred pounds whose doctor told her one of her legs would have to be amputated. She went on a plant-based diet, lost a lot of weight, got off her meds—and still has both legs.

In addition to hearing speakers they wouldn’t have the opportunity to hear otherwise, the participants were given free videos, cookbooks, exercise and yoga classes, and more. “The whole thing was very well done; it was positive, encouraging, and motivating.”



Heather Matthews

Congratulations on your 25th Anniversary, SVS!

We’re happy to be members.

*Thank you,
Manh & Thuy
Loving Hut, Sacramento*

Happy 25th Anniversary, Sacramento Vegetarian Society!!!

We wish you the very best and thank you for your continuing efforts in promoting and spreading the vegetarian/vegan lifestyle.

Be Veg, Go Green, 2 Save the Planet!

*Sincerely,
Loving Hut - Elk Grove*

Heather hopes that EarthSave will be successful in finding funding to expand the Meals for Health program to other food banks. Then, putting a local twist on that thought, she had an inspired suggestion: “Sacramento wants to spend \$25 million for a new arena. Why not a couple million to provide improved health care?”

marshmallows by Chicago Soy Dairy, Nacheez by Love and Joy Foods, and all the vegan jerkies—oh man, do we vegans love our jerky! Also, animal rights statement tees are hard to keep in, too, and that makes us happy!

SVV: You mentioned expanding your product line. What additional items are you hoping to carry?

Jen: We want to expand groceries, easily by 4x. There are so many great hard-to-find vegan items that people would love here. A great selection of vegan chocolates, more vegan cheeses, more ready-to-eat items ... there are just too many to mention! Also, vegan handbags and shoes! So many requests for vegan shoes..We would *love* to be in a position to carry shoes—omgosh!

SVV: This is a tough time for small businesses. What will it take to have a successful expansion?

Shawn: Investors and a lot of grass-roots community support. We would love to rival the Co-op and Whole Foods with our grocery selection, but it takes financial backing to offer what vegans really want. We are actively looking for individuals who are in line with our values and can see that we absolutely can make this work. Sacramento would be at a loss if we let the economy take over or let anything drag us down.

Also, we are working on relocating the store to a ground floor, more (handicapped) accessible, and visible storefront ASAP. It's the best move for us and to also get autonomy from the café. So many people think we are owned by the café owner and call us for questions when they can't get through to them or they close early and are disappointed. It's time we stand out from the crowd as a truly vegan owned and operated small biz, and the first step is to become more visible to foot and other traffic to raise animal rights awareness.



Shawn and Jen Fosnight, owners of Never Felt Better vegan shop in Midtown Sacramento

It's true what they say...location-location-location! And right now we are too tucked away and dependent on how the café is doing. It's been a challenge, but we are passionate about our little vegan shop succeeding!

SVV: You have sponsored cook-offs, food tastings, and other events. Will you continue having these types of activities?

Jen: *Yes!* They are so much fun! We have had book signings, with one planned mid-June as well. EcoVegan will be doing a food demo, and we would love to do screenings of movies like *Bold Native* and *Earthlings*.

SVV: Tell us something about yourselves that our readers probably don't know about you.

Jen: Shawn and I are a rarity. I wasn't even vegetarian when we met. I had fallen off the wagon for years before we started dating. He had already been vegan for 16 years and had to very patiently sit through my dumb questions like "what would we do with all the cows if everyone went vegan?"

So when people come in and genuinely have no idea what veganism is, I can relate because I was that person, and Shawn has taught me to be as

patient as he once was with me. And it works!

Most couples where one is vegan and one is not have so many challenges that it's rare that they last, but we are in our seventh year of marriage and are still very much in love!

SVV: Please add anything you'd like to say about yourselves or your experience in running Never Felt Better.

Shawn: The satisfaction of outreach on a daily basis, and meeting all walks of life through veganism is immense. Every day is an opportunity to spread the message and meet some great people.

The traveling vegans are the best. They are always SO happy to come in to Sacramento and find us like a beacon, and they always let us know to never give up. The support has been great and we appreciate every second of it.

Never Felt Better is at 2315½ K St., Sacramento, upstairs from Sugar Plum Vegan Café. They open at noon, Tuesday through Sunday; closed Mondays. Find them online at [HTTP://NFBVEGANSHOP.COM/](http://NFBVEGANSHOP.COM/), or follow them on Facebook or Twitter.

Another "local" recipe with an international twist—from an award-winning Sacramentan. Remember Michelle's chili cook-off winning entry from Jan–Feb? And a raw treasure unearthed online...

Tabouleh-Inspired Dinner Salad

Michelle McNeill

Ingredients

3 cups water
1½ cups quinoa
1–2 bunches parsley and a few sprigs of mint, coarsely chopped in a food processor
½ red onion, diced
1 clove garlic, crushed
2 cans chickpeas, rinsed and drained

½ cup dried fruit (I use a combo of raisins and chopped unsulphured apricots)
¼ cup chopped roasted almonds (or pistachios)
Fresh ground pepper
Juice of one lemon
2 tbsp olive oil
½ tsp salt

Serves 4–6

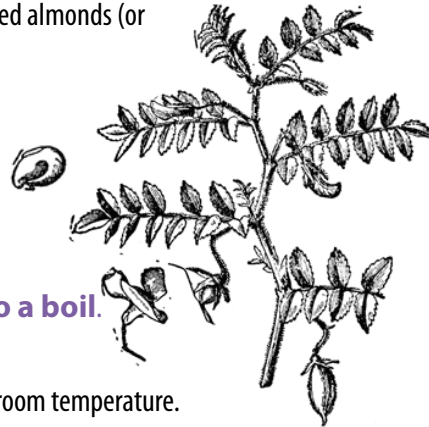
Method

Combine quinoa and water in a covered saucepan, and **bring to a boil**. **Lower heat** to the lowest setting, and **simmer** for 20 minutes. **Remove** from heat, **fluff** with a fork, and **set aside** to cool to room temperature. **Add** remaining ingredients, and **toss well**.

If you make this the night before or in the morning, the flavors have time to meld, and it may be fully chilled at dinner time.

Serving Suggestions

I serve this for dinner with hummus, cucumber slices, whole wheat pita wedges, melon, and iced peppermint tea, or I put a big scoop of it on top of mixed baby greens for a lunch salad.



Chickpeas (*garbanzo beans*) are a good source of folate, fiber, iron, and protein; they are among the earliest of the cultivated vegetables; 7,500-year-old remains have been found in the Middle East.

What a happy surprise to find *Favorite Recipes from the Sacramento Vegetarian Society: Sensational Salads, Savory Soups, Marvelous Mains, Scrumptious Sweets* as I was exploring the SVS website a couple of months ago. If you, like me, were unaware of this useful document's existence, take a look—lots of tempting recipes are crying out for experimentation!

The following raw dessert is one of those. **Anyone up for making these treats for our next Koffee Klatch on June 12?** I'd do it, but I'll be making whole-grain, berry scones that morning, which should still be warm from the oven when you get there. —Mary, SVV editor

Raw Rich Chocolate Treats

Verawnika Clay

Ingredients

2 cups almonds
1½ cups dates
2 tbsp coconut butter
2 tbsp vanilla extract
1 apple, chopped
½ cup ground carob powder
1½ cups cacao powder (raw chocolate)

Almonds are native to Asia and Africa, but 80 percent of the world's supply is grown right here in California.



Method

Combine all ingredients in the food processor until smooth. The consistency should be firm yet pliable. If it is tacky, refrigerate for a half-hour before shaping.

Form into balls or shapes of your choice, or flatten and cut with cookie cutters.

Eat as is or dehydrate at 105° for 2 hours.

Illustrations: FCIT; <http://fcit.usf.edu/>

Oil-free salad dressing tips

SUSAN VOISIN

Excerpted with permission from Susan's *FatFree Vegan Kitchen: Sinlessly Delicious* at [HTTP://BLOG.FATFREEVEGAN.COM/](http://blog.fatfreevegan.com/).

Tips for converting an oily dressing into an oil-free one: It's not enough to remove the oil from any old salad dressing; you have to: (1) replace it with a liquid that will dilute the power of the vinegar in the dressing, (2) add some body so that the dressing isn't watery, and (3) add flavor.

Follow these tips to make oil-free but tasty salad dressing:

- If you don't mind a sweeter dressing, replace the oil with orange or other fruit juice.
- Try replacing the oil with vegetable broth, plus one of the thickeners below.
- Replace the oil with water, but double the herbs and spices, and add a thickener.
- Add a thickener. Adding xanthan or guar gum can be tricky; I prefer ground flax or chia seeds, both of which form a gel when combined with liquids.

Chia seeds have the advantage of not needing to be ground first, and their lighter flavor and appearance (if you use the white chia) make them better for dressings. And both are great sources of Omega 3 fatty acids.

Start with a teaspoon per cup of dressing, blend well (with a blender, if you like), and allow to stand until thickened. Add more if necessary to achieve the thickness you desire.

- Add dijon or coarse-ground mustard. A couple of teaspoons per cup of dressing will add zing without being overwhelming.
- Add a little nutritional yeast for a richer, more savory flavor.
- Blending in just a small amount of higher-fat ingredients such as nuts, olives, or avocado can give flavor and body to your dressing without a lot of fat—as long as you don't overdo it.
- Be careful with raw garlic, which can easily overpower your dressing if you use too much of it. Naturally dehydrated granulated garlic or garlic powder is a good alternative for infusing a dressing with garlic flavor with less risk of "garlic burn."
- Fresh is best for herbs, but if you're using dried, allow time for the leaves to rehydrate and the flavors to blend. Most fat-free dressings will taste better after chilling for a while.

- Experiment with different vinegars: balsamic, red wine, and white wine are standard, but fruit-flavored vinegars such as raspberry, fig, or blood orange can add a different dimension to your usual salad dressing.
- It's surprisingly easy to make a low-fat version of a creamy dressing. Just substitute silken tofu for mayonnaise or vegan yogurt instead of buttermilk. You can also make your own soy buttermilk by adding a tablespoon of lemon juice or white vinegar to a cup of soymilk and let stand until curdled.
- If you absolutely cannot stand oil-free dressing, try reducing the amount of oil a little at a time, using some of the replacements suggested here.
- There's evidence that some fat helps your body absorb the nutrients in salad. Rather than use oil, which has been stripped of all nutrients but fat, I recommend adding nuts, seeds, or avocado to your salad. I eat walnuts every day for the Omega 3s (as well as the taste).

OIL-FREE SALAD DRESSING, cont. on p. 3

MYTH OF THE MONTH: SOY, from p. 1

Isoflavone intake (the marker for soy) was unrelated to the risk of recurrence, regardless of hormone receptor status or Tamoxifen use. No significant increased or decreased risk was associated with any specific level of intake. Risk of death tended to be lower as isoflavone intake increased.

The authors state: Our study is the third epidemiological study to report no adverse effects of soy foods on breast cancer prognosis. These studies, taken together, which vary in ethnic composition (two from the U.S. and one from China) and by level and type of soy consumption, provide the necessary epidemiological evidence

that clinicians no longer need to advise against soy consumption for women diagnosed with breast cancer.

For more on WHEL, go to [HTTP://WWW.HEALTHYEATINGUCSD.ORG/PAGES/WHELSTUDY.HTM](http://www.healthyeatingucsd.org/pages/whelstudy.htm).

Sign up for Jack's blog at [JACKNORRISRD.COM](http://jacknorrissrd.com) if you'd like. You can also pre-order his new book, *The Ultimate Vegan Guide*, which will be available online, for only 99¢, on July 12.

Creamy dressing recipes

Lately I've been into creamy dressings that I make with a combination of plain soymilk and white balsamic vinegar, resulting in "the buttermilk effect" (bullet 11, previous page). Then I blend in whatever seasonings I'm craving, along with chia seeds, which thicken the dressing and help it cling to the salad greens.

A few days ago, salad boredom led me to my spice cabinet for something I hadn't yet made into a dressing, and a tiny jar of pink peppercorns practically jumped into my hand. Pink peppercorns are much milder and sweeter than black or white peppercorns, probably because they are not actually peppercorns, but dried berries. They have a papery outer layer and crush easily with a mortar and pestle but just get pushed around in a pepper mill (I've tried and it doesn't work). They're mild enough that you can eat one out of the jar without getting red in the face, though they do build up to a modest heat if you consume many of them.

Creamy Tri-Pepper Salad Dressing

This dressing is not for the spice shy. When combined with black and white pepper, the fruity pink peppercorn becomes more assertive, and though this dressing won't have you gulping down gallons of water, you will feel a pleasant (to some of us) buildup of heat. If you're concerned that pink peppercorns might be too spicy, start with the lesser amount—and definitely reduce the amounts of white and black pepper, which are the real heat-causers.

- ½ cup plain unsweetened soy milk
- ⅓ cup white balsamic vinegar (or rice vinegar)
- 1 clove garlic
- ½–1 teaspoon pink peppercorns, crushed after measuring
- ¼ tsp freshly ground black pepper
- ⅛ tsp ground white pepper
- ½ tsp onion powder
- ½ tsp salt (or to taste)
- ½ tsp chia seed (or ground flax seeds)

Place all ingredients in a blender and **process** until smooth.
Refrigerate for at least ½ hour or until dressing has thickened.
Stir well before using.

Cooking time: 5 min., **Servings:** 7

Nutrition (per 2 tbsp):
20 calories, 3 calories from fat, < 1 g total fat
0 mg cholesterol
171.3 mg sodium
41.6 mg potassium
3 g carbohydrates
< 1 g fiber
2 g sugar
< 1 g protein



Here's an easy, creamy dressing that I threw together in just a few minutes. I used a salt-free seasoning, Mr. Spice House, as a short-cut to avoid measuring many different herbs. Use any combination of herbs you like, adding more to taste as you go.

Though the percentage of calories from fat in this recipe is what I would call higher fat (over 15%), the overall number of grams of fat is low (about 1) and a serving is 3 tablespoons, instead of the 2 tablespoons most bottled dressings call a serving.

Ridiculously Easy Vegan Buttermilk Dressing

This easy recipe is very versatile. My husband likes to drizzle it over steamed broccoli, while I spoon it over baked potatoes in place of margarine.

- ¼ cup plain, unsweetened soy yogurt
- ½ cup plain soy milk (or other non-dairy milk)
- 1–2 tbsp white wine vinegar (start with 1 tbsp and add more to taste)
- 1 tsp salt-free seasoning blend (e.g., Mrs. Dash or Mr. Spice House)
- ½ tsp garlic powder or 1 small clove garlic
- 1 green olive
- ½ tsp chia seed (optional, for thickness)
- salt (to taste)

Place all ingredients in a blender and **blend** until smooth.
Add salt and additional seasonings to taste.
Chill until ready to serve.
Stir before serving.

Servings: 4 (about 3 tablespoons per serving)

Nutrition (per serving):
26 calories; 9 calories from fat; 1.1 g total fat
0 mg cholesterol
17.5 mg sodium
73.5 mg potassium
2.7 g carbohydrates
1.3 g fiber
< 1 g sugar
1.8 g protein



Garlic

Black/white pepper (*Piper nigrum*) is native to the East Indies. This climbing plant is cultivated for its small, globular berries, which, when ripe, are bright red. White pepper is made from the soundest of the berries, gathered when fully ripe, and deprived of their external skin.

Illustration: FCIT; [HTTP://FCIT.USF.EDU/](http://fcit.usf.edu/)

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Dive into vegan options at Round Corner Tavern!

ILSA HESS

The kitchen at the Round Corner Tavern had been closed for about 6 months. On St. Patrick's Day, the kitchen reopened under new and separate management. The menu has a substantial vegan section that covers all kinds of dishes. The new cooks are very careful to use separate fryers and grills for the veg options. Also, they say they deliver!

Excited to be able to have a beer with my vegan meal (something very rare in Sacramento), I have been to the Round Corner twice.

During my first trip, I ordered the Boca Chik'n Patty sandwich with criss cut fries. The sandwich was filled with pickles, raw white onion slices, a vegan cheez slice, and Nayonaise. Normally I'm not a fan of the unmelting vegan cheez slice, but the combination of flavors really tasted good to me.

On my second trip I ordered the massive falafel sandwich. It consisted of two full pitas surrounding a layer of four medium-sized and freshly deep-fried falafel balls, lettuce, onion, tomatoes, and lots of Green Goddess dressing. It was delicious and *big!*

I shared an order of their basic American French fries—delicious. We also shared an order of fried tofu sticks that came with a bottle of Thai peanut sauce. The tofu sticks were stiff and tasted great when dipped in a combo of peanut sauce and Frank's hot sauce. *Yum!*

There are two cooks in the kitchen. One is aware of veganism, and one has a strong background in cooking

on the BBQ. With that in mind, it's always good to ask them what menu items are vegan. For example, anything battered is not vegan. They are going to have a new menu soon that lists what is not only vegan, but what is gluten-free.

The Round Corner is pretty much a dive bar. There are two pool tables, and they seem to attract a very serious cue-toting crowd. People are always friendly and get out of your way when you are ordering food along the side of the bar.

I strongly recommend the Round Corner Tavern for their yummy vegan food, cheap drinks, laid-back atmosphere, and great jukebox.

Ilsa tells us: "A militant vegetarian boyfriend turned me vegetarian in 1995. Turns out he now eats red meat while I have moved on to become vegan since March 2009. I can never see myself going back to even eating cheese and eggs, let alone meat. I'm a vegan for life!"

In addition to starting her own business, Love and Joy Foods, maker of Nacheez—a delicious vegan nacho cheez sauce (WWW.NACHEEZ.COM)—Ilsa is interested in "all kinds of arts and crafts: acrylic and oil painting, photography, doll making, crocheting, embroidery, beadwork, and so much more."

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