

# SACRAMENTO VALLEY *Vegetarian*

FOR THE ANIMALS • FOR YOUR HEALTH • FOR OUR PLANET

Published bimonthly by the Sacramento Vegetarian Society

## Label GMOs: *It's your right to know.*

GLENN DESTATTE, SVS President

**T**he Flavr-savr tomatoes—a big flop; contamination of Mexican corn, despite assurances it couldn't happen; glyphosate in the urine of Germans—hardly a good thing.

Despite many concerns about genetically modified organisms (GMOs) in the food supply, for two decades bioengineering gurus continue with their mantra: “Just move along folks, there's nothing to see here.” And of course, regulators at three federal agencies go along with the program.

Well, pardon us, but one of the bedrocks of democracy is an informed citizenry, making decisions on matters that affect their lives—like just what it is they are putting in their bodies.

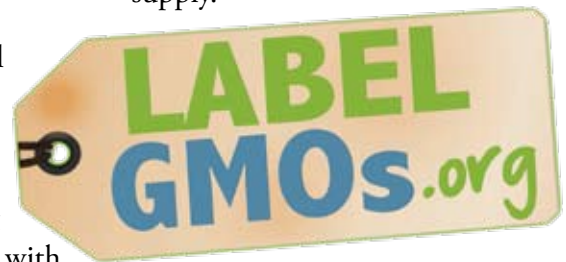
Now comes the campaign to mandate that any food containing GMOs in California be labeled accordingly. In mid-February the Label GMOs campaign will begin gathering signatures to get an initiative (the California Right to Know Genetically Engineered Food Act) on the 2012 ballot.

The task is large, but doable: 800,000 signatures in two months. Close to 1,500 people have signed up to gather signatures, and many others have attended workshops to that end.

To find out more about the campaign, go to [WWW.LABELGMOS.ORG](http://WWW.LABELGMOS.ORG) or e-mail [SACLABELGMOS@GMAIL.COM](mailto:SACLABELGMOS@GMAIL.COM).

SVS has been an integral part of the campaign, in terms of members actively participating, and organizationally by co-sponsoring events (at the Grange Hall) with

the local California Committee for the Right to Know group. We urge SVS members to learn more about this corporate assault on our food supply.



## NOT ANOTHER McDONALDS!

## HDOP Year 2—*The campaign continues*

GLENN DESTATTE, SVS President

**F**irst, a brief recap: in the summer of 2010 McDonalds canvassed along Second Avenue in Oak Park asking residents which of two drawings they preferred of a proposed drive-through fast-food outlet at the corner of Stockton Blvd. and 2<sup>nd</sup> Avenue.

Turns out they preferred neither one. Nor did a lot of the medical professionals along the Stockton corridor. They deal daily with diet-related children's conditions; to them a fast-food emporium sends all the wrong messages. Oh, and by the way, aren't their enough of them already?

From this reaction, a citizens group, Healthy Development for Oak Park (HDOP), was born. For much of 2011, the group has canvassed, gathered petition signatures, gone to public meetings, and contacted local officials in an effort to rein in the 800-pound gorilla. Several SVS members have been active supporters from the beginning.

In October, the proposal to build the drive-through was set to go to the city Planning Commission with a recommendation from staff that the permit be denied. The day before the scheduled hearing, McDonald's requested a postponement; seems that after all these months they needed more time to meet city guidelines. HDOP in the meantime is up to three figures in expenses.

As the months roll by, HDOP is still waiting. The current thinking is that no matter what steps the Planning Commission takes, the decision will be appealed to the City Council.

To be put on the HDOP listserv, go to [HDOAKPARK@GMAIL.COM](mailto:HDOAKPARK@GMAIL.COM), and be ready to write your council member and help HDOP turn out the troops at a Planning Commission or City Council meeting in early 2012.

## Sacramento Vegetarian Society

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

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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 as well as non-vegetarians to participate.*

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

### **SVS Officers**

President, Glenn Destatte  
Vice President, Wim van Warmerdam  
Treasurer, Don Knutson  
Secretary, Mary Rodgers  
Newsletter Editor, Mary Rodgers  
Membership Coordinator, Liz Hamilton  
Nutrition Advisor, Goli Sahba, M.D.  
Webmaster, Marty Maskall  
At-Large, Maggie O'Mara

### **SVS is a member organization of:**

Environmental Council of Sacramento  
Vegetarian Union of North America/Intl. Veg. Union  
California State Grange

Sacramento Valley  **Vegetarian**  
is published bimonthly by SVS.

## **Submission Guidelines**

### **Send submissions or inquiries to:**

Editor: [MRODDGERS@MACNEXUS.ORG](mailto:mroddgers@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.

# Calendar

## **Wed., November 2**

✓ **Raw Vegan Demo: Replacing Milk and Cream (are you nuts?).** 6:30 p.m., The Green Boheme, 1825 Del Paso Blvd., Sacramento. Wednesday night class demos are back! \$10, payable to Green Boheme. Sign up at SVS Meetup.

## **Thu., November 3**

✓ **Potluck. Davis Food Co-op Club Vegan: meet and eat.** 7 p.m. Co-op Conference Room, 620 G Street, Davis. Free gathering of friends interested in vegan diet. Check out their Facebook site at <http://www.facebook.com/ClubVegan>. Sign up at SVS Meetup; ride sharing from Sacramento.

## **Sun., November 13**

✓ **Koffee Klatch.** 10 a.m., Sacramento Grange Hall, 3830 U Street, Sacramento. Getting connected and promoting community in a friendly, informal atmosphere. Bring vegan pastries; we provide coffee, tea. Optional but encouraged: bring fresh produce—we'll deliver what we've collected to Food Not Bombs, a group that has been feeding vegan food to the homeless at César Chávez Plaza every Sunday for over 20 years. A Sacramento Vegetarian Society event; sign up at SVS Meetup.

## **Thu., November 17**

✓ **Cooking Class: A Very Vegetarian Thanksgiving.** 6 p.m., with Emily Webber. Sacramento Natural Foods Co-op, 1900 Alhambra Blvd. The vegan menu celebrates the Three Sisters of the Native American harvest—beans, corn, and squash. Cost: \$39; \$33 Co-op members. Sign up through the Co-op ([WWW.SACFOODCOOP.COM](http://www.sacfoodcoop.com)).

## **Thu., November 24**

✓ **Vegan Potluck: 24th Annual "Un-Turkey" Thanksgiving Dinner.** 6 p.m. At Southside Park Cohousing, 434 T Street, Sacramento. Are you hungering for a cruelty-free Thanksgiving dinner? Once again, we invite our members and friends to create their favorite vegan holiday dishes and join us for a delicious feast at this long-running, fun, festive Sacramento tradition.

Admission is free. A Sacramento Vegetarian Society event; sign up at SVS Meetup.

## **Thu., December 1**

✓ **Davis Food Co-op Club Vegan: meet and eat.** 7 p.m. Co-op Conference Room, 620 G Street, Davis. Free gathering of friends interested in vegan diet. For event details go to <http://www.facebook.com/ClubVegan>. Sign up at SVS Meetup; ride sharing from Sacramento.

## **Sat., December 10**

✓ **Vegan Cookie Exchange.** 7 p.m. Never Felt Better Vegan Shop, 1910 P St., Sacramento. Share vegan holiday spirit! Bring a dozen cookies (or more); copies of your recipe, a container to take some home. Bonus for gawdy holiday sweaters! A Never Felt Better event; sign up at SVS Meetup.

## **Sun., December 11**

✓ **Koffee Klatch** 10 a.m. For details, see entry at Nov. 13. Sign up at SVS Meetup.

*Election of officers; bylaw updates, etc.*

## Come to the SVS Annual Meeting Sunday, March 11

All SVS members, this is your opportunity to let your voice be heard and to help shape the future direction and governance of your organization.

What activities should SVS sponsor, what positions should we take on veg-related issues? Let us know your thoughts and what's important to you!

All paid members may run for office; vote for candidates, ballot measures, and bylaw revisions; and your suggestions, criticisms, and concerns are always welcome.

If you have any agenda or other program suggestions, send them to SVS at [SACVEGGIE@GMAIL.COM](mailto:SACVEGGIE@GMAIL.COM). We want to hear from you!

*The Annual Meeting will take place at the Sacramento Grange Hall, 3830 U Street, Sacramento, from 10 a.m. until noon on Sunday, March 11. Please attend!*

### Thu., December 15

✓ **Vegan Holiday Feast.** 6 p.m., with Emily Webber. Sacramento Natural Foods Co-op, 1900 Alhambra Blvd. Celebrate the season with a rich and hearty menu that is packed with flavor and nutrients, and free of animal products. Cost: \$39; \$33 Co-op members. Sign up through the Co-op ([WWW.SACFOODCOOP.COM](http://WWW.SACFOODCOOP.COM)).

### Sat., December 17

✓ **Vegan Beauty and Skin Care 101.** 7 p.m. Never Felt Better, 1910 P St., Sacramento. Free; How to veganize your beauty and skin care routines. Demos and Q & A by Kendy and Rae. A fun, informative event at NFB's spacious, well-stocked new location! Sign up at Never Felt Better Facebook.

## SVS 2nd Sunday Koffee Klatches: Every 2<sup>nd</sup> Sunday, 10 A.M.—NOON Grange Hall, 3830 U St., Sacramento (at Stockton Blvd.)



*Getting connected and promoting community in a friendly, informal atmosphere. Whether you are an SVS member or representing another organization, or yourself, please join us. Everyone is invited.*

- 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 kuestions, komments, criticisms, and kaffeine kravings.**

You bring: **vegan pastries (home-made or store-bought)**

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.**

## 24th Annual “Un-Turkey” Thanksgiving Dinner *a vegan potluck*

**Thurs., Nov. 24 • 6 p.m.**  
**Southside Park Cohousing, 434 T St., Sacramento**

**Event:** Are you hungering for a cruelty-free Thanksgiving dinner? Once again, we invite our members and friends to create their favorite vegan holiday dishes and join us for a delicious potluck feast at this long-running, fun, festive Sacramento tradition.

Raffle, silent auction, children's activities, more ...

Coffee, tea, filtered water provided, as are dishes, utensils, etc.

Admission is free.

**Volunteers:** Help with set-up, clean-up, soliciting additional raffle items is most welcome. To sign up, please drop a note at [sacveggie@gmail.com](mailto:sacveggie@gmail.com), or leave a comment here.

**Our host:** A huge thank you to Don Knutson for offering the warm, welcoming cohousing common house for 11 years running!

**A little history:** SVS has been hosting the Un-Turkey Thanksgiving Dinner since the tradition was passed on to us from the local chapter of PETA in 1987.

Everyone is welcome: RSVP at [SACVEGGIE@GMAIL.COM](mailto:SACVEGGIE@GMAIL.COM) OR [HTTP://WWW.MEETUP.COM/SACRAMENTO-VEGETARIAN-SOCIETY/](http://WWW.MEETUP.COM/SACRAMENTO-VEGETARIAN-SOCIETY/)

## Films/vegan feast at Bicycle Kitchen

The Dinner & Bikes Tour ([HTTP://DINNERANDBIKES.COM/](http://dinnerandbikes.com/)) brought speakers and films to Sacramento's Bicycle Kitchen, and treated guests to a full-on, unbelievably delicious vegan feast catered by “traveling vegan chef” Joshua Ploeg. With all that going on, SVS had to have a Meetup, so a dozen of us joined the happy crowd. And we promise, we'll bring Joshua back to Sacto—you won't want to miss it!



SVS member and permaculture guru Ming Lai and “traveling vegan chef” Joshua Ploeg at the Sept. 5 Dinner & Bikes tour

## Mime Meetup

The San Francisco Mime Troupe ([HTTP://WWW.SFMT.ORG/](http://www.sfmt.org/)) returned to Southside Park on 9/11 with their latest production, 2012—*The Musical*, Michael Gene Sullivan's semi-autobiographical satire about corporate funding, selling out, and the art of “mass distraction.”

Catching the Troupe's “socially relevant theatre” has become a summer tradition for SVS, so pencil in “summer 2012” for their next production that will “make sense out of the headlines by identifying the forces that shape our lives.”



SVS Meetup at SF Mime Troupe performance in Southside Park

## SVS arranges for vegan catering at Environmentalists of the Year Awards: 2011

MARY RODGERS, SVV Editor

When the Environmental Council of Sacramento (ECOS)—of which SVS is a member organization—asked SVS President Glenn Destatte to arrange for vegetarian catering for its 28th annual Environmentalists of the Year awards ceremony, he knew just whom to call. Brooke Preston, owner/chef at The Green Boheme raw vegan restaurant, prepared just the right amount of tasty, healthy, vegan appetizers for the 75 guests. What a great way to let people know how good vegan food can be—another opportunity for some low-key, show-and-tell educating.

The Green Boheme was one of several businesses along Del Paso Boulevard forced to close after a 68-year-old water main burst and flooded a three-block area. Glenn rightly deduced that Brooke would jump at the chance to spread some vegan joy and take on a paying gig during that forced down time.

The event, held at the Sierra Health Foundation on Sept. 19, included a showing of *Last Crop*, a documentary film about the attempt to keep the Good Humus Produce farm in Yolo County—grower of organic vegetables, fruits, herbs, and flowers—in agricultural production through an agricultural easement. This would stipulate that the land must stay in farming and

food production, rather than converting to residential, commercial, or industrial use.

To learn more about this issue and the “One Farm at a Time” campaign being facilitated by the Sacramento Natural Foods Co-op and the Davis Food Co-op—and how you can help—go to [HTTP://WWW.GOODHUMUS.COM/PAGES/PRESERVATION\\_PROJECT1.HTM](http://www.goodhumus.com/pages/preservation_project1.htm).

**One Farm at a Time** received the evening's Innovation Award. Other Environmentalists of the Year honorees were **Larry Greene**, Executive Director of the Sacramento Metropolitan Air Quality Management District; **Steve Cohn**, Sacramento City Councilmember, District 3; **Rob Burness**, Co-chair of Habitat 2020; and the **Sacramento Natural Foods Co-op**. Volunteer of the Year honors went to ECOS Treasurer **John Deeter**.

## Another Southern Indian Vegan Cooking Demo

**M**ylapore chef and co-owner Jay Venkitu treated SVS to another free southern Indian cooking demo on Sunday, October 9. Again, Jay generously donated the instruction and the ingredients—one of many ways he promotes vegetarianism.

The setup, with Jay behind the outdoor cooking equipment facing the attendees and explaining each step—and the sometimes-exotic ingredients that went into the dishes on this month's menu—made it easy for attendees to see the process and follow along.

We appreciated the helpful running commentary on cooking techniques, how to choose the best ingredients (and the best places locally to get them), as well Jay's sharing of interesting, informative details on Indian culture.

The menu:

**Kosambri:** A refreshing salad made of lentils, chopped cucumbers, diced green mangoes, grated carrots, and coconuts with lime juice.

**Masala Vada:** An appetizer made with a combination of three types of lentils, red chilies, red onions, chopped cilantro, and mint.

Several of us stayed for dinner at the restaurant. We all appreciated the extensive menu, which helpfully has all the vegan options (*lots* of them) marked with a green leaf.

Jay will be offering more demos every couple of months or so. Check back to our Meetup site often and sign up quickly. These popular demos fill up fast!

## Club Vegan: new in Davis AND YOU'RE INVITED!

**T**he Davis Food Co-op at 620 G Street in downtown Davis, is sponsoring these get-togethers on the first Thursday of each month at 7 p.m. in the Co-op conference room. The Davis Food Co-op Club Vegan is “a gathering of friends who are interested in a vegan diet.” They promise snacks, samples, prizes, treats—and, best of all, the opportunity to swap resources, stories and recipes.” Guiding the group since it's September inception is Dani Lee, sustainability manager at UC Davis. Club Vegan is on Facebook at [HTTP://WWW.FACEBOOK.COM/CLUBVEGAN](http://www.facebook.com/clubvegan).

## SACRAMENTO GOES TO Music in the Meadow

**T**his Oct. 8 barnyard bash for the animals at Animal Place Sanctuary ([HTTP://ANIMALPLACE.ORG/](http://animalplace.org/)) in Grass Valley attracted visitors from the Foothills, Sacramento Valley, Bay Area, and beyond. Our corner of the “tabling field” included hometown neighbors Shawn and Jen Fosnight of Never Felt Better Vegan Shop and Ilsa Hess, purveyor of Nacheez, everyone's favorite homegrown nacho cheez sauce.

On stage were musicians and speakers, including cookbook

author Colleen Patrick-Godreau, who promised a return visit to SVS.

Guided tours of the barns allowed guests to meet rescued farm animals and see up close that these are intelligent, feeling, complex beings that deserve to live lives free of the exploitation and cruelty inherent in being raised as food for humans.

We hope this will be an annual event. In the meantime, keep an eye out for a special tour for SVS members early next year.





MARY RODGERS, SVV Editor

Yes, that's a chicken on the Food Day logo, leaving no doubt that the Center for Science in the Public Interest didn't create Food Day (October 24) to be solely vegetarian. Where does that leave the vegetarian community? Should they (we) participate in an event that leaves room for "sustainable" meat?

### Food Day Goals

1. Reduce diet-related disease by promoting safe, healthy foods.
2. Support sustainable farms and limit subsidies to big agribusiness.
3. Expand access to food and alleviate hunger.
4. Protect the environment and animals by reforming factory farms.
5. Promote health by curbing junk-food marketing to kids.
6. Support fair conditions for food and farm workers.

Several luminaries in the plant-based/animal advocate realm seem to think that's exactly where they should be. Vegan nutrition gurus Drs. Caldwell Esselstyn, Dean Ornish, and Colin Campbell are on the Food Day Advisory Board, as is no-compromises vegan Wayne

## Vegan: Cooking for the health of it August potluck speaker: David Gabbe

MARY RODGERS, SVV Editor

Former Sacramentan David Gabbe, chef, cooking instructor, and cookbook author now living in Portland, Oregon, was warmly received by SVSers at our August potluck meeting. His engaging, informative presentation, which included plenty of time for Q&A, got rave reviews, as did the flavorful, healthful samples he handed out to his appreciative audience.

The recipes for both samples (Kasha Krunch Cereal and Chocolate Tofu "Cheesecake") are from his latest cookbook *David's Vegan Home Cooking*, which he offered at a deep (40%) discount to SVS members. This treasure that includes 250+ quick, easy, plant-based recipes has become a favorite of at least a couple of SVS members who have prepared several potluck items from its pages.

David, who teaches plant-based cooking and nutrition in Oregon and Washington, is the autor of several other books, including *From David's Pure Vegetarian Kitchen*, *The Going Vegetarian Cookbook*, and *Why Do Vegetarians Eat Like That?* His recipes contain no gluten, cholesterol, saturated animal fat, white sugar, or white flour.

*David's Vegan Home Cooking* features some particularly informative and useful sections, such as:

- Daily Healthy Eating Guide,
- Sample Menus and Transitioning Tips,
- Stocking and Equipping the Vegan Kitchen,
- Protein, Calcium, and Iron Review,

and his glossary goes way beyond definitions and into the realm of nutritional information, preparation tips, and fun and informative stories and facts.

Another speaking engagement with David is on our short list for 2012. Be sure not to miss it!



David Gabbe

Pacelle, Senior V.P. of the Humane Society of the U.S.

Also on board are Food Day partner organizations that include the Physician's Committee for Responsible Medicine, Farm Animal Rights Movement, and A Well-Fed World.

Those are some hefty, mostly vegan voices that need to be heard widely, and I'm delighted they are part of the Food Day mix. What a loss if their viewpoints and values were left out of the Food Day discussion.

FOOD DAY, continued on p. 7

## Film night: *The World According to Monsanto*



### FOOD DAY, from p. 6

Locally, Glenn (SVS President Glenn Destatte) and I participated in Food Day organizing activities last year, and hopefully SVS will have a role this year as well.

*Food Day seeks to bring together Americans from all walks of life, to push for healthy, affordable food produced in a sustainable, humane way.*

Although event planning got a late start in Sacramento this year, many stepped up to the plate, including Sacramento City College and California State University, Sacramento. We've got a lot more lead time this year to come up with some spectacular plant-based activities. You can be part of it! Plans for an SVS Food Day Committee are in the formative stages. We'd love to have you participate. Drop a note at [sacveggie@gmail.com](mailto:sacveggie@gmail.com) if you have any interest.

Do keep Food Day on your radar screen if celebrating health, sustainability, environmental sanity, and social justice resonates. We'll keep you posted.

The Sacramento Vegetarian Society teamed up with the Sacramento Valley Permaculture Guild and the Sacramento Organic Gardening Meetup Group on October 26 to show the second film in our occasional series at the Sacramento Grange Hall.

The film tells the shocking story of agribusiness giant Monsanto Corporation, the world's leading producer of genetically modified crops. Based on investigative journalist Marie-Monique Robin's hard-hitting book, *The World According to Monsanto: Pollution, Corruption, and the Control of the World's Food Supply*, written after a three-year-long investigation, this eye-opening film is changing the way people think about food safety and the corporate control of our food supply.

You can view *The World According to Monsanto* online at [HTTP://TOPDOCUMENTARYFILMS.COM/THE-WORLD-ACCORDING-TO-MONSANTO/](http://TOPDOCUMENTARYFILMS.COM/THE-WORLD-ACCORDING-TO-MONSANTO/).

## homegrown **Recipe** FROM A SACRAMENTO KITCHEN

*WANT EASY AND QUICK ALONG WITH VEGAN? IT DOESN'T GET MUCH BETTER THAN THIS!*

### Paprika–Cumin Potatoes

Wim van Warmerdam

#### Ingredients

- 1 lb. Yukon Gold potatoes, cut into bite-sized pieces
- 1 tsp paprika
- ½ tsp ground cumin seeds
- ¼ tsp salt
- 1 tsp olive oil

**Serves** 2–3

#### Method

**Steam** the potatoes until tender, then

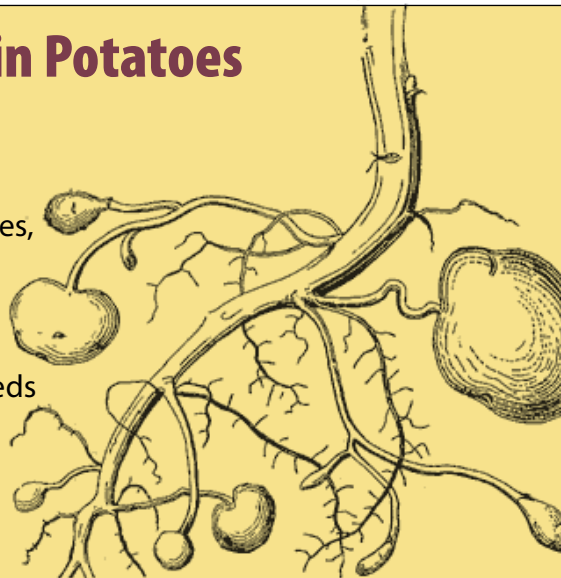
**Transfer them to a bowl** while they are still hot.

**Sprinkle** the seasonings and salt over the potatoes.

**Add** the oil, and

**Stir** until the potatoes are evenly coated with the seasonings

*Wim leads a double life: vegan chef/cooking instructor and professor of mathematics at Sacramento City College and CSUS. Look for his popular SVS-sponsored vegan cooking classes at [HTTP://WWW.MEETUP.COM/SACRAMENTO-VEGETARIAN-SOCIETY/](http://www.meetup.com/SACRAMENTO-VEGETARIAN-SOCIETY/).*



## Sacramento Vegetarian Society



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## Sacramento Vegan Chef Challenge

Chefs at ten Sacramento restaurants created original vegan appetizers, soups, entrees, and desserts that ran on their menus during the entire month of October. SVS was a co-sponsor of this month-long California Vegan Restaurants ([HTTP://WWW.CALIFORNIAVEGANRESTAURANTS.COM/](http://www.californiaveganrestaurants.com/)) event.

The chefs competed for prizes, based on votes of diners who visited eight to ten of the venues. The restaurants, chefs, and winning dishes were:

**Aioli Bodega Española** (Pablo Hernandez) 1800 L St.

**Bombay Bar & Grill** (Sanjeev Singh) 1315 21st St.

**Café Capricho** (Marina Winchester) 3269 Folsom Blvd.

- *Best Salad* (Jewel Quinoa Salad)
- *Best Presentation: Dessert* (Strawberry Shortcake)
- *Most Heart Healthy* (Capricho Stew)

**Capitol Garage** (Raphael Kendall) 1500 K St.

- *Best-Tasting Dessert* (Coconut-Chai Chocolate Cake)

**58 Degrees & Holding** (F.J. Villalobos) 1217 18th St.

- *Most Creative Dessert* (Chocolate Mousse, Caramelized Banana, and Peanut Butter Gelato)
- *Overall Best Entree: Taste/Creativity/Presentation* (Soybean Bulgogi, Smoked Tofu, Broccoli Rabe, and Kimchi over Seaweed Rice)

**Hot Italian** (Fabrizio Cercatore) 1627 16th St.

**Kru** (Billy Ngo) 2516 J St.

- *Best Appetizer* (Mushroom Nigiri)

**Michelangelo's** (Lauren & Jackie Barton) 1725 I St.

- *Most Creative Variation on Traditional Favorites* (Portobello Mushroom with Polenta and Mixed Olive Tomato Sauce; Pumpkin Risotto Timballo with Caponata Sauce)

**Sugar Plum Vegan** (Marshall Massa & Melissa Sugar) 2315 K St.

- *Challenge Favorite Dessert: Variety* (Cupcakes, Cookies, Pies, Gluten-Free Options)
- *Best-Tasting Entree* (Black Bean and Veggie Enchiladas)

**Tower Bridge Bistro** (Clay Purcell) 100 Capitol Mall

- *Best Soup* (Roasted Pumpkin Soup with pepitos)
- *Most Inspired Menu and Presentation* (Tabbouleh Cucumber Canapes, Protein and Veggie Power Stack, Buckwheat Blinis with Raspberry Coulis and Chocolate Sauce)

The popularity of the challenge showed a demand for vegan options. Most of the restaurants plan to keep the challenge options on their menus, and perhaps add a few more. These restaurants really came through for the Sacramento veg community. Show your appreciation by thanking and patronizing them.