

# SACRAMENTO VALLEY Vegetarian

FOR THE ANIMALS • FOR YOUR HEALTH • FOR OUR PLANET

Published bimonthly by the Sacramento Vegetarian Society

## Is Sacramento getting veggie friendlier?

MARY RODGERS, SVV Editor

It sure looks that way to me! Take just a few examples of what's been going on in our corner of the Central Valley lately.

**Unleashed: An Animal Art Show.** The VOX Sacramento Gallery held a Second Saturday (July 9) auction that benefitted Happy Tails Pet Sanctuary. Local artists donated items to be auctioned, and musician Robert Jordan, all the way from Ireland, entertained the crowd. I nabbed two of the three items I bid on, including a gorgeous fabric runner by friend of SVS, Carolyn Hess.

Many SVSers will remember Kimba Kabaka's vegan ital dinners at the old VOX location near Broadway. Good to know VOX is still supporting veg/animal causes. The current Vox is ensconced at 1818 11th Street, Sacramento. Catch up with them at [HTTP://WWW.FACEBOOK.COM/VOXSAC](http://www.facebook.com/voxsac).

**Beatnik Studios**, that eclectic space that celebrates visual arts, music, and the creative life of our city, held a reception on August 18 that featured a *catered vegan dinner* and the work of textile artist Patrice Sims, and sculptor Kermit McCourt, who crafts useful and fanciful works from found woods and metals.

The place was packed; the \$15 dinner sold out, or so it appeared

from the full tables with not one empty chair in sight. The food was well received, as was the art. Most guests stayed for a guided tour of the exhibit, where the artists discussed their work and answered questions. And everyone got to choose a free 10x10-inch painting by Kermit. Quite an evening!

Beatnik Studios, is just north of Broadway at 2421 17th Street. You can find them online at [HTTP://BEATNIK-STUDIOS.BLOGSPOT.COM/](http://beatnik-studios.blogspot.com/).

**Environmental Council of Sacramento (ECOS).** ECOS formed in response to the first Earth Day (1970). This year SVS was accepted as a member organization of ECOS, an indication that the local eco-community appreciates the connection between diet and environmental quality.

The ECOS mission "To achieve regional and community sustainability and a healthy environment for existing and future residents" is in line with SVS goals; we're happy to add a plant-based voice.

The ECOS website is at [HTTP://WWW.ECOSACRAMENTO.NET/](http://www.ecosacramento.net/).

**Lots more options!** It's hard to believe that 20 years ago Sacramento had only two vegetarian restaurants (Mum's and Sunflower Natural Food Restaurant). The Sunflower is still cranking out nutburgers, burritos, etc., and now they've got lots of company.

Our list of vegetarian restaurants now includes seven vegan establishments, and the list of veg-friendly places keeps growing, too. Luckily, most of them know they need to offer vegetarians more than salads!

## Once was not enough! **vegfest**

The overwhelming response to February's first Sacramento VegFest took everyone by surprise. Accordingly, the Del Paso Business Partnership decided not to wait until next year to spread more veg awareness.

SVS joined dozens of other tablers on a hot August day (the 13th). This time the event was split between two venues, the Artisan Building and the Greens Motel patio down the street. SVS handed out tons of literature, talked nonstop to new and old friends, and came away with several new members. We're looking forward to the next educational, inspirational, fun VegFest in 2012.



## Sacramento Vegetarian Society

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

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Phone: 916-455-0563

Web: [HTTP://WWW.SACVEGGIE.ORG/](http://www.sacveggie.org/)

Meetup: [HTTP://WWW.MEETUP.COM/SACRAMENTO-](http://www.meetup.com/Sacramento-Vegetarian-Society/)

VEGETARIAN-SOCIETY/

Facebook: [HTTP://WWW.FACEBOOK.COM/PAGES/SACRAMENTO-](http://www.facebook.com/pages/Sacramento-Vegetarian-Society/121795524519597)

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 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

**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



### Submission Guidelines

#### Send submissions or inquiries to:

Editor: [MRODGERS@MACNEXUS.ORG](mailto: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 for formatting specifications and submission deadlines.

#### Submission deadlines for articles:

**November–December 2010:** Oct. 15, 2011

**January–February 2012:** December 15, 2011

**March–April 2012:** February 15, 2012

# Calendar

## Mon., September 5

✓ **Dinner and Bikes Tour/Sacramento.** 7–9 p.m., Bicycle Kitchen, 1915 I St., Sacramento. An evening of photos, short movies, and conversation; gourmet vegan meal catered by Joshua Ploeg. Sliding scale \$3–20. Sign up at SVS Meetup.

## Tues., September 6

✓ **Drying Tomatoes.** 6 p.m., at Sol Collective, 2574 21st St., Sacramento. Sponsored by Liberation Permaculture & Sacramento Valley Permaculture Guild.

## Sat., September 10

✓ **Dineout at Baagan vegan restaurant.** 5:30 p.m., 910 Pleasant Grove Blvd., Roseville. Join us at Roseville's new vegan restaurant! A Sacramento Vegetarian Society event; sign up at SVS Meetup.

## Sun., September 11

✓ **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.

✓ **San Francisco Mime Troupe.** 4:30 p.m. Southside Park bandstand, 4th & T, Sacramento. Free performance; donations to SFMT appreciated. Look for the SVS sign and join us! Sign up at SVS Meetup.

## Tues., September 13

✓ **21-Day Vegan Kickstart, Dr. Neal Barnard.** 7 p.m., Artisan Building, 1901 Del Paso Blvd., The cross-country tour comes to Sacramento! No charge. A Physicians Committee for Responsible Medicine event. Sign up at SVS Meetup.

## Sat., September 17

✓ **Dineout at Noble Vegetarian.** 7 p.m. 5049 College Oak Dr., #A. A Sacramento Vegetarian Society event; sign up at SVS Meetup.

## Sun, September 25

✓ **Monthly Vegan Potluck Vegan Entrepreneurs: Never Felt Better Owners Jen and Shawn Fosnight.** Sacramento Grange Hall, 3830 U Street, Sacramento. How did Sacramento end up with the only vegan lifestyle shop in Northern California? Jen and Shawn will talk about how it started, where it's going, and making a living by living their values. A Sacramento Vegetarian Society event; sign up at SVS Meetup.

## Sat.–Sun, October 1–2

✓ **World Veg Festival Weekend in San Francisco.** San Francisco County Fair Building, Golden Gate Park, 9th Av. at Lincoln, San Francisco. Two days of speakers, demos, cooking classes, information tables, and more. A San Francisco Vegetarian Society event; ride-sharing from Sacramento. Sign up at SVS Meetup.

## October 1–31

✓ **Sacramento Vegan Chef Challenge.** Sacramento. Ten local restaurants will have special vegan menus throughout the month. For details, go to [HTTP://WWW.CALIFORNIAVEGANRESTAURANTS.COM/](http://www.californiaveganrestaurants.com/).

## Thu., October 6

✓ **Potluck. Davis Food Co-op Club Vegan: meet and eat.** 7 p.m. Co-op Conference Room, 620 G Street, Davis. Free attend this first gathering of friends intereted in a vegan diet.

### Sat., October 8

✓ **Animal Place: *Music in the Meadow.*** Grass Valley. Live music, square dancing, silent auction, tasty vegan food, vendors, speakers, barn tours. [HTTP://ANIMALPLACE.ORG/MUSIC\\_IN\\_THE\\_MEADOWS](http://ANIMALPLACE.ORG/MUSIC_IN_THE_MEADOWS).

### Sun., October 9

✓ **Koffee Klatch** 10 a.m. For details, see entry at Sept. 11.

✓ **Mylapore Vegetarian Restaurant: *Southern Indian Vegan Cooking Demo.*** 3:30–5:30 p.m., Jay, a trained chef and co-owner of Mylapore, will share techniques for cooking authentic Indian cuisine. Attendees will then enjoy the delicious, healthy results. Free; optional donation of \$5–10. A Sacramento Vegetarian Society event; sign up at SVS Meetup.

✓ **The Green Boheme: *30-Day Raw Challenge Informational Meeting*** 4 p.m. 1825 Del Paso Blvd., Sacramento. Find out how the 30-Day Raw Challenge can help you increase your energy and health! A Green Boheme event; sign up at SVS Meetup *and* at Green Boheme.

### Sat., October 15

✓ **2nd Annual Sacramento Walk for Farm Animals.** Southside Park, 4th & T, Sacramento. Raise money for farm animals; win prizes; free food; family friendly. Sponsored by Farm Sanctuary. Sign up at SVS Meetup.

### Sun., October 23

✓ **Monthly Vegan Potluck: *Celebrate Food Day!*** Sacramento Grange Hall, 3830 U Street, Sacramento. Go to [HTTP://FOODDAY.ORG/](http://FOODDAY.ORG/) to find out about local Food Day activities taking place all week. A Sacramento Vegetarian Society event; sign up at SVS Meetup.

### Wed., October 26

✓ **Film: *The World According to Monsanto.*** Sacramento Grange Hall, 3830 U Street, Sacramento. When it comes to messing with our food supply, Monsanto Corporation is the 800-pound gorilla. Come see the movie and learn about the California campaign to label genetically modified organisms in our food.

Co-sponsored by the Sacramento Vegetarian Society, Sacramento Valley Permaculture Guild, and Sacramento Organic Gardening Meetup Group. Free; donations accepted. Sign up at SVS Meetup.

## SVS vegan potlucks and presentations:

Every 4<sup>th</sup> Sunday, 5:30 P.M.

**Grange Hall, 3830 U St., Sacramento** (at Stockton Blvd.)

### Potluck. Bring:

- a vegan (no animal products) dish to feed at least six;
- your plate, bowl, cup, utensils, serving spoon;
- a list of ingredients.

*Baffled by “vegan”? Don’t know what to fix? We can help. Drop us a line [SACVEGGIE@GMAIL.COM](mailto:SACVEGGIE@GMAIL.COM).*

Everyone is welcome. Bring your friends, family, neighbors, co-workers, etc.!

Just a block off the T Street bike path; lots of free, off-street parking.

## Sun., Sept. 25: Vegan Entrepreneurs

How did Sacramento end up with the only vegan lifestyle shop in Northern California? Co-owners Jen and Shawn Fosnight\* will talk about how it started, where it’s going, and making a living by living their values.

Can’t wait for the reopening of Never Felt Better Vegan Shop at their new location\*\* in mid October? Jen and Shawn will set up a “pop-up shop” with a select variety of fun and useful items for sale just for us.

*\*Jen and Shawn won the “Best purveyors of compassion” title in the Sac News & Review’s “Best Of” issue.*

*\*\*The new store will be at 1910 P Street in Midtown Sacramento. Look for a larger inventory and new categories of merchandise.*

➔ Sign up for the Sept. or Oct. potluck at [SACVEGGIE@GMAIL.COM](mailto:SACVEGGIE@GMAIL.COM) or [HTTP://WWW.MEETUP.COM/SACRAMENTO-VEGETARIAN-SOCIETY/](http://WWW.MEETUP.COM/SACRAMENTO-VEGETARIAN-SOCIETY/) ↓

## Sun., Oct. 23: *Celebrate Food Day!*

Food Day’s focus is on healthy food. A plant-based diet is the best way to support the Food Day goals. Go to [HTTP://FOODDAY.ORG/](http://FOODDAY.ORG/) to find out about local Food Day activities taking place all week.

- Local healthful-eating purveyors Ilsa Hess (Love and Joy Foods/ Nacheez) and Nirmala Pather (author of *Make, Eat, Save: Take Lunch to Work*) will tell us about their creative veg projects.
- Find out what food activists in Sacramento communities are doing (e.g., opposing a new McDonalds in a food desert; campaigning to label GMOs in our food).
- Let us know about what you or others have done/will do to support Food Day. Activities can be as simple as observing Meat-free Monday or asking your local library or book store to feature a display of vegan cookbooks and other books with a plant-based theme, or as complicated as organizing a food or information fair (check out CSUS and City College for the latter).

# SVS votes to become a Grange

Close to 50-percent of SVS members cast ballots on whether SVS should become a Grange—a phenomenal turnout.

The results were a resounding “Yes!” The final tally was 44 yes, 2 no.

**What does this mean for you?** (1) a choice of whether to be a Grange member, and (2) help to shape the future of SVS by voting on bylaw revisions at the March 2012 Annual Meeting, where officer elections will also be held.

## Ballot language

Below is the language that accompanied the Grange vote ballots:

SVS is about to make one of the most important decisions in our 25-year history. We need your approval to become a Grange. Enclosed is a copy of the letter we e-mailed each of you last week. In response to questions from members, we want to make sure some major points are crystal clear.

In the previous message, we talked about financial arrangements between our Grange, the State Grange, and the National Grange. The solution we suggested was a dual membership structure.

The dual membership structure that we are proposing gives SVS members a choice of which type of membership they prefer:

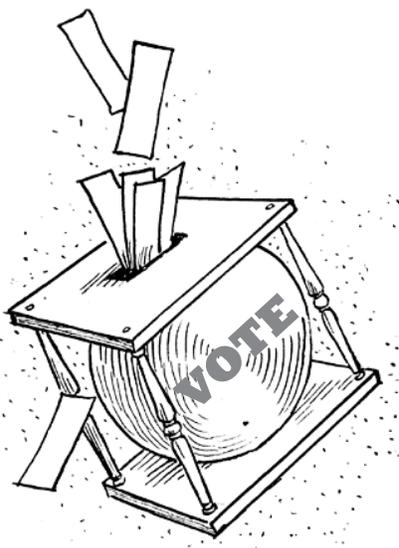
### 1. **Be a member of SVS as you have been in the past.**

Dues are currently \$20 per individual and \$33 per family. Under a dual membership structure, all this money stays with SVS, and none would go to the State or National Grange.

Last year, a board proposal to increase dues was never presented to the membership. The current board plans to revisit the issue so that dues, which have been the same for close to 20 years, reflect the current value offered to members (such as the discount program, more events, etc.) and to bring dues in line with Grange dues. Any changes would be put to a member vote.

### 2. **Or, join SVS Grange #850.**

Individual dues would be \$28. Family dues would be \$35 per adult, with extended benefits provided for children. In either case, \$12 per adult would go to the National Grange, and the balance would go to the State Grange. In return, SVS receives free use of the Grange Hall, access to free copying, fundraising and grant writing assistance, free web services, nonprofit status, and numerous other benefits.



## Just a little Grange history

The Grange (from “*granum*,” Latin for grain), is the nation’s oldest national agricultural organization, founded in 1867 to improve the economic and social position of farmers.

Although not part of the original purpose, the railroads soon became the target of Grange efforts. As a result, many Granger Laws were passed by state legislatures.

In *Munn v. Illinois* (1876), a case brought by the Grange, the Supreme Court upheld government regulation of railroads and public utilities; by 1887 the Interstate Commerce Commission had been formed in large part to curb monopolistic practices by the railroads.

From the beginning (pre-women’s suffrage), women have been full voting members in the Grange (as have teens).

Grange membership, which peaked from the 1890s through the 1950s at over a million members, has declined sharply as the percentage of American farmers has fallen from a third of the population in the early 20th century to less than two percent today. The Grange has adapted to include non-farm rural and urban families and communities.

While national membership is falling, the California State Grange (CSG) is growing. CSG has advocated for many progressive positions (see p. 5) compatible with SVS views. And now, as part of “the Grange Renaissance” in California, there is a Vegetarian Grange, a Ballet Grange, and a Performing Arts Grange!

1873 saw the publication of an economic classic, *History of the Grange Movement, or the Farmer’s War Against the Monopolies*. To which we can only add: “Now, more than ever.”

# The Grange vote: *Background*

Here's the "back story," adapted from an August letter to SVS members from the SVS Board, asking them to approve the creation of Sacramento Vegetarian Grange #850.

**Introduction.** A few months ago SVS was invited to become a Grange by the California State Grange (CSG). After several serious conversations and discussions, the SVS Board decided to go forward. We initiated the process and were readily accepted by CSG.

The next step is submitting a proposal for member approval. Hence, this message laying out the thinking behind becoming a Grange.

**The Grange Renaissance in California.** For the last two years, CSG has moved in a strongly progressive direction. At a time when Grange membership is flat nationally, CSG has added 14 new Granges in the past year. CSG has taken many positions—opposing GMOs, supporting sustainable, local, and organic agriculture, supporting farm labor rights, and more—that would have been unthinkable three years ago.

This doesn't mean that all is sunshine and lollipops—many Granges are wedded to old ways and are resistant to change. *But change is happening, and SVS has an opportunity to participate in and shape that change.* We will have the right to draft resolutions for the State Convention in 2012 and make our positions known to several thousand people in 180-plus California Granges.

Moreover, each Grange is autonomous—neither the National Grange nor the California State Grange can tell us what to do; as the first vegetarian advocacy Grange in the country, we will be able to focus on our mission statement while reaching out to a much broader audience than we ever have before.

## How does SVS benefit?

- We will have a superb meeting place for our potlucks, video nights, and other activities;
- We have already done some serious outreach to other Granges, as well as other groups, to work on veg-friendly initiatives.
- We also will be able to work with CSG's development director to develop grant proposals.
- Once the process of becoming a Grange is completed, we will be a nonprofit corporation with the attendant benefits (and paperwork).

**The National Grange.** While the National Grange Mission Statement and Vision Statement ([HTTP://WWW.NATIONALGRANGE.ORG/](http://www.nationalgrange.org/)) are hard to fault, many National Grange positions, ranging from support for Monsanto to resistance to supporting sustainable agriculture practices, are problematic for many SVS members. Most troubling for vegetarians is the stance regarding the status of animals:

"The National Grange supports using animals in animal agricultural research in order to advance the science of animal husbandry in the most humane and economic

fashion. The National Grange opposes efforts to declare animals to be 'sentient beings,' and all efforts to give animals the legal protections to which humans are entitled."

Source: *The National Grange 2011 Legislative Policy Book*, p 23.

Because \$12 of each annual Grange membership to #850 would go to the National Grange, we told the CSG up front that there would be SVS members who would not want to join a Grange. They were fine with that. The solution would be a dual membership structure.

**Nuts and Bolts.** In accordance with our Charter, we will be discussing these issues at our Koffee Klatch on Sunday, August 14, from 10 a.m. to noon. If you can't make it, send all questions and comments to us at the SVS e-mail address or phone number.

The vote needs to be completed at our next Koffee Klatch/general meeting on September 11 to meet deadlines set by California and Federal law. We will ask the members to approve the steps necessary to become a Grange and to move forward with changes to the Charter that will establish a dual membership structure, as well as other necessary changes, including changes voted by members in July, 2010, but not incorporated into the Charter in 2010.

SVS Board of Directors  
Glenn Destatte  
Liz Hamilton  
Don Knutson  
Marty Maskall  
Maggie O'Mara  
Mary Rodgers  
Wim van Warmerdam

# Becoming a Nutritarian\*

\*a person whose food choices are influenced by nutritional quality

MARY RODGERS, SVV Editor

June's SVS potluck speaker, Goli Sahba, M.D., filled us in on what a truly healthful diet looks like.

Dr. Sahba, a Sacramento family medicine physician/holistic health and nutrition counselor who specializes in plant-based nutrition, zeroed in on maximizing healthful eating, focusing on the powerful disease-preventive and therapeutic effects that foods from the vegetable kingdom offer, and the broad array of necessary micronutrients packed into plant-based foods. This makes them potent allies against the chronic diseases that are epidemic in our culture—obesity, digestive problems, fatigue, hypertension, diabetes, heart disease, and more—diseases notoriously difficult to control.

So, how do we get more micronutrients per calorie from the food we eat? One useful tool that Dr. Sahba shared was Dr. Joel Fuhrman's Aggregate Nutrient Density Index (ANDI) score chart. Dr. Fuhrman, the author of *Eat Right America*, compiled this chart to easily show which foods have the highest micronutrient levels per calorie: green vegetables, colorful vegetables, and fruits. For optimal health, we need to include ample amounts and a wide variety of these foods that pack the greatest nutritional wallop.

Dr. Sahba complimented SVSers for the healthful, "nutritarian" array of dishes at the potluck. She also offered attendees, and other SVS members, a free complimentary health consultation.

We look forward to more of Dr. Sahba's informative talks in 2012.

## Dr. Fuhrman's ANDI\* Scores

Kale	1,000	Kidney beans	100	Walnuts	34
Collards	1,000	Sweet potato	83	Grapes	31
Bok choy	824	Sunflower seeds	78	White potato	31
Spinach	739	Apples	76	Banana	30
Brussels sprouts	672	Peaches	73	Chicken breast	27
Arugula	559	Green peas	70	Eggs	27
Cabbage	481	Cherries	68	Peanut butter	26
Romaine	389	Flax seeds	65	Whole-wheat bread	25
Broccoli	376	Sesame seeds	65	Feta cheese	21
Cauliflower	295	Pineapple	64	Whole milk	20
Green pepper	258	Oatmeal	53	Ground beef	20
Artichoke	244	Mango	51	White pasta	18
Carrots	240	Cucumber	50	White bread	18
Asparagus	234	Pistachios	48	Apple juice	16
Strawberries	212	Soybeans	48	Swiss cheese	15
Pomegranate juice	193	Corn	44	Low-fat yogurt	14
Tomato	164	Salmon	39	Potato chips	11
Blueberries	130	Almonds	38	American cheese	10
Iceberg lettuce	110	Shrimp	38	Vanilla ice cream	9
Oranges	109	Tofu	37	Olive oil	9
Lentils	104	Avocado	37	French fries	7
Cantaloupe	100	Skim milk	36	Cola	0.6

\* Aggregate Nutrient Density Index (For more information, go to [HTTP://WWW.DRFUHRMAN.COM/.](http://www.drfuhrman.com/))

The highest nutrient-density scores go to vegetables and fruits. Animal products, refined foods, and junk food come in last. Choose a wide variety of plant-based foods for an optimal diet.



Dr. Goli Sahba addresses attentive audience at the SVS June potluck meeting.

# We're cookin'—SVS classes and demos

MARY RODGERS, SVV Editor

Whenever we ask members what SVS can do for them, cooking classes always top the list.

We've been listening—here's a rundown of what we've offered in the past few months. Keep an eye out—there will be more!

## Basics of Indian Cooking

Neema Talwar of Folsom gave SVS an offer we couldn't refuse. She invited a couple of board members to one of the free Indian cooking classes she offers to her friends and neighbors to see if we wanted her to offer a similar class for SVS members. We did!

A June 6 "Basics of Indian Cooking Class" was posted on our Meetup site, and the nine spaces filled up fast; the waiting list was even longer.

Neema provided all the food, and handed out recipes and packets of spices so that we could re-create what we learned in class at home.

While we prepped and chopped, Neema shared details about ingredients, including where to buy them locally and the medicinal properties of many of the spices, and sprinkled insights into Indian culture into her commentary.

### Basics of Indian Cooking Menu

Potato Pea Curry (Aloo Mattar)

Red Lentil Soup (Masoor Dhaal)

Roasted Lentil Wafers (Pappad)

Vegetable Basmati Rice Pilaf (Pulao)

## Introduction to Vegan Cooking

Vegan chef Wim van Warmerdam is once again offering this popular hands-on class. Yes, vegan cooking can be a snap once you know what you're doing, but when you're learning a new way of cooking, there's a pretty steep learning curve, and without help to get you over the hump, it can end up being difficult and frustrating.

Wim's Intro class, held July 26 in Midtown Sacramento, covered the basics of preparing grains, legumes, and vegetables to maintain maximum flavor and nutrition. Along the way he demonstrated some fancy preparation techniques and impressive knife skills. Printed recipes were provided.

Menu: Quinoa with Black Eyed Peas, Hummus, and Tomato-Cucumber Salad

## Cooking with Summer Tomatoes

Instructor Wim van Warmerdam planned the timing of this August 19 class to coincide with peak flavor of locally grown tomatoes—a product for which the Sacramento (Sacra-tomato) Valley is justifiably famous.

As in all of his classes, Wim handed out printed recipes, and shared helpful techniques, nutritional information, and produce buying tips (stressing fresh, organic, local).

Wim only uses whole, organic, fresh, local, seasonal produce—a secrets for maximizing nutrition and flavor—and stresses using the freshest herbs and spices possible. He advises buying spices in bulk a little at a time and not letting them sit on the shelf for months—or years!

One brave 18-year-old attendee, (brave because he "always hated" tomatoes, yet came to class anyway) gave the ultimate compliment after dinner: "Wow, I had no idea tomatoes could be so good!"

Menu: Eggplant Stew, Scrambled Tofu, and Tabouli with Garbanzo Beans

## Southern Indian Vegan Cooking Demo

Mylapore, the only vegetarian Indian restaurant within a 50-mile radius, was the site for this free demo, generously offered by chef and co-owner Jay Venkitu and his able staff.

Jay shared techniques for cooking authentic southern Indian cuisine, explaining each step as he prepared dishes at the outdoor equipment on the spacious patio. As he shared useful information on techniques and ingredients, which he did often, we were able to follow along and add notes to the printed recipes he provided. His entertaining stories and comments on Indian culture, along with the food everyone got to sample, made for an enlightening, entertaining afternoon.

Jay will be offering more of these demos every couple of months or so.

Menu: Aval Upma (snack made of beaten Rice)

Vegetable Rava Khichdi (broken wheat and spring vegetable melange)

## Sacramento Vegetarian Society



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sacveggie@gmail.com  
<http://www.sacveggie.org/>

### Around the world in 80 oaks



At the invitation of cellist Jeanne Howe, who is a member of SVS and the City College World Music Ensemble, we had a splendid Meetup event on June 12 at the Davis Arboretum. The musicians wandered from oak to oak serenading the trees and the audience with music geared to each tree. Funding cuts have put an end of the Ensemble, so we were fortunate to have this last chance to enjoy them.

### Dirt, the Movie

The Sacramento Vegetarian Society teamed up with the Sacramento Valley Permaculture Guild and the Sacramento Organic Gardening Meetup Group to kick off our occasional film series at the Sacramento Grange Hall on August 23.

Our first showing was *Dirt! the Movie*, an insightful and timely film that tells the story of the glorious and underappreciated material beneath our feet. Inspired by *Dirt: The Ecstatic Skin of the Earth*, William Byrant Logan's acclaimed book, *Dirt! the Movie* takes a humorous, yet substantial look into the history and current state of the living organic matter in which our food is grown.

On a serious note, *Dirt!* shows the devastation caused by industrial agriculture, including soil depletion, topsoil loss, and social disruption, including the suicides of hundreds of small farmers in India, but also gives alternatives to the current industrial system.

### 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