

Refreshing No-Bake Desserts • Deluxe Vegan Wedding

VEGETARIAN

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Nutrition Hotline

This month's Nutrition Hotline addresses dietary concerns after gallbladder removal

Reed Mangels, PhD, RD



QUESTION: What does it mean as far as diet/nutrition if the gallbladder is removed? **A.T., MD**

ANSWER: The gallbladder is a small organ located below the liver. Its main function is to store bile, a fluid produced by the liver. Bile is used to help digest fats. The gallbladder also concentrates bile, making it less watery. After a meal that contains fat is eaten, the gallbladder sends bile into the small intestine to help with fat digestion. The tube that connects the gallbladder and the liver to the small intestine is called the common bile duct.

Sometimes gallstones, hard particles, develop in the gallbladder. Gallstones form when some of the substances in bile solidify. Often, people don't know that they have gallstones, and the gallstones don't cause problems. It is a problem when gallstones block the common bile duct or other ducts (tubes) connecting the gallbladder to other organs. When this happens, people experience pain, nausea, vomiting, and other symptoms. This is called symptomatic gallbladder disease. Surgery to remove the gallbladder may be needed. As we discuss in this month's *Scientific Review* (page 27), risk of gallbladder

disease may be affected by a vegetarian diet. One study suggested that vegetarians were at higher risk for symptomatic gallbladder disease while another found vegetarian women, but not vegetarian men, to have a lower risk of symptomatic gallbladder disease compared to non-vegetarians. Cancer of the gallbladder is another, much less common reason for surgery to remove the gallbladder.

After gallbladder removal surgery, people are still able to digest fat. Bile moves directly from the liver, where it is produced, through ducts, to the small intestine. Bile will not be stored anymore but it will be available to help with digestion of fat in the small intestines. After gallbladder removal, bile entering the intestines is less concentrated.

This, along with a more continuous movement of bile into the small intestines, can have a laxative effect, leading to diarrhea. Diarrhea may also be due to undigested fat in the intestines. Since bile is not being stored, not as much is on hand to help with digestion of a high-fat meal. Undigested fat in the intestines can cause gas and bloating, in addition to diarrhea. In most cases, the diarrhea lasts a

few weeks to a few months while the body becomes accustomed to functioning without a gallbladder. In some cases, it lasts longer.

Eating high-fat or very spicy foods may make the diarrhea worse, and so some providers recommend avoiding very greasy or spicy foods for a while. Eating smaller meals, more frequently, may also be helpful. Gradually increasing the amount of dietary fiber can also assist with control of diarrhea. Focus on foods higher in soluble fiber like oats and barley. A food-and-symptoms diary can be useful in determining which foods result in more symptoms. A registered dietitian can provide individualized advice for dietary modifications. If the diarrhea doesn't improve with time, contact your physician.

REFERENCE:

Subodh K. Gallbladder removal—discharge instructions. Medline Plus website. 2016. medlineplus.gov/ency/patientinstructions/000117.htm

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Vegetarian Journal is one project of The Vegetarian Resource Group. We are a nonprofit that educates the public about veganism/vegetarianism and the interrelated issues of health, nutrition, environment, ethics, and world hunger. To join VRG and receive *Vegetarian Journal* in the USA, send \$25 to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203, or go to vrg.org/donate. Additional donations support our outreach and research.



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Note from the Coordinators



Numbers Count

According to The Vegetarian Resource Group 2019 Harris Poll (see pages 24-26), 20% of U.S. adults always or sometimes eat vegan meals when eating out. This many Americans consuming vegan meals sometimes or all the time is an amazing change from when earlier surveys indicated 1% of the population said they were vegetarian and still included people who ate meat. Back then, almost nobody knew what the word vegan meant and you had to order powdered soymilk through the mail, as it wasn't available in supermarkets.

These changes happened because of innumerable activists, writers, eccentrics, health educators, businesspeople, consumers, loud mouths, quiet individuals, teachers, artists, leaders, followers, parents, religious adherents, health professionals, and others. We always tell our interns that everyone has different roles, each choice can be okay, and you have to figure out what makes sense for you.

Nonprofit groups always have unlimited projects they want to take on. People have countless valuable suggestions. What is really accomplished depends on what individuals actually support and commit themselves to do. Thank you so much to the following who have given us help recently. (There were others of course). Debra gave a presentation at a conference to professors and preceptors training future dietitians. Reed Mangels PhD, RD, created several handouts and content for this talk.

We had more than 270 applications for our 2019 college scholarship contest. Thank you to all our essay readers and judges who allowed us to give personal responses. Winners will be highlighted in the next *Vegetarian Journal* issue. Thank you to the donors who make these scholarships possible. (Note: More than three students deserve to win; it would be wonderful if others would financially support some entrants to become VRG interns with a stipend or receive runner-up prizes.)

Health Educator Marcy Schweibinz has been giving vegan cooking classes for a residential program that houses formerly homeless men. Thank you to Marcy for training VRG interns to be able to give similar classes. Also, we appreciate Marcy teaching a Jewish vegan cooking class at a Baltimore synagogue, resulting in a vegan Passover article in the *Jewish Times*.

Congratulations to our volunteer Whitney, who now has vegan twins, and continues to put together our national monthly VRG-News email newsletter. Kudos to Jason, our computer guru, who is solving ongoing questions and glitches, often on weekends or late at night. And thanks to Rissa Miller for the beautiful design work in this issue and Suzanne Hengen for doing the nutritional analyses.

Debra Wasserman & Charles Stabler

Coordinators of The Vegetarian Resource Group

VRG's MEMORIAL AND HONORARY GIFT PROGRAM

How often have you wanted to make a gift in honor of a loved one or friend but weren't sure which charities are vegan-friendly, pro-environmental, or pro-animal rights? Please remember The Vegetarian Resource Group. You can make a gift in memory of a loved one or as a living tribute to honor someone you care about on a special occasion, such as a wedding or birth. We'll send an acknowledgement to you and to the recipient(s) you choose. Your gift will support educational outreach programs and help promote veganism.

Memorials & Honorary Gifts

In memory of: _____

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Please send acknowledgement to:

Name: _____

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Name: _____

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Make checks payable to The Vegetarian Resource Group and mail to P.O. Box 1463, Baltimore, MD 21203, or donate at vrg.org/donate.

Thanks to Michael Tedesco for his donation!

Thanks to these volunteers for helping VRG acknowledge the good work done by our 2019 scholarship entrants: Matthew Baker, Nanette Blanchard, Whitney Blomquist, Casey Brown, Angelique Complainville, Keryl Cryer, Anne Custer, Deborah Dauly, Nancy Eisman, Natalie Evans, Elissa Free, Taylor Gale, Kalie Ganem, Emma Giebel, Emily Greco, Laneece Hurd, Karen Lazarus, Julia Mathew, Laura McGuiness, Wendy McPherson, Susan Petrie, Jenny Saccenti, Marcy Schweibinz, Shun Shueh, Virginia Slothour-Hudnall, and Robin Tate.

Veggie Food in Schools

Thanks to Amie Hamlin for her *Vegetarian Journal* Issue 3, 2018 article "Getting Vegan Food into Elementary Schools." Obviously, to do this is highly desirable from a vegan practitioner's perspective like mine and VRG's. After all, it's at a very young age when most of us humans "learn" what to eat and drink, and a great deal of such learning takes place daily in our schools. Here's to sending Amie's article out to all the animals advocacy organizations, encouraging them to work on this singularly important matter. Clearly, it's one that's in the best interests of our kids' health, our environment's health, and the health and very lives of the so-called "food animals" (a dastardly term if ever there was one—especially from their perspective).

Craig C., via e-mail

Thanks VRG!

I don't know how you produce all the great recipes you publish in *Vegetarian Journal*, but I savor all of them every time the magazine comes in the mail. I also enjoy reading about VRG's activism, seeing how the interns write, and knowing I'm part of a kind,

compassionate group of people. Thanks for everything.
Diane S., Slatington, PA

Thank you so much for your incredibly good work and support of my books over the years. Your magazine and books were the first I'd ever read about vegetarian and vegan concepts and recipes. They ignited my passion and this past weekend, I placed first in each of the six track races at the Florida Senior Games, qualifying me to go to Nationals this summer, the 3rd time I'll do that. That's in addition to the 148 5K or longer races I've placed in since '06 "just" on plants.

Ellen Jaffe Jones, via Facebook

Vegan Candy

I am extremely grateful for the information provided in Mimi Clark's article, "Homemade Vegan Holiday Candy" (*Vegetarian Journal* Issue 4, 2018). I've always shied away from making candy because it seemed daunting. However, Mimi's clear and concise instructions have given me the confidence to delve into this new venture to create vegan candy for family and friends. Thanks, VRG!
Vivian V., Sterling, VA

Letters to the Editors can be sent to: **Vegetarian Journal, P.O. Box 1463, Baltimore, MD 21203. You may also e-mail letters to vrg@vrg.org or send a message to us on Facebook: [facebook.com/thevegetarianresourcegroup](https://www.facebook.com/thevegetarianresourcegroup)**

Coming in the Next Issue:

HOLIDAY SIDE DISHES

Plus: *Winter Delights, VRG's 2019 Scholarship Winners, Vegan in Nashville, Vegan Yarns, and more!*

Keep Your Cool

Refreshing No-Bake Desserts

by Hannah Kaminsky

Soaring temperatures are both the advantage and drawback of a typical summer's day. As the mercury inevitably pushes higher, breaking new records with every passing season, the desire to spend time in the kitchen plummets proportionately. Unfortunately, those with a sweet tooth know that only dessert will quell the craving for a satisfying treat. It may very well be raining fire because, unless it's an actual apocalypse, dessert still must be served.

Why is it so hard to just get motivated and make the same tried-and-true staples that always hit the spot? Chocolate chip cookies are foolproof, but this simple indulgence takes on a greater level of complexity when you factor in the unique stumbling blocks of summer. There's the basic issue of turning on the oven, subjecting oneself to a punishing sauna even more brutal than the sun's rays, and then the time it takes for preheating, baking, and finally cooling down, which draws the suffering out to an interminable torture. Believe it or not, it's also been proven that we're less ambitious and productive during these midyear months, beckoned away from work by tempting beaches, hikes, or just lazy afternoons with friends. This is when most people go on vacations, after all, whether that's a physical journey or just a mental respite. Convincing yourself to work harder while everyone else has all the fun is a losing battle that no one really should have to fight.

So go ahead, take it easy. Escape the heat, simplify your menu, but perish the thought of skipping dessert. A vast array of no-bake desserts have been invented for just such occasions, rewarding a minimum amount of effort with sweet gratification well beyond some dry, packaged confections bought in desperation. Instead, imagine the cool, creamy relief of an orange popsicle, without the cloying sugary wallop of early childhood

memories. This rendition is brighter, bolder, and more brilliantly citrusy thanks to a hefty measure of zest added into the mix.

Want something grander, to end any meal with a flourish? Pull out a towering icebox cake, layered with ripe, lightly spiced peaches, whipped coconut cream, and softened graham crackers. Despite the name, there's no cake here and it doesn't come out of the freezer! Rather, this old school moniker came from an age when the only source of refrigeration was from a genuine cold case, much like a picnic cooler, insulated and stocked with ice. For the uninitiated or those in the know, this modern take will come as a happy surprise when it lands on the table, ready to slice and serve with minimal effort.

For a fancy yet understated finish, crème brûlée may call for the scorching kiss of fire to caramelize that shatteringly crisp top coat of sugar, but using a compact kitchen torch concentrates that heat to just the task at hand.

Traditionally, flambéed bananas foster inspired this flavor variation, lending warmth through rum and spices, rather than rising temperatures. If it's cookies you're craving, consider the coconut macaroon, but don't stop there. Fresh raspberries and the essence of white chocolate dazzle together, pairing brilliantly with the tropical base.

Finally, skip the soda shop and pile that same sparkling sensation into a crust with an unconventional slice of root beer float pie. The cherry on top is just that: Fresh cherries! That fresh finish perfectly suits this surprisingly light yet luscious preparation.

If you can't take the heat, don't stay out of the kitchen. Keep your cool with occasional no-bake treats!



Peaches and Cream Icebox Cake

(Makes 8-10 servings)

4 large fresh peaches (about 1½ pounds), divided
¼ cup organic dark brown sugar or coconut sugar
¼ teaspoon ground cinnamon
¼ teaspoon ground ginger
Three 14-ounce cans full-fat coconut milk, chilled
¼ cup organic granulated sugar
1 teaspoon vanilla extract
8-10 whole rectangular vegan graham crackers
½ cup sliced almonds

Line a 9x5-inch loaf pan with plastic wrap or aluminum foil, leaving at least a 2-inch overhang on all sides.

Pit and thinly slice three of the peaches, setting one aside for later. Place the sliced peaches in a bowl with the sugar, cinnamon, and ginger, tossing gently to combine. Allow to sit for 15-20 minutes for the flavors to mingle and the fruit to slightly soften.

Meanwhile, carefully open the cans of coconut milk, being sure not to shake them, and scoop off the top layer of thick coconut cream. Save the watery liquid left behind for another recipe. (It's great in curries or soups!) Place the coconut cream in the bowl of your mixer and whip on high speed for about three minutes

before slowly beginning to sprinkle in the granulated sugar, just a little bit at a time. Continue beating the mixture for up to 10 minutes, until light and fluffy. Finally, fold in the vanilla extract; keep refrigerated until ready to use.

When the fruit is properly macerated, spread ¼ of the whipped coconut cream evenly across the bottom of your prepared loaf pan. Top that layer with sheets of graham crackers, broken into smaller pieces if needed to cover without overlapping. Drain away any excess liquid that might have come out of the peaches before distributing about ⅓ of the mixture on top. Repeat until all the components have been used up, finishing with a layer of whipped coconut cream.

Cover and refrigerate for at least three hours and up to 12 hours, allowing the graham crackers to soften and the coconut cream to set.

When ready to serve, invert the loaf pan onto a platter. Slice and pit the final peach. Remove plastic wrap or aluminum foil, and decorate the top with peach slices and sliced almonds.

Total calories per serving: 463	Fat: 36 grams
Carbohydrates: 35 grams	Protein: 6 grams
Sodium: 114 milligrams	Fiber: 2 grams

Orange Dream Ice Cream Bars

(Makes 6-8 servings)

1 cup raw cashews, soaked overnight for at least 6 hours and drained

1 cup orange juice

½ cup full-fat coconut milk, divided

¼ cup light agave nectar or maple syrup, divided

1 Tablespoon orange zest

1 teaspoon vanilla extract

¼ teaspoon salt

Place the soaked cashews, orange juice, ¼ cup coconut milk, and ¼ cup agave or maple syrup in your blender. Purée on high speed, pausing to scrape down the sides of the container if necessary, until completely silky-smooth. If you still see a few errant pieces remaining after 5-6 minutes of continuous blending, pass the mixture through a fine mesh strainer and discard any solids. Stir in the orange zest.

In a small bowl, whisk together the remaining coconut milk and agave along with the vanilla and salt.

Pour the orange cashew mixture into popsicle molds, filling them about ⅔ of the way to the top. Add the vanilla-coconut mixture to fill the rest of the space. Lightly swirl the two together with a popsicle skewer before inserting sticks and placing in the freezer. Let set for at least six hours, ideally overnight, before unmolding and enjoying.

Total calories per serving: 211	Fat: 13 grams
Carbohydrates: 22 grams	Protein: 4 grams
Sodium: 100 milligrams	Fiber: 1 gram

Raspberry White Chocolate Macarons

(Makes 12-15 cookies)

½ cup cocoa butter, melted



½ cup maple syrup

1 cup raspberries, fresh or frozen and thawed

1 Tablespoon chia seeds

2 teaspoons vanilla extract

¼ teaspoon salt

3 cups unsweetened shredded coconut

Combine the melted cocoa butter, maple syrup, raspberries, and chia seeds in your blender or food processor and thoroughly purée on the highest setting. Allow at least five minutes of blending, pausing to scrape down the sides of the container to make sure that everything is smoothly incorporated. The purée should appear to be seedless when it's ready to go. Add in the vanilla and salt, blend to integrate, and transfer the mixture to a large bowl.

Add in the shredded coconut and stir thoroughly with a wide spatula. Use a medium-sized ice cream scoop to shape and portion out cookies, placing them on a small sheet pan. Transfer to the fridge and chill for at least 1 hour until firm, or expedite the process by stashing them in the freezer for 20 minutes. Store in an air-tight container in a refrigerator. The cookies will keep for 5 to 7 days.

Total calories per cookie: 274	Fat: 23 grams
Carbohydrates: 16 grams	Protein: 2 grams
Sodium: 50 milligrams	Fiber: 4 grams

Root Beer Float Pie

(Makes 10-12 servings)

Graham Cracker Crust

1½ cup vegan graham cracker or other cookie crumbs
5 Tablespoons coconut oil, melted

Root Beer Filling

2 cups regular (sugar-sweetened) root beer soda
1 cup unflavored non-dairy milk
¼ cup arrowroot
2½ teaspoons agar powder
1 teaspoon root beer extract
⅛ teaspoon salt

Coconut Whipped Cream

One 14-ounce can full-fat coconut milk, chilled
1 Tablespoon organic granulated sugar
½ teaspoon vanilla extract

For the best texture, pulse the graham crackers or your cookie of choice in a food processor until very finely ground. The resulting crumbs should be about the consistency of coarse almond meal. Pick out any larger pieces and re-process as needed.

Drizzle the melted coconut oil into the crumbs and stir thoroughly to coat everything evenly. The mixture shouldn't be quite damp, but moist, and capable of sticking together when pressed.

Transfer the mix to a 9-inch round pie pan, using lightly dampened fingers to firmly press it down on the bottom and along the sides. Use the bottom of a flat measuring cup or drinking glass for smoother edges. Place the crust in your fridge to set.

Next, prepare the root beer filling. Combine ingredients in a medium saucepan, thoroughly whisking to make sure there are no lumps of starch remaining. Heat over a moderate flame, stirring occasionally, just until it comes to a boil. Turn off the heat and pour the hot pudding into your prepared pie crust, tapping it gently on the counter to smooth out the top. Return the pie to the fridge and chill for at least six hours for the filling to be firm enough to slice.

Just prior to serving, prepare the whipped coconut cream. Carefully open the chilled can of coconut milk, being sure not to shake it, and scoop off the top layer of thick coconut cream. Save the liquid left behind for another recipe, such as a soup or a curry.

Place the coconut cream in the bowl of your stand mixer and whip on high speed for about three minutes before slowly beginning to sprinkle in the sugar, just a little bit at a time. Continue beating the mixture for up to 10 minutes, until light and fluffy. Finally, fold in the vanilla extract. Pipe or dollop on top as artfully or generously as you desire.

Total calories per serving: 263 Fat: 18 grams
Carbohydrates: 25 grams Protein: 2 grams
Sodium: 173 milligrams Fiber: 1 gram





Bananas Foster Crème Brûlée

(Makes 6 servings)

½ cup raw cashews, soaked overnight for 6 hours and drained

4 medium-sized, ripe bananas

¼ cup coconut sugar or organic light brown sugar, firmly packed

½ cup unflavored non-dairy milk

1 Tablespoon dark rum

½ teaspoon ground cinnamon

2 Tablespoons coconut oil, melted

6 teaspoons organic granulated sugar

Place the soaked and drained cashews in your blender along with the bananas, coconut or brown sugar, non-dairy milk, rum, and cinnamon. Purée on high speed until the mixture is completely smooth, pausing to scrape down the sides of the container as needed. Slowly stream in the melted coconut oil while continuing to blend.

Divide the mixture equally among six ramekins or shallow, oven-safe cups. Place them in the freezer for about five minutes, to keep the custard cold.

Only prepare the brûlée topping right before serving. Sprinkle 1 teaspoon of granulated sugar over the top of each ramekin, evenly blanketing the entire surface. Use a kitchen torch or place the ramekins under a hot broiler set to high, and cook until the sugar turns golden brown, bubbles all over, and caramelizes. Serve immediately.

Total calories per serving: 218 Fat: 10 grams
Carbohydrates: 32 grams Protein: 3 grams
Sodium: 12 milligrams Fiber: 2 grams

Photos by Hannah Kaminsky

Hannah is the author of several vegan cookbooks including *Vegan Desserts*, *Easy as a Vegan Pie*, and *Vegan à la Mode*. She is a baker, writer, and photographer, working towards her BFA in photography.



How does your soymilk measure up?

by Marcy Schweibinz and Reed Mangels, PhD, RD

We were able to find more than 120 different varieties of soymilk on grocery aisles and in the refrigerated section of grocery stores. This is a 50% increase since the last time we looked, about five years ago.

In general, soymilks have more protein and often more calories than other plant milks, making them a good choice for people who have higher protein needs—pregnant and lactating women, older people, elite athletes, and others. For some children, soymilks can be an easy way to add extra calories and protein.

Many products are labeled as organic and/or contain organic or non-GMO soybeans. Almost one quarter of products are identified on the package and/or the website as being vegan. Other products appear to be vegan and don't contain any obvious animal products.

Information in the table on pages 12-13 was gathered from product labels, manufacturers' websites, and company spokespeople between August, 2018 and January, 2019.

To see a much more extensive chart than the one appearing in this issue, visit the link at the end of this article. Since information changes, verify information with the company if you have special concerns.

Also, please note that although the Eden Foods website does not explicitly say that products are vegan, it states, "None of our foods contain dairy derivatives, eggs, gelatin, or animal derived by-products." See: edenfoods.com/faqs/view.php?categories_id=1#faq6

Thanks to VRG volunteer Marcy Schweibinz who collected all the information and created the online table of soymilks.

Full Soymilk Chart Online

To see detailed information about everything from the number of calories to how much vitamin B12 is added, to which sweeteners are used in many brands of soymilks available in the U.S., go to vrg.org/nut-shell/Guide_to_Soymilks_2019.pdf

Feline supermodel Ruth is one of many adoptable cats at Passport Animal Rescue in Maryland. Though experts are divided on soy in pet foods, many brands use soy as a protein for cats. Spunky Ruth, age 17, took a pass on the soymilk but was very interested in catnip. passportanimalrescue.org



Photos by Nathaniel Corn

Partial Soymilk Comparison Chart

Brand	Product	Calories	Protein (g)	Fat (g)	Carb (g)	Sodium (mg)	Calcium (mg)
8th Continent	Original	80	8	2.5	7	95	300
	Vanilla	100	8	2.5	11	85	300
	Organic Vanilla	100	7	4	10	95	300
	Organic Unsweetened	70	7	3.5	3	85	300
Best Choice	Original	90	7	4	7	150	300
	Vanilla	100	7	4	9	130	300
Better Than Milk	Original Vegan Powder	90	1	1.5	18	115	60
	Vanilla Vegan Powder	90	1	1.5	18	115	60
Eden Foods/Edensoy	Organic Original	140	11	5	14	105	100
	Organic Vanilla	150	7	3	24	85	80
	Organic Unsweetened	120	12	6	5	5	40
	Organic Extra Original	130	11	4	13	100	200
Giant Eagle Nature's Basket	Organic	90	7	3.5	7	140	250
	Organic Vanilla	100	7	3.5	9	120	300
Great Value	Original	100	8	4	9	85	300
Great Value, Organic	Original	90	7	3.5	9	95	300
	Unsweetened	80	8	4.5	4	135	340
Greenwise (Publix)	Organic Plain	90	7	4	7	150	300
	Organic Vanilla	100	7	4	9	130	300
Hiland Organic Soy	Original	100	7	4	8	120	300
	Vanilla	100	6	3.5	11	95	300
Kikkoman Organic	Coffee	150	6	4	24	190	300
	Original	110	7	3.5	12	110	300
	Unsweetened	90	8	4.5	6	130	200
Nature's Promise Organic	Original	110	8	4	9	95	450
	Vanilla	100	6	3	11	90	450
	Chocolate	120	5	2.5	20	95	450
Nature's Soy	Matcha	100	6	3.5	10	65	40
	Unsweetened	80	7	4	3	10	170
Pacific All Natural Organic	Unsweetened Original	90	9	4	5	10	35
Shoprite Wholesome Pantry	Organic Original	100	7	4	8	100	300
	Organic Vanilla	100	7	3.5	11	95	300
Silk, Refrigerated	Original	110	8	4.5	9	90	450
	Vanilla	100	6	3.5	11	85	450
	Chocolate	150	9	5	19	85	300
	Organic Vanilla	100	6	3.5	10	85	300

Nutrition per 1 cup/8 oz serving

	Vit D (IU)	Vit B12 (mcg)	Sweetener	Vegan on package/ website?	Gluten-free on package/ website?	Organic?
	100	1.2	Sugar	Yes	Yes	No
	100	1.2	Sugar, Fructose	Yes	Yes	No
	100	1.2	Organic Cane Sugar	Yes	Yes	Yes
	100	1.2	None	Yes	Yes	Yes
	120	3	Organic Cane Sugar	No	No	Organic Soybeans
	120	3	Organic Cane Sugar	No	No	Organic Soybeans
	0	1.5	Maltodextrin	Yes	Yes	No
	0	1.5	Maltodextrin	Yes	Yes	No
	0	0	Malted Organic Wheat and Barley Extract	No	No	Yes
	0	0	Malted Organic Wheat and Barley Extract	No	No	Yes
	0	0	None	No	Yes	Yes
	40	3	Malted Organic Wheat and Barley Extract	No	No	Yes
	130	3	Organic Cane Sugar	No	Yes	Organic Soybeans
	240	1.2	Organic Cane Sugar	No	Yes	Organic Soybeans
	120	3	Sugar	No	No	No
	120	3	Organic Cane Sugar	No	No	Organic Soybeans
	60	0	None	Yes	No	Organic Soybeans
	120	3	Organic Cane Sugar	No	Yes	Organic Soybeans
	120	3	Organic Cane Sugar	No	Yes	Organic Soybeans
	120	3	Organic Evaporated Cane Syrup	No	No	Organic Soybeans
	120	5	Organic Evaporated Cane Syrup	No	No	Organic Soybeans
	100	0	Organic Evaporated Cane Juice	No	No	Non-GMO Soybeans
	140	0	Organic Evaporated Cane Juice, Organic Malt Syrup	No	No	Non-GMO Soybeans
	100	0	None	No	No	Non-GMO Soybeans
	120	3	Organic Cane Sugar	No	No	Yes
	120	3	Organic Cane Sugar	No	No	Yes
	120	3	Organic Cane Sugar	No	No	Yes
	0	0	Cane Sugar	No	No	No
	100	3	None	No	No	No
	0	0	Organic Cane Sugar	No	Yes	Organic Soybeans
	240	1.2	Organic Cane Sugar	No	Yes	Organic Soybeans
	240	1.2	Organic Cane Sugar	No	Yes	Organic Soybeans
	120	3	Cane Sugar	Yes	Yes	Non-GMO Soybeans
	120	3	Cane Sugar	Yes	Yes	Non-GMO Soybeans
	120	3	Organic Cane Sugar	Yes	Yes	Non-GMO Soybeans
	120	3	Organic Cane Sugar	Yes	Yes	Yes

GOING WILD!

By Rissa Miller

Blueberry Jewels from Maine & New England

At the end of summer, Maine and northern New England offer magnificent little blue and silvery gems to the world: wild blueberries. This tiny fruit is unique from traditional blueberries in both size and color. Also known as lowbush blueberries, they are so small that about 1,000 of them fit into a pint box! Their flavor is unique with complexities ranging from sweet to tart.

Fresh wild blueberry season starts in late July and extends for about five to six weeks into August. Mostly grown in Maine and Canada, you can additionally find them in New Hampshire, Vermont, Massachusetts, Connecticut, and northern New York. Farms large and small offer fresh wild blueberries, and you can pick your own at many family-owned operations.

At Alexander's Wild Blueberries in Greenfield, Maine, the picking season lasts only about three or four weeks. The family-owned business is 40 acres, now operated by fourth generation farmers, Denise and Jimmy Alexander.

"The plants grow here naturally; they like a rugged environment," said Denise Alexander. "Buds set on the bushes in the fall. The plants love to sleep all winter under a blanket of snow. Then come April, everything begins to wake up."

Alexander's respect for the farm was evident in her reverence for the growing process, even the berries themselves. While none of their blueberries are cultivated, the family does care for the fields. Every other year, they prune back a field by mowing plants to the ground. Additionally, the berries all require raking, pollination, scouting for pests, weeding, and other daily care all spring and summer.

"It's a labor of love, not a job," she said. "I'm happy when my fields look good."

Even after more than 30 years on the farm, Alexander still enjoys wild Maine blueberries every day. Her favorite way to eat them is in a smoothie. She also sprinkles them over breakfast cereal. As the Alexanders' children grew up, and even as adults, they often

request blueberry pie—never a cake—for birthdays and special occasions, and wild blueberry French toast casserole is a Christmas morning tradition. New England locals love to use wild blueberries in waffles, pancakes, and muffins, and every town/family seems to have its own secret recipes.

Most Americans are familiar with the more common highbush blueberry. These berries are bigger and can be cultivated almost anywhere.

"They are completely different plants," said Todd Merrill, President, Wild Blueberry Association of North America. "The lowbush, or wild, blueberry grows low to the ground, about ankle high, and it grows and spreads naturally in the barrens of Maine and Eastern Canada."

Wild blueberry plants aren't typical row crops, Merrill explained, but grow underground in an interconnected rhizome system. In each field, there can be thousands of varieties so when the wild blueberries are harvested, you get a delicious blend of sweet and tart flavors. They have been around since the glaciers receded—thousands of years ago and thrive in a cold, harsh climate.

Later this summer, you can find Alexander in her fields, picking berries at dusk as she takes in the silent peace and tranquility of sunset on her farm during the harvest, her favorite time of year.

"The perfection is in the flavor," Alexander said. "There's nothing else like wild Maine blueberries anywhere."



French Toast Casserole

(Serves 12)

Casserole

- 1 teaspoon coconut oil or vegan margarine**
- 2 bananas, peeled and broken into chunks**
- 1 cup plain, unsweetened vegan milk (I use soymilk)**
- ¼ cup blueberry jam (I use juice-sweetened)**
- 4 Tablespoons ground flaxseed meal**
- 2 Tablespoons organic sugar (optional, or to taste)**
- 1 Tablespoon vanilla extract**
- Zest of 1 lemon**
- 1 teaspoon ground cinnamon**
- Pinch ground nutmeg**
- Pinch ground allspice**
- Pinch salt (optional, to taste)**
- One loaf of vegan, plain bakery bread, cut into twelve 1-inch thick slices**
- ½ cup pecans, chopped**

Blueberry Syrup

- 2 cups blueberries (fresh or frozen and thawed)**
- 1 cup maple syrup**
- ¼ cup water**
- 1 teaspoon vanilla extract**

To Assemble the French Toast Casserole:

The night before you plan to serve this (or a few hours before, at least), grease a 9×13-inch oven-safe casserole dish with coconut oil or vegan margarine. Set aside.

In a blender or food processor, combine bananas, vegan milk, blueberry jam, flaxseed meal, sugar, vanilla, lemon zest, cinnamon, nutmeg, allspice, and salt. Process until smooth and silky, and all banana chunks are broken down. To make this by hand, use a potato masher or sturdy fork to break down the bananas as much as possible.

Spoon a thin layer of banana liquid into the bottom of prepared casserole dish. Add bread in



layers and pour on all remaining banana liquid. Using your hands, spread evenly onto both sides of all the bread. Really try to coat all the bread so that the liquid absorbs into it. Top with chopped pecans.

Cover casserole and place into refrigerator for at least three hours and up to overnight. This step is crucial for the bread to absorb all the marinade.

To Bake and Serve Casserole with Blueberry Syrup: Preheat oven to 400 degrees. Place casserole dish, uncovered, into oven and bake for 25-30 minutes, until edges are lightly browned. Bread slices on top will get crispy first, so be sure to check for doneness.

While the casserole bakes, prepare the blueberry syrup. To make the syrup, add fresh or frozen/thawed blueberries, maple syrup, water, and vanilla to a saucepan over medium heat. Stir often to prevent burning. Syrup is done when everything is combined and a deep purple color; cooked berries will have burst and look soft.

Serve French toast slices while still warm, topped with blueberry syrup. Other fun topping ideas include fresh blueberries, blackberries or strawberries; powdered sugar; or Coconut Whip (see page 17).

Total calories per serving: 249 Fat: 6 grams
Carbohydrates: 47 grams Protein: 4 grams
Sodium: 134 milligrams Fiber: 3 grams



Blueberry Chia Parfait

(Makes 6 parfaits)

Chocolate Orange Layers

2 cups unsweetened, plain vegan milk

Zest of one orange

½ cup chia seeds, ground

⅓ cup unsweetened cocoa powder

¼ cup maple syrup

½ teaspoon orange extract

Blueberry Vanilla Layers

1 cup unsweetened, plain vegan milk

1 cup fresh blueberries, mashed to a pulp

½ cup chia seeds, ground

¼ cup maple syrup

½ teaspoon vanilla extract

Additional 1 cup fresh blueberries

Segments from zested orange, peeled and trimmed to bite-sized pieces

Optional Toppings

Mini vegan chocolate chips or cacao nibs

Vegan granola or rolled oats

Shredded coconut or Coconut Whip (opposite page)

Chopped walnuts or sliced almonds

To make the chocolate-orange chia pudding layer, combine vegan milk, orange zest, chia seeds, cocoa powder, maple syrup, and orange extract in a mixing

bowl. Stir to combine and place in refrigerator for at least one hour to set up.

To make the blueberry-vanilla chia pudding layer, combine vegan milk, mashed blueberries, ground chia seeds, maple syrup, and vanilla extract in mixing bowl. Stir to combine and place in refrigerator for at least one hour to set up.

To assemble parfaits, layer chocolate-orange chia pudding, then fresh blueberries, next blueberry-vanilla chia pudding, and then fresh orange pieces. Repeat in each parfait glass until ingredients are used up. Top as desired with ideas from the list or your favorite toppings. Store in the fridge and serve chilled.

Total calories per serving: 308 Fat: 15 grams
Carbohydrates: 40 grams Protein: 13 grams
Sodium: 38 milligrams Fiber: 16 grams

Wild blueberries are available year-round in the freezer section or as dried fruit. You can source them nationwide at stores like Trader Joe's or Whole Foods, and some farms ship frozen or dried berries. If you can't find them, substitute regular, or highbush, blueberries in any of these recipes, noting that highbush blueberries are not quite as sweet or deep in flavor as wild, or lowbush, blueberries. Adjust your seasonings accordingly, to taste.



Coconut Whip

(Makes about 2 cups)

One 13-ounce can coconut cream, chilled in fridge overnight
2 teaspoons organic sugar (optional, to taste)
1 teaspoon vanilla extract

Scoop hardened coconut cream solids from the can. Do not use the liquid coconut water. Save this for some other use, like smoothies, soups, or sauces.

In a mixing bowl, combine chilled coconut cream solids, sugar (if using), and vanilla. Beat using an electric mixer on medium speed until frothy and light, but still able to form peaks. Store in refrigerator.

Total calories per 2 Tablespoon serving: 45
Carbohydrates: 2 grams
Sodium: 12 milligrams

Fat: 4 grams
Protein: 1 gram
Fiber: 1 gram



Blueberry Moon Latte

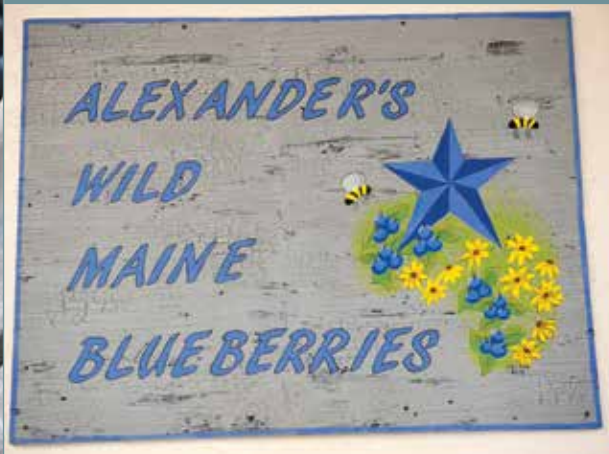
(Serves 1)

1 cup plain, unsweetened vegan milk (I like this with coconut, cashew, or oat milk—they are the creamiest.)
2 Tablespoons dried wild blueberries
1 chamomile tea bag
1 teaspoon maple syrup or agave nectar (optional, to taste)
½ teaspoon ground cinnamon
Pinch ground cloves
Pinch ground nutmeg
Pinch ground cardamom

Add all ingredients to a saucepan. Over low heat, bring to gentle simmer and heat, stirring often, 3-4 minutes. Milk will begin to turn purple-blue. Remove teabag and serve warm in a mug. For a special treat, top with homemade Coconut Whip (left).

Total calories per serving: 110
Carbohydrates: 17 grams
Sodium: 25 milligrams

Fat: 4 grams
Protein: 1 gram
Fiber: 1 gram





Arugula Salad with Blueberry-Pecan Dressing

(Serves 6)

Dressing

- ½ cup fresh or frozen and thawed blueberries
- 1 avocado, peeled and pitted
- ¼ cup pecan halves
- Juice of ½ lemon
- ¼ cup apple cider vinegar
- 1 Tablespoon maple syrup or agave nectar
- 1 teaspoon dried sage
- Pinch salt (optional)

Salad

- 6 cups fresh arugula
- 2 carrots, peeled and shredded

Savory Blueberry BBQ Sauce

(Makes approximately 2½ cups)

- 1 small yellow onion, chopped
- 3 cloves garlic, minced
- 1 Tablespoon fresh ginger, peeled and chopped
- 1 teaspoon canola oil (or any neutral oil)
- 3 cups fresh or frozen and thawed, blueberries
- 1 jalapeño pepper, seeded and minced
- 6-ounce can tomato paste
- ¼ cup red wine vinegar
- ¼ cup maple syrup
- ¼ cup molasses
- 1 Tablespoon vegan Worcestershire sauce
- 1 teaspoon smoked paprika
- 1 teaspoon ground mustard seed
- 1 teaspoon arrowroot powder
- ½ teaspoon liquid smoke
- ½ teaspoon red pepper flakes (add less for less heat)
- ½ teaspoon ground black pepper
- Pinch ground allspice
- Pinch salt (optional)

Sauté onion, garlic, and ginger in canola oil over medium heat, until just fragrant, about 2-5 minutes.

Place all ingredients in a large saucepan and bring to a boil. Reduce heat and simmer uncovered for 30-40 minutes until thickened to the texture of barbeque sauce.

- 1 avocado, peeled, pitted, and cubed (optional, rub with lemon juice to prevent browning)
- 1 small shallot, finely diced
- 1½ cups cooked or canned chickpeas, drained and rinsed
- 1 cup cooked brown rice
- ⅓ cup pecan halves, chopped

In a blender or food processor, add all dressing ingredients and purée until smooth and creamy with no chunks of nuts or berries remaining.

Toss all salad ingredient together and fold dressing into the mix. Serve cool.

Total calories per serving: 301 Fat: 18 grams
Carbohydrates: 32 grams Protein: 7 grams
Sodium: 105 milligrams Fiber: 10 grams



Blueberry Kale Salad

(Serves 6)

Dressing

- 4 Tablespoons canola oil**
- 3 Tablespoons orange juice**
- 2 Tablespoons red wine vinegar**
- 1 Tablespoon agave nectar**
- 1 teaspoon balsamic vinegar**
- ½ teaspoon powdered ginger**
- Zest of one lemon**
- Pinch salt (optional)**
- Pinch ground white pepper**
- Pinch ground nutmeg**

Salad

- 1 pound kale, stemmed and torn into bite-sized pieces**
- 1 cup green (or purple) cabbage, finely shredded**
- ½ cup red onion, minced**
- ⅔ cup walnuts, chopped**
- ⅓ cup dried cherries or cranberries**
- ¼ cup no-salt-added shelled sunflower seeds (sometimes we use hemp seeds or pepitas instead)**
- 1 cup fresh blueberries**

In a pint-sized mason jar with a lid, combine all dressing ingredients. Close jar tightly and shake until well combined.

Add all salad components except blueberries to a large serving bowl and pour dressing over. Massage salad until kale and cabbage are tender. Fold in blueberries and serve cool.

Total calories per serving: 296 Fat: 21 grams
 Carbohydrates: 25 grams Protein: 6 grams
 Sodium: 34 milligrams Fiber: 5 grams



Berries will burst during cooking and may make a popping sound. This is normal.

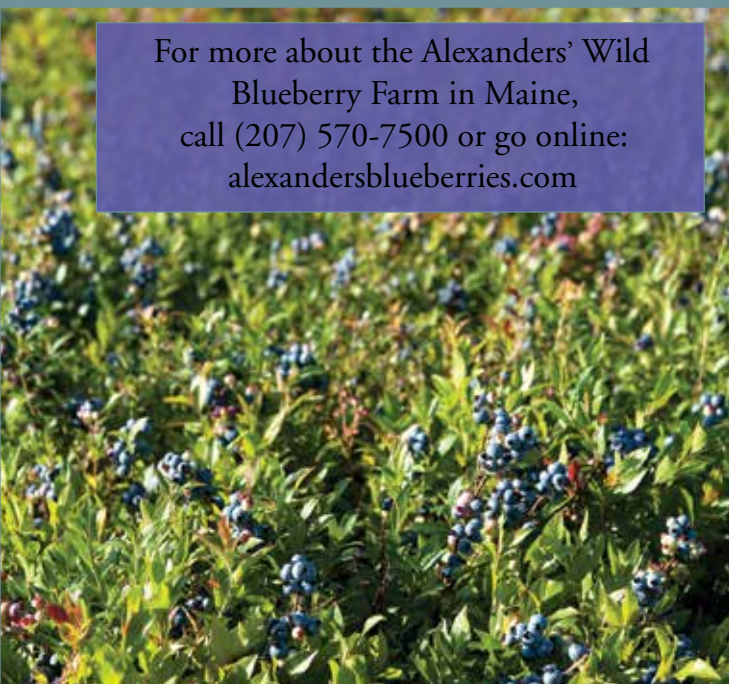
Allow to cool and purée in a blender or food processor (or using an immersion blender), to make sure all the blueberries and onions are broken down and smooth.

Use in any recipe where you would normally use barbecue sauce, such as on jackfruit (shown in photo above), seitan, tempeh, yellow squash, veggie burgers, or homemade baked beans. Store in refrigerator.

Total calories per ¼ cup serving: 107
 Carbohydrates: 25 grams
 Sodium: 61 milligrams

Fat: 1 gram
 Protein: 1 gram
 Fiber: 2 grams

For more about the Alexanders' Wild Blueberry Farm in Maine, call (207) 570-7500 or go online: alexandersblueberries.com



Spiced Blueberry Butter on Sweet Taters

(Serves 4)

4 sweet potatoes, washed and pierced with a fork
1/3 cup fresh or frozen and thawed blueberries
One 13-ounce can cold coconut cream, chilled overnight in refrigerator
1 teaspoon ground cinnamon
1/2 teaspoon ground ginger
Pinch ground nutmeg
Pinch ground white pepper
Chopped fresh basil, to garnish

Bake sweet potatoes, wrapped in foil in the oven, at 400 degrees for 60-90 minutes, until soft when tested with a fork. To bake sweet potatoes in a microwave, pierce a little extra with fork, place on microwave-safe plate, and cook on high power for 7-10 minutes,

rotating halfway through, until tender and warm in the center.

While baking the sweet potatoes, make your blueberry-coconut butter. Scoop chilled solids from the coconut cream can. Do not use the liquid part, save the separated coconut water in the can for other uses. In a bowl, fold chilled coconut cream solids with blueberries, cinnamon, ginger, nutmeg, and white pepper. Allow berries to get squished and turn the cream a streaky blue.

Serve while sweet potatoes are hot. Cut open each potato and top with a 1-2 Tablespoon size dollops of blueberry coconut butter. Sprinkle with chopped basil and enjoy immediately.

Total calories per serving: 298 Fat: 16 grams
Carbohydrates: 36 grams Protein: 5 grams
Sodium: 118 milligrams Fiber: 6 grams



Farm Photos by Nathaniel Corn
Food Photos by Rissa Miller



Tofu Steaks with Blueberry Balsamic Glaze

(Serves 6)

- 1/3 cup maple syrup**
- 1/2 cup fresh or frozen and thawed blueberries**
- 1/2 cup balsamic vinegar**
- 2 Tablespoons olive oil**
- 1 teaspoon lemon juice**
- 1 teaspoon dried rosemary**
- 3-4 springs fresh thyme, leaves stripped**
- 2 cloves garlic, minced**
- Pinch salt (optional)**
- Two 14-ounce blocks firm tofu, thoroughly drained**

Add all ingredients except tofu to a large saucepan and cook over medium-low heat until reduced by 1/3 volume, about 20 minutes. Stir often and do not cover or boil.

While making the blueberry balsamic glaze, slice drained tofu into slabs, about 1/2-inch thick. Layer into a casserole dish. Set aside.

When the glaze is reduced and slightly thickened, pour over the sliced tofu. Be sure to coat each piece entirely. Cover dish and place in refrigerator for at least an hour and up to overnight to marinate the tofu steaks.

To make the tofu, bake or pan-fry the marinated steaks. For baking, preheat oven to 375 degrees and line a cookie sheet with parchment or a silicone baking liner. Reserving any unabsorbed glaze for later, arrange tofu steaks in a single layer on the cookie sheet and bake about 15 minutes. Flip the tofu steaks over and bake another 12-15 minutes until edges are crispy and browned.

To pan-fry, warm one Tablespoon canola oil in a heavy-bottomed pan over medium heat. Working in batches, fry tofu on each side about 1-2 minutes, until crisp and glossy.

Pour leftover glaze on top to serve tofu steaks and pair with your favorite sides, such as Brussels sprouts, steamed broccoli, or brown rice.

Total calories per serving: 209	Fat: 10 grams
Carbohydrates: 21 grams	Protein: 11 grams
Sodium: 23 milligrams	Fiber: 2 grams

Rissa is the Senior Editor of the *Vegetarian Journal*. A vegan of 24 years, she organizes Baltimore Vegan Drinks and has a special love for goats, green tea, and greyhounds. She also writes fiction and poetry.



Veggie Bits

Easy as (Hummus) Pie

Searching for the ideal vegan party appetizer? These creative, savory little hand pies will do the trick! Easy to heat and bite-sized, Hummus Pods



are a healthful alternative to pizza rolls. They are the perfect on-the-go snack you can eat as finger food or would make a fun addition to meals. Each pod is a mix of doughy, multigrain bread, including bean, quinoa, teff, and wheat flours, with creamy hummus filling. Try any of their four varieties: Smoky Chipotle for a hardy, full umami bite; Sriracha Lime for a spicy kick with heat; Tangier Red Pepper for some veggie sustenance; and Zesty Lemon for a sharp citrus flavor. Find them at major retailers or online modpodco.com

Written by Kalie Ganem, VRG Intern

Sparkling Personality

Never to be confused with over-sweetened, artificial sodas, Brooklyn Crafted Ginger Beer delivers serious ginger pop and authentic flavor. This fizzy beverage is made with real ginger root and vegan pure cane sugar. It's unfiltered, so that stuff you see in the bottle—it's really ginger. You can taste it, too! The Extra Spicy flavor was a tester favorite for its surprisingly refreshing snap. It was also great as a cocktail mixer. Other flavors include Classic Ginger Ale, Lemon-Lime Ginger Beer, Mango Ginger Beer, and the second runner-up in our taste test, Earl Grey Ginger Beer. The Earl Grey was sophisticated but light, and easy to drink with a meal. Brooklyn Crafted also offers a sugar-free ginger beer.



drinkbrooklyncrafted.com

Written by Rissa Miller, Senior Editor

Effortless, Warm Breakfast To Go

The best way to describe Qrunch is that someone transplanted pancakes into an oversized granola bar. It effortlessly



combines maple pancake flavor, the cakiness of French toast, and the crunch of granola into a completely unique breakfast experience. You can definitely taste the hearty quinoa in each bite. Toastables don't appear to be a full breakfast from the size, but they could be a hearty snack or part of a meal. Just one was enough for testers. If you are looking for a quick healthy snack on the way to class, for your kids on the car ride to school, Qrunch is perfect for you. It's an easy gluten-free hand held snack, without the prep of pancakes, or the added sugar of a granola bar.

qrunchfoods.com/products/original-toastables

Written by Kalie Ganem, VRG Intern

Neato Peatos!

Crunchy little puffed snacks with just enough powdery goodness to make you want one more and one more and one more, Peatos are



going to remind you of a junk food childhood favorite. However, this tasty treat is made of fava beans, lentils, and peas, so you're getting 4 grams of protein and 3 grams of fiber in each 1-ounce portion. Vegan flavors included Masala and Fiery Hot. Testers agreed the heat level on Fiery Hot was fierce, not for the faint of heart. If you like it spicy though, toss some Fiery Hot Peatos into your TV time snack line-up. The Masala was exotic but mild, and agreeable to everyone. At the end, testers were licking their fingers, wishing there were more Peatos to crunch. Both kinds are gluten-free and available nationwide in major grocers or on Amazon. worldpeasbrand.com

Written by Rissa Miller, Senior Editor

Veggie Bits

Savory 'Shroom Snacks

Heading out for a hike or need a satisfying snack for work/school? Savory Wild's Portabella Jerky fits the bill. These tasty dehydrated strips come in three flavors: Sesame, Ginger & Korean Chili; Sweet Balsamic & Golden Fig; and the tester favorite, Roasted Garlic & Black Pepper. Gluten-free and evenly seasoned, these mushroom snacks have an almost meaty, chewy texture. They are hearty without being heavy and are an ideal option for travel, stashing in your desk, or outdoor activities. Made from hand-picked portabella mushrooms and whole ingredients, they are fulfilling and enjoyable. Available online, savorywild.com

Written by Rissa Miller, Senior Editor



Score Some Brownie Points

You can eat your chickpeas and love them too with Rule Breaker Blondies and Brownies. Yes, that's right—the first ingredient is chickpeas! You might not want to spill the beans though, because the treats are just sweet enough to please any palate and have that craveable, tender, lush brownie texture everyone longs for. These magical treats are free of the eight top allergens, including wheat, nuts, and soy, making them safe for school lunches. Rule Breaker's fan favorite is Birthday Cake Blondies; however, our tasters equally enjoyed the Chocolate Chunk Blondies, Deep Chocolate Brownies, and P'Nutter Chocolate Chip. Individually packaged, Rule Breakers are ideal for grab-and-go needs like school, work, travel, or sports. Tasters enjoyed them at room temperature as well as warmed for 30 seconds in the microwave with a cup of coffee for breakfast. At retailers nationwide and online, rulebreakersnacks.com

Written by Rissa Miller, Senior Editor



Chewy, Dreamy, Ice-Creamy

Bubbies vegan mochi ice cream treats are the epitome of adorable. Japanese mochi dough is made from pounded sticky rice and it melts in your mouth, leaving the tender ice cream filling with each bite. Testers found these confections refreshing, well-portioned, and fun to eat. It's coconut-based ice cream you can hold in your hands! Vegan flavors available nationwide include chocolate and strawberry in self-serve freezer bins at Whole Foods.

bubbiesicecream.com

Written by Rissa Miller, Senior Editor

Bowled Over

Amy's Kitchen has introduced two quick and easy vegan entrees:

Spinach

Ravioli and Asian Dumplings. The ravioli is made of a perfectly-textured wheat pasta, mixed with rich marinara sauce that gives the dish a boldly classic flavor and reminded us of a homemade pasta dinner. Even the presentation was impressive, as the organic spinach and ricotta cheese filling retained a vibrant green. The Asian Dumplings come in a medley of dumplings, noodles, organic vegetables, and tofu in a savory hoisin sauce, enhancing the dish with a kick of sweetness. The wholesome ingredients and simplicity make for a robust meal. Each was easily heated for 3 to 4 minutes in a microwave, uplifting the room with mouth-watering aromas. These are perfect to keep in the office for days of forgotten lunch, to feed picky kids at home, or indulge in as a late-night comfort food! You can find Amy's Kitchen products at major retailers. amys.com

Written by Shun Shueh, VRG Intern



How Many People Are Vegan?

HOW MANY EAT VEGAN WHEN EATING OUT?

the 2019 National Harris Poll

By Charles Stahler

With Target selling almond and soy milk, Chipotle carrying Sofritas as well as listing it as a Vegan Bowl on their website, and Carl's Junior offering the Beyond Burger, it seems there is an explosion of interest in vegan foods. However, The Vegetarian Resource Group wanted to know how many vegans there are.

In a national survey commissioned by VRG and conducted online by The Harris Poll among more than 2,000 U.S. adults, we asked the following question in 2016 and March 7-11, 2019.

Which of the following, if any, best describes your eating behavior?

- I never eat meat, fish, seafood, poultry, dairy, or eggs.
- I never eat meat, fish, seafood, or poultry.
- I never eat meat, fish, seafood, poultry, dairy, or eggs when eating out or getting takeout, but eat one or more of these foods at home.
- I never eat meat, fish, seafood, or poultry when eating out or getting takeout, but eat one or more of these foods at home.
- When eating out or getting takeout, I sometimes eat meals without meat, fish, poultry, dairy, or eggs.
- When eating out or getting takeout, I sometimes eat meals without meat, fish, or poultry.
- None of these.

We considered those who never eat meat, fish, seafood, or poultry; plus those who never eat meat, fish, seafood, poultry, dairy, or eggs, as vegetarian. We classified that second category of vegetarians who don't eat dairy or eggs also as vegan. Because we use the word "never" and don't just ask if a person considers him/herself vegetarian, our numbers may be lower than others. Be wary of comparing to polls in other countries that ask if you are

vegetarian or vegan, since people may self define differently. We did not ask about honey.

Forty-six percent of the U.S. adult population always or sometimes eats vegetarian meals when eating out. Twenty percent of U.S. adults always or sometimes eat vegan meals when eating out. Four percent of American adults are vegetarian (including vegans) all the time, and half of the vegetarians are also vegan (2%).

Since 46% of the country eats at least some vegetarian meals when eating out, and almost half (43%) of those are eating vegan meals, this has strong implications for food companies and restaurants. There is strong incentive for producing vegan dishes. However, based on our other experiences outside this poll, it's not enough just to offer meatless items, but businesses have to cater to various needs, which may include price, health, convenience, source of ingredients, taste, religious requirements, etc. And since there is a large segment who did not say they consume vegetarian meals, marketing is more complex because of such different audiences.

Breaking down by demographics, male/female, region of country, education, or marital status didn't have an overwhelming impact. Those in the Northeast (50%) are more likely than those in the Midwest (40%) always or sometimes to eat vegetarian meals when eating out. Those in the West (52%) are more likely than in the Midwest (40%) or South (44%) always or sometime to eat vegetarian when eating out.

The strongest point of interest for marketers and businesspeople seems to be that 60% of 18-34 year olds always/sometimes eat vegetarian (including vegan) meals when eating out, compared to 40% of those ages 35+. Likewise, 52% of parents with children under 18 fit this category, compared to 43% of those who do not have children under 18. Twenty-six percent of 18-34 year olds always or sometimes eat vegan meals when eating out, compared to just 16% of those ages 45+. Unless this trend shifts as these individuals become older, restaurants and food manufacturers are wise to be preparing for these changes.

	SOMETIMES OR ALWAYS EATS VEGAN <i>(20% Total sometimes or always eats vegan)</i>	SOMETIMES OR ALWAYS EATS VEGETARIAN (INCLUDING VEGANS) <i>(46% Total sometimes/always eats vegan or vegetarian)</i>	VEGETARIANS (INCLUDING VEGANS) <i>(4% Total vegetarians including vegans)</i>
Males	18%	44%	4%
Females	21%	48%	3%
18-34 year olds	26%	60%	5%
35-44 year olds	19%	45%	6%
45-54 year olds	16%	40%	1%
55-64 year olds	16%	38%	3%
65 plus	16%	37%	2%
Male 18-34	25%	60%	6%
Female 18-34	27%	61%	3%
<i>Region:</i>			
Northeast	20%	50%	3%
South	19%	44%	3%
Midwest	16%	40%	3%
West	24%	52%	5%
<i>Household Income:</i>			
Under \$50,000	18%	43%	3%
\$50,000 to \$74,999	18%	43%	5%
\$75,000 to \$99,999	19%	47%	3%
\$100,000 plus	22%	50%	4%
<i>Education:</i>			
High school or less	18%	43%	4%
Some college	20%	44%	3%
College graduate	21%	52%	3%
<i>Family Specifics:</i>			
Children in household	22%	51%	4%
No children in household	18%	43%	3%
Parent of child under 18	23%	52%	4%
Not parent of child under 18	18%	43%	3%
Homeowner	19%	46%	3%
Renter	21%	48%	5%
Married	20%	43%	3%
Not married	19%	49%	4%

The Northeast includes: CT, DE, ME, MA, NH, NJ, NY, PA, RI, and VT.

The Midwest includes: IA, IL, IN, KS, MI, MN, MO, NE, ND, OH, SD, and WI.

The South includes: AL, AR, DC, FL, GA, KY, LA, MD, MS, NC, OK, SC, TN, TX, VA, and WV.

The West includes: AK, AZ, CA, CO, HI, ID, MT, NV, NM, OR, UT, WA, and WY.

Survey Methodology:

This survey was conducted online within the United States by The Harris Poll on behalf of The Vegetarian Resource Group from March 7-11, 2019 among 2,027 U.S. adults ages 18 and older. This online survey is not based on a probability sample and therefore no estimate of theoretical sampling error can be calculated. For more detail on survey methodology, contact vrg@vrg.org.

Estimating about 254 million adults in the U.S (census.gov/quickfacts), 46% sometimes or always

eating vegetarian (including vegan) would be 116.8 million interested adults. Twenty percent sometimes or always eating vegan meals would be 50.8 million interested American adults. Four percent vegetarians (including vegans) would be 10 million adults using the historical American vegetarian movement definition. Vegetarians do not use meat, fish, seafood, or poultry. Vegans are vegetarians who don't use other animal products such as dairy or eggs. For more information on vegetarian and vegan polls and numbers see: vrg.org/nutshell/faq.htm#poll (see next page)

In our March 7-11, 2019 Harris Poll, we found that 4% of American adults were vegetarian and 20% sometimes or always ate vegan meals. We asked the same question we previously asked in 2016.

As somewhat of a check on this and to gain additional information, we posted a different question in another survey conducted by The Harris Poll on behalf of The Vegetarian Resource Group from February 27-March 1, 2019 among 2,031 adults ages 18 and older.

Which of the following, if any, best describes your eating behavior?

We asked:

- I never eat meat, fish, seafood, or poultry.
- I never eat meat, fish, seafood, poultry, dairy, or eggs.
- I never eat meat, fish, seafood or poultry, and sometimes eat meals without dairy and eggs, but less than half the time.
- I never eat meat, fish, seafood, or poultry and eat meals without dairy and eggs more than half the time, but not all the time.
- I don't eat meat, fish, seafood, poultry, dairy, or eggs at some of my meals, but less than half the time.
- I don't eat meat, fish, seafood, poultry, dairy, or eggs at more than half of my meals, but not all the time.
- None of these

Same as in the March 7th poll above, we found that 2% of adults were vegan. In the February 27th poll, 21% always or sometimes eat vegan meals. In the March 7th poll, 20% always or sometimes eat vegan meals.

In the March 7th poll, 2% selected "I never eat meat, fish, seafood, or poultry." In the February 27th poll, 2.6% (rounded to 3%) selected "I never eat meat, fish, seafood, or poultry." For these data points, the two polls asked in different ways produced similar results. However, possibly because of the way we asked the question (i.e., a different choice of answers), while 4% of Americans said they were vegetarian in the March 7th poll, if we add up the values of those who never eat meat, fish, seafood, or poultry in the February poll, we came up with 11% vegetarian. Based on our experience, we doubt the 11% figure is an accurate representation of vegetarians and suspect that it is likely due to the different phrasing of the question.

Interestingly, this 11% of vegetarians in the February poll is somewhat closer to the numbers being reported by some outlets as the number of "vegans" in the country. Based on VRG's past research* and personal experiences, we doubt the number of vegans is that high at this time. If other research indicates higher numbers of vegans, it is possible that the phrasing of the questions asked and how people interpret the word vegan could be at play. Our 11% was vegetarians, who are not all vegans. We suspect that higher percentage could include people who don't really adhere to the definition of NEVER eating meat, fish, seafood, or

The strongest point of interest for marketers and businesspeople seems to be that 60% of 18-34 year olds always/sometimes eat vegetarian (including vegan) meals when eating out, compared to 40% of those ages 35+

poultry all the time, and therefore may not be vegetarian by that definition. Either way, 20% of U.S. adults eating vegan meals sometimes or all the time is an amazing change from when earlier surveys indicated 1% of the population said they were vegetarian and still included people who ate meat**; almost nobody knew what the word vegan meant; and you had to order powdered soymilk through the mail, as it wasn't available in supermarkets.

* For other polls, see: vrg.org/nutshell/faq.htm#adult

** In a 1977-1978 United States Department of Agriculture Food Consumption Survey, of 37,135 people surveyed, 1.2% answered yes to "Are you a vegetarian?" However, some of these people also reported eating flesh during the three days on which dietary information was obtained.

A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

VRG's Simply Vegan Used in Study that Examined Use of Vegan Diets in Coronary Artery Disease

Inflammation is part of our immune response. If we're exposed to harmful bacteria, for instance, short-term inflammation can help to protect us. When inflammation is present most of the time, however, it can be harmful. Many chronic diseases, including heart disease and arthritis, have been linked with chronic inflammation. A recent study examined whether or not a vegan diet could help reduce chronic inflammation in people with coronary artery disease. Coronary artery disease is the most common type of heart disease and is the leading cause of death in men and women in the U.S. In coronary artery disease, the blood vessels that supply blood to the heart become narrowed due to the buildup of plaque on the inside of the arteries. This keeps the heart from getting the blood and oxygen that it needs. A persistent low level of inflammation is believed to play a major role in coronary artery disease.

One way to assess inflammation is to do a blood test measuring high-sensitivity C-reactive protein. Higher concentrations of high-sensitivity C-reactive protein indicate an increased risk of heart disease. Study participants all had partial blockage of one or more major blood vessels; a majority had elevated cholesterol and blood pressure. Almost all were being treated with medications. They were divided into two groups. Groups were instructed to follow either an American Heart Association-recommended (AHA) diet (less than 5-ounces of animal protein per day, fish more than twice a week, only lowfat or non-fat dairy products) or a vegan diet for eight weeks. One of the tools that was provided to subjects on the vegan diet was *Simply Vegan*, by VRG's Debra Wasserman. The AHA group received a copy of an AHA cookbook and other materials. At the end of the study, the vegan group had a significantly lower concentration of high-sensitivity C-reactive protein, an important marker of inflammation.

This means that the group on the vegan diet had a lower risk of exposure to harmful inflammation.

The vegans had a higher intake of fiber and whole grains and were more likely to comply with the diet compared to those following the AHA diet. The researchers conclude that a vegan diet can be a part of treatment of coronary artery disease to reduce harmful inflammation.

Shah B, Newman JD, Woolf K, et al. 2018. Anti-inflammatory effects of a vegan diet versus the American Heart Association-recommended diet in Coronary Artery Disease Trial. *J Am Heart Assoc.* 4;7(23):e011367.

Vegetarians and Gallbladder Disease

A couple of years ago (*Vegetarian Journal* Issue 4, 2017), we reported on a study from the UK that found vegetarians were at a moderately higher risk (-22%) of developing symptomatic gallbladder disease than were non-vegetarians. A recent study from Taiwan finds that vegetarian women, but not vegetarian men, are at a lower risk of symptomatic gallbladder disease compared to non-vegetarians. Close to 5,000 people were studied. Based on interviews and questionnaires, almost 30% were vegetarians (no meat, fish, or poultry). Both vegetarians and non-vegetarians ate only a small amount of eggs and dairy products. The study subjects were tracked for an average of six years to see who would develop symptomatic gallbladder disease. Over the course of the study, 2.3% of non-vegetarians and 1.5% of vegetarians were diagnosed with symptomatic gallbladder disease. Vegetarian women had almost a 50% lower risk of symptomatic gallbladder disease compared to non-vegetarian women. Because the non-vegetarian women only ate small amounts of meat, the researchers hypothesize that the effects of a vegetarian diet in reducing risk of symptomatic gallbladder disease in women may be even greater in populations where more meat is eaten.

Chang CM, Chiu THT, Chang CC, Lin MN, Lin CL. 2019. Plant-based diet, cholesterol, and risk of gallstone disease: a prospective study. *Nutrients.* 11(2). pii: E335.



A DELUXE VEGAN WEDDING

By Marcy Schveibinz



Dan and Carly were destined to be together. They grew up in the same neighborhood in Ellicott City, Maryland, but didn't meet until high school marching band. That was the start of their romance. Carly became vegan during this time, but Dan was not 100% on board yet. Everyone thought their love could not be broken, but after seven years they ended their relationship.

Two years passed, and they hadn't contacted each other, but it turned out, neither was happy without the other. They reunited on Dan's birthday, after Carly sent a simple "Happy Birthday" text to Dan. After their reunion in California, where Dan had moved, Carly, a dedicated vegan, influenced Dan to open his mind and join her on her vegan journey.

A year went by, and Dan proposed to Carly on the tenth anniversary of their very first kiss. Then the planning began for their Maryland wedding. Carly wanted a natural wooded setting with her vision based on the *Twilight* movie series.

They selected Brookside Gardens in Wheaton after the venue agreed to create a new site for them in the woods.

Finding a caterer to create a vegan menu proved a little more challenging.

Greenplate Catering was right in Brookside

Gardens' backyard. Greenplate created a menu that included veganized, familiar dishes that omnivore guests would enjoy. Appetizers were Vietnamese spring rolls, asparagus crostini, and mini twice-baked potatoes. Entree stations included a falafel bar, gnocchi station, and seitan asada. The pastry chef at Greenplate also created a decadent vegan vanilla cake with vanilla maple buttercream, filled with chocolate ganache.

Other aspects of the wedding were planned around Carly and Dan's vegan lifestyle. Dan wore non-leather shoes and avoided a wool suit or silk bowtie. The groomsmen followed his example. Carly asked her bridesmaids to avoid silk when shopping for dresses. Loblolly Organic Farm of Waldorf, Maryland, provided gorgeous floral arrangements picked from their locally grown organic fields, without the use of silk ribbons or feathers. Carly brought her own vegan make-up to the salon instead of using theirs. The items for the goodie bags for the hotel guests also did not



Even skeptics, when they experienced firsthand how wonderful the meal tasted, had positive things to say about the vegan reception.



Photos by L.A. Birdie Photography

involve the harming of any animals. The slippers provided for dancing were made of synthetic materials.

The bachelorette party was held at Great Sage Vegan Restaurant in Clarksville, and the rehearsal dinner, organized by the groom's parents, was at Aida Bistro & Wine Bar in Columbia, which created a delicious all-vegan menu. Out-of-town guests were offered a vegan brunch on Sunday catered by the Sheraton in Columbia. With just a couple of tweaks, an all-American brunch of tofu scramble, potato hash, meatless sausage, oatmeal, pancakes, soup, and salad was enjoyed by all.

All in all, the big day went perfectly. The guests were inspired and moved after witnessing Carly and Dan's vows. Numerous guests commented on the

delicious vegan food. Even skeptics, when they experienced firsthand how wonderful the meal tasted, had positive things to say about the vegan reception.

The day was filled with love and compassion felt by family, friends, and the wedding vendors. What better way to express love than by having a cruelty-free vegan wedding!

Marcy is a national board certified health and wellness coach. She teaches vegan cooking classes and loves apples, hiking in nature, and a good oat milk cappuccino. She lives in Maryland.



Bequests

The VRG depends on the generous contributions of our members and supporters to continue our educational projects. Though the world may not become vegan in our lifetimes, we realize that we are planning and working for future generations.

- Your will and life insurance policies enable you to protect your family and also to provide a way to give long-lasting support to causes in which you believe. Naming The Vegetarian Resource Group in your will or life insurance policy will enable us to increase our work for vegetarianism.
- One suggested form of bequest is: *I give and bequeath to The Vegetarian Resource Group, Baltimore, Maryland, the sum of _____ dollars (or if stock, property, or insurance policy, please describe).*
- To be sure your wishes are carried out, please speak with your attorney specifically about writing the correct information in your will.

NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

The Vegetarian Resource Group in the News

Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD, was interviewed about vegan pregnancy and vegan kids for the *Plant-Based Superpower Mom Podcast*.

VEGAN Education

During the spring, we had four interns in the VRG office, including a future vegan engineer, two specializing in environmental studies from Maryland Loyola, and a student who recently completed her bachelor's in health science fitness wellness, with an eye towards a graduate program in public health. They participated with health coach Marcy at a vegan cooking demo for previously homeless individuals, and worked on a meal plan helpful for low-income Supplemental Nutrition Assistance Program (SNAP) recipients. Also, this year past interns asked us for recommendations for law school and an RD internship program. Thank you to all our hard-working interns for making a difference. VRG Research Director Jeanne Yacoubou, MS, investigated animal products in toilet paper. VRG conducted our ongoing poll on the number of vegans and vegetarians. See results on pages 24-26. Debra Wasserman was invited to speak at the Academy of Nutrition and Dietetics NDEP Eastern Workshop for Dietetic Educators and Preceptors. Marcy Schveibinz updated our VRG's *Guide to Soymilks*. Excerpts are on pages 11-13. See the entire table at: vrg.org/nutshell/Guide_to_Soymilks_2019.pdf

Reviews

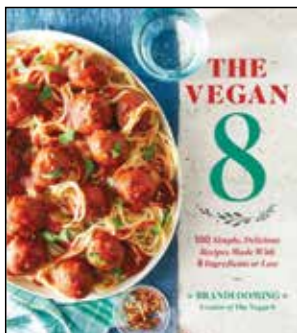
THE VEGAN 8

By Brandi Doming

Enjoy 100 vegan recipes made with eight ingredients or fewer (not counting water, spices, etc.). For breakfast you might want to try the Bed-and-Breakfast Pumpkin Pie

Crêpes. Move on to snacks and appetizers and you'll find Smoky Ancho Chile Roasted Almonds and Elevated Avocado Toast. Easy entrée choices include Skillet Baked Mac 'N' Cheese, which you can serve with one of the soups or stews such as Thai Rice Noodle and Bok Choy Soup or a side dish such as The Best Fluffy "Buttermilk" Mashed Potatoes or Save the Day Chili con Queso. Finally, end your meal with a delicious dessert like Toffee-Pecan Glazed Cake.

The Vegan 8 (ISBN: 978-0-8487-5707-6) is a 256-page book with color photos. It is published by Oxmoor House and retails for \$25.99. You can purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.



EAST MEETS VEGAN

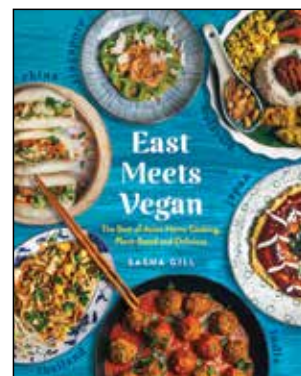
By Sasha Gill

Enjoy vegan recipes from India, Thailand, Singapore, Malaysia, China, and Japan! From India, sample Fennel and Parsnip Tarka Dal, Creamy Spinach Curry with Crispy Tofu, Kofta Curry, or Cardamom Fudge. Thai dishes feature Jackfruit Massaman Curry, Mushroom Tom Yum Soup, and Mango Sticky Rice.

Offerings from the Singapore and Malaysia chapter present Char Kuey Teow (a stir-fried noodle dish), Tempeh Rendang, and Popiah Spring Rolls. From China enjoy Rice Noodle Rolls, Mapo Tofu, Mushroom and Chive Dumplings, and Peanut Meltaway Cookies. Japanese recipes include Red Bean Pancakes and Chocolate Custard Matcha Buns.

These are not necessarily easy recipes; however, the photography in this book is gorgeous and will make you hungry!

East Meets Vegan (ISBN 978-1-61519-563-3) is a 224-page book. It is published by The Experiment and retails for \$18.95. Purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.



CRAVINGS MADE VEGAN

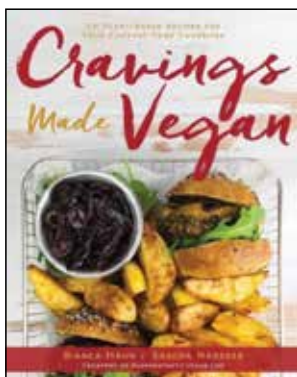
By Bianca Haun and Sascha Naderer

The authors of this cookbook have created 50 vegan comfort food recipes that vegans and non-vegetarians will enjoy. The dishes range from

Chocolate Chip Pancakes and "Chicken" & Waffles to Hot Dogs, "Crab" Cakes, BBQ Cauliflower Wings, Spicy Stovetop Mac & Cheese, and Apple Fritter Rings with Almond Maple Dipping Sauce.

Beautiful photos will encourage you to start cooking right away. Unfortunately, nutritional analyses are not provided.

Cravings Made Vegan (ISBN: 978-1-5107-3932-1) is a 149-page hardcover book. It is published by Skyhorse Publishing and retails for \$22.99. Find this book online or at your local bookstore. Reviewed by Debra Wasserman.

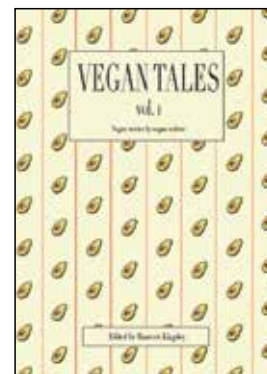


VEGAN TALES VOLUME I

Edited by Maureen Kingsley

This book consists of vegan short stories written by vegan writers from Europe, the United States, and elsewhere. Each tale is written in a unique fashion and all touch upon vegan values.

Words to Dress Them creatively discusses the value of meat based on the price on its package. *Lucy's Revelation* is about a woman learning how to prepare vegan dishes when suddenly having to take over the care of two vegan children. *Farmer Flit's Epiphany* has a factory farm theme, and *Shoulder of Lamb* describes a person playing with a dog while a pig is roasting in the background.



Reviews

Vegetarian Journal Senior Editor Rissa Miller is the only author to have two of her pieces published in this book. Her *Tofu Paradise* tale touches on the topic of being vegan and dating and *Family Dinner* promotes the notion that being compassionate means extending understanding to pre-vegan friends and family. In this tale, an omnivore finally understands her vegan sister.

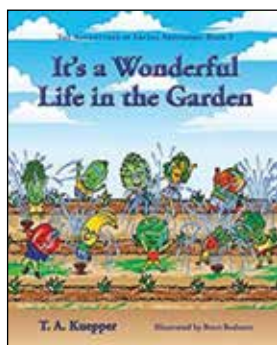
***Vegan Tales Vol. 1* (ISBN: 978-19993568-0-4) is a 208-page book. It is published by Squaw Pies and retails for \$19.95. You can purchase a digital version of this book on Amazon.com. Reviewed by Debra Wasserman.**

IT'S A WONDERFUL LIFE IN THE GARDEN

By T.A. Kuepper

Illustrated by Brett Bednorz

It's a Wonderful Life in the Garden, book 3 of *The Adventures of Archie Artichoke* book series with its vibrant,



colorful illustrations and fun vegetable characters who go on a trip, will appeal to children ages 4 to 8 as well as their parents for important lessons to be learned.

Archie Artichoke and his veggie friends will realize how good their lives in the garden are after their venture into the dark forest in search of gifts from a magical genie. The story emphasizes the importance of being satisfied.

Teamwork, trust, and friendship are elements that help Archie and his friends through some difficult situations along their journey. Problem solving, prioritizing, and negotiation come into play throughout the story as well. Personifying vegetables as well as their motto "Veggies Rule" stresses their importance and helps to teach about their variety and that each one serves a purpose. Archie befriendng Wally Weed, along with wanting to save all the animals around him, teaches respect and inclusion.

***It's a Wonderful Life in the Garden* (ISBN: 978-0997732757) is a 54-page paperback book. It is published by Archie Artichoke Books and retails for \$15.95. It is also available in a Kindle Edition. Reviewed by Marcy Schweibinz.**



VEGAN CHINESE DINNER IN PHILADELPHIA, PA

SUNDAY, OCTOBER 27, 2019, 6PM

The Vegetarian Resource Group will host a vegan dinner at Su Xing, about a six minute walk from the Pennsylvania Convention Center, on Sunday, October 27, 2019, during the annual meeting of The Academy of Nutrition and Dietetics.

Meet vegetarian dietitians from around the country.

**The public is
welcome to attend!**

Menu

Seitan on Stick with BBQ Sauce
Choice of Hot and Sour Soup
or Tofu and Vegetable Soup
Chow Fun (*rice noodle dish*)
Tofu with Black Bean Sauce
Stir-Fried Spinach
Stir-Fried String Beans
Rice; Fruit; Tea

*Su Xing
House*



MUST RESERVE AND PAY IN ADVANCE

Send \$25 per person (includes tax and tip) with attendee names to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203. Call (410) 366-8343. Or pay at vrg.org/donate and write "Philadelphia VRG Dinner" and attendee names in the "Comments" box.

photo from Su Xing; background by pngtree

Support VRG Outreach

Hannah Greene's VRG Intern Experience

Creating a Vegan World



My VRG internship was absolutely life-changing! I couldn't stop smiling after my first day of work! I have learned so much about the vegan movement, and also about the nonprofit world as a whole. I learned about the publishing industry, the

analysis needed to understand statistics truthfully, the politics of agriculture, and a lot of other important life lessons.

Highlights of my internship were... *everything!* This was the first job I have looked forward to every single day. I spent each day feeling excited about articles I was writing, intrigued by all I learned, and even more inspired to make change in the world. I loved learning about the environment and the importance of veganism, and sharing this knowledge with others in creative ways. I gained experience writing, sharing vegan meals, and planning presentations and outreach booths, which will inspire me for years to come.

Our outreach work reached someone I hadn't expected—me! When I first started at VRG, I was vegetarian, but now that I have learned more about veganism, I am committed to the vegan lifestyle.

Another intern and I gave a presentation at Tuttie's Place, a group home for foster children in Baltimore City, with a lesson plan designed to inspire

and empower the students to think about the impact of what they eat. We played a game using a six-foot-diameter My Vegan Plate made to teach them about healthy eating.

Writing an article on vegan Malaysian recipes combined a lot of things I'm passionate about—veganism, cooking, travel writing, and Malaysia. This was a valuable opportunity to spread cultural awareness and exciting new flavors. I also enjoyed writing about vegan snack options for field hockey players and other athletes, and about starting a vegetarian group in high school. I hope that these articles will inspire other teens to embrace veganism fully and to be activists for the issues they care about.

This internship was particularly fulfilling because of all the community service. One of the most challenging but rewarding opportunities has been helping to create a vegan meal plan that fulfills nutrition requirements and meets the financial limits of the Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps.

We helped design a vegan meal plan, alter it within a nutrition tracking database, and make a shopping list for a family of four. After that, we visited a supermarket in a Baltimore neighborhood to check prices for ingredients. Finding that even the staples added up to be too expensive, we continued to modify recipes to cost less and still fulfill daily nutrition requirements. It is difficult to find any SNAP meal plans at all, and so I hope the vegan one will be impactful.

Making six vegan casseroles for local soup kitchen Our Daily Bread was another way to give back to the community. Cooking on a large scale was a new adventure, and the seven hours spent in the kitchen was a fun bonding opportunity with the other intern!

Join the VRG and get *Vegetarian Journal*!



Inside each issue

- Nutrition Hotline – Answers to your questions
- Vegan Recipes – Quick dishes & international cuisine
- Veggie Bits – Natural & vegan products reviews
- Scientific Updates – Vegetarian research summaries
- Vegan Education – People promoting veganism

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- ___ \$25 Membership. Receive *Vegetarian Journal* for a year
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Quick and Easy Ideas for **FIGS**



by Chef Nancy Berkoff, RD

One of the most senior of fruit—it's been cultivated for at least 5,000 years—figs are sweet, flavorful, and go way beyond cookie filling. The Greeks believed that figs were a gift from Ceres to the city of Athens and treated them as a delicacy.

The fig tree was introduced to England in the sixteenth century, and by the reign of Elizabeth I, most English households kept dried figs to make sweet puddings. In fact, the Brits named Palm Sunday “Fig Sunday” and celebrated by eating Fig Pudding. There is a reference in Matthew 21:19 about Jesus seeing a fig tree upon his entrance into Jerusalem. A favorite quote from the Old Testament is “every man beneath his vine and fig tree will live in peace and unafraid.”

The most treasured fig tree in the world is in Sri Lanka; it is said that this particular tree grew from a cutting sent from India in 288 B.C. The cutting is said

to have come from the fig tree under which Buddha sat and meditated.

When you've gone to the market and selected plump, light green or mocha-colored figs, get ready for all the good stuff. These edible pods contain potassium, magnesium, iron, and copper, and have trace amounts of calcium, phosphorus, riboflavin, B6, and zinc. Put aside sports beverages; eat some figs!

Fresh figs are a delight to eat “as is,” on their own. The entire fig is edible, so you can use figs as a transportable snack. If you like, you can chop them and add them to cereal, yogurt, rice, couscous, stuffing, muffin batter, or salad dressings. If you're looking for an elegant dessert, poach figs in red wine and served chilled.

Here are some ways to use fresh figs:

- Chop fresh figs and toss into cooking oatmeal or other hot cereal and in cooking grains.
- Roast whole figs with maple syrup. Allow figs to caramelize, and serve warm tossed with nuts or sorbet.
- For a fig tart, layer a cooked pie shell with thinly sliced fresh figs. Drizzle with a small amount of agave, rice syrup, or maple syrup and serve.
- Stuff figs with crumbled vegan cheese or crumbled, flavored firm tofu or seitan. Wrap in foil and bake until soft. Serve hot.
- Make fast fig chutney. Simmer chopped figs with chopped onions, raisins, and walnuts (if desired), fresh or dried orange zest, white pepper, and thyme until soft and jam-like. Serve as a condiment for everything!
- Roasting or grilling mushrooms? Add sliced figs for flavor and texture.
- Make a fig and rice pilaf. Sauté minced garlic, minced fresh ginger, chopped chilis, and chopped onion until soft. Stir in rice and chopped figs, and allow to cook until rice is fluffy.

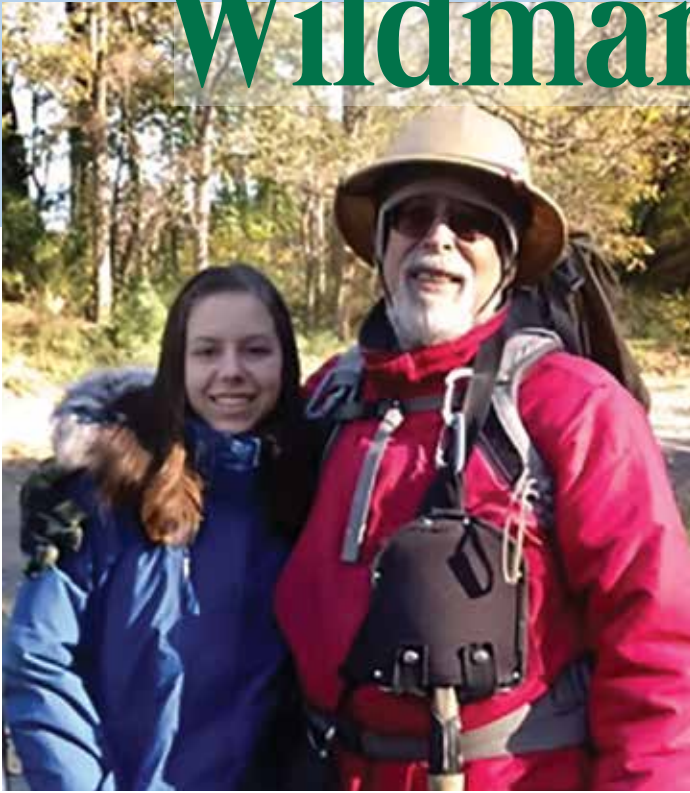


Fig Tarts Photo by Hana from Nirvana Cakery
nirvanacakery.com/raw-fig-walnut-cardamom-tarts/

Get Close to Nature

Wildman Steve Brill

by Emma Giebel



If you find yourself walking through New York City's Central Park and notice a man eating the plants directly from their source, don't be alarmed. That's Steve Brill, also known as the Wildman, and he has been foraging for food in popular parks in the New York area for three decades.

Brill is a self-taught forager, having learned from textbooks, and wishes to spread his knowledge.

"I'd like to make whole-foods veganism and foraging more common," he said.

He has been giving walking tours for years and has taught people of all ages about the benefits of a whole-foods vegan diet. On his tours, he offers guests samples of his vegan recipes that include the plants he expects he will find on that day. Whole-foods veganism, which means being a vegan that truly lives off the land to Brill, is one of the most important aspects of his life. He credits the diet and his passion for exercise as major contributors to his incredible health at the age of 70.

Though he jokes, he isn't a "full vegan" because "I eat lamb's quarters, sheep sorrel, pigweed, hen of the

woods, and chickweed, and if no one's looking, I won't hesitate to pull out and devour a cattail!"

A unique experience Brill participates in weekly is the opportunity to introduce foraging to children. The children tend to marvel at the idea of eating what many consider to be a useless weed, and Steve's approach to these tours also makes the experience positive. With humor, stories, and helpful facts about nature, anyone taking his tours leaves with greater awareness and memories of an experience unlike any other.

"It's a great feeling to have so much knowledge and be able to spread it knowing I'm doing a good thing and helping the environment and planet we live on," said Violet Brill, his daughter (pictured at left).

His greatest student has now become the teacher herself, as Violet helps lead the tours. Her goal is to continue teaching about foraging, while also pursuing other endeavors to help the environment.

Brill gave himself the moniker "the Wildman." The term came to Steve many years ago, while practicing Transcendental Meditation. To Brill, being a wildman means that he teaches as many people as possible not only about eating raw vegan plants, but also that they should have a love and appreciation for our planet and everything that lives on it.

Through his teachings, Steve has inspired many others to become as wild as they can, a message that should be at the core of any vegan lifestyle. Find out more about Brill and his tours at wildmanstevebrill.com

Emma Giebel studied chemistry at Loyola University Maryland and interned at The Vegetarian Resource Group.





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Intern Leads Vegan Cooking Demo at Christopher's Place in Baltimore

Vegetarian Resource Group Intern Taylor Gale demonstrated how to prepare a vegan stir-fried noodles dish with an Asian twist to formerly homeless men living at Christopher's Place in Baltimore City. The goal of this cooking class is to teach and encourage the men to prepare healthful meals once they are employed and living on their own.

The Vegetarian Resource Group Exhibited at the Maryland Dietetics in Health Care Communities Workshop

VRG Intern Shun Shueh and VRG volunteer Marcy Schveibinz shared VRG's vegan materials with dietitians attending a workshop geared towards individuals working in various health care environments.



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