

# The NW VEG Thymes



Vegetarian Education & Empowerment Group

THE MISSION OF NORTHWEST VEG IS TO EDUCATE AND EMPOWER PEOPLE TO MAKE VEGETARIAN CHOICES FOR A HEALTHY, SUSTAINABLE, AND COMPASSIONATE WORLD

## Connecting to the NW VEG Community

By Jill Schatz, Membership Coordinator

**W**E'RE GROWING! **NORTHWEST VEG** CURRENTLY HAS 226 memberships, representing at least 350 individuals ranging in age from newborns to octogenarians. If you read our newsletters and visit our website, you know we do a lot of socializing as well as educational outreach in the Portland Metro area. More than half of our members volunteered for us this last year. Yet do we as a Veg community have the energy and vision to continue building on our solid beginnings? Can we do more to support each other; can we have a more influential impact on our region? Here are some ideas and opportunities to think about:

### LET'S GET TOGETHER

**Welcoming:** New members and friends can get lost in the crowd. One idea is to do more connecting with new potluck attendees — perhaps starting with a "1/2 hour social" to get acquainted before potlucks.

**Activities:** One of the main reasons people say they join NW VEG is to socialize with like-minded others. Do you have any ideas for field trips, free classes/workshops, educational tours or other get-togethers you would like to help us plan? Or would you like to arrange for a special hike, bike ride or other outing?

**VEG Family:** Linking young families together; from discussion groups, to sharing resources to perhaps their own special monthly potlucks. Is this something you'd like to help grow?

**College/School Groups:** Help arrange a NW VEG campus group at your school.

### LET'S REFOCUS THE WORLD

Other opportunities to socialize and learn a lot in a fun environment open up when you participate with one of the NW VEG groups planning or carrying out various activities. Time commitment can be little or great, depending on your availability.

**Educational Outreach:** Join others in planning how to get the

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## Portland Walk for Farm Animals to Benefit Farm Sanctuary

By Charley Korn, Coordinator,  
Portland Walk for Farm Animals

**N**ORTHWEST VEG WILL ORGANIZE A **Walk for Farm Animals** to benefit **Farm Sanctuary**, a national, nonprofit animal protection organization. Each year Farm Sanctuary rescues, rehabilitates and provides lifelong care for hundreds of animals rescued from factory farms, stockyards and slaughterhouses. In addition to operating the shelters, they work to gain legal protection for animals used in food production and to raise public awareness about factory farm cruelty and cru-

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## Restaurant Review: Kinta Restaurant

By Janet Liu, Contributing Writer

**F**RIENDS AND I RECENTLY ATE AT **KINTA RESTAURANT**, a new Malaysian dining spot. We were very pleased with our experience and highly recommend it as an affordable and elegant place to treat yourself and friends to a healthy and fun meal. The owners are **Phan and Dennis Mai**, who are **NW VEG** members.



Our dining party started with Curry Puff appetizers: deep-fried pastries filled with curried potatoes, mushrooms, and wood ears. The crescent-shaped pastries were elegantly presented on white dishes

dressed with banana leaves and a dollop of a sweet red sauce. The puffs were very tasty and the dough was fluffy, crunchy, and not at all greasy. We then selected our entrees (*all under \$10 each*) and went up to the counter to order and to select our vegetables. There were 20 open containers filled with fresh and colorful vegetables. I picked bok choy, eggplant, fried tofu, and Shitake mushrooms. For our entrees, we ordered the Curry Stir-fry Noodles, the Assam Soup Noodle (*in a sour tamarind and pickled vegetable broth*), and Mushroom Soup Noodle. The stir-fry noodles were tasty, a perfect blend of spices, and the mushrooms were huge, thick, and juicy. The soup noodles had lovely flavors, balanced between the sweet and the sour spices (*the Assam*), and came in hearty quantities. Overall, we liked picking from the large selection of seasonal fresh vegetables. We were impressed with the elegant presentation of the dishes: simple yet bold in colors and arrangement.

The restaurant is tastefully decorated, with white linen table cloths, colorful paintings on one pumpkin-orange wall, and unobtrusive lighting globes. Light filtered in through two banks of windows bounding the corner restaurant. "A good date spot". Last but not least, the service was friendly and attentive. Bon appétit.

Kinta is located at 3450 SE Belmont St, Portland. Hours are 11-2:30 and 5-9, Tuesday-Sunday (to 9:30 on F), closed Mondays. **Don't miss the July 8 dine-out at Kinta**; see Upcoming Events for details.

## What You Missed at Old Wives' Tales

By Ardis Karr-Robak, Dine-out Coordinator

**J**UNE'S DINE OUT TOOK PLACE AT **OLD WIVES' TALES (OWT)**, one of Portland's oldest veg-friendly restaurants. The cuisine is influenced by a wide variety of styles drawn from Indian, African, Mediterranean and Thai. Breakfast offers 30 vegetarian items and is served all day. About 12 of these choices are vegan and include tofu scramble, tofu rancheros and roasted potatoes. Nearly 30 veg lunch items are on the menu, most of them vegan. These range from hot and cold sandwiches to burritos, tofu, and sides of fruit, seasonal veggies, beans and rice. The all-you-can-eat salad bar is another great option. Our diners feasted on colorful plates consisting of beets, corn and black bean salad, garlic tofu, hummus, potato salad, raw veggies and fruit. There were even more choices on the soup bar with four veg soups and multiple breads and crackers, with ingredients clearly listed. Tofu sloppy joes were a favorite in the group from the daily specials page, served with thick, chunky gazpacho soup bursting with flavor. Vegan carrot cake and pumpkin pudding are delicious endings. OWT has separate dining rooms for groups and serves beer and wine.

### Dining With Friends on Wednesdays

Member **Margot Jordan** is taking the initiative and extending an invitation to NW VEG members and friends to join her for a Wednesday evening dine-out. If successful, this could turn into a monthly (or even weekly) event. The initial midweek dinner is scheduled for July 19, tentatively at **La Villa Restaurant** in SE Portland. Please call Margot (after July 9) to find out more: (503) 649-3866

### CONNECTING *Continued from page 1*

veg message out in this extremely satisfying endeavor. This could involve anything from arranging for us to table at a community event to helping bring a speaker to town.

**VegFest 2007:** Did you have fun at this year's Veg-Fest? If you have a little time and want to be involved in next year's planning, we'd love your help now, as we're beginning to brainstorm on how this event will change and grow.

Please share your thoughts about NW VEG and our activities with any of us on the NW VEG Board of Directors. And let me know if I can help you get more involved in any of them. I can be reached at Jill@nwveg.org, or give me a call at (503) 297-8435. I'd love to hear from you!

## NWVEG Member Profile: Janet Liu

- Name/city/age/occupation: Janet Liu/Lake Oswego/39+/retired
- Diet: Mostly vegan
- When did you become vegetarian, and why? I started in 1989, after reading John Robbins' *Diet for a New America*.
- Favorite restaurant: Golden Horse in Portland's Chinatown. The staff knows and greets me. They'll cook Chinese vegetarian dishes to my specification.
- Favorite vegetarian cookbook: *Laurel's Kitchen* by Laurel Robertson.
- Favorite quick and easy recipe: Tofu cubed and mixed with soy sauce and sesame oil.
- Favorite veg-friendly vacation spot: Vancouver (Richmond), B.C. for its large selection of authentic Chinese restaurants — some strictly vegetarian.
- Who would you most like to share a veg meal with, and why: My daughter Mitzi; for her funny and delightful ways. We both enjoy eating well.
- Fondest veg food memory: A dinner about 4 months ago at Vegetarian Bistro in Seattle, with my dear friend Pauline and my daughter Mitzi. Five courses (all vegan): 1. cold platter of BBQ pork, smoked steak, & curry roll, 2. steamed dumplings filled with shrimp and pork, 3. tofu cylinders in tea leaves, with dragon eyes and red medlar seeds, 4. fried sticky rice, and 5. curry stew in a squash pot. Each dish was meticulously prepared and distinct and flavorful in taste. The ceramic dishes all matched with an elegant bamboo pattern. The service was attentive and knowledgeable.
- Describe the best veg meal you ever prepared: I have prepared 8-course Chinese vegetarian dinners for each of the last 4 years for my church's auction fund-raiser.
- The one veg food you couldn't live without is... Brown Rice.
- Favorite recent veg food find: Northwest Tofu in Seattle: besides many different soy products, they also have a variety of delectable appetizers.
- Favorite grocery store: New Seasons in Lake Oswego — a 5-minute walk away.
- If you were a veg food, what would you be and why? Baby Bok Choy because 1. It tastes good (sweet), 2. It is nutritious (high in protein, rich in calcium, vitamin A, and anti-oxidants), 3. It is not expensive and almost all of the plant is edible.
- Favorite guilty pleasure food: dark chocolate.



Janet Liu at the beach

## Northwest VEG Welcomes Board Members and Ideas

At the June 18 potluck, we elected four Northwest VEG Board members. Charley Korn, outgoing President, briefly recapped the fiscal year's activities. Board members who were present honored Charley for his many years of dedication to the veg community. Later, Linda Sant'Angelo, Board Treasurer, led us in a brainstorming exercise. Those elected to the board offered statements to encapsulate their interest:

**Annamarie Geary:** I was very impressed with the Northwest VEG members who organized the VegFest so I decided to become more involved. There is no time like the present to volunteer, which is why I ran for the board. I was a vegetarian for 25 years, and for the past 10 years I've been vegan. My interest in vegetarianism led me to become a Registered Dietitian.

**Cindy Koczy:** As my children leave home, I want to direct my energy and enthusiasm to other worthy causes. The mission statement inspires me, as do the other board members. I will work hard and continue to uphold "the vision;" along the way I plan to practice vegan diplomacy and continue to share with all those who will listen. My appetite for knowledge and experience is insatiable — I'm always learning.

**Carol Merrick:** I endorse the idea of educating and empowering people so they can make healthier choices for themselves, the environment, and all other beings on this planet. In addition, building a vegetarian, compassionate community in Portland has been important to me so that we can support one another. Concern for the future of the planet and our children encourages me to work for Northwest VEG.

**Don Merrick:** I want to encourage people to become aware of how their dietary habits influence their health, the environment, and their relationship with other animals. By choosing to be a strict vegetarian for the past 15 years, I feel that I am minimizing my footprint on the planet and serving as a model for others. By serving in a leadership position in Northwest VEG, I can best advocate for a healthy, environmentally friendly lifestyle. I enjoy working in a team setting to further the mission.

During our potluck discussion, we shared our ideas for VegFest 2007, potluck programs and ideas, education outreach, speakers' bureau, and social events. Now is a great time to get involved with Northwest VEG. Please go to the Volunteer page of our website — [www.nwveg.org](http://www.nwveg.org) — or call (503) 224-7380.

## UPCOMING EVENTS

### July 6 (Thursday), 6:30 pm – 9:00 pm: Northwest VEG Board Meeting

Each month, the Northwest VEG board meets to discuss upcoming events, new possibilities, volunteer needs, budget, membership, and other concerns. Decisions are made based on consensus, with board members voting to decide certain matters. Northwest VEG members who are interested in becoming more active in the group are welcome to attend the board meetings and participate in discussions. Please contact (503) 224-7380 or [info@nwveg.org](mailto:info@nwveg.org) if you would like to attend.

### July 8 (Saturday), 6:00 pm - 7:30 pm: Portland Veg Dine-out

Each month, Northwest VEG members and friends enjoy vegetarian cuisine at a restaurant that offers tasty veg options. This month we will check out Kinta at 3450 SE Belmont St. This brand new very veg-friendly Malaysian restaurant lets you choose your veggies and noodles to create customized dishes. Please RSVP the number in your party (required) to [ardis@nwveg.org](mailto:ardis@nwveg.org) or call (503) 224-7380 by July 5. If your plans change after you RSVP, please let Ardis know before July 8.

### July 16 (Sunday), 5:00 pm - 7:30 pm: Northwest VEG Vegetarian Potluck

Join us at the Multnomah Friends Meeting Hall, 4312 SE Stark St. in Portland for our monthly vegetarian potluck. Following the potluck, representatives from the local nonprofit Northwest RAGE will present updates on genetically engineered and genetically modified foods — and their efforts to resist their spread. Please bring a vegan (no animal-derived ingredients) or vegetarian (no meat or seafood) main dish, salad or dessert, a card listing its ingredients, and plates and utensils for your use. If you come by yourself, figure the amount to serve 4-6; increase the amount 4 servings for each additional person in your party/family. A donation of \$2 – \$5 is suggested to help cover the cost of the venue rental. Call (503) 224-7380 to leave a message to be contacted for more information — or email [info@nwveg.org](mailto:info@nwveg.org).

### Aug. 12 (Saturday), 6:00 pm - 7:30 pm: Portland Veg Dine-out

Each month, Northwest VEG members and friends enjoy vegetarian cuisine at a restaurant that offers tasty veg options. On this hot August night we will venture to Dalo's Kitchen for excellent Ethiopian cuisine, 4134 N. Vancouver #207, Portland. They will have a special menu for us with combination plates of any four items. Diners will choose from eight options, small plates for one or large for two to three to share, and level of spiciness. Please RSVP the number in your party (required) to Ardis at [roar214@earthlink.net](mailto:roar214@earthlink.net) or call (503) 224-7380 by Aug. 9. If your plans change after you RSVP, please let Ardis know before Aug 12.

### Aug. 20 (Sunday), 5:00 pm - 7:30 pm: Northwest VEG Vegetarian Potluck

Join Northwest VEG at the West Hills Unitarian Universalist Fellowship, 8470 SW Oleson Road, starting at 5:00 pm. Following the meal, we will ask participants to describe the dish they brought for the potluck or another favorite dish they especially like. Anyone can decline to talk, but we encourage everyone to bring a favorite dish and recipes, and tell others why their dish is a favorite. Please bring a vegan or vegetarian main dish, salad or dessert, a card listing its ingredients, and plates and utensils for your use. If you come by yourself, figure the amount to serve 4-6; increase the amount 4 servings for each additional person in your party/family. A donation of \$2 – \$5 is suggested to help cover the cost of the venue rental. For more information call (503) 224-7380 or email [info@nwveg.org](mailto:info@nwveg.org). If you can volunteer to help at the potluck, contact [volunteer@nwveg.org](mailto:volunteer@nwveg.org).

### WALK *Continued from page 1*

elty-free alternatives. The *Walk for Farm Animals* helps fund Farm Sanctuary's rescue and protection campaigns.

The Portland Walk is scheduled for the morning of Saturday, Sept. 30, just a few days before World Farm Animals Day on Oct. 2. Pre-registered walkers will meet at **Blossoming Lotus Café**, 925 NW Davis St. at 9:30 am for refreshments and to receive their *Walk for Farm Animals* T-shirts. [Thanks to Blossoming Lotus for accommodating our *Walk* start/finish!] At 10 am, we will begin a route of approximately 3 miles, passing **Whole Foods Market**, Powell's **Bookstore**, the **Central Library**, the **Portland Farmers' Market**, **Pioneer Square**, **Veganopolis**, the **Portland Saturday Market**, **Old Town**, and back to Blossoming Lotus. Walkers who raise over \$100 in pledges receive Farm Sanctuary prizes. If you are interested in participating in a Farm Sanctuary *Walk for Farm Animals* as a walker this fall, please contact [info@nwveg.org](mailto:info@nwveg.org) or call (503) 224-7380.



PUT ON YOUR WALKING SHOES AND  
TAKE STEPS TOWARD COMPASSION  
FOR FARM ANIMALS TODAY BY  
PARTICIPATING IN OUR  
2006 WALK FOR FARM ANIMALS!

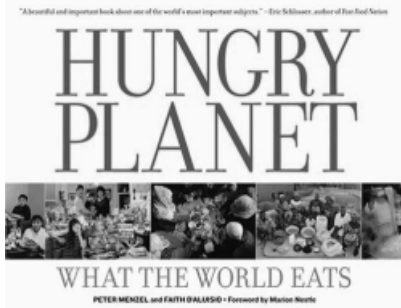
A registration form is available at <http://www.walkforfarmanimals.org/locations/portland.htm>. Please fill out the first page and send it, with the required \$10 registration fee (includes event T-shirt) **no later than Sept. 7** to Charley Kornis, 1323 NE 77<sup>th</sup> Ave., Portland, OR 97213. The second page is for keeping track of your pledges. If you are not able to print the form, one can be mailed to you; contact [charley@nwveg.org](mailto:charley@nwveg.org) or call (503) 288-1503.

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## Book Review: Grazing on The Hungry Planet

By Carol Merrick, Secretary, Northwest VEG

Most of us are familiar with what our friends and family eat, but what about the families in Guatemala, Chad, or Japan? **Peter Menzel** and **Faith D'Aluisio** photographed and wrote, *Hungry Planet: What the World Eats* (copyright 2005), which includes what 30 dif-



ferent families throughout the world eat in one week. The differences are astounding from the Chad family's near-starvation diet to the mostly packaged food-product-diet that the family in Greenland eats.

Three different families in the United States are included, which illustrates the diversity possible within a country. A Latino family had the fewest processed foods but none of the three families' diets compared to featured families in Guatemala, Ecuador, or Egypt, whose diets were rich in fresh fruits, vegetables, and grains.

This incredibly beautiful and informative coffee-table book features **Michael Pollan's** "Food with a Face" essay, which discusses factory farming, and "McSlow" by Corby Kummer. **Marion Nestle**, author of *Food Politics: How the Food Industry Influences Nutrition and Health* (2002), writes the foreword to the book that partly answers the question, *what will the 6 billion people on our planet eat this week?* Each section illustrates what people eat, the cost of various items, and information about how the family lives.

The resources at the end are extensive and informative. For instance, "Measuring Table" includes 24 countries with statistics such as life expectancy, fertility rate, health care expenditures, access to safe water, percent of the population that are obese, and annual per capita pounds of meat consumption. After reading and viewing *Hungry Planet*, I understand why the United States spends more money on health care, and why we are the most overweight population in the world.

## What Are Your VEG FAVORITES in Portland/Vancouver?

Being veg is easier and tastier than ever with more choices in grocery stores and restaurants — and innovative vegan options. Portland is better off than most cities in this regard. **PETA** recently picked Portland as the most veg-friendly large city in North America. That choice may have something to do with the 20-plus veg restaurants and food carts in the Rose City, a vegan grocery, and the availability of vegan doughnuts and soft serve.

Among the many options, we each have our favorites. Here we are going to find out the favorites of **Northwest VEG** members and friends so that others may perhaps discover what they are missing. This survey will also run in the August E-Bits, and the results will be announced in the Sept/Oct NW VEG Thymes.

Please send in your favorites to Charley Korn by Aug. 20, 2006. Email [charley@nwveg.org](mailto:charley@nwveg.org) or mail to 1323 NE 77<sup>th</sup> Ave., Portland, OR 97213. If you have a burning favorite that doesn't fit under any of the following categories, feel free to write it in.

Please note your favorite for all or any number of the following categories ("restaurants" may include food carts):

1. Restaurant \_\_\_\_\_
  2. Thai Restaurant \_\_\_\_\_
  3. Other East Asian Restaurant \_\_\_\_\_
  4. Indian \_\_\_\_\_
  5. Mexican Restaurant \_\_\_\_\_
  6. African Restaurant \_\_\_\_\_
  7. Lebanese Restaurant \_\_\_\_\_
  8. Restaurant for breakfast \_\_\_\_\_
  9. Restaurant for lunch \_\_\_\_\_
  10. Restaurant for dinner \_\_\_\_\_
  11. Restaurant for salads \_\_\_\_\_
  12. Restaurant for comfort food \_\_\_\_\_
  13. Vegan burger \_\_\_\_\_
  14. Tofu scramble \_\_\_\_\_
  15. Vegan French Toast \_\_\_\_\_
  16. Vegan pancakes \_\_\_\_\_
  17. Non-dairy latte \_\_\_\_\_
  18. Locally made vegan dessert \_\_\_\_\_
  19. Vegan dessert establishment \_\_\_\_\_
  20. Grocery store \_\_\_\_\_
  21. Food Co-op \_\_\_\_\_
  22. Cookbook \_\_\_\_\_
  23. Website \_\_\_\_\_
  24. Other favorite(s) \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## MEMBER DISCOUNTS & BUSINESS PARTNERS

### MEMBER DISCOUNTS

Northwest VEG members can enjoy savings at participating businesses. Please have your membership card with you when you request the discount. If you have any comments or questions, contact Charley Korn: [charley@nwveg.org](mailto:charley@nwveg.org) or (503) 288-1503.

**Albina Green**, 5128 N Albina Ave., Portland, (503) 546-3183. Vegan options include creative salads and pasta with pesto sauce. 10% discount

**Blue Moose Café**, 4936 NE Fremont St., Portland, (503) 548-4475. Home-baked muffins, vegan pancakes, hearty sandwiches, soups and chili. 10% discount

**Divine Café** on SW 9th Ave., near Washington Street, (503) 314-9606. Count on tasty tofu-rice salad, delicious soups and much more. Lunch only, closed Sundays. Vegetarian! 10% discount.

**Dreamers Café**, SW 5th Ave. near Oak and Stark, Portland. Falafel, wraps, "not" chicken parmesian sandwich and "not" buffalo wings. Lunch (till 4 pm), weekdays. Vegetarian! 10% discount.

**Integrated Medicine Group**, 163 NE 102nd Ave. Bldg. V, Portland, (503) 257-3327. 15% discount on supplements, all of which are vegan.

**Kalga Kafé**, 4147 SE Division, Portland, (503) 236-4770. Organic international cuisine including Thai and Indian; vegan pizza, too. Open nightly for dinner. Vegetarian! 10% discount.

**Mirador Community Store**, 2106 SE Division, (503) 253-6558. Open daily, offering kitchen supplies, gifts, books. [www.mirador-pdx.com](http://www.mirador-pdx.com). 5% discount.

**Natural Awakenings Magazine**, (866) 488-5490, [Portland@naturalawakeningsmag.com](mailto:Portland@naturalawakeningsmag.com). Locally published *Natural Awakenings* provides insights and information to improve the overall quality of life. 20% discount on advertising.

**Paradox Palace Café**, 3439 SE Belmont St, Portland, (503) 232-7508. Almost entirely vegetarian and very vegan-friendly, emphasis on organic produce. 10% discount.

**Sun Lotus Café**, 4505 SE Belmont St., Portland, (503) 236-6389. Enjoy soup, sandwiches, soy hot dogs and vegan pastries. Closed Sundays. Vegetarian! 15% discount of food items

**Tao of Tea**, 3430 SE Belmont St., Portland, (503) 736-0119; 2112 NW Hoyt St., Portland, (503) 223-3563. Enjoy vegan-friendly, organic, Indian, and Thai cuisine, as well as fine teas. [www.taooftea.com](http://www.taooftea.com). Vegetarian! 10% discount.

**Vege Thai**, 3274 SE Hawthorne, Portland, (503) 234-2171. The only vegetarian Thai restaurant in Portland; tasty curries and "not" meats! Vegetarian! 10% Dis-

count.

**Vita Café**, 3024 NE Alberta St, Portland, (503) 335-8233. Modern ethnic meals, vegan comfort food ("chicken" fried steak, "fish" & chips), vegan pancakes. 10% discount.

### BUSINESS PARTNERS

Businesses that meet our criteria can support Northwest VEG and receive publicity through our newsletter and website. To learn more about the partner program, contact [info@nwveg.org](mailto:info@nwveg.org) or call (503) 288-1503. You may also visit [www.nwveg.org/Membership.html](http://www.nwveg.org/Membership.html).

*Please support our business partners!*

**Vegetarian House** offers a wide selection of unique and fresh Chinese style food — exclusively vegetarian. Open every day for lunch and dinner; buffet available on weekdays. Location: 22 NW 4<sup>th</sup> Ave., Portland. (503) 274-0160. [www.vegetarianhouse.com](http://www.vegetarianhouse.com)

**Natural Awakenings Magazine**, (866) 488-5490, [Portland@naturalawakeningsmag.com](mailto:Portland@naturalawakeningsmag.com). Local magazine provides insights and information to improve the quality of life physically, mentally, emotionally and spiritually. 20% discount on advertising.

**Integrated Medicine Group**, 163 NE 102nd Ave. Bldg. V, Portland, OR 97220, (503) 257-3327, [www.integratedmedicinegroup.com](http://www.integratedmedicinegroup.com). Services include acupuncture, massage, Hyperbaric Oxygen Therapy, and intravenous delivery of nutrients and medications, among other therapies. Integrated Medicine Group offers Northwest VEG members a 15% discount on supplements, all of which are vegan.

**Kandie Virchenko, Independent Consultant, Arbonne International**, [www.kandie.myarbonne.com](http://www.kandie.myarbonne.com). Discover a health, wellness and beauty company that offers products that are Certified Vegan and never tests on animals. All of our anti-aging and skin care products are herbally and botanically based. Contact Kandie at [kandie@myarbonne.com](mailto:kandie@myarbonne.com).

#### THE NORTHWEST VEG BOARD OF DIRECTORS

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Anmarie Geary

#### EDITOR

Editor: Tammy Russell, [tammy@nwveg.org](mailto:tammy@nwveg.org). *If you are interested in writing for the newsletter, please contact Tammy to discuss your ideas.*

## New Business Partner's Products Feature Vegan Items Never Tested on Animals



**E**VERYTHING YOU PUT ON YOUR SKIN GOES INTO YOUR BLOOD STREAM IN LESS THAN 30 seconds, says new Northwest VEG business partner **Kandie Virchenko**, Independent Consultant, **Arbonne International**. What are you putting on your skin and hair? Many cosmetics, shampoos and lotions contain "Tallow" (an animal byproduct from Rendering plants). Discover a health, wellness and beauty company that offers products that are Certified Vegan and never tests on animals. All of our anti-aging and skin care products are herbally and botanically based. Our products are pure, safe and beneficial and produce excellent results. We are a 26-year-old company that has tripled in the last 3 years.

All products are formulated in Switzerland and made in the USA. Nutritional supplements are vegetarian, cold pressed and are pharmaceutical grade with no starch, yeast, caffeine, salt or preservatives. Weight management products contain no artificial sweeteners, colors or flavors. To hear testimonials about our products and learn how to start a home-based business, contact Kandie Virchenko, Independent Consultant, Arbonne International, [www.kandie.myarbonne.com](http://www.kandie.myarbonne.com). If you would like free samples or have any questions, please email [kandie@myarbonne.com](mailto:kandie@myarbonne.com).

### VOLUNTEER MEMBERSHIPS AVAILABLE!

Contact Maggie Raczek, Volunteer Coordinator, for details at (503) 493-2358 or [volunteer@nwveg.org](mailto:volunteer@nwveg.org).

#### **WALK** *Continued from page 4*

Each walker collects pledges — usually a set donation rather than a certain dollar amount per mile. *Walk-a-thon* pledges must be collected before the *Walk* and turned in to your *Walk-a-thon* coordinator the day of the *Walk*. When soliciting pledges, Farm Sanctuary suggests a minimum of \$20 — which entitles the sponsor to a Farm Sanctuary membership and newsletter subscription. It is often helpful to give sponsors pledge suggestions, for example: "A \$30 donation will pay for the feed and care of an abused chicken for five months!" Friends, relatives and fellow students or employees are the most likely candidates. Neighbors, particularly ones with animals, are often good sources too. Don't be afraid to ask anyone you know. Most people are accustomed to contributing to worthy causes, and they will be pleased that they are being given an opportunity to help end animal suffering!

## Join Northwest VEG!

Enjoy our supportive and friendly community of people interested in vegetarian food and issues. Educate yourself about the benefits of a healthy, sustainable, compassionate lifestyle.

Help bring awareness to the powerful impact of our food choice. Help us build a community making it convenient, fun and empowering to make vegetarian choices.

Please circle your choice of membership level:

\$20 for Individual      \$50 for Steward    \$\_\_\_\_\_ Additional Donation  
\$35 for Family    \$100 for Sustainer

May we contact you about volunteer opportunities with Northwest VEG?     Yes     No     Call me in a few months

Name: \_\_\_\_\_

Street: \_\_\_\_\_

City, State, and ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_

# \_\_\_\_\_

E-mail: \_\_\_\_\_

Make checks payable to **Northwest VEG**

& send to:

Northwest VEG  
c/o Linda Sant'Angelo

or

Charge my  Visa  Master Card  
Card

24305 NE Elkhorn Road  
Brush Prairie, WA 98606

Expiration date: \_\_\_\_\_  
Signature \_\_\_\_\_

## Recipes of the Month: Ice Cream and Cream Pie

### Soy/Dairy Free Vegan Vanilla Ice Cream:

*From Raw Food Real World*

Serves 6 to 8

2 cups raw cashews soaked (*soaked 4 hours or more*)

2 cups raw young coconut (*can be purchased frozen at oriental grocery store*)

1 cup of sweetener (*can use vegan sugar, agave or maple syrup*)

1 cup of filtered water

2 Tablespoons of vanilla extract

1/4 cup coconut butter (*coconut oil*)

1/2 tsp salt

Seeds of 1/2 vanilla bean or 2 additional teaspoons vanilla extract

Blend all ingredients together in high-speed blender (or Vita-Mix) until all ingredients are completely smooth. Chill thoroughly in the refrigerator and then process in an ice cream maker — or just place directly in the freezer.

### Raw Strawberry-Banana Cream Pie

*Makes one 9" Pie, from veganchef.com*

#### Crust:

3/4 cup raw almonds

3/4 cup raw walnuts

1/2 cup dates, pitted

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1/2 t. cinnamon

#### Filling:

3 T. agar-agar flakes

1/3 cup apple juice

5 bananas, peeled, and cut in half lengthwise

1/3 cup dates, pitted

1/2 t. lemon juice

1 1/2 cups strawberries, destemmed, and sliced

In a food processor, place all of the crust ingredients, and process for 2 minutes to finely grind the mixture. Scrape down the sides of the container and process an additional 1-2 minutes or until mixture holds together when squeezed between your fingers. Transfer the crust mixture to a 9-inch pie pan or cake pan. Using your hands, press the crust mixture to evenly cover the bottom of the pan, and set aside while preparing the filling.

In a small bowl, place the agar-agar flakes, pour the apple juice over the flakes, and set the mixture aside for 10 minutes to allow the flakes to soften. Wipe out the food processor container with a clean towel for reuse in preparing the filling. Add the bananas to the food processor and process for 2 minutes or until very smooth and creamy. Add the agar-agar mixture, dates, and lemon juice, and process an additional 1 minute. Pour the filling over the prepared crust. Cover the top of the filling with a piece of parchment paper, place the pie in the refrigerator, and allow it to chill for 2 or more hours. Just before serving, decorate the top of the pie with the sliced strawberries.

## VEGETARIANS OF NOTE

*Moby...Carl Lewis...Paul McCartney...Jane Goodall  
Martina Navratilova...Alicia Silverstone...Hank Aaron  
Amy Ray...Tom Petty...k.d. lang...Thomas Edison  
Eddy Vedder...Alanis Morissette...Francis Moore Lappe'  
Julia Butterfly Hill...Leo Tolstoy...Leonardo da Vinci  
Albert Einstein...Natalie Merchant...Tom Cruise  
Peter Gabriel...Tracy Chapman...Pamela Anderson  
Tobey Maguire...Steve Martin...Natalie Portman*