

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

Blossoming Lotus Rocks in READERS' FAVORITES SURVEY

By Charley Korn, Northwest VEG Webmaster

Northwest VEG conducted a *Veg Favorites Survey* this summer, asking the hundreds of members and friends on our e-mail list to name their favorites in 24 categories. Thanks to everyone who participated! Approximately 5 percent (40) of the survey recipients



Bo Rinaldi, Blossoming Lotus owner, continues to refine his popular café and soon will introduce more vegan raw desserts.

responded, and the vegan **Blossoming Lotus Café** edged out Vita Café as their favorite restaurant. Blossoming Lotus, a major sponsor of VegFest in March 2006, recently extended its hours to 7:30 am – 9:00 pm daily. Northwest VEG members receive a free 2-ounce soft serve with any purchase. Enjoy Blossoming Lotus, which specializes in living foods and offers catering, at 925 NW Davis St. See calendar (Sept. 16) for an event featuring Blossoming Lotus owner Bo Rinaldi. All the favorites are listed below. For locations, please visit www.nwveg.org/Dineout.htm. The discounts noted apply to current Northwest VEG members.

1. Restaurant: **Blossoming Lotus Café**
2. Thai Restaurant: **Vege Thai** claimed 13 votes more than its closest challenger. 10% discount.
3. Other East Asian Restaurant: **Vegetarian House**, a Northwest VEG business partner, squeaked past Bay Leaf to secure the top position in this category. *(Continued on page 3)*

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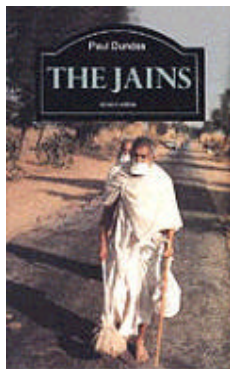
WALK FOR FARM ANIMALS Take a Stand Against Factory Farming

By Charley Korn, Northwest VEG Webmaster & Portland Walk for Farm Animals Coordinator

NORTHWEST VEG is organizing a **Walk for Farm Animals** to benefit **Farm Sanctuary**, a national, nonprofit animal protection organization. Fifty walkers have already registered! 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 shelters in New York and California, they work to gain legal protection for animals used in food production and to raise public awareness about factory farm cruelty and more compassionate alternatives. Farm Sanctuary also promotes a diet free of animal products. The Walk helps fund Farm Sanctuary's rescue and protection campaigns. *(Continued on page 4)*

BOOK REVIEW: Jain Religion Teaches Harmlessness Toward All Life

By Michael Labhard, Contributing Writer



I am ashamed to admit that for my entire vegetarian/vegan life I have been ignorant of the one religion that actually worships vegetarianism and that it was almost by accident that I picked up Paul Dudas' *The Jains*. If you are vegetarian, get to know this religion. You are probably already practicing it.

The Jains are a tiny minority religion of India, constituting about 0.41 % of that population. The religion is thought to have begun at about the same time as Buddhism and in the same region of India some 800 – 700 years BC. Dudas gives a comprehensive and authoritative academic account of the Jains. As you may imagine for such an ancient religion it has a rich and complex mythology, a thorough accounting of which Dudas provides.

The author cuts to the heart of the dogma when he says, "It is impossible to demonstrate the existence of some original, pristine form of Jainism, but the oldest sources available ... do suggest what is most significant in the teachings: All breathing, existing, living, sentient creatures should not be slain, nor treated with violence, nor abused nor tormented nor driven away. This is the pure, unchangeable, eternal law, which the clever ones, who understand the world, have proclaimed. True understanding embodies itself in nonviolence through an awareness that all living creatures do not wish to suffer in any way."

Also of interest to me was Dudas analysis of the Jain's meaning of faith, which has a much more concrete interpretation in this religion than any other I know. Dudas says, "At the start of the [scriptures] is set out a formulation which enunciates the basic concerns of the Jain religion: 'The way to deliverance is right faith, knowledge and behavior.'

"These came to be known as The Three Jewels. It is the actual presence of faith within this triad that is noteworthy. For Jainism, faith does not imply some kind of blind belief but is rather the correct way of looking at things, a positive and well-informed disposition."

This centrality of faith, defined in this way, distinguished Jains from Hindus. Dudas draws another interesting distinction when he points out that Buddhism is based upon the idea of change as fundamental to reality, and Hinduism, which is based upon the idea of an underlying permanence as fundamental. The Jains point out that neither is

sufficient and they, "presented a realist metaphysics of simultaneous change and stability." The philosophy is both intellectually rich and well reasoned but also essentially practical.

The practice is wonderfully compassionate. Dudas says, "The lay vows a re twelfefold. The first Lesser Vow, while the ascetic is required to eschew any act of violence whatsoever, the layman must instead try to the best of his ability to avoid any pointless destruction of life-forms. The most appropriate manner to achieve this is by the regulation of possible ways of gaining a livelihood." The lay practitioner is prohibited from any occupation that may involve destruction of life and the causing of distress to humans or animals, such as cutting down trees or breeding or using animals.

It is gratifying to know that the deep regard for life that drives my vegetarian practice also founded one of the oldest religions we have, and that the basic practice of that religion would be consistent with our modern day practices of environmentalism and eco-consciousness. Every Jain is a vegetarian. Why is not every vegetarian a Jain? ☞

"There will be no justice as long as man will stand with a knife or with a gun and destroy those who are weaker than he is."
—Isaac Bashevis Singer (Nobel Prize-winning Polish-born American writer; 1904-1991)

Peaceable Kingdom Documentary to Screen on Oct. 7

ACCORDING TO DR. JANE GOODALL, "PEACEABLE KINGDOM is a masterpiece." Don't miss this free screening on Saturday, Oct. 7, 2:00 pm, at the Hillsdale Library, 1525 Sunset Blvd., Portland. The film focuses on Farm Sanctuary, the funding recipient of the annual Walk for Farm Animals (see article in this newsletter). It also features Howard Lyman, 4th generation cattle rancher turned vegan advocate, author and educator.

Do animals raised for food have emotional lives and family bonds? What happens to farm kids when they are asked to take the lives of the animals they've cared for? Why would a factory farmer leave his profession to become an animal advocate? At a time when the public is more concerned than ever about the health and environmental problems associated with large-scale factory farming, Peaceable Kingdom explores another angle of this unfolding story: the interconnected life journeys of farm animals, former farmers, and animal rescuers struggling against an out of control industrial system. For more information on this film, visit www.tribeofheart.com/pk.htm. ☞

4. Indian: **India Chaat House** is the favorite, beating Kalga Kafé and Plainfield's Mayur by one vote, proving size doesn't always matter. The Chaat House is a downtown food cart.
5. Mexican Restaurant: The four-way tie included **Chez José, Shelly's Honkin' Huge Garden Burritos, Iron Horse,** and **Laughing Planet.**
6. African Restaurant: Two favorites, both on MLK Blvd. NE, tied for the honors here: **Queen of Sheba** and **Horn of Africa.**
7. Lebanese: **Nicholas Restaurant's** winning count showed that veggies/vegans are willing to wait for a table when it's busy, which is most of the time.
8. Restaurant for breakfast: **Paradox Palace Café** edged out Veganopolis for the top breakfast destination. 10% discount
9. Restaurant for lunch: The top restaurant excelled decisively in this category. **Blossoming Lotus** takes home its second trophy as top lunch spot. Free 2-ounce soft serve with purchase.
10. Restaurant for dinner: Newcomer **Proper Eats Market & Café** tied **Kalga Kafé** as the favorite for that last meal of the day. 10% discount at Kalga.
11. Restaurant for salads: **Blossoming Lotus** ruled on salads! Free 2-ounce soft serve with purchase.
12. Restaurant for comfort food: There's no question that more readers prefer **Vita Café** on this one. Could it be the biscuits & almond gravy? 10% discount.
13. Vegan burger: A restaurant and a packaged product sold in groceries earned equal votes here: **Veganopolis** and **Turtle Island** (SuperBurger).
14. Tofu scramble: **Bijou Café** knows what they're doing on this one.
15. Vegan French Toast: **Paradox Palace Café** does it right when it comes to coating and frying bread. Bob's Red Mill Whole Grain Store & Visitors' Center and Vita weren't far behind. 10% discount at Paradox & Vita
16. Vegan pancakes: **Paradox Palace Café** knows batter! 10% discount
17. Non-dairy latté: **Stumptown** froths up the best in town. Could it be the hearts their barristas "carve" into the foam?
18. Locally made vegan dessert: It's clear that **Sweetpea Baking Company** has figured out convincing recipes for cake (and cupcakes) of all sorts, winning here by a wide margin.
19. Vegan dessert establishment: The victory is shared by four: **Vita Café, Daily Grind, Blossoming Lotus, and Food Fight!** 10% discount at Vita. Free 2-ounce soft serve with purchase at Blossoming Lotus.

20. Grocery store: Readers cast more votes for **New Seasons Grocery** than any other establishment in any category.
 21. Food Co-op: **People's Food Co-op** earned the top spot convincingly; vote counts for other co-ops were not even close.
 22. Cookbook: The votes here reflected the abundance of excellent cookbooks on the market, though the favorite was shared by three: **Vegan World Fusion Cuisine, Vegan Planet,** and **Peaceful Palate.**
 23. Website: Northwest VEG's site, **www.nwveg.org** earned top honors here, possibly because respondents referred to its list of restaurants while mulling over their votes, and all others became secondary, for the moment. In any case, myriad sites exist to make life for vegetarians and vegans more fun, convenient and informed.
 24. Other favorites suggested by survey respondents:
 - Blog: **Let's Get Sconed**
 - Blog Interactive: **OrangeClouds115 Vegetables of Mass Destruction on Daily Kos**
 - Bread: **Dave's Killer Bread**
 - Brewery: **Roots Organic Brewing**
 - Chocolate Cake: **Crush**
 - Coconut-Infused Oatmeal: **Daily Market & Café**
 - Convenience Store: **Food Fight Grocery**
 - Cookbook in Progress: **Shellie Bellie's Vegan Delish Dishes & Food for a Peaceful Planet**
 - Locally Published Magazine: **Herbivore**
 - Most Missed: **Calendula Café**
 - Packaged Cookies: The **Nature Bake** vegan line
 - Patio for Dinner: **Wild Abandon**
 - Polish Food: Vendor at **Portland Saturday Market** (tell them you are veggie or vegan and they'll omit the meat; wonderful sides)
 - Teahouse: **Foxfire Teas**
 - Vacation Destination: **Breitenbush Hot Springs**
 - Vegan Bubble Tea: **Fat Straw**
 - Vegan-friendly Happy Hour: **XV**
 - Vegan Sushi Worth a 1-Hour Drive: **Sushi Okalani in Hood River**
 - Vegetarian Potluck: **Northwest VEG**
 - Winery: **Cooper Mountain Biodynamic**
- Contact charley@nwveg.org or (503) 288-1503 with any questions about the survey.*

What's Behind the Label: Searching for Integrity in Food Marketing

By Ryan Wist, Contributing Writer

As Northwest VEG members, most of us have already made our health and our beliefs a top priority in our daily lives. Our values are most visible in our food buying choices—we typically choose whole foods retaining their natural purity. We are not alone. Every year more Americans are choosing food products marketed as “Natural,” “Organic,” or “Sustainable.”

Research conducted by the USDA and a variety of food industry professional associations shows the “natural” foods category as one of the fastest growing segments of the domestic food economy. This means conventional food products are losing market share, and that has drawn the attention of the traditional Agri-business and conventional food processing industry. Now labels across food categories claim everything from Fair Trade to Cruelty Free. Even Wal-Mart is adding Organic to their offerings.

How do we really know what's behind the label? The responsible skeptic should ensure they know how to buy what they believe in rather than reward the marketing savvy status quo. But where does the search for integrity in food marketing begin?

To benefit its members and our community, Northwest VEG has assembled a panel of experts in Food Certification to demystify the marketing dilemma. Please join us for this rare opportunity to have your questions answered by the people who ensure marketers have to account for their label claims.

What: NORTHWEST VEG proudly presents “What's Behind the Label: Searching for Integrity in Food Marketing,” a Question and Answer panel discussion on Food Certification.

Who: Panelists include representatives from:

Oregon Tilth Certified Organic—a highly respected and fully accredited USDA National Organic Program Certifying Agent. This is the oversight body for many USDA Organic products you use every day.

Food Alliance—the most respected Certifier of sustainable agricultural and food processing practices in operation. They have recently expanded their standards and Food Alliance Certified Sustainable products are in grocery stores now!

Salmon Safe—a regionally important standard that certifies a variety of companies' practices based on their impact on threatened and encroached upon (dare we say endangered?) Pacific NW Salmon species.

Moderated by Ryan Wist, Northwest VEG member and food industry insider.

When: October 25, 2006 @ 7:00 pm

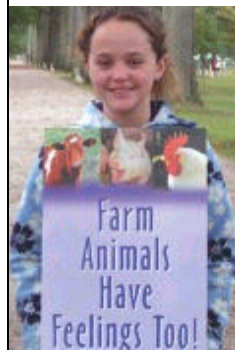
Where: The First Congregational Church, 1124 SW Park Ave. in downtown Portland

How (much?): Northwest VEG suggests a \$5 donation to help cover the costs of the venue. But no

Volunteer Memberships Available!

IF YOU WOULD LIKE TO BE A MEMBER OF NORTHWEST VEG, and are currently a student or on a limited income, there is an option for you. Northwest VEG is now offering Volunteer Memberships in which giving your time to our organization can result in a membership, with all its perks. Feel free to contact Maggie Raczek, Volunteer Coordinator, for details at (503) 493-2358 or volunteer@nwveg.org.

WALK *Continued from page 1*



The Portland Walk, permitted by the City, is timed a few days before World Farm Animals Day on Oct. 2. 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 and providing refreshments!) 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 Court-house Square, Veganopolis, the Portland Saturday Market, Old Town, and back to Blossoming Lotus. Dogs on leashes are welcome. Signs will be provided. Walkers who raise over \$100 in pledges receive Farm Sanctuary prizes. In addition, our top fundraising individual will receive a custom painting or drawing by local vegan artist Jessica Dadds (see her farm animal paintings on the nwveg.org website). The top team will receive gift certificates to local businesses. Thanks to Kinta Restaurant, Mirador Community Store, and Food Fight! for their donations!

You can register for the Walk as an individual or team — on-line at www.firstgiving.com/farmsanctuary. If you cannot access the Internet, please contact portland@walkforfarmanimals.org or (503) 288-1503 for a registration form. After signing up for the Walk on-line, you can set up your own personalized fundraising web page through an easy, automated process. Many of these web pages are already posted on the nwveg.org site. ☺

UPCOMING EVENTS

Sept. 13 (Wednesday), 6:30 pm - 8:00 pm: Midweek Veg Dine-out If you're in the mood for a casual, midweek dine-out, grab your sombrero and head for Cactus Jack's Tex Mex Café, 4342 SW Beaverton-Hillsdale Hwy., Portland. They have a great vegan menu and free parking. Please RSVP to Margot Jordan at (503) 649-3866.

Sept. 16 (Saturday), 12:00 pm - 2:00 pm: Lunch With Bo: An Intro to Vegan World Fusion Cuisine Bo Rinaldi is the co-author of *Vegan World Fusion Cuisine*. Join him at New Renaissance Bookshop (1338 NW 23rd Ave.) for a light lunch of samplings from his book and from his restaurant, Blossoming Lotus. Bo will talk about conscious and wise food choices we can make to heal our own and our loved one's bodies. He will touch on superfoods, the future of food, food in ancient cultures, food as medicine, GMOs, organics and other food topics. Bo was a sponsor and speaker at VegFest in March 2006. Come hungry and bring questions. The cost is \$20. Limited seating; must pre-register, (503) 224-4929.

Sept. 17 (Sunday), 5:00 pm - 7:30 pm: Northwest VEG Vegetarian Potluck On Sunday, September 17, at 5:00 pm please join Northwest VEG at the Friends Meeting Hall, 4312 SE Stark. Following the meal, Dada Madhuvidyananda, yogic monk and activist, will talk on "Yoga and Animal Rights." His talk is directed to activists and those interested in bringing their moral beliefs and spiritual paths into the realms of social change. In endorsing Dada's book, Howard Lyman stated "Reading 'Seven Secrets of Success' can only be surpassed by living them. The best use of your time is the investment needed to read this life changing book. I have read it and now I try to live it." Visit www.nhsuccess.org for more details. Dada's talk will be conclude with a slide presentation about "Out To Pasture," a local animal sanctuary project run by Kit Collins and Dr. John Collins. 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. For more information call (503) 224-7380 or email info@nwveg.org.

Sept. 30 (Saturday), 9:30 am - 12:00 pm: Portland Walk for Farm Animals See article in this newsletter. Page 1

Sept. 30 (Saturday), 4:00 pm - 7:00 pm: Wine & Music at Lighthouse Farm Sanctuary The 4th Annual "Wine and Music at the Farm" will be held at the Lighthouse Farm Sanctuary located at 7500 Wallace Rd. NW in West Salem, on Saturday, September 30, from 4 pm to 7 pm. This is the Sanctuary's major fundraiser for the animals, so please come prepared to open your hearts and your wallets. An admission charge of \$15 per person will be used to help support our continuing efforts to improve the lives of previously abused and neglected animals. For more information contact (503) 581-0122, info@lighthousefarmsanctuary.org, or www.lighthousefarmsanctuary.org.

Oct. 13-15: Animal Law Conference at Lewis & Clark Law School This year's event is called Market Revolution: Recognizing Animals' Intrinsic Values. Speakers include Carter Dillard and Jim Mason. Dillard worked as an attorney with the U.S. Department of Justice and legal advisor to the U.S. Department of Homeland Security before serving as General Counsel of Compassion Over Killing, and finally in his current

position as Director of Farm Animal Litigation at the Humane Society of the United States. Mason is an author and attorney who focuses on human/animal concerns. His book, *An Unnatural Order: The Roots of Our Destruction of Nature* (Lantern Books, 2005), looks at the historical and cultural roots of the Western belief in God-given dominion over the living world. Visit www.lclark.edu/org/saldf/conference.html or call (503) 768-6795.

Oct. 14 (Saturday), 6:00 pm - 7:30 pm: Vancouver Veg Dine-out Each month, Northwest VEG members and friends enjoy vegetarian cuisine at a restaurant that offers tasty veg options. This month we'll meet at Casa Grande Restaurant, 2014 Main St., Vancouver, WA, (360) 694-7031. Extensive vegetarian menu (16 items), including squash enchiladas and spinach tamales. Please RSVP the number in your party (required) to Ardis at ardis@nwveg.org or call (503) 224-7380 by Oct. 11. If your plans change after you RSVP, please let Ardis know before Oct. 14.

Oct. 17 (Sunday), 5:00 pm - 7:30 pm: Northwest VEG Vegetarian Potluck Please join us for the potluck on Sunday, October 17, at 5:00 pm. We'll gather at the West Hills UU Fellowship, 8470 SW Oleson Road in Portland. Following the meal, Shobana Subramanian will share the pleasures of vegetarian, South Indian food with a cooking demonstration from her family's recipes. Taste samples and recipes will be provided.

Northwest VEG Website Forum Is Open for Postings

An electronic bulletin board was recently launched on our website. Forums include Friendship, Food & Recipes, Nutrition & Health, Rants & Raves, Personals, Free Stuff, Rides & Carpooling, and Housing. It's easy to sign up as a user and start posting. Check it out at <http://nwveg.org/PunBB>.



Veg Sports Fans' Group Forming

By David Giorgianni, Contributing Writer

ARE YOU A SPORTS FAN? DO YOU WANT TO GET TOGETHER and watch sporting events in the company of other vegetarians? We can start off with Monday Night Football at my place, located in the Northwest metro area. Bring your favorite vegetarian dish or snack to share. If you are interested, contact David for more details and directions at davidg6470@yahoo.com or (503) 352-9721.

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 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

Blossoming Lotus Café, 925 NW Davis St., Portland, (503) 228-0048. Creative organic offerings include soups, sandwiches, rice bowls and baked treats. Free 2-ounce soft serve with purchase.

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. 5% discount.

Natural Awakenings Magazine, (866) 488-5490, 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 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. Vegetarian! 10% discount.

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

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 or call (503) 288-1503. You may also visit 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 4th Ave., Portland. (503) 274-0160. www.vegetarianhouse.com

Integrated Medicine Group, 163 NE 102nd Ave. Bldg. V, Portland, OR 97220, (503) 257-3327, 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.

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

Kandie Virchenko, Independent Consultant, Arbonne International, 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.

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EDITOR

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

Recipe of the Month: Cabbage Salad with Baked Tofu and Lemon-Soy Vinaigrette

from Vegetarian Times

This crisp salad tastes best when freshly made. Note that you have a choice of using Western or Chinese napa cabbage, which produce different results.

Cabbage Salad

3/4 lb. napa or green cabbage, shredded (about 6 loosely packed cups)

1 cup grated carrot

1/2 cup thinly sliced scallion greens

8 oz. baked tofu, diced

1/3 cup chopped roasted peanuts

Lemon-Soy Vinaigrette

2 Tbs. canola oil

1 Tbs. toasted sesame oil

1 1/2 to 2 Tbs. freshly squeezed lemon juice

1 tsp. Japanese soy sauce, or more to taste

Directions:

1. To make Cabbage Salad: Combine cabbage, carrot, scallion greens, tofu and peanuts in a large bowl, and set aside.

2. To make Lemon-Soy Vinaigrette: Combine oils, 1 1/2 tablespoons lemon juice and soy sauce in a small jar. Cover, and shake vigorously until thoroughly blended. Pour vinaigrette over slaw, and toss well. Season with more soy sauce and lemon juice, if needed. SERVES 4

Northwest VEG

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Dine-out at Dalo's Marked by Tasty Injera, No Injuries

By Ardis Karr-Robak, Dine-out Coordinator

DALO'S KITCHEN, A HIDDEN GEM IN NORTH PORTLAND, has been in business since early 2004 and is in the process of expanding. The family-run restaurant will be able to seat 30 more patrons in 3-4 months. Our group of 30 (dine-out, 8/12/06) filled the simple and tastefully decorated dining area. They generously provided us with a complimentary sampler plate for two as a visual for ordering. This meal includes four dishes, such as red lentils, yellow lentils, spinach and cabbage with carrots and potatoes served with traditional injera (bread) or one of three varieties of rice. Lively jalapeno paste accompanies each meal to individualize level of spiciness. Each item was fresh and fun to eat in the traditional style — no forks! Savory ingredients and flavors were blended and cooked perfectly. The staff warmly catered to our every need and the substantial portions are a steal at \$4.99 for one and \$8.99 for two. Dalo's is the ideal combination of excellent food and genial service that nourishes body and soul. Dalo's, at 4134 N. Vancouver #207, Portland, is open from 11 am – 8 pm, Mon-Sat. Call (503) 808-9604.

See Upcoming Events to RSVP for September and October dine-outs.

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*