

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

Neal Barnard to Address

Link Between Diet and Diabetes

by Don Merrick, Vice President, Northwest VEG

Dr. Neal Barnard is on tour promoting his latest book, Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes Without Drugs (Rodale, January 2007). He will be interviewed on KBOO 90.7 FM on January 12 and will speak in Portland on January 23 (see "Upcoming Events" on page 3 for details). He will explain how having diabetes, or the onset of diabetes, does not have to be a life sentence for continuing health problems.

As stated in his book promotion:

"[This book] outlines a completely new dietary approach to preventing, controlling, and even reversing diabetes. The program is based on a series of research studies Dr. Barnard and his colleagues have conducted over the years, the latest funded by the National Institutes of Health. Published in the August 2006 issue of Diabetes Care, that study found Dr. Barnard's program to be three times more effective than the American Diabetes Association Diet at controlling blood sugar.



Dr. Neal Barnard

"The studies also show that by adopting a low-fat vegetarian diet—free of all animal products and added vegetable oils—individuals can lower their cholesterol, reduce their blood pressure, and lose weight. Best of all, the diet doesn't demand that one count calories, cut portion sizes, or give up all carbohydrates. On the con-

(Continued on page 2)

TABLE OF CONTENTS

Link Between Diet and Diabetes	1
U.N. Report on Agriculture and Global Warming	1
Prepare for Possible Pandemic	2
Blossoming Lotus Offers New Incentive: Free Fudge	2
Upcoming Events	3
Like to Write? Look No Further than this Newsletter!	3
Mandala Workshop as Fundraiser for NW VEG	4
Austrian Film Unveils Factory Farms	4
VegFest 2007: Save the Date and Volunteer!	5
Veg-Relevant New Year's Resolutions	5
Member Discounts & Business Partners	6
Kids with High IQs Grow Up to Be Vegetarians	7
Recipe of the Month—Mac N "Cheese"	8

U.N. Report Points to Livestock as Key Cause of Global Warming

The biological and environmental footprint of global livestock is examined in a new report, called "Livestock's Long Shadow," by the Food and Agriculture Organization of the United Nations.

Consider that about 1.5 billion cattle and domestic buffalo and about 1.7 billion sheep and goats reside on the planet. Global livestock grazing and feed production use "30 percent of the land surface of the planet." Livestock also compete directly with humans for water. And the drive to expand grazing land destroys more biologically sensitive terrain—rain forests especially—than anything else.

"The environmental costs per unit of livestock production must be cut by one half, just to avoid the level of damage worsening beyond its present level," the report warns.

(Continued on page 3)

Medical Doctor Tells Us How to PREPARE FOR POSSIBLE PANDEMIC

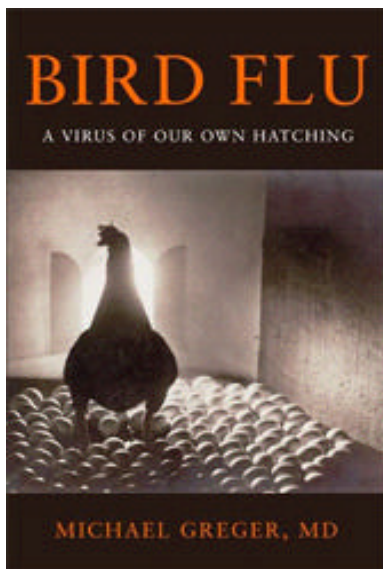
By Carol Merrick, Northwest VEG Board Member

Dr. Michael Greger's book, *Bird Flu: A Virus of our own Hatching*, is one of the most important books I have read in recent years. It has important information about the bird flu and how it becomes influenza. Factory farms in the United States and elsewhere raise chickens in huge ill-ventilated sheds where disease breeds and mutates. Millions of birds have died from H5N1 bird flu. If it mutates in crowded animal housing units, it can turn deadly for many other animals, including humans. The 1918 influenza pandemic, caused by bird flu, killed between 50 million and 100 million people.

Dr. Greger's books explains the causes, the changes in human diseases, the connections to domesticated animals, and how everyone—no matter what they eat—can protect themselves. For instance, after 62 years, I found out how I'm supposed to wash my hands. You can use hot to cold water while you sing the Birthday song twice, rinse and do it again. Studies show that even medical doctors don't wash their hands that well. If there's a pandemic, effective hand-washing will be critical.

To order a cassette tape of Dr. Greger's Dec. 8, 2006, interview on KBOO radio, or a DVD of his talk after the Dec. 17 Northwest VEG potluck, email info@nwveg.org and send \$5 to Northwest VEG, 13376 SW Chelsea Loop, Tigard, OR 97223.

Bird Flu: A Virus of our own Hatching is interesting and understandable. You can buy it at local bookshops (if they don't have it, ask them to order it) or online at www.birdflubook.com. Eventually, it will be in local libraries. Questions or comments can be sent to Carol Merrick at info@nwveg.org.



Runoff from Modern Life is Feeding an Explosion of Primitive Organisms in Oceans

In many places — the atolls of the Pacific, the shrimp beds of the Eastern Seaboard, the fiords of Norway — some of the most advanced forms of ocean life are struggling to survive while the most primitive are thriving and spreading. Fish, corals and marine mammals are dying while algae, bacteria and jellyfish are growing unchecked.

— from a L.A. Times series on the plight of the world's oceans

Blossoming Lotus Offers New Incentive for Northwest VEG Members: Free Fudge

Through March at the vegan **Blossoming Lotus Café**, Northwest VEG members will receive a piece of free live fudge with every purchase, one per customer per visit. This replaces a previous incentive that gave members a free soft serve with a purchase. The live fudge is filled with raw cacao and is nourishing, healing and delicious.

Also, our readers' favorite local restaurant (according to a recent Northwest VEG survey) will be open later starting this month. By the second week of January, Blossoming Lotus will be open daily from 7:30 am to 10:00 pm, serving an imaginative array of organic, vegan cuisine, live food and chef specials. In addition to the substantial and sumptuous appetizers, meals and desserts, the café now serves organic beer and wine. They also cater events, large and small, at affordable prices. Check out Blossoming Lotus at www.blpdx.com or call (503) 228-0048. This urban oasis is located within Yoga in the Pearl at 925 NW Davis St. 🌿



BARNARD *Continued from page 1*

trary, you can eat as much as you want. The book explains how the diet actually alters what goes on in an individual's cells. Rather than just compensate for malfunctioning insulin, like other treatment plans, Dr. Barnard's program helps repair how the body uses insulin. It also includes helpful tips on adopting a plant-based diet and more than 50 delicious and easy-to-make recipes."

As a clinical researcher and author, Dr. Barnard is one of America's leading advocates for health, nutrition, and higher standards in research. As the principal investigator of several human clinical research trials, whose results are published in peer-reviewed medical and scientific journals, Dr. Barnard has examined key issues in health and nutrition. He is the founder and president of the Physicians Committee for Responsible Medicine, where doctors and laypersons work together for compassionate and effective medical practice, research, and health promotion. Dr. Barnard is also president of The Cancer Project, a new nonprofit organization advancing cancer prevention and survival through nutrition education and research. 🌿

UPCOMING EVENTS

Jan. 12 (Friday), 9 am -10 am: Dr. Neal Barnard on KBOO

Near Barnard, M.D., will be interviewed by Marlene Smith and Steven Bailey, N.D., about his new book, *Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes Without Drugs*. Tune in at 90.7 FM.

Jan. 13 (Saturday), 6 pm: Portland Veg Arabian 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 Arabian Breeze, 3223 NE Broadway. The menu includes authentic Middle Eastern recipes served village style. Please RSVP the number in your party (required) to Ardis at ardis@nwveg.org or call (503) 224-7380 by Jan. 10. If your plans change after you RSVP, please let Ardis know before Jan 13.

Jan. 21 (Sunday), 5 pm – 7:30 pm: Northwest VEG Vegetarian Potluck

Please join Northwest VEG at the Trinity United Methodist Church, 3915 SE Steele, in Portland (**Note special location**). After the meal, we'll have a facilitated discussion. The question will be: what do you do to make your life healthier and less stressful? 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. A donation of \$2-5 per person is suggested to help cover the cost of the room rental.

Jan. 23 (Tuesday), 6:30 pm: Dr. Neal Barnard to Address Diet and Diabetes

Neal Barnard, president of the Physicians Committee for Responsible Medicine, will give a free lecture on how diet can offer dramatic improvements for those living with diabetes, based on his new book. Local cooking teacher Wendy Abraham, P.P.N., N.D., will prepare examples of the types of food recommended in Dr. Barnard's program. The talk will be at the Adventist Medical Center Amphitheater, 10123 SE Market St. Portland, Oregon 97216. Book signing starts at 6 pm. Tickets are free, but **registration is required** by calling (503) 256-4000. See article in this newsletter.

Jan. 27 (Saturday), 2:00 pm: Ingrid E Newkirk Book Signing

Ingrid E. Newkirk, cofounder and president of People for the Ethical Treatment of Animals (PETA), will be discussing, reading from, and signing copies of her new book, *50 Awesome Ways Kids Can Help Animals* at Powell's Books at Cedar Hills Crossing, 3415 SW Cedar Hills Blvd. in Beaverton, Oregon. Endorsed by Ridge Canipe and Hailey Anne Nelson—the child stars of the film *Walk the Line*—and by devoted celebrity mother

Kim Basinger, this book is geared toward children ages 8 to 13. It encourages compassionate choices in an upbeat, kid-friendly style and is filled with fun illustrations, jokes, and puzzles.

Feb. 18 (Sunday), 5 pm – 7:30 pm: Northwest VEG Vegetarian Potluck

Please join Northwest VEG at the West Hills Unitarian Universalist Fellowship, 8470 SW Oleson Road in Portland. A presentation or discussion, to be determined, will follow the meal. 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. If you can volunteer to help at the potluck, please contact volunteer@nwveg.org or call (503) 493-2358. A donation of \$2-5 per person is suggested to help cover the cost of the room rental.

LIKE TO WRITE?

Look no Further than our Newsletter!

It's a challenge to put out a great newsletter each month for an organization that is composed entirely of volunteers. In the case of writers, the more the merrier! The possibilities for articles include interviews with activists and veg business owners; reports on lectures; reviews of books, films, websites and restaurants; tales of veg dining in other cities or countries, and analyses of issues relevant to the Northwest VEG mission.

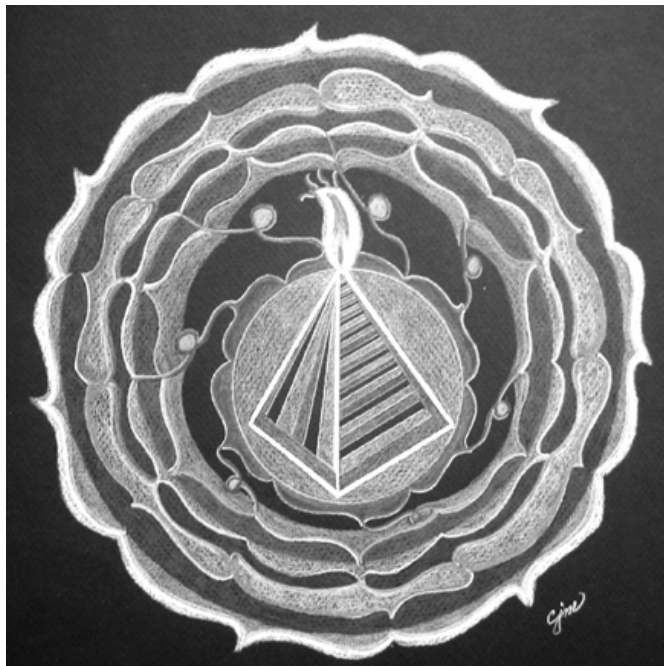
If you are interested in writing for the newsletter, please contact Charley Korn at charley@nwveg.org or (503) 288-1503. 📧

U.N. REPORT *Continued from page 1*

When emissions from land use and land use change are included, the livestock sector accounts for 9 percent of CO2 deriving from human-related activities, but produces a much larger share of even more harmful greenhouse gases. It generates 65 percent of human-related nitrous oxide, which has 296 times the Global Warming Potential (GWP) of CO2. Most of this comes from manure. And it accounts for respectively 37 percent of all human-induced methane (23 times as warming as CO2), which is largely produced by the digestive system of ruminants, and 64 percent of ammonia, which contributes significantly to acid rain.

Deforestation of grazing land adds to the effect. In Latin America, for example, some 70 percent of former forests in the Amazon have been destroyed to make way for grazing. 📧

Mandala Workshop Offered as Fundraiser for Northwest VEG



Are you interested in creating sacred circular art called mandalas in the tradition of Judith Cornell? No art experience is necessary as we each formulate an intent or prayer for the art piece and then go into meditation to create. On Saturday, March 3, Carol Merrick, a Northwest VEG board member, will facilitate the all-day mandala workshop, which is focused on the earth and its creature inhabitants, at a location to be determined.

Cost for the workshop is \$50, and all net proceeds will go to Northwest VEG. Space is limited. A deposit of \$20 will hold your space, and then a material list will be provided (materials cost \$12). The workshop will begin at 9 am and end at 4 pm.

Carol has been teaching mandala workshops since 2000 and creating sacred art since 1998. She has had three gallery showings in Portland and Montana. Visit www.mandala-universe.com to see examples of mandalas. Email Carol for more information or to register: info@nwveg.org. Checks made out to Northwest VEG can be sent to Carol Merrick, 13376 SW Chelsea Loop, Tigard, OR 97223. ♪

"You ask people why they have deer heads on the wall. They always say, 'Because it's such a beautiful animal.' There you go. I think my mother's attractive, but I have photographs of her."

—Ellen DeGeneres (comedian/vegetarian, turns 49 on Jan. 26)

Austrian Film Unveils the Grim Automation of Factory Farms

By Charley Korn, E-Bits Editor, Northwest VEG

I went to see the film *Our Daily Bread* at the Clinton Street Theater expecting to see scenes of factory farms, like scenes I'd seen before. I was in for a surprise.

How food is harvested, slaughtered, and packaged is the subject of this documentary by Austrian director Nikolaus Geyrhalter. The film contains no dialogue, narration or subtitles. Similar in this way to the extraordinary *Baraka* (1992), viewers must interpret for themselves the scenes, most of which show people or machines converting animals and plants into shrink-wrapped commodities.

In the case of animals, we're shown the devices and structures created by engineers to expedite the rearing and slaughtering in an efficient manner that affords the industry complete control. At one point, a mechanical sweeper approaches hundreds of chickens, forcing them into a vacuum that delivers them to workers whose task is to cram the birds into bins and then shove the bins into slots. The chickens then are transported a short distance to be slaughtered. A different

type of vacuum is used in a fish farm to suck the fish into a deadly assembly line where they are cut open, leaving the few workers little to do other than make occasional adjustments to control the flow of the fish along the moving belt. In another scene, dead pigs, hung from hooks, move down a conveyer belt that pauses every few seconds to allow a device to grasp the carcass while a part of the machine cuts the pig precisely down the middle; guts spill onto a moving belt, to be processed into sausage and other meats.

The director alternates between scenes inside animal, fruit and vegetable factory farms, and also workers taking meal breaks, often alone. It's never clear exactly what the workers are eating. Again, we're left to imagine that their sandwich might contain something similar to the literal fruits of their labor. Is he eating beef for lunch shortly after having killed a cow? Seeing the workers doing deplorable tasks brings to mind the bleak fact that any job, no matter how demeaning and vile, will be filled.

Very different than *Fast Food Nation*, which comes across as somewhat preachy in its efforts to show the dark side of meat processing, *Our Daily Bread* subtly unveils the chilling automation behind what much of the world eats. Viewers with feelings for animals will likely consider their food choices in a new light. ♪

Need a New Year's Resolution?

Here are 10 to Consider

By Charley Korn, E-Bits Editor, Northwest VEG

It's that time of year to make New Year's resolutions. Here are 10 that won't create a gigantic disruption in your life but may resonate with you as helpful and achievable. If a year feels like too great a commitment, try a month or two!

1. Volunteer for Northwest VEG. We have several opportunities for you to share your passion and talents, including publicity coordinator, events coordinator, media monitor, and Eastside potluck coordinator. And VegFest 2007, set for May 5, needs over 100 volunteers. Contact volunteer@nwveg.org to help with the event!

2. Bring a friend to a Northwest VEG potluck — or attend one yourself if you've never been — held on the third Sunday of each month. Where else will you find a mouth-watering array of homemade veg entrees, salads and desserts and the great people who made them? And don't forget the dine-outs, usually held on the second Saturday of each month. Find details at <http://www.nwveg.org/Calendar.html>.

3. Visit vegetarian and vegan restaurants more often. See the Dine Out page at www.nwveg.org for locations and hours. In addition, support veg groceries: People's Food Co-op (www.peoples.coop), Food Fight Grocery (www.foodfightgrocery.com), and Daily Grind, (503) 233-5521.

4. Start a regular vegetarian or vegan potluck with friends, neighbors, or co-workers. Take turns, and then look forward to a big lunch every Monday, for example. Soup in the cold months and salad in the hot months work well. See www.meatout.org/MeatoutMondays.

5. Read an inspiring book, or several. Notable 2006 releases include *Bird Flu, A Virus of our Own Hatching*, by Michael Greger, M.D., *Healthy at 100* by John Robbins, and *Be the Change You Want to See in the World*, by Julie Fisher-McGarry. Make frequent use of the library to borrow books and films.

6. Subscribe to a new magazine. Consider *VegNews* (www.vegnews.com), *Satya* (www.satyamag.com), *Herbivore* (www.herbivoreclothing.com/magazine.page.html), and *E Magazine* (www.emagazine.com). Get a year of *VegNews* free with a new Northwest VEG membership!

7. Lead a veg activity for Northwest VEG. Email me (charley@nwveg.org) if you would like to lead a book group, hike, bike trip, video screening, or game night at your home.

8. Check out a Northwest VEG board meeting, usually held on the second Saturday of each month at 10 am. Members who want to get more involved are welcome to join in the discussion or just listen, though only board members may vote. Contact info@nwveg.org.

9. Write letters to the editor. Consider *The Oregonian*, *The Columbian*, *Willamette Week*, *The Portland Tribune*, or a newspaper in your neighborhood, such as *The Southeast Examiner*.

10. Consider cutting out or reducing your intake of fish, chicken, cheese, trans fats, caffeine, or refined sugar — or eating more locally grown, organic food. Tap into the Northwest VEG network for encouragement and support.

As we transition into what we hope will be a more peaceful year, Northwest VEG will continue to organize events, communicate with members and friends, and provide educational support to the community. 🙌



Northwest VEG's 3rd annual VegFest is set for Saturday, May 5. The venue and more details will be announced in next month's newsletter. We're bringing together information and resources to inform our local community on positive steps toward a more compassionate, earth-friendly lifestyle. While much of our planning is still in the works, potential sponsors and donors will be invited to participate in the coming weeks. We're currently looking for volunteers to make this VegFest bigger and better than the one last March, attended by 1,000 people.

If you can help with organizing this event or can commit to helping on May 5, please contact Jill Schatz, Northwest VEG Membership Coordinator, at jill@nwveg.org or (503) 297-8435. We especially need help with publicity, sponsorship recruitment, and chef relations.

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 live fudge with purchase, one per person per visit.

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

KIDS WITH HIGH IQS

Grow Up to Be Vegetarians

From Yahoo Health

As a child's IQ rises, his taste for meat in adulthood declines, a new study suggests. The report was published in the Dec. 15 online edition of the *British Medical Journal*.

British researchers have found that children's IQ predicts their likelihood of becoming vegetarians as young adults — lowering their risk for cardiovascular disease in the process. The finding could explain the link between smarts and better health, the investigators say.

"Brighter people tend to have healthier dietary habits," concluded lead author Catharine Gale, a senior research fellow at the MRC Epidemiology Resource Centre of the University of Southampton and Southampton General Hospital.

Recent studies suggest that vegetarianism may be associated with lower cholesterol, reduced risk of obesity, and reduced risk of heart disease. This might explain why children with high IQs tend to have a lower risk of heart disease in later life.

"We know from other studies that brighter children tend to behave in a healthier fashion as adults — they're less likely to smoke, less likely to be overweight, less likely to have high blood pressure and more likely to take strenuous exercise," Gale said. "This study provides further evidence that people with a higher IQ tend to have a healthier lifestyle."

In the study, Gale's team collected data on nearly 8,200 men and women aged 30, whose IQ had been tested when they were 10 years of age.

"Children who scored higher on IQ tests at age 10 were more likely than those who got lower scores to report that they were vegetarian at the age of 30," Gale said.

Vegetarians were more likely to be female, of higher social class and better educated, but IQ was still a significant predictor of being vegetarian after adjustment for these factors, Gale said. ☺



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.

Join now and get a free year of *VegNews Magazine*! This offer is valid for new *VegNews* subscribers only and is not available for Northwest VEG membership renewals.

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: _____ Make checks payable to **Northwest VEG**
Street: _____ & send to: or
City, State, and ZIP: _____ Northwest VEG Charge my Visa Master Card
Phone: _____ c/o Linda Sant' Angelo Card # _____
E-mail: _____ 24305 NE Elkhorn Road Expiration date: _____
Brush Prairie, WA 98606 Signature _____

Northwest VEG is a 501(c)(3) tax-exempt organization.

Recipe of the Month: Macaroni and "Cheese" Casserole

Source: *Vegetarian Resource Group*

This casserole is perfect for children, and it reheats beautifully. The flavor is very mild; you may wish to intensify the seasonings. The fortified variety of nutritional yeast (Red Star) contains B-12, an important vitamin, especially for vegetarians and vegans.

2 Tablespoons vegan margarine or oil
1/2 small onion, chopped
1 Tablespoon unbleached white flour
1 cup rice milk or soy milk
1/8 teaspoon dry mustard
1 teaspoon vegetarian Worcestershire sauce
1 Tablespoon nutritional yeast
1 Tablespoon plus 1 teaspoon tahini
Seasoned salt and black pepper to taste
8 ounces macaroni, cooked according to package directions
One 14-1/2-ounce can chopped tomatoes, packed in juice
1/2 medium zucchini, grated
1 cup fresh bread crumbs
1 Tablespoon oil
2 Tablespoons minced parsley
Paprika



Preheat oven to 350 degrees.

Melt 2 tablespoons margarine in skillet and sauté onion until soft. Whisk in flour and cook one minute, stirring constantly. Add rice milk and cook until thickened.

Remove from heat and whisk in mustard, Worcester-shire, nutritional yeast, tahini, seasoned salt, and pepper. Stir in macaroni, tomatoes (with their juice), and zucchini.

Spread mixture in a casserole dish. In a small bowl, combine bread crumbs, 1 tablespoon oil, and parsley. Sprinkle over macaroni. Sprinkle paprika over casserole.

Bake for 20 minutes, or until heated through. Serves 5.

Total calories per serving: 404; Fat: 12 grams

Northwest VEG

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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
Joaquin Phoenix...Alanis Morissette...Linda Blair
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