

The NW VEG Thymes

www.nwveg.org

503.224.7380



The mission of Northwest VEG is to educate and empower people to make vegetarian choices for a healthy, sustainable, and compassionate world.

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If you are interested in writing for the newsletter, please contact Jamie to discuss your ideas.

Registration Opens for Master Vegetarian Program Class 2

Northwest VEG, the National College of Natural Medicine, and People's Food Co-op will be sponsoring Class 2 of the Master Vegetarian Program beginning February 12, 2008. Registration is now open, so sign up soon as the class is expected to fill quickly!

Patterned after the successful Master Recycler and Master Gardener programs, and covering all aspects of a vegetarian lifestyle, the Master Vegetarian Program offers weekly classes on nine consecutive Tuesday evenings starting February 12 and ending April 8, plus two Saturday



Chef Al Chase

field trips. Following an introduction and overview of the program, classes will look at environmental aspects of diet choices, proper vegetarian nutrition, healthy eating and cooking practices, effects of diet on health and diseases such as cancer, heart disease and diabetes, organic agriculture, animal behavior and the treatment of farm animals, and philosophical and religious aspects of diet and animal treatment.

Conducted last fall, the first class of the Master Vegetarian Program was a great success. Maggie Raczek gave the introductory overview; Tammy Russell,

(Continued on page 2)

New Northwest VEG Potluck/Presentation Set for Clark County, January 17

The Clark County (Washington) Northwest VEG members often feel a bit isolated from our Oregon events. To help remedy this, Northwest VEG is starting up a new potluck/speaker series in Vancouver. Lisa Morgan, a teacher and participant in the first session of the Master Vegetarian Program, conceived and is organizing these potluck events. Lisa lives in Washington and feels there should be more opportunities for Clark County Northwest VEG members to get together, share information, become acquainted and build community.

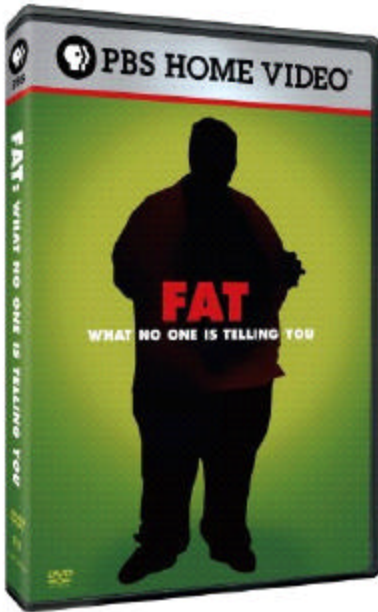
Currently, the plan is to hold monthly potlucks in Vancouver and hope for a strong response. To start, four monthly potlucks are planned: the first meeting will be held Thursday evening, January 17, beginning at 6:30 pm, at the Clark Public Utilities Service Center (see directions below). We will eat shortly after 6:30 and then listen to a talk around 7:30 by Northwest VEG President Peter Spendelow, presenting "Global Warming, Ecological Footprints and Food: Why Our Food Choices Matter." Potluck attendees are asked to 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 alone, figure the amount to serve 4-6; increase the amount 4 servings for each additional person in your party/family. This initial potluck will be free (no donation requested); Clark County Utilities is providing the venue as a public service.

The Clark Public Utilities Service Center is located at 1200 Fort Vancouver Way, *(Continued on page 3)*

Fat: What No One is Telling You

DVD review by Carol Merrick, Northwest VEG Board Member

THE PBS HOME VIDEO *FAT: WHAT NO ONE IS TELLING YOU* is an informative look at how weight control is truly complicated, describing factors such as the type of calories we consume, fast foods, exercise, stress, our high-paced life, sleep deprivation, behavioral or emotional problems, and our irregular eating habits. While the film did not present issues related to people's consumption of animal protein, medications that influence weight, or the predominance of corn in most processed foods, it does describe how weight gain occurs within our bodies and how society has aided our country's weight problems.



PBS Home Video, *FAT*

Dietitians report that when a human of any age creates fat cells in his/her body, and then loses weight, the fat cells do not disappear, they simply shrink and wait to be enlarged again. As one ages, it's easy to gain 130 pounds or more. While we are genetically programmed to eat during the "feast" times so that we'll have enough fat stored for the "lean" times, today we no longer worry about going hungry as we did 75 years ago. We feast all year long result-

ing in 66 percent of Americans being either overweight or obese.

In the 1950s, dietitians started keeping statistics about weight-loss diets and their results. With so much stimuli surrounding Americans about food and weight, it's estimated that every day we make 119 decisions about eating. As long as our lifestyles and attitudes about food and health don't change, neither will our issues with weight. Often people eat while watching TV, quickly consuming their food without enjoying or thinking about it, and often eating beyond hunger. When people have to work 2-3 jobs in order to survive, they are not able to eat regular meals or exercise and this can lead to obesity. Dieting today is the same as in the '50s: Most people don't lose weight or they don't keep off the weight.

Besides all the diseases that are connected to being fat (strokes, heart attacks, diabetes, and hypertension), many fat people delay going to a healthcare provider because they don't want to feel embarrassed about their weight or lectured. As a result, their health suffers even more.

Child obesity is rapidly gaining attention as one of the major health issues in our country today and, unfortunately, many obese children have obese parents. If adults lack regard for their health, it sets up a life-long battle with food for their children. Food has been described as America's "biggest drug to quiet emotions." In many inner city neighborhoods, there are few parks in which children can play, and physical education classes have been eliminated in most schools in the country.

FAT discussed various solutions to obesity, including surgery, but there are many risks involved. The discussion panel at the end of the film is composed of many experts with differing opinions about the solutions to weight problems. Two simple suggestions to start a healthier weight lifestyle are to walk more and to eliminate juice and sodas.

It's evident that the obesity epidemic is complicated; it's a cultural, class, genetic, behavioral, national and global problem. I continue to ask myself, "When and how does a parent step in to help her child and herself, especially when society and lifestyle make dieting and changing one's eating ethics feel impossible?"

In addition to seeing this film, I recommend Neal Barnard's book, *Turn Off the Fat Genes* and Vegetarian Resource Group's website: www.vrg.org. The *FAT* DVD is a good place to start to find greater understanding and compassion for ourselves and for others. The DVD can be found at the library or www.pbs.org/dvd or www.pbs.org/wgbh/takeonestep/fat/video-ch_01.html

MASTER VEG PROGRAM *Continued from page 1*

R.D., Ole Ersson, M.D., and Sussanna Czeranko N. D. each presented information about healthy eating and disease prevention; **Andrew Black** of Tilth talked about organic agriculture; Professor Emeritus **Peter Cheeke** of Oregon State talked on the industrialization of animal agriculture; certified humane education instructor **Marsha Rakestraw** lectured on communication and outreach skills and conducted activities so people could relate to the life of farmed animals; **Don Merrick** discussed a number of subjects including GMO and Fair Trade issues; **Robert Cheeke** gave a very motivational talk on healthy living and achieving your goals; Ph.D. candidate **Carrie Packwood Freeman** gave a great talk on animal rights vs. animal welfare. All speakers received high evaluation marks, and most have already confirmed they will return to speak for Class 2.

This 9-week series costs \$50 (\$25 low-income). Participants also are expected to provide 16 hours of volunteer service to share the information they have learned or to assist with activities and events.

More information about Class 2 of the Master Vegetarian Program, including information on how to register, can be found at this link: www.nwveg.org/mastervegetarian/winter2008/schedule.shtml

Ask the Dietitian: Addressing Anemia

By Tammy Russell, Registered Dietitian

Reader question:

My granddaughter has been strictly vegan for almost a decade and her recent blood test was diagnosed as borderline anemic. She is 18 years old and petite in stature, and very active physically. Can you identify the most reliable sources of iron for her diet?



Tammy Russell, N.D.

Answer:

First I would need to know what your granddaughter is eating. Did her doctor say whether her diagnosed anemia was related to an iron-deficiency? Anemia can result from deficiencies in iron, folic acid and/or Vitamin B12. Since vegans tend to have a lot of fresh fruits and vegetables, they usually get enough folic acid; but since B12 mainly comes from animal sources, its deficiency can be an issue. Without being familiar with her diet, it would be good idea for her to take a daily multivitamin (vegetarian) that provides 100% RDA (Recommended Daily Allowance) for both iron and Vitamin B12. It may also be prudent to supplement her diet (if she doesn't already do so) with a daily B12 sublingual (under the tongue) B12 pill containing ~10 mcg/day or take 2,000 mcg once a week.

Although vegans tend to eat more nutritiously than their omnivore counterparts, it is deceptively easy to be a "junk food" whereby calories come predominantly from processed foods that tend to be low in naturally occurring vitamins and minerals. She may not necessarily be eating a lot of "junk foods," however knowing more about which foods she consumes daily will help determine her need for supplements and/or change in diet. Before talking about these foods, make sure that she is not having a lot of iron absorption inhibitors in her diet such as coffee, tea (even herbal teas such as peppermint and chamomile), and cocoa. Also, it truly helps to have a source of vitamin C such as peaches, broccoli, green peppers, tomatoes, and citrus fruits when consuming iron-rich foods, as they greatly enhance iron absorption. Soaking and sprouting beans, grains and seeds also helps to reduce iron inhibitors.

The foundation of her diet should be legumes, green plants, whole grains, seeds and nuts, and vitamin C rich fruits and vegetables. The best choices for legumes are adzuki beans, black beans, lentils, kidney beans, soybeans and chickpeas. Green plants such as broccoli, kale, collard greens okra, bok choy and Chinese cabbage are good sources of iron, but tell her to not rely on vegetables like spinach, chard, rhubarb and beet greens, as their oxalate content cancels their potential as a good iron source. Whole grain selections such as quinoa, whole wheat flour foods and whole grain fortified cereals should also be generously included in her diet. Other good sources of iron include pumpkin seeds, pine nuts, tahini, sunflower seeds, cashews, blackstrap molasses, and certain fortified meat substitutes (like Yves Good

Dog). Ultimately, she should focus on not only incorporating iron-rich foods into every meal, but should combine this source with a vitamin C rich food.

Tammy Russell, R.D., welcomes questions about nutritional concerns related to a vegetarian or vegan diet. She will select one question to address in each issue of the Thymes. You may email her at noemie1226@msn.com. Tammy provides vegan nutritional consulting at Integrated Medicine Group, a Northwest VEG business partner, located at 163 NE 102nd Ave., Portland, (503) 257-3327. Northwest VEG members receive a 15% discount on supplements, nearly all of which are vegan. Visit www.integratedmedicinegroup.com or call (503) 257-3327.

Sweet Pea Baking Company Opens Café and Bakery in Southeast

PORTLAND'S FIRST VEGAN CAFÉ AND BAKERY, **SWEET PEA Baking Company**, will hold its grand opening on Sunday, January 6. Located at 1205 SE Stark Street, Sweet Pea will feature fresh gourmet vegan baked goods, Stumptown coffee/espresso and a light breakfast and lunch menu. The café is located in the same complex as **Herbivore Clothing**, **Food Fight Vegan Grocery**, and **Scapegoat Tattoo**; all are vegan businesses.

Lisa Higgins, owner and master baker of Sweet Pea Baking Company, started baking out of necessity. "I had to give up a lot of the desserts I loved growing up when I became vegan. One day I took my mom's recipes and started experimenting."

Lisa's experiments resulted in high-quality vegan versions of old favorites like cheesecake, cupcakes and donuts that have been a staple of Whole Foods, New Seasons, Food Front Co-op and People's Co-op since its inception in 2005. Focusing on organic ingredients, Sweet Pea is also expanding into gluten-free and wheat-free vegan baked goods.

"It is amazing to see your dream come to life," says Lisa. "I am excited to give people a place where they can be part of a community and enjoy fresh gourmet vegan baked goods." Sweet Pea Baking Company will be open 7 am to 8 pm (Monday – Friday) and 9 am to 8 pm (Saturday and Sunday).

CLARK COUNTY POTLUCK *Continued from page 1*

Vancouver, WA 98663. Exit at the East Mill Plain Blvd Exit, head east 0.1 miles, and it is just south on Fort Vancouver Way.

We need volunteers to help with this event series — especially if you can help promote the potlucks by posting fliers at coffee shops, libraries, and other public places in Southwest Washington. To volunteer, please email volunteer@nwveg.org or call and leave a message at (503) 224-7380.

Help Create the World You Want to See:

Join the New MOGO Group!

By Marsha Rakestraw, Contributing Writer

THE CONCEPT IS EASY: THE CHOICES WE MAKE EVERY DAY can either support a compassionate, sustainable, just world, or can support a world full of destruction, injustice and suffering. But is a much more challenging task to actually turn those simple, sustainable, compassionate choices into an integral part of our lives to ensure that we are joyful, balanced, and reflective of our deepest value. Trying to make a positive difference can sometimes feel overwhelming and hopeless, especially in a world that focuses on, and rewards, qualities like individualism, fear, greed, and materialism.

As a humane educator — and someone dedicated to humane living — I try to make choices every day that do the most good and the least harm for myself, other people, animals, and the planet. This challenging journey that is made easier, more effective and more joyful when traveled with others who are working toward similar goals. I am starting an informal group called MOGO (Most Good) that will be dedicated to promoting empathetic living choices that recognize and respect the interconnectedness of all of us. The MOGO group is for people who care about all global justice issues (human rights, animal protection, environmental preservation, media and culture) and who are interested in making positive changes in their own lives, as well as helping transform their community. The focus of the MOGO group is to:

- Provide a support system for those wanting to journey toward a more simple, sustainable, compassionate lifestyle.
- Offer opportunities for social connection with others of similar mind.
- Cultivate and implement a variety of projects that serve our local and global communities.

The MOGO group will be informal and relaxed, with opportunities for members to participate on a variety of levels. The orientation/planning meeting will take place toward the end of January.

If you are interested in joining the MOGO group or have questions, email Marsha at humanebeings@gmail.com.

Help create the world you want to see: join MOGO!

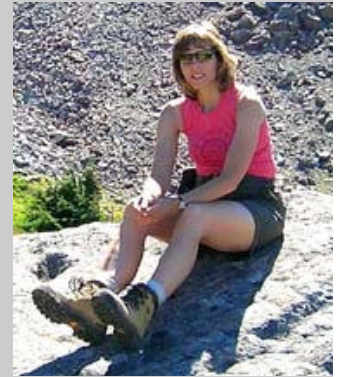
“Nothing goes right on the outside if nothing is going right on the inside.”



-Mathieu Ricard, Buddhist monk, writer, interpreter for the 14th Dalai Lama

Volunteer Spotlight: Laurie Fredsall

LAURIE FREDSELL HAS BEEN INSTRUMENTAL IN ESTABLISHING Northwest VEG's Master Vegetarian Program (MVP). With her project management skills, she helped us launch the first-ever MVP classes, then pitched in to make all the classes a success. Those who have worked most closely with Laurie have praised her humor, compassion, sense of organization and her dedication to making the program a resounding success! We continue to be grateful for all your work, Laurie!



NWV: How long have you been veg and why?

LF: I've been vegetarian for 3 1 2 years. I read two books, *The China Study*, by T. Colin Campbell and *The Food Revolution*, by John Robbins, and they made a life-changing impression on me. Once I became an educated eater, I could no longer mindlessly eat meat. Being veg became very real for me very quickly, and I haven't turned back since.

NWV: What's on your dinner plate?

LF: During the winter I make a lot of homemade chili and hearty vegetable barley or rice soup. Add some crusty bread for dipping and a glass of red wine, and I'm in heaven.

NWV: How has being veg impacted your life?

LF: Being veg has dramatically changed all aspects of my life. I now love to cook and often find myself thinking up new recipes on my way home from work or when trying to get to sleep at night. It's a much more creative process using whole foods and fresh herbs and spices. I've also decided recently to complete my bachelor's degree in nutrition and hope to begin classes in early spring. I find myself wanting to share what I know about nutrition with everyone I know, and I've come to realize that doing this for a living would be the most rewarding thing I could do.

NWV: What has been your most inspirational volunteering experience?

LF: The most inspirational volunteering experience for me was being involved in creating and participating in the first Master Vegetarian Program. The speakers were all amazing, and watching the excitement and camaraderie of the participants was heartwarming. It was actually being involved in this program that helped me make the decision to go vegan in December.

NWV: What is something about you people should know?

LF: I am a voracious reader and I am a real believer in life-long learning. I often read three or four books at a time, mostly non-fiction. My favorite authors are John Robbins and Barbara Kingsolver.

MEMBER DISCOUNTS & BUSINESS PARTNERS

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 Kornis: charley@nwveg.org or (503) 288-1503.

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, 049 SW Porter, Portland, (503) 552-1555 x 1570. Food cart serving home-style 100% organic dishes, vegan soup daily. 10% discount

Dreamers Café, SW 5th Ave. near Oak and Stark, Portland. Falafel, wraps, "not" chicken parmesan sandwich and "not" buffalo wings. Lunch (till 3:30 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.

Tao of Tea, 3430 SE Belmont St., Portland, (503) 736-0119. 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.

Veggielicious, 3315 SE Hawthorne Blvd. Food cart serving mock meat and mock egg menu items like the "Big Mock," chili dogs, and eggless egg salad sandwich. Vegan! 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.

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!

Food Fight! Vegan Grocery, 4179 SE Division St., Portland, offers "junk food," jerkies, chocolates, sodas, snacks, fake meats and cheeses, etc. There are also plenty of staple goods, books, magazines, stickers. Call (503) 233-3910 or visit www.foodfightgrocery.com. Hours: 10 am – 8 pm daily.

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.

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.

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.

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

The Vita Café serves up mostly vegetarian, vegan, and organic cuisine for breakfast, lunch and dinner. Open daily at NE Alberta Street and NE 31st Ave. Contact Vita about Catering or anything else at (503) 335-8233, www.vita-cafe.com. 10% discount for Northwest VEG members.

Watermelon Web Works, LLC's mission is to meet the web design, marketing and hosting needs of small, socially conscious businesses and individuals. Watermelon has donated hosting of the Northwest VEG website since 2003. To learn about how Watermelon can develop or enhance your site, contact (971) 645-4352, (866) 836-4215, or www.watermelonwebworks.com.

UPCOMING EVENTS

Thursday, January 17 (6:30 pm – 9 pm): Northwest VEG Vancouver Vegetarian Potluck with speaker **Peter Spendelow**, President of Northwest VEG. The January Vancouver potluck will be the first, and we hope to establish a monthly pattern. For details, see separate article in this newsletter, page 1.

Sunday, January 20 (5 pm – 7:30 pm): Join Northwest VEG for our monthly potluck on the Eastside at the newly remodeled Friends Meeting Hall, 4312 SE Stark Street in Portland. 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 alone, figure the amount to serve 4-6; increase the amount 4 servings for each additional person in your party/family. Northwest VEG potlucks are alcohol-free events and we start eating about 5:15 pm. After the meal, **Tammy Russell** will present a talk on basic vegetarian nutrition. Tammy, a registered dietitian, served as the editor of the Northwest VEG Thymes for several years and now writes a column for the newsletter. She presented this talk at a recent Master Vegetarian Program class to rave reviews, so this is a great time to get your nutrition and diet questions answered. 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) 224-7380. A donation of \$2-5 per person is suggested to help cover the cost of the room rental.

Saturday, February 9 (time & location TBA; check www.nwveg.org/Calendar.html or call 503.224.7380): Northwest VEG Monthly Dine-out. Dine-outs usually occur on the 2nd Saturday of the month and require reservations before the event.

Northwest VEG Welcomes New Volunteer and Outreach Coordinator, Wendy Gabbe

NORTHWEST VEG IS PLEASED TO ANNOUNCE THE RECENT hiring of independent consultant **Wendy Gabbe** to coordinate its volunteer and outreach activities.

Wendy, a native Oregonian, played college basketball at University of California, Irvine before returning to Oregon several years ago. She is a member of the Organic Athlete pro-activist team, and stays active competing in duathlons.

"I'm very excited to work with Northwest VEG and see the organization continue to grow and work with the many amazing and dedicated volunteers," Wendy said. A vegetarian since birth, and a vegan the past 20 years, Wendy is the daughter of local vegetarian cooking instructor and author David Gabbe. Welcome to Northwest VEG, Wendy!



Wendy Gabbe

Northwest VEG is always seeking new volunteers; please contact Wendy at: volunteer@nwveg.org

New Vegan Café Offers Dozens of Asian Faux Meat Dishes

By Charley Korn, Editor, the Northwest VEG E-Bits

A SECOND VIETNAMESE VEG RESTAURANT HAS OPENED ON Portland's Eastside. **Nhut Quang** (NQ) offers an extensive menu of around 80 vegan items. The casual, fluorescent ambiance may not lend itself to special occasions or a first date, but the prices are reasonable (most dishes are priced around \$7) and the portions generous. The vibe is clearly a Buddhist one, and it's encouraging to see a Buddhist restaurant emulating the first precept of the Buddha's teachings, which stresses abstinence from harming living beings. Many Buddhists today do not apply the precept to their diet.

Many of the meal choices resemble those available at Van Hanh, a Vietnamese vegetarian restaurant at 8446 SE Division Street. Diners at the vegan NQ can choose from a variety of rice and noodle-based dishes, including simply veggies, tofu or faux versions of chicken, beef, pork, fish, ham and ribs. Several dishes have a variety of the soy-derived mock meats, allowing customers a chance to decide which they prefer, if any. Be sure to try the Steamed Bun appetizer, filled with barbecued tofu and potato. The Curry Vegetable dish with veggies and a choice of mock meat is infused with a yellow curry coconut sauce that warms the soul on a cold winter night — and for only \$6.50!

The NQ may have the largest selection of faux meat and fish dishes in Oregon. For instance, three of the "specialties" include different preparations of fish (ground tofu wrapped in nori seaweed). For some, these faux meats may not be appealing, as they closely resemble the appearance and texture of their fleshy counterparts. It is also disconcerting to see "choice of meat" on nearly every dish under the menu's "Vegetable Dishes" section.

But others may enjoy the astonishing variety of protein-packed concoctions and sauces that include ginger, spice, sweet and sour, tomato, and sweet chili, among others. Depending on who serves you, however, you may encounter challenging communication, unless you speak Vietnamese. A friend recently implored the server to prepare her dish with a mild sauce, yet she received a dish coated with hot chili peppers. Neither she nor her more spice-tolerant companion was able to eat the fiery Pad Thai noodles. If you prefer your dish on the mild side, write down this Vietnamese phrase and show it to your server: *không cay* (translates as 'not spicy').

Nhut Quang, located at 3438 NE 82nd Avenue (just south of Fremont, next to a Shell station), is open Mon-Tues and Thurs-Sat, 10 am – 9 pm, and 11 am – 9 pm on Sundays. It is closed on Wednesdays. Take out orders can be placed in advance: (503) 775-7900.

Vegan PSU Student Group Aims to Be Very Active

VEGANS FOR ANIMAL ADVOCACY IS A NEW GRASSROOTS organization based in Portland. A majority of its members are students at Portland State University, and it will be a registered club at PSU by the Spring 2008 term. The group welcome students and non-students and will be hosting events both on and off campus. Activities will include vegan dinners, vegan potlucks, distributing campus leaflets, and attending both animal rights and environmental demonstrations.

A website (coming soon) will have educational information on becoming vegan, animal rights and environmental issues, cruelty-free product reviews, vegan recipes, and so much more! Vegans for Animal Advocacy hopes to build strong, lasting relationships with nearby groups and form a strong alliance of activists through its Myspace page and website.

If interested please email pdxvaa@gmail.com or check out www.vegansforanimaladvocacy.com.

Pirates Tavern Closes; Nutshell Drops Lunch

After a year in business, **Pirates Tavern** on NW St. Helens Rd. called it quits last month. Keep on rockin', Johnny! **Nutshell**, the no-soy vegan restaurant at 3808 N. Williams, now serves dinner only, from 5 pm. Credit cards are accepted. Check out the awesome pizza!

Northwest VEG Forum Asks for Your Ideas

AS AN ORGANIZATION, NORTHWEST VEG HOSTS NUMEROUS proactive vegan and vegetarian events, including "dine-outs" at local restaurants, monthly potlucks that feature speakers from the community, and VegFest, a yearly event which highlights local vegan chefs, food producers, restaurants and businesses. In addition to these on-going events, we publish the NW VEG Thymes Newsletter, E-Bits and an updated Veg Dining Guide. We table at local fairs and co-sponsor events like Vegan Holiday Festival. We also encourage and support NW VEG Member Discounts at many businesses.

We would like input from our members and friends on new ways in which NW VEG can support vegan/vegetarian businesses in our community. Join the ongoing discussion in the NW VEG forum on our website: www.nwveg.org. Register a name and password to join the community. We appreciate your involvement!

Ideas for a New Year of Better Eating

It's time again to reflect on your life, health and habits. Stumped for a goal? Consider these:

- **Carnivores**, eat a carrot or an apple every day.
- **Omnivores**, eat more vegetarian/vegan meals.
- **Vegetarians**, reduce or remove dairy.
- **Vegans**, eat fewer processed foods.
- **Raw foodists**, eat more organic produce.

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 or renew at the \$35 level or higher and get a free year of VegNews Magazine!

Please check your choice of membership level:

- \$20 for Individual
- \$35 for Family
- \$50 for Steward
- \$100 for Sustainer
- I prefer not to receive VegNews free (\$35 level or higher)

\$_____ Additional Donation

Name: _____

Street: _____

City, State, & Zip: _____

E-mail: _____

May we contact you about volunteer opportunities with Northwest VEG?

• Yes • No • Call me in a few months at _____

Make checks payable to **Northwest VEG** and send to:

Northwest VEG
c/o Linda Sant'Angelo
24305 NE Elkhorn Road
Brush Prairie, WA 98606

Or, Charge my • Visa • Master Card

Card # _____

Expiration date: _____

Signature _____

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

Recipe of the Month: Blueberry Muffins (vegan)

A great way to start your morning!

Ingredients:

- 3/4 cup whole wheat pastry flour
- 3/4 cup unbleached white flour
- 1/2 cup cornmeal (e.g., Bob's Red Mill 10 grain)
- 1 Tbsp. baking powder
- 1/4 tsp. sea salt
- egg replacer (equivalent to 1 egg)
- 1 cup rice or soy milk (I like to use a vanilla flavored milk in this recipe)
- 1/3 cup maple syrup
- 1 cup fresh or frozen blueberries



Preheat oven to 350 F.

Mix all dry ingredients in one bowl. In another bowl, mix all the wet ones. Stir the wet into the dry without over-mixing. Oil a muffin tin and spoon in the batter, filling the cups 2/3 full. Bake for 20 to 25 minutes.

Recipe deliciously tested and found on www.chooseveg.com.



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