

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.

TABLE OF CONTENTS

Become an MVP	1
VEG 101	1
Gardening Group	2
September Dine Out	2
NW VEG Shouts Out	2
Man Behind Farm Sanctuary	3
Member Discounts	4
Business Partners	4
Upcoming Events	5
Impact of Animal Agriculture	6
Boycotting the Boycott	6
Walk for Farm Animals	7
Become a Member!	7

THE NORTHWEST VEG BOARD OF DIRECTORS

President

Peter Spendelow

Vice President

Marsha Rakestraw

Treasurer

Linda Sant'Angelo

Secretary

Barrett McInnis

Membership Coordinator

Jill Schatz

Publicity Coordinator

Emily Pepe

At Large

Robert Cheeke

Cindy Koczy

NW VEG Thymes Editor

Jonathan Fine

jonathanfine@gmail.com

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

Become an MVP with the Master Vegetarian Program

Fun, informative, and thought-provoking!

If you've ever stumbled over how to answer questions about nutrition or what impact a veg lifestyle has on the world, here's an opportunity not to be missed: the Master Vegetarian Program (MVP), to be held this fall from Sept. 23 to Nov. 18. The program includes nine weekly two-hour classes on Tuesday evenings covering all aspects of a vegetarian lifestyle, plus two Saturday part-day field trips. The MVP is sponsored by Northwest VEG, the National College of Natural Medicine, and People's Food Co-op.

This innovative program teaches beginning and experienced vegetarians—as well as the veg-curious—the foundations of a plant-centered lifestyle. The MVP series is designed to bring clarity and certainty to your own understanding of vegetarian issues, and to help you articulate your position to friends and family. Class size is limited and discussion time is built into the schedule, so you'll have time to meet fellow students and interact with instructors. Those who attended our first two MVP programs rated the program very highly, with many saying it was the best series of classes they have ever taken.

The series costs \$50 (\$25 low-income). To complete the program, participants are asked to contribute 16 hours of volunteer work to Northwest VEG or like-minded nonprofits within the next year. Our volunteer coordinator will work with you to make this easy and fun!

For a PDF with more information about the Master Vegetarian Program and details on how to register, go to:

<http://www.nwveg.org/mastervegetarian/fall2008/scheduleclass3.pdf>

VEG 101 Is Here!

"Everything You Always Wanted to Know About Vegetarianism" may be a bit of an overstatement, but the new Veg 101 series of classes offered by Northwest VEG will get you off to a terrific start! For example, have you ever wondered:

What the heck is seitan, and what do I do with it?

How on earth does our diet affect global warming?

What do terms like "cage-free" and "free range" really mean?

Can tofu really be turned into a yummy dessert?

How can I lower my risk of heart disease, cancer, stroke, diabetes, and osteoporosis?

Is tempeh just another form of tofu?

What do I need to know about nutrition?

How do I deal with non-veg friends and family?

You will learn all this and much more in six weekly classes, featuring both a lecture and a cooking class in every session. Taste your way to a healthier lifestyle! Cooking classes will cover grains, legumes, tofu, tempeh, seitan, seasonal veggies, making your own "cheese," and baking without eggs. The lectures are similar to many of the lectures in the Master Vegetarian Program, and there is no volunteer work required for attendees of this series.

Sept. 28, 2008

Lecture: **Introduction.**

Cooking class: **Grains and Legumes.**

Sheila Gilronan, Blue Moose Café.

Oct. 5, 2008

Lecture: **Vegetarian Nutrition.**

Tammy Russell, R.D.

Cooking class: **Tofu and Seitan.** Julie Hasson, www.everydaydish.tv.

Northwest VEG Gardening Group Sends Down Roots

By Jill Schatz, Northwest VEG board member

OUR LOCAL, SUSTAINABLE, AND VEGANIC GARDENING group had a great first meeting on August 10 at board member Cindy Koczy's home. Roughly 14 of us got together and toured Cindy and Martin's new vegetable garden, complete with raised box beds. We pooled our knowledge and experience as we sat around sharing ideas and solving problems together. Then we sampled salads, fruit, and cookies and had a zucchini taste-off (Portofino won). We ended by sharing plant starts and seeds for our fall and winter gardens, and passed out handouts of planting dates for fall/winter veggie and cover crops.

Northwest VEG members and friends are always welcome to join the gardening group—whatever your gardening level of experience. We're hoping to meet again in mid to late September, but we also meet online on the Northwest VEG Forum for discussions along with problem solving and advice.

You can access the forum through www.nwveg.org (look for the link near the upper right hand corner of the homepage under "Making Contact") or link to it here: <http://nwveg.org/PunBB>. The "Food Gardening Group" is down near the bottom of the Index. Whether you just want to lurk or sign up and participate, you are welcome. If you check "subscribe" to any of the Food Gardening discussion topics, you'll be notified when there are new messages to see. If you have any difficulty signing on, please let me know. We will be announcing meetings on the forum, but you can also send me your email, and I'll send out meeting notices. Contact me at Jill@nwveg.org.

Fall Planting: September isn't too late to transplant starts of kale and collards, found at some garden centers around our area. You should get some late fall harvests from them, and they'll continue slow growth throughout the winter, picking up again by early spring. You should also find starts of sweet onions and scallions, and perhaps overwintering varieties of cabbage, cauliflower, and broccoli. Lettuce starts may be iffy if our premature, cool, and wet start to fall continues. Come October, plant cloves of garlic and shallots for harvest in midsummer, as well as seeds of fava beans for late spring harvest. ■

September Dine Out: Grandma Leeth's

Ready to try a new restaurant in Southwest Portland? It's called Grandma Leeth's—"World Comfort Food" at its best. Check out the fun and interesting website: www.grandmaleeths.com. Lots of vegan dishes, and an extensive kid's menu, too! So let's make a good showing on Saturday, September 13, at 1:30 pm. It's located at 10122 SW Park Way in Portland. We couldn't get a dinner spot, but lunch is great as well. Call Cat at 503-778-0223 or email monroycathy@hotmail.com. We can have up to 25 people for lunch, so RSVP by Thursday, September 11. If you have a good idea of what you'd like to order, that would help the restaurant. Just let Cat know, and she'll convey your order. We look forward to seeing the regulars and new faces, too!

Northwest VEG Shouts Out

Community Events fill the outreach calendar for Northwest VEG this September. If you're looking for fun, entertainment, or earth-friendly living, check out the following events.



First up is the third annual **Muddy Boot Festival** (www.muddyboot.org) on September 6 & 7 at St. Philip Neri Church in Southeast Portland. Highlights include music, food, exhibitors, and workshops, including a talk by Northwest VEG President Peter Spindel on Sunday at 4:30 p.m.

His presentation *Ecological Footprints, Global Warming, and Food Choices* is a thought-provoking environmental argument for living a plant-based lifestyle.

The following Saturday, September 13, finds us exhibiting at two events. We'll be at beautiful Peninsula Park in North Portland with the ReDirect Guide's **Green Sprouts Organic Baby & Family Fest**



(www.greensproutsfest.com) from 10 a.m. to 5 p.m. Festival highlights include more than 70 exhibitors offering green products and services related to pregnancy, childbirth, babies, or young families. There will be live music and entertainment with an emphasis on family fun and recreation.



Also on September 13, we'll be north of the border (in Washington, that is) at the fifth annual **Vancouver Peace and Justice Fair** (www.vancouverpeaceandjusticefair.org), held at Esther Shore Park from 9 a.m. to 5 p.m. This event showcases the hard work and creative spirit of individuals, social justice groups, peace organizations, faith communities, performers, artists, businesses, and environmental activists who are making the world a better place—including Northwest VEG, of course!

We end the month at the Hollywood Farmers' Market (NE Hancock between 44th & 45th Ave.). You'll find local late-summer produce at its peak, and Northwest VEG will be there to promote compassion, health, and sustainability in our food choices. We hope to see you at some of these community events. If you are interested in volunteering, please contact Wendy Gabbe at volunteer@nwveg.org for more information. ■

We end the month at the Hollywood Farmers' Market (NE Hancock between 44th & 45th Ave.). You'll find local late-summer produce at its peak, and Northwest VEG will be there to promote compassion, health, and sustainability in our food choices. We hope to see you at some of these community events. If you are interested in volunteering, please contact Wendy Gabbe at volunteer@nwveg.org for more information. ■

"I ask people why they have deer heads on their walls. They always say because it's such a beautiful animal. Well, I think my mother is attractive, but I just keep photographs of her."

—Ellen DeGeneres

The Man Behind Farm Sanctuary

Interview by Cat Monroy

In March, Gene Baur, president and cofounder of the farm animal advocacy group Farm Sanctuary, sat down at Blossoming Lotus to discuss his book, *Farm Sanctuary*, which he is presenting on a nationwide tour.

Baur began saving farm animals by promoting the cause at Grateful Dead concerts while selling veggie dogs from the back of a van. Now, with two farms on either coast totaling close to 500 acres, he and many other supporters have



Gene Baur, and friend

created safe havens for thousands of animals who would have otherwise been neglected, slaughtered, or cruelly mistreated. Now these creatures live in paradise, taken care of by people who see them as conscious beings deserving of love, respect, and care. The organization works to change state and federal laws and, most importantly, to change minds and lifestyles.

Baur doesn't proselytize; instead, he politely urges people to look at facts and question why they do what they do. His mission is to promote not only compassion for all living beings, but also the lifestyle that creates healthier bodies and decreases the strain on our environment. He speaks with grace, self-assuredness, and commitment. This is part one of a two-part series.

Northwest VEG: Your book, *Farm Sanctuary*, covers a wide range of issues, including recent efforts to change laws concerning the treatment of animals. How's the book being received?

Gene: It's gotten some great reviews. The *Los Angeles Times* called it a "habit-changing book." It also covers what is happening with the environment and our health, and it challenges our assumptions. For example, our cheap and healthy food system is actually not very healthy and it's not very cheap. We have other costs associated with eating badly.

NW VEG: Why do you think that people are so dissociated from what they eat?

Gene: I think people are creatures of habit. Many people have developed habits over time that are comfortable, and change can sometimes be uncomfortable or scary. People do what is familiar, even though it may be hard for them. And it's important for people to know there are other alternatives out there that are not that difficult.

NW VEG: Have you noticed any omnivores on the book tour?

Gene: Oh, yes. Many animal-rights people have attended, but many others have come out because maybe they heard about the book on a local radio station. People are becoming increasingly concerned about what they're eating and how food is produced. So yeah, omnivores and herbivores!

NW VEG: So have you visited some typically non-

veg cities?

Gene: Well, on this trip I went to Madison, Wisconsin, and spoke to 1,400 dairy farmers. I told them they might consider soymilk as a future business to consider.

NW VEG: What did they say?

Gene: Well, they listened respectfully. I also asked them to question the assumption that cow's milk was good for preventing osteoporosis, given that we drink a lot of cow's milk in this country and we also get a lot of osteoporosis. I think that was hard for them to hear, but I told them that they could check it out empirically. I said the facts indicate that cow's milk doesn't prevent osteoporosis, and they should be careful about saying that. So I challenged some of their assumptions.

NW VEG: Do you think they thought, "You might be right, but it's not going to make me a profit"?

Gene: When we're dealing with industry, the bottom line is making profit. They have to be convinced that there are other more profitable endeavors they could engage in. Dean Foods, one of the largest dairy companies in the United States, owns Silk—an indication that money can be made in food production that does not involve exploiting animals. There are enormous opportunities for farmers to produce healthy, vegan food. It's a growing market. People are concerned about their health, concerned about the treatment of animals, and concerned about the environment.

NW VEG: Do you think the effects of factory farming—the pollution, the waste, the erosion of land, and so on—are being discussed enough?

Gene: They haven't been discussed enough, but that's changing. We work with environmental groups that are including more and more information about animal welfare and the environmental hazards of factory farming. The concern about global warming should create opportunities for us to draw attention to what people are eating and the contributions that their food choices make toward harming or helping the planet. According to "Livestock's Long Shadow," a United Nations report that came out last year, livestock production has created a greater role in creating greenhouse gasses than the entire transportation industry. It's a little bit upsetting that Al Gore hasn't taken on this issue yet.

NW VEG: Do you think the environmental issue is on people's minds more so than what happens to animals in factory farming?

Gene: I think they're both on people's minds. People are primarily emotional creatures. I think these horrible images of animals affect people profoundly, and sometimes they'll turn it off and put up a wall and not want to look. And in terms of environmental destruction, that is also an emotional issue. People get upset that we are destroying this planet by the way we're living. But it's also a rational issue. If we look at the consequences of our lifestyle and the harm that's been caused, we can predict to some degree the outcome. I think we need to appeal to both reason and emotions. Both resonate with people. ■

The second part of this interview with Gene Baur will appear in the next issue. Consider supporting the work and mission of Farm Sanctuary by becoming a member or participating in the Walk for Farm Animals 2008.

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.

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 x1570. Food cart serving home-style 100% organic dishes, vegan soup daily. 10% discount.

Dreamers Café, SW 5th Ave. near Oak and Stark, Portland. Food cart serving falafel, wraps, "not" chicken parmesan sandwich and "not" buffalo wings. Lunch 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. www.integratedmedicinegroup.com

Kalga Kafé, 4147 SE Division, Portland, 503-236-4770. Organic international cuisine, including Thai and Indian; vegan pizza. Vegetarian! 10% discount.

Mirador Community Store, 2106 SE Division, 503-253-6558. Open daily, offering kitchen supplies, gifts, books. www.miradorcommunitystore.com. 5% discount.

Natural Awakenings Magazine, 1-866-488-5490. Portland@naturalawakeningsmag.com, www.naportland.com. Local magazine provides insights and information to improve the quality of life physically, mentally, emotionally, and spiritually. 20% discount on advertising.

New Moon Vegan Massage Therapy with Jen Fichter, LMT, using vegan oils and other vegan-friendly products and equipment. 10% discount for Northwest VEG members. Contact: newmoonmassage@yahoo.com or 503-752-8340.

Paradox Palace Café, 3439 SE Belmont St, Portland, 503-232-7508. Almost entirely 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. Vegetarian! 10% discount on food and drink.

Vege Thai, 3274 SE Hawthorne, Portland, 503-234-2171. The only vegetarian Thai restaurant in Portland. 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.

Businesses that meet our criteria have the opportunity to support Northwest VEG and receive publicity through our newsletter and website. If you would like to know more about the partner program, please contact info@nwveg.org or call 503-297-8435. You may also visit www.nwveg.org/Membership.html.

Please support our business partners!

Common Circle Sustainability Expeditions Tune up your bike, pack your bags, and join fellow riders from all over the world for an incredible sustainability excursion. Live with the land and camp under the stars. Change your world, one mile at a time. www.commoncircle.com

Food Fight! Vegan Grocery, 1217 SE Stark St, Portland, offers "junk food," jerkies, chocolates, sodas, snacks, fake meats and cheeses, etc. There are also plenty of staple goods, organic produce, bulk foods, books, magazines, stickers. Call 503-233-3910 or visit www.foodfightgrocery.com. Hours: 10 a.m.–8 p.m. 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. 15% discount on supplements, most of which are vegan.

Natural Awakenings Magazine, 1-866-488-5490, Portland@naturalawakeningsmag.com. Local magazine provides insights and information to improve the quality of life physically, mentally, emotionally, and spiritually. 20% discount on advertising. Visit www.naportland.com.

New Moon Vegan Massage Therapy with Jen Fichter, LMT, using vegan oils and other vegan-friendly products and equipment. 10% discount for NW VEG members. Contact newmoonmassage@yahoo.com or 503-752-8340.

ReDirect Guide: The Portland/Vancouver Region's Healthy and Sustainable Lifestyle Guide and Business Directory. ReDirect your everyday purchases to the businesses found in the FREE ReDirect Guide distributed at many locations throughout the metro area, and you'll know that you're helping to build sustainable and healthy communities, locally and worldwide. www.redirectguide.com/pdx

Vegetarian House offers a wide selection of unique and fresh Chinese style food. Exclusively vegetarian. Vegetarian House offers a fresh lunch buffet (weekdays, 11 a.m.–2:30 p.m.) and a regular menu with a great variety of flavorful healthy food every day (11 a.m.–9 p.m.). 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, call 971-645-4352 or 1-866-836-4215, or visit www.watermelonwebworks.com.



UPCOMING EVENTS

Saturday, September 6: Tour d'Organics Bike Ride.

OrganicAthlete Portland invites you to join them for the Tour D' Organics Portland. This year the ride will explore Vancouver and Clark County, Washington. There are three ride options: 35-, 65-, and 100-mile routes. For more info and to register, visit www.tourdorganics.com/content/view/68/112 or call Jim Stuck at 503-775-3160.

Sunday, September 7 (1–7 pm) Food Fight! Vegan Grocery Anniversary Party.

It's time for Food Fight's fifth anniversary party—and the third for Scapegoat, a vegan tattoo parlor. Yep, Food Fight—a Northwest VEG business partner and the only vegan grocery in Oregon—is half a decade old. These dudes know how to party, so don't miss out on the fun! Among other edibles, check out the kickoff of Taqueria Los Gorditos' new vegan taco truck! More info to be posted at www.foodfightgrocery.com.

Saturday, September 13 (1:30–3 pm): Veg Dineout.

It's time to visit grandma's place—Grandma Leeth's, that is! The eclectic menu includes Indian cuisine and veggies in an edible squash bowl with barley, rice, or pasta. Learn more about this vegan- and kid-friendly restaurant at www.grandmaleeths.com. Contact Cat at monroy-cathy@hotmail.com by Thursday, Sept. 11, to RSVP. You can also call 503-778-0223. Peace and hugs!

Sunday, September 21 (5–7:30 pm): Northwest VEG Portland Eastside Potluck.

Join Northwest VEG for our monthly Portland potluck event. The potluck will be at the Friends Meeting Hall, 4312 SE Stark Street. 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 generously; increase the amount 4 servings for each additional person in your party/family. Northwest VEG potlucks are alcohol-free events, and we start eating at about 5:15. 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.

September 21 (about 6:30 pm): Immediately following the potluck, Bob Schaibly, a Northwest VEG member and Unitarian minister, will present an overview of a plant-based diet. This will be an excellent opportunity to learn more about the environmental, ethical, and health considerations related to diet.

Tuesday evenings, September 23–Nov. 18: Master Vegetarian Program (see article in this newsletter for details).

Wednesday, September 24 (6–7:30 pm): The Northwest VEG Book Club will meet at Border's café downtown (708 SW 3rd Ave, between Yamhill and Morrison). We will discuss *Striking at the Roots: A Practical Guide to Animal Activism*, by Mark Hawthorne. The book "brings together the most effective tactics for speaking out for animals and gives voice to activists from around the globe, who explain why their models of activism have been successful—and how you can get involved. Concise and full of practical examples and resources, this guide dispels the myths surrounding animal activism and will empower you to make the most of your

skills. From simple leafleting to taking direct action, each chapter clearly explains where to begin, what to expect, and how to ensure your message is heard." Read more at www.strikingattheroots.com. For more information about book club, contact bmcinnisnwveg@gmail.com.

Weekly beginning, September 28 through November 9 (except for October 19): Veg 101 Lecture and Cooking Series (see article in this newsletter for details).

Friday, October 17, to Sunday, October 19: Animal Law Conference. "One Earth: Globalism & Animal Law" is the theme for this year's conference, which will "explore animal law from diverse international perspectives. In addition to panels on animals in legal systems abroad, we will host speakers (Gene Baur, Farm Sanctuary; Peter A. Brandt, HSUS, & many others) on specific issues of global interest, including religion, oceans and the military. Panels will also cover domestic legislation, criminal law . . . and more!" Location: Lewis & Clark Law School, Portland. Learn more and register at www.lclark.edu/org/saldf/conference.html.

Sunday, October 19 (5–7:30 pm): Northwest VEG Portland Westside Potluck. Join Northwest VEG for our monthly Portland potluck event. The potluck will be at the West Hills Unitarian Universalist Fellowship, 8470 SW Oleson Road, 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 generously; increase the amount 4 servings for each additional person in your party/family. Northwest VEG potlucks are alcohol-free events, and we start eating at about 5:15. 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.

October 19 (about 6:30 pm): Immediately following the potluck, Chelsea Lincoln, a Northwest VEG member and vegan baker from Bob's Red Mill, will present an overview of vegan baking. Learn how to make luscious desserts without eggs or dairy. Samples will be served!

Saturday, October 25 (10 am–1 pm): Portland Walk for Farm Animals. Join our 2008 Walk for Farm Animals and help raise funds and awareness about Farm Sanctuary's vital rescue, education, and advocacy efforts for farm animals in need. A \$15 pre-registration fee entitles you to a Walk T-shirt. Reserve your shirt by pre-registering no later than 3 weeks prior to the event. Registration on the day of the walk is \$20. To register or make a pledge of support, contact Cat at portland-oregon@walkforfarmanimals.org or 503-778-0223. Learn more about this nationwide event at www.walkforfarmanimals.org.

January 18: Coronary Health Improvement Project. Overweight? Diabetes? High blood pressure? Angina? Cholesterol? Depression? Cancer? Coronary Health Improvement Project (CHIP) can help. Classes start January 18 and meet four times a week for four weeks. For more information, contact Karen at (360) 326-8996 or karencoppes@comcast.net.

Recognizing the Environmental Impact of Animal Agriculture

Portland's draft climate protection plan may raise eyebrows

By Peter Spendelow, President, Northwest VEG

Times are changing. For many years, mainstream environmental groups have recognized the damage that animal agriculture can cause to the environment, but their actions have been mainly to lobby for changes in animal management practices, rather than to go after the source of the problem. Thus, groups such as Oregon Environmental Council would work to limit overgrazing on public lands, or to restrict access of cattle to streams so they would not pollute our rivers. Increasingly, though, these groups are beginning to consider the root of the problem itself: the raising and consumption of animals as food. What has changed is that these groups have now come to realize the huge amount of greenhouse gasses generated by the livestock industry.

The data supporting this view have been building. First, a 2006 report by the Food and Agriculture Organization of the United Nations found that the livestock industry is responsible for 18 percent of the human-generated greenhouse gasses produced in the world each year. This is a larger share than the entire transportation sector. Next, a report by University of Chicago researchers showed that moving to a vegan diet could reduce greenhouse gasses more than changing from an average car to a highly fuel-efficient car. Finally, a report published this past April found that eating a vegan diet just one day a week has a greater impact in reducing greenhouse gasses than does changing your entire diet to eating local.

With evidence this strong, the mainstream environmental groups are finding that they cannot ignore animal agriculture and still have workable climate protection plans. So they have begun to pay attention. "[The True Cost of Food](#)," a new campaign from the Sierra Club, warns that "worldwide, we chop down an acre of rainforest every minute, and lose millions of grassland acres a year, to feed and graze cattle." One of their solutions is to "eat more fruit, vegetables, and grains and less meat and dairy." Locally, the Oregon Environmental Council now recommends that people "eat low on the food chain" because "vegetarian food takes much less energy to produce."

The City of Portland and Multnomah County are now preparing the "2008 Climate Protection Plan," which includes bold proposals concerning food. The 2050 Vision in the plan for food and agriculture is that residents will "consume primarily whole foods, eat more vegetables and fruit, and reduce meat and dairy in their meals," and that "meat consumption is reduced to two servings per week." Among the goals listed in the plan is the goal to "reduce the consumption of carbon-intensive food like meat and dairy by engaging the community in an education campaign."

This plan is still in draft, and has not yet been adopted by any official body in Portland or Multnomah County. It is very encouraging, though, to see that people are looking carefully at the real scientific information on this is-

sue and proposing solutions that might not have been mentioned a few years ago. We still have a long way to go on fostering public awareness and participation on climate-change and vegetarian issues, but this is a good first step. ■



Why I'm Boycotting the Boycott

An editorial by David Langton, Northwest VEG Member and Volunteer

I once managed a vegetarian restaurant that was boycotted for hiring only vegetarian employees. What made sense to us didn't make sense to everyone in the community. We didn't change our stance, but for about a year, our business was affected by the boycott. That was my introduction to the power of boycotts. Nowadays, I participate in mini-boycotts all the time: the stores I shop in, the items I buy, the movies I go to, the politicians I support, and even the people I socialize with all come under my scrutiny. Being discerning is part of human nature. So when I heard about the vegan boycott of the restaurant Nutshell, I was a bit confused and angered that any vegan would boycott such a jewel in Portland's vegan dining scene. (*Nutshell recently added dairy and eggs to a few of its menu items in an effort to appeal to a more diverse clientele, so it is no longer a vegan restaurant. However, most of these items can still be made vegan upon request.*)

I went online to investigate the source of the boycott and was amazed at the vitriol some vegans were hurling at Nutshell and its owner. What was the problem? Foie gras. Obviously, Nutshell does not serve foie gras, but the owner is a co-owner of the restaurant TEN 01, which does serve foie gras. Thus, Nutshell is guilty by association. (Never mind the other various dead-and-previously-suffering animals that are served at TEN 01.)

Now I don't mean to trivialize the issue. Foie gras entails one of the most despicable and cruel animal food production processes I've seen. Boycotting a restaurant that serves it has merit. But Nutshell does not serve it. Furthermore, do these angry vegans know what the owners of all the other businesses they patronize do on the side? And what about the other vegan-friendly restaurants that also serve meat? Why the selective scrutiny? Who holds the book of ethical purity, and who should be punished for violating it? The folks serving foie gras? The people buying it? How about the manufacturers making it?

Purity taken to the extreme only alienates communities and creates communication barriers. Personally, I'd rather put my energy into celebrating and nurturing common ground and goals, and work toward educating

(Continued on page 7).

BOYCOTT, continued from page 6

those that are falling off the deep end. Nutshell is a great, extremely creative restaurant. Sure, I've endured long waits and sloppy service—it's not perfect—but I've also experienced several delicious and beautiful meals. I believe it is worthy of my support. And if the owner eventually makes me so enraged and disillusioned, perhaps my first course of action should be to look at my own hypocrisy, work at eradicating it, and then gently let Nutshell's owner know that I am disappointed—but still supportive of his vegan endeavor. Isn't this the approach that best serves humanity? Do any of us like to be told what to do? Or do we respond better to positive encouragement?

The world is too interconnected these days to live in a purist bubble. While it's important to make wise choices regarding what we consume and what businesses we patronize, it's also important to celebrate a success when we see one. If Nutshell succeeds, it paves the way for new vegan and vegetarian restaurants to open. And who knows? Maybe TEN 01 (and other meat-serving restaurants) will be inspired and follow the veggie wave of success. Boycotts do have their place in making a statement. I'm glad that we have the freedom to make such statements. But let's be clear about which enterprises deserve a boycott—and which ones merely need a bit of vegan love. ■

David's views do not necessarily represent those of Northwest VEG. David can be reached at vegi-man@gmail.com.

Walk for Farm Animals 2008

It's time to send our good thoughts, blessings, and donations to our furry friends at Farm Sanctuary! Our walk is scheduled a little later than last year, but no worries—we'll have a great time. We'll meet for registration at Blossoming Lotus, 925 NW Davis Street in Portland, at 10 a.m. on Saturday, October 25. The walk will begin at 11 a.m. You'll meet some veg friends you haven't seen for awhile, meet some new friends, eat some snacks, laugh a bit, and set out for a walk to let others know that a veg lifestyle is the way to go. Please check out Farm Sanctuary's Web site, www.walkforfarmanimals.org, and follow the links to register. The registration fee is \$15 this year and includes a T-shirt. If you would like to find donors, you can register at www.firstgiving.com/farmsanctuary to set up a pledge page.

Visit Farm Sanctuary's Web site to learn more about its mission to rescue and rehabilitate abandoned or abused farm animals, as well as the scope of education it provides to those who are unaware of our country's food production process. Since forming in 1986, Farm Sanctuary has been the primary advocate for our country's farm animals. It has campaigned tirelessly to prevent cruelty and to promote legal and policy reforms that encourage respect and compassion for farm animals.

Please join many of us who will walk the streets of downtown Portland and "be their voice"! Please contact Cat at monroycathy@hotmail.com or 503-778-0223 if you have any questions.

Please check out part one of an interview with Gene Baur, president and cofounder of Farm Sanctuary, in this issue, page 3.

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.

MVP, continued from page 1

You can also contact Susan Hanson at susan@nwveg.org or 503-521-1941.

Subjects covered in the MVP series include:

- Why Go Veg (Daniella Dennenberg, Master of Humane Education) and Healthy Eating and Cooking Practices (Chef Al Chase and Donna Benjamin)
- Vegetarian Nutrition (Tammy Russell, R.D.)
- Diet and Chronic Disease Prevention (Ole Ersson, M.D.)
- A Naturopath's View of Vegetarian Living (Sussanna Czeranko, N.D.) and "The Cancer Project" cooking demonstration
- Environmental Consequences of Food Production (Peter Spendelow, Ph.D.) and Organic Agriculture (Andrew Black, Oregon Tilth)
- Animal Consciousness (Peter Spendelow, Ph.D.) and Animal Rights and Animal Welfare (speaker to be determined)
- Understanding the Lives of Farmed Animals (Marsha Rakestraw, Certified Humane Educator)
- Vegetarian Lifestyle Issues: GMO Foods, Fair Trade, Farm Bill Update (Don Merrick); Vegan Nutrition for the Athlete (Robert Cheeke, Vegan Bodybuilding and Fitness); Living and Traveling as a Vegetarian (Donna Benjamin)
- Communication and Promoting a Plant-Based Diet (Marsha Rakestraw, Certified Humane Educator)



533 NW Miller Rd.
Portland, OR 97229

Phone: 503.224.7380

E-mail: info@nwveg.org

Web: www.nwveg.org

VEG 101, continued from page 1**Oct. 12, 2008**

Lecture: **The Lives of Farmed Animals.** Marsha Rakestraw, Certified Humane Educator

Cooking class: **Non-dairy Cheeses.** David Gabbe.

*[Note: **There is no class on October 19.** Instead, everyone is invited to the Northwest VEG monthly potluck.]*

Oct. 26, 2008

Lecture: **Chronic Disease Prevention.** Ole Ersson, M.D.
Cooking class: **Tempeh.** Wendy Gabbe.

Nov. 2, 2008

Lecture: **Diet Effects on Environment and Global Warming.** Peter Spendelow, Ph.D.

Cooking class: **Baking Without Eggs.** Lisa Higgins, SweetPea Bakery.

Nov. 9, 2008

Lectures: **Living as a Vegetarian.** Donna Benjamin;
GMOs and Food Policy. Don Merrick.

Cooking class: **Seasonal Veggies and Fruits.** Chef Al Chase.

Classes will be from 6:30 pm to 8:45 pm each evening at the Seventh Day Adventist Church 14645 SW Davis Road in Beaverton, at the corner of SW Murray one block south of Allen. The cost for the entire series, including the food, is only \$50 (or \$25 for low income). Class size will be limited to 30. To register, please call Susan at 503-521-1941, or email her at susan@nwveg.org (with "Veg 101" in the subject line).