

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 Jonathan to discuss your ideas.

Big changes due for Veg Fest

There are two big changes this year for Northwest VEG's Portland VegFest: our date and our venue! Join us for our debut at the Oregon Convention Center on September 19, 2009. VegFest is moving to a larger venue, which means you will find even more great food, informative classes, cooking demonstrations, live entertainment, and enthusiastic participants—and then some!

We are delighted to announce that John McDougall will deliver our keynote address. Dr. McDougall is the founder of the McDougall Program, a 10-day residential wellness program in Santa

Rosa, California. He is also the best-selling author of *The McDougall Plan: 12 Days to Dynamic Health*, *The McDougall Program for Maximum Weight Loss*, and *The McDougall Program for a Healthy Heart*. For more information, visit www.drmcDougall.com.

VegFest continues to celebrate and promote sustainable, compassionate, and healthy food choices and lifestyles. Save the date and watch for updates between now and September. If you are interested in learning more about VegFest or you'd like to volunteer or participate, contact vegfest@nwveg.org.

Vegan Valentine's Day bake-off contest

Plans are under way for the 1st annual Vegan Valentines Bake-off Contest. So put your oven mitts on and enter to win this NW VEG bake-off challenge! Or, if cooking isn't your forte, come join in the fun, sample amazing vegan desserts, and vote on your favorite treat. The contest is open to everyone and will be held on Sunday, February 15 at 6:30pm, immediately following the 5:00pm regularly scheduled potluck.

The potluck and bake-off challenge will be held at the Beaverton Seventh Day Adventist Church, 14645 SW Davis Rd., Beaver-

ton—the same spot as our sold-out Compassionate Thanksgiving event this past November. Chef judges and participant samplers (that's you!) will vote for four winners in the following categories: most original, best tasting, healthy treat, and the grand prize winning finger lickin' fan favorite.

There are no entry fees, contestants will compete for prizes, and the grand prize winner will be featured in our March newsletter! For more information, contest rules, or to enter the bake-off challenge, please contact Wendy Gabbe Day at volunteer@nwveg.org or 503-224-7380.



Beginner veg class starts again in March

A unique combination of lectures and cooking classes each week, the VEG 101 series of classes that debuted in the fall received an enthusiastic thumbs-up from its attendees upon completion in November. Designed primarily for beginners, even longtime vegetarians and vegans can benefit from this series. The cooking classes include cooking with grains, legumes, tofu, tempeh, seitan, and



more, and samples are served. The lectures focus on nutrition, health, animal agriculture, impact on the environment, and other topics. The series will start again in March, with dates and location to be determined. To put yourself on the waiting list, without obligation, please call our registrar, Susan, at 503-521-1941 or email her at susan@nwveg.org (with VEG 101 in the subject line).

Transform yourself, change the world

A review of Zoe Weil's *Most Good, Least Harm*

Marsha Rakestraw

NW VEG Vice President

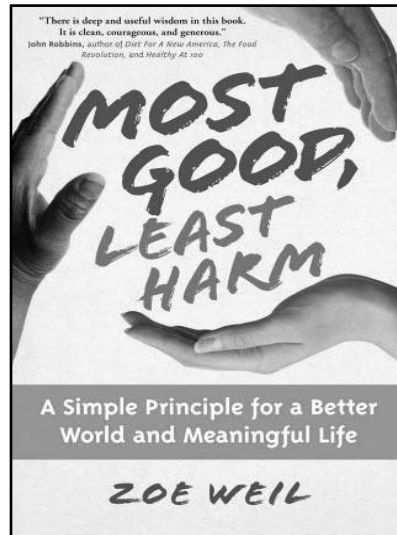
It's a new year, which brings the chance for new hope, new goals, and positive change. With all the cruelty, injustice, destruction, violence, oppression, and exploitation in the world, it can be challenging to feel hopeful and powerful enough to help create true positive change. But according to Zoe Weil in her new book, *Most Good, Least Harm: A Simple Principle for a Better World and Meaningful Life*, we all have the power to support and nurture a world of compassion, sustainability, kindness, justice, and peace through our daily choices and through helping transform systems.

In *Most Good, Least Harm*, Weil introduces the MOGO Principle (MOGO stands for "most good") as a new "Golden Rule," which focuses on our doing the most good and least harm for all: ourselves, other people, animals, and the planet. According to Weil: "When we do the most good and the least harm through our daily choices, our acts of citizenship, our communities, our work, our volunteerism, and our interactions, we create inner and outer peace."

Weil's book is divided into three sections. The first, "Looking Inward," leads us through making choices via her Seven Keys to MOGO:

- Live Your Epitaph
- Pursue Joy Through Service
- Make Connections and Self-Reflect
- Model Your Message and Work for Change
- Find and Create Community
- Take Responsibility
- Strive for Balance

Weil outlines the keys and gives examples of each in action. The second section, "Choosing Outward," offers an exploration and analysis of the impact of our daily choices, such as the



products we buy, the food we eat, and the work we do. Weil also emphasizes the importance of involving ourselves in systemic change and community building. The last section, "Getting Started," offers a "MOGO Questionnaire and Action Plan," as well as "10 Principles for a MOGO Life," suggested resources, and a few statistics.

Weil's book doesn't try to tell us what to think or believe, nor does it offer a pre-

Weil doesn't pretend that major change is easy or simple, or that there is one right answer. She emphasizes that change on both a personal and systemic level is essential to creating a humane world.

scription of 50 simple things we have to do to save the world. She doesn't pretend that major change is easy or simple, or that there is one right answer (or even that she has all the answers). She emphasizes that change on both a personal and systemic level is essential to creating a humane world. She reminds us that no one is perfect, and that pursuing a MOGO life to the best of our ability will bring inner peace to us and a more humane world to everyone. Additionally, unlike many "green" or "sustainability" books, Weil does not exclude animals as individuals from the MOGO circle of concern, nor does she set up false either/or dichotomies. She emphasizes the importance of our relationships with all beings and insists that we look for both/and solutions that benefit everyone.

Weil's book is filled with questions for us to ask ourselves, encouraging us to really pay attention to the impact of our choices and to analyze how well our lives reflect the message we want it to express. *Most Good, Least Harm* is also filled with stories of people trying to live MOGO lives, which I found hopeful and inspiring. (Full disclosure: One of the stories is mine.)

As a graduate of the Institute for Humane Education and now an employee, I have had several years to learn about and practice living a MOGO life. It's been an empowering, inspiring, heartening, and joyful experience. *Most Good, Least Harm* will give you the tools and inspiration to discover greater inner peace, as well as to help create a peaceful, compassionate, sustainable world for all.

Zoe will be speaking in Portland at Powell's Bookstore (3723 SE Hawthorne Blvd.) on Wednesday, February 4, at 7:30 p.m. She's also leading a MOGO (Most Good) Workshop in Portland on Saturday, February 7, from 8:30 a.m. to 5 p.m. Find out more about the MOGO Workshop at <http://humaneeducation.org/events/view/12>.

Volunteer Spotlight: Susan Bliss

Interview by
Wendy Gabbe Day

NW VEG Volunteer Coordinator

Susan Bliss did a wonderful job on the planning committee of Northwest VEG's fifth annual Compassionate Thanksgiving Potluck. The event was a huge success (with almost 200 participants!), and thanks to Susan's inspiration, the decorations she created lit up the room. Thanks for all that you do, Susan!

How long have you been veg, and why?

Inspired by Frances Moore Lappe's Diet for a Small Planet, I went vegetarian for about two years in the late seventies, then lost my focus. Later, I became friends with a coworker who was a lifelong vegetarian. With her as an example, I tried again in 1987. Though I remained a vegetarian—happily consuming buttery baked goods, ice cream, and cow's milk—I learned about animal cruelty and factory farming and started thinking about how my own eating habits supported such institutions.

Through my work, I met a couple of women who already were vegans, and with their recommendation, I read *Food Revolution*, by John Robbins. That book was life changing, and I've kept a vegan diet since the day in 2002 when I finished reading it. The book showed me that aversion to animal cruelty is only one of the reasons to be vegan, though for me, it will always be the primary reason.

What's on your dinner plate?

Fortunately, I love to cook, and I rely on recipes and cookbooks to guide me. I'm especially happy that there are so many excellent vegan cookbooks and blogs these days that I can pretty much fix anything that sounds good. My dear husband enjoys my cooking, and at home, he follows



Susan Bliss

a vegan path and even cooks some great vegan dishes for us. So what's on my dinner plate tonight? I'm a last-minute type and haven't planned dinner yet.

How has being veg affected your life?

I've always been interested in food, and being vegan hasn't made me any less so. But now I have to be more careful—a label reader and a questioner. The biggest impact is my feeling that I am acting in a way that is consistent with my beliefs.

What has been your most memorable Northwest VEG volunteer experience?

The Food Revolution, by John Robbins. . . was life changing, and I've kept a vegan diet since the day in 2002 when I finished reading it.

I had been waiting to find the perfect use for the vintage seed packets I bought from an old seed company in Baltimore a number of years ago. The packets were sitting in my art supply drawer and it occurred to me that they could be used in centerpieces for the Northwest VEG Compassionate Thanksgiving this year, since I was on the planning committee. Putting the decorations together became a family affair, with my husband taking photos, a good friend helping me come up with slogans to write along the mats that the decorations sat on, and her husband curling the ribbon. Making the centerpieces turned out to be most rewarding because I was able to offer something I had collected and saved to help enhance the festive mood of the Thanksgiving celebration.

Besides my efforts for Northwest VEG, I also volunteer in the retail gallery of the Portland Museum of Contemporary Craft—assisting customers and helping the staff with office work. I find these pursuits invigorating for the people I meet, as much as for the work I do.

What is something about you people should know?

I spent most of my career at the Smithsonian Institution, where I was editor of the staff newspaper and other publications and later became the head of public affairs for the Smithsonian's two museums of Asian art, the Freer Gallery of Art and Arthur M. Sackler Gallery. My husband, Jerry Witt, and I married in 1991, and after we both retired, we decided to move west to Portland. We were attracted by what we knew of the city's progressive values,

its setting in the midst of accessible natural beauty, and the fact that on our visits to Portland, we just enjoyed being here—so why not? We drove across country with our two beloved cats, Starbuck, now 15, and Tomo, 8. They were excellent travelers, much to our relief. So far, Portland has more than met our expectations.



Barrett McInnis

NW VEG Secretary

Portland has a new watchdog to keep tabs on sustainable businesses: you. GreenPosting.org provides a space where community members can share their experiences with—and keep an eye on—companies and organizations that identify themselves as sustainable. GreenPosting also offers weekly articles about local green businesses, events around town, and green-living tips. Founded in January 2008 by Jonathan Davis, GreenPosting aims to “unite and empower a community of individuals and businesses that practice and believe in sustainable living.”

“People need to continue their education on going green,” says Davis, “but I also think there are a lot of people that have the knowledge and can express it, but don’t necessarily have a means to do so. I am hoping for GreenPosting to grow in that regard. It’s community based. The idea is for the people to have a say in what is going on sustainably in Portland.”

GreenPosting went live in October 2008 and already boasts 260 registered businesses. Businesses and organizations interested in appearing on the site must prepare a Sustainable Qualification Summary outlining what makes them

sustainable and sign The Earth Oath—a kind of honor code. Then it’s your turn: registered users use the Greenwash Scrub feature to review and rate posted businesses.

Davis acknowledges that not every business mentioned on the site is completely sustainable, but just as there’s no such thing as a perfect vegan, perfection is not the goal. GreenPosting gives voice (and page space) to organizations with green-leaning attributes and leaves it up to the public to decide who is living up to their sustainability claims.

Vegans and vegetarians are well aware of the fact that they contribute less to global warming than our omnivore friends. According to the Worldwatch Institute, producing one pound of beef on a feedlot

requires seven pounds of grain—grain that requires roughly 7,000 pounds of water to grow. Moreover, livestock in the U.S. now creates 130 times as much waste as humans do, and one hog farm in Utah produces more sewage than all of Los Angeles. With global population on the rise, our diet becomes less sustainable as consumption of animal products rises. While Davis has not adopted a vegetarian or vegan diet yet, he has become more aware of the cruelty involved in eating animals. “I was eating a burger recently and started thinking about the online video I watched that showed the cruelty you see at chicken farms,” he says. “I need to adopt more of a healthy eating lifestyle.”

Looking down the road, Davis thinks about building the site one step at a time. “You start with one thing, and from that it builds on itself naturally. For me it was purchasing renewable energy, then it moved to giving up plastic grocery bags, then unplugging, then riding the bike. You start to think about how to reuse products in your life and become more of an educator to those around you.” Log on to www.GreenPosting.org and share your thoughts and experiences. Help those already interested in living a more sustainable lifestyle learn how changing their diet can have the most significant impact of all.

Livestock in the U.S. now creates 130 times as much waste as humans do, and one hog farm in Utah produces more sewage than all of Los Angeles.

First Oregon City potluck a success

Thirty-one people attended Northwest VEG's first Oregon City Potluck on January 10.

We all got to eat great food, and afterwards heard a great talk by Donna Benjamin, vegan lifestyle coach and educator, discussing the impact we all make on our health, the environment, and animals, just from what we decide to put on our plate.

For this and our potlucks in other locations, we come together to share a vegan potluck meal; the Oregon City event is free to attend. We ask that you bring a vegan main dish, salad, or dessert and a card listing its ingredients.

The Oregon City potlucks will be held every other month, on odd months, at the Atkinson Memorial Church, 710 6th Street, in Oregon City. The next potluck will be in March. Northwest VEG also offers monthly

potlucks with speakers in Portland (3rd Sunday each month at 5pm) and Vancouver (last Thursday each month at 5:30). For location and presentation subjects, visit www.nwveg.org/Calendar.html.

If you come by yourself, figure the amount to serve 4–6 generously; increase the amount by 4 servings for each additional person in your party.



Upcoming events

Thursday, January 29, 6:30–9 pm: Northwest VEG Vancouver Potluck. Join Northwest VEG for our monthly Vancouver potluck. The potluck will be at the Clark Public Utilities Service Center, 1200 Fort Vancouver Way, Vancouver, WA 98663. Exit at the East Mill Plain Blvd Exit (1C), head east 0.1 miles, and it is just south on Fort Vancouver Way.

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.

After the potluck, we will be showing the new documentary "Processed People," a 40-minute in-depth look at what is causing our current health crisis. Experts interviewed on film include many of the great speakers we have had or will have at Veg-Fest, including Dr. John McDougall, John Robbins, and Dr. Caldwell Esselstyn Jr., as well as Joel Fuhrman, Dr. Milton Mills, and others

Northwest VEG potlucks are alcohol-free events. 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.

Friday, January 30, about 5:30p – 7:30p: Northwest VEG Happy Hour! Cheers! Northwest VEG is organizing a monthly happy hour for anyone interested in coming together to relax, imbibe, and dish. It's all rather informal and will happen on the last Friday of each month. In January we'll check out Hopworks Urban Brewery (www.hopworksbeer.com),

"Portland's first Eco-Brewpub to offer all organic handcrafted beers, fresh local ingredients, and a sustainable building with a relaxed and casual atmosphere." And all the beer is vegan! No need to RSVP, although if you're interested, drop a line to bmcinnisnwveg@gmail.com or visit us on Facebook (Northwest VEG Happy Hour) so we have an idea of what to expect. Hopworks Urban Brewery: 2944 SE Powell Blvd. Portland, (503) 232-HOPS.

Tuesday, February 3, 7 pm: Author Erin Williams speaks about her book *Why Animals Matter*. Smith Memorial Student Union Building, Room 101, corner of SW Broadway and Harrison, Portland State University. See article on page 7.

Wednesday, February 4, 7:30 pm: Zoe Weil presents her new book, *Most Good, Least Harm*. See article on page 2 for more information.

Tuesday, February 10, 6:30 pm – 8:00 pm: The Northwest VEG Book Club will meet at Borders café downtown (708 SW 3rd Ave, between Yamhill and Morrison) to discuss Marion Nestle's, *Food Politics: How the Food Industry Influences Nutrition and Health*. Nestle has an advanced degree in public health nutrition from the University of California, Berkeley. She has served as a senior nutrition policy advisor in the Department of Health and Human Services and managing editor of the 1988 Surgeon General's Report on Nutrition and Health. She has also been a member of the FDA Food Advisory Committee and Science Board, the USDA/Department of Health and Human Services 1995 Dietary Guidelines Advisory Committee, and American Cancer Society committees. The title really captures the central theme of the book, check it out at

www.foodpolitics.com. This very well may spill over into our March 17 meeting. For more information about book club, contact bmcinnisnwveg@gmail.com.

Sunday, February 15, 5 - 7:30 pm: Northwest VEG Portland Westside Potluck. Join Northwest VEG for our monthly potluck event. The potluck will be at the Beaverton Seventh Day Adventist Church, 14645 SW Davis Rd., Beaverton. 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.

February 15, about 6:30 pm: Northwest VEG presents the first annual "Vegan Valentines Bake-off Contest"! Immediately following the potluck, chef judges and attendees will sample dessert creations and vote for their favorites. Four winners will be awarded prizes in the following categories: most original, best tasting, healthy treat, and the grand prize winning finger lickin' fan favorite. If you'd like to enter the bake-off challenge, please contact volunteer@nwveg.org or call (503) 224-7380.

For more up-to-date information on Northwest VEG events, visit the calendar listings at <http://www.nwveg.org/Calendar.html>.

Member discounts and 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 Korns: ck1world@gmail.com or (503) 288-1503.

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. 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.

Mirador Community Store, 2106 SE Division, 503.231.5175. Open daily, offering kitchen supplies, gifts, books – www.miradorcommunitystore.com. 5% discount.

Natural Awakenings Magazine, (866) 488-5490, Portland@naturalawakening.com, www.naportland.com. Local magazine provides insights and information to im-

prove 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 NW 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.

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@naturalawakenin.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.

Master Vegetarian program offered again this spring; registration open

The highly-rated Master Vegetarian Program is set to begin its fourth series this spring. The program will be held on Tuesday evenings from March 24 through May 19. Patterned after the highly successful Master Gardener and Master Recycler programs, the Master Vegetarian Program will cover all aspects of a plant-based diet, including health and nutrition, environmental effects of food, treatment of farmed animals, and social and philosophical issues. Contact Susan Hanson at 503-521-1941 or email her at susan@nwveg.org for more information or to register. The schedule and registration details are at nwveg.org/mvp/mvp4.htm

Author to speak on 'Why animals matter'

Erin Williams, co-author of *Why Animals Matter*, will be giving a special presentation co-sponsored by Northwest VEG, Vegans for Animal Advocacy, and the Let Live Foundation. The talk will be February 3, 7 pm, at the Smith Memorial Student Union Building, Room 101, at the corner of SW Broadway and Harrison at Portland State University.



Erin Williams

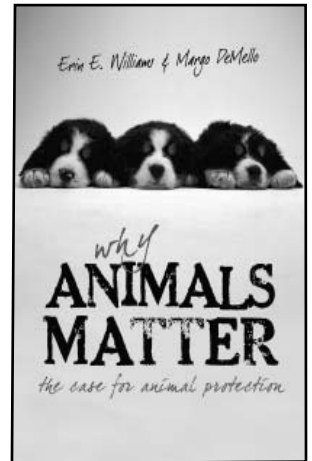
Erin will talk on the importance of making humane, sustainable food choices and also will tell us about some of the exciting recent advancements for farmed animals in the United States.

... a tough but fair-minded revelation of how mass production of animals for food and other purposes results in cruelty that usually remains hidden from sight.

Erin's interest in animals was sparked by her experience growing up on a dairy farm in rural Illinois. She has been a wildlife rehabilitator, shelter director, campaign

director, and founder of an environmental non-profit focusing on factory farming. She now is the Communications Director for the factory farming program of the Humane Society of the United States.

Publishers Weekly calls *Why Animals Matter* "a tough but fair-minded revelation of how mass production of animals for food and other purposes results in cruelty that usually remains hidden from sight." And VegNews praises the book as "a compelling resource that is certain to widen our circle of compassion." Come join us for a great presentation.



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 and receive a free VegNews subscription, too. 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

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 May we contact you about volunteer opportunities with Northwest VEG
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c/o Linda Sant'Angelo
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Brush Prairie, WA 98606

Or, Charge my Visa Master Card
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Northwest VEG is a 501(c)(3) tax-exempt organization.



Recipe of the month: creamy tomato soup

Jill Schatz

NW VEG Membership coordinator

It's the middle of an arctic blast as I write this, so soup seems to be a timely and warming subject for this month's recipe. A hint of flavored heat can also be added to many soups with a minced serrano or jalapeno pepper.

Rather than buy out of season, think about freezing a quantity of whole peppers during the summer (no need to blanch) and store in a zip lock bag. When ready to use, let them half-thaw and you'll find it easy to remove the seeds and then mince.

Soups can be super simple, or you can keep adding ingredients to them (à la Stone Soup), based on what veggies you have in the fridge, and/or herbs and spices you think might be tasty. The following initially was a simple tomato soup, with onions, basil, oregano and salt for flavoring.

It has undergone a complete transformation, but is still quick and easy to make if you have some leftover cooked winter squash on hand. If not, sweet potatoes would be good too. With all the additional seasonings, I no longer add salt, but feel free to add that ingredient back in if you think it needs it!

Creamy Tomato Soup

1 medium onion, diced
 2-3 stalks celery, diced (use leaves too)
 3 cloves garlic, crushed or minced
 1 minced jalapeno (opt.)
 1 tbsp olive oil
 3/4 tsp oregano
 1 1/2 tsp basil
 1 - 28 oz. can crushed tomatoes with basil
 3 c broth or water
 1 tsp. "Better Than Bouillon" (if using water)
 2 c plain soymilk
 1 c mashed, cooked squash or sweet potato
 1/2 tsp smoked paprika (opt.)

- Saute veggies in olive oil in a good sized soup pot until the onions are translucent and the celery is softening. Add herbs and cook another minute.
- Add tomatoes and broth; bring to a simmer, and continue cooking gently for 15 minutes.
- Blend soymilk, squash, and paprika in a blender and add to the pot. (If you have an immersion blender, you can blend straight in the soup pot.)
- Heat through for another 5 minutes and serve.



533 NW Miller Rd.
 Portland, OR 97229
 Phone: 503.224.7380
 E-mail: info@nwveg.org
 Web: www.nwveg.org