



Vegetarian News

“For Health and Humanity”

Fall Issue 2009

WORLD VEG FESTIVAL – Saturday & Sunday, October 3rd & 4th from 10 a.m. – 6 p.m.

Presented by The San Francisco Vegetarian Society & In Defense of Animals

County Fair Building, Golden Gate Park, San Francisco \$6 suggested donation. Children, Students, Seniors FREE. Everyone free to 10:30 a.m. both days.

Everyone is welcome to attend the 10th Annual Award Winning Veg Festival. Over the years, the event has won national acclaim from The North American Vegetarian Society and Veg News Magazine for the best veg event in the country! This is a wonderful opportunity for vegetarians/vegans to get together and celebrate. It is also a great opportunity to bring non-vegetarian friends and family to enjoy a non-threatening entertaining yet educational experience. The Gallery and Courtyard will be filled with exhibitors and food vendors with delicious vegan cooked or raw food for sampling and for sale. There will be a great opportunity to meet an array of outstanding speakers, demo presenters, and entertainers. Please check our Veg Calendar insert, web site www.sfvs.org, or our telephone hot line 415-273-5481 for dates, times, and more information.

Speakers include: Emcee Bob Linden of Go Vegan Radio, Cherie Soria *Raw Food Revolution Diet*, Dr. Michael Greger (MD), Colleen Patrick-Goudreau *The Vegan Table*, Milton Mills (MD), Kathy Freston *Quantum Wellness*, Dr. William Harris (MD) *The Scientific Basis of Vegetarianism*, Vaidya Priyanka Ayurvedic Vegan Living, John Robbins *Healthy at 100*, Dr. Elliot Katz (DVM) of IDA, Rory Freedman *Skinny Bitch*, Howard Lyman *The Mad Cowboy*, Nikhil Arora & Alex Velez, Hope Bohanec, Linda Riebel *Eating to Save the Earth*, Carolyn “Healthy Voyager” Scott, Art Konrad, Happy Oasis Uncivilized Ecstacies, Azalea Blalock GreenSoul Movement, Victor Tsou of L.O.V.E. and Dan Brook. **Demo Presenters include:** Cheri Soria, Jesse Miner, Lisa Jarvis, Jill Veggie

Queen, Robin Silberman, Elizabeth Bechtold, Patricia Allen Koot, Shanta Nimbark Sachaaroff, Chat Ming Kwan, Meredith McCarty, Abeba Wright, Antonio Magana.

Entertainers include: Rob Schaaf on Sax, Akhilesh Sista on Veena, Wayne Huey of Red Panda Acrobats, Funny Frank Juggler, Sky Chari on flute, Raging Grannies, FatChanceBelly Dancers, Moalak Atkins leading Soul Chi Martial Arts. Yoga on the lawn will be presented by Dee Benefield. An added feature this year will be Veg*n Speed Dating with moderator Kristen Miles. Please note that there may be unavoidable last minute changes.

Tickets for a gala **organic vegan dinner** at 6:45 p.m. on Saturday, catered again this year by Seth Pasternack of Convergence Foods, will be on sale during the day for \$20. In addition to the cooked dinner, there will also be a **special raw dinner** catered by Cherie Soria of Living Light Culinary Arts Institute for \$25.

We thank our Co-Presenter Dr. Elliot Katz, Director of In Defense of Animals, and our Principal Sponsors: Varnashram Inc., and VegNews Magazine as well as our Associate Sponsors: Living Light Culinary Institute and Rainbow Cooperative Store.

Many thanks to our all volunteer committee and their many hours of work: President Dixie Mahy, Treasurer Joseph Cadiz, Vice President Nancy Loewen, and Board Members: Sharon Leong, Robert Martin, Kristen Miles, Joyce Thornton and volunteers: Helen Leroy-Adler, Janet Tom, Tom Flynn, and Winnie.

SUMMARY OF EVENTS

- Oct 3 & 4 WORLD VEG FESTIVAL, SF
- Oct 7, 14, 21, 28 Vegan Dinners at Red Victorian, SF
- Oct 10 Potluck with DVD at IOA, SF
- Oct 13 Italian Cooking Class, Larkspur
- Oct 17 The Joy of Vegan Baking, Oakland
- Oct 24 Walk for Animals, SF
- Oct 31 Go Vegan Halloween Costume Party, SF
- Nov 1 Post Halloween Potluck, Alameda
- Nov 4, 11, 18 Vegan Dinners at Red Victorian, SF
- Nov 13, 14, 15 Green Festival, SF
- Nov 14 Tri-Valley Potluck, San Ramon
- Nov 14 Harvest Feast Cooking Class, Oakland
- Nov 21 Pre-Thanksgiving Potluck, Alameda

See the enclosed Veg Calendar for a events in SF and the Bay Area. The Calendar is posted on our web site, www.sfvs.org, or call (415) 273-5481 for information.

INSIDE THIS ISSUE > > >

- World Veg Festival..... p. 1
- ADA – Vegan Diets Are Healthful.....p. 2
- Veggies Boost Your Brain Power.....p. 2
- Swine Flu Vaccines Not Vegetarian.....p. 3
- Swine Flu & Factory Pig Farms..... p. 3
- Mandatory Vaccinations..... p. 4
- Swine Flu Prevention Suggestions..... p. 5
- Vaccines & Gulf War Syndrome..... p. 5
- Great Vegan Recipes.....p. 6

San Francisco Vegetarian Society
For Health and Humanity

Newsletter Staff

Production Editor: Linda Fleming

Project Coordinators

Advertising Coordinator: Joseph Cadiz,
jcadiz2002@yahoo.com

Dining Out Coordinator: David Goggin,
dg2222@msn.com, 415-567-6773

Discount Coordinator: Carmen Lee,
carmen_cebs@yahoo.com

Events: Dixie Mahy, 415-885-2251

Listserv, Member Services: Tracy Ewing
tracyinfo@aol.com

Mail Coordinator: Joseph Cadiz,
jcadiz2002@yahoo.com

SF Outreach: 415-750-0614,

nloewen@ioaging.org

Publicity: OPEN

Volunteer Coordinator: Nancy Loewen,
415-750-0614, nloewen@ioaging.org

Webmaster: Tony Martin

tony@veggiedude.com

SFVS Board

President: Dixie Mahy

Vice President: Nancy Loewen

Treasurer: Joseph Cadiz

Secretary: Melinda Hamm

Board Members: Sharon Leong, Robert Martin,
Tony Martin, Vasu Murti, Kristen Miles, Joyce
Thornton, Neil Yoskowitz.

Vegetarian News is published by the San Francisco Vegetarian Society (SFVS), a nonprofit, non-sectarian group dedicated to educating the public about the benefits of a vegetarian diet, for health and humanity. SFVS was founded in October 1968 and is one of the oldest vegetarian organizations in North America.

Members are encouraged to submit articles, announcements, reviews, recipes, etc. to the editor. Deadline for submissions for next newsletter is November 1st, 2009. Please contact Dixie Mahy at 415-885-2251 or dixiemahy@gmail.com.

ADA – Vegan Diets Are Healthful

From Dilip Barman, President, Triangle Vegetarian Society

July issue of the Journal of the American Dietetic Association

Two quotes:

“It is the position of the American Dietetic Association that appropriately planned vegetarian diets, including total vegetarian or vegan diets, are healthful, nutritionally adequate and may provide health benefits in the prevention and treatment of certain diseases. Well-planned vegetarian diets are appropriate for individuals during all stages of the life-cycle including pregnancy, lactation, infancy, childhood and adolescence and for athletes.”

“Vegetarian diets are often associated with health advantages including lower blood cholesterol levels, lower risk of heart disease, lower blood pressure levels and lower risk of hypertension and type 2 diabetes, according to ADA’s position. ‘Vegetarians tend to have a lower body mass index and lower overall cancer rates. Vegetarian diets tend to be lower in saturated fat and cholesterol and have higher levels of dietary fiber, magnesium and potassium, vitamins C and E, folate, carotenoids, flavonoids and other phytochemicals. These nutritional differences may explain some of the health advantages of those following a varied, balanced vegetarian diet.’”

Ref: www.medicalnewstoday.com/articles156224.php

Veggies Boost Brain Power

From Carmen Lee

From American Dietetic Association

Have you had your veggies today? If you are over age 65, you may want to get some greens to keep your brain healthy.

According to a new study by the Chicago Health and Aging Project, older adults who consume at least three servings of vegetables a day – especially green, leafy vegetables like lettuce and spinach – maintain their mental abilities 40 percent longer than those who eat less than one serving per day.

The study of more than 3,700 men and women tracked mental function at three years and again at six years.

This study is not the first to link mental function with vegetable intake. The Nurses Health Study also found that women who consumed more green, leafy vegetables had a slower mental decline than women who consumed the least. These studies add to the many reasons to eat your veggies.

Produced by ADA’s Public Relations Team

July 13, 2009

<http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/home22090ENUHTML.htm>

SWINE FLU VACCINES (H1N1 FLU VACCINES)

From Dixie Mahy, President SFVS

If you are debating whether to be vaccinated for the Swine Flu consider the following articles as you make your decision. Parents should look into all of the vaccinations required in mass-vaccinations as reported by Jeff and Sabrina at VegSource:

<http://vegsource.com/cgi-bin/dada/mail.cgi/r/news/162104664372>.

Parents should also look into side effects and deaths of teenage girls who are being vaccinated against cancer of the cervix.

ADVERTISE WITH US and reach more veg’ns! Is there a restaurant or store we should know about? Have them contact us.

Ads start at just \$35 per issue. Discounts available for multiple issue commitment. Please contact Advertising Coordinator Joseph Cadiz, jcadiz2002@yahoo.com.

Swine Flu Vaccines Not Vegetarian

From Patricia Tricker from UK Vegan Society

Diseased African Monkeys Used to Make Swine Flu Vaccines; Private Military Contractor Holds Key Patents “They’re good for you!” say the doctors and drug companies, but they never really talk about what’s in those vaccines. There’s a good reason for that: If people knew what was really in those vaccines, they would never allow themselves to be injected with them.

Aside from the dangerous ingredients many people already know about (like squalene or thimerosal), one of the key ingredients used in flu vaccines (including the vaccines being prepared for the swine flu pandemic) is the diseased flesh of African Green Monkeys. This is revealed in U.S. patent No. 5911998 - Method of producing a virus vaccine from an African green monkey kidney cell line. (<http://www.patentstorm.us/patents/5...>)

As this patent readily explains, ingredients used in the vaccine are derived from the kidneys of African Green Monkeys who are first infected with the virus, then allowed to fester the disease, and then are killed so that their diseased organs can be used make vaccine ingredients. This is done in a cruel, inhumane “flesh factory” environment where the monkeys are subjected to a process that includes “incubating said inoculated cell line to permit proliferation of said virus.” Then: “harvesting the virus resulting from step (c); and... (ii) preparing a vaccine from the harvested virus.”

Aside from the outrageous cruelty taking place with all this (“incubating” the virus in the kidneys of living monkeys, for example), there’s another disturbing fact that has surfaced in all this: The patent for this process is held not just by the National Institutes of Health, but by another private corporation known as DynCorp.

This, of course, brings up the obvious question: Who is DynCorp? And why do they hold a patent on live attenuated vaccine production using African Green Monkeys? What you probably didn’t want to know about DynCorp; DynCorp, it turns out, is one of the top private military contractors working for the U.S. government. In addition to allegedly trafficking in under-age sex slaves in Bosnia (<http://www.corpwatch.org/article.ph...>) and poisoning rural farmers in Ecuador with its aerial spraying of Colombian coca crops (<http://www.corpwatch.org/article.ph...>), DynCorp just happens to be paid big dollars by the U.S. government to patrol the U.S. / Mexico border, near where the H1N1 first swine flu virus was originally detected.

DynCorp also happens to be in a position to receive tremendous financial rewards from its patents covering attenuated live viral vaccine harvesting methods, as de-

scribed in four key patents jointly held by DynCorp and the National Institutes of Health:
(6025182) Method for producing a virus from an African green monkey kidney cell line
(6117667) Method for producing an adapted virus population from an African green monkey kidney cell line (<http://www.patentstorm.us/patents/6...>)
(5911998) Method of producing a virus vaccine from an African green monkey kidney cell line
(5646033) African green monkey kidney cell lines useful for maintaining viruses and for preparation of viral vaccines
http://www.naturalnews.com/026779_swine_flu_patents_vaccines.html

Swine Flu & Factory Pig Farms

From Nancy Loewen, Vice President SFVS

No-one yet knows whether swine flu will become a global pandemic, but it is becoming clear where it came from – a giant pig factory farm run by an American multinational corporation in Veracruz, Mexico. (1) These factory farms are disgusting and dangerous, and they’re rapidly multiplying. Thousands of pigs are brutally crammed into dirty warehouses and sprayed with a cocktail of drugs — posing a health risk to more than just our food — they and their manure lagoons create the perfect conditions to breed dangerous new viruses like swine flu.

The World Health Organization (WHO) and the Food and Agriculture Organisation (FAO) must investigate and develop regulations for these farms to protect global health.

Big agribusiness will try to obstruct and scuttle any attempts at reform, so we need a massive outcry that health authorities can’t ignore. As the threat shows signs of subsiding, the question becomes where it came from and how we stop another outbreak.

Smithfield Corporation, the largest pig producer in the world whose farm is being fingered as the source of the H1N1 outbreak, denies any connection between their pigs and the flu and big agribusiness worldwide pays huge sums of money for research to argue that biosafety is ensured in industrial hog production. But the WHO has been saying for years that ‘a new pandemic is inevitable’ (2) and experts from the European Commission and the FAO have cautioned that the rapid move from small holdings to industrial pig production is in fact increasing the risk of development and transmission of disease epidemics. The US Centers for Disease Control and Prevention warn that scientists still do not know the extent that infectious compounds produced in factory farms affect human health.(3)

Studies abound of the horrific conditions endured by pigs in concentrated large-scale operations, and the devastating economic impact on small farmer communities of bloated

large-scale operations.(4) Smithfield itself has already been fined \$12.6m and is currently under another federal investigation in the US for toxic environmental damage from pig excrement lakes.(5) But even with all of this damaging evidence, a combination of increased global meat consumption and a powerful industry motivated by profit at the cost of human health, means that instead of being shut down - these sickening factory farm operations are propagating around the world and we are subsidising them (6). In the wake of this swine flu threat, let's hold industrial pig producers to account. Sign the petition for investigation and regulation:

http://www.avaaz.org/en/swine_flu_pandemic

Contact AVAAZ for more information on their references (1) to (6): info@avaaz.org

If we resolve this global health crisis boldly by reassessing our food consumption and production, and urgently calling for an inquiry into the impact of factory farms on human health, we could put in place tough farm practice rules that will save the global population from future animal borne lethal pandemics.

ABOUT AVAAZ Avaaz.org is an independent, not-for-profit global campaigning organization that works to ensure that the views and values of the world's people inform global decision-makers. (Avaaz means "voice" in many languages.) Avaaz receives no money from governments or corporations, and is staffed by a global team based in Ottawa, London, Rio de Janeiro, New York, Buenos Aires, and Geneva. To contact Avaaz, write to info@avaaz.org or call at +1-888-922-8229 (US) If you have technical problems, please go to <http://www.avaaz.org>

A Hard Look at Mandatory Vaccinations DOZENS OF EXPERTS AND WORLD LEADERS REBUKE FEDERAL FLU VACCINATIONS AND QUARANTINE CAMPS CITING RISKS AND UNPROVEN BENEFITS

From Dr. Gabriel Cousens, Tree of Life Rejuvenation Center

tolcommunity@yahoo.com

This newsletter delivers urgent notice that dozens of health experts, religious leaders, and world leading scientists are condemning governments worldwide for going along with pharmaceutical industry-influenced plans to inject people with poorly-tested toxic vaccines this flu season based on fears of pandemic swine flu.

1. The flu vaccines are questionably effective, dangerous, insufficiently tested, and potentially lethal.

- Substantive research shows all flu vaccinations have little to no effect on preventing or minimizing the flu. The Swine Flu squalene adjuvant live virus vaccination is neither adequately or sufficiently tested, nor proven effective or safe; it is uninsurable, can stimulate the onset of a variety

of debilitating auto-immune diseases, and is a serious assault on the immune system. Analysis from the British Medical Journal article titled, influenza Vaccination: Policy Versus Evidence, presents evidence that inactivated vaccines have little effect on preventing the flu.

- Side effects from vaccine fillers and adjuvants—especially squalene—include a significant percentage of deaths. Squalene, condemned by congressional investigators in 2004, is indicated as the primary cause of tens of thousands of deaths, and hundreds of thousands of chronic cases of Gulf War-related illnesses. (More on Gulf-War Syndrome later. DM)

- Besides squalene, other vaccine ingredients may include: animal tissues including pig tissue, viral and bacterial proteins, foreign DNA and RNA, formaldehyde, live genetically-engineered viruses and viruses containing pig DNA, and mercury that has been scientifically linked to skyrocketing rates of autism in children.

*Live viruses have a history of lethal danger, disease, and are contagious. Secondary spread of live viruses from those vaccinated with a live virus lasting up to three weeks is a well-known fact.

- Significant evidence, including genetic sequencing analysis, proves the circulating "swine flu" sourced from man-made outbreaks, is from collaborating government and vaccine-industry laboratories.

2. Mandatory vaccinations and quarantines violate human rights and US Constitutional mandates including religious freedoms and compensation required when anyone's property, including natural body immunity, is taken.

- Those who refuse the live virus swine flu vaccination may be jailed or held indefinitely in private-industry administered internment camps established by states and directed by FEMA because it has been classified as a Level 6 Pandemic, potentially allowing international law to override the U.S. Constitution to justify American martial law and detention for vaccine refusers. Although this threat is real, it is unconstitutional according to Larry Becraft, Constitutional Attorney.

- Government officials have increased demand for flu vaccines and public compliance with vaccination policies using fear and propaganda consistent with military psychological operations. Attempts by the U.S. government to increase demand for flu vaccinations through fear are explicitly revealed in a classified, private CDC (Center for Disease Control) sponsor conference for vaccine manufacturer executives entitled "7-step Recipes to Increase Demand for Flu Vaccination." The U.S. Government classifies the avian flu as a biological weapon, and administers "biodefense" as a "national security" operation.

BEST SWINE FLU PREVENTION – HEALTHY IMMUNE SYSTEM

From Dr. Gabriel Cousens, Tree of Life Rejuvenation Center

*The best way to be protected from any flu including the H1N1 live virus swine flu is to have a healthy immune system by living a natural, earth-connected way of being, which includes: organic, plan-source only foods, supplements including nano-silver, vitamin C, A, and D, medicinal immune-building mushrooms and herbs, and specific aromatherapy oils. Physicians of the State of Arizona Board of Homeopathic and Integrated Medicine Society have found that usually one to three Vitamin C IV's of 50,000 milligrams will give 100% relief from this or any flu in the instance one actually gets the flu. Other effective treatments include nano-silvers and Oxygen Treatment Therapy (OTT). This is a safe, less expensive, simple, and more effective treatment as compared to Tamiflu (Tamiflu, although supposedly designed for the antiviral effect, is a psychotropic drug that has significant brain and nervous system side effects, which are toxic and debilitating). These healthy approaches have been historically proven to be either safe or effective except for building the economic pockets of the vaccine companies. In other words, there are strong international and national vested interests on many levels backing these inadequately tested, dangerous and ineffective vaccines. These vested interest groups are not exactly concerned about your health. Contact Dr. Gabriel Cousens for more information on "flu prevention" supplements 866-394-2520 X 202/218.

Religious, Philosophical, & Medical Exemptions

According to several constitutional legal authorities, the Federal Government and WHO cannot legally mandate vaccines for small town America at the state level, they can only recommend it. The US Constitution provides for each state to decide whether or not to allow religious, philosophical, and medical exemptions, or to allow self-quarantine at a location of personal choice. There is no basis in statutory for official public compliance for forced vaccinations and quarantines, even during declared epidemics or pandemics and this includes Presidential Executive Orders. In other words no one has any constitutional authority at the Federal or State level to enforce mandatory vaccinations. However, waiting until legal suits are filed afterwards is not an option because irreversible damage may be done by then to our global family. The State officials are more vulnerable to official malfeasance. In other words, lawsuits on one level also have the immediate power to veto Federal mandates of forced vaccinations. At the state level we have protection from Federal mandates...and in practical reality we have more personal access to state politicians to get them to vote against any Federal mandates, as they are more directly accountable to the public. For further information, please see:

<http://www.blogger.com/www.PandemicFluOnline.com>.

Recommended reading: Vaccine Safety Manual by Neil Miller for additional scientific information on the subject as

well as Cochrane collaboration/influenza studies, which show virtually no benefit to the flu vaccines. Also check Oct. 6 BMJ, Dec 2006 New England Journal of Medicine, and Feb. 2005 Archives of Internal Medicine. <http://thinktwice.com/>

Freedom of Choice

You have a constitutional right to the freedom of choice of whether or not to be vaccinated. However, it is your responsibility to become actively involved to insure that right. Act Now: Write your local and state representatives, urging them to support your right to religious, philosophical, and medical exemptions from mandatory flu vaccines as well as your right to self-quarantine in a location of your choice. Share this Information with everyone you know, as we have the power to win this battle.

Vaccines & Gulf War Syndrome

From Dr. Gabriel Cousens, Tree of Life Rejuvenation Center

The swine flu virus vaccine has 2.3 times more mutability, and added adjuvant toxicity than a natural virus because it includes squalene. Squalene has significant autoimmune inflammatory effects, and general severe autoimmune effects, which are a significant potential threat to the health of the individual. According to congressional hearings in 2004, squalene was considered the main cause of 300,000 GIs with Gulf War Syndrome, who are now applying for complete disability. Aside from the horrendous, misery and ill health created by the Gulf War Syndrome, based on our understanding of the 1918 flu pandemic (which some significant scientific work has suggested was precipitated by the water-oil adjuvant that was part of the typhus vaccine and unknowingly given to the soldiers to protect against typhus), it appears that the water-oil adjuvant in combination with the Spanish Flu was the main precipitator of the millions of deaths that occurred. Research at that time, which was limited because they didn't even know about viruses, suggests that the high percentage of deaths in soldiers (healthy young men) was connected to the adjuvant, which gave them a hyper-immune, auto-immune response and cytokine storm (strong inflammatory reaction) 3 to 6 months after receiving the vaccine. This explains why so many of them died from hemorrhagic pneumonia, activated by the viral flu. The use of squalene as an adjuvant in the vaccine, which causes severe health symptoms on its own, could actually mirror the whole 1918 scenario. The interaction of the flu and the hyperimmune auto-immune imbalance response to the squalene (a water-oil adjuvant) could theoretically pre-dispose people who receive the vaccine with this live virus in it to mimic the actual pandemic called the Spanish Flu of 1918. Please understand that this deadly synergy of squalene and the live virus in a vaccine is theoretical and there is no proof that this is the potential case, except the research on the actual cause of the 1918 Spanish Flu. However, this just adds to the potential risk of a squalene-based live virus swine flu vaccination.

Free Swine Flu DVD

From Dr. Michael Greger

The World Health Organization (WHO) maintains that billions of people may become infected with swine flu. In light of the current situation, I released my latest presentation “Flu Factories: Tracing the Origins of the Swine Flu Pandemic” on DVD. Subscribers to my newsletter may get a free DVD by mailing a self-addressed stamped 6 inch wide envelope with \$1.39 postage to: Michael Greger M.D., Director of Public Health and Animal Agriculture, Humane Society International, 2100 L St. N.W., Washington, DC 20037. To subscribe to his newsletter: drgregersnewsletter@lists.riseup.net.

GREAT VEGAN RECIPES

From Colleen Patrick-Goudreau, *Compassionate Cooks*
Author of *VegNews* Award Winning *The Joy of Vegan Baking & The Vegan Table* and speaker at WORLD VEG FESTIVAL Saturday, October 3, 1:30 p.m.

Polenta Hearts (or Squares)

Though the polenta can be made into any shape you want, including simple squares, add a little romance by using a heart-shaped cookie cutter.

Ingredients

4 cups water
1 1/2 cups coarse cornmeal or polenta
1/4 cup nondairy milk (soy, rice, almond, hazelnut, hemp, oat)
1 teaspoon salt (may need more, but add gradually)
2 to 3 tablespoons nutritional yeast flakes
1/2 cup sundried tomatoes, finely chopped
2 tablespoons fresh basil, minced
2 tablespoons fresh parsley, minced
1 tablespoon olive oil

Heat water to boiling in a 4-quart saucepan. When the water has boiled, add the cornmeal, and stir frequently over low-medium heat, being careful that it does not boil over. Slowly add the nondairy milk, salt, and nutritional yeast, and stir until the liquid is absorbed and the polenta thickens, about 5-10 minutes. Add the sundried tomatoes, basil, and parsley, stir for one more minute, and remove from heat. Taste, and add additional salt, if necessary.

At this point, the polenta will be thick (and getting thicker). Once you remove it from the heat, you can certainly serve it immediately, but to form it into shapes, you will want to let it set up for an hour.

To let it set, pour it into a 9x12 glass or nonstick pan, and spread evenly with a rubber spatula. Chill in the refrigerator for about 1 hour or longer. When ready to serve, punch out heart shapes (or cut into squares) with the cookie cutter and set aside.

Heat the olive oil in a nonstick skillet on medium heat. Sear the polenta hearts until golden on both sides and heated throughout.

Yield: 2 to 4 servings

Serving Suggestions and Variations

*Instead of pan-frying the polenta, as long as they are nice and firm, they can also be grilled. Brush the squares first with olive oil, and grill until seared on both sides and heated throughout.

*Serve with Roasted Red Pepper Coulis. Just before serving, heat the sauce in a saucepan, spoon 2/3 cup of roasted red bell pepper sauce into a shallow bowl, and top with two pieces of polenta. Serve immediately.

Muhammara (Roasted Red Pepper and Walnut Spread)

This may very well be my favorite spread. Though I've modified it somewhat over the years, this recipe first came to me by way of my friend Laurie Judd Young, and I've been impressing people with it ever since.

Ingredients

2 to 3 whole roasted red bell peppers (fresh or from a jar)
2/3 cup bread crumbs (see below to make your own)
1 cup walnuts, raw or toasted
4 large whole garlic cloves, peeled
1/2 teaspoon salt
1 tablespoon fresh lemon juice
2 teaspoons agave nectar
1 teaspoon ground cumin
1/4 teaspoon red pepper flakes (or more for added spice)

In a blender or food processor, combine the peppers, bread crumbs, walnuts, garlic cloves, salt, lemon juice, agave nectar, cumin, and red pepper flakes. Puree to a smooth consistency. Scrape down the sides of your blender/food processor, and make sure all of the ingredients are thoroughly combined.

Yield: 1 cup

Serving Suggestions and Variations

*Most recipes for Muhammara call for olive oil; I don't feel like it's necessary, but feel free to drizzle some in while you're pureeing the ingredients.

*Serve with pita triangles, fresh bread, crackers, chips, carrots, mushrooms, cucumber, or other raw veggies.

*Make it the day before serving to allow the flavors to mingle.

Compassionate Cooks Tips

*To make your own bread crumbs: Place some bread (stale bread works great) in the oven until it's crispy but not really browned – at 300 degrees). Let it cool, then add it to your food processor until it is reduced to crumbs. Add Italian herbs such as dried oregano, thyme, basil, marjoram, rosemary, black pepper, etc.

San Francisco Vegetarian Society
for Health and Humanity
P.O. Box 2510
San Francisco, CA 94126

**NOTE: If your membership is about to expire (see date on label),
then we urge you to renew now!**

JOIN US AT WORLD VEG FESTIVAL OCTOBER 3 & 4

Remove the pan from heat and stir in the rice, mint, parsley, basil, and raisins. Season well with salt and pepper, then spoon the mixture into the peppers that are still on the baking sheet.

Pour 2/3 cup boiling water around the peppers – just enough to touch the base of the peppers so they don't burn. Bake, uncovered, for 15 minutes. Sprinkle the ground almonds on top of the stuffed peppers. Return to the oven and bake for another 15 minutes. Serve garnished with fresh herbs.

Yield: 12 servings

SOCIETY NEWS

Community Thrift Store Donors

Many thanks to our donors to the thrift store: Cara Wick, Dixie Mahy, Janie Rothstein, Joseph Cadiz, Kristen Miles, Tracy Ewing, and Shanta Sacharoff. The Community Thrift Store gives a percentage of sales to SFVS when you give them our number 95. They are located at 623 Valencia Street, San Francisco. Clean out your closets and donate some items. They accept good furniture and will pick up large items. If you are interested in donating your car for a charitable donation, call 415-552-8883 for details.

SF SUPERVISORS COMMEND SFVS

During the 9/22/09 SF Board of Supervisors Meeting, Supervisor Eric Mar presented a Commendation to the San Francisco Vegetarian Society in recognition of its upcoming 10th annual WORLD VEG FESTIVAL. SFVS president Dixie Mahy accepted the Commendation on behalf of the Society and Millennium restaurant donated vegan delicacies to the supervisors.

Commission Donation Offer

Meredith McCarty, Marin Realtor, Vegan Author, and Vegan Chef at World Veg Festival will donate 10% of her commission on a closed transaction to SFVS. The donation applies to either the person who buys or sells in Marin County or to the person who refers them.

SFVS Discount Program Additions

Alive! Raw Vegetarian Cuisine: 1972 Lombard St., SF
5% discount to members
Other Avenues Food Store Coop: 3930 Judah St., SF
5% discount to members
Chick-O-Pea's: 1926 Shattuck Ave., Berkeley
15% discount to members
Earthy Nutrition: 872 Southhampton Rd., Benicia
10% discount on supplements to members



Nancy Loewen & Shanta Sacharoff at
JCCSF Healthy Living Expo

Vegetarian News is printed on recycled paper.