



# Vegetarian News

*“For Health and Humanity”*

**Summer Issue 2010**

## President’s Corner

By Dixie Mahy

### SAN FRANCISCO, THE FIRST U.S. CITY TO DECLARE VEG DAY MONDAYS

The Resolution encourages all restaurants, grocery stores, and schools to offer a variety of plant based options to improve the health of San Francisco residents.

Tuesday, April 6, 2010: It was an exciting moment in the Chamber of the Board of Supervisors when Supervisor Sophie Maxwell introduced the Resolution and the Board of Supervisors unanimously adopted the VEG DAY RESOLUTION. Hope Bohanec of In Defense of Animals, and I had been working on the proposal for a Meat Free Monday in San Francisco for three months and now it had been formally adopted unanimously! Following the adoption, Supervisor Maxwell, a vegetarian of 35 years, held a vegan reception in her office inviting everyone to celebrate. Many thanks to Ann Wheat, co-owner of the Millennium Restaurant, who donated delicious vegan gourmet treats by Chef Eric Tucker and SFVS for donating organic wine.

We are now working on strategy to inform the various restaurants, grocery stores, and schools on how to implement VEG DAY. The San Francisco Vegetarian Society will be offering recipes, menu suggestions, and even some special classes on vegan cooking. At this time we have a Discount Program that includes various MIXED Restaurants that offer a variety of vegan options. With this Resolution, we hope to expand the Program with a special list recognizing various participants as an extra advertising incentive for them. For the full text of the RESOLUTION, go to [www.sfvs.org](http://www.sfvs.org) and click on Resolution or contact SFVS at their mailing address. We also hope that other

cities will be encouraged to use the Resolution as a template to get their cities to adopt a similar Resolution.



Hope Bohanec, Supervisor Sophie Maxwell, Dixie Mahy

## Eating Veggies All Day Keeps the Toxins Away

From Tom Flynn, SFVS Board Member

Discovery News 5/17/10

Switching to a vegetarian diet for five days a week significantly reduces the body’s amount of antibiotics and phthalates—a common chemical added to plastics—according to new research.

### SUMMARY OF EVENTS >>>

- July 13           Cooking Class, Larkspur
- July 14           Vegan Dinners, Red Vic, SF
- July 25 & Aug 29 KFC Leafleting & Lunch, Golden Budha, SF
- July 25 & Aug 29 Kindness Kitchen, Maharani, SF
- August 4, 11, 18, 25 Vegan Dinners, Red Vic, SF
- August 7        Potluck & Book Party, El Cerrito
- August 8        Lecture & Vegan Refreshments, Pleasanton
- August 11       Vegan Dinner & Lecture, Red Vic, SF
- August 14       Potluck & Lecture, SF
- August 15       Lunch & Lecture, Red Vic, SF
- August 21       Pool Side Party, San Anselmo
- August 22       Summer Afternoon Potluck, Alameda

The Calendar is posted on our web site, [www.sfvs.org](http://www.sfvs.org), or call (415) 273-5481 for information.

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**San Francisco Vegetarian Society**  
For Health and Humanity

**Newsletter Staff**

Editor: Dixie Mahy  
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,  
njloewen@gmail.com  
Publicity: OPEN  
Volunteer Coordinator: Nancy Loewen,  
415-750-0614, njloewen@gmail.com  
Webmaster: Tony Martin  
tony@veggiedude.com

**SFVS Board**

President: Dixie Mahy  
Vice President: Nancy Loewen  
Treasurer: Joseph Cadiz  
Secretary: Janet Tom  
Board Members: Karine Brighten, Tom Flynn,  
Sharon Leong, Robert Martin, Tony Martin, Vasu  
Murthi, Joyce Thornton

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 August 1st, 2010. Please contact Dixie Mahy at 415-885-2251 or dixiemahy@gmail.com.

**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.

A team in Korea asked participants to stay at a Buddhist temple for five days, during which time they ate a vegetarian diet. The researchers analyzed urine samples before and after the stay, and found that levels of the chemicals dropped dramatically by the end of the experiment. The researchers also measured the participants' diets before the study and found that what they ate 48 hours prior to the study was related to the amount of the chemicals found in their urine.

"A significant correlation was found between food consumption and the urinary levels of several antibiotics and phthalates," they said. "Although the exposure to target compounds might be influenced by other behavioral patterns, these results suggest that even short-term changes in dietary behavior may significantly decrease inadvertent exposure to antibiotics and phthalates and hence may reduce oxidative stress levels." Their paper was published in the journal *Environmental Research*.

Antibiotics are widely used in industrial farming to maintain production levels. Phthalates are even more common. They're used as solvents, additives and plasticizers in everything from nail polish and shampoo to raincoats and garden hoses. Scientists and governments are questioning the effects these and other chemicals have on the reproductive system.

Eating less meat can be better for the planet, too. Fewer animals means less damage from grazing and less release of the greenhouse gas methane, among other benefits.

Article by Teresa Shipley  
<http://news.discovery.com/human/eating-veggies-all-day-keeps-the-toxins-away.html>

**Burgers May Feed Kids' Asthma Risk**

*From Robert Martin*

U.S. News Health June 3, 2010

Children who eat three or more hamburgers a week may raise their odds for asthma and wheeze, a new study suggests. However, eating the so-called "Mediterranean diet"—rich in fruits, vegetables and fish—could cut kids' respiratory risk, the researchers say. (Eliminate the fish and there may be other health benefits. DM)

"Our results support previous reports that the adherence to a Mediterranean diet, which is characterized by a high intake of fruit, vegetables and fish and a low intake of meat, burger and fizzy drinks, may provide partial protection against asthma in childhood," said lead researcher Dr. Gabriele Nagel, from the Institute of Epidemiology at Ulm University in Germany. The report is published in the June 3 issue of *Thorax*. For the study, Nagel's team collected data on about 50,000 children from 20 rich and poor countries. Parents were asked about their children's typical diet and whether they had asthma or not. In addition, almost 30,000 of the children were tested for allergies. While diet did not appear to influence allergies, it was associated with the risk of asthma and wheeze, the researchers found. Children in both rich and poorer countries who ate a lot of fruit had lower rates of wheeze... On the other hand, children who ate a lot of burgers had a higher lifetime prevalence of asthma and wheeze, the researchers found. The finding was especially true for allergy-free children from more affluent countries. But the burger marker for other lifestyle factors that could boost a child for asthma, the researchers note... Pulmonologist Dr. Michael Light, a professor of medicine at the University of Miami Miller School of Medicine, agreed that diet can influence asthma.

“The data is fairly consistent that antioxidants and unsaturated fatty acids play a role in the big picture,” Light said. “This doesn’t mean if you change your diet today you are going to cure your asthma. All the study is saying is that one of the explanations for asthma is probably related to diet,” he said.

Echoing these findings, results of a study presented May 16 at the American Thoracic Society International Conference in New Orleans showed that fatty meals were linked to impaired lung function. In that study, Australian researchers tested people with asthma before and after a high-fat meal or after a low-fat meal. They found that the high-fat meal increased inflammation and reduced lung function. If these results can be confirmed by further research, this suggests that strategies aimed at reducing dietary fat intake may be useful in managing asthma,” the study’s lead author, Lisa Wood, a lecturer in biomedical sciences and pharmacy at the Hunter Medical Research Institute in New Lambton, said at the time.

Article by Steven Reinberg, HealthDay Reporter  
<http://health.usnews.com/health-news/family-health/allergy-and-asthma/articles/2010/06/03/burgers-may-feed-kids-asthma-risk.html>

### **Mike Tyson’s Turned Vegan**

*From Patricia Tricker*  
From MailOnline

The former boxer claims to have given up animal products in exchange for a purely vegan diet. And it seems the change is doing him some good. After piling on the pounds in recent years, Tyson looked fighting fit as he headed out for dinner in Beverly Hills last night. While recording a 90-minute interview for the Yes Network in New York last week he revealed that he had given up eating meat or animal products. The 43-year-old said he’d become a vegan and finally had “no drama” in his life... He once infamously bit off part of an opponent’s ear during a fight, but it seems Mike Tyson has lost his taste for meat... No longer such a heavyweight: Mike was tubby in 2008, but looked back in shape as he went out for dinner..with his third wife Lakiha Spicer at Mr Chow.

By Lizzie Smith, updated May 12, 2010  
[www.dailymail.co.uk/tvshowbiz/article-1277804/Mike-Tyson-fighting-fit-claims-hes-turned-vegan.html?ito+](http://www.dailymail.co.uk/tvshowbiz/article-1277804/Mike-Tyson-fighting-fit-claims-hes-turned-vegan.html?ito+)

### **Eat Less Meat to Save the Planet – UN**

*From John Davis, IVU Internet Director*  
From Daily Telegraph Online, UK June 2, 2010

The world needs to change to a more vegetarian diet to stand a chance of tackling climate change, according to a major new United Nations report.

The group of international scientists said the greatest cause of greenhouse gas emissions is food production and the use

of fossil fuels. But while the use of coal and oil could be gradually replaced by renewable energy sources like wind and solar, the world will always need to eat. As the world population increases it is feared that the production of food will become the main cause of climate change and environmental degradation.

The International Panel of Sustainable Resource Management pointed out that agricultural production accounts for 70 per cent of global freshwater production, 38 per cent of land use and 19 per cent of the world’s greenhouse gas emissions.

The report, that will be presented to world governments, said the only way to feed the world while reducing climate change is to switch to more a more vegetarian diet.  
By Louise Gray, Environment Correspondent <http://www.telegraph.co.uk/earth/earthnews/7797594/Eat-less-meat-to-save-the-planet-UN.html>

### **Empathy Sets Vegetarians Apart**

*From Tony Martin, SFVS Board Member & Webmaster*  
From Psychology Today May 31, 2010  
Empathy Really Sets Vegetarians Apart (at least Neurologically Speaking)

The study in question is a neuroimaging study intent on investigating whether “the neural representation of conditions of abuse and suffering might be different among subjects who made different feeding choice due to ethical reasons, and thus result in the engagement of different components of the brain networks associated with empathy and social cognition”

The hypothesis behind this study is based on the observation that Vegetarians and Vegans tend to base their decision to avoid animal products on ethical grounds. Assuming that Vegetarians and Vegans – because of their underlying moral philosophies show greater empathy towards animal suffering, it is very well possible that these differences in empathy extend beyond the animal domain and show up as general differences in the degree of empathy felt towards other humans also; even at a neurological level.

The study – in basic terms – investigates this hypothesis by placing subjects into a functional Magnetic Resonance Imaging (MRI) machine and looking at the “activation” of different brain areas as subjects view a randomized series of pictures. The pictures used for this study included neutral scenes and an even share of scenes depicting various kinds of animal and human suffering.

The first main finding of this study is that, compared to Omnivores, Vegans and Vegetarians show higher activation of empathy related brain areas (e.g. Anterior Cingular Cortex and left Inferior Frontal Gyrus) when observing scenes of suffering: whether it be human or animal suffering.

Further, pictures of animal suffering (in contrast to pictures of human suffering) recruited specific brain regions in Vegans and Vegetarians that were not differentially recruited by Omnivores. These were areas which are thought to be associated with higher-order representations of the self and self values (e.g. medial Prefrontal Cortex).

In addition to generally higher activations in the above mentioned areas, a second main finding of this study is that there are certain brain areas which only Vegetarians and Vegans seem to activate when processing pictures of suffering. In particular, when viewing pictures of human suffering, Vegetarians in this study recruited additional brain areas thought to be associated with bodily representations that distinguish self from others. (Notably these areas were particularly active when mutilations were shown).

“Our results converge with theories that consider empathy as accommodating a shared representation of emotions and sensations between individuals, allowing us to understand others. They also led us to speculate that the neuronal bases of empathy involve several distinct components including mirroring mechanisms, as well as emotion contagion and representations of connectedness with the self. In addition, brain areas similar to those showing different emotional responses between groups in our study have also been found to be modulated by religiosity, further supporting a key role of affect and empathy in moral reasoning and social values.”

All things considered, the study suggests that Vegetarians are more empathetic to the suffering of others, but as I contemplate the well-documented health benefits of a Vegetarian diet, as well as the environmental and social hazards of current meat eating habits and production practices, I think it is obvious that reducing your meat consumption will first and foremost be an act of compassion towards yourself.

Article by Satoshi Kanazawa

Main Reference: Fillipi M. Riccitelli G, Falini A, Di Salle F, Vuilleumier P, Comi G, & Rocca MA. 2010 The Brain Functional Networks Associated to Human and Animal Suffering Differ among Omnivores, Vegetarians and Vegans. *PloS one*, May 2010

## **SFVS to Host 40th International Vegetarian Congress in 2012**

*By John Davis, IVU Internet Director*

The IVU Council has voted for the 40th World Vegetarian Congress to be held in October 2012 in San Francisco. It will be hosted by the San Francisco Vegetarian Society in the San Francisco County Fair Building in Golden Gate Park.

SFVS was founded in 1968 and joined IVU the same year. Its present President, Dixie Mahy who was then Vice President, was a speaker at the 1975 IVU Congress in

Orono, Maine – the first to be held in North America – where she performed a dance and chaired a plenary session. A photo of her is in the IVU archives. We have a long history together.

SFVS has been celebrating World Vegetarian Day, October 1st, since it was conceived and Dixie had a hand in the original decision to have a World Vegetarian Day celebration on October 1st. (SFVS now has a two day weekend celebration in the Golden Gate Park where it attracted 5,500 attendees last year. It will be celebrated on October 2 & 3 this year. For the special IVU Congress in 2012, the WVF will be extended to four days. DM)

The first International Vegetarian Union World Congress was in Dresden, Germany, in 1908 and they've been held every 2 or 3 years since then. At the 1913 Congress, in the Netherlands, a visitor from San Francisco invited the delegates to hold the World Vegetarian Congress in conjunction with the San Francisco World's Fair in 1915. But the Europeans thought it was too far to go and voted for Paris, France, in 1916...which of course was cancelled due to the first World War. For more historical information, check our website: [www.ivu.org/history](http://www.ivu.org/history).

So almost 100 years later, we are finally going to San Francisco, and as Scott McKenzie sang in 1967:

“If you're going...to San Francisco...

Be sure to wear some flowers in your hair

If you're going...to San Francisco...

You're gonna meet some gentle people there.”

There will be speakers and demonstrators from around the world, over several days, and all the food will be completely vegan.

## **Permaculture: When the Problem is the Solution**

*By Carmen Lee, SFVS Discount Coordinator*

Even before the Great Recession ushered in the New Frugality, some Americans were already embracing Slow Food, victory gardens and do-it-yourself projects. With the financial meltdown, ensuing mistrust of “too big to fail” corporations and skepticism of government to fix a broken system, more Americans have been heeding Rahm Emanuel's suggestion that “You never want a serious crisis to go to waste. And what I mean by that is an opportunity to do things you think you could not do before.”

At the start of this new decade and with about 20 like-minded strangers, I took the opportunity to study urban permaculture over 12 Saturdays from 9 am to 9 pm at Common Circle Education (CCE) in Berkeley. It typically takes 72 hours to earn the Permaculture Design Certificate (PDC), but CCE's program included lots of social permaculture exercises—or New Agey stuff I didn't think I could do—linking hands with strangers to form circles, swaying our bodies like Elm Trees, taking in the presence of each other in silence with prolonged eye contact, etc.

While I was sometimes impatient during these exercises because my intention was to be outdoors gardening, I reminded myself to slow down and go with the flow. In doing so, I felt rewarded when I found useful exercises in practicing nonviolent communication and creating affirmations similar to Café Gratitude.

I began with my learning affirmation: “I effortlessly grow organic produce to feed myself and community!” And I ended with the following for our final design project: “Our mission is to facilitate maximum organic food production and its equitable distribution within the City of Berkeley. We will accomplish this mission by building upon existing resources in Berkeley, adopting best practices found elsewhere and developing 5-year action plans. Every Berkeley resident is a farmer or potential farmer!”

Permaculture, which is designing systems based on nature, is governed by 3 ethics: Earth care, People care and Fair share or return of surplus. It’s about matching our consumption to need, not greed. Our approach is to work with what already exists—to preserve what’s best, to enhance existing systems, and to introduce new elements that are low-impact, making minimum changes for maximum effect, on both natural and human communities.

For example, the water shortage due to California’s drought may seem to be a problem in starting a garden. This problem becomes a solution by designing a garden around a water conservation system: slow it, spread it, sink it. The goal is to harvest rain where it falls on the landscape by redirecting runoff (slow it) using swales, contour berms and spillways for overflows (spread it). All water-harvesting earthworks are then mulched and planted, which creates a “living sponge” to use the harvested water for growing plants and increasing the soil’s water retention (sink it).

CCE CEO Slav Davidzon led our first class’ Awakening the Dreamer, Changing the Dream symposium to make the case for permaculture, but he was preaching to the choir as we were all aware of the current crisis and shared the common desire to apply permaculture as a solution. Our primary instructors were Jay Ma and Sage Mata of Living Mandala who made us laugh often and encouraged us to develop nature awareness.

We worked the gardens at Brigid House (intentional community) and Berkeley Youth Alternatives. We had enormous fun creating functional systems in a wild design charette project and building a cob bench. We also spent a lot of time in a yoga room, sitting on BlackJack chairs and listening to guest speakers such as Max Meyers (aquaponics), John Valenzuela (plant guilds, food forests), Jonathan Gustin (personal ecology), Laura Allen (rainwater catchment, greywater), Kevin Danaher (green economy), Kevin Bayuk (SF permaculture), and Starhawk (climate change activism). While enrolled in CCE, we had free access to its regularly scheduled classes so several of us

became groupies of Planting Justice’s Gavin Raders, who taught social justice permaculture on Wednesday evenings. I even managed to join one yoga class, which was useful in flexing my spine by bending backward when my natural movement is bending forward especially during gardening.

After 144 hours of boot camp, plus countless hours meeting to work on our final design project, 18 of us survived to receive our PDC. Most rewarding was the strong sense of community developed over the 12 weeks, being with creative friends and working together with nature toward a more sustainable present and future. Three weeks after our graduation, one classmate hosted a potluck reunion in her East Bay homestead. It was wonderful to see how everyone had filled in their Saturdays and moved on with exciting plans for Burning Man, attending graduate school in NY, working with Vandana Shiva in India, traveling to Australia, farming, taking our final design projects to the next level, etc. We also learned how to create meals free of gluten, soy and corn for our friends with food allergies. Again, the problem is the solution, especially when the abundance in nature provides for many healthy alternatives!

As SFVS Discount Program Coordinator, Carmen enlisted Common Circle Education, which offers SFVS members a 10% discount on all classes. The 12-day weekend permaculture class is now offered from 9 am to 6 pm, on either Saturdays or Sundays. For more information, see [www.commoncircle.com](http://www.commoncircle.com).

### **Drug Companies Exposed**

*From Dixie Mahy, SFVS President*

A recently published book *Side Effects of Death: Confessions of a Former Insider*, exposes the true purpose of the pharmaceutical industry: to make money for shareholders, not to cure illnesses but to mask symptoms. The author, an executive of Ely Lilly in Sweden, was interviewed on Coast to Coast, KSFO, June 26, 2010

### **Nature’s Express Story**

*By Jean Myers – Co-Owner of Nature’s Express Restaurant in Oakland*

Over twenty-five years ago I read the amazing book by Frances Moore Lappe’ called *Diet for a Small Planet* that changed my life. Once I realized the devastating effects of producing meat on our planet’s precious resources, I felt called to make major changes in my diet. However, as a full-time mother of three young children and spouse to a busy physician, all of whom had eaten meat all their lives, I was reluctant to disrupt our family’s eating patterns for my newfound environmental consciousness. I tried putting this knowledge on the back burner of my mind, but it wouldn’t stay there! There came the day when I realized that waiting until the children were grown to live my vegetarian ideals was causing me great unhappiness.

From then on, I led a double life as a cook - vegetarian for me, and the usual fare for everyone else. Wasn’t it a

hassle? Yes, it was a little more work to make two pots of spaghetti sauce or remove my portion of the casserole before adding the meat, but the relief from knowing that I personally was walking lighter on the planet gave me joy and plenty of motivation to keep going. Gradually over the next eleven years, my husband and three children became vegetarian as well, each for their own reasons on their own timetable. Having the whole family united at the dinner table again was wonderful!

Twelve years ago I began to delve into the incredible suffering caused by the dairy and egg industries and made the next leap to become vegan. That was harder for me than becoming vegetarian, but learning how much cows suffer when separated from their calves made it impossible for me to enjoy cheese and frozen yogurt any more.

In 2005 I discovered The Cancer Project, a nonprofit based in Washington, D.C. that conducts research and educates the public about the connection between diet and cancer risk. Since my husband was an oncologist and I loved to cook, I chose to become a Cancer Project cooking instructor to share delicious, plant-based food, not only with his patients but also anyone else in Yuma who wanted to learn how to prevent cancer. The six-week Food for Life series that I teach offers nutrition education through videos with Dr. Neal Barnard plus cooking demos of tasty, easy-to-make recipes that everyone gets to sample. There are over 60 Food for Life instructors around the country. Information about classes in your area can be found on the Cancer Project website: [www.cancerproject.org](http://www.cancerproject.org) (SFVS has sponsored four of these classes with Kristin Doyle as instructor. DM)

In 2008 we opened Nature's Express, a healthier fast food restaurant offering 100% plant-based food, here in Yuma, AZ. As an oncologist my husband encouraged his patients to shift their diets away from disease-producing animal products, but they often reported difficulty when eating out in restaurants. Nature's Express was developed to appeal to those who are looking for healthier fast food whether they are vegetarian/vegan or not. We offer burgers, fries, and shakes as well as soups, salads, wraps, and a whole lot more. While the Yuma restaurant offers a typical fast food setting with a drive through, the second Nature's Express opened in Rancho Mirage (near Palm Springs) in 2009 as an in-store cafe in Clark's Nutrition and Natural Foods Market. It is conveniently located on Monterey Avenue just off I-10 for those passing through.

Our newest restaurant opened in January in Berkeley! Located in a former Jamba Juice at 1823 Solano Avenue next to Peet's Coffee, we offer delicious, quick grab & go meals for busy people who want to eat healthier, whether they are vegetarian/vegan or not. We are delighted to have this opportunity to help people improve their health, walk more gently on the planet, and live their compassionate ideals by offering tasty 100% plant-based food at Nature's Express.

Thanks so much for all the wonderful resources and opportunities you offer through the San Francisco Vegetarian Society. Maybe we'll have a chance to meet up sometime at Nature's Express!

### **Cooking One A Day**

*From Dan Brook, Speaker at World Veg Festival 2009/2010*

It Will Take 3 Years to Make All 1000 Recipes  
With 1,000 Vegan Recipes on the home bookshelf, everyone can dine in vegan style and still enjoy familiar foods with flavors, sauces, and seasonings that make dining so pleasurable. In this mammoth work of more than 600 pages, Robin Robertson has created a comprehensive encyclopedic reference collection of American comfort foods and international recipes that cover all aspects of vegan cooking. She has designed the recipes to emphasize fresh whole foods and to appeal to cooks of all skill levels. Anyone wanting to leave those 3 cholesterol-laden foods behind may want to start by opening this valuable resource. [www.vegparadise.com](http://www.vegparadise.com)

### **Betty Crocker Goes Vegan**

*From Dan Brook, Speaker World Veg Festival 2009/2010*

PETA Director Dan Shannon and his wife Annie have taken on the challenge of veganizing every recipe in The Betty Crocker Cookbook. Check out their delicious recipes <http://www2.peta.org/site/R?+3H4CkmkyRQrPi5kPiVhNuQ..>

### **RECIPES**

Presented at June 6 Potluck/Demo sponsored by SFVS & Living Foods Group

*From Ani Phyto, author of Ani's Raw Food Essentials & Ani's Raw Food Desserts*

### **Thai Noodles from Raw Food Essentials, p. 227**

Place in blender the following ingredients for the Sauce:

To serve 8

1/2 c almond butter

1 c coconut oil

1/4 c Braggs Liquid Aminos

1/2 c lemon juice

2 t ground coriander

1 1/2 c filtered water

Place following ingredients in mixing bowl:

1/2 c fresh basil

2 c shredded cabbage

4 12 oz packages of raw kelp noodles

Mix Sauce with Noodles and ready to serve without cooking.



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!**

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## Support our Fun Fundraising Pool Side Party August 21!

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### Loving Hut Grand Opening at the Mall

*By Dixie Mahy, President SFVS*

An exciting official opening on May 20th at the Westfield Mall Food Emporium on Market near 4th Street marked a first for a vegan restaurant to be in a mainstream mall in downtown San Francisco. Activists in the vegan and animal rights movement were invited to the ribbon cutting event organized by David Smugar and honoring Supervisor Sophie Maxwell for introducing the VEG DAY MON-DAYS Resolution at the Board of Supervisors. The original Loving Hut, 1365 Stockton, corner of Vallejo, San Francisco offers 10% off dinners for two persons for SFVS members.



Supervisor Sophie Maxwell, center

### Community Thrift Store

*From Joseph Cadiz, SFVS Treasurer*

The following people gave items to the Community Thrift Store which gives a percentage of sales to SFVS: Joseph Cadiz, Judy Einzig, K. Breschi. Donations may be dropped off at the store on 623 Valencia Street, San Francisco.

### Vegan Bake Sale

*By B. Blaise Scavullo*

Our vegan bake sale was a learning experience. We were doing okay at Patricia's Green for about two hours and then two cops made us pack up because we didn't have a permit.

We moved to Loving Hut in Chinatown but had to lower our prices to get things moving. One good thing is that we got to record people's positive reactions to their first bite of vegan cake. I think it was worth it. (Many thanks to Nancy Loewen and Loving Hut for their delicious vegan donations and to Blaise for organizing the sale. DM)



Stan & Dixie Mahy, Tom Flynn, Blaise Scavullo

**Dr. Dean Ornish** was featured on the front page of the San Francisco Chronicle, Sunday, June 27, 2010 and all of page 2. SUNDAY PROFILE A healthy lifestyle is doctor's best medicine by Julian Guthrie at [jguthrie@sfchronicle.com](mailto:jguthrie@sfchronicle.com).

**Vegetarian News is printed on recycled paper.**