

Quick and Easy Fennel Dishes • Vegan in Kuwait

VEGETARIAN

JOURNAL

Science, Caring, and Vegan Living
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NUTRITION HOTLINE

REED MANGELS, PhD, RD



This issue's Nutrition Hotline addresses how pea milk compares to other plant milks and cow's milk in terms of nutrition.

QUESTION: *I recently sampled a plant milk made from peas. How does pea milk compare to other plant milks and cow's milk in terms of nutrition?* **R.A. via email**

ANSWER: Several companies have begun marketing plant milks based on pea protein. These products were developed, in part, as an alternative for consumers who have allergies or sensitivities to other milks that are based on soy or nuts. The three brands of pea milk that we looked at (Ripple Pea Milk, Veggemo Vегgie Milk, and Bolthouse Farms Plant Protein Milk) all stated that they were vegan. Some nut milks have pea protein added to boost their protein content. We will take a look at these products in the future.

From a nutrition standpoint, unsweetened pea milks were similar or slightly lower in calories than unsweetened soymilk or non-fat cow's milk. An 8-ounce cup of unsweetened pea milk had 60 (Veggemo) to 90 (Bolthouse Farms) calories. Sweetened versions range from 90 to 160 calories in 8 ounces. Pea milks were generally comparable to soy milk or cow's milk in terms of protein with 6-10 grams of protein in 8 ounces. The amino acid content of products from the two companies that provided information (Ripple and Veggemo) was similar to soymilk. All products had more protein than almond milk, rice milk, or coconut milk.

Veggemo is fortified with calcium, vitamin A, vitamin D, riboflavin, folic acid, vitamin B12, and zinc. Ripple is fortified with calcium, vitamin A, vitamin D, potassium, and DHA. It does not supply vitamin B12. Bolthouse Farms' product is fortified with calcium, vitamin A, vitamin D, potassium, vitamin E, and vitamin B12. All three products have more calcium, vitamin D, and iron in 8 ounces than does cow's milk.

Pea milks come in a variety of flavors including original, vanilla, unsweetened, unsweetened vanilla, and chocolate. Some can be found refrigerated in the dairy case while others are shelf stable. In addition to pea protein, ingredients include tapioca starch, potato starch, sunflower oil, and gellan gum (Veggemo); sunflower oil, guar gum, and gellan gum (Ripple); and sunflower oil, gellan gum, and carob bean gum (Bolthouse Farms). Sweetened products are sweetened with organic cane sugar (Veggemo and Ripple) or cane sugar (Bolthouse Farms).

These products should never be used to replace infant formulas and are not suitable for use as a primary beverage for children under a year of age.

Information Sources

- ◆ veggemo.com/our-products
- ◆ ripplefoods.com/plant-milk
- ◆ bolthouse.com/products/beverages/plant-protein-milk

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MANAGING EDITOR: Debra Wasserman
SENIOR EDITOR: Rissa Miller
with assistance from Keryl Cryer
EDITORS: Keryl Cryer,
Carole Hamlin, Charles Stahler
NUTRITION EDITOR: Reed Mangels, PhD, RD
NUTRITIONAL ANALYSES: Suzanne Hengen
COVER PHOTOGRAPHY: balance photography
CANDY ARTICLE PHOTOGRAPHY: Mimi Clark
VRG VOLUNTEER COORDINATOR
AND CATALOG MANAGER: Gene Slothour-Hudnall
WEB DEVELOPMENT: Jason Goretzki
RESEARCH DIRECTOR: Jeanne Yacoubou
VEGETARIAN RESOURCE GROUP ADVISORS:
Arnold Alper, MD; Nancy Berkoff, EdD, RD;
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FOR INFORMATION, CALL (410) 366-VEGE.

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NOTE FROM THE COORDINATORS

VEGAN OR PLANT-BASED?



When Amber's Smoked Vegan opened in Las Vegas, NV last May, they were so crowded that they had to close down for a day to restock dishes. This is a trend we're seeing throughout the USA and Canada. News spreads quickly about a new vegan establishment opening and when the restaurant does open, lines form down the street. To keep abreast of new openings, visit our online restaurant guide at www.vrg.org/restaurant/index.php

Amber's calls themselves vegan and uses plant-based in their description. Other establishments, such as P.S. Kitchen in the Manhattan Theater District, seem to avoid the word vegan, and instead say they are plant-based. Though to some plant-based means vegan, plant-based isn't always even vegetarian; and vegan isn't necessarily what people mean by plant-based (think cinnamon buns, vegan alcohol, and vegan milkshakes.) For an enlightening article on this topic, see *What Does "Plant-Based" Actually Mean?* starting on page 24. But whether plant-based or vegan, check out the work of our 2018 scholarship winners on pages 20-22, who are certainly creating a better world.

FAKE NEWS: One of our business interns was writing up research and wrote, "According to Deloitte's 2017 millennials study, worldwide 76 percent of millennials now regard business as a force for positive social impact." When we checked his reference, what he wrote is what was featured on the website. However, when we dug deeper, we found "Participants in Deloitte Global's 2017 Millennial Survey were born after 1982 and represent a specific group of this generation: those who have a college or university degree; are employed full-time; and, work predominantly in large, private-sector organizations."

So though our intern's quote was correct, we believe the Deloitte quote was misleading. It wasn't that 76% of millennials now regard business as a force for positive social impact, but that 76% of millennials working for large businesses consider business as a force for positive change. This is very different information and can lead to very different conclusions. It's like polling just Democrats, just Republicans, or just those from the Green Party; or only vegans or only meat-eaters. You can have very different conclusions. And then either side can present what they see as honest information, but really it's misleading. And all this is without knowing how the question was asked, and if the way of asking the question or the choices will lead to certain results. It's so easy to see why there is such division of thinking between different groups in our country. Certainly the same can be done when using the words plant-based or vegan. So when reading studies, deciding what products to buy, or trying to meet the needs of someone who says he or she is plant-based, look carefully to see what is behind the term.

Thank you to all our readers for caring.

Debra Wasserman & Charles Stabler

Coordinators of The Vegetarian Resource Group

VRG's MEMORIAL AND HONORARY GIFT PROGRAM

How often have you wanted to make a gift in honor of a loved one or friend but weren't sure which charities are vegetarian-friendly, pro-environmental, or pro-animal rights? Please think of The Vegetarian Resource Group. You can make a gift in memory of a loved one or as a living tribute to honor someone you care about on a special occasion, such as a wedding or birth. We'll send an acknowledgement to you and the recipient(s) you choose. Your gift will support educational outreach programs and help promote vegetarianism.

Memorials & Honorary Gifts

In memory of: _____

In honor of: _____

Please send acknowledgement to:

Name: _____

Address: _____

My name and address:

Name: _____

Address: _____

Make checks payable to The Vegetarian Resource Group and mail to P.O. Box 1463, Baltimore, MD 21203 or donate at www.vrg.org/donate.

A donation was made in memory of James Lee Gerstle by Carol Hartlage.

A donation was made in honor of Betsy Colbert for 50 years of teaching and in memory of Rabbi Drazen and Irving D. Falik by Jeff and Arlee Baskin.

Donations were given to The Vegetarian Resource Group by Juanita Ball, Susan Claffin and Naomi Houle.

Kudos to The Vegetarian Resource Group

You have a terrific website [www.vrg.org]
Silvia S., Washington, DC

Thanks for all of the great work that you do! I have been vegetarian for 33 years and always look forward to your informative publication!
Naomi H., Forest Lake, MN

Parents & Kids Facebook Group

We asked the following question on our Parents & Kids Facebook Group [www.facebook.com/groups/VRGparentsandkids]:
What is your child's favorite packed lunch to take to school, camp, etc.?

Responses include:

- ◆ Vegan sandwich with vegan cheese, vegan deli slices, spinach, and vegan mayo or hummus. Vegan sushi or pinwheel rollup.
- ◆ Homemade vegan lunchables found here: www.vegblogger.com/blog/2017/01/vegetarian-and-vegan-lunchables-for-kids-lunch-boxes.html

Where Can I Find Vegan Infant Formula?

Do you have any resources on dairy-free infant formula? Everything I've looked into says they don't sell an officially vegan infant formula in the U.S. I've found soy-based ones but most with DHA, use GMO soybeans, and have trace amounts of animal products. I plan to breastfeed as long as I can but want to have some formula on hand just in case.
Whitney B., via e-mail

Editors' Response: As far as we know, there isn't one available in the U.S. The DHA in infant formula is often vegan (from microalgae; the label will say microalgal oil). This product, www.earthsbest.com/en/products/non-gmo-plant-based-formula, does not use GMO soybeans, and the only animal product that is obvious to us is vitamin D3 from lanolin. We also recently saw an article indicating vegan baby formula may be available in the future. Hopefully, breastfeeding goes well for you. Also, you can freeze breastmilk as a back-up.

Letters to the Editors can be sent to: Vegetarian Journal, P.O. Box 1463, Baltimore, MD 21203. You may also e-mail letters to vrg@vrg.org.

Coming in the Next Issue:

VEGAN COMFORT FOOD

Plus: Malaysian Vegan Dishes, Is Xanthan Gum Vegan?, VRG Essay Contest Winner, Plus Much More!

Homemade Vegan Holiday Candy

By Mimi Clark

In the time it takes to go to the mall, find parking, fight the crowds, and deliberate over the perfect gifts for family and friends, you could be in your kitchen making heartfelt, delectable, ethical candy gifts with as few as four ingredients. Even if you consider yourself “anti-craft” with nary an artistic bone in your body, you can fashion inexpensive, edible creations, sure to impress everyone from your child’s teacher to the host or hostess of a potluck. Best of all, you can involve your whole family in assembling these iconic candy recipes, made with love.

Chocolate is always a star in edible holiday gifts, and dairy-free chocolate chips are my go-to for ease and convenience. Look for brands that are organic, fair trade, and (if it’s a concern) gluten-free. Some brands are made on shared equipment, meaning that they could have traces of dairy, eggs, or common allergens. Others are made on dedicated equipment. Chocolate chips have varying degrees of cacao: Semisweet chips usually have between 42 and 62 percent cacao and are sweeter than bittersweet chocolate chips, which usually have between 65 and 72 percent cacao. Chocolate with 100 percent cacao is sugar-free.

While some of these recipes are more labor-intensive than others, they can all be made over the course of a weekend. Assembling everything in advance is critical in candy-making, so be sure to read the recipes and gather all the ingredients before you begin. Although at first glance appearing intimidating, this candy-making requires only limited equipment and supplies, some of which you probably already have.

Generally speaking, you will need disposable gloves, a silicone spatula, a cookie sheet, unbleached waxed or parchment paper, plastic wrap, a food processor, an electric mixer, and a double boiler or a microwave to melt chocolate.

If you don’t have a double boiler, you can make-shift one by nesting a stainless steel bowl with chocolate chips over a pot of barely simmering water. Make sure the bowl fits snugly over the pot and the bottom of the bowl doesn’t contact the water. If any steam or water droplets touch the chocolate, it will cause the chocolate to “seize” or harden. The only way to reverse this is to add a few drops of oil to the seized chocolate, but it’s best not to have to resort to that.

Gift packaging can be as simple and inexpensive as covering a clean coffee can with holiday gift wrap, or covering a sterilized glass jar with a fabric lid secured with a ribbon. Once you make your own candy, you may never want store-bought again!



Tips:

When melting chocolate chips, you may find that the result is too thick, in which case you can add a few drops of oil to thin it.

Got leftover melted chocolate? Make “haystacks” by pouring melted chocolate over flaked coconut, or pour over nuts, seeds, and/or dried fruit, or use to top ice cream.

Chocolate Peanut Butter Cups

(Makes approximately 3 dozen)

These decadent confections are simple to make, and the variations can include any nut or seed butter.

- 1 cup organic creamy peanut butter (see Tips below)**
- ¼ cup organic confectioner’s sugar (see Tip, page 9)**
- ½ teaspoon organic vanilla flavor or extract (see Ingredient Resources)**
- 24 ounces dairy-free chocolate chips**
- 2 Tablespoons organic coconut oil (optional)**

To prepare the peanut butter filling, blend peanut butter, sugar, and vanilla in a food processor. Process

Ingredient Resources

Flavors and extracts: frontiercoop.com/extracts-and-flavors, “Simply Organic” line is gluten-free

Gluten-free, dairy-free, allergy-friendly chocolate chips: enjoylifefoods.com

Organic dark, white, and sugar-free chocolate chips made on dedicated equipment: paschachocolate.com

Organic Original Rice Nectar: vegan, gluten-free, ideal substitute for corn syrup in candy-making, suzannespecialties.com

Organic reduced-fat shredded coconut: some Whole Foods, online stores, edwardandsons.com

Plant-based food coloring: some Whole Foods, colorgarden.net



until a ball is formed. If the ball does not come together, add more sugar. If it’s too dry, add a drop of water or dairy-free milk. Wrap ball in waxed paper and refrigerate for at least an hour. Alternatively, refrigerate overnight, or freeze until ready to use.

Heat chocolate chips (plus coconut oil if desired to add gloss to finished candies) over a double boiler or microwave at 30-second intervals until melted, stirring in between.

Place thirty-six 1-inch diameter fluted foil candy cups (see Packaging, page 11) on a cookie sheet or a large tray, or use a silicone mold. Spoon 1 teaspoon melted chocolate into the bottom of the cups. Using the back of the measuring spoon, spread chocolate to cover the bottom and sides of the cups. Be sure not to leave any holes. Refrigerate cups for approximately 10 minutes.

Pinch off 1 teaspoon of peanut butter filling, roll into a ball, drop into hardened chocolate cup, and flatten slightly into a disc that sits below the top of the cup (see photo above). Repeat with remaining peanut butter balls and chocolate cups.

Spoon 1 teaspoon melted chocolate over peanut butter ball to completely cover it. Gently tap the cup to distribute chocolate and to remove air bubbles. Use a spoon to fill in any gaps so that chocolate is flush with the top of the cup.

Refrigerate peanut butter cups on a cookie sheet for 15-20 minutes until firm. Package in a holiday box or gift bag and attach a homemade candy label.

Total calories per peanut butter cup: 146	Fat: 9 grams
Carbohydrates: 15 grams	Protein: 3 grams
Sodium: 30 milligrams	Fiber: 2 grams

Tips: If you have an unopened jar of nut butter, transfer contents to food processor and mix well to incorporate oil. Then transfer contents back into jar and store jar upside down in fridge. Depending on the type of nut/seed butter you use, you may need to vary the ratio of nut/seed butter to confectioner’s sugar.

Homemade "Tootsie Rolls"

(Makes approximately 3½ dozen)

These bite-sized, chewy treats are made of candy "clay," which cake decorators and pastry chefs use to sculpt chocolate pinecones, flowers, and figurines.

1 cup vegan chocolate chips

¼ cup organic rice nectar

⅜ teaspoon water

**¾ teaspoon orange or vanilla flavor
or extract**

**Forty-two 3" x 3" squares of waxed
paper or colored foil (see Packaging,
page 11)**

Line a cookie sheet with plastic wrap. Melt chocolate over a double boiler or microwave at 30-second intervals, until melted, stirring in between.

Add rice nectar, water, and flavoring. Stir well. Pour mixture 1-inch thick onto the center of the prepared pan. Cover the mixture with plastic wrap and allow to set overnight at room temperature. The mixture will be stiff but flexible like taffy.

The next day, peel off plastic wrap and cut candy into ¾-inch wide strips. Use gloved hands to roll each strip into a snake-like log, approximately ½-inch in diameter. Cut into 1-inch sections and set aside for several hours to firm up before wrapping.

Roll each candy in a square of waxed paper or colored foil, and twist the ends to secure. Package in a holiday box or gift bag and attach a homemade candy label.

Variation: Make dairy-free white chocolate candy clay, laced with cruelty-free food coloring, to fashion pastel colored roses, leaves, etc.

Total calories per candy roll: 21 Fat: 1 gram
Carbohydrates: 3 grams Protein: <1 gram
Sodium: <1 milligram Fiber: <1 gram



Tempered Chocolate

Tempering chocolate eliminates the potential for the chocolate to melt in your hands or produce a grayish color that occurs when the cocoa fat separates. It's a process of gradually heating and cooling melted chocolate while stirring. This process makes chocolate smooth and glossy and gives it a "snap" when you bite into it.

Chocolate chips usually do not have a high enough percentage of cocoa butter to temper, so if you choose to use tempered chocolate in these candy recipes, you would need to substitute your favorite dairy-free chocolate bars for the chocolate chips, and follow tempering instructions. www.davidlebovitz.com/tempering-choco/

Chocolatey Peppermint Wafers

(Makes 5 dozen)

Refreshingly cool, creamy peppermint center enrobed in chocolate!

1/3 cup organic rice nectar (see Ingredient Resources on page 7)

1 teaspoon organic peppermint flavor or extract

1/2 cup vegan margarine

4 3/4 cups organic confectioner's sugar, sifted (see Tips)

12 ounces vegan chocolate chips

1 Tablespoon organic coconut oil (optional)

Using an electric mixer, combine rice nectar, extract and margarine, and mix until smooth.

Add sugar, one cup at a time, blending after each addition. Start on low speed or powdered sugar will fly all over.

Using a 1/2 Tablespoon measure, scoop mixture into 1-inch balls. Place on baking sheet lined with waxed or parchment paper. Gently flatten balls with the palm of a gloved hand, coated with confectioner's sugar so they don't stick, until they are 1-inch across and 1/4-inch thick (or 1/8-inch thick if you prefer "thin" mints). Set aside to dry for approximately 2 hours or overnight at room temperature.

Heat chocolate chips (plus coconut oil if thinner coating is desired) over a double boiler or in a microwave at 30-second intervals until melted, stirring in between.

Drop mint wafers, one at a time, into melted chocolate to coat. Working quickly, lift out with a fork, allowing excess chocolate to drip into the pot. Repeat until all candy is coated with chocolate. (Note: For a thicker chocolate coating, dip mints in chocolate a second time.) Place on waxed or parchment paper for 1-2 hours until dry. Wrap mints in colored foil and package in a gift box or bag and attach a homemade candy label.

Total calories per wafer: 80

Fat: 3 grams

Carbohydrates: 13 grams

Protein: <1 gram

Sodium: 16 milligrams

Fiber: <1 gram

Tips: To make your own confectioner's (aka powdered or 10x) sugar, in a heavy-duty blender, finely grind 1 cup of organic sugar and 1 Tablespoon starch (organic cornstarch, arrowroot, tapioca, or potato starch) to keep the sugar dry. Store in air-tight container.



Coco-Almond Candies

(Makes approximately 40, 1/2 Tablespoon each)

The perfect candy trifecta: chocolate, coconut, almonds!

2 cups organic reduced fat, finely shredded coconut (see Ingredient Resources on page 7)

7 Tablespoons organic rice nectar

1/4 cup organic coconut oil

1 teaspoon organic vanilla flavor or extract

40 almonds

8 ounces vegan chocolate chips

2 teaspoons organic coconut oil (optional)

Pulse coconut, rice nectar, 1/4 cup coconut oil, and vanilla in a food processor. With gloved hands pinch some of the mixture to see if it holds together.





If not, refrigerate for approximately 20 minutes.

Line a large plate with waxed or parchment paper. Using ½ Tablespoon measure, press the coconut mixture firmly into the bowl of the spoon and level off, as seen in photo on page 9. Gently coax the mixture out of the spoon; release onto waxed or parchment paper. Repeat until all of the mixture is used.

Gently but firmly press one almond in the

center of each candy so that the almond adheres to the coconut. If the coconut breaks, gently squeeze it back together.

Heat chocolate chips (plus 2 teaspoons coconut oil if desired) over a double boiler or in a microwave at 30-second intervals until melted, stirring in between. Lower candies, one at a time, into the chocolate mixture until completely coated with chocolate. Working quickly, lift out with a fork, allowing excess chocolate to drip into the pot. Repeat until all candy is coated with chocolate.

Place candies on waxed or parchment paper to dry. Package in a holiday box or gift bag and attach a homemade candy label.

Total calories per candy: 74	Fat: 5 grams
Carbohydrates: 8 grams	Protein: 1 gram
Sodium: <1 milligram	Fiber: 1 gram

Please note: It is not recommended that young children participate in making the following recipe.

Nut Brittle

(Makes ½ pound)

Butter is not required in this old-fashioned classic, but a candy thermometer is critical to ensure that the result is brittle and not taffy!

To make 1 pound of nut brittle, double the recipe, which will increase the cooking time.

Vegetable oil spray

¼ cup organic rice nectar

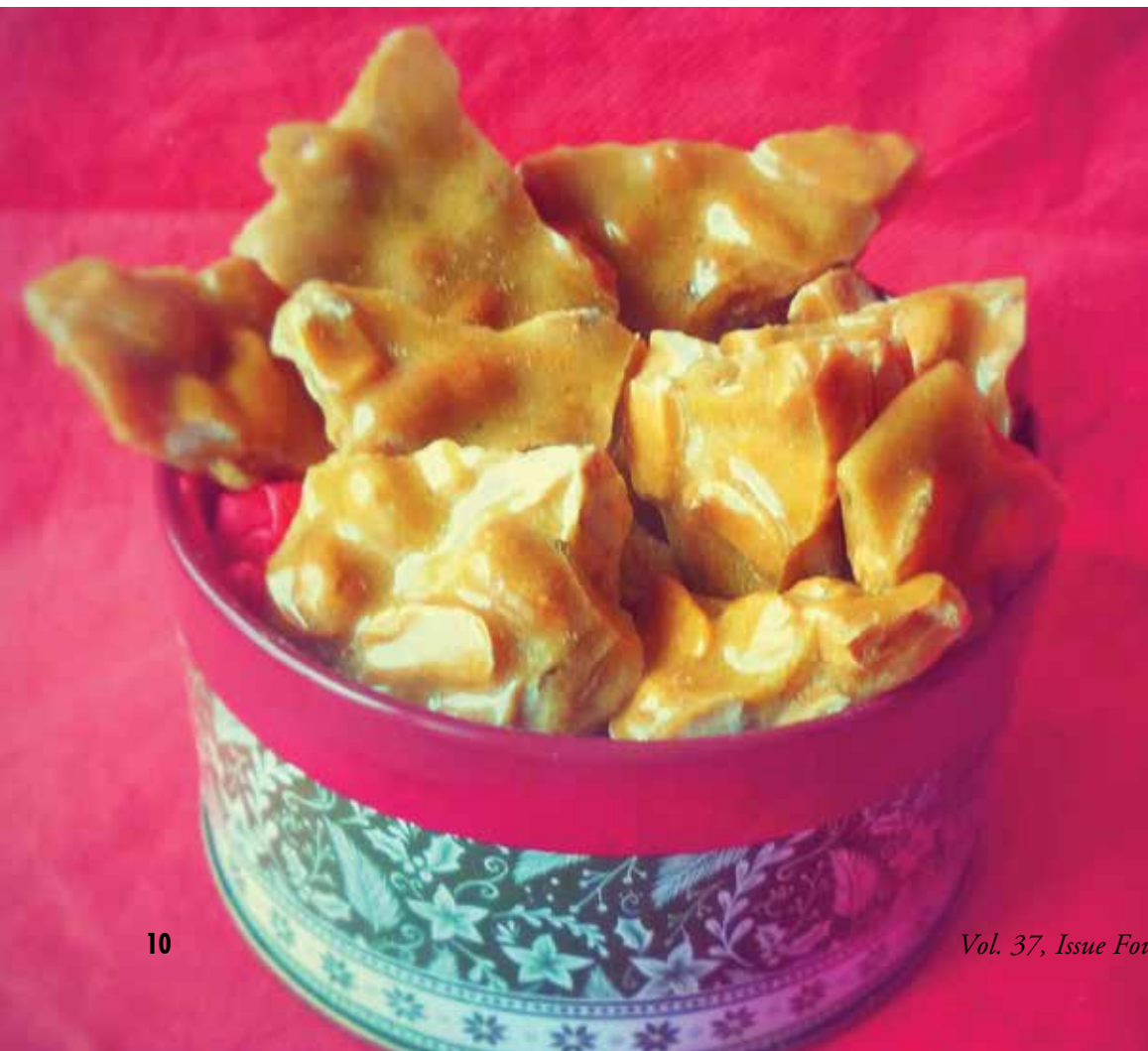
¼ cup water

½ cup granulated organic sugar

⅛ teaspoon salt

¾ cup unsalted raw nuts

½ teaspoon organic vanilla flavor or extract



¼ teaspoon baking soda
¼-½ teaspoon spices (chili powder, cayenne pepper, cinnamon, or ground ginger; optional)

Lightly spray a cookie sheet, jelly-roll pan, or pizza pan with oil. In a deep 2-quart pot, combine rice nectar, water, sugar, and salt. Stir to combine over medium heat.

Clip candy thermometer (see Where to Buy Candy Making Supplies, right) to the side of the pot but do not allow thermometer to touch the bottom of the pot. Do not stir. Wait until mixture comes to a boil and reaches 236 degrees (soft ball stage on a candy thermometer), approximately 12-14 minutes.

Add nuts, stirring constantly, until they exude a cooked smell and the syrup bubbles are a medium amber color, approximately 8-10 minutes, or 290 degrees on the candy thermometer.

Remove from heat and quickly stir in vanilla, baking soda, and spices if using. Use caution as this will cause steam and could burn your hand. The mixture will begin to foam.

Pour hot liquid onto baking sheet and quickly spread the mixture with an oiled, offset spatula or with the back of an oiled spoon. Let brittle cool completely at room temperature, or refrigerate to expedite the process.

Break brittle into irregular pieces.

Package in a holiday box or gift bag and attach a homemade candy label. Brittle can be stored in an airtight container at room temperature for up to one month.

Total calories per one ounce: 157 Fat: 7 grams
Carbohydrates: 23 grams Protein: 3 grams
Sodium: 78 milligrams Fiber: 1 gram

Tips: To test its potency, add ½ teaspoon of baking soda to a few Tablespoons of distilled white vinegar. If it's viable, it will bubble and fizz. If not, replace it!

**Mimi Clark has been teaching
vegan cooking classes in
the metropolitan Washington DC
area for 26 years. For cooking
class information, go to
www.veggourmet.wordpress.com**



Where to Buy Candy Making Supplies

Candy thermometer: Craft stores, cake and candy supply stores, online stores, tinyurl.com/y9otefv9

Chocolate tempering thermometer: Craft stores, cake and candy supply stores, online stores, tinyurl.com/y96euccg

Double boiler: tinyurl.com/y7qkucjh, online store



Packaging

Candy Boxes: Craft stores, cake and candy supply stores, The Container Store, dollar-type stores, papermart.com

Candy Wrappers: Colored foil squares, fluted candy cups, Chinese take-out containers

Cookie Tins: Craft stores, cake and candy supply stores, Jo-Ann Fabrics, The Container Store, dollar-type stores, Michael's, papermart.com

Custom Labels:

◆ Create your own labels template: tinyurl.com/ybj59vcc

◆ "From the Kitchen Of" personalized labels: tinyurl.com/y890o85l

◆ "Homemade Candy" labels: tinyurl.com/y7gbszro

SCIENTIFIC UPDATE

By Reed Mangels,
PhD, RD, FADA

A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

Another Reason to Choose Whole Grains

We've all heard it – “Eat more whole grains.” Yes, we know whole grains are higher in fiber so we're less likely to be constipated, but are there other benefits of whole grains? And, just what is a whole grain? According to the Whole Grains Council, it's a grain that still has all the important parts and naturally-occurring nutrients of the grain seed. Whole grains include whole wheat, brown rice, quinoa, and oats. The USDA recommends that at least half of our servings of grains be whole grains, although it would be great to have even more whole grains in our diets.

A recent study suggests that higher whole grain intakes are associated with a lower risk of breast cancer. Researchers followed more than 90,000 women in the United States, checking with them every few years to see what they were eating and how their health was. Women with the highest intake of whole-grain foods [about 1½ servings per day] had the lowest risk of premenopausal breast cancer. If individual whole-grain foods were looked at, the only significant result was that eating more brown rice was associated with a slightly lower risk of premenopausal breast cancer. Women with the highest intakes of white bread had the highest risk of breast cancer, both pre- and post-menopause.

Farvid MS, Cho E, Eliassen AH, Chen WY, Willett WC. 2016. Lifetime grain consumption and breast cancer risk. *Breast Cancer Res Treat.* 159(2):335-345.

Iodine in Plant Milks

Iodine is a nutrient that is needed for the thyroid gland to function normally. Studies have reported that iodine intakes of vegans in several countries are lower than those of non-vegetarians. Staples of a vegan diet, including most fruits, nuts, and vegetables, are low in iodine, although their iodine content varies depending on the soil they're grown on and irrigation and fertilization practices. Cow's milk and other dairy products are a main source of iodine for many people in the

United States. These products are not naturally high in iodine. They contain iodine because iodine-containing disinfectants are used to clean milking machines and the iodine from these products ends up in the cow's milk. Are plant milks a source of iodine? Researchers examined the iodine content of plant milks in the U.S. They analyzed 30 different plant milks from 16 companies. Products were based on soy, almonds, rice, coconuts, pistachios, walnuts, hemp, and cashews. The milks were very low in iodine, containing about 3% as much iodine as cow's milk. Some have suggested fortifying plant milks with iodine, but presently this is not a common practice. Vegans can get iodine from iodized salt, iodine supplements, and sea vegetables although the amount of iodine in sea vegetables is variable.

Ma W, He X, Braverman L. 2016. Iodine content in milk alternatives. *Thyroid.* 26(9):1308-10.

Baby Food

Babies and toddlers in the U.S. tend not to eat enough vegetables; almost 1/3 of them don't eat a single vegetable on a typical day. This is concerning because vegetables are important sources of vitamins and minerals. Being exposed to the flavor of vegetables early may make it more likely that children will eat vegetables and that this habit will continue into adulthood. Many parents of young vegetarians try to make sure their babies and toddlers get plenty of vegetables; however, the companies that make baby foods may not be supporting the parents. There is a lack of vegetables (and of a variety of vegetables) available in commercial baby and toddler foods. This may be contributing to babies' and toddlers' low vegetable intake.

When babies are first given vegetables, they're often given single vegetables (like baby food carrots) instead of a mixture of vegetables. That way, if they're sensitive to a particular vegetable, it will be easy to tell which vegetable they had a reaction to. Among all infant/toddler foods containing vegetables sold in the U.S., fewer than 10% were single vegetables (like strained peas). There were no single vegetable products

that contained dark-green vegetables or that contained dried beans or peas. When researchers looked at products for infants and toddlers, they found that only 6% contained kale, 7% included broccoli, and 9% had any kind of dried beans or lentils. More than half of products contained carrots and sweet potatoes. These foods are good sources of vitamin A but do not introduce children to the flavors of other vegetables that may not be as sweet. As the researchers say, “the commercially available infant and toddler foods in the United States may not provide caregivers with the variety and specificity of products they need to adequately expose their infants and toddlers to vegetable flavors.”

This study points to the importance of not relying exclusively on commercial products. If caregivers are able to make their own baby and toddler foods, they can include foods that are the basis of a healthy vegan diet like dried beans and peas and dark green vegetables. See www.vrg.org/recipes/babyfood.htm for ideas for making baby food from scratch. Concerned caregivers may also want to contact companies making infant and toddler foods and request more wholesome products including those appropriate for vegans and those containing dried beans and peas and dark green vegetables.

Moding KJ, Ferrante MJ, Bellows LL, Bakke AJ, Hayes JE, Johnson SL. 2018. Variety and content of commercial infant and toddler vegetable products manufactured and sold in the United States. *Am J Clin Nutr.* 107:576-583.

Some in the U.S. Are Reducing or Eliminating Meat. Why Aren't the Numbers Higher?

A recent scientific paper starts with a surprising statistic – the U.S. has the fifth highest meat consumption per person in the world. Despite ample evidence that excess meat, especially red and processed meat, is associated with higher risk of heart disease, stroke, diabetes, obesity, and some cancers and that meat consumption has significant negative effects on the environment, many people continue to eat meat. National surveys, including those commissioned by The Vegetarian Resource Group, suggest that people are trying to reduce the amount of meat that they eat or that they eat vegetarian meals sometimes. Researchers from Johns Hopkins University

investigated people's behavior and attitudes related to reducing meat consumption.

They surveyed more than 1100 U.S. adults and asked them how often they ate red meat, processed meat, poultry, and seafood. They asked participants if they were eating more, less, or about the same of foods in each category compared to 3 years ago. They asked how often study respondents replaced meat with specific foods such as veggie burgers or other “fake meats,” nuts, tofu, beans, grains, vegetables, dairy products, eggs, or seafood. Two-thirds of respondents reported decreasing their consumption of at least one category of “meat” (red meat, processed meat, poultry, seafood) over the past 3 years. More than half reported reducing processed meat; about 40% said they reduced red meat consumption; 26% reduced seafood; 21% reduced poultry; and 10% reduced consumption of all four categories. Those more likely to reduce red and processed meat consumption were older and had a lower income. Cost and health were the most common reasons for reducing meat consumption. About 12% of respondents said that they reduced meat consumption because of concerns about animals or the environment. Those reducing their meat consumption said that they did it by buying less meat (64%), eating smaller portions (56%), eating meatless meals (42%), having meatless days (32%), and avoiding meat completely (9%). Non-meat meals frequently contained vegetables but also commonly contained cheese and other dairy products. Beans, nuts, tofu, and meat analogues were eaten relatively infrequently. More than a third of those who had reduced red or processed meat consumption had increased poultry or seafood consumption. A common reason given for continuing to consume meat/poultry/fish was that these foods are part of a healthy diet. These results suggest that more meat consumers need to know about healthy food choices to replace meat. Some respondents said that meatless meals were boring or weren't filling. This suggests that attempts to promote eliminating (or reducing) meat should include many ideas for interesting, hearty meals. Recipes and product tastings are powerful tools to help move people toward a healthy vegan diet.

Neff RA, Edwards D, Palmer A, Ramsing R, Righter A, Wolfson J. 2018. Reducing meat consumption in the USA: a nationally representative survey of attitudes and behaviours. *Public Health Nutr.* 21:1835-1844.

Get Cultured With

Homemade Fermented Foods

By Laura McGuinness

Fermented foods are the reason I graduated from the University of California, Berkeley, in the spring of 2016. In need of one last unit to earn my diploma, I enrolled in an elective course about fermented foods. After all, I am easily swayed by foods that I can make at home with minimal ingredients and effort. In this class, I learned about the basic science behind lacto-fermentation, was introduced to a variety of fermented foods, and also discovered the rich history behind fermentation. The most important information I gained was that fermentation has been around for thousands of years.

Very little money needs to be spent on a fermentation project to yield a high volume of delicious, probiotic-rich foods.

Despite the lure of new crocks, jars, and fancy ingredients, very little money needs to be spent on a fermentation project to yield a high volume of delicious, probiotic-rich foods. Homemade fermented foods, therefore, are wonderful options for people looking to save money and still maintain a healthful diet.

What is lacto-fermentation? Is the prefix, “lacto,” related to milk-derived lactose? The short answer is no. “Lacto” refers to the specific species of bacteria and is short for *Lactobacillus*. While it can be animal-derived, these bacteria also exist on the surface of all plants. The *Lactobacillus* bacteria possess the ability to convert sugars into lactic acid and were given this name because the first experiments with these bacteria focused on fermenting dairy products. Lacto-fermentation, however, does not need to involve dairy products!

Supplies

As I mentioned, it is not necessary to spend a lot of money buying accessories. I encourage you to get creative! Look in your garage or home for a few old jars or find a used ceramic crock at a garage sale. The most important thing is to remember not to use any metal objects in the fermentation process as it can damage the cultures. A few useful items to keep on hand are:

- **Different size glass jars:** I would suggest having nearby several wide-mouth quart- and pint-sized jars, at least one straight-sided jar (especially for sourdough starter), and one or two gallon-sized jars. Jars are used for the actual fermentation process as well as for sealing once you are ready to store in the refrigerator.
- **Ceramic crock:** A large ceramic crock was invaluable to me during the wilting stages of the cabbage for sauerkraut and kimchi. If you have a very large non-metal bowl, that should work just as well.
- **Breathable fabric:** Fabrics such as butter muslin, cheesecloth, or even a coffee filter will be used in every fermentation project to protect the mixture from insects and dust. These fabrics will allow for the circulation of air and release of carbon dioxide.
- **Fermentation weights:** Fermentation weights are used to ensure all ingredients are being fully submerged under the brine. Full submersion keeps mold at bay, which is honestly the ultimate goal of any home fermenter. You can buy fermentation weights online or in your local home brewing store, but you can also search around your house for something similar. Pie weights, stones (boiled for 15 minutes before using), an apple or cabbage core, and even a large cabbage leaf has been known to help keep vegetables submerged.

- **Kraut pounder:** A kraut pounder or vegetable stomper is fantastic for pounding down cabbage in hopes of releasing as much brine as possible. A pestle or your own fist can be used as well.
- **Funnel:** A funnel is the kitchen gadget I use the most. I bought a metal funnel with a removable strainer built in. Whether you are attempting to transfer sauerkraut into a pesky narrow-mouth jar or pouring kombucha into Grolsch-style bottles, a funnel is always there to help. The strainer comes in handy for filtering out stringy yeast in kombucha (not necessary but ensures a smooth beverage).
- **Tea steeper (for kombucha):** I find a reusable cotton tea bag is the best for steeping several Tablespoons of loose leaf tea. Your other options include multiple tea bags or several mesh tea balls. (Keep in mind that pouring loose leaf tea into several mesh tea balls can prove to be quite an endeavor.)
- **Grolsch-style flip-top bottles (for kombucha):** If you would like to carbonate your kombucha, investing in several Grolsch Flip-Top bottles is your best bet. Other fermenters have cut costs by using old store-bought kombucha bottles, but I do not find them as reliable. When exploding glass is a worry, I choose to buy the best kind of bottle I can find.

Tips for Successful Fermentation

- **Sterilizing:** Anybody who is familiar with canning knows how important it is to sterilize all equipment. While I have had luck not sterilizing my equipment in the lacto-fermentation process, I have had better, more consistent luck sterilizing my jars before use. Trust me when I say that my greatest culinary disappointments come from spotting mold in my fermentation project.
- **SCOBY cycles:** SCOBY is an acronym for “Symbiotic Culture of Bacteria and Yeast.” This thing looks like a smooth, floppy alien. What exactly should I be looking for when brewing kombucha? A SCOBY is a very resilient little colony of bacteria and yeast. When you first pour the mother SCOBY and its starter tea into your batch of kombucha, it will either float to the bottom or the top. Either behavior is fine. After just a few days, you will most likely notice a thin, translucent skin developing on the top of the liquid. After several days or even weeks, this ‘skin’ will change color, become thicker, and possibly develop brown stringy bits known as

yeast. This is your new daughter SCOBY. From here on out, you can either compost the mother or include it in your next batch to ensure the maturity of your new daughter. (Interestingly enough, I have heard about people eating SCOBYs, even preparing it to resemble vegan meat analog.)

When your first batch of kombucha is finished and you need a place to move your new SCOBY and its mother, wash your hands in white distilled vinegar and transfer the SCOBY(s) to a clean jar (with 2 cups of unflavored kombucha) or a new batch of tea. As you begin growing new SCOBYs, it is a good idea to create a SCOBY hotel. This is just an uncovered jar filled with unflavored kombucha where you can leave SCOBYs to rest. If you ever have a batch of tea that grows mold and you must discard the liquid and SCOBY, you can begin a new batch with a SCOBY from the hotel. Plus, a jar filled with floppy aliens makes for pretty cool kitchen décor, don’t you think?

- **How do I know if I grew mold?** This is the question that prevented me from getting started with fermentation earlier in my life. What I’ve learned, however, is that the human body is very good at noticing when something is off with a food source. Mold growth is green, black, red, or pink and generally grows in raised, fuzzy, circular spots. If a mixture smells putrid and not pleasantly sour, something might be off. If you rely on your senses, you will be able to identify mold where it matters.

Customizations

Fermenting foods at home provides endless possibilities for customization. When reading the following recipes, I encourage you to change them as you see fit. A few ideas for customization are:

- **Flavors:** If you like your kimchi less spicy, you can reduce the amount of gochugaru. If you hate pomegranate juice, change the type of juice you add to your kombucha.
- **Fermentation time:** I like my fermented foods extra sour. To get this level of ferment, I tend to let things sit at room temperature for an extra day. It is important to keep tasting throughout the fermentation period and adjust according to your own preference. While this is encouraged, however, be sanitary about tasting. Use a clean spoon each time you taste; don’t put your fingers or mouth directly on crock contents.

Classic Caraway Sauerkraut

(Makes one quart)

1 medium head green cabbage
Up to 3½ Tablespoons kosher salt, divided
1½ Tablespoons caraway seeds

Cut the cabbage in half and remove the core. Shred into long strips using a food processor or a very sharp chef's knife. Transfer the shredded cabbage to a crock and sprinkle 2 Tablespoons salt on top of the cabbage. Massage the salt into the cabbage with your hands for approximately 2 minutes, squeezing and mixing as you go. Allow the cabbage to sit for 10 minutes. Then, stir the caraway seeds in with your hands as well.

At this point, you should have a bit of a brine developing from the water the cabbage has secreted. Transfer the cabbage into a quart-sized Mason jar and press the cabbage down with your fist, a pestle, or a cabbage stomper. As you press the cabbage down, the brine will move to the top. Your goal is to make sure your cabbage is completely underneath the brine. If needed, dissolve 2 Tablespoons of kosher salt into a quart of warm water to make a brine. Pour this into the jar until the cabbage is completely submerged.

Use a strip of cheesecloth to cover the mouth of a jar and fasten the cloth in place with a rubber band. Let it sit on your counter for 7-10 days, tasting throughout the fermentation period with a non-metal utensil. Continue to check throughout the week to ensure your cabbage is remaining submerged. Once fermented to your taste, refrigerate.

Total calories per 1/4-cup serving: 16 Fat: <1 gram
Carbohydrates: 3 grams Protein: 1 gram
Sodium: 1270 milligrams Fiber: 2 grams
Note that this is not a recipe to use if you're on a low sodium diet.

Kimchi

(Makes 2 quarts)

1 medium napa cabbage
¼ cup kosher salt
6 cups lukewarm water
½ medium-sized yellow onion
2-inch piece of ginger, shredded
3 cloves garlic
5 Tablespoons gochugaru (see note below)
Additional water as needed
4 scallions, chopped into 1-inch pieces

Cut the cabbage lengthwise in half and chop into 2-inch pieces. Place the cabbage in a large bowl.

Stir salt into the water until it is completely dissolved, creating a brine. Pour the brine over the cabbage and mix with a wooden spoon, doing your best to ensure that the cabbage is submerged in liquid. Allow the cabbage to sit for 2 hours; this will help wilt the leaves.

Meanwhile, combine the onions, ginger, garlic, and gochugaru in a food processor and blend until smooth. Add water if your food processor is struggling.

After the 2 hours has passed, drain the cabbage, making sure to reserve the brine. Add the chopped scallions and gochugaru mixture, stirring with a wooden spoon. Now you have kimchi!

Pack the kimchi into glass jars, leaving approximately an inch of headspace at the top. Pressing the mixture into the jars should release brine, but if needed, add the reserved brine to ensure the kimchi is submerged.

Top the jars with a piece of cheesecloth, secured with a rubber band, and allow to sit for 24 hours. On the second day, seal the jars with a lid, and allow to sit at room temperature for 48 hours, then refrigerate. Once sealed, the kimchi will become slightly fizzy.

Note: Gochugaru is coarsely ground red pepper with a texture between flakes and powder that is widely used in Korean dishes. You can purchase it in Asian markets and online.

Total calories per 2-ounce serving: 9 Fat: <1 gram
Carbohydrates: 2 grams Protein: <1 gram
Sodium: 726 milligrams Fiber: 1 gram



Fermented Veggies

(Makes 2 quarts)

- 4 teaspoons kosher salt
- 1 pint warm water
- One bunch medium to large carrots, peeled, and sliced into sticks
- One bunch radishes, with bulbs sliced in half
- 3 cloves garlic
- 4 sprigs dill

Make a brine by stirring the salt into warm water until it is completely dissolved.

Place the carrots and radishes into a jar, leaving an inch of headspace. Smash the garlic cloves and add to the jar, pushing them towards the bottom. Add dill. Pour the salt water brine over the vegetables, submerging them completely. Cover the jar with a strip of cheesecloth and secure with a rubber band.

Allow the jar to sit at room temperature for 3-5 days, tasting periodically. Refrigerate.

Total calories per 1/4-cup serving: 6
Carbohydrates: 1 gram
Sodium: 250 milligrams

Fat: <1 gram
Protein: <1 gram
Fiber: <1 gram

Simple Sourdough Loaf

(Makes 1 loaf)

Sourdough Starter

- 1 cup rye flour
- 1 cup cool water

Mix flour and water together thoroughly until it reaches the consistency of pancake batter. Place in a jar and cover with a piece of cheesecloth and secure with a rubber band. Allow to sit at room temperature for 1 day.

Daily Feeding for One Week

- ½ cup all-purpose flour
- ½ cup cool tap water

After one day, discard ½ cup of starter. Add flour and water, stir well to remove any lumps, cover, and allow to sit at room temperature for another day.

Repeat this process for a week until you have a well-fed sourdough starter. This will smell sour and yeasty.

Discarding ½ cup of starter every day sounds like a waste, but continuing to feed the starter will leave



you with several gallons of fermenting flour. If you do not believe me, just look up “The Sourdough That Ate Milwaukee.”

Bread

- 2 cups Sourdough Starter (above)
- 1 cup cool water
- 6 cups all-purpose flour, divided
- 1 Tablespoon salt
- Vegetable oil

Mix the Sourdough Starter, water, and half the flour with a wooden spoon until it is completely combined. Slowly add salt and remaining flour while continuing to stir the mixture. Your dough should be sticky and easy to ‘pour’ out of the bowl.

Oil a bowl and transfer the dough into it. Allow the dough to sit at room temperature for 1 hour or until mixture has doubled in size. Transfer the dough to an oiled Dutch oven and allow to sit, uncovered, at room temperature for 1 hour. Once the bread is done rising, make a slash in the middle of the dough with a serrated knife.

Preheat oven to 400 degrees. With the lid on, transfer the dough into the oven and bake for 1 hour, checking often. The bread’s crust should have a golden-brown color, and the internal temperature should be 200 degrees. During the last 10 minutes, crack open the oven door. This will ensure a crisp crust.

Total calories per 1/16 loaf: 199
Carbohydrates: 41 grams
Sodium: 437 milligrams

Fat: 1 gram
Protein: 6 grams
Fiber: 2 grams

Strawberry Cream Cheese

(Makes 1 quart)

- 1 cup raw, unsalted cashews, soaked overnight**
- 2 Tablespoons plain, unsweetened coconut yogurt**
- ½ teaspoon kosher salt**
- Filtered water**
- ½ cup strawberries, chopped**
- 3 extra strawberries**

Drain the liquid from your soaked cashews and blend them in a food processor or blender until smooth. Add the yogurt and salt, plus water if needed to thin. Transfer the mixture to a clean container, cover with a piece of cheesecloth, and secure with a rubber band. Allow to sit at room temperature for 48 hours.

Wrap the resulting 'cheese' in cheesecloth and squeeze out any of the liquid over the sink. Place the 'cheese' into a food processor with ½ cup strawberries and blend until a bright pink. Chop the 3 extra strawberries and fold the small pieces into the cream cheese by hand.

Total calories per 2 Tablespoon serving: 22
Carbohydrates: 1 gram
Sodium: 31 milligrams

Fat: 2 grams
Protein: 1 gram
Fiber: <1 gram

Pomegranate Kombucha

(Makes 1 gallon)

Initial Ferment

- 1 gallon water**
- 1 cup organic cane sugar**
- 2-3 Tablespoons black tea in metal steepers**
- 1 SCOBY (see note below)**
- 2 cups starter kombucha tea**



Pomegranate Kombucha

Bring the water to a boil. Remove from heat and add both the sugar and tea while stirring. Allow the tea to steep until the mixture cools to room temperature (could be several hours).

Remove the tea steepers and pour the tea into the vessel of your choice. Add your SCOBY and the starter kombucha it came in. Cover the vessel with cheesecloth,

securing with a rubber band. Place this in a warm spot and allow to ferment for 1-3 weeks, depending on taste.

It is important to periodically taste your kombucha, but do not drink straight from the jar. Instead dip your straw into the tea, cover the top with your finger, lift the straw (containing a small amount of the tea) out of the jar, and release the tea into your mouth. When you are pleased with the taste of your tea, remove your SCOBY and retain two cups of unflavored tea.

Flavoring

3½ cups 100% pomegranate juice

Add the pomegranate juice to the tea. Stir the mixture thoroughly and taste again.

You can flavor kombucha however you would like. Instead of using fruit juice, you could simply add fresh or dried fruit to the bottom of your bottles. (I have had great results with fresh raspberries.) You can also add herbs and spices, such as turmeric or lavender. There are nearly endless possibilities.

Carbonating

You can now use a funnel to transfer the tea into Grolsch-style, flip-top bottles. Place these bottles in a closed, dark cupboard for 3 days. Once a day, flip the tops open to burp the bottles. This allows the carbon dioxide to escape, thus releasing pressure and potentially preventing bottles from exploding during the carbonation process. Refrigerate after 3 days.

Note: Usually, the SCOBY can be bought floating in a jar of starter tea. You should be able to buy one from your local home brewing store or by connecting with a fermentation community near you. Craigslist, Reddit, Facebook groups, and other online communities should be able to point you towards a local home brewer.

Total calories per 4 ounce serving: 41
Carbohydrates: 10 grams
Sodium: <1 milligram

Fat: <1 gram
Protein: <1 gram
Fiber: <1 gram



Laura is a former VRG intern and continues to volunteer! She lives in California.

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“You proved me wrong. Vegans do have a lot of options when it comes to food.”

2018

SCHOLARSHIP *winners*

NATALIA GOSIACO, HAWAII

Natalia Gosiaco works at a vegetarian restaurant. The owner said she continuously excelled the past three years, providing excellent customer service and always showing up on time. (One of the biggest hurdles for restaurants and groups is to find hard-working long-term employees who always show up.)



**NATALIA
GOSIACO**
**SAN DIEGO
STATE
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\$10,000

The owner reported that Natalia also “made important contributions to our business by offering some of her vegan recipes, which we sometimes added to our specials menu. She has certainly been a gem in our organization.” Another employee mentioned how Natalia kept her “kind demeanor even during high-stress peak hours.” Natalia said for the restaurant she developed “a chocolate soft serve flavor by pouring a mixture of bananas, coconut milk, dark chocolate, and cacao powder into our soft serve machine. It is served with granola, papaya, banana, and macadamia nuts. I have also baked small treats, including vegan cookies and muffins that can be sold in the front by the cash register.”

When Natalia Gosiaco and her friend went vegan, they decided to create the first vegan club at their high school. The Vegan Club’s advisor said “Natalia took initiative to organize two formal assemblies at our school inviting a well known vegan activist ... to speak about veganism and the environment. Natalia single-handedly proposed the guest speaker to the administration, completed all necessary paperwork, and organized the logistics. These two assemblies reached 800 students.”

Additionally, this past fall, Natalia helped organize healthy vegan alternatives during a bake sale to raise funds for victims of Hurricane Maria and Hurricane Harvey. The club advisor added, at the school’s annual spring fair, “Natalia and her co-president created a first-ever vegan snack option featuring Tofu Poke. It was a huge success and many people came up afterwards to share how exciting it was to have not only a healthy alternative (compared to cotton candy, hot dogs, etc.), but also a vegan option.” Natalia received an email from the head of student life at her high school regarding the sample vegetarian menu she created. The student life head is speaking to Sodexo food service about incorporating more vegan options in the cafeteria.

Natalia wrote that she planned her fully vegan graduation party, featuring vegan Hawaiian food for over 150 people. The menu was Lau lau, Luau, mock chicken long rice, mock lomi salmon haupia, poi; “all of which are delicious traditional Hawaiian foods that we made vegan.”

Her perfect future life will be to own a vegan restaurant that offers breakfast and lunch, with a farm where all the vegetables could be harvested, from farm to table. Natalia plans to study nutrition and business, which will allow her to continue to stay involved in the movement. In college, she will work with a vegan caterer, and with a friend she is starting a business delivering vegan ingredients in a box to households so they can easily prepare vegan meals.

ELISE DONOVAN, NEW HAMPSHIRE

At 13, after Elise Donovan went to a restaurant with her dad, and saw “pig carcasses,” she decided to become a vegetarian. She then entered an eighth grade essay contest, “putting more hours into that essay than any homework assignment I had ever completed.” Her hard work paid off and she had the opportunity to present a speech on vegetarianism to her whole school at an assembly at the end of 8th grade.

Elise said, “I took to my next task: providing more options for vegetarians. Having grown up with an involved mom who packed my lunches almost every day, I was not often restricted to a non-personal defined menu. This

The Vegetarian Resource Group Awards

\$20,000 in College Scholarships in 2018



ELISE
DONOVAN

HOBART AND
WILLIAM
SMITH
COLLEGES

\$5,000

was not the case for a large majority of kids at my school, so I made the executive decision to contact my principal to institute veggie burgers as a daily staple for those hoping to make a meatless choice. With the help of PETA, I worked to craft an email that expressed my concern with the options in the cafeteria... Veggie Burgers were added to my middle school menu. While I was only there for a year to see the effect, I received some statistics from my food coordinator. Initially the veggie burgers were not received well due to younger kids' usual distaste for new foods, but they have since extended their menu. Apart from veggie burgers they are providing salads and different sandwiches daily. Additionally, a vegan/vegetarian main meal entrée is sold daily, which sells at around 10 meals daily. While still low, it's a great step forward since the lack of options when I attended."

In high school, Elise continued her efforts. "I aided the cafeteria at my high school with a daily vegan station, fully equipped with vegan-friendly soups, sandwiches, and meals... Every day a vegan special is announced, and it has since attracted many people. These meals range from eggplant and vegan cheese sandwiches, to tofu and vegetable stir-fry and much more. Statistically, my food director told me that they sell over 25 meals a day, with some particular meals selling more than 50 in a day. To institute this new subsection of our menu, some other classmates and I in my student council expressed our want for more options, and were given the opportunity to taste test different meals," she said.

Elise hopes to study International Relations and Environmental Studies in college.

MAGGIE SALTER. OREGON

Maggie Salter started on her path to vegetarianism at 10 years old, when she learned about the "secrets hidden behind pristinely packaged animal products."

In her freshman year of high school, Maggie became part of an animal rights club. She and others in the club met students from a different high school with similar interests. Maggie said, "We were all strangers, connected only by our passion for animals and a hope to be part of something bigger than ourselves." Because they felt there was a lack of support for young people, they formed Youth for the Voiceless. Maggie was co-chair of the communications team. Maggie stated, "From going to animal rights marches and protests – and being the only person there under 30... it was obvious we had a job to do as young adults and advocates to fill the gap."

The advisor to the club said, "Without question, Maggie, a Youth For the Voiceless co-founder and board member, has served an absolutely crucial role in the



MAGGIE
SALTER

UNIVERSITY
OF OREGON

\$5,000

evolution, growth, and increased momentum of this public charity. Simply said, YFV would not be where it is today without her... Whether tasked with determining best social media practices for a new non-profit to engaging in a conversation about how to most effectively conduct youth outreach, Maggie tackles every challenge with both logic and creativity, a rare combination and a true illustration of Maggie's incredible aptitude."

One of Maggie's insights was when she went to her first vigil over the summer where they were bearing witness for cows on their way to slaughter. She stated,

“All I can remember was watching all these activists with the best intentions run up to the truck, trying to get up to the front to take pictures and videos... It began to remind me of a zoo. I know these pictures and videos were to document the animals’ suffering, the hands poking through the bars were all intended to show compassion, and all the tears shed were out of love, but these animals had already been through so much, and they’ve only known the worst of humans. So isn’t it reasonable to believe they’d be afraid of us? Now don’t get me wrong. I didn’t write this to take anything away from bearing witness or the activists that go, because they are genuinely some of the strongest people out there, but when done in the wrong ways, I think we can accidentally cause more distress than comfort... I write this ‘to show that we might not all have the same experience, and that we might not all take away the same thing... You can’t base what you’re supposed to feel or think on someone else’s experience. Take everything with a grain of salt because it’s okay to feel things differently from someone else. Lastly, I just want you to remember we are there for the animals... so we need... to not get wrapped up in what we think we’re supposed to be doing.”

Because of organizing vegan taste tests at her high school for non-vegetarian/vegan kids to see how good vegan food really can be, and her experiences in Youth For the Voiceless, creating content, helping to design the website, and working on their social media presence, Maggie hopes to continue being part of the movement after college by studying communications.

She says, “This scholarship would help me pursue my dreams to continue being an activist for years to come and allow me to get an education that can help me achieve my goals.”



The deadline for the next Vegetarian Resource Group scholarship contest for high school seniors is February 20, 2019. For more information, please see: www.vrg.org/student/scholar.

More than 300 students entered the scholarship contest this year. In our mind, all are winners. If you would like to sponsor additional scholarships of any amount, please donate at www.vrg.org/donate; mail to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203; or call (410) 366-8343.

More Vegan Options:

Chipotle

To help you choose vegan foods at their restaurants, Chipotle now has a section indicating what is vegan and what isn’t. See: www.chipotle.com/dietary-options

They say: For the vegans, avoiding animal products at Chipotle is easier than you may think. Even without the meats, dairy products, and vinaigrette (which is made with honey), there are still plenty of tasty vegan-friendly options, including our popular Sofritas. Suggested meals contain no animal products.



Flower Child

Flower Child restaurant has locations in Arizona, California, Georgia, Nevada, Texas, and Washington DC. Some options are: Avocado Hummus, Spicy Japanese Eggplant with Thai Basil and Cashew, and Red Chili Glazed Sweet Potato with Bok Choy & Sesame Seed.

Bowls include Wild Mushroom Pho with rice noodle, sweet onion, bok choy, jalapeño, savoy cabbage, Thai basil, fall spiced dashi; Thai Cashew Quinoa with zucchini, snap pea, celery, onion, shiitake mushroom, jalapeño, Thai basil, cashew, red quinoa; Vegan Poke with marinated beet, avocado, pickled mushroom, cucumber, radish, wasabi pea, smoked dulce, brown rice, spicy ponzu; Mother Earth with ancient grains, sweet potato, portobello mushroom, avocado, cucumber, broccoli pesto, charred onions, leafy greens, red pepper miso vinaigrette, hemp; and Forbidden Rice with black pearl, red japonica, snap pea, bok choy, broccoli, carrot, onion, toasted sesame, red chili hoisin. Also featured is Thai Dye Wrap with spicy tofu, basil, avocado, daikon radish, cilantro, and snap pea. For information, see: www.iamflowerchild.com/

More Restaurant Chains Serve Up Vegan Fare

Panera Bread®

Panera Bread offers Low Fat Vegetarian Black Bean Soup. They list the ingredients as: (Water, Black Beans [May Contain Soy], Onions, Celery, Vegetable Base [Cooked Vegetables {Carrot, Celery, Onion}, Tomato Paste, Corn Oil, Yeast Extract, Potato Flour, Salt, Onion Powder, Garlic Powder, Natural Flavor {White Pepper And Rosemary Extract}], Red Peppers, Modified Corn Starch, Sea Salt, Spices [Cumin, Oregano, Red Pepper], Lemon Juice, Garlic Powder). They also offer their Vegan Lentil Quinoa Broth Bowl and their Soba Noodle Broth Bowl with Edamame Blend.



Perfect Pita®

With over 15 locations in Virginia, Washington, DC, and Maryland, Perfect Pita is a family-owned business founded in 1994. Today Perfect Pita also operates Perfect Daughter®, a catering service run by the founder's daughter. Vegans may learn more about the family business through the video on the site's About Us page: theperfectpita.com/about.

Perfect Pita's menu, theperfectpita.com/menu, has a special vegan section, including white bean salad, shepherd salad, tabouli, stuffed grape leaves, falafel, navy bean soup, and hummus.



Ruby Tuesday

Ruby Tuesday lists these items on their salad bar: Chopped Romaine, Baby Spinach, Field Greens, Iceberg, Grape Tomatoes, Shredded Kale, Diced Cucumbers, Broccoli Florets, Bell Pepper Strips, Black Beans, Sliced Mushrooms, Carrots, Grapes, Diced Apples, Mandarin Oranges, Green Peas, Black Olives, Edamame, Banana Peppers, Artichoke Hearts, Dried Cranberries, Wasabi Peas, Sunflower Seeds, Carrots, Celery, and more. See here for vegan options (Select by location and then vegan options): gipsee.com/rubytallergen/Loc.aspx

TGI Fridays®

The Beyond Burger is now on the menu at 469+ TGI Fridays. For information on Beyond Burger, see: beyondmeat.com/products/view/beyond-burger

True Food Kitchen

True Food Kitchen has locations in 11 states. Their website states it was partially established by Dr. Andrew Weil to encourage simple changes in eating habits for optimal health. They have seasonal menus with some vegan options. See: www.truefoodkitchen.com/menu



For information about other restaurant chains, see www.vrg.org/fastfoodinfo

For vegetarian and vegan restaurants in the USA and Canada, see www.vrg.org/restaurant

We depend on company statements for ingredient information. It is impossible to be 100% sure about a statement, information can change, people have different views, and mistakes can be made. Please use your best judgment about whether a product is suitable for you.

What Does “Plant-based” Actually Mean?

By Casey Brown, Julia Mathew, Ilana Wolf, and Ashley Kerckhoff

Imagine that you are vegan and are excited to see that a new plant-based café recently opened in your town. You decide to head over for the weekend brunch and you order the veggie pizza bake, assuming that the cheese they mention on the menu is non-dairy since you believe that plant-based equates to vegan. When your meal arrives, however, you realize that the café thinks differently – your pizza bake is topped with dairy cheese!

“Plant-based” evokes varying ideas and images to different people. While some assume this term equates to veganism, others believe that it can include limited amounts of meat or other animal products. Recently, this term has been increasingly used by both the media and scientific researchers in a variety of contexts.

How Does the General Public Define a Plant-based Diet?

A recent One Poll Survey asked respondents how they interpret a plant-based diet. The poll read “I think a plant-based diet means ____,” and a range of answers were given in response to this survey. The survey found that 20% of respondents thought this term referred to a vegetarian diet, 17% thought it referred to a vegan diet, and 18% thought that it referred to a vegetarian or vegan diet that is composed of whole foods. An additional 13% of respondents thought that “plant-based” referred to a whole foods diet, but can include animal products, while 24% selected that they did not know what a plant-based diet was.¹ The results from this One Poll Survey cannot be extrapolated to the U.S. population since they do not reflect an accurate makeup of this population. However, these results demonstrate the general confusion and inconsistent use of the term “plant-based.”

How Do Researchers Define a Plant-based Diet?

The Vegetarian Resource Group decided to evaluate exactly how “plant-based” was being defined in reports of scientific research studies, as it lacks an explicit definition. We found a total of 893 research studies

published within the past 10 years that use the term “plant-based.” We further narrowed down the list to a total of 80 articles after excluding studies that did not use “plant-based” in reference to diet or that were a summary of a number of other studies. Additionally, we included only studies published in English that were conducted on human subjects. The 80 studies were reviewed to determine how they were using the term “plant-based.”

The research studies were categorized based on nine definitions of how the term “plant-based” was used. The nine categories and results from our research are summarized in the chart on the next page.

After reviewing the 80 studies, we found that 74% of them did not explicitly define “plant-based.” The majority of the studies (61%) took place in the United States, while others were conducted in Canada, Italy, Japan, and Nigeria, among other places. This demonstrates that there seems to be an inconsistent use of the term “plant-based” globally in scientific literature.

Of the studies we reviewed, 5% explicitly defined plant-based as the avoidance of all animal products, or a vegan diet. For example, researcher John McDougall, MD, and his coworkers stated that “the hotel’s kitchen staff prepared foods according to prescribed guidelines. No animal-derived ingredients (e.g., meat, fish, eggs, or dairy products)... were used.”² The plant-based diet was thoroughly described in this study as a vegan dietary pattern. One of the studies defined plant-based as the avoidance of meat, fish, and poultry. Some (8%) of the studies defined plant-based as a diet that excludes red meat but can include fish and/or poultry. A total of 13% of the studies were found to define plant-based as any type of “vegetarian” diet. This ranged from vegan to pescetarian to semi-vegetarian.

There was a total of 10% of the studies that described plant-based as low-meat consumption. An example of this is an article by Akinyemiju, et al., which stated “the ‘plant-based’ pattern [was characterized] by fruits, vegetables, cereal, beans, poultry, and fish.”³ Plant-based was used to describe diets with increased plant-food consumption in 16% of the studies.

Category #	Definition of the term “plant-based”	Percentage
1	Plant-based was defined as the avoidance of all animal products.	5%
2	Plant-based was defined specifically as the avoidance of meat, fish, and poultry.	1%
3	Plant-based was defined as the avoidance of meat, but could include fish and/or poultry.	8%
4	Plant-based was defined as any type of vegetarian or near-vegetarian diet (including vegan, vegetarian, pescetarian, semi-vegetarian).	13%
5	Plant-based was described as low meat consumption or semi-vegetarian. This can include limited amounts of meat and other animal products.	10%
6	Plant-based was used to describe diets with an increased consumption of plant foods (fruits, vegetables, legumes, etc.).	16%
7	Plant-based was used as a synonym for a vegan diet, but it was not clearly defined.	20%
8	Plant-based was used as a synonym for a vegetarian diet, but it was not clearly defined. “Vegetarian” could include semi-vegetarian.	8%
9	Plant-based was used but was not defined.	20%

These studies did not specifically prohibit any foods. For example, Saxe, et al., stated that participants in their study were placed on a plant-based diet and taught to “increase [their] intake of whole grains, vegetables, fruit, and legumes, and to decrease meat, dairy, and refined carbohydrates.”⁴ While this pattern did not prohibit any foods, it encouraged an increased consumption of plant foods and a decreased intake of animal foods.

A total of 28% of the studies appeared to be using the term “plant-based” interchangeably with “vegetarian” or “vegan.” They did not provide an explicit definition for the term, but we were able to infer these meanings. Many studies (20%) used the term “plant-based” throughout the article without providing a clear definition. These studies prevented us from understanding what was meant by a plant-based diet, which also limits our interpretation of their results.

How is a Plant-based Diet Defined by the Media?

In addition to reviewing scientific studies that used the term “plant-based,” we reviewed articles found in the media that were using this term. We selected articles from *Runner’s World*, CBS News, CNN, *The Washington Post*, and other sources, to determine how “plant-based” was being used in these contexts. The same categories were used to group the media articles. None of the

articles reviewed fit into categories 2, 3 or 5.

Category 1: Defined as avoidance of all animal products.

While many articles and restaurants seem to be using the term “plant-based” synonymously with vegan, others explicitly define “plant-based” as the avoidance of all animal products.

ABC News published a story titled “Teacher who had heart attack inspires 1300 colleagues to try a 10-day plant-based diet.” This article explicitly defined plant-based as “a diet that consists of whole grains, legumes, nuts and seeds, herbs, and spices and excludes all animal products including red meat, poultry, fish, eggs, and dairy products.”⁵

Additionally, Cornell University offers a plant-based nutrition certification program. This program encourages a whole-foods plant-based diet, which groups foods into three categories: animal foods, whole foods, and refined plant fragments. The specific definition provided by Cornell states that a whole-foods, plant-based diet includes only unrefined plant foods and excludes all animal foods and refined plant fragments.⁶

Category 4: Defined as any type of vegetarian diet.

The article “Plant-Based Diet for Heart Health” explains that there are multiple kinds of plant-based

diets, most commonly including vegan, lacto-vegetarian, and lacto-ovo-vegetarian. It states that pescetarian “means they eat a plant-based diet plus fish.”⁷ In this article, they appear to be defining plant-based as any type of vegetarian diet excluding those that allow for meat or fish. The definition used in this article is more specific, allowing a reader a better understanding of what is meant by the term “plant-based.”

Category 6: Used to describe diets with an increased consumption of plant-foods.

Many articles described a plant-based diet as one that increases the consumption of plant-foods without strictly limiting or prohibiting animal-based foods. In “Plant-based Diet? Sure, But First Understand What That Really Means” by Carrie Dennett, she states that “plant-based diets can take many forms, from vegan to vegetarian to flexitarian to omnivore. The common denominator is that they make plant foods the focal point of the plate.”⁸ Similarly, in “7 Reasons To Choose a Plant-based Diet” by Laura McMullen, she states that a plant-based diet “allows for modest amounts of fish and lean meat. But more importantly, choosing a diet heavy in fruits and vegetables.”⁹

NFL Quarterback, Tom Brady, follows a plant-based diet for peak performance. His diet consists of 80% fruits and vegetables and 20% of other foods, mainly lean meats. The CBS News article “What Does Tom Brady Eat? How the Star Stays on the Field in his 40s” states that he “sticks to a mostly plant-based diet, but allows for some lean meat and poultry.”¹⁰ It is unclear from this wording whether poultry is considered to be a part of his plant-based diet or is eaten in addition to his “mostly” plant-based diet.

Category 7: Synonym for vegan diet.

Some restaurants seem to be using the term “plant-based” to describe vegan meals. Bean Vegan Cuisine is a restaurant in North Carolina with an entirely vegan menu. Their mission statement says that they “believe in the health benefits of a plant-based diet and promote a plant-based diet within their communities.”¹¹ While they do not explicitly define plant-based, it can be inferred that they are using this term synonymously with vegan. Purple Carrot is a 100% plant-based meal delivery service that ships to the contiguous 48 states. This organization does not define plant-based on their website; however, their meals appear to all be vegan, implying that they are using these terms interchangeably.

In addition to restaurants and meal delivery services, athletes are also getting on board with the plant-based

lifestyle. Ultra-endurance athlete, Scott Jurek, chooses to follow a plant-based, or vegan, diet. In the *Runner’s World* article “Eat Vegan & Run,” Steve Friedman describes Jurek’s dietary pattern as plant-based. Throughout the article, he uses “plant-based” and “vegan” interchangeably to describe Jurek’s food choices. In the article, Friedman quotes Jurek saying that he “actually prefer[s] ‘plant-based’ to vegan” due to the negative connotation that sometimes surrounds the term “vegan.”¹² This negative connotation might be due to a lack of understanding of vegan diets and the positive benefits that are associated with them. CNN’s article “Go Vegan, Save the Planet” by George Wang describes the relationship between our food system and climate change. He uses the terms “plant-based” and “vegan” interchangeably to describe the significant impact our food choices have on the environment.¹³

While some assume this term equates to veganism, others believe that it can include limited amounts of meat or other animal products.

Category 8: Synonym for vegetarian diet.

Restaurants and food companies have started offering plant-based menus and food items. The Butcher’s Daughter is a plant-based café and juice bar located in New York City and Los Angeles. They offer 100% vegetarian fare, with a majority of the options being vegan. Some of their vegetarian dishes contain animal products including dairy or eggs. Despite this, they still consider their menu to be plant-based.

Category 9: Plant-based was used but not defined.

CBS News published “Not all plant-based diets are created equal when it comes to heart health” by Amy Norton. This article discusses the health benefits that can be associated with plant-based diets, but it also mentions how there are “healthy ways to do it and not-so-healthy ways [to follow a plant-based diet].”¹⁴ While it discusses the benefits associated with this dietary pattern and exploring plant foods and animal foods, it never explicitly defines plant-based. This leaves the interpretation up to the reader, which could result in various meanings.

The use of the term “plant-based,” throughout re-

search studies, restaurants, and the media, has proven to be inconsistent. Based on our research, the definitions vary widely and cannot be assumed to be vegetarian or vegan. So if a new plant-based café opens in your town, you'll want to make sure to ask about the ingredients before ordering that veggie pizza bake.

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NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

The Vegetarian Resource Group in the News

Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD, contributed to a piece called "Myths About Vegan Diets" for the Plant-Powered Dietitian blog sharonpalmer.com/the-plant-powered-blog. She also was interviewed about vegetarian diets for children for Latvian Public Television.

VEGAN Education

Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD, was a guest lecturer on vegetarian and vegan infants and children for an online graduate course at Nova Southeastern University. Reed also appeared on No BS Vegan doing a podcast on vegan children, did a number of pieces for VeganHealth.org, and produced a Vegan Pregnancy Guide for vegan.com. Vegetarian Resource Group Food Service Advisor Chef Nancy Berkoff, EdD, RD, continues to work with the City of Long Beach, CA Parks and Recreation Department assisting with their senior citizen nutrition program. During the past summer, she had an opportunity to provide input for vegetarian lunches and snacks for school-age city day camp attendees.

By Royal Invitation

Vegan Cooking Classes in Kuwait

by Linda Long

Most Americans recognize Kuwait as the small country on the Persian Gulf that holds 9-10% of the world's oil. What many might not know is that Kuwait is experiencing public health challenges such as heart disease, diabetes, obesity, and high blood pressure.

The country's health challenges are inspiring change from the top. As a vegan author and educator, I was thrilled to receive an invitation to teach chefs at the royal family's palace and personal chefs of other separate royal households, as well as some restaurateurs and dietitians, about the preparation of healthful vegan foods.

Many Kuwaiti young people attend school in the USA, Paris, or London, and because Kuwait is generally highly educated, vegan eating is not a new concept. There is even one mostly vegan restaurant in Kuwait, and a lot of juice bars, which have especially incredible pomegranate juice! The timing was right for the trip.

I planned a six-class culinary series that included Luscious Breakfasts & Lunches, Flavorful Burgers, Sandwiches & Spreads, Hearty Soups, Salads & Dressings, Innovative Meat Alternatives, Creative Dairy Alternatives, and Decadent Desserts.

Though I was scheduled to spend a month on my adventure, I stayed a couple weeks longer as the demand was so great.

Plenty of tofu was available in Kuwait but no tempeh or seitan. I demonstrated making seitan using Miyoko Schinner's UnRib recipe from *The Homemade Vegan Pantry*, but used less gluten flour to make it very tender. It paired well with Candle 79's BBQ sauce recipe from *Virgin Vegan*. Even the palace cooks noted the delicious flavor and meaty texture!

A favorite discovery for my students was how to make a butter-like product using coconut oil and lecithin. Vegan cheese was equally thrilling. We made macadamia chevre rolled in parsley and chives and

also one with Middle Eastern spice blend, Za'taar. Next, the class created a caraway cheese spread from *Virgin Vegan* and used locally-made fresh tofu to whip up almond feta. Chef Matthew Kenney's recipe for aged cashew cheese flavored with garlic and dill, and his almond lemon ricotta, as well as my take on a smoky cashew cheese, rounded out the lesson.

Classes could only be conducted on certain days of the week to accommodate for regional customs. Additionally, at least one day was needed between classes to shop and prep for the lessons. It was fabulous having use of the palace drivers and two assistants from the palace kitchen the entire time. A further aid was that a student's family owned the main grocery store chain in Kuwait. She advised me which stores I should check for specific items.

Meals at the palace were a special part of my experience. Breakfast was always served in your private





quarters. I usually had granola, carrot juice, berries (raspberries and blueberries mostly), and tea.

When I could, I joined in the palace lunches on Mondays and Wednesdays. On Fridays, meal time was mostly for family, including children. This was a favorite for me. The camaraderie and the lingering talk while enjoying a dessert buffet and coffee were lovely.

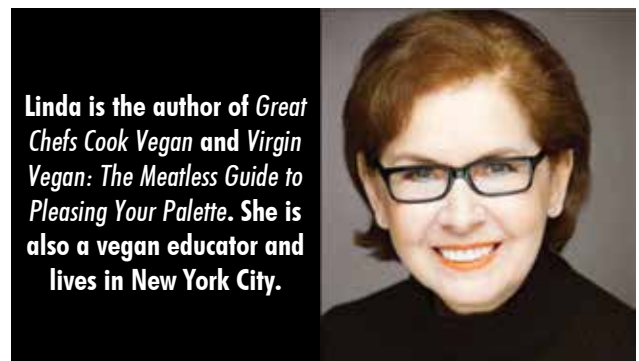
Evening meals were any place we wanted to have them in the palace, based on who we were with and how we spent the evening. Often, it was in the cinema where there were sofas and round tables. Meals were served on a glass table with seating for 16 people, and vegan options on the Lazy Susan usually included hummus, pesto on whole-wheat pasta, roasted carrots or other vegetables, and greens.

Many of my lessons had lingering and surprising results. At the end of the dessert class, I offered a little treat to take home for the students. My take on mignardises are chocolate balls made of cashew butter, cocoa, maple syrup, soy sauce, and vanilla, rolled in sesame seeds. It is the only recipe in both of my books, *Great Chefs Cook Vegan* and *Virgin Vegan: The Meatless Guide to Pleasing Your Palette*.

A member of the royal family was amazed at how much fun and easy it was to make these. She made them with her children that night. As it turned out, she also owns several Kuwaiti chocolate shops! It was a glorious feeling to create a vegan offering that impressed such an expert.



I hope my visit lit a lasting spark for the chefs, dietitians, and restaurateurs. Upon my return home, one chef emailed to state she was “trying her best to be vegan.” Another shared which recipes she was sampling with her family. One restaurateur added some vegan options to her menu, and even asked for advice on a possible guest chef to come and be featured at her establishment. All these efforts represent a step forward in Kuwait!



Linda is the author of *Great Chefs Cook Vegan* and *Virgin Vegan: The Meatless Guide to Pleasing Your Palette*. She is also a vegan educator and lives in New York City.

veggie bits

“Into the Wild” of Mushroom Ravioli

Lightlife Foods introduced two varieties of vegan filled pasta: Wild Mushroom Ravioli and Veggie Sausage Ravioli. The Wild Mushroom option is filled with a blend of tasty portabella and porcini mushrooms along with breadcrumbs. The mushrooms are impressive, not chewy, and could be easily mistaken as never frozen. Thyme is the dominant seasoning but not overpowering. The bag contains one decently sized portion with 390 calories, 14 g of protein, along with relatively high sodium at 740 mg. The Veggie Sausage Ravioli is filled with vegan sausage, roasted red pepper, kale, and vegan mozzarella cheese. A serving contains 540 calories, 19 g of protein, and 600 mg of sodium. Lightlife’s ravioli cook in just three minutes and don’t include sauce. The ravioli are very thin and perfect with a light drizzle of virgin olive oil or tomato sauce. Lightlife’s vegan pastas are available at Safeway, ShopRite, and Wegmans, and can be found elsewhere using the product locator at lightlife.com. *Written by Griffin Stein, VRG Intern.*



So Delicious® and So Many Flavors

So Delicious® offers a variety of creamy vegan frozen desserts. The new flavors we tasted were either cashew milk- or coconut milk-based. The Peachy Maple Pecan feels like home, with the sweetness of a peach cobbler and a bit of a pecan pie. Some reviewers felt the peach didn’t come off as fresh and was less pronounced; however, the overall flavor was still good. As for the Toasted Coconut Key Lime, one reviewer commented, “It’s really good; tastes how it’s described with full flavor from lime and coconut pieces.” Another tester said, “Coming from someone who loves fresh key lime pies, I find the lime almost overpowering like



a zesty lime candy but missing the complementing crust I’m accustomed to.” The Chocolate Drizzled Banana Foster was the definite reviewer favorite. There are small chocolate chunks, and the banana is very smooth. If you’re not buying this flavor in a gallon bucket, you’re doing it wrong! As for the Blueberry Cardamom flavor, there are blueberry bits, but some found the spice combination a bit odd. Others found this flavor the least complex. Lastly, the Cold Brew Coffee tastes like a lightly sweetened iced coffee made with a light roast. It feels awakening; however, it is a bit bitter, especially in comparison to the others. Available at stores including The Fresh Market, Giant, ShopRite, Target, and Wegmans. *Written by Griffin Stein, VRG Intern.*

Bailey’s Almande Almond Milk Liqueur

For vegans of age to imbibe, the first almond milk liqueur is here and available at many neighborhood liquor stores. Bailey’s Almande opens with a light aroma. The flavor is nutty with a sweet vanilla undertone and creamy without becoming cloying, like spiked almond milk. Bailey’s recommends enjoying Almande chilled or over ice. It’s excellent in traditional Irish coffee or hot chocolate, too. For a refreshing twist, try Bailey’s Almande mixed with coconut water, in an adult smoothie with your favorite fruits, with vodka for a martini, or look up a recipe for vegan horchata. Bailey’s Almande doesn’t stop there, though. It’s also tasty in desserts. I puréed a splash with frozen bananas and almond butter for a sophisticated Nice Cream. If you’re serving brunch, add some to vegan cheesecake (this was amazing!) or mix it with maple syrup to serve over waffles and French toast. I liked it served over vegan brownies, too, as well as in a Green Tea Almande High Ball (chilled green tea, sparkling water, and Almande over ice). Find Bailey’s Almande at liquor stores or get info online at www.baileys.com/en-us/flavors/baileys-almande.html. *Written by Rissa Miller, Senior Editor.*



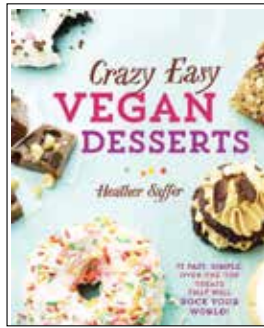
CRAZY EASY VEGAN DESSERTS

By Heather Saffer

Who can resist desserts, especially when Heather Saffer offers 75 easy-to-prepare vegan, gluten-free recipes? Saffer is the founder/CEO of Dollop Gourmet and she brought home the crown in Food Network's 2012 *Cupcake Wars*. She also appeared on ABC's *Shark Tank* in 2016.

Enjoy recipes including Chocolate Chip Macadamia Nut Cookies, Cherry Pistachio Cookies, Cookies and Cream Donuts, Beignets, Salted Caramel Pumpkin Spice Cupcakes, Key Lime Truffles, Apple Pie Taquitos, Peanut Butter and Chocolate Fudge, Wine-Roasted Cinnamon Pears, Minted Cups, Orange Cream Shake, and so much more. Once you see the photos, you'll want to start baking right away!

***Crazy Easy Vegan Desserts* (ISBN: 978-1-4549-2674-60) is a 168-page hardcover book. It is published by Sterling Epicure and retails for \$19.95. Purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.**



HOT FOR FOOD VEGAN COMFORT CLASSICS

By Lauren Toyota

This is Canadian blogger, Lauren Toyota's, first book. The beautiful photos will have you preparing her unique recipes in no time!

Brunch recipes are served up first and include Flaky Buttermilk Biscuits, Tofu Benny with Hollandaise, Pumpkin Spice Pancakes, and Mushroom Leek Quiche. Finger Foods follow with offerings such as Cheesy Pesto Bread Twists, Zucchini-Onion Bhaji, Southern Fried Cauliflower, and Mac & Cheese Onion Rings.

Veggie Sides and Big Salads include Brussels Sprouts Caesar Salad and Banh Mi Bowl. Move on to Hearty Soups and enjoy See Food Chowder, Chicken



Potpie Soup, and Curried Butternut Squash Soup. Serve your selected soup with one of her sandwiches including Philly Cheesesteak, BBQ Jackfruit Sandwich, and The Ramen Burger.

Ooodles of Noodles focuses on pasta, and you can try Mushroom Fettuccine Alfredo, Spicy Peanut Noodles, and Bacon Mac & Cheese Skillet. The Main Event chapter provides a wide range of entrées, including Sweet Potato Gnocchi, Waffle-Topped Cottage Pie, and Stuffed Crust Pizza.

You can end your meal with an incredible dessert such as Cinnamon Rolls, Apple Fritters, Fudgy Brownies, or Baked Blueberry Cheesecake. And the final chapter offers a wide range of sauces, including The Nacho Cheese, The Tartar Sauce, The Spicy Peanut Sauce, and more.

Nutritional analyses are not provided in this book. Please note that several of these recipes are high in calories and some take a bit of time to prepare.

***Hot for Food Vegan Comfort Classics* (ISBN: 978-0-399580-14-7) is a 240-page book. It is published by Ten Speed Press and retails for \$22. Purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.**

COOK SHARE EAT VEGAN

By Aine Carlin

This book contains gorgeous photos and creative dishes. Carlin is a regular on Irish television and writes a column for *Veggie* magazine in Europe.

Enjoy dishes such as Crispy Cinnamon Potato Tacos, Lemon Chia Pudding, Romaine Lettuce Wraps, Mini Black-Bean Chimichangas, Falafel Shakshuka, Lima Bean Jalfrezi, Spicy Mushroom-Stuffed Calzone, Red Thai Curried Potatoes, Curried Chickpea & Pine Nut Pasties, and Sweet Potato Stuffed Shells. And of course, you don't want to skip the dessert options including Matcha & Lime Pie, Blueberry Upside-Down Cake, and Mulled Poached Pears.

***Cook Share Eat Vegan* (ISBN: 978-1-78472-412-2) is a 240-page hardcover book and retails for \$24.99. It is published by Octopus Publishing and is available both online and at bookstores. Reviewed by Debra Wasserman.**



Quick & Easy Fennel Dishes

by Chef Nancy Berkoff, RD, EdD, CCE

Fresh fennel, also known as Sweet Anise, Finnochio, Florentine Fennel, and Florence Fennel is an aromatic vegetable, garnish, and flavoring. Fennel is a member of the parsley family, but resembles a cross between celery and dill, and tastes and smells like licorice.

Ancient Greeks thought of fennel as a symbol of victory and success. Ancient Romans believed fennel had the ability to sharpen eyesight. Herbalists make a tea by boiling fennel and allowing it to steep. This is used to soothe the stomach. Fennel is a good source of potassium and also provides some vitamin C, folic acid, and calcium.

Fennel has long been used in Mediterranean, Asian, and South Asian cuisine. Fennel seeds, popular in Southeast Asian cooking, can also be used to flavor candy and beverages. Try a bit of fresh, shaved fennel in iced tea or hot tea for a different spin.

Fennel can be eaten raw. Just de-string the bulb and the stalks with a vegetable peeler and crunch on it as you would celery. No time to create? Buy a bagged salad, slice fresh fennel, toss in walnuts, and you have an upscale salad with no fuss.

The white bulb portion is the most popular part of fresh fennel. Many people like to shave fresh fennel, and add it to green salads, cooked green vegetables, mashed potatoes, risottos, and pasta. If you have an

overage of fennel bulbs, you can poach or braise them in vegetable broth, and serve as an accompaniment.

Put together a fast fennel salad by thinly slicing a fresh fennel bulb, toss with finely diced red onion, fresh or canned orange segments, and a splash of white vinegar and olive oil. If you have a bit more time, combine roasted or thinly sliced fresh beets with shaved fennel, some balsamic vinegar, diced onions, walnuts, soy nuts or pistachios, and a smattering of fresh, minced garlic and ginger for a cold or warm salad entrée. Create a fennel “ragu,” by chopping fresh fennel, combining with canned, stewed tomatoes, tomato paste, and diced onion and allow to cook and simmer (this would make a great slow cooker item) until tender and flavors are combined. Serve over noodles, spaghetti, rice, or cooked grains, topped with fresh or caramelized onions.

Dried fennel seed, brown or green, is used as a spice. If your fennel seed is a bit old, and has turned gray, you may be able to revive its black licorice flavor by pan-toasting it in a super-hot, dry (no oil) pan. Remember that fennel seed can be very intense, so use sparingly. When fresh fennel is not available, fennel seeds are used to flavor potato salads and cole slaw, salad dressings, vegetable and bean soups, pasta and rice dishes, and cooked grains.

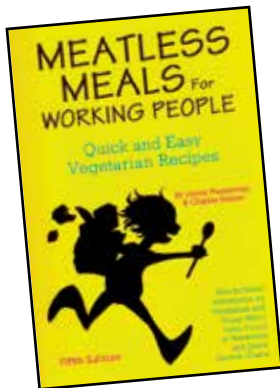
Bequests

The VRG depends on the generous contributions of our members and supporters to continue our educational projects. Though the world may not become vegetarian in our lifetimes, we realize that we are planning and working for future generations.

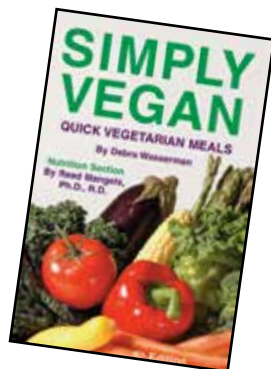
- Your will and life insurance policies enable you to protect your family and also to provide a way to give long-lasting support to causes in which you believe. Naming The Vegetarian Resource Group in your will or life insurance policy will enable us to increase our work for vegetarianism.
- One suggested form of bequest is: *I give and bequeath to The Vegetarian Resource Group, Baltimore, Maryland, the sum of _____ dollars (or if stock, property, or insurance policy, please describe).*
- To be sure your wishes are carried out, please speak with your attorney specifically about writing the correct information in your will.

VRG Catalog

Books



Meatless Meals for Working People—Quick and Easy Vegetarian Recipes (\$12) by Debra Wasserman. We recommend using whole grains and fresh vegetables. However, for the busy working person, this isn't always possible. This 192-page book contains over 100 fast and easy recipes and tells you how to be a vegetarian within your hectic schedule using common, convenient foods. Spice chart, low-cost meal plans, party ideas, information on fast food restaurants, soy dishes, and more. Over 100,000 copies in print.



Simply Vegan (\$15.95) by Debra Wasserman and Reed Mangels, PhD, RD. These 224 pages contain over 160 quick and easy vegan recipes, a complete vegan nutrition section, and a list of where to mail order vegan food, clothing, cosmetics, and household products. Vegan menus and meal plans. Over 100,000 copies sold.

Conveniently Vegan (\$15) by Debra Wasserman. Prepare meals with all the natural foods products found in stores today, including soy milk, tempeh, tofu, veggie hot dogs... You'll find 150 recipes using convenience foods (including canned beans) along with grains, fresh fruits, and vegetables. Menu ideas, product sources, and food definitions included. (208 pp.)



Vegan Meals for One or Two—Your Own Personal Recipes (\$15) by Nancy Berkoff, RD. Whether you live alone, are a couple, or are the only one in your household who is vegetarian, this 216-page book is for you. Each recipe is written to serve one or two people and is designed so that you can realistically use ingredients the way they come packaged from the store. Information on meal planning and shopping is included, as well as breakfast ideas, one-pot wonders, recipes that can be frozen for later use, grab-and-go suggestions, everyday and special occasion entrées, plus desserts and snacks. A glossary is also provided.

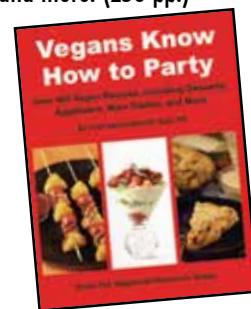
Vegan in Volume (\$20) by Nancy Berkoff, RD. This 272-page quantity cookbook is loaded with terrific recipes serving 25. Suitable for catered events, college food services, restaurants, parties in your own home, weddings, and much more.

No Cholesterol Passover Recipes (\$9) by Debra Wasserman. Includes 100 eggless and dairyless recipes. Seder plate ideas. (96 pp.)

The Lowfat Jewish Vegetarian Cookbook—Healthy Traditions from Around the World (\$15) by Debra Wasserman. Over 150 lowfat international vegan recipes with nutritional breakdowns, including Romanian Apricot Dumplings, Pumpernickel Bread, Polish Stuffed Cabbage, Potato Knishes, North African Barley Pudding, and much more. Menu suggestions and holiday recipes. (224 pp.)

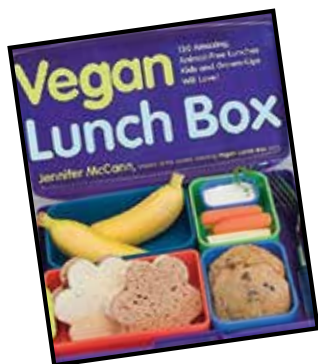
Vegan Seafood: Beyond the Fish Shtick for Vegetarians (\$12) by Nancy Berkoff, EdD, RD. Chef Nancy Berkoff has created unique vegan fish and seafood dishes. Avoid fish but still enjoy the taste of the sea with 'Fish' Sticks, 'Tuna' Salad, and much more!

Vegan Handbook (\$20) edited by Debra Wasserman and Reed Mangels, PhD, RD. Over 200 vegan recipes and vegetarian resources. Includes sports nutrition, seniors' guide, feeding vegan children, recipes for egg-free cakes and vegan pancakes, Thanksgiving ideas, vegetarian history, menus, and more. (256 pp.)

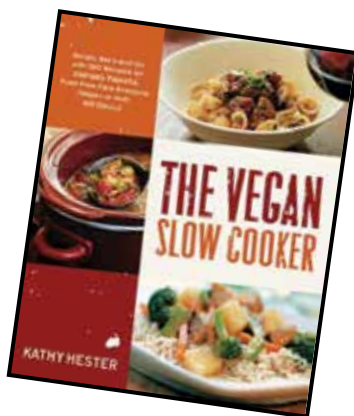


Vegans Know How to Party (\$25) by Chef Nancy Berkoff. This 384-page book teaches you how to put on a soiree for vegans and all who enjoy great food! It features over 465 recipes, including appetizers, soups, salads, ethnic cuisine, sandwiches, and-of course-desserts like pies, cakes, and cookies! Also inside are tips for basic party planning, kids' parties, cooking for a crowd, working with a caterer, and more!

Vegan Menu for People with Diabetes (\$10) by Nancy Berkoff, EdD, RD. This 96-page book gives people with (or at risk for) diabetes a four-week meal plan, exchange listings for meat substitutes and soy products, and recipes for dishes such as Creamy Carrot Soup, Tangy Tofu Salad, Baked Bean Quesadillas, and French Toast.



Vegan Lunch Box (\$19.95) by Jennifer McCann. It's often difficult to come up with new lunch ideas for children and adults. This cookbook has 130 vegan lunch recipes for everyone, including: Tofu Apple Spring Rolls, Easy Potato Salad, Quick Peanut Sauce, Roasted Tomato Basil Soup, Pups in Blankets, Aloo Samosas, Chili con "Carne," Sushi Rolls, and Cherry Chip Brownies. Color photos and helpful tips!



The Vegan Slow Cooker (\$19.99) by Kathy Hester. More and more people use slow cookers today. This book provides helpful tips along with 150 creative recipes, including: Beefy Seitan, Creamy Corn Chowder, Spring Minestrone with Pesto Parmesan, Spanish Quinoa, Chinese-Style Eggplant in Garlic Sauce, White Bean and Kale Stew, Thai Red Curry Tofu and Veggies, Sweet Potato and Chard Dal, Pimento Cheese Fondue, and Earl Grey Poached Pears. Includes slow cooker basics and gorgeous color photographs.

Vegan Microwave Cookbook (\$16.95) by Chef Nancy Berkoff, RD. This 288-page cookbook contains 165 recipes, some taking less than 10 minutes. It also includes

information for converting traditional recipes to the microwave, microwave baking and desserts, breakfasts, and recipes for holidays and parties.

I Love Animals and Broccoli Coloring Book
A coloring book that promotes healthful eating and vegetarianism for children ages 3-7.

Vegan Nutrition for Teenagers Brochure with all of the basics about veggie nutrition.

(For these items, a donation to cover printing and postage would be appreciated.)

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"Vegans Have Good Hearts"

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Vegetarian Action

Get Dirty with Mud Not Blood

Envision a sloping wall, almost two stories high, covered in mud. Now, imagine someone saying you need to climb over it. That's just another day on the course for the members of Mud Not Blood, an all-vegan athletic team that specializes in obstacle races and trail running.

Mud Not Blood started in 2016 when founder Nathaniel Corn recruited now-team captains Ashley Fitzgerald and Leon Beggs to join him at a mud race in Pennsylvania. The trio was immediately hooked and set about growing the group to attempt a Tough Mudder – considered the pinnacle of obstacle course races (OCR).

Today, there is a core group of ten athletes, with an extended group of 30, participating from four states, ranging in age from 22 to 60.

“There's more to an OCR than any other kind of running event,” said Fitzgerald, age 30 and a vegan of six years. “You need upper body strength, climbing skills and a team. Most importantly, a team.”

At an OCR, athletes must overcome, on foot, both the running terrain – which is usually muddy and often hilly/wooded – as well as a series of mentally and physically challenging obstacles. The obstacles can range from walls to jumping through fire to crawling under barbed wire to swimming.

“It's problem solving, it's endurance, it's full body fatigue. Racing is you vs. you, but with OCR, you start and end working together and overcome things there's no way to train for,” Beggs said, age 23 and a vegan of three years.

Mud Not Blood trains together regularly with workouts as varied as yoga and pilates, rope climbing, high intensity intervals (HIIT), monkey bar/pull-up clinics, sprinting, and trail runs. The activity range furthers members' strength, balance, flexibility and cardio abilities.

The group doesn't stop there, though. Pulling each other through mud pits and over walls creates bonds beyond the course.

“There's desire to push the limits and support for each other. It's a family. We come together to help



each other to meet increasingly difficult goals,” said team member Katrina Rodriguez, age 38 and a vegan of three years.

Rodriguez additionally runs trail ultra marathons. She feels her veganism and the support of her team give her an advantage.

“We aren't just a sports team. Everyone has a high degree of compassion and integrity that you don't find in other athletes. Mud Not Blood members have the same values,” she said.

All three noted that since going vegan, their energy level, general health, and recovery times have improved.

“When I put on that shirt representing the team, I'm showing everyone on the course how strong a vegan athlete is,” Beggs said. He plans to add strength competitions to his sports line-up this year.

Check out the team's race reports, members' bios, and upcoming schedule at www.mudnotblood.com.

Rissa Miller is the Senior Editor of Vegetarian Journal.



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APPLY FOR THE VEGETARIAN RESOURCE GROUP 2019 SCHOLARSHIP CONTEST FOR HIGH SCHOOL SENIORS

Due to the generosity of an anonymous donor, The Vegetarian Resource Group each year will award \$20,000 in college scholarship money to graduating U.S. high school students who have promoted vegetarianism/veganism in their schools and/or communities. Vegetarians do not eat meat, fish, or fowl. Vegans are vegetarians who do not use other animal products such as dairy or eggs.

One award of \$10,000 and two awards of \$5,000 will be given. Entries may be sent only by students in the USA graduating from high school in SPRING 2019.

Deadline is FEBRUARY 20, 2019.

For details see:
www.vrg.org/student/scholar

VEGETARIAN RESOURCE GROUP INTERNS PREPARE HOT MEALS FOR THOSE IN NEED

Our Daily Bread Employment Center's Hot Meal Program, run by Catholic Charities in Baltimore, MD, provides lunch for up to 1,000 people every day. In order to support the Program, VRG interns decided to prepare four Sweet Potato and Black Bean Casseroles and two Creamy Bean and Potato Casseroles with Carrots (recipes created by VRG Food Service Advisor Chef Nancy Berkoff, EdD, RD).



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