









Because you shouldn't have to compromise your ethics for quality.

Get 20% back on every purchase when you shop luxury vegan & non-toxic beauty at

WWW.PETITVOUR.COM



It turns out you can eat juicy and delicious meat made directly from plants. No animals required.

Find our full line in the produce or dairy section. Find more recipes at Lightlife.com



Meat without the middleman:





CONNECTING COMPASSIONATE CONSUMERS WITH CRUELTY-FREE COMPANIES

LEAPINGBUNNY.ORG





★ Register Now and Save ★

THE VEGAN EXPERIENCE THAT CAN CHANGE YOUR LIFE!

OVER SIXTY INFORMATIVE & INSPIRING SPEAKERS



Virginia Messina, мен, ко Dietitian with more than 25 years of experience in the field of vegan nutrition; author of Vegan for Life: Everything You Need to Know to Be Healthy and Fit on a Plant-Based Diet



Jonathan Balcombe, Pho Animal behavior expert; author, Pleasurable Kingdom: Animals and the Nature of Feeling Good and What a Fish Knows: The Inner Lives of Our Underwater Cousins



Joel K. Kahn, mp Vegan Preventive Cardiologist; author of The Whole Heart Solution: Halt Heart Disease Now with the Best Alternative and Traditional Medicine



Michael Greger, MD Author of the best selling book How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease; founder of NutritionFacts.org



Miyoko Schinner
Author of The Homemade
Vegan Pantry; founder of
Miyoko's Kitchen, an artisan
vegan cheese company;
co-host of the national cooking
show Vegan Mashup



Kim A. Williams, MD, MACC, FAHA, MASNC, FESC Vegan cardiologist; immediate past president of the American College of Cardiology; Chief of the Division of Cardiology at Rush University Medical Center

The place to learn about healthy vegan living!

MEET OTHERS OF LIKE MIND

Over 700 attendees of all ages, from beginners to seasoned vegetarians; singles, couples and families. An ideal setting for building lasting friendships! Social gatherings for everyone.

FUN FOR EVERYONE!

Music, humor, dancing, games and much more!

CUTTING EDGE EDUCATIONAL SESSIONS

Health and Nutrition * Food Demonstrations * Lifestyle Issues * Animal Rights * Exercise * Fitness * Earth Stewardship * Compassionate Living

DELICIOUS WHOLE FOOD VEGAN MEALS

Our meals are designed to accommodate a variety of diets, including gluten-free and raw food options. Prepared under the direction of award winning Chef Mark Reinfeld of Vegan Fusion.

ENLIGHTENING SPEAKERS

Doctors, dieticians, chefs, authors, social activists and other educators will share their knowledge and experience.

"Summerfest is excellent! I can't believe it's taken me half my life to experience it." - R.B. (NY)





vegetariansummerfest.org or call (518) 568-7970

Scan the QR Code to learn more about Vegetarian Summerfest



Eat, drink, vegan!

MARCH+APRIL 2017

















VegNow Keeping you informed on all things veg

Publisher's Note

Publisher Colleen Holland gives you the inside scoop on VegNews

VegNow

- ··· Food + Health
- Environment + Animals
- **---**Buzz

VegInDepth A closer look at intriguing topics

Prison Confidential

With the number of inmates incarcerated increasing and budgets dwindling, America's prisons are hard-strapped to provide nutritious meals. VegNews looks at how plant-based prisoners are faring in a broken system.

50 Healthiest Foods

From artichokes to zucchini, our definitive ranking of the world's best foods will help guide you to a healthier, stronger you.

East Meats West

China's middle class is growing faster than ever before, and so too is its taste for meat. With potential ecological catastrophe looming, what's the country's next move?



VegLifeStyle Helping to enrich your veg life

Food

- 38 Southern Comfort
 BBQ oyster mushroom sliders,
 cornbread panzanella salad,
 brown sugar pound cake, and
 peach margaritas
- 44 **Veganize It!**Ham and cheese hot pockets
- 46 Fresh & Healthy
 Spring pea and chickpea curry
- 48 Quick & Easy
 DIY pickles
- 50 Sweet Treats
 Strawberry rhubarb tarts
- **Taste Test**Top 10 dairy-free yogurts
- 54 VegPicks Today's best new vegan products

Travel

- VegEats
 New York City's Avant Garden
- **VegEscape**Plant-based in Providence
- 60 **VegVacation**Adventure to Portugal

Departments

- **VegNutrition**Powering through PMS, jet-lag, and passing on popcorn
- 66 VegAdvice
 Eatery etiquette, gift gaffes,
 and carnivorous kitties
- 68 VegDating
 Can a vegan date a meat-eater?
 Take our quiz and find out!
- 70 VegBeauty In-season sunnies and vibrant emerald hues
- **72 VegMedia**The latest books, blogs, films, and apps

The End

- 80 Piece of Cake
 LA's teen vegan baking
 - LA's teen vegan baking prodigy Clara Polito shares her tips for perfect baked goods
- 82 Let's Toast!
 Forget peanut butter—we're
 reaching for these totally on-trend
 and temptingly tasty revved up
 breakfast toasts









Ethical eyewear? It's a reality, and we reveal our top five picks!

<u>a</u>vegnews.com

Most Vegan-Friendly Colleges

VegNews uncovers the country's most plant-based campuses.

VegNews Guide to **Vegan Beer**

Because it wouldn't be St. Patrick's Day without a frosty (cruelty-free) pint.

How to Have the Best Vegan Easter

Nevermind eggs and marshmallow treats, we're veganizing Easter, and having a hopping good time doing it!















VegNews (ISSN #1544-8495) is published bimonthly by Fresh Healthy Media, LLC, 3505 20th Street, San Francisco, CA 94110. Subscriptions are \$20/year in the United States and \$40/year in Canada. Periodicals Postage Paid at San Francisco, CA and additional mailing offices. Postmaster: Send address changes to VegNews, PO Box 469075, Escondido, CA 92046-9075.

China Times



Years ago, as a wide-eyed 20-something traveling through Asia after college, I found myself in Southern China. I'd spent weeks securing a visa to get into the isolated country, and looked forward to experiencing the culture before Western influence altered its traditional landscape. The Tiananmen Square uprising had occurred just a few years earlier, and Caucasian tourists like me were still a rarity. As a young woman traveling solo, I was as much a novelty to the locals as they were to me.

Wandering through a colorful produce market one cold winter morning, I was followed by a smiling woman and her teenage son. The mother spoke no English and I no Cantonese, but the son managed "hello," "America?," and "husband?" Having found China a challenging and sometimes lonely country to navigate, I welcomed this simple exchange.

Thirty minutes later, the three of us were pedaling on clunky old bikes toward their home as onlookers stared at us with friendly curiosity. Soon, we were deep in the countryside dotted with farms and simple dwellings, each of which had its own rice paddy and garden where families grew their food. We turned into one of the farms, propped our bikes against the house, and went inside.

Each family member welcomed me warmly into the modest two-room home as if it were a palace. While the children taught me games, the mother prepared a six-course feast with vegetables and grains grown in the family garden. Together, we dined on the dirt floor. It was truly one of the best meals I ever experienced.

Despite few material possessions, the family exuded peace and joy. They were self-sufficient and had a true sense of community—and were lean and fit from a whole-foods diet and cycling for transportation. During my four weeks in the country, I could count on one hand the number of overweight people I encountered.

Today's China is a much different place. With an exploding middle class and skyrocketing consumption of meat, it has seen a dramatic rise in Western-style health crises such as obesity, diabetes, and heart disease. As we edited our very poignant story on China's rapidly changing culture ("East Meats West," p.34), I was reminded of my own experience in the country two decades ago. Despite how quickly things have changed, I have hope that the educators and activists spreading the plant-based message will help reignite a culture of health and wellness for the country of 1.3 billion.

Enjoy the issue!

Colleen Holland Publisher + Co-Founder

Colleen's Top 5

Although I relish everything we publish in VegNews, here are my absolute favorite reads of the issue.



Politics of Prison Food p.22

This riveting piece by awardwinning writer Mark Hawthorne dives into the prison system and explores how inmates—and the

system itself—would benefit from a plantbased overhaul.



50 Healthiest Foods p.28

healthiest Wherever you are on the healthy-eating spectrum, this illuminating guide will

help ensure your diet is loaded with top-notch nutrition.



Southern Comfort p.38

Our staff couldn't get enough of the Southern-inspired dishes created by Sweet Potato Soul's Jenné Claiborne. Cornbread

Panzanella Salad and Roasted Strawberry Ice Cream, anyone?



Alluring Lisbon p.60

Never have I wanted to visit Portugal more than after reading Catherine Plato's delightful account of the veg-friendly

European capital.



Vegan Love p.68

Can a vegan find love with a meat-eater? VegNews' own Jasmin Singer takes readers into the world of dating, complete

with a pop quiz to help us figure it all out.

VegNews' third annual Vegan Yoga **Retreat**, taking place this October

feed your happy

SON TO STORY



How'd you like to come home to delicious, gourmet meals and juices on your doorstep? At Veestro, we're here to do more than make heat-and-eat meals for busy people. We're here to make your day.

plant-based • organic • preservative-free order up some **happiness** at **veestro.com**



COLORED BY Cherries NOT Red Dye #40



100% Vegan & Cruelty Free Toxic Free | Heavy Metal / Lead Free

5% OFF CODE: VEGANLIPS

Coupon expires on 4/30/17

CONTRIBUTORS<mark>/</mark>









Jenné Claiborne Southern Comfort, p.38

Where I live: New York City

Veg for: 6 years What I ate for breakfast today: Teff porridge with dates, banana, and toasted pecans

I make a mean: Vegan crab cake My favorite smoothie blend: Frozen banana, cacao, cardamom, espresso, and almond milk

My favorite vegetable: Sweet potato My vegan splurge: Philadelphia's Vedge My dream vacation: Madagascar My must-have kitchen tool: Chef's knife

2 Kelly L. Williams Rhode Trip, p.58

Where I live: Montgomery Village, MD

Veg for: 12 years

What I ate for breakfast today: Tofu scramble wrap with roasted peppers and spinach I make a mean: Vegetable stew

My favorite smoothie blend: Kale, banana,

and almond milk

My favorite vegetable: Brussels sprouts My vegan splurge: Califia Farms' almond milk

cold brew with espresso

My dream vacation: Safari in Africa My must-have kitchen tool: Vitamix

Catherine Plato Alluring Lisbon, p.60

Where I live: Oakland, CA Veg for: 22 years

What I ate for breakfast today: Mashed

potatoes and coffee

I make a mean: Tomato-basil pasta sauce My favorite smoothie blend: Avocado, banana, fresh mint, and almond milk My favorite vegetable: Broccoli

My vegan splurge: Soul food from Souley

Vegan in Oakland

My dream vacation: Studying Muay Thai in

Thailand

My must-have kitchen tool: Garlic press

Clara Polito Piece of Cake, p.80

Where I live: Southern California

Veg for: 7 years

What I ate for breakfast today: Pancakes

I make a mean: Cannoli

My favorite smoothie blend: Pineapple, spinach, protein powder, and orange juice

My favorite vegetable: Eggplant My vegan splurge: A vegan handbag My dream vacation: Sorrento, Italy My must-have kitchen tool: Electric mixer

Veglews



66Tossed

with a lemon

vinaigrette 99

66Dressed with a

peanut sauce

Staff

Publisher + Co-Founder Colleen Holland
Art Director Sutton Long
Senior Editor Jasmin Singer
Associate Editor Richard Bowie
Food Editor Jennifer Chen

Travel + Beauty Editor **Aurelia d'Andrea**Editorial Assistants **Aimée Cornett,**

Nora Kovaleski, Sarah McLaughlin

Digital Editors **Ryan Ritchie, Anna Starostinetskaya** Advertising Sales Managers **Laurie Bradley, Carol Treacy**

Chief Financial Officer Nicholas Holland

Recipe Tester **Lyndsay Orwig** Tech Advisor **Stephen Calnan**





Departments

Fresh & Healthy Heather Bell, Jenny Engel
Quick & Easy Julie Hasson
Sweet Treats Jackie Sobon
Veg Advice Marla Rose
Veg Dating Jasmin Singer
Veganize It! Brian L. Patton
Veg Nutrition Julieanna Hever



March+April Contributors

Ethan Ciment, Jenné Claiborne, Mark Hawthorne, Catherine Plato, Heather Poire, Clara Polito, Michael Suchman, Kelly L. Williams,

Caroline Wimberly, Erin and Jeff Wysocarski, Wanqing Zhou



The Fine Print

VegNews accepts articles for publication. Publication of an article does not necessarily reflect the official position of Fresh Healthy Media, LLC.

Subscriptions: Send orders to VegNews, PO Box 461390, Escondido, CA 92046-1390; email vegnews@pcspublink.com; or contact 855-492-1649

Single Issues of VegNews are available for \$9.99 postpaid. Back issues can be purchased at VegNews.com.

Advertising: Contact our home office at 831-423-NEWS (6397) or send an email to advertise@vegnews.com. Rates available upon request.

Newsstand & Bookstore Distribution: Curtis Circulation Company, 730 River Road, New Milford, NJ 07646-3048, 201-634-7400

Questions: Email: subscriptions@vegnews.com Telephone: 855-492-1649 Website: VegNews.com

COPYRIGHT © **2017** by Fresh Healthy Media, LLC and the individual authors and artists. All trademarks are owned by Fresh Healthy Media, LLC.

VegNews Magazine is printed on post-consumer recycled paper using soy-based inks.





Crushed Berries

Not

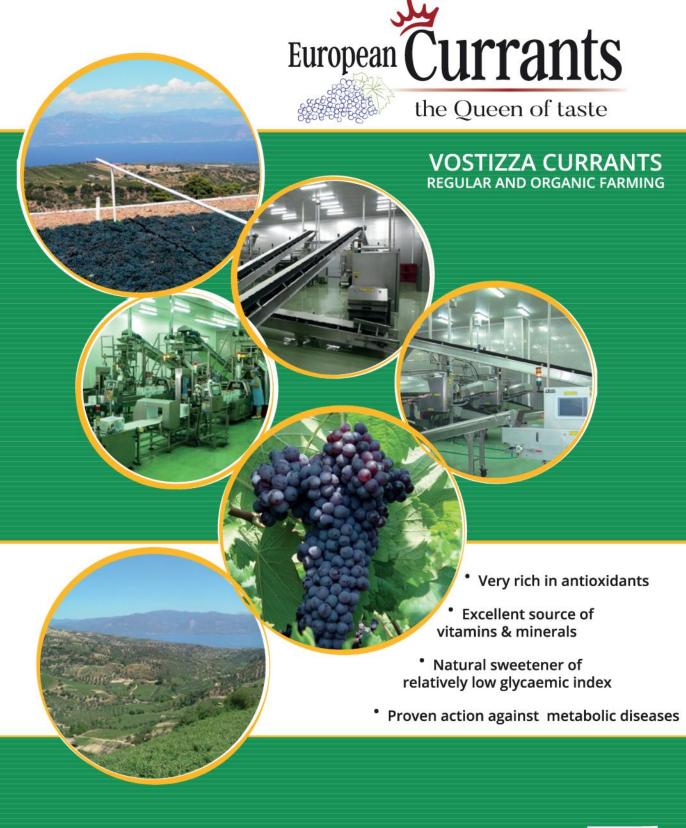
Crushed Bugs



100% Vegan & Cruelty Free Toxic Free | Heavy Metal / Lead Free

5% OFF CODE: VEGANLIPS

Coupon expires on 4/30/17

























Impossible Foods, makers of the widely publicized Impossible Burger, employs ingredients such as wheat, coconut oil, and potatoes to craft a burger so convincing—and sustainable—that critics call it "the future of food."



Meatballs

One-vear-old biotech startup Memphis Meats works with a small amount of animal cells to culture real meat ("clean" meatballs will hit the market in 2021) in hopes of removing animal farming from the process.



Chicken

Israeli company SuperMeat "humanely extracts a painless biopsy sample from a chicken" to culture cells into tissue, then turns tissue into lab-grown chicken breast meat - soon to be available worldwide.



Egg Whites

Bay Area-based Clara Foods creates egg whites (dubbed Clara Whites) using "reprogrammed" yeast to produce egg proteins in the exact same way a hen would.



Forget picketing—the lab is the next wave of animal activism. And as a new crop of scientists, chefs, and entrepreneurs race to create sustainable food, doing away with factory farming is finally on the horizon. Some of these new technologies reimagine plant ingredients, while others involve culturing small amounts of animal cells. but both have the potential to eliminate the suffering of billions of sentient beings. Here are eight companies driving the plant-based food trend.



Shrimp

To achieve a convincing color and texture, female-led New Wave Foods makes realistic plant-based shrimp by using red algae—a main food source for the crustacean — bypassing the animal altogether.



Milk

Perfect Day, backed by Hong Kong billionaire Li Ka-Shing, uses yeast to culture milk proteins and adds plant sugars, fats, and minerals to create cow's milk without the cow.



Chilean startup The Not Company is using artificial intelligence to understand food at a molecular level and analyze human taste receptors to help in its creation of plant-based milk, yogurt, cheese, and more.



Gelatin

San Francisco-based Geltor uses printed sheets of animal DNA to instruct bacteria and yeast to create collagen, which then acts as the foundation for cruelty-free gelatin.

FOOD+HEALTH/now

Fast-food chain Taco Bell has launched the online guide, "How to Eat Vegan at Taco Bell," highlighting the company's nine American Vegetarian Association-certified vegan menu options. Made plant-based by substituting ingredients-such as beef, cheese, and sour cream for black beans, pico de gallo, and guacamoleveganizeable options include the following:





French-born Buddhist monk and longtime vegan Matthieu Ricard was named "the world's happiest man" after a 12year University of Wisconsin study of his brain activity revealed gamma waves "never reported before in neuroscience literature." News to smile about, for sure!

"We've reached a tipping point for vegetables. They're pushing animal protein to the side of the plate ... or entirely off it."

FOOD CONSULTING FIRM BAUM + WHITEMAN, AFTER RELEASING ITS ANNUAL FOOD-TRENDS REPORT PREDICTING A MAJOR BOOM IN MEATLESS OPTIONS AT RESTAURANTS IN 2017

The percentage increase in the availability of vegan food and drink products since 2011, market intelligence agency Mintel reports. The trend is attributed in part to "flexitarian" lifestyles, in which omnivores' rising interest in plant-centered brands are helping to drive more product innovation.





prostate cancer

could benefit

from a plant-

based diet

and exercise,

researchers from Ohio State University have found. A group of men undergoing cancer treatment while on a vegan diet and exercise regimen reported a better quality of life, weight loss, and were able to walk four times faster than a group receiving standard care.

The number of vegan-friendly menu items found in New York City, Los Angeles, and San Francisco—the nation's top three most veg-friendly metropolitan cities, according to data website Datafiniti. Indianapolis, IN, Jacksonville, FL, and Allentown, PA were named the least vegan-friendly, with only 53 options combined.

The Academy of Nutrition and Dietetics—the largest organization of healthcare professionals in the country—has officially deemed a plantbased diet the best for both personal and environmental health

For the first time ever. the organization made specific reference to animal agriculture, condemning its negative impacts on the environment



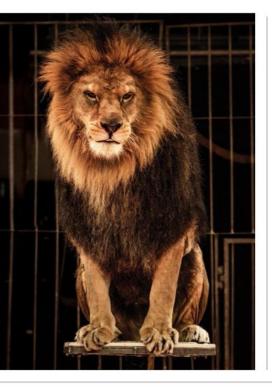
WOMEN 50 AND OLDER who consume a meat-heavy diet are at nearly double the risk of heart failure than women who eat mostly plant protein, according to the American Heart Association. We're sending our moms bouquets of cauliflower right now!

hillion

The amount of revenue the egg replacement market is expected to surpass by 2026, up from \$418 million in 2016. Rising prices of eggs and consumer awareness of the benefits of a plant-based diet are touted as driving forces.

ENVIRONMENT+ANIMALS/now

RINGLING BROS. AND BARNUM & BAILEY CIRCUS announced it will be closing permanently on May 21 after 146 years in business, citing decreases in admissions and pressure from animal-rights activists. The development follows a long legal battle in 2016, which resulted in the circus retiring its elephants to a conservation center to be used for cancer research.





A study published in scientific journal The Royal Society has found that pigs have the capacity to live life as optimists or pessimists, depending on their living environments, and access to quality bedding and adequate food. In other words, they're just like us!

"Vegans should enjoy the same rights and duties as other citizens and not be forced to pay a tax just because they refuse to put [on] boots that involved the killing of animals."

> ANTONI DA CAMPO, AFTER WINNING A LEGAL BATTLE AGAINST THE SWISS ARMY FOR DISCHARGING HIM FOR REFUSING TO WEAR LEATHER



7 billion

The number of day-old male chicks who won't be gassed or ground alive by the egg industry, thanks to the development of TerraEgg. The new technology will allow workers to detect the sex of an egg embryo before incubation so that a live chick won't be born only to be culled—standard practice dictates that male chicks be killed because they serve no purpose in egg-laying and can't be used for meat.

Following the election of President Donald Trump, Pope Francis met with members of the Pontifical Academy of Sciences to urge world leaders to "work free of political, economic, or ideological interests" in order to combat climate change. The pontiff directly addressed politicians who deny the existence of climate change, chastising "the ease with which well-founded scientific opinion about the state of our planet is disregarded."





Compassionate Living

Sustainable. Ethical. Vegan. www.amandajay.ca



They're cute, they're smarter than your dog, and today is their day! Expect to find us at our local animal sanctuary on National Pig Day.

Need a reason to

shamrock shakes? St. Patrick's Day is your lucky day.

whip up coconut milk

From bacon to butter to burgers, we're creating DIY versions of everything, thanks to today's publication of Veganize It! Easy DIY Recipes for a Plant-Based Kitchen by Robin Robertson.



This isn't something we'd make up. We're excited for Kat Von D's

birthday!

International Waffle Day falls on a Saturday this year, and if that's not a sign you need to plate up a tall stack, we don't know what is. Blueberry, chocolate chip, and Belgian, here we come.



MARCH

From pressed juices and smoothies to barbecue tacos and curries, Austin's 6th Annual **Texas VegFest** has it all.

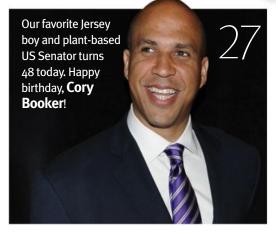


It's rich, gooey, salty, and totally luxurious, and we're pouring the good stuff over everything on National Caramel Day.

The iconic **Chicago Diner** turns 34 today, and despite the piles of poutine and brownie sundaes, it doesn't look a day over 21.

Melty mozzarella or grillable gouda? Why not enjoy both? After all, it's National **Grilled Cheese** Sandwich Day!





cat Von D. courtesy of Kat Von D; Grilled cheese: Vanessa K. Rees; Cory Booker: Alex Oliveira; Chicago Diner: courtesy of Chicago Dine



Discover the Dr. Ohhira Difference!™ And Experience Intrinsic Health and Beauty

PROBIOTIC SUPPLEMENTS SUPPORT HEALTH FROM THE INSIDE OUT. And while most probiotics are lab-grown, **Dr. Ohhira's Probiotics®** have a different beginning. Their supplements derive from natural ingredients such as mountain spring water, fruits, and vegetables that have been **fermented for three years** with 12 distinctive probiotic strains. This results in a truly unique probiotic supplement with three advanced components:

PREbiotics - fermented fruits & vegetables that cultivate the existing good bacteria in the gut*

PRObiotics - numerous strains of living probiotics that promote healthy digestion and immune response*

POSTbiotics - amino acids, vitamins and minerals produced by the fermentation process that are essential for whole health*

Dr. Ohhira's Probiotic Kampuku Beauty Bar™ helps maintain your skin's natural balance, just like Dr. Ohhira's Probiotics® helps to keep you balanced and healthy. Gentle but effective, this artisanal beauty bar promotes skin clarity and youthful appearance.*

Pick up these formulas today and experience full body probiotic support!*

ESSENTIAL FORMULAS®

Find Dr. Ohhira's Formulas at better health food stores nationwide. www.EssentialFormulas.com • (972) 255-3918





Prison chow has long gotten a bad rap—right up there with hospital meals and airplane food.

Like these other institutions, prison kitchens are in the volume business, and the sweet spot lies somewhere between a balanced diet and a balanced budget. Often, a prison's focus on cost-cutting leads to unpalatable meals and unsatisfied appetites. In some, the food is considered so inedible or devoid of nutrition that inmates who once used cigarettes as currency for favors now use ramen noodle packs, which are traded to fellow prisoners hungry for decent sustenance. And for any number of reasons—misinformed dietitians, officials refusing to give a prisoner special treatment, or simply the cost of making non-standard meals—the dietary requirements of inmates who want to eat vegan, or at least healthier, are routinely ignored, leaving it up to them to get creative or go without.

Prison cuisine is already limited, yet in an era of dwindling budgets, food services are often the first to be downsized or turned over to private companies. The result can be a reduction in the quality or quantity of food served. In some Texas and Tennessee prisons, for example, inmates are given just two meals a day on weekends—breakfast and dinner—meals that are high in carbs and low in vegetables and protein, leaving many prisoners hungry for more.

Most prisons today, however, recognize that offering satisfying meals that taste good and, when applicable, allow prisoners to eat their ethics, is one way to keep the peace. But it wasn't always so.

Gruel and unusual

In Victorian England—the era of poorhouses and peasoupers, where daily rations for convicts commonly consisted of bread and oatmeal gruel—prison administrators argued that inmates were criminals and should be given just enough nourishment to keep them breathing, and for as cheaply as possible. But there was

disagreement about the role of prisonswhether inmates were there to be punished for their misdeeds or instead molded into productive members of society—and such debate consequently affected the food provided.

These were the days when vegetarian meals were recognized as the most costeffective, so European prisons regularly served porridge, bread, potatoes, beans, vegetable soup, and even beer. This was clearly alluring in famine-plagued Ireland, where prison authorities in the mid-1800s were convinced the nation's more destitute citizens were breaking laws just to get fed. To discourage these hungry miscreants, they reduced the amount of food doled out to male prisoners each day. While this did not deter crime, it was approved by a medical officer and was considered more economical.

Across the pond, prison food in the

Federal Bureau of Prisons), state prisons (administered by each state), and county jails (where individuals await trial or serve sentences up to one year)—options can vary widely from facility to facility. Most institutions rotate their menus, serving the same foods on a regular cycle. Others plan meals around whatever ingredients they can snap up at the lowest price.

Hungry for justice

Keeping costs low means some prisons spend as little as 56¢ per meal. Half a dollar doesn't buy much, and the resulting options—such as bologna sandwiches, watery oatmeal, and reconstituted mashed potatoes—can be predictably meager. Last July, prisoners in the Butler County jail in Kansas were so disgusted by their mashed potatoes that they rioted in protest. Once the violence was quelled, jail officials decided it was the chow-hall security that

eating toothpaste and lotion to help fill his stomach. The lawsuit contended that prisoners were fed only about 1,700 calories a day, leading another prisoner at the jail to drop 90 pounds in six months.

The privatization of prison food can be traced to a 1927 Alabama law, which gave county sheriffs in the state \$1.75 per prisoner to cover the daily cost of their meals. Most Alabama counties operate under this system today, with the same \$1.75-a-day allocation, and the law allows sheriffs to keep any excess funds, resulting in massive corruption. In 2009, for instance, Alabama Sheriff Greg Bartlett was arrested after putting about \$212,000 from his Morgan County jail food budget into his personal bank account over three years, while the inmates received nutritionally inadequate meals. And Bartlett's jail is but one example of how bad the food is in Alabama lockups. "Most

Inherently, the prison industrial experience involves very few choices—certainly around what inmates can eat. But the choices around food in federal prison marginally improved last October when all 102 US federal prisons began offering a vegan entrée for breakfast, lunch, and dinner.

United States was a means of reward and punishment. In the 19th century, incoming prisoners had to survive on bread and water until they'd served a certain amount of time, at which point meat and cheese were added to their diets. Decades later, with the culinary revolution that emerged alongside the growing knowledge about human nutrition, prison meals were generally regarded more for their calorie content than as a way to control. "Healthy prisoners, it was believed, would be productive workers and, ultimately, reformed citizens," writes criminologist Mary Bosworth in *Encyclopedia of Prisons* and Correctional Facilities. "Even so, some institutions, such as Alcatraz, deliberately offered a daily total of at least 5,000 calories, combined with minimal exercise, to make prisoners more lethargic and less likely to engage in violent behavior."

These days, US prisons are mandated to offer inmates about 2,200 calories a day. Because the food is provided by an outside contractor or the institution itself-which includes federal prisons (run by the

needed improvement, not the food.

To help cope with shrinking prison-food budgets, more jurisdictions are turning to private companies such as Aramark and Trinity Services Group, both of which have been the subject of countless complaints from prisoners about the food they are serving—grievances that continue to be ignored. "They don't have a choice," says Jim O'Connell, a Trinity spokesperson. "We could have a bigger discussion of why they're there to begin with. But you're served what you're served."

When complaints go unheeded, prisoners and their advocates often take matters from the jailhouse to the courthouse. Recent lawsuits have revealed that while privatized menu plans may meet nutritional guidelines on paper, the actual portions served are inadequate to sustain healthy bodies. This means higher profits for companies-and dramatic weight loss for inmates. One former prisoner who sued a New York Montgomery County jail in 2014 said he lost 24 pounds in five months at the facility,

of it is like powdered food, and the portions are minimal in county jails," says Pastor Kenneth Glasgow, who works in prisoner outreach in the state.

The privatized food-service model has become something of a hot potato. In 2015, the Michigan Department of Corrections fired Aramark as its food-service contractor after finding that food had come into contact with rodents and maggots. The contract has since been passed onto Trinity Services Group, which is facing claims that the food it's serving is rotten, too dry to eat, and in portions that are smaller than ever. Making matters worse, Trinity reportedly hired many of the employees Aramark let go when it lost its contract. "The only thing they did was switch the employees' shirts," Lamont Heard, a prisoner in Michigan's Kinross Correctional Facility, told the Detroit Metro Times. "It's the same people. They just switched the title, but the food is worse. Everything is worse than with Aramark."

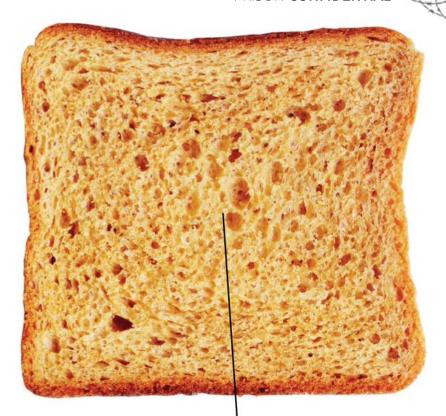
Jails and prisons not using private contractors must still deal with budget constraints, of course. Tim Thielman, who oversees food services for the Ramsey County Correctional Facility in St. Paul, MN, says he buys fruit and vegetables according to season, which helps reduce cost. "For example, a watermelon costs me about \$15 in the winter, versus \$4 in the summer."

Prison food quality is often not only diminished by thin budgets, but a lack of flavor. "A large majority of the population in my facility have health problems, and we need to cook without salt and spicy ingredients," says Thielman, who is also president of the Association of Correctional Food Service Affiliates. "I also do not buy or grow any spice that could be used to assault staff or other inmates, such as hot peppers or crushed red peppers."

Carrot and stick

Inherently, the prison industrial experience involves very few choices certainly around what inmates can eat. But the choices around food in federal prison marginally improved last October when all 102 US federal prisons began offering a vegan entrée for breakfast, lunch, and dinner. According to Bureau of Prisons spokesperson Justin Long, the national menu is reviewed at least once a year to assess operational impact, cost, nutritional content, and inmate eating preferences. In 2016, enough demand was recorded that a vegan alternative was introduced. "The Bureau seeks to provide a variety of options, including vegan options, which also support religious dietary accommodations," says Long.

Though the majority of county jails and state prisons don't offer vegan meals, there are some exceptions—most notably Florida's Department of Corrections, which has served vegan meals statewide since the mid-1990s. In the late-1990s, the Victor Valley Medium Community Correctional Facility in Adelanto, CA hosted what some considered an outlandish new program. Officials there separated the prison into two sections and allowed inmates to choose which side they wanted to live in. On one side, they would be served standard institutional fare; on the other, they would receive vegan food and be required to participate in anger management classes, job training, and bible studies. To the surprise of many,



including prison officials, 85 percent of inmates chose to go vegan.

Some prisoners come to veganism the hard way. Former inmate Intelligent Allah, imprisoned for nearly 19 years in New York, says going vegan while incarcerated was a natural extension of the compassion he felt toward the man he had killed. "A lot of guys in prison lack control—they're caught up in what they think manhood should be," he says. "I took a guy's life in a street fight. Empathy soon became a theme in my life. Empathy for the guy first, then compassion for animals."

Allah sometimes found maintaining his compassionate diet behind bars a challenge—a common complaint from vegan inmates. But prisoners are rarely able to sue correctional institutions for not honoring their ethics, says Alex Friedmann, associate director of Human Rights Defense Center, a nonprofit advocating for prisoner rights. "Legal recourse is only available if prison food rises to the level of a constitutional violation, which could occur if, for example, it is basically inedible, if food poisoning or a death due to food allergies results, or if corrections officials fail to provide religious diets required pursuant to a prisoner's faith—such as kosher or halal meals." The religious

ON THE MENU All US federal prisons now offer inmates a vegan entrée option at each meal.

Vegan breakfast

Fresh fruit Hot oatmeal Whole wheat bread Jam

provision can sometimes be extended to veganism, however. In 2015, prisoner George Hall won his lawsuit against the Michigan Department of Corrections after he argued that his Messianic Jewish faith restricted his diet to foods that contained no animal products whatsoever.

Jailhouse wok

For the more than 2 million men, women, and juveniles incarcerated inside one of the more than 5,000 jails, prisons, and correctional facilities in the United States, food can be a grim reminder of their imprisonment, or it can be a source of pleasure. "Bad food is definitely a painful reminder, and most of the food is bad," says Jan Smitowicz, who managed to remain vegan during his two years in various Illinois prisons, often by making

JAIL JARGON

Here is an A-to-Z of food-related prison slang.

aggie \'a-ge\ Garden hoe

is delivered

bean slot \'ben slät\ The opening in the cell door where food

choke sandwich

\'chōk san(d)-wich\ A peanut butter sandwich with no jelly

chow \'chau\\ Institutional meal

commissary \'kä-mə-ser-ē\ Prison-operated store where food, hygiene products, and clothing are sold

hot pot \'hat pat Device sold in the commissary used to heat water to a low temperature

mud \'məd\ Coffee

pruno \'pr\uno\\

Homemade alcohol made from fruit, bread, and anything with sugar—also called hooch

spread \'spred\

Gourmet prison meal, often used to describe big potlucks put together by a group of inmates

stinger \'stin-ər\ Contraband heating element made from metal, designed to boil water

zoom zooms \'züm zümz\ Snack cakes and cookies

his own meals.

Like Smitowicz, inmates who can afford to, buy food supplies from the prison commissary—or otherwise obtain foodstuffs from the kitchen or other inmates via the prisoner-run black market. They routinely skip the chow line and prepare meals in their cells. This requires ingenuity and resourcefulness, especially when an inmate has no access to a microwave or cooking utensils.

One of the hacks Daniel Genis learned in his 10 years behind bars was how to create a contraband "stinger"—a heating device made from a power cord and nail clippers. "Separate the two sides of the nail clippers, attach each side to the positive and negative wires of the power cord, plug the cord into an electrical outlet, and drop the clipper sides into a cup filled with the cold running water available in each cell," he explains. "Salt the water, and then drop some uncooked ramen noodles into the now vigorously boiling water." Genis even turned a hot pot and tin can into a wok for stir-frying.

Preparing meals this way might seem primitive, but it can go a long way toward building inmate camaraderie, says Smitowicz. "Food brings people together, probably even more so in prison. For special occasions—like, say, the Super Bowl—I'd see six, eight, 10 guys go in together on a giant, special meal that took hours to prepare and cost probably \$50 to \$80 per guy, with each acquiring one or two items from the commissary the week before, planning it all out in complex detail."

Most prison meals, however, are eaten in the chow hall, where inmates are served standard fare. Hamburgers, potato salad, and meatloaf are popular options with prison officials, since these are inexpensive foods.

In California state prisons, inmates are given a hot breakfast, a sack lunch, and

Vegan lunch ⊢

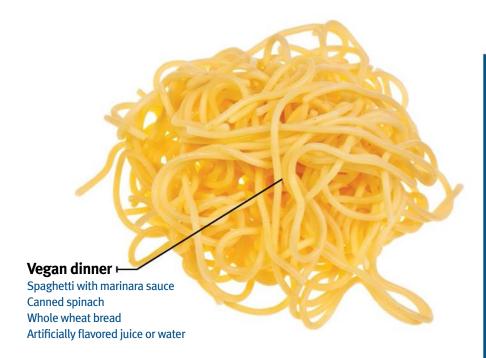
Soy chicken patty Pinto beans Lettuce and tomato salad Choice of dessert or fresh fruit Artificially flavored juice or water a hot dinner, says Laurie Maurino, RD, departmental food administrator for the California Department of Corrections and Rehabilitation. But they do have other choices. "Currently, we offer a vegetarian diet [option]," she says, "so they can get an alternative to meat items on the menu, such as peanut butter. At night, we can take off the meat entrée and give them an extra scoop of beans or some other item that's got some protein in it." The state's general-population menus have about 100 grams of protein in them, says Maurino, which is twice as much as they need. "The rest of our menu items are vegetarian-compliant ... the only things with animal ingredients are the meat items." The budget for this is \$3.45 per day per inmate—for all three meals.

Savoring solutions

With food contributing so much to an inmate's mental and physical wellbeing, many agree that the system that feeds them needs reform. Budgets may be tight, but serving meals that are unappetizing or nutritionally insufficient comes painfully close to cruel and unusual punishment.

Of course, it must also be questioned why there are so many prisoners to feed in the first place. While violent crime has been declining in the US, prison populations have tripled since 1980. The ugly reality is that prisons have become an industry, with inmates as the commodity. Not only are prisoners a source of involuntary labor—used to make everything from license plates to clothing, and forced to work in





dairies and slaughterhouses—but their very presence behind bars represents enormous profits for privately run prisons and the food, healthcare, and security companies that service them. The mass incarceration of young men and women—mostly people of color—for petty offenses keeps the prison industrial complex viable. Addressing the nutritional needs of these burgeoning populations is a growing challenge.

According to Friedmann, a former prisoner himself, what we need is a new way of thinking. "First, corrections officials need to recognize that prisoners are people who deserve to be treated with the minimum dignity and respect afforded to those who are not incarcerated," he says. "The notion that prisoners do not deserve nutritious and palatable meals or at least food that is not spoiled, past its expiration date, or marked 'not for human consumption'—must be rejected. That would require lawmakers and policymakers to ensure prison and jail food budgets are adequately funded." It's not that prisoners are asking for, or should receive, gourmet meals, he says. "Rather, they should at least be served food comparable to that served in public schools."

As it happens, more of these schools are offering vegan options in their cafeterias, a model that prisons and jails would do well to emulate. For prisoners like Intelligent Allah who reject violence,

a properly balanced vegan diet is more than just nutritious and satisfying—it also fosters a respect for all life. In the case of the Victor Valley Medium Community Correctional Facility, the results of their vegan program were astounding—the divisions among various racial groups typically seen in prison were reportedly non-existent on the vegan side. Moreover, while California's recidivism rate at the time was 95 percent, during the seven years of the vegan program, the Victor Valley facility had a recidivism rate of less than 2 percent. "What we eat not only affects us physically, but it affects our mental attitude, our aggressiveness, and our ability to make good decisions," explains Julianne Aranda, the nutrition services coordinator of the prison.

With prison officials trying to squeeze every cent from their food budgets, converting to an all-vegan menu makes more sense than ever. Buying plant-based ingredients in massive quantities will go a long way to reduce expenses and ensure that everyone's dietary needs are met, regardless of an inmate's religious or ethical preferences. And, who knows? If prisons take the lead, perhaps hospitals and airlines won't be far behind.

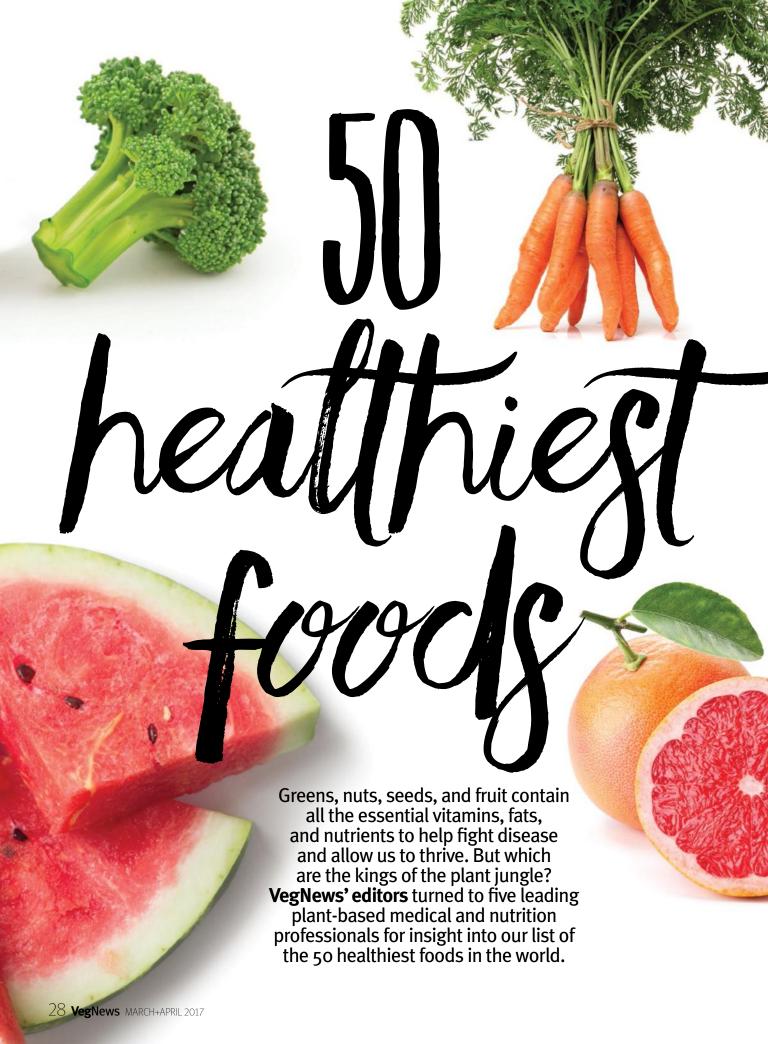
Mark Hawthorne's latest book is A Vegan Ethic: Embracing a Life of Compassion Toward All.

VEGANISM, RELIGION, & RIGHTS

For some inmates, vegan meals are legally guaranteed, and can even be fought for.

To maintain a vegan diet in prison, many inmates are forced to supplement their meals with overpriced foods from the commissary. This is both expensive and, for some inmates, a violation of their rights, says David Fathi, director of the American Civil Liberties Union National Prison Project. "Prisons have a default menu for everyone, and there are two ways to get an exception," he explains. "The first is for medical reasons; a prisoner must be provided a diet consistent with her medical needs. The second is religious." he continues. "Under the First Amendment, prisoners are to be given meals in line with their religion."

If a prisoner has a religious obligation to abstain from eating animals (if they are Jainists or Mahayana Buddhists, for example), then the prison is required to accommodate them. In 2000, Congress underscored this by passing the Religious Land Use and Institutionalized Persons Act, which prohibits states from imposing substantial burdens on the religious exercise of prisoners—including denying them vegan meals, if this is one way the inmate's religion is practiced. "Do prisons always comply?" Fathi questions. "No. But then an inmate can file a lawsuit."



When it comes to the world's healthiest foods, kale is still boss, with huge amounts of fiber, vitamin C, beta carotene, and vitamin A.

2 collard greens

These vitamin
K-rich greens not
only support bone
growth and reduce
inflammation, but
they contain the
micro-nutrient
choline, which helps
with sleep and can
improve overall mood.

This aquatic plant

This aquatic plant contains ample dietary nitrate, shown to be a powerful force against high blood pressure.

 $\not\downarrow$ swiss chard

With 300 percent of the RDA of vitamin K and a mélange of beneficial minerals such as magnesium, calcium, and potassium, Swiss chard is a no-brainer.

5 bok choy

Compounds called glucosinolates give bok choy its signature flavor, but they're also converted into cancer-fighting compounds in the body.

6 spinach

The abundance of potassium, vitamin K, and vitamin A found in spinach help lower blood pressure, maintain bone health, and keep skin and hair healthy.

arugula

An antioxidant known as alphalipoic acid found in arugula has been shown to lower glucose levels and help symptoms of diabetes.

8 brussels sprouts

A member of the nutritionally powerful cruciferous family, Brussels sprouts are an excellent source of protein, iron, and potassium.

Cappage
Early research into a compound

Early research into a compound called sulforaphane found in cabbage shows promise for easing symptoms of autism.

carrols

Carotenoids found in this root vegetable have been linked to reduced risk of various cancers—particularly lung cancer—while high levels of beta-carotene may improve vision in those with vitamin A deficiency.



"Eating animal-based foods has been linked to inflammation, insulin resistance, and increased oxidative stress, which promotes diabetes—whereas a healthy, plant-based diet has been linked to the opposite." —Robert Ostfeld, MD



50 HEALTHIEST FOODS

"High-fiber foods such as beans help to reduce blood pressure and cholesterol, and promote weight loss." —Joel Fuhrman, MD

21 zucchini

This member of the gourd family is rich in B-complex vitamins, which help produce energy and form red blood cells that carry oxygen to the body.

blueberries

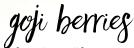
The various phytonutrients found in blueberries work together to protect cell damage from free radicals, including the growth of certain types of cancers.

22 artichokes

Consuming artichokes may improve liver health; the chemical compound cynarin helps to reduce and eliminate toxins from the body.

24 brazil nuts

Rich in selenium, Brazil nuts are a nutritional powerhouse, protecting cells from damage by toxins and other harmful substances.



The Asian goji berry contains eight essential amino acids, and may boost the effectiveness of flu vaccinations.



potassium, lycopene, and vitamin C found in grapefruit all play a role in maintaining a healthy heart.

27 beans

Beans and legumes are high in minerals and fiber, and are excellent sources of protein.

28

heets

Rich in nitrates, beets help lower blood pressure and decrease risk of heart problems.



Kiwi is high in both vitamin C and potassium, which helps lower blood pressure by balancing out the negative effects of sodium.

30 natermelon

Watermelons' 92-percent water content makes it one of the most hydrating fruits around, and its abundance of lycopene aids in heart and bone health.



pomegranate

Rich in folic acid and flavonoids, pomegranates deter dental plaque and various oral diseases.

onions

The phytochemicals present in onions, along with the vitamin C, are paramount in protecting the immune system.

The omega-3 fatty acids found in flaxseeds have been shown to fight off the growth of cancerous cells.

chia seeds

34 cucumber

contain important electrolytes that assist in maintaining optimal hydration.

Chia seeds are packed with fiber and help to

balance blood-sugar levels throughout the day.

green peas

Green peas are rich in B-complex vitamins, which are essential for the functioning of muscles, nerves, and the heart.

cherries

Cherries can lower blood-sugar levels in diabetics and help reduce the risks of arthritis and inflammatory conditions.

pineapple

enzyme found in pineapple, has been shown to reduce inflammation and pain associated with injury.

apples

Nutrients in apples may help protect neurological health, including reducing the risk of diseases such as Alzheimer's.

celery

percentage of water and electrolytes found in celery not only stave off dehydration, but also prevent bloating.



"Antioxidants may be one of the reasons studies have shown that healthy, plant-based eaters may live about a decade longer than the general population." - Michael Greger, MD

50 HEALTHIEST FOODS

"Cooking vegetables and adding a little fat makes it easier for the body to absorb beta-carotene and other carotenoids." —Virginia Messina, RD

41 jicama

The high amounts of vitamin C and potassium in jicama safeguard against inflammation.

42 tangerines

The abundance of vitamin C found in this citrus fruit has been found to aid the body's ability to absorb iron, an essential mineral that improves cognitive function.

essential minera improves cognition

The compounds diallyl sulfide and thiacremonone—found in this aromatic bulb—can stave off symptoms of arthritis.

47

peanuts

Peanuts are a reliable source of protein, an essential building block of bones, muscles, cartilage, skin. and blood.

44

Oats provide a great source of soluble fiber and are shown

to reduce risk

heart disease.

of coronary

45 pumpkin seeds

Pumpkin seeds are a terrific source of magnesium, a mineral that can prevent cardiac arrest, heart attack, and stroke. mango

Zeaxanthin, an antioxidant found in mangoes, reduces the risk for macular degeneration.

48

valrits

The neuroprotective compounds found in walnuts—such as folate, vitamin E, and omega-3 fats—can support brain health.

49

bananas

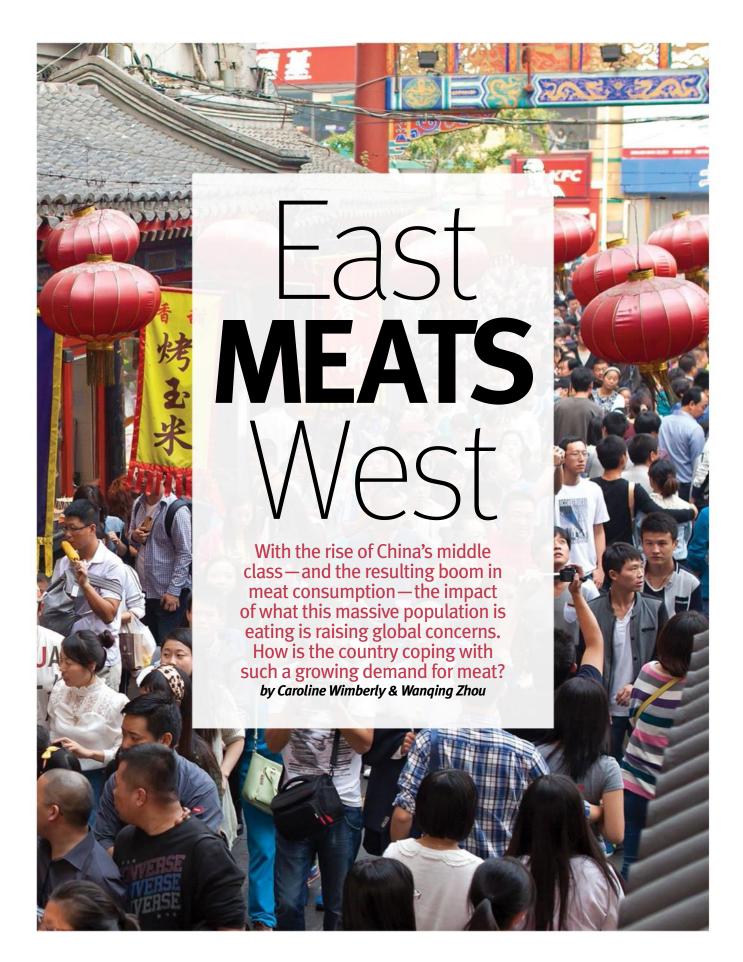
Bananas contain vitamin B6, which ensures the optimal function of the cardiovascular, immune, digestive, muscular, and nervous systems. 50 almonds

Almonds are loaded with antioxidants such as blood sugar-regulating magnesium and vitamin E—which protects cell membranes from damage.

Our team of experts include: Pamela Fergusson, RD, PhD—Nutrition lecturer at Toronto's Ryerson University;

Joel Fuhrman, MD—best-selling author of *Eat to Live*; Michael Greger, MD—best-selling author of *How Not to Die*;

Virginia Messina, RD—author of *Vegan for Life*; and Robert Ostfeld, MD—Director of Preventive Cardiology at Montefiore Medical Center



hina's burgeoning middle class is booming like no other time in history. A mere four percent of the country's households fell into the category in 2000, but by 2012, that number exploded to 68 percent. By 2020, this group will number more than 700 million people, transforming the global economic stage and ushering massive social change. In a nation where food-as-status is a deeply entrenched part of the culture, how will this major spike impact animal food production?

Rising wages and incomes, economystimulating financial reforms, and an increase in private enterprise is feeding the growth of the middle class. And as its numbers rise, so too does its purchasing power. Whether China can offer the convenient, quality goods this prospering class desires—without contributing to the buildup of greenhouse gas emissions and a host of food-related diseases—is a question that is becoming alarmingly urgent.

Matters of sustainability are not limited to this one nation, but due in part to its enormous population, the country is now officially the largest contributor to climate change. Compared to Americans, the average Chinese citizen eats a modest amount of meat (136 pounds annually versus 253 in the US), but given its size, China now consumes more than two times the total amount of meat as the US.

Where's the beef?

Having cemented its status as a major meatsupplying giant, China is now responsible for nearly 50 percent of the world's pork production *and* consumption. With animal commodification such a strong foundation of the national economy, influencing this exploitative but lucrative market is becoming more of a challenge for the environmental NGOs whose missions are to halt climate change.

"These industries bring economic benefits to the country and employ tens of millions of people," says Peter Li, a professor at the University of Houston and China Policy Specialist for Humane Society International. "Should China adopt anti-cruelty laws, these industries would have to invest in improvements—or be shut down, impacting employment and economic growth, things important to regime stability."

While other global superpowers, including the European Union, have either phased out or are in the process of phasing out extreme confinement systems for

dominates the arena with more than 5,000 outlets in 1,100 Chinese cities, followed by McDonald's with a comparatively meek 2,200—though the chain is expanding at the rate of 10 new restaurants per week, and has plans to open 1,000 more in the next four years.

First introduced in the 1980s, Westernstyle fast-food restaurants in China have emerged during an era of lifestyle changes and reduced leisure time. Now, more Chinese are being lured away from sit-down meals where traditional, whole foods-based cuisine is served—favoring instead the quick, cheap convenience of processed food. Marketing strategies by corporations that target China's youth

It is estimated that by 2025, China will have more overweight children than anywhere else in the world.

farmed animals (gestation crates for pigs, battery cages for chickens, and veal crates for cows), China is encouraged by the West's industrial "success" and is readily adopting them. Li believes that "to the Chinese animal-agriculture industry, these and other factory-farming tools and practices are efficient and productive. They attach importance to productivity, rather than animal welfare and environmentalism." Li explains that Chinese authorities are more concerned about food supply than food safety, resulting in recurring violations of state food safety laws by profithungry producers.

The country's rapidly rising fast-food market is also a concern. Though recent trends suggest that, like in the US, China's consumer class is becoming weary of fast food, the industry has the nation in a stranglehold. Kentucky Fried Chicken

are also having a devastating effect. It is estimated that by 2025, the nation will have more overweight children than anywhere else in the world.

"This is extremely worrying," Professor Joep Perk, cardiovascular prevention spokesman for the European Society of Cardiology, told the *South China Morning Post*. "It is the worst explosion of childhood and adolescent obesity that I have ever seen ... China is set for an escalation of cardiovascular disease and diabetes, and the popularity of the Western lifestyle will cost lives."

Couple all of this with the fact that the nation is not only the largest worldwide producer of pork, but also the fastest developing market for beef, and hopes for a more plant-based society seem bleak. However, recent developments manage to offer some optimism.

Vegetarianism throughout Chinese history

771-476 BC

Taoism teaches that a diet based entirely on plants helps cleanse one's body and mind, and must be followed if one desires true enlightenment.

476-221 BC

The Book of Rites records that people should eat millet and vegetables during the month they honor their ancestors.

179-122 BC

Liu An, the King of Huainan, invents tofu.

50 AD

Buddhism enters China from India, teaching followers about extending compassion to all sentient beings.

A new China

Despite an expanding culture of meateating, a space for vegetarians is rapidly evolving and diversifying in China. One of the nation's latest dietary goals is to reduce its per capita meat consumption by more than 50 percent—to an average 45 pounds per year—as suggested in the 2016 Chinese dietary guidelines issued by the National Health and Family Planning Commission.

For many activists and entrepreneurs, an interest in plant-based eating suggests considerable opportunities in promoting more sustainable alternatives. Plantbased food businesses, for example, have their eyes on China for growth opportunities for their products. Hampton Creek and Beyond Meat have expressed interest in expanding their lines of plantbased products to the country, while WhiteWave Foods, the parent company of Silk, has partnered with China Mengniu Dairy Company Limited to introduce Silk ZhiPuMoFang—a line of almond and walnut milks-to their vast distribution network. This is an especially viable venture given the widespread rate of lactose intolerance throughout China, which, some say, affects up to 90 percent of the population.

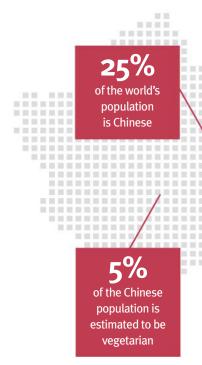
Public health campaigns highlighting diet are also becoming more common, and partnerships that have historically built up destructive industries like coal and factory farming are now being employed for progressive endeavors such as plant-based proteins, animalfree leather, and—in the future—labgrown meat.

In the face of booming Westernization and a prevalence of health crises, an interest in physical fitness is also opening doors to more conversations

about plant-based diets. Last year, ChinaFit, the country's leading event organizer and media brand for the fitness industry, brought a number of health and fitness expos to six major Chinese cities. Partnering with the Physicians Committee for Responsible Medicine (PCRM)—a Washington DC-based vegan nonprofit focusing on preventive health and medical research—ChinaFit worked to tailor a concerted plant-based message to event-goers. The Health Nutrition & Vegan Forums held at each expo featured discussion on foods and diet, experiences from vegan restaurant owners, plantbased fitness and bodybuilding, and a lecture from doctor and speaker Jia Xu of PCRM.

Though it represents only 25 percent of the world's population, China accounts for a whopping one-third of diabetes patients and more than 27 percent of cancer deaths worldwide, according to Dr. Xu. Still, meat consumption continues to increase, year after year. "The country is at a tipping point where all these problems have broken loose, so badly that people are starting to wake up," Xu says, pointing to the increasing acceptance of vegetarianism. "They are starting to make the connection."

New retail models are also challenging animal consumption. Green Common, a plant-based concept store, has emerged from Hong Kong-based startup Green Monday, a food-education nonprofit that makes eco-friendly food more accessible in private and public cafeterias. Its instore delis offer an array of fresh, local produce, as well as prepared Asian meals that feature vegan products from brands such as Gardein and Daiya Foods. With four Hong Kong locations, the chain is planning to expand to mainland China,



with a business concept that could be replicated in other countries.

In addition to business models, a plant-based way of life is being embraced by individuals concerned about their health and the health of the planet—a movement with roots in traditional cuisine. Historically, the Chinese diet has been based on grains, beans, and vegetables, with more animal-based foods only beginning to surge in popularity around the 1970s when national policy promoted trade with other countries. In 2013, Public Radio International reported that about five percent of the country's population is vegetarian, equating to more than 50 million people. As in the US, these numbers are expected to rise as awareness of meatrelated public health risks broadens.

502-549 AD

The Emperor Wu of Liang, a faithful Buddhist, issues the "Abstention of Wine and Meat," four articles written during his reign which ban winedrinking and animal-eating among Buddhist disciples.

533-544 AD

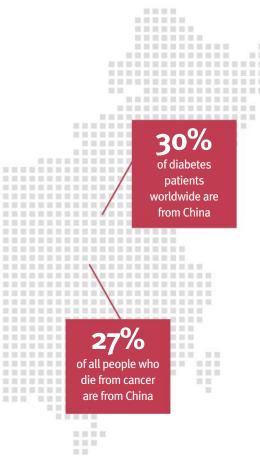
Northern Wei Dynasty official Jia Sixie publishes vegan recipes in China's first agricultural encyclopedia, Essential Techniques for the Welfare of the People.

550-559 AD

The Emperor Wenxuan of Northern Qi vigorously promotes a plant-based diet as part of his Buddhist faith.

1271-1635

The innovation of vegetarian mock meat advances; wheat- and eggplant-based "pork," soy- and yam-based "fish," and mung bean-based "eggs" are created.



A public effort

As China's population grows, so too does a growing interest in the animal-rights movement. A new wave of activism has emerged, specifically in protest against the highly controversial Yulin Dog Meat Festival. Thirty million dogs are killed worldwide each year, and China is responsible for approximately 33 percent of these deaths, leaving many guardians in the area fearful for their animals' safety (it's believed that many of the dogs killed for the festival are stolen companion animals or strays). Despite this, a March 2016 study conducted by China Central Television revealed that 56 percent of respondents would support a legislative effort to ban dog meat. This translated into action last year, when a collaborative effort between

the Humane Society International, VShine Animal Protection Association, and Beijing Mothers Against Animal Cruelty met in front of the Yulin government office to present a petition with 11 million signatures opposing the dog meat festival.

Seeking to attract more people to take part in a radical challenging of the status quo, strategies that appeal to what's trendy and cool have proven most effective, as the celebrity culture in China is yet another factor in determining the progress of the country's changemaking efforts. WildAid, a wildlife protection organization, is partnering with wellknown ambassadors such as Jackie Chan and Yao Ming to create public service announcements educating the public about cruelty in the wildlife trade and its devastation to ecosystems. Recently, with the help of blockbuster film director James Cameron, former California governor Arnold Schwarzenegger, and Chinese actress Li Bingbing, WildAid highlighted lowering meat consumption as a crucial part of combating climate change—with the added bonus of protecting wildlife.

As Chinese activists continue to embrace the challenge of rewriting their nation's narrative on food, culture, and class, plant-based businesses, animalrights campaigns, and environmental protection efforts are breathing new life into both the economy and the overarching social consciousness. Innovative thinking and a concerted push toward more eco-conscious practices are taking root and laying the groundwork for change. And with stakes this high, the need for community-building motivated by health, environmentalism, compassion, and progress is more urgent than ever. Equipped with an understanding of just how much impact the country's rising

Buddhism & Eating Meat

The first precept of Buddhism refraining from taking another being's life—has long divided schools of thought on whether followers should abstain from meat. Because ancient monks' beliefs prevented the growing, cooking, and storing of their own provisions, they relied mainly on donated food-which would include meat—as long as it was given freely. Today, approximately 254 million Chinese Buddhists find themselves in their own quandary. Historically, younger generations have viewed vegetarian diets as something for "old Buddhists," while modern-day practitioners tend to adopt a more moderate interpretation of the faith's first precept. But as green living (and eating) has become more fashionable, so too has an interest in traditional Chinese values. This, along with the throngs of young people turning toward Buddhism as a way to cope with a fastpaced society, is making plant-based living more appealing to the masses.

meat consumption has on a global scale, a growing host of do-gooders committed to reimagining tradition are forging a path to a new, more sustainable China.

Caroline Wimberly is an associate at environmental think tank Brighter Green (brightergreen.org) where she manages the China Program. Wanqing Zhou is an associate at Brighter Green and a research associate at the Worldwatch Institute (worldwatch.org) where she manages the Food and Agriculture Program.

1275

Wu Zimu records more than 100 regional vegan dishes in *The Book of the Golden Millet Dream*.

1636–1912

Three major vegetarian cuisines are established: imperial vegetarian cuisine, temple food, and home-style vegetarian cooking.

2009

What's For Dinner?—
the first Chinese
documentary to challenge
meat production and
consumption—
is released.

2013

VegPlanet, the largest online vegetarian platform in China, is established.

2016

The latest Chinese
Dietary Guidelines are
published, calling for
a reduction of per capita
meat consumption
by 50 percent.



hen thinking of Southern cuisine, some may envision fried food and buckets of butter—but actually, Southern cooking is full of fresh produce, fragrant spices, and lots of color. Down South, we're known for our peaches, sweet potatoes, and collard greens, and we take pride in letting local vegetables be the stars of the dish. With all of this fresh bounty, it's no wonder why so many traditional Southern dishes are ripe for transforming into delicious vegan meals.

Start your day with fresh-baked hand pies stuffed with a spiced sweet potato filling for a fun, on-the-go breakfast. For a picnic-ready lunch, a twist on Italian panzanella bread salad is perfect for a warm, spring day. Enjoy a refreshing peach margarita while savoring meaty, barbecue-braised oyster mushroom sliders. And for dessert, a brown sugar pound cake paired with luscious roasted-strawberry coconut milk ice cream will make a believer out of any non-dairy skeptic. This soulful, Southern-inspired spread will tempt your tastebuds, quell your cravings, and nourish your soul with down-home, plant-powered goodness.

BBQ Oyster Mushroom Sliders

Makes 4 sliders

- 1 tablespoon grapeseed oil
- ½ pound (4 cups) oyster mushrooms, cut into 3-inch pieces
- 1/4 teaspoon salt
- 1 cup vegan barbecue sauce
- 4 small ciabatta buns
- 1 cup thinly sliced collard greens
- 2 teaspoons olive oil
- 1/4 cup vegan mayonnaise
- ½ thinly sliced red onion
- 1. In a cast-iron skillet over mediumhigh heat, warm grapeseed oil. Place mushrooms into skillet cut side down, and sprinkle salt over them. Reduce heat to medium-low.
- 2. Place another cast-iron skillet on top of mushrooms (see "Chef's Tip"). Cook for 7 minutes, flip the mushrooms, and continue to cook between skillets for 5 more minutes, until browned and tender.
- 3. Pour barbecue sauce over mushrooms, and gently stir to coat. Continue cooking uncovered for 5 more minutes.

4. To assemble sliders, toast buns on each side. Massage collard greens with olive oil until tender, about 3 minutes. Spread 1 tablespoon mayonnaise on each bun. Top bottom bun with collards, then add barbecue oyster mushrooms. Top with a few slices of red onion and the top bun. Serve immediately.

Simple Cornbread

Makes 1 loaf

- 2 tablespoons ground flaxseeds
- 6 tablespoons water
- 1/4 cups yellow cornmeal
 - 1 cup whole-wheat pastry flour
- 11/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 11/2 teaspoons salt
 - 2 tablespoons sugar
- 1½ cups plain unsweetened soy milk
 - 1 teaspoon apple cider vinegar
- 1/4 cup canola oil
- 1. Preheat oven to 350 degrees. Lightly grease a 9 x 9-inch baking pan.
- 2. In a medium bowl, combine flaxseeds and water. Set aside and allow to thicken

for at least 3 minutes.

- 3. In a medium bowl, whisk together cornmeal, flour, baking powder, baking soda, salt, and sugar.
- 4. Into the bowl with the flaxseed mixture, add soy milk, vinegar, and oil. Whisk until creamy, and pour wet ingredients into the dry and carefully stir to combine.
- 5. Pour batter into baking pan and bake for 20 to 25 minutes, or until a knife comes out clean. Serve warm.

Cornbread Panzanella Salad

Serves 6

- 1 tablespoon grapeseed oil
- 11/2 cups diced zucchini
 - 1 teaspoon salt, divided
 - 1 Simple Cornbread loaf, cut into ½-inch cubes
 - 2 large ripe tomatoes, diced
 - 1 jalapeño pepper, minced
 - 2 tablespoons minced red onion
 - 2 tablespoons olive oil
 - 2 teaspoons balsamic vinegar
 - 1 teaspoon black pepper
- 1/4 cup thinly sliced basil
- 1. In a skillet over medium-high heat, warm grapeseed oil. Add zucchini and 1/4 teaspoon salt, and sauté until tender, about 10 minutes.
- 2. In a large mixing bowl, combine cornbread, tomato, jalapeño, red onion, and zucchini. Toss well, then add olive oil, vinegar, remaining 3/4 teaspoon salt, pepper, and basil. Toss again and serve immediately.

Sweet Potato Hand Pies

Makes 6 pies

For the crust:

- 1½ cups all-purpose flour, plus more for sprinkling
- ½ teaspoon salt
- 1 tablespoon sugar
- ½ cup cold vegetable shortening or vegan butter, cut into ½-inch cubes
- 1/4 cup ice-cold water

For the filling:

1 cup sweet potato purée



For a meatier mushroom (ideal for a slider), use two cast-iron skillets when cooking. If you don't have two skillets, simply cook the mushrooms in one skillet or roast in oven at 350 degrees for 20 minutes. If cooking mushrooms in the oven, coat them in barbecue sauce and continue to roast for another 10 minutes.



- 2 tablespoons maple syrup
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1/4 teaspoon ground cloves
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1. For the crust, in a mixing bowl, whisk together flour, salt, and sugar. Add shortening, and use a pastry cutter to incorporate into flour. Continue to mix with pastry cutter until mixture resembles coarse meal, almost pea-sized.
- 2. Slowly add water, 2 tablespoons at a time, and stir with a wooden spoon or mix with your hands. Once dough begins to hold together, form into a tight ball. Flatten a bit, and wrap in plastic wrap or parchment paper. Chill in refrigerator for 1 hour.
- 3. For the filling, in a food processor, add all ingredients and pulse until mixed well and creamy. Set aside until ready to assemble hand pies.
- 4. Remove dough from refrigerator and let sit at room temperature for 10 minutes to soften. Preheat oven to 350 degrees. Line a baking sheet with parchment paper or silicone baking mat.
- 5. Flour a clean, smooth stone surface or parchment paper, and use a floured rolling pin to roll dough flat to ½ inch, about 8 x 15-inches in diameter. Using a 3-inch, circle-shaped cookie cutter, cut out 6 rounds of dough and place onto parchment-lined baking sheet. Fill each dough circle with 3 tablespoons sweet potato filling. From remaining dough, cut 6 more rounds and cover filling. Use a fork to seal edges, and bake for 20 minutes. Allow pies to cool for about 10 minutes before serving.

Brown Sugar Pound Cake

Makes 1 cake

- 1 cup soy milk
- 1 tablespoon apple cider vinegar
- 2 cups all-purpose flour
- 1½ teaspoons baking powder

- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ cup vegan cream cheese
- 1/4 cup vegan butter, room temperature
- 1 cup brown sugar
- 2 teaspoons vanilla extract Roasted Strawberry Ice Cream, for serving
- 1. Preheat oven to 350 degrees. Lightly grease and flour a bundt pan or line a loaf pan with parchment paper.
- 2. In a small bowl, combine soy milk and vinegar, and set aside to curdle. In a medium bowl, sift flour, baking powder, baking soda, and salt.
- 3. In a stand mixer or using a hand mixer, beat cream cheese and butter until creamy. Add sugar, and continue to beat until fluffy. Add vanilla and soy milk-vinegar mixture. Continue beating on low, and then slowly add dry ingredients. Once batter is smooth (being careful not to overmix), pour into baking pan and spread into an even layer. Bake for 50 minutes or until knife comes out clean.
- 4. Place pan onto cooling rack for 20 minutes. Remove loaf from pan and cool for another 20 minutes before serving. Serve with Roasted Strawberry Ice Cream.

Roasted Strawberry Ice Cream

Makes 3 cups

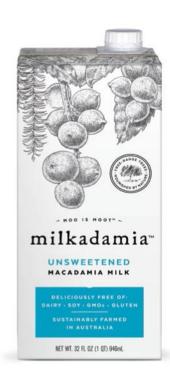
- 1 15-oz can canned coconut cream
- ½ cup full-fat canned coconut milk
- 3/4 cup sugar
- 2 tablespoons light corn syrup
- 1/4 teaspoons salt
- 1 teaspoon vanilla extract
- 2 teaspoons bourbon
- 1 cup diced fresh strawberries
- 2 teaspoons balsamic vinegar
- In a saucepan over medium heat, warm coconut cream, coconut milk, sugar, corn syrup, and salt until it starts to simmer.



For the creamiest ice cream, use canned coconut cream—which is different than coconut milk. Look for canned coconut cream at your local grocery store near the canned coconut milk. If you cannot find it, you can still create fantastic vegan ice cream using full-fat canned coconut milk.

MOO IS MOOT. we're for trees

that stands of trees
exhale the sky,
sap all airs
from you and I



WILLFULLY MADE
WITH RAW
(NOT ROASTED)
NUTS.

milkadamia"

DAIRY-FREE • VEGAN
GLUTEN-FREE
MILKADAMIA.COM #





Corn syrup and bourbon are the secret ingredients for making perfectly creamy and smooth ice cream. Corn syrup provides body, while bourbon lowers the freezing point of the ice cream, making it smoother and easier to scoop. If you don't have bourbon on hand, use vodka, or eliminate the alcohol entirely.

Stir well to make sure sugar dissolves, and continue to simmer for 5 minutes. Remove from heat and stir in vanilla and bourbon. Allow liquid to cool, pour into a container, and chill in refrigerator for at least 6 hours.

- 2. Preheat oven to 350 degrees. In a small baking dish, add strawberries and toss with balsamic vinegar. Roast for 20 minutes. Allow roasted strawberries to cool completely before placing in refrigerator for at least 4 hours.
- 3. After coconut milk base and strawberries are chilled, pour coconut milk base into ice cream maker and follow manufacturer's instructions to prepare. During last 5 minutes of churning, add roasted strawberries.
- 4. Place churned ice cream into a shallow freezer-safe container, and allow ice cream to freeze and solidify for at least 2 hours before serving.

Peach Margaritas

Serves 2

- 11/2 cups peach nectar
- 2 tablespoons lime juice
- ½ cup (4 ounces) tequila
- 1/4 teaspoon orange bitters or triple sec
- 2 teaspoons agave nectar
- 2 peach slices or lime wedges, for garnish

Into a cocktail shaker, add all ingredients. Shake vigorously, then pour over ice into two glasses. Garnish with a slice of fresh peach or lime wedge. W

Jenné Claiborne (sweetpotatosoul.com) is a vegan chef, blogger, and YouTuber based in New York City.

HEALTHFEST 2017

March 31st - April 2nd



John McDougall, MD Physician & Author



Mary McDougall Author, Educator & Chef



Craig McDougall, MD Physician



Chef AJ TV Host & Author



Garth Davis, MD Surgeon & Author



B. Montgomery, MD



Linda Carney, MD



Miguel Bautista Mexico's Premier Vegan Chef



Stephanie Redcross . Vegan Mainstream



Sid Garza-Hillman **Nutritionist & Podcast Host**



Ellen Jaffe Jones Author, Trainer & Athlete



Natalie Norman Certified Raw Foods Educator



Adam Chaim Athlete, Coach & Podcast Host



Shoshana Chaim Podcast Host & Parentina Expert



Josh LaJaunie **Endurance Runner**



Adam Sud Addiction Recovery Coach



Health & Nutrition Cooking Demos



Noga & Zumba World Class Chefs



Delicious Food 5K & 10K Races

Register Online: www.HealthFest.com













ot Pockets have whirred around microwaves since the '80s, but our fresh-baked versions put a vegan spin on the iconic snack. A no-knead dough requires five simple ingredients—so combine our seitan-based ham with your favorite vegan cheese, and you'll enjoy these savory, melty rolls in no time.

Vegan Ham & Cheese Pockets

Makes 4 pockets

For the no-knead dough:

- 1/2 cups warm water
- 1 tablespoon brown sugar
- ½ teaspoon active dry yeast
- 3½ cups bread flour
 - 2 teaspoons salt Olive oil, for coating

For the seitan ham:

- 1 cup vital wheat gluten
- 2 tablespoons chickpea flour
- 2 teaspoons smoked paprika
- ½ teaspoon granulated onion
- 1/8 teaspoon ground cloves
- 1/8 teaspoon ground allspice
- 11/2 teaspoons salt
- ½ cup water
- 1/4 cup pineapple juice
- 2 tablespoons hickory liquid smoke
- 2 teaspoons brown sugar
- 2 teaspoons olive oil
- 1 teaspoon ketchup

For the pockets:

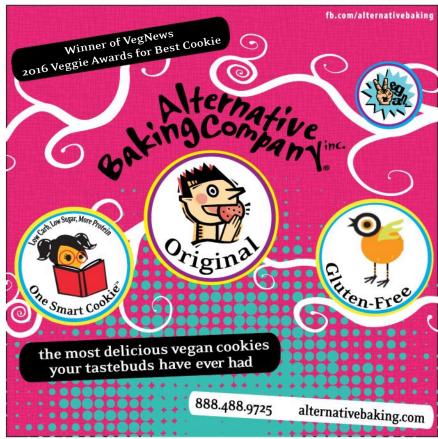
No-knead dough

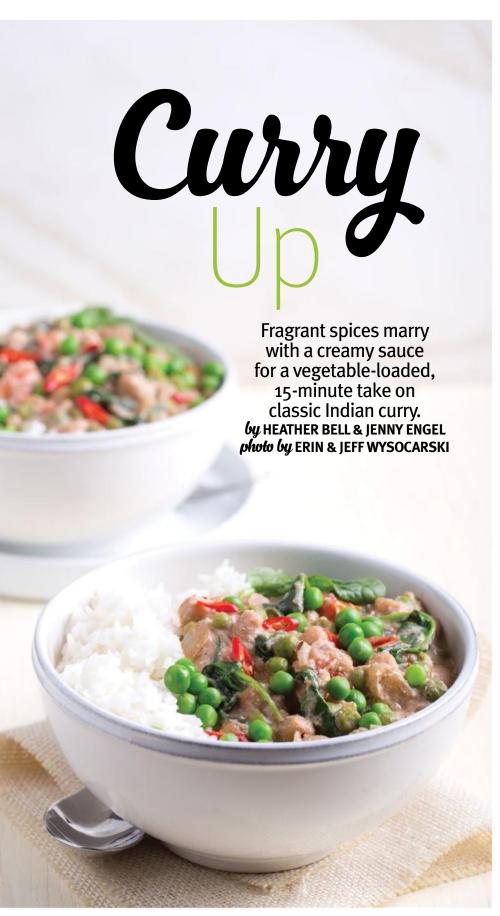
- 3/4 cup shredded vegan cheese Seitan ham Semolina flour, for sprinkling
 - 2 tablespoons unsweetened almond milk
- 2 teaspoons maple syrup
- 1. To make the no-knead dough, in a small mixing bowl, add water and brown sugar, and whisk together to combine. Sprinkle yeast on top and let rest 10 minutes.
- 2. In a large mixing bowl, mix together bread flour and salt. Add water mixture to flour mixture and stir until flour is absorbed into one large slightly sticky mass. Coat inside of another large bowl with olive oil, and place dough inside. Cover with plastic and let rest at room temperature overnight, or at least 8 hours. Dough will double in size.

- 3. To make the seitan ham, in a medium bowl, add wheat gluten, chickpea flour, paprika, onion, cloves, allspice, and salt, and whisk to combine. In a small bowl, add water, pineapple juice, hickory liquid smoke, brown sugar, olive oil, and ketchup, and whisk to combine. Add wet ingredients to wheat gluten mixture, and stir to combine. Knead with hands for 1 minute until there are no dry sections left.
- 4. Lay out 14 x 14-inch sheet of aluminum foil. Form dough into an oblong loaf and place near edge of foil closest to you. Loosely roll dough up in foil, rolling away from you. Twist excess ends of foil, leaving some empty space on each end to allow to expand. Fold twisted ends of foil under packet, and steam using a steamer basket for 1 hour. Remove from steamer, and allow to cool completely before removing foil. Once cooled, dice ham into cubes. Set aside.
- 5. To make the pockets, dust a work surface with bread flour, and place no-knead dough onto work surface. Cut into four equal portions, and roll into 6 x 6-inch squares.
- 6. Place 3 tablespoons cheese near edge of dough closest to you. Spread ½ cup diced ham on top of cheese, leaving a 1-inch margin on all sides. Fold far end of dough tightly over filling, and tuck underneath. Pinch seam and place on surface, seam-side down. Trim excess dough, leaving about ½-inch from filling. Pinch closed and fold any excess dough under pocket, leaving ends smoothed and rounded. Repeat with remaining 3 rolls.
- 7. Place a piece of parchment paper on a pizza peel or cookie sheet, and sprinkle with semolina flour. Place pockets on peel and cover with plastic wrap. Allow to rest at room temperature for 1 hour.
- **8.** Place a baking stone on middle rack of oven and preheat to 450 degrees. Heat stone for 30 minutes.
- 9. In a small bowl, mix together almond milk and maple syrup. Brush tops and sides of each pocket with milk mixture. Slide rolls, along with parchment paper, onto stone and bake for 10 minutes. Remove from oven and let cool 5 minutes on a wire rack. Serve warm.

Brian L. Patton (thesexyvegan.com) is a chef, multimedia personality, and author of the Sexy's Best microbook series.







rom the lemongrass-infused green curries of Thailand to the hearty, stewed versions of Japan, curry is a beloved staple dish in many cultures around the world. For our take on an Indian-inspired curry, we incorporate traditional spices like amchur, cumin, and ginger into a rich, aromatic base with chickpeas, spring peas, tomatoes, and spinach. Enjoy over steamed guinoa with an iced chai latte for a fresh twist on an old classic.

Spring Pea & Chickpea Curry

- 2 teaspoons coconut oil
- ½ teaspoon amchur (see "Curry Favor")
- ½ teaspoon cumin seeds
- ½ teaspoon ground cinnamon
- 3 dried red arbol chiles
- 1 teaspoon salt
- 1 small yellow onion, finely diced
- 3 garlic cloves, finely minced
- 1 tablespoon finely grated fresh ginger
- 1 (15-ounce) can chickpeas, drained and rinsed
- 1 cup unsweetened almond milk
- ½ cup raw cashews
- 2 teaspoons sugar
- 2 tablespoons full-fat canned coconut milk
- 2 tablespoons lemon juice
- 1½ cups spring peas, fresh or frozen
- 1 tomato, deseeded and diced
- 2 cups baby spinach leaves, tightly packed
- 1. In a sauté pan or wok over medium heat, add oil, amchur, cumin, cinnamon, chiles, and salt, and cook about 30 seconds to warm spices. Add onion, garlic, ginger, and chickpeas, and sauté until fragrant and slightly golden, about 5 to 7 minutes.
- 2. In a blender or food processor, add almond milk, cashews, sugar, coconut milk, and lemon juice. Blend until creamy, and set aside.
- 3. Into the sauté pan with the onionchickpea mixture, add peas and tomato and sauté about 3 to 5 minutes, or until slightly browned. Add spinach, and cook for 1 to 2 minutes.

Curry Favor

Have these three ingredients on hand to enhance the flavor of your Indian dishes.

Amchur

Found in Indian markets or the spice section of grocery stores, this dried green mango powder is tart with a touch of sweetness. Lime juice works as an easy substitute.

Cumin

Used in a
wide variety of
cuisines, cumin
is an excellent
digestive aid
and can help
with lactation for
breastfeeding
mothers.



A common ingredient in Indian cuisine, spring peas are packed with vitamin C, iron, and protein—and make great additions to soups, salads, and stir-fries.

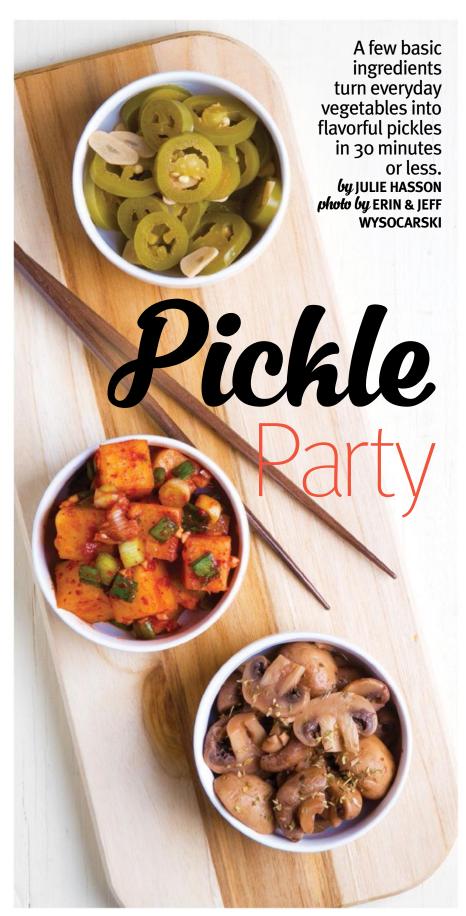
4. Add cashew cream mixture and cook for 2 to 4 more minutes, stirring occasionally, until fragrant and slightly thickened. Remove chiles, and serve warm.

Heather Bell and **Jenny Engel**

(sporkfoods.com) are sisters, authors of Spork-Fed and Vegan 101, and co-owners of Spork Foods—a Los Angeles-based gourmet vegan food company.







ickling your own vegetables often involves canning jars, oversized pots, tongs, and a painstaking sterilization process. For our version, however, we've cut out the hassle and are going back to basics. Sturdy produce such as daikon radishes, jalapeños, and mushrooms pair with vinegar, herbs, and fresh garlic for quick pickles that are ready in just 30 minutes. Bright, unique additions to an antipasto platter, perfect served on top of your favorite sandwich fillings, or stuffed inside a vegan quesadilla, our homemade pickles are a versatile way to add a wallop of flavor to most any dish. So what are you waiting for? Get pickling!

Pickled Kimchi Radishes

Makes 4 cups

- 11/2 pounds daikon radish, peeled and cut into 1/2-inch cubes
 - 4 scallions, ends trimmed and thinly sliced
 - 3 tablespoons rice vinegar
 - 2 tablespoons gluten-free tamari
- 2 tablespoons gochugaru powder
- 2 garlic cloves, minced
- 2 teaspoons minced ginger
- 1 teaspoon salt
- 1. In a medium bowl, toss all ingredients until well coated. Let sit for 10 minutes, stirring mixture periodically.
- 2. Serve pickles immediately or transfer to a glass container and refrigerate for up to 3 days.

Pickled Green Jalapeños

Makes 2 cups

- 1 cup apple cider vinegar
- 1 cup water
- 1½ teaspoons salt
- 4 large jalapeños, sliced into rings (about 2 cups)
- 3 garlic cloves, thinly sliced
- 1. In a medium saucepan over mediumhigh heat, combine vinegar, water, and salt, and bring to a simmer. Add jalapeños and garlic, and simmer for 5 minutes. If mixture is boiling, reduce heat slightly to maintain a simmer. Remove saucepan from heat and let cool for 30 minutes.

In a Pickle

Our quick-pickle process can be used on all sorts of vegetables, so get creative and remix your pickles!

Kimchi Cucumbers

Substitute sliced Persian cucumbers for the daikon radish in the Pickled Kimchi Radishes.

Serrano Peppers

Substitute serrano chile peppers for the jalapeños in the Pickled Green Jalapeños.

Cauliflower Florets

Substitute cauliflower florets for the mushrooms in the Pickled Garlic Mushrooms. Simmer until tender, and add red chili flakes for some heat.

2. Serve pickles immediately or transfer to a glass container and refrigerate for up to 1 week.

Pickled Garlic Mushrooms

Makes 2 cups

- 1½ cups red wine vinegar
- 1½ cups water
 - 1 tablespoon salt
- 4 garlic cloves, minced
- 2 teaspoons dried oregano
- 1 pound button mushrooms, stems trimmed and cut in half
- 1. In a large saucepan over medium-high heat, combine vinegar, water, salt, garlic, and oregano, and bring to a simmer. Add mushrooms, and simmer for 5 minutes. If mixture is boiling, reduce heat slightly to maintain a simmer. Remove saucepan from heat and let cool for 30 minutes.
- 2. Serve pickles immediately or transfer to a glass container and refrigerate for up to 1 week. VN

Julie Hasson (juliehasson.com) is a vegan chef and cookbook author based in Portland, OR, who runs baking mix company Julie's Original.







he mercury is rising, and rhubarb—a delightful ingredient available in deep reds, pretty pinks, and pale greens—is bountiful this time of year. Paired best with sweet fruit and sugar, rhubarb is tossed with strawberries, nestled into a ready-made vegan puff pastry, and finished off with a drizzle of homemade vanilla cashew cream for scrumptious tarts that are as easy to make as they are to devour. Whether you enjoy them as part of a light brunch or served alongside strawberry lemonade at your next picnic, these bright, cheery desserts are sure to become a fast favorite in your recipe repertoire.

Strawberries & Cream Rhubarb Tartlets

Makes 9 tartlets

For the vanilla cashew cream:

- 1/3 cup soaked raw cashews
- 1/4 cup water
- 2 tablespoons plain vegan yogurt
- 2 tablespoons powdered sugar
- ½ teaspoon vanilla extract
- 1/16 teaspoon salt

For the tartlets:

- 3/4 cup thinly sliced rhubarb, leaves removed
- 3/4 cup thinly sliced strawberries, leaves removed
- 2 tablespoons sugar
- 1 teaspoon cornstarch or arrowroot powder
- 1 9 x 9-inch vegan puff pastry sheet, thawed Cooking oil spray
- ½ teaspoon minced mint, for garnish
- 1. For the vanilla cashew cream, in a blender, purée all ingredients until smooth. If necessary, scrape down sides of blender and purée two or three times. Place mixture in refrigerator to chill while you prepare tartlets.
- 2. For the tartlets, preheat oven to 400 degrees and line a baking sheet with parchment paper. In a small sauté pan over medium heat, place rhubarb, strawberries, sugar, and cornstarch, stirring uncovered until mixture begins to simmer. Simmer for 5 to 7 minutes, or until rhubarb has softened and moisture is released. Transfer to a large plate and refrigerate for 15 to 20 minutes or until set.



- 3. While filling cools, lay puff pastry sheet flat on a cutting board. Cut into 9 squares, and then with a sharp knife lightly score a frame into each piece, ½-inch from edge. Transfer pastry to baking sheet and spray with cooking oil, brushing it over evenly.
- 4. When filling has set, place 2 teaspoons inside each pastry frame. Bake pastries for 12 to 13 minutes, or until pastry has puffed and is golden. Set on cooling rack for 10 minutes.
- 5. Before serving, drizzle each tartlet with vanilla cashew cream and garnish with mint. VN

Jackie Sobon (veganyackattack.com) is author of Vegan Bowl Attack!, a blogger, and professional food photographer who has an insatiable sweet tooth and loves playing with her food.





Culture

Whether you're perfecting a parfait, making extra-moist muffins, or just need a quick breakfast, all 10 of these editor-approved vegan yogurts will more than satisfy. Happy spooning! photo by JACKIE SOBON

STONYFIELD FARM

O'Soy Soy yogurt

Classic, child-friendly flavor

studded with hand-picked

Canadian blueberries and packed

with seven grams of protein-

what's not to love?

Favorite flavor: Blueberry stonyfield.com

FORAGER PROIECT

Creamy Dairy-free yogurt

This first-of-its-kind organic yogurt is made from cashew milk, punctuated with flecks of vanilla bean, and crafted with powerful probiotic goodness.

Favorite flavor: Vanilla Bean foragerproject.com

YOCONUT DAIRY FREE

Creamy Coconut Milk Yogurt

Monkfruit-sweetened and made with coconut milk, coconut water, and dark cocoa, this yogurt is a unique find-and has only three grams of sugar!

Favorite flavor: Chocolate yoconutdairyfree.com

DAIYA FOODS

Greek Yogurt alternative

Thick and sweet with a signature sour tang and loads of real strawberries, this dairy-free take on an authentic Greek yogurt will convince even the most discerning palate.

Favorite flavor: Strawberry daiyafoods.com

KITE HILL

artisan almond Milk yogurt

Kite Hill's elegant yogurt is cultured from California almonds and dotted with chunks of fresh pineapple.





AMANDE Cultured

almondmilk

We're nuts about Amande's almond milk yogurt, sweetened only with peach and pineapple juice, and made with six active cultures.

Favorite flavor: Cherry amandeyogurt.com



Soy-based and super smooth, Silk's yogurt has a refreshing, tropical flavor with just the right amount of sweetness.

Favorite flavor:

Favorite flavor: Peach & Mango silk.com

SO DELICIOUS

Greek Style Cultured Coconut Milk

This decadent yogurt's tart strawberry taste and lusciously full-bodied texture will leave you saying "Opa!"

Favorite flavor: Strawberry sodeliciousdairyfree.com

DREAM

Almond Non-Dairy Yogurt

This rich, custard-like yogurt made with toasted coconut and pure almond milk—makes for a seriously creamy, dreamy breakfast option.

Favorite flavor: Coconut dreamplantbased.com





for menu, reservations & gift certificates

5912 College Avenue in Oakland, CA ♦ 510-735-9459



Meet the chocolatehazelnut spread of our dreams!

First, Peanut Butter & Co brought us the mind-bending peanut butter blends of our dreams (think cinnamon raisin, white chocolate, and cayenne-spiced). Now, the company is bringing us Chocmeister—a smooth, dark chocolate-hazelnut spread—and we're spreading it onto our crêpes, slathering it on our sliced fruit, and frankly, eating it straight out of the jar when no one's looking. And with only seven ingredients—plus 50 percent more protein than Nutella—we're taking a jar with us everywhere we go. That's not weird, right?

ilovepeanutbutter.com

Jeapic

Searching for today's hottest

vegan products? Look no further.

Count on VegNews' staff to

taste and test all products we

recommend to our readers.

illustrations by RUBY ROTH



If you ask us, hummus is a hum-must at any get-together. And that rings especially true when we're talking Hope Foods' garbanzo dips. Wildly inventive flavors such as Thai Coconut Curry, Kale Pesto, and Dark Chocolate Coconut have us intrigued, but we could eat the Coloradobased company's new Lemon Peppercorn flavor straight though it makes a killer addition to our famous vegan chicken salad sandwiches. Hoping to find a better hummus? Not gonna happen!

hopefoods.com



We'll always appreciate almond and have a soft spot for soy, but when it comes to non-dairy milks, it's time to make way for macadamia. Lusciously smooth Milkadamia (in unsweetened and original flavors) is made from nuts sustainably grown on a family farm in Australia, and has twice as much calcium as cow's milk. When under deadline, we're blending it into creamy pineapplecoconut smoothies and sipping away while

daydreaming of an island getaway. milkadamia.com

Fire-roasted pizzas with trumpet mushrooms, Asian-glazed tempeh steaks, and a platter of nut-based cheeses—all elegant vegan dishes, all in need of vegan wine! Luckily, FitVine is our dinner-date go-to. And as if their chardonnays, sauvignon blancs, pinot noirs, and cabernet sauvignons weren't good enough, each has more antioxidants—and less sugar, carbs, and sulfites than conventional wines. We'll drink to that! fitvinewine.com

FITVINE

Have you ever found yourself needing to put together an impressive plant-based supper with no time to spare? Whether whipping up a plate for your notoriously meat-loving mother-in-law or a hot date with a fellow vegan, Gardein's Skillet Meals For 2 will come to your rescue. Available in Chick'n Florentino Pasta, Italian Rigatoni, Asian Chick'n Fried Rice, and Chick'n Fiesta, each perfectly portioned bag will help unleash your inner vegan chef and vanquish those last-minute dinner dilemmas.

gardein

gardein.com



Halfway between indulgent and healthful, Theo's Chocolate Clusters are a combination of crispy quinoa, toasted coconut, and heart-healthy cocoa mixed with superfoods and enrobed in deep, dark chocolate. We're chopping up the Salted Almond clusters to add to our steel-cut oatmeal, crumbling the Coconut Turmeric atop our sundaes, and nibbling Lemon Hemp between meetings. Decadent treats that are good for you? We can get behind that!

theochocolate.com

When the three o'clock hour hits and our usual handful of nibbles leaves us bored, we're reaching for **BRAMI**'s Snacking Lupini Beans. Lowcalorie and packed with protein (more than even spinach, soybeans, or walnuts), these Mediterranean beans are slowcooked, steeped in spices, and packed fresh-not dried. Available in Sea Salt, Garlic and Herb, Chili Lime, and Hot Pepper flavors, these snappy, wholesome snacks are exactly the boost of energy we've bean waiting for.

bramibeans.com



Just when you thought you've done all you could with beans ...





It's not often that we turn to brownies to help fuel our workouts, but thanks to **PlantFusion**, that's exactly what we're doing ... in a sense. The vegan company's LEAN proteinpowder line (in Chocolate Brownie and Vanilla Bean) helps us power through our seaside runs with 21 grams of protein, and a Superfood blend of açaí, baobab, and mangosteen. Not bad for a "brownie," huh? plantfusion.net

FORNIA If vegans have mastered ice cream,

Frankie & Jo's is perfecting it with next-level flavors. The Seattle ice cream shop makes cashew- and coconut-based creations such as Gingered Golden Milk, Almond Butter & Chocolate Dust, and California Cabin (made from smoked vanilla pods, cardamom shortbread, and nutritional veast). Pair with their activated charcoal salted caramel sauce, and you have yourself all the fixings for a milkshake to remember.

frankieandjos.com

With our busy schedules, it's a miracle we can even squeeze in time for the gym. Now, we're maximizing that time with the Jessica bag from newly crowdfunded company **PERSU Collection.** The ultra-refined, nylon gym bag could easily double as a fashionable (albeit large) purse, but is durable and spacious enough to hold all our gear, allowing a seamless transition from work to gym in style. Plus, accents of gold and teal pretty much ensure we're not using any other bag.





ocated in the heart of Manhattan's East Village, Avant Garden is the first vegan restaurant opened by famed restaurateur Ravi DeRossi. The quaint, charming eatery in the vibrant counterculture hub of New York City came into existence almost by accident when DeRossi challenged Andrew D'Ambrosi—the chef at his Brooklyn seafood restaurant, Bergen Hill—to create a vegetable dish without using any animal products. DeRossi was so amazed by the resulting plant-based creation that he added it to the menu, where it quickly became the top-selling item. That was all it took for DeRossi to develop an entire menu comprised solely of vegetable dishes. After two years of testing hundreds of vegan recipes, he wound up with 20 fan-favorites, which became the foundation for the opening of Avant Garden.

So convinced of the promise of plants, DeRossi made a colossal decision: he would convert as many of his critically acclaimed, totally omnivorous restaurants

In New York City's East Village, Avant Garden is ripe with fresh seasonal vegetables that will change the way omnivores think about plant-based food. **by** ETHAN CIMENT &

MICHAEL SUCHMAN

and bars into full-blown vegan eateries as he could. In a city where 80 percent of new restaurants close within their first year, opening one is a risk, but overhauling an entire fleet is an unabashed, bold statement of intent. To date, he has successfully transitioned three of his other restaurants-Mother of Pearl, Lady Bird, and Cienfuegos—and, as a result, his sales have more than doubled.

Unlike many of its neighboring vegan restaurants, DeRossi's goal with Avant Garden became to reach the nonvegan crowd, luring them in with his plant-centered approach to a culinary experience. And an experience it is.

Entering the garden

At this cozy, urban oasis, an open kitchen spans the width of the restaurant, complementing the eatery's rustic charm with a clean, polished finish. Dining areas provide eaters with views of the picturesque, tree-lined East 7th Street or,



if seated at the "chef's table," a voyeuristic look into the kitchen where the staff moves calmly and confidently through a seemingly choreographed dance of food prepthe antithesis of the expected frenzy of a busy Manhattan restaurant.

This sense of serenity extends throughout the decor. Long, wooden shelves spanning the back walls are stylishly stacked with everything from copper pots and pans to wine bottles and cookbooks. Suspended from the high ceiling and running the length of the impressive chef's table are large tree branches fastened together with rope and decorated with a string of small white lights, helping to bring the "garden" to Avant Garden.

Eating from the earth

The sexy, elegant ambiance foreshadows a truly memorable dining experience, but it's the food that makes this a dazzling night out—so dress to impress. The rotating seasonal menu at Avant Garden is divided into three sections: Hot, Salad, and—unexpectedly—Toast. Everything is served tapas-style, and diners are encouraged to order three plates per person. Without a doubt, sharing between friends is a high point of dining here.

Each dish is deliberately crafted to carefully contrast flavors and textures. Start with the Brussel Caesar—featuring a mixture of large, crispy sprouts and small roasted-until-creamy ones, delicately tossed with diced avocado, jicama, and

lightly toasted croutons. The Sunchoke Toast satisfies with a rich topping of sunchoke purée, olives, pistachios, and pickled pear atop local Balthazar bread. Every bite is an explosion of flavor, with the brininess of the olives playing against the earthiness of the sunchoke.

From the "Hot" section of the menu, three plates are standouts. The simply named Lentil dish features a large serving of braised lentils, smoked hedgehog

> mushrooms, and an onion jus, topped with a crispy, pan-fried patty made of finely shredded potato elevating this comfort food to fine-dining, a perfect accompaniment to a brisk New York day. Scorched Cauliflower featuring four quickly charred florets served atop a mound of chili-infused cauliflower purée and sprinkled with fried garlic

and capers—will make a brassica lover out of anyone. The Hen of the Woods, one of DeRossi's favorites, combines a roasted maitake mushroom, pickled hon shimeji mushrooms, and a white mushroom purée with shredded kohlrabi. The mushrooms' strong umami flavors are tempered by the refreshing coolness of the kohlrabi, providing brightness to a sumptuously rich meal.

Changing regularly with the seasons, a single, perfected option takes center stage under the dessert section of the menu. Expect elegant offerings such as a clove-poached pear served over a salted maple panna cotta with coffee "soil" and roasted macadamia nuts, or warm sticky rice pudding flavored with coconut milk, lemongrass, and bamboo, and topped with mango sorbet and cilantro microgreens.

To help round out the meal, an abbreviated yet refined selection of wines is available. Deep, rich reds from Italy and Chile are totally attuned to the restaurant's atmosphere, white varieties cultivated from Austria and Santa Barbara's Santa Ynez Valley are a perfect pair to the vegetal menu, and a Spanish rosé is a crisp, sweet, floral pleasure for the palate. A duo of beers (a German Reissdorf Kölsch

Meet the Chef

What led famed restaurateur Ravi DeRossi to begin a vegan empire? His beloved cat, Simon. plant-based diet on-and-off since part of his life's mission. Sadly, Simon

and a Hitachino ale) are hearty, smooth options as well.

At Avant Garden, the ambience, service, and food combine to create a perfect trifecta for upscale vegan dining. Its evolving seasonal menus promise diners that they can eagerly look forward to a holistically satisfying and elegant experience. Thanks to DeRossi-a forwardthinking restaurateur with big dreams of a big plant-takeover in the city that never sleeps, nor stops eating—the season, along with the menu, is ripe for change. W

Michael Suchman and Ethan Ciment are the bloggers behind Vegan Mos (veganmos.com) and authors of NYC Vegan: Iconic Recipes For a Taste of the Big Apple.







Rhode

From cheesy pizza pies to hearty raw salads, Rhode Island's capital city serves up animal-free eats to satisfy every appetite. **by** KELLY L. WILLIAMS

Industrial chic meets rustic farmhouse at **The Grange** on busy Broadway. As you wait for a table, sip a craft cocktail—try the Shandy, featuring housemade lavenderpilsner syrup—and grab a seat in the suspended swinging bench. Nearly everything can be made vegan, but you can't go wrong with the spicy Grilled Gochujang Seitan, served with roasted turnips and baby kale in a miso-ginger vinaigrette.

providencegrange.com



With five locations around the state, **DePetrillo's Pizza and Bakery** is a local institution. Stop by the North Providence shop and ask for "pizza strips." A unique Rhode Island party staple that's accidentally vegan, this on-the-go lunch is eaten cold and features a focaccia-like bread topped with minimally seasoned tomato sauce. Do yourself a favor and order a half-tray — you'll want leftovers later!

depetrillosnp.com



For those who love vegan food and have a soft spot for quaint New England towns, it's hightime to visit Rhode Island.

Trendy Thayer Street bustles with Brown University students during the school year and with locals yearround. Work up an appetite browsing unique gift- and second-hand shops, then sate your hunger at vegfriendly Nice Slice. Whether you want a classic vegan cheese pizza or a more unique pie (try the Figgy Stardust, with figs and arugula), you're covered. niceslice.com

Every summer, the world's first dairy-free soft-serve truck dishes up frozen treats around Rhode Island. Now, Like No Udder has a storefront featuring scoopable ice cream, candies, and baked treats in addition to its signature soft swirls. For a dreamy sundae, ask for one of their captivating flavors (Thai Iced Tea and Peanut Butter Cup are crowd favorites), a luxurious topping (such as salted caramel sauce or chocolate syrup), and a dollop of coconut whipped cream.

like-no-udder.com



For fresh, vegetable-centric fare, hop across city limits into Pawtucket and head to **Garden Grille**. The menu changes with the seasons and features everything from a hearty seitan-mushroom burger to Reggie's Raw Heaven, a salad bowl with jicama, grapefruit, cashew gomasio, and a zippy pomegranate dressing.

gardengrilleri.com



A few doors down from Garden Grille you'll find **Wildflour**, a bakery and juice bar with plant-based pastries galore (including gluten-free options). Start with a seasonal latte and a decadent Chocolate Cream Whoopie Pie, then grab a pineapple-wheatgrass-ginger juice and something from the deli case to go. Raw lasagna or soba noodle salad, anyone?

wildflourbakerycafe.com



0

Exposed brick, high ceilings, original hardwood floors, and other industrial trappings of a restored textile mill set the scene for the Pawtucket Wintertime Farmers Market. Sip a fresh-pressed juice as you peruse the produce, then grab a jar of fish-free kimchi or a tub of small-batch peanut butter for later, made from freshly roasted nuts and lots of love.

farmfresh.org

First established in 1636 as a haven for freethinkers and religious dissidents, Providence, RI has some serious counter-culture street cred. Today, the city offers visitors a burgeoning indie arts scene, rich Revolutionera history, and easy access to the Ocean State's green spaces and never-ending shoreline. It's also an up-andcoming hotspot for veganfriendly eateries. With plantbased options around every corner, Providence won't fail to keep you full as you wander its hilly streets and revel in its history.



From late spring to early fall, weekend nights in Providence mean WaterFire, a mustn't-miss spectacle on the Woonasquatucket River. Find a cozy spot on the shore and watch as black-clad gondoliers glide down the water, lighting braziers as they go. Meander around the nearby street vendors and nosh on kettle corn and Del's frozen lemonade—a Rhode Island warm-weather staple—and enjoy the flickering firelight and mood music.

waterfire.org





Plant-based pan-Asian food in the heart of Providence? You bet. From Singaporean noodles to seitan spare ribs to sizzling tofu teriyaki, **Veggie Fun** has something for every palate. Round out your meal with banana spring rolls or coconut milk-based brown rice pudding for an indulgent treat.

veggiefunri.com





A hotspot for hipsters and hippies alike, Julian's Restaurant's eclectic, colorful décor is as much a feast for the eyes as the food is for your stomach. Stop in for weekend brunch and try the Vegan St. Jamez Benedict (fried tofu, creamy Hollandaise, and garlicky baby spinach). Be sure to arrive early—Julian's fills up quickly and doesn't accept reservations.

juliansprovidence.com

Kelly L. Williams (govegga.com) is a writer and editor at The Humane Society of the United States and can't resist a blueberry scone from Wildflour when she finds herself in her native Rhode Island.





Alluring Lisbon

Portugal's romantic capital is the perfect choice for a southern European escape. **by** CATHERINE PLATO









hen deciding where to go in Europe, dozens of unique options are at your disposal, but Portugal's capital city has something special to offer romantics at heart. With its dramatic hills, bustling waterfront, vintage trams, and glimmering, iconic red bridge, Lisbon hums with visual interest, yet beneath its showy exterior lies a complex city with substance. And while vegan visitors will notice that Lisbon hasn't quite caught up with the plant-based options in London, New York, or Bangkok, they might be surprised by how much it *does* have to offer, in light of the country's meat- and seafood-based traditional cuisine. Expect this trend to rise in the future: in 2015, Pessoas-Animais-Natureza (the Party for Animals and Nature) won its first seat in Portugal's Parliament, signifying exciting cultural changes to come throughout the country.

Castles & cocktails

Daytime in Lisbon offers a wealth of unusual and inexpensive museums and sightseeing options. The first priority for any visitor should be the stunning views charming museum that gives an hour-long crash course on Lisbon history through film, interactive large-scale dioramas, and even a simulated earthquake like the one that nearly destroyed the city in 1755. It's an engaging option for anyone traveling with kids, as is the quirky Hospital de Bonecas—a doll "hospital" and museum of broken, restored, and reconstructed toys dating from the early 20th century. On a sunny day, stop by one of the carts along the Praça selling plastic Mason jars of mojitos and enjoy your tipple while strolling along the waterfront, one of the joys of Europe's more liberal drinking laws.

Another popular daytime spot is the Museu Nacional de Arte Contemporânea, or MNAC, which features a large collection of Portuguese artwork in a renovated former convent. The Museu do Fado is touted in tourist guides, but unless you're a true fan of Fado (the traditional folk music of Portugal) or find yourself with extra time, you might consider skipping it and seeking some of the city's other cultural options. The lesser-known Museu da Farmácia is truly one of a kind, and tells

As in so many other large European cities, much of Lisbon's vegan food options draw from the cuisine of the country's major immigrant groups, including Chinese, Italian, and North African.

from the Castelo de São Jorge and the Santa Justa Lift. First, brave the uphill walk to Castelo de São Jorge, a Moorish castle constructed in the mid-11th century. One of Lisbon's most popular tourist sites, it offers breathtaking views of the city's river, bridge, and hillsides. Wandering through the ramparts and gardens, you're also likely to meet some of the current tenants: a flock of majestic peacocks who hang out in the trees and turrets. The second most impressive city view is at the top of the Santa Justa Lift, an ornate, late-19th century elevator in the town center that transports visitors 150 feet skyward.

Lisbon's tourism is centered around Praça do Comércio, a large square on the banks of the Tagus River. Bordering the Praça are several popular museums, shops, cafés, and convenient access to major bus lines. Don't miss the Lisboa Story Center, a the story of ancient Egyptian remedies with several reconstructed, full-room pharmacies on display.

Bom apetite

As in so many other large European cities, much of Lisbon's vegan food options draw from the cuisine of the country's major immigrant groups, including Chinese, Italian, and North African. A search for plant-based dining spots will pull up a list largely comprised of Asian buffets, falafel stands, and organic cafés, but for something more unexpected, Jardim dos Sentidos ("garden of the senses"), merits a visit. The Ayurveda-inspired, vegetarian restaurant offers a popular \$9.30 lunch buffet and à la carte options at dinner that are pricier, but worth the splurge. Picture an upgraded, elegant version of hippie health-food staples—salads, lentils,



Cork Creations

With its mild Mediterranean climate and rich soil, Portugal offers the perfect environment for growing cork oak, one of the country's major exports. We might think of cork mostly as a cumbersome barrier between us and a good time, but Portuguese designers have crafted this natural, cruelty-free substance into all sorts of fashionable concoctions, particularly as an alternative to leather and suede. Plenty of cork souvenirs can be found throughout the city, but here are some of the best companies to check out for higher-end, more creative designs.

Artelusa

Shop here for creative, one-of-a-kind accessories including ties, jewelry, hats, and a wide range of purses and briefcases made from unprocessed, sustainably harvested cork.

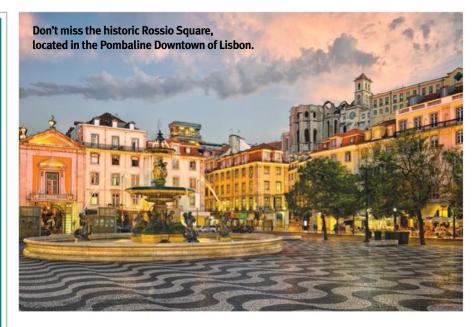
Cork and Co.

This company makes a variety of modern, sleekly designed accessories, including belts, handbags, fedoras, and jewelry, as well as mid-century inspired furniture.

Pelcor

Pelcor sells luxury purses, wallets, and accessories that rival highend designer leather products. The company explicitly labels its products as "vegan" and also sells a line of chic (and dairy-free) dog collars and leashes.





curries, and soups-served in a peaceful dining room with Indian décor. What makes this spot magical are its signature "Zen experiences"—one of the city's best options for impressing a date. For \$173, you and your companion will be treated to an hour-long massage followed by a candlelit dinner (think leek-and-tofu terrine, seitan parmagiana, and passion fruit cheesecake) plus sumptuous cocktails, all in a private tent.

For daytime dining in the more touristy areas, a good number of mid-range and high-end restaurants offer vegan choices, but you often have to stray only slightly farther to get a full plant-based menu. Near Museu de Farmácia and some of the city's best shopping, you'll find Farm Food Ink Café—a cozy, casual, all-vegetarian, and organic eatery that offers warming soups (such as butternut squash and rustic bean chili), creative sandwiches (like carrot-peanut and sesame seed pâté), smoothies, juices, and a rotating selection of vegan desserts. With flowers painted on the colorful walls and blenders sitting between overflowing pots of wheatgrass, everything here has a very sweet, homemade quality. Closer to the city center, in Chiado, you'll find a similar ambience at Liquid, an almost entirely vegan juice spot offering various elixirs including smoothies (try the Sunset: fresh mango, banana, and coconut milk) and organic juices like the Alvorada (carrot, apple, and spicy ginger).

Detox, retox

Lisbon's legendary nightlife scene revolves around the historic Bairro Alto neighborhood. Consider starting your night out with dinner at Terra, an elegant buffet-style vegetarian eatery in an 18th-century villa with a verdant, Mediterranean-style patio. Terra is as traditional a Lisbon eatery as they come, from the hand-painted tiles decorating the interior to the century-old trees lining the back garden to menu options that draw inspiration from classic Portuguese dishes. It also has a great list of local wines, some organic international options, and pitchers of sangria. Save room for dessert (the arroz doce rice pudding should not be missed), and then venture out into one of Lisbon's best nightlife scenes.

The late-night entertainment options of Bairro Alto feel endless, ranging from high-end cocktail bars to dance clubs to funky dive bars. It also happens to be the heart of the city's vibrant LGBTQ community. Wine lovers must make a stop at the Old Pharmacy, a beautiful early-20th-century pharmacy converted into a wine and tapas bar. Shelves that formerly held jars of medicine now house an enormous, elegantly backlit wine collection. Order a plate of olives and peruse the list of vegan and organic wines, but keep in mind that they close at midnight—which is when some of the more rambunctious spots are just opening their doors.

Roasted potatoes with rosemary is commonly found on tapas menus throughout Portugal.



For partygoers who prefer exclusive club ambiance with velvet ropes, celebrity DJs, and beautiful-people watching, Lux is the place to be, and even though it's expensive by Lisbon standards, the \$13 cover is nothing compared to its counterparts in London or New York. For the LGBTQ crowd, Finalemente is an excellent choice—unpretentious and friendly, with cheap drinks and wall-towall dancing. The most exciting party for any crowd, though, begins around 10pm, when people start spilling out of local bars and into the streets and pedestrian-only alleyways. With the street party centered around Travessa da Espera, this might be your best opportunity in Lisbon to meet people—locals as well as (mostly European) tourists. When you've burned out on Bairro Alto, the clubs down on Cais do Sodré offer a change of pace. Once the red-light district of Portugal (and still home to a handful of strip clubs), this neighborhood is packed with a wide variety of dance clubs and live-music venues, many free, and virtually all less than \$6.

Lisbon is a captivating seaside city of steep hills, beautiful bridges, cable cars, liberal social values, and unforgettable vegan restaurants. It's also a city where romance is rampant. Whether you're single and searching, or a vegan couple with a couple of kids in tow, Lisbon is your go-to place to ignite—or reignite—romance. W

Catherine Plato is a freelance writer, editor, and animal lover from Oakland, CA.

Tantalizing Tapas

Neighboring Spain is best known as the tapas capital of Europe, but Portugal turns out some tasty petiscos (small plates), too. Look for these vegan options in eateries throughout Lisbon.

Petiscos de Alho

Olive oil-infused garlic flatbread

Bolinhos de Espinafre

Deep-fried spinach fritters

Couve Flor Frita

Fried cauliflower

Batata Assada ao Alecrim

Roasted potatoes with rosemary

Patê de Berinjela

Smoked eggplant spread

Where to Go

There's so much more to Lisbon than vegan food, top-tier nightlife. and offbeat museums. Consider planning your sojourn around one of these upcoming special events.

APRIL International Chocolate Festival—Come for chocolate workshops, tastings, and art during this intoxicating weekend festival, located just outside of Lisbon in the medieval town of Óbidos.

MAY Independent Film Festival— IndieLisboa brings 11 thrilling days of non-stop cinematic revelry in categories ranging from animation to documentary and beyond.

JUNE Gay Pride—Called "Arraial Pride," this day-long street party celebrates Lisbon's happening LGBTO community with music, a parade, and entertaining people-watching.



VegNews' nutritionist Julieanna Hever, RD. is on call for your health questions.





Are there any foods or natural remedies that can help my mood even out before my period starts?

Every woman responds differently to premenstrual syndrome (PMS), and though there is conflicting information about how to alleviate symptoms, for a lot of women certain foods can impact everything from cramps to crabby moods. Salt, sugar, alcohol, and caffeine, for example, all stimulate or interrupt how you feel. Salt increases bloating, while sugar, alcohol, and caffeine can promote peaks and valleys in your state of mind, energy, metabolism, and sleep. Pay extra attention to these foods around the time of your period, because this is when eating as cleanly as you can is of utmost importance. Focus on salads, fruit, cooked vegetables, soups, grains, stews, and other whole sources of foods—and avoid anything highly-processed.

Of course, PMS can make us feel vulnerable to giving in to unhealthy cravings, so be sure to eat only when you are truly hungry. Find other non-food ways to soothe your swinging mood, such as taking a hot bath, reaching out to a friend, or spending time with your companion animal. Finally, exercise is an effective way to improve mood and reduce bloating, as it helps to regulate

hormones. Overall, when it's that time of the month, give yourself extra love, focusing some added attention on your nutrition and fitness. Remember that you will be back to your usual self in just a couple of days.



I travel a lot for my work. Do you have any tips for how to move through jet

lag quickly?

I agree that despite the excitement of travel, jet-setting has its challenges. In fact, it can dramatically disrupt eating and sleeping routines, throwing off our natural rhythms. In order to counter this, maintain as much consistency as possible with respect to how you eat, hydrate, and sleep. Sticking to a schedule, despite time changes, is well worth the effort. Our daily biological clock is impacted by temperature, light, and eating, and it can take a few days to adapt to a new

If you're traveling west, it's easier to go to bed slightly later than your internal clock suggests on the first night, and - even though it might be tough—you'll likely wake up early the next morning. Eastbound flights can be a challenge, as it's often more difficult to go to bed early than to stay up late. It can be helpful to turn down all the lights (including your phone!) 60

minutes before bed, and avoid falling asleep watching television.

Wherever you travel, try to wake up at the correct local time and expose yourself to plenty of bright light as soon as you wake. The next evening, push your bedtime a little later. Happy travels!



Am I fooling myself when I think I'm being healthy by eating popcorn at

the movies?

The familiar smell of hot, buttery popcorn that wafts across the movie theater is absolutely alluring. Unfortunately, the short answer to your question is yes, you are fooling yourself. The popcorn at movie theaters is loaded with oil and salt. Despite the draw to head straight for the concession stand, there are some good reasons to skip the popcorn. First, consider that it has become a societal norm that we must chew and sip in order to enjoy a movie. Most of the time, we end up with our knuckles scraping the bottom of the popcorn bag, not remembering how we ended up there so quickly. Mindless eating is one of the main reasons we end up overeating.

Secondly, the oil and salt in the popcorn stimulate tastebuds, creating not only an insatiable appetite, but also an unquenchable thirst—which is why popcorn and soda at the movies often go together. But, of course, washing down salty popcorn with sugary soda is a vicious cycle that can easily be avoided.

Instead of the popcorn, bring some fruit with you in your bag—such as grapes or berries. You'll not only save on empty calories, but you'll also save some money, which you can then use for a double feature. W

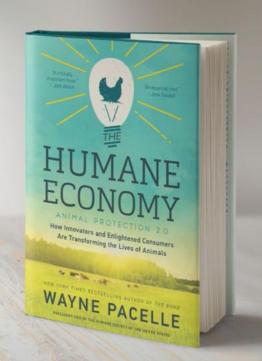
Julieanna Hever (plantbaseddietitian. com), author of The Vegiterranean Diet and The Complete Idiot's Guide to Plant-Based Nutrition, is recovering from frequent east-west coast-hopping.

National bestseller!

Get your paperback copy of

WAYNE PACELLE'S

NEW BOOK TODAY!



The Humane Economy: How Innovators and Enlightened Consumers Are Transforming the Lives of Animals, now a New York Times and Washington Post bestseller,

describes a revolution in American business and public policy that is changing forever how we treat animals and conduct commerce. Wayne Pacelle tells the story from the frontlines, in a book that speaks to both mind and heart.

"In his latest book, *The Humane Economy*, Wayne reveals how public awareness to the plight of animals that serve our economy is driving unprecedented change."

—Oprah Winfrey, Super Soul Sunday

- "The Humane Economy is a compelling book with a special message for corporate leaders."

 —Fred Barnes, The Wall Street Journal
- "The Humane Economy is a brilliant book that celebrates the truth: our economic well-being is inextricably linked to the well-being of animals."

 —U.S. Senator Cory Booker

"This is a humane revolution, and Wayne Pacelle, president of The Humane Society of the United States, has been at the forefront of it."

—Nicholas Kristof, The New York Times

"A critically important read for anyone who cares about business success or animals—or, like so many of us, both."

—Jack Welch, Founder, Jack Welch Management Institute

"A fascinating, highly readable, and remarkably comprehensive book."

—Jane Goodall, PhD, Founder of the Jane Goodall Institute

To learn more, visit *humaneeconomy.org* and follow @WaynePacelle to join *The Humane Economy* conversation on Twitter!





Dear Marla.

I love to dine out, but I occasionally get uncomfortable making my vegan requests known. How do I tackle this?

Signed, Hungry for Change

The problem many vegans have with speaking about their needs comes from two presumptions: first, they worry that they might sound like the stereotype they have in their heads of the Obnoxious Vegan Jerk (OVI). Second, they might not think they deserve to have their voices heard. Let's tackle these beliefs one at a time, but first. let's talk strategy. Many find it easiest to look up menus online before walking into a restaurant. Doing your research will make you feel more prepared.

The first anxiety vegans have about speaking up is simple. Don't want to sound like an OVJ? Don't be one. When asking questions, maintain relaxed-but-confident body language by doing a quick mental scan: do you look like you are ready to rage? Relax. If you're not given the answers you want—for example, if you're told that an item you're interested in cannot be prepared vegan—smile and ask if something else can be. A good example is, "Could I take the baked potato from this dish, the salsa from that dish, and the black beans from here to make a meal?" And be proud, Hungry for Change! Vegans are the MacGyvers of the dining world, and you may have just helped

them to create a new menu item.

The second anxiety is something you need to work on within yourself. Of course you deserve to have your voice heard. There is no reason to sacrifice your values or your enjoyment of a meal with the goal of trying to please someone else. Your commitment to veganism is nothing to feel apprehensive about.

Dear Marla.

My aunt gave me a cashmere scarf for my birthday. What do you do when you receive a non-vegan present?

Signed, Gift Challenged

Do you mean saying, "Jeez, Aunt Betty, don't you know I'm vegan? Get it together, woman!" as you swat the gift away wouldn't go over so well? I get it. Over the past 20-plus years of receiving a veritable truckload of wool socks, I have identified two basic plans of action.

The easy-peasy route? Return it.

The more challenging and awkward, but also more honest and rewarding route? First, ask yourself if a teachable moment is possible. Is the gift-giver someone who will respect your vegan convictions? If so, say something like, "I know you'd want me to get the most out of your gift but, unfortunately, I am not going to wear it because it's made with animal materials. and that's against my belief system. I'd love to exchange it for a vegan scarf, though." If Aunt Betty is not someone likely to be able to understand, I recommend going the easy-peasy route above. I promise I won't tell.

Dear Marla.

How do I come to terms with being a hardcore vegan while having a non-vegan cat in my house, for whom I buy non-vegan food? I feel like a hypocrite.

Signed, I'm Vegan but Mr. Kitty is a Carnivore

If I had a magic wand, after making all humans vegan and creating world peace, the next thing I'd do is turn carnivores into herbivores. I don't have a magic wand, though.

The fact is cats are obligate carnivores. While some people have had success feeding cats a meatless diet, these cases are not backed by our understanding of the feline's biological needs for certain nutrients found in meat, like taurine and vitamin A, which they cannot biosynthesize from plants. Cats without these amino acids can develop myriad health issues. That said, some people have had success with vegan kibble specifically designed to replace those missing nutrients. Committing to this requires vigilance and caution, however, and the understanding that it is a lifelong responsibility.

If you decide to feed your cat nonvegetarian food, remember that you did not design cats to be carnivorous, and you are still providing a home to an animal whom if you hadn't come along—might be homeless. You are being compassionate by providing a safe home for a cat who needs one, and you do not need to apologize for that. Mr. Kitty would agree. It's an imperfect world, and all we can do is our best in it until I get that magic wand. W

Long-time vegan **Marla Rose** has an answer for just about anything. Email your questions to askmarla@vegnews.com.







f you're vegan, chances are you've pondered whether you're a vegansexual—even if you've never heard that term before. A vegansexual is, put simply, someone who will only date or sleep with other vegans. I can relate. My name is Jasmin Singer, and I'm a vegansexual.

Searching for a love connection can be loaded enough without the added complication of finding a partner who ascribes to the same worldview as we do. For "hardcore vegans" who battle with the basics of how to play the dating game, weighing how important it is to court only those who steer clear of animal products has its own thorny set of complications.

When it comes to all the variables involved in choosing relationships, learning where we can bend is key (sometimes literally, but I'll save that for another issue). It's unlikely that we'll wind up paired with someone who meets our criteria 100 percent, so what's going to give? With only about 2.5 percent of the US population identifying as vegan, if

dating one is going to be our bottom line, then we are suddenly going from a room full of hundreds of possible hunnies to a small gathering with just a few special snowflakes-try being queer on top of that.

Date, convert, toss, repeat

There can, of course, be upsides to widening our parameters to include meat-eaters. A friend of mine has perhaps unwittingly converted quite a few folks to the plant-side, then simply moved on. She says each instance had been an accident, but I can tell she's pleased, knowing all of that exhausting getting-to-know-you time wasn't for naught. Even president of People for the Ethical Treatment of Animals, Ingrid Newkirk, has stated that vegan advocacy is often most successful when we lure in non-vegans with help from the dizzying sharpness of Cupid's arrow.

This brings up a valid question: if we are ethically opposed to consuming animals, then when is it okay-if ever-to set aside what many of us consider a moral imperative long enough for a night of hanky

panky? Is there something inherently wrong with dating someone non-vegan in hopes that they'll eventually see the light?

The misadventures of a vegansexual

I've been a vegan for a long time, and I've converted my share of non-vegans to our team. One particular curly-haired woman springs to mind. She went vegan as a result of learning about animal-rights issues, something she'd never before considered until our paths crossed. Together, we walked around New York City groping each other and inhaling vegan cupcakes like they were both the last sweet things on earth. But when I cut off that burgeoning relationship—in favor of dating a longtime vegan who became my partner for a decade—Curly Hair went back to meat. Years later, her ringlets popped up on my Facebook feed. "Hey," she said. "So, I'm thinking of going vegan ... again. Got any fave resources?" Why yes. Yes, I did.

When my marriage ended, and I dealt with the otherworldly grief by moving

across the country, I naively befriended a writer whose expertise was the meat-centric Paleo diet—then guffawed when, during our second get-together, she ordered a bacon ale. Loneliness aside, I decided there was no chance I would date this chick. Her entire career was to advocate for the very thing I had worked my whole adult life to eradicate: animal suffering. But I'm in my late 30s—my sexual peak, they say—and I have needs.

So one thing led to another, yadda yadda yadda, and then one day I realized that, oh crap, she had a serious thing for me. But during those times we'd get together and she'd bite into a hamburger, all I could think was that I was sleeping with the enemy. Plus, all those "vegan questions" she bombarded me with (some genuine, some antagonistic) while I was just trying to enjoy my Sunday afternoon began to wear on my patience. As vegans, we spend our days navigating through a meat-centric world. At the end of the day, I wanted my relationship to be my safe zone.

The day I ended it, she announced on Instagram that she was in the mood for bacon. And I decided I was a vegansexual.

Date outside the bubble, if you can

So I guess my point is, Newkirk's ideology isn't fool-proof. But it might be worth it anyway, if we can stomach the idea of smooching a carnivore. Maybe you'll have better luck than me. So if you choose that mixed-relationship route—bacon ale for her, plans for organizing a protest for you—more power to you. Just make sure you always have a vegan starter kit in your overnight bag along with a toothbrush and (just in case you need it) a vegan friend with benefits.

For love and veganism,



Jasmin Singer (jasminsinger.com) is the senior editor of VegNews, the author of the memoir Always Too Much and Never Enough, and the cohost of the Our Hen House podcast.

Are You a Vegansexual?

Rate each of these on a scale of 1–5 (1 being the least and 5 being the most).

- 1/ How likely are you to kiss a meat-eater? _____
- 2/ How important is it for you to keep a vegan household?
- 3/ How likely would you be to date a meat-eater who said from the beginning they would never go vegan? ____
- 4/ How important is it to you that your partner try veg restaurants?
- 5/ How comfortable would you be eating at a non-veg restaurant that didn't have any obviously vegan items on the menu?
- 6/ How important is it to you that your holiday gatherings be vegan? ____
- 7/ Looking ahead, how likely would you be to pursue a longterm relationship with a meat-eater? _____

If you scored between 5 and 15, you're a "live and let live" vegan. Your veganism is extremely important to you, but you don't need your love interest to ascribe to your ethical beliefs. You do your thing, they can do theirs, and you'll come together for things like bowling and romantic comedies. Maybe one day they'll start putting soy creamer in their coffee, but you're certainly not holding out.

If you scored between 16 and 25, you're on the hard-wire fence. You've probably been around the dating block and back, and you're tired of looking for the perfect someone who matches all your criteria—so you're wondering if you could maybe compartmentalize a bit more, and do your best to find vegan circles outside your relationship. Maybe you can just keep an eye out for vegan-friendly restaurants so you're both happy.

If you scored between 26 and 35,

then—like me—you're a vegansexual. Don't be scared! While it's true that you might have narrowed your playing field by a hundred thousand, the chances of finding your special someone within those parameters is much higher. You're remaining true to your values, and you're looking for a future with a person by your side who truly gets it and gets you. And once you find them, you won't need to explain yourself (unless you forget to close the toilet seat again—which, by the way, don't).



fashion &

Bright Eyes

Spring's longer days mean more sunshine, so protect those peepers with eyewear that's both chic and ethical. **by** AURELIA D'ANDREA

VegNews' Beauty Editor Aurelia d'Andrea is wild about these fetching frames!

ccessories are an easy way to make a style statement that also reflects your compassionate values. Each of these fashionable frames was created by an independent brand that stands for something meaningful, even beyond shielding your vision from harmful UV glare. So slide on a pair and let your vegan ethics shine bright.



3/ Fish-Friendly **Frames**

You know that Texas-size pile of marine debris known as the garbage patch? Norton Point is helping to reduce its size by making sturdy, stylish sunglasses out of recycled ocean plastic—and by investing five percent of its profits in global cleanup efforts.

1/ Greek to Me

Vegan sunglasses? They exist! Velo's made-to-last sunnies are handcrafted in Greece by a crew of happy herbivores, and for every pair sold, they make a donation to Greek animalrescue organizations.

If you're vegan for the animals, the sporty specs at Fetch Eyewear will take your advocacy to the next level. A whopping 100-percent of the Portland-based company's profits go to animal charities, and they'll even send you frames to try on at home for free!

2/ Animal-Lover's Lenses

∠/ Fashion-forward **Philanthropy** For every pair of glasses they sell, Warby Parker gives a pair to a person in need. They also donate a portion of their profits to charity. We adore their philanthropic philosophy, and love their fun.

5/ Eco Eyewear

affordable frames.

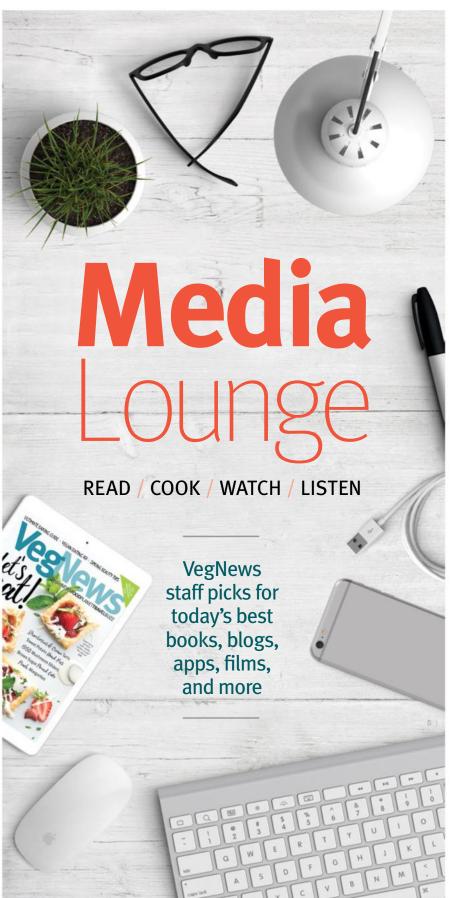
Instead of fossil fuels, Zeal Optic's high-performance sunglasses and goggles are made from plant-based materials, and their biodegradable frames begin to break down in soil or water after 18 months.





SHOW / 15 ml @







The Reducetarian Solution

How the Surprisingly Simple Act of Reducing the Amount of Meat in Your Diet Can Transform

Your Health and the Planet Featuring a foreword by New York Times contributor Mark Bittman, this bookauthored by Brian Kateman who coined the term "reducetarian"—encourages meat-lovers to consume less animal flesh. Why we love it: While we choose to leave animal products off our plates altogether, for those not ready, meat-reduction can bring about valuable, incremental change. What we learned: Reducetarian philosophy may be hard for ethical vegans to swallow, but this inclusive approach aims for the same goal—the end of animal suffering.



The Animals' Agenda

Freedom, Compassion, and Coexistence in the Human Age

Animal expert Marc Bekoff and bioethicist Jessica Pierce

team up to discuss the intricacies of animal emotion in an effort to fight against the violent ways humans see animals.

Why we love it: Gaining a deeper understanding of animals' thoughts makes for an inspiring call to action to move past mere animal welfare and into true animal well-being.

What we learned: Peaceful coexistence between humans and animals is possible once we develop a better understanding of all living beings.



Vegan Love

Dating and Partnering for the Cruelty-Free Gal, with Fashion, Makeup & Wedding Tips

With personal anecdotes

from vegans who have successfully coupled

with other vegans, vegetarians, and/ or omnivores, relationship guru Maya Gottfried offers comprehensive advice to make lasting romantic connections.

Why we love it: Since we're hopeless romantics at heart, we ate up the book's whimsical illustrations, first-date stories, internet-dating snafus, and helpful tips on cohabitating with significant others of all dietary persuasions.

What we learned: The key to vegan dating is being honest with yourself about how much "but where do you get your protein?" banter you're able to take from your potential mate.

COOK



The Art of Plant-Based Cheesemaking By explaining the

various cultures and processes used to

concoct vegan cheeses, Vancouver's Blue Heron Creamery master vegan cheesemaker Karen McAthy reveals the art of making praiseworthy, dairy-like cheeses.

Why we love it: McAthy removes the mystery of cheesemaking and gets down to the nuts and bolts of creating the best homemade plant-based cheese plate in town, proving once and for all that "I could never go vegan because of my love for cheese" is no longer a relevant argument.

Must-make recipes: Walnut Ricotta, Queso Fresco, and Cashew and Coconut Hayarti



Thrive, 10th Anniversary Edition The Plant-Based Whole

Foods Way to Staying Healthy for Life

Triathlete Brendan Brazier

is back with a 10-year anniversary edition of his inspiring guide to living an active, cruelty-free life—complete with a foreword by Hugh Jackman and 25 new recipes.

Why we love it: A new generation of compassionate athletes can learn about optimal nutrition, plant-based philosophy, and performance tips to achieve lifelong health.

Must-make recipes: Walnut Hemp Burgers, Chickpea Curry Pizza, and Protein-Rich Hazelnut Chocolate Ice Cream



Energy Balls

Improve Your Physical Performance, Mental Focus, Sleep, Mood, and More!

Crafted with busybodies in mind, each of the 100 recipes featured in Canadian nutritionist Christal Sczebel's book result in truffle-like balls made with ingredients that promote vitality—such as green tea for focus, nuts for protein, and ginger for stress reduction.

Why we love it: Bite-sized superfoods mean that we can have our cake (balls) and eat it too

Must-make recipes: Mint and Chocolate, Vanilla Chai Latte, and Sweet and Salty Popcorn



Vegan for Everybody

Foolproof Plant-Based Recipes for Breakfast, Lunch, Dinner, and In-Between

The editors of the popular web cooking show "America's Test Kitchen" compiled 200 vegan recipes that tackle their viewers' biggest fears and most-requested dishes, with everything from cheesy pizzas to mile-high birthday cakes to vegetable-forward breakfasts.

Why we love it: While "America's Test Kitchen" may not be commonly associated with veganism, its entry into plant-based cooking is a welcome reminder that animal products are on their way out.

Must-make recipes: Spicy Peanut Rice Noodle Bowl, Chile-Rubbed Butternut Squash Steaks with Ranch Dressing, and Chocolate Chip Cookies



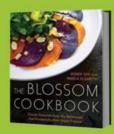
Falafel Forever

Nutritious and Tasty Recipes for Fried, Baked, Raw, Vegan and More!

Croatian-born author Dunja Gulin adds grains, nuts, legumes, and spices to create 30 new iterations of the humble chickpea patty—including curries, casseroles, burgers, and salads.

Why we love it: Falafel made in a variety of ways—such as baked instead of fried, with the addition of seeds, nuts, vegetables, and legumes—combined with unique sauces and sides, make for hundreds of new ways to stuff a pita pocket.

Must-make recipes: Juicy Brown Rice Faux-lafel, Crunchy Sesame Falafel, and Spicy Avocado Tahini



The Blossom Cookbook

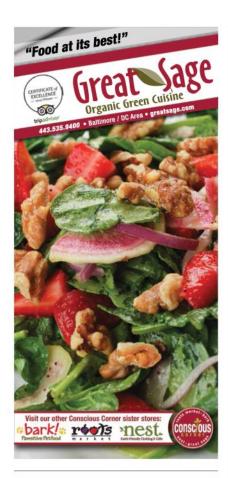
Classic Favorites from the Restaurant that Pioneered a New Vegan Cuisine

Ronen Seri and Pamela Elizabeth, co-founders of renowned New York City vegan franchise Blossom, compile 80 popular dishes from their seven eateries.

Why we love it: Blossom's lemony Seitan

Picatta has been on our "must replicate at home" list for years.

Must-make recipes: Lobster Mushroom-Crusted Tofu, Curried Un-Chicken Salad, and Seitan Picatta with Sautéed Kale







Smith & Daughters A Cookbook (That

Happens to Be Vegan) Shannon Martinez and Mo Wyse, the restaurateurs behind Australia's famed

eatery Smith & Daughters, create Spanishinspired food that "just happens to be vegan."

Why we love it: Spanish food is a romantic cacophony of rich, small bites enjoyed between sips of beer and wine which means we're picking up a bottle of Tempranillo to go with these tasty recipes. Must-make recipes: Oyster Mushroom & White Bean Ceviche, Chargrilled Corn with Chipotle Crema & Cheese Dust, and Spiced Mexican Flan



Before the Flood

Academy Award winner Leonardo DiCaprio visits melting icebergs, flies over fossil fuel power stations, and speaks with high-profile

names such as Barack Obama, Elon Musk, and even Pope Francis in an effort to raise awareness about the immediate action needed to save our planet.

Why we love it: While discussed only briefly, animal agriculture is presented as a leading culprit of environmental destruction—a message we stand fully behind.

What we learned: The alarming effects

of climate change can be seen when flying over the North Pole and on the ground in flood-prone Miami.



Born in China

Not coincidentally set to debut on Earth Day, this visually stunning wildlife documentary presented by Disney Nature follows three

animal families into the depths of China to uncover extreme habitats rarely captured on film.

Why we love it: Frolicking baby pandas, monkeys, and snow leopards, all narrated by dreamy Jim from The Office (John Krasinski)—need we say more?

What we learned: While many see China as a leader in manufacturing, the juxtaposition of its natural side makes our mission of protecting the environment that much more urgent.



The Objectivist & the Vegan

Launched in 2016 by classical musician Steven Krage (the

"Objectivist") and two-year vegan Jack Bower (the "Vegan"), this weekly podcast tackles current events, TV show gossip, and philosophical banter.

Why we love it: Bower engages non-vegan Krage in discussion about topics such as Julia Child's famous antivegetarian quotes that never fail to ignite poignant conversation.



The Plantiful Podcast

A vegan resource based on a blog of the same name, host Isabelle Steichen 's podcast offers fans a wide array of discussions that dive deep into issues such as how diet can

be used as medicine, the unfortunate normalization of animals as food, and how to run a successful vegan business.

Why we love it: Luxembourg-born Steichen shares our obsession with vegan cheese, evidenced by her kickoff episode that featured Treeline vegan cheese company founder Michael Schwarz.

Vegan 101

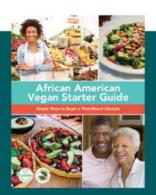
LAST FALL, public health nutritionist, author, and activist Tracye McQuirter teamed up with animal advocacy organization Farm Sanctuary to launch the first-ever vegan starter guide created by and for African Americans. The 40-page project draws upon McQuirter's 25 years as a health professional and includes contributions from many other notable black vegans. **VegNews spoke with McQuirter** about the comprehensive, firstof-its-kind guide, and discussed why reaching out to the African-American community is so vital.

VegNews: What motivated you to release a vegan starter guide for black Americans?

Tracye McQuirter: Toni Morrison once said, "If there is a book you want to read, but it hasn't been written yet, then you must write it." As a vegan for 30 years, I had never seen a vegan starter guide that was written for African Americans by African Americans, and I knew one was sorely needed. So when Farm Sanctuary approached me last year about partnering on vegan projects, I proposed the guide as a collaboration.

VN: Why is it important to have these types of resources available?

TM: African Americans who eat the Standard American Diet have the most to gain from the health benefits of a plant-based diet because they experience the highest rates of preventable, diet-related, chronic diseases in the country. Our traditional cultural diet from West and Central Africa was plant-based, and this culinary heritage has continued here



in the US, where we've been pioneers in the plant-based food movement.

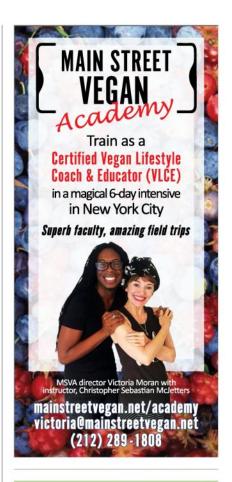
VN: Along with personal health and wellness, the guide also includes sections on socializing, childrearing, affordability, and animal liberation. Tell us about the importance of addressing these topics.

TM: It was important to us to approach this guide from a place of abundance, centrality, normalcy, history, and community. We wanted to provide practical guidance for many of the most commonly asked questions about going vegan, and to share food for thought that readers may not find elsewhere.

VN: What do you hope to achieve through this project?

TM: I hope people will share this guide widely with their family, friends, co-workers, healthcare practitioners, and anyone else in their circles who they feel could benefit from this information. I hope people will use it as a resource that informs, inspires, or affirms their transition to a healthy, plant-based diet. W







Always organic, always vegan!







www.sjaaks.com

Author Tracye McQuirter has been advocating veganism for 30 years!

Deg MARKETPLACE

The where-to-get-it section. Veg products and services to meet your every need.





















VegOutBoutique.com Shop, Live & Feel Better!



SHOPPING



FollowYourHeart.com

SUPER ANGEL JUICER

Enjoy fresh, enzyme-rich living juice. It's perfect for leafy greens, vegetables, fruits, wheat-grass and more, featuring easy to clean, whisper quiet, high-yield juicing, all stainless steel heavy duty construction. It comes with 10-year warranty. For more information.

visit us online at: www.superangeljuicers.com Email: info@superangeljuicers.com

www.superangeljuicers.com 877.870.1004 or 714.731.0045

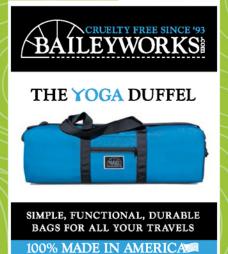
SHOPPING



SHOPPING



SHOPPING



SHOPPING



SHOPPING







TRAVEL



TRAVEL

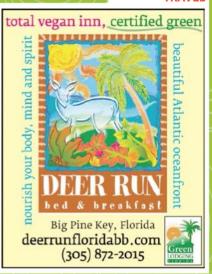


The Ginger Cat Bed & Breakfast 100% Vegan Weekday Breakfast - Weekend Brunch

Nestled on 15 acres, this vegan oasis is only minutes from Farm Sanctuary, hiking, boating, bicycling, State Parks, gorges, waterfalls and wineries.

607.535.9627 - stay@gingercat-bb.com

TRAVEL

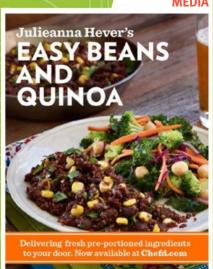


MEDIA

Sandra Tuttle, P.A. | 305-923-9161



MEDIA



Need capital to grow your vegan business?

We're Safe IRA Investments, and we have the funds, the experience. and the desire to take your vegan product or service to the next level. Let us help you grow for the gold!

Email jud@safeirainvestments.com Call 941.556.6798 for more details

SERVICE

VEGAN COOKING CLASSES



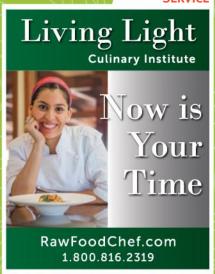


OS ANGELES CALIFORNIA (323) 512-5544

SERVICE

WWW.SPORKFOODS.COM

SERVICE



SERVICE

Meet your Conscious Match on

green singles



SERVICE

Reason #24

to collaborate with a vegan designer & wordsmith

We both know that kindness & cashews can save the world

parfaitstudio.com

VegNews Vegan Yoga Retreat

to Mexico

October 7-14, 2017

If you've been searching for a blissful getaway filled with yoga, organic vegan food, and stunning natural surroundings, this is the vacation for you. Join VegNews and renowned yoga instructor Jasmine Tarkeshi for 8 days of ultimate relaxation in the tropical paradise of Mexico.

Trip highlights...

- Stay at a luxurious eco resort in the jungle
- Take two yoga classes every day
- Enjoy incredible local vegan cuisine
- Sip homemade aguas frescas
- Take a vegan cooking class
- Savor a sunrise meditation
- Take guided hikes along the Pacific Ocean
- Linger over three-course candlelit dinners
- Join in scintillating evening fireside chats
- Relax by a bonfire with vegan s'mores
- Spend lazy afternoons on the beach
- Receive a private yoga session
- Get a massage or facial at the oceanfront spa







Your trip hosts...



Colleen Holland



Jasmine Tarkeshi



VegNews.com/vacations



Los Angeles album release parties, punk shows, and underground benefits for Black Lives Matter and the LGBTQ community, chances are you'll see someone biting into a mouthwatering vegan baked good made by Clara Cakes. The Los Angeles vegan bakery is helmed by 19-yearold Clara Polito, an industrious rising star in the Southern California vegan scene who first cut animal foods out of her diet at the tender age of 12, and started her critically acclaimed baking business that same year. Now the author of the brand-new Clara Cakes: Delicious and Simple Vegan Desserts for Everyone!, her brand is continuing to gain serious traction, and her arsenal of Instagrammable treats—everything from banana cream pies to Butterfinger cakesare popping up everywhere. But how exactly does the young entrepreneur pull off such perfectly crafted baked goods? The talented teen dishes her kitchen secrets with VegNews...



1. Go for soy

Even though there are many non-dairy milk alternatives, don't forget about good oldfashioned soy. I almost always use soy milk, as I prefer the smooth, thick consistency. When I make things that I want to be extremely fluffy and buttery, like pancakes, I opt for coconut milk because of the higher fat content.



2. Make it moist

Use plenty of oil or vegan butter in your cakes. Much of the time, cake recipes don't call for enough, leaving you with a dry, crumbly cake. Don't be afraid to add a tablespoon or more of vegan fat to make sure your cake melts in your mouth.



3. Easy off

When making a cake, always spray the pan with nonstick spray, sprinkle on flour, and then line with a parchment cake circle (the size of the cake pan's diameter). This will just about guarantee that your cake will come out perfectly, straight out of the pan.



4. Doughy doneness

Remove cookies from the oven when the middle still looks a tad doughy. This will ensure that your cookies are crispy on the outside, but nice and soft on the inside. Cookies continue to bake after being taken out of the oven, so they're easy to overcook without knowing it.



5. Tamper with temperature

Take oven temperatures with a grain of salt—everyone's oven works differently, and some run hot while others run cooler. If you've noticed things like cookies burning on the bottom without cooking evenly on the top, drop the temperature by 25 degrees.







6. Choosy about chocolate

For chocolate chips, I typically use semisweet instead of super-intense dark bittersweet. Be sure to use high-quality, fair-trade chocolate whenever possible. Always check the ingredients of chocolate chips to make sure they don't contain whey or milk fat, since most of the bigname brands aren't vegan.



7. Chill out Store flour in the freezer ahead of time

when making dough for pies. Using chilled flour helps keep vegan butter and other plant-based fats cold, resulting in irresistibly flaky pie crusts.



8. Kitchen tunes

To keep things fun, put on some inspiring tunes. If I don't have music in the background when I'm baking, I feel too serious. Playing music is a nice icebreaker between you and the recipe.



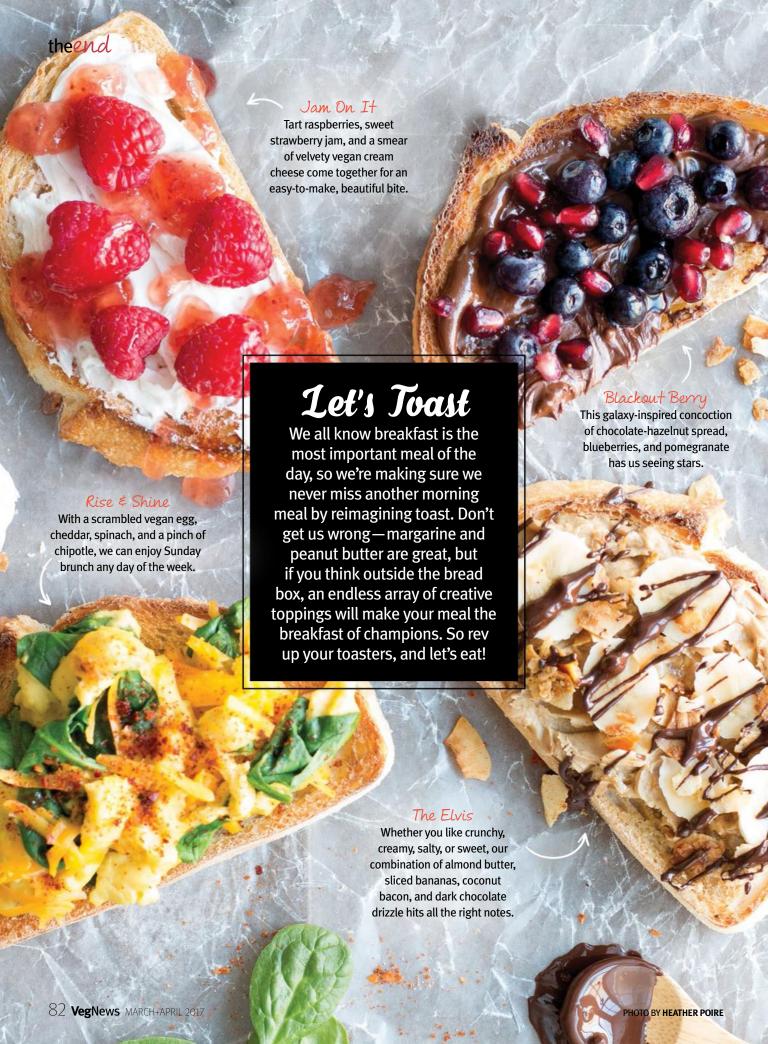


9. Batter up

Before you bake, adjust extracts, spices, sugars, and salt according to your taste. Chances are that if you feel the batter needs more of something when it's raw, it's going to need it even more when it's baked, at which point it's beyond the stage of fixing.

Clara Polito (claracakes.com) is the founder of Clara Cakes, a baking and catering company based in Los Angeles.







Redefining the Creamery

CULTURED • AGED • ORGANIC • VEGAN







Fresh VeganMozz

It's a whole new churn on cheese and butter.



Double Cream Sundried Tomato Garlic



Classic Double Cream Chive

Special offer to VegNews readers **Enjoy 10% OFF** your online order at miyokoskitchen.com

> Promo Code: VNSPRING2017 Expires: April 30, 2017

Compassion is our Culture

Always Vegan - Always Divinely Delicious

Find us nationwide at your local natural food or specialty retailer.











Learn about all of our products at miyokoskitchen.com

VÉGANEGG... IS HERE





100% Plant-Based Egg Replacer

The wait is over! Scrambled Eggs. Omelets. Muffins. Cookies. Breakfast and baked goods will never be the same with this incredible new egg replacer by Follow Your Heart®!

GLUTEN FREE • ALLERGEN FREE • CHOLESTEROL FREE

