



TWIN CITIES Veg Living

Compassionate Action for Animals

FREE
Recipe
Inside!

Out and About

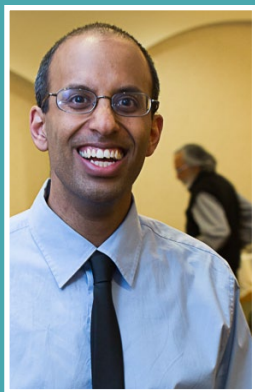
Twin Cities' top
veg-friendly
restaurants

Exploring Plant-based Nutrition

with Kristina
DeMuth, R.D.

Pictured: Kristina DeMuth, R.D

Dear Friend of Animals,



Chances are, if you've picked up this magazine, you're someone who cares about animals and wants to be a part of a compassionate world. While many of us have companion animals that we treat as members of our families, most animals in animal agriculture are confined, mutilated, and otherwise treated as commodities rather than sentient individuals who can suffer. Furthermore, a 2014 study by the Humane Research Council indicated that 84% of people who become vegetarian go back to eating meat (1).

We have our work cut out for us, but the good news is that we're winning. The number of animals killed for food has fallen since 2008 (2), largely because of people choosing to eat fewer animal products. People who take small steps may take more steps towards a plant-based diet in the future, and they can also encourage others to change.

Your efforts are doing their part! Thousands of people are speaking up and taking action on behalf of animals, and we're making a difference. I'm grateful to our generous community members who have come to events, donated, volunteered, and promoted the cause to a wider audience. Compassionate Action for Animals and the animal protection movement have become a powerful force because of your actions.

Our biggest event, Twin Cities Veg Fest, has demonstrated that plant-based eating is accessible, tasty, and nutritious. Just as importantly, we're showing that it's both popular and fun! We know that people are much more likely to choose plant-based foods when they can see that their peers are making changes. Thank you for helping to drive change.

With hope,

A handwritten signature in white ink, appearing to read 'Unny Nambudiripad'.

Unny Nambudiripad

Executive Director, Compassionate Action for Animals

(1) <http://spot.humaneresearch.org/2014vegstudy>

(2) http://www.humanesociety.org/news/resources/research/stats_slaughter_totals.html



TWIN CITIES VEG FEST

Compassionate Action for Animals held the third annual Twin Cities Veg Fest on September 28, 2014 at Coffman Memorial Union at the University of Minnesota. More than 2,300 people came to listen to speakers, see cooking demonstrations, try food samples, and learn about veg resources in the Minneapolis area. This is the largest farmed animal advocacy event ever in Minnesota. We're demonstrating that people care about animals and are taking action to help them.

VOLUNTEER SPOTLIGHT

by Matt Schroeder

Elise Armani is a dual-degree student at the University of Minnesota, pursuing bachelor's degrees in both liberal arts and fine arts. She works as a graphic designer for the University and is curating an exhibit for the T.A. Anderson Gallery in Wilson Library that will open in the fall of 2015. In addition to these pursuits, she enjoys live music, reading, oil painting, and has been an active volunteer with CAA since 2013.

What inspired you to become vegan?

I had been an off-and-on vegetarian starting in fifth or sixth grade. I initially went vegan as a way to feel healthier after eating

lots of meat and dairy products when I was an exchange student in rural Germany. Soon after that, I started learning about the harm that animal agriculture inflicts upon animals and the environment. Reading books like Jonathan Safran Foer's *Eating Animals* cemented my decision.

When did you start volunteering with CAA? What sorts of things have you done?

When I got to the University of Minnesota, I looked for vegetarian student groups right away. I started attending CAA's weekly meetings just before the 2013 Twin Cities Veg Fest. That was an exciting time to come to CAA; everyone was so focused on making that event a success, and I was able to jump right in as a volunteer. At the festival, I made sure that everyone put recyclables and compostables in the proper

places, and it was so great seeing so many people learning about plant-based diets there—I had never seen anything like it. For the past six months or so, I've been leading the campaign to get Meatless Monday adopted in the dining halls at the University.

How has the Meatless Monday campaign been going?

Our goal is to raise awareness of the issues surrounding animal agriculture and encourage everyone to think about their food choices more deeply by having an entirely plant-based menu every Monday in the dining halls. When I was a first-year student, I never really felt that I had a good variety of food to eat in the dining halls, so I know how much this campaign matters. To make this happen, we've been building alliances with other student groups, circulating petitions, and meeting with University Dining Services. With the recent Meatless Monday proclamation by Minneapolis City Council Member Cam Gordon, we believe it's only natural that the University of Minnesota will join this trend to create healthier lives for people and for animals. I never led a campaign until Meatless Monday, so the experience has definitely stretched my ability to organize. I've learned lots about being patient and understanding other perspectives. When I get frustrated with challenges, I remember how much I would have loved more vegan options when I ate in the dining halls. That keeps me going!

ELISE ARMANI



Pictured: Elise Armani & fellow volunteer Kealy Porter

Farm Sanctuary was founded in 1986 to combat the abuses of factory farming and encourage a new awareness and understanding about farm animals. Today, Farm Sanctuary operates two sanctuaries in California and one in New York.

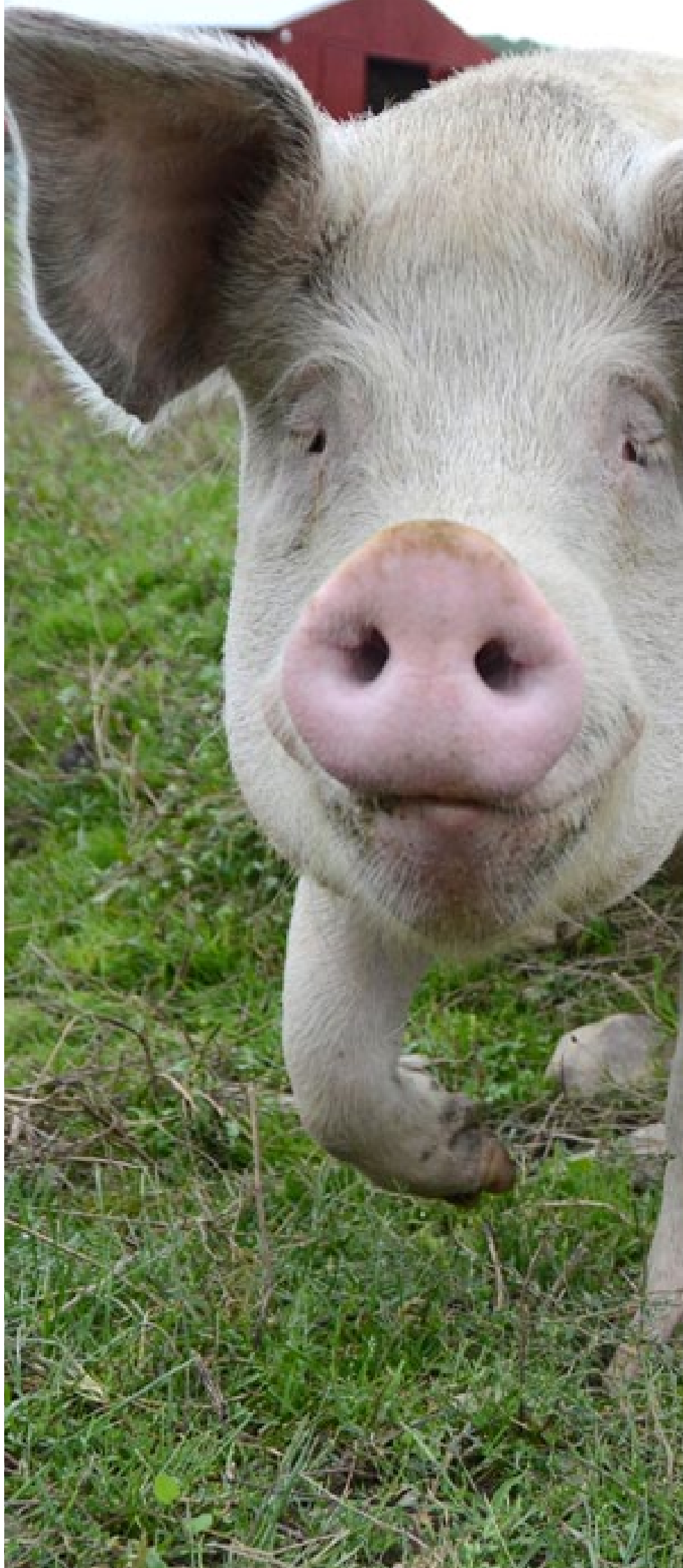
By Jeff Johnson

While I was visiting Farm Sanctuary last summer, I met a mother pig named Nikki. She was snoozing in a nest of straw she'd built in the barn. Later, she made her way out onto the pasture to graze. After a while, she cooled off in the mud hole and settled in to relax in the shade.

Each morning I was at Farm Sanctuary, I would make my way up to Nikki's pasture to pay her a visit. As soon as she saw me, she would come running over. I'd like to think this was pure affection on her part, but I'd taken to feeding her big tufts of grass that I'd pulled up from under a nearby tree. So Nikki was coming over for her morning treat. I couldn't get enough of watching her happily munching away on that grass. She loved a good back scratch, too.

Nikki and her piglets were rescued when floods destroyed a factory farm in Iowa. Her life in the factory farm stands in stark contrast to the life she's now living at Farm Sanctuary.

On the factory farm, Nikki would have spent nearly the entire four months of her pregnancy in a gestation stall, a cage just a little bit wider and just a little bit longer than Nikkie herself. She wouldn't have been able to turn around.





THE PIG WHO WAS RESCUED FROM A FACTORY FARM

She couldn't have taken more than one step forward or backward.

If they hadn't been rescued, Chuck (one of Nikki's babies) would have had his testicles cut out without any pain relief. And all of Nikki's babies would have had their tails cut off without any pain relief. While her piglets were spared, Nikki herself only had a stump where her tail should have been.

After nearly three weeks, all of Nikki's babies would have been taken from her. She would then have been re-impregnated, put back into a gestation stall, and the cycle would have begun again.

This would have gone on for around three years, until Nikki was no longer as productive as she once was. It's at this point that she would have been sent away to be killed.

When she was on the factory farm, Nikki never got to build nests or roam on pasture. She never got to lie in

the sun or take mud baths. She never got to munch on tufts of grass or do the things she loves to do.

Minnesota is the third-largest pork-producing state in the country. The pigs we eat have been taken from moms like Nikki. I've been told by those in the industry that the vast majority of the mother pigs on farms in Minnesota, 80 to 90 percent of them, are confined in just the way Nikki had been before she was rescued.

I can't imagine what it must have been like for Nikki, who is as at least as curious and sociable as a dog, to be kept in such intensive confinement for so long.

Farm Sanctuary is home to other refugees from factory farms besides Nikki. I met many other pigs, cows, turkeys and chickens. The lives they live now stand in equally stark contrast to what came before.

Seeing the animals at Farm Sanctuary living out their lives helped me know what the lives of animals on fac-

tory farms could be like. And that helps me know just how much we take from them when we raise them for food.

I'm reminded of this bit from Jonathan Safran Foer's excellent book *Eating Animals*:

"We can't plead ignorance, only indifference. Those alive today are the generations that came to know better. We have the burden and the opportunity of living in the moment when the critique of factory farming broke into the popular consciousness. We are the ones of whom it will be fairly asked, 'What did you do when you learned the truth about eating animals?'"

This piece was first published in the Minneapolis Star Tribune.

Jeff Johnson is a philosophy professor at St. Catherine University, an active volunteer with Compassionate Action for Animals, and a member of the CAA board of directors.



SENSATIONAL LOCAL VEGAN BUSINESSES

by T.H. Waters

When your company gets mentioned in Jimmy Fallon's monologue on the Tonight Show, I think it's a safe bet that your star is on the rise. Aubry and Kale Walch, the dynamic sister and brother duo behind the **Herbivorous Butcher**, are calling upon their Guamanian roots to create an array of meat-free meats for Twin Cities customers. They began selling their

delicious product at the Minneapolis Farmer's Market in the summer of 2014, and word spread like wildfire. Each week, they would sell out of everything they could craft in their rented commercial kitchen. Now, they plan to open the country's first vegan butcher shop in Minneapolis in April of 2015.

I was lucky enough to sample a few of their tantalizing options. Though the Italian

Sausage had me dreaming of a summertime BBQ, this herb and spice blend offers a versatile, year-round taste sensation. Need to add some pizzazz to your veggie pizza? Their vegan Pepperoni is the obvious go-to topping, offering up a far more artisanal and complex flavor than the non-vegan version. The Teriyaki Jerky, with its mild tang and deep undertones, would be a delicious addition to any stir-fry.

Comfort Candy is the brainchild of Nicky Stewart, who conjures cruelty-free confections from a handful of simple, organic ingredients. The seeds of this young company began years ago when Nicky was making treats for family functions and school events. After garnering rave reviews, she realized that she had a talent to share with the world. Lucky us! Comfort Candy is currently sold at farmer's markets and a few local stores in the Twin Cities, where her adoring fans, both vegan and non-vegan, profess that her caramels are better than any of the dairy variety.

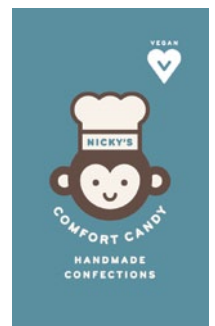
Speaking of Nicky's vegan caramels, these bite-sized darlings hint of coconut, brown sugar, and vanilla and will titillate your taste buds to no end. Step aside, Almond Joy! The Mr. Coco Island Bar, with its luscious combination of coconut, chocolate, and almond, will have you boarding a plane to the South Pacific in a heartbeat. The Chocolate Cake Ball is sky high on my list. This bite of rich cake is all dressed up with some-

where to go. Coated in a smooth, dark chocolate with a splash of caramel, this cake ball takes the cake.

Get your mitts on some of Comfort Candy's cruelty-free confections and Herbivorous Butcher's meat-free meats. These local vegan companies are a dream come true for those moving towards a plant-based diet. They are taking the cruelty-free movement one step further with each scrumptious morsel that comes not only from their kitchens but also from their hearts.

T.H. Waters (aka Tera) is a Minneapolis freelance writer and author of three books, including *Letters to Bert: A Loving Tribute to A Dog*, available at amazon.com. Feel free to send her a jingle jangle at thwaters@verefor.com.

comfort-candy.com
theherbivorousbutcher.com





TWIN CITIES TASTINESS: VEG-FRIENDLY RESTAURANTS

by Chris Luhman of everydaytastiness.com

The Twin Cities has incredible food diversity. On the surface, it might not seem like a great place for vegan food, being in the Midwest: the land of meat, potatoes, and iceberg side salads. However, it is filled with lots of veg-friendly places and even a few 100% vegetarian restaurants. These are some of my favorites.



ECOPOLITAN

Ecopolitan is a gem in Minneapolis. It is the only restaurant where everything is organic, raw, and vegan. The staff is incredibly helpful in navigating the menu filled with delicious entrees, smoothies, juices, and desserts. Their most popular dish is the chili 'cheese' burrito. We highly recommend taking a friend or two and giving it a try.

2409 Lyndale Ave S
Mpls MN 55405
612-874-7336
ecopolitan.com



FRENCH MEADOW

Brunch at the French Meadow Bakery is a week-end favorite. They have an extensive veg-friendly menu and bakery with vegan options clearly labeled. Splurge a little and enjoy a latte while you are there as well; they have five kinds of nondairy milk. Popular dishes include the Classic Vegan Breakfast, Spa Salad, and the Healing Plate.

2610 Lyndale Ave S
Mpls MN 55408
612-870-7855
frenchmeadowcafe.com



GORKHA PALACE

Gorkha Palace serves delicious food from Nepal, Tibet, and India. They divide the menu into veg and non-veg sections. Vegan items are clearly labeled. While you're waiting for your food, admire the beautiful art from Nepal on the walls. Popular dishes are the veggie pakora, veggie momos, channa saag, and the vegetable curry.

23 4th St NE
Mpls MN 55414
612-886-3451
gorkhapalace.com



HARD TIMES CAFE

This all-vegetarian cafe is a bit of a dive, but the food is great! Write your order on the ticket, pay cash, and get a vegan cupcake while you wait. Huge day-old muffins are only \$1. Count on Hard Times for inexpensive vegan muffins & cupcakes 22 hours a day. Popular dishes include vegan rancheros, gyros, and biscuits and gravy.

1821 Riverside Ave
Mpls MN 55454
612-341-9261
facebook.com/hardtimescafe



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EXPLORING PLANT-BASED EATING: NUTRITION HIGHLIGHTS

by Kristina DeMuth, RD.

Adopting a plant-based lifestyle has never been easier. We now have many resources such as cookbooks, blogs, nutrition books, and food products readily available. As a registered dietitian and someone that has made the transition to a plant-based diet, I think it's important for individuals to go at their own pace when it comes to making dietary changes.

From a health perspective, vegan and vegetarian diets are safe and can even be beneficial for all age groups.¹⁻³ Like any healthful dietary

pattern, it is important to choose the right foods. For example, fried potato chips, Oreo cookies, and soda don't contain animal products. They're vegan, but they're definitely not healthy! It's important to fill your plate with wholesome food in order to get the most benefit from plant-based eating.

When switching to a more plant-based diet, these are some of the questions that are often asked regarding nutrition:

- **Where do I get protein?**
- **How do I get calcium?**
- **Should I take a B12 supplement?**

The simplest approach is to make sure you are eating enough food, taking a B12 supplement, and consuming a variety of foods, including leafy green vegetables, beans, nuts, seeds, whole grains, fruits and vegetables. If you follow these simple guidelines, then you can rest assured that you're consuming an adequate amount of nutrients for your body to thrive.

I recommend educating yourself with some plant-based eating basics before you dive into it. The table below provides a brief overview of key nutrients to consider when adopting a plant-based diet.

NUTRIENT	PURPOSE	FOODS
Protein	Tissue maintenance, growth, cellular function	Lentils, beans, peanuts, soy, nuts, nut butters, seeds, whole grains (e.g. quinoa, oats, wild rice, buckwheat)
Iron	Growth and development, brain development; a critical component of the hemoglobin structure that carries oxygen throughout the body	Lentils, beans, tempeh, nuts, whole grains, potatoes, broccoli, tomatoes, and leafy green vegetables; pair with vitamin C-rich foods to increase absorption
Zinc	Immunity and wound healing; growth, development, and cellular metabolism	Lentils, beans, cashews, almonds, chia seeds, oatmeal, pumpkin seeds, sunflower seeds, nutritional yeast
Calcium	Benefits bones, teeth, muscle movement, nerve signaling, and hormone and enzyme production	Kale, collards, broccoli, mustard greens, bok choy, figs, oranges, calcium-set tofu, fortified plant-based milks, blackstrap molasses, tempeh, almonds
Omega 3	Blood clotting, cell membrane structures in the brain, reducing inflammation, and preventing heart disease	Chia seeds, hemp seeds, flaxseeds, walnuts, soy, expeller-pressed canola oil
Vitamin B12	Critical for the brain and nervous system; not getting adequate vitamin B12 can result in irreversible damage	500 mg daily or 1,000 mg twice a week; reliable sources include supplements, fortified plant-based milks, and fortified nutritional yeast

1. American Academy of Pediatrics (2014). Vegetarian Diets for Children. healthychildren.org

2. Amit, M., Canadian Paediatric Society, & Community Paediatrics Committee. (2010). Vegetarian diets in children and adolescents. *Paediatrics Child Health*; 15(5), 303-314.

3. American Dietetic Association and Dietitians & Dietitians of Canada (2003). Position of the American Dietetic Association and Dietitians of Canada: Vegetarian diets. *Journal of the American Dietetic Association*; 103, 748- 765. vrg.org/nutrition/2003_ADA_position_paper.pdf



1 cup nondairy cream cheese, softened
1 cup unsalted smooth peanut butter
1 cup sugar
1 teaspoon vanilla extract
1 (15-ounce) can full-fat coconut milk, chilled 6 - 8 hours
1 prepared 9-inch vegan graham cracker pie crust
1/3 cup nondairy milk
2/3 cup nondairy semisweet chocolate chips
2 tablespoons vegan buttery spread, softened



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TIE-THE-KNOT CHOCOLATE-PEANUT BUTTER PIE

from Mistress Ginger Cooks!:
Everyday Vegan Food for Everyone

Some might say marriage is only between a man and a woman. I disagree. Peanut butter and chocolate have been happily married since the beginning of time. This no-bake treat proves it.

Dearly beloved, we have gathered here to make a pie. Using an electric mixer, blend the nondairy cream cheese, peanut butter, sugar, and vanilla extract in a large bowl until well combined. Rinse and dry the beaters.

Remove the coconut milk from the fridge, but do not shake the can. (When chilled, the cream from the coconut milk rises to the top.) Gently turn the can upside down and carefully remove the lid. Pour the watery liquid into a storage container and reserve for other purposes. Scoop the coconut cream from the can and put it in a large bowl. Using the electric mixer, beat the coconut cream on high until fluffy, about 5 minutes.

Fold 1 cup of the coconut cream into the peanut butter mixture. Using the electric mixer, blend on low speed until smooth. Scoop the mixture into the pie crust, smooth the top with a rubber spatula, and chill for at least 2 hours.

Heat the nondairy milk in a small saucepan over medium heat just until it begins to steam and bubble. Remove from the heat and stir in the chocolate chips until melted. Add the vegan buttery spread and heat over low heat, stirring until smooth. (This chocolate sauce is not only delicious on peanut butter pie. Try spreading it on your lover . . . but wait until it cools).

Pour the chocolate sauce evenly over the peanut butter filling. Smooth the top with a rubber spatula and chill for at least 2 hours so the chocolate topping becomes firm.

Store loosely covered with plastic wrap in the refrigerator and use within 1 week.

Consider extending marriage rights to the other foods in your pantry. Why should peanut butter and chocolate be the only ones allowed to wed? Let's spread the love, broaden the spectrum of flavorful pairings, and brighten our plates with glittering diversity. Amen, sister friend!

Per serving: 422 calories, 7 g protein, 28 g fat (10 g sat), 41 g carbohydrates, 189 mg sodium, 38 mg calcium, 2 g fiber

To get busy with Mistress Ginger in the kitchen, go to mistressgingercooks.com.

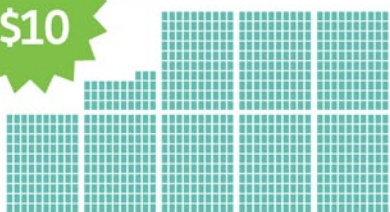


Compassionate Action for Animals

Embrace Your Empathy

What Your Donation to Compassionate Action for Animals Achieves

\$10



833 leaflets about factory farming and vegan resources are distributed to college students.

\$25



8 people see a 5-minute video that exposes factory farming.

\$50



We can host two vegan potlucks, dine outs, or other events to help build an animal-friendly community.

\$100



121 students experience a classroom presentation about animal protection.

\$250



36 more people get to attend our Twin Cities Veg Fest.

exploreveg.org

*Data is based on 2013 expenditures and output.



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