

TWIN CITIES
Veg Living

Compassionate Action for Animals

FREE
Recipe
Inside!

2016 • Issue 2

EYES ON THE PIES
Finding Vegan
Pizza in Minnesota

**PLANT-BASED
NUTRITION:**
Mythbusters!



Pictured: Vegan Pizza at Pizza Nea

Dear Friend to Animals,

Thank you for caring about animals and for picking up this magazine. I hope you find it not only useful, but also fun. We want to make choosing compassion an enjoyable experience for you.

I consider myself fortunate to be aware of the many resources that allow me to choose to eat plant-based food. The Twin Cities has hundreds of restaurants with vegan options, a thriving community of animal-friendly people, grocery stores with food labeled as vegan, and much more. But I'm also aware that many of these excellent resources are not well-known. If you're new to the community and haven't found vegan community or food options, I hope this magazine serves as a good introduction and will encourage you to explore what's available.

If, on the other hand, you know where to find the best tofu in town and you can name ten friends who enjoy making

vegan food with you, then I hope that this magazine will help you learn more about our thriving community. And I also hope you will help me spread the message. Please share all of the wonderful resources and activities as widely as you can and lend your support to the businesses and organizations that are making a difference for animals.

The world is changing for animals, as you will see in these pages. And it's changing because of you. Your time, your attention, your financial support, your creativity, and your input are all making a difference. I appreciate it.

With hope,



Unny Nambudiripad
Executive Director,
Compassionate Action for Animals



Unny with Brita Bengtson and a pig friend at Poplar Spring Animal Sanctuary

EXPLORING PLANT-BASED EATING: VEGAN MYTHBUSTERS



by **Suzy Sorensen**
RD, LD, CDE

The number of people choosing plant-based eating continues to grow. It's important to have all the right information when making the transition, but it can be challenging to distinguish the truth from urban myth.

As a Registered Dietitian and a vegan, my role includes searching out the best evidence-based, scientifically sound information available for my clients. Below are some common vegan myths and the facts that can lead to success.

"It's hard to get enough protein."

It's easy if one eats a variety of foods throughout the day. No need to "combine foods" at the same meal. Rich protein sources include legumes (beans, lentils...), soy foods (tofu, soymilk...), meat substitutes (veggie burgers, beef-free crumbles...), nuts and seeds, and whole grains (quinoa, brown rice...).

"It isn't healthy."

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

"It's expensive."

Vegan staples such as beans, tofu, and whole grains are much less expensive than meat. Buy produce in season and check the bulk bins for great deals. Choose less expensive whole foods more often and splurge on meat substitutes and other more costly items once in awhile. Stock up when your favorite non-perishables are on sale.

"It can't provide important nutrients."

Eating enough food, choosing a wide variety of food throughout the day, and using fortified foods or taking a B12 supplement can meet your nutritional needs. Picky eaters or those with small appetites may

want to consider a multivitamin. (This is true of any meal plan!) A varied vegan diet can provide iron (collard greens, kale, legumes...) and calcium (collards, kale, broccoli, almonds, fortified dairy substitutes...), as well as vitamins A and C, and omega-3 fatty acids (flaxseed, walnuts, canola oil, hemp, and soy).

"Soy isn't safe."

In fact, soy is a good source of nutrients and has excellent health benefits. Studies show that as little as 1 serving/day for children and teens decreases breast cancer risk later in life. Soy may also be helpful in reducing heart disease risk, relieving hot flashes, preventing prostate cancer, and promoting bone health in postmenopausal women.

"You can't be strong."

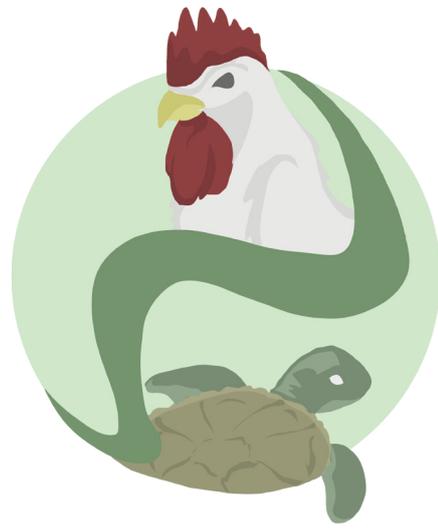
There are many world-class (and world-champion!) vegan athletes. A quick online search brings up a long list of plant-fueled bodybuilders, runners, cyclists, tennis players, national sports league stars, boxers, fighters, and many other kinds of athletes. Anyone who says you need meat to make muscle hasn't got their facts straight.

Suzy Sorensen is a Registered Dietitian and a Certified Diabetes Educator who is passionate about plant-based nutrition. She has served at the state and national level for the Vegetarian Nutrition Dietetic Practice Group, and in 2010 she opened her own nutrition practice, Move2Veg Nutrition Counseling. For more information, visit move2veg.com.

1. Academy of Nutrition and Dietetics Position Paper on Vegetarian Diets (2009).
2. Academy of Nutrition and Dietetics Vegetarian Nutrition Practice Group RD Resource for Professionals: Vegetarian/Vegan Myths (2012).
3. greatveganathletes.com
4. Davis, Brenda, RD, and Melina, Vesanto, MS, RD. (2003). *Becoming Vegan: Express Edition*. Summertown, TN: Book Publishing Company.

COMPASSION 101

by Kathy Coughlin



Substitute teaching doesn't boast a long list of advantages, but one of the few is variety. Boredom is not likely to set in when no two days in a row are the same, and roving from one classroom to another gives a teacher an idea of what's being taught in our schools today. A recent stint in a fifth grade gave me insight into the possible genesis of some of our attitudes toward animals.

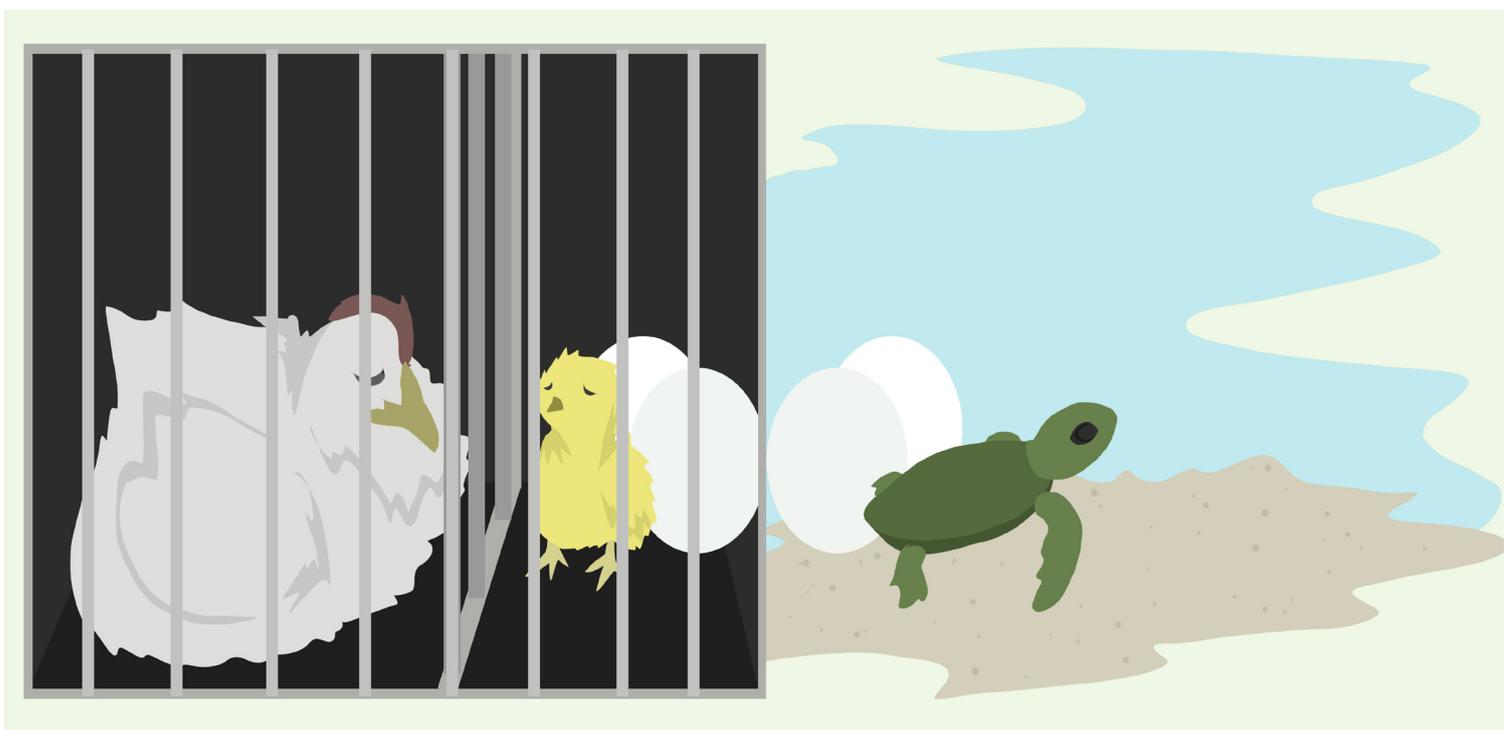
That week, the students were assigned to read the short story "Interrupted Journey" by Katherine Lasky. It related the experiences of a mother and son who volunteered in a project attempting to save the Kemp's ridley sea turtle, the most endangered sea turtle in the world. These volunteers worked selflessly, during the night as well as during the day, to help facilitate the unusual and perilous nesting and hatching ritual these animals practice on some East Coast beaches.

The story was definitely educational, as it taught them about the environment and the biology of the Kemp's ridley sea turtle. And it was a heart-warming account of a mother and son working together to help those of another species at their most vulnerable time.

After reading class, the fifth graders enthusiastically lined up for lunch. On the menu that day was a favorite for many of them: chicken nuggets.

The irony here was lost on these youngsters, of course, because they had likely never had it pointed out. Adults might miss it as well: a beautiful display of compassion toward one animal in the day's lesson was followed by a blatant disregard for the suffering of another. The chicken these kids were about to eat was undoubtedly factory-farmed.

Since several high-profile food companies have recently pledged to stop using eggs produced by battery-caged hens, chickens have assumed a larger share of the public consciousness. We now know they're as intelligent as some mammals, using many different vocalizations. They're social creatures who can differentiate among dozens of separate individuals, and mother hens are



extremely caring and affectionate mothers. But the contrast between our collective lack of concern for chickens and our concern for endangered sea turtles is glaring!

Called “broilers” in the industry, the chickens raised for food are so intensely confined from birth that there's no chance for them to express any natural behaviors, such as building nests or taking dust baths. Kept indoors for their entire lives, they never feel sunshine or breathe fresh air. They have been bred and drugged to grow so fast and so unnaturally large that some have organ failure or become crippled long before slaughter. Some die of thirst because they're unable to walk to the water nozzles. A five percent death rate is expected and considered reasonable by the industry.

The chicken is only one of several animals farmed for food, and the Kemp's ridley sea turtle is only one of many endangered animals. But their disparate stories illustrate how overwhelmingly inconsistent we humans can be. We shower our pets with love and endangered animals with protection; meanwhile, no laws forbid or punish cruelty toward farmed animals.

When it comes down to it, it really doesn't matter that chickens are smarter than we'd ever believed. Jeremy Bentham, the eighteenth century

British philosopher said, "The question is not 'Can they reason?' nor 'Can they talk?' but 'Can they suffer?'" Of course, they can and do suffer, and agribusiness has been quite successful in keeping their suffering a dirty secret. It's up to us to expose that secret.

Substitute teaching provides me with many surprises. One day as I waited for a kindergarten class to arrive, two girls ran ahead of the pack to give me a giant and sincere hug. As far as I knew, they had never seen me before, and I certainly didn't know them. But it was a warm gesture of welcome that simply seemed to affirm our connection as creatures sharing this earth. I wonder whether that connection can ever become universal among species. There would be no substitute for that.

Kathy Coughlin is a substitute teacher, freelance writer, and animal advocate. She lives in Oak Grove, Minnesota, with her husband Mike and their dog, Selby

Recommended Reading:

- *Why We Love Dogs, Eat Pigs, and Wear Cows* by Melanie Joy, PhD
- *Eating Animals* by Jonathan Safran Foer.



Picture Credit: Brooke Reynolds – capturedbybrooke.com

MINNESOTA VEGAN PIZZA

by Chris Luhman



The vegan pizza scene has exploded over the last few years in Minnesota. Where once there were hardly any options, there are now many. More and more restaurants are making vegan crust, vegan cheeses, vegan meats, and improving the veggie topping selection. Here are some of my favorites:

PIZZA LUCE



Pizza Luce has the most robust vegan pizza selection in Minnesota. They have two kinds of vegan cheese: Daiya and Rinotta, their in-house creation. They also offer several different mock meats and vegan desserts. They usually have vegan seasonal pizzas, as well.

Favorite pizzas include Athena, Rustler, and Veggie.

- They deliver.
- Locally owned

Eight locations in Minnesota: Minneapolis (3), Saint Paul, Duluth, Hopkins, Richfield, and Roseville
pizzaluce.com

GALACTIC



Galactic staff dress as superheroes while delivering pizza in electric cars. They have many different vegan pizza options. They also have Muddy Paws vegan cheesecake for dessert.

Favorite pizzas include Alamo, Old School, and CSA.

- They deliver.
- Locally owned

2917 Lyndale Avenue South
Minneapolis, MN 55408
galacticpizza.com

PIZZA NEA



Pizza Nea features Neapolitan style pizza. Their vegan pizzas are made using plant-based meat and cheese from The Herbivorous Butcher.

Favorite pizzas include Margherita, Spinaci, and Salsicce.

- They deliver via Bite Squad.
- Locally owned

306 East Hennepin
Minneapolis, MN 55414
pizzanea.com



BIG RIVER



Big River Pizza is located in the heart of Lowertown, St. Paul, they have Daiya vegan cheese and a variety of vegan-friendly options. All pizzas are cooked in a wood-fired oven.

Favorite pizzas include Al Franken, Marinara, and Dr Zeus.

- They don't deliver but do offer dine-in or take-out options.
- Locally owned

280 5th Street East
St Paul, MN 55101
bigriverpizza.com

ECOPOLITAN



Ecopolitan features a menu where everything is organic, raw, and vegan. They have five different kinds of vegan pizza with a "living" crust made from sprouted and dehydrated buckwheat.

Favorite pizzas include Taco, Sausage Deluxe, and Red Avocado.

- They don't deliver but do offer dine-in or take-out options.
- Locally owned

2409 Lyndale Avenue South
Minneapolis, MN 55405
ecopolitan.com

ZPIZZA



ZPizza offers vegan meats and Daiya cheese. They also offer calzones.

Favorite pizzas include the Berkeley Vegan.

- They deliver.
- A national pizza chain

111 South Broadway
Rochester, MN 55904
zpizza.com

PERSONAL PIZZA CHAINS

Easy and quick made-to-order individual pizzas. They are like the Chipotle of pizza. Pick your crust, sauce, toppings, and they assemble and cook it for you on the spot in just minutes. All use Daiya vegan cheese.

PIZZA REV



Two locations:
Edina and Hopkins
pizzarev.com

PIEOLOGY



Two locations:
Saint Paul and Maple Grove
pieology.com

BLAZE



Saint Louis Park
blazepizza.com

GOD, LOVE, PEACE AND THE ANIMAL KINGDOM

by Kathy Dunn



When I first came to animal welfare issues, I found myself asking, "Where is the church?" Five years later, I have a much clearer answer to this question.

I spent three years researching why the Christian church is not at the forefront of animal welfare issues. The church is supposed to stand up for what is ethical and moral, right? I discovered that the church is not a unified institution. There are many denominations, and each interprets scripture differently. Each of them has a different stance on animal life and earth stewardship (if they have a stance at all), and virtually all of them interpret scripture as allowing the eating of animals.

After painstakingly considering all I've been learning, I found a view that sits right in my spirit, the spirit that connects me to God's Spirit. This view lies in interpreting scripture in the light of love.

Scripture informs us that God is love, that God created the heavens and the earth out of love and for the purpose of love. The characteristics of love are peace, harmony, mercy, kindness, goodness, joy, forbearance, faithfulness, gentleness, and self-control. God gave us free will to choose to love according to God's own definition of love, which is about service, placing the needs of others as equal to or above our own. When we interpret scripture, we do so through the lens of this definition of love, applying it to the times we live in.

According to the Bible, before the world was corrupted, God created a beautiful paradise.

If humans were to live in harmony with the created world, humbly serving each other and creation, choosing not to use the creation in destructive ways, choosing to nurture the well-being of every living thing, including the planet, the creation would flourish. Humans would be living far closer to God's nonviolent ideal.

The task of the church then is to awaken people to these truths. Humans have unparalleled power to build up or destroy, give or take, heal or kill, use the earth's resources for the benefit of others or for just our own ends. When scripture is interpreted through the lens of love, it has a great deal to say about how we wield power in the world. We are given this power as representatives of God who love all that He has created.

"At the heart of the Christian Gospel is the dream of universal peace, a world where humans are no longer violent and cruel to other creatures. This dream – precisely because it is God's dream – has great power to energize moral endeavor... The church must wake up to a new kind of ministry, not just to Christians or... human beings, but to the whole world of suffering creatures. It must be our human, Christian task to heal the suffering in the world." - Andrew Linzey, D.D., Professor of Animal Ethics, Oxford Centre for Animal Ethics

Kathy Dunn is an animal lover, aspiring theologian, and follower of Jesus Christ. With her spare time, she advocates for animals, volunteers for CAA, and teaches a Biblical view of creation care with her blog, *Shepherding All God's Creatures*. For more information, visit shepherdingcreation.com.

1. Linzey, A. (2000). *Animal Gospel*. Louisville, Kentucky: Westminster John Knox Press.

BRIDGES OF RESPECT:

HUMANE EDUCATION FOR EVERYONE

by Christine Coughlin

“Today’s presentation will be a success if you question everything I say” is an unlikely opening statement to a group of students. Instead of aiming to fill minds, my goal as a volunteer with Compassionate Action for Animals’ Bridges of Respect program is to raise awareness and encourage students to use critical thinking.

In that capacity, I’ve had the opportunity to talk with middle school, high school, and college students for the past 10 years. Bridges of Respect sends guest presenters into schools to talk about expanding our circle of compassion to include animals. In the course of my volunteer work with Bridges and my position with The Humane Society of the United States, I have presented a variety of topics, including animals in entertainment. One thing I’ve learned is that if we are to reach young minds, we must first open those minds, and a first step is to encourage students to expand their horizon by becoming critical thinkers.

Many of us are raised with, and culturally accustomed to, so many uses of animals that we do not stop to think about. Are they ethical? Is there hidden cruelty and suffering? Am I seeing the whole picture? Most important, what are my values about other creatures and does this treatment of animals align with those values?

When students see the real-life tools, like electric prods and sharp metal hooks, that are used to train and discipline elephants to perform highly unnatural stunts, and learn that these elephants can live up to 22 hours a day in chains for decades on end, virtually immobilized and unable to move, they realize the impact of a family trip to the circus. They are seeing for themselves what is purposely hidden from view. After learning some of these realities, students are able to make independent judgements that lead them away from supporting animal cruelty.

Students have gone on to do senior projects examining captive whales, made decisions to avoid attending shows that use captive exotic animal performers, and been glad to learn how animals were treated behind the scenes. I am grateful to Bridges of Respect for the opportunity to encourage among young people a critical examination of how animals are treated in our society.

Thinking that is broad, independent, and exploratory in nature will serve young people over the course of their lives much more than simple acceptance of what anyone has to say.

Christine Coughlin is the Minnesota state director for The Humane Society of the United States. Prior to her work at The HSUS, she founded Minnesota Voters for Animal Protection and served as executive director until 2014.



Free Presentations!

Bridges of Respect builds bridges between people, animals, and the environment for middle schools, high schools, and colleges in the metro area. Our interactive humane education presentations use discussion, activities, and short videos to encourage critical thinking, education, and fun — free of charge!

612.718.0829

bridgesofrespect.org

VOLUNTEER SPOTLIGHT: PAY-PER-VIEW AT TWIN CITIES VEG FEST

by Jennifer Swick



Pictured: Jennifer and Dave at TCVF

At the fourth annual Twin Cities Veg Fest last November, the number of attendees swelled to over 2,500 — our biggest festival yet! As always, there was much to see, taste, and learn, with a variety of exhibitors, vendors, and speakers. We handed out about 3,600 vegan food samples at our food giveaway table and generally facilitated great conversation about the benefits of a plant-based diet.

This opportunity for crucial conversation about compassion for animals couldn't have happened without the investment of many volunteers, such as Dave Smith. Dave has volunteered for advocacy groups for almost 30 years. He can often be seen running the pay-per-view station where people are paid a dollar to watch a five-minute video on the experience of animals in factory farms.

I interviewed Dave about his experience speaking up for animals and specifically about CAA's pay-per-view outreach.

What led you to become vegan?

I'd already been enjoying the vegetarian diet for over 20 years when I heard a friend comment: "I'd rather see meat

being served than dairy." That inspired me to reexamine my image of the lives of farmed animals.

What motivated you to start volunteering for CAA?

CAA is welcoming to all people, regardless of their present diet. The group provides resources and support for everyone who is open to learning about compassionate living. I also like CAA's focus on helping farmed animals.

Why is pay-per-view so effective at sparking crucial conversations about compassion?

PPV is a powerful advocacy tool, as the video footage shows standard practices of the meat and dairy industry. One can't help but make the connection between what's on one's dinner plate, the suffering behind it, and one's own part in that suffering.

Most viewers are speechless. They realize more than ever that eating animals causes unnecessary suffering. When the video finishes, a CAA volunteer is right there to talk about how easy it is to eat differently, and we share free pamphlets that show

the healthy and compassionate alternatives available.

How easy is it to help with pay-per-view outreach, and what are some other ways to volunteer for CAA?

If you are interested in volunteering with pay-per-view but are feeling unsure, don't worry! We'll have you working with a team of experienced volunteers. I'm certain that after watching a few interactions you'll feel confident in your ability to make a positive impact for the animals. However, if you feel that pay-per-view isn't for you, there are many other ways to contribute your time and energy to CAA. Hand out leaflets at fun venues around the Twin Cities, help with one of our monthly potlucks, or get involved with an event planning committee. Regardless of the role you choose, now is a great time to join CAA.

Thank you, Dave, for your heart for animals and action on their behalf. You're an inspiration!

Jennifer Swick became vegetarian after participating in pay-per-view 15 years ago but needed the support of CAA to grow toward eliminating all animal products from her diet. Her favorite volunteer activities are Bridges of Respect and leafleting.

EASY EGG-FREE BAKING: CHEDDA JALAPEÑO MUFFINS

by AmyLeo Barankovich



Yields 12 muffins

Did you know that you don't need eggs to make delicious baked goods? These delicious muffins prove it! They offer up a great combo of non-dairy cheese and heat. You will find "chedda cheeze" and jalapeños through and through with every bite. Either eaten alone, with a robust salad, or with a hearty vegan chili, these muffins land just right on the palate.

- 3 cups unbleached all-purpose flour
- 1 tablespoon baking powder
- 3/4 teaspoon baking soda
- 3/4 teaspoon salt
- 1 tablespoon EnerG Egg Replacer
- 1/4 cup boiling water
- 1/4 cup vegetable oil
- 1/3 cup unrefined sugar
- 1 cup non-dairy milk, plus more as needed
- 1 1/2 cup shredded non-dairy cheddar cheese
- 1/2 cup minced canned or fresh jalapeño chile

Preheat the oven to 400 degrees F. Lightly oil a 12-cup muffin tin.

Sift the flour, baking powder, baking soda, and salt into a medium bowl and set aside.

Put 2 tablespoons of the boiling water and the egg replacer in a small bowl and whisk until the mixture is thick and gelatinous. Add additional water as necessary. Set aside.

Mix the oil and sugar in a large mixing bowl. Add the egg replacer and continue to mix until well combined.

Alternating in small amounts, add the dry mixture and the non-dairy milk to the wet mixture, stirring continuously until all of the dry mixture and non-dairy milk have been added and a batter has been formed.

If the mixture is too dry or thick, add up to 1/3 cup additional non-dairy milk, 1 tablespoon at a time, until the desired consistency is achieved. The batter will be thick. Add the non-dairy cheese and chile and mix until incorporated.

Spoon the batter into the prepared muffin cups. Bake for 25 minutes until golden brown. Let the muffins rest in the muffin tin for about 15 minutes before transferring to a cooling rack. Sit back and enjoy alone or with friends. These muffins will stay fresh up to 1 week when stored in a tightly sealed container in the refrigerator.

Variation:

For even more flavor, replace the unbleached all-purpose flour with 1 cup spelt flour, 1 cup oat flour, and 1 cup rice flour.

AmyLeo Barankovich, a passionate vegan chef, began cooking for a family of ten at the age of 13 and has since been delighting family, friends, and colleagues with creative, delicious wholesome food. She founded The Vegan Pantry: Where Taste Meets Grace, offering private and public cooking classes, personal chef services, vegan coaching and restaurant consulting. Learn more at veganaffairsmn.com.



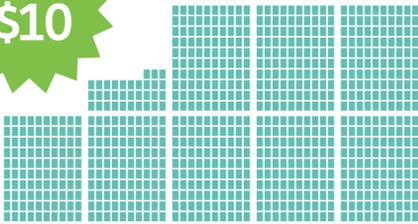


Compassionate Action for Animals

Embrace Your Empathy

What Your Donation to Compassionate Action for Animals Achieves

\$10



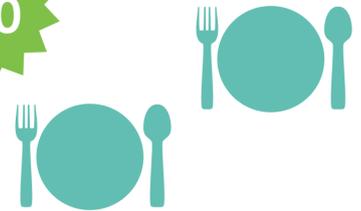
833 leaflets about factory farming and vegan resources are distributed to college students.

\$25



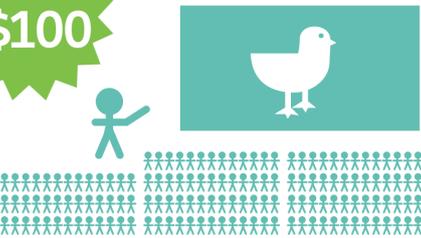
8 people see a 5-minute video that exposes factory farming.

\$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.

Join us for our 5th annual
Twin Cities Veg Fest
and Celebrate Compassion

**DATE & LOCATION
TO BE ANNOUNCED**

tcvegfest.com

