

TWIN CITIES Veg Living

**PLANT-BASED FOOD
TAKES OVER THE TWIN CITIES**

The Best
VEGAN BAKERY
IN TOWN

GET INSPIRED BY
THE ANIMALS
AT SOULSPACE

GOING PLANT-BASED
ON A BUDGET
.....
YOU CAN DO IT!

The Carrot Cake at J. Selby's

Dear Friends of Animals,

Have you just begun moving toward a plant-based diet? Are you already a committed vegan? Wherever you are in your journey with compassionate living, this magazine will give you resources to help you on your way. We invite you to join the rapidly growing veg community here in the Twin Cities.



Laura and Allie

We're a friendly and fun group of folks. I hope to see you at one of our upcoming potlucks, dine outs, or at the fabulous Twin Cities Veg Fest. Visit exploreveg.org to see what's going on in the next few weeks and sign up for our mailing list to stay in the loop.

These pages will give you the inside scoop about local restaurants, how to cook delicious plant-based meals on a budget, and a

few of the 200+ volunteers who help run our events, many of which are focused on compassionate eating.

What do I mean by compassionate eating? I mean eating plants instead of animals in order to stop suffering. Industrial farming systematically abuses animals for profit. For example, Americans eat 22 million chickens a day. These chickens have been bred to grow fast and fat. This puts enormous pressure on their hearts and joints, leading many to collapse in pain. If humans grew at the same speed, we'd weigh 660 pounds at 8 weeks, according to the Poultry Science journal. Every time we choose not to eat chicken, we choose compassion. When we tell others why, we help build a compassionate community.

Whether you're exploring Meatless Mondays or you're a plant-based cheese-making expert, we welcome you. Every plant-based meal, every friend we talk to, every donation, and every volunteer hour makes a difference for animals. Thanks for joining us. I hope to see you soon at one of our events.

Warmly,

Laura Matanah, Executive Director
Compassionate Action for Animals

Online resources for cheap and tasty vegan recipes

- Budget Bytes
Though not completely vegan, this blog offers many ideas for plant-based recipes.

budgetbytes.com

- Plant Based on a Budget
This website includes recipes, meal plans, videos, and more.

plantbasedonabudget.com

I could talk about the affordability of veganism all day long, but perhaps a recipe is most helpful. Vegan pizza is a great affordable option, and you don't need to spend \$20.00 at Pizza Lucé to get it!

Homemade Vegan Pizza

Mix pizza dough (**\$1**), roll out, and set aside.

Prepare Soy Curls (**\$2**) by soaking in water, coating with flour and/or seasonings, and sautéing in a frying pan.

For the sauce, sauté chopped onions (**\$1**), greens (**\$0.75**), and a pepper (**\$1.25**).

Add coconut milk (**\$1.60**) and nutritional yeast for cheesy flavor (**\$0.40**), as well as various spices such as cumin and red pepper flakes.

Assemble pizza and bake at 450 until the crust is golden and crispy.

Total Cost: About \$8.00. This recipe should yield at least four servings, which comes out to \$2.00 per serving.

From saving money by avoiding expensive meat and dairy products, to cooking your own vegan masterpieces, eating vegan can absolutely be affordable! My very first adventures in veganism were actually centered around saving money, learning afterwards that I could also save animals, my health, and the environment, all at once.



Vegan on a Budget

How to Enjoy a Vegan Diet without Breaking the Bank

BY SHELBY SCHOUWEILER

Of all the assumptions concerning veganism, my least favorite is: "Eating vegan food is too expensive!" Although it is possible to eat expensive vegan food, it is equally easy to cultivate a diet that costs less than the standard omnivorous diet.

There are many choices for vegan restaurants, but cooking at home is often the most fun and affordable. Becoming vegan is a great way to explore new, cheap recipes. My meals typically cost \$2.00 per serving.

Vegetables can be very cheap, especially if purchased in season, or at farmer's markets. Whole grains are another staple of most vegan diets, and they're usually quite affordable.

Cheese and other dairy products tend to have relatively high prices, and not many nutritional benefits. Leaving those off your grocery list is another way to save.

Many vegan protein sources are cheaper than meat protein. See here:

COST PER POUND

Lentils	Black Beans	Tofu	Chicken	Beef	Pork
\$1.50	\$1.39	\$2.25	\$3.27	\$3.00	\$3.90



Shelby Schouweiler is a legal coordinator at a software agency in Uptown. She lives in Minneapolis with her compassionate vegan partner Adam, and enjoys cooking, doing yoga, and volunteering with CAA!



caption



Reverie Cafe + Bar

1931 Nicollet Avenue S

Minneapolis, MN 55403

reverieimpls.com

J. Selby's

169 North Victoria Street

St. Paul, MN 55104

jselbys.com



Vegan Restaurants Take Over the Twin Cities

Reverie and J. Selby's

BY JUSTIN LEAF

Not just one, but two, totally vegan restaurants are opening in the Twin Cities, and those of us who love our plant-based eats couldn't be more thrilled. Actually, Reverie Cafe + Bar opened in early 2016 with an entirely plant-based menu, but they've just recently made all they offer—including the coffee bar—completely vegan. And J. Selby's is slated to open in the spring of 2017. Bring it on! We're ready.

Check out their respective websites to learn about all that these new restaurants have to offer.

Having two totally vegan restaurants popping up in the Twin Cities is a sure sign that our movement is thriving. What's even more wonderful is that these dining options offer an opportunity for a variety of people, including omnivores, to sample and savor plant-based food. After experiencing how good vegan food can be, people are more likely to make the switch to plant-based eating in their everyday lives.

Justin Leaf is the Communications and Events Coordinator for Compassionate Action for Animals.

What Reverie and J. Selby's have in common:

- Fast casual dining (order at the counter and the food is brought to your table)
- Hearty, comfort food, appealing to both vegans and omnivores
- Affordable prices
- Wine and beer available

What they each have to offer that's a little different:

- Location: J. Selby's in St. Paul and Reverie in Minneapolis
- Live music every night at Reverie
- An additional "Kid's Menu" at J. Selby's
- Breakfast at Reverie and brunch at J. Selby's

What they have on the menu:

J. Selby's: "Familiar favorites reimaged as plant-based fare"

- Appetizers including vegan buffalo wings and dairy-free nachos
- Hearty sandwiches including plant-based versions of a Big Mac and a Philly steak and cheese sub
- Brunch items including scrambled tofu and pancakes
- Desserts including Carrot Cake and Chocolate Chip Cheeze Cake

Reverie: "A delicious and innovative culinary adventure using only plants"

- A couple hearty salads: Caesar and Dark Green
- Flavorful sandwiches including a jackfruit Cubano, a housemade seitan BBQ, and a TLT (tempeh, lettuce, and tomato)
- A breakfast menu including Polenta Rancheros and Mushroom Benedict
- A variety of vegan baked goods including muffins, cookies, scones, and biscotti, baked in house daily



Frederick the sheep

Life at SoulSpace Opening Minds and Hearts to the Lives of Farmed Animals

BY JULIANA LILLEHEI

Visitors at SoulSpace Sanctuary are advised to keep their bags out of the barnyard unless they are comfortable with a certain sheep rummaging through their belongings. Kara Breci, Executive Director of the sanctuary in Richmond, Wisconsin, reports that Frederick the sheep discovered a banana tucked in her purse one morning—and now every bag holds the possibility of a similar treat.

Frederick, like all residents at SoulSpace, has been rescued from a life of maltreatment and neglect. Frederick was just a lamb when he was found living in a trailer, surviving only on dog food. Most of his ears had been chewed off by his owner’s puppies. Now Frederick frolics free at SoulSpace, beloved by Duke the goldendoodle and Lanie the beagle. Most importantly, Frederick now receives attentive and personalized care. Despite his banana-stealing shenanigans, Frederick is always a hit with visitors, who can’t believe that “he acts just like a dog!”

SoulSpace envisions a more humane world for farm animals like Frederick. It is home to a myriad of residents, including sheep, ducks, goats, chickens,

and one very photogenic pig. Brock, the exuberant potbelly, is always ready to pose for a camera. “He’s probably the most photographed resident,” says Kara, “and that’s exactly how he likes it.”

This spunky pig was once advertised as a free pet on Craigslist. His previous owners adopted him believing he would remain small enough for an apartment. When the “mini-pig” turned into a not-so-mini adult, Brock had no shelter as winter approached. He was rescued by SoulSpace, where he now makes his forever home. Other pet pigs are not so lucky—to limit their growth, mini-pigs are often underfed and inbred. Brock shines in his role as an ambassador for pigs, and Kara promises that he is “sure to win your heart.”



Brock the hog

Equally charming is Boss Hog, the aptly-named rooster. Boss Hog is protective of his “ladies,” the hens he shares the sanctuary with. He is never too far from his girlfriend Buffy, even when taking dust baths or foraging in the sun. At SoulSpace, roosters like Boss Hog reveal distinct and special personalities. Other chickens—the 8.7 billion killed each year in the U.S.—aren’t given the opportunity to show their individuality. Kara is proud that Boss Hog can serve as an ambassador for those who did not receive a second chance.

While SoulSpace is a haven for the hoofed and feathered, it also functions as a community space for tours, education, and service learning. SoulSpace doesn’t just foster compassion for farmed animals. It supports a more compassionate lifestyle for everyone. A visit to SoulSpace is an opportunity to connect with a member of a species other than your own—and maybe snap a selfie or two with Brock.

Juliana Lillehei studies child psychology at the University of Minnesota.



Boss Hog the rooster

Paula and Nathan: Superstar Animal Advocates

BY LINDA POPE

I recently got the chance to chat with two of CAA's most active volunteers of 2016 – Nathan and Paula Huerkamp:

- Winners of CAA's 2016 Vegan Chili Cook-Off
- Volunteer coordinators for CAA's Vegan Thanksgiving Potlucks in 2015 and 2016
- Chef and co-instructor for Bridges of Respect, CAA's humane education program
- Cooking Demonstrator and Planning Committee for Twin Cities VegFest 2016
- Enthusiastic CAA potluck and dine out participants!

What has your path to animal advocacy been like?

Nathan: I was raised nearly vegetarian for practical reasons early on, but went full-on omnivore as a teen. Both my parents loved cooking and we all gardened. My decision to pursue a vegan lifestyle only came after I read Eric Marcus's *Vegan: The New Ethics of Eating*. It was compelling.

Paula: Ten years ago, I was definitely not vegan. I changed my diet for health reasons. I had been diagnosed with Polycystic Kidney Disease and knew that the animal protein burden was detrimental to my health. I started slowly with vegan Mondays, but it was so easy that within a couple of months I was eating vegan.

Were friends and family supportive?

Paula: Yes – people understood my health concerns. But something interesting happened. As I moved toward plant-based, the ethical reasons for not consuming animals became more relevant. I had become open to the compassionate message. I think we instinctively shield ourselves from reality when we consume animals. But the truth is compelling and when people ask me today why I'm vegan, the answer is compassion. It's what's kept me vegan.



Practical advice for the plant-curious:

Nathan: Find a supportive community, like CAA. Changing your diet has never been easier. The challenging part is the social support. It's important. Being involved with CAA means community – we're diverse in lived experience but we all have compassion in common. And that's a powerful bond.

Paula: CAA is super welcoming. Wherever you are on your journey there's a place for you here - however you want to participate - but especially if you're into sharing delicious food with new friends. Also, the more plants on your plate, the better – better for you, the environment, and of course the animals. When you begin to advocate for animals, whatever form that takes, you begin to see that "perfection" is not the goal.

Nathan: It's more about aligning how you live your life with your values. That's real satisfaction.

Paula's Recommendations for Inspiration

- Dr. Melanie Joy's TED Talk: "Toward Rational, Authentic Food Choices"
- The photography of Joann McArthur

Paula and Nathan met at a vegan Thanksgiving potluck in 2012. They share their Minneapolis home with a small flock of rescued chickens.

Linda Pope begins student teaching in the spring of 2017. She has extensive volunteer experience including the Humane Society of the United States, ACLU-PA, and Public Counsel. She listens to a lot of live piano music and enjoys long walks with friends. She lives in St. Paul with her family.

The Best Vegan Bakery in the Twin Cities

BY DAVE ROLSKY

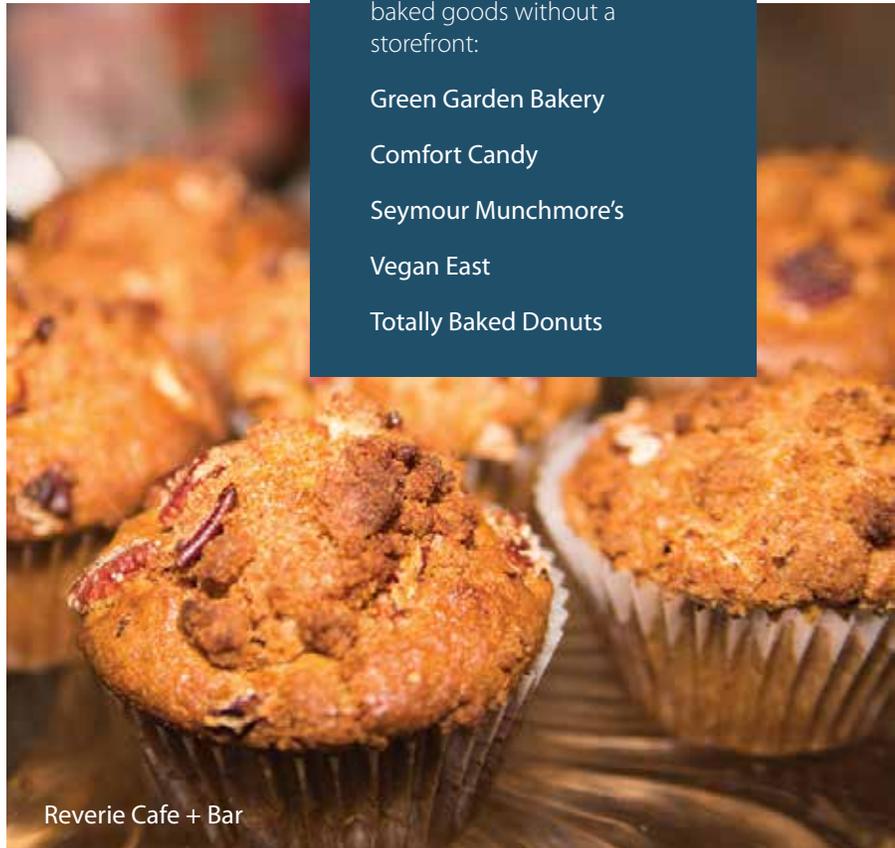


French Meadow Bakery & Cafe

I love tasty treats. But even better than just one tasty treat is finding the tastiest treat. Luckily, the Twin Cities has lots of delicious vegan baked goods to choose from!

My number one pick is Reverie Cafe + Bar. They have an amazing selection of all-vegan baked goods. The highlights for me are their muffins and brownies. Many of their baked goods are made with coconut oil, so if you don't like the taste of coconut, ask before you order.

I have many number two picks. In no particular order, they are French Meadow Bakery & Cafe on Lyndale, Seward Cafe, Hard Times Cafe, and Glam Doll Donuts on Nicollet. French Meadow's Vegan Turtle Cake is fantastic. Their Berry Cream Tart is also vegan, gluten-free, and delicious.



Reverie Cafe + Bar

Seward Cafe makes a variety of excellent baked goods. They often run out, so go early. I recommend their muffins, banana bread, and Monster Chocolate Chip Champion Cookies. Hard Times also does excellent muffins, cupcakes, cookies, and more. Glam Doll on Lyndale has a great selection of vegan donuts. My personal favorite is the chocolate-peanut butter option called The Cosmopolitan Girl.

Your choices don't end there. Every co-op in town has some vegan baked goods, though The Wedge has the most. Whole Foods Market also has vegan baked goods, mostly shipped from Chicago Diner. The Chicago Diner cakes and cheesecake can be great if they're fresh, but check the packing date. Many of the pies from the Whole Foods bakery are vegan, though not marked as such. Also check out the chocolate babka at Breadsmith and Sssdude-Nutz donuts in Dinkytown.

Happy tasting!

Honorable Mention

to these makers of vegan baked goods without a storefront:

Green Garden Bakery

Comfort Candy

Seymour Munchmore's

Vegan East

Totally Baked Donuts



Totally Baked Donuts

Dave Rolsky is a software developer, animal advocate, and baked good enthusiast. He enjoys reading, video games, and eating baked goods.

A Recipe from The Herbivorous Butcher

Vegan Chicken Fried Steak and Country Gravy

Our local vegan butcher shop has received national recognition for its meat-free meats and cheese-free cheeses. Sample this recipe, and you'll understand why. Plant-based dishes like this one remind us that we don't need to give up the flavors and textures we grew up loving just because we're vegan. We can make choices that help the animals and get our grub on all at the same time. Here goes!

Vegan Chicken Fried Steak

Yields 4 to 6 servings

- 2 tablespoon ground flaxseed
- 5 tablespoons water
- 1 1/2 pounds vegan porterhouse or ribeye steak
- 1 cup whole raw pecans
- 2 cups unsweetened cornflakes
- 1 tablespoon dried parsley
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 3 tablespoons vegetable oil

Combine ground flaxseed and water in a small bowl and set aside to thicken.

Put pecans in a food processor and pulse until ground into a uniform meal, similar in size to couscous. Put cornflakes in a medium bowl or pie plate and grind to the same size as the ground pecans.

Add ground pecans, parsley, salt, and pepper to the ground cornflakes and mix until well combined.

Dip each steak into the flax mixture, covering both sides. Dip each coated steak in the breading mixture and set aside.

Heat the oil in a large skillet over medium-high heat.

Put the steaks in the skillet and cook until browned on one side, about 5 minutes. Flip to the other side and cook until golden brown, about 3 minutes.

Serve with Country Gravy and dig in!

Country Gravy

Yields 2 cups

- 4 tablespoons vegan buttery spread
- 1/2 onion, diced
- 1 stalk celery, diced
- 4 ounces crimini mushrooms, diced
- 1/4 cup all-purpose white flour
- 4 sprigs fresh thyme, stemmed and minced
- 2 cups unsweetened nondairy creamer
- 1 1/2 teaspoon salt
- 1 teaspoon ground black pepper

Melt the vegan buttery spread in a medium skillet over medium heat.

Add the onion, celery, and mushrooms and cook, stirring frequently, until golden brown, for 15 minutes.

Add the flour and cook, stirring occasionally, until browned, about 10 minutes.

Gradually add the nondairy creamer and stir until combined.

Stir in the minced thyme, salt, and pepper and simmer, stirring occasionally, until thickened, about 10 minutes.

The Herbivorous Butcher is America's first vegan butcher shop, founded by siblings Aubry and Kale Walch. They make plant-based meats and cheeses in their northeast Minneapolis shop and ship nationwide. theherbivorousbutcher.com



Photo courtesy of
The Herbivorous Butcher

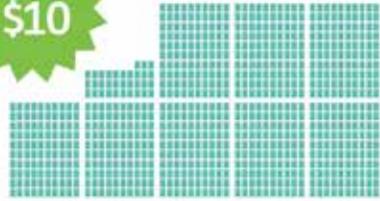


Compassionate Action for Animals

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.



Humane Education for the Twin Cities

A Program of
Compassionate Action for Animals

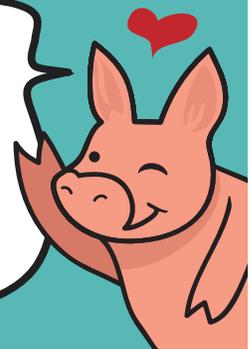
Bridges of Respect offers humane education for middle schools, high schools, and colleges in the Twin Cities metro area. The interactive presentations use discussion, activities, and short videos to encourage critical thinking. It's fun, educational, and free!

bridgesofrespect.org

Join us for our 6th annual
Twin Cities Veg Fest
and Celebrate Compassion

Saturday, September 9, 2017
Como Park, 11 am – 5 pm

tcvegfest.com



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