Welcome to a growing Twin Cities movement for vegan living! There’s an expanding awareness of how our daily choices have a collective impact on animals, the planet, and our health. There’s also a growing movement to invite institutions, such as schools, hospitals, and places of worship, to make plant-based eating available to everyone in Minnesota.

When I say “everyone,” I mean cows and calves, too. You’ll learn more about their fascinating lives in this issue. You’ll also learn how a plant-based diet can help keep your bones strong and what are the intersections between plant-based eating and food access for all.

As you read these pages, I invite you to consider how you can take the next step in promoting well-being for everyone in our community.

• Do you know how to get the nutrition you need on a plant-based diet? (Spoiler: it’s easy!)
• Are you wondering how you’ll relate to friends and family if you go vegan?
• Are you interested in taking effective action for animals and growing a movement for compassion in the Twin Cities area?

Compassionate Action for Animals can help. Visit our website at exploreveg.org. You’ll find a wealth of information, opportunities to build community, and ways to take your next step.

Join us in creating a more compassionate Minnesota!

With the animals,

Laura Matanah, Executive Director
BUILDING STRONG BONES
THE VEGAN WAY

BY SUZY SORENSEN, RD, LD, CDE

It’s important for everyone to get enough calcium and vitamin D for health. Though dairy foods have long been considered a good source of calcium, many seek an alternative due to the cruel practices associated with animal agriculture. Additionally, dairy is high in fat, cholesterol, proteins and sugars that can make people feel unwell and is more recently associated with a risk of type 1 diabetes and prostate cancer.

Luckily, there are plenty of plant sources of calcium that are kinder and healthier than dairy.

Bones are living tissue that is always being broken down and built back up. It’s a complex process. Strong bones depend on a balancing act of 1) minimizing calcium loss and 2) getting adequate calcium and other nutrients to maintain bone health.

The vitamin D minimum is 600 IU a day. Some plant foods are fortified, but many people benefit from a supplement of up to 4000 IU a day during the winter months. While calcium is well known for building and maintaining strong bones, it also plays an important role in the function of the heart and nervous system.

An online search can be helpful for a specific list of plant-based calcium sources, but here are a few ideas to get you started:

300 MG CALCIUM
- 8 ounces fortified orange juice or nondairy milk
- 1 Luna bar

200 MG CALCIUM
- 1/2 cup collard greens
- 1 tablespoon blackstrap molasses
- 1/2 cup calcium-set tofu

100 MG CALCIUM
- 1/2 cup cooked turnip greens, kale, broccoli, or soybeans
- 1 packet instant oatmeal

Some greens, such as spinach, swiss chard, and beet greens, are high in oxalate, which prohibits calcium absorption. They would not contribute to the daily calcium intake goal.

With a little attention to your food choices, you can get all the nutrients needed to build strong bones—the vegan way!

FACTORS THAT PROMOTE HEALTHY BONES INCLUDE THE FOLLOWING:
- Exercise
- Safe sun exposure
- A diet rich in vitamins and minerals from fruits, vegetables, and legumes
- Adequate plant protein as part of a whole foods meal plan
- Sufficient calcium and vitamin D
- Avoiding excess sodium and caffeine

HOW MUCH IS RECOMMENDED?

<table>
<thead>
<tr>
<th>AGE</th>
<th>CALCIUM NEEDS</th>
</tr>
</thead>
<tbody>
<tr>
<td>9-18 YEARS</td>
<td>1300 MG/DAY</td>
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<tr>
<td>19-50 YEARS</td>
<td>1000 MG/DAY</td>
</tr>
<tr>
<td>&gt;50 YEARS</td>
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Suzy Sorensen is a Twin Cities-based Registered Dietitian and a Certified Diabetes Educator who holds a Certificate of Training in Vegetarian 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.

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PHOTO BY LEAH QUINTO

PHOTO BY LAURA CARROL

2018 CAA

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I gave birth to my fifth baby in four years this afternoon. My body is weak, but my heart is full of joy! It feels so good to have her by my side. All I want to do is frolic in this field and teach her everything. When she brushes up against me, it is all I ever want to feel. When she calls to me, it is all I can hear. The sun is going down now. I cannot remember a more perfect day.

Is that her breath against my cheek? I slept so well—much better than usual. Oh, she’s still fast asleep! I should lick her; that will wake her up. Today, I’ll teach her things to help her find me if she’s ever in trouble. What’s this? The sun is going down already? This day went even faster than the last. I know my baby will remember all she’s learned.

I’m awake and panicking! I hear gates shutting. My baby is crying, and she’s going farther and farther away. It is still dark, and I can’t see. Baby! I’m over here! Can you hear me? I can hear you! Run to me like I taught you! Keep calling until I break free. What are you doing here, human? Can you help me find my baby? Why are you keeping me here? My baby is in danger. I can’t stop calling to her. My heart has been broken open, and the pain is unbearable!

Around nine million dairy cows live in the United States. Their forced reproduction is the only thing that keeps their milk flowing. But their milk is not given to their own babies. A high percentage of dairy calves are separated from their mothers within 24 hours of birth. These new moms often bellow and cry for days in desperation and mourning. Cows are sensitive, sentient beings. Being separated from their calves isn’t something they forget quickly. And it’s all for profit and to satisfy what the dairy industry has lead us to believe about “the best” sources of calcium.

Would we do such a thing to human women for profit? Well...

Enter feminism. Suffragettes led the way. The Women’s Liberation movement followed. Ecofeminism emerged and aligned with the oppression of non-human females, particularly those being factory farmed. Postmodern feminism focused on humans. And where are we in 2018? Feminism has again embraced the animal rights movement because the reproductive freedom of both women and animals are linked to the patriarchy and other forms of oppression.

Want to engage and learn more? A great way to connect with factory farmed animals and learn about what they endure is at a sanctuary. And Spring Farm Sanctuary in Long Lake, Minnesota even has cows rescued from the dairy industry. I encourage you to pay them a visit, and remember to embrace how the interspecies oppression of females is one more reason to add plant-based meals to your plate.
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“Those who seek greater justice in our world need to work toward a deeper understanding of oppression. Activists need to develop the kind of understanding that will lead to a lifestyle—a way of being—that works against all oppressions.”

– Lisa Kemmerer, Sister Species
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We need to make it just as easy to move toward a plant-based diet. Sisters Camelot is one way that can happen. Jenell also believes that community potlucks and gardening will also help. "Teach others how to grow their own food," Jenell says. "Hope Community is doing amazing work with this through their Land Stewardship Project. They've got three gardens and offer workshops and community meals. I'm hoping that one day they can stop adding animal products to that."

We at CAA believe it's necessary to advocate for animals with empathy, humility, and respect. And so before saying "going vegan is easy," we need to ask ourselves, "Easy for whom?" This is an essential part of caring for animals and our fellow humans. Jenell's work with Sisters Camelot is a great model for that, and we're certainly glad he spends some of his time volunteering with CAA's outreach efforts, such as leafleting, Twin Cities Veg Fest, and helping people understand where their food comes from.

For those of us who've been vegan for a while, it can be tempting to say that going vegan is easy. But moving to a plant-based diet is not that simple for many. Here's one example: Your closest grocery store is a few miles away, and you don't have a car. You could take the bus, but that takes some planning, especially with two kids in tow. And even when you do get there, the fruits and veggies just cost too much, let alone the fancy vegan cheeses and other specialty foods that we often portray as the face of veganism.

CAA volunteer Jenell Holden has been trying to fill this gap for years. He's passionate about advocating for a vegan diet while making plant-based food more available to all people. While living in Georgia, Jenell got involved with Food Not Bombs, a nonprofit that collects unused food from grocery stores, bakeries, and produce markets, and takes it to those in need. Talking with other volunteers in the group, he learned more about the plight of animals used for food and transitioned to a vegan diet. About three years ago, he came to the the Twin Cities, where he discovered CAA and Sisters Camelot. Like Food Not Bombs, Sisters Camelot works to promote sustainability, strengthen community, and raise awareness about food justice. They model a way to share free, healthy food in our communities.

Twice a week, Jenell volunteers with the group, loading a truck with leftover organic produce. They try to give away every bit. "I hear that veganism is expensive," Jenell says, "but so much overpriced produce is..."
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VEGAN ICE CREAM IN THE TWIN CITIES
BY LAURA VANZANDT

People are often surprised when I tell them the Twin Cities has many vegan ice cream options. A few places have savory food as well, so you can enjoy a full meal all in one spot!

Laura vanZandt writes the blog One Girl, Two Cities, and is the Marketing Communications Coordinator at The Herbivorous Butcher.

CREPE & SPOON
Crepe & Spoon is one of northeast Minneapolis’ newest hot spots, slinging vegan crepes that feature The Herbivorous Butcher’s meats and cheeses along with a nearly full case of coconut-cashew ice cream offerings. Flavors change regularly so you never quite know what you’re going to find, but don’t worry—you can sample before you decide. I’ve tried everything from Thai Tea to Popcorn to PB&J to Matcha. I’m convinced you haven’t lived until you’ve savored a scoop of creamy ice cream nestled inside a fresh, hot crepe.
339 22nd Avenue NE, Minneapolis crepeandspoon.com

J. SELBY’S
You’ve likely heard of J. Selby’s and their infamous Dirty Secret. My secret is that you can go for happy hour weekdays from 4 to 6pm and get $2 off appetizers and SoyClones (think: vegan Blizzard!) and walk away perfectly satisfied. So nosh on a basket of Cauliflower Wings, then choose between vegan chocolate and vanilla soft serve; add-ins include house-made brownies and chocolate chip cookies, Newman Mint-O’s, peanut butter, and more. Or keep it simple and get a dish of soft serve on its own.
169 N Victoria Street, St. Paul jselbys.com

MILKJAM CREAMERY
Offering five to six whimsical vegan ice cream flavors daily, Milkjam Creamery has not disappointed. If Black (dark cocoa) is available, it’s the perfect place to start, and I know many non-vegans that love it, too. The Wadi brothers who own Milkjam also own World Street Kitchen next door, so I’ve grabbed a Bangkok Burrito with crispy marinated tofu before snagging a scoop many times. In the summer, you’ll often find a line down the block, but it’s worth the wait and usually goes quickly. Also make sure to double check the Sundae Special because the offering has been vegan occasionally.
2743 Lyndale Avenue S, Minneapolis milkjamcreamery.com

WEDGE COMMUNITY CO-OP AND WEDGE TABLE
If you’re looking for an inexpensive, small sweet treat, pop into the Wedge Co-op or Wedge Table and grab a kids’ coconut milk soft serve cone. Feeling more adventurous? Go for the Chai’s The Limit or Espresso Bomb shake. Both locations also have a selection of made-to-order savory food, and the Table has indoor and outdoor seating.
2105 Lyndale Avenue S, Minneapolis
2412 Nicollet Avenue, Minneapolis
wedgecoop.com

Also serving vegan ice cream

IZZY’S ICE CREAM
izzysicecream.com
2034 Marshall Avenue
St. Paul
1100 2nd Street S
Minneapolis

LA LA HOMEMADE ICE CREAM
lalahomemadeicecream.com
3146 Hennepin Avenue S
Minneapolis

LOULOU SWEET & SAVORY
loulouandco.com
2839 Emerson Avenue S
Minneapolis

PUMPHOUSE CREAMERY
pumphouse-creamery.com
4754 Chicago Ave. S.
Minneapolis

SEBASTIAN JOE’S
sebastianjoesicecream.com
1007 W Franklin Avenue
Minneapolis
4321 Upton Avenue S
Minneapolis

SWEET SCIENCE ICE CREAM
sweetscienceicecream.com
In stores only; no storefront
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**PUMPHOUSE CREAMERY**
pumphouse-creamery.com

4754 Chicago Ave. S.
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**SEBASTIAN JOE’S**
sebastianjoesicecream.com

1007 W Franklin Avenue
Minneapolis
4321 Upton Avenue S
Minneapolis

**SWEET SCIENCE ICE CREAM**
sweetscienceicecream.com

In stores only; no storefront

Bridges of Respect offers free 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, & free!

bridgesofrespect.org

A program of Compassionate Action for Animals

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move2veg.com
ARTICHOKE WALNUT TOFU BURGER SLIDERS

BY ROBIN ASBELL

With these irresistible little burgers, tofu and artichokes deliver all the satisfaction of meat, and nondairy milk and coconut oil make the tender, whole-grain biscuit buns delicious. This recipe makes 11 sliders.

**BISCUITS**
- 6 tablespoons coconut oil
- 3/4 cup plain nondairy milk
- 1 tablespoon cider vinegar
- 2 cups whole wheat pastry flour
- 1 tablespoon baking powder
- 1 tablespoon sugar
- 3/4 teaspoon salt

**BURGERS**
- 18 ounces extra-firm tofu
- 1/2 cup rolled oats
- 14 ounces canned artichoke bottoms
- 1 tablespoon fresh thyme, chopped
- 3 tablespoons minced shallots
- 2 tablespoons Dijon mustard
- 1 teaspoon salt
- 1/2 cup walnut pieces, chopped
- 6 tablespoons mayonnaise
- Lettuce and tomato, for garnish

Preheat the oven to 400 degrees F. Line two baking sheet pans with parchment paper. Measure the coconut oil and then chill until solid. Mix the cider vinegar and nondairy milk in a cup.

Put the flour, baking powder, sugar, and salt in a large bowl and stir until combined. Using the large holes of a grater, grate in the chilled coconut oil and gently toss to coat with flour. Stir in the soy milk. Put the dough on a lightly floured surface and flatten to 3/4-inch thick. Cut into 22 biscuits with a 2-inch biscuit cutter, or use the rim of a cup.

Arrange the biscuits on one of the prepared baking sheets and bake for about 15 minutes, or until golden brown. Let the biscuits cool on pans for at least five minutes.

For the burgers, press tofu to drain the excess water. Crumble into a large bowl. Drain the artichoke bottoms and pat dry. Mince half of the artichokes and add to the tofu.

Put the oats in a food processor and grind until a chunky powder. Add the second half of the artichoke bottoms and process until a coarse mixture.

Add the oat-artichoke mixture to the tofu mixture. Add the thyme, shallots, mustard, salt, and walnut pieces. Mix with your hands, squeezing to make the mixture hold together.

Scoop 1/4-cup portions onto the second prepared pan and flatten the portions to make 3/4-inch-thick burgers.

Bake for about 30 minutes or until firm. Mix the mayo and mustard in a small bowl. Serve on split biscuits with lettuce, tomato, and mayo-mustard mixture.

Robin Asbell is an author, educator and natural foods chef who has been teaching vegan cooking in the Twin Cities since 1995. Her upcoming book, Plant Based Meats: Hearty High Protein Recipes for Vegetarians, Flexitarians and Curious Carnivores, will be out in 2018. Asbell is the author of nine cookbooks, including Great Bowls of Food, Big Vegan, and Sweet and Easy Vegan. Robin is a popular television chef and teaches and speaks internationally. Her column “Meatless in Minnesota” appears in the Star Tribune. Visit her website robinasbell.com for her blog, classes, and public appearances. Follow her on Facebook, Twitter, Pinterest and Instagram.
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$100
Sixty people get support for moving to a plant-based diet at our potlucks.

$300
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$500
Five hundred people see a five-minute video exposing factory farming at a community event.

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@ Harriet Island Regional Park

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