

# Capital Veg News

THE OFFICIAL NEWSLETTER OF THE NATIONAL CAPITAL VEGETARIAN ASSOCIATION

## In this edition...

Many proponents of the local food movement emphasize locally produced animal products. However, consuming locally grown vegan food is just as easy, and goes much further to reduce our impact on the environment. So why not up the ante, and become a locovore and herbivore? You'll know you're doing all you can to eat with a conscience.

Kind regards,  
The NCVA team

In partnership  
with:

  
the table  
VEGETARIAN RESTAURANT

*Up the Ante:  
Eat Local  
and Vegan*

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## President's Message by Pamela Eadie

In 2010, the NCVA was able to participate in more events than ever. Tabling at various events and fairs in an important way for us to not only raise the NCVA's profile in the community, which tends to result in more volunteer power and the ability to accomplish more, but also to get out there and talk to people about the many benefits of a plant-based lifestyle.

A question we're frequently asked at these events is, why become an NCVA member? It's true, all NCVA events and activities are open to everyone, not just members. So why shell out \$20 a year?

One of the most compelling reasons is that if not for people becoming NCVA members, we couldn't afford to participate in many events. Some are free, but others require a fee. We rely on membership funds to allow us to participate, and to print NCVA materials. NCVA membership funds allow us to perform critical outreach work. We are showing people that it is possible to survive--and thrive--on a plant based diet. We are reaching out to those who may be isolated in their quest to live a vegan lifestyle. We are providing practical information about how to make the switch to a kinder diet.

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Another reason that tips the scale for some people, is that NCVA members receive a multitude of discounts at area businesses. It's a list that's growing all the time. These businesses recognize the important work the NCVA does, and offer us this support to entice people to become members. In return, the NCVA promotes their services to members, and prospective members. And then those who become members benefit from the discounts. It's a win-win-win situation. The many discounts that are available to members were all negotiated by committed volunteers, who are building and maintaining relationships with local businesses.

What this all comes down to is community building. The NCVA is committed to creating an infrastructure that supports the veg lifestyle. All of these pieces fit together to do just that. I come from a small town of farmers and hunters where there is no veg infrastructure, and where most of the products and services that we have here in Ottawa are not available, and may never be. People living in Ottawa take it for granted that it has never been easier to abstain from eating animal products in this city. Surely that alone is worth \$20.

Most recently, The Table Vegetarian Restaurant and Host India have signed on to our membership discount program. For a complete list of member discounts, see page 4.

## Pamela Eadie

### ZenKitchen's Triad: Local, Vegan and Delicious by Tanya Hanham

You have been patiently waiting for upscale vegan dining for years. Well, wait no longer Ottawa, because ZenKitchen is finally here and they've nailed it. I spoke with owner David Loan of ZenKitchen about their focus on local food. Read on and then go eat.

**NCVA:** *A lot of restaurants equate ethical eating with buying meat and eggs from a local farmer. However, ZenKitchen obviously takes that up a notch with a completely vegan menu. Can you speak a bit about why you chose to be a vegan restaurant? Also, how much of ZenKitchen's menu is made up of local foods and how important is it to you to incorporate local foods when you are creating dishes for your menu?*

**ZenKitchen:** When we started considering our plan to open a restaurant, we never thought about offering anything other than vegan fare, for a myriad of reasons.

Beyond the critical importance of being cruelty-free, healthy and sustainable, vegan cuisine challenges us to be creative every day. When you remove the culinary crutches of butter and cream, you need to find new ways of providing big flavour. That's why we use techniques that aren't usually associated with veg food, like smoking and grilling, and why we've found methods to develop the umami flavours without using animal proteins.

Besides vegan and local, we also focus on organic and whole foods. Making everything from scratch using natural and whole products takes a lot of labour - our kitchen is always full of

cooks helping with prep - and it costs more than if we simply imported processed foods from Asia. But we think the value to our health and the better quality and flavour make it worth the additional cost.

**NCVA:** *Winter is coming up here in Ottawa. It's obviously easy to eat locally in Ottawa the rest of the year when the farmer's markets are spilling over with fresh produce. Do you have suggestions for vegans and vegetarians to incorporate local foods into their diet in the coming months?*

**ZK:** We've addressed the painful reality of our short growing season in two ways. First, many Ottawa farmers overwinter root vegetables like squash, carrots, onions, and potatoes. Since those lend themselves to the kinds of warming comfort foods that we all love in the winter, our menu changes in keeping with the available produce.

As well, there are some sustainable greenhouses offering salad greens until the end of November and beginning again in March. We really only have to depend on imports for a few months.

Continued on Page 4

Tanya  
Hanham

# Made locally, with love, at Auntie Loo's

by Pamela Eadie

There's nothing quite like fresh, made with love baked goods. And nobody knows that better than Amanda Lunan, more commonly known as Ottawa's "Auntie Loo."

While her baked goods have been available at Ottawa area natural food stores for several years now, Auntie Loo opened her storefront one year ago, much to the delight of vegans and cupcake enthusiasts. It was the culmination of many years of hard work and perseverance.

"I wasn't sure what I wanted to do with my life. I was in a band and working at a coffee shop. I would make these cakes for my friends, and someone told me I could make a lot of money selling them," Auntie Loo explains.

"But I figured nobody would want my crappy cake."

Was she ever wrong. The same friend talked her into selling her creations at a Ladyfest Craft sale in 2004. She was a hit. Inspired, she completed a small business diploma program at Algonquin College, and joined the Youth Entrepreneurship Program, which gives young people a salary while they get their business started.

She baked her heart out while renting space at a bakery that was closed overnight. Fellow vegan baking aficionado, Brad Campeau of B.Goods cookies, mentored her. She built a loyal following through LadyFest and other events, and by having her goods in health food stores.

But then the Youth Entrepreneurship Program ran out, and she was at a crossroads. "It was do or die," she says. With help from the Canadian Youth Business Foundation, she was able to find and rent her own retail location, on Bronson Avenue.

She's also expanded her wedding cake business, with help from her "right hand man" Kate Veinot. Auntie Loos currently has two part time employees, and two volunteer pastry students from Algonquin College.

Her repertoire of treats is constantly changing with the seasons, but the one constant is that they're always vegan. There are also soy-free and gluten-free options. Treats include a wide variety of cupcakes, squares, pastries, brownies, and cakes. She caters special events and welcomes special orders.

"I never expected a response from the community like this. It's been awesome," Auntie Loo says. "People like to come in and see where the food is coming from. It's important to me to be really transparent." Auntie Loos uses organic products whenever possible, and works with and purchases from small local businesses.



Most of her clients are not vegan, but, "when they're buying a cupcake from me, they're not buying one that has animal products. Most people who come in don't care. They just like that it tastes good."

Her love of animals has inspired her along the way. "I really love animals. The reason I went vegetarian was because a cow truck passed me on the highway when I was five years old. That's when I realized how meat was made," she says. She's been vegan for more than 10 years.

These days, she's at the forefront of Ottawa's burgeoning vegan community. "It's my contribution," she says. "I just think it's important that people make informed choices."

[www.auntieloostrats.ca](http://www.auntieloostrats.ca)  
507 Bronson Avenue.  
613-238-ALOO

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Secondly - and this is key - we took the time to preserve many local foods this summer. We have jars of tomatoes, house ketchup, tomatilla salsa and more kinds of pickles than we can remember. We'll keep serving local Ottawa produce all winter long.

There's a trade-off here. Local food is fresher, higher in vitamins, tastes a lot better and is more sustainable. But imported foods are heavily subsidized by their governments, and it's cheaper to use gallons of earth-killing pesticides than to farm organically. That's why local and organic costs more.

Many of us are willing to pay more for Fair Trade coffee and chocolate. Buying locally means paying farmers a fair price for their products, too. It's well worth the difference.

**NCVA:** *People seem to be responding well to Zen Kitchen. I went for dinner on a random Tuesday night and was pleased to see almost all of the tables were full. Any guesses as to what your customer base looks like? Are they vegans, locavores, or foodies? I have to that say I'm all three. It's win-win-win for me at Zen Kitchen.*

**ZK:** Thanks for saying that! Vegetarians and vegans form a small percentage of our clients, and we think that's just great. Every day, we show meat-eating omnivores that food can be flavourful, beautiful, healthy and cruelty-free. And if they decide to go veg a little more often each week, that's certainly a win for all of us.

**NCVA:** *Please talk a bit about the cooking classes mentioned on the website (which are sold out. wow!) and any we should look forward to in the future.*

**ZK:** The cooking classes have been a real challenge for us, in part because the restaurant kitchen is always in use and isn't available for classes. We've settled for teaching through external agencies like the Urban Element and the LCBO. Both offer great opportunities to teach our cuisine, and the classes usually sell out.

Caroline is currently in talks with both organizations about their Spring calendars, and we should have news soon.



## Get Carded - The NCVA way

NCVA members get some really great discounts, and there are more added regularly! For your nominal yearly membership fee of \$20, which directly supports NCVA's outreach activities, you are entitled to discounted entrance to NCVA potlucks, a 20% discount at The Table Vegetarian Restaurant (1230 Wellington Street West), and 10% discounts off vegetarian food at:

- ZenKitchen (634 Somerset Street West)
- Green Earth Vegetarian Restaurant (354 Preston Street)
- Cafe My House (1729 Bank Street)
- Host India (622 Montreal Road)
- Coconut Lagoon (853 St. Laurent Blvd.)
- The Lieutenant's Pump (361 Elgin Street)
- Kinki (41 York Street)
- Shafali Restaurant (308 Dalhousie Street)
- Shafali Bazaar (55 Byward Market)
- Xpresso Cafe (102-179 George Street)
- East African Restaurant (376 Rideau Street)
- Chahaya Malaysia (1690 Montreal Road)

and more!

Visit the Web site for more details: [www.ncva.ca](http://www.ncva.ca).

You can become a member online, or by mailing a cheque or cash with your name, mailing address, and e-mail address to: NCVA, 440 Hardy Avenue, Ottawa ON. K1N 2B1. You will be sent a membership card shortly. Even if you don't use your card a single time, you have still contributed to an organization that's 100% volunteer driven, and that is working hard to educate and support the public to make healthier, more peaceful, and more environmentally friendly food choices!



# NCVA's Erin O'Sullivan presents Veganism to middle-school students

by Erin O'Sullivan

On September 28th, 2010, the NCVA participated in an exciting youth conference at Gloucester High School. The conference was organized by JersVision, a youth-oriented organization dedicated to promoting diversity and eradicating discrimination and bullying ([www.jersvision.org](http://www.jersvision.org)). The theme of the conference was consumer awareness: kids were encouraged to think about how their choices as consumers might, essentially, "bully" the world by harming the environment and encouraging exploitation of people and animals.

The Executive Director of JersVision opened the conference by presenting an award to David Suzuki, who, in his accep-

tance speech, remarked on the many ways that kids could reduce their negative impact on the world by changing their consumption habits. Happily, one of his main suggestions was that kids try to eat less meat!

Following the opening ceremony, NCVA representative Erin O'Sullivan delivered an hour-long presentation to a group of 30 middle-school children. The theme of the presentation was "Go vegan for the animals, for the earth, for your health." The seriousness of the subject matter was offset a bit by a table full of vegan cupcakes, tarts and faux meat sandwiches, as well as "prizes" consisting of some of the more sinfully delicious vegan junkfoods. The kids were polite and enthusiastic, and judging by the incredible speed at which the vegan treats disappeared, more than willing to approach veganism with an open mind!

<http://www.jersvision.org/>  
<http://www.ncva.ca>

# 25th National Capital Pride Parade

by Erin O'Sullivan

Thanks to the NCVA members and friends who marched in the 25th National Capital Pride Parade. Hundreds of marchers and thousands of spectators enjoyed the parade, which marked the end of a week long celebration of Ottawa's gay, lesbian, bisexual and transgendered community. Led by a carrot and accompanied by a seal, a fairy and a cow with a bicycle, NCVA members and supporters championed "Peace for all who live" and encouraged a boisterous crowd to "Go Veg!" Pausing outside city hall at the end of the march, we enjoyed a photo op and some homemade vegan doughnuts with the Green Party's vegan Deputy Leader, Georges Laraque. All in all a pretty wonderful day!



Photo by Neil Harvey



# Cookbook Review: Jae Steele's *Ripe From Around Here*

by Katie Gibbs

When most people think of local food the first things that come to mind are grass-fed beef and artisan cheese – not very vegan! But increasingly, vegans are extending their quest for ethical food to food that is not just free from animal products but that is also grown sustainably and close to home.

Jae's book is a refreshing addition to the "locavore" movement, showing that it is easy to eat food that is vegan, local, and delicious. Never dogmatic or preachy, she offers tips that are as useful for someone who has just starting to think about local food as they are for the farmers' market veteran.

The first 75 or so pages of the book are composed of a number of informational chapters dealing with everything from mindful eating and creating a toxin free kitchen to a seasonal guide to local eating that includes tips on gardening, composting and preserving. The seasonal availability chart for different produce is especially helpful.

This is truly a cookbook that anyone can enjoy - there are recipes for all types of dietary requirements, with many

recipes clearly labelled as gluten free, soy free, nightshade free and/or raw. In addition, most of the baked goods are whole grain and feature maple or agave syrup as the sweetener. I love that there are a number of great raw dishes and (because it was too hot to cook this summer) most of the dishes I have tried from the book are raw. I made the 'StRAWberry Crumble' and 'Rawsberry Cheesecake' with my bounty from a local u-pick and the 'Pad Thai in the Raw' with zucchini from my garden. These dishes were so good that even those not into raw food (a.k.a. my boyfriend) devoured them. I've also made and enjoyed the 'Red Pepper and Lentil Soup' and 'Sweet Corn Chowder'.

So far I've only tasted the summer selections and really, it's not very hard to eat more local in the summer. But I am really looking forward to using Jae's tips and recipes like 'Cranberry Almond Loaf', 'Squash au Gratin', 'Tomato Chard Bake', 'Baked Apples with Nuts and Spices' and 'Maple Layer Cake', to help me eat more local all year round.

*Fresh local ingredients  
shine in Jae's simple  
but delicious recipes  
that everyone can  
enjoy.*

## Have you heard about...

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<http://www.beaus.ca/>



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## NCVA Vegan Potlucks

**Next Potluck Dates:** Nov. 13, Dec. 11, Jan. 15, Feb. 19, Mar. 12

Each person should bring a VEGAN dish (with ingredient list) that serves between 10-12, as well as your own plate, cutlery, and beverage. Also, please bring a serving utensil for your dish. Admission is \$1 for NCVA members, and \$3 for non-members to cover facility rental.

Please note: Everyone is welcome, whether you're vegan, vegetarian, or non-vegetarian, but please ensure that the dish you bring is free of animal products; that includes any animal flesh, eggs, dairy/cheese, honey, etc.



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1729 Bank St. Ottawa, ON 613 733 0707



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## Capital Veg News

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### Support the NCVA

Donate:  \$20  \$50  \$100  \$

The NCVA only accepts cash or cheques - you can pay via credit card online at [www.ncva.ca](http://www.ncva.ca)

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Mail to: NCVA, 440 Hardy Ave, Ottawa, ON K1K 2B1

The NCVA is a not-for-profit membership-based organization created to educate the public about the health benefits of a plant-based diet for the improvement of public health. Our goal is to reach as many people as possible – whether or not they are vegetarian.

#### Why join - Member benefits

##### Support a Healthier Community

The more people we reach with our message, the healthier the population in the National Capital Region

##### Local Discounts

The NCVA is working with local businesses to establish a member discount card

#### Making Life Easier for You

We are working for you to increase the number of businesses that accommodate plant-based diets

#### Take Action

Volunteer with the NCVA or run for the board of Directors

#### Be Heard

With a large membership base we can act as a representative voice in the National Capital Region