

# Capital Veg News

THE OFFICIAL NEWSLETTER OF THE NATIONAL CAPITAL VEGETARIAN ASSOCIATION

Apr 2008/May 2008

## NCVA introduces running team sponsored by VEGA



By Pamela Eadie

Thanks to the dairy and meat industries' phenomenal marketing success with positioning meat and dairy as healthy and necessary, vegetarians and vegans are sometimes assumed to be 'protein deficient' and weak.

But the National Capital Vegetarian Association hopes to make some progress towards debunking that myth, with its running team at the Ottawa Race Weekend (May 23-25).

"I know many vegetarians and vegans who run, and the Ottawa Race Weekend is a huge, high-profile event," says Todd Switzer, running team captain. "I thought it would be a great opportunity to put an unofficial team together and try to raise some publicity and



Members of the NCVA's running team. Back, L-R: Todd Switzer, Kevin Matthews, Tom Roberts, Carol Anne Owen, Laila Sikking and Wayne Sawtell. Front, L-R: Isabelle LeBlanc, Melanie Manny, Jill Pyle, Rob Thomas, Joanne F.W. Charlebois, and Pamela Eadie. Photo by: Vincent Guihan.

Continued on page 2

3

Energy bar taste test

5

Recipe corner

7

Nutritional yeast

8

Restaurant review:  
Sacred Garden

For your health

## The lowdown on Omega-3's

By Brendan Brazier

Omega 3 fatty acids are essential for good health. In fact, along with omega 6, omega 3 is categorized as an essential fatty acid (EFA). Being labelled essential simply means that the body cannot manufacture it from other nutrients; it must be present in the diet for good health to be achieved.

Omega 6, on one hand, is very easy to obtain. You would have to eat a poor diet consistently to fall short of the body's requirement for omega 6. It is found in most nuts, seeds, legumes, tofu and also, to a lesser degree, in many fruits, vegetables and grains. The only caution here is to be sure to consume

the nuts and seeds in raw form; otherwise the fat will be altered by roasting, and, therefore, less usable by the body.

On the other hand, omega 3 is less plentiful, but equally important. The most commonly-cited source of omega 3 is salmon. Obviously, this is of little help to vegans and vegetarians like ourselves. But it is important to note that salmon is not as good a source as it used to be. Farmed salmon have considerably less omega 3 than their wild counterparts. Omega 3 levels in wild salmon are also declining. The algae they eat, which gives their bodies a high omega 3 content, is declining in both

Continued on page 6

awareness to show people that people can not only survive, but thrive on plant-based diets.”

The running team is being sponsored by Vega ([www.myvega.ca](http://www.myvega.ca)), nutritional products which are formulated by vegan ironman triathlete and ultramarathoner Brendan Brazier. The VEGA line of products includes a whole foods meal replacement drink mix, energy bars, and an antioxidant EFA oil blend.

“There are many examples of people who thrive and have great athletic performance on a plant based diet,” says Brendan Brazier, who is also an NCVA board member. “Members of the NCVA’s running team are only a few examples of this. I thought it was a great fit for VEGA to sponsor the race team. The Ottawa Race Weekend is a high profile event, and we’re excited to have such a great group running under the VEGA banner.”

NCVA running team members will wear technical t-shirts bearing the VEGA logo, as well as the NCVA logo and the message “Plant Powered!”

There are 15 confirmed team members, including Joanne Charlebois in the marathon, Pamela Eadie, Melanie Manny, Kevin Matthews, Rob Thomas and Cynthia Desnoyers in the half marathon, Jill Pyle, Lisa Salt, Jill Pyle and Todd Switzer in the 10K, and Laila Sikking, Wayne Sawtell, Isabelle LeBlanc, and Tom Roberts in the 5K.

Joanne Charlebois is a veteran runner and vegan who qualified for the Boston Marathon at last year’s race weekend with a time of 3 hours and 35 minutes. She’s running not only to show that vegans can be good athletes, but also for the animals. “Animals are not ours to do as we please with,” she says.

For more information about the Ottawa Race Weekend please visit [www.runottawa.ca](http://www.runottawa.ca). And be sure to spread the news about the running team to everyone you know, and come out to cheer them on during their events.

More information about the team can be found at [www.ncva.ca/Home/running-team](http://www.ncva.ca/Home/running-team)

## Veg Q & A

### By Joanne Charlebois

**Q:** I have recently decided to make the transition from vegetarian to vegan, but I am finding the social aspects such as eating in restaurants or at non-vegan friends’ homes challenging. How can I handle these situations so that I don’t feel like I’m inconveniencing everyone around me and turning them off the idea of veganism?

**A:** Congrats on having made the excellent decision to become vegan! It’s normal to feel a little overwhelmed by the details of your new way of life. It helps to remind yourself often of your motivations for going vegan, and to keep in mind that it will become much easier as time goes on. A good book with advice for new vegans is *Vegan Freak* by Bob and Jenna Torres which addresses many issues including worries of feeling like the “freak” at the dinner table.

When eating at non-vegan friends’ homes, offer to bring a vegan dish to share. That way you can lay to rest your worries about inconveniencing the host, and you’ll be sure to have at least one animal-free dish available. Most vegans do this, and often find it’s a great opportunity for outreach to share a delicious vegan dish. You can also offer recipe suggestions if the host wants to make you something vegan but isn’t sure what to make.

When eating at less-than-vegan-friendly restaurants with non-vegan friends, colleagues or family, there are many things you can do to make it go smoothly – for example, you can call the restaurant ahead of time to ask about options or to arrange a special plate, you can go speak to the server or chef away from the table if you are in a large group and don’t want to take up everyone’s time, you can order something that is not on the menu, or you can even eat beforehand and just order a green salad or french fries made with vegetable oil. Don’t forget that it is their job to serve you and take care of your needs, and you have every right to ask questions about what is in the food and make your needs known. Just politely ask about vegan options or about the specific ingredients in the dish that interests you if

you’re still not sure that they have understood.

If your dining companions seem annoyed or make irritated comments or jokes, try gently reminding them that it is very important to you to know what goes into your food, but don’t feel that you need to bend over backward apologizing for your choice to live and eat in harmony with your ethics. Being consistent as you go through this period of adjustment will help both you and them get used to it.

It’s great that you want to leave your companions with a positive impression of veganism, but don’t get too caught up with worrying that the fact that you are asking the server a few questions (or maybe even sending a dish back on rare occasions if there is a misunderstanding) will make veganism seem “too hard” or dogmatic. It really is not about following some arbitrary “rule” – it’s about rejecting the use of animals. If you’re worried that it appears fanatical to your companions or if they make remarks to that effect, you can mention there are completely logical reasons behind your veganism, and that you would be happy to discuss those reasons (but usually it’s not the best discussion to have while people are eating animals).

Some people have suggested that in order to not make veganism seem too hard, vegans should even eat a dish that mistakenly arrives with cheese on it rather than sending it back. But by doing this, you’re not modeling veganism to his or her companions anymore. Not only is this harmful to animals and renders the term vegan meaningless, it’s also precisely this kind of thing, seeing so-called vegans making exceptions, that makes actual veganism seem impossible to people. Eating a dish that’s sprinkled with cheese or topped with sour cream makes people think that veganism is clearly impossible.

In short, the best way to make a positive impression on your companions while staying true to your ethical choice is to be polite but firm and consistent. Ultimately, you can’t control your companions’ reactions to veganism. You can however control your own actions: you can choose whether you accept what animals have to go through in the production of non-vegan ingredients, or whether you reject this use of animals and show people that veganism is a perfectly reasonable alternative.

## Event update

### Upcoming potlucks:

**May 10, June 14, July 12**  
**6:30 p.m. - 9:30 p.m. Jack Purcell Recreation Centre, Elgin at Lewis Street**

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 \$2 for non-members to cover

facility rental.

Everyone is welcome, but please ensure that the dish you bring is free of animal products- that includes any animal flesh, eggs, dairy/cheese, honey, etc.

**April 19-** NCVA will be tabling at the 2008 Ottawa Eco-Stewardship Fair, RA Centre, 2451 Riverside Drive.

**May 23-25-** Ottawa Race Weekend. Come out to cheer on and support NCVA team members! For more information see [www.ncm.ca](http://www.ncm.ca) or see the running team page on our Web site, [www.ncva.ca](http://www.ncva.ca).

**June 14, 2008-** NCVA annual general meeting. 5:00 p.m. Jack Purcell Recreation Centre, Elgin at Lewis Street. Open to all paid NCVA members. RSVP to [ncva.avcn@gmail.com](mailto:ncva.avcn@gmail.com)

**Sept. 14, 10 a.m. - 5 p.m.** Ottawa Veg Fest, title sponsored by The Table Vegetarian Restaurant. Location is the Glebe Community Centre, Percy at First Avenue. will feature vendors, speakers, sampling, cooking demos and more. Have a question or want to get involved? E-mail [ottawavegfest@gmail.com](mailto:ottawavegfest@gmail.com).

# The great energy bar taste test, Part Two

By Pamela Eadie

In the Feb/March issue of Capital Veg News, we revealed the results of our first energy bar taste test; those which fell under the "Meal Replacement" category (bars that are fortified and/or offer significant amounts of a number of RDAs).

Now we will rank bars that are 'just for snacking.' They are, by and large, comprised of the simplest ingredients: nuts, dates and other fruit. Each tester gave the bars a grade out of 10, which was averaged for its overall grade.

## Equibar- Almond, and Almond and Carob

The Almond and Carob bar was by far the favorite (taste testers found the Almond bar to be too hard). "This is delicious," declared Katie.

Valerie felt the Almond and Carob bar had a subtle and natural flavour, and Corrie liked the minimal number of ingredients.

## Raw Organic Food Bar- Chocolately Chocolate Chip and Chocolate Coconut

Despite being promoted as being "raw," the ingredients (such as chocolate chips) of the Raw Organic Food bars we tried do not pass the scrutiny of Ottawa's raw guru, Natasha Kyssa of SimplyRaw.

This Chocolately bar did not make a good first impression on our taste testers. "It does not look appetizing," said Corrie. Diana added that it didn't smell great either. But its texture was appreciated liked by taste



The NCVA taste test crew.

testers, with Valerie describing it as "creamy."

Only Mark panned this bar. "It tastes like dates, and doesn't have much of a chocolate flavour."

Taste testers also found the coconut bar to be creamy. Camille said she liked this one better. "Yeah, we like it," summed up Valerie.

## Raw Revolution- Chocolate and Cashew

This bar was not widely loved by our taste testers (and also has non-raw ingredients). Corrie said while she likes its simple ingredients list, other comments ranged from it being oily, to sour, to bitter.

Diana and Valerie liked the texture, but the consensus was it would not be an ideal choice to recommend to non-vegans.

## NCVA Taste Tester's Top picks:

- LaraBar- Pecan Pie 8.5
- Bumble Bar- Hazelnut 8
- LaraBar- Cherry Pie 8
- Equibar- Almond/Carob 7

## LaraBar- Pecan Pie and Cherry Pie

There was not a negative word to be said about this bar.

"It's simple and natural, and it tastes good," said Katie. Corrie liked the balance

Continued on page 6

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## Message from the President



NCVA President, Pamela Eadie

This is our sixth issue of Capital Veg News, which caps off our first full-year cycle. That's only one exciting thing that's happening with the NCVA as spring arrives.

We are thrilled to announce that we now have a title sponsor for our much anticipated Veg Fest '08, which is Sept. 14, 2008. The Table Vegetarian Restaurant, a phenomenal corporate citizen, will be our title sponsor for the event. Rainbow Natural Foods has also signed on as our first Silver level sponsor.

The support of businesses like The Table and Rainbow Foods are critical for the success not only of events like Veg Fest, but also the success of associations like NCVA. The proprietors of these businesses see and appreciate the value of promoting a plant-based lifestyle, and are willing to back that up with much needed financial support.

In other news, NCVA founder and executive director Mark Faul resigned in February. Mark put a lot of time and effort into getting the NCVA off the ground, and for that we are appreciative.

I will be stepping in as the NCVA's interim executive director, in addition to my other responsibilities. The NCVA welcomes volunteers who are ready to make a difference for a variety of roles. E-mail me at [ncva.avcn@gmail.com](mailto:ncva.avcn@gmail.com) to see how your skills and interests can be put to good use.

As always, we ask you to please consider becoming an NCVA member. We are adding to our member benefits list regularly. Only with a broad membership base will the association be able to keep moving forward and fulfill our mandate. You can donate online at [www.ncva.ca](http://www.ncva.ca) or by clipping and mailing the form at the back of this newsletter. We value every member!

## Book Review

# Skinny Bitch

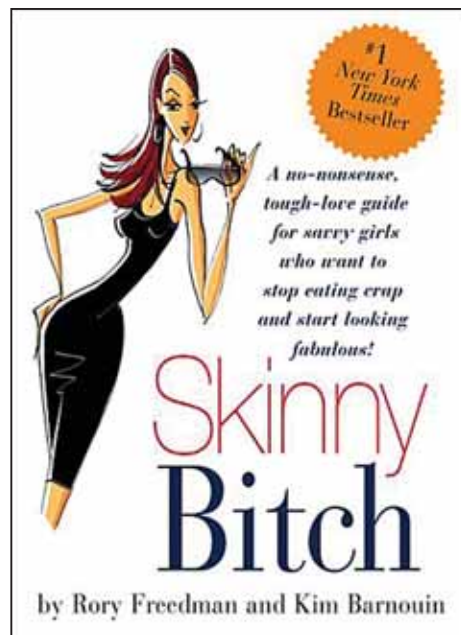
Review by Valerie Doucette

First making waves in the publishing world after Victoria Beckham (or "Posh Spice") was photographed holding a copy, this petite and engaging read has sold over 850,000 copies and has made it on the New York Times bestseller's list. A diet book not for the faint of heart, as the reader you are launched into a veritable boot camp in which your brutally honest commanders strip away your mythical assumptions about body weight and healthy eating. Rory Freedman and Kim Barnouin write with the perspective of two women who have been involved with the modeling industry, and yet advocate for an unrefined, whole foods plant-based diet for all the right reasons.

Skinny Bitch spares nothing in its honest examination of the food poisoning our diets – it bares the truths of the foods women sometimes take for granted as acceptable such as artificial sweeteners, refined sugars, dairy, and meat-based diets, while openly explaining animal suffering as one of the reasons a diet including animal protein is unhealthy for its impact on others and the environment. And where would any frank discussion of the benefits of a plant-based diet be without a chapter on "Pooping"?

The controversy of the book doesn't stop with the racy title, but the language employed in its examination of issues of health is laced with name-calling, insults, reprimands, and orders. These linguistic tics seemed aimed at engaging the reader with an energetic and unusual tone, but also challenges the readers to think for themselves in the face of these over-the-top antics. The goal seems to shake the readers out of passivity – not just where health is concerned but about the implications of everything that we put into their bodies. They attempt to empower you to use your head and take control of your health and your life.

While I was initially taken aback by the harsh, aggressive language used by the authors, I soon (perhaps masochistically) began to enjoy the tough love. They weren't cutting me any slack or softly glossing over the facts – offering me a path towards moderation and a five-step program – instead, they were slapping me across the face to wake me up out of my stupor. It felt refreshingly honest and straightforward. Freedman and Barnouin have really done their research and they offer up a practical and fact-based approach to giving their advice. In other words, they are not just talk – they back their arguments up effectively with hard facts. Seeing their clever approach I stopped taking the lacerating insults so



seriously and began enjoying the terse, direct and unabashed way the two authors laid out their well-researched arguments.

As someone who has struggled with weight and body issues (as well as gone through their share of diet books), I still needed a nutritional wake-up call to finally give up my occasional diet soda with its unhealthy dose of aspartame (really – what was I thinking?) and continue to habitually eat as a healthy vegan. Even healthy vegans need reminders, especially such well-researched ones – I am doing lots of things right, but as *Skinny Bitch* accurately outlines, there are still some unhealthy processed foods in my diet that aren't doing me any favours.

Through its controversial writing style and critical debunking of commonly held assumptions, *Skinny Bitch* challenges you to think critically about everything you read. It gets the reader mad at being fooled by popular thought and scared with the truth until they are forced to look their food in the face. There are some who may read *Skinny Bitch* unaware of the satiric undertones of the book, who gloss over the direct explanations of why they chose to write the book the way they did and who may take the tough-love name-calling to heart. Harsh language laced throughout the book could have a negative effect if not counterbalanced by all of the positive affirmations.

To their credit, Rory Freedman and Kim Barnouin are careful to address their tough-love attitude in the book. They admonish that now that the reader is a *Skinny Bitch* they should not really act like a *skinny bitch* but be loving of others and of their own body for its natural healthy shape. Admittedly the authors could have written *Skinny Bitch* differently. Used a milder title and linguistic approach, yet still advocated for women to think for themselves and choose a healthy diet based on verifiable facts about nutrition. But would their book have had the same impact if they had?

By Vanessa Holm

To welcome spring, why not try some recipes incorporating delicate, fresh flavours that have been so long absent over the winter? New asparagus, young string beans and fresh red beets are featured in these recipes as they serve as a welcome reminder of the warm months ahead.

## Asparagus and Cashew Pasta

### Ingredients:

1/2 pound udon noodles or linguine, cooked

1 Tbsp canola oil

1 tsp sesame oil

1 to 2 cloves garlic, minced

1 1/2 pounds asparagus, bottoms snapped off, and trimmed into 1" pieces

1 cup snow peas

2 Tbsp dry sherry

2 Tbsp tamari

1 1/2 tsp cornstarch

1/4 cup chopped cashews

- Heat the oils in a large skillet, add the garlic and fry for one minute. Add the asparagus with a couple tablespoons of water, and fry until bright green. Add the

snow peas, sherry and tamari and cook until the asparagus is crisp-tender. Dissolve the cornstarch in 1/4 cup cold water, pour over the vegetables and stir until thickened. Pour over the noodles, toss, and sprinkle with cashews

## Refreshing Beet Salad

### Ingredients:

4-5 medium fresh beets, rinsed and cooked until tender

1 small cucumber, sliced

2 seedless oranges, sectioned

1 Tbsp minced fresh dill

1 Tbsp minced fresh chives

1 to 2 Tbsp minced fresh mint

Lemon juice, maple syrup, horseradish, salt and pepper to taste

- Peel and thinly slice the cooked beets. Combine with the rest of the ingredients. Let sit in the fridge for several hours to marinate, and allow flavours to combine.

## Easy String Beans

### Ingredients:

2 Tbsp dark sesame oil

1 1/2 pounds string beans, trimmed

3 cloves garlic, minced



1 tsp grated fresh ginger

2 to 3 Tbsp tamari, or to taste

2 tsp chili powder

1/2 cup chopped walnuts

- Heat the oil and 2 Tbsp water in a large skillet, and stir-fry the beans until bright green. Stir in the garlic, ginger, tamari and chili powder, and continue to cook until the beans are tender-crisp. Stir in the walnuts and remove from heat. Enjoy!

Have any recipe suggestions or ideas? Email me at [ncvarecipecorner@hotmail.com](mailto:ncvarecipecorner@hotmail.com).

This month's recipes have been adapted from Nava Atlas' **Vegetarian Celebrations (1996)**.

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# How one NCVA member colours every aspect of her life green

By Pamela Eadie

Growing up in the Netherlands, 32-year-old Laila Sikking had a sense of environmental responsibility instilled in her from a very early age.

It was a long process; her father, a biologist, taught her a love for nature and concern for ecosystems. As a child, her parents purchased a home in a complex powered solely by windmills. There was a wind turbine outside of Laila's bedroom.

Now as an adult, Laila has incorporated green living into virtually every aspect of her life.

Although an archaeologist by training, Laila hasn't been able to do much work in her own field since moving to Canada several years ago. But she's thrilled to be working at Mountain Equipment Co-Op, a company with its own strong green pedigree. Before that she worked at an organic vegetarian bakery.

She and her partner, Wayne, live in the Conservation Co-op, a building that incorporates a wide range of environmental features within its design. While energy efficiency was a priority, the building was also constructed using recycled building materials, and takes a "green" approach to landscaping and site use and focuses on

reducing operational waste.

Laila purchases electricity through Bullfrog Power, an electricity provider that gets its power from clean, green sources like wind power and low-impact water power. Another important aspect of being green to Laila is eating organic foods. "Even though we're on a tight budget, we still try to buy mostly organic, and non-GMO," she says.

Her environmentalism is also an important motivator in her decision to be vegan, a lifestyle that excludes the use of animals for food, clothing, or any other purpose.

"It's an important part of being green for me," says Laila, who has been vegan for three years, and vegetarian for seven.

Living car-free is another priority for Laila, who is an avid cyclist. She says one of her biggest "green peeves" is the way motorists treat cyclists in Ottawa, which was a huge culture shock for her. In the Netherlands, cycling is immensely popular and widely used for transportation and leisure. "Here," she says, "you have to fight for your life."

Laila says it breaks her heart to see what humans have done to the environment and the world's ecosystems.



Photo: John Major

Laila Sikking, NCVA member.

"Just being green isn't the end goal. But if you want to start somewhere, you can start with yourself. You can't drive a big car, eat lots of meat and live a life of waste, and then tell other people to change."

This story first appeared in the *Ottawa Citizen*.

## Omega-3's from page 1

quantity and quality due to less-than-ideal environmental conditions.

The greatest plant source of omega 3 fatty acids is flaxseeds. In order for the body to digest and utilize the nutrients, the seeds must be ground into coarse flour. I personally use a coffee grinder. Once every two weeks I'll grind about a pound, put it into a glass container, and store it in the fridge to protect the EFA's from becoming rancid. If I don't plan on using all the ground flax within two weeks, I'll store it in the freezer to ensure freshness.

Flaxseeds are also available pre-ground. If you buy them in this form, make sure they are in an airtight container or have been kept in the fridge or freezer. Also, be sure not to buy flax meal. Flax meal is little more than fiber, with all the EFA's removed by pressing.

A daily serving of about 1 tablespoon of flaxseeds will supply all the omega 3 an average person needs. However, a highly active person will require up to three times that amount. When an athlete consistently

trains for a long event, his or her body becomes more efficient at burning fat. This is essential for success in an endurance event because the body's ability to use fat as fuel translates to spared glycogen (carbohydrate) stores, which significantly improve endurance. With the diet lacking adequate essential fatty acids, endurance will decline.

Essential fatty acids are also important for skin health. Many people treat flaky skin topically with a moisturizer cream, when the real cause is quite often a lack of EFA's and poor hydration.

The easiest way to incorporate more flaxseeds into the diet is to sprinkle them on cereals, salads, and other foods. Another way is to use them in baking, replacing a portion of the flour.

Other strong plant-based sources of omega 3's include: walnuts, chia seeds, and kelp. VEGA makes an Antioxidant EFA Oil Blend, which includes omega 3's.

Brendan Brazier is a vegan professional ironman, 2006 Canadian 50km ultramarathon champion, and formulator of VEGA products ([www.myvega.com](http://www.myvega.com)). He is also an NCVA board member.

## Taste test from page 3

between sweet and healthy tasting, and Diana liked its "nice crunch." Camille summed it up in one word: "Superb."

While not as popular as the Pecan Pie, LaraBar's Cherry Pie was another hit with taste testers. They loved the tart cherry taste, which was strong but not too sweet. Mark proclaimed that he liked it even better than the Pecan Pie variety.

### Bumble Bar- Hazelnut

This one solicited mixed largely positive reviews. "I love it, especially the cinnamon," said Camille. Diana was impressed with how high in calcium and fibre the bar is.

Mark said eating it made him feel like a bird. "This is the energy that birds eat."

### Think Organic- Coconut

This bar was not as much of a hit as some of the others.

Valerie felt it wasn't very flavourful, and Camille described it as non-descript. Corrie said it had a unique taste on account of the apricot, and that she liked that it was not overly date-y like many natural energy bars.

# Nutritional Yeast

By Corrie Rabbe

New to vegetarianism or veganism? Ever wondered what that mystery ingredient in that cookbook was? Scared to try something because it's new to you?

Here we hope to unveil some of the 'mystique' around certain plant-based foods that you may come across.

So what the heck IS nutritional yeast? You may have seen it listed in cookbooks and skipped right over that recipe. The thought of eating yeast does sound pretty unappealing, especially if you are not an experimental eater. But nutritional yeast is not to be feared.

It comes as yellow flakes or a powder and can be found in health food stores or health food sections of major grocery chains. People love it for its cheesy and nutty flavour. It is popularly used as a cheese substitute.

Nutritional yeast is grown on primarily mixtures of sugar cane and beet molasses for about seven days. It is prized by veg\*ns and health nuts because it is a complete protein, a rich source of vitamin B including B12 which is scarce in the plant kingdom. It is also gluten free.

Nutritional yeast is different from Brewer's yeast or baking yeast and these products should never be used as a substitute. Unlike its cousins, nutritional yeast is inactive so it does not grow or feed inside the body which makes it more digestible. Those with yeast sensitivities can usually eat it.

Adding nutritional yeast to your diet is fairly easy. Try sprinkling it on popcorn, pasta or in stir-fries. Below are a few recipes to help you out.

## Crispy Fried Tofu

### Ingredients:

1 block firm tofu

4 tablespoons (60 ml) soy sauce

2 tablespoons (30 ml) olive oil

1 clove garlic, crushed or mashed to a paste

Canola, sunflower or some other kind of healthy vegetable oil for frying

6 tablespoons (90 ml) nutritional yeast flakes

4 tablespoons (60 ml) flour or breadcrumbs

1/2 tsp. of black pepper

### Directions:

- Pat the tofu dry with paper towels and cut into bite-sized cubes.
- Combine the soy sauce, olive oil and crushed garlic together in a bowl.
- Combine the flour and yeast flakes together on a plate.
- Pour enough oil into a frying pan to cover the bottom of the pan. Turn to med-high heat.
- Roll each tofu cube in the soy sauce mixture and then in the nutritional yeast

mixture. The coating will stick to the tofu.

- When the oil is hot, put one of the cubes in the pan. If it starts bubbling right away, the oil is the right temperature.
- Fry tofu cubes until they're golden brown. Drain cubes on paper towels and continue until all the tofu is done this way. Serve hot with a crisp salad.

## Nutritional Yeast Cheese Dip/Sauce

You can add more water if you find this sauce too thick. You can also add other ingredients for flavouring, like garlic.

### Ingredients:

1/4 cup nutritional yeast

1 teaspoon salt

1/4 cup unbleached flour

1/4 teaspoon garlic powder

1/8 teaspoon dried yellow mustard powder or 1 teaspoon wet mustard.

1 cup water (you can use "milk" for a different taste)

1 1/2 tablespoon soy margarine

### Directions:

- Mix dry ingredients, add water, wisk till clumps are gone.
- Put in pot with margarine, and heat on medium till thick.



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## Sacred Garden, Vegetarian Thai Cuisine

Reviewed by Pamela Eadie

It was a joyous occasion for Ottawa vegetarians and vegans when Sacred Garden opened at the corner of Bank Street and Riverdale Avenue.

In fact, it's not only non-animal eaters who appreciate the intricate dishes and colourful flavours that are served there. Every omnivore I've taken there loves it. This is no doubt in part because of the wide ranging faux meats which are a part of most dishes (as "protein chicken, lamb, beef, etc.). It's just like the Thai food people are accustomed to, but completely free of animal flesh, and for the most part, animal secretions (most dishes can be veganized. Some can be made gluten-free). A paragraph at the front of the menu explicitly states that no fish sauce, commonly used in Thai cuisine, is used in its dishes.

Sacred Garden is a sit down restaurant with a peaceful, Thai-inspired decor and calming music playing softly in the background. It's a small space, but the food is served quickly so you don't waste a lot of time.

Our taste test crew had the same four dishes plus appetizer on two occasions, and both times we were impressed. Our appetizer is called Tofu Tod; deep fried tofu pieces with a sweet peanut dipping sauce.

The Panaeng Curry is a dry red curry with a choice of protein chicken or beef, and served with vegetables and fresh herbs. If you enjoy a little heat, it's an excellent choice. I've tried making Thai curry at home dozens of times, and it has never tasted this good. It's best eaten with an order of steamed jasmine rice.

Pad Pak is a stir fry dish of mixed green vegetables in garlic sauce. We asked to have it spiced up a bit with some extra chilis.

Sacred Garden's Pad Thai is a perfect combination of sweet and sour, with thin rice noodles, tofu, protein shrimp, bean sprouts, and other vegetables.

The second noodle dish we tried, Pad Ki Mow, is spicier than the Pad Thai but with less heat than the Panaeng Curry. It features protein beef and mixed vegetables with fresh chilis and basil.



Top: Panaeng Curry. Bottom: Pad Ki Mow.

Although everyone had their favorites, nobody could find anything negative to say about any of the dishes. You even feel moderately healthy having eaten there, thanks to the wide variety of vegetables that are served as part of the dishes. The service is attentive, and your water glass rarely dips below half full. Entrees range from \$11-15.

**Sacred Garden**  
1300 Bank Street  
613-733-8424

## About NCVA

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

**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

**Support a Healthier Community** The more people we reach with our message, the healthier the population in the National Capital Region

### Support the NCVA

Donation:  \$20  \$50  \$100  \$\_\_\_\_\_

The NCVA does not issue membership cards, and we currently only accept cash or cheques - you can pay using credit cards online: [WWW.NCVA.CA](http://WWW.NCVA.CA)

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