

# Capital Veg News

THE OFFICIAL NEWSLETTER OF THE NATIONAL CAPITAL VEGETARIAN ASSOCIATION

JUNE/JULY 2007

## Plant-based whole food diet the key to good health

By Pamela Eadie

Stress is the starting point for many problems, and treating its symptoms is about as ineffective as taking down your smoke alarm, says Brendan Brazier, vegan athlete, author, and National Capital Vegetarian Association (NCVA) board member.

Treating the symptoms means the stress is still present and harming your body, much like even if you get rid of your smoke alarm, "the fire's going to be there." Instead, he advocates going right to the root of the problem, and treating the stress itself through improved nutrition, including many alkaline-forming foods.

Brendan addressed the attendees of the Simply Raw potluck on May 25, and demonstrated making raw ginger ale. He told his audience that as much as 40 per cent of most North Americans' stress comes from eating a poor diet. "Eating poor quality food gives you a stress response, but

with nothing in return," he said. "People are spending energy in the wrong places by eating processed food."

Brendan highlighted some of the premises from his new book, *The Thrive Diet*. It is a long-term eating plan for achieving optimal health through stress-busting plant-based whole foods, and explains why some foods create nutritional stress and how other foods can eliminate it. It offers a 12-week whole foods meal plan, and more than 100 easy-to-make recipes with raw food options that are all wheat-, gluten-, soy-, corn-, refined sugar-, and dairy-free, including pre-workout snacks, energy gels, sports drinks, and recovery foods.



Brendan Brazier (left) demonstrates making raw ginger ale, while his assistant, George, prepares samples of VEGA energy bars.

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*For your health*

## Why Detoxify?

By Natasha Kyssa

These days, detoxification products and cleansing regimens are increasingly popular. "Detox" is fast becoming the latest buzz word and it's no wonder. We are living in a toxic and polluted environment and our health is threatened by many chemicals and other pollutants in our food, air and water.

Toxins include poisons, heavy metals, hormones, pesticides, herbicides, cleaning solvents and smog. These and many other substances are being absorbed into our bodies through contact with clothing, furniture, carpets, air, and the environment within which we live. Often the body cannot keep up with the large amount of toxins to which

we are exposed. These toxins are the cause of many diseases and health challenges. Cancer, heart disease, diabetes and obesity are on the rise, and almost everyone's health problems can be linked to environmental toxicity, poor dietary choices, and/or an unhealthy lifestyle.

Our bodies are naturally equipped to eliminate harmful substances through the liver, kidneys, lungs, intestines, skin and lymphatic system. However, as toxins accumulate throughout the body, the body can no longer keep up with elimination, leading to symptoms such as fatigue, headaches, aches and pains,

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## Message from the Executive Director



PHOTO: ALAIN CHAN

Welcome to the inaugural newsletter for the National Capital Vegetarian Association. I'm thrilled to be a part of this exciting initiative, and to see the passion and enthusiasm of our ever growing group of volunteers.

Our newsletter will be shared bi-monthly, with editions in June, August, October, December, February, and April. Our editorial team is very dedicated and hard working. I'm confident that our newsletter will not only help inform people of the benefits of a veg\*n lifestyle, but also to make life easier, and more fun, for those of us already choosing to follow the lifestyle in the National Capital Region.

We aim to serve the interests and the needs of our community, and this venture will always be an evolution to meet changing needs. I strongly encourage you to be heard, to let us know how the NCVA can help you, and what you'd like to see in the newsletter.

Warm Regards,

**Mark Faul**

## At the Supermarket

By Vaalea D

As this is our premiere issue, I'd like to share with you some "Oldies but Goodies" that veg veterans know about, and which will likely become important staples for people new to vegetarianism.

### Faux Meat:

A new product line has come out named "It's All Good" (<http://itsallgoodfoods.com>) The chicken and beef strips are the same as Morningstar Farms, Yves and President's Choice strips. The nice thing about this brand is that it makes chicken breasts. The texture and look is very realistic. This product has been spotted in the Natural Food Pantry and Rainbow Natural Foods. Call your local health food store.

Other noteworthy products include those by Yves Veggie Cuisine ([www.yvescuisine.com](http://www.yvescuisine.com)), Tofurky ([www.tofurky.com](http://www.tofurky.com)), Sol Cuisine ([www.solcuisine.com](http://www.solcuisine.com)), and Montreal Smoked Wheat and Roast Wheat ([www.montrealveggiegourmet.com](http://www.montrealveggiegourmet.com).)

### Faux Cheese:

Earth Island Vegan Gourmet cheese ([www.imearthkind.com](http://www.imearthkind.com)) is easily THE favorite of North American vegans. For first timers I recommend you do NOT eat this cheese directly out of the package cold. I would suggest the Mozzarella which is the most mild flavoured, be melted in a separate dish in the oven or microwave and immediately poured over your hot cooked pizza or lasagna. After your first impression tasting how good it can be served like that, THEN try it cold, experiment with different flavours, and more cheese heavy dishes. Available at various natural food stores, and most Loblaws'.

### Faux Butter:

Natural buttery Earth Balance ([www.earthbalance.net](http://www.earthbalance.net)) is the best thing that you can buy to replace butter OR margarine. It has a great flavor and is created from a blend of non-hydrogenated natural vegetable oils. All the ingredients are recognizable. This butter tastes best when consumed still cold, but can be used for all your butter needs.

### Faux Sour Cream and Cream Cheese:

Tofutti ([www.tofutti.com](http://www.tofutti.com)) rules this corner of the market. When compared to the dairy variety these are both milder tasting, but still a great copy. Most stores now only carry the no-trans fat versions, but if you happen across smoked salmon flavour, skip it!

### Faux Mayo:

Everybody has their favorites. Some like one brand, some like another, and perhaps sometimes a blend of two brands would be suitable. My favorite would have to be the original Veganaise. It's available in three other varieties, grapeseed oil, expeller pressed, and organic and contains 20 per cent less fat than ordinary mayonnaise. Other popular favorites include Nayonnaise and Spectrum Vegan mayo.

### Faux Ice Cream:

When I was vegetarian I knew going vegan was inevitable, but after going up consuming 3.5% or higher raw milk on the farm, I couldn't find a suitable milk replacement. There are many different choices besides soy that I didn't like, but I couldn't stand the soy taste either. Enter So Good Chocolate Supreme. This ice cream was so rich and creamy that I had to eat it despite the mild soy taste. I ate it so much that I tried soy milk again and I no longer had a problem with the taste. This is only one of a number of brands of vegan ice cream available at local stores.

### Other Fauxs to look for:

Non-dairy yogurts are available at many local grocery stores. There are many brands available, and the So Nice Strawberry is a good one to try first. Deli slices and other faux meats are provided by Yves and PC. Yves Bologna is a good one to try first but read the labels as some of the products contain eggs.



Tofutti products can help ease the transition to an animal product-free diet.

coughs, congestion and gastrointestinal problems. Long term exposure can weaken our system, increase our susceptibility to infection and eventually lead to chronic illness.

To thrive in this increasingly polluted environment and to reverse illnesses, our bodies need extra support through detoxification. When the body is cleansed, it becomes more efficient with digestion, assimilation and elimination. Detoxifying strengthens the immune system and gives your body greater energy. It also reduces inflammation and produces a slimmer body. Detoxifying is a vital part of any program designed to restore your body to optimum health and vitality, and can be one of the finest tools we have for our physical, mental, emotional, and spiritual health.

The improvement in health that people experience following a good natural detox program is simply amazing. I have seen many lives transformed after people have completed a three or four week detoxification - especially one using fresh, alkaline vegan foods such as the SimplyRaw Detox Program. These foods not only detoxify the body but nourish the cells. The high fiber content helps with elimination, and binds with many toxins and cholesterol before being removed from the body. Based on 25 years of experience with cleansing and living foods, I believe that such a program is crucial for both the treatment and prevention of illness and disease.

Natasha Kyssa is co-owner of SimplyRaw, <http://www.simplyraw.ca>

## The SimplyRaw Festival

Saturday September 15th,  
2007 10 a.m. to 5 p.m.,  
Central Park (Glebe)

Featuring a series of live seminars from international speakers including Brendan Brazier, Matt Monarch & Tonya Kay; raw food prep demos; a free yoga session; live music; activities for kids; and our fabulous raw pie contest judged by local celebrity judges.

For more information see  
[www.simplyraw.ca](http://www.simplyraw.ca)



## Veg Q & A

# Are organic dairy and eggs good for me and for the animals?



There are many alternatives to cow's milk, including soy, rice and almond milks. They are easily available in grocery stores or you can make your own.

By Joanne Charlebois

The Canadian organic livestock standards<sup>[1]</sup> dictate that the animals whose products are labeled organic be given organic feed free from additives, preservatives, slaughter by-products or animal waste, so in this way, the resulting dairy and eggs may be better for human health than their non-organic counterparts.

However, these products are still far from "health foods": they are still high in animal protein, contain animal fats, cholesterol, and natural hormones (after all, dairy comes from a lactating cow), all of which are human health risks. These risks are outlined thoroughly in T. Colin Campbell's book, *The China Study*.<sup>[2]</sup>

As far as animals are concerned, some organic standards of treatment are vague and worded in ways that may be open to different interpretations, such as the statement that "transport should be as short as possible," with no specific requirements listed. Many "prohibitions" of certain common agribusiness practices are conditional - for example birds such as laying hens may still under some circumstances be "de-beaked" (cutting off the end of the beak, which is full of nerves, with a hot blade). In the end, animals are still regarded as the property of the farmer and their treatment will be dictated by the goal of maximizing their economic value to the owner. They have still been bred into existence for the mere purpose of serving as milk or egg machines, and will still be

slaughtered once their production declines below a certain level, as with the cows and hens used for non-organic dairy and eggs. Male calves born to dairy cows are still sold for veal, and the male "layer"-breed chicks are still killed at the hatchery, as with non-organic or non-free-range operations.

The good news is that humans do not need to eat dairy and eggs, organic or not, in order to be healthy. There are many alternatives to milk, ice cream, and cheese available, including at natural food stores and mainstream grocery stores such as Loblaws, as well as recipes for egg-free favourites such as french toast, omelets, scramble, quiche, as well as egg- and dairy-free baking and desserts, and delicious homemade cheese substitutes<sup>[3]</sup>.

With the motivation to do so, we can change our taste buds and come to favour egg- and dairy-free foods. For our health and for the animals, the real choice is not between organic or conventional dairy and eggs, but between unnecessary animal products and a balanced, satisfying, plant-based diet.

<sup>[1]</sup> [http://www.pwgsc.gc.ca/cgsb/on\\_the\\_net/organic/032\\_0310\\_2006-e.pdf](http://www.pwgsc.gc.ca/cgsb/on_the_net/organic/032_0310_2006-e.pdf)

<sup>[2]</sup> *The China Study*, T. Colin Campbell

<sup>[3]</sup> see e.g. *Vegan Vittles & The Ultimate Uncheese Cookbook* by Joanne Stepaniak; *Vegan with a Vengeance* by Isa Chandra Moskowitz, to name a few.

# Egg-cellent alternatives

By Gary Loewenthal

Many people avoid eggs for one or more of the following reasons:

They're allergic to eggs, or their child is allergic to eggs. (Eggs are one of the most common childhood food allergies.)

According the Centers for Disease Control (CDC), eggs are a leading cause of salmonella poisoning.

Eggs – especially the shells – may be contaminated with the avian flu virus. The World Health Organization (WHO) recommends washing all eggs with hot soapy water, then doing the same with your hands, utensils, countertops, and anything that touched the eggs. But who does that? In addition, researchers report in *Avian Pathology* that commercial pasteurization methods are insufficient to eliminate the virus from dried egg products, which are common in processed foods and off-the-shelf baked goods.

Modern egg production involves cruelties such as the standard practice of killing all the newborn male chicks at hen hatcheries.

Fortunately there are abundant alternatives to eggs in one's diet. In fact, egg-free options are increasing all the time. Here are a few of them.

Baking without eggs is quite easy. You can take your family's venerable chocolate chip cookie recipe and use ground flaxseed or soy flour as substitutes for the egg. The flaxseed will give the cookies a boost of heart-healthy omega-3 fatty acids; the soy flour will make the cookies slightly lighter and softer. You won't be able to tell any difference – and neither will anyone else.

There were two notable aspects to the *Cooks' Illustrated* 2006 winning cornbread recipe. First, the recipe was submitted by an 11-year old. Secondly, the recipe was vegan – no egg! It used flaxseed instead.

For the most moist and mouth-watering pancakes in the world, try a mashed banana instead of an egg in the mix. Of course you can't go wrong pouring some rich amber Quebec maple syrup over the pancakes, but for delectable variety on a leisurely Sunday, try topping them with peach preserves into which you've added a bit of brandy.

For the longest time, I was skeptical about tofu scramble. Until one day when my wife ordered it for brunch at an all-vegan restaurant. I decided I'd have one small taste; I figured the restaurant would give the dish its best shot. I was amazed. It was as good as scrambled eggs. Now I make it at home on a regular basis. My favorite recipe? I don't really have any. Just good "recipe tofu



Eggless mayonnaise can be purchased at natural food and grocery stores.

scramble" and experiment. Be adventurous and try mix-ins like celery, mushrooms, and shallots.

The lunchtime cousin of tofu scramble is "egg-less" salad. Again, there are endless variations and no shortage of recipes online and in the bookstore. You can even make eggless quiche – and it's delicious.

If your schedule is anything like mine, there's at least one night a week where you just don't have the time or energy to cook dinner. Frozen meals and the microwave to the rescue! Frozen veggie burgers are okay in a pinch but frozen "veggie chicken" products are not bad at all. You can buy patties, nuggets, strips, wings, and other assorted shapes and sizes, with or without breading, and with various seasonings. About half the products are made with egg, the other half are not.

It's roughly the same story with veggie hot dogs and sausages: The hot dogs are so-so, the sausages are downright impressive. Again, check the label for eggless. Tofurky has recently been diversifying their lineup of frozen veggie sausages, offering varieties such as bratwurst and kielbasa. These are excellent with grilled onions and sweet peppers and drenched in marinara sauce. Or have them on a bun, with mustard and "fixin's."

I've saved the best - and easiest - option for last. Eggless mayonnaise tastes remarkably similar to regular mayonnaise. You can use it in all your sandwiches, spreads, and marinades. It works perfectly in potato and pasta salads.

All of the products mentioned in this article are available in health food stores, but you probably can find many in any large supermarket. If you don't see a specific product at the store where you shop, ask for it, by filling out a product request form or speaking with a manager.

"Plant-based whole foods" from page 1

He also fielded questions on topics including vegan protein intake, amino acids, how to deal with awkward social situations, and adapting to a new diet. "You lose the taste for those foods once you've been eating a plant-based raw foods diet," he said. "You should never feel as though you're deprived, because you'll just feel so good."

Brendan also discussed the environmental benefits to a plant-based diet, about which his book contains a chapter. He compared the energy intensiveness of producing whey (from cow's milk) protein versus hemp protein; hemp can be harvested several times per year. "If we can eat foods that are easier to produce and take less energy to produce, then we can limit our footprint on the environment," he said.

To learn more about Brendan, visit his Web site at [www.brendanbrazier.com](http://www.brendanbrazier.com). He'll be back in Ottawa in September for the SimplyRaw Festival.

## INTERESTING AND USEFUL LINKS

<http://www.veganlunchbox.blogspot.com/>

Vegan Cupcakes take Over the World. An entire cookbook devoted to cupcakes. They're all vegan, so no eggs. The recipes range from basic vanilla to elaborate pistachio rosewater.

<http://vegancupcakes.wordpress.com/>

Noeggs.org. Still in construction, but on its way to being the go-to site for information on eggs and egg alternatives.

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# Vegan athletes achieve excellent race results

By Pamela Eadie



Ottawa's Wendy and Mark Coates are vegan ultramarathoners.

## Wendy Coates

When Wendy Coates' husband Mark decided to become a vegetarian, she thought he was a little crazy.

Now more than two years later she's a committed vegan, and recently finished a 50 mile (80km) ultramarathon in Sulphur Springs. In September 2006 she finished her first 100-mile ultramarathon in 29 hours, 53 minutes.

"I've found that since becoming vegan I experience fewer running cramps and feel less sluggish when starting a run. I am able to run sooner after finishing a meal without any negative consequences," says Wendy, 27, and a personal trainer at GoodLife Fitness.

"I am often asked how I manage to get enough protein to be a long distance runner. I tell them about all the soy and legume products that I eat on a regular basis, which is more than enough," she says.

"Being vegan doesn't mean eating all the same foods as before and just taking the animal products out of your diet. Replace the animal products with healthy vegan alternatives, and you'll get all the nutrients you need."

During her peak training time Wendy runs about five days per week, up to 100 km a week. During winter and spring, she runs three times per week and after her fall races she concentrates on weight training and flexibility.

"The more I learn, the more vegan I become. I choose not to wear animal products, or to use healthcare products that contain animal ingredients," Wendy says. "And I've never felt better."

**"If someone continues to insist that it's impossible to be a vegan athlete, I will sometimes mention Scott Jurek." (Vegan and seven-time consecutive champion of the Western States 100 Mile Endurance Run.)**

*Mark Coates*

## Mark Coates

Mark Coates, 26, had been running for nearly five years when he realized that his best performances seemed to come when he was eating very little meat. With that in mind, he decided to try vegetarianism.

"I soon started feeling more energetic and generally better when running. I became vegan without really making a conscious decision to do so; I started to reduce my consumption of milk, then eggs, then cheese, and pretty soon I wasn't eating any animal products at all," he says. "Since being vegan I've become more mindful of the way that food is produced, with all the cruelty to animals and the serious health implications for humans. I stay vegan for a combination of health and ethical reasons."

Mark says being vegan has resulted in a healthier diet, and better results when

## Joanne Charlebois



Twenty-nine-year-old Joanne Charlebois ran her sixth marathon during the Ottawa Race Weekend on May 27, achieving a personal best with a chip time of 3:35:23, five minutes faster than her previous best time. "I began running when I was 17 or 18, just to get into shape because I joined the rugby team at school. It was a way to stay in shape over the summer, and to be healthier," says Joanne.

She has run consistently since then, except for a six-month period nearly 10 years ago when she was injured. "I don't follow a proper training program or anything. If I did, I'd be even more awesome," she jokes.

Joanne runs several times a week, including one long run a week, which during peak training time is three and a half hours long. This year she added a once a week hill run for two months leading up to her big race.

She credits her healthy vegan diet with helping her to be a better runner. "Veganism makes running so much better. It gives me the proper nutrition to fuel myself," she says. Joanne is currently reading *The Thrive Diet* by Brendan Brazier, and says his sport drink recipe is top notch.

running. At the end of May he completed his second 100-mile (160 km) ultramarathon as a vegan in 28 hours, 12 minutes.

"Most people haven't given veganism much thought, but hold opinions about it nonetheless," says Mark. "Know that there is nothing about being a vegan that limits your athletic potential. Eating well is likely to boost your performance, and veganism is one excellent path to healthy eating."

His advice to people considering veganism is this: "Eating a vegan diet is not hard as long as you don't let yourself get discouraged by little setbacks while making the transition. Get some good cookbooks and enjoy discovering lots of new foods that you might never have tried otherwise."

## Cooking and Celebrating Outdoors

By Vanessa Holm

When the weather grows warmer, so does my desire to spend as much time as possible outdoors. Each spring and summer, my appreciation of nature is thoroughly renewed as the earth gets greener and produces a bounty of fresh food. For me, late spring and early summer mark the beginning of months of local food and outdoor picnics. Nothing signals summer's arrival like a first barbecue, and especially, a trip to a local strawberry patch to pick my own berries.

The recipes below are perfect for eating outdoors. Tempeh, my favourite soy product, is easy and delicious in Hawaiian Tempeh Kebabs, and can be quickly grilled or made ahead of time for a picnic. Spinach and Strawberry Summer Salad is a refreshing and beautiful way to enjoy some of this season's local produce, and can also be brought along to a barbecue or picnic.

### Hawaiian Tempeh Kebabs

Alternative protein foods and vegetables can take on an entirely new taste dimension on the grill. There are a number of pre-packaged foods such as veggie patties, dogs and sausages that can be quickly barbecued. Or, try cooking up marinated tofu or tempeh to serve on a bun or a skewer, as described here.

#### Ingredients:

*1 pineapple or 1 can pineapple chunks in juice*

*1/2 cup pineapple juice  
(drained from the can, if using)*

*2 Tbsp lemon juice*

*2 Tbsp tamari or soy sauce*

*1 Tbsp arrowroot or cornstarch*

*1 tsp sesame oil*

*1 inch chopped gingerroot*

*1 package tempeh (read package directions: steam for 15 minutes if uncooked, or try pre-cooked versions) a variety of vegetables for the skewers – try sweet onion, green and red pepper, cherry tomatoes, etc, cut into one inch squares*

*1 Tbsp oil*

*skewers (if wood, soak for 30 minutes in water to prevent burning)*



*Spinach and strawberry summer salad*

Cut the fresh pineapple, or drain the canned pineapple, while saving the juice for the sauce. Combine the pineapple juice, lemon juice, tamari or soy sauce, arrowroot, sesame oil and gingerroot in a saucepan, simmering until thick and glossy. Cut the cooked tempeh into one inch squares, add to the sauce mixture, and simmer for 5 minutes. Cool. Thread the skewers by alternating between different coloured vegetables, tempeh and pineapple pieces. Brush the kebabs with oil. Place the kebabs on a grill and cook about 5 minutes on each side, brushing with any leftover marinade. These can also be cooked in the oven!

### Spinach and Strawberry Summer Salad

As mentioned, I really enjoy starting the summer with a trip to a local pick-your-own berry farm. A sort of family tradition, I have fond memories of picking strawberries with my mom, brother and grandmother throughout the years. While strawberries are readily available at supermarkets in the winter, the taste of these enormous, under-ripe berries is very poor compared to the delicious flavour of small, sweet, and sun-warmed field strawberries. I usually pick large quantities, and freeze them for strawberries year-round. As my supply from last summer is getting low, I can't wait for strawberry season to begin! I thought I'd share a recipe for a salad which features strawberries as one of its main ingredients.

#### Salad Ingredients:

*2 cups strawberries, hulled and halved*

*1 pound spinach leaves*

*2 green onions*

*1 small can mandarin oranges*

*1/3 cup cashews, chopped*

Wash and dry the strawberries, spinach and onions. Drain the mandarin oranges. Combine the above ingredients in a bowl. Before serving, toss with the dressing below, or try one of your favourites. A quick, easy option is a store-bought poppy seed dressing.

#### Dressing Ingredients:

*1/2 cup oil*

*2 Tbsp vinegar or lemon juice*

*3 Tbsp liquid sweetener*

*1/2 tsp mustard*

*1/2 tsp salt*

*1/2 tsp paprika*

*1/2 tsp celery seed (optional)*

Whisk the above ingredients in a bowl. Just before serving, toss with salad.

Note: I'm always looking for new recipe suggestions, and would love to print one of your favourites in an upcoming issue of Capital Veg News. I would also be happy to hear your questions and comments about vegetarian cooking and baking, as well as what you thought about the recipes I've shared. Please feel free to contact me at [ncvarecipecorner@hotmail.com](mailto:ncvarecipecorner@hotmail.com).

By Vaalea D.

A movie being released later this year by the name of "Year of the Dog" will have an animal rights theme, with the main character becoming vegan. The Director Mike White would be vegan but unfortunately he eats fish and doesn't know why.

First the media was reporting the Doomsday Seed Vault ([croptrust.org](http://croptrust.org)) being created to protect the seeds of our planet through many kinds of ecological disasters. Now the news is the project The Encyclopedia of Life ([eol.org](http://eol.org)) to catalogue all known species on this earth, plant, animal, and other organisms. The WHO is also opening a database in which everyone can contribute to the International Classification of Diseases. Finally we are reaching toward the potential our times; the benefits of the internet, and freely sharing information for the good of all.

Turns out maple syrup might make the perfect bioplastic, requiring no processing to get to the sugar stage of production unlike the well known and used corn. While there

are plenty of maples to provide more sap, it also wouldn't hurt to have an excuse to plant more trees. And who knows, we might have batteries running off the maple sap as well. The big downside is that the biodegradable battery has been developed to also include chitosan (derived from the shells of sea crustaceans). But here is a weird one: Body-fluid-powered batteries. Hop onto Google to find out more.

Speaking about power and plastic, Konarka.com has developed a solar power plastic. There is also talk of solar paint, and material that is able to harness the power available via infrared for when it appears dark out. Think of all the potential applications!

The safety of our food supply is partly in the hands of U.S. regulators as the two countries forge ahead with plans to integrate their pesticide review processes. Canada and the U.S. would share the workload of reviewing pesticides, making it easier for manufacturers to get their products

approved in both countries. But in 2005, the U.S. Governmental Accountability Office raised concerns about corporate sway over the U.S. Environmental Protection Agency (EPA), which regulates pesticides. Canada also recently announced its intention to raise its limits on pesticide residues on fruit and vegetables for hundreds of products. Canada's limits are stricter than the those set by the U.S. in 40 per cent of the cases it regulates.

And closer to home— Ontario's produce is going to be marketed in grocery stores as such making it easier for shoppers to buy relatively local food. The easiest way to buy local is to have a food box delivered to your house from a local farm and the second easiest is to visit the farmers' market. To get you started, see [justfood.ca](http://justfood.ca), [cog.ca](http://cog.ca), [ottawafarmersmarket.ca](http://ottawafarmersmarket.ca) and Ottawa Organic Farmers' Market.

## 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)

Name: \_\_\_\_\_  
(please print clearly)

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Contact me about volunteering?  Yes  No

Please subscribe me to your newsletter  Yes  No

Mail to: 185 Pretoria Avenue, Ottawa, ON. K1S 1X1