

Capital Veg News

THE OFFICIAL NEWSLETTER OF THE NATIONAL CAPITAL VEGETARIAN ASSOCIATION

OCTOBER/NOVEMBER 2007 ISSUE 3

Second annual SimplyRaw Festival draws 2,500 people

Despite the cool weather on Saturday Sept. 15, crowds of people gathered throughout the day in the Glebe's Central Park to explore the raw vegan lifestyle.

The day featured a lineup of international raw speakers, including Matt Monarch, Angela Stokes, Brendan Brazier, Dorit and Patricia McAllister Smith, led by emcee Adrian Harewood (host of CBC Radio's All in a Day); fresh raw food delectables; healthy lifestyle exhibitors; yoga; live music; and the highlight: SimplyRaw's celebrated raw vegan pie contest judged by local celebrities.

Organizers estimate that more than 2,500 people attended this year's event, which was sponsored by The Table Vegetarian Restaurant.

The pie contest showcased a stunning selection of pies made completely from uncooked nuts, seeds, fruits, grains and edible flowers. The winning "Pretty Peach"



PHOTO: JOSH JEFFERIES

Continued on page 8 Pie contest winner Diana with her "Pretty Peach Pie."

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Recipe Corner

For your health

Maintaining muscle mass as a vegan

By Brendan Brazier

In today's hectic, fast-paced world, we are inundated with nutrient-lacking foods. Consumed mostly for convenience sake, processed and refined foods have led us to a decline in health and have elevated medical costs. Having to consume more of them to "fill up" due to their absence of usable nutrients, yet high sugar and calorie counts, we have become an obese, energy-depleted society.

Back a few years in my more conventional-thinking days, I would try to gauge my caloric intake requirements based on my activity level and body weight. Eating about 8,000 calories on heavy training days, as determined by my calculations, I would usually need a rest

day soon after. I realize now, a large part of my need for the extra rest day was not just to recover from the energy expended during training, but primarily from the energy expended digesting all that food!

At the time I would eat lots of starchy, high carbohydrate foods such as conventional pasta and bread. Roasted nuts, usually in the form of peanut butter, would also be a large part of my high-calorie yet low-nutrient diet. As these are hard for the body to digest and assimilate and have little to offer in terms of nutrients, I was actually robbing myself of energy with every bite.

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Message from the Executive Director



PHOTO: ALAIN CHAN

By Mark Faul

One of the strongest indicators of the excellent veg scene in Ottawa is the evolution and growth of businesses supporting the lifestyle. In the past few years we've seen a trend in North America towards more veg-friendly alternatives, such as faux meats, non-dairy yogurts, ice cream & cheese, among many other choices that make it easier for people to be vegan or vegetarian.

Ottawa has also seen a strong growth in the number of local businesses offering veg-friendly choices. Restaurants & cafes, health food stores, grocery stores, and service-oriented businesses are catering to an obvious consumer demand for more choices. The selection of options in Ottawa is excellent, and getting even better all the time.

However, there is always room for growth. Let your voices be heard! Tell business owners that you'd like to see more choices. Usually it's quite easy to modify an existing offering to make it veg-friendly, by simply substituting one or two products for others.

In promoting healthier lifestyles in our community, the NCVA wants to help support changes and growth in business to help provide a more veg-friendly environment. Please feel free to contact me at m.faul@ncva.ca if you have ideas or would like to get involved.

At the Supermarket

By Pamela Eadie

When you first go vegetarian or vegan, all the new products you'd like to try can seem a little overwhelming. It can be an expensive undertaking to try everything, which is why we hope this column is useful to people, whether they're new or old vegetarians. Sure, everybody has different tastes, but word of mouth referral can help you to sort through which products you should buy and try.

Here are a few picks. All are vegan, transfat free and gluten free.



VEGA Antioxidant EFA Oil Blend

This is the latest product from the VEGA lineup, which until now has consisted of meal replacement shakes and energy bars. Forget fish: Brendan Brazier, formulator of VEGA, is now hawking what is described as the perfect blend of DHA and anti-oxidant oils. The oil debuted at the Toronto Vegetarian Food Fair in September. It is available in 250 ml and 500 ml containers. I've used the oil in salad dressing a number of times, and find it to be very nice. For more info see www.myvega.com/products/oil.asp. Available at natural food stores and Loblaws.



BIOSHPERE flax crackers

Anyone who is tired of reading "wheat flour" as the first ingredient on most commercially available crackers can appreciate the nutritive values of Biosphere's raw flaxseed crackers. My favorite flavour is

the "Hanuman" but there are several more. The box says that by equal weight, the crackers offer more nutrition than most energy bars. I can't vouch for that, but they do have a nice crunch and can be fairly addictive – you can't eat just one. Raw foodists will be happy that the enzymes and vitamins remain intact. They're available at natural food stores such as Rainbow Foods, Herb and Spice, and Natural Food Pantry.



SALBA SMART Organic Tortilla Chips

I should start by explaining what Salba is, because most people still haven't heard about this superfood. Salba® is a variety of ancient plant species belonging to the mint family called Chia. Its botanical name is *Salvia hispanica* L. According to the Web site for Salba, it's the richest whole food source of Omega 3 fatty acids and fibre found in nature. Every serving of Salba® provides over 2,400 mg of Omega 3s, over 4,500 mg of dietary fibre, with less than 0.5 net carbohydrates per serving.

These tortilla chips (which come in a variety of colours) have Salba® baked right into them, and they taste great. I ate mine (blue corn) with guacamole, and found them at Rainbow Foods. www.salbasmart.com



ENJOY LIFE soft baked gingerbread spice cookies

Enjoy Life's line of products are all gluten-free and free of most common allergens. This makes them a safe bet for just about everyone (except raw foodists, of course). I haven't tried all of their different cookies, bars, and cereals, but I did try the gingerbread spice cookies recently and thought they were pretty good. They have a different texture than you might expect in a cookie, since their first ingredient is sorghum flour, but once you get past the initial shock they're soft, chewy, and nicely spiced. You can find them at natural food stores and Loblaws. www.enjoylifefoods.com

By consuming more easily assimilated foods, you can conserve a large amount of energy. There are two main reasons for this:

- Nutrient-rich easily digested foods can be assimilated with less expenditure.
- When more nutrient-rich foods are present in the diet, the body does not have to eat as much as if it were fed “average” foods.

As a direct result, not as much needs to be eaten and therefore digested. This is a huge net energy gain, to be spent as you please. If the body is left to decide, it will likely choose improved immune function and quickened restoration of cells damaged by stress – essentially, “anti-aging” activities.

Once I realized the value in nutrient density, assimilation, and absorption of food, I began eating in terms of net gain with no adherence to calorie consumption guidelines. Instead, I focused on consuming nutrient dense, easily assimilated foods.

As a result my recovery rate has significantly improved. I no longer need an extra day to recover from eating copious amounts of conventional food. Enhanced by simple means of increased efficacy, my body now pools its retained energy resources to recover more quickly from muscle damage associated with training. Today, I consume about 30% fewer calories than I did just two years ago yet have more energy through conservation, as opposed to consumption.

Instead of feasting on common refined foods, I now consume whole foods almost exclusively. Raw, alkalizing, enzyme intact, living foods have become the foundation of my diet. Switching my main carbohydrate source away from refined starches to whole fruits and vegetables was my starting point. In doing so, the majority of my energy needs, obtained from primarily carbohydrate, were now being met by a wide variety of fruit and whole grains.

Raw nuts and seeds, with an emphasis on hemp and flax as well as legumes supply me with protein and essential fatty acids. The majority of vitamins and minerals I require come from fresh, raw vegetables—dark leafy green in particular.

Specifically, foods that offer a superior net gain are:

- alkaline forming, high in chlorophyll
- rich in enzymes, raw and alive
- rich in pre and probiotics
- best consumed in liquid form

By implementing some of these suggestions, you can not only maintain strength and lean muscle tissue on a vegan diet, but you can also increase both significantly.

Brendan Brazier is a vegan professional triathlete from North Vancouver, 2006 50 km Ultra Marathon National Champion, author, VEGA formulator, and NCVA board member. For more info visit his Web site at www.brendanbrazier.com

Veg Q & A

Q: Isn't it important to consume dairy in order to get enough calcium?

By Joanne Charlebois

A: The dairy lobby works hard to foster and maintain this impression amongst the public by ensuring that dairy keeps a prominent place on Canada's food guide and by portraying cow's milk as a wholesome, natural, and healthy food for humans, but this is not really the case.

Milk, of course, is actually food for babies, and for babies of the same species as the mother for that matter. It serves a species-specific function to help infants grow at a rapid rate, and is not necessary after weaning. Nutritional science in fact shows that the milk of other species is detrimental to our health, when we look beyond the studies that were funded by dairy lobby interests.

Cow's milk (or goat's milk or sheep's milk) is high in animal protein. The consumption of animal protein increases the acidity in the body, which is counteracted by leaching calcium from the bones in order to neutralize the acidity. There is evidence that the consumption of animal protein, including the proteins in dairy, contributes to osteoporosis rather than helping to prevent it. In addition, the milk of non-human animals is high in cholesterol and hormones, displaces healthier iron- and fibre-containing foods from the diet, and has links to certain cancers such as prostate cancer and to type 1 diabetes. For more information, there are several articles discussing dairy and calcium on the website of the Physicians' Committee for Responsible Medicine at <http://www.pcrm.org/health/prevm/index.html>. The book *The China Study* by T. Colin Campbell is also an excellent resource on the subject.

Where do the cows get the calcium in the first place? From the plant foods they eat. There are plenty of healthy plant-based sources for calcium in humans' diets as well – for example, leafy greens such as collards, kale, bok choy, broccoli (we should eat two

servings of leafy greens a day, for the calcium as well as other nutrients like folate and iron), fortified non-dairy milks such as those made from soy or rice, quinoa, almonds, beans, figs, molasses, calcium-set tofu, fortified orange juice (look for the types that are not made with animal products, though most are not). There is also evidence that if we do not consume animal protein, our actual need for dietary calcium is lower than the recommended

intake of about 1,000 mg per day.

Speaking of the cows, we can see from the nutritional reasons outlined above that there really is no good reason to enslave them and treat them like milk machines, to artificially impregnate them, then take their newborn babies away,

causing severe emotional distress to mother and child, to sell the babies for veal or use them to replace older cows, and in the end to kill the cows at an early age themselves once their production levels decline. These are all standard, necessary practices in the commercial production of dairy, even on small farms; otherwise the farm operators would not be able to stay in business even with the government subsidies for dairy production. Since animals are legally property, there is no protection against such “standard industry practices”; they are deemed necessary to maximize the economic value of the cows to their owners.

As for your favourite dairy-containing foods, there are vegan versions, store-bought or homemade, for all of them – it only takes a bit of time, patience, and experimentation with products and recipes to allow your tastebuds to re-adapt themselves (which they do) and to discover your new favourites. When humans look to other, plant-based sources for calcium and other nutrients and for new versions of their favourite traditionally dairy-based comfort foods, it's better for both us and the bovines.



The vegan hiker: roughing it in the Scottish Highlands

By Mark Faul

Being vegan in Ottawa is easy. It's pretty easy in most major cities that I've visited. But what to do when you're out in the wilderness for a week?

In June of this summer my friend William and I set off to the UK for a week-long hiking expedition through the Scottish Highlands. Our starting point was Milngavie, just outside of Glasgow, following the West Highland Way up to Fort William. Total distance of 152 kms with an overall ascent of 10,000 feet from start to finish. With a 50 lb backpack each carrying every we needed for the week, including a tent, sleeping bag, clothing for hot, cold, rainy and sunny weather (you never know what to expect in the highlands), food and water, the hike was invigorating.

And being vegan on the hike was easy, even being almost all raw – but we were well prepared! We knew there was the odd small village and small shop along the Way, but had no idea whether they'd have anything vegan in stock. So to add to the weight we each had a good supply of Vega bars and Vega single-serving drink pouches... enough to last us a week if rationed properly. We also packed a supply of Dulce, light-weight and good for replacing depleted salts in the body; dehydrated crackers – also nice and light; lots of nuts & seeds; dried figs and other dried fruits.

We left the rest up to chance in Scotland! Fortunately in Milngavie there was an excellent grocery store where we stocked up



Being vegan on a 152 km hike was easy, it just required some advance planning.

on greens and other fresh veggies, fresh fruit, a few hearty fruit drinks, and lots of water. Along the hike we also made our way into a few pubs in some of the villages, and they were always happily willing to put together a fresh veggie salad for us. Sometimes one salad wasn't enough to feel energized again, but two (or three) would hit the spot! On one particularly rainy, chilly evening we even found a wonderful spicy vegan soup to warm and replenish us.

Food was never an issue for us – we were well prepared, and took advantage of local options whenever possible. Of course our focus was also on the awe of hiking in the beautiful Scottish highlands, through lots of valleys, across mountainous peaks, past rushing rivers, and along the shorelines of seemingly endless lochs.

NCVA potluck update

About 40 people turned out for the NCVA's second vegan potluck on Saturday, Sept. 15.

The potlucks are held at the Jack Purcell Recreation Centre in downtown Ottawa, near the intersection of Elgin and Lewis Streets. They run from 6:30 pm to 9:30 pm.

Potlucks will be held on the following dates for 2007:

November 10

December 8

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.

While RSVPing is not necessary, it's very much appreciated as the potlucks are very popular and may outgrow their location before long. Please RSVP to ncva.avcn@gmail.com.



PHOTO: PAMELA EADIE

The second NCVA potluck.

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The official newsletter of the NCVA

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Please contact the editor at newsletter@ncva.ca if you are interested in contributing to Capital Veg News, or if you have a story idea.




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Contact: newsletter@ncva.ca

NCVA president's passions include outreach, running

By Louise Rachlis

Pamela Eadie, president of the board of the National Capital Vegetarian Association, went vegetarian five years ago after doing a university paper on the environmental consequences of a meat-based diet.

"I learned how terribly inefficient livestock agriculture is, and I was truly horrified," says Pamela, 27.

She went online to learn more, and to find a vegetarian community. "That's when I became alerted to the animal rights and welfare issues around the egg and dairy industries," she says. That in turn led her to become vegan three years ago.

"I had to learn how to cook and eat all over again," she says. "That made it difficult at first, but once I knew what I had to do - get rid of eggs and dairy - I did it and it was easy. I haven't had any cravings for animal 'products' since it became clear to me that they're not food."

For the past two and a half years, Pamela has been a writer and editor in the Advertising Features Department of the Ottawa Citizen. She previously worked as an editor for a number of Ontario construction publications. She shares her home with three cats, all adopted.

A graduate of Carleton University's Journalism program, she grew up in Tweed, Ontario. It was at the Citizen and through some friends that Pamela was introduced to her latest passion - running. She started running in May 2007.

"I never thought I would ever run for fun," says Pamela, who now puts in more than 40 kilometres of training each week, "but as it turns out, I love it."

This fall, she's running in four local races in distances ranging from 5k to a half marathon. She finished the Ottawa Fall Colours half marathon - her first - in 1 hour and 53 minutes on Oct. 7.

As well as NCVA president, she is also the newsletter editor and potluck co-organizer. "Vegan outreach is one of the most important things in my life," she says. "I think the NCVA is an excellent vehicle to promote vegetarianism and veganism in the Ottawa area."

She welcomes your input, at ncva.avcn@gmail.com.

PHOTO: ALAIN CHAN

NCVA President Pamela Eadie.



How you can get involved with NCVA

The NCVA is a member-based organization formed to represent the interests, ideals and needs of the general public in the National Capital Region. The NCVA is focused on educating people about preventative ways to improve public health through plant-based foods. The objective of the NCVA is to educate the public and professionals about the health benefits of a plant-based diet.

As well, the NCVA seeks to develop a sense of community amongst vegetarians, vegans, and those interested in vegetarianism and veganism.

For more information on the NCVA, please see www.ncva.ca. We are currently focused on several priorities, specifically, generating new memberships (the more

members we have, the stronger our voice will be), developing a member benefit package, and bringing public awareness to NCVA.

The NCVA has some initiatives it is hoping to pursue over the coming months and we need volunteer power to make things happen. Please contact Pamela Eadie at ncva.avcn@gmail.com, or through facebook, if you are interested in getting involved in any of the following:

- Organizing a vegetarian fair for summer 2008 (various roles to fill)
- Organizing a benefit show in winter/spring 2008 to raise funds for NCVA
- Writing for Capital Veg News
- Advertising sales for Capital Veg News
- Membership sales

- Organizing activity nights, movie nights, etc. with an educational component
- Grant and funding research
- Fundraising
- Research projects pertaining to health benefits of plant based diets.
- Tabling at events in the Ottawa region

NCVA activities have been split into five sub committees, with some overlap, being membership, events, outreach, research, and financial. Depending on what you're interested in helping out with, you will work with the designated committee chairs.

Contact Pamela Eadie for more information or to offer your support.

Giving thanks for autumn's harvest

By Vanessa Holm

As the weather becomes cooler, I look forward to all of the fall harvest dishes that can be made with the last of garden vegetables and local farm-fresh produce. In addition, Thanksgiving meals allow for the opportunity to try many new dishes and sides which sometimes results in the discovery of new family favourites.

While autumn offers many types of fruit and vegetables, I really look forward to new crops of apples and pears. By the time fall rolls around, grocery store apples have been in storage for almost a year. Recently, while doing my groceries and selecting a few apples, a fellow shopper came up to me and advised me to wait until the 'new apples' were out, because last year's now taste like cardboard. And it's true.

While I love stocking my freezer with apple butters and pear sauce each fall, I also enjoy making pie. Below I've included a recipe for a delicious pear crumble pie, which is a refreshing alternative to apple. I've also shared one of my family's favourite dishes for Thanksgiving, Pineapple Glazed Yams, which is adapted from a recipe in Anna Thomas' *The Vegetarian Epicure* (1972).

Pear Crumble Pie

Ingredients:

1 9 inch pie crust

2/3 cup packed brown sugar

1/2 cup whole wheat pastry flour

1 tsp ground ginger or cinnamon,
or a mixture of both

1/4 cup margarine

6 medium pears, peeled, cored, and
cut in half

Directions:

- Preheat oven to 375.
- In medium bowl, combine brown sugar, flour, and ginger/cinnamon.
- Cut in margarine until mixture resembles coarse crumbs.
- Sprinkle half the crumbs evenly in pie shell.
- Chop 4 pear halves & scatter over the crumbs.
- Cut 7 pear halves lengthwise from wide end almost to the stem end in 1/4 inch thick slices. Arrange on crumb-pear mixture



- with wide ends of pears around edge of pie. Gently press down on pear halves to fan slices.
- Coarsely chop the remaining pear half & fill space in center of pie.
- Sprinkle pears evenly with remaining crumbs.
- Bake 40-45 minutes, until crumbs are browned & pears are tender. Remove to wire rack to cool and serve at room temperature, or when set.

Pineapple Glazed Yams

Ingredients:

4 large yams

4 Tbsp margarine

1/2 cup brown sugar

1 tsp salt

1 tsp grated orange rind

1 cup crushed pineapple

2 tsp arrowroot or cornstarch

Directions

- Peel yams, slice thickly, and boil in salted water for 10 minutes.
- Melt the margarine in a large pot or skillet, and stir in the brown sugar, salt, orange rind, and pineapple.
- Dissolve the arrowroot or cornstarch in 2 Tbsp cold water and stir it into the pineapple mixture.
- When the mixture is well-blended and thickened, add the yams and turn them over until all the slices are evenly coated.
- Continue cooking over medium heat until the yams are tender and well-glazed. Be careful not to mash them up! Serve this dish hot.

SimplyRaw continued from page 1

pie featured a simple combination of almonds, dates, peaches, lemon, vanilla, cinnamon and cashews, fresh in flavor and very delicious.

The non-profit community event also raised over \$600 to support the <http://www.iSisters.org> charity .

Organizers Natasha Kyssa and Mark Faul of SimplyRaw are already planning next year's event for Sept 6-7, 2008. Visit the SimplyRaw website <http://www.simplyraw.ca/> for photos from this year's event, and watch for all the details of next year's festival, which promises to be even bigger, and better.



"Cocoa Gone Loco" pie.



PHOTO: JOSH JEFFERIES

Despite cool temperatures, the festival was a big success.

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

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