

# Capital Veg News

THE OFFICIAL NEWSLETTER OF THE NATIONAL CAPITAL VEGETARIAN ASSOCIATION

## In this edition...

As ambassadors of peace, we spread our message of compassion in many different ways.

Whether you believe in leading by example or actively voicing your concerns, this edition will surely expose you to new ways of sharing your vegetarian or vegan message.

Kind regards,  
The NCVA team



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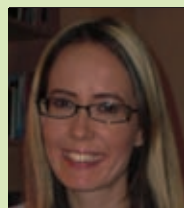
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## Message from the President by Pamela Eadie

Mark your calendars: May 31, 2009. The countdown is on for the NCVA's biggest initiative to date: Ottawa Veg Fest '09, presented by The Table Vegetarian Restaurant!

When Veg Fest coordinator Corrie Rabbe and I began the process, we knew it would be an ambitious undertaking. While there have been bumps along the way, we have been buoyed by the overwhelming support of Ottawa-area businesses and organizations. We were thrilled to sell out our exhibitor space, two months before the event!

We have a wonderful assortment of veg lifestyle exhibitors. The food kiosks run the spectrum from veg to raw and from eastern to western influence. Ensure your cupboards are cruelty-free and environmentally friendly by checking out the wide range of personal care products and household items on hand. Learn about the ultimate vegan-friendly pet: rabbits! Find out about compassionate issues from our non-profit associations. Our guest speakers and food demonstrators are second to none! To find out more, turn to page 7 or visit our Web site.

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I attended the Toronto Vegetarian Association's food festival on two occasions. The seed was planted; the idea of bringing this type of event to Ottawa sprouted from there. I'm thrilled to be playing a pivotal role in organizing this event and to be working closely with Corrie, who is a total class act and amazing volunteer. Without Corrie, there would be no Ottawa Veg Fest.

Now we need you to attend. Tell your friends, family, coworkers, and random people you meet on the street. Tell anyone who will listen. It doesn't matter if they're vegetarian or not; this event is for everyone. We need this year's event to be a success to ensure it happens again next year. For that, we need your support! Let's make Ottawa Veg Fest an event to look forward to for years to come.

Pamela Eadie



We love to hear from you.  
Please feel free to send us your  
questions and comments:  
[capitalvegnews@gmail.com](mailto:capitalvegnews@gmail.com).



## Editor's Note by Tanya Hanham



Spreading the message is an important part of a vegan lifestyle. This month's newsletter is dedicated to the various ways we, as vegetarians and vegans, can share our lifestyle with others and show what a simple, yet powerful choice being vegan can be. Vegetarian restaurant meet-ups, veggie radio shows, VegFest, our monthly potlucks and this newsletter are some of the many ways the vegan message gets communicated to the masses.

For starters, the NCVA has organized Vegfest: an exciting new festival celebrating veganism, here in Ottawa. Corrie Rabbe and Pamela Eadie have been working tirelessly to bring us a most riveting vegan event. It's jam-packed with inspiring speakers, amazing food demonstrators and vendors who can meet all of your veggie-related needs. Thanks for your hard work, ladies! Check out pages 6 and 7 to find out more. I hope to see you there; make sure bring a non-veggie friend or two with you!

Check out Corrie's article in which she elaborates on veggie DJs spread the message over the local airwaves of CHUO and CKCU. What a great medium to expose a large amount of people to veganism!

Alex tells us about a new all-vegetarian (mostly vegan) restaurant called Green Earth. He also explains how you can join in on the fun at our frequent veg meet-ups using facebook. Come on out!

This newsletter is another way to communicate the message. When you're done reading, why not pass this on to a friend who may have expressed interest in your diet but hasn't quite made the leap? The more exposed they are to this lifestyle, the more accessible it will seem to them.

The NCVA's monthly potlucks are yet another way to wow others with culinary creations that can satisfy even the most staunch of epicures and shatter their preconceived notions about vegan food. Bring your most skeptical friend and invite them to partake; their doubts will surely be extinguished and they may even decide to transition to veganism. Bring as many friends as you like; there is ample space for everyone.

Don't forget: you're an integral part of this process! Everytime you share your delicious vegan creations with a friend or invite them to dine at a veggie-friendly restaurant, you are planting a seed in their mind that may bloom into full-blown commitment to veganism. What other ways do you spread the vegan message?

Tanya Hanham



## Restaurant Review: Green Earth Restaurant

by Alex Wu

Delectable cheesecake with whipped cream. Fettuccini with creamy Alfredo sauce. Soft-shell protein-filled tacos. These are some of the delights many of us swore we would never touch again, when we took our vows and pledged our lives to veganism. Despair no more: Green Earth Vegetarian Cuisine is Ottawa's newest vegetarian restaurant. They boast a superb menu that is nearly 100% vegan (the two whey-containing exceptions are clearly marked in the menu with a red dot). It's safe to say, you'll feel like a kid in a candy store with a pocket full of nickels!

The Green Earth is a vegetarian's dream. Their menu is best described as pan-Asian, with cameo appearances by soy and tofu burgers, soy-protein tacos and totally vegan chocolate cheesecake topped with soy-based whipped cream. After visiting this restaurant nearly a dozen times in the past month, I hereby declare my list of winners:

**Appetizer:** Crispy Wontons - a fried dumpling with a golden exterior and mashed vegetable interior

**Soup:** Rainbow Soup - a thick chowder of tofu, veggies, shiitake mushroom, vegan ham, and roasted seaweed

**Main Course:** Sweet and Sour Sensation - a stir-fry of bell peppers, zucchini, pineapples, your choice of white or brown rice, and soy protein formed into shapes that look and taste like chicken nuggets

**Dessert:** Thai Banana Rolls - fried, crispy rice paper rolls with a mushy banana centre, complete with whipped cream for dipping

Decorated in gentle earth tones, with distinctive yellow-green mood lighting, the Green Earth is modern, impeccably clean and offers a casual, relaxed atmosphere. While the service wasn't five star, the restaurant was only a few weeks old the first time I visited. Despite the serving staff's occasional errors, they were always courteous and ensured that our dining experience was enjoyable.

You might think that dining at a restaurant with so much to offer would cost a king's ransom. You'd be mistaken; the entire list of winners above (which I would be unable to eat in a single meal) comes to under \$21, after tax and taking into account the 15% discount for NCVA members.

Ample street parking can be found within a block or two of the Green Earth's location at 354A Preston Street, just south of the Queensway. If you visit during the summer, you

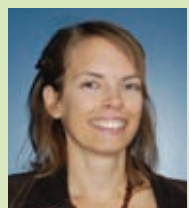
may even enjoy your meal on their small outdoor patio. To sum up, a vegan-friendly menu with a huge variety, great tasting food, and good overall service make this newcomer to Ottawa a winner. Check it out at your first opportunity and don't forget to show your NCVA card for your 15% discount.

Not sure where to eat in Ottawa? Tour Ottawa's veg-friendly restaurants by coming to the NCVA's restaurant meetups. In early March, our meetup at the Green Earth attracted over 30 vegans and vegetarians from across Ottawa. To receive an invitation to the next restaurant meetup, join the NCVA's Facebook Group at:

<http://tinyurl.com/ncvafacebook>.

Alex Wu

"Green Earth is modern, impeccably clean and offers a casual, relaxed atmosphere."



## Veg DJs Take to the Air Waves

by Corrie Rabbe

Vegetarians and vegans are hiding around every corner and there certainly isn't a lack of them at Ottawa's campus community radio stations: CKCU 89.1 FM. and CKCU 93.1 FM! Broadcasting 24 hours a day, these sister stations are also proud sponsors of the NCVA's Ottawa Veg Fest '09. They provide a much needed alternative to commercial radio in the Ottawa community. Here is a small sampling of the many radio shows found on CHUO and CKCU which are hosted by vegetarian DJs. For more information, please visit their websites at [chuo.fm](http://chuo.fm) and [ckcufm.com](http://ckcufm.com).

**John Wall** is a host of *Spaces, Places and Faces* which airs at 7am on Thursdays, as part of the Thursday Morning Special Blend on the Mighty 93.1 CKCU-FM!

*Spaces, Places and Faces* features news and commentary about the news behind the news. Issues are explored from a *geography and environmental studies* point of view. The programming presents weekly environmental news and delights listeners with music to get their day started. John is very interested in "animal geography" which examines how people keep animals 'in their place' through practices like separating production and consumption, as well the social and cultural dimensions of human and animal relationships. The show has covered this topic in features that elaborate on a wide variety of issues such as pet-keeping, zoological practices, farming and the different ways animals are represented in animated films.

Continued on page 4

A vegetarian since 1993, John was initially interested in the health benefits of a vegetarian diet. He soon learned of the environmental benefits and the positive social and economic aspects of eating lower on the food chain. Over the years, he has worked in conservation, poverty reduction and community development. These are issues he considers to be inherently linked to unsustainable agriculture, the undercounting of the true cost of meat, and the waste of water and grain that goes into 'normal' agriculture. John says that many people may be unaware of the environmental impact of meat. "The loss of energy engendered by growing plants to, in turn, transform into animal feed to feed livestock is enormous! About 90% of the energy is lost at each step of the way. It can take 7 kilograms of grain and 20,000 litres of water to make one kilogram of edible cow meat!"

"If people are interested in making a huge environmental impact starting today, they should consider the following courses of action: eating less meat and finding out where their meat comes from and how it is produced. I think that eating less meat is part of moving toward a just and sustainable society," he continued. To learn more about *Spaces, Places and Faces* please visit [spacesplacesandfaces.ca](http://spacesplacesandfaces.ca).

**Let's Get Baked** is a radio baking program that combines two wonderful things: music and food! The show, which is taped in Halifax, airs every Tuesday on CHUO 89.1 FM from 3-4pm, as well as on community radio stations across the country.

For one hour each week, Mat, Dave and an exciting musical guest invite you to join them in the kitchen as they prepare a new delectable vegan dish. Many of your favorite musicians and bands may be culinary experts in disguise. However, if they don't know the difference between salt and sugar, Mat and Dave are there to guide them! Many great musical acts have pre-heated their oven: Buck 65, Mike O'Neill, Immaculate Machine, Whitey Houston, C'mon, The Meligrove Band, The Maynards, The Golden Dogs, Priestess, Alicia Silverstone....

With the help of announcer Tom Westoll, you will discover interesting food facts and helpful vegan baking secrets, as well fascinating tidbits about their guest, music, pop culture and more. Each week is a different baking adventure, which is sure to be hilariously informative. *Let's Get Baked* recently received a *National Campus and Community Radio Association* award for best magazine-style show. To find out more about their show, visit their Web site: [letsgetbaked.ckdu.ca](http://letsgetbaked.ckdu.ca).

**David Sarazin**, host of *Tickle Me Punk* and now Program Director of CKCU 93.1 FM, started at the station through a high-school co-op placement in 2004. In those days, Dave not only played in punk bands but also ran a small punk record label. He believes that the roots of his vegetarianism stem from this environment. Some of the bands he listened to and fellow concert-goers practiced vegetarian and vegan lifestyles.

After being introduced to the concept, Dave started doing a little research on the topic. After learning about how the meals he once enjoyed and how they got onto his plate, he quickly made a decision to change the food he ate. "It was a big change at first, since I didn't do much of my own grocery shopping. As the weeks turned into months, it became as natural as anyone else's specific diet. In much the same way that someone who doesn't eat mushrooms avoids foods containing mushrooms, I found it easy to avoid eating meat," says Dave.

David's show, which airs every Wednesday at 3:30PM, focuses on general music. The topics do vary each week; be sure to tune in regularly! Luckily for Dave, Mr. Dick Altavista, host of the show immediately preceding his, often treats him to a delicious vegetarian samosa!

**Gianna Lauren**, host of *Third Wave* on CHUO 89.1 FM, has always been captivated by radio. As a politically-aware young adult, Gianna's interest in radio channeled into concerns about the lack of women on the radio broadcasting constructive and informative content. In university, she began volunteering with campus radio and finally found an alternative venue for exposing a variety of voices and beliefs.

*Third Wave* was born in 2006 and took the form of a weekly, female-focused program highlighting cultural activity generated by women, while providing insight into current issues from a female perspective. *Third Wave* delineates local and international news and announcements regarding women. The show also features interviews with female authors, business owners and showcases budding Canadian women in the music industry. The radio show began as an afternoon slot on CHUO 89.1 FM in Ottawa; it is now available for broadcast in community campus radio stations across Canada. Gianna says her job is exciting: "there are plenty of brilliant and inspiring women active in our communities."

As a devoted vegetarian and intermittent vegan for the past twelve years, Gianna's lifestyle choices are undeniably linked with her role as a disseminator of information. She uses radio as a medium to illustrate an alternative point of view: in this case, a female standpoint. *Third Wave* radio stays true to vegetarian guiding principles by avoiding the endorsement of material which is harmful to animals.

*Third Wave* is broadcasted on CHUO 89.1 FM on Tuesday afternoons at 4PM. Please contact Gianna at [radiothirdwave@gmail.com](mailto:radiothirdwave@gmail.com) for inquiries pertaining to the encouragement of the female voice!

Corrie Rabbe

# Mark Your Calendars!

The potluck dates are in!



May 9 • June 13 • July 11

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The NCVA is committed to eco-friendly practices. Our newsletters are now printed on FSC paper.





## ***Anyone who thinks vegetarian food is akin to grass and bark, will think again: Veg Fest '09***

by Pamela Eadie

The National Capital Vegetarian Association (NCVA) is thrilled to showcase the vibrancy and variety of our cuisine and lifestyle during the Veg event of the year: Ottawa Veg Fest '09, presented by The Table Vegetarian Restaurant.

Come and sample an abundance of delicious plant-based foods while learning about the wide assortment of quality veg services and diverse lifestyles in Ottawa! This grassroots community event brings together food and lifestyle exhibits from local and national veg businesses and non-profit organizations. Participants will also have the opportunity to learn first-hand by engaging with our guest speakers and attending food demonstrations.

**Veg Fest will be held at the Glebe Community Centre (175 Third Avenue) on May 31st between the hours of 10:00AM and 5:00PM.**

"We invite everyone, non-vegetarians and vegetarians alike, to be part of this one-of-a-kind event," says festival coordinator Corrie Rabbe.

Dozens of exhibitors will help inform you of the benefits of vegetarianism and the many ways to make healthier, greener and more compassionate dietary choices. Silver level sponsors for this event include Rainbow Foods, Market Organics, Farm Sanctuary, CHUO 89.1 and CKCU 93.1.

This year's keynote speaker is Brenda Davis, a world renowned leading voice and author of eight books on vegetarian and vegan nutrition. Colourful food demonstrations will further enrich the experience of participants by showing how easy transitioning to a plant-based diet can be.

Join us in celebrating the diversity of vegetarian cuisine and services in the nation's capital! Admission is free and parking is available in the surrounding area.

*Pamela Eadie*



*Join us for  
Veg Fest '09*

May 31st, 2009  
10:00AM to 5:00PM  
Glebe Community Centre  
175 Third Ave, Ottawa

Interact with some of  
the most accomplished  
professionals and  
academics in the  
Veg world.

Guest Speakers:  
Brenda Davis, R.D.  
Yasmin Fudakowska-Gow

Cooking Demonstrators:  
Caroline Iishi  
Auntie Loos' Treats  
Natasha Kyssa

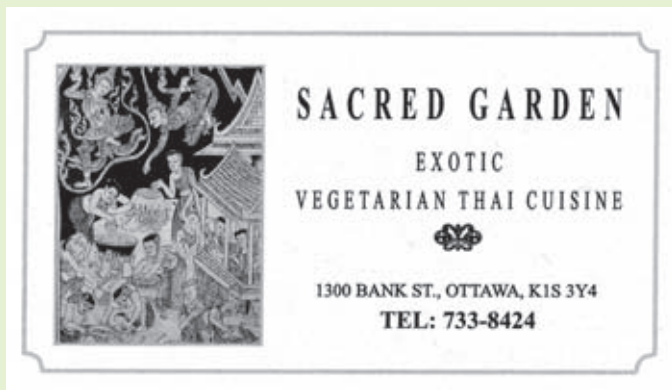
Countless Exhibitors:  
Food • Health and  
Well-Being • Advocacy •  
Cruelty-Free Beauty  
and Home Essentials •  
and more! (see page 8)

## The NCVA wishes to thank the following exhibitors:

The Table Vegetarian Restaurant • Rainbow Natural Foods • Market Organics • Farm Sanctuary • Three Cheers Cupcakes • Morsel Foods • The Supreme Master Ching Hai International Meditation Association • Green Leaf Distribution (Vegan Dog Food) • Green Earth Vegetarian Cuisine • Christian Vegetarian Association • Canadian Organic Growers • Biosphere • Zen Kitchen • Simply Raw • Kincades Fine Foods • New Moon Rabbit Rescue • Raw Nutrition • Eat Me Alive • Nelakee Foods (Vegan Meat) • Auntie Loo's Treats • Shafali Restaurant • Canadian School of Natural Nutrition • Clean Hands Warm Soap Co-op • New Life Retreat • Simply Natural Kosmetics • Simply Meditation

Thank you for being part of Veg fest 2009.

Please visit our Web site for more information on these organizations and companies.



# Capital Veg News

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For more information visit [ncva.ca](http://ncva.ca)

**Co-Editors:** Tanya Hanham & Ben Kaelan René  
**Designer:** Ben Kaelan René

1 issue: \$42 + GST or;  
6 issues: \$227 + GST

Capital Veg News is published six times per year, with 1,000 copies printed and hundreds more distributed electronically.

## 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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Please contact me about volunteering

Please subscribe me to this newsletter

Mail to: NCVA, 3-878 Bermuda Avenue, Ottawa ON K1K 0V9

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

Need veg resources? Check out Web site!

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