

Cool, Crisp Salads • A Cinco de Mayo Fiesta

VOLUME XXVI, NO 2

# VEGETARIAN

JOURNAL

HEALTH ECOLOGY ETHICS

**Making Egg  
Replacers  
at Home**

**Fabulous  
and Fantastic**

# Falafel

Chickpea Falafel (page 24)



\$4.50 USA/\$5.50 CANADA

**So, what do those  
'humane' labels on egg  
cartons really mean?**

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# NUTRITION HOTLINE

REED MANGELS, PhD, RD



*This issue's Nutrition Hotline considers how baking affects omega-3 fatty acids, which non-dairy alternatives can be substituted for Ensure-type drinks, and whether going vegetarian during puberty can impact a girl's development.*

**QUESTION:** "Are the omega-3 benefits from flaxseeds or their oil destroyed by heat from baking or cooking?" P.L., via e-mail

**ANSWER:** According to the Flax Council of Canada (<[www.flaxcouncil.ca/english/pdf/stor.pdf](http://www.flaxcouncil.ca/english/pdf/stor.pdf)>), whole and ground flaxseed can be used for baking without any significant loss of omega-3 fatty acids.

Flax oil generally should not be used for cooking, as it is not stable at high temperatures. It is often added to foods after they have been cooked. For example, you can toss it with steamed vegetables or cooked pasta. Some research suggests that flaxseed oil can be used in baking without loss of omega-3 fatty acids.

**QUESTION:** "I teach vegan cooking classes for cancer patients and find that, when they are undergoing treatment, they turn to the convenience and extra calories of dairy-based drinks like Ensure. Are there easy, non-dairy alternatives for cancer patients?" J.M., via e-mail

**ANSWER:** There are a few commercial soy-based smoothies and shakes that require no preparation and that can add protein and calories. Examples of these products are Whole Soy Smoothies, SilkLive Smoothies, and Westsoy Shakes. These all provide between 170 and 230 calories per serving. Depending on the product, a serving is either 8 or 10 ounces. For comparison, an 8-ounce can of Ensure provides 250 calories. The soy products provide either 7 or 9 grams of protein per serving

compared to Ensure's 9 grams of protein per serving.

Another alternative is to make a super-smoothie by blending one of these products with some frozen fruit and either soy yogurt, soy frozen dessert, or silken tofu. A little flaxseed oil can also be added to increase calories and provide some omega-3 fatty acids.

## PRODUCT WEBSITES:

- **Whole Soy Smoothies** – <[www.wholesoyco.com/product\\_smoothie.html](http://www.wholesoyco.com/product_smoothie.html)>
- **SilkLive Smoothies** – <[www.silksoymilk.com/Products/SilkLive.aspx](http://www.silksoymilk.com/Products/SilkLive.aspx)>
- **Westsoy Shakes** – <[www.westsoy.biz/products/shakes.php](http://www.westsoy.biz/products/shakes.php)>

**QUESTION:** "What effect, if any, does being a vegetarian have on female puberty and on menstruation in general? Is there any effect if someone starts being vegetarian mid-puberty?" L.M., MN

**ANSWER:** Overall nutritional status is an important factor in determining at what age puberty occurs. On average, puberty occurs earlier in well-nourished girls as opposed to poorly nourished girls and is earlier in those who are heavier for their height.

Some studies have suggested that vegetarian girls have a slightly later age at menarche, possibly because vegetarian girls tend to be leaner than non-vegetarians. Other studies have found no difference in age at menarche

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# FEATURES

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Also, if you do not want your name traded to other organizations, please let us know.

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[www.vrg.org](http://www.vrg.org)

The *Vegetarian Journal* is one project of The Vegetarian Resource Group. We are a nonprofit organization that educates the public about vegetarianism and the interrelated issues of health, nutrition, ecology, ethics, and world hunger. To receive *Vegetarian Journal* in the USA, send \$20 to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203.

## NOTE FROM THE COORDINATORS

# MEATING THE FUTURE



Since 97 percent of North Americans eat animal products, becoming vegetarian means having to think beyond what is commonly accepted as being true. Therefore, it's interesting that, in the vegetarian, animal rights, and environmental movements, it's politically incorrect to express certain opinions. To have less strife in the world, people need to be able to feel safe discussing conflicting viewpoints in a non-adversarial way.

We read the following statement by Professor Lee Silver in the May/June, 2006, issue of the New York Academy of Sciences' magazine, *Update*: "The advantages of genetically engineered vegetative meat are numerous and diverse. Without farm animals, there could be no suffering from inhumane husbandry conditions and no pollution from manure. Since the sun's rays would be used directly by the plant to make meat, without an inefficient animals intermediate, far less energy, land, and other resources would be required to feed people... This categorical rejection of all GM (genetically modified) technologies is based on a religious faith in the beneficence of nature and her processes under all circumstances, even when science and rationality indicate otherwise." Are organic and non-GMO foods always the best? What's your opinion? What are vegetarians thinking? Can you give your opinion in a way that doesn't attack others?

According to the *Nutrition Business Review*, a "What's In Store" survey of consumer shopping habits commissioned by ConAgra Foods, Inc., revealed that 95 percent of Americans said they would consider quality symbols, seals, and trust marks when food shopping. In this issue of *Vegetarian Journal*, Jeanne Yacoubou addresses the issue of various certifications for eggs. Though there are improvements, chickens now may only have a space measuring 1 foot x 1 foot (a little larger than this page) up to 1 foot x 1½ feet, and the male chicks are still killed.

Debra was honored to receive a "Let's all keep agitating" note from Colman McCarthy, along with a copy of his "Cruelty-Free Eating" article in the *National Catholic Reporter*. Mr. McCarthy was a writer for *The Washington Post* and is director of the Center for Teaching Peace. We thought it was worth repeating a paragraph he wrote in his publication, *Peace Times*.

"The world has enough brainy people but not enough caring people. It has plenty of talkers but few doers. Students leave school either self-centered or other-centered. Character isn't shaped by the ability to ace tests; it's shaped by seeing an injustice and then putting full effort into finding a solution."

Thank you to Colman for sharing these wise words, and a big thanks to our members who are not blind to injustice and each day work on finding solutions.

**Debra Wasserman & Charles Stahler**

**Coordinators of The Vegetarian Resource Group**

## VRG's MEMORIAL AND HONORARY GIFT PROGRAM

How often have you wanted to make a gift in honor of a loved one or friend but weren't sure which charities are vegetarian-friendly, pro-environmental, or pro-animal rights? Please remember The Vegetarian Resource Group. You can make a gift in memory of a loved one or as a living tribute to honor someone you care about on a special occasion, such as a wedding or birth. We'll send an acknowledgement to you and to the recipient(s) you choose. Your gift will support educational outreach programs and help promote vegetarianism.

### Memorials & Honorary Gifts

In memory of: \_\_\_\_\_

\_\_\_\_\_

In honor of: \_\_\_\_\_

\_\_\_\_\_

Please send acknowledgement to:

Name: \_\_\_\_\_

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

\_\_\_\_\_

*My name and address:*

Name: \_\_\_\_\_

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

\_\_\_\_\_

*Make checks payable to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203.*

Thanks to M. Mitsch for giving a donation in honor of her 6-year-old daughter, who told her, "Mommy, I don't want to hurt the earth, and I don't want to eat animals!" The family became vegetarian because of her decision.

Thank you to volunteers Stephanie Schueler and Alisa Mills, whose work on our website enables us to assist countless people through <[www.vrg.org](http://www.vrg.org)>.

## Website Helps New Vegan Transition to Veggie Cuisine

I've gone vegan since January, for compassion reasons, but am getting a huge dividend in weight loss. (At 55, I've been obese for about 25 years.) I've lost about 34 pounds, so I am looking at being thin again in about a year, all without dieting or surgery or any other drastic thing.

But unused to vegan cooking, I searched the web for recipes and came across <[www.vrg.org](http://www.vrg.org)>, among others, and have to tell you how helpful it's been. Thanks!

Starshadow, via e-mail

## Oregon Veggie Group Spreads the Word with VRG Materials

Dear Jeannie,

Thank you so much for sending VRG's four (4!) boxes of *Vegetarian Journal*. Wow, are we ever making use of those. People are always asking for info and recipes, and we give them out at our monthly meetings and we give them away when we table. Thank you, thank you, thank you ever so much. We can guarantee you they will all fall into the hands of inquiring and appreciative folks!

Thanks, too, for everything you do. The *Veganism in a Nutshell* is one of your most popular pamphlets. Rather, one of *our* most popular pamphlets, I mean, when we table. Everybody loves it. What a work of art (and science)!

Did you see our group get TV coverage on KVAL? (See <[www.kval.com/news/local/4691811.html](http://www.kval.com/news/local/4691811.html)>. Click "Watch Video," then the play arrow.) Everyone thought it was way cool. That's my husband, Robert, in the video. :) They presented an upbeat, informative report—very supportive of veganism. Yeah!

Again, many, many thanks for all you are and all you do, Jeannie! You're the best!

Peace,  
Lin Silvan

Eugene Veg Education Network (EVEN)

## Thanks for Improving My Kids' Diets!

Dear VRG,

Thanks for all your great help over the years. I appreciate the great info and recipes in your *Journal*. I also appreciate the special help you gave me in selecting and improving my children's diet. Thanks!

Sharon S.  
Philadelphia, PA

Letters to the Editors can be sent to: *Vegetarian Journal*, P.O. Box 1463, Baltimore, MD 21203. You may also e-mail your letters to [vrg@vrg.org](mailto:vrg@vrg.org).

Coming in the Next Issue:

## VRG'S 25<sup>TH</sup> ANNIVERSARY ISSUE

*With Recipes, Recollections, Thoughts about the Vegetarian Movement Then and Now, and much more!*

# A Cinco de Mayo Fiesta

By Nanette Blanchard

**E**VERY SPRING, GROCERY STORES THROUGHOUT the southwestern United States fill up with traditional Mexican party foods in preparation for *Cinco de Mayo*, or the 5<sup>th</sup> of May.

It is a common misconception that Cinco de Mayo commemorates Mexican Independence Day, but this is not so. September 16, 1810, marked the beginning of Mexican independence and the nation's decade-long fight to free itself from Spanish rule. Cinco de Mayo commemorates May 5, 1862, when General Ignacio Zaragoza's poorly armed and outnumbered troop of Mexican soldiers defeated Napoleon III's well-prepared occupational French army in the Battle of Puebla, a city 100 miles east of Mexico City. Cinco de Mayo venerates the date of this victorious battle.

In recent years, Cinco de Mayo has become much like St. Patrick's Day in that many Americans, regardless of their ethnic origins, observe this date with food, music, parades, and other festivities. In fact, it's often celebrated on a larger scale in the United States than it is in its region of origin. This year, why not try this fresh and flavorful vegan menu for your own Cinco de Mayo celebration?

Chili peppers are an essential ingredient in Mexican cuisine. In the Southwest, you can buy them fresh, frozen, canned, and dried. Fresh green chili peppers include the long green Anaheim chilies, the rounder mild poblano chilies, and the more common jalapeños and serranos. Habaneros are round, orange, and extremely hot. Always use rubber gloves when handling any hot chili variety, and wash your hands well with soap and water after you work with them.

To roast your own chilies, place them whole under the broiler, on a hot skillet, or directly on a gas flame. Keep turning them until the skin on all sides is blackened and blistered. Put the roasted chilies in a covered container to let them continue to steam. Once they cool, remove the skins and seeds. Roasted chilies freeze very well.

Chipotle chili peppers are smoke-dried jalapeños and bring a wonderful smoldering heat to your recipes. They can be purchased whole, powdered, or canned in a spicy tomato sauce called *adobo* sauce, which is

available in the Latino or international foods sections of many grocery stores. Leftover chipotles in *adobo* sauce can easily be frozen whole or puréed.

The dried red chili powder used here is different than the chili powder you usually see at the store. Chili powder includes many ingredients, but dried red chili powder is only dried chilies and comes in varying degrees of heat.

## JICAMA AND ORANGE SALAD

(Serves 6)

- 1 small jicama (approximately 1 pound), peeled and thinly sliced
- 2 oranges, peeled and thinly sliced
- 6 scallions, thinly sliced
- 2 Tablespoons chopped fresh cilantro
- 1 Tablespoon fresh lime juice
- $\frac{3}{4}$  teaspoon salt

In a large serving bowl, mix all ingredients together. Cover and chill for 15 minutes. Toss again and serve.

Total calories per serving: 55  
Carbohydrates: 13 grams  
Sodium: 296 milligrams

Fat: <1 gram  
Protein: 1 gram  
Fiber: 5 grams

## SOPA DE PASTA

(Serves 6)

Sopa de Pasta, also called Sopa de Fideos, is a Mexican comfort food and very popular with children. Mexican sopas are thick like stews.

- One 14.5-ounce can diced tomatoes
- 1 small onion, peeled and quartered
- 2 cloves garlic
- 1 small chipotle pepper in *adobo* sauce
- 1 Tablespoon canola oil
- 4 ounces uncooked vermicelli or angel hair pasta, broken into 1-inch pieces
- 6 cups vegetable broth
- Chopped fresh cilantro for garnish

In a food processor, combine tomatoes, onions, garlic, and chipotle. Process until smooth.

In a heavy soup pot, heat oil over medium heat. Add pasta and cook, stirring, until pasta starts to turn golden, approximately 5 to 7 minutes. Add the tomato mixture and broth, increase heat to medium-high, and bring to a boil. Cook, uncovered, until pasta is *al dente* (just firm but not soft), approximately 5 minutes.

Divide soup evenly amongst six bowls and garnish with cilantro. Serve immediately.

Total calories per serving: 147 Fat: 3 grams  
Carbohydrates: 26 grams Protein: 5 grams  
Sodium: 576 milligrams Fiber: 2 grams

## CALABACITAS

(Serves 6)

*Calabacitas means "little squash" and is a very popular Mexican side dish. It goes well with nearly any Mexican-inspired entrée.*

- 1 Tablespoon nonhydrogenated vegan margarine or canola oil
- 1 large Spanish onion, thinly sliced
- 3 cloves garlic, minced
- 3 small zucchini, diced
- 1 cup frozen corn kernels
- ½ cup roasted and peeled green chilies, such as Anaheim
- Salt and freshly ground black pepper to taste

In a large non-stick skillet, heat margarine or oil over medium heat. Add onions and garlic and cook, stirring, until golden and tender, approximately 10 minutes. Stir in zucchini, corn, and chilies. Cover and cook, stirring once, until zucchini is tender, approximately 10 minutes. Season to taste with salt and pepper. Serve warm.

Total calories per serving: 71 Fat: 3 grams  
Carbohydrates: 12 grams Protein: 2 grams  
Sodium: 5 milligrams Fiber: 3 grams

## GREEN CHILIES STUFFED WITH FRIJOLE (BEANS)

(Serves 6)

*Traditional stuffed chilies (chilies rellenos) are deep-fried and full of fat. This healthier version is colorful and much easier to prepare. If you roast your own whole chilies for this dish, leave on the stems, as that makes them easier to stuff and serve.*

12 whole roasted and peeled poblano chili peppers

Two 16-ounce cans vegetarian refried beans

4 scallions, diced  
1 cup shredded vegan cheese (optional)

Preheat oven to 350 degrees.

Wearing rubber gloves, slice down one side of each chili pepper. Carefully remove stem and seeds, keeping chili intact. Mix refried beans with scallions and stuff each poblano with 2 heaping Tablespoons of beans. Place in a greased 2-quart baking dish. Top with shredded cheese, if desired.

Bake for 15 minutes or until heated through. Top each chili with some **Red Chili Sauce**. (See page 8 for recipe.)

Total calories per serving: 274 Fat: 6 grams  
Carbohydrates: 47 grams Protein: 12 grams  
Sodium: 793 milligrams Fiber: 15 grams

## Sources for Chili Peppers

### 🌀 HATCH CHILE EXPRESS

P.O. Box 350  
Hatch, NM 87937  
(800) 292-4454  
Website: <[www.hatch-chile.com](http://www.hatch-chile.com)>

*This company sells frozen green chiles, red and green chile powder, and seeds to grow your own plants.*

### 🌀 THE CHILE SHOP IN SANTA FE

109 East Water Street  
Santa Fe, NM 87501  
(505) 983-6080  
Website: <[www.thechileshop.com](http://www.thechileshop.com)>

*This retailer offers a large variety of dried red and green chiles, including dried chipotles.*

### 🌀 NEW MEXICO CHILI

2315 Hendola N.E.  
Albuquerque, NM 87110  
(888) 336-4228  
Website: <[www.nmchili.com](http://www.nmchili.com)>

*This merchant carries a variety of chili types and products, including home chili roasters.*

## RED CHILI SAUCE

(Makes 2 cups or six 1/3-cup servings)

*This all-purpose red sauce can be used as a sauce for enchiladas or burritos. Try a few spoonfuls on top of posole (hominy soup) or with roasted potatoes.*

**2 teaspoons canola oil**  
**2 cloves garlic, minced**  
**1 Tablespoon red chili powder**  
**1 Tablespoon unbleached or whole wheat pastry flour**  
**1 teaspoon dried oregano**  
**2 cups water**  
**1/4 cup tomato paste**  
**3/4 teaspoon salt or to taste**

In a heavy medium saucepan, heat oil over medium heat. Add garlic and cook, stirring, until fragrant, approximately 30 seconds. Add chili powder, flour, and oregano and cook, stirring, for 1 minute. Add the water and tomato paste, increase heat to medium-high, and bring to a boil, stirring.

Reduce heat to low and simmer, stirring occasionally, until thickened, approximately 15 minutes. Season with salt. Serve hot.

**Note:** This sauce will keep, covered, in the refrigerator for up to four days.

Total calories per serving: 33    Fat: 2 grams  
Carbohydrates: 4 grams    Protein: 1 gram  
Sodium: 380 milligrams    Fiber: 1 gram

## EASY CAPIROTADA

(Serves 6)

*This recipe yields a delicious bread pudding.*

**6 thick slices whole grain bread, toasted**  
**1/4 cup nonhydrogenated vegan margarine**  
**2 large apples, peeled, cored, and chopped into 1-inch cubes**  
**1 cup raisins**  
**1 cup chopped dried apricots**  
**1 1/4 cups pure maple syrup**  
**1 cinnamon stick**  
**4 cloves**

Preheat oven to 350 degrees.

Spread the bread with margarine and cut into 1-inch cubes. Place half of the cubes in a 1 1/2-quart baking dish and sprinkle with half of the apples, raisins, and apricots. Repeat with another layer of toast and fruit.

In a small saucepan, bring the maple syrup, cinnamon stick, and cloves to a simmer. Cover and remove from heat.

With a small strainer or spoon, remove cinnamon stick and cloves from the syrup mixture and discard. Pour the syrup over bread and fruit mixture in baking dish. Mix all ingredients well to distribute syrup. Bake for 20 minutes and serve warm.

Total calories per serving: 535    Fat: 10 grams  
Carbohydrates: 111 grams    Protein: 6 grams  
Sodium: 241 milligrams    Fiber: 4 grams

**Nanette Blanchard is a freelance writer who celebrates Cinco de Mayo at her home in the Sandia Mountains of New Mexico.**

## NUTRITION HOTLINE

(Continued from page 2)

between vegetarian and non-vegetarian girls who had similar calorie intakes.

The question of whether becoming a vegetarian during puberty has an effect on puberty has not been studied directly, although we do know that earlier menarche is associated with higher intakes of animal protein earlier in life (before age 9). It is possible that earlier diet plays a role in age of menarche. Certainly, the nutritional quality of a vegetarian diet could have an impact on growth and development. If the vegetarian diet is nutritionally adequate, I would expect that it would have little effect on pubertal development. If it is markedly lacking in calories or nutrients, poor nutrition could delay puberty.

Vegetarian diets have been associated with menstrual disturbances (irregular cycles, periods of amenorrhea) in some studies, although these studies have been criticized because they may have included women with eating disorders who would be more likely to have altered cycles. Other studies have not found differences between vegetarian and non-vegetarian women in terms of menstrual cycles if women with eating disorders were not included in the study. Women who become vegetarian for reasons related to body weight issues appear to be at increased risk for menstrual disturbances.

### REFERENCES

- Barr SI. 1999. Vegetarianism and menstrual cycle disturbances: is there an association? *Am J Clin Nutr* 70(suppl):549S-54S.
- Barr SI. "Women's reproductive function." *Vegetarian Nutrition*. Sabate J, ed. Boca Raton: CRC Press, 2001. 221-49.



# EGG LABELS AND CERTIFICATIONS: WHAT DO THEY MEAN?

By Jeanne Yacoubou

**R**ECENT POLLS AND SURVEYS SUGGEST THAT CONSUMERS are becoming more and more concerned about farm animal welfare. In a May 2003 poll, Gallup reported that 62 percent of Americans support passing strict laws concerning the treatment of farm animals. A 1995 national survey conducted by Opinion Research Corporation reported that 93 percent of respondents agreed that farm animal pain and suffering should be reduced as much as possible. Eighty-nine percent disapproved of keeping hens in battery cages. Furthermore, 82 percent felt that the meat and egg industries should be held legally responsible for making sure that farm animals are protected from cruelty.

Some consumers are willing to do more than simply make proclamations about animal ethics. A 1999 survey by the Animal Industry Foundation found that 44 percent of consumers would pay 5 percent more for meat and poultry products labeled as 'humanely raised.' This is generally understood to mean that the farm animals received care above and beyond what the animal industries currently provide to the almost 10 billion animals raised for food in the United States each year in systems commonly referred to as 'factory farms.' As a result, several organizations have developed 'animal welfare' certification programs establishing elaborate sets of standards that seek to enhance the lives of animals raised for food.

Vegetarians concerned about animal rights and people leaning toward vegetarianism because of animal welfare concerns may be interested to discover what the 'animal welfare' labels stipulate for laying hens and 'free-range' egg production. The appearance of "USDA Organic (Organic)" or several different animal welfare labels on some egg cartons may suggest that chickens live in bucolic settings where they can freely engage in natural behaviors, such as dust bathing, pecking for worms, and roosting, at all times. The lives of the laying hens under some of these programs are better than those of the billions of chickens conventionally raised in an environment with several to a small cage without the ability to flap their wings. In certain programs, cages are prohibited. However, it appears that laying

hens raised 'humanely' are almost always in large buildings under artificial light. The 'free-range' chickens may be given 'access' to the outdoors but usually do not use it. Nor do they have to go outside to be labeled 'free-range,' despite a policy statement told to us by the Food Safety and Inspection Service (FSIS) of the United States Department of Agriculture (USDA) that 'free-range' implies that animals are outside at least 50 percent of the time.

**"The 'free-range' chickens do not have to go outside to be labeled 'free-range.'"**

In the following summaries about each 'humane' label, we observe that laying hens raised under the standards of all but one 'humane' certification program are routinely beak trimmed. The male chicks of 'humanely' raised laying hens are 'euthanized' under all of these programs.

## USDA ORGANIC

The USDA created the National Organic Program (NOP) in 2000 after approximately 10 years of research and instituted it for the first time in 2002. According to Joan Shaffer of the Public Affairs Office of the USDA, "[T]he NOP is a marketing program. It has nothing to do with food safety or nutrition. If you want to know why the USDA started it, you'll have to ask Congress because Congress instructed USDA to create and implement the program."

One of the reasons for the NOP may have been to standardize the term 'organic,' which food manufacturers increasingly put in use during the 1990s. Now, the organic market is one of the fastest growing markets in the food industry, one that is currently growing by 20 percent each year. USDA organic eggs and egg products are at the top of the list of the biggest sellers among all organic food products, but organic egg sales currently represent only 2 percent of all egg sales in

the United States. Since much of the wording of the national organic standards pertaining to animal food products is similar to that of the 'animal welfare' label programs, we have included this label in our analysis of 'animal welfare' labels.

In general, the language of the organic laws pertaining to eggs leaves much room for interpretation. For instance, organic poultry are to be given "access to the outdoors." Shaffer said the organic law stipulates that "[T]o provide access to the outdoors, the producer must open the poultry house in a manner that provides the poultry with egress from the poultry house."

**"Beak trimming is acceptable under organic law."**

Cyd Szymanski is the CEO of NestFresh Eggs of Colorado, a company producing some eggs certified 'organic' by the USDA and some eggs certified 'humane' by "Certified Humane Raised and Handled (CHRH)." She said, "Having a door, open or closed, in the henhouse constitutes 'access to the outdoors' for some organic producers." In keeping with this assessment, Kristi Weidemann of the nonprofit group Eco-Labels, a division of Consumers Union, told us that the USDA responded to their questions in an interview about the phrase "access to the outdoors" by saying that "no outdoor access is required" but "an undetermined amount is involved." Weidemann stated that these two statements "are confusing but aren't meant to conflict. The situation is that poultry are provided with an undetermined amount of access to the outdoors, but they are not required to go outside (i.e., leave their enclosure). In other words, it's as if the door to your home was opened, but you didn't leave."

### Free-Range

Interestingly, the term 'free-range' does not appear in the NOP's wording with respect to organic eggs, even though it may seem that 'access to the outdoors' implies that the birds are 'free-range.' Our own inquiry into the term 'free-range,' as defined by the USDA, is commonly believed to apply only to animals raised for meat because the regulation wording states meat but does not mention eggs. "Free-range refers to birds, typically," said Amanda Eamich of the Food Safety and

Inspection Service (FSIS) branch of the USDA, which is responsible for the inspection and identification of egg products. "The term could apply to laying hens if it is shown through animal production protocols/vet records/producer affidavits to be truthful." She said 'free-range' implies that "at least 50 percent of the animal's time must be spent outside, or it would be misleading. This is a policy that we can apply to each label bearing this claim because they must be submitted for approval before use." Although Eamich suggests that the USDA can apply this policy, The VRG questions its enforceability. If this were a requirement for the use of 'free-range' on egg cartons, very few USDA-certified organic eggs would be 'free-range,' even though some producers make this claim on their packaging.

David Borden, Chief of the American Marketing Service (AMS) Poultry Standardization Branch of the USDA, said, "The terminology 'free roaming' is recognized by USDA as descriptive terminology for livestock (meat-producing animals other than poultry). Under current AMS policy, egg-laying flocks that have continuous access to the outside environment may be identified as 'free-range' layers (including egg-laying production facilities certified as 'organic' by a certifying agent accredited by USDA in accordance with the National Organic Program). These labeling requirements remain consistent with policy applied by FSIS officials."

By comparison, the European Union has distinguished the terms 'free-roaming' and 'free-range,' both in relation to laying hens. Free-roaming birds are cage-free in large henhouses; free-range birds actually go outdoors.

### Cage-Free

A related term used frequently on egg cartons is 'cage-free.' Borden stated, "A regulatory definition for 'cage-free' has not been codified by USDA, and the Food and Drug Administration regulations do not contain a definition for the descriptive terminology." Even so, Borden said, "Prior to labeling officially identified shell eggs as originating from 'cage-free layers,' an AMS representative would verify that the eggs are produced in a cage-free facility and procedures exist to maintain the identification and segregation of the eggs during processing and packing." The AMS monitoring occurs "at least semiannually." The AMS is responsible for the 40 percent of all eggs in the United States that are graded and sized under the voluntary shell egg grading program and placed in cartons displaying the USDA grade shield. The Food and Drug Administration has jurisdiction over the remaining 60 percent of eggs.

Amanda Eamich of the FSIS branch of the USDA provided more insight into the use of the term 'cage-free.' "AMS may certify that birds are cage-free if producers want to pay for the animal production practices certification," she said. "The statement [on the packaging] has to say something to the effect that the eggs are from chickens that were raised cage-free or were free-range." Cage-free or free-range hens were most likely raised in large flocks in henhouses under artificial light.

Borden explained the relationship between the terms 'free-range' and 'cage-free.' "Although a flock may be identified as 'cage-free,' it does not imply that the flock is also 'free-range,' as stated in the above policy. However, eggs originating from a free-range flock may use a labeling claim indicating that the eggs were produced in a cage-free facility. Prior to authorization use of such terminology on officially identified shell eggs, an AMS representative must verify the labeling claim and procedures established to maintain identity of such eggs."

### Beak Trimming

Another issue of concern to animal welfarists is, in the wording of the NOP, "physical alterations that promote the animal's welfare and [are done] in a manner that minimizes pain and stress." Most notable is debeaking, although this term does not appear in the organic laws. Szymanski of NestFresh Eggs stated, "The term 'debeaking' is really a misnomer. Even though some producers may cut off a substantial portion of the beak without anesthesia, humane producers will only trim the egg tooth in the first 10 days of life to prevent aggression in the flock. Beak trimming is acceptable under organic law." The law, however, does not specify how beaks should be trimmed or how much should be removed.

Patricia Hester of the Department of Animal Sciences at Purdue University responded to our questions about beak trimming at the request of Adele Douglass of CHRH. Hester stated, "The egg tooth,... found on the tip of the upper beak of the avian embryo... [and used by the] chick emerging from the shell during the hatching process... to chip its way out of the shell,... falls off of the tip of the upper beak immediately after emerging from the shell."

So, what is actually trimmed? Further clarification by Hester revealed, "[B]eaks not only vary in size within a given hatch but over the several days that are required to trim larger flocks." This makes it difficult to say with certainty how much of the beak is actually trimmed. To provide some standardization to CHRH, the scientific advisory committee of which Hester is a part recommends, "[T]he length of the upper beak

distal from the nostrils, which remains following trimming, should be two to three millimeters."

According to Hester, "Beak trimming is accomplished by a precision automated cam-activated beak trimmer with a heated blade (1200° F)... The beak trimmer has a guide, usually with three separate holes arranged horizontally, for the insertion of the bird's beak. The diameters of the holes are usually  $\frac{9}{64}$ ,  $\frac{10}{64}$ , and  $\frac{11}{64}$  inches... to allow the operator to tailor the selection of the hole size to the individual bird whose beak is being trimmed... The chick's upper beak should be inserted into a selected guide hole when the blade is at the top of the cycle. The blade should then be dropped down to make the cut. The heated blade should be in contact with the beak for about two to three seconds to cauterize the blood vessels to prevent hemorrhaging."

It appears that the beak trimming standard followed by CHRH is based on what is left of the beak after trimming, not on what is actually trimmed.

### Forced Molting and Humane Molting

Forced molting is traditionally accomplished by a total feed withdrawal, often performed in complete darkness over several days. Now, the egg industry's leading trade organization, the United Egg Producers, recommends that forced molting be phased out, but this is not the same as 'humane' forced molting. The 'humane' molt or 'full-feed' molt reduces the protein level to a level appropriate for non-laying hens, but Szymanski emphasized it "is not a deficient feed molt. The hens are never without food or water." The 'humane' molt, which is "...accomplished by rendering the birds' food nutritionally lacking in protein and/or adjusting lighting, is...sometimes done by organic egg producers... to give the hens' bodies a rest from constant egg production so that, once egg production resumes after the molt, the egg shells will be strong again."

She also said, "Most organic producers don't molt at all but lay their birds in a single cycle. We only molt if we need to adjust the rotation of the flocks. Since egg sales are seasonal with Fourth Quarter having a large increase in sales, adjustments sometimes have to be made to have the eggs available when they're needed."

Organic producers often perform beak trimming and sometimes use 'humane' forced molting. Joan Shaffer of the USDA Public Affairs Office points out, "Before any alteration can be performed, it must be addressed and justified within the producer's organic systems plan approved by the producer's USDA Accredited Certifying Agent.... When appropriate,

producers are encouraged to support their plan with scientific and regulatory documents.”

### Male Chicks

A third issue surrounding egg production is the killing of male chicks. A little more than half of all chicks are male and therefore unable to yield the target product, eggs. Also, they are of a species bred for its egg-laying abilities, not for the quality of its meat. As a result, Szymanski said the male chicks are always euthanized. The organic standards regarding eggs do not address the issue of male chicks.

To become USDA Certified Organic, an egg producer has to pay an independent third-party certifier approved by the USDA. Egg producers who are certified organic are permitted under the NOP to produce conventionally raised eggs as well, even at the same facility, as long as safeguards are taken to keep the two separate.

### ANIMAL WELFARE INSTITUTE

The Animal Welfare Institute (AWI) is unique among all the certification programs considered in this report because it requires that facilities are ‘family farms.’ This means that the owner and principal caretaker of the animals raised for food is a family farmer who relies on the farm for his livelihood. The AWI’s rationale for

this stipulation is that only family farmers have the time and the motivation to care for farm animals as individual animals, a cornerstone of the AWI’s animal welfare philosophy. The Institute is also unique among the certification programs considered here in that it prohibits dual production systems, i.e., the raising of some animals conventionally and others ‘humanely’ or less intensively. Farmers must raise *all* animals of a species for which the farmers are approved by the AWI according to the AWI’s standards. The AWI does not charge farmers for inspections, audits, or participation in their program; the AWI subsidizes the program itself. In exchange for abiding by the standards, farmers have the rights to use the AWI name for marketing purposes.

The AWI uses the ‘Five Freedoms’ as the foundation for its animal welfare programs. However, Wendy Swann of the AWI emphasizes that their standards were developed by their staff in consultation with leading scientists and animal welfarists around the world. Ultimate responsibility for the standards rests with the AWI and not a scientific advisory committee. “Our standards are living documents that are constantly evolving as a result of new research, our farm experiences, and feedback from our farmers,” she said.

Under the AWI program, laying hens “must be provided continuous, unobstructed access to clean, nutritious pasture,” Swann stated. “The primary living

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space must be outdoors. The birds should be allowed to make the choice—that is, they wouldn't be forced outside—but everything about the building, the outdoor area, and the flock itself should encourage birds to go outside whenever they choose to, except between nightfall and dawn when the risk of predation is greatest or in cases of extreme weather.”

The AWI standards stipulate certain characteristics of pastures that some other certifying programs, such as the National Organic Program, do not. Since chickens prefer to move in groups, the AWI requires multiple ways to access the outdoors and requires that those openings be substantial enough to encourage the birds to go in and out as they wish. “That’s why a very small doorway where a chicken can pass in single file wouldn’t be used because chickens (in natural group sizes—which we advocate) establish a hierarchy, and a subordinate chicken may be reluctant to or prevented from accessing a single, small door,” Swann said.

Likewise, the AWI stipulates that chickens must have access to shade that can be provided naturally (with tall grass, bushes, trees, and other things that occur in the environment) or artificially (with shaded areas constructed of wood, metal, canvas, or other materials) and secure shelter (mobile or stationary housing). Because chickens may feel vulnerable to predators in an open field or in a field surrounded with only tall trees where birds of prey may perch, the chickens will not want to take advantage of the pasture. There should be shrubs, hedges, or some other kind of shelter from predators close to the area where they are foraging. Hens cannot be caged under any circumstances under the AWI program.

Environmental enrichment is a major concern for the AWI. The standards require that hens be able to “socialize; have room to move, walk, stretch, and perch; make nests with provided nesting materials in nest boxes; and have access to the outdoors as well as to pasture in which birds can peck for food, scratch, and dust bathe,” Swann emphasized. “Our standards make it mandatory that the lives of laying hens are as natural as possible.”

Debeaking and forced molting are prohibited under the AWI standards. “Our standards seek to create an environment that minimizes aggressive behaviors, making debeaking unnecessary. Forced molting through food withdrawal and/or total darkness is not in keeping with the ‘Five Freedoms,’” Swann said.

Unlike the CHRH and FF programs, which do not address the issue of the killing of male chicks at all, the AWI states that it is still developing its policy on this

point. The AWI does advocate the use of dual-purpose breeds so that male chicks can be raised for meat or for breeding hens. Swann said, “In the event that chicks are culled, killing by suffocation and live grinding are not acceptable. Controlled atmosphere killing with a mixture of argon and carbon dioxide is the preferred method of killing and might be mandatory. We are researching other methods as well.”

At the present time, the AWI does not certify any egg producers under its program. AWI conducts announced audits, as the farmers agree in the affidavits they sign, at least once a year and more times as necessary.

### UNITED EGG PRODUCERS CERTIFIED (Previously Animal Care Certified)

The United Egg Producers (UEP) is an organization that represents the approximately 200 egg companies in the United States that generate 96 percent of the 65 billion eggs produced annually in the U.S. In 2002, UEP launched an ‘animal welfare’ label certification program. The “Animal Care Certified” label appeared on most egg cartons in almost all supermarkets because companies producing more than 80 percent of all eggs participate in the UEP label program. Almost 98 percent of all layer flocks in the United States are housed indoors and raised in cages in this \$5.3 billion American egg industry.

“Animal Care Certified” gave the public the impression that the laying hens were raised under conditions other than being crowded into battery cages, debeaked, and deprived of food and/or light to be forced to molt. In 2005, under pressure from several animal rights groups and the Better Business Bureau, the Federal Trade Commission (FTC) ordered the UEP to remove the label from egg cartons, stating that “the label misleads the public regarding how laying hens are currently raised.” Mary K. Engle, Associate Director of the FTC’s Division of Advertising Practices, said the FTC directive stated that egg companies had until April 1, 2006, to remove all the labels from egg cartons. Mitch Head, a UEP spokesperson, was quoted in newspapers throughout the nation claiming he disagreed that the “Animal Care Certified” label was misleading. The UEP agreed to remove it because it was becoming a “purgatory” for the egg producers and hurting business. Head also claimed that a UEP national survey showed that consumers did **not** find the “Animal Care Certified” label on egg cartons misleading.

The UEP program is voluntary, although most egg producers adhere to it. An “independent scientific

# EGG LABELS AND CERTIFICATIONS

Graphic Logo					
Label Standard	<b>Animal Care Certified Label</b> by United Egg Producers Trade Assn. (Ordered by the FTC to be withdrawn by April 2006; changed to <b>United Egg Producers Certified Label</b> )	<b>Animal Welfare Approved Label</b> by Animal Welfare Institute	<b>Certified Humane Raised and Handled Label</b> by Humane Farm Animal Care	<b>Free Farmed Certified Label</b> by American Humane Association	<b>USDA Organic Label</b> by the National Organic Program; overseen by the United States Department of Agriculture and the Agricultural Marketing Service of the federal government
Motivation	Economics and animal welfare	Animal welfare	Animal welfare	Animal welfare	Standardized marketing of organic foods
Fees	Details not available	No	Yes	Yes	Yes
Announced Inspections	Yes	Yes	Yes	Yes	Yes
Development of Standards	Independent scientific advisory committee appointed by the United Egg Producers	Animal Welfare Institute with international expert consultation and review	Independent scientific advisory committee appointed by Humane Farm Animal Care	Independent scientific advisory committee appointed by American Humane Association	United States Department of Agriculture in conjunction with the National Organic Standards Board
Antibiotics	Details not available	Permitted for disease treatment only	Permitted for disease treatment only	Permitted for disease treatment only	Prohibited
Growth Hormones	Prohibited (for laying hens by government regulation)	Prohibited	Prohibited	Prohibited	Prohibited

# EGG LABELS AND CERTIFICATIONS

(CONT.)

Graphic Logo					
Label Standard	Animal Care Certified/United Egg Producers Certified Label	Animal Welfare Approved Label	Certified Humane Raised and Handled Label	Free Farmed Certified Label	USDA Organic Label
Access to Outdoors or Pasture	Not available	Required (except during inclement weather)	Not required	Not required	Required (temporary confinement permitted)
Space Requirements	Approx. 7 in. x 8 in. Increased to approx. 9 in. x 8 in. by April 2008.	Allows expression of natural behaviors	1ft. x 1ft. to 1ft. x 1½ ft. for a laying hen (depending on housing setup)	1ft. x 1ft. to 1 ft. x 1½ ft. for a laying hen (depending on housing setup)	Not specified
Indoor Lighting	Continuous dim lighting permitted	Natural light required	8 hours minimum, 6 hours continuous darkness per day	8 hours minimum, 6 hours continuous darkness per day	Natural light required
Continuous Confinement to Slatted or Wire Floor or Cage	Permitted	Prohibited	Prohibited	Prohibited	Not addressed
Beak Trimming	Permitted without analgesia: first trim before 11 days old, second before 8 wks.	Prohibited	Permitted without analgesia in laying hens before 11 days of age	Permitted without analgesia before 11 days of age	Alterations must be performed to ensure animal welfare and in a manner that minimizes pain and stress
Forced Non-Feed Molting	Prohibited	Prohibited	Prohibited	Prohibited	Not addressed
Forced 'Humane' Molting	Permitted	Prohibited	Under review	Prohibited	Not addressed
Killing of Male Chicks	Not addressed	Under review	Not addressed	Not addressed	Not addressed

advisory committee consisting of agriculture and animal behavior experts from universities, government agencies, and the American Humane Society” established the guidelines. The committee was headed by Jeffrey Armstrong, Dean of Agriculture and Natural Resources at Michigan State University, who willingly sent us several research papers used to support the committee’s recommendations. Among the recommendations (interestingly, largely unchanged from the standards for the “Animal Care Certified” program) are 67 to 86 square inches per caged bird, beak trimming when needed, and non-feed withdrawal molts only (after January 1, 2006). These “scientifically-based” recommendations are requirements of the UEP label program.

Egg companies that wish to be UEP-certified must also implement the Animal Husbandry Guidelines on 100 percent of the company’s production facilities, file a Monthly Compliance Report to assure UEP that the company is meeting the guidelines, and pass an annual audit conducted by USDA or Validus (an independent certifying company). Once requirements are met, egg companies may use the UEP Certified label. “Produced in Compliance with United Egg Producers Animal Husbandry Guidelines” appears under the label’s green check mark enclosed in a semicircle with “United Egg Producers Certified” appearing in the semicircle’s black border.

### CERTIFIED HUMANE RAISED AND HANDLED

Humane Farm Animal Care (HFAC) is a nonprofit organization whose mission statement reads in part: “...to improve the lives of farm animals by providing viable, credible, and duly monitored standards for humane food production and ensuring consumers that certified producers meet these standards.” HFAC’s Animal Care Standards are based on those of the Royal Society for the Prevention of Cruelty to Animal’s Freedom Food label and approved by a scientific advisory committee composed of scientists, veterinarians, and people involved in the animal industry. The American Society for the Prevention of Cruelty to Animals (ASPCA) and the Humane Society of the United States (HSUS) are among the many animal welfare organizations that endorse this animal welfare food label.

At the time of this writing, approximately 55 companies representing many hundreds of farms in the U.S. and Canada are approved to use the Certified Humane Raised and Handled (CHRH) label on their products. Adele Douglass, Executive Director of HFAC, said the label, used by animal producers certified by HFAC, confirms “the meat, egg, or dairy products that people

buy come from animals who were allowed to perform natural behaviors and that the animals received no sub-therapeutic antibiotics or added hormones, had nutritious food, and were handled humanely during transportation and slaughter.” Currently, 13 restaurants in the United States display this label because they serve animal products that are Certified Humane Raised and Handled.

To certify a producer, HFAC investigates the producer’s operation by conducting onsite inspections according to detailed audit checklists, interviewing staff, and reviewing company records. To be inspected,

**“The killing of male chicks is not addressed in these programs.”**

producers pay an inspection fee of \$400 per day. Some small producers may request a waiver of that fee as defined in the HFAC policy manual. According to Douglass, “The inspectors are university professors in veterinary medicine or animal science that we pay to do the inspections.” The CHRH program is overseen by the USDA’s ISO-accredited program, which means that the USDA verifies that the CHRH program is administered as it purports to be.

Producers that pass the certification process are certified for one year and subsequently allowed to carry the CHRH label on their products. To remain part of the program, the producers are re-inspected annually. HFAC reserves the right to revoke certification for different reasons. Revocation may occur “if the producer fails to follow approved procedures or makes changes to approved systems without prior written notice to HFAC,” Douglass stated.

Producers certified to use the CHRH label may run dual operations, where only some of the animals are raised according to the CHRH standards while the rest of the animals are raised conventionally. Douglass points out, however, “There must be a completely separate geographical location to allow that. We do not allow split operations on the same farm or in close proximity to each other.” Dual operators have to “commit to phasing out the non-CHRH section, and the non-CHRH section must be in a completely different geographical location,” Douglass said. “We allow this since our mission is to change the way animals are raised in the U.S. There must be incentive to make those changes.”



Regarding animal welfare issues, the CHRH certification prohibits cages but does not require that laying hens have access to the outdoors. The CHRH standards prohibit forced molting by feed withdrawal. The issue of forced molting by other methods, such as by providing a nutritionally deficient diet and/or by manipulating light cycles, is still under consideration. Douglass said, "I don't have an answer for you on the issue of molting without feed withdrawal. We would have to see if the nutrient-deficient feed molting method causes suffering to the bird. Molting is natural in birds. It rejuvenates them. The difference in nature and in production is that, in nature, the birds molt when they are ready; in production, they are forced to molt at the same time. The issue is complicated because, if the birds are not molted when their lay cycle is over, they are processed and a new flock comes in. If they are molted, they have another lay cycle, and there is no need to get a new flock of birds. We will have to see what the research shows on this issue."

Beak trimming is permitted in laying hens without analgesia in the first 10 days of life as a 'preventative measure' to reduce the risk of cannibalism in high-density hen houses. Beak trimming is not an issue for chickens raised for meat "because the broilers do not live long enough for cannibalism to become a problem," Douglass said. The CHRH standards do state, however, that "the practice of beak trimming is contrary to the principles of the standards.... The need for beak trimming is being constantly reassessed and will be thoroughly reviewed in the light of research currently being carried out. Producers will be required to phase out beak trimming/tipping as soon as the causes of cannibalism and ways of preventing it have been identified."

The killing of male chicks is not addressed. Douglass said, "Our producers start with the chicks

when they arrive at the hen house. What happens at the hatchery is beyond our control at this time." The CHRH standards state that HFAC is currently developing standards for hatcheries.

### FREE FARMED CERTIFICATION PROGRAM

The Free Farmed (FF) label was initiated in 2000 by the American Humane Association (AHA). The Free Farmed program states that it used the Royal Society's 'Five Freedoms' as well as other animal welfare standards to formulate its own standards. The Free Farmed standards are similar in wording to the Royal Society's standards.

The FF certification program prohibits cages for laying hens, but it does not require access to the outdoors. On the issue of forced molting, we were referred to a section of the Free Farmed standards that states, "Hens must not be induced to molt." Kathryn Jahnigan, a Public Relations Associate for the AHA, indicated that this includes molts involving modified diets and/or lighting regimes as well as total feed and/or light withdrawal molts.

FF states in its standards that beak trimming "is contrary to the principles of American Humane standards." In the FF program, however, beak trimming without anesthesia is permitted in laying hens as a measure to prevent the risk of cannibalism. It is permitted only once before the tenth day of life. Jahnigan said, "Only the hook at the tip of the upper mandible may be removed." Nevertheless, the standards state, "Beak trimming or tipping which stops at the mandible is allowed." Unlike the CHRH standards, FF standards do not indicate that producers will be required to phase out beak trimming/tipping as soon as research identifies the causes of cannibalism and ways of preventing it.

## Bequests

VRG depends on the generous contributions of our members and supporters to continue our educational projects. Though the world may not become vegetarian in our lifetimes, we realize that we are planning and working for future generations.

- ◆ Your will and life insurance policies enable you to protect your family and also to provide a way to give long-lasting support to causes in which you believe. Naming The Vegetarian Resource Group in your will or life insurance policy will enable us to increase our work for vegetarianism.
- ◆ One suggested form of bequest is: *I give and bequeath to The Vegetarian Resource Group, Baltimore, Maryland, the sum of \_\_\_\_\_ dollars (or if stock, property, or insurance policy, please describe).*
- ◆ To be sure your wishes are carried out, please speak with your attorney specifically about writing the correct information in your will.

The issue of male chicks is not covered in the FF standards. “Male chicks are not discussed in the FF standards because the reality is that male chicks are not in laying operations,” Jahnigan said. The question remains what happens to the male chicks produced at the hatcheries from which the female chicks come. The FF standards do say that AHA is currently developing standards for hatcheries.

The FF certification process is lengthy and involves much documentation and an announced onsite inspection. Producers who pass the assessment, independently verified by the third party certifier OneCert, and pay the required fees are granted the rights to use the FF logo on their products and in their marketing materials. Certification is renewable annually. According to the EcoLabels description of the FF program, “The goal of the program is to become self-sufficient based on fees for licensing.” Currently, 10 meat, egg, and dairy producers in North America are certified under this program.

Producers certified under the FF program are permitted to operate dual-production systems, i.e., raising some animals under the FF standards and others conventionally. An example is the cage-free operation of Gemperle Farms, now known as Sun Valley. Gemperle is a leading supplier of ‘cage-free’ eggs to Trader Joe’s. In 2006, Farm Sanctuary, a farm animal welfare group, accused Gemperle of supplying Trader Joe’s with battery eggs produced under horrid conditions. However, Jahnigan said, “Free Farmed certified hens cannot be kept in the same facilities as non-certified hens, and obviously only the hens raised according to Free Farmed standards can bear the Free Farmed Certified label.”

## CONCLUSIONS AND FOOD FOR THOUGHT

The UEP label, which represents approximately 98 percent of all laying hens, allows cages, but all of the other welfare labels considered in this report prohibit battery cages. Therefore, we can say that the remaining 2 percent of all laying hens are better off than those billions of chickens that are raised conventionally in a small cage environment because cages are prohibited. However, consumers may have misconceptions about what constitutes ‘free-range,’ ‘cage-free,’ or ‘organic’ hens and their eggs.

We have seen in this report that “USDA Organic,” “Certified Humane Raised and Handled,” or “Free Farmed” on egg cartons means that laying hens raised ‘humanely’ are almost always in large buildings under artificial light. ‘Free-range’ chickens may be given ‘access’ to the outdoors but usually do not use it, nor do they have to go outside to be labeled ‘free-range.’ ‘Free-range,’ ‘cage-free,’ or ‘organic’ chickens generally do not live in settings where they can freely engage in natural behaviors at all times.

Laying hens producing ‘cage-free,’ ‘free-range,’ or ‘organic’ eggs typically do have their beaks trimmed, like the 98 percent of chickens living in battery cages. Some form of induced molting may occur. In general, issues surrounding the treatment of male chicks are not addressed by the egg-certifying agencies.

Jeanne Yacoubou is Research Director for The Vegetarian Resource Group and holds master’s degrees in philosophy, chemistry, and education. She wrote *Vegetarian Certifications on Food Labels — What Do They Mean?* for VJ Issue 3, 2006.

## NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

### CONGRATULATIONS!

Congratulations to Sarah Ellis for being chosen as chair elect of the American Dietetic Association Vegetarian Nutrition Dietetic Practice Group. Sarah does the nutrition analyses for the recipes appearing in *Vegetarian Journal*.

### AMERICAN ACADEMY OF FAMILY PHYSICIANS SCIENTIFIC ASSEMBLY

Thank you to Arnold Alper, MD, and Jay Lavine, MD, who helped us give information to more than 500 health professionals at our outreach booth in Washington, D.C. Common questions included how vegetarians could obtain calcium and protein. As one attendee stated to us, “This is the most useful information I’ll pick up all day.” Kudos also to VRG’s members, who enabled us to provide *Vegetarian Journal* subscriptions to more than 60 of the doctors who came by the booth. Perhaps this information will influence medical professionals and their patients.

# Egg Replacers

By Chef Nancy Berkoff, RD, EdD, CCE

**M**ANY RECIPES CALL FOR THE USE OF EGGS, whether by themselves or as a seemingly essential ingredient, such as for a dessert. But what if you don't wish to use eggs when preparing a meal? Sure, there are commercial egg replacers available at many natural foods markets and from online retailers. However, here are a few simple ideas, using some of the staples that most vegetarians already have around the house, that will help you make all of your cooking egg-free.

## USING TOFU AS AN EGG REPLACER

Silken tofu works well in many recipes that call for eggs. Silken tofu can be used to reduce or eliminate eggs in baking as well as in sauce and dessert recipes. There is no set amount, as all recipes differ. In general, 2 Tablespoons of silken tofu can be used to replace one large egg.

Soft tofu makes a good scramble. Scramble soft tofu with a sprinkle of hot sauce or Tabasco, soy sauce, or miso if you'd like a smooth dish. Pile on the chopped tomatoes, olives, bell peppers, chilies, mushrooms, and green or yellow onions for a hearty scramble.

Firm or extra firm tofu can be used as the 'egg' in an eggless salad. Cube firm or extra firm tofu and toss with a dressing of vegan mayonnaise, prepared mustard, nutritional yeast, and minced onions for a start, and then add pickle relish or minced pickles, minced celery or chopped olives, minced jalapeños, minced parsley, curry powder, and onion or garlic powder for a spectacular salad.

## EGGS THAT GROW ON TREES?

Not quite, but certain fruit preparations can be used to replace some or all of the fat in sweet or sweet-and-sour sauces and in baked food items. This is nothing new. For many years, moms and food service directors 'sneaked' vegetables into entrées, such as bean or lentil loaves or hot casseroles. Now, it's your turn to 'sneak' some fruit into savory or sweet foods.

Some moist baking products—such as carrot cake, zucchini bread, cornbread, pancakes, most muffins, peanut butter cookies, pumpkin pie filling, and even brownies—can easily and happily go egg-less. Play with recipes that call for eggs, using the following guidelines.

To replace one large egg, use approximately:

- ½ cup puréed or mashed very ripe banana
- ¼ cup unsweetened applesauce
- ¼ cup puréed peaches
- ¼ cup prune purée (works very well with chocolate and carob products)
- 2 Tablespoons orange juice concentrate, plus 1 Tablespoon mashed banana

We all know that baking recipes are ingredient-sensitive, so keep these things in mind:

- Do not try replacing eggs with fruit on the morning of a big event! (This goes for any new recipe!)
- Do match the fruit with the flavor of the baked product. For example, applesauce or peaches will work well with carrot cake.



## A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

### FAO Reports That Livestock is a Major Contributor to Serious Environmental Problems Worldwide

The Food and Agriculture Organization (FAO) of the United Nations recently released an extensive report assessing livestock's impact on the environment. Livestock production was shown to have a serious effect on land degradation, climate change, air pollution, water shortage and pollution, and the loss of biodiversity. The report's conclusions were sobering:

- Global production of meat is expected to more than double over the next 50 years. In 2003, average yearly meat consumption in the U.S. was 271 pounds per person; in India, it was 11 pounds per person.
- Livestock production accounts for 30 percent of the land surface of the earth and 70 percent of agricultural land.
- The livestock sector is responsible for a greater production of greenhouse gas than automobiles and other forms of transportation. Livestock also produce almost two-thirds of ammonia emissions, a significant contributor to acid rain.
- More than 8 percent of human water use is due to the livestock sector, mainly irrigating feedcrops.
- In the United States, livestock are responsible for 55 percent of erosion and sediment, 37 percent of pesticide use, and 50 percent of antibiotic use.
- Most of the world's threatened species are suffering from habitat loss, due—at least in part—to livestock production.

Surprisingly, there is little mention of vegetarianism in this report. It does say, "...environmental damage by livestock may be significantly reduced by lowering excessive consumption of livestock products among wealthy people."

The report states that the majority of environmentalists and policymakers do not fully appreciate the enormous effect of livestock production on climate, biodiversity, and water. Perhaps, this report will increase awareness and support the idea that livestock

production should rank as a leading focus for environmental policy.

This report is a must-read for those who are concerned about the environment. It can be accessed at [www.virtualcentre.org/en/library/key\\_pub/longshad/A0701E00.pdf](http://www.virtualcentre.org/en/library/key_pub/longshad/A0701E00.pdf).

Steinfeld H, Gerber P, Wassenaar T, et al. *Livestock's Long Shadow—Environmental Issues and Opinions*. Rome: FAO, 2006.

### Milk Linked to Acne in Teenage Girls

Up to nine out of 10 teens have acne. For some, it is a serious physical problem with impacts on social life and self-image. All sorts of foods have been suggested to cause acne—chocolate, pizza, French fries—and the list could go on and on. There is little firm evidence to support a role for many of these foods, however. A recent study identifies a new and somewhat surprising culprit—milk. Researchers examined more than 6,000 girls and asked them questions about their diet, if they had acne, and how severe it was. Regardless of the type of cow's milk they chose (whole, lowfat, skim, or chocolate), girls who drank two or more glasses a day had a higher risk of acne than did girls drinking less than a glass per week. Other foods, including cheese, chocolate candy, and pizza, were not associated with acne, nor was dietary fat or vitamin D. Not enough girls drank soymilk for it to be evaluated.

Adebamowo CA, Spiegelman D, Berkey CS, et al. 2006. Milk consumption and acne in adolescent girls. *Derm Online J* 12(4):1.

### Motivations for Choosing a Vegetarian Diet

Some have suggested that there is a sub-group of vegetarians (mostly women) who choose a vegetarian diet mainly to lose weight. In a few cases, vegetarian diets have been associated with eating disorders like anorexia nervosa. One problem is that a number of studies

examining eating behavior have combined so-called 'semi-vegetarians' (eating chicken and/or fish) and vegetarians (not eating any meat, chicken, or fish) into one group identified as 'vegetarian.' Researchers from the University of Colorado hypothesized that 'semi-vegetarians' and true vegetarians might have different motivations and eating behaviors. They studied 90 young women, of whom 54 were non-vegetarian, 16 ate chicken and/or fish (identified as 'semi-vegetarian'), and 20 consistently followed a vegetarian diet. They examined the women's motivation for food choice and their dietary restraint (whether they consciously monitored what they ate for weight control purposes).

Vegetarians were more likely than 'semi-vegetarians' to say that ethical and/or political reasons were a primary motivation for their food choices. 'Semi-vegetarians' were more likely to be motivated by weight concerns. Both 'semi-vegetarians' and non-vegetarians had higher levels of dietary restraint than did vegetarians. The researchers conclude that the higher levels of dietary restraint seen in 'semi-vegetarians' suggest that they are at higher risk for harmful eating disorders than the vegetarian women. This study illustrates the importance of differentiating between true vegetarians and 'semi-vegetarians' when examining eating behaviors.

Curtis MJ, Comer LK. 2006. Vegetarianism, dietary restraint and feminist identity. *Eating Behav* 7:91-104.

## Reducing Breast Cancer Risk

Every year, more than 200,000 women in the United States are diagnosed with breast cancer. Breast cancer is the number one cause of cancer death in Hispanic women and the second most common cause of cancer death in other women.

There are some things that women can do to reduce their risk of breast cancer. Exercising regularly, maintaining a healthy weight, and limiting alcohol intake have all been shown to reduce risk. A recent study suggests that markedly reducing or eliminating red meat can also reduce breast cancer risk. This study examined more than 90,000 premenopausal women and found that those women who had the highest intakes of red meat (more than 1½ servings per day) had close to twice the risk of breast cancer as did women eating three or fewer servings of red meat per week. Beef, pork, hamburgers, hot dogs, and processed meats like salami and bologna all appeared to increase risk for a common form of breast cancer called estrogen receptor-positive breast cancer. Maybe this study will be

a wake-up call for young and middle-aged women who want to reduce their risk of breast cancer.

Cho E, Chen WY, Hunter DJ, et al. 2006. Red meat intake and risk of breast cancer among premenopausal women. *Arch Intern Med* 166:2253-59.

## Fruits and Vegetables Play a Role in Reducing Gallbladder Removal Surgeries in Women

Diets high in fruits and vegetables have been shown to reduce the risk of heart disease, cancer, and osteoporosis and may also decrease gallbladder surgeries in women. Unfortunately, gallbladder disease is a common illness of adults, affecting women more often than men. Each year, more than 800,000 Americans have their gallbladders removed. A recent study examined the relationship between intake of fruits and vegetables and the rate of gallbladder removal surgeries in women.

In 1976, 121,700 female nurses aged 30 to 55 completed the first Nurses Health Study questionnaire. Every two years until 2000, a follow-up questionnaire was sent to update information that was used in many studies ranging from cancer to cardiovascular health. For this study, researchers used data from 77,090 participants to calculate intake of fruits, vegetables, fiber, and specific vitamins and minerals. Data regarding gallbladder surgeries were also collected.

Women whose diets were the highest in green leafy vegetables, citrus fruits, and vitamin C-rich foods (more than 30 milligrams vitamin C per serving) were less likely to have their gallbladder removed. This is most likely due to diets high in fiber and antioxidants. High fiber diets stimulate bowel movement and reduce bile storage in the gallbladder. Antioxidant vitamins, such as vitamin C, and various minerals (especially magnesium) show a protective effect on gut health. For women, this research suggests a positive relationship between a diet high in fiber, fruits, and vegetables and a reduced rate of gallbladder surgeries. While no single food can lower risk for gallbladder removal, everyone can benefit from a diet containing a variety of fruits and vegetables.

Tsai CJ, Leitzmann MF, Willett WC, Giovannucci EL. 2006. Fruit and vegetable consumption and risk of cholecystectomy in women. *Am J Med* 119(9): 760-67.

*\*The article above was reviewed by Stephanie Gall, MS, VRG Dietetic Intern.*

# FALAFEL

## Healthy Middle Eastern Hamburgers Capture the West by Habeeb Salloum

**N**OT MANY WALKING BY TODAY'S FALAFEL stands know that this dish, mostly consumed as a fast food, has a history dating back to the days of the pharaohs. Falafel were probably first prepared in ancient Egypt; from that era, they have remained that country's national food. Today, this vegetarian dish *par excellence* is so much a staple food in Egypt that its name, *tamiyya*, is the Arabic word for "nourishment," making Egypt the only country in the world where they are not known as falafel.

Through the centuries, falafel spread from Egypt to neighboring countries. In ancient times, they were the ultimate snack food. Their mouth-watering aroma flowed from the cooking stalls in Aleppo, Damascus, Beirut, Jerusalem, and other Middle Eastern cities, begging to relieve the hunger pangs of passersby.

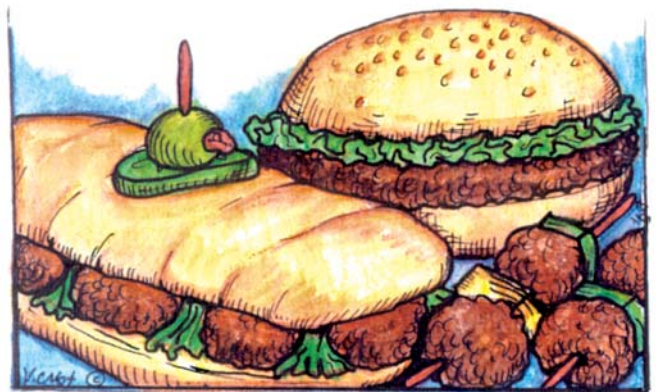
Over the last few decades, falafel have become a food consumed worldwide. Emigration to the West has brought with it a number of the Arab and Middle Eastern dishes, perhaps the most important of these being the falafel sandwich. In North America, consumption of these croquettes is fast spreading throughout large urban centers. Known as "the hamburgers of the Middle East," falafel are beginning to compete with meat counterparts in the fast food arena and often bypassing them as a much healthier alternative. To a vegetarian, they are a godsend.

### WHAT ARE FALAFEL?

Traditional falafel patties or balls are spicy, deep-fried, bean-based foods that get their name from the Arabic word *fulful*, meaning "pepper." Their basic ingredient is ground broad beans, chickpeas, or a combination of both. They are tasty, inexpensive, rich in protein and carbohydrates, and high in calories. They make equally satisfying main courses and light snacks.

Falafel are traditionally crushed onto bread or added whole into a pocket of pita bread as a sandwich; most commonly, the term 'falafel' refers to the sandwich.

Typically, the hot-off-the-fire falafel are tucked into pita bread with sauces and vegetables. These sandwiches also usually include a few Tablespoons of tahini (sesame seed paste) salad or a salad made from tomatoes, cucumbers, sweet peppers, hot peppers, parsley, and fresh coriander. At times, hot sauce, slices of radishes and tomatoes, lettuce leaves, and pickles are added to produce gourmet sandwiches. Consumed in any fashion, these ancient hamburgers epitomize vegetarian dishes.



In the Middle East, both the patties and balls are also served as hors d'oeuvres, side dishes, main courses, and snacks—always with a bowl of tahini sauce for dipping. During Ramadan (the ninth month of the Muslim calendar), falafel are often eaten as part of the *iftar*, the meal that breaks the daily fast after sunset.

### MAKING FALAFEL

The simplest method of making falafel is to purchase a ready-made powder from a Middle Eastern market or a health foods store. The directions on the package are usually easy to follow. However, the versions prepared from the powdered mixes cannot compare with those made by cooks in their own kitchens.

When making falafel, it is very important that the ingredients be rather dry; otherwise they will break up when fried or baked. After the beans are drained, they should, along with the onions and garlic, be dried on

paper towels or in a strainer. Then, they should be ground until they become doughlike.

Although not common, falafel can be made from products other than broad beans and chickpeas then either fried or baked. When fried, falafel are delicious but not very healthful. On the other hand, they become a healthful and wholesome vegetarian food after a stint in the oven.

When baking falafel, add an extra teaspoon of baking powder to the recipe. Then, preheat an oven to 400 degrees, place the patties or balls in a well-greased baking pan, and bake for 30 minutes or until slightly brown.

All the following falafel recipes make approximately 50 patties that are two inches in diameter, and three patties would make a sufficient serving for a sandwich. Molds to make falafel patties are available at Middle Eastern stores, or you can form them into balls and flatten them into patties.

The recipes will make approximately 100 falafel balls, which are smaller than the patties and are usually served as appetizers along with drinks. If serving the falafel in this form, six balls would constitute one serving.

## TAHINI SALAD

(Makes twelve 4-Tablespoon servings)

*Goes well with all types of falafel.*

- 2 medium tomatoes, diced into ¼-inch cubes
- 1 medium cucumber (approximately 6 inches), diced into ¼-inch cubes
- ½ cup finely chopped scallions
- 2 Tablespoons finely chopped fresh coriander leaves
- 2 cloves garlic, crushed
- 4 Tablespoons lemon juice

- 4 Tablespoons tahini (sesame seed paste)
- ⅓ cup water
- ½ teaspoon salt
- ½ teaspoon pepper
- ¼ teaspoon cumin
- ⅛ teaspoon cayenne

Place tomatoes, cucumbers, scallions, and coriander in a medium bowl and set aside.

Place remaining ingredients in a blender and blend for a minute. Pour over vegetables and toss.

Serve with falafel as a salad. If falafel are served in sandwiches, place up to 4 Tablespoons in each sandwich.

Total calories per serving: 38	Fat: 2 grams
Carbohydrates: 4 grams	Protein: 2 grams
Sodium: 98 milligrams	Fiber: 1 gram

## BROAD BEAN FALAFEL

(Serves approximately 16)

*This is the most common type of falafel eaten throughout the world.*

- 2 cups large dried broad (fava) beans
- Water to soak beans
- 2 medium onions, chopped
- 1 small bunch parsley, finely chopped
- ½ head peeled garlic, crushed
- 1 small hot pepper, chopped
- 1 cup finely chopped fresh coriander leaves
- 2 Tablespoons fine bread crumbs
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon cumin
- 1 teaspoon ground coriander seeds
- 1 teaspoon baking soda
- 1 teaspoon baking powder

**A second teaspoon baking powder, if baking**  
**Vegetable oil spray for baking or vegetable oil for frying**

Soak broad beans in water for 24 hours. Drain and shell beans by opening each bean's casing at the seam. Discard casings.

Place all ingredients, except oil, in a food processor and process into a smooth paste. Make sure the beans are very well ground. Allow paste to stand for 2 hours. Form paste into patties or, if to be served as hors d'oeuvres, into small balls.

If baking, preheat oven to 400 degrees. Spray a baking pan with oil. Space the patties or balls somewhat apart in the pan and bake for 30 minutes or until they turn slightly brown, turning once.

If frying, pour enough oil into a saucepan so that the oil is 2 to 4 inches deep. Deep fry patties or balls over medium-high heat until they turn light golden brown, turning them over once if needed. Drain falafel on paper towels.

Serve falafel with *Tahini Salad* as appetizers, in sandwiches, as a side dish, or as a main course.

If recipe is baked:	
Total calories per serving: 88	Fat: 1 gram
Carbohydrates: 15 grams	Protein: 6 grams
Sodium: 300 milligrams	Fiber: 3 grams

If recipe is fried:	
Total calories per serving: 203	Fat: 14 grams
Carbohydrates: 15 grams	Protein: 6 grams
Sodium: 269 milligrams	Fiber: 3 grams

### Substituting Canned Beans for Dried Beans

Using dried beans is the most authentic way to make falafel. However, many cooks may wish to substitute canned beans to save time in preparing these recipes. Two cups of dried beans will yield approximately five to six cups of cooked beans. Therefore, three 15- or 16-ounce cans of cooked beans or lentils should suffice for the recipes in this article.

## CHICKPEA FALAFEL

(Serves approximately 16)

*Next to broad beans, chickpeas are the most often utilized ingredient for making falafel.*

**2 cups dried chickpeas**  
**Water to soak chickpeas**  
**1 bunch scallions, chopped**  
**2 cups finely chopped parsley**  
**6 cloves garlic, crushed**  
**1 medium hot pepper, chopped**  
**2 Tablespoons fine bread crumbs**  
**1 teaspoon salt**  
**1 teaspoon pepper**  
**1 teaspoon cumin**  
**1 teaspoon ground coriander seeds**  
**1 teaspoon baking soda**  
**1 teaspoon baking powder**  
**A second teaspoon baking powder, if baking**  
**Vegetable oil spray for baking or vegetable oil for frying**

Soak chickpeas in water for 24 hours and drain.

Place all ingredients, except oil, in a food processor and process into a smooth paste. Make sure the chickpeas are very well ground. Allow to stand for 2 hours. Form paste into patties or, if to be served as hors d'oeuvres, into small balls.

If baking, preheat oven to 400 degrees. Spray a baking pan with oil. Space the patties or balls somewhat apart in the pan and bake for 30 minutes or until they turn slightly brown, turning once.

If frying, pour enough oil into a saucepan so that the oil is 2 to 4 inches deep. Deep fry patties or balls over medium-high heat until they turn light golden brown, turning them over once if needed. Drain falafel on paper towels.

Serve falafel with *Tahini Salad* (page 23) as appetizers, in sandwiches, as a side dish, or as a main course.

If recipe is baked:

Total calories per serving: 111  
Carbohydrates: 18 grams  
Sodium: 305 milligrams  
Fat: 2 grams  
Protein: 6 grams  
Fiber: 5 grams

If recipe is fried:

Total calories per serving: 226  
Carbohydrates: 18 grams  
Sodium: 275 milligrams  
Fat: 15 grams  
Protein: 6 grams  
Fiber: 5 grams

## WHITE BEAN FALAFEL

(Serves approximately 16)

*Any type of dried white beans, such as navy beans, can be used for this recipe.*

**2 cups dried white beans, any type**  
**Water to soak beans**  
**1 small bunch parsley, finely chopped**  
**1 small bunch scallions, chopped**  
**6 cloves garlic, crushed**  
**1 small hot pepper, chopped**  
**1/2 cup finely chopped fresh coriander leaves**  
**4 Tablespoons fine bread crumbs**  
**1 teaspoon salt**  
**1 teaspoon pepper**  
**1 teaspoon cumin**  
**1 teaspoon thyme**  
**1 teaspoon baking soda**  
**1 teaspoon baking powder**  
**A second teaspoon baking powder, if baking**  
**Vegetable oil spray for baking or vegetable oil for frying**

Soak beans in water for 24 hours and drain.

Place all ingredients, except oil, in a food processor and process into a smooth paste. Make sure the beans are very well ground. Allow to stand for 2 hours. Form paste into patties or, if to be served as hors d'oeuvres, into small balls.

If baking, preheat oven to 400 degrees. Spray a baking pan with oil. Space the patties or balls somewhat apart in the pan and bake for 30 minutes or until they turn slightly brown, turning once.

If frying, pour enough oil into a saucepan so that the oil is 2 to 4 inches deep. Deep fry patties or balls over medium-high heat until they turn light golden brown, turning them over once if needed. Drain falafel on paper towels.

Serve falafel with *Tahini Salad* (page 23) as appetizers, in sandwiches, as a side dish, or as a main course.

If recipe is baked:

Total calories per serving: 110  
Carbohydrates: 20 grams  
Sodium: 307 milligrams  
Fat: 1 gram  
Protein: 6 grams  
Fiber: 7 grams

If recipe is fried:

Total calories per serving: 225  
Carbohydrates: 20 grams  
Sodium: 277 milligrams  
Fat: 14 grams  
Protein: 6 grams  
Fiber: 7 grams

## SOYBEAN FALAFEL

(Serves approximately 16)

*This can be a very healthy type of falafel, if baked. Dry soybeans are available in health foods stores.*

**2 cups dried soybeans**  
**Water to soak soybeans**  
**2 medium onions, chopped**  
**2 cups finely chopped fresh coriander leaves**  
**2 cups finely chopped parsley**  
**6 cloves garlic, crushed**  
**1 small hot pepper, chopped**  
**4 Tablespoons fine bread crumbs**  
**1 teaspoon salt**  
**1 teaspoon pepper**  
**1 teaspoon ground coriander seeds**  
**1 teaspoon cumin**  
**1 teaspoon nutmeg**  
**1 1/2 teaspoons baking powder**  
**An additional teaspoon baking powder, if baking**  
**1 teaspoon baking soda**  
**Vegetable oil spray for baking or vegetable oil for frying**

Soak soybeans in water for 24 hours and drain.



Place all ingredients, except oil, in a food processor and process into a smooth paste. Make sure the soybeans are very well ground. Allow to stand for 2 hours. Form paste into patties or, if to be served as hors d'oeuvres, into small balls.

If baking, preheat oven to 400 degrees. Spray a baking pan with oil. Space the patties or balls somewhat apart in the pan and bake for 30 minutes or until they turn slightly brown, turning once.

If frying, pour enough oil into a saucepan so that the oil is 2 to 4 inches deep. Deep fry patties or balls over medium-high heat until they turn light golden brown, turning them over once if needed. Drain falafel on paper towels.

Serve falafel with *Tahini Salad* (page 23) as appetizers, in sandwiches, as a side dish, or as a main course.

If recipe is baked:

Total calories per serving: 123	Fat: 6 grams
Carbohydrates: 11 grams	Protein: 9 grams
Sodium: 324 milligrams	Fiber: 4 grams

If recipe is fried:

Total calories per serving: 238	Fat: 19 grams
Carbohydrates: 11 grams	Protein: 9 grams
Sodium: 293 milligrams	Fiber: 4 grams

## RICE FALAFEL

(Serves approximately 16)

*The cooked rice should be well cooked—it holds together better, especially if the falafel are fried.*

**6 cups cooked white or brown rice**  
**1 bunch scallions, chopped**  
**6 cloves garlic, crushed**  
**2 Tablespoons finely chopped fresh coriander leaves**  
**2 teaspoon oregano**  
**1 teaspoon salt**  
**1 teaspoon pepper**  
**1 teaspoon ground coriander seeds**  
**1 teaspoon ground ginger**

**¼ teaspoon cayenne**  
**2 Tablespoons flour**  
**2 teaspoons baking soda**  
**1 teaspoon baking powder, if baking**  
**Vegetable oil spray for baking or vegetable oil for frying**

Place all ingredients, except oil, in a food processor and process into a smooth paste. Form paste into patties or, if to be served as hors d'oeuvres, into small balls.

If baking, preheat oven to 400 degrees. Spray a baking pan with oil. Space the patties or balls somewhat apart in the pan and bake for 30 minutes or until they turn slightly brown.

If frying, pour enough oil into a saucepan so that the oil is 2 to 4 inches deep. Deep fry patties or balls over medium-high heat until they turn light golden brown, turning them over once if needed. Drain falafel on paper towels.

Serve falafel with *Tahini Salad* (page 23) as appetizers, in sandwiches, as a side dish, or as a main course.

If recipe is baked:

Total calories per serving: 96	Fat: 1 gram
Carbohydrates: 19 grams	Protein: 2 grams
Sodium: 335 milligrams	Fiber: 2 grams

If recipe is fried:

Total calories per serving: 211	Fat: 14 grams
Carbohydrates: 19 grams	Protein: 2 grams
Sodium: 305 milligrams	Fiber: 2 grams

## LENTIL FALAFEL

(Serves approximately 16)

*This is a tasty falafel that can rival the classic broad bean and chickpea varieties.*

**2 cups dried lentils**  
**Water to soak lentils**  
**1 bunch scallions, chopped**  
**½ head peeled garlic, crushed**

**4 Tablespoons finely chopped fresh coriander leaves**  
**1 medium hot pepper, chopped**  
**2 teaspoons cumin**  
**1 teaspoon salt**  
**1 teaspoon pepper**  
**½ teaspoon allspice**  
**2 Tablespoons fine bread crumbs**  
**1 teaspoon baking soda**  
**1 teaspoon baking powder**  
**A second teaspoon baking powder, if baking**  
**Vegetable oil spray for baking or vegetable oil for frying**

Soak beans in water for 24 hours and drain.

Place all ingredients, except oil, in a food processor and process into a smooth paste. Make sure the lentils are very well ground. Allow to stand for 2 hours. Form paste into patties or, if to be served as hors d'oeuvres, into small balls.

If baking, preheat oven to 400 degrees. Spray a baking pan with oil. Space the patties or balls somewhat apart in the pan and bake for 30 minutes or until they turn slightly brown, turning once.

If frying, pour enough oil into a saucepan so that the oil is 2 to 4 inches deep. Deep fry patties or balls over medium-high heat until they turn light golden brown, turning them over once if needed. Drain falafel on paper towels.

Serve falafel with *Tahini Salad* (page 23) as appetizers, in sandwiches, as a side dish, or as a main course.

If recipe is baked:

Total calories per serving: 96	Fat: 1 gram
Carbohydrates: 16 grams	Protein: 7 grams
Sodium: 297 milligrams	Fiber: 3 grams

If recipe is fried:

Total calories per serving: 211	Fat: 14 grams
Carbohydrates: 16 grams	Protein: 7 grams
Sodium: 266 milligrams	Fiber: 3 grams

## CORN FALAFEL

(Serves approximately 16)

*This type of falafel has the touch of Mexico.*

- 2 cups cornmeal
- Water to soak cornmeal
- 3 medium onions, chopped
- 4 Tablespoons finely chopped fresh coriander leaves
- 1 cup flour
- 2 teaspoons garlic powder
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon ground coriander seeds
- 1 teaspoon paprika
- ¼ teaspoon cayenne
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- A second teaspoon baking powder, if baking
- Vegetable oil spray for baking or vegetable oil for frying

Soak cornmeal in water overnight. Press water out by hand to drain.

Place all ingredients, except oil, in a food processor and process into a smooth paste. Allow to stand for 2 hours. Form paste into patties or, if to be served as hors d'oeuvres, into small balls.

If baking, preheat oven to 400 degrees. Spray a baking pan with oil. Space the patties or balls somewhat apart in the pan and bake for 30 minutes or until they turn slightly brown, turning once.

If frying, pour enough oil into a saucepan so that the oil is 2 to 4 inches deep. Deep fry patties or balls over medium-high heat until they turn light golden brown, turning them over once if needed. Drain falafel on paper towels.

Serve falafel with *Tabini Salad* (page 23) as appetizers, in sandwiches, as a side dish, or as a main course.

If recipe is baked:

Total calories per serving: 98	Fat: 1 gram
Carbohydrates: 20 grams	Protein: 2 grams
Sodium: 291 milligrams	Fiber: 2 grams

If recipe is fried:

Total calories per serving: 213	Fat: 14 grams
Carbohydrates: 20 grams	Protein: 2 grams
Sodium: 261 milligrams	Fiber: 2 grams

## BULGUR FALAFEL

(Serves approximately 16)

*Falafel made with bulgur is tasty, whether eaten hot or cold.*

- 1½ cups medium bulgur
- Warm water to soak bulgur
- 3 medium onions, chopped
- 4 cloves garlic, crushed
- 4 Tablespoons finely chopped fresh coriander leaves
- 1 cup mashed potatoes
- 1 cup flour
- 2 teaspoons oregano
- 1 teaspoons salt
- 1 teaspoon pepper
- 1 teaspoon cumin

- 1 teaspoon nutmeg
- ¼ teaspoon cayenne
- 1 teaspoon baking soda
- 1 teaspoon baking powder, if baking
- Vegetable oil spray for baking or vegetable oil for frying

Soak bulgar in water for 20 minutes. Press water out through a strainer.

Place all ingredients, except oil, in a food processor and process into a smooth paste. Allow to stand for 2 hours. Form paste into patties or, if to be served as hors d'oeuvres, into small balls.

If baking, preheat oven to 400 degrees. Spray a baking pan with oil. Space the patties or balls somewhat apart in the pan and bake for 30 minutes or until they turn slightly brown, turning once.

If frying, pour enough oil into a saucepan so that the oil is 2 to 4 inches deep. Deep fry patties or balls over medium-high heat until they turn light golden brown, turning them over once if needed. Drain falafel on paper towels.

Serve falafel with *Tabini Salad* (page 23) as appetizers, in sandwiches, as a side dish, or as a main course.

**Note:** If paste is a little soft, add more flour.

If recipe is baked:

Total calories per serving: 102	Fat: 1 gram
Carbohydrates: 21 grams	Protein: 3 grams
Sodium: 292 milligrams	Fiber: 2 grams

If recipe is fried:

Total calories per serving: 217	Fat: 14 grams
Carbohydrates: 21 grams	Protein: 3 grams
Sodium: 262 milligrams	Fiber: 2 grams



Habeeb Salloum is a regular contributor to *Vegetarian Journal* and the author of *Arab Cooking on a Saskatchewan Homestead: Recipes and Recollections*.

# Cool, Crisp Summer Salads

By Peggy Rynk

**C**OOOL, CRISP SALADS ARE AMONG THE MANY joys of summer, whether they're served as a main dish, a side dish, or a dessert. Because they're so versatile, the role they fill depends only on the one you have in mind.

Fresh greens are the base of many salads, and they are available in a delicious variety. Browse the farmer's market or the produce department of a well-stocked grocery or health foods store for romaine, spinach, red or green leaf lettuce, escarole, watercress, parsley, and red or green cabbage. Choose the freshest and most brightly colored produce you can find. Mescaline mix, whether prepackaged or purchased in bulk, is another choice and contains a wide variety of greens.

Many other vegetables contribute to salads, too—bell peppers of various colors, carrots, celery, onions (sweet, yellow, or green), tomatoes, jicama, and cucumbers, for example. Just remember that greens and other vegetables usually work best and are more enjoyable when they're chilled. Fruits—crisp apples, ripe pears, juicy berries, or bite-size bits of melon—make excellent bases for or additions to salads. They, too, benefit from being chilled.

As for toppers, vegan croutons, whether homemade or purchased, add interest, flavor, and texture to a salad, as do toasted nuts and sunflower seeds.

One of the beauties of salads is that they lend themselves easily to a wide variety of ingredients. Experiment with familiar choices as well as ones you haven't tried before, and be prepared to be delighted. If your reason for including a particular ingredient is simply because you want to—even if you haven't encountered it in a salad before—that reason is plenty good enough.

In addition to being flavorful and healthful, salads can be economical because they're a delicious way to use the last carrot or two, the remaining few green onions, or those leftover cooked chickpeas or black beans. These add interest, flavor, and color to a salad, so even if you have only a Tablespoon or two, stir them in.

## SALAD DRESSINGS

When to add the salad dressing—if any—depends on the salad. For tossed salads, add dressing just before serving so the greens don't wilt. For others, such as bean or potato salads, add the dressing when putting the salad together so the flavors can blend and enhance

## Tips for Putting Together a Great Salad

- Gently but thoroughly rinse all salad greens and other vegetables in cold water. Dry thoroughly so dressing will adhere to them. A salad spinner is ideal for leafy greens, but paper towels or clean dish towels also work well. If preparing greens ahead of time, seal in plastic bags and store in the refrigerator as soon as they're rinsed and dried.
- Some salads, such as potato or bean, are best prepared ahead of time to allow flavors to meld. Others, such as tossed salads, should be put together just before serving to keep greens crisp.
- Salads with varied textures are especially good because the textures add interest. Crisp onions, celery, and bell peppers are excellent counterpoints to ingredients such as tomatoes, lentils, beans, and potatoes.
- Fruits make excellent salads—such as the *Melon Medley* included on page 29. For an even simpler one, slice fresh strawberries and top with a sprinkling of fresh blueberries or blackberries. Diced peaches or nectarines are terrific topped with a few fresh berries of choice or with halved, pitted sweet cherries. Or toss apple chunks with a little lemon juice and vegan sugar and sprinkle with toasted pecans.
- Unless there's a particular reason to do otherwise, salads should be served cold.

each other. And some, such as some fresh fruit salads, may need only a squeeze of fresh juice or no dressing at all.

Of course, you can purchase salad dressings at your local market, or you can easily make your own. A good approach is to flavor homemade salad dressings with fresh or good-quality dried herbs and fresh-squeezed orange, lime, or lemon juice.

## CHILLED LENTIL SALAD WITH SPICY CITRUS DRESSING

(Serves 4)

*Well-paired, complementary flavors. Serve this side salad with thinly sliced whole grain bread—toasted or not—on the side.*

**One 12-ounce package lentils, picked over and rinsed**  
**5 cups boiling water**

**Salt to taste**

**¼ cup fresh lemon juice**

**6 Tablespoons fresh orange juice**

**2 Tablespoons sugar (Use your favorite vegan variety.)**

**1 teaspoon garlic powder**

**1 cup chopped green bell peppers**

**Dash cayenne**

**Approximately 4 cups lightly packed salad greens of choice, such as baby spinach leaves or romaine lettuce**

**Toppings, as desired, such as croutons, halved cherry tomatoes, chopped red or yellow bell peppers, and/or shredded carrots**

Cook lentils in the water according to package directions, adding salt, until just tender. Do not overcook. Drain and shake dry over low heat.

Remove from heat and stir in the lemon and orange juices, sugar, and garlic. Add the green bell peppers, and cayenne. Chill well.

To serve, place one cup of salad greens into each of four individual bowls. Spoon on the chilled lentil

mixture, not drained. Top with one or more of the toppings listed or others of your choice, as desired.

Total calories per serving: 346    Fat: 1 gram  
Carbohydrates: 63 grams    Protein: 25 grams  
Sodium: 26 milligrams    Fiber: 28 grams

## CREAMY POTATO SALAD WITH SCALLIONS AND CHIVES

(Serves 4)

*This is a pretty salad with rich flavor and texture that is sure to please all to which it is served.*

**4 cups diced red-skinned potatoes, unpeeled if skins are good**  
**Salted, boiling water to cover potatoes**  
**½ cup chopped scallions**  
**¼ cup chopped fresh chives or 2 Tablespoons dried chives**  
**½ cup chopped sweet red peppers**  
**½ cup vegan ‘sour cream’**  
**3 Tablespoons seasoned rice wine vinegar or seasoned rice vinegar**  
**¾ teaspoon salt**

Cook the diced potatoes in the water just until tender, approximately 10 to 15 minutes. (The potatoes should still hold their shape.) Test if the potatoes are done by piercing with a fork. It should go in easily but still meet a bit of resistance. When potatoes are done, drain.

Let potatoes cool slightly, then stir in the scallions, chives, and red peppers.

In a small bowl, blend together the ‘sour cream,’ vinegar, and salt. Add to the potato mixture and stir gently to coat potatoes evenly. Serve warm or chilled.

Total calories per serving: 178    Fat: 5 grams  
Carbohydrates: 30 grams    Protein: 5 grams  
Sodium: 568 milligrams    Fiber: 3 grams

## Quick Salad Ideas

- Slice or chop chilled, unpeeled apples. Toss with a little orange juice to keep them from darkening. Sprinkle with a few toasted chopped pecans or slivered almonds. Then, drizzle with a creamy, sweet-tart dressing made with a blend of vegan ‘sour cream,’ a little fruit juice, and vegan sugar to taste. Serve as an appetizer, side salad, or dessert.
- Spoon cooked beans, such as black, pinto, or red beans, onto a bed of shredded greens on individual salad plates. Sprinkle chopped sweet onions over the top and drizzle with your choice of dressing.
- Top chilled garbanzo or black beans with chopped fresh tomatoes and drizzle with a spicy oil and vinegar dressing.
- Toss diced, unpeeled pears with a little orange juice. Top with some fresh pitted cherry halves, a few dried cherries, or a sprinkle of toasted almond slivers.

## TAMARI-DRESSED JICAMA SALAD

(Serves 4)

*The textures and flavors of this salad are especially appealing.*

- 1½ cups peeled jicama, cut into 2 x ¼-inch strips
- 1½ cups sweet red bell peppers, cut into 2 x ¼-inch strips
- 1 cup sweet onions, cut into 2 x ¼-inch pieces
- 2 Tablespoons tamari
- 2 Tablespoons seasoned rice wine vinegar or seasoned rice vinegar
- Few drops hot sauce, such as Tabasco
- Approximately 4 cups lightly packed fresh spinach leaves, rinsed and patted dry with paper towels

Put the jicama, peppers, and onions in a medium-sized mixing bowl. Add the tamari, vinegar, and hot sauce, and toss well. Cover and chill.

When ready to serve, place one cup of spinach leaves into each of four individual bowls. Spoon the jicama mixture on the leaves and top with the dressing.

Total calories per serving: 64    Fat: <1 gram  
Carbohydrates: 13 grams    Protein: 4 grams  
Sodium: 454 milligrams    Fiber: 5 grams

## CHERRY TOMATO, CUCUMBER, AND SWEET ONION SALAD

(Serves 6)

*This recipe yields a colorful salad with a light, sweet-tart flavor. It's pretty enough for company but easy enough to make often for family.*

- 1 cup cherry tomatoes, halved lengthwise
- 2 cups peeled, diced cucumber, not seeded if seeds are tender

- 1 cup diced sweet onions
- 2 Tablespoons sugar (Use your favorite vegan variety.)
- ½ teaspoon salt
- Dash pepper
- 1 teaspoon dried sweet basil leaves, lightly crushed
- ⅓ cup rice vinegar
- 2 Tablespoons canola oil

Put the tomatoes, cucumbers, and onions into a medium-sized mixing bowl. Set aside.

In a small jar with a screw top, combine the sugar, salt, pepper, and basil. Add the vinegar and oil. Cover the mouth of the jar with a double layer of waxed paper, screw on the top, and shake vigorously until dressing ingredients are well combined. Pour over the vegetable mixture and toss lightly and thoroughly to blend. Cover and refrigerate until chilled. Stir again just before serving.

Total calories per serving: 77    Fat: 5 grams  
Carbohydrates: 9 grams    Protein: 1 gram  
Sodium: 200 milligrams    Fiber: 1 gram

## PINEAPPLE-CARROT SALAD WITH CITRUS DRESSING

(Serves 6)

*This salad has a creamy tart-sweet flavor that comes from its unique blend of ingredients.*

- One 20-ounce can crushed pineapple in its own juice, drained
- ½ cup juice, drained from the pineapple
- 3 Tablespoons fresh lemon juice, strained
- 4 Tablespoons fresh orange juice, strained
- 2 Tablespoons sugar (Use your favorite vegan variety.)
- ¼ cup vegan 'sour cream'
- 1½ cups peeled, freshly shredded carrots
- Chopped crystallized ginger to garnish (optional)

Put all the ingredients in a medium-sized mixing bowl and stir together. This salad will be juicy, so serve in bowls and eat with a spoon. If using crystallized ginger, this can be stirred in or sprinkled on top, if preferred.

Total calories per serving: 121    Fat: 3 grams  
Carbohydrates: 22 grams    Protein: 1 gram  
Sodium: 99 milligrams    Fiber: 2 grams

## MELON MEDLEY WITH LEMON DRESSING

(Serves 8)

*An especially refreshing salad, this can be served as a side dish or as a light dessert.*

- ¼ cup fresh lemon juice
- ¼ cup sugar (Use your favorite vegan variety.)
- Dash ground cinnamon
- Dash ground cardamom
- 3½ cups seeded, peeled, and cubed honeydew melon
- 3½ cups seeded, peeled, and cubed cantaloupe

In a 2-quart or slightly larger mixing bowl, whisk together the lemon juice, sugar, and spices.

Gently fold in the honeydew and cantaloupe cubes. Cover and chill thoroughly. Serve in small individual bowls, spooning some of the liquid over the melon cubes in each bowl.

Total calories per serving: 76    Fat: <1 gram  
Carbohydrates: 20 grams    Protein: 1 gram  
Sodium: 17 milligrams    Fiber: 1 gram

Peggy Rynk is a frequent contributor to *Vegetarian Journal*. Her most recent article was "Comforting Casseroles," which appeared in the Issue 1, 2007. She lives in North Carolina.

# veggie bits

## Make Way for Meatballs!

Who has time to make vegan meatballs from scratch when the mood for pasta or a veggie sub sandwich hits? Thanks to Nate's Brand, you can just pop a few of these frozen orbs into the microwave and then straight into your mouth. All three varieties—Classic, Savory Mushroom, and Zesty Italian—are so delicious and convenient that even most non-vegetarians will want their meatballs meatless from now on.



For more information, write to Nate's parent company, Elena's Food Specialties, Inc., at 405 Allerton Avenue, South San Francisco, CA 94080, or call them at (650) 871-8700. Visit the company online at their website, <[www.elenasfoods.com](http://www.elenasfoods.com)>.

## Looking for Adventure?

Healthy Adventure, Inc., is a vegetarian vacation company that specializes in natural health and fitness. They offer travel to destinations like the Virgin Islands and the Florida Keys with the opportunity to experience island excursions, yoga and meditation, outdoor sports, health lectures, cooking demonstrations, and wonderful vegan, vegetarian, and living foods cuisine. To learn about their upcoming itineraries, visit their website at <[www.healthyadventure.com](http://www.healthyadventure.com)> or call (561) 626-3293.

## Mama's Got a Brand New Bag!

Cooler Couture makes fashionable oversized purses that can handle all of a woman's daily essentials. The totes are made from a cruelty-free material that looks and feels like textured black or cocoa leather. Another appealing quality is the removable insulated interior pouch that holds whatever the carrier would like to keep cold, including lunch, snacks for a plane, baby bottles, medication, and more. What better way to stay cool than with this ultra-hip and humane bag?

Write to Cooler Couture at 129 17<sup>th</sup> Place, Manhattan Beach, CA 90266, or call the company at (310) 569-2954. Their website is <[www.coolercouture.com](http://www.coolercouture.com)>.



## Good Karma Takes Frozen Desserts to Heavenly Heights!



Good Karma™ offers an incredible line of frozen desserts and novelties that are all organic, vegan, wheat-free, gluten-free, and kosher. Sure, their Rice

Divine rice cream comes in Pints of Very Vanilla and such, but who wouldn't head straight for uncommon flavors like Banana Fudge, Carrot Cake, Coconut Mango, or Mudd Pie? Their Sundae Cups—available in Strawberry Swirl and Vanilla Fudge Swirl varieties—come with four 4-ounce cups to a pack, perfect for a quick snack or dessert. Plus, their 3-ounce Chocolate Covered Bars, frozen rice cream bars on sticks available in either Very Vanilla and Chocolate Chocolate varieties, are fabulous right out of the freezer. Best of all, these offerings are so sweet, rich, and creamy that they are indistinguishable from even the finest of their dairy counterparts. Just one taste of these divine treats, and you will definitely find yourself in seventh heaven!

Contact Good Karma Foods at 441 Beaver Street, Suite 201, Sewickley, PA 15143, or phone the company at (800) 550-6731. More information about these products and a list of retailers that carry them is available at <[www.goodkarmafoods.com](http://www.goodkarmafoods.com)>.

## Get Back to the Garden with Lavender Hill Dressings

The popularity of edible flowers dates back to the Victorian age, and they have experienced a renaissance with today's renewed focus on raw cuisine. Now, Lavender Hill™ Foods has introduced a line of vinaigrettes made with organic varieties of these culinary blooms. The flowers add a different delightful twist to the dressing's four distinctive varieties—aromatic Lavender French, peppery Orange Nasturtium, tangy Pomegranate Hibiscus, and sweet White Balsamic & Rose Petal. All are available in 8-ounce bottles for use on salads, as marinades or sauces, and much more.

Contact Lavender Hill™ Foods at 1769 Old Wilmington Road, Hockessin, DE 19707, or via phone at (610) 444-2746. The company's website is <[www.lavenderhillherbs.com](http://www.lavenderhillherbs.com)>.

## Earth-Friendly Fashion Finds

earth creations' lightweight summer clothing epitomize eco-friendliness. Not only are their garments made from fabrics like hemp and unbleached organic cotton, but they are also dyed to rich, nature-inspired tones—such as charcoal, henna, lilac, maize, moss, and mud—using the permanent staining ability of clays found throughout the United States. Just a few of their offerings include tanks, sweaters, and activewear for women, onesies for infants, and T-shirts for the entire family.

earth creations' items are available at co-ops and natural products stores nationwide and through the company's website at <[www.earthcreations.net](http://www.earthcreations.net)>. Or contact earth creations, inc., at 3056 Mountainview Way, Bessemer, AL 35020, or via (800) 792-9868.

## Satisfying Your Snack Attacks



Soy Jerky is some of the best-tasting meatless jerky on the market. This convenient, flavorful food is available in eight varieties, including peppery Cajun Chick'N, tantalizing Teriyaki, and of course, the savory classic Original. You will not regret getting your hands on one (or more) of these 1.5-ounce packages today!

Contact Soy Jerky's parent company, Tasty Eats, Inc., at (302) 236-7503. Visit <[www.tastyeats.com](http://www.tastyeats.com)> to buy online or to find retailers that carry these products.

## Toys that Spark Imaginations and Still Sustain the Planet

Hazelnut Kids is a family-owned-and-operated business in Michigan that offers a huge array of toys made solely from natural and often organic materials. Among their unique products are more than a dozen wooden push toys for toddlers, wooden vehicles and playsets, blocks, organic cotton dolls and stuffed animals, vegetarian foods and supermarket items, rubberwood musical instruments, and bamboo board games. Although the company specializes in items for infants through kids up to age 6, there are board games that will appeal to older children and even adults. Plus, the company promises that one tree will be planted for each item purchased.

To view Hazelnut Kids' catalog, visit <[www.hazelnutkids.com](http://www.hazelnutkids.com)>. You may also call (888) 869-1901 or e-mail [info@hazelnutkids.com](mailto:info@hazelnutkids.com) for further assistance.

## You'll Want to Fête the Makers of This Magnificent Soy Feta!

Many vegans probably never thought they'd see the day when they could enjoy a robust Greek salad or an authentic artichoke dip. Sunergia Soyfoods has branched out from its flavored tofu line to offer an organic, vegan Soy Feta cheese alternative. And if the mere news of a vegan feta wasn't exciting enough, the fact that it comes in three flavors—Lemon Oregano, Mediterranean Herb, and Tomato Garlic—will send many running to the nearest health foods store!

Write to Sunergia Soyfoods at P.O. Box 1186, Charlottesville, VA 22902, or call the company at (800) 693-5134. More information is available on their website, <[www.sunergiasoyfoods.com](http://www.sunergiasoyfoods.com)>.

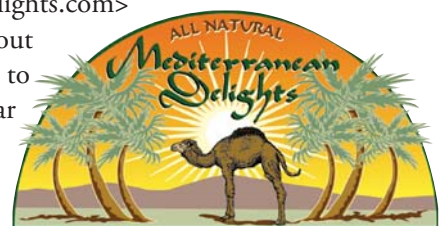
## Mediterranean Delights Brings Hummus and Salads to Homes and Food Service Users Alike

Mediterranean Delights' products will tempt even those who don't usually go for Middle Eastern cuisine. Unique offerings include certified-organic hummus in flavors like Avocado & Lime and Chipotle Pepper and their famous Frummus—fruit-infused hummus in Apple Cinnamon, Cranberry Almond, and Peach Mango. Plus, their 10 new prepared salads, which include Vegan "Chicken" Tempeh, Crunchy Barley, Wheatberry Cranberry Orzo, and Cous Cous Confetti varieties, are destined to become staples in many vegetarian homes.

Mediterranean Delights offers lots of choices for food services that are looking to add some exotic cuisine to their menus. With many hummus flavors, all of their Frummus varieties, falafel, tabouleh, and prepared vegan salads available in large sizes, your patrons will never become bored with their choices!

For more information, write to Mediterranean Delights at P.O. Box 749, Saxtons River, VT 05154-0749, or call the company at (802) 869-3533. You may also want to visit the company's website at <[www.mediterraneandelights.com](http://www.mediterraneandelights.com)>

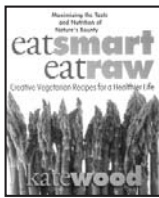
to learn more about their products or to find a retailer near you that may carry them in their stores.



# reviews

## EAT SMART EAT RAW

By Kate Wood



Kate Wood resides in England and has been a committed raw foodist since 1993. Her book, *Eat Smart Eat Raw*, serves up more than 150 raw recipes. Many of the dishes are simple to prepare, which is not always the case in raw cuisine.

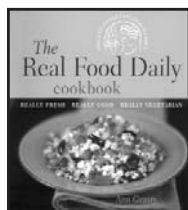
Here are just a few of the recipes you'll find in this book. The Mushroom Pâté is made from mushrooms, celery, parsley, and a variety of ground seeds. 'Cheesy' Stuffed Peppers are prepared by blending corn, carrots, parsley, ground flaxseed, olive oil, miso, nutritional yeast, red chili, garlic, and onion and then adding some orange juice. This mixture is then stuffed into red peppers. Finally, the Coconut Cookies are made from bananas, fresh coconut, ground cashews, and raisins. Then, the mixture is dehydrated.

Nutritional analyses are provided in this book. You'll also find many raw food tips.

***Eat Smart Eat Raw* (ISBN 0-7570-0261-7) is published by Square One Publishers and is 172 pages. You can purchase this book at your local bookstore or online. Reviewed by Debra Wasserman.**

## THE REAL FOOD DAILY COOKBOOK

By Ann Gentry



You will find a Real Food Daily restaurant in both Santa Monica and Hollywood, California. These

establishments are quite successful, and, fortunately, you can now sample the delicious cuisine by purchasing their cookbook.

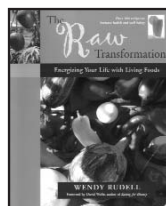
Included among the 150 creative vegan recipes in this book are Spring Rolls with Raw Mango Sauce, Nori Maki (sushi made with tempeh), Quinoa Vegetable Soup, Lemon-Lime Jicama Slaw, Wheat-Free Corn Muffins, Corn-Sage Stuffing, Athena Barley with Kalamata Olives and Tomatoes, Seitan Enchiladas with Salsa Verde, Pecan Pie, and Coconut Cream Pie with Chocolate Sauce.

The recipes are arranged in seasonal order, and this cookbook includes beautiful color photos that will entice even meat-eaters. Nutritional analyses are not included; however, most recipes do not appear to be high in fat.

***The Real Food Daily Cookbook* (ISBN 1-58008-618-7) is published by Ten Speed Press and is 232 pages. Look for this book in your local bookstore or order it online. Reviewed by Debra Wasserman.**

## THE RAW TRANSFOR- MATION

By Wendy Rudell



Yet another raw foods book has appeared on the market. *The Raw Transformation* contains beautiful color photos throughout the book, adding to its appeal. The section on food preparation and basics is also quite useful, especially for someone who is not yet familiar with raw cuisine.

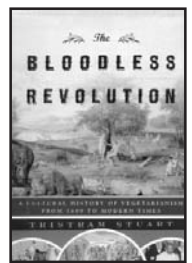
Some unique dishes in this book are Cucumber Tahini Soup, Quinoa Pistachio Salad, Lasagna

(made with a macadamia and pine nut cheese), Flax Seed Crackers, and Mango Fig Pie.

***The Raw Transformation* (ISBN 1-55643-589-4) is published by North Atlantic Books and retails for \$24.95. Look for this book in your local bookstore or online. Reviewed by Debra Wasserman.**

## BLOODLESS REVOLUTION

By Tristram Stuart



*Bloodless Revolution* is not light reading.

This 416-page book focuses on the cultural history of vegetarianism from 1600 to modern times. The author, Tristram Stuart, is a graduate of Cambridge University and is a relatively young historian. This is his first book; however, he was previously a freelance writer for several Indian newspapers.

The book introduces readers to puritanical revolutionaries, Europeans devoted to Hindu philosophy, and visionary scientists who embraced Eastern ideas and worked to overthrow Western society's hunger for meat. You'll find information on philosopher Pythagoras, physicist Isaac Newton, mathematician René Descartes, physician George Cheyne, poets Percy Shelley and Henry David Thoreau, the Shakers, Mahatma Gandhi, and many others.

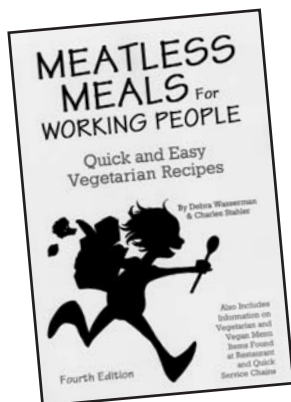
The book includes historical illustrations and is well-footnoted.

***Bloodless Revolution* (ISBN 10-393-05220-6) is a hardcover book published by W.W. Norton & Company, Inc., and retails for \$26.95. Look for this book in your local bookstore or online. Reviewed by Debra Wasserman.**

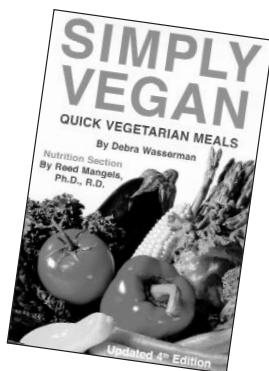


# VRG Catalog

## Books



**Meatless Meals for Working People—Quick and Easy Vegetarian Recipes** (\$12) by Debra Wasserman. We recommend using whole grains and fresh vegetables. However, for the busy working person, this isn't always possible. This 192-page book contains over 100 fast and easy recipes and tells you how to be a vegetarian within your hectic schedule using common, convenient foods. Spice chart, low-cost meal plans, party ideas, information on fast food restaurants, soy dishes, and more. Over 90,000 copies in print.



**Simply Vegan** (\$14.95) by Debra Wasserman and Reed Mangels, PhD, RD, CCE. These 224 pages contain over 160 quick and easy vegan recipes, a complete vegan nutrition section, and a list of where to mail order vegan food, clothing, cosmetics, and household products. Vegan menus and meal plans. Over 85,000 copies sold.

**Conveniently Vegan** (\$15) by Debra Wasserman. Prepare meals with all the natural foods products found in stores today, including soymilk, tempeh, tofu, veggie hot dogs. . . . You'll find 150 recipes using convenience foods (including canned beans) along with grains, fresh fruits, and vegetables. Menu ideas, product sources, and food definitions included. (208 pp.)



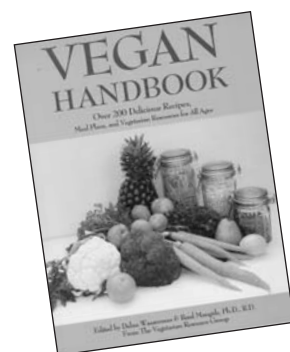
**Vegan Meals for One or Two—Your Own Personal Recipes** (\$15) by Nancy Berkoff, EdD, RD, CCE. Whether you live alone, are a couple, or are the only one in your household who is vegetarian, this 216-page book is for you. Each recipe is written to serve one or two people and is designed so that you can realistically use ingredients the way they come packaged from the store. Information on meal planning and shopping is included, as well as breakfast ideas, one-pot wonders, recipes that can be frozen for later use, grab-and-go suggestions, everyday and special occasion entrées, plus desserts and snacks. A glossary is also provided.

**Vegan in Volume** (\$20) by Nancy Berkoff, EdD, RD. This 272-page quantity cookbook is loaded with terrific recipes serving 25. Suitable for catered events, college food services, restaurants, parties in your own home, weddings, and much more.

**No Cholesterol Passover Recipes** (\$9) by Debra Wasserman. Includes 100 eggless and dairyless recipes. Seder plate ideas. (96 pp.)

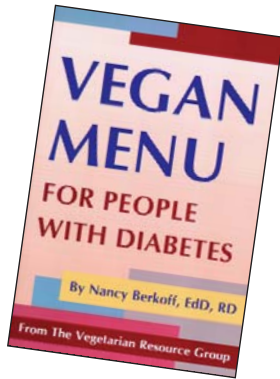
**The Lowfat Jewish Vegetarian Cookbook—Healthy Traditions from Around the World** (\$15) by Debra Wasserman. Over 150 lowfat international vegan recipes with nutritional breakdowns, including Romanian Apricot Dumplings, Pumpernickel Bread, Russian Flat Bread, Potato Knishes, North African Barley Pudding, and much more. Menu suggestions and holiday recipes. (224 pp.)

**Vegan Passover Recipes** (\$6) by Chef Nancy Berkoff. This 48-page booklet features vegan soups and salads, side dishes and sauces, entrées, desserts, and dishes you can prepare in a microwave during Passover. All the recipes follow Ashkenazi Jewish traditions and are pareve.



**Vegan Handbook** (\$20) edited by Debra Wasserman and Reed Mangels, PhD, RD. Over 200 vegan recipes and vegetarian resources. Includes sports nutrition, seniors' guide, feeding vegan children, recipes for egg-free cakes and vegan pancakes, Thanksgiving ideas, vegetarian history, menus, and more. (256 pp.)

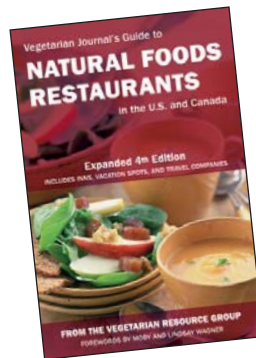
**Vegan Microwave Cookbook** (\$16.95) by Chef Nancy Berkoff, RD, EdD, CCE. This 288-page cookbook contains 165 recipes, some of which take less than 10 minutes to cook. It also includes information for converting traditional recipes to the microwave, microwave baking and desserts, making breakfasts in a snap, and suggestions and recipes for holidays and parties.



**Vegan Menu for People with Diabetes** (\$10) by Nancy Berkoff, EdD, RD, CCE. This 96-page book gives people with (or at risk for) diabetes a four-week meal plan, exchange listings for meat substitutes and soy products, and recipes for enjoyable dishes, such as Creamy Carrot Soup, Tangy Tofu Salad, Baked Bean Quesadillas, and French Toast.

**Vegan and Vegetarian FAQ—Answers to Your Frequently Asked Questions** (\$15) by Davida Gypsy Breier and Reed Mangels, PhD, RD. Based on answers given to some of the over 150,000 visitors every month to The Vegetarian Resource Group website <[www.vrg.org](http://www.vrg.org)>, this 272-page guide

addresses many circumstances of living as a vegetarian. You will find answers for everything from food ingredients to veggie kids to how to cook tofu. Includes 35 popular recipes as well as sources for thousands more. A perfect gift for a new vegetarian or for a seasoned vegan looking for unusual items, such as vegan bowling shoes or ballet slippers.



**Vegetarian Journal's Guide to Natural Foods Restaurants in the U.S. and Canada** (\$18). Whether you're traveling on business or planning a much-needed vacation, this book is certain to make your dining experiences better. This fourth edition lists more than 2,200 restaurants, vacation spots, and local vegetarian groups to contact for more info about dining in their areas. (448 pp.)

## For Children and Teens

**Leprechaun Cake and Other Tales** (\$10) by Vonnie Crist, recipes by Debra Wasserman. A vegan story/cookbook for children ages 8-11, with glossary of cooking terms. (128 pp.)

**The Soup to Nuts Natural Foods Coloring Book** (\$3) by Ellen Sue Spivak.

**The Teen's Vegetarian Cookbook** (\$9.99) by Judy Krizmanic. This book is packed with health info, easy recipes, college cuisine, glossary terms, and more. (186 pp.)

## Bumper Stickers

**Bumper Stickers** (\$1 each, 10+ \$ .50 each) "Be Kind to Animals—Don't Eat Them" "Vegetarians Are Sprouting Up All Over"

## Vegetarian Journal

**Vegetarian Journal** subscriptions are \$20 per year in the U.S., \$32 in Canada/Mexico, and \$42 in other countries.

## Reprints from Vegetarian Journal

Non-Leather Shoes, Belts, Bags, etc. (\$5)  
Guide to Food Ingredients (\$6)  
What's in Fast Food? (\$6)

## Order Form

To order, mail to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203; place your order over the phone Mon-Fri 9 a.m. to 5 p.m. EST at (410) 366-8343; fax your order form to (410) 366-8804; or order online at our website <[www.vrg.org](http://www.vrg.org)>.

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# Vegetarian Action

## Food for Life Program Instills Healthy Eating and More in Public School Students **By Chandra Lanier**

**T**HE STADIUM SCHOOL IN BALTIMORE PROVIDES ITS students with a unique education. Not only has the staff enhanced the curriculum with non-traditional subjects, but they're also promoting a healthier lifestyle among the students and the neighboring community with a highly successful Food for Life Program.

The Stadium School, which opened as a charter public school for grades four through eight in 1994, took its first step toward the Food for Life Program with the addition of mini-courses to the traditional subjects. Ecology expert Marcus Ampadu jumped on efforts to green the Stadium School's neighborhood by founding a gardening program on an empty lot that a neighbor lent to support the school's efforts.



Students in the Food for Life Program at the Stadium School in Baltimore

Then, Luke Seipp-Williams, a Stadium School staff member and a lifelong vegetarian who studied at the Institute for Integrative Nutrition, made a personal commitment to set up a nutrition education program that coincides with Ampadu's gardening group. The program expanded the children's education from mere crop cultivation to basic nutrition concepts and cooking skills. Hence, the school's comprehensive Food for Life Program was founded in August 2005.

The students who enroll in this program learn about different vegetables, including how to grow and harvest them and how to prepare meals from their bounty. The program's gardening focus makes the curriculum

entirely vegetarian. Cultivating the land and creating dishes like couscous stewed vegetables, African stew, and other cultural recipes has perked the interest of many students. Of the 13 non-traditional projects that the Stadium School offers, the Food for Life Program has become the top choice. The elective has maxed out with 70 students, a third of the school's population.

Seipp-Williams said they're also trying to "integrate healthy food as a vehicle for behavior." Ampadu said that this program "allows for interdisciplinary learning," and he has seen firsthand an improvement in his science classes. The system enables the children to learn the fundamentals of a healthy lifestyle on multiple levels.

The Food for Life Program also acts as an outreach to the community for healthy eating. So far, Seipp-Williams has "been able to affect 20 percent of parents" whose children are involved in the program and has made an impact among teachers within the school.

Small projects make a large difference, and this principle is demonstrated in a model created by innovator Antonia Demas, who founded the Food for Life Program. Dr. Demas was brought to Baltimore in the hopes of extending her national program into the area. Her goal is to give all schools the option for this type of project. Her daughter, Ariel, currently heads another Food for Life Program at Hampstead Hill Academy in Baltimore with a similar agenda.

Two elements were necessary in creating this program: funding and principal readiness. Thanks to a number of contributors—including the Weinberg Foundation, the Annie E. Casey Foundation, the Baltimore Community Foundation, and the Whole Foods store at Harbor East in Baltimore—who helped to make this program possible.

For more information about adopting or promoting a Food for Life Program in your community, contact Dr. Demas' non-profit organization, the Food Studies Institute, at <[www.foodstudies.org](http://www.foodstudies.org)>.

**Chandra Lanier wrote this article during an internship with The Vegetarian Resource Group.**

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