

Hello, everyone!

What a marvelous group you all were!



(Lin and Dick not shown)

Thank you for your excellent questions, for carpooling, and for your high level of interest in this wonderful place called Ahimsa Acres.

Thank you, Dale and Sandy, for an informative and inspiring tour of Ahimsa Acres (and the delicious organic apples!) making the day absolutely perfect. Some days and EVENTS turn out just too good to be true. Although I do remember reading a book once that reminded me that *nothing is too good to be true*. This was one of those times!

For those who asked, [click here to go to EVEN's Recipes page](#) on our website where you can link to tens of thousands of nutritious and cruelty-free dishes.

Here is the [McDougall Recipe site](#) I mentioned and specifically **the 3 vegan burgers** Iwe discussed:

[Lentil Burgers](#)

[McVeggie Burgers](#)

[Bean Veggie Burgers](#)

There are so many more listed on Mary McDougall's page. You could try a different recipe every day of the year!

Every site we have highlighted on our [Recommended Recipes](#) page is definitely worth your time and ingredients. Some of my favorite go-to sources are:

- [Vegetarians in Paradise](#)
- [Fat Free Vegan](#)
- [Thousands of Delicious Vegan Recipes](#)
- [Compassion Over Killing](#)

It is quite impressive there is such a plethora a vegan dishes in today's world where you never will miss the honey, eggs, or other animal products. The masterful cooks who have designed these are amazing and their recipes are gifts to you. To ALL of us! Thank you to them!

Please visit [Ahimsa Acres Education Center](#) if you have additional questions on living a voluntary simplicity and vegan lifestyle. Feel free to contact Dale and Sandy directly. Didn't we all find it exciting that so many of their techniques and principles can also be applied to our own lives, even if on a smaller scale? Good ideas can work EVERYwhere.

Ahimsa is a Sanskrit word meaning "without harm or violence" which captures the sort of intentional living that Ahimsa Acres strives to promote.

EVEN is a vegan education and outreach non-profit serving as a vegan resource since 2005. I strongly encourage you to [use this Site Map](#) to visit [EVEN's website](#) and learn more about a non-violent, compassionate, sustainable way of life by following a vegan philosophy. It is so simple --- and kind--- to [Go Veg.](#) And we're here if you need us!

Of course, there *is* more to life than the integrity and ethics inherent in veganism, and there is more to veganism than food, but what we eat plays a key role. [tee-hee] Therefore, no matter where our discussions tend to ****begin,**** we undoubtedly find ourselves ****winding up**** talking about the "F Word"---food!

Again, many thanks to Dale and Sandy,



and many thanks to the upbeat and positive participants who made this experience delightful for all. Woo-hoo! THANK YOU! ♥

All the best,
Lin

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Eugene Veg Education Network

---EVEN - serving as a vegan resource since 2005---

Check Out [EVEN's News Blog](#) for hundreds of valuable, vegan morsels.

The **Eugene Veg Education Network (EVEN)** is a **501(c)(3)** non-profit serving as a resource for those seeking information on a **healthful, vegan lifestyle**. EVEN's emphasis is one of **non-violence, compassion and sustainability**. Focus is on the **interconnectedness of all life** and how a plant-based diet benefits the earth, non-human animals, and the individual. EVEN's Mission Statement is **to inform, educate & encourage our members**--- as well as the larger community ---by providing information on veganism and its positive impact on the health of the planet and all its inhabitants. www.eugeneveg.org **Peace**. If you would like to opt out of EVEN's free email list, **reply** to this email, include "**Unsubscribe**" in the subject line, and click **Send**. If you would like to receive EVEN's free mailings, just **reply** to this email, include "**Subscribe**" in the subject line, and click **Send**.



Love life. No
matter whose.