



EVEN NOW UPDATE 6/8/16

Hello, everyone!

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Our Summer Library Series Starts June 11th!

Mark your calendars and join us for a **free** presentation:



3 Steps to Superior Health: An Evidence-based Guide for Stress Reduction, Longevity, and Weight Loss

presented by **Dr. Orestes Gutierrez**

June 11, 2016 at 2pm

at the Eugene Library

(100 West 10th Ave in downtown Eugene)

Upcoming presentations also include:

Choosing Compassion One Meal at a Time

By Erica Meier, Executive Director, Compassion Over Killing

Saturday, 7/23/16, 2pm **Free**

Eugene Library

100 W 10th Ave, Eugene

The Dangerous Truth About Protein

By Janice Stanger, PhD

Saturday, 8/20/16, 2pm **Free**

Eugene Library

100 W 10th Ave, Eugene

HOPE TO SEE YOU THERE!



July 6 - 10 at University of Pittsburgh at Johnstown, Pennsylvania

Kim Smith of EVEN will be headed out to the 42nd annual conference of the North American Vegetarian Society---[Vegetarian Summerfest!](#)

Kim is a dedicated vegan and is excited to be representing EVEN at this national event.

**Will you be there? Let us know!
Kim would love to meet up with you!**

This Mouth-Watering App Will Convince You To Eat More Vegan Food

The Food Monster app has every conceivable vegan recipe, displayed with gorgeous photos, GIFs, and instructions.



A new app called **Food Monster** is designed to make vegan food a little more tempting. Every conceivable vegan recipe—from burgers to cheesecake—is displayed with gorgeous photos, gifs, and step-by-step instructions. The app includes more than 5,000 dishes, and more than 500 ways to search through the meals. More than 10 new recipes are added each day.

Source: *Fastcoexist*

The Food Monster App
is available for
FREE DOWNLOAD
on iTunes

HUFFPOST HEALTHY LIVING

Could Going Vegan Save Millions Of Lives?

Having a vegan friend may make it harder for you to choose a weekly brunch spot, but according to a new study, the small vegan population might just have the right idea. **Turns out, going vegan could be the key to saving both the planet and millions of lives.**

According to researchers at Oxford University, worldwide veganism would also save some \$700 billion to \$1 trillion per year on health care, and cut food-related emissions by 70 percent. The findings, published in the *Journal Proceedings of the National Academy of Sciences*, mark the first time that researchers have looked into the impact of a worldwide vegan diet on health and climate change.

So the next time you reach for that Quarter Pounder or wolf down that pepperoni pizza, you might want to reconsider — and opt for a falafel instead.

Source: *Huffpost Healthy Living*



In Case You Missed It!

EVEN Exclusive Interview with Dr. Alan Goldhamer

Clinical Fasting Researcher and the **director of the TrueNorth Health Center and the TrueNorth Health Foundation** in Santa Rosa, California for over 30 years. Dr. Goldhamer is also the author of *The Health Promoting Cookbook* and co-author of *The Pleasure Trap*.

[>> Click here to read EVEN's interview with Alan](#)

Vegan Beauty: Celebrity Secrets

Natalie Portman's Anti-Aging Beauty Secrets: A vegan diet, running and yoga.

"I run three times a week and I practice yoga. Diet is a big part of it. I'm vegan and drink a lot of water. If I have dairy, I break out immediately," she said.

Kelly Ripa's anti-aging diet secret: A vegan-based, alkaline diet that reduces the acid in your diet, thereby promoting weight loss, improving digestion and giving you glowing skin.

Kelly also takes cardio dance classes four days a week, does SoulCycle twice a week and runs one day a week.

A diet high in alkaline-producing foods minimizes acid buildup in our bodies, which fuels inflammation, aging, and weight gain. Eat a vegan diet of with plenty of fresh green vegetables, fruits, beans, lentils, spices, seeds and nuts.

Other celebrity beauties have caught on, too: **Elle Macpherson**, **Kate Hudson**, **Victoria Beckham**, and world champion figure skater, **Meagan Duhamel** all rely on a healthy vegan diet.

Local Cooking Demos at Sacred Heart



Join dietitian **Cecelia Jacobson, RD, LD** as she shares wholesome recipes complete with cooking demos. These demos are held on the **last Thursday of each month** (except December) at **11am & 5:30pm** in the **Oregon Heart & Vascular Institute** building at **Sacred Heart Medical Center** in Springfield. Class size is limited, so email Cecelia at cjacobson3@peacehealth.com or call 541-222-7216 to learn which demos are vegan and to reserve your spot. **Cost: \$10**

2 Easy Ways to Support EVEN:

- (1) Shop online using the [Amazon Smile foundation program](#), and Amazon will donate 0.5% of eligible purchases to EVEN!

Shop at AmazonSmile
and Amazon will make
a donation to:

Get started

amazonsmile

- (2) [Link your Fred Meyer rewards card to EVEN](#) to earn donations every time you shop. You'll still earn your Rewards Points, Fuel Points and Rebates, just as you do today. (If you don't have a Fred Meyer Rewards Card, they are available at the Customer Service desk of any Fred Meyer store.)

For more information and other ways you can help EVEN, visit <http://eugeneveg.org/support.htm>

Vegan Student Out to Save Pigs' Bacon After Animal Welfare Course 'Betrayal'

Izzy Ross said that she wouldn't have taken the course if she'd known the pigs were destined for the dinner table, but the college denies any wrongdoing.



Izzy has grown attached to the cute little pigs.

Student Izzy Ross is fighting to save four pigs from the chop after growing attached to them on an animal care course.

Vegan Izzy, 18, is appalled the one-year-old pigs are going to be slaughtered after they were used in lessons about animal welfare.

She even claims teachers joked the sows would soon be bacon and has teamed up with mum **Sarah-Jane** to save them.

Izzy, who attends **Hopwood Hall College in Rochdale, Greater Manchester**, said: "Within the first few weeks of starting the course, they started making jokes that the pigs would 'be bacon soon'.

"It seemed like a joke at first, but I didn't find it funny. I later found out they were being serious. I've complained to them, but they've just ignored me.

"I've found it really upsetting. I've helped look after them and have become really attached to them. They told us we couldn't give the pigs names because we'd get attached.

"I've started my course now, so I feel like I have to finish, but I wouldn't have enrolled if I had known this was going to happen."

Mum Sarah-Jane, 50, who lives in Saddleworth, Greater Manchester, said: “We’re absolutely appalled. To teach them how to look after animals, to then send these pigs to the misery of an abattoir to be brutally killed is the ultimate betrayal.”

The college denies staff made jokes about the pigs being killed and says the issue of animal welfare is taken seriously.

A spokeswoman said: “Raising animals for food in an ethical way is a key learning outcome on many of the courses we deliver.



“Animals that will be humanely dispatched are raised specifically for this purpose and students are made aware of this.”

The 18-year-old said that her complaints have been ignored by college staff.

Good for her! If the school officials really want students to see how meat is made, they should take them to a factory farm and a slaughterhouse to see how animals are crammed together in dark, filthy warehouses, sheds, and stalls, and mutilated and dismembered in front of other terrified, screaming animals. – HMOORE123

Source: Mirror, UK News

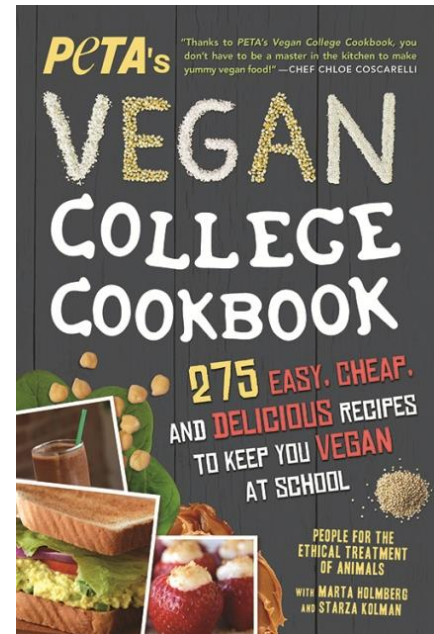
Just Released: New Vegan Cookbooks

Get out your aprons because you’ll find a slew of tasty new treats to make in these recently released vegan cookbooks:

1. PETA's Vegan College Cookbook

People for the Ethical Treatment of Animals released the second edition of their *Vegan College Cookbook* that includes 275 “easy, cheap and delicious” recipes for college students.

The *Vegan College Cookbook*, catered to busy college students lacking many cooking utilities, boasts its convenient recipes — none of which require a stove. These simple recipes make vegan cooking easily accessible for college students. Originally released in 2009, the success of the first edition prompted the release of the 2016 second edition, which includes 40 new recipes, an updated recommended products section and a new cover.



“PETA’s *Vegan College Cookbook* makes eating vegan in college super-easy — you’ll find everything from a Pancake in a Mug to One-Bite Pizzas in the cookbook. We focused on what college students already like to eat — we just made

everything easier to make and took the meat, eggs and dairy foods out. Whether you’re a vegan newbie or a veteran, this cookbook is perfect for you.”

2. The Make-Ahead Vegan Cookbook by Ginny Kay McMeans

125 Freezer-Friendly Recipes



When the days seem short, and there's simply not enough time to get stuff done, you might take a little extra comfort knowing that nourishing homemade meals are waiting for you in your freezer. You can make and freeze a variety of healthy delights: soups, casseroles, cookies, sauces, dips, and hearty mains like enchiladas! Really!

Learn a bit of freezer 101 and then dive in and make the recipes! Examples include:

- Lasagne Rolls
- Chipotle Lentil Patties
- Vegetable Enchiladas
- Butterscotch Sauce
- Chocolate Matcha Mint Cookies
- Banana Oat Bran Waffles
- Creamy Mushroom Tomato Soup
- Tamari Green Beans Stir-Fry

New Product Alert: Whole Foods has a new vegan pizza

Whole Foods now makes its own frozen vegan pizza using Daiya cheese.

With the new Eugene store set to open soon, we can't wait to try this new entrée!



Shakespeare's Vegan Message in 'Henry VI'

On the 400th anniversary of William Shakespeare's death, PETA is joining in the celebrations of his life and works by highlighting The Bard's empathy for animals.

Recited by Downton Abbey star and vegan activist Peter Egan, the following passage from *Henry VI* describes a tragedy that's still happening today:



***Thou never didst them wrong, nor no man wrong;
And as the butcher takes away the calf
And binds the wretch, and beats it when it strays,
Bearing it to the bloody slaughter-house,
Even so remorseless have they borne him hence;
And as the dam runs lowing up and down,
Looking the way her harmless young one went,
And can do nought but wail her darling's loss.***

Source: PETA/UK

More Americans Say They're Veg*n

2009: 1 million people in the United States reported being vegan or vegetarian.

2016: 16 million people in the United States reported being vegan or vegetarian.

In addition, a 2011 Harris Interactive study found that 33 percent of Americans eat less meat than they did seven years ago, even though they do not maintain vegan or vegetarian diets.

Update on Jon Stewart's Farm Sanctuary

Comedian **Jon Stewart** and wife and vegan activist **Tracey Stewart** are planning to **expand their current branch of Farm Sanctuary with 45 acres of land and new facilities**. In October, the Stewarts announced that their 12-acre New Jersey property would be the fourth location of farm-animal-rescue-organization Farm Sanctuary. According to *Mother Nature Network*, the couple purchased a second 45-acre property in Colts Neck, NJ to serve as both a visitor education center and an expansion of their current sanctuary property—15 acres of which will be allotted to grow food for the chickens, pigs, cows, goats, and other farm animals the Stewarts plan to rescue from slaughterhouses, kill piles, live markets, and roadsides.

In addition to recently rescuing a runaway bull named Frank Lee in New York, the Stewarts have been active in the vegan community with contributions such as Tracey's book *Do Unto Animals*.



Tracey and Jon Stewart

Source: VegNews



Upworthy recently introduced us to some of the newest residents at the Stewart sanctuary, including a 20-year-old mare from Pennsylvania named Lily, who was found abandoned after having been shot with more than 100 paintballs by an abusive owner (who has since been brought to justice).

Even better news? The couple decided Lily shouldn't be forced to move away from her new horse friend, Anita. So the Stewarts rescued her, too.

Source: Upworthy

Jon Stewart also recently teamed up with Stephen Colbert to introduce "Unlocking the Cage" at the Montclair Film Festival.

"Unlocking the Cage" follows the story of lawyer Steven Wise, who aims to "break down the legal wall that separates animals from humans."

"Given that the Supreme Court has ruled that corporations are people, why not chimps?" a film explainer given to Upworthy noted.

In the film, which premiered at the 2016 Sundance Film Festival, Wise and his legal team argue certain creatures with advanced cognitive capabilities — like chimpanzees, dolphins, and elephants — should be provided with certain personhood rights in order to protect them from abuse.

Source: Upworthy



Taco Bell's New Customizable Menu



Taco Bell has long been the secret weapon of the vegan on the go. And with new updates to its menu and website, it may have just become the best friend of plant-based diners in a rush. That's because the chain is now featuring a 13-item vegetarian menu (easily customizable to include plenty of vegan selections) that has been certified meat-free by the American Vegetarian Association (AVA).

The process of customizing your order now easier than ever on the Taco Bell website via <https://www.tacobell.com/food/vegetarian>. There are 35 ingredients that bear the AVA vegetarian certification, and **26 of those options are vegan**. The chain boasts literally (and yes, we literally mean literally) millions of veg-friendly possibilities for compassionate diners.

CHANGE WHAT'S INCLUDED

BEANS ▼	PREMIUM LATIN RICE ▼	LETTUCE ▼
TOMATOES ▼	REDUCED FAT SOUR CREAM ▼	GUACAMOLE ▼
Pricing varies by res		
3 CHEESE BLEND ▲		
NO 3 CHEESE BLEND		
EXTRA 3 CHEESE BLEND +\$.30		
t's pricing. Tax extra.		

PRO TIP: "Make it Fresco" is the secret password for unlocking the true vegan potential of Taco Bell's menu. It instantly cuts the cheese and sour cream and substitutes pico de gallo in their place. Sub beans for meat, and by Jove, you've got it.

Source: PETA

WHAT IF... Everyone Went Vegan?

What Would Happen to All the Animals Being Raised for Food?

Here's a hypothetical situation for you: Let's say that suddenly, everyone, everywhere on Earth, decided to adhere to a strictly plant-based diet. No eggs, no meat, no animal products whatsoever. In that case, **what exactly would happen to the billions of animals that are being raised for human consumption?**

The answer comes down to **supply and demand**. When demand for something is at zero while supply is through the roof, the affected company will do everything in their power to cut costs. In all likelihood, that would involve **culling all of the animals they're raising for human consumption, because continuing to feed and slaughter them would be a waste of money**. These companies already have processes in place (when mad cow disease necessitates culling thousands of cattle, for example), so they'll just ramp that up. Getting rid of perhaps millions of tons of biomass will be tricky, but it can be done. **In short order, all of the major meat processing companies would be forced to shut down or seriously downsize.**

Agricultural animals sadly wouldn't be able to survive in the wild anyway if they were all just released. Because they have no knowledge of (or experience with) the outside world, they'd quickly succumb to everything from disease and exposure to starvation and predators. Perhaps a small amount would be kept around for dog food production, some might be saved by animal rights activists or genetic specialists, and some may be donated to zoos, but in a nutshell, the whole world going vegan means the nearly-immediate die-off of billions of animals (who were all slated to die anyway).

Source: *The Daily Meal*



Recipe: Easy Vegan Gluten-Free Brownies

By Dana Schultz, Minimalist Baker



You scream, I scream, we all scream for...chocolate!

Yeah, I think that's how it goes.

Fudgy, rich, *super* chocolatey, studded with delicious things. If I were to say I had a “vice” it would probably be brownies (or ice cream – tough call).

While I do love my black bean brownines, sometimes I want to have a dessert that doesn't have beans in it. Ya know?

If you have the same feelings, this is the recipe for you.

These brownies are simple, requiring just **10 basic ingredients** and **30 minutes** (plus cooling) to prepare!

They're also **naturally sweetened with coconut sugar and maple syrup**, and **gluten free** thanks to almond meal and gluten free flour.

As a baker, there's a part of me gets super excited over the fact that it's possible to turn otherwise dairy- and gluten-filled desserts into something everyone can enjoy. I think everyone should be able to have brownies – is that such a crime?

You guys are going to LOVE these brownies.



They're....

Rich

Fudgy

Slightly cakey

Chocolatey

Studded with pecans + dark chocolate

Simple to make

& Utterly delicious

Make these brownies when guests are coming over, to take along on road trips and to BBQs this spring and summer, or just to have around the house when you're craving something sweet. I can attest to the fact that these are possibly even better once frozen and then microwaved (think melty chocolate chips and rich, fudgy center).

If you try this recipe, let us know! Leave a comment, rate it, and don't forget to tag a picture #minimalistbaker on Instagram. We'd love to see what you come up with. Cheers, friends!

Easy Vegan Gluten Free Brownies

[Print Friendly Version](#)

Prep time: 20 mins

Cook time: 22 mins

Total time: 42 mins

Author: Minimalist Baker

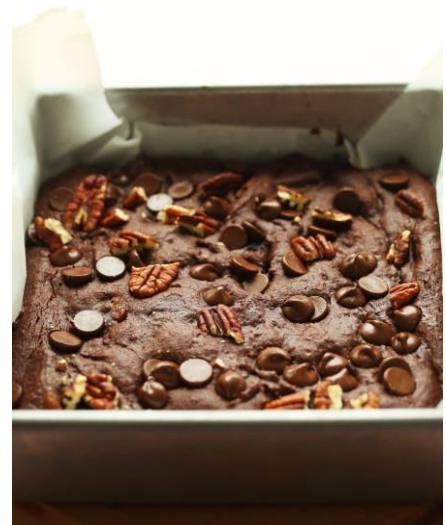
Recipe type: Dessert

Cuisine:

**Vegan,
Gluten
Free**

Serves:

9
brownies



Ingredients:

- 2 flax eggs (2 Tbsp (14 g) flaxseed meal + 5 Tbsp (75 ml) water)
- 1/2 cup (112 g) melted vegan butter (or coconut oil)
- 1/2 cup (96 g) coconut sugar (or organic cane sugar)
- 1/4 cup (60 ml) maple syrup (or agave nectar)
- 1 tsp vanilla extract
- 3/4 tsp baking powder
- 1/4 tsp sea salt
- 1/2 cup (48 g) unsweetened cocoa powder
- 3/4 cup (120 g) gluten-free flour blend* (or Bob's Red Mill Gluten Free 1:1 Baking Flour)
- 1/4 cup (27.5 g) almond meal*
- *optional*: 1/3 cup each (33 g) pecans or walnuts + (60 g) vegan chocolate chips

Instructions:

1. Preheat oven to 350 degrees F (176 C) and lightly grease an 8x8-inch (or similar size) baking dish with coconut oil, then line with parchment paper (the oil helps the parchment paper stick to the sides).
2. Prepare flax eggs in a small mixing bowl. Set aside.
3. To a large mixing bowl add melted vegan butter or coconut oil, coconut sugar, maple syrup and vanilla extract. Whisk thoroughly to combine and start dissolving the coconut sugar.
4. Add flax eggs and whisk once more until combined. Then add baking powder, sea salt, and cocoa powder and whisk.
5. Add gluten free flour blend and almond meal and fold with a spatula until just mixed. Then add desired add-ins (optional), such as vegan chocolate chips or nuts.
6. Add the batter to the prepared baking dish and spread into an even layer with a rubber spatula. Add a few additional toppings if desired, such as chocolate chips and nuts (optional).



7. Bake for 17-22 minutes, or until the edges appear dry and slightly fluffy and the center is no longer wet or sticky.
8. Remove from oven and let cool in the pan for at least 10 minutes, preferably 45 minutes - 1 hour (the longer they cool, the less tender they will be). Then gently lift out of pan and use a sharp knife to cut into desired number of squares (I went for 9).
9. These are delicious on their own, but would also be great paired with Coconut Whipped Cream or Vanilla Bean Coconut Ice Cream!
10. Store completely cooled leftovers in an airtight container at room temperature up to a few days. Will keep in the freezer up to 1 month.

Nutrition Information

Serving size: 1 brownie (of 9)

Calories: 234

Fat: 12.8 g

Saturated fat: 3.4 g

Carbohydrates: 30.9 g

Sugar: 16.2 g

Sodium: 166 mg

Fiber 3.9 g

Protein: 3 g



Coming Soon...

EVEN's new **restaurant guide** listing vegan and veg-friendly options in the Eugene/Springfield area will soon be available online...

Watch for it!

Eugene Veg Education Network (EVEN)

www.eugeneveg.org

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.**