

Hello, everybody attending this wonderful [MidSummer Night's Dream Vegan Potluck!](#)

Thank you for your RSVPs!

- Just a quick email to **confirm your attendance** and remind you to **please park** in the fairgrounds across the street. (**Parking** at McNail Riley House lot is for the residents of the condos there and we don't want you towed. So, right across the street in the fairgrounds is parking that is free, convenient and safe.)
- Also, please be sure to keep the potluck dish you bring **100% vegan (no exceptions)** including no honey. If you need some ideas, visit [EVEN's Recipes page](#) for 10,000 ideas.
- Try to remember to **bring your own place setting**---plate + utensils--and bring whatever you want to drink.
- (As usual, there is no alcohol, smoking or drugs allowed on the premises.)
- ☀️ 🎵 Can't wait to see you. This will be such fun! 🎵 ☀️

Thank you to EVEN volunteers who help to make these EVENTS do-able.

Email with questions. Thank you and All the best. See you soon!

Lin :)



**Here's another delish vegan recipe that will give you some ideas.**

**Spicy Thai Corn Salad**

[Recipe below]

## **Spicy Thai Corn Salad**

(Makes 8 cups or 6-8 servings)

- 1 to 2 red Thai bird's eye chiles (depending on your tolerance for heat), stemmed, seeded and cut into 1/2-inch slices
- 4 cloves of garlic, chopped
- 2 ounces of green beans, cut into 1-inch pieces (3/4 cup)
- 2 tablespoons of light brown sugar
- 2 tablespoons of low sodium soy sauce, or more as needed
- 1/4 cup fresh lime juice (from 2 or 3 limes)
- 2 medium tomatoes, cored and cut into 8 wedges each
- 3 medium carrots, scrubbed well, then coarsely grated
- 2 1/2 cups cooked corn kernels (from 3 cobs)
- 1 3/4 cups roasted, unsalted cashews

Combine the chiles (to taste) and garlic in a gallon zip-top bag and zip it almost all the way closed, leaving an inch or two unzipped. Use a rolling pin to pound the chiles and garlic through the plastic and form a rough paste. Add the beans and pound briefly to crush them a little. Add the brown sugar, soy sauce and lime juice.

Add the tomatoes and pound briefly, just to flatten them. Stir in the carrots and corn; pound gently, just to help the flavors incorporate. Taste, and add more soy sauce as needed. Transfer to a serving bowl, top with the cashews and serve right away.

Note: For an easy way to briefly cook corn that makes it easy to husk and de-silk, dip the three cobs, husks and all, in water (just to moisten them). Microwave on HIGH for 4 to 5 minutes until very hot. Remove, let cool for a bit, then use a sharp knife to cut crosswise through the husk and cob an inch or two from the wide end. Hold the silk end, and push the corn out. To cut off the kernels, let the cobs cool until easy to handle. Cut the cobs in half crosswise, stand each half on one end and cut off the kernels from each side.

*Source: Joe Yonan, The Washington Post*

**(Thank you, Olivia!)**

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**You're Invited!**



This fun and lighthearted vegan potluck will be a wonderful event for a balmy summer's eve.

We will have another grand time!

Lin :)

## MidSummer Night's Dream Vegan Potluck

sponsored by the

**Eugene Veg Education Network (EVEN)**

**WHAT:**

**Vegan Potluck**

**WHEN:**

**Tuesday, July 31, 2018, 7:00 pm**

(OK to arrive 6:30 to set up your dinner)

**WHERE:**

**McNail-Riley House**

601 W. 13<sup>th</sup> Av, (@ Jefferson), Eugene.

**Park free** across the street in the fairgrounds!

**HOW:** Bring your favorite animal-free **100% vegan dish** (no meat, fowl, fish, eggs, dairy, or honey) enough to serve *at least* 4 to 6 persons, a **serving utensil**, and a **place setting** and **napkin** for each member of your party. *(You don't need to be vegan, but your potluck dish does.)*

**COST:** FREE.



Photo: HappyCow

The **Eugene Veg Education Network (EVEN)** is an official **501(c)(3)** non-profit based in Eugene 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** its 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](http://www.eugeneveg.org) Peace.