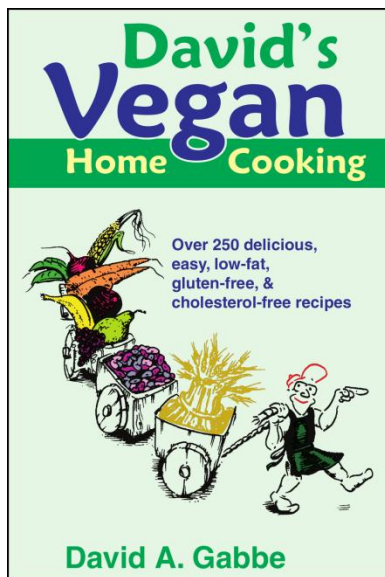


**EVEN NOW 4/21/11**

**SPECIAL VEG PRESENTATION**

*David's Vegan Home Cooking*  
by  
**David A. Gabbe**



**WHAT:** Educational Presentation  
(not a potluck)

**WHEN:** TUESDAY, 5/3/11, 7 pm – sharp.

**WHERE:** McNail-Riley House, 601 W. 13<sup>th</sup>,  
(@ Jefferson), Eugene. [MAP](#)  
(Park free in fairgrounds across the street!)

**COST:** FREE! Open to everyone---  
vegans, vegetarians and anyone  
interested in the benefits of a plant-based diet.

[Click >> HERE to read more about David!](#)

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**Earth Day Celebration**

**Saturday, April 23, 2011 - 11 a.m. to 5 p.m.**

EWEB's River Edge Plaza --- Rain or Shine!

**>> MORE HERE**



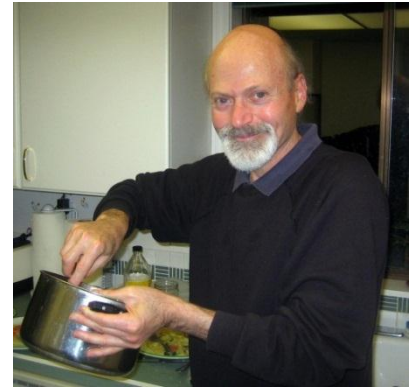
© wondercliparts.com

Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect. - Chief Seattle

## NEW! NEW! NEW! Interview with David A. Gabbe!

Read EVEN's exclusive interview with author, **David A. Gabbe** [>> here](#)

*[Interviews is a new monthly feature on EVEN's website highlighting vegans who are leaders in their fields and who have a deep commitment to veganism. It is designed to offer interesting and fun, but inspiring, viewpoints to both long-term vegans and newbies alike.]*



...Take the soybean. It's a complete protein as high in quality as meat. Twenty times more protein can be obtained from one acre of land planted with soybeans, than from one acre that's grazing cattle. While a growing number of children die of malnutrition and starvation around the world each year, cattle populations are increasing and consuming enormous amounts of grain and bean products---food that could be fed directly to people. - **David A. Gabbe** on the sheer waste and inefficiency of meat production, *David's Vegan Home Cooking*

## Diet and Multiple Sclerosis



Too few people are told that within 10 years of diagnosis nearly half of those with Multiple Sclerosis will be unable to walk unassisted, wheelchair bound, bedridden or dead from their disease – even with the best treatments available. With this hard look at the reality of MS more people would be interested in a treatment that is cost-free, side-effect free and stops the disease in over 90% of

those people with early disease. The low-fat diet treatment for MS was developed by Roy Swank, MD, former head of the department of Neurology at the University of Oregon Medical School. He has treated over 5000 people over the past 50 years and the results are remarkable.

### [FREE video by John McDougall, MD](#)

Listen to Dr. McDougall discuss the treatment of multiple sclerosis (MS) and other autoimmune diseases with a low-fat diet.

It is increasingly obvious that environmentally sustainable solutions to world hunger can only emerge as people eat more plant foods and fewer animal products. To me it is deeply moving that the same food choices that give us the best chance to eliminate world hunger are also those that take the least toll on the environment, contribute the most to our long-term health, are the safest, and are also, far and away, the most compassionate towards our fellow creatures. - **John Robbins, author**

## New Article by Dr. Will Tuttle – Spiritual People Moving Toward Veganism?

**Question:** In the last couple of decades, how much of a change do you think there's been in the perspective of spiritual people about the human relationship to nonhuman animals?

Overall, I've seen a gradually increasing tempo of change among "spiritual people" about our routine mistreatment of animals in the 3 decades I've been a vegan and activist, and I'd say that [>>>MORE](#)

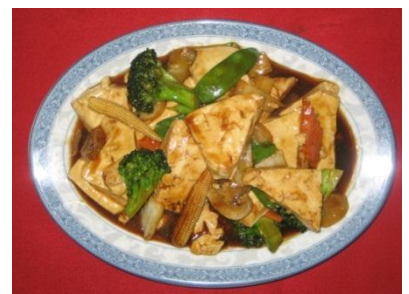


## 21 Day Vegan Kickstart from PCRM

**[Kickstart Your Health!](#)** This program shows you how a plant-based diet will help you **drop pounds, lower cholesterol and blood pressure, and improve blood sugar**—in just three weeks! Based on research by Neal Barnard, M.D., one of America's leading health advocates, this program is designed for anyone who wants to explore and experience the health benefits of a vegan diet. Low-fat vegan—plant-based—diets are the easiest way to trim excess weight, prevent diabetes, cut cholesterol, lower blood pressure, prevent and reverse heart disease, and reduce cancer risk. They even trim our carbon footprint.

## In Defense of Animals Introduces *Ask Dr. Wilson* Your Vegan Health Questions Answered

**Dr. Holly Wilson:** Thank you all for your interest in veganism and for your questions! I have selected the following question for this month not only because April is National Soy Month, but because often I hear comments and concerns regarding soy products, and in particular tofu. [>>>MORE](#)



## Red Barn Natural Grocery



Since 1982! Family-owned and operated! 100% organically grown produce! Local (when available)!

Did you know Red Barn has a [Buyer's Club?](#)

Shop [Red Barn](#) for a full range of the best Natural, Local and Organic products for your pantry, health and home in a knowledgeable, friendly atmosphere.

357 Van Buren (4<sup>th</sup> & Blair), Eugene, 541-342-7503

## City Club of Eugene – April 22

**Friday, April 22**

### Curbing Climate Change One Bite at a Time

Have you calculated your personal carbon footprint? Want to make it smaller? For Earth Day, the City Club will examine the ways our personal decisions about food make a big difference in the impact our lifestyles have on the climate. [>>Details](#)



[Source: 51percent.org](http://51percent.org)

If we continue to address the issue of the environment where we live as though we're the only species that lives here, we'll create a disaster for ourselves. - Gaylord Nelson, politician, founder of Earth Day

## Get the Bloody Facts on Canada



Canada's seal slaughter is wreaking havoc on seals as well as the country's economy. Check out our new infographic to find out what Canada doesn't want you to know. [GET THE FACTS.](#)



# Lighthouse Farm Sanctuary Annual Easter Celebration

**Sunday, April 24, 2011, 1 to 4 pm**, 36831 Richardson Gap Rd., Scio, OR 97374

*--- Providing a guiding light to safe harbor ---*

Have a fabulous spring day with us at the [Lighthouse Farm Sanctuary](#). You and your children can search for colorful plastic eggs filled with treats to give to the animals. Experience the thrill of finding the eggs, but also delight in feeding the animals. Many of our most recent rescues are still recovering from their previous harsh life. You will get to meet them and contribute to their rehabilitation.



Last year attendance surpassed our wildest dreams and has increased in popularity. Please join us and find out for yourself how entertaining Easter at the Farm can be! All proceeds go to rescuing abused and neglected farm animals.

Suggested donation: \$15 per family. Rain or shine. Please NO dogs. For more information call **Wayne Geiger: 503-394-4486** or visit our web site: [www.lighthousefarmsanctuary.org](http://www.lighthousefarmsanctuary.org).

If you are neutral in situations of injustice,  
you have chosen the side of the oppressor.  
- Bishop Desmond Tutu

## Great American Meatout Vegan Potluck



*Potlucks! The social side of all veg groups. And certainly the most delicious!*

EVEN's Meatout vegan potluck was an extra-special tasty EVENT. A lovely, harmonious group of well-centered, well-meaning folks providing a deee-lishus spread of naturally-nutritious vegan dishes. Super!

Thank you to all who celebrated the Great American Meatout with us and thank you McNail-Riley for allowing EVEN use of the facility!

[See some of the recipes from the March 29 affair here.](#)



Better Choices for a B

HOME LABELS PROBLEMS & SOLUTIONS MEET THE ANIMAL RESOURCES

## Before you buy...

Thank you for visiting **HumaneFacts** and for your concern about animal suffering, public health, and environmental protection.

A 2003 Gallup poll found that 62% of American consumers favor strict controls on the treatment of animals raised for food. Producers have responded by introducing a number of labels, such as "free-range," "organic," or "natural," suggesting that their products come from animals that are raised under more humane and/or more sanitary conditions.

**HumaneFacts** is an online resource that explains what these various labels mean -- and what they don't. It also comments on investigation and enforcement of labeling practices and offers suggestions for more informed consumer choices. The information is arranged in four sections:

- [Labels](#) defines terms like free-range, organic, natural, grass-fed, no hormones, and others. It provides loophole alerts to highlight problem areas and provides information on regulation.
- [Problems and Solutions](#) describes conditions of animals in factory farms, transport, and slaughterhouses. It provides recommendations on the most effective means to reduce animal suffering, improve public health, and protect our natural environment. It also explains the benefits of reducing/eliminating meat consumption and offers a [FREE Veg Starter Kit with recipes](#).
- [Meet the Animals](#) highlights the natural lives of farm animals.
- [Resources](#) contains a variety of print and on-line publications.

**Mahatma Gandhi** said, "Be the change you want to see in the world." There are many problems in the world we can't change, but with every meal, we have the power to create lasting positive change.



10101 Ashburton Ln.  
Bethesda, MD 20817  
info@farmusa.org  
888-FARMUSA

## Recipe

### Orange Bean Cake with Orange Maple Glaze

by David Gabbe

*A heavenly orange scent and flavor permeate this moist, dense cake.*

#### Orange Bean Cake

2 cups homemade oat flour  
2 teaspoons baking powder (aluminum-free)  
½ teaspoon salt  
2 cups cooked navy or other white  
½ cup each: water and frozen orange juice concentrate  
½ cup maple syrup or agave nectar  
1 teaspoon orange extract

1 recipe Orange Maple Glaze (recipe below)

1. Preheat oven to 350°.
2. In bowl, combine first 3 dry ingredients.
3. In blender, blend next 5 ingredients until smooth.
4. Pour blender mix into bowl of dry ingredients, mixing well.
5. Transfer batter into oiled 8x8" (or similar-sized) glass baking dish.
6. Bake 40 minutes or until golden. Let cool. Spread with glaze.

Note: Refrigerate leftovers and use within 5 days or freeze.

Yield: 6-8 servings.



#### Orange Maple Glaze

2 tablespoons maple syrup or agave nectar  
2 tablespoons frozen orange juice concentrate  
1 tablespoon coconut oil or non-dairy margarine

1. Place all ingredients in pot and briefly warm over low heat, stirring until thoroughly combined.

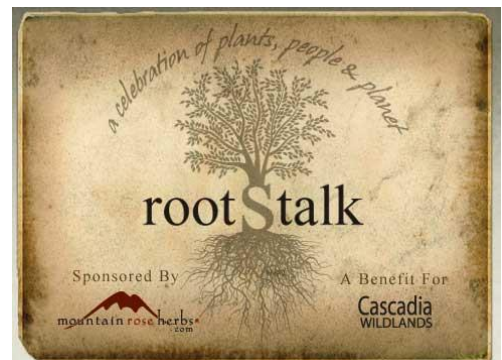
Note: Refrigerate leftovers and use within 7 days.

Yield: about ¼ cup

## Mountain Rose Herbs Announcing Rootstalk!

September 22 – 25, 2011

**Rootstalk** is a three-day, three-night festival which takes place on 300 acres of old growth forest just outside of Salem, Oregon. Join Mountain Rose Herbs for this unique celebration of herbal living, love of wilderness, homesteading skills, folk-infused music, plant lore, organic agriculture, and a return to our community's roots. All profits will be donated to Cascadia Wildlands!





## 2011 Vegetarian Summerfest

July 5 – 9, Johnstown, PA

Treat Yourself to Something Special

37<sup>th</sup> Annual Conference of the North American Vegetarian Society

Over 50 informative and inspiring Speakers! [>> MORE](#)

## 2011 Animal Rights National Convention

July 21 – 25, 2011 - Los Angeles CA

A dozen national organizations are co-sponsoring the [Animal Rights 2011 National Conference](#) with **FARM**. Nearly 90 speakers have signed up. This year's Conference will be held at the Westin LAX Hotel near the Los Angeles Airport.

*Be there as if their lives depended on it. They do!*



The first peace, which is the most important, is that which comes within the souls of people when they realize their relationship, their oneness with the universe and all its powers, and when they realize that at the center of the universe dwells the Great Spirit, and that this center is really everywhere, it is within each of us. - Black Elk (1863-1950)





The **Eugene Veg Education Network (EVEN)** is an **official 501(c)(3) non-profit** based in Eugene Oregon 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 access to pertinent 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.

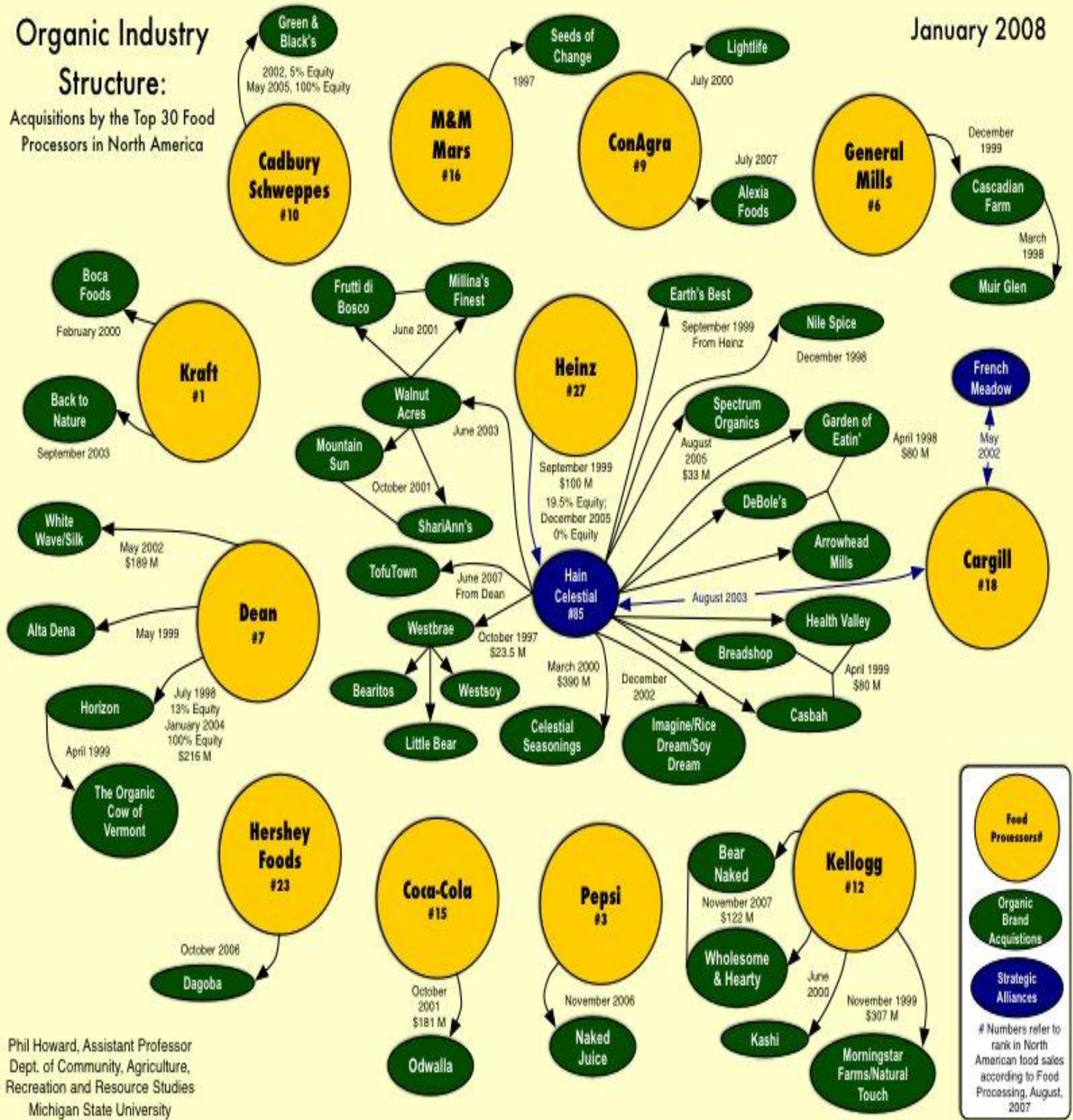


# Organic Industry

## Structure:

Acquisitions by the Top 30 Food Processors in North America

January 2008



Phil Howard, Assistant Professor  
 Dept. of Community, Agriculture,  
 Recreation and Resource Studies  
 Michigan State University