



The Compassionate Vegetarian

A Publication of CARE (Compassion for Animals—Respect for the Environment, Inc.)

Spring 2010

Vegan Food in Restaurants: Another CARE Victory! We Need Your Help to Do More

By Allison Memmo Geiger, CARE President

As CARE President and a Phoenixville resident, I approached every restaurant in downtown Phoenixville in an effort to get them to carry vegan menu items. While I'm vegan for social justice, animal rights, and environmental sustainability reasons, my motivation for seeking vegan menu items carries extra motivation. My now six-year-old son, a lifetime vegan, wants to be able to walk into one of the restaurants in Phoenixville, the restaurants he passes almost every day of his life as goes to his different activities, and have a meal. We've been fortunate enough to have two places with vegan desserts – Brown's Cow, an ice cream place that carries one flavor of KÖV frozen desserts, a coconut based "ice cream," and the Handcrafted Cookie Company, that makes a vegan, gluten-free cookie. We do not have a huge selection, but we are happy to have something.

"I am the mother in a family of four, and we are hoping to make something that is commonplace for most residents and visitors to Bridge Street and downtown Phoenixville as commonplace for us," begins the letter. "At present, it seems like an impossible luxury to us to be able to walk to a nearby restaurant and get a tasty, satisfying meal. Since we are vegan and the meal needs to be free of animal products for us, this is nearly impossible at present." My letter goes on to detail how I am an active member of the community who supports many of the local businesses, which I listed by name. The letter also iterates that CARE will help promote the vegan items, and that adding such items will be good, "for my family, other vegans, and your bottom line."

I am pleased to announce that two restaurants are currently creating

vegan menus! Franco Ristorante, located in downtown Phoenixville at 226 Bridge Street, and Thai L'Elephant, located in Kimberton Square Shopping Center at 227 Schuylkill Road, have agreed to add vegan menus to their offerings! We can't wait to see what the vegan menus will include.

We still need your help, though. First, we need people to let the restaurants know they are looking forward to the vegan menus and then to thank them by patronizing them. Their success with vegan menus will encourage them to continue and other restaurants to start adding vegan items. Next, we need you to write letters to help us encourage other restaurants. If you live or work in or around Phoenixville or expect to dine at restaurants in Phoenixville, please write a simple

letter in support of CARE's campaign that we can show to the restaurants so they see the customers they could have if they added vegan menus. Feel free to e-mail the letter to care@care4animals.org or mail it to our PO Box. Finally, please consider approaching restaurants in your area as a CARE volunteer to request vegan menu items. We will guide you with everything you need to know including food service information and recipe recommendations. CARE will work with the restaurants to help them however necessary to make a vegan menu possible.

Thanks to former CARE board member Lyn Basset for approaching Franco Ristorante as well; her meeting with Franco was a huge help in letting the restaurant know there are other vegans in Phoenixville.

CARE CROSSROADS...

CARE members and guests enjoyed a delicious dinner at India Garden in West Chester in January and a no-oil potluck in February. CARE had a tremendously successful Celebration for the Deer at Su Tao Cafe. A huge turnout showed just how much support we have, and the delicious feast Su Tao provided, including a generous assortment of special dishes, was our reward. Thanks to those who made those events a success.

A team of volunteers staffed an information table and distributed food samples and information at Phoenixville's February and March First Fridays. CARE had a table in the Phoenix Village Art Center to protect us and our food samples from the elements. Thanks to Allison, Lisa, and Christine for staffing the tables, and thanks to Allison for making the samples. Thanks to the Phoenix Village Art Center for providing the space and to Veg Fund for awarding CARE a grant to pay for the samples.

In addition to the physical events, CARE has been conducting online events. January's and February's Advocacy Live webcasts educated about the humane myth and no-kill movement respectively. Thanks to Ed Coffin for being January's guest, Garrett Elwood for being February's guest, and Amie Hamlin for being March's guest.

Leaving the CARE board is Deanna Calderaio. CARE thanks Deanna for all of her hard work.

CARE volunteers are busy preparing for June's Veggie Fest. If you would like to help with this or other CARE events, or if you would like to consider joining the CARE board, contact CARE (care@care4animals.org or 484-631-7878).

CARE

Compassion for Animals—
Respect for the Environment, Inc.
is an all-volunteer,
nonprofit 501(c)3 organization.

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policy or position of CARE.

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Mission Statement

CARE is dedicated to promoting
compassionate living through
education and activism.



**CARE—saving animals
one meal at a time**

Interested in joining a food co-op?

Mostly organic, fresh fruits
and vegetables, tofu, dried
fruits, nuts, grains, baking
supplies, oils, and much
more. Based in Westtown,
PA. Distribution 4 times
a year. Contact Marian
Walker at 610-399-0138.

UPCOMING CARE EVENTS

All events are vegan. Vegan is defined as containing no meat, fish, fowl, or other animal products such as dairy, eggs, or honey. CARE potlucks are for CARE members and guests accompanying a member. CARE encourages the use of public transport and carpooling to events. SEPTA: 215-580-7800 or www.septa.com.

Saturday, May 1

CARE's Annual Meeting and Dinner at Flavor by Thai Pepper

4:30 pm, Flavor by Thai Pepper, 372 W. Lancaster Ave., Wayne, PA
Please join us for CARE's annual meeting and this always popular
dinner. There will be 8 dishes in all (soup, appetizer, salad, 3 main
dishes, jasmine and brown rice), plus choice of beverage—Thai iced tea,
Thai iced coffee, hot tea, or refillable soda. This is a gluten-free dinner.
The price per person is \$20. Tax and tip are included. Reservations must
be made by Sunday, April 25. Please RSVP to Maryanne at 610-497-8927.

Fridays, April 2 and June 4 (May 7 pending volunteers) Info Table and Food Sampling at Phoenixville's First Fridays

5:30–9 pm, Phoenixville, PA

We'll have an information table set up and we'll pass out vegan food
samples along with vegan information to the crowds who come to enjoy
Phoenixville's festivities. We need volunteers now. If you can help,
please let us know as soon as possible; allisoncares@gmail.com or call
484-631-7878.

Sundays, April 18, May 16, June 20

Advocacy Live

7–8 pm

Join us monthly for the Advocacy Live Webcast—an online information
session. We'll have presenters talk about different topics, and you'll
be able to ask questions through our moderated forum. Visit the CARE
website or e-mail allisoncares@gmail.com for more information.
Upcoming guests include Harold Brown and Lee Hall.

Saturday, June 19 (raindate June 20)

Veggie Fest

12 noon–4 pm, Hoopes Park, West Chester, PA

Enjoy tasty vegan food, information, exhibitors, live music, games, and
great company. Volunteers are needed to help with this event. Exhibitors
are welcome. E-mail care@care4animals.org if you can help or call
484-631-7878. Suggested Donation: \$10 for CARE members, \$12 for
nonmembers, \$3 for children 6–10, \$5 for children 11–14, free for ages 5
and younger. Family rate is \$25 for members, \$30 for nonmembers.

*One farmer says to me, "You cannot live on vegetable food
solely, for it furnishes nothing to make the bones with;" and so
he religiously devotes a part of his day to supplying himself with
the raw material of bones; walking all the while he talks behind his
oxen, which, with vegetable-made bones, jerk him and his lumbering
plow along in spite of every obstacle. ~Henry David Thoreau*



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INSIDE OUT

Coyotes Are Cool *By Lee Hall*

Have you ever noticed that animal-control officials want it both ways? Prey animals such as deer, the officials assert, have no natural predators and thus humans must step in and manipulate their numbers.

But check with your state game commission, and odds are good that the government allows hunting and trapping of bobcats and coyotes.

Throughout the continent, we hear talk of “the problem of deer overpopulation,” but rarely are the assertions coupled with an observation that the few remaining wolf, coyote, bear, and big cat communities of the Americas are under incessant attack by humans in their midst.

We eliminated wolves from the Delaware Valley long ago. We still live among coyotes, but some people would prefer not to know these animals survive here. We can’t change this—nor, indeed, can we defend deer in a way that lasts—while ignoring the role played by predator animals.

We need to talk about coyotes. We need to be their public relations assistants. This makes us better members of a community as well as stronger advocates.

Preventing acts of violence against deer, foxes, or coyotes in a local area sends an important public message about peaceful co-existence. Respect for any one group of animals should mean respect for the balance of a variety of animals in a given place.

Do coyotes present risk? Let our answers be fair and accurate. Although it is extremely rare for a coyote to present risk to a human, it is not unheard of, and of course care should be taken that pets aren’t roaming unsupervised. Co-existing with coyotes will take mindfulness on our part.

But the presence of coyotes, and the natural balance in which they play an important role, enriches life in the Delaware Valley.

DELICIOUS DISCOVERIES

Sweet Freedom Bakery

By Allison Memmo Geiger, CARE President



You know with “Sweet” in the name, it’s gotta be good. Sweet Freedom Bakery is an allergen-free bakery. All of their products are vegan and gluten-free; additionally, they avoid common allergens such as corn, wheat, peanuts, and soy. They only use natural, unrefined sweeteners, and their products are free of preservatives and chemicals. Being able to walk into a bakery and know that we could have anything in there was a tremendous feeling (being both vegan and gluten-free makes this a huge challenge). My husband, son, and I bought one or two of just about everything. Our favorite was the chocolate chip cookie sandwich! The cookies themselves were delicious, but between two of them sat a heavenly, coconut oil-based icing. Other highlights included the blondies and the magic bars. For more information, visit their website at www.SweetFreedomBakery.com.

EVENTS SPONSORED BY OTHER GROUPS

Saturday, April 10

Kids Club Visits Main Line Animal Rescue

1–3 pm, 1149 Pike Springs Rd., Kimberton, PA 19442
Join Public Eye: Artists for Animals’ Kids Club as we visit the Main Line Animal Rescue for a tour of their no-kill facility. Main Line Animal Rescue is famous for raising awareness about puppy mills, as they did on Oprah. After our tour, we’ll join artist Zipora Schulz for a fun art project. Copies of our artwork will be submitted to the Main Line Rescue for their exhibit in May. Please meet between 12:45–1pm in the lobby of the Rescue for our group tour. An RSVP with your name, number of children, email, and cell phone is required. Event is free. RSVP to lisa@publiceypheilly.org or 215-620-2130.

Thursday, April 15

Peace Advocacy Network Champagne Dinner Launch

6–9pm, Mi Lah Vegetarian Restaurant
The Peace Advocacy Network, a non-profit organization focusing on veganism, animal advocacy, and social justice, invites you to celebrate its recent formation over dinner. The price, which includes a champagne toast, is \$25 in advance or \$35 at the door. We hope that you will join us for this joyful occasion and in moving forward to promote nonviolence and respect in the Philadelphia area and beyond. Visit www.peaceadvocacynetwork.org for payment details.

Saturday, May 22

Delaware Action for Animals’ Veg Fest at Glasgow Park

Noon to 3 pm
Admission is free. The park is located at the intersection of Routes 896 and 40 near Newark, Delaware. The entrance to the park is on Route 40. Mark Rifkin, a registered dietician from Baltimore, will speak.

Join CARE

NEW

RENEW

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ E-mail _____ Date _____

Yes, I would like to join CARE in its efforts toward compassionate living.

All levels include: newsletter; invitation to annual meeting; discounts on CARE’s t-shirts, books, and events

- Individual: \$20 Individual (age 65 and over): \$15
- Household: \$30 Supporter: \$50
- Sustainer: \$100 (includes a copy of award-winning book *The China Study* by T. Colin Campbell, PhD, and Thomas M. Campbell II)
- I do not wish to receive the complimentary book.
- I’ve also enclosed a contribution of \$_____ to help CARE in its work.
- Yes, I would like to volunteer. Please contact me.

Make checks payable to CARE.

Return to CARE, P.O. Box 847, West Chester, PA 19381.

**CARE is a nonprofit
501(c)3 organization**

Breakfast Ice Cream

NOTE: Fruit must be frozen in advance. This recipe is designed for an eight-cup blender pitcher. If your pitcher is smaller, reduce the recipe.

- 1/3 cup raw walnuts
- 2-3 brazil nuts
- 4 dried dates, pits removed
- 3 ¼ cups filtered water
- frozen fruit (4 bananas, peeled; 8-10 strawberries, green leaves removed; 8-10 cherries, pits removed; 1 ½ cups blueberries)

Blend water, nuts and dates in a high-powered blender until milky. Add frozen fruit. Pulse blend (turn it on and off quickly) until mixed. When it's blended enough, turn on high speed until it is completely smooth. The blending should take about a minute total. Do not blend too long or it will heat the ice cream. It should be about the consistency of soft serve ice cream.

From Allison Memmo Geiger's Kitchen

CHECK YOUR MAILING LABEL

If your mailing label has the word "Join" on it, this is your last complimentary issue of *The Compassionate Vegetarian*. If it says "Renew" your membership has expired. Please use the form on Page 3 to join or renew. CARE needs your support. Also, please let us know if your address has changed. Thank you!

Restaurant Review: Thai L'Elephant by Scott Geiger

Thai L'Elephant ("The Elephant" in French) is an elegantly decorated restaurant, seating 80-100 people, across from the Kimberton Square Shopping Center in Phoenixville, PA. Like most vegans, we expected difficulty in finding food we can eat. However, we were greeted by the extremely friendly, owner, Nui. Nui, a native of Thailand, speaks excellent English, so there was no difficulty conveying what we could eat. After explaining what vegan and vegetarian mean, Nui was eager to help.

During our first dining experience, we explained that vegans will travel a good distance to eat at restaurants offering clearly marked, high quality, vegan foods. During this visit, we encouraged Nui and her

partners to develop a vegan menu. We were fortunate to have been able to dine on some of those new items during our two visits.

Allison and I started with the Tom Kha Jay Soup, a Coconut milk soup with vegetables, tofu, mushrooms, galangal (Thai ginger), and Kaffir lime. The soup was creamy, moderately sweet, and had a nice tangy flavor with just enough spice.

For the appetizer, Nui had the chef specially make us rice paper rolls, fresh and tightly packed with several kinds of vegetables with a rich and creamy peanut dipping sauce.

For our entrée, Allison and I ordered a modified version of the Vegetarian Lover from their menu, which is a medley of sautéed

vegetables, including tofu, in mushroom soy sauce. This entrée' is usually made with fish sauce, but we explained that fish and fish sauce are not vegetarian, so the chef left it out. Additionally, the chef added rice noodles. Since we're gluten-intolerant, we asked that they leave out the soy sauce and instead, they used another kind of bottled sauce that happened to be gluten-free.

Thai L'Elephant, which is already a favorite among Phoenixville omnivores, is shaping up to become a place where vegans will be cared for as well.

Thai L'Elephant (610-935-8613) is open seven days per week.



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