



THE VEGGIE TABLE



Content by: Nicole A. Stovell Edited by: Kimberley D. Caines



Welcome to 2012!

By now you have made it through the holiday celebrations of the winter solstice, Christmas, Kwanzaa and the New Year and are probably settling into your 2012 groove. Winter is often associated with sweats and bundling up; however it is a great time to think about the upcoming year and to put into motion actions to bring your plans into a reality. Although it might be tempting to reach for those snacks that aren't that healthy; remember that

freshly cut fruit with some hummus is a great substitute. In this issue we will meet a young veg*n who is doing great things and meet the Editor behind the Veggie Table. Don't forget to visit the online and local treats that the Vegetarian Society of Bermuda endorses and be sure to add to your bookshelf the book recommendations available online or from your local bookstore. Take a minute this year to

try our recipe for Tofu Turkey, a sure hit at your next gathering!

Paulo Coelho once said that *"It's the possibility of having a dream come true that makes life interesting."* Whatever your dreams and desires for 2012 we wish this year to be your best yet.

Be fresh. Be healthy. Be veg*n.

Happy Reading

Kimberley



TOFU TURKEY

Ingredients:

5 blocks firm or extra-firm tofu, well pressed
2 tbsp fresh chopped sage
1 tbsp fresh thyme, minced
1 tbsp fresh rosemary, minced
1 tbsp vegetable broth powder
2 tbsp poultry seasoning
1/4 cup balsamic vinegar
1/3 cup red wine
2 tsp Dijon mustard
2 tbsp soy sauce
approximately 2 cups prepared vegetarian stuffing, any kind

Preparation:

Working in batches as needed, process the tofu in a blender or food processor until smooth and creamy.

Add the tofu to a large mixing bowl, and stir in the fresh chopped sage, thyme, rosemary, vegetable broth powder and poultry seasoning, stirring well to combine. Line a colander with cheesecloth or a thin towel. Place the tofu in the colander, and layer of cheesecloth or a thin towel on top. Place a weight on top of the towel to gently press the tofu. Place on a plate or towel and chill for at least 3 hours.

Once the tofu is chilled and firm, scoop out the tofu in the middle, creating a hole or a well, and leaving about 1 1/2 inches of a tofu "shell" in the colander. Gently pat your stuffing into the "well", then gently press the extra tofu on top.

Carefully invert your tofu turkey onto a lightly greased baking sheet. Whisk together the balsamic vinegar, red wine, Dijon mustard and soy sauce, and baste or brush the tofu generously.

Bake for about 90 minutes at 350 degrees, basting again every 15 minutes. Serve your tofu turkey with vegetarian gravy and a side of vegetarian stuffing.

FAMOUS VEG*N

SINGER. ACTRESS. ARTIST. VEGAN.

Erykah Badu is a vegan and is raising her three beautiful children as vegans also.

"Vegan food is soul food in its truest form. Soul food means to feed the soul. And to me, your soul is your intent. If your intent is pure, you are pure" -Erykah Badu, VegNews Jul/Aug 2008



ONLINE TREATS

www.vegfamily.com

www.meetup.com/Bermuda-Radical-Health

www.vegkitchen.com

LOCAL TREATS

De Oil Shoppe
40 Middle Rd.
Southampton
238-8957

Sankofa
The Wellness Center
1 Chancery Lane
Hamilton
www.sankofabda.com
292-2513

Wadson's Farm
10 Luke's Pond Rd.
Southampton
www.wadsonsfarm.com
238-1862

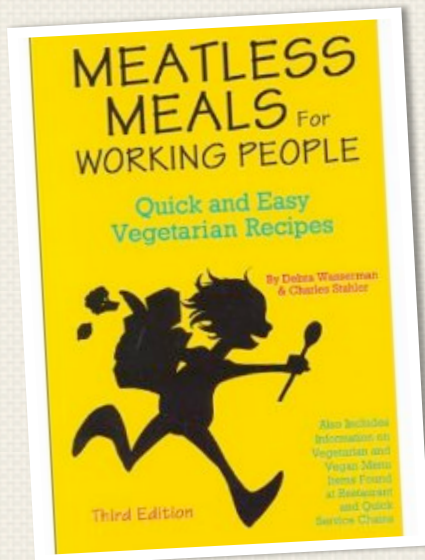
UPCOMING EVENTS

Sunday, Jan 22nd
Raw Vegan Potluck

www.meetup.com/Bermuda-Radical-Health/

Every Saturday from 8 to
Noon
on Washington Street across
from Pasta Basta

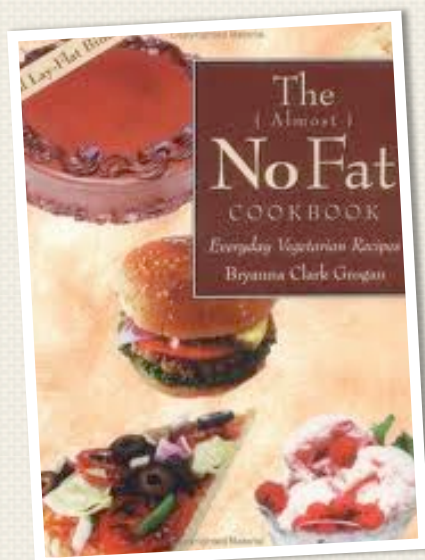
www.bermuda-attractions.com/bermuda_000192.htm



MEATLESS MEALS FOR
WORKING PEOPLE

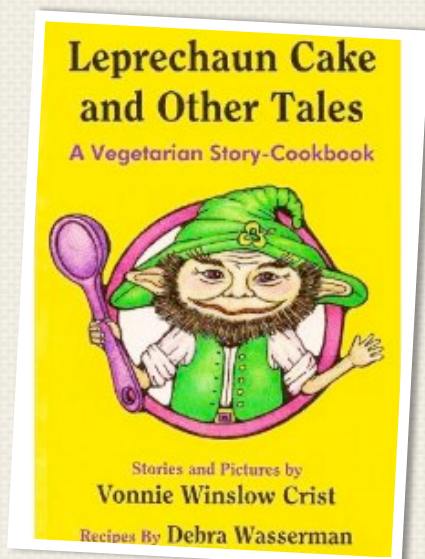
QUICK AND EASY
VEGETARIAN RECIPES

BY D. WASSERMAN



THE (ALMOST) NO FAT
COOKBOOK

BY: B. CLARK GROGAN



LEPRECHAUN CAKE
AND OTHER TALES

A VEGETARIAN STORY-
COOKBOOK

BY: V. WINSLOW CRIST

KIDZ CORNER



M G L F N D F C P S Q R A K G
N C O R N Q Y W H L N X M I C
P E R Y E O Z W F U U G G T J
P R M A W F I X N U O I L A C
C E K M C L S T X B E A H E E
H A C A D K Q N T L E P S H C
Q L R R M R E G I M J Z U W I
U F I A M D N D T M R F O K R
I C S N S R D A W Y A X I C N
E L A T E B O R A H E T T U W
G K R H R P S A A O E L I B O
N R O C P O P T T E N A R V R
L F L V A B E G Z S U I T A B
B W B D A E R B R A N W U Z B
L T E L L I M X E Y U S N Q F

AMARANTH
BARLEY
BRAN
BREAD
BROWN RICE
BUCKWHEAT
B VITAMINS
CEREAL
CORN
CRACKED WHEAT
ENDOSPERM
GERM
MILLET
NUTRITIOUS
OATMEAL
OATS
POPCORN
QUINOA
RYE
SPELT
WILD RICE

WATERMELON FETA SALAD

(courtesy of Chef Eve, host of Love, Live Eat)

Ingredients

1/4 of a watermelon cut into large dices

1/4 of a red onion thinly sliced

Feta cheese crumbled as much as you like

you can use cherry tomatoes cut in half

Olive oil about 1/4 cup

3 tablespoons of Balsamic vinegar

or (fig balsamic in a small bottle available

from Lindo's Warwick)

Salt and pepper as you like.

Preparation

Fold all ingredients together and enjoy. Real easy and tasty!

SPOTLIGHT on the VEGGIE TABLE EDITOR

After interviewing a few local veg*ns, Nicole suggested that I, your editor, should introduce myself by way of the Spotlight; hopefully this interview gives you some insight into my journey - enjoy!

VT: What type of vegetarian are you?

KDC: I am a vegetarian as I still eat dairy products such as cheese, eggs and I drink milk; however, I don't eat any meat.

VT: How long have you been a vegetarian?

KDC: This March will make two years that I have been on this journey. For three years before that (2007-2010) I was a pescatarian and in March 2010 I decided to give up fish to become completely committed to this journey.

VT: What was the hardest (non-vegetarian) food to give up?

KDC: The hardest food/cuisine to give up was fish because I loved sushi! Thankfully, I have found some great alternatives to satiate that desire; such as the vegetarian roll at Yashi (Coconut Rock).

VT: What are your favourite meals to prepare?

KDC: While I'm not the most saavy person in the

kitchen (I'm learning :) I do enjoy preparing healthy salads filled with vegetables and nuts and cheeses. One dish that I saw on the CITV show "Love, Live, Eat", was a Watermelon Feta Salad prepared by Chef Teneika Eve. I'm looking forward to trying my hand at that this year. (refer to page 4 for the recipe)

VT: Why did you become a vegetarian?

KDC: I became a vegetarian for health and ethical reasons. The book, "Eating Animals" by Jonathan Safran Foer, played a major part in my decision to give up all meats. I grew up in a meat eating household but on my journey of discovery, I became aware of truths and negative practices and realised that I couldn't continue to support these practices by consuming meat, so I made a decision to embark on a vegetarian lifestyle. I have great support from my parents; when my Mom prepares dishes she always includes dishes that are vegetarian.

VT: How do you maintain your vegetarian lifestyle locally and abroad?

KDC: While living in London during law school I found the transition to be quite seamless because there are some amazing restaurants and meal options for the vegetarian

and/ or vegan lifestyle there. When I moved back home I was a bit concerned however, I have not found it to be that difficult to find options when I go out to eat. Local stores (like the ABC, Down to Earth and even some grocery stores) have a variety of options that veg*ns or those wanting to try vegetarian dishes can sample.



(photo by colorspace- Alex Masters Photography)

If you would like to be featured in the next edition's Spotlight, email me at kdcaines@gmail.com



For more information on the
Vegetarian Society of Bermuda
email: vsbda1@yahoo.com

Want to write an article or contribute to the next
edition?

email Kimberley at kdcaines@gmail.com

FIND US ON FACEBOOK: 'Vegetarians in Bermuda'