



Vegan News

San Diego



January, 2026

Vegan-News.org

Veganuary



Local News • The Veganuary Challenge
Tracy Childs Interview • Monthly Recipe
Eris Vegan Food Co. • 2025 in Review

Vegan News *San Diego*

www.Vegan-News.org

Editor: Stephen White
Copy Editor: Eve White-
Chapero
Contributor: Connie Edwards
McGaughy

Vegan News San Diego is
published monthly. Volume 1,
issue 1, January, 2026

Mission Statement: Vegan News
San Diego seeks to support and
grow the local vegan community
by highlighting the work of local
restaurants, activist groups,
animal sanctuaries, diet and
nutrition groups, and vegan/
cruelty free businesses.

Correspondence:
16496 Bernardo Center Drive,
Suite 208, San Diego, CA 92128
info@Vegan-News.org

Photographs and recipes are
copyrighted by their respective
contributors.

Vegan News San Diego
© Stephen White, 2026



San Diego
Vegan
Community

From the Editor

Welcome to our first issue! *Vegan News San Diego* is a monthly newsletter covering the local vegan community. Our goals are to support our local restaurants, activist groups, animal sanctuaries, diet and nutrition groups, and vegan/cruelty free businesses, as well as to help individuals be more connected to the community.

Many of us have been frustrated to see local restaurants and services closing during this challenging period. Our goal is to turn that frustration into action. In addition to reducing business closures, we're also hoping to increase attendance at community events. We'll do our best to encourage restaurant and service patronage, animal sanctuary visits, activist action, and support of cruelty free businesses.

One of the wonderful challenges of this project is that there are so many worthy people and causes in our community who deserve their moment in the spotlight. We can't cover everyone at once, but we'll be doing our best to offer each of them a turn in the spotlight as we go forward.

I'm grateful to our interviewees, Tracy Childs (PlantDiego, Tracy's REAL Foods, Veg-Appeal) and Scott Steele (Eris Vegan Food Co.), who kindly took time to talk about their experiences, and to Connie Edwards McGaughy of The Carrot Underground for sharing one of her delicious recipes. I'd also like to recognize behind the scenes help from copy editor Eve-White Chapero, and the support of Analia Chapero. Special thanks to Miryam Longest, whose encouragement turned this idea into a reality.

Let us know what you think! We welcome input from the community — articles, interviews, recipes, restaurant reviews, news tips, etc. The newsletter will be better with diverse voices and perspectives coming together.

Vegans united!
Stephen White

LOCAL NEWS

- Lakeside sanctuary Pebble Ranch Rescue for pot-bellied pigs is selling 2026 calendars as a fundraiser, featuring photos of the adorable residents of the rescue. Click [here](#) for details.
- Opposition to the San Diego rodeo is growing. SanDiegoVille has reported several challenges the rodeo is facing, including the San Diego Tourism Marketing District's decision not to provide an annual subsidy of \$150,000, and major sponsors pulling out of the event, including Monster Energy and multinational spirits company Diageo. Community members have protested injury (and in one case, death) of animals at the event, and a lawsuit filed by the Animal Protection and Rescue League (APRL) and SHowing Animals Respect and Kindness (SHARK) is slated to begin trial in January.
- L.A.-based vegan fast food chain Mr. Charlie's is expanding, opening several new locations in 2026, including restaurants in Hillcrest and Pacific Beach, bringing their McDonald's-inspired menu to San Diego.

DID YOU KNOW? James Victor Balmer is on a mission with Evolution Coffee. He uses a new espresso machine (never used for dairy), a single dose grinder (so beans are always fresh), house-made plant milk (to reduce packaging waste), purified water from The Water Lady, and completely biodegradable and recyclable cups. Imagine the world if every business set the bar this high!

- San Diego Street Tours is now offering two different Vegan walking tours, in Downtown and North Park. Both tours last about two hours, and include stops at different vegan restaurants to sample the local cuisine, food included in the price of the tour. Learn more at www.sandiegostreettours.com.
- Gourmet San Diego vegan cheese maker Scratch House announced the debut of a new flavor, Champagne infused Gouda brushed with edible gold flake, taking its place alongside their Cabernet Gouda, Baby Goat, Pistachio Chèvre, and Date Fromage.
- A December 13 rally to ban the San Diego Rodeo held at Waterfront Park featured a who's who of vegan/animal rights champions, including animal protection attorney Bryan Pease, PlantDiego co-founder Tracy Childs, DxE organizer Dave Engel, Kind Heart Coalition co-founder Rachel Hosler, Farm Animal Refuge co-founder Jordan Russo, Saving Animals & Healing Hearts founder Teri Crutchfield, social justice attorney Parisa Ijadi-Maghsoodi, and animal rights advocates/activists Ellen Ericksen, Mandy Havlik, Sidney Jesperson, Jaidacyn Madrigal, and Rocky Roberts. Don't miss the next rally!

Have a news tip? Get in touch! info@vegan-news.org

NATIONAL/INTERNATIONAL NEWS

- Vegan cheese maker Treeline recently announced the production of cottage cheese, a product that's been lacking on store shelves up to this point.
- Beyond Meat is making a limited quantity of new products available through a website called Beyond Test Kitchen, at beyondtestkitchen.com. To date, the site has offered an early opportunity to try Beyond Ground, a high protein mince or crumble-style product (27 g protein per serving), and the new Beyond Steak fillet (28 g protein per fillet).
- The Council of Fashion Designers of America (CFDA), known for New York Fashion Week events, announced in December that it will not permit animal fur as of September, 2026, after discussions with Humane World for Animals and Collective Fashion Justice. This followed Condé Nast's agreement not to feature new fur in editorial content or advertising in any of its titles, including Vogue, GQ, The New Yorker, and Vanity Fair, following pressure from the Coalition to Abolish the Fur Trade (CAFT).
- Chicago-based food tech startup Clever Carnivore has been developing pork grown from animal cells, made with no harm to animals. The company has been able to dramatically reduce costs of production, and is pursuing FDA approval of the product, hoping to bring it to market in 2026. While this is not a vegan product, the possibility of eliminating the cruelty of animal agriculture is a welcome prospect.
- French film legend, singer, and animal rights activist Brigitte Bardot died on December 28 at the age of 91. She was a vegetarian and frequent critic of cruelty toward animals, creating the Brigitte Bardot Foundation for the Welfare and Protection of Animals in 1986. While admired for her career in the public eye, Bardot was a complicated figure who also had a history of inflammatory comments about people from different marginalized groups.
- A high-profile meta-analysis in the December issue of *Critical Reviews in Food Science and Nutrition* looked at vegetarian and vegan diets in children. Unsurprisingly, children needed supplements or fortified foods for adequate B12. Calcium, iodine and zinc were generally within recommended ranges, but at the lower end. Vegetarian and vegan children were both leaner and slightly shorter, and had better cardiovascular health, with lower levels of total cholesterol and LDL ("bad") cholesterol.

Veganuary

What is it? When is it? And most confoundingly, how the heck do you pronounce it? We tracked down the answers on the first major vegan event of the year.

What is Veganuary? It's both an organization and an annual challenge. Veganuary was launched in England in 2014 by Matthew Glover and Jane Land, inviting people to try a vegan diet for the month of January. The goal of the project was to increase the visibility of veganism and encourage a real-life experience of a vegan diet.

And the pronunciation? The founder says it "vee-GAN-uary", but "vee-JAN-uary" is also common.

The event has been incredibly successful, growing each year. Approximately 25.8 million people participated in the event in 2025 alone, with over 30 million people participating since the challenge began. As it's become better known, food businesses have introduced new products in January to coincide with the event, with some running ads mentioning Veganuary.

The timing of the challenge, at the start of the new year, capitalizes on the tradition of New Year's resolutions, which often relate to diet and health. One analysis found that the majority of participants did so for health reasons. The cause has attracted support from Sir Paul McCartney, Billie Eilish, Joaquin Phoenix, Mayim Bialik, Daniella Monet, Weird Al Yankovic, Emily Deschanel, Alicia Silverstone, Alec Baldwin, and English actress Kellie Bright, among many others.

The website features seven meal plans, a celebrity cookbook, and a month's worth of coaching e-mails, all offered at no cost to participants, and the overall tone of the material is positive.

A short 2023 documentary on the charity, [*It'll Never Catch On: The Veganuary Story*](#), features interviews with the founder and supporters.

So, if you have open-minded "omni" family, friends, or coworkers, send them to the challenge website, veganuary.com, for an experience that may transform their lives.

INTERVIEW

Tracy Childs

Tracy Childs is a leading contender for the title of hardest working vegan in San Diego. She's made many essential contributions to the local vegan community, through her cooking classes and health coaching with Veg-Appeal, creation of healthy foods and treats with Tracy's REAL Foods (working with her husband, Steven Sarnoff), and educating and supporting the community through her leadership in the PlantDiego nonprofit. She has somehow also found time to contribute hundreds of recipes to several books, and to attend community events supporting veganism and animal welfare. We're grateful for the chance to catch up with her.



Like many vegans, I understand you started as a vegetarian. What led you to make this choice? Yes! I became vegetarian as a teenager in the seventies. I didn't know any other vegetarians, but I heard that they existed. I had never enjoyed much meat and had raised sheep for the 4-H as a preteen (where I realized that farm animals are individuals with thoughts and feelings) and got grossed out about microbes in meat that I learned about in biology class. It didn't help that the teacher said they were all killed with cooking. Now that I'm further educated about food safety as a Certified Food Manager, I'm baffled that people with this sort of knowledge continue to risk eating meat!

When did you become vegan? I became vegan as a young adult after educating and inspiring myself about the food system. Reading *Diet for a New America*, subscribing to the Physician's Committee for Responsible Medicine's (PCRM) *Good Medicine* magazine and Vegetarian Resource Group newsletters, and attending gatherings of John Robbins' group Earth Save led me to veganism after realizing that there was no such

thing as cruelty-free animal products. I had my son around this time and was dedicated to raising him at least vegetarian, knowing that options for vegans were limited. I had my daughter 4.5 years later and both “kids” are now healthy, successful 35 and 30 year old vegan adults. I’ll also note that they were/are very active with plenty of energy.

You became a became a certified Nutrition and Cooking Instructor through the Physician’s Committee for Responsible Medicine (PCRM) and their Food for Life program in 2005. What was the training like, and how did you use what you learned?

I’ve always enjoyed cooking and when I became vegan, I had a strong desire to help others learn about the benefits and techniques I worked to learn over many years cooking for family and friends. When I found out about the PCRM’s nutrition and cooking community-based outreach program (Food for Life: The Cancer Project) I couldn’t wait to apply! My mother-in-law had passed from breast cancer and my grandparents, years before. I found it very frustrating, having the knowledge to reduce risk through diet (now called whole food plant based, WFPB), without a good method to educate them. The PCRM’s program is incredible – science-based, very professional, created by Dr. Neal Barnard and dietitians. These classes are taught in a series, allowing people to learn over several weeks. Over the years I’ve taught with many local health systems and many other venues. It’s a lot of work, but quite rewarding, opening many eyes to the advantages of plant-based eating.

In 2009 you co-founded Veg-Appeal, which offers vegan cooking classes, recipes, and health & lifestyle coaching. I met some new friends while teaching my cooking classes who were also interested in spreading the word about the health, animal, and environmental advantages of eating plants. We formed [Veg-Appeal](#), teaching healthy vegan cooking to the public and eventually we were thrilled to teach vegan cooking with Scripps Health as part of their employee wellness, for over 4 years!

The 2015 documentary *PlantPure Nation* encouraged people to form “PlantPure Pods” for social support. You founded the local non-profit pod, PlantDiego. The group is well known in the community, but for those who don’t know, what does PlantDiego do? I personally knew very few people following plant-based diets and always felt that San Diego really needed a strong “vegan society.” I finally saw the opportunity to make that happen after viewing the film *PlantPure Nation*. At the end we are encouraged to form grass roots groups in our own communities.

[PlantDiego](#) is a team-led organization formed with the goal to support plant-based San Diegans and help veg-curious folks learn about new recipes, health advantages and have the opportunity to taste yummy vegan foods. We’re now part of the PCRM’s

Building Healthy Communities worldwide network. We have potlucks, film screenings, expert lectures (a highlight was helping Dr. Michael Greger and Dr. Neal Barnard come to town) and more. In early fall we host a Let's Beat Breast Cancer Rally (which includes local high school drummers!) with the PCRM. This nationwide campaign shares tips that include eating plant-based which are known to lower our risk of breast cancer. In the late fall we host our Gratitude Food Fest, a large holiday-themed meal to give people yummy inspiration for a cruelty-free holiday season. In February we challenge folks to eat WFPB (we provide simple guidelines) and get outside more for heart health month and host hikes, exercise workshops, cooking events and more. For more info, follow us on [Facebook](#) or [Instagram](#).

You contributed over 160 recipes to David Kater's book Handbook to Higher Health Consciousness (2017). What led to this collaboration? It was an honor to help David Kater with create his very interesting and inspiring book by providing lots of my favorite recipes. Recipes from other folks (including David and his late wife) are in the book as well. He has hosted plant-strong potlucks at his home for many years. This is another great form of activism because many of the guests are not vegan, but all of the food they eat/create is!

When did you found Tracy's REAL Foods? When the pandemic hit, I realized I wouldn't be able to teach nutrition and cooking for a while (in person), so my husband Steven Sarnoff and I decided to switch gears by going into the food business, founding [Tracy's REAL Foods](#). We realized how important it is to provide people who are working to eat healthier (for any reason), some clean convenience foods they can feel great about eating. Most of us eating WFPB end up doing a LOT of cooking, so it's nice to get a break once in a while! For years, I'd been working on unique WFPB recipes for tasty treats and learned to package, label and ship gifts from the kitchen to friends. My treats are different from other foods on the market by not only being organic & oil-free, they are also sweetened with fruit (dates/raisins) and created using surprising ingredients like lentils in my Double Chocolate cookies and buckwheat in my raw Power Snacks. Everything is nutritionally balanced and designed to satisfy hunger rather than be addictive (as most food manufactures tend to prioritize). A more recent invention is my REAL Burgers: All American, Spicy Black Bean and the Raw Fiesta. My goal with these products is to provide "The Burger Experience" that many of us desire, without using meat/processed ingredients. They're super tasty in their own right and recently we've introduced all of my REAL burger varieties at several local SD restaurants, Evolution

and Val's Vegan (very recently combined in the same restaurant in North Park with Donna Jean). It's very exciting have more people trying my burger products, providing an alternative to the Impossible/Beyond patties for those wishing to make a less processed, more organic choice. To be clear, I'm grateful for any products that help people more easily transition to eating vegan, and I'm happy that Evolution and Val's have lots of choices for all tastes.

How did you end up collaborating with vegan podcaster Glen Merzer on the books *Food is Climate* (2021) and *America Goes Vegan* (2023)? I was fortunate to meet long time vegan author Glen Merzer (virtually, since he lives in Indiana) through a friend. It was exciting to collaborate with him on two books. For *Food is Climate*, I provided 5-6 recipes and introduced him to other Food for Life (PCRM) chefs who were excited to provide some of their favorite recipes for the book. Not long afterward, we started writing *America Goes Vegan* where I had a lot of fun contributing the kitchen tips section and WFPB (oil free, low sugar/salt) American comfort food recipes. Lots of burgers, fries, desserts, and BBQ!

As we head into 2026, what will you be focusing on? In 2026 I hope to continue to sustainably grow Tracy's REAL Foods, reaching more folks with our Goodies. Volunteering to help run PlantDiego is a continued passion of mine. I have met the most wonderful people myself, so I'm happy to work to provide the same opportunity for others in our community. Veganism has had a bit of a setback in recent years in our country due to many factors including misinformation campaigns by the American meat and dairy industries, but I don't think so, worldwide, as many countries continue to learn about the contribution animal ag has to the climate. I was encouraged by the relative ease it was eating vegan during my holiday trip to Japan. I'm hoping to help 2026 be the year where many more people learn the truth about how important their individual food choices are. Go Vegan!

Sincere thanks to Tracy for making the time to talk with us. Be sure to check out all of her endeavors online!

Tracy's REAL Foods (tracysrealfoods.com): Healthy foods and snacks

PlantDiego (www.plantdiego.com): A nonprofit vegan social support and education group

Veg-Appeal (veg-appeal.com): Vegan recipes, health & lifestyle coaching

Ben and Esther's • Choice Superfood • Donna Jean • Dreamboat • El Veganito • Eris Vegan Food Co • Evolution Fast Food • Gorilla Eats Sushi • Kindred • MOTHERSHIP • OB People's Deli • OneWorldBeat Cafe • Peace Pies • Plant Power • The Plot • The PurpleMint Vegan Bistro • The Radical Beet • Roots UCSD • Sabor a Vida Cafe & Deli • Saigon Vegan Bistro • Tacotarian • Thanh Tinh Chay Restaurant • Trilogy Sanctuary • Val's Vegan Kitchen • Veggie Grill • Veg'n Out • Veganic Thai Cafe • Vulture

San Diego Vegan Restaurants

Eris Vegan Food Company

Eris Vegan Food Company in Oceanside is a fixture of the local vegan community. Owner and chef Scott Steele kindly made time to sit down and discuss his experience in the world of vegan restaurants.

How long have you been in the restaurant business? Thirty-four years.

How did you decide to open a vegan restaurant? I was a chef, and I went vegan...I had an experience that made me realize veganism was the only way to go.

When did Eris open? 2021.

How did you choose the name Eris? Eris is the Greek goddess of chaos...I used to have another restaurant called Eve, and when I wanted to do something different, people would tell me that it didn't fit my brand. So I figured if I named my brand after a goddess of chaos, then any direction I wanted to go in would fit the brand. (NOTE: The golden apple in the restaurant's logo is a clever reference to the myth of Eris.)

Your former restaurant, Eve, in Encinitas, always seemed busy. Why did you close?
It no longer reflected how I wanted to serve food.

How has Oceanside been different from Encinitas? Oceanside now reminds me of how Encinitas was in 2015, when I started Eve.

When are your busiest times during the week? Weekends, and Tuesday nights.

How did you develop your current menu? I just come up with things. Whatever I feel like creating, we just make it, and see if we can shoehorn it in there somewhere.

What are your most popular dishes? The Chicken Parmesan, the Monster Chili Dog, the Yippee Ki Yay Burger, and the Taco Combo.



How often do you add new items to the menu? Sometimes, like four in a week, and sometimes something new every couple of weeks. It's a constantly chaotic flux.

Your entrees are really filling. The last time I had your gyro I got two meals out of it! I firmly believe that we need to make sure that people are well fed, and they receive a great value for their money and time.

Is there an "overlooked gem" on the menu that you think people should order more?
The Turkey Bacon Club.

Are there any special events that take place at Eris? We love to do community-focused stuff...our events are all focused on helping the community or helping animals.

Where did you grow up, and what do you do when you're not restauranting? I grew up between the Bay Area and Carson City, Nevada. When I'm not restauranting I'm hanging out with my wife and son and dog.

Do you offer any specials, deals, or coupons? The All-In Lunch, Monday through Friday, from 12-2 pm, you can get lunch and a drink for \$12, and I often run "buy one, get ones" on Tuesday nights.

Sincere thanks to chef Steele for taking the time to share his experiences with us. If you haven't been to Eris lately, stop in soon to see what new culinary creations await.

Eris Vegan Food Company
302 Wisconsin Ave, Oceanside, CA 92054
Phone: (760) 545-7699
www.erisfoodcoca.com



There are far too many events that took place this year to do justice to them all, but here are some highlights of 2025, both welcome and difficult.

- In February, neighboring restaurants Donna Jean and Evolution Fast Food, pushed out of Bankers Hill due to redevelopment, moved into a North Park building formerly occupied by The Village.
- Modern Times Far West Lounge switched from an all-vegan menu to an omnivore menu in March.
- The diner-style eatery Dreamboat debuted in University Heights in May, sharing space with the fine-dining restaurant Vulture which opened in June, both spearheaded by Kory Stetina, of Kindred and MOTHERSHIP fame.
- In June, Beyond Meat announced a forthcoming high-protein product, Beyond Ground, made of just four ingredients (water, fava bean protein, potato protein, psyllium husk), noteworthy for not being an imitation of any meat products.
- John Robbins, author of the influential book *Diet for a New America* (1987) and *May All Be Fed: Diet for a New World* (1993) died at the age of 77 in June. Robbins' books highlighted the perils of animal agriculture for human health, animal welfare, and the environment. In 1988 he formed the nonprofit EarthSave International, which advocated for plant-based diets.
- Diner-style restaurant chain Denny's added the Plant-Based Pancake Slam to the menu of many restaurant locations in June, featuring two vegan pancakes, seasonal fruit, and hash browns. While some diners have had concerns about cross-contamination or the possible use of butter to cook the pancakes, others were pleased to have an entree option at a major chain.
- Singer Billie Eilish arranged for food vendors to serve a fully vegan menu at her six-night run at London's O2 Arena in July, as well as at other venues. English Trip Hop band Massive Attack also set a vegan menu for their shows, including at Manchester's huge 20,500 seat Co-op Live arena.
- After vegan burger chain Next Level Burger acquired Veggie Grill last year, the new company, Veggie Grill by Next Level, combined selections from both restaurant menus in July, creating the All American Vegan menu, featuring burgers, chick'n sandwiches, burritos and tacos, protein plates, and smoothies.

- Eat Just, maker of JUST Egg, introduced JUST Meat in August, offering three flavors of vegan chicken: Chicken, Sesame Ginger Chicken, and Buffalo Chicken.
- Escondido Mexican eatery Phatties closed their brick and mortar restaurant at the end of September, transitioning to operating as a food truck for local pop-ups.
- Beloved primatologist and conservationist Jane Goodall died on October 1, at the age of 91. Among her other good work, Goodall was an advocate of veganism. In January she told The National news site, "I didn't become vegan just because of my health. I became vegan for ethical reasons."
- North Park's Evolution Fast Food, which was already partnering with Evolution Coffee, teamed up with Val's Vegan Kitchen in October. The fast food businesses cleverly shared the same space: Evolution open from 11 am to 7 or 8 pm (closed Tuesdays), and Val's open from 8 pm to 2 am (closed Monday-Tuesday). The trio of businesses are in the same building as vegan pizza & pasta restaurant Donna Jean. Evolution and Val's offer Tracy's REAL Food burgers, and Evolution Coffee sells SPLIT Bakehouse pastries on the weekend, bringing products from a 5th and 6th vegan business into this space.
- Yves Veggie Cuisine (a Hain Celestial Group company), a beloved maker of deli slices, crumbles, and veggie bacon, closed its doors in November. Another company, Gusta, attempted to fill the void by offering similar products, but many consumers found these products inferior.
- Miyoko's Creamery was put up for auction in November. Company founder Miyoko Schinner, who had previously been pushed out of the company, attempted to buy it back with the help of a GoFundMe campaign, but was unsuccessful. Miyoko's was bought by Prosperity Organic Foods, known for the Melt Organic brand of plant-based butter, but controversy erupted when CEO Scott Fischer made harsh comments to Schinner that he later acknowledged were "unprofessional."
- Speaking of Miyoko Schinner, the vegan icon undertook a tour to mark the publication of her latest book, *The Vegan Creamery: Plant-Based Cheese, Milk, Ice Cream, and More*, visiting The Book Catapult in South Park on November 20, where an overflow crowd filled the bookstore to hear her speak.
- Prince William made news by insisting that the November celebration for the Earthshot Prize, a high-profile environmental award, feature a vegan menu, consistent with recognition of the toll that animal agriculture takes on the environment.
- In December, Direct Action Everywhere (DxE) activist Zoe Rosenberg was sentenced to 90 days in jail after being convicted of stealing / rescuing four chickens from a Petaluma Poultry slaughterhouse in California in 2023. She was jailed from December 10, 2025-December 24, then released, and is expected to be on house arrest as of January 14, 2026.
- Grains in University Heights made the disappointing announcement that they were moving from an all-vegan menu to offering meat dishes.
- Vegan cheesemaker Treeline began selling the first widely available vegan cottage cheese in December.

Fruits • Vegetables • Grains • Legumes • Nuts • Seeds • Mushrooms • Pulses • Beans • Carrots • Apples
Broccoli • Oatmeal • Cashews • Lettuce • Oranges • Chia • Cabbage • Bananas • Soybeans • Potatoes •
Almonds • Strawberries • Flax • Lentils • Nutritional Yeast • Pears • Zucchini • Hemp Hearts • Peaches

Vegan Recipes: Broccoli Potato Soup

Courtesy of Connie Edwards McGaughy and The Carrot Underground, this month's recipe is a soup perfect for warding off the January chill. It's part of her 31 Favorite Veganuary Recipes collection, and additional tips and variations are offered on the website. Once you've tried the soup, be sure to check out the whole collection! (thecarrotunderground.com/recipe-round-up/31-favorite-veganuary-recipes).



Photo: Connie Edwards McGaughy

INGREDIENTS

- 1 C yellow onion diced
- 1 C celery diced (reserve half)
- 3 cloves garlic minced
- ¼ C water
- 5 C potato russet - peeled and cubed (reserve 2 cups)
- 4 C broccoli small florets - reserve half
- 1 carrot peeled & cut into rounds
- 2 C almond milk or an unsweetened vegan milk of your choice - rice, soy, oat
- 1 15 oz can cannellini beans drained & rinsed
- 2 C vegetable broth
- 2 teaspoon dried basil
- 1 teaspoon Italian seasoning
- ½ teaspoon dried dill
- ¼ teaspoon paprika
- 1 teaspoon sea salt add more to taste if desired
- ¼ teaspoon black pepper freshly ground

INSTRUCTIONS

Place onion, ½ C celery, and 3 cloves garlic into 5 qt. or larger pot.

Place over medium heat.

Add water, one tablespoon at a time to keep veggies from sticking.

Continue cooking for about 5 minutes.

Add seasonings, 3 C potatoes, half the broccoli, beans, non-dairy milk, and broth.

Cover pot. Raise heat to high. Bring to boil. Reduce heat to low and simmer until potatoes are tender.

Once potatoes are tender, use immersion blender to thoroughly puree soup.



Photos: Connie Edwards McGaughy

In a separate pot, steam remaining broccoli, celery and carrots until just tender, or sauté in a skillet with a small amount of water. Add additional water as needed, don't let the veggies burn.

Place remaining 2 C potatoes in a stove top pot. Cover with water (about 2 inches above potatoes) and place over high heat. Place lid on pot. Bring to a boil, reduce heat to med-high and simmer for 7 - 10 minutes until they can be easily pierced with the end of a knife. Remove from heat and drain.

Add remaining broccoli, celery, carrots and potatoes to soup. Continue heating on low for an additional 5-10 minutes.

Remove from heat and serve.

Connie Edwards McGaughy is a home cook, vegan blogger, and animal advocate. She has published two vegan e-cookbooks, and has been featured as a vegan cooking and baking expert in the HuffPost and Chowhound. Her site The Carrot Underground is listed in the Feedspot 100 Best Vegan Blogs and Websites.

www.TheCarrotUnderground.com

Vegan & Cruelty Free: Home Improvement

Cruelty free & vegan cosmetics and many personal care items are easy to find, but it can be much harder to locate home improvement products. Read on to find ethical alternatives

★Company is cruelty free & vegan, *Parent company not cruelty free, †Non-cruelty free company/NR: No response to inquiry

All-Purpose/Multi-Surface Cleaner spray

CRUELTY FREE: ★Absolute Green, ★ADVANAGE, ★American Formulating & Manufacturing/AFM, ★AspenClean, ★Astonish, ★ATTITUDE, Bar Keepers Friend (SerVass Laboratories), Blueland, ★Bona, ★CitraSolv, ★Clean Revolution, Cleancult, ★Eco-Me, ★Eco Sanitizer, ★Ecozone, ★Everneat, ★Force of Nature, ★The Good Home Co., ★Grab Green, The Laundress, ★Meliora Cleaning Products, ★Myni (tablets), Nature Clean, Puracy (concentrate), ★PathoSans (Spraying Systems Co.), ★Rebel Green, ★Truly Free Home, The Unscented Company, ★ZolaTerra

PARENT CO. NOT CRUELTY FREE: Ecover* (SC Johnson†), Method* (SC Johnson†), Mrs. Meyer's Clean Day* (SC Johnson†), The Pink Stuff* (Star Brands Ltd./RPM International†), Seventh Generation* (Unilever†)

NOT CRUELTY FREE: Clorox†, Family Guard (SC Johnson†), Formula 409 (Clorox†), Pine-Sol (Clorox†), Simple Green†

Caulking

CRUELTY FREE: ★American Formulating & Manufacturing/AFM Gorilla Glue, ★Sashco

NOT CRUELTY FREE: DAP†, GE/Henkel†, Loctite (Henkel)†

Duct Tape

CRUELTY FREE: Duck Pro/Shurtape, Gorilla Tape, ★Shurtape, T-REX/Shurtape

NOT CRUELTY FREE: Scotch/3M†, 3M†

Glue

CRUELTY FREE: Elmer's, Gorilla Glue, ★Weldbond

NOT CRUELTY FREE: DAP†, Liquid Nails†, Loctite (Henkel)†

Lubricant Spray

CRUELTY FREE: ★Gear Hugger, ★Superzilla

NOT CRUELTY FREE: DuPont†, 3M†, Zep†NR

Paint - Interior

CRUELTY FREE: ★Alkemis, ★American Formulating & Manufacturing, Auro (UK/USA), ★Backdrop, BioShield Paint, ★Clare Paint, ★Earth Safe Finishes, ★ECOS Paints, Hemway (UK/USA), ★Little Greene (UK/USA), Unearthed Paints

PARENT CO. NOT CRUELTY FREE: KILZ*/Masterchem Industries/Masco, Valspar*/Sherwin-Williams†

NOT CRUELTY FREE: Behr†, Glidden†, PPG†, Sherwin-Williams†

Paint - Exterior

CRUELTY FREE: ★AFM, ★Backdrop, ★ECOS Paints, ★Green Planet Paints, ★Little Greene (UK/USA)

PARENT CO. NOT CRUELTY FREE: KILZ* (Masco), Valspar* (Sherwin-Williams†)

NOT CRUELTY FREE: Behr†, Benjamin Moore†, Glidden†, PPG†, Rust-Oleum†, Sherwin-Williams†

Paint Masking Tape

CRUELTY FREE: Duck Tape, ★FrogTape

NOT CRUELTY FREE: Scotch (3M†)

Paint - Spray Paint

CRUELTY FREE: Liquitex, ★Plutonium Paint + ★Ironlak (Australia, does not export to USA)

NOT CRUELTY FREE: Behr†, Krylon†, Rust-Oleum†

Wood Glue

CRUELTY FREE: ★ECOS Paints, Elmer's, Gorilla Glue

NOT CRUELTY FREE: DAP†

Wood Finish - Stain

CRUELTY FREE: ★American Formulating & Manufacturing/AFM, ★Earth Safe Finishes, ★ECOS Paints

PARENT CO. NOT CRUELTY FREE: Minwax* (Sherwin-Williams†)

NOT CRUELTY FREE: Flood (PPG Industries†)

Wood Finish - Varnish

CRUELTY FREE: ★Earth Safe Finishes, ★ECOS Paints. NOTE: Natural Earth Paint varnish is not vegan, but uses humanely collected lac bug resin

PARENT CO. NOT CRUELTY FREE: Minwax*/Sherwin-Williams†

NOT CRUELTY FREE: Varathane/Rust-Oleum†

NOTE: It can be difficult to definitively determine various companies' cruelty free/vegan status over time. Products are added and deleted, formulations may change, companies sometimes merge or are bought by other companies, products may be animal tested in other countries, etc. Some companies self-identify as cruelty free or vegan, but for additional assurance, look for Cruelty Free certification by Cruelty Free International ("Leaping Bunny") or PETA, and vegan certification by groups such as The Vegan Society or Vegan Action.

Local Resources

VeganDiego: San Diego County's Vegan Directory www.vegandiego.com offers the most comprehensive listing of all things vegan in San Diego (restaurants, markets, food services, businesses, organizations, and more), and is highly recommended. Below is a short listing of some of the larger local groups and resources.

San Diego Vegans Facebook group www.facebook.com/groups/sdvegans
With nearly 14,000 members, this is one of the best sources of information on the local vegan community.

PlantDiego www.plantdiego.com

A San Diego nonprofit vegan social support and education group, which offers monthly gatherings focused on whole food plant based eating and health.

Vegan in San Diego veganinsandiego.com

Website featuring a listing of vegan restaurants, pop ups, and businesses.

Sustainable Market/Night Market events www.viridianproductions.com

Vegan and sustainable festivals and pop-up markets, including the San Diego Sustainable Night Market, North Park Sustainable Market, Vista Sustainable Night Market, and annual San Diego EarthFest and Oceanside Vegan Food Festival. See website for dates and locations.

San Diego Vegans Meetup group www.meetup.com/sandiegovegans

An inclusive group that meets regularly to help attendees “explore and celebrate being vegan in San Diego.”

Veganista Social Club Meetup group www.meetup.com/veganista

A women's social group that meets for book clubs, potlucks, lunches, and other social events.

San Diego Vegan Market, Grantville www.veganrestaurantsd.com

Groceries, snacks, drinks, personal care, cleaning supplies, freshly made deli sandwiches.

Thousand Petal Lotus vegan market, Vista www.thousandpetallotusvista.com

Groceries, snacks, drinks, vitamins, personal care items, gifts.

Vegan Toastmasters www.meetup.com/vegantoastmasters

Public speaking group to help individuals develop self-confidence as a public speaker, increase persuasiveness as an activist, and communicate effectively with family, friends and coworkers.

COMMUNITY CALENDAR

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|---|--|--|---|
| | | | | 1 Pebble Ranch Rescue volunteer shifts Jan 1-4, 3-5 pm | 2 San Diego Sustainable Night Market 5-9 pm Veggie Friends Circle/Hsi Fang Temple 5:30 prep, 6:30 meet, 7:30 dinner | 3 PlantDiego: Weight Loss Cardio Workout, Hilltop Park, PQ 9:15-10 am |
| 4 | 5 Eris special: All-In Lunch (sandwich + a drink for \$12), 12-2 pm Mon-Fri → | 6 Tacotarian special: Taco Tuesday, tacos \$1 off | 7 Tacotarian special: Dorado tacos \$1.99 | 8 | 9 | 10 PlantDiego: Japanese AM Workout for Mobility 9:30-10 am North Park Sustainable Market + Coffee & Tea Fair 12-4 pm |
| 11 | 12 Eris special: All-In Lunch (sandwich + a drink for \$12), 12-2 pm Mon-Fri → | 13 Tacotarian special: Taco Tuesday, tacos \$1 off | 14 Trilogy Sanctuary Open Mic Night 6:30-8:30 pm Tacotarian special: Dorado tacos \$1.99 | 16 | 16 Vista Sustainable Night Market 5-9 pm | 17 PlantDiego: Lunch at Loving Hut Mira Mesa (RSVP, space limited) |
| 18 Compassion Consortium: Spirituality for Animal Advocates online 1-2:30 pm | 19 Eris special: All-In Lunch (sandwich + a drink for \$12), 12-2 pm Mon-Fri → | 20 Tacotarian special: Taco Tuesday, tacos \$1 off | 21 Tacotarian special: Dorado tacos \$1.99 | 22 | 23 | 24 Veganista Social Club Volunteer Day at The Open Barn Sanctuary 10 am 1 pm |
| 25 | 26 Eris special: All-In Lunch (sandwich + a drink for \$12), 12-2 pm Mon-Fri → | 27 Tacotarian special: Taco Tuesday, tacos \$1 off | 28 Tacotarian special: Dorado tacos \$1.99 | 29 | 30 | 31 Veganista Social Club: Vegan Ladies Lunch at the Purple Mint 1 pm |

Deals & Discounts

RESTAURANTS

[Ben & Esther's Vegan Delicatessen](#) (Rolando): Rewards program offers points with purchase to redeem for products

[Donna Jean](#) (North Park): 10% off, valid Wednesday and Thursday, coupon in [VeganDiego](#)

[El Veganito](#) (La Mesa): \$1 off, coupon in [VeganDiego](#)

[Eris Vegan Food Co.](#) (Oceanside): The All-In Lunch (sandwich + a drink for \$12), Monday-Friday, 12-2 pm
"Buy one, get ones" on Tuesday nights for loyalty program members

[Evolution Fast Food](#) (North Park): Free soft serve with purchase of a sandwich or burger, coupon in [VeganDiego](#)

[Gorilla Eats Sushi](#) (College Area, in SDSU at Aztec Food Hub): 10% off cash "call in for pickup" orders

[Ike's Love and Sandwiches](#) (Hillcrest, Midway, Poway, Sorrento Valley) - omni shop with lots of vegan options
With app, free sandwich on birthday month, periodic specials and offers

[Plant-Power Fast Food](#) (Encinitas, Escondido, Ocean Beach, UCSD):
Rewards program offers points with purchase to redeem for products + birthday surprise

[The Purple Mint Vegan Restaurant](#) (Grantville): Free birthday surprise at www.purplemintbirthdayclub.com
VIP program offers secret menus, special offers/discounts, loyalty rewards

[Tacotarian](#) (North Park): Tuesdays: \$1 off tacos, Wednesdays: Dorado tacos \$1.99

[Veggie Grill](#) (Carlsbad): Rewards Program offers points with purchase, periodic offers, free birthday entree

STOREFRONT MARKETS

[Sprouts Farmers Market](#): Frequent Buyer program - purchases earn cash rewards, digital coupons

FREE EVENTS

[San Diego Sustainable Night Market](#) - free admission: Fri, Jan 2, 5-9 pm

[North Park Sustainable Night Market](#) - free admission: Sat, Jan 10, 5-9 pm

[Vista Sustainable Night Market](#) - free admission: Fri, Jan 16, 5-9 pm

ONLINE OFFERS

[Grove Collaborative](#): Rewards program, other discounts.

[Vegan Essentials](#): Free shipping on orders of \$99+

[EO Products](#): Free shipping on orders of \$60+, free samples, \$5 off first order

NOTE: All offers subject to change, please confirm details with each business.

The Last Word: Community Ask

There are many groups and organizations which could benefit from community support in furthering their vision. Community Ask is an opportunity for these groups to request whatever assistance would be most helpful. Below, Tracy Childs shares what would help PlantDiego better serve the community.

We're always looking for free or inexpensive venues for offering Food for Life nutrition & cooking classes and PlantDiego events. A fairly large space with seats & tables, and having a kitchen with AV capabilities is ideal. And places with either a teaching kitchen or to hold documentary screenings would be a dream! If you have any ideas please email us at plantdiego@gmail.com. Thank you!

Do you have a Community Ask? Contact us at info@vegan-news.org

Next Issue

We're already working on our second issue, and would love submissions from the community: news, interviews, a restaurant spotlight, recipes, cruelty free & vegan products, or something entirely new. Get in touch with us at info@vegan-news.org

We'll also be celebrating... *Vegantine's Day!*

Oh wait, sorry, that's Valentine's Day. We'll cover the vegan perspective on chocolates and candies, dating, romantic restaurants, and vegan couples. February also happens to be Vegan Cuisine Month, hot on the heels of Veganuary. We'll explore the origins of this celebration and how it's usually honored. See you in February!

Vegan News
San Diego