



Vegan News

San Diego



March, 2026

Vegan-News.org



Local News • Irish American Heritage Month
Interview: Jordan Russo, Farm Animal Refuge
Val's Vegan Kitchen • Monthly Recipe

Vegan News *San Diego*

www.Vegan-News.org

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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 classes, and vegan/
cruelty free businesses.

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From the Editor

March is here, and Spring is in full swing in San Diego, making it the perfect time to enjoy our local pop up markets and visits to animal sanctuaries, including PlantDiego's tour of Franklin Farm Sanctuary in Lakeside on March 29, and the Sale Ranch "Spring Open Ranch" event in Temecula on March 21 (see the Community Calendar for details). Speaking of sanctuaries...

We're delighted and honored to bring you an interview with Farm Animal Refuge co-founder Jordan Russo, covering how the sanctuary in Campo has grown, the beautiful animals they care for, and the essential support of their volunteer team. If you've never been to visit, they have a Spring Open House on April 11, which is sure to sell out.

March is Irish American Heritage Month, and of course the time to celebrate St. Patrick's Day. We've got links to vegan and veganized Irish recipes, including a collection from The Carrot Underground, as well as a savory Bakon & Cabbage recipe from Lori Brady. We are also so fortunate to be able to bring you an interview with Michael Allen of Val's Vegan Kitchen, which will be offering a special Irish Stew Burrito for St. Patrick's Day. Michael hails from Ireland, so don't pass up your chance for authentic Irish fusion vegan cuisine!

For Muslim vegans, we have a host of recipes to enjoy on Eid al-Fitr, at the end of Ramadan.

Our Vegan & Cruelty Free page brings you all the vegan shoes you'll ever need, the great majority from entirely vegan companies.

New this month is Vegan Foods in the Wild, a restaurant food photo page. Special thanks to Marcy Schveibinz for suggesting it!

And of course there's plenty of local news, from the closure of Dreamboat and Vulture to the opening of Mr. Charlie's to the Burger Lounge controversy. Read on for details...

Vegans united!
Stephen White

LOCAL NEWS

- Fine-dining restaurant Vulture and the diner-style eatery Dreamboat closed their doors on Sunday, February 8. Reservations for Vulture were hard to come by, as the schedule was booked solid in the restaurant's waning days. On Sunday Dreamboat was packed, with a line out the door, as the staff valiantly tried to keep up with customer demand.
- McDonald's-inspired vegan fast food chain Mr. Charlie's officially opened in Pacific Beach on February 7, with free food and a line down the block. The opening, the fourth location for the chain, was covered by [VegNews](#). A Hillcrest restaurant is expected to open soon.
- Michelle May of Viridian Productions announced that [San Diego VegFest](#) would be coming to Balboa Park September 26, 2026, promising to be a major event, with over 100 exhibitors, live entertainment, speakers, and more. The event will be free and family-friendly. Stay tuned for updates, this is one to watch.
- [Restaurants For Rescues \(RFR\)](#) and [Strategic Action For Animals \(SXFA\)](#) are holding a Community Appreciation Lunch for Eris Vegan Food Company in Oceanside on Sunday, March 8, at 1 pm. Per the organizers, "This lunch is our way of expressing gratitude to Eris Food for being a committed, values-aligned partner in promoting compassion and ethical living. We'll come together to enjoy a plant-powered meal, build connections, and reflect on the progress we've made — together." RSVP for the lunch [online](#).
- You'll have to move quick on this one - [Thousand Petal Lotus](#) in Vista has a very limited supply of Valentine Collection vegan chocolates from Unicorn Chocolates. They're sold out online, and it looks like this is one of two places in the country you can still get them.
- [Strategic Action For Animals \(SXFA\)](#) is hiring paid petitioners at \$25 an hour for weekend door knocking, as they seek to ban the sale of birds from breeders, just as with dogs, cats, and rabbits. DM them on [Instagram](#) for details.
- San Diego-based Burger Lounge is now cooking all french fries and onion rings in beef tallow, and some of their sauces are not vegan. The chain had generally been well-regarded in the community for their vegan-friendly options (offering Impossible patties and non-dairy cheese on their burgers, and an Ancient Grain Burger), but many former patrons have vowed to eat elsewhere, at least for the time being. Evolution, Val's, and Mr. Charlie's remain fully vegan.
- The "Best of San Diego and Best Restaurants 2026" poll for *San Diego Magazine* is open through March 22, including [Best Restaurants/Vegetarian & Vegan Restaurant](#) (which curiously seems to include a couple of non-vegetarian/vegan restaurants on the list). Vote for your favorite now!
- And congratulations to the [San Diego Vegans](#) Facebook page for reaching 14,000 members!

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

NATIONAL/INTERNATIONAL NEWS

- Mondelēz International, owner of “accidentally vegan” Oreos and Clif Bars, stopped “non-required” animal testing, largely [due to pressure from PETA](#). Despite this victory, the company’s [animal testing policy](#) states that the company doesn’t fund or contract with others to do animal testing “unless that testing is required by a government regulatory agency and there is no available alternative.” In other words, if it’s required by law, they will continue to test on animals. Mondelēz also owns Nabisco (Belvita, Ritz, Triscuit, Wheat Thins), Cadbury chocolates, and gum brands Chiclets, Dentyne, Stride, and Trident.
- [FactoryFarmWatch.org](#) is a new website created by Direct Action Everywhere (DxE) researchers and community partners, showing the location of factory farms in California. The site also has an online letter which can easily be sent to California legislators, urging them to end the factory farm crisis in California.
- The UK Supreme Court ruled on February 11 that plant milk company Oatly is unable to use the slogan “Post Milk Generation.” In 2013 the EU established a regulation that only allows dairy terms (“milk,” “cream,” “butter,” “cheese,” “yoghurt”) to be used for animal-derived products. The [BBC](#) reported that Oatly’s phrase “could confuse people over whether Oatly’s products are completely milk-free or merely have a low milk content.”
- [The Plant Powered School Meals Coalition](#) (which includes groups such as the PCRM, Center for Science in the Public Interest, and Health Kids Happy Planet!) is supporting the [Plant Powered School Meals Pilot Act \(H.R.5867 / S.3669\)](#), introduced by CA Senator Adam Schiff, among others. Submit letters in support of the act through [Action Network](#).
- *VegNews Magazine* is accepting votes for the [2026 Veggie Awards](#) through March 10 at midnight, Pacific Time, with results to be published in the April 1 “Best of Vegan Issue” of *VegNews Magazine*. Voters are entered to win prizes (which may or may not include promotional e-mails from VegNews).
- The [Natural Products Expo West](#) runs March 3-6, 2026, at the Anaheim Convention Center, including exhibitors Abe’s Vegan Muffins, Actual Veggies, Beyond Meat, Blake’s, Daring., Forager Project, LesserEvil, Meati, Made Good, Nuts for Cheese, and YumEarth. The cost of a non-industry guest pass is a mere \$4,750.
- Hair restoration company Nutrafol introduced a vegan [“Men 50+”](#) supplement in February. The men’s supplement the company had offered up to this point contains marine collagen. A vegan [women’s](#) supplement is also available.

Ben and Esther's • Choice Superfood • Donna Jean • El Veganito • Eris Vegan Food Co • Evolution Fast Food • Gorilla Eats Sushi • Kindred • Mr. Charlie's • MOTHERSHIP • OB People's Deli • One WorldBeat 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

San Diego Vegan Restaurants



Val's Vegan Kitchen. Upon seeing their menu, it takes a good bit of willpower not to say "One of each, please," with burgers, smashburgers, fries, chicken sandwiches, grilled cheese, sausage and egg sandwiches, fish & chips, loaded mac & cheese, shakes, beer, kombucha, desserts, and more. Co-owner Michael Allen catches us up on the rapid development of Val's, from a sudden inspiration to the hard work of developing a full menu, now available through their collaboration with Evolution Fast Food in North Park.

Where and when did you first open Val's?

We opened as a ghost kitchen in April 2024, in the Aztec Food Hub based in college area, a Cloud Kitchens operation.

What made you decide to open a vegan restaurant?

We turned vegan in 2022 while on a trip home (for Michael) to Ireland. Fernanda's daughter Valentina (Val) was vegan for most of her life, so Fernanda was already used to cooking vegan, and we both had wanted to transition for a while, but hanging around with the animals you see in the fields off every road every day there made our decision for us. We both grew up on farms and had animal product-heavy diets, so we had to totally relearn how to make ourselves happy with food again. We spent the first 6 months working literally every day on recipes, just for ourselves, and after about a year of experimenting we had started to find ways to make food taste the way we wanted it to, and actually were enjoying our everyday food more than we did before we were vegan. Once we had achieved that, we thought maybe it was something worth bringing to the market. I remember it was a particular morning and we had just made a really good breakfast sandwich, and we felt like it was good enough even to be on the regular market, when we said 'we should open a vegan restaurant!'. That wasn't an idea I had anticipated us having! But once we had that idea there was a momentum that carried us through the whole way.

Did you have any previous experience with restaurants?

We both have worked front of house in restaurants but had limited back of house experience before we opened the ghost kitchen. When we decided we were going to do it, we had targeted a ghost kitchen as a possible entrypoint, and we felt the best thing to do was sign a lease and let the pressure take us from there. When we signed the lease, we had a name 'Val's Vegan Kitchen', and we had our home cooking in our heads, and that was it. No logo, no menu, no burgers yet, no website, not even any particular idea of the kitchen equipment we would need or how we would get it. But rent was going to start two months from signing and we had to make it work. And we did, bit by bit we built up the kitchen, the menu, our expertise, our procedures, and our wonderful customers.

How did you choose your menu items?

The menu items were all put together by our taste buds! We just followed our taste for everything. Everything we were experimenting with had to taste unmistakably good, unquestionably good enough to be on the menu and then we would put it on the menu. But all the items came together according to what our taste buds wanted.

You and Evolution Fast Food had the genius idea to use the same space, as your food has a similar appeal. How did you come to this arrangement?

We left the ghost kitchen partly because we were offered an evening slot at the Evolution side of the space they share with Donna Jean at 2611 El Cajon. They were looking for a third partner to make the space more profitable. At first, they finished at 7 and we started at 8pm. This wasn't really long-term viable but it seemed like opportunities would inevitably follow if we went with it. Once we were in there, we noticed that some people wanted the Val's food and some people wanted Evolution. There are overall similarities but at the same time, they don't really compete, none of the items or flavors are by themselves similar between the menus. A lot of our customers from College Area

came straight out to support us at the new location, so much so that within a few weeks we were asked to take over the full time slot. We were very happy to run both menus side by side, in the ghost kitchen world the model tends to be multiple brands per kitchen, which increases the efficiency of the operation especially when using online platforms. So it was a no-brainer for us, run both menus side by side, train the kitchen, adjust until it works, and then the customers get their old and new favourite brands together. When we started, Evolution was open 11-7 Wed-Mon. Now, Evolution and Val's together are open 11-midnight 7 days a week!



Your menu is very photogenic. That drizzle looks so good!

Haha thank you! That style of drizzle and the garnish is all Fernanda, she has a great eye for presentation.

You offer different kinds of burger patties. What's the standard patty, and what other option(s) are available?

Our standard is a smashed Impossible patty, but we have a veggie patty made locally by local-vegan-legend Tracy Childs, we have the Beyond patty, house made bean patty and a raw patty also made by Tracy of [Tracy's REAL Foods](#).

Do you ever offer any specials, deals, or seasonal items?

This St. Patrick's Day we have an Irish Stew Burrito (Irish stew with mashed potato, cabbage and fries!) special. You can get it with a can of Guinness for \$20.

What was your life like before Val's?

I was and still am lecturing at UCSD full time. We would never have gotten through the first couple of years in which we worked every day without any return, if I didn't also have a full time job I was able to do alongside. I would teach during the day and we would open the kitchen in the evening time.



What does the future hold for Val's? Are there any plans for a second location?

We want to continue developing the menu, we have so many more items of the same standard that we would love to bring on board. We want to have as many locations as possible. The story in the restaurant world is that it is tough time for restaurants, and it is, but there is also a lot of inefficiency and mixed quality out there and I think if you're willing to think fresh there are opportunities. We have an opportunity in West Hollywood, an upscale food market there has asked us to be their vegan offering, we are looking for investors for that!

We're grateful to Michael for sharing how Val's has transformed from ghost kitchen to late night partner of Evolution to the integrated all-day Val's/Evolution menu, with new possibilities ahead. Val's has something for just about anyone, with creative recipes and multiple patty options for their burgers. If you've already been, you know. But if you haven't...just look at the menu, and you'll know what to do.

Val's Vegan Kitchen
2611 El Cajon Blvd, San Diego, CA 92104
Phone: (619) 333-0573
valsvegankitchen.com

Irish American Heritage Month

March is Irish American Heritage Month, celebrated most visibly on St. Patrick's Day. Here's what you need to know to properly honor Irish culture and heritage, vegan-style! After all, who's a better authority when it comes to greens?

Irish/Irish Descent Vegans

Actress **Jessica Chastain** (*Zero Dark Thirty*, *The Help*), actress/Miss World winner **Rosanna Davidson**, actress **Emily Deschanel** (*Bones*), singer **Billie Eilish**, model/*Dancing With the Stars* contestant **Thalia Heffernan**, Fall Out Boy drummer **Andy Hurley**, WWE wrestler **Becky Lynch**, actress/activist **Evanna Lynch** (Luna Lovegood in the Harry Potter films), actress **Kata Mara** (*Brokeback Mountain*, *The Martian*), singer **Morrissey** (vocalist for The Smiths), actor **Cillian Murphy** (*Peaky Blinders*, *Oppenheimer*), actress **Ellen Pompeo** (*Grey's Anatomy*) playwright **George Bernard Shaw** (1856-1950), actress **Olivia Wilde** (*Tron: Legacy*), influencers **The Happy Pear** (twin brothers Dave & Steve)...and possibly **Sinead O'Connor** (rumored, but unconfirmed).

St. Patrick's Day Recipes

There *are* vegan Irish recipes, such as Bubble and Squeak, but some of the best-known Irish dishes are off-limits to vegans as traditionally prepared. With a little creativity, though, they can be recreated in healthier, kinder versions.

The Carrot Underground: [Vegan St. Patrick's Day Recipes](#)

Forks Over Knives: [45 St. Patrick's Day Recipes](#)

World of Vegan: [Vegan St. Patrick's Day Recipes](#)

Ingredients for Traditional Irish Dishes

Irish Stew

Beef Tips: Beyond Steak (10 oz.), expected to be available at the San Diego Vegan Market, Ralphs, Sprouts, and Whole Foods (an Amazon company).

Lamb: [Juicy Marbles](#) Mighty Meat Lamb-ish, and other options at [Lily's Vegan Pantry](#).

Corned Beef & Cabbage

Corned Beef: Unreal Deli's Plant-Based Corn'd Beef Deli Slices (5 oz.), expected to be available at the San Diego Vegan Market, Thousand Petal Lotus, Ralphs, and Whole Foods.

Cabbage: Vegan cabbage is available at most local grocery stores.

Alcohol

Baileys Irish Cream: Baileys Almande almondmilk liqueur is vegan.

Guinness stout has been vegan since 2017, in draft, bottle and can.

Irish Pubs/Restaurants with Vegan Options

If you'd prefer to go out to celebrate, there aren't currently any all-vegan Irish pubs in San Diego, and it can often be tough to find vegan menu items at the omni pubs in the area, where even the salads often have cheese. There are several local Irish pubs with vegan options, though, and the clear winners locally are Shakespeare Pub (which even has a vegetarian/vegan menu on their website) and Stout Public House.

Shakespeare Pub, 3701 India Street, San Diego, CA 92103 (619) 299 0230 shakespearepub.com
Vegan items: Vegan Wrap, Heinz Baked Beans on Toast, Salads, Fresh Cut "Proper" Chips

Stout Public House, 1125 6th Ave, San Diego CA 92101 (619) 702-7933 www.stoutsd.com
Vegan items: Beyond Burger, Veggie Wrap, Avocado Toast, Vegan Curry and Rice

The Field, 544 5th Ave, San Diego, CA 92101 (in the Gaslamp) (619) 232-9840 thefield.com
Vegan items: Beyond Burger

The Pub, 2415 Morena Blvd, San Diego, CA 92110 (619) 276-2100 www.thepubinbaypark.com
Vegan items: House made Veggie Burger

Hennessey's Tavern, 2777 Roosevelt St, Carlsbad (760) 729-6951 / La Jolla (858) 551-8772
hennesseystavern.com Vegan items: Beyond Burger

The Harp, 4935 Newport Ave, San Diego, CA 92107 (619) 222-0168 theharpoceanbeach.com
Vegan items: Veggie Burger [French Fries, Onion Rings, Zucchini Fries, Tater Tots, or the Italian dressing]

Vegan Restaurants with Irish Dishes

The origin of the classic Reuben sandwich is hotly contested, but it most likely isn't Ireland. Regardless, the traditional Irish fondness for corned beef has made it a mainstay in Irish culture, and a popular choice for a St. Patrick's day celebration.

Reuben Sandwich: Ben & Esther's (College Area), El Veganito (La Mesa), Eris Vegan Food Co. (Oceanside), The Plot (Oceanside)





Jordan, Firecracker, and Matt, photo by Jordan Russo

INTERVIEW

Jordan Russo, Farm Animal Refuge

Farm Animal Refuge is a nonprofit animal sanctuary in Campo, California, founded by Jordan Russo and Matt Lieurance in 2016. The sanctuary has steadily grown since then, and has become a thriving, respected part of the community, caring for countless animals in need. Jordan generously took time from her very busy schedule to reflect on their journey and mission.

What inspired the founding of Farm Animal Refuge, and how has it evolved since those early days?

I think many animal lovers already share the core beliefs of veganism. We wanted to create a space where people could meet farmed animals face to face—and leave wanting to extend to them the same respect and compassion that most give to dogs and cats. Hopefully changing their diet.

I don't think any of us at the beginning could have dreamed Farm Animal Refuge would be what it is today. We don't get large grants or county support. Our average donation is just \$5 a month and all these people and volunteers came together to make the refuge what it is today.

We grew with the support. Now, we welcome thousands of guests a year to learn about the animal residents. We are also home to almost 100 animals. Most of which are seniors now!

For those who haven't visited (yet), how would you describe the daily work you do and the impact you aim to make?

Our daily life here is busy! And a constant challenge to speciesism. One of our core values is simple: the residents who live here deserve everything they need to truly thrive.

This year marks 10 years as an organization, and many of the animal residents are now seniors—or entering their senior years. That means our days are centered on thoughtful, individualized care from sun up to sun down. We prepare special meals, create detailed health plans, provide enrichment, set up cozy orthopedic beds, offer laser therapy, apply sunscreen, and tend to all the small but meaningful details that keep them comfortable, content, and excited for their lives! We believe sanctuary isn't just about survival. It's about creating something better—our own small example of what the world could look like if farmed animals were treated with the same dignity and respect we so naturally extend to other beloved companions. In our corner of the world, we're building a little version of that vision.



When non-vegans spend time with cows, pigs, chickens, and turkeys as individuals—with names, personalities, and preferences—it often sparks a powerful connection. Our hope is that connection stays with them long after they leave, and hopefully changes what ends up on their plate.

When vegans visit, we hope they leave with a full heart seeing happy free animals. We also hope to constantly push the needle on sanctuary standards and care.

How do animals come to you? I would imagine you can't give a forever home to all the animals that find their way to you.

The animals come from local shelters, surrenders, test labs, factory farms, and everything in between. Each animal has their own story and background. At our events, a volunteer is stationed with each animal to tell their story and make sure they are comfortable with guests. I think it's really powerful for our non-vegan visitors to be rubbing Rue's (the pig) belly while they hear her story of escaping on the freeway. Or meeting Grace (the cow) while learning about the dairy industry. There's something that really changes people's hearts when they meet an actual individual who came from the

Grace with volunteer BB, photo by Keeley Miller

industry. Gina is a turkey surrendered from a factory farm (organized by DxE). People hear her purr and watch her snuggle up to human affection. It's pretty amazing to watch the wheels turn.

All your animals are special, of course, and each has an individual personality. Are there some that are especially outgoing that interact more with visitors?

It's almost impossible to pick which animals are the most outgoing. That is a testament to our volunteer team. After a cleaning job, we ask that the volunteers spend time socializing and helping teach the animals that all people can be kind.

Of course, an animal never has to socialize or meet guests if they choose not to! But we've seen animals come from horrible situations but now love to interact.



Gina with volunteer Brianna, photo by Jordan Russo



Lenny with volunteer Chris, photo by Jordan Russo

Lenny the goat came from an abusive home. One of his favorite volunteers, Chris, spent so many hours with him when he first came. They sat together, he brushed him, cuddled. Now anyone who has visited would tell you how much they loved Lenny. Him being friendly with visitors is a reflection of how kind and patient the volunteers are. Volunteers build that level of trust with the animals. Then they are their ambassadors at events to make sure they feel safe and can choose to interact with guests.

What do you hope visitors take away from their time with the animals in terms of their emotions or perspective?

Our events are a great way for vegans to bring family and friends that might not have made the connection yet. The vegan food is always wonderful and meeting and connecting with

animals is such a gentle form of activism. We hope our non-vegan guests take away that farmed animals deserve love and respect and love their life just like the animals we share our home with.

We hope that vegan visitors take away a feeling of joy from seeing animals live the life we all wish for them. We also hope they take away what sanctuary means to us. They're not just living, they're thriving. The animals have large spaces, they have access to high quality medical care, their areas are clean, they have shelter, they have enrichment, cozy beds, and every one is treated as an individual.

Part of confronting our own speciesism as vegans, means understanding that we should have the same standards of care for farmed animals as other animals. For us sanctuaries that means knowing our limits, listening to the animals needs, and providing that same level of healthcare and comfort that would be expected at a private home.



Rue and board member Carlye, photo by Keeley Miller

Beyond the animal interactions, what is some of the "behind-the-scenes" work that goes into running a sanctuary that people might not be aware of?

I wouldn't trade it for anything, but sanctuary is all consuming. The behind the scenes work never ends. I think we need more sanctuaries! But I always tell people to volunteer as much as possible first. Volunteer when it's rainy, when it's hot, when you have a migraine, when it's your Mom's birthday. Because that is your life when you have a sanctuary, it's nearly impossible to "clock out."

I believe you also do private tours. How do those work?

Both private tours and events can be booked on our website at farmanimalrefuge.org.

All events are completely vegan and both events and private tours are all done with the animals' comfort as our first priority. Many of the animals love meeting people and cuddling up with guests! Our next event is in April and we also have a Mother's Day tour. Both with delicious plant based food!

Do you have connections with any other local sanctuaries?

We work with quite a few local sanctuaries that align with our mission and our standards of care! We actually recently partnered with the Open Barn in Ramona to clear our local shelter of four very deserving pigs!

Tell me about your volunteers.

In animal rescue we see the worst of people and the best of people. The volunteers are absolutely the best people I've ever met. I'm incredibly proud of the volunteer team and deeply grateful for each of them. They are truly the backbone of the refuge—this place simply would not be what it is without their dedication.

Because of their commitment, Farm Animal Refuge is able to welcome more animals than we ever imagined possible. They show up day after day to help provide exceptional care, and they also serve as passionate ambassadors at our events, sharing the residents' rescue stories with compassion and authenticity.

Thanks to the volunteers, the refuge now welcomes thousands of visitors each year and is home to almost 100 animals—all while still maintaining the high standards of comfort and individualized care the animals deserve. The level of outreach and quality of care the refuge community is able to achieve parallels sanctuaries with budgets many times larger than ours.

Beyond the work itself, volunteers also built a close, loving, inclusive community that supports not only the animals, but one another as well. Everyone takes so much ownership in this community and works hard to make it a beautiful place for the humans and animals. It's truly something special, and the organization is so lucky to have this support system!

Do you have any need of additional volunteers?

Always! Our biggest need is more volunteers. Come check out an event, talk to the animal ambassadors and ask them about their experience here. We'd love to add to the family!



Jordan and Rudy, photo by Keeley Miller

Looking ahead, what is the biggest goal or dream you have for the future of the refuge?

Our dream is always to help more animals! Building our volunteer team and increasing monthly donations is the best way for us to get there.

People can visit our website for more information on either of those! Another huge way to help, is to follow along and interact on social media @farmanimalrefuge to help us share about our work and the animals!

Heartfelt thanks to Jordan for granting us this interview, and to her, Matt, and the many others who have worked so hard to make Farm Animal Refuge a true haven for animals. If you haven't visited, it's an unforgettable experience. Go to farmanimalrefuge.org for details on events, private tours, donations, and volunteer opportunities.

Vegan Recipes

Bakon & Cabbage (My Self-Dubbed Irish Schlock)

recipe by Lori Brady

Ingredients

3-4 Tablespoons butter or margarine (vegan)*
5 oz. package of vegan bakon, cut into 1/2-1/3" slices
1 medium sweet onion, sliced into rings, then rings sliced in half
1 head cabbage, cored and thinly sliced (about 1 ½ pounds)
3 small-medium potatoes, peeled and diced into 1/2" cubes
2-3 teaspoons paprika
1 ½ cups chicken-flavored broth (vegan)**
Salt & freshly ground black pepper, to taste

Instructions

I use Lightlife Smart Bacon & I take it out first & set it aside to get to room temperature. This makes separating it easier. I separate each piece & then overlap them and chop, but it's a matter of preference.

In an uncovered pressure cooker, melt butter on medium-high heat (or Sauté button). Add bacon pieces and stir well to cover with butter. Add onion and sauté until soft, about

3 minutes.
Add cabbage, potatoes, paprika, and broth, and stir to combine. It can get crowded.

Cover the pressure cooker & bring it to pressure. Cook at high pressure for 3 minutes with a natural release. You may need to play with pressure/release times.

NOTES:

*You can substitute 1-2 tablespoons oil or ¼ to ½ cup broth.

**You can use vegetable broth or 1 ½ cups water with vegan chicken-flavored bouillon.





Ramadan and Eid al-Fitr

Ramadan, the ninth month of the Islamic lunar calendar, includes a month-long period of fasting from dawn to dusk. The end of Ramadan is celebrated on Eid al-Fitr, which means “Festival of Breaking the Fast,” which falls on March 20 in 2026. In addition to prayers, Eid is generally celebrated with special dishes.

All of the major spiritual traditions have a complicated stance in relation to animals. In many ways Islam and the Quran promotes kindness toward animals. The method of slaughtering animals prescribed by Islamic dietary laws (halal, meaning “permissible” or “lawful”) holds that animals must not suffer more than necessary, but tragically it is believed that halal slaughter is actually more painful for animals.

There are believed to be relatively few Muslim vegetarians and vegans, though one type of Islam, Sufism, is more associated with vegetarian/vegan diet. Despite their comparatively small number, there are a number of online resources for vegan or vegetarian Muslims.

- The website [Plant Based Arab](#) features many Arab and Middle Eastern recipes adapted for a vegan diet, as well as offering a vegan Ramadan guide and recorded cooking classes for purchase.
- In 2025 [PETA](#) rounded up the recipes of several dishes for Ramadan, including fattoush (a salad-like dish), a cinnamon-flavored rice pudding, an easy chickpea omelet, stuffed grape leaves, and falafel with tahini sauce.
- The [Middle East Vegan Society](#) offers a blog post on “How to Survive Ramadan as a Vegan While Inspiring Others”, discussing how the post-sunset meal, iftar, can be an opportunity to “share values and build bridges.”
- There aren’t any fully vegan local halal restaurants, but vegan options are available at Sadaf (Gaslamp), The Halal Guys (Hillcrest), Lezat Indonesian Kitchen (Barrio Logan), Mr. Shawarma (Carlsbad, El Cajon, Little Italy, Pacific Beach, San Marcos), Mystic Grill & Bakery (Clairemont, La Mesa), The Kebab Shop (Chula Vista, East Village, La Jolla, Little Italy, Mira Mesa, Mission Valley, Point Loma, Rancho Bernardo), Shawarma Guys (La Mesa, Mira Mesa, South Park), Tahini (Mission Valley).

Vegan Food *in the Wild*



Photo: Marcy Schweibinz

*The Purple Mint Vegan Bistro,
City Heights*

Crispy Roll and Grilled Chicken



VEGAN & CRUELTY FREE: Shoes & Boots

★: Full Vegan Company

Men's Shoes and Boots

★[Ahimsa](#) (Brazil): Boots, Chelsea Boots, Chukka Boots, Derby Shoes, Dress Shoes/Office Shoes, Hiking Shoes/Boots, Loafers, Oxfords, Running Shoes, Sneakers, Wingtips

★[Bohema](#) (Poland): Ankle Boots, Boots, Chelsea Boots, Lace-Up Boots

[Dr. Martens](#) (England): Boots, Lace-Up Boots, Loafers, Oxfords

★[8000 Kicks](#) (Portugal): Boots, Chelsea Boots, Running Shoes

★[Embassy of Bricks and Logs](#) (Germany): Chelsea Boots, Hiking Shoes/Boots, Sneakers

★[Green Laces](#) (Sweden): Boots, Chelsea Boots, Derby Shoes, Flip Flops, Sneakers

★[King55](#) (Brazil): Boots, Chelsea Boots, Chukka Boots, Lace-Up Boots, Motorcycle Boots

★[Matt & Nat](#) (Canada): Boots, Dress Shoes/Office Shoes, Loafers, Oxfords, Sandals, Sneakers

★[MooShoes](#) (USA): Ankle Boots, Boots, Brogues, Chelsea Boots, Derbys, Dress Shoes/Office Shoes, Loafers, Oxfords

★[NAE Vegan Shoes](#) (Portugal): Ankle Boots, Boat Shoes/Deck Shoes, Boots, Clogs, Derby Shoes, Dress Shoes/Office Shoes, Hightops, Hiking Shoes/Boots, Loafers, Running Shoes, Sandals, Sneakers

★[Newton Running Company](#) (USA): Running Shoes

[Old Navy](#) (USA): Boat Shoes/Deck Shoes, Flip Flops, Loafers, Sneakers, Work Boots/Safety Boots

★[Solari Milano](#) (Italy): Chelsea Boots, Brogues, Derby Shoes, Loafers, Oxfords, Sneakers

[STC Footwear](#) (Canada): Lace-Up Boots, Steel Toe Boots, Waterproof Boots, Work Boots/Safety Boots

★[Vegetarian Shoes](#) (England): Ankle Boots, Boots, Chelsea Boots, Dress Shoes/Office Shoes, Engineer Boots, Hiking Shoes/Boots, Lace-Up Boots, Loafers, Monkey Boots, Oxfords, Running Shoes, Sandals, Slippers, Sneakers, Steel Toe Boots, Wingtips, Work Boots/Safety Boots

★[V.GAN](#) (England): Ankle Boots, Boat Shoes/Deck Shoes, Brogues, Brogue Boots, Chelsea Boots, Chukka Boots, Clogs, Derby Shoes, Espadrilles, Monk Shoes, Slippers

★[Will's Vegan Store](#) (England): Boat Shoes/Deck Shoes, Brogues, Brogue Boots, Chelsea Boots, Chukka Boots, Cowboy Boots/Western Boots, Derby Shoes, Desert Boots, Dock Boots, Dress Shoes/Office Shoes, Hiking Shoes/Boots, Lace-Up Boots, Loafers, Monk Shoes, Oxfords, Running Shoes, Sandals, Sneakers, Sneakers/Hightops, Tactical Boots, Waterproof Boots, Wingtips, Work Boots/Safety Boots

★[Yes We Vibe](#) (Canada): Barefoot Shoes, Flip Flop, Hightops, Hiking Shoes/Boots, Lace Up Boots, Slipons, Sneakers, Winter Boots

Women's Shoes and Boots

- ★ [AERA](#) (USA): Ankle Boots, Boots, Heels, Knee-High Boots, Lace-Up Boots, Slingbacks, Thigh-High Boots
- ★ [Agazi](#) (Poland): Ankle Boots, Ballet Flats/Ballerina Style, Barefoot Shoes, Boots, Chelsea Boots, Clogs, Combat Boots, Heels, Lace-Up Boots, Loafers, Sandals, Slides/Sliders, Sneakers, Hightop Sneakers, Slip-on Sneakers, Sandals,
- ★ [Ahimsa](#) (Brazil): Ankle Boots, Boots, Calf-High Boots, Chelsea Boots, Chukka Boots, Cowgirl Boots/Western Boots, Derbys, Dress Shoes/Office Shoes, Flats, Heels, Hiking Shoes/Boots, Loafers, Oxfords, Running Shoes, Sneakers, Wingtips
- ★ [Bhava](#) (USA): Ankle Boots, Boots, Calf-High Boots, Knee-High Boots, Flats, Heels, Hiking Shoes/Boots, Loafers, Mary Jane's, Platform Shoes, Sandals
- ★ [Bohema](#) (Poland): Ankle Boots, Ballet Flats/Ballerina Style, Boots, Clogs, Cowgirl Boots/Western Boots, Heels, Lace-Up Boots, Loafers, Mary Janes, Sneakers
- ★ [8000 Kicks](#) (Portugal): Boots, Running Shoes
- ★ [Green Laces](#) (Sweden): Ankle Boots, Boots, Chelsea Boots, Flip Flops, Mary Janes, Sandals, Sneakers
- ★ [King55](#) (Brazil): Boots, Chelsea Boots, Chukka Boots, Lace-Up Boots, Motorcycle Boots
- ★ [Matt & Nat](#) (Canada): Ankle Boots, Boots, Chelsea Boots, Combat Boots, Derbys, Dress Shoes/Office Shoes, Flats, Flip Flops, Heels, Hightops, Loafers, Mules, Oxfords, Sandals, Sneakers
- ★ [MooShoes](#) (USA): Ankle Boots, Boots, Clogs, Mary Janes, Oxfords, Sandals
- ★ [NAE Vegan Shoes](#) (Portugal): Ankle Boots, Ballet Flats/Ballerina Style, Boots, Clogs, Desert Boots, Flats, Heels, Hightop Sneakers, Hiking Shoes/Boots, Knee-High Boots, Sandals, Sneakers,
- ★ [The New Orchard](#) (Switzerland): Slippers, UGG Boot-style
- ★ [Newton Running Company](#) (USA): Running Shoes
- [Old Navy](#) (USA): Flats, Heels, Loafers, Sandals, Sneakers, Flip Flops
- ★ [Thousand Fell](#) (USA): Sneakers, Hightops
- ★ [Vegetarian Shoes](#) (England): Ankle Boots, Chelsea Boots, Dress Shoes/Office Shoes, Hiking Shoes/Boots, Lace-Up Boots, Loafers, Monkey Boots, Oxfords, Running Shoes, Sandals, Sneakers, Steel Toe Boots, UGG Style Boots, Wingtips, Work Boots/Safety Boots
- ★ [Will's Vegan Store](#) (England): Ankle Boots, Ballet Flats, Biker Boots, Brogues, Chelsea Boots, Derbys, Desert Boots, Flats, Hightops, Hiking Shoes/Boots, Knee-High Boots, Lace-Up Boots, Loafers, Mary Janes, Monk Shoes, Oxfords, Riding Boots, Running Shoes, Sandals, Slingbacks, Sneakers, Snow Boots, Tactical Boots, Waterproof Shoes, Western Boots, Work Boots/Safety Boots
- ★ [Witchwood Bags](#) (USA): Creepers, Mary Janes, Sandals, Slippers, Sneakers
- ★ [Yes We Vibe](#) (Canada): Barefoot Shoes, Flip Flops, Hightop Sneakers, Hiking Shoes/Boots, Lace-Up Boots, Slipon Sneakers, Sneakers, Winter Boots

Local Resources

VeganDiego, San Diego County's Vegan Directory www.vegandiego.com

A comprehensive listing of vegan restaurants, markets, food services, businesses, and organizations.

San Diego Vegans Facebook group www.facebook.com/groups/sdvegans

With 14,000 members, this is one of the best sources of information on the local vegan community.

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

An inclusive group that meets regularly to connect local vegans.

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.

San Diego Vegan Activists www.facebook.com/sandiegoveganactivists

A source for local protest and advocacy opportunities.

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 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, gifts.

Natural Foods Stores: • Chains: [Baron's Market](#), [Jimbo's](#), [Manolo Farmers Market](#), [Mother's Nutritional Center](#), [Sprouts Farmer's Market](#), [Trader Joe's](#), [Whole Foods Market](#) (owned by Amazon)

• Independent Markets: [Cardiff Seaside Market](#) (Cardiff), [Frazier Farms](#) (La Mesa, Oceanside, Vista), [Jensen's Foods](#) (Point Loma), [Keil's](#) (San Carlos), [Lazy Acres Market](#) (Encinitas, Mission Hills), [Ramona Family Naturals](#), [San Diego Farmers Outlet](#) (Grantville), [Stehly Farms Market](#) (Kensington, Valley Center), [Windmill Farms](#) (Del Cerro)

Local Activism Opportunities

[Action for Animals \(XFA\)](#) group, [Action for Animals](#) app, [BAAL \(Bold Activists for Animal Liberation\)](#) group, [Direct Action Everywhere \(DxE\)](#) group, [Kind Heart Coalition](#) group, [Strategic Action for Animals \(SXFA\)](#) group, [Vegan Justice](#) group + San Diego Vegan Activists ([Instagram](#) [Facebook](#)) pages

National/International Resources

VEGAN FOOD FINDERS

Happy Cow vegan/vegetarian restaurant finder www.happycow.net

Veggl vegan food options at restaurant chains veggl.com

VEGAN ALCOHOL

Barnivore: www.barnivore.com

VEGAN PRODUCT FINDERS/CHECKERS

Vegan Product Checkers: [Double Check Vegan](#) app, [Is It Vegan?](#) barcode app, [Vegan Verify](#) barcode app, [WhatsVegan](#) ingredient label scan app, [Conscious Bunny](#) free website, [Is It Vegan?](#) free website, [Logical Harmony Animal Ingredient List](#)

CRUELTY FREE PRODUCT CHECKERS

Cruelty Cutter app: cruelty-cutter.org

CRUELTY FREE PRODUCTS

Leaping Bunny cruelty free certification: www.leapingbunny.org

PETA cruelty free certification: crueltyfree.peta.org/product-type

Cruelty-Free Kitty: www.crueltyfreekitty.com

Ethical Elephant: ethicalelephant.com

VEGAN ORGANIZATIONS

The Vegan Society: Birmingham, England | www.vegansociety.com

The American Vegan Society, Malaga NJ: americanvegan.org

Vegan Outreach: Sacramento, CA | veganoutreach.org

Viva! The Vegan Charity: Bristol, England | viva.org.uk

Vkind (products, companies and services): www.vkind.com

VEGAN and CRUELTY FREE ONLINE COMMUNITIES

Reddit/Vegan: www.reddit.com/r/vegan

Reddit/Cruelty Free: www.reddit.com/r/crueltyfree

VEGAN CERTIFICATIONS

Vegan Society, Vegan Action/Vegan Awareness Foundation, American Vegetarian Association, BeVeg, V-Label International, VegeCert vegecert.com

VEGAN HOUSING

VegVisits: vegvisits.com

CRUELTY FREE INVESTING

Cruelty Free Investing: crueltyfreeinvesting.org

ACTIVISM OPPORTUNITIES

PCRM Actions: www.pcrm.org/take-action

PETA Action Center: www.peta.org/actioncenter

VegMediaWatch: vegmediawatch.org

Factory Farm Watch: FactoryFarmWatch.org

MARCH COMMUNITY CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <u>FactoryFarm Watch.org</u> outreach at Hillcrest Farmers Market 11 am, lunch at Veganic Thai 1:15	2 <u>Eris special: All-In Lunch (sandwich + a drink for \$12), 12-2 pm Mon-Fri →</u>	3 <u>ACTIVISM: SD County Board of Supervisors</u> meets to review the Countywide Food Contract, e-mail to advocate shift to more plant-based proteins	4 <u>Tacotarian special: Dorado tacos \$1.99</u> <u>Maya's Cookies \$2 chocolate chip cookies</u> Tue-Wed 4-5 pm	5	6 <u>San Diego Sustainable Night Market</u> , Miramar 5-9 pm <u>Veggie Friends Circle/Hsi Fang Temple</u> University Heights 5:30 prep, 6:30 meet, 7:30 dinner	7 <u>OPPORTUNITY Farm Animal Refuge</u> private tour \$175 for up to 8 people
8 <u>Community Appreciation Lunch for Eris Vegan Food Co</u> , Oceanside 1 pm <u>PlantDiego: Raw Vegan Picnic in the Park</u> 12-1pm Rcho Peñaquitos	9 <u>Eris special: All-In Lunch (sandwich + a drink for \$12), 12-2 pm Mon-Fri →</u>	10 <u>Tacotarian special: Taco Tuesday, tacos \$1 off</u> <u>Maya's Cookies \$2 chocolate chip cookies</u> Tue-Wed 4-5 pm	11 <u>Tacotarian special: Dorado tacos \$1.99</u> <u>Maya's Cookies \$2 chocolate chip cookies</u> Tue-Wed 4-5 pm	12	13	14 <u>North Park Sustainable Market + Art Walk</u> , North Park 12-4 pm <u>ACTIVISM: Vegan Justice at North Park Art Walk</u>
15 <u>Spirituality for Animal Advocates</u> online 1-2:30 pm	16 <u>Vegan Meditation</u> online, 6-6:30 pm	17 <u>Tacotarian special: Taco Tuesday, tacos \$1 off</u> <u>Maya's Cookies \$2 chocolate chip cookies</u> Tue-Wed 4-5 pm	18 <u>Tacotarian special: Dorado tacos \$1.99</u> <u>Maya's Cookies \$2 chocolate chip cookies</u> Tue-Wed 4-5 pm	19	20 <u>Vista Sustainable Night Market</u> , Vista 5-9 pm	21 <u>Sale Ranch: Spring Open Ranch</u> , Temecula 9:30-12 pm VIP, 10-12 GA (\$20)
22	23 <u>Eris special: All-In Lunch (sandwich + a drink for \$12), 12-2 pm Mon-Fri →</u>	24 <u>Tacotarian special: Taco Tuesday, tacos \$1 off</u> <u>Maya's Cookies \$2 chocolate chip cookies</u> Tue-Wed 4-5 pm	25 <u>Tacotarian special: Dorado tacos \$1.99</u> <u>Maya's Cookies \$2 chocolate chip cookies</u> Tue-Wed 4-5 pm	26	27	28
29 <u>PlantDiego: Tour of Franklin Farm Sanctuary</u> , Lakeside (sug. donation: \$15) 10 am, lunch at Loving Hut Mira Mesa, 11:30	30 <u>Eris special: All-In Lunch (sandwich + a drink for \$12), 12-2 pm Mon-Fri →</u>	31 <u>Tacotarian special: Taco Tuesday, tacos \$1 off</u> <u>Maya's Cookies \$2 chocolate chip cookies</u> Tue-Wed 4-5 pm	All dates and times subject to change, please verify event information Coming Soon: Farm Animal Refuge <u>Spring Open House</u> (Apr 11) San Diego Super Adoption (Apr 11) Sale Ranch: <u>Yoga & Mindfulness Morning</u> (Apr 18) San Diego <u>EarthFest</u> (Apr 25) <u>Vegan Justice</u> volunteer opportunity at San Diego Earthfest (Apr 25) The Open Barn: <u>Paint For the Animals</u> (May 3)			

Deals & Discounts

RESTAURANTS

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

[Chani's Donuts](#) (Kearny Mesa): Free sample donut

[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 many vegan options
With app, free sandwich on birthday month, periodic specials and offers

[Maya's Cookies](#) (Grantville, San Marcos): \$2 chocolate chip cookies Tuesdays & Wednesdays 4-5 pm

[Nibble Chocolate](#) (Old Town's Fiesta de Reyes): 10% off coupon in [VeganDiego](#)

[Phattie's Bake Shop](#) (Point Loma): Rewards program, 1 point for every \$2 spent

[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

[Rayluca Chocolate](#) (Mira Mesa): For online orders, use code "LOVE15" for 15% off.

[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

FREE / DISCOUNTED EVENTS

[San Diego Sustainable Night Market](#), Miramar - free admission: Fri, Mar 6, 5-9 pm

[North Park Sustainable Night Market](#) + [Art Walk](#) - free admission: Sat, Mar 14, 12-4 pm

[Vista Sustainable Night Market](#), Vista - free admission: Fri, Mar 20, 5-9 pm

STOREFRONT MARKETS

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

[Thousand Petal Lotus](#) (Vista): Low priced Rebel Cheese, buy one, get \$1 off second cheese

ONLINE SALES

[Yes We Vibe](#) (Canada): shoes and boots: Buy one pair, get one pair free

FUN PAGE

Terrible Vegan Joke of the Month

Q: How did the Irishman end up at a vegan restaurant?

A: He heard that there were lots of greens there.

Forward all complaints to the editor

Irish & Vegan

- For vegans living in Ireland (or those who are visiting), there's The Irish Vegan website, sharing local products and groups.
- The Vegan Society of Ireland holds events and does outreach on the Emerald Isle. Updates available on the the group's Facebook page.
- Trivia: actor Cillian Murphy (Peaky Blinders, Oppenheimer) was omni, then vegetarian, then omni, then vegetarian, and is currently vegan.

Vegan/Vegetarian Character: Shaggy on Scooby-Doo

Casey Kasem (1932–2014), longtime voice actor for Shaggy in the Scooby-Doo franchise, was an avid vegan, and grew uncomfortable with Shaggy being depicted eating meat. Starting with the series *What's New, Scooby-Doo?* (2002-2006), Kasem convinced the producers to depict Shaggy as a vegetarian. This diet has persisted even after Kasem stopped providing Shaggy's voice. (Incidentally, Shaggy's full name is Norville "Shaggy" Rogers.)

Quotable:

"I think it's really important for people to know that you don't have to be perfect...just be as vegan as you can be."
- Kathy Freston, author

Vegans in the News

Vegan athletes competing in the Winter 2026 Olympics included American **Kristen Santos-Griswold**, a short-track speed skater, and American-Italian ice hockey player **Jacquie Pierri**, on the Italian women's national ice hockey team. Rumors are circulating that the long-awaited third album from **Phoebe Bridgers** (of boygenius fame) may be released this year. Vegan US Senator from New Jersey **Corey Booker** is undertaking a book tour, with California stops in Los Angeles (4/3) and San Francisco (4/4). Scottish actor **Alan Cumming** was tapped to host the BAFTAs (British Academy Film Awards); Cumming is also filming the sequel to *Romy and Michele's High School Reunion* (1997). **Joan Jett** was featured on the February 24 Music Makes Us podcast, sharing her views on Paul McCartney, Bad Bunny, ICE, and "choosing your battles." Canadian rocker **Bryan Adams** will release the 10-track collection *Tough Town* in April, previously issued on the deluxe box set of his album *Roll With the Punches* (2025).

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 are excerpts from our interview with Jordan Russo on what would help Farm Animal Refuge continue to care for animals in need.

- “Our biggest need is more volunteers. Come check out an event, talk to the animal ambassadors and ask them about their experience here. We’d love to add to the family!”
- “Our dream is always to help more animals! Building our volunteer team and increasing monthly donations is the best way for us to get there.”
- “Another huge way to help, is to follow along and interact on social media @farmanimalrefuge to help us share about our work and the animals!”

Next Issue

What’s coming in April? Easter, the San Diego Super Adoption event in North Park (Apr 11), San Diego EarthFest in Balboa Park (Apr 25), and new Spring events at the local animal sanctuaries, including the Yoga & Mindfulness Morning at Sale Ranch (Apr 18), and the Spring Open House at the Farm Animal Refuge (Apr 11).

As always, we would love submissions from the community: news, interviews, a restaurant spotlight, recipes, or cruelty free & vegan products. Get in touch with us at info@vegan-news.org

Vegan News
San Diego