



Vegan News

San Diego



April, 2026

Vegan-News.org



Local News • The Purple Mint Vegan Bistro

Interview: Ky Do of Thousand Petal Lotus

Easter for Kids & Families • Vegan Passover Seders

Vegan News *San Diego*

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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

Happy Spring! Nature is coming alive, and so is the local community.

So much is happening lately that we had to expand both our Local News and National/International News pages, which is a pretty nice problem to have.

Our featured restaurant this month is The Purple Mint Vegan Bistro in City Heights, offering an innovative and delicious Vietnamese menu, and first rate service.

Easter can be a tough time for vegan families with kids. Chocolate Easter Bunnies, beeswax in jelly beans, egg decorating, and worst of all - gelatin-filled Peeps! We've come up with some tips to help you navigate the holiday, animal-free.

Traditional Passover Seders can also pose challenges for vegans, and we've turned up some resources to help take the stress out of planning your gathering. Plus, our recipe page this month offers three versions of charoset, all of them worth trying.

Ky Do, owner of Thousand Petal Lotus, the only vegan market in North County, made time for an interview on his personal experience with veganism, and his interest in helping others find their way.

New this issue is the "Movies and TV" page (AKA "Free Vegan Movie of the Month"), spotlighting Dr. Michael Greger's new film *How Not to Die*. Like all of Dr. Greger's media, he's made it available free to all as a public service.

The Spay Neuter Action Project nonprofit is holding their second annual Spay-Ghetti and No Balls vegan benefit dinner on April 26. The event includes a trivia party and silent auction, all for a great cause.

Vegans united!
Stephen White

LOCAL NEWS

- With the March 14 Sustainable Market and Art Walk event in North Park, [Viridian Productions](#) celebrated the milestone of hosting a total of 200 markets. These events play an essential role in sustaining and growing local vegan businesses and introducing curious omnivorous passersby to the wide range of vegan cuisine available. Congratulations to Michelle May and the Viridian team!
- Speaking of Viridian Productions, their annual [EarthFest](#) event will be held April 25 in Balboa Park, featuring over 100 vendors, environmental and conservation groups, and entertainment and activities, including music, speakers, panel discussions, yoga and wellness classes. The event is dog-friendly and will include activities for kids. Community partners include [Healthy Kids Happy Planet!](#), [A Way Home For Dogs](#), and [Sustainability is Sexy](#).
- Raw vegan café [Peace Pies](#) announced that the Leucadia/Encinitas location was closing, with its last day of service scheduled for March 29. After originally opening in Ocean Beach in 2007, the Leucadia café opened in 2011, but was burned in a fire in 2019, and finally reopened in 2024. That same year Yelp ranked the café #53 on the Top 100 Places to Eat in the U.S. list. The Ocean Beach location will remain open.
- Farm Animal Refuge sanctuary in Campo will be holding their [Spring Open House](#) on Saturday, April 11, from 11 am to 2 pm, offering a tour of the sanctuary and a chance to meet all the animals. Food and drinks will be available for purchase. If you can't make it that day, [private tours](#) of the sanctuary are also available.
- Scratch House is offering [Easter catering](#), including charcuterie displays and vegan pot roast, but you'd better hurry - orders are due by April 2, for pickup April 3rd or 4th near SDSU. In addition, they will be hosting a Mediterranean pop-up operating as "Shawarma Dudes" at the San Diego Vegan Market (4606 Mission Gorge Place, Suite A), April 26 from 5pm until sold out. Fair warning - they sell out fast.
- Sale Ranch Animal Sanctuary in Temecula is holding their [Spring Open Ranch](#) event on April 18, from 10 am to 12 pm (VIP event begins at 9:30 am), where visitors can meet the animal residents and tour the spring garden. Food and drinks will be available for purchase. [Private tours](#) are also available.
- The [San Diego Vegan Family Meetups](#) Facebook group is holding a Vegan Egg Hunt & Potluck on April 12 in Oceanside. Join the group on Facebook to participate, and RSVP by April 4.
- San Diego's own Connie Edwards McGaughy, creator of [The Carrot Underground](#) vegan recipe and lifestyle inspiration website, has a recipe featured in the February/March issue of [AARP](#) magazine. Congratulations, Connie!

- [Direct Action Everywhere](#) (DxE) has two upcoming events, a [protest at Petco HQ](#) in Rancho Peñauquitos (Fri, April 3, 11 am - 1 pm): “In recognition of World Aquatic Animals Day, we urge Petco to stop selling all animals, they are sentient beings that deserve to thrive in their natural ecosystems, not suffer in captivity.” The group is also offering an [Easter Outreach](#) in Mission Bay Park (Sun, April 5, 11 am - 2 pm): “Join us for a peaceful outreach event exposing the hidden cruelty of San Diego’s local egg factory farms, because behind the Easter tradition of coloring eggs lies an industry of suffering.”
- DxE is keeping the pressure on Ridgman Farms, a major breeder of beagles used in experiments; after serious abuses were discovered, Ridgman agreed to close its breeding facility in Wisconsin by July 1, 2026 to escape felony charges of animal cruelty, but many beagles remain at the facility (see notice in National/International News). At the Toxicology Expo at the San Diego Convention Center, DxE San Diego activists initiated a conversation with Rick Van Domelen, Ridgman’s former lead veterinarian (who had his license suspended last year related to delegating surgeries to employees with no veterinary license, as well as improper record keeping). Van Domelen began shouting for security. The protest was nonviolent, but Samantha Prado was arrested and cited for misdemeanor battery.
- Advocacy and education group [Vegan Justice](#) began the 2026 season of street fair outreach with the March Sustainable Market in North Park. Upcoming opportunities to volunteer with the group include San Diego EarthFest in Balboa Park (Apr 26), the Santee Street Fair (May 23), the OB Street Fair and Chili Cook-Off (Jun 27), Hillcrest Cityfest (Aug 9), the Escondido Grand Avenue Festival (Oct 18), and the Encinitas Holiday Street Fair (Nov 22).
- “Good Business San Diego,” a segment on KUSI News, featured [an interview](#) with chef Roy Elam of [Donna Jean](#) in North Park, showing examples of favorite dishes at the restaurant and highlighting chef Elam’s book of recipes. As a bonus, host Roy Robertson said he was a long-term vegetarian, and the cameraman, Chris, was vegan.
- Mr. Charlie’s, Veggie Grill, and San Diego-based Plant Power Fast Food were all included on the [VegNews](#) list of the best vegan fast-food chains in the US.
- [Dr. Will Tuttle](#) will give a lecture on *The Art of Healthy Living* at the Carlsbad library on Wednesday, April 8, 12:30 p.m., and at the Ocean Beach People’s Food Co-Op on Thursday, April 9, from 6-9 pm. Dr. Tuttle’s 2012 talk at Google on The World Peace Diet is [here](#).
- Organic natural grocer [Jimbo’s](#) has announced the opening of a new location, the small chain’s fifth, at the Watermark center in Scripps Ranch, at Scripps Poway Parkway & the I-15; the opening is scheduled for 2026, but no date has been confirmed. A Mission Valley store in Civita is slated to follow in 2027.

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

NATIONAL/INTERNATIONAL NEWS

- The 2026 Expo West natural products industry event introduced many new vegan products. Highlights included Oshi and Offbeast Foods' "Surf & Turf" (salmon and filet mignon), Switch Foods' Kafta and Chicken Shawarma, and Field Roast's andouille sausage. Also of note were Better Balance's Salsa Verde shredded chicken and chorizo, 24Vegan's fish sauce, new Ritter Sport bars, and Nature's Charm ube sweetened condensed milk.
- A meta-study in the [British Journal of Cancer](#) caused a stir with findings that vegan subjects seemed to have a higher risk of colorectal cancer, contradicting the findings from previous research. A response from [The Vegan Society](#) offered helpful context, noting that the very low sample size of vegans (0.5% of subjects) limits the generalizability of this result (acknowledged by the authors of the study). In addition, individuals were classified as vegan based on their diet over the past 12 months, even if their transition to a vegan diet was recent. Additional video commentary and context was offered by [Mic the Vegan](#).
- Beyond announced four new flavors of Beyond Immerse, their sparkling protein drink (which also includes antioxidants, electrolytes, and fiber): Cherry Berry, Cucumber Grapefruit, Piña Colada, and Strawberry Lemonade. All flavors are available through [Beyond Test Kitchen](#).
- The [Plant-Powered People Podcast](#) has begun its 2026 season, catching up with hosts Michelle Cehn (founder of [World of Vegan](#)) and Toni Okamoto (founder of [Plant Based on a Budget](#)). Regrettably for fans of the show, this may be their last season.
- Takis, known for their spicy rolled tortilla chips, is offering a new crunchy Cheetos-like snack called Pix. The "Fuego" flavor is vegan, but the "Cheezy Blast" flavor is not (despite the vegan-like spelling of "Cheezy").
- Unchained TV covered a mass action by activists, led by attorney/activist Wayne Hsiung, to rescue beagles from the Ridgman Farms breeding and research facility in Wisconsin, after reports of abuse and a legal settlement that mandates that Ridgman must forfeit its breeding license by July 1, 2026. Content warning: reports of abuse from the facility are deeply troubling. Unchained coverage can be found [here](#), and DxE San Diego's link is [here](#).
- Sadly, chocolate maker Lindt has announced the discontinuation of the Lindor line of oatmilk truffles, though they may still be available for a limited time.

- William Shatner, best known for playing Captain Kirk in the Star Trek franchise, released a [message in support of PETA](#) on March 22, just before his 95th birthday. After opening with, “I just want to say that PETA is terrific,” Shatner described the tragedy of killing animals and the planet, imploring viewers, “We have a chance to stop that. We have the science to stop it, and we must clean up our act now, before it’s too late.”
- Good Eat’n, a vegan snack brand, offering Big Dill Ranch Tortilla Chips, Hot Hot Puffs, and Nacho Cheeze Tortilla Chips, is expanding to all Kroger supermarkets in the country. The brand was created by NBA point guard Chris Paul (L.A. Clippers, Phoenix Suns, San Antonio Spurs). Kroger owns Ralphs and Food 4 Less supermarkets, but Good Eat’n is not currently at those stores. The nearest Kroger market is in Paramount, CA (LA county).
- [Farm Animal Rescue](#) announced that New York City’s foie gras ban was recently upheld by a New York court, despite industry-backed challenges. The law was first passed in 2019, with the goal of halting cruel force-feeding of ducks and geese, but rulings by the New York State Department of Agriculture and Markets and a New York Supreme Court judge kept the law from going into effect, holding that the ban violated state agricultural laws.
- James Talarico, the Democratic candidate for U.S. Senate in Texas, has faced criticism over a 2022 video from his Texas House of Representatives campaign in which he pledged to keep his campaign events vegan due to climate concerns. Although Talarico never claimed to be vegan personally, Texas Republicans have used the footage to portray him as out of touch with “Texas values.” Senator Ted Cruz falsely claimed Talarico “wants to BAN BBQ,” Gov. Greg Abbott called him “crazy,” and Sen. John Cornyn also took a dig at Talarico, saying “the steaks couldn’t be higher.” A recent article in [VOX](#) details the controversy.
- Maggie Baird, mother of musicians Billie Eilish and FINNEAS, will be hosting a public media series called [Climate Kitchen](#) in 2027, described as “Part cooking show, part lifestyle series, part docuseries”.
- The American Heart Association released its, [2026 Dietary Guidance to Improve Cardiovascular Health](#), summarizing that, “In general, heart-healthy dietary patterns contain primarily vegetables and fruits, whole grains, healthy sources of protein, liquid nontropical plant oils (eg, soybean, canola, olive oils), and minimally processed foods. Dietary patterns higher in plant-based foods and lower in animal products have been associated with lower coronary heart disease risk and more favorable coronary heart disease risk factors and metabolome profiles.” Regarding protein, they summarized, “dietary patterns higher in plant sources of protein and lower in animal sources of protein are associated with better cardiovascular health.”

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



The Purple Mint Vegan Bistro, offering a wide variety of vegan Vietnamese food, was opened by Sara Le in Allied Gardens in January, 2015, and quickly established itself as a popular local destination, receiving high marks for their food, ambiance, and service.

In October, 2023, the restaurant announced they would need to close, when the strip mall where they were located was sold to developers. Fortunately, a new location was soon found in City Heights, not far from San Diego's other prominent vegan Vietnamese restaurant, Thanh Tinh Chay. The reopening in City Heights took place in November, 2023.

Popular dishes include Peking Duck Lettuce Wraps, Crispy Seasoned Tofu, fresh spring rolls and fried egg rolls, varieties of vegan Pho soup, and entrées such as Kung Pao Chicken, Lemongrass Stir-fried Chicken/Beef/Tofu, and Sizzling Steak Filet Mignon. A variety of gluten free options are available.



The restaurant is efficiently managed by CJ and Sun, who have a well-deserved reputation for excellent customer service. Their staff would like to thank the community for their continuous support, and encourage them to share the news of their new location. The restaurant is open 11:00 am - 8:00 pm, 7 days a week.

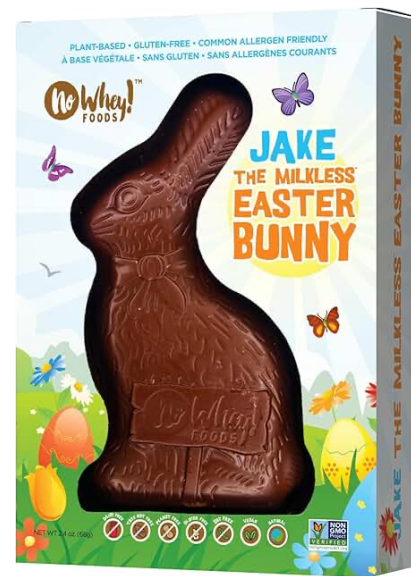
The Purple Mint Vegan Bistro
4616 El Cajon Blvd Suite 3, San Diego, CA 92115
Phone: (619) 280-3388
www.thepurplemint.net | [Instagram](#)

EASTER for VEGAN KIDS & FAMILIES

Holidays can often pose dilemmas for vegan families, and Easter is no exception. The painting of eggs, the purchase of rabbits or chicks for children, milk chocolate bunnies, gelatin-filled Peeps, and the dreaded Easter ham at omni family gatherings are just a few of the hazards in the Easter gauntlet. We've tracked down some solutions and workarounds for those wishing to have a traditional - but vegan - Easter experience.

Chocolate Bunnies. The classic "milkless" chocolate Easter Bunny has to be "Jake" from [No Whey! Foods](#). Gluten-free and free of the 8 major allergens, Jake has a classic realistic rabbit form. Jake's albino twin is "Cottontail," a white chocolate bunny. If you like your bunnies on the wackier side, No Whey! offers the more cartoonish "Noah" and "Nibbles."

Other chocolate bunny brands include vegan chocolatier Lagusta's [Luscious chocolate bunnies](#), vegan Olivia Chocolat's [chocolate and white chocolate bunnies](#), mostly-vegan Chocolate Emporium's ["Dark Chocolate Sitting Bunny"](#) and smaller [Floppy Ear Bunnies](#), Yum Earth's [Easter Chocolate Bunny with Jelly Beans](#), Lake Champlain's [Dark Chocolate Easter Bunnies](#), Lindt's [Dark Chocolate Gold Bunny](#), and Delysia Chocolatier's [chocolate bunny](#) (the dark chocolate is vegan).



Chocolate Candies

No Whey! [mini-cream filled chocolate eggs](#), [mini sunflower butter filled chocolate eggs](#), [chocolate Easter lollipops](#), and [Hoppy Smooches](#) (similar to Hershey's kisses), Lagusta's Luscious [peanut butter eggs](#) and [egg vareity pack](#), Chocolate Emporium's [Mini-Eggs](#), [Chocolate Cream Egg](#), [Large Raspberry Cream Egg](#) and [Large Peanut Butter Cream Egg](#), Hotel Chocolat's [Unbelievably Vegan Extra-Thick Egg](#).

Jelly Beans

Yum Earth: Jelly Beans (organic)
SunRidge Farms: Jolly Beans (organic)
Jolly Rancher: Jelly Beans (GMO, artificial colors)
Nerds: Bumpy Jelly Beans (artificial colors)
WarHeads: Sour! Jelly Beans (artificial colors)

Marshmallow Treats (similar to Peeps)

GoodMallow: Plant-Based Marshmallows/Bunnies or Eggs

Trader Joe's: Marshmallow Eggs

Easter Eggs

Most of us could probably dispense with the eggs entirely, but kids can be sensitive to feeling left out when their peers are decorating eggs or participating in Easter egg hunts. Below are some options for vegan/cruelty free ways to decorate eggs if you're in need of options.

Egg Alternatives, for Painting or Decoration

Ceramic Eggs: [TheGlassConnection](#) (Yakima, WA), [MiasorellaGifts](#) (Amawalk, NY), [CWsCeramicsandBisque](#) (Redford, MI), [RockLadyMichelle](#) (New Philadelphia, OH)

Cardboard/Paper Eggs: [DesignedByModus](#) (Torrance, CA), [Fun Express](#) (Irvine, CA), [GypsyKnotandSpool](#) (Kalkaska, MI), [YourHeartsContent](#) (Cottage Grove, WI)

Wood Eggs: [GeorgesGeneralCrafts](#) (Las Vegas, NV), [Factory Direct Craft](#) (Springboro, OH), [ArtForFamily](#) (Ukraine), [CraftSupplyHouse](#) (Libertytown, MD)

Easter Egg Dye from [Natural Earth Paint](#). Eggs aren't vegan of course, but this dye kit is vegan and cruelty free. It *might* be effective with ceramic eggs, but we haven't had a chance to test it.



Easter Dinner

Easter Ham

Tofurkey: [Plant-Based Ham-Style Roast with Amber Ale Glaze](#)

Prime Roots: [Black Forest or Smoked Ham-Inspired Clean Plant Protein](#) (difficult to find)

Decorations

Velvet Carrots: www.etsy.com/shop/YourHeartsContent



Animal Adoptions

While this community is well aware, it bears repeating that gifts of rabbits or chicks to children for Easter are strongly discouraged. The [San Diego House Rabbit Society](#) offers good counsel on rabbit adoptions to make sure families think through what is involved in caring for a rabbit over the long haul, and the same applies to chicks or any other animal.



Vegan Passover Seders



Passover is one of the major Jewish holidays, marking the liberation of the Israelites from slavery in Egypt. It is celebrated with a Seder, a ritual feast held over the first two nights of the week-long Passover holiday. The Seder includes retelling the story of the Israelites' Exodus from Egypt, blessings and rituals, songs, and a special meal which includes matzah (unleavened flatbread), symbolic foods, and four cups of wine.

A traditional Seder includes some symbolic foods, including a stack of three matzos (representing the three Patriarchs, Abraham, Isaac, and Jacob), and a Seder plate, with six foods (which may vary depending on ethnic heritage): Maror (bitter herbs, often horseradish or endive), Chazeret (commonly romaine lettuce, chicory, dandelion greens, or green onions), Charoset (a sweet dish often made with apples and walnuts), and Karpas (a vegetable such as celery, parsley, or potato, dipped in salt water or vinegar). Here's where it gets more complicated for vegans: the fifth and sixth foods are Beitzah, a roast egg, and Zeroa, a roasted lamb or goat bone. The Vegan Atlas recommends replacing the egg with a small potato or orange, and the bone with a whole beet or chunks or roasted beet.

Vegan and Veganized Seder Dishes

In addition to the symbolic foods, dishes for a Passover Seder might include matzo ball soup, brisket, kugel, latkes, and gefilte fish, which range from completely vegan to decidedly not.

- Matzo ball soup: Both Manischewitz Matzo Ball & Soup Mix and Streit's Matzo Ball & Soup Mix are vegan, and premade soup is also available for takeout from [Ben & Esther's Vegan Jewish Deli](#).
- Brisket: Though it's in a different form than a brisket roast, Ben & Esther's offers brisket sandwiches which, if you've ever tried them, is no sacrifice.
- Charoset: A simple but delicious sweet dish typically made with fruit (apple or dates), walnuts, and spices, that's a welcome addition to the meal. This is generally made fresh.
- Kugel: A baked casserole that takes many forms, but is most commonly made from noodles or shredded potato. Kugel can easily be made vegan.
- Latkes: These potato pancakes usually don't last long. If you don't want to make them from scratch, the mixes from Manischewitz and Streit's are fully vegan, as are frozen latkes from Kineret.
- Wine, usually red wine, plays a central role in a seder, with four glasses traditionally included during the meal. Vegan wines can be found at the [Barnivore](#) website.
- Gefilte fish: This is obviously not originally vegan, but vegan recipes are available from [PETA](#) and [The Gefilteria](#).

Recipes and Cookbooks

It's helpful to learn from those who have gone before, and there are several online recipe resources for creating a vegan Seder, including [The Vegan Atlas](#), [Eating by Elaine](#), [World of Vegan](#), [The Vegan Skillet](#), and [The Post Punk Kitchen](#).

There are also many Jewish vegan cookbooks with holiday recipes. These are a good place to start:

- *The Superfun Times Vegan Holiday Cookbook* (2016) by Isa Chandra Moskowitz. And if you haven't checked out her website (and former TV show) [The Post Punk Kitchen](#), now's the time!
- *Mayim's Vegan Table* (2014) by Mayim Bialik
- *Vegan Start Passover Cookbook* (2016) by Rena Reich

Restaurants

The go-to source for fully vegan food in San Diego, [Ben & Esther's Vegan Jewish Deli](#) does catering (4 days notice required), and often has special dishes around the holidays, so keep your eyes open for new delicacies.

With a little creativity and some helpful resources, a vegan Seder is a wonderful way to honor ancient traditions in a way that can make the holiday even more meaningful.



Vegan Recipes

Three Charoset Recipes

Charoset is a delightfully simple recipe, producing a delicious and healthy dish that's quick and easy to prepare. If you haven't made it before, start with the recipes as written, but you may soon find yourself doubling or tripling them.

Simple Charoset

Ingredients

2 apples, cored and diced	1 teaspoon cinnamon
1 cup raw walnuts, diced	1 Tablespoon maple syrup

Instructions

Add all ingredients to a mixing bowl and combine thoroughly. Chill for 2 hours before serving.

Ashkenazi Charoset

Ingredients

2 apples, cored and finely diced	1 teaspoon cinnamon
2 cups walnuts, toasted and diced	1/2 cup sweet vegan wine or grape juice
1 Tablespoon brown sugar	Optional: 1/2 teaspoon orange zest

Instructions

Dice apples and set aside. Toast walnuts in a skillet over medium heat for 5 minutes, stirring often, and allow to cool on a cutting board, dicing when cool.

Add diced apples, diced walnuts, brown sugar, cinnamon, wine/grape juice, and orange zest (if using) to a mixing bowl, and combine thoroughly. Chill for 2 hours before serving.

Sephardic Charoset

Ingredients

1 apple, peeled, cored, and diced	1 teaspoon cinnamon
1 cup pitted dates	1/4 teaspoon ginger
2/3 cup raisins	3 Tablespoons sweet vegan wine or grape juice
1/2 cup walnuts	

Instructions

Add all ingredients to a food processor and blend to desired consistency. Chill for 2 hours before serving.



INTERVIEW

Ky Do, Thousand Petal Lotus

Thousand Petal Lotus opened in Vista in the summer of 2022. It is the only all-vegan market in North County, offering foods, cleaning products, and personal care items, including foods from major brands (Beyond, JUST, Yo Egg, Blackbird pizza), cheeses and deli slices, spices, snacks, and candies. Owner Ky Do shared some of his personal journey and his work to make the benefits of veganism available to the larger San Diego community.

People often become vegan for animal welfare, health, or environmental reasons. I saw an interview in which you said your introduction to veganism was different from these.

As a young person, I often wondered about the purpose of life. Why do we exist? I wanted to understand the “nature of reality.” To find these answers, I looked to different philosophies and religions. This led to the discovery of fundamental truths. One of which is, “thou shall not kill.” Many individuals take this common precept to only include human beings. However, through my research,

I came to understand that all sentient life is precious. This led me to become Vegan. And, as I pursued the Vegan lifestyle and spiritual practice, I started to notice a deeper connection developing with animals, people, our precious world, and my body. I gained greater compassion, developed more mental clarity, and a stronger sense of calmness. Now how was this possible? I believe when we consume the flesh of living beings that were killed horrifically, we consume the energy of death, fear, and violence. These energies block our true God-given-nature which are love, peace, empathy, etc.

How did you come to open a vegan market? Have you done this kind of work before?

God has blessed me with an opportunity to help my fellow co-inhabitants on this planet. I have lived this most compassionate lifestyle for 17 years and I've seen how it's benefited me in so many ways. I wanted to share this most peaceful way of living with others. I believe this is the way we should all live. I have never owned a business before. It was and still is a big learning curve riddled with struggle. However, I just keep persisting and let God lead the way.



There are not as many vegan restaurants or stores in North County, which I'd imagine has its pros and cons for your business. There may be a smaller customer base, but also less competition. How has it been for you to be located in Vista?

Vista is not a Vegan friendly town yet. But I'm hoping to change that. Besides my business, we have two other fully Vegan businesses in Vista. In terms of competition, in my eyes, there is no competition. All Vegan businesses are working together in developing a greater societal awareness and ultimately change.

Do you offer any items that are hard to find elsewhere?

We carry many items that you won't find at your traditional natural foods stores. In addition, our pricing is competitive. This shocks many people because I'm a small business.

I'd imagine it's very meaningful to play such a big role in helping people live a vegan life.

One of the greatest joys of my job is helping people transition to a Vegan lifestyle. I want to convert the world! A wise person once said "peace begins on our plate." If we wish to have peace in our world, it must start by not harming animals. The negative energy of killing trillions of animals a year worldwide manifests via wars, natural disasters, diseases, hate etc. It is the universal law of cause and effect or as you sow shall you reap. Therefore, if the world goes Vegan, this powerful negative energy will not be created.

Do you carry any products from local small businesses?

I enjoy working with and supporting local Vegan vendors. And I do carry a few products from local vegan businesses. I also carry unique and popular Vegan products that are not typically found in your average grocers.

I was glad to see you take EBT, so people can use CalFresh SNAP benefits.

I want to offer those with modest incomes an opportunity to eat better!

What is the significance of your store's name?

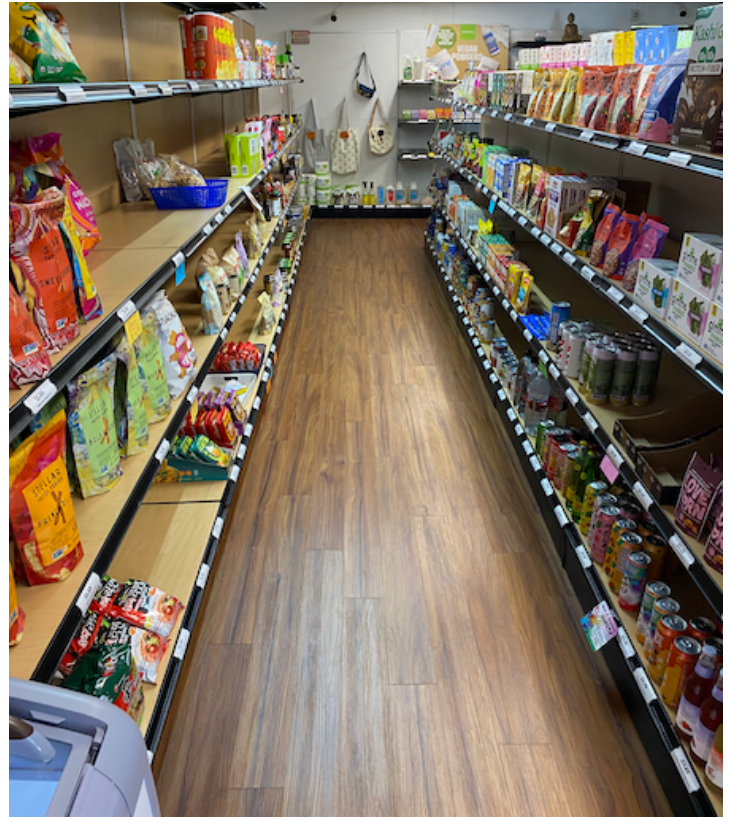
The Thousand Petal Lotus, known as the Crown chakra or Sahasrara Padma, represents the pinnacle of spiritual awakening and supreme consciousness. It serves as a gateway to the universal mind, embodying the essence of ultimate truth, beauty, and bliss. This profound symbol reflects the journey of enlightenment, where one transcends individual perception and embraces the interconnectedness of all existence.

For anyone who hasn't been to the store yet, what would you say is the best reason for them to stop by and check it out?

Whether you're vegan-curious, flexitarian, or fully vegan, we have something for everyone—at a fair and competitive price. We proudly carry unique items you won't typically find in your average natural foods store.

More importantly, this store is for everyone. My goal is for every person who walks through the door to feel welcomed, safe, and respected. Like the show *Cheers*, sometimes you want to go where everybody knows your name—and I truly make an effort to know my customers personally.

I understand how hard it is to earn a living, and I sincerely appreciate every customer who chooses to spend their hard-earned money here.



We are so appreciative of Ky's thoughtful answers, and ongoing service to the community. If you haven't been yet, we encourage readers to visit Thousand Petal Lotus, to see the great variety of products and to experience firsthand what a welcoming environment it is.

Thousand Petal Lotus
264 Vista Village Drive, Ste A, Vista, CA 92083
www.thousandpetallotusvista.com
10 am - 6 pm Wed - Mon, closed Tuesdays



7 Ways to Help Vegan Markets

We're very fortunate to have two local all-vegan markets, the San Diego Vegan Market in Grantville and Thousand Petal Lotus in Vista. It's good to buy vegan products from any store, but making sure these markets stay in business is a priority for the community. So how can consumers help? Here are a few ideas to consider, depending on your budget, taste, and appetite.

1. **Groceries.** Buy larger items here, if possible, or buy quantities of smaller items if they will keep.
2. **Pick up deli or ready to eat foods for outings.** Going on a picnic or hike? The San Diego Vegan Market has a deli, as well as ready-made sandwiches ready to grab and go. Thousand Petal Lotus has a number of ready to eat foods as well.
3. **Dog Food.** There's so much interesting people food at the San Diego Vegan Market, it's easy to forget that they also sell dog food. If you have hounds at home, pick up some V Dog kibble while you're there, the big bags are an excellent way to support the market.
4. **Gift Certificates.** Purchasing Gift Certificates can be a way to encourage others to enjoy the products these stores offer.
5. **Help two local businesses at once.** Any time you buy a vegan product made by a local business from a vegan market, you're doubling the support you give. The San Diego Vegan Market carries [Tracy's REAL Foods](#), [Scratch House](#) cheese, [Sweets by Victoria](#), [Rayluca Chocolate](#), [Bear Bar](#), etc., and Thousand Petal Lotus has local products as well.
6. **Spread the news.** Take photos of your purchases and post them to your social media, where vegan and non-vegan friends alike can see them. It's a good reminder for vegans to support the markets, and you never know when an "omni" friend may be inspired or have occasion to recommend them to another vegan.
7. **Post reviews online.** A positive review in places like Yelp! or Google Reviews, especially if they include nice photos, can really make a difference.

Thanks for any help you can provide to keep our markets healthy!

Vegan Food *in the Wild*



*Eris Vegan Food Co.,
Oceanside
Bam-Bam Burger*



*Tacotarian,
North Park
Taco Combo*

MOVIES & TV

How Not to Die

Free Viewing Links: [UnchainedTV](#) or [YouTube](#)

Writer: Michael Greger

Director: Shaun Monson

Length: 79 minutes

Release date: February 18, 2026

Production Company: Nation Earth

Rating: Not Rated

Focus: Health

Content Warning: No graphic content

Based on the 2025 book of the same name, the documentary *How Not to Die* is largely a filmed presentation by Michael Greger, MD, known in the vegan community for his podcast [Nutrition Facts with Dr. Greger](#), website [NutritionFacts.org](#), and [YouTube channel](#). Dr. Greger's engaging presentation, covering research on whole food plant-based diets, is intercut with interview clips with several medical authorities:

- Columbus Batiste, MD, a board-certified interventional cardiologist, and co-founder of [Healthy Heart Nation](#).
- T. Colin Campbell, Ph.D., a biochemist specializing in the effect of nutrition on health, featured in the documentary [PlantPure Nation](#) (2015), among many others.
- Garth Davis, MD, a weight management expert and bariatric surgeon, author of *Proteinaholic: How Our Obsession with Meat Is Killing Us and What We Can Do About It* (2016).
- Caldwell Esselstyn Jr., MD, director of the [Esselstyn Heart Disease Program](#) at the Cleveland Clinic, author of *Prevent and Reverse Heart Disease* (2007).
- Michael Klapper, MD, co-founder (with John Robbins) of EarthSave International, serving as the organization's Scientific Director.
- Dean Ornish, MD, medical researcher and founder and president of the nonprofit Preventive Medicine Research Institute.
- Angie Sadeghi, MD, gastroenterologist and founder of the [Institute of Plant-Based Medicine](#).
- Dean Sherzai, MD, Ph.D., and Ayesha Sherzai, MD, co-directors of the Alzheimer's Prevention Program at Loma Linda University.
- Kim Allan Williams, MD, past president of the American College of Cardiology.

Dr. Greger draws a parallel between the huge amount of research needed before the government issued warnings on the dangers of smoking (literally thousands of studies) and the growing body of research documenting the perils of consuming animal products.

VEGAN & CRUELTY FREE: Etsy Finds

Etsy, like many companies, is complicated. The company has come under fire for allowing fur to be sold on its site, including by [PETA](#) and [BAAL](#). There are also sellers who are vegan/animal rights focused on the site, such as the ones below. We support and respect individual choices regarding this, and encourage creative solutions (e.g., contacting companies outside of the Etsy platform when possible), as well as contacting Etsy directly or through the [PETA](#) link to advocate for a fur ban.

Etsy Finds: T-Shirts, Stickers, Coffee Mugs, Badges/Pins

[LOCAL! CarolHav](#) (San Diego, CA): “Calf 269” products: Keychains, earrings

[Anticarnist](#) (Norwich, England): T-shirts, stickers

[FairStickers](#) (Montreal, Canada): T-shirts, stickers, activist stickers, spray paint stencils, badges/pins, coffee mugs

[GayforStickers](#) (Menifee, CA): Stickers, tote bags

[Generation Vegan](#) (Canada): T-shirts/hoodies, mugs, keychains, bumper magnets

[JohannaLostaoArt](#) (Essen, Germany): Stickers, oil paintings, turtle art print

[JustMorePlants](#) (Lincolnwood, IL) T-shirts, sweatshirts, hoodies, mugs

[JustPeaceCo](#) (London, England): Stickers, badges/pins

[KatinkaCares](#) (Eindhoven, The Netherlands): Activist stickers

[KelseaSweetDesign](#) (St. Louis, MO): Printable art, fridge magnets, wooden signs

[LivingLaVeganLoca](#) (Sahuarita, AZ): Stickers, pins, patches

[MeatlessandPetty](#) (Rock Springs, WY): T-shirts

[PlantBasedCards](#) (UK): Badges/pins, stickers, coloring books, games and puzzles

[PlantEaterApparel](#) (Hillsboro, OR) T-shirts, sweatshirts, stickers

[ThreadsforLoveShop](#) (Los Angeles, CA): T-shirts, tank tops, stickers

[TurtlePondMtl](#) (Canada): “Cruelty Free Fridge” magnet, “No Animal Products Beyond This Point” magnet, T-shirts, sticker

[UprootedVegan](#) (Portland, OR): T-shirts, hats, beanies, stickers

[VegancoreGoods](#) (Houston, TX): T-shirts, hats, mugs, tank tops, stickers, magnets, tote bags

[WholesomeSoybean](#) (Oxnard, CA) T-shirts, stickers



Photo: [FairStickers](#)

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

Help Support SNAP!

SNAP, the Spay Neuter Action Project, was founded in 1990 by a group of women who were volunteering at a local animal shelter, working to reduce the number of animals that required care in shelters. The group became a non-profit in 1995, and continues to expand, providing spay & neuter services for many low and mid-income individuals each year. Their Neuter Scooter mobile surgical bus debuted in 2003, allowing them to serve more people and more areas of the county.

Join SNAP on April 26 for their second annual Spay-Ghetti & No Balls vegan benefit dinner, also featuring a trivia party and a silent auction, all for a great cause. Use the QR code below, or head over to their website to get tickets before they sell out!

www.snap-sandiego.org

JOIN US
FOR AN ITALIAN INSPIRED EVENING!

SAVE THE DATE
Sunday, April 26, 2026
4:00pm-7:00pm

2nd annual
SPAY-GHETTI & NO BALLS
Delicious Vegan Dinner • Trivia Party • Silent Auction
and more surprises!

Join us in helping SNAP build a future where
every pet has a safe, healthy and happy home.

Del Mar Social 3444 Tripp Court, San Diego, CA 92121
TICKETS on Sale Now!
\$75 per person/ \$25 for SNAP Loyal Lifesavers

SCAN



for TICKET INFO



SPAY-GHETTI

APRIL COMMUNITY CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Donna Jean special: Entree, Dessert + Drink for \$35 Wed-Thu 5-9 pm Tacotarian special: Dorado tacos \$1.99	2 Donna Jean special: Entree, Dessert + Drink for \$35 Wed-Thu 5-9 pm	3 ACTIVISM: DxE protest at Petco HQ, Rancho Peñaguitos, 11 am - 1 pm San Diego Sustainable Night Market, Miramar 5-9 pm	4
5 ACTIVISM: DxE Easter Outreach, Mission Bay Park 11 am - 2 pm	6 Eris special: All-In Lunch (sandwich + a drink for \$12), 12-2 pm Mon-Fri → Vegan Meditation online, 6-6:30 pm	7 Tacotarian special: Taco Tuesday, tacos \$1 off Maya's Cookies \$2 chocolate chip cookies Tue-Wed 4-5 pm	8 Dr. Will Tuttle: Lecture on The Art of Healthy Living, Carlsbad City Library Carlsbad 12:30 pm	9 Dr. Will Tuttle: Lecture on The Art of Healthy Living, Ocean Beach People's Food Co-Op Ocean Beach, 6-9 pm	10	11 Farm Animal Refuge Spring Open House, Campo 11-2 pm North Park Sustainable Market + SD Super Adoption, North Park, 12- 4pm
12	13 Eris special: All-In Lunch (sandwich + a drink for \$12), 12-2 pm Mon-Fri → Vegan Meditation online, 6-6:30 pm	14 Tacotarian special: Taco Tuesday, tacos \$1 off Maya's Cookies \$2 chocolate chip cookies Tue-Wed 4-5 pm	15 Donna Jean special: Entree, Dessert + Drink for \$35 Wed-Thu 5-9 pm Tacotarian special: Dorado tacos \$1.99	16 Donna Jean special: Entree, Dessert + Drink for \$35 Wed-Thu 5-9 pm	17 Vista Sustainable Night Market, Vista 5-9 pm	18 Sale Ranch: Yoga & Mindfulness Morning, Temecula 10 am-12:30 pm PlantDiego: Arbor & Earth Day Resource Fair, Lemon Grove, 10 am-1 pm
19 Spirituality for Animal Advocates online 1-2:30 pm	20 Eris special: All-In Lunch (sandwich + a drink for \$12), 12-2 pm Mon-Fri →	21 Tacotarian special: Taco Tuesday, tacos \$1 off Maya's Cookies \$2 chocolate chip cookies Tue-Wed 4-5 pm	22 Donna Jean special: Entree, Dessert + Drink for \$35 Wed-Thu 5-9 pm Tacotarian special: Dorado tacos \$1.99	23 Donna Jean special: Entree, Dessert + Drink for \$35 Wed-Thu 5-9 pm	24	25 San Diego EarthFest, Balboa Park, 11-5 pm ACTIVISM: Vegan Justice volunteering at SD Earthfest Balboa Park
26 SNAP Spay-Ghetti & No Balls Dinner & Trivia (vegan dinner, ticketed event) Del Mar, 4pm	27 Eris special: All-In Lunch (sandwich + a drink for \$12), 12-2 pm Mon-Fri →	28 Tacotarian special: Taco Tuesday, tacos \$1 off Maya's Cookies \$2 chocolate chip cookies Tue-Wed 4-5 pm	29 Donna Jean special: Entree, Dessert + Drink for \$35 Wed-Thu 5-9 pm Tacotarian special: Dorado tacos \$1.99	30 Donna Jean special: Entree, Dessert + Drink for \$35 Wed-Thu 5-9 pm	Coming Soon: • The Open Barn: Paint For the Animals (May 3) • Viridian Productions: Cinco De Mayo Dinner & Comedy Show (May 5) • Farm Animal Refuge: Mother's Day Tour (May 10)	

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): Weeknight Dinner Special: Entree, Dessert + Drink for \$35 Wed-Thu, 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](#) (City Heights): 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, Apr 3, 5-9 pm

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

[Vista Sustainable Night Market](#), Vista - free admission: Fri, Apr 17, 5-9 pm

[San Diego EarthFest](#) festival, Balboa Park - free admission: Sat, Apr 25, 11-5 pm

[Dr. Will Tuttle: The Art of Healthy Living lecture](#), OB People's Food Co-Op, free admission, Thu, Apr 9, 6-9 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

FUN PAGE

Terrible Vegan Joke of the Month

Among Mr. and Mrs. Ivore's children, perhaps it was inevitable that little Herb would become a vegan.

Forward all complaints to the editor

The Vegan Flag

Per VeganFlag.org, the International Vegan Flag was designed in 2017 "by a network group of graphic designers and activists from several countries," led by Gad Hakimi, an Israeli vegan activist. "The colors white, green and blue were chosen to represent the natural habitats of animals: sky, land, and sea. The letter V stands for Vegan, and is an inverted pyramid intended to symbolize the ability to do the impossible."



Vegan/Vegetarian Character:

Phoebe from *Friends*

Phoebe Buffay, memorably played by Lisa Kudrow, was (mostly) a vegetarian and animal rights advocate on the sitcom *Friends*. She was depicted as briefly eating meat while pregnant, but also seemed to have vegan leanings. In "The One with the Blackout" (S1, E7), Phoebe sings, "New York City has no power, and the milk is getting sour. But to me that is not scary, 'cause I stay away from dairy." Sounds like a real friend.

"Three times a day, I remind myself that I value life and do not want to cause pain to or kill other living beings. That is why I eat the way I do."
- Natalie Portman

Vegans in the News

Director **Paul Thomas Anderson** (*Magnolia*, *There Will Be Blood*, *Licorice Pizza*) won Best Director and Best Picture Academy Awards for *One Battle After Another* (2025), following vegan actress **Mikey Madison**'s Best Actress win last year for *Anora*. **Bella Ramsey** (*Game of Thrones*, *The Last of Us*) will star in director Guy Nattiv's upcoming mystery film *Harmonia*. March 17 was the 20th anniversary of *V for Vendetta* starring **Natalie Portman**, the film version of Alan Moore's classic graphic novel. **Morrissey** and **Smashing Pumpkins** are headlining the Darker Waves festival in Huntington Beach, November 14 ([ticket presale](#) begins Thursday, April 2). Morrissey is famously vegan, and Smashing Pumpkins frontman Billy Corgan is said to be plant-based.

The Last Word: Community Ask

There are many groups and organizations which could benefit from community support to further their vision. Community Ask is an opportunity for these groups to request whatever assistance would be most helpful. Below are some ways to help the [Spay Neuter Action Project \(SNAP\)](#).

- We are always looking for passionate community members to join our Advisory Committee. Your time, ideas, and support are essential in helping more pets receive the preventive care they need through outreach events, clinic days, and fundraisers.
- Our main goal is clear: we aspire to see fewer unwanted litters and healthier pets throughout San Diego. Monthly donations enable us to keep surgeries affordable and bring services directly to the communities that need them the most.
- Want to help in just 10 seconds? Follow SNAP, engage with our posts, and share our resources with fellow pet lovers. One share can assist a family in finding the support they need.

Next Issue

Coming up in May: Paint For the Animals event at The Open Barn (May 3), Viridian Productions' Cinco De Mayo Dinner & Comedy Show (May 5), and Farm Animal Refuge Mother's Day Tour (May 10).

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