



Vegan News

San Diego



June, 2026

Vegan-News.org



Interviews: Rachel Hosler & Melanie Bazzell of Kind Heart Coalition,
Justin Ramirez of Gorilla Eats Sushi
Local News • Pride Month • Father's Day Recipe

Vegan News San Diego

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Editor: Stephen White
Copy Editor: Eve White-
Chapero

Contributors: Rachel Hosler &
Melanie Bazzell (interview),
Justin Ramirez (interview)

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

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

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From the Editor

Somehow it's June already, and lots is happening in the San Diego vegan community.

We're delighted to bring you our cover story, an interview with Melanie Bazzell and Rachel Hosler, co-founders of the prominent activist group Kind Heart Coalition.

We were also fortunate to get an interview with Justin Ramirez, the chef behind vegan sushi kitchen Gorilla Eats Sushi, at the Aztec Food Hub in the Rolando area. Researching this piece required sampling their sushi (the sacrifices we make...), and if you haven't been yet, don't wait!

June is Pride Month, and several organizations and individuals have kindly offered messages of support and appreciation to the local LGBTQIA+ vegan community.

Our Father's Day recipe, Vegan Nachos, accommodates cooks of all skill levels, with a no-nut homemade vegan cheese sauce, or store-bought alternatives.

The "Movies and TV" page (AKA "Free Vegan Movie of the Month") features *Vegucated*, a 2011 documentary following three New Yorkers as they experiment with a vegan diet.

The June Community Calendar includes two PlantDiego potlucks and a lunch at One World Beat Café, volunteering with Vegan Justice, Farm Animal Refuge's "Pig-nic" event, two SNAP fundraisers, and sustainable markets by Viridian Productions. Our suggestion: print out the calendar to keep track of all the activities during the month. See you out there...

Vegans united!
Stephen White

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LOCAL NEWS

- [Dave Engel](#) is known in the community for his activism, including his role as an organizer for Direct Action Everywhere (DxE). He is currently running to represent San Diego's 51st congressional district in the House of Representatives. The California primary ends on June 2.
- On May 4, the North Park location of the Loving Hut restaurant chain announced they were closing as of May 15. On [Instagram](#) they announced, "While this chapter is ending, our hearts are full of gratitude for the love you've shown us since day one." A reason for the closure was not provided in the post. Some former customers have reported no longer patronizing Loving Hut restaurants after the owner of the chain, Ching Hai, generated controversy by [calling](#) Donald Trump "God-Chosen Leader of America and Bringer of World Peace," [advocating](#) for Trump's efforts to overturn the 2020 presidential election, and [describing Trump and Charlie Kirk](#) as "brave and motivated by a Love of God", while [accusing](#) Joe Biden of "actively promoting death and moral depravity" and calling the [Biden administration](#) "evil demonic forces in the White House". The Mira Mesa location of Loving Hut will remain open.



- Pebble Ranch Rescue is a 501 (c)(3) non-profit sanctuary and rescue organization in Ramona, dedicated to the care and rehabilitation of pot-bellied pigs, many of whom have been neglected or abused. The sanctuary is currently in need of volunteers on Thursdays, from 4-6 pm, to help clean up, and provide food and water to the sanctuary residents. Get in touch with them through their website, www.pebbleranchrescue.org. PlantDiego will be holding a volunteer meetup at the sanctuary on Sunday, June 7, from 4-6 pm; check waitlist status for the event on [Meetup.com](https://www.meetup.com).
- [SanDiegoville](#) reported that the UCSD location of [Plant Power Fast Food](#) was closing, with its last day of operation scheduled for May 22. This follows the August, 2025 closure of the chain's College Area location. The Ocean Beach, Encinitas and Escondido digital kitchen locations are still operating, as well as locations in Hollywood, Long Beach, Redlands, Sacramento, and Las Vegas.
- Vegan pop-up [Brite Moon V'gan Eats](#) is currently appearing at the Mira Mesa Farmer's Market on Tuesdays from 3 pm - 7 pm, the Santee Farmer's Market on Wednesdays from 3 pm - 7 pm, and the second Saturday of the month at North Park Vegan Market from 12 pm - 4 pm. They offer dumplings, lemongrass rolls, shrimp rolls, krispy squares, eggless noodles, lettuce wraps, and several matcha drinks.

- Over 700 animals were rescued from The Villa Chardonnay, Horses With Wings sanctuary in Julian, after a search warrant was served on May 1, 2026, and many animals were found to be in poor health. A bankruptcy trustee awarded the San Diego Humane Society (SDHS) ownership of the animals on the property. After emergency medical care, many of the animals were transferred to the Humane Farming Association's Suwanna Ranch in Elk Creek, CA. [SDHS](#) and [KPBS](#) offered updates on the rescue efforts.

- The San Diego Humane Society is waiving adoption fees for all animals on [California Adopt-a-Pet Day](#), June 6. Some of the animals in the shelters have been rescued from the Julian sanctuary the Villa Chardonnay (see above).

- PlantDiego merch has arrived! A wide range of [T-shirts and tank tops](#) are available now, the perfect attire for PlantDiego events, or for everyday wear to spread awareness of this essential organization. PlantDiego events this month include the [Raw Vegan Sweets & Sides Potluck](#), on Saturday, June 13 from 12-1:30 pm at Pacific Highlands Ranch library, and lunch at [One World Beat Café](#), on Saturday, June 20, from 1-2:30 pm in Hillcrest.



- Farm Animal Refuge in Campo is hosting a [Pig-nic event](#) on Saturday, June 20, from 11 am to 2 pm. Visitors will meet the animals at the sanctuary and enjoy a vegan picnic box lunch. Tickets to the event are \$40.

- The Rivendell Sanctuary in Temecula is adding a new grazing pasture, allowing them to rescue more sheep and goats. They are holding a [fundraiser brunch](#) on Saturday, June 20, at 11 am, featuring passionfruit pancakes, scrambled tofu, smoky fakon, veggie sausage, hash browns, and mimosas. The suggested donation is \$30.

- SNAP (Spay Neuter Action Project) is holding a [Summer Photo Fundraiser](#) on Saturday, June 20, from 10 am to 2 pm at Village Pet And Feed in Santee. 100% of the proceeds will go toward SNAP's mission of reducing pet overpopulation.

- Popular Temecula vegan restaurant [Gentle Grill](#), owned by chef Amarleono Burnett, is coming to San Diego. The former site of Altered State coffee house will be home to Gentle Grill's downtown pop-up location, at 641 B Street, San Diego, CA 92101. Dates and hours of operation are yet to be announced. Stay tuned for further [updates](#).

- Thanks to a generous donor, [Saving Animals & Healing Hearts](#) sanctuary in Ramona has an opportunity to receive \$1,000 in matching funds. They are close to unlocking this match, and are inviting community members to [donate](#) to help them reach this goal. For those who aren't able to help financially, the sanctuary is also in need of [volunteers](#) (just 2.5 hours a week).



VEGAN JUSTICE BILLBOARDS

Since March of 2023, Vegan Justice has been running a [billboard campaign](#) to keep veganism visible locally, challenging passersby to consider the impact of their dietary choices. There are currently 11 billboards up in the county. Here are their locations, for those who would like to see any of them in person:

- US 101, west side, 100 feet south of J Street, facing south (Encinitas)
- El Cajon Blvd, north side, 41 feet east of Bancroft Street, facing east
- El Cajon Blvd, south side, 45 feet east of 58th street, facing east
- Euclid Ave, east side, 100 feet north of Isla Vista Drive, facing north
- Fairmount Ave, west side, 300 feet south of Myrtle Ave, facing north
- Lemon Grove Ave, east side, 159 feet south of Montana Street, facing north
- Main Street, south side, 400 feet east of Mollison Ave, facing west
- W. Point Loma Blvd, south side, 200 feet west of Chapman Street, facing east
- 30th Street, south side, 410 feet west of Highland Ave, facing west
- University Ave, south side, 100 feet west of 37th Street, facing east
- University Ave, south side, 25 feet east of 45th Street, facing east

Campaigns like this are expensive, but an important way to reach many people who otherwise wouldn't question the status quo. If you are able, please consider [donating](#) to help support their efforts.

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

NATIONAL/INTERNATIONAL NEWS

- Billie Eilish generated some conversations last month. In an “Ask Me Anything” video interview with [Elle](#), Eilish was asked “What’s one hill you’d die on?” She responded, “Ya’ll not gonna like me for this one. Eating meat is inherently wrong. And then the other thing is - two things cannot coincide: ‘I love animals. I love all animals so much’, and ‘I eat meat’ ...you can’t do both. Sorry! You can eat meat, go for it. You can love animals. But you can’t do both!” Unsurprisingly, this answer led to criticism. Eilish [didn't back down](#): “go watch a documentary or two and some footage of what is done to the animals u claim to love and what it does to the planet u pretend to love as well. if that footage was hard for u to watch i encourage u to pls take a look at urself. like i am so tired of standing up for/having empathy for living beings being controversial.” Eilish posted slaughterhouse footage as a reality check for those who are ignorant about the realities of animal agriculture.
- In a major victory, Etsy has finally banned most fur products. The new policy, which goes into effect August 11, 2026, “Etsy prohibits products made from or containing natural fur from animals killed primarily for their pelts, regardless of age or origin”, including “raw pelts, finished garments, and accessories”. Exempted are “taxidermy and byproduct materials (such as leather, sheepskin, wool, or mohair).” Read the full policy [here](#).
- [Blackbird Foods](#), known for their line of vegan pizzas, has been expanding their range, offering four flavors of buffalo-style wings, seitan blocks and shreds, and a new crispy tofu, which also comes in a General Tso’s flavor.
- The reality comedy show [Green Goddesses Take New York](#) from the UnchainedTV digital news network was a [Telly Awards](#) contender, in the Television Series, Shows & Segments category, as well as in The Webby Awards, in the Video & Film: Variety & Reality category, where it was competing against *The Jimmy Kimmel Show*. Many other Unchained TV shows also won at [The Telly Awards](#), with a total of 19 awards received.
- Popular plantmilk maker [Califia Farms](#) has added an unsweetened Organic Soymilk to it’s almondmilk, oatmilk, and coconutmilk range. The new soy product offers 8 grams of protein per serving, and is made from just three ingredients: water, organic soybeans, and sea salt.
- Speaking of plantmilks, Ripple Foods has introduced a new [Organic Plant-Based Milk](#), available in original and vanilla flavors, offering 5 grams of protein per serving. Ingredients: Water, organic pea protein, organic cane sugar, natural flavor, sea salt (+ organic vanilla extract in the vanilla flavor).
- Beyond is [partnering](#) with Karen Carney, sports broadcaster, former English soccer star, and winner of the 2025 *Strictly Come Dancing* UK TV competition, to promote vegan cuisine.

- The U.S. Farm Bill passed by the House of Representatives contains a provision called the Save Our Bacon (SOB) Act, which would overturn laws passed in several states mandating improved animal welfare, including California's Prop 12, which mandates minimum space requirements for farm animals. In order to become law the bill still needs to be passed in the Senate, where there's been concern about different provisions, including the Save Our Bacon Act. Strategic Action for Animals (sxa) [reported](#) that Senate Agriculture Committee leaders confirmed that their version of the bill would not have language that would overturn California's Prop 12, but there's still a risk that it could end up in the final bill that both houses vote on. Please call and/or e-mail our Senators asking them to "oppose any Farm Bill containing the Save Our Bacon Act": Sen. Alex Padilla: (202) 224-3553 www.padilla.senate.gov, Sen. Adam Schiff: (202) 224-3841 www.schiff.senate.gov. Check with [Strategic Action for Animals](#) for periodic updates.
- A cheeky new PETA [ad campaign](#) on men's sexual health references research findings that a vegan diet is beneficial for men's sexual performance and fertility.
- Veganism should never be a partisan issue, but it has become a huge flashpoint in the US Senate race in Texas. In his 2022 campaign for the state House of Representatives, Democratic candidate James Talarico said he was running "a non-meat campaign" and was "only buying vegan products", citing concern for the devastating environmental impact of animal agriculture. While he has never identified as vegan, and has been seen eating meat in public, his opponent, Ken Paxton, described Talarico as "a threat to our very way of life and our values," going on to [falsely say](#) Talarico was a vegan. Immediately after winning the Republican nomination, Paxton dubbed Talarico "Tofu Talarico." Sen. Ted Cruz [falsely posted](#) on X, "WATCH: This freak wants to BAN BBQ. That's not Texas." Outgoing Sen. John Cornyn [taunted Talarico](#), "Vote Republican this November. The steaks couldn't be higher." When Talarico ordered a breakfast taco, Texas Gov. Greg Abbott [posted](#) on X, "Potato egg and cheese? Homie is not beating the vegetarian allegations." Donald Trump [recently said](#) Talarico is "a vegan in Texas, and you can't get elected as a vegan in Texas." Talarico's [response](#) to this nonsense? "[I]f all they have on me is lying about me being a vegan, I feel pretty good about our chances this November."
- In September, 2025, Mercedes-Benz became the first automaker to offer a [vegan certified car](#), the electric GLC, certified by The Vegan Society. The new [electric C-Class](#) has become the second model to earn this distinction. Both vehicles replace leather seats with an ARTICO leather alternative, among other certified components.
- [VegNews](#) recently summarized some of the research on vegan meat alternatives. "Are Processed Vegan Meats Healthy? There's Good News and Bad News" comes to the conclusion that you probably expect: processed vegan foods are far healthier than their meat counterparts, but not as healthy as a whole food plant based diet.
- UnchainedTV [reported](#) that the four defendants from the Ridgland Farms beagle rescue in Wisconsin, Wayne Hsiung, Aditya Aswani, Michelle Lunskey, and Dean Wyrzykowski, were arraigned in court, facing four felony charges each. All four pleaded not guilty to the charges.

Ben & Esther's Vegan Deli • Choice Superfood • Donna Jean • El Veganito • Eris Vegan Food Company
Evolution Fast Food • Evolution Coffee • Gorilla Eats Sushi • Kindred • Mr. Charlie's • MOTHERSHIP
OB People's Deli • One WorldBeat Cafe • Peace Pies • Plant Power • The Plot • The Purple Mint
Vegan Bistro • Roots UCSD • Sabor a Vida Cafe & Deli • Saigon Vegan Bistro • Tacotarian • Thanh Tinh
Chay Restaurant • Trilogy Sanctuary • Uumbal • Val's Vegan Kitchen • Veggie Grill • Veganic Thai Cafe

San Diego Vegan Restaurants

Gorilla Eats Sushi



Gorilla Eats Sushi is a ghost kitchen at the Aztec Food Hub in Rolando, near San Diego State University. Diners order by phone, online, or at the hub's kiosk, and pick up orders at the hub or choose delivery. The sushi gets high marks from reviewers for quality, including from omni patrons, and it's all 100% vegan. Styles of sushi offered include specialty rolls, classic rolls, and nigiri (pressed rice topped with "fish" or other toppings). Side dishes include seaweed salad, "tuna" poke salad, fried avocado tempura, stuffed mushrooms, or vegan calamari. Chef and owner Justin Ramirez catches us up on the creation of his kitchen, some recommended rolls, and his plans for the future.

Gorilla Eats Sushi is very a distinctive name. Where did it come from?

When I started thinking about what I was gonna call the restaurant, it came down to two paths I could take. I could go either this green, vegan kind of verbatore, or, because it's sushi and I think of it as a sushi restaurant primarily, I could have gone Nobu, Shizen, Uta, these Japanese verbatore that are sharp sounding, very Japanese sounding. Nothing was really sticking at first and I was like, you know what?

Don't think too hard on the name. It really ultimately doesn't matter. You know, what is a McDonald's? What is a Starbucks? Just pick a name and just go with it.

I always just thought in the vegan community how they talk about elephants and rhinos, these giant mammals that are just kings, and how they're all herbivores. All vegetarians, you know, and I just thought that was kind of cool. I started thinking about animals, and just came to a gorilla. And you just think about it briefly, it's like, wow, that's such an unconventional name.

It's something you can remember, a lot of these Japanese sushi restaurants, if you're not very familiar with those brands, they don't stick very well. You know, once it stuck, I was like, wow, that is such a funky, weird kind of name and it's kind of a cool name because if a gorilla's eating sushi, it must be vegetarian, right? I am glad that the name is unconventional. It's a little silly, it's fun, right, that's the vibe and the kind of attitude I want to have for the restaurant one day when it moves into a dining-in, sit down setting.



Where did you learn to make vegan sushi, and how did you come to open your kitchen ?

I've been doing sushi since about 2008, 2009, up in Northern California, just a regular generic restaurant up there where I first learned, and then in 2010, I moved here to San Diego. I got a job at Harney Sushi in Old Town, and I jumped around other restaurants throughout the years. And eventually, in 2019, NoW Sushi in Mission Beach had opened up and it was a brand new restaurant, a vegan sushi restaurant. The owner was looking for a head chef and I was ready at that point in my career to take that leap, to take that responsibility. I knew I had it in me. She just had this idea from

another restaurant up in Orange County called Kenshō. She had eaten up there and she said, wow, this would do really good in San Diego, so she opened it up. Her menu at that time only had like 6 rolls, a couple appetizers and a couple hot food menu items. It was very, very simple. Once I got involved with her, she introduced me to what she had. And I'm like, okay, what do we have here? How can I improve this? How can I grow this?

And so with that starting product, I was able to expand a lot more on her menu, for sure. And then create some new dishes, of course, and introduce new product as well. So that was kind of like the playground, she allowed me all the freedom I wanted, which was a great learning experience.

I was hungry for it and I was head chef, you know, I wanted a clean, correct kitchen and we caught fire real fast. I think my food helped, of course, but I've got to give her credit. I was with her about two years or so, and then we parted ways, Things were kind of getting argumentative towards the end, about directions and things like that, then I went back into regular sushi at that point for a couple of years, until I could open up Gorilla Eats Sushi. From there I've expanded even more, and anytime I'm able to get new samples of new product, I'm interested in it, anything that I can try and grow and expand.

For newcomers, what's the difference between your Specialty Rolls and the Classic Rolls?

So the big difference between the rolls themselves is a specialty roll has something on top of it. So a classic roll is typically just like rice on the outside, done, typically 2 to 3 ingredients in the middle, roll it up, done. Specialty rolls have that same thing, but then you top it off with something, whether it be the generic avocado, or mushrooms and avocado, or a mockfish, and then you get all the sauces, they're a little more intricate, right? Rainbow rolls, caterpillar rolls, dragon rolls, Hawaiian rolls, whatever. So that's the main difference.

What are your most popular items?

Are there any you'd recommend for people who are new to sushi?

I think there's a few rolls on the menu currently, specialty rolls that really capture what kind of sushi we're doing, what the whole vibe of the restaurant is. I would say the umami roll, the California deluxe roll, and the Harney roll would probably be like the top three, each one is different.



We've got the umami roll, which is ultimately what I think of as a fine dining roll, if you put it on a nice ceramic plate. You've got garlic aioli, avocado, tempura, green onion, roll it up, top it off with thin slices of tofu, salt and pepper, spicy sesame oil, fresh grated ginger, green onion, and cilantro. I think that roll is like the crown jewel. It's not for everyone, but I think, most people would like that roll.

Then, the California Deluxe is a very fun roll. It's basically a California roll, but just upscaled, it's the crab mix, cucumber, roll it up, top it off with avocado, and then fried mushrooms on top, a lot of sesame seeds, drizzle of sweet soy sauce, green onion, a little bit of tempura crunchies on it. So it's got a lot of different textures and a lot of colors and just an in your face looking roll.

Some of your proteins (salmon, tuna, shrimp, crab) are made by the company Beleaf, which creates meat alternatives out of Konjac flour.

Yeah, obviously I like their product. When I first started out at NoW Sushi, the shrimp tempura was one of the original products that she gave me. So it's their shrimp, and you just create a tempura batter, you dip it in that and then you roll it in the panko, the Japanese bread crumbs. That product on its own is great, I think it's a really good alternative, I can eat plenty of those.

One of the original alternative products that I created, I'm very proud of it, is a kanikama, a crab mix. It's just this, generic looking fake shrimp, you get that shrimp, blend it up into, some chunky crumbs, and then add a vegan mayo, and whatever seasonings and flavors you would like, and you have an instant kanikama. And that is one of the better products for an alternative, I think, it looks very similar to the to the imitation crab of sushi. So, I like Beleaf because that shrimp gives me two products, it gives me the shrimp tempura and it gives me the crab mix.

Another product is their fish. That fish, the salmon and the tuna, many other brands have it, and it's basically the same thing, just one's Pepsi and one's Coke, I just ultimately stuck with them because I was already getting my product, the shrimp through them. Since then, they've definitely refined the salmon, I could really notice the color and the texture got a little nicer, a little more naturally gummy.

Once you get these products, these mock meats, you've got to get it and then say, what can I do to it? You just can't get their product and just serve it straight out. Whether it's the shrimp tempura, the crab mix, the tuna, the salmon, every single thing we have from them, you have to do something to it, right? One of the first things you have to do is just get all that excess moisture out of it. If you got a nice bowl of soup and you pour a cup of water in there, it dilutes it, just takes away all the flavor. Same thing with all that processed food, it's got all that water in it. You've got to pull out all that water somehow, one way or another. Now, you don't want it bone dry necessarily, there's that middle ground where it should be.

Val's Vegan Kitchen used to be in the Aztec Food Hub, before joining with Evolution Fast Food and Donna Jean in North Park. Are you thinking about moving to a new location at some point?

Absolutely, I've been in the mindset for a couple years now. The goal was never to do "to go" sushi, it was never the goal. I love the more fine dining aspect, nice ceramic plates, quality. The difficult part is, ending your lease and signing a new lease, having a transition smoothly, without having too much dead time in between, months, weeks. Another issue is trying to find where, specifically. I'd like to stay in that college area where I'm at right now, I know that area very well, but there's limited real estate, commercial real estate there. You can't always have what you want and you've got to be open to other areas. As you know, whether it's residential, commercial too, rent has just skyrocketed these past couple years, not just residential.

As far as Val's Vegan, Michael and Fernanda, love them, they're pretty close friends of mine at this point. When they were first there, we would talk a lot and hang out a lot. They were just right across the hall from me, even Fernanda's daughter was working there briefly at the front desk area. I love them, honestly, they're just genuine, good people, very calm-spirited, very truthful and honest.

What's the best way for people to place sushi orders?

The online menu and everything and how it's laid out is powered by DoorDash. If customers call and pay with cash, I give them 10% off. And then, you know, you get to put a face on everyone. I've met some pretty cool people.

Many thanks to Chef Ramirez for making the time to talk with us. If you haven't tried Gorilla Eats Sushi yet, just look at their Yelp! reviews. It's clear that these recipes are a carefully crafted - and delicious - labor of love.

Gorilla Eats Sushi, in the Aztec Food Hub
6334 El Cajon Blvd, San Diego, CA 92115
Phone: (619) 400-6563
www.gorillaeatssushi.com

FATHER'S DAY RECIPE: Vegan Nachos



Vegan Cheese Sauce

Ingredients

15 oz. can Great Northern beans, drained and rinsed
10-15 pickled jalapeño rings, diced
1 cup unsweetened plant milk
½ cup nutritional yeast
2 Tablespoons vegan butter
2 Tablespoons flour, toasted
1 Tablespoon juice from jalapeño jar
½ teaspoon chili powder

½ teaspoon cumin
½ teaspoon paprika
½ teaspoon lemon juice
¼ teaspoon salt
¼ teaspoon onion powder
¼ teaspoon garlic powder
¼ teaspoon turmeric
⅛ teaspoon cayenne pepper

Instructions

Blend ingredients for 2-3 minutes in a blender or food processor.

Nachos

Ingredients

Vegan cheese sauce (recipe above, or store-bought Credo Queso, Kite Hill Queso, etc.)
Tortilla Chips
Optional toppings: Jalapeños (recommended!), black olives, diced tomato, diced onion

Instructions

Carefully arrange tortilla chips on a plate or in a shallow bowl.

Heat queso/cheese sauce. If desired, thin the sauce with the juice from a jar of jalapeño rings. When warm, immediately drizzle or pour the sauce over the tortilla chips, to taste.

Quickly sprinkle additional toppings as desired. Serve warm.

"As a queer artist and community organizer, I know what it means to fight to be seen, to be safe, and to simply exist without fear. Animals live under that same threat every day — and unlike us, they have no platform, no protest, no vote. The same love that drives me to uplift my community is the love that compels me to speak for those who cannot." — Jackie Han (she/her [Art of Pride Co-Chair](#))

"Queer run and liberation driven. Kind Heart Coalition is a San Diego nonprofit rooted in compassion for all sentient beings, human and non human alike. Everyone suffers when we oppress others. Wishing everyone a joyful, liberated, and loving Pride." — Kind Heart Coalition kindheartcoalition.org

"We honor Pride Month and celebrate everything it stands for—courage, inclusivity, authenticity and LOVE."
— [Healthy Kids, Happy Planet!](#)

Happy Pride from [Starry Lane Bakery!](#)
We believe everyone deserves a place where they feel welcome and included. Thank you to our LGBTQIA+ neighbors, friends, and customers for helping make our community stronger, kinder, and more vibrant."

"Happy Pride from Mike Weinberg, [VeganDiego.](#)"

"Love is love. No matter who, no matter where." — Amrit Shergill, [Realtor](#) and [SNAP](#) Advisory Committee Volunteer

"Happy Pride Month from our team at Farm Animal Refuge! As a predominantly queer run organization, please know you always have a safe space here with us and the animals!"
— [Farm Animal Refuge](#)

"Proud to support the LGBTQ+ community through vegan values of compassion, peace, and inclusivity. My family, friends, and many of my clients are part of this beautiful community, and creating a safe, welcoming space for everyone will always be at the heart of my business." — With LOVE and PRIDE, Stina, [Dreamy Nail Spells](#)

"All beings should be loved and respected for who they are. Happy Pride to the LGBTQIA+ vegan community! Our world is so much better because of you." — Stephen White, [Vegan News San Diego](#)

Happy **P**ride Month!



Kind Heart Coalition: Rachel Hosler & Melanie Bazzell

Kind Heart Coalition is one of San Diego's most prominent activist groups, assisting animal sanctuaries, marching in San Diego's annual Pride parade, holding the annual Kind Hearted Campout, and organizing a vegan community potluck in November, among many other activities. The organization is a 501 (c)(3) non-profit, formed in 2018, described on their Instagram page as "A grassroots social enterprise aiming to unite compassionate, kind hearts with education on animal rights through activism and community building." KHC's leaders, Melanie Bazzell and Rachel Hosler (Rach), each had a background in animal rights before they met, and were both becoming more involved in activism when they decided to join forces.

Melanie first learned about animal rights at age 12 when a PETA volunteer offered her literature on the plight of animals. Drawing inspiration from the punk community and using her own literature, Melanie began engaging with others about the need to address animal suffering. She experienced a serious car

accident in 2011 that caused a spinal and traumatic brain injury, and left her with many physical and cognitive challenges including a severe sensory processing disorder. As she went through an extended recovery process, she began rescuing and rehabilitating chickens, creating a micro-sanctuary, Om Tweet Om. She later served as an organizer with the [Animal Save Movement](#), and worked as a media correspondent for [Jane Unchained](#).

Rach was raised in Florida in a decidedly non-vegan environment (one grandfather hunted, the other owned a butcher shop), and after moving to South Carolina, she participated in the Future Farmers of America. What she saw in the FFA led her to first try a vegetarian diet and to begin rescuing stray animals. After high school she explored the Southeastern states in a VW bus with her girlfriend and assorted rescue animals. She moved to San Diego in 1998, founding a mobile dog grooming business. Rachel had learned about different diets while working for a vegan, raw, and macrobiotic mail order company, but was profoundly affected by hearing [Colleen Patrick-Goudreau](#) speak in 2011, developing an understanding of animal exploitation that led to an increasing focus on animal rights activism.

Melanie and Rach met while they were street activism organizers for a global outreach organization, immediately becoming fast friends. They began organizing events in San Diego that were the precursor to creating Kind Heart Coalition.



Rach described a pivotal event in their activism journey: “In 2018, we went to Berkeley to the [Animal Liberation Conference](#), along with several other folks from the community. We were really inspired, we learned so much there. We learned knowing your rights, open rescue, doing investigations, outreach...we just got really inspired by being in Berkeley and being amongst so many like-minded folks, and also learning about how we can expand our activism, because we were really just doing outreach at that point. Briana Baer was also with us there at that time, our very close friend who helped us brainstorm, who was one of the brains behind the creation of Kind Heart.”

Rach, Melanie, and Briana organized the [San Diego Animal Rights March](#) in September, 2018, part of a global movement inspired by the work of British animal rights activist Ed Winters, also known as Earthling Ed.

Melanie recalled, “We really didn’t know what to expect from that march, we did not know if we were going to have 3 people or 300 people, and we ended up with almost 450 people. And we were shocked. We were like, there's a community, there's a need for this. All of these people came together, showed up and showed support and solidarity. It's kind of like a light bulb went on.”

While working with others in small groups, they began to create community, carpooling to events in the Los Angeles area, doing outreach activism, going to vigils at slaughterhouses, documenting abuse at farms, and attending workshops. They participated in [Direct Action Everywhere](#) (DxE) events, and were especially impressed with Berkeley’s [Animal Rights Center](#), which serves as a meeting and event venue, a workspace, and a community center, and which offered inspiration for an organization that was focused on the community.

Putting together these difference experiences, Kind Heart Coalition began to take shape. Briana Baer sketched the concept of the group’s logo, a heart and a chicken foot, which was turned into the logo by a graphic designer

Melanie noted the reason for the chicken foot: “We’ve always had a special place in our heart for chickens, as we've rescued chickens, we’ve rehabilitated chickens, chickens have been a very big part of our organization and our outreach.” Rach added, “They’re our heart animals, our soul animal.”

They decided to become a nonprofit organization, attending a SCORE workshop, and finding their way through the paperwork, establishing their organizational structure as they went. When their paperwork finally came through, they were ready to begin their first community project: an art show.

Both Rachel and Melanie have a strong interest in art, and from the beginning they have incorporated this passion into their activist work, described as “artivism.” People often reject factual information that is uncomfortable, but art can sometimes reach people even when they seek to deny painful truths.



In December of 2018 they created their first art show, “Animals in Artivism.” The show featured work by a variety of artists from southern California and Arizona, music, an activist panel, and a memorial for animals on the back wall of the venue, created from photos taken at different vigils, and lighted by candles, with a meditation for the animals observed during the show.

Soon after this, they were called into action by an emergency at the [Farm Animal Refuge](#) sanctuary, which was responding to a hoarding situation with a large number of pigs. While helping with this crisis, they met Teri Crutchfield from the [Saving Animals & Healing Hearts](#) sanctuary in Ramona. They quickly developed a close relationship with Crutchfield, and while they have often helped elsewhere (especially [The Shore Sanctuary](#)), Saving Animals & Healing Hearts has felt like their “home sanctuary.”

As KHC was building momentum, everything came to a halt in 2020 due the COVID-19 pandemic. Determined to find a way to continue their work, they figured out how the community could still safely connect: a campout. Taking inspiration from a UK campout and the animal liberation conference, they quickly worked with their network to put together a program of activities for “a vegan community convergence.”

In August of 2020, the first Kind Hearted Campout was held at Vicky Morgan’s [Harrison Serenity Ranch](#), a beautiful and historic setting settled by Nate Harrison in the late 1800s. The event included workshops, artwork, and a dance party, with a custom t-shirt specially printed for the occasion. The campout has evolved over time, creatively addressing challenges that come up. When a heat wave became an issue, Melanie’s husband Jason was drafted to create a dunk tank. The event has also extended from three days to four. Rach said they realized that a three day event “doesn’t give people enough time to get up to the mountain, set up their tent, relax, have an evening, then do workshops, and be able to actually embrace this beautiful property... it’s nice to be immersed in living community for four days.” An important part of the long weekend is the chance to form community, for campers to have downtime to share conversations and get to know each other, which is often difficult to do in other settings.

Camp activities include an indigenous tour of the property, workshops, breakout sessions, dance parties, an all weekend long game, and an optional opportunity drawing. Rach described the importance of one of the workshops: “Campaign strategy is great, because it helps people understand the hows and whys certain organizations create campaigns, how they run them, and also how you, as an individual, can start your own campaign...so you can go home and start this campaign on your own, or with a group of your people.”

Speakers have included animal rights attorney [Jerry Friedman](#) (presenting a “know your rights” workshop), community photographer/documentarian Raven Deerbrook, [Voices for Animal Liberation](#) author Brittany Michelson, Ashley Shore of [The Shore Sanctuary](#), Gwenna Hunter from [Vegans of LA](#) (the first vegan food bank in Los Angeles), and nonviolent communications expert [Eva Hamer](#).



Art is an important part of the campout, of course. Celebrated vegan painter [Alex Enriquez](#) has been a guest, and campers have been invited to create art on the grounds: a mural was painted on the side of the bunkhouse, a memorial painting was created of ranch owner Vicki Morgan's dog Shadow with some of the other animals from the property, and painted signs were made for the ranch. Rach described one of the ways KHC lives their values: "We always also try to give back to this land, to leave some type of artwork, something creative in this space to give it back to the land, just to tell her how much we appreciate her in giving life to us and creating space."

A highlight of the campout is the Saturday night campfire. Campers bring musical instruments, there is call and response music, and s'mores are made over the fire. Sunday morning is noteworthy for the annual frozen T-shirt contest, in which contestants compete to be the first to unfreeze a T-shirt and put it on. The winner gets a free pass to the next year's camp.

KHC works hard to keep the cost affordable for the four-day event, which includes all meals, snacks, workshops and activities, and a commemorative t-shirt. A limited number of scholarships are offered each year, and an Early Bird discount is available as well. The August, 2023 issue of [VegWorld Magazine](#) featured a short article on the campout, describing a few highlights of the event.

One of Kind Heart Coalition's other major annual activities is organizing a contingent in the San Diego Pride Parade, the region's biggest single-day event, which usually draws 250,000 spectators. Last year's Pride parade float was designed to capture attention, with artwork featuring bare breasts, captioned "Free all the nipples," followed up with the distribution of pamphlets offering information on Kind Heart Coalition's work; the float earned Second Place for Best Nonprofit Contingent in the parade. The event is personal for the group, as a large proportion of their membership identify as queer.



There is a lot of preparation for an event like this, making signs, designing and creating the artwork for the float, preparing T-shirts and literature, and coordinating with Pride Parade representatives. Pre-parade volunteers are welcome, and KHC [invites all community members](#) to march in the contingent. The San Diego Pride Parade will be on Saturday, July 18 this year.

A November tradition for the group is the annual People's Gathering: A Vegan Potluck for Liberation, Justice & Healing, held at the WorldBeat Cultural Center in Balboa Park. The tradition began as a small gathering in a park in 2018 as a vegan alternative to traditional Thanksgiving Day celebrations, "with a focus on remembrance, and honoring the people and histories often overlooked in mainstream holiday narratives." The gathering has grown substantially over time, into a much larger community event.

Kind Heart Coalition's evolution is a testament to Rach and Melanie's ongoing commitment to personal growth, and their determination to be of service to those who have the least voice in this world. The future is difficult to predict, but KHC will no doubt be there to join the battle where it's most needed.



We're indebted to Melanie and Rach for all that they do for our community, and for taking the time to catch us up on the history and future plans for Kind Heart Coalition. Participating in their events is a great way to build community, help animals, learn about activism, and have fun with likeminded individuals in the process. Watch this space for more on their ongoing endeavors.

Kind Heart Coalition

www.kindheartcoalition.org

www.instagram.com/kindheartcoalition

www.facebook.com/kindheartcoalition

Vegan Food *in the Wild*



*Gorilla Eats Sushi,
Rolando*

*California Roll,
Umami Roll*

*Plant Power Fast Food,
Ocean Beach*

Buffalo 66 Sandwich



MOVIES & TV

Vegucated

Free Viewing Link: [YouTube](#)

Writer/Director: Marisa Miller Wolfson **Release date:** September 10, 2011
Length: 76 minutes **Production Company:** Kind Green Planet
Focus: Human Health **Rating:** Not Rated

Content Warning: Animal carcasses, no anesthesia castrations/tail removals, ill/injured animals, chicks ground up/thrown away, abusive/rough animal treatment (mostly between 26:20-30:10)

The documentary *Vegucated* foreshadows Netflix's 2024 documentary series *You Are What You Eat: A Twin Study*, persuading three omnivorous New Yorkers to follow a vegan diet for six weeks, and evaluating their response. The initial tone of the film feels a bit whimsical, as Wolfson recounts her own omnivorous childhood, misconceptions about veganism, and her surprisingly easy experience transitioning to a vegan life once she learned the truth about animal agriculture. She was curious whether others would react the same way she did once they knew the facts.

The three film subjects, Tesla, Brian, and Ellen, learn about nutrition with Dr. John Fuhrman, vegan cooking with chef Robin Jeep, and the shocking realities of factory farming through a video presentation, and Brian even gets a workout with vegan bodybuilder Kenneth Williams. The point is made that a whole food plant based diet is ideal, but people often start by replacing many foods they are used to eating with vegan alternatives (cheese, deli meats, milk, mayo, burgers, etc.).

The documentary debuted in September, 2011, at the Toronto Independent Film Festival, where it won the Best Documentary honor, also winning the Chris award at the Columbus International Film + Video Festival, and being chosen as a selection at the 2011 Show Me Justice Film Festival.

A couple of years after the documentary was released, the filmmakers followed up by releasing a short cast/crew "[reunion video](#)" and updates with film subjects [Ellen and Debbie](#), [Brian](#), and [Tesla](#).

Since releasing the film, Marisa Miller Wolfson has created the getvegucated.com website and co-authored the *The Vegucated Family Table* cookbook, focused on recipes and nutrition for vegan babies and children.

Among the documentaries in the genre, *Vegucated* stands out as a (mostly) lighter treatment of veganism which complements some of the harder-hitting films.

VEGAN & CRUELTY FREE: Skin Care

Acne Treatment: ★Alba Botanica, ★Avarelle Cosmetics, ★bioClarity, ★Blume, ★Bullenbees Skin Care, ★Clearly Basics, ★CLn Skin Care, ★Dr. Botanicals, ★e.l.f., ★Forces of Nature, ★The Humane Company, ★LEMYKA, ★MDacne, ★Megababe (PARENT CO. NOT CRUELTY FREE: Aveda/Estée Lauder, Dermalogica/Unilever, First Aid Beauty/Procter & Gamble, Murad/Unilever)

Chaffed Skin/Sports Cream/Anti-Chafe Products: ★Bullenbees Skin Care, ★Happy Curves, ★Megababe (PARENT CO. NOT CRUELTY FREE: First Aid Beauty/Procter & Gamble)

Cold Cream: ★e.l.f./Holy Hydration! Makeup Melting Cleansing Balm, ★FEY Cosmetics/PURE Gentle Cleansing Milk, ★FRÉ Skincare, ★Versed/Hydrating Cream Cleanser (PARENT CO. NOT CRUELTY FREE: Farmacy Beauty/Procter & Gamble)

Eczema Treatments: ★All Terrain, Angie Watts, ★By Robin Creations, ★CLn Skin Care, ★Dr. Jacobs Naturals, ★Dyllan Rae (for melanated skin), ★Forces of Nature, ★LEMYKA, ★pH Select/Eczema Flare Wipes, ★Psodex, ★Skinfix (PARENT CO. NOT CRUELTY FREE: First Aid Beauty/Procter & Gamble)

Face Cleanser: ★California Pure Naturals, ★Kopari Beauty, ★Vanicream (PARENT CO. NOT CRUELTY FREE: Aveda/Estée Lauder, Burt's Bees/Clorox, First Aid Beauty/Procter & Gamble, Native/Procter & Gamble, ORIGINS/Estée Lauder, Sun Bum/SC Johnson)

Face Day Cream: ★Bullenbees Skin Care, ★DML (Persön & Covey), ★e.l.f./Holy Hydration! Face Cream, ★FEY Cosmetics (PARENT CO. NOT CRUELTY FREE: Burt's Bees/Clorox)

Face Moisturizing Cream/Face Cream: ★Bullenbees Skin Care, ★Doctor Rogers, ★e.l.f., ★Vanicare (PARENT CO. NOT CRUELTY FREE: First Aid Beauty/Procter & Gamble, Native/Procter & Gamble, ORIGINS/Estée Lauder)

Face Night Cream: ★Bullenbees Skin Care, ★Doctor Rogers, ★e.l.f., ★FEY Cosmetics, ★Figure 1 Beauty, ★FRÉ Skincare (PARENT CO. NOT CRUELTY FREE: Dermalogica/Unilever, First Aid Beauty/Procter & Gamble, Sun Bum/SC Johnson)

Face Oil: ★California Pure Naturals, ★Loved01, ★MONA Brands

Face Wash: ★Bullenbees Skin Care, ★Doctor Rogers (PARENT CO. NOT CRUELTY FREE: Method/SC Johnson, ORIGINS/Estée Lauder)

Facial Scrub: ★Bullenbees Skin Care, ★California Pure Naturals (PARENT CO. NOT CRUELTY FREE: Burt's Bees/Clorox, ORIGINS/Estée Lauder)

Facial Serum: ★California Pure Naturals, ★Handmade Heroes, ★Kopari Beauty, ★Vanicare (PARENT CO. NOT CRUELTY FREE: Aveda/Estée Lauder, ORIGINS/Estée Lauder)

Folliculitis: ★CLn Skin Care, ★Hermon Health

Hand Cream/Hand Lotion/Hand Repair: ★Bullenbees Skin Care, ★By Robin Creations, ★California Pure Naturals, ★EO Products/Everyone, ★Faith in Nature, ★Formulary 55, ★The Good Home Co., ★Hand Over Heart (PARENT CO. NOT CRUELTY FREE: Caldrea/SC Johnson, J.R. Watkins/Swander Pace Capital, Mrs. Meyer's Clean Day/SC Johnson)

Moisturizer/Moisturizing Cream: ★Bullenbees Skin Care, ★CLn Skin Care, ★DML (Persön & Covey), ★EMMA Beauty, ★The Earthling Co., ★Loved01, ★Psodex (PARENT CO. NOT CRUELTY FREE: Aveda/Estée Lauder, Fieldtrip Skincare/Edgewell Personal Care)

Razorburn/Razor Bumps/Ingrown Hair Treatment: ★Avoyd, ★Bullenbees Skin Care, ★Fur, ★Megababe

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

JUNE COMMUNITY CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <u>Eris special: All-In Lunch (sandwich + a drink for \$12), 12-2 pm Mon-Fri →</u>	2 <u>SNAP fundraiser</u> to cover surgery for unhoused dog Six, at Landini's Pizzeria (vegan pizza available), Little Italy, 5-8 pm	3 <u>Donna Jean special: Entree, Dessert + Drink for \$35 Wed-Thu 5-9 pm</u> <u>Tacotarian special: Dorado tacos \$1.99</u>	4 El Veganito: Burrito Thursday \$2 off all burritos <u>Donna Jean special: Entree, Dessert + Drink for \$35 Wed-Thu 5-9 pm</u>	5 <u>San Diego Sustainable Night Market</u> , Miramar 5-9 pm, free	6
7 NATIONAL ANIMAL RIGHTS DAY <u>PlantDiego: Pebble Ranch Rescue volunteering</u> (waitlist) Ramona, 4-6 pm	8 <u>Eris special: All-In Lunch (sandwich + a drink for \$12), 12-2 pm Mon-Fri →</u>	9 <u>Tacotarian special: Taco Tuesday, tacos \$1 off</u> <u>Maya's Cookies \$2 chocolate chip cookies</u> Tue-Wed 4-5 pm	10 <u>Donna Jean special: Entree, Dessert + Drink for \$35 Wed-Thu 5-9 pm</u> <u>Tacotarian special: Dorado tacos \$1.99</u>	11 El Veganito: Burrito Thursday \$2 off all burritos <u>Donna Jean special: Entree, Dessert + Drink for \$35 Wed-Thu 5-9 pm</u>	12	13 <u>PlantDiego: Raw Sweets & Sides Potluck</u> , Pacific Highlands Ranch, 12-1:30 pm <u>North Park Sustainable Market</u> , North Park, 12- 4 pm
14	15 <u>Eris special: All-In Lunch (sandwich + a drink for \$12), 12-2 pm Mon-Fri →</u> <u>Vegan Meditation</u> 6-6:30 pm (online)	16 <u>Tacotarian special: Taco Tuesday, tacos \$1 off</u> <u>Maya's Cookies \$2 chocolate chip cookies</u> Tue-Wed 4-5 pm	17 <u>Donna Jean special: Entree, Dessert + Drink for \$35 Wed-Thu 5-9 pm</u> <u>Tacotarian special: Dorado tacos \$1.99</u>	18 El Veganito: Burrito Thursday \$2 off all burritos <u>Donna Jean special: Entree, Dessert + Drink for \$35 Wed-Thu 5-9 pm</u>	19 <u>Vista Sustainable Night Market</u> , Vista, 5-9pm, free 20 Saturday → <u>SNAP: Summer Photo Fundraiser</u> Santee, 10-2 pm	20 <u>Farm Animal Refuge: Pig-nic event</u> , tour + vegan picnic box, Campo, 11 am - 2 pm, \$40 <u>PlantDiego: Lunch at One World Beat Café</u> , Hillcrest 1-2:30 pm
21 <u>Spirituality for Animal Advocates</u> online 1-2:30 pm	22 <u>Eris special: All-In Lunch (sandwich + a drink for \$12), 12-2 pm Mon-Fri →</u>	23 <u>Tacotarian special: Taco Tuesday, tacos \$1 off</u> <u>Maya's Cookies \$2 chocolate chip cookies</u> Tue-Wed 4-5 pm	24 <u>Donna Jean special: Entree, Dessert + Drink for \$35 Wed-Thu 5-9 pm</u> <u>Tacotarian special: Dorado tacos \$1.99</u>	25 El Veganito: Burrito Thursday \$2 off all burritos <u>Donna Jean special: Entree, Dessert + Drink for \$35 Wed-Thu 5-9 pm</u>	26	27 ACTIVISM: Vegan Justice at the OB Street Fair and Chili Cook-Off , Ocean Beach, 10 am - 8 pm (2 hour shifts)
28 <u>PlantDiego: Vegan BBQ Potluck in the Park!</u> , Hilltop Park, Rancho Peñasquitos, 12-2 pm	29 <u>Eris special: All-In Lunch (sandwich + a drink for \$12), 12-2 pm Mon-Fri →</u>	30 <u>Tacotarian special: Taco Tuesday, tacos \$1 off</u> <u>Maya's Cookies \$2 chocolate chip cookies</u> Tue-Wed 4-5 pm	Coming in July: • Sale Ranch: <u>Summer Seasonal Supper</u>, Saturday, July 18, 6-8:30 pm • <u>PlantDiego: Raw Vegan Treats & Sides Potluck</u>, Sat, July 18, 12-1:30 • <u>Oceanside Sustainable Food Festival</u>, Sat, July 25, 11 am-6 pm • Sustainable Markets by <u>Viridian Productions</u>			

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](#), \$2 off all burritos on Thursdays

[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, June 5, 5-9 pm

[North Park Sustainable Night Market](#), North Park - free admission: Sat, June 13, 12-4 pm

[Vista Sustainable Night Market](#), Vista - free admission: Fri, June 19, 5-9 pm

[PlantDiego: Raw Sweets & Sides Potluck](#), Pacific Highlands Ranch, 12-1:30 pm

[PlantDiego: Vegan BBQ Potluck in the Park!](#), Hilltop Park, Rancho Peñasquitos, 12-2 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

ENTERTAINMENT

Vegan T-Shirt of the Month

Don't Ask Me About
My Protein
And I Won't Ask You About
Your Cholesterol

Vegan Options at Disneyland

As summer approaches, many individuals and families will be looking forward to trips to amusement parks. While there's still room for improvement, vegan options at Disneyland have grown substantially over time, and menus are very clearly labeled. Some helpful online guides can help you find delicious vegan options throughout the park:

- [PETA's Definitive Guide to Vegan Food at Disneyland](#)
- [The Disney Food Blog: Eating Vegetarian and Plant-based Vegan in Disneyland](#)

Vegan/Vegetarian Character:

Megan Bloomfield,

But I'm a Cheerleader (1999)

In Jamie Babbit's 1999 satire *But I'm a Cheerleader*, the friends and family of teen cheerleader Megan Bloomfield (played by Natasha Lyonne) stage an intervention, as they've come to believe she's lesbian. Her mother confronts her with key evidence: "You've been trying to make us eat this... *tofu!*" The counselor, Mike (played by RuPaul), quotes the "warning sign": "In diet, watch for a switch to vegetarianism."

"The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition."

- Thomas Edison

Vegans in the News

Joan Jett is only making a couple of US appearances this summer (the BottleRock festival in Napa Valley, and Hershey, PA), but is performing her first headlining UK tour in 16 years. **Elliot Page** is the narrator and executive producer of the documentary *Second Nature*, examining the gray areas of biological sex, premiering June 20 in [Los Angeles](#). In an interview with [USA Today](#), R&B/pop singer **Mýa** addressed veganism while touring ("My veganism will not change because that's a spiritual choice for life"). Salvadoran actor/comedian **Julio Torres** appears in Javier Ambrossi & Javier Calvo's film *The Black Ball*, a selection at [Cannes](#). Comedian **Tig Notaro** unexpectedly joined the [finale](#) of Stephen Colbert's *The Late Show*, chatting with Colbert from the audience.

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 Kind Heart Coalition further its mission.

Is there a way that readers could help you further the aims of Kind Heart Coalition?

- Attending community events, including animal sanctuary volunteer days, the San Diego Pride Parade (July), the Kind Hearted Campout (October), and People's Gathering community potluck (November).
- Volunteering ahead of events to prepare (e.g., helping to make signs, preparing the Pride Parade float, coordinating the potluck, etc.).

Next Month

Upcoming July events in the vegan community include:

- [Sale Ranch: Summer Seasonal Supper](#), Saturday, July 18, 6-8:30 pm
- [PlantDiego: Raw Vegan Treats & Sides Potluck](#), Sat, July 18, 12-1:30
- [Oceanside Sustainable Food Festival](#), Sat, July 25, 11 am-6 pm

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

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San Diego