Vegan News

San Diego

November, 2026

Vegan-News.org



Interview: Connie Edwards McGaughy, The Carrot Underground

OB People's Food Co-op • Family Thanksgivings

Local News • Community Calendar

Vegan News
San Diego

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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.

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From the Editor

Fall celebrations go by many names. Thanksgiving is a complicated holiday for many, due to concerns about historical treatment of indigenous peoples of the Americas, and for vegans, meat being the traditional centerpiece of a Thanksgiving feast can be painfully problematic. The term Thanksgiving has been repurposed by some vegans to ThanksLiving, while others have abandoned the word altogether, preferring a "harvest celebration" or "harvest gathering." Many people keep the term Thanksgiving, but choose to focus on gratitude and connection with loved ones, despite the unsavory aspects of the holiday's history.

For those with families that celebrate a more traditional Thanksgiving, "Surviving a Family Thanksgiving" may help you consider your options, while "~~Thanksgiving~~ ThanksLiving in San Diego" rounds up several resources for a vegan holiday celebration. "Celebrate a Happy Vegan Thanksgiving" by Connie Edwards McGaughy of The Carrot Underground offers vegan versions of many traditional recipes.

Speaking of Connie Edwards McGaughy, she has been actively promoting veganism and animal welfare in San Diego for years. We are delighted to bring you an interview in which she discusses her many contributions.

Once in a while we broaden our local restaurant spotlight. This month we hear from Cody Rush, Prepared Foods Manager for the all-vegan deli and bakery at the Ocean Beach People's Food Co-op.

November is another busy month, with community holiday potlucks by PlantDiego (Nov 22) and Kind Heart Coalition (Nov 26), and a Gracegiving supper fundraiser at Sale Ranch Animal Sanctuary (Nov 21), among many other opportunities. Be sure to check out the Community Calendar to see what's in store this month. We'll hope to see you soon.

Toward a vegan world,
Stephen White

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LOCAL NEWS



• Tell your friends and neighbors - save your Halloween and Fall decorating pumpkins! The 10th Annual Pumpkin Drive for the Animals will be collecting uncarved, unpainted, unpunctured pumpkins to donate to local animal sanctuaries. Pumpkins make a nutritious treat for the animals and help ease the limited budgets of the sanctuaries. Multiple drop sites are available.

• Election day is Tuesday, November 3. Strategic Action for Animals (SXFA) is urging Lemon Grove residents to vote Yes on Measure E (Birds), and have endorsed pro-animal City Council candidates Nicole Crosby in District 2 (Clairemont, Midway, Mission Bay Park, Mission Beach, Ocean Beach, Old Town, and Point Loma), and Antonio Martinez in District 8 (southern/border communities, including Barrio Logan, Logan Heights, Memorial, Nestor, Otay Mesa, and San Ysidro), as well as Lemon Grove City Council candidate Krystle Johnson.

• Also on the ballot is Kyle Krahel, Supervisor candidate in District 5 (Escondido, Fallbrook, Oceanside, Vista, San Marcos + Camp Pendleton), who reports he has been vegetarian for 20 years.

• Protests against the Merck pharmaceutical company, which purchased 54 dogs from Ridglan Farms, are taking place each Wednesday from 12 pm - 2 pm, at 3050 Science Park Road, La Jolla, CA, 92037. See savethedogs.io for more information.

• Viridian Productions will be offering the last San Diego Sustainable Night Market event at AleSmith Brewing Co. in Miramar on Friday, November 6, from 5–9 pm. The market will feature vegan food vendors and live music.

• SNAP (Spay-Neuter Action Project) is holding a Boot Scootin' & Boogie fundraiser on Friday, November 6, from 6-9 pm, at Del Mar Social, 3444 Tripp Court, San Diego, CA 92121. No prior dance knowledge is needed, instruction will be provided. Tickets are $45.

• Farm Animal Refuge in Campo is inviting the public to their Fall Open House on Saturday, November 7, from 11 am - 2 pm. Attendees will have a chance to meet the many animals at the sanctuary. Tickets are $20.

• Ocean Beach People's Food Co-op will present their annual Give & Taste event on Saturday, November 7, from 11 am - 2 pm, in partnership with Feeding San Diego. Bring canned food to donate to those in need, and get a free sample of the deli's entire vegan Thanksgiving menu, including their pies. The event will also feature live music.

• DxE is inviting members of the public to take their Movie Challenge in Little Italy on Sunday, November 8, from 4-6 pm. Volunteers will invite members of the public to watch a short film about animal agriculture, then discuss it. Click the link above to learn more and join the event.

• Congratulations to Healthy Kids, Happy Planet!, which was awarded an NBCUniversal Local Impact Grant through NBC 7 San Diego and Comcast NBCUniversal, to further their mission of providing plant-based nutrition education to students and families. Healthy Kids, Happy Planet! is also offering its own grants, making available a limited number of educator grants to cover the cost of ingredients for no-cook classroom culinary projects (up to $400.00). If interested, email barbara@healthykidshappyplanet.org with "Cool Bean Grant" in subject line.

• The San Diego Super Adoption rescue & shelter animal adoption event will take place in North Park on Saturday, November 14, from 12-4 pm, including live music, a dog beer garden, and a vendor marketplace.

• Vegan Spirituality San Diego is hosting a Bagel Brunch & Sanctuary Tour at the Saving Animals & Healing Hearts sanctuary in Ramona, on Saturday, November 14, from 10 am – 1 pm. The catered brunch will be provided by Ben & Esther's Vegan Delicatessen.

• THE LIGHTER SIDE: Speaking of Ben & Esther's…if you've run out of episodes of *Lanterns* and *The Pitt* and need new viewing material, consider Ben & Esther's Vegan Delicatessen shorts. The vegan deli has been making forays into indie filmmaking with a series of humorous promotional clips.

• San Diego's vegan directory VeganDiego reports several updates on local eateries and food service: Roots at UCSD is now permanently closed; Temecula-based Gentle Grill has finished its downtown San Diego popup; Donna Jean has expanded hours of operation, open 4 pm - 9 pm for dinner (closed Tuesdays), and 10 am - 3 pm for weekend brunch; meal prep service SoCal Vegan is now serving North County with delivery/pickup.

• Sale Ranch Animal Sanctuary in Temecula will be holding a Gracegiving supper on Saturday, November 21, from 4:00 pm - 7:00 pm. The vegan meal will be prepared by Scratch House chefs Grant Plummer and Tony Howe, including passed appetizers, a family-style feast, and dessert, with hosted adult and nonalcoholic beverages. Live music will be performed by Travis Guilliams, and there will be a Blessing of the Turkeys. Tickets are $150.

• Two San Diego venues were included in the recent VegNews article Come for the Drinks, Stay for the Food: 18 Vegan-Friendly Bars and Breweries Across the US. Alien spaceship-turned-bar MOTHERSHIP was praised for its drinks "Away Mission" and "Saturn", and Throne Room (hidden away inside KINDRED in South Park) for its "Dungeons & Dragons vibes." Kory Stetina, the visionary behind both establishments, was quoted in the article: "Providing a sense of escape is probably the most important element of our hospitality…How deep that escape leans towards total immersion and vibrant storytelling depends on the project."

• PlantDiego's 7th annual Gratitude Food Fest potluck will be held at Casa del Prado in Balboa Park on Sunday, November 22, from 1-3:30 pm. The event is free, but donations are welcome to help pay for food PlantDiego is bringing and the venue rental.

• Vegan Justice will be at the Encinitas Holiday Street Fair on Sunday, November 22, from 9 to 4 pm, sharing the benefits of veganism with the public. Volunteer shifts are only 2 hours, and usually include three people.

• Kind Heart Coalition has announced that their 9th annual People's Vegan Potluck will take place at the WorldBeat Cultural Center on Thursday, November 26, from 1 - 5 pm.

• The People's Fall Craft Fair will be held in front of Ocean Beach People's Food Co-op on Saturday, November 28, from 11 am - 3 pm, featuring a variety of craft items and foods from local vendors.

• Ahimsa Kitchen will be holding a "Breakfast at the Barre" pop up at Barre 3 fitness studio in Carmel Valley, 7845 Highlands Village Pl, Suite 103, on Saturday, November 7, from 8 to 11 am Free samples will be available (Going Green smoothies, chia seed pudding, mini-muffins) with coffee donated by Peet's Coffee, as well as items for purchase.

• On October 30, Chef Tony Howe made the shocking announcement that local gourmet food maker Scratch House would be closing its doors. Scratch House was founded by Chef Howe, who collaborated with major figures in the vegan restaurant world, including Chef Roy Elam of Donna Jean, Zach Vouga of Plant Power Fast Food, and Mitch Wallis of Evolution Fast Food. In early 2025 Chef Grant Plummer joined as co-owner, and in November, 2025 Kip Andersen, director of several documentaries, joined the Scratch House team. They initially made a name for themselves with their gourmet vegan cheese and catering creations, going on to offer a variety of specialty menus (tacos, pizza, BBQ, Hawaiian BBQ, Filipino BBQ, banh mi), holiday catering, and creative "nostalgia" fast food pop-ups. Along the way they have supported local sanctuaries and animal welfare organizations (including The Shore Sanctuary, Farm Animal Refuge, Frosted Faces Foundation). Scratch House will still be offering several Thanksgiving dishes which can be preordered and picked up at the San Diego Vegan Market on 11/25 from 11-4 pm, or 11/26 from 10-1 pm. When you pick up your food, see if you can persuade them to change their minds on the closure.



NATIONAL/WORLD NEWS

• New York City leaders voted on October 22 to ban horse-drawn carriages in the city by June 1, 2028. The City Council voted 40 to 7 in favor of the ban, known as Romanch's Law, named after an 18-year-old Indian tourist, who was killed while riding in a carriage with his family. For years activists have highlighted the dangers the carriages posed to both horses and humans.

• Vegan German-American artist Peter Max, known for his psychedelic and pop-art style, died September 14, at the age of 88. Max, an animal lover and environmentalist, helped rescue Cincinnati Freedom, a cow that jumped a fence to escape from a slaughterhouse in Ohio, and managed to escape capture for 11 days. Max donated $180,000 worth of art to help facilitate the cow's transfer to Farm Sanctuary in Watkins Glen, New York.

• Product recall: Over 1,300 cases of Miyoko's Creamery butter have been recalled by its new manufacturer, Prosperity Organic Foods of Boise, Idaho, due to possible contamination with e.coli, mold, and yeast. The product is Miyoko's European Style Salted Plant Milk Butter in 8 ounce containers (UPC number 857554005773, lot code 1007871, "use by" date November 5, 2026). None of the potentially contaminated products appear to have been sold in California. For more information see Food Poisoning Bulletin.

• On October 27, Miyoko Schinner made the sad announcement that she was diagnosed with breast cancer. She indicated that she will be receiving treatment the next few months, and will provide more information in the coming days.

• Plant Based News reports that Mondelēz, maker of the triangular chocolate bar Toblerone, is suing Catherine's Originals, a small vegan chocolate producer in the UK, contending that the semi-oval shape of Catherine's O'Bar, which can also be broken off in chunks, is a trademark infringement. Mondelēz is the world's largest candy maker.

• Labor leader and activist Dolores Huerta died October 28 in Bakersfield, CA, at the age of 96. Huerta is known for cofounding the National Farm Workers Association (NFWA) with Cesar Chavez and Gilbert Padilla, which later became part of the United Farm Workers (UFW), a labor union for farmworkers that achieved major victories. In 2002 Huerta founded the advocacy organization the Dolores Huerta Foundation (DHF). Huerta was a vegetarian.

• To mark Breast Cancer Awareness Month, in October, the Physicians Committee for Responsible Medicine (PCRM) published a blog entry, "4 Steps to Take Today to Reduce Breast Cancer Risk," based on an American Medical Association policy, which states, "Our American Medical Association supports efforts to educate the public about the benefits of lifestyle changes that may reduce breast cancer risk, including regular physical activity, maintenance of a healthy body weight, a healthy plant-based diet, and limiting alcohol intake…."

• Dr. Michael Greger's NutritionFacts.org is joining forces with The Plantrician Project to co-host the Power of the Plate 2027 conference, intended for both clinicians and "health enthusiasts." The event will take place in Los Angeles from May 13–16, 2027. The health enthusiast rate is $899. A virtual pass (with no workshops) is available for $599.

• Beyond Meat's Beyond Steak Filet is coming to Sprouts Farmers Market stores in the US. The steak is primarily made of water, wheat gluten, faba bean protein, avocado oil, and mycelium. Each serving offerers 28g of protein, 3g of fiber, 9g of fat, 1g of saturated fat, and 8.6 mg of iron.

• Canadian company Opalia Foods, whose slogan is "Milk Without Cows," has been developing cell-based milk products, which are touted as being sustainable, antibiotic-free, hormone free, and animal and cruelty-free. That last claim is partially true - they use cells isolated from the mammary gland of a cow, but that's where animal involvement ends. The goal is to use cell-based milk to produce the full range of dairy products, which would not technically be vegan, but would have immense benefits for the environment and for animal welfare.

• Canadian animal rights organization Animal Justice is offering a free online training, "Navigating the Pain of Being an Animal Advocate," held on Wednesday, November 11, from 3 pm to 4:30 pm Pacific Time. Kimberly Carroll, a coach for Changemakers and a strategist for Animal Justice, will lead the training. Register for the event at animaljustice.ca/training.

• Belgian-based company Those Vegan Cowboys has been developing an animal-free casein, Margaret's Finest, to replace traditional dairy casein. In collaboration with its research partner Formo, the companies submitted their product to the U.S. Food and Drug Administration (FDA) for a Generally Recognized as Safe (GRAS) approval. In late October, both companies received a "no questions" letter from the FDA, allowing commercial production. Those Vegan Cowboys has reportedly already developed mozzarella, burger slices, cream cheese, feta and camembert, and is looking for US partners to develop products using their casein.

• Howard Lyman, a former cattle rancher who went vegan and became a fierce advocate for animals, died on October 27 at the age of 88. Known as the "Mad Cowboy," Lyman was able to speak about veganism to groups that could otherwise be otherwise hard to reach.

• TAKE ACTION: Friends of the Earth and the Chef Ann Foundation recently analyzed over 10,000 entrees in 45 school districts, finding that "most schools' lunch entrées are still dominated by highly processed, meat- and cheese-laden foods including pizza, hamburgers, chicken nuggets, and deli meat sandwiches." Their report, *Beyond the Nugget: The Hidden Health Risks of Industrially Produced Animal Proteins—and the Path Toward Better School Lunches*, makes it clear that school lunches are a key component in the U.S. health crisis. You can help. Friends of the Earth has an easy to complete form (just 4 items to fill in), asking the USDA to offer healthier meals to children.

• Perspective: "Your Friendly Vegan: To get people to join the movement, you have to listen"



WORLD VEGAN DAY, WORLD VEGAN MONTH

November 1 is World Vegan Day, though in recent years focus has shifted from celebrating a single day to recognition of November as World Vegan Month. The tradition of recognizing veganism in November began with the world's oldest vegan association, The Vegan Society.

The Vegan Society was formed in London in November, 1944, by Donald Watson, Elsie Shrigley, George Henderson, Fay K. Henderson, Bernard Drake, Alfred Hy Haffenden, and Paul Spencer. The term "vegan" was coined by Watson this same year, and the group's manifesto laid out their goals:

1. To advocate that man's food should be derived from fruits, nuts, vegetables, grains and other wholesome non-animal products and that it should exclude flesh, fish, fowl, eggs, honey, and animal's milk, butter, and cheese.

2. To encourage the manufacture and use of alternatives to animal commodities.

The group was originally conceived as a sub-group of the Vegetarian Society in the UK, but there were concerns that this might not sit well with the members of the larger group, and they were encouraged to form their their own group.

To mark the 50th anniversary of the Vegan Society, chairwoman Louise Wallis established World Vegan Day in 1994, observed annually on November 1. The day is intended to celebrate the ways that veganism benefits animals, humans, and the environment. Vegan groups sometimes mark the day by gathering for potlucks or other events, but it's also an opportunity to bring attention of the wider world to the concept of veganism.

Over time World Vegan Day became World Vegan Week, and then World Vegan Month.

The UK Vegan Society remains active today, as does the American Vegan Society..

🍁 Celebrate a Happy Vegan Thanksgiving

Gather around the table with delicious food, cherished traditions and compassion.

By **Connie Edwards McGaughy**
The Carrot Underground



Thanksgiving is a time to gather with family and friends, share favorite foods, and appreciate the things that matter most - like kindness.

Being vegan doesn't mean you have to give up your favorite traditional holiday foods. With the right ingredients and a little creativity, it's not difficult to replace most animal derived ingredients with plant-based foods, while preserving the flavors and textures you love.

I've gathered some of my favorite classic fall recipes with a few tips on making dishes everyone can enjoy. Whether you're hosting an all-vegan "Thanksliving" or joining a traditional Thanksgiving gathering, I hope you find something new and delicious to share.

🥕 **See the full recipe collection: 40 Favorite Vegan Thanksgiving Recipes**

🍁 Starters & Soups



A few festive appetizers are a wonderful way to welcome guests while the finishing touches are being made in the kitchen.

My Cranberry Cheese Bites are always a hit, with flaky puff pastry, vegan cream cheese, and a colorful cranberry orange topping.

Cheesy Pepper Poppers and Fiesta Pinwheels are other fun choices for guests to nibble on before dinner.

For a sit-down starter, consider serving a small bowl of homemade soup, like this warmly spiced Carrot Ginger Soup.

Our family's traditional Cream of Tomato Soup has been part of our Thanksgiving celebration for years. I serve it in a pumpkin-shaped soup tureen that doubles as a centerpiece.

Connie's Tip🥕 Keep appetizers light and plan ahead. Choose something you can assemble or prepare the day before, leaving more time for your guests on Thanksgiving



🍁 Main Dishes

A beautiful main dish makes a holiday table feel extra special.

This **Mushroom Seitan Wellington** is a family favorite, made with mushrooms, artichoke hearts, white beans, and herbs, wrapped in golden pastry with a savory mushroom pâté.



It's a wonderful centerpiece for an all-vegan Thanksliving.

For something more casual, **Gardener's Pie** is filled with lentils, mushrooms, vegetables, and gravy beneath a fluffy mashed potato and cauliflower topping. **Homemade Veggie Pot Pie** or my vegan **Broccoli Cheese Pot Pie** are always welcome, cozy, and delicious!



If you're attending a traditional Thanksgiving dinner, offer to bring a vegan protein entrée, like slices of **Savory Herbed Tofu** or **Seitan Chick'n Fillets**. Include a side of homemade **Mushroom Gravy** to ladle on top of both. Loaded with rich umami flavor, it's delish!

Connie's Tip🥕 Choose something that travels well and can be reheated without much fuss. Bring enough to share, but don't count on leftovers!

🍁 Side Dishes



Let's face it, **Thanksgiving side dishes** often steal the show!

Fluffy Mashed Potatoes, savory Homemade Stuffing, and Classic Green Bean Casserole are some of the holiday favorites we look forward to every year.

For a little variety, try Orange Balsamic Roasted Brussels Sprouts, Zucchini Squash Casserole or Roasted Root Vegetables for a splash of color and veggie goodness.



My favorite Thanksgiving ingredient is fresh cranberries. Those tart, tangy berries provide a bright fall flavor to any plate.

I love sprinkling a handful into my Maple Cranberry Yams (sweet potatoes) before baking. Nothing is better than Homemade Cranberry Orange Sauce and for those who prefer theirs raw - Fresh Cranberry Pineapple Relish adds a refreshing contrast to all those savory flavors.

Connie's Tip🥕 When dining with non-vegan family or friends, check with the host about which side dishes will be vegan-friendly. Even vegetables and potatoes may contain butter, cream, or meat-based broth. Offering to bring a couple of your favorite sides is an easy way to make sure you have plenty to enjoy and share.

Desserts

Save room for dessert!



For a delicious alternative to traditional pumpkin pie, try my easy **Vegan Pumpkin Mousse**. Light, fluffy, and full of warm pumpkin spice flavor, it's a lovely make-ahead treat served in individual dessert glasses.

Of course, Thanksgiving wouldn't be quite the same without a slice of homemade pie. Our family's favorite **Pumpkin Pie** and **Mom's Apple Pie** are treasured holiday traditions.



For something a little different, **Old-Fashioned Applesauce Cake** is a wonderful choice. Moist, warmly spiced, and just sweet enough, it's delicious baked as a simple square cake or a beautiful Bundt cake.

Cranberry Apple Crisp is another seasonal favorite, combining tender baked fruit with a golden oat crumble topping.

Connie's Tip Desserts are perfect for making ahead. Bake your cakes and pies the day before, or prepare a no-bake mousse that can chill in the refrigerator until serving time.

Connie Edwards McGaughy is a longtime vegan recipe developer, cookbook author, and founder of **The Carrot Underground** based in San Diego, California. connie@thecarrotunderground.com

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 • Ocean Beach People's Food Co-op Deli • OneWorldBeat Cafe • Peace Pies • Plant Power • The Plot • The Purple Mint Vegan Bistro • Sabor a Vida Cafe & Deli • Tacotarian • Thanh Tinh Chay Restaurant • Trilogy Sanctuary • UCSD Food Co-op • Uumbal • Val's Vegan Kitchen • Veggie Grill • Veganic Thai Cafe

San Diego Restaurants...and Co-ops



Ocean Beach People's Food Co-op

The member-owned Ocean Beach People's Food Co-op has been providing vegan and vegetarian food and products in San Diego for over 50 years. Prepared Foods Manager Cody Rush shared about his work with co-op and the offerings of the co-op's all-vegan deli and bakery.

Cody, could you tell us about your culinary training, and how you came to work at the OB People's Food Co-op?

My dad had a farm back in the East Coast, and I grew up growing vegetables and learning from him. So it was just embedded in my roots. I didn't want to go down that same road, but I still wanted to be in food. I was always cooking with all our vegetables we had left over. I wanted to go in a culinary direction.

I moved to San Diego when I was 18 and went to culinary school and was working at a lot of fine dining restaurants for years. I went to San Francisco for a little bit, I got my first sous chef job up there. And then I decided that I wanted to do more vegan cooking 10 years ago.



That happened because I was working on my days off, working at a farms here as well because I still love working on farms, there's just something I grew up doing. I was working with a gentleman, Barry Koral, he was vegan and he really got me on that path. When I worked on his farm, I started eating like him and it changed everything for me.

After that I opened my own vegan catering business, working as a personal chef and events, I was doing that for about 4 or 5 years, then went back into the restaurants again, focused on vegan food for cafés around San Diego area as well. I was doing that for a good 4 or 5 years and then I saw the opening here. I was living in OB since I moved here from high school. I saw the opening here and I was like, "I would love to be part of the community, I'm all about vegan and organic," so it was a perfect fit for me.

We're working directly with farms. It's a big thing for me, because it's where I started from when I was a kid. There's no middle man, so there's less hands touching the food, it's going from the farm straight to here.

After working at all these really nice restaurants I tell everyone, "We're working with produce that is as good as I've seen in a fine dining restaurant," and it's the truth. There's a lot to appreciate here in this deli.

An all-vegan deli case is unique in San Diego. How do you choose which dishes to offer?
Yeah, it's really unique, and it's all organic too. I really go by the season, I look at what the farmers are sending me. If there's some really good cabbage, next week we're gonna do some stuffed cabbage rolls. Also, customer requests too, "Hey, can you do this," "Bring this back." Absolutely. If I know it's gonna be cold and rainy next week, we'll do a nice shepherd's pie dish, something cozy or comforting.



What are some of your most popular deli and bakery items?
Our most popular would probably be the Yamalada; our walnut, mushroom, chorizo, stuffed enchiladas are really popular; the stuffed cabbage, the tofu cutlets are are really good, the almond kale supreme salad. We do pizza every once in a while.

Our berry crunch, with a tofu cream and berries and crumble. Our pies are really, really good, apple or pumpkin. The mixed berry, I think is one of the better ones in San Diego, to be honest. We put so many berries in there, you're getting your money's worth: raspberries, blueberries, just packed in there. Those are one of the best, and you don't see them that much out there.

Our juices sell really well. We just started doing a spiced apple juice, we always try to have fresh orange juice, straight from the farm. We do some coffee drinks as well.

Our breakfast is a staple here. I don't want to even mess with the breakfast, our biscuits and gravy in the morning with the salty kale, quinoa and a tofu scramble, just you can't beat it. We do a breakfast burrito every other day.

Who develops the recipes for the foods offered by the deli?
That would be me. I develop them, test them out, work with the employees. I come up with them, make the main recipe, and then I test it out, but once it gets into the employees hands, I always want them to speak up and give me any feedback. Maybe they found a faster way to make this, or a better way, so I'm always open, we're always improving. It's a group effort, really.

The farmers too, they really do most of the work, because they're making a product that's so good. If you have some cauliflower that doesn't taste that good, okay, now I need to add a lot of spices, I need to put a lot of work into it. I give a lot of credit to the farmers for giving us really good produce, it lets us do our job a lot easier.

How often does your menu change?
The Deli menu changes weekly and we are always rotating our popular items and our seasonal items to the menu. We will be adding breakfast and sandwich specials to the menu very soon.

We've just posted the menu to the public, and should be posting it online soon.

Could you tell us about your seasonal items?
Yes, our bakery menu changes seasonally. We have a Fall, Winter, and Summer menu selection.

We've got Thanksgiving coming up, so we really have a nice menu. We do a nice savory seitan, which is a very popular entrée substitute, mac and cheese, a cornbread stuffing, a quinoa stuffing.



I really want to make sure that this is a place that people can come for gluten-free options, so we're gonna do a lentil loaf entree for this Thanksgiving as well, a gluten-free vegan mac and cheese, gluten-free stuffing. So if you're gluten free, come here for Thanksgiving and you'll be taken care of.

Sincere thanks to manager Rush for talking with us, and for the passion and care he clearly brings to his work. Anyone can shop and eat at the co-op, but becoming a co-op owner is just $15 a year ($5 for students and low income households). Owners get a variety of discounts and benefits throughout the year, and each membership supports the co-op's mission.

Ocean Beach People's Food Co-op
Daily Store Hours: 8 am-9 pm, Deli Hours: 8 am-8 pm
4765 Voltaire Street, San Diego, CA 92107
Phone: (619) 224-1387
www.obpeoplesfood.coop



Kind Heart Coalition's 6th annual

Kind Hearted Campout

at the Nate Harrison Ranch on Palomar Mountain,
October 15-18

Local vegans met with friends, allies, and activists from all over California (as well as New Mexico, Ohio, Arizona, Florida…) at the sixth annual Kind Hearted Campout.

From 2 pm Thursday to noon on Sunday, the camp experience was filled with presentations, interactive workshops, opportunities for sunrise yoga, hiking on the historic grounds, time to relax and get to know other campers, dance parties, stories and songs, and a notorious game, with delicious meals provided by the camp chefs.

Among the many presentations, Brandi Pharris spoke on "Running for Their Lives: Wild Horses, Roundups, and the Right to Remain", discussing the tragic plight of wild horses.





Photo: Kind Heart Coalition



Photo: Kind Heart Coalition

"Envisioning Liberation: Creative Activism Through Painting" with Alex the Vegan Painter taught how the powerful impact of images can further the cause of veganism and animal rights.



Animal rights activist and attorney Jerry Friedman from the National Layer's Guild gave a "Know Your Rights" presentation, outlining a variety of ways that activists can protect themselves during protests, also highlighting several legal risks if they're not careful.



Photo: Kind Heart Coalition

"Creative Writing and Meaning of Words" with Brittany Michelson, author and editor of the book *Voices for Animal Liberation,* demonstrated the importance of the effective use of language.

"Mindfully Prevent Infighting" with dharma coach Gayatri Sehgal offered participants a chance to practice good communication skills.

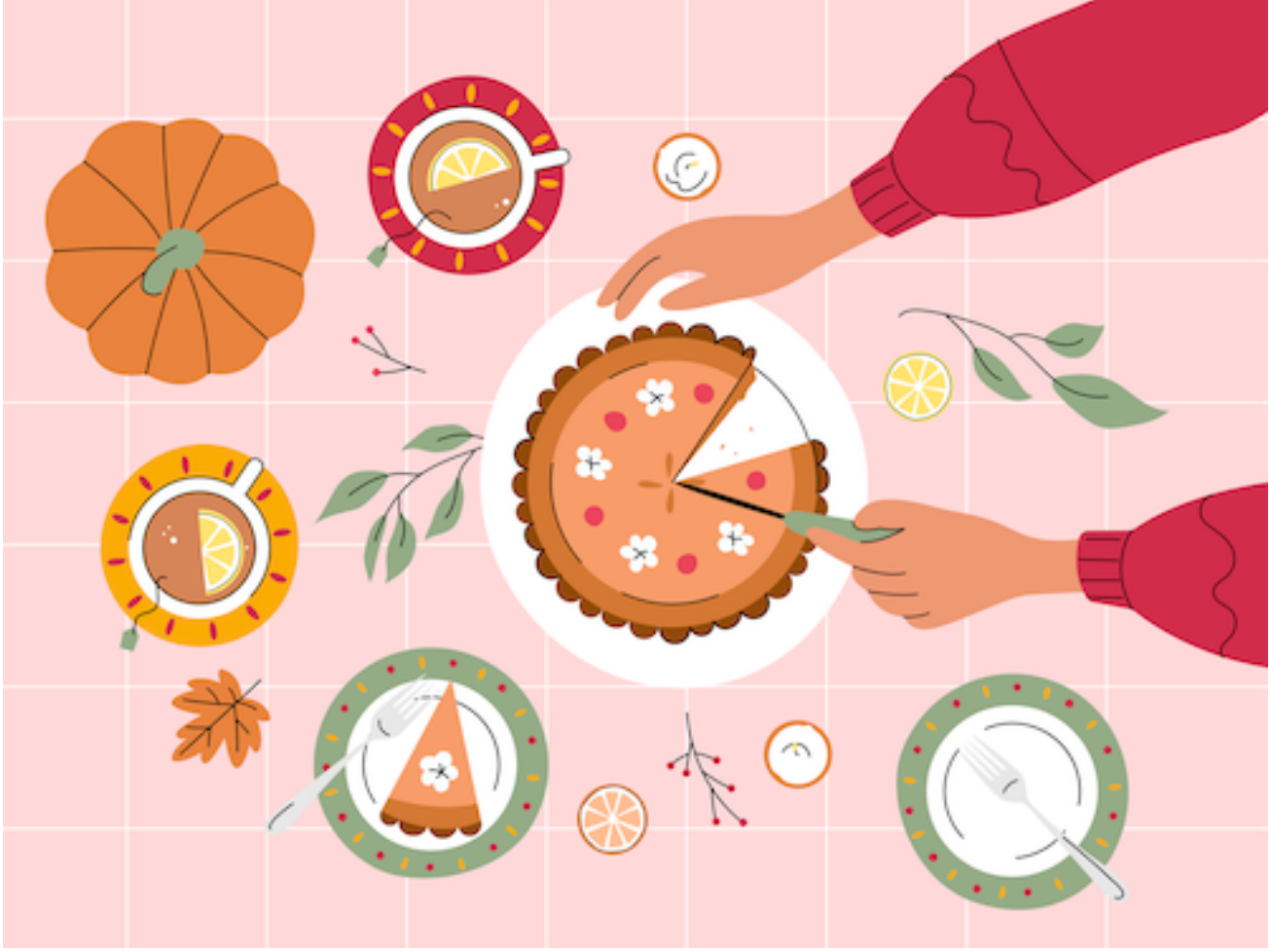


Photo: Kind Heart Coalition

The final event of camp was the famous "frozen T-shirt contest," in which competitors frantically try to liberate a T-shirt frozen in ice. This year's winner: Joyce Knight.

Many campers had attended the campout in previous years. Between the presentations and workshops, camaraderie, food, fun, and the company of camp dogs, it's easy to see why.





Surviving a Family Thanksgiving

Of all the holidays in the year, Thanksgiving can be one of the most complicated for vegans. The focus on family and gratitude are often accompanied by a feverish effort to create an expansive traditional menu. And for omnivorous Americans, this all too often includes turkey, as well as an assortment of side dishes that may include dairy or eggs.

Some vegans are able to ignore the meat on the plates of relatives, or perhaps in the center of the table, while others find it impossible not to be troubled by the casual cruelty of a death somehow being part of a family celebration. Many people fall in between the two extremes, trying to stay focused on the pleasant parts of the day without allowing thoughts to linger on the tragic aspects.

For those who find it difficult to be around family members eating meat, there are options. Keep in mind that some family members may understand your choices, while others may truly be clueless about how distressing it can be for many vegans/vegetarians to be around the consumption of meat. The worst offenders may show a distinct lack of sensitivity or even hostility; perhaps unsurprisingly, the same lack of empathy for animals can show up with family members.

Let's start with the option that is at the same time the simplest and the most complicated:

Host the family gathering yourself, and provide all the food. Holiday gatherings can be a great opportunity to let omni friends and family sample vegan dishes. If you're up to the task, and your family's agreeable, choosing to host the family gathering yourself could be a way to make sure you have

a wide range of options. The catch is that you'll need to cater to the tastes of an omni crowd. Some families just want a tasty meal, while others are sticklers for the "classic Thanksgiving menu." Many traditional dishes are easily made with vegan recipes (see Connie Edwards McGaughy's recipes in this issue), but sometimes people are fixated on the idea of having turkey. There are a variety of turkey substitutes (store bought, home made, or bought from a local vendor such as Eris or Scratch House), but it's important to realize that there's no pleasing some people if they're determined to find fault.

If you aren't hosting the meal, it's recommended to communicate in advance with whoever is hosting, to coordinate your plans with theirs. Depending on your preferences and the nature of your family, you might consider one or more of these options:

Co-host. If making the whole meal is too much for you (and honestly, that is a LOT of cooking!), going "halves" with another family member still gives you plenty of food options for yourself, and lets you share several dishes with others. It could also be a way to acquaint relatives with the dishes that you make, so that later, if you do take a turn hosting the family gathering, they'll know they're in for a good meal.

Bring tasty vegan dishes to share. Even if you're not co-hosting, you can bring some food with you. Whether your gathering is a potluck or not, consider bringing along a main, a side, and a dessert. It guarantees that you'll have a delicious meal, and lets you share vegan options with others, in the spirit of the holiday.

Some people may choose not to attend gatherings where meat is served, either because it's too distressing to be around it, or on principle (DxE has an article on The Liberation Pledge, a choice some make to avoid eating with non-vegetarians/vegans). If this is the case for you, there are still options.

Eat separately, join the family after the meal. There's more to a Thanksgiving gathering than the meal, and it might work better to have your own holiday celebration and meet up with family after the dining portion of their event is done. That way the biggest challenge you'll have is navigating relatives in the throes of postprandial somnolence (a "food coma").

Visit family on another occasion. If the Thanksgiving gathering isn't important to you personally, another option is to just skip the holiday altogether and visit with family members on another day. Advantages could include only seeing the family members you want to see, avoiding the holiday traffic, and having more say in how you spend time together.

We've saved the best for last…

Attend a vegan community celebration. Regardless of what you decide to do with your family, make plans to attend one or more vegan community celebrations, such as the ones held by PlantDiego or Kind Heart Coalition (see the following page). There's nothing like being at an event where everyone shares beliefs on matters that are so important.





~~Thanksgiving~~ ThanksLiving in San Diego

Community Meals

PlantDiego's 7th annual Gratitude Food Fest potluck, Sunday, Nov 22nd, from 1 - 3 pm at the Balboa Park Club

Kind Heart Coalition's People's Vegan Potluck, Thursday, November 26, from 1 - 5 pm, at the WorldBeat Center in Balboa Park.

Sale Ranch Animal Sanctuary: Gracegiving supper on Saturday, November 21, from 4 pm - 7 pm in Temecula: appetizers, a family-style feast, and dessert, with hosted adult and nonalcoholic beverages, and live music. Tickets are $150.

Meal Catering for Pick Up

Donna Jean, North Park: donnajeanrestaurant.com/holiday26, order by 11/20, pickup 11/25 12-8 pm
Eris Food Co., Oceanside: erisfoodcoca.com/holiday-menus, order by 11/18, pickup 11/25 by 8 pm
Ocean Beach People's Food Co-op: www.obpeoplesfood.coop, Pie orders available Nov 7 - Nov 23. Other dishes available in the deli November 23-26.
Scratch House: www.instagram.com/scratchhousesd, pick up 11/25 11-4 pm, or 11/26 10-1 pm
Veggie Grill by Next Level, Carlsbad: www.nextlevelvg.com/feast
Vibrant Fork, San Diego: vibrantfork.com

Foods at Vegan Markets

Both the San Diego Vegan Market in Grantville and Thousand Petal Lotus in Vista will offer packaged foods to prepare and serve at a holiday gathering.



Interview: Connie Edwards McGaughy,
The Carrot Underground

Connie Edwards McGaughy may be best known for her vegan recipe and lifestyle blog The Carrot Underground, but her connections to the vegan community go far beyond that. Read on to learn the many ways she's worked to make this world a kinder place for animals and people.

What can you tell us about your early life, and how you came to be vegan?
I've loved animals for as long as I can remember. Growing up in Pacific Beach in the 1960s, our family always had pets and rescued animals. My parents taught me to treat animals with kindness, but even as a little girl, I couldn't understand why we loved some animals and ate others. It just didn't make sense to me.

When I was eight, I decided to launch my own animal awareness campaign. I cut up pieces of paper, wrote "Please be kind to animals" on each one, made myself a name tag, and went door-to-door with my mother's clipboard. I handed each person one of my handwritten notes, explaining to our slightly amused neighbors that it was Be Kind to Animals Week. I suppose that was my first experience as an animal advocate!

At the age of ten, I announced that I wanted to become vegetarian. My parents were sympathetic but worried about my health. This was the 1960s, when information about vegetarian nutrition for children was scarce. They even asked a physician neighbor to talk me out of it.

A couple of years later, I met Dr. Prem Swarup Bhatnagar, an agricultural science professor from India and a lifelong vegetarian. Meeting someone who shared my beliefs and was thriving without eating animals was a revelation. I promised myself that when I grew up, I'd become vegetarian. Dr. Bhatnagar later became a pioneering scientist in India's soybean agriculture. Fifty years after we first met, we reconnected, and I finally had the chance to thank him. We shared many wonderful conversations about animals and compassion before he passed away.

My turning point came on July 7, 1977. I was nineteen, enjoying a steak dinner my mother had prepared, when I suddenly looked at the meat on my plate and recognized it as part of an animal who had once been alive. I finally made the connection. I put down my fork and never ate meat again.

Eventually, I eliminated eggs and dairy as I learned the truth about those industries. Sixty years have passed since I was that eight-year-old with a clipboard, and my feelings about animals haven't changed. If anything, I'm more motivated than ever to encourage others to think about how their choices affect animals and recognize that even small changes can make a meaningful difference.

Your husband and kids have also been vegetarian, and later vegan. It's not always easy raising a vegetarian/vegan family in this society. Could you share about your experience of navigating the inevitable hurdles that came up along the way?
When John and I became a couple, he was a meat-eater, but he immediately became vegetarian because he understood and supported my values. Having a partner who shared my commitment to animals meant the world to me.

In 1990, we joined more than 50,000 animal advocates from around the world at the March for Animals in Washington, D.C. I was six months pregnant, so our son attended his first animal rights demonstration before he was even born!



Raising vegetarian children in the early 1990s was a little different from today. Our pediatrician supported a meatless diet but wasn't comfortable with eliminating eggs and dairy, so our children were vegetarian during their early years.

They grew up surrounded by rescued animals, and we taught them to be gentle and respectful toward all living beings. But once they started school, things got more complicated. Occasionally, classmates teased them about not eating meat or tried to convince them to taste a hamburger. Even well-meaning adults offered them chicken nuggets or fish sticks, apparently under the impression that chicken and fish weren't meat! I was accustomed to defending my beliefs, but watching my children navigate those situations was another matter. I wanted to help them find their own voices without feeling they had to defend themselves at every lunch table.

That's when I began keeping a journal called The Carrot Underground: Raising Compassionate Kids in a Carnivorous World. Writing helped me sort through my feelings and think about how to guide them.

When our daughter was twelve, she decided to become vegan. She loved cooking and began experimenting with ways to recreate our family favorites without eggs or dairy. John and I followed her lead, and we've been vegan ever since.

What inspired you to create The Carrot Underground?
After our children graduated from college and moved away, John and I found ourselves spending more time cooking together. He's a fantastic cook and artist with a wonderful eye for presentation, and I started photographing some of our meals and sharing the pictures online. Friends began asking for recipes.



Around that time, I came across my old journal, The Carrot Underground, and the idea for a recipe blog came together. I originally started the site in 2018 as a hobby, simply to share recipes with friends. I never imagined it would become such an important part of my life.

I learned to cook out of necessity. When I first became vegetarian, I was often the only person at the table without something I could eat. If I wanted a satisfying meal, I usually had to make it myself. Over time, that necessity became a genuine love of cooking.

After decades of animal advocacy, I've come to believe that one of the most effective ways we can help animals is by changing our appetites and attitudes about what's on our plates. That's really what The Carrot Underground is about. I want to show people that familiar, comforting foods can be every bit as delicious when they're made entirely with plants. You don't have to give up the foods you love to make compassionate choices.

The photography and graphic design on The Carrot Underground website look quite professional. Do you work with a team on the visual presentation?
Thank you! No team yet, although I'd certainly welcome one! Everything you see on the website is created and photographed by me in my kitchen, using an iPhone and natural light. I love food styling and photography. I want the dishes to look appetizing, authentic, and approachable, like something you'd be happy to serve at your own table.

My background has helped tremendously. I've worked as a fine artist, commercial illustrator, art instructor, and art consultant, and I've managed several art galleries in San Diego. I also spent years as a buyer and display designer for a local retailer specializing in tabletop, gourmet cookware, and housewares. So I suppose I've spent much of my life creating and arranging beautiful things. These days, they're usually edible!

Is it true that you have family connections to the San Diego vegetarian/vegan community?
Yes! In the late 1970s, my brother Scott and a couple of his best friends opened Mama Love's Natural Foods, a small chain of vegetarian drive-through restaurants.They converted two former Charburger locations near SDSU and in Hillcrest into places serving soups, salads, sandwiches,

smoothies, and desserts. My mother, whom we affectionately called Mama Love, contributed her recipes and considerable cooking talents. It was pretty progressive for the time. Imagine being able to drive through for a freshly prepared vegetarian meal in the 1970s!

I still make some of their most popular dishes. Those recipes bring back wonderful memories of my brother, my mother, and a very special time in San Diego's natural foods history.

Apart from your efforts to make vegan recipes accessible, you've also worked as a coordinator for the Fund for Animals (now part of Humane World for Animals), and have been on the board of the Nsefu Wildlife Conservation Foundation.
Animal advocacy has been part of my life for decades, and I've been fortunate to work alongside some extraordinarily dedicated people.

Most recently, I served on the board of the Nsefu Wildlife Conservation Foundation, which works to protect elephants and other endangered wildlife in eastern Zambia through anti-poaching and conservation efforts.

One experience I'll never forget was volunteering with the Fund for Animals following the raid on Tiger Rescue, a notorious facility in Colton, California. More than fifty abused and starving tigers, lions, and leopards needed help. Caring for those animals was heartbreaking, rewarding, and occasionally terrifying.

Experiences like that reinforced something I've always believed: animals depend on humans being willing to speak up and act compassionately on their behalf. Today, much of my advocacy happens through food. It's a different approach, but the motivation is exactly the same.

I believe you were also behind the rescue of *hundreds* of feral goats from San Clemente Island, near Catalina?
That was one of the most extraordinary experiences of my life. In 1985, I saw a news report about the U.S. government plans to kill thousands of feral goats on San Clemente Island (located off the coast of San Diego), because they were damaging habitat needed by endangered wildlife. The Fund for Animals, led by best-selling author and outspoken animal advocate Cleveland Amory, was fighting to save them.

I was horrified and wanted to offer my help, so I called the organization's New York office late one night and left a message. Within minutes, Cleveland himself called me back. He explained that they were working on a rescue plan but desperately needed somewhere near San Diego to house hundreds of goats. Before I quite knew what had happened, I'd volunteered to find a home for them!



After spending two weekends searching for a suitable sanctuary throughout Southern California, I heard about an eccentric elderly woman who operated a small animal shelter in Ramona. I called her out of the blue, hoping she'd at least consider my rather unusual request. She wasn't particularly warm or friendly, but somehow we hit it off. When I asked how she'd feel about taking in 200 wild goats, she replied, "I think it would be lovely." And just like that, we had a plan.

Cleveland appointed me the Fund's San Diego coordinator and spokesperson. I was responsible for preparing the property, arranging veterinary care, managing the goats' daily needs, and overseeing their adoptions. Meanwhile, Cleveland and his attorneys fought to stop the killing. Eventually, a reprieve was granted, and the rescue started when an exceptional helicopter pilot and a sheepherder from New Zealand began safely netting and airlifting goats from the rugged, treacherous terrain to holding pens on the island. A team of volunteers greeted them, administering medical exams and vaccinations before loading them into a livestock trailer for their 70-mile trip aboard a barge to North Island Naval Air Station. I still remember the long, slow, winding road up Highway 67 as I drove ahead of the tractor trailer carrying our very first new arrivals.

For months afterward, I spent my weekends in Ramona caring for the goats and screening potential adopters. I also handled media inquiries, which were constant. Reporters sometimes appeared unannounced at my home or workplace looking for updates. All of this was volunteer work, on top of a full-time job fifty miles from Ramona. It was physically and emotionally exhausting. Most of the goats were healthy and energetic. Others were terribly sick, and a few did not survive. As a city girl with no previous experience caring for wild goats, the learning curve was fast and furious. They're incredibly athletic animals, and more than once I caught one in midair as it attempted to escape. Despite the challenges, I fell completely in love with them.

One of the most remarkable outcomes came when I first brought Cleveland to Ramona to meet Patricia Nelson, the property owner. During their visit, she told him she wanted to donate her property to the Fund for Animals. Within a year, she transferred ownership. Over the next three decades, the sanctuary was transformed into one of Southern California's finest wildlife rehabilitation facilities. Today, it's known as the Ramona Wildlife Center, operated by Project Wildlife and the San Diego Humane Society. I'm especially proud of that connection. What

began with a late-night phone call and a desperate search for somewhere to house hundreds of goats ultimately helped establish a facility that continues caring for wildlife today. I had no idea where that first phone call would lead, but I'm grateful I made it.

A few years back you appeared on the COEXIST Podcast with Coe Lewis.
Coe and I go back many years. My brother first introduced us when he invited her to dinner at my house, and we immediately connected through our shared love of animals. Many San Diegans know her from her years on KGB radio, but she's also a tireless advocate for wildlife. She later invited me to serve on the board of her conservation foundation, and we've remained friends ever since. I really enjoyed being a guest on COEXIST. Any opportunity to talk about animals and the people working to protect them is time well spent.

You've been appearing in some big-name media. This year the February/March issue of AARP magazine included one of your recipes, and you were prominently featured in the recent *Mashed* article, "6 Things To Bring To A Dinner Party And 5 To Avoid."
It's always a nice surprise when someone reaches out to feature my work, especially when the audience isn't necessarily vegan.

I've spent nearly fifty years cooking for and entertaining both vegans and non-vegans. Along the way, I've learned that a successful gathering isn't about impressing people with elaborate food. It's about making everyone feel welcome and comfortable, including the host! I especially enjoy sharing practical ideas that make plant-based cooking and entertaining feel less intimidating. If someone discovers a recipe they love and realizes it doesn't need eggs, dairy, or meat to be delicious, that makes me happy.

You've collected a set of favorite recipes in the digital cookbook, *The Carrot Underground Cookbook Volume One - How to host plant-based parties everyone will love.* How did you choose which recipes to include?
I wanted to put together a collection of recipes that people could actually use for all kinds of gatherings, whether they're hosting a dinner party, bringing something to a potluck, or having a friend drop by unexpectedly. Some dishes are simple and casual, while others are a little more sophisticated. The common thread is that they're flavorful, inviting, and made entirely with plants. I also wanted to take some of the stress out of entertaining. I've always believed that the best parties are the ones where the host gets to enjoy the company too!

You followed this up with your second cookbook, *The Carrot Underground Cookbook Volume Two - How to bake the best vegan desserts & treats.* Do you have a favorite dessert recipe from the cookbook?
It would have to be the Lemon Meringue Pie. It's a sentimental favorite. When I was growing up, my mother made her wonderful lemon meringue pie for my birthday every year. I loved



everything about it, especially that luscious lemon filling.

After becoming vegan, I assumed I'd never enjoy her pie again. Then one year, my daughter Madi surprised me with a vegan version of my mother's recipe. It was perfect. All the flavor and texture I remembered, made without eggs or dairy. I couldn't have asked for a sweeter birthday gift. That pie means much more to me than dessert. It's a connection to my mother, my daughter, and some very happy family memories.

Do you have any plans in the works you could tell us about?

I'm beginning work on another cookbook in the series and creating more short recipe videos for my YouTube channel. There's always another recipe I want to try, a family favorite I'd like to recreate, or something new to learn. I still get excited when someone tells me they made one of my recipes for a non-vegan friend or family member who loved it.

Ultimately, my goal is to help change hearts and minds about how we view and treat animals. I truly believe vegan living is one of the most meaningful ways we can make the world a better place for people, animals, and the environment. And that's what I'm trying to do, one delicious dish at a time.

We are so grateful to Connie Edwards McGaughy for her many efforts to make this world a kinder place, through cooking and recipes, advocacy with animal welfare organizations, promoting veganism in the media, and when needed, stepping in to rescue animals in need. Keep up with her activities through the links below.

The Carrot Underground
Official: thecarrotunderground.com
Facebook: www.facebook.com/thecarrotunderground
Instagram: www.instagram.com/thecarrotunderground
YouTube: www.youtube.com/@TheCarrotUnderground

Vegan Food
in the Wild
— Orange County Edition —



Vegan by El Zamorano,
Costa Mesa, CA



Seabirds Kitchen,
Costa Mesa, CA

Chilaquiles

VEGAN MEDIA

Website: VeganHub

URL: veganhub.co

Created by Spanish programmer Emilio Tagua in 2024, VeganHub offers an impressive, wide-ranging collection of information and resources. The main pages offers the major sections of the website:

• **Upcoming Events.** What really makes this section useful is the ability to search by country, state, and city.

• **Explore by Topic**. Currently collections of resources are offered on five topics: New to Veganism, High-Protein Vegan, Budget Vegan Meals, Vegan Activism, and Veganism & the Environment.

• **Community** Collections. Curated lists of information from VeganHub including topics such as "reading lists, favorite recipes, film picks" and more.

• **News** draws from outlets such as VegNews, Plant Based News, and Vegconomist, among others.

• **Recipes** currently draws much of its content from VegNews and Nora Cooks.

• **Podcasts** offers a good variety of podcasts with brief descriptions of the topic of the show.

• **Books** gives an overview of classic vegan and animal rights titles.

• **Documentaries**, like Books, shows a variety of vegan/animal rights titles, but gives little other information on them.

• **Stores** primarily offers clothing and shoe stores available by mail order.

• **Directory** includes a wide range of vegan organizations, apps, brands, creators, and nonprofits.

While some sections of VeganHub are in need of fleshing out, for a website that's just two years old, VeganHub has made a promising start.

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
With14,000 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/World 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
The Vegetarian Resource Group: www.vrg.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

November Community Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 WORLD VEGAN DAY, beginning of WORLD VEGAN MONTH	2 DAY OF THE DEAD	3 ELECTION DAY	4	5 Donna Jean date night special: 1 pizza, 1 pasta, 1 salad, 1 bottle of wine for $85 Wed-Thu 5-9 pm	6 San Diego Sustainable Night Market Miramar 5-9 pm FINAL MARKET! SNAP fundraisier: Boot Scootin' & Boogie, San Diego, 6-9 pm $45	7 Farm Animal Refuge: Fall Open House, Campo, 11-2 pm OB People's Food Co-op Give & Taste, Ocean Beach, 11-2 pm
8 DxE's Movie Challenge, Little Italy, 4-6 pm Volunteers will invite members of the public to watch a short film about animal agriculture, then discuss it	9 Eris special: All-In Lunch (sandwich + a drink for $12), 12-2 pm Mon-Fri →	10 Tacotarian special: Taco Tuesday, tacos $1 off Maya's Cookies $2 chocolate chip cookies Tue-Wed 4-5 pm	11 Save the Dogs protest at Merck: 3050 Science Park Rd, 11:45-2 pm Donna Jean special: 2 entrees + 1 bottle of wine for $80 Wed-Thu 4-9 pm Tacotarian: Dorado tacos $1.99	12 Donna Jean date night special: 2 entrees + 1 bottle of wine for $80 Wed-Thu 4-9 pm	13	14 San Diego Super Adoption rescue & shelter animal adoption event, North Park, 12-4 pm
15 PlantDiego: Volunteer at Pebble Ranch Rescue, Lakeside, 3-5 pm Spirituality for Animal Advocates & Vegans, online, 1-2:30 pm	16 Eris special: All-In Lunch (sandwich + a drink for $12), 12-2 pm Mon-Fri → Vegan Meditation 6-6:30 pm (online)	17 Tacotarian special: Taco Tuesday, tacos $1 off Maya's Cookies $2 chocolate chip cookies Tue-Wed 4-5 pm	18 Save the Dogs protest at Merck: 3050 Science Park Rd, 11:45-2 pm Donna Jean special: 2 entrees + 1 bottle of wine for $80 Wed-Thu 4-9 pm Tacotarian: Dorado tacos $1.99	19 29 Donna Jean date night special: 2 entrees + 1 bottle of wine for $80 Wed-Thu 4-9 pm	20	21 Sale Ranch: Gracegiving supper, Temecula, 4-7 pm $150 San Diego Vegan Singles Kickoff, Trilogy Sanctuary, La Jolla, 4-5:30 pm
22 PlantDiego: Gratitude Food Fest, Balboa Park, 1-3:30 pm Vegan Justice: Encinitas Holiday Street Fair, Encinitas, 9 -4 pm	23 Eris special: All-In Lunch (sandwich + a drink for $12), 12-2 pm Mon-Fri →	24 Tacotarian special: Taco Tuesday, tacos $1 off Maya's Cookies $2 chocolate chip cookies Tue-Wed 4-5 pm	25 Save the Dogs protest at Merck: 3050 Science Park Rd, 11:45-2 pm Donna Jean special: 2 entrees + 1 bottle of wine for $80 Wed-Thu 4-9 pm Tacotarian: Dorado tacos $1.99	26 ~~THANKSGIVING~~ THANKSLIVING Kind Heart Coalition: People's Vegan Potluck, WorldBeat Center, Balboa Park, 1-5 pm	27	28
29	30 Eris special: All-In Lunch (sandwich + a drink for $12), 12-2 pm Mon-Fri	**Coming in December**: • Sale Ranch: Holiday Stroll – Open Ranch event, Temecula, Saturday, Dec 12, 2-4 pm • North Park Winter Fair, North Park, Saturday, December 12, 12-4 pm, (Viridian) • Spirituality for Animal Advocates & Vegans online meeting Sun, Dec 20, 1-2:30 pm				

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): Donna Jean date night special: 2 entrees + 1 bottle of wine for $80 valid 4-9 pm Wednesday and Thursday; 10% off Wed/Thu 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

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

FOOD PREP SERVICES

Vibrant Fork is offering a 15% discount on their entrees and desserts to readers of Vegan News San Diego. To claim the discount, enter code VNSD15 at checkout. Home delivery is available within their service area.

ENTERTAINMENT

Vegan T-Shirt of the Month

Pardon All of the Turkeys

Vegan/Vegetarian Thanksgiving Movies

Free Birds (2013) chronicles the efforts of time traveling turkeys, who go back to the first Thanksgiving, seeking to get turkey off the traditional holiday menu.

The Thanksgiving Promise (1986), starring vegan actor Beau Bridges, is centered on a young man who, after caring for a goose slated for Thanksgiving dinner, seeks to save the bird.

A Charlie Brown Thanksgiving (1973) features the famous feast of jelly beans, popcorn, pretzels and toast. Just don't watch the end credits.

The Thanksgiving Movie (2020), which has an amazingly terrible 3.4 IMDB score, is included here mainly as a caution against watching it.

Vegan/Vegetarian Character: Vivian Sharpe, *The Adventures of Vivian Sharpe, Vegan Superhero* novel (2012)

Life changes quickly for 15 year old Vivian Sharpe, when an overnight inspiration leads her to become vegan, and she is soon called upon to save her community. This Young Adult novel is written by Marla Rose, a Chicago-based author and self-described "Vegan Feminist Agitator." Along with her husband, Rose co-founded the early vegan digital platforms VeganStreet.com and VeganStreetMedia.com (both of which are still active). The couple were named Activists of the Year by Mercy For Animals in 2009.

"My refusing to eat flesh occasioned an inconveniency, and I was frequently chided for my singularity, but, with this lighter repast, I made the greater progress, for greater clearness of head and quicker comprehension. Flesh eating is unprovoked murder."
- Benjamin Franklin (intermittent vegetarian)

Vegans in the News

Cynthia Erivo will star in the upcoming fantasy film *Children of Blood and Bone*, an adaptation of the first book in Tomi Adeyemi's *Legacy of Orïsha* series; the film is slated for a January 2027 release. **Gene Baur**, co-founder of the legendary Farm Sanctuary refuge for farmed animals, recently published a book of photos and reflections called *Farm Sanctuary: The Story of a Movement*. Actress **Christina Applegate**, who fluctuates between vegan and vegetarian, announced that she doesn't have MS as originally diagnosed. Vegan musician **Thom Yorke**, frontman of Radiohead, is preparing for the October 31 debut of *Hamlet Hail to the Thief*, a "Radiohead meets Shakespeare" stage production at the Barbican Centre in London.

PlantDiego Holiday Celebration

7th Annual

Gratitude POTLUCK

SUNDAY, NOVEMBER 22, 2026

(1-3:30 PM)

Join us in turning a holiday tradition into a delicious plant-based celebration! Guests can prepare mouthwatering side dishes with recipes provided by PlantDiego. Back by popular demand, PlantDiego will also bring a Harvest Salad, Holiday Herbed Tofu, mushroom gravy, and dessert.
Enjoy family-friendly games, entertainment, and exciting prizes!

For more information and to register, please visit plantdiego.com

CASA DEL PRADO, RM 101
BALBOA PARK



WANTED

LINE DANCERS & DANCER WANNABES

Dust off your boots and come join us for a night of food, fun, music and line dancing!

You don't need to know how to dance.

DJ Dan Moon and our line-dancing instructors will teach you!

BOOT SCOOTIN' & BOOGIE

NOVEMBER 6th
6pm-9pm

Del Mar Social
3444 Tripp Ct
San Diego, CA 92121

Your $45 ticket includes: Entry to the event, a welcome photo, a welcome shot (pony up) , Western dinner, DJ Dan Moon & line-dancing instruction, Impossible Ribs & Sausage, Black Bean Burgers, Grilled Veggies, Baked Beans, Corn Salad, Green Salad, Vegan Slaw, Macaroni Salad and more.

Come as a seasoned line dancer, a total beginner, or someone who just wants to two-step their way through dinner!

Proceeds to Support:

SNAP
SPAY-NEUTER ACTION PROJECT



www.snap-sandiego.org

9TH ANNUAL KIND HEART COALITION PEOPLE'S VEGAN POTLUCK

LET'S COME TOGETHER IN GRATITUDE FOR OUR COMPASSIONATE COMMUNITY, ALL LIVING BEINGS, AND THE BEAUTIFUL PLANET WE SHARE.
BRING A VEGAN DISH ONLY
ABSOLUTELY NO MEAT, NO DAIRY, NO EGGS, NO HONEY.
NO ANIMAL PRODUCTS OF ANY KIND.

- BRING YOUR OWN REUSABLE PLATE, CUP, AND CUTLERY TO HELP US STAY ZERO WASTE.
- PLEASE LABEL YOUR DISH AND UTENSILS SO THEY CAN FIND THEIR WAY BACK TO YOU!

REGISTER

GATHER WITH A KIND HEART

NOVEMBER 26, 2026

REGISTER AT KINDHEARTCOALITION.ORG

KINDHEARTCOALITION.ORG

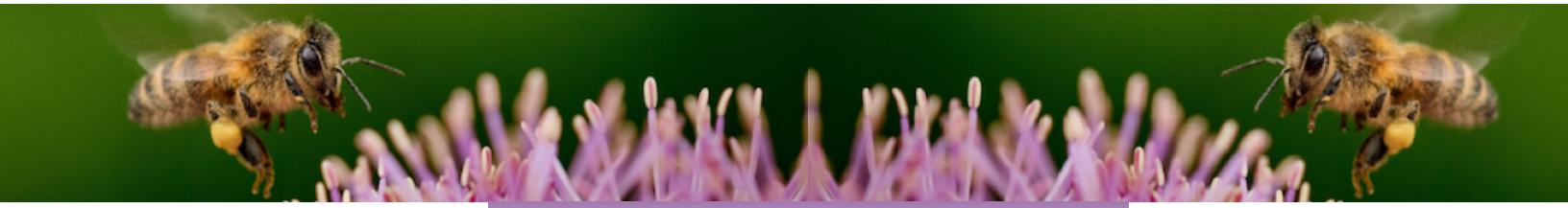
Farm Animal Refuge:
Fall Open House,
Campo, 11-2 pm
farmanimalrefuge.org

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 Connie Edwards McGaughy shares how to help The Carrot Underground further its mission.

Is there a way that readers could help you further the aims of The Carrot Underground?

I'd love your help introducing The Carrot Underground to more people, especially friends and family who aren't vegan but might be open to trying something delicious and plant-based. Sharing a favorite recipe, bringing one of my dishes to a gathering, or simply recommending my website can help change someone's perspective about vegan food. And if you enjoy my recipes, visiting the website, leaving a review, subscribing to my newsletter (it's free!), or purchasing one of my cookbooks helps support my work and allows me to keep creating and sharing new recipes.



NEXT MONTH

December will mark a full year of Vegan News San Diego issues. We'll have pieces on the Winter Holidays and a review of the year, as well the usual local news and community calendar. Thank you for sharing the journey with us in our first year!

— Next issue out December 1 —

Vegan News
San Diego