

MHVS

Mid-Hudson Vegetarian Society, Inc.
47 South Street
Rhinebeck, NY 12572



Vegetarian Viewpoints

Supporting a compassionate, healthful, sustainable lifestyle

Food Safety & the Environment

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Summer 2007

Even Vegans Should Worry About Food Safety

by Constance Young

During the past several months, print and TV headlines have boldly spread fear and confusion about the safety of our food supply [even toothpaste]. In short, some foods may be -- and indeed some foods were found to be contaminated. At first, the scares targeted foods eaten by our companion animals, but reports soon spread to include foods for human consumption.

The first reports surfaced in March 2007 with warnings that hundreds of brands of tainted pet foods were sickening and/or killing domestic dogs and cats. By April, Banfield, the nation's largest chain of veterinary hospitals (www.banfield.net) had reviewed the records of over 615 veterinary hospitals and estimated that as many as 39,000 pets to date had become sick from contaminated pet foods. Worse yet, 3 out of every 10,000 cats and dogs who ate the tainted foods developed kidney failure.

Investigations by the Food & Drug Administration soon implicated the chemical melamine, which was found in both wheat gluten or rice protein concentrate ingredients in the recalled pet foods as well as in the urine, blood, kidneys and tissues of the infected animals. Although melamine's use is banned in the U.S., it is used as a fertilizer in Asia. By the end of March, officials had added another chemical commonly used in pool chlorination to the list of contaminants: cyanuric acid. The final blame for most of the pet food contamination rested on either of two ingredients imported from China contained in a long list of pet foods marketed in the U.S. -- melamine-contaminated wheat gluten and rice concentrate from China.

The FDA is still on the case and has not said whether the melamine contamination was accidental or if it was added intentionally to boost the products' protein content. Although the major culprits in the recent pet food debacle were Chinese imports, it appears now that we have had continuous problems with imports of fish, pet food and other products from other countries, including Mexico, India, the Dominican Republic and Denmark. We are also learning that the FDA only inspects about 1 percent of all food shipments. In addition, some imported toothpaste and drugs also may be tainted.

Chinese officials have been on alert. The safety issue is larger than we can ever know -- in fact so large that in July the Chinese government charged and executed the former head of China's Food and Drug Administration for approving fake medicine in exchange for cash.

Locally Grown Contamination

The focus on imported foods has temporarily taken our attention away from national food safety issues. During the past several months, we have had at least eight large-scale outbreaks of food contamination -- largely from bacteria or other bugs affecting the human foods supply. An outbreak last December 2006 attributed to norovirus-tainted food eaten at an Olive Garden restaurant sickened 373 people. The previous month, *E. coli* contamination sickened 71 people who ate at Taco Bell restaurants in several states, resulting in 53 hospitalizations and 8 cases of kidney failure. Taco John restaurants in other states caused 54 people to fall ill from a virulent strain of *E. coli*. In August and September of 2006, several people became paralyzed after consuming carrot juice containing botulism toxin. In September, *E. coli* contamination of bagged spinach also sickened many people. The spinach contamination is blamed on a grower in the Salinas region of California where *E. coli* in cattle feces from an adjacent livestock grazing area entered the water running into the fields of spinach. Most recently, botulism contamination was blamed for the recall of 90 canned and bottled meat products and chili sauces made by the Georgia-based, Castleberry Food Company.

According to the Centers for Disease Control and Prevention [CDC], since September 2006 major outbreaks of food poisoning have sickened more than 1,100 people, sending hundreds to hospitals and causing at least three deaths. They estimate that more than 76 million Americans get sick each year from eating tainted food, amounting to about 1 in 4 people.

See Food Safety page 6

Sign Me Up!



Name: _____

Address: _____

Phone: _____ Email: _____

Enclosed is my membership fee:

Annual \$20 (individual) \$25 (family) **Lifetime** \$250 (individual) \$350 (family)

I am a New member Renewing member

Membership fee and an additional gift totaling \$ _____

Please tell me about volunteer opportunities.

Make checks payable to Mid-Hudson Vegetarian Society, Inc. Mail to above address.

The mission of the Mid-Hudson Vegetarian Society, Inc. is to promote the vegetarian ethic in the Mid-Hudson region, educate the community and aid anyone in the pursuit of a totally vegetarian [vegan], cruelty-free, healthful lifestyle. Vegetarian Viewpoints is the quarterly publication of the Mid-Hudson Vegetarian Society. www.mhvs.org 845-876-2626

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President's Message

Many of you read the publication, *About Town*: a free community guide to Rhinebeck, Red Hook, Tivoli and Hudson. The current issue features the cover article, "A Neighborhood of Animal Farms," which describes several local farms where animals are raised in less confined conditions than in most factory farms. The article states that the meat or milk from these animals is tastier and more healthful because the animals have a more natural diet. The underlying assumption is that humans must eat flesh and fluids from animals and this is a "better" way to produce them.

"I love animals," one farmer declared. Isn't this statement and the fact that these animals are raised primarily for slaughter contradictory? Many of us who have chosen to not eat meat wonder how people could raise an animal, giving him or her a "nice life" [as another farmer is quoted as saying], and then dispatch the animal to be killed.

A friend of mine recently toured a local dairy farm, and before leaving I told him to "Ask the people if they allow the calves to nurse, and if so for how long?" The farmer told him "Two days," he said. [In a large commercial dairy, calves are separated at birth.] The farmer further answered that if the cow is nursing she will "hold back" some of her milk. Any human mother wanting to provide for her child should understand that.

Still, most people drink milk, use copious quantities of cheese ("I just couldn't give up cheese," many people tell me), and can't imagine summer without ice cream. How many of them think that they are using what rightfully belongs to a calf? Never mind that the milk from a cow is not formulated for the nutritional needs of a human. A baby grows to about 20 pounds in a year, a calf to several hundred pounds.

Does two days of nursing from their mom really give these babies a better life? Recently I saw a poster for a local poultry farm showing a very long building in the background among green surroundings. The text emphasized, "NO hormones, NO antibiotics." Nothing was said about the conditions of the chickens who undoubtedly live in the factory-like building in the background. OK, maybe they are not in cages; and probably it's less crowded than the facility producing chickens for Perdue or Tyson's. Nonetheless, in these large warehouse-type buildings chickens no longer eat their preferred varied diet; nor can they enjoy finding their own food among grass and other plants.

Constance Young, our editor, wrote to *AboutTown* asking why the article about "Neighborhood Farms" was featured on the cover page (the only article on the front page) when the many articles she wrote over many years focussing animal welfare [one even about veganism] were stuck away in the back pages. She also stressed in her letter the lack of research in the cover story; the author of the article did one-time only visits to the farms, and obviously the farmers are going to say only good things about how they

treat their animals. If you would like to contact About Town, write paul@abouttown.us in Dutchess County. There is also an Ulster County edition.

We can read articles like the one in *AboutTown* and become disgusted and discouraged and do nothing. Or, we can continue to take up the challenge of promoting animal-free eating as a lifestyle that is more healthful and as a way to reduce animal cruelty and reverse damage to the environment.

Butcher shop. A butcher shop recently opened in downtown Rhinebeck. I have no idea how I got on their e-mail list, but here are two of their upcoming classes: "The Art of Cooking Meat for Recovering Vegetarians and Others who May Be Slightly Perplexed," and "Know What Your Dinner is Eating Before You Eat Your Dinner." More bad news -- the Rhinebeck Farmers' Market now has more meat vendors than vegetable sellers.

Past and Upcoming Events. This June, for the third consecutive year, we supported the Catskill Animal Sanctuary by preparing and selling vegan foods. Along with the "Not Dogs," we prepared "hummus wraps," "tofu-no-egg" salad sandwiches, pasta and potato salads and dozens and dozens of cookies and bars baked by members and friends. Kathy Stevens and her staff and volunteers were very pleased with our efforts.

The other local sanctuary, Woodstock Farm Animal Sanctuary, will be having a Blessing of the Animals event on September 30th and the call will go out again to "Fire Up Your Ovens."

Earlier in September, on September 15, we will have a table at the Albany Vegetarian Network Capital Region Vegetarian Expo in Saratoga Springs. At this first-time event there will be films, speakers, many vendors and lots of vegan food. Our table will feature environmental materials prepared by Jim Van Alstine which we used at three Earth Day events this Spring. We will also reach out to help people who want to change their way of eating. Let us know if you want to be part of this outreach.

Our next event will be on August 24th. Will Tuttle, composer, pianist and author of "The World Peace Diet" will be in the area and we have arranged a concert and reading at the Reformed Church in Rhinebeck. See the Calendar of Events on page 3 for details. Will's music is superb, so please attend if you are in town. We will also need members to make appetizers and desserts. Please contact us at 845.876.2626 or robbie@mhvs.org.

I think you got my message that I am "fed Up" with all this media frenzy about "grass fed" animals being humanely treated and good for you. Let's not get discouraged, but continue to choose good vegan food and to be an example to others. Please support MHVS by educating people when and where appropriate and attending our events. Check the Calendar of Events in this issue and on our website for all our upcoming events.

- by Roberta Schiff, President

News & Opinions

Dairy Products Linked To Parkinson's Disease

"Breaking Medical News," a service of the Physicians Committee for Responsible Medicine (www.pcrm.org), reports that the consumption of dairy products is linked to an increased risk for Parkinson's disease according to a study in the *American Journal of Epidemiology* (*Am J Epidemiol* 2007;165:998-1006). Among 388 men and women participants in the American Cancer Society's Cancer Prevention Study II who were diagnosed with Parkinson's disease, researchers found that as dairy product consumption increased, the risk for Parkinson's also increased. People consuming the most cow's milk had a 70 percent greater risk for the disease.

Vegetarian is the New Prius

"With warnings about global warming reaching feverish levels, many are having second thoughts about all those cars...they should instead be worrying about the chickens," Kathy Freston wrote in her article, "Vegetarian is the New Prius" in the Huffington Post blog of January 7, 2007 [<http://tinyurl.com/2lws18>].

Freston quotes a December 2006 United Nations report on livestock and the environment. The UN's stunning conclusion was that "The livestock sector emerges as one of the top two or three most significant contributors to the most serious environmental problems, at every scale from local to global." It turns out that raising animals for food is a primary cause of land degradation, air pollution, water shortage, water pollution, loss of biodiversity, and not least of all, global warming.

President Herbert Hoover's promise of "a chicken in every pot and a car in every garage" needs updating. Perhaps the 2007 version should be "locally grown organic greens on every table and a bicycle for everyone."

Go to the website for Vegetarianism and the Environment [EVA] for more information -- www.vegetarisme.be/php/milieu.html?menu=eng&s=3&ss=4&sss=1

More on Meat's Impact on the Environment

That left-of-center British science magazine, *NewScientist* has it just right in its article, "Meat is murder on the environment" by Daniele Fanelli. "A kilogram of beef is responsible for more greenhouse gas emissions and other pollution than driving for 3 hours while leaving all the lights on back home," she writes.

The article, which you can access at <http://environment.newscientist.com>, came to this conclusion based on results of a study by Japanese researchers at the National Institute of Livestock and Grassland Science in Tsukuba, Japan. The Japanese team found that producing one kilogram [2.2 pounds] of beef leads to the emission of greenhouse gases with a warming potential equivalent to

36.4 kilograms of carbon dioxide. Together with other gases, one kilogram of beef burns enough energy to light a 100-watt bulb for nearly 20 days.

Grist Goes "In Seitan's Lair"

In January 28, 2007 the news blog *Grist: Environmental News & Commentary* took a long look at vegetarianism in the media in its article, "In Seitan's Lair" by Tom Philpott. The article gives a positive nod to the book, "The Bloodless Revolution" by self-proclaimed "proud freegan" Tristram Stuart. The book gives a historical view of vegetarianism. Philpott also quotes the New Yorker's review of Stuart's book by Steven Shapin and pays homage to vegan chef Isa Chandra Moskowitz's recent article in the New York Times Food Section.

Response to "A One-Sided Debate" in the NY Times

I'm sure that most of us railed at the recent Op-Ed piece "Death by Veganism" in the New York Times (May 21). In the article, author and former vegan Nina Planck told many untruths about a 6-week-old boy fed a vegan diet consisting mainly of soy milk and apple juice whose parents were charged with killing him. Planck blamed the death on the fact that the infant's diet was vegan. In truth the baby, who weighed only 3.5 pounds when he died, was literally starved to death by ignorant, and perhaps malfeasant parents. The column set off a torrent of letters, many from vegan parents of healthy vegan children. [See Yu Lu's piece on page 4. Fortunately, another June 24, 2007 New York Times article by Clark Hoy, on "The Danger of the One-Sided Debate" put the issue to rest. Among other evidence, Hoy quotes the A.D.A. on the case and Canadian dieticians who weighed in saying, "Well-planned vegan and other types of vegetarian diets are appropriate for all stages of the lifecycle, including during pregnancy, lactation, infancy, childhood and adolescence." Hoy adds also that a debate should never be one-sided as the Planck piece was.

Will Tuttle and a Prayer Circle for Animals

MHVS's August 24th speaker Dr. Will Tuttle invites us to visit the web site www.circleofcompassion.org for a Worldwide Prayer Circle for Animals. At the site you can add your name and wishes to a "world map" and find out how you can join with others to create "a consciousness of kindness for all beings." Dr. Tuttle is author of the insightful guide to eating for Spiritual Health and Social Harmony, called the "World Peace Diet." The book is a challenging but worthwhile look at the invisible connections between the foods we eat and psychological, social, spiritual, health and environmental issues. So doing, he offers ways to "contribute to a positive transformation of human consciousness" to help achieve peace and healing. You will be able to purchase Dr. Tuttle's book at our August 24th event at the Reformed Church in Rhinebeck [see Calendar of Events].

Food Safety From page 1.

About 1,500 deaths are caused by *Salmonella* or *Campylobacter* poisoning. Other bacterial infections, such as *Listeria* and a toxic strain *E. coli* are less common. Caliciviruses, and, less commonly, parasites such *Giardia* or *Cryptosporidium*, also cause food-borne illnesses. About 30% of all infections are due to meat contamination, but don't feel safe because you are vegan. As occurred in the September *E-coli* spinach poisoning, cattle grazing in fields too close to produce can contaminate otherwise good plant food.

What can we do?

Food safety has become a major national priority that lawmakers are beginning to address. As it now stands, neither the FDA nor the U.S. Department of Agriculture has the authority to order mandatory recalls of tainted food but can ask companies to voluntarily recall tainted foods. Food safety is now under the jurisdiction of 12 separate federal agencies and subagencies. The USDA is supposed to oversee meat, poultry and eggs and the FDA is responsible for most other food items. The Environmental Protection Agency, Department of Homeland Security, the Alcohol and Tobacco Tax and Trade Bureau, and a variety of other agencies are also individually charged with some aspects of food safety. Should we establish a new federal agency for food safety alone, some ask?

According to the USDA, the poultry industry in particular is notoriously unsanitary with processing plants generally exceeding federal limits for *Salmonella*, yet oversight is far from adequate in spite of daily inspections. While the USDA does not have the authority to close these plants, they can order them to suspend production.

The Senate is currently questioning the FDA about their response to food safety; and bills on food safety and FDA funding are clearing the House. Food-labeling laws are also up for review.

As the daily parade of tainted foods grows, so too does anger and fear, which has been most intense for people like my neighbor whose beloved cat succumbed to kidney failure and died from tainted food. Short of getting out the pots and cooking up Dog or Cat Chows, millions of pet owners are still bewildered about what to feed their charges. What can we do to personally protect ourselves and our companion animals from food-borne illnesses? Here are a few tips:

- Check sources carefully, buying locally whenever possible.
- Keep up-to-date on food recalls, regularly checking the FDA website.
- Buy organic foods whenever possible.
- Read labels carefully [for now at least I'm avoiding wheat gluten or rice concentrate unless I am certain they don't originate from China].
- Don't buy foods in bulging or dented cans or cracked jars or those with loose or bulging lids.
- Watch out for cross-contamination (Be particularly careful if someone in your household, or your pet, is not vegetarian. For example, be sure that cooked shrimp are not lying on the same bed of ice as raw fish).
- When preparing foods, wash hands, utensils, and cutting boards.
- Cooking kills most bugs.

For more information, see www.cfsan.fda.gov/~dms/fdunwelc.html or www.cdc.gov/foodsafety/about.htm

Member benefit

Current card-carrying members of the Mid-Hudson Vegetarian Society receive discounts (typically 10%) from many veg-friendly businesses, including:

Nature's Pavilion, Kingston	845.340.4561
Rhinebeck Health Foods, Rhinebeck	845.876.2555
Red Hook Natural Foods, Red Hook	845.758.9239
Rosendale Café, Rosendale	845.658.9048
Luna 61	845.758.0061
Massage & Acupressure, Santha Cooke	845.266.5679
Seligman & Seligman (attorneys), Kingston	845.338.4100
North American Vegetarian Society (50% off membership)	518.568.7970
MHVS (all books in stock), Rhinebeck	845.876.2626

Volunteers Needed

We need volunteers to serve as **Newsletter Editor** and **Treasurer**. Please call Roberta Schiff if you are interested or know someone who is.

Calendar of Events

Members and non-members, and their friends, are welcome. To RSVP for all events (unless otherwise noted) call 845.876.2626 or rsvp@mhvs.org.

August 24, Friday, 7PM - Piano Concert and reading by Will Tuttle, at The Reformed Church in Rhinebeck (corner of Route 9 and South Street). Beautiful music, a moving reading and our always delicious vegan appetizers and desserts. A good event to invite friends to. Members please volunteer to help with the food. A "Free Will" donation will be accepted.

September 15, Saturday, 10 AM - 6 PM - Capital Region Vegetarian Expo, Saratoga Springs City Center. MHVS will have a table highlighting environmental and health issues. Volunteers wanted; contact MHVS for more information and check their website www.nyvegetarianexpo.org

September 29, Saturday. MHVS will have an information table for "Sisters' Network." Details on our website www.mhvs.org

September 30, Sunday, 1 PM - Blessing of the Animals - at Woodstock Farm Animal Sanctuary. MHVS will supply baked goods. Check our website and theirs [www.woodstockfas.org] for details.

October 20, Saturday. We are planning a restaurant outing. Please check our website [www.mhvs.org] or call 518.678.2003.

November 18, Sunday, 1 PM - Thanksgiving Dinner at the Woodstock Farm Animal Sanctuary (Those who attended in 2006 gave it rave reviews.) Volunteers and attendees wanted. Contact MHVS or WFAS (www.woodstockfas.org) for details.

November 22, Thursday, 1:30 PM - MHVS Annual Turkey-Free Thanksgiving Potluck, at the Milan Town Hall. Bring a vegan dish to share. \$10 for adults \$5 for teens, 12 and under free. We supply appetizers, breads and beverages.

RSVP for all events to: rsvp@mhvs.org or call 845.876.2626 (some events may list additional contact information).

All are welcome at our events. Any paid member may attend board meetings. Call the office [845.876.2626] to RSVP. Board meetings are on August 12, in Palenville; September 9, in Kingston; October 14 in Rhinebeck; and November 11 to be determined. All meetings start at 1:30 PM.



Officers & Directors

President:	Robert Schiff, 845.876.2626 robbie@mhvs.org
Vice President:	Jim Van Alstine For_All_Animals@yahoo.com
Secretary:	Jennifer Van Alstine
Treasurer:	Seeking volunteers to serve as Treasurer
Founder:	Rae Schlecht, 845.338.8223 veggierae@gmail.com
Events & Fundraising Coordinator:	Lovella Jane Winne
Membership & Volunteer Coordinator:	Judi Gelardi
Board Members At-Large:	Zinnia Konviser Andy Grimm Frank Hoffman

Organizational meetings are held every month on a Sunday at 1:30 pm at alternating locations. All members are welcome to attend.

All membership dues are now payable. It is wasteful of our limited funds to send invoices out separately, so please use the form found on page 8. We would appreciate your current e-mail address (if you have not been receiving our e-mail notices). We use your address only to inform you of MHVS events and we never give it out. Anyone can be on our e-mail list but we are only able to mail the newsletter to paid members. Extra copies, which you can get at our events, are available for you to give to friends or family.

Vegetarian Viewpoints

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"He is a vegetarian, and we are proud of him"

by Yu Lu, MHVS member

I have been a vegan for almost three years and most of my coworkers know this. I don't advertise the fact but don't hide it either. At one recent group gathering at a Japanese restaurant, when I was explaining to the chef that I do not eat meat, poultry, seafood, eggs, milk, or anything that contain these, one of my buddies loudly proclaimed: "He is a vegetarian, and we are proud of him!" My coworker is not vegetarian, nor did he particularly care about the distinction between vegetarians and vegans -- and none of my coworkers under my direct manager is vegetarian.

For about the first six months after I became a vegan, I tried to see if I could find a way to convince some of my friends to follow suit. I quickly found out that it takes much more than a simple and compelling argument to change people's long-standing habits. Some people will listen for a while and then find an excuse. Others might refuse to listen and switch topics right away. It is TOUGH!

To me, the argument is simple and straightforward. We should not harm anybody without justification, and consuming animal products harms sentient beings. And we

certainly don't have any justification for this in this day and age.

I now understand what Matt Ball of Vegan Outreach means when he says, "If you save the half hour trying to convince a friend or relative to go vegan and instead go to a local college and hand out our leaflets, you will most likely change more minds and do more good for animals." I can't speak in general, but I know for a fact that SUNY-New Paltz students are very receptive and polite -- even though they may be total strangers. I know this because I go there a few times a year to hand out literature about factory farming and veganism.



Yu Lu's four-month-old son.

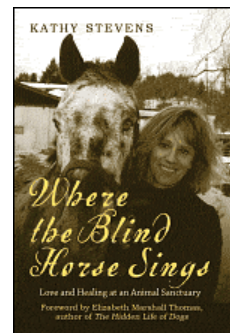
Leafleting helps me vent my frustration at the enormity of the problem and helps me regain hope for a better future. When my four-month-old son grows up, I hope that he will meet some of these students as teachers or co-workers, and that they

will be vegan like him, or at least that they will understand the ethical arguments for veganism. When my son grows into adulthood, perhaps he will have co-workers who will proclaim: "We are vegans, and we are proud of it!"

Book Review

"Where the Blind Horse Sings"

by Kathy Stevens



This is a wonderful, moving and easy-to-read story of love and healing at Catskill Animal Sanctuary by its founder, Kathy Stevens. Where the Blind Horse Sings tells the story of how this amazing refuge for abused farm animals came into being and how many of the extraordinary pigs, goats and other creatures found refuge there. Learn about the once aggressive Jacob ram Rambo, who now guards and protects all other CAS animals; about Hannah the sheep who loves him and won't leave his side; Petunia the

food-stealing potbelly pig; Dino, the toothless pony who survived a fire, and others. These amusing and sometimes disturbing stories will make you laugh, cry and just fill your heart with love -- which is what this highly recommended book and sanctuary are all about. You can buy your copy from MHVS or go to the CAS website www.casanctuary.org/ to purchase your copy. It can also be purchased from Amazon.com, Powell's, Barnes & Noble and other booksellers.

by Constance Young

Carole Borale's Seitan Stew

Ingredients:

1 package of seitan (preferably the one in teriyaki sauce, but any will do) sliced thin
2 to 3 carrots, sliced
2 stalks of celery, sliced
2 medium white potatoes, cubed
1 large white onion, diced or sliced
a little dried parsley and basil flakes
a few cloves of garlic, pressed or chopped fine
1 package of powdered vegetable gravy (preferably the Hain brand -- either mock Chicken flavored or Brown Gravy mix)



Put all the veggies and spices in a pot with a little oil and sauté them. Add more water to the pot, allowing the vegetables to steam until nearly fork soft...remembering to add water when needed so it does not stick to the bottom of the pot.

Next add the seitan slices and any liquid they came in. Add the packet of gravy with the suggested liquid amount (about one cup of water according to however thick you want the stew to be.) Another option is to add canned or frozen peas at this time. Cook for about 5 additional minutes.

Serve over rice or noodles.

Restaurant Review

by Carole Borale

I recently had the pleasure of eating at this fabulous vegan restaurant with three of my favorite friends. The atmosphere is charming and simple with just the right touch of homespun decor. We started off with a fruit smoothie made with vanilla soymilk, chocolate soy ice cream, wild blueberries and bananas, called "Vivacious Violet." We also had "natural" rootbeer and gingerale.

Soup was an exquisitely blended and delicious creamy tomato vegetable. Homemade cornbread and foccacia were served with a divine spread of a sweet potato puree. The dish of baked olives (black and green) was unique and the arrugula salad with white tuscan beans in a roasted garlic dressing was spectacular and tasted as if it was freshly picked.

I had the seitan stew served with sautéed cabbage and Irish soda bread. My friend had a baked tofu entrée with caramelized onions served with horseradish mustard. Both dishes were perfectly prepared and presented. We would have liked to have tried other dishes as well -- like the Afghani lentil and vegetable roll up with cilantro soy yogurt glaze or the Southwest Black bean and roasted sweet potato burger but couldn't finish what we had ordered. I truly believe that the test of a superb restaurant is the sauces and combinations they put together, and each taste was a hit! None of us were even tempted to order dessert [seasonal pies with non-dairy whip cream and fruit crisps] because we were so full and satisfied.

The dishes were all creative, vegan and voluminously sized. I urge you to try this magical menu in this most enchanted village. A huge sandwich is only about \$7 to \$9 dollars, the daily main dish specials are about \$10 dollars each and I dare you to finish it! They do provide set ups if you would like to bring your own wine or beer and take reservations which are recommended -- especially for the weekends. Parking is available on the green or in a lot across the street. Bon appetito!

Anonymous's Decadent Sweet Un-Meatballs

The Editor of *Vegetarian Viewpoints* tasted these un-meatballs at an event and couldn't stop eating them. So too did everyone who tasted them. The event and person who made this delectable snack [or appetizer] wants to not have her name associated with the recipe because, although it is vegan, it is "vegan junk food." When you want a treat, I suggest you try this easy to prepare "guilty pleasure."

Ingredients:

Vegan "meatballs" [can be purchased in prepackaged containers at health food store]
Vegan ketchup
Vegan grape jelly



Simmer the meatballs in a juice consisting of half ketchup, half grape jelly -- to taste. That's it. The dish can be served in a fondue dish.

Garden Café (On The Green)

6 Old Forge Road
Woodstock, NY 12498
845-679-3600
Open 11:30AM-9 PM
Closed Tuesdays