

# VEGETARIAN SOCIETY OF EL PASO

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From the Prez



After another record setting summer of hot temperatures, Americans still refuse to make the link between their dietary choices and climate change. A recent report by Rabobank shows that in 2015, Americans increased their meat consumption at the fastest rate in past 40 years. According to the Rabobank report (<https://research.rabobank.com/far/en/sectors/animal-protein/chicken-cows-and-pigs-oh-my.html>), the average American in 2015 ate around 193 pounds of beef, chicken, or pork. And Rabobank predicts that by 2018, meat consumption will reach around 200 pounds of meat per year per American. All at a huge cost to the environment, farmed animals, and our nation's health. VSEP is working to find new ways to get the message out to El Pasoans on how they can lessen their environmental footprint.

If you have ideas on how to reach more non-member or other ways to make our events more successful, we would love to hear from you! Join us at one of our Board meetings (see Calendar of Events for dates). All are welcome to attend. If you would like to learn more about the latest thinking on how meat alternatives might help, come to our annual Compassionate Thanksgiving Dinner, and don't forget to bring along family and friends. We will feature a talk by Dr. Liz Speeth, a senior scientist with the Good Food Institute, a nonprofit whose mission is to harness the power of food technology to create a more sustainable, healthy, and humane food supply. She will talk about the in plant-based and clean food technology to create new alternatives to animal products.

This year we hope to have the biggest and best raffle yet. If you have an item you would like to donate, please contact Hal Marcus ([halmarcus123@gmail.com](mailto:halmarcus123@gmail.com)). In the past, members have donated a variety of items such as artwork, beauty products, massages, seeds and plants, gift certificates and lots of other wonderful gifts.

Check out the calendar of events to see a full listing of our fall events. And save the date for our annual Holiday Potluck!

As always we could really use your help, volunteer opportunities abound. We receive many requests from the community for health fairs, school visits, farmers markets, etc. We currently have to decline a number of these events due to lack of manpower. If you are interested in volunteering, please contact us at [vegsocietyep@gmail.com](mailto:vegsocietyep@gmail.com).

Hope to see you soon,

Liz  
VSEP President

# News Items

4TH ANNUAL



## Best Vegetarian Food of El Paso Awards

*Vote for your favorite veg-friendly local restaurants!*



*Voting details will be shared on these websites:*

[www.vsep.org](http://www.vsep.org)

[www.epvegsnob.wordpress.com](http://www.epvegsnob.wordpress.com)

**Voting ends November 1st!**

Presented by the Vegetarian Society of El Paso & Local Blogger, EP Veg Snob

### VSEP Board Meetings

Social time at 5:00 p.m.

Meeting at 6:00 p.m.

September 19 @ Como's  
(4030 N. Mesa)

October 17 @ Eloise  
(255 Shadow Mountain)

November 14 @ Como's  
(4030 N. Mesa)

All VSEP members who wish to attend the board meetings are very welcome. Come discuss issues and help plan VSEP's future. Fresh ideas and perspectives are always appreciated - we want to keep our organization healthy, vital and relevant to the needs of our members. If you are planning to attend, please let Liz Walsh know @ 915-342-7630 or e-mail her at [ewalsh@utep.edu](mailto:ewalsh@utep.edu). If the meeting is changed or cancelled, you will be notified.

### Contact Information

Email Address:

[VegSocietyEP@gmail.com](mailto:VegSocietyEP@gmail.com)

### Mailing Addresses:

4903 Love Rd.

El Paso, TX 79922

For membership  
& renewals:

6757 Gato Rd.

El Paso, TX 79932

915-877-3030



## Featured Vegan Items in El Paso:

- CVS carries vegan gummy bears!
- Tippi Teas is now serving vegan Thai ice cream (only available at 2501 N. Stanton).
- Check out Jonbalaya in the northeast for tofu puffy tacos & breakfast options. Located at 9402 Stonewall.
- Vegan ramen at Kaedama Food Truck (find them on Facebook for location updates).

# News Items Continued

## VSEP Elections

Elections will be held this fall for VSEP officers. Ballots will be sent out during late Oct/early Nov and voting will be held in mid November. Voting is limited to members in good standing who are vegetarian or vegan according to VSEP By-Laws. If you are interested in running for office, please contact Liz Walsh at [vegsocietyep@gmail.com](mailto:vegsocietyep@gmail.com).

Board Positions currently held by:

President: Liz Walsh

First Vice President: Greg Lawson

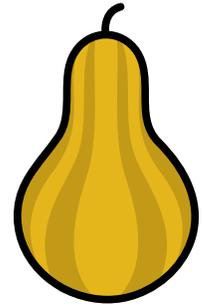
Second Vice President: Hal Marcus

Secretary: Patricia Medici

Interim Treasurer: Sukie Sargent

Up for election:

Treasurer: Sukie Sargent



In addition we have many volunteer leadership positions that are open. Let us know if you are interested in pursuing one of these opportunities. You can also check out the leadership positions needing to be filled at [www.vsep.org](http://www.vsep.org).

Vacant Committee Chairs:

Dining Guide Coordinator

Fundraising

Lone Star Vegetarian Network Liaison

Membership Drive

Phone Calls

Photographer

Restaurant Hoppers



**ACT Radio**

Animal Concerns of Texas

[www.ktep.org/programs/act-radio](http://www.ktep.org/programs/act-radio)

The Vegetarian Society of El Paso's  
Radio Show on KTEP-FM

Hosted by VSEP members Liz, Greg, & Tom!  
Tune in every 2<sup>nd</sup> & 4<sup>th</sup> Sunday of the month @ 7:30pm

**Saturday, September 17**  
**6:00 pm**

## Restaurant Hopper: The Green Ingredient

-201 E Main Street, Suite 112, El Paso TX 79901

-6 p.m. meet and greet, order dinner at 6:30 pm

-Cost: \$20 per person

-Reservations: Please call or text Sukie at 877-3030 or email  
vsep.reserve@gmail.com

-Deadline: paid reservations are required no later than 12:00 noon on Wednesday, September 14th.

-Space is limited to 30 people.

To reserve your space & pay online with a credit card or PayPal, go to [www.vsep.org](http://www.vsep.org).

Click on Events Pay Online.

Please make sure to include the name(s) of your guests on the "Instructions to the Seller" space.

If paying by check or Money Order:

First: email [vsep.reserve@gmail.com](mailto:vsep.reserve@gmail.com) OR text or call 915-877-3030. To reserve your space(s). Please include the name(s) of those attending.

Then: Make check or money orders payable to VSEP & mail to:

VSEP, 6757 Gato Road El Paso, TX 79932. Check or Money Order must be received on or before the Sept. 14th deadline.

No refunds but paid reservations are transferable before the reservation deadline and as long as VSEP is notified (text or call 915-877-3030)

-If you have reserved & cannot make it, please call no later than noon on the day of the Hopper so she can call the restaurant.

Menu:

All the items are vegan and will be served family style, so everyone can try everything.

Starters

Nut "cheese" sampler: Chipotle, Chimichurri, Herbs, Balsamic-Cranberry

Black bean and hibiscus tacos: Dressed with sesame oil and amino vinaigrette and hot tamarind sauce

Raw "tacos": Walnut pecan "meat", pico and avocado cream in romaine hearts

Mains

Zucchini Enchiladas: Red chile sauce, Tofu cream, black beans, avocado

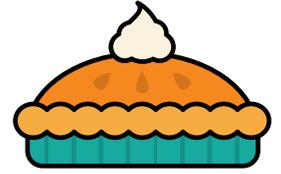
Veggie lasagna: Layers of Portabella, zucchini, squash, yam, eggplant and house-made arrabbiata sauce, served with garlic bread

Teriyaki tofu over asparagus and quinoa stir-fry

Dessert

Coconut rice pudding: A traditional sticky brown rice served with fresh mangoes and coconut flakes

**Saturday, October 15**  
**10 am-2 pm**



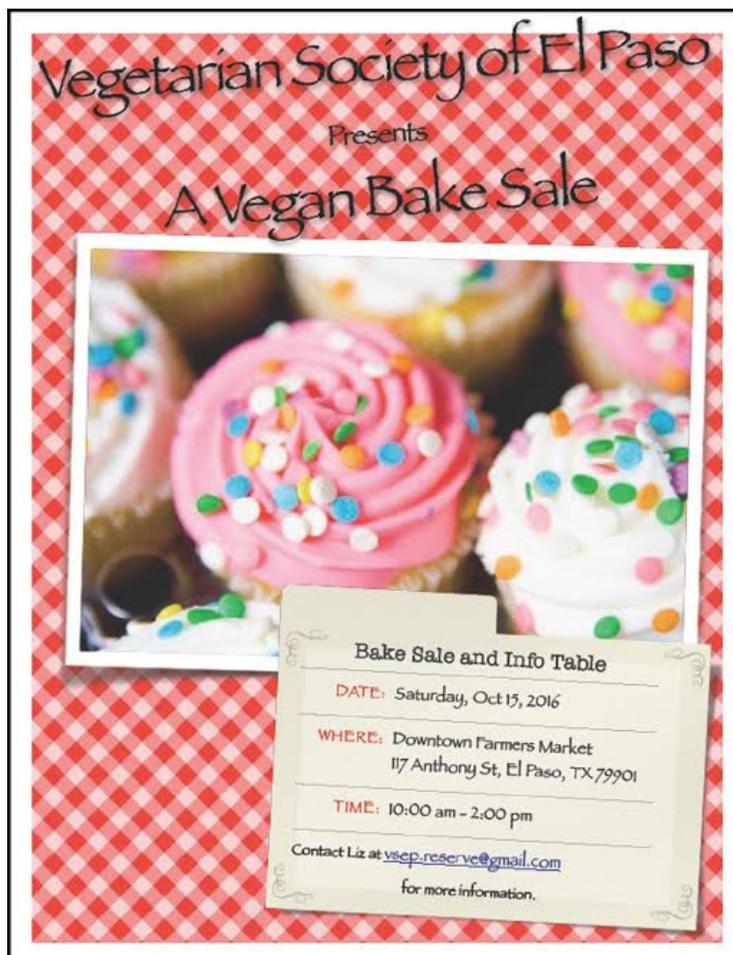
## Vegan Bake Sale @ Downtown Farmers Market

We will have a bake sale/membership drive/info table at the El Paso Downtown Artist and Farmers Market (117 Anthony St, El Paso, TX 79901) from 10:00 am - 2:00 pm on Saturday Oct 15, 2016 to celebrate Vegetarian Awareness Month (October). Please support the Vegetarian Society by baking something for us to sell, helping staff the table, or simply stopping by to purchase a delicious cookie or cake.

Baked goods need to be individually wrapped with the ingredients clearly labeled on an index card (or something similar), and must be completely vegan (no honey, eggs, milk, etc.). You can donate an entire cake or loaf of bread, or you can choose to donate individually wrapped slices, cookies, or cupcakes. We would like to have a wide variety of items for people to choose from.

Based on feedback from the last bake sale, people would like to see some more healthy options, such as sugar-free desserts and gluten-free items.

We really need your help to make this the super successful (and tasty) outreach event that we know it can be! If you want to help, or if you have any questions, please send an email to Liz ([vsep.reserve@gmail.com](mailto:vsep.reserve@gmail.com)).



**Saturday, November 5**  
**6:00 pm**

## Annual Compassionate Vegan Thanksgiving Dinner

Join us for our annual Compassionate Thanksgiving Dinner on November 5 with guest speaker Dr. Liz Specht. Liz is a senior scientist with the Good Food Institute, a nonprofit whose mission is to harness the power of food technology to create a more sustainable, healthy, and humane food supply. Liz has a bachelor's degree in Chemical and Biomolecular engineering from Johns Hopkins University, a doctorate in Biological Sciences from the University of California, San Diego, and postdoctoral research experience at the University of Colorado, Boulder.

Liz will share with us how technology has become an enabler of compassion, and how having access to delicious and easy alternatives reduces the psychological barriers for people to consider changing their dietary patterns. Liz will discuss the fascinating innovation that's currently happening in plant-based and clean food technology to create new alternatives to animal products.



- Country Inn and Suites at 900 Sunland Park Dr., El Paso, TX 79922
- Meet at 6:00, Dinner at 6:30
- Cost: \$22 members, \$20 students, \$25 non-members, & \$10 children under 12.
- Paid Reservations are required by Tuesday Nov 1st.
- To reserve your space & pay online with a credit card or PayPal, go to [www.vsep.org](http://www.vsep.org) Click on Events Pay Online.  
Please make sure to include the name(s) of your guests on the “Instructions to the Seller” space.
- If paying by check or Money Order:  
First: email [vsoep@aol.com](mailto:vsoep@aol.com) OR text or call 915-877-3030. To reserve your space(s). Please include the name(s) of those attending. Then: Make check or money orders payable to VSEP & mail to: VSEP, 6757 Gato Road, El Paso, TX 79932. Check or Money Order must be received on or before the Nov 1st deadline.
- No refunds but paid reservations are transferable before the reservation deadline and as long as VSEP is notified (text or call 915-877-3030)

**Save the Date!**  
**Saturday, December 3**

## Holiday Potluck @ Liz & Jamie's Home

Veganize your favorite, family traditional holiday specialty and bring some to share at our annual Holiday Potluck to help us celebrate the close of another outstanding year for VSEP.

\* 4903 Love Rd, (915) 342-7630

\* 6 p.m.

\* Reservations: Please call or text Liz Walsh at 342-7630 or email [vsep.reserve@gmail.com](mailto:vsep.reserve@gmail.com)

\* Deadline: no later than 5:30 p.m. on Friday, Dec 2.

### Member Recipe Feature!

Did you miss Greg Lawson's cooking class last July?

Don't you worry, we were able to get him to divulge his techniques!

## BBQ Pulled Jackfruit Sandwich

Makes 3 servings

- 1 20-ounce can young green jackfruit in brine\*
- 2 cloves garlic, smashed
- 1 tablespoon olive oil
- Salt
- 1/2 cup + extra BBQ sauce, bottled or homemade

Hamburger buns



\*Canned green jackfruit in brine can be found in many Asian grocery stores, like Arirang Market (northeast), Wan Jia Le (east), and Asian Market (west).

Drain and wash the jackfruit in several changes of water. After washing, squeeze out as much water as you can. Using your fingers or a fork, break up the jackfruit pieces into shreds.

In a pan, heat the oil and sauté the garlic. Add the jackfruit and salt to taste, and cook for a 3-4 minutes over medium heat.

Add the BBQ sauce and mix well. Simmer on low for 20 minutes, occasionally stirring and adding more sauce or water as needed. Most commercial barbeque sauces have up to 16 grams of sugar per serving. Read the labels and you will be able to find sauces with less than 7 grams of sugar, or you can make your own.

Let the jackfruit sit for several hours or overnight in the fridge to further develop the flavor or if it tastes good to you right out of the pot, dig in. Serve on buns with your choice of more BBQ sauce, coleslaw or pickles.

# VSEP Event Guidelines

## WHY VSEP EVENTS ARE VEGAN

The Lone Star Vegetarian Network, a loosely-knit group of Texas vegetarian societies, was formed in 1989. There were 4 members that first year: Austin, Houston, San Antonio and South Texas (Brazoria County). There are now 10 groups from around the state. Contact among the groups is important and, while each group maintains full autonomy, it is agreed that all vegetarian events hosted by Network member societies will be vegan (meaning, of course, that no animal products, including dairy and eggs) will be served. Society members are not required to be vegan, but it has been agreed that it is not unreasonable to expect members to enjoy vegan food only at such events.

This rule has occasionally been questioned by lacto-ovo-vegetarians. However, this rule is important for all the very same reasons we don't eat meat. We all know how frustrating it is to have to ask, "Is there lard/meat stock/etc." The decision has been made to allow our growing vegan membership the opportunity not to have to worry about dairy or egg products in the food at Network events. Vegan events are both supportive and educational, and vegetarian organizations need to be on the cutting edge. Thank you for your support! ~ Shirley Wilkes-Johnson, Co-Founder, LSVN [www.lsvn.org](http://www.lsvn.org)

## HOPPER RULES IN A NUTSHELL

Please order only vegan items.

Please make a reservation by the deadline if you would like to be seated with the group.

If you make a reservation, please be there and please show up on time.

If you are reserving on the day of the deadline, or canceling the day of the hopper, please call the hopper coordinator.

Do not forget to leave an adequate gratuity (sometimes gratuity is added to the bill if it's a large party), we always want to be welcomed back.

If you are happy with the restaurant, let the restaurant know. If you are not happy, please let the hopper coordinator know. Last but not least: Enjoy!!

**\*\*Hopper Courtesy Reminder\*\***

PLEASE call 915-877-3030 by noon the day of the hopper if you have reserved and then cannot make it.

The restaurants set up a table for us which leaves less space to accommodate other customers and

Saturday is a busy night for most restaurants. Some restaurants even make a special menu for us and order ingredients based on the number of people in the reservation. We need to be sure we do not inconvenience them or any other customers by taking away tables and chairs that are not needed.

## GUIDELINES FOR POTLUCKS

All dishes must be completely vegan – no exceptions. Food must not contain any flesh (fish, fowl or beast), eggs, dairy products or honey. This rule guarantees that everyone can eat everything (allergies & preferences aside).

Please watch out for hidden milk products, such as whey in cookies, crackers, bread and margarine, and casein or caseinate in "non-dairy" soy cheeses and whipped toppings. Some margarines contain gelatin. Also, be alert for eggs in baked goods, mayonnaise in salad dressings, and honey in breads, pastries and preserves.

Please prepare a 4x6 card with: Your name, name of the dish, a list of all the ingredients, and the recipe on the back, indicating where the recipe came from (or if it is original).

Prepare enough to serve eight (8) people.

Please bring your own table setting as well as a serving utensil.

If you don't feel like cooking, you may bring a green salad, chips & salsa, fruit, or another vegan munchie.

Your host will provide drinks.