



Celebrating 25 years

## From the Prez

What better time than summer to enjoy refreshing fruits and vegetables? Healthy vegan food choices abound at this time of the year. Whether by visiting one of our local farmers markets or growing your own, nothing tastes better than freshly harvested fruits and veggies. And as we heard from Dr. Brooke Goldner at our May dinner, we should all be eating more raw veggies for optimal health benefits. If you need some not-so-healthy vegan treats while entertaining guests this summer, there are two vegan bakeries that have a delicious variety of sweet treats – Savage Goods Cafe and Sane Vegan Treats, which can be found at Nomu Cafe or arrange for delivery. Last quarter's Sunday brunch event at Savage Goods was a delicious sampling of what the cafe offers, which is more than just pastries. There are also some vegan ice cream options from Ice Creamed Myself (at events and usually at downtown farmers market), Haagen-Dazs at the Fountains, and Tippi Teas. Speaking of Tippi Teas, we may have another ice cream social planned, so keep an eye on your email for the announcement.

Getting back to pursuing a healthy summertime diet, we are featuring a restaurant hopper at the Green Ingredient Express. The night will feature delicious Peruvian food, music and food storytelling by Jackie and Ulises! You don't want to miss this special occasion. Seats are limited, so reserve today! We also hope you will join us for our Summer Dinner and a Movie. We will watch the comedy "Carnage: Swallowing the Past." The film is set in the year 2067, when everyone in Britain has become vegan. In this "mockumentary" not eating animal products is the status quo. With British humor, "Carnage" explores how ideas, like what comprises appropriate foods, spread through society and in the end it makes a convincing case for veganism.

Last but not least, we received the grant from the Pollination Project "Training the Chefs." We have tentatively scheduled this event for the week of Aug 27th. We will be working with the Humane Society of the US Executive Chef Wanda White and another professional chef trainer. Chef White opened the nation's first vegan dining hall at the University of North Texas in 2010. Wouldn't it be great to have a vegan dining hall at UTEP or on one of the EPCC campuses?! More details to come.

Check out our Calendar of Events where you can find detailed information on all of VSEP's summer activities.

Finally, I want to give a special thanks to all of our volunteers. We rely on you, our members, to help keep VSEP vibrant by planning, organizing and participating in all of our events. If you have an idea you would like to share for increasing our impact, please come and share your vision at our monthly Board meetings.

Hope to see you soon!

Liz Walsh

VSEP President

# VSEP Board Meetings

Social time at 5:00 p.m.

Meeting at 6:00 p.m.

Monday, June 25 @ Como's  
(4030 N. Mesa)

Monday, July 30 @ Eloise  
(255 Shadow Mountain)

Monday, August 20 @ 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 [vsep.reserve@gmail.com](mailto:vsep.reserve@gmail.com). If the meeting is changed or cancelled, you will be notified.

Eat Local!

## Discounts

VSEP members get 10% off at the following eateries\*:

- Singapore Café at 4120 N. Mesa
- Nour Mediterranean Café at 3800 N. Mesa
- Savage Goods Café at 1201 North Oregon
- The Queen's Table at 12115 Montwood Dr., Ste 201

Please support these local business that support VSEP. We are working to find other local eateries that serve vegan options and are willing to give discounts to VSEP members. We will keep you posted on our progress.

\*The 10% discount only applies to the VSEP cardholder.



## 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

### 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

[vsoep@aol.com](mailto:vsoep@aol.com)

Also, don't forget about  
Meatless Mondays at Eloise at  
255 Shadow Mountain  
for a 20% discount on all vegan &  
vegetarian food items every  
Monday.

**Saturday, June 30**  
**5:00 pm**



the green ingredient

## Restaurant Hopper: The Green Ingredient Express

- 6100 Dew Dr. (inside Forge Factory fitness center)
- Price Per Person: \$25 – includes meal, drink, and tip. Pay in advance.
- Registration instructions are on page 5.
- Capacity: 25 people – The first 25 people to make reservation pay & receive their confirmation
- Deadline RSVP & payment: Paid Reservations due on or before June 23 (as long as space available)
- Notes: Alcohol is not served on premises, however you are welcome to bring your own. The owner is aware of our guidelines and has assured us everything will be vegan.

This Peruvian Paradise hopper will not only feature delicious Peruvian food, but music and tales by Jackie and Ulyses as well!

### MENU

#### STARTERS

**CAUSA LIMEÑA:** Cold lemony potato puree filled with avocado & seasonal veggies, vegan mayo

**CEVICHE:** Sliced mushrooms, leche de tigre, choclo (Peruvian corn), & sweet potato

#### MAINS

**SECO:** jackfruit braised in a garlic, cilantro, & aji amarillo sauce with yellow potato & carrot

**CAU-CAU:** seitan & diced potatoes in a peppermint, turmeric, & aji amarillo sauce

#### SIDES

**COOKED BEANS:** Peruvian (Mayocoba) beans (suggested side for Seco).

**STEAMED RICE:** Garlic rice (suggested side for Seco & Cau-Cau)

**QUINOA PILAF:** steamed quinoa, choclo, & seasonal veggies.

#### DESSERT

**MAZAMORRA**

#### DRINKS

**CHICHA MORADA:** Peruvian purple corn drink with cinnamon, clove, & pineapple.

**GI WATER:** Cucumber-Lime-Chlorophyll

**COFFEE:** French Press

**Saturday, July 14**  
**6:00 pm**

## Summer Dinner & a Movie: Carnage: Swallowing the Past

- 6:00 pm
- Vegan Buffet at The Radisson El Paso Airport, 1770 Airway Blvd.
- Cost: \$22 members & students w/ID, \$25 non-members, \$10 children under 12.
- Paid reservations are due Tuesday, July 10th. Please refer to instructions on page 5.



Carnage: Swallowing the Past is a British comedy set in the year 2067 when everyone in the United Kingdom is vegan, but older generations are suffering the guilt of their carnivorous past. This hilarious mockumentary was written and directed by standup comedian Simon Amstell and puts forward a convincing case for veganism with humor and without being preachy.

**Saturday, July 28**  
**6:00 pm**

## Vegan Potluck Pool Party



Join us for a No Body's Perfect Swim Party with a theme of Summer Favorite Salads. Whether your favorite is comprised of Great Greens, Pasta and Things, Three Beans, or a Quinoa for Kings, your dish is welcome. And, remember to bring your swimsuit and a healthy body image so you can enjoy the water.

- 6:00 pm
- Bob & Jennifer's Home at 609 Skydale Dr. (westside)
- Please bring an favorite appetizer, main dish, side dish, or dessert, enough for 8, along with serving utensil.
- All food must be VEGAN. Please review guidelines on page 5.
- Don't forget to bring a copy of your recipe to place alongside your dish.
- Reservations: Please RSVP Jennifer at [jlright@icloud.com](mailto:jlright@icloud.com) or 915-373-7300 by Friday, July 27.

# 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)

## RESERVATION & PAYMENT INSTRUCTIONS

To reserve and pay with PayPal or a credit card go to [www.vsep.org](http://www.vsep.org) and click on events – pay online. After you complete the payment, please e-mail the names of those attending and indicate any children or students to [VSoEP@aol.com](mailto:VSoEP@aol.com). We need to have all the names of our guests. You will get a response from [VSoEP@aol.com](mailto:VSoEP@aol.com) and that will confirm your reservation. If you don't receive a confirmation, your reservation is not complete. Check with us at [VSoEP@aol.com](mailto:VSoEP@aol.com) or (915) 877-3030.

To pay with a check or money order, please first make your reservations via e-mail to [VSoEP@aol.com](mailto:VSoEP@aol.com), or text/call (915) 877-3030. Please include all the name(s) of those attending as well as indicate the students and children if the event has cost differences.

Then mail your check or money order to VSEP, 6757 Gato Rd., El Paso, TX 79932.

Make sure your payment is received before the reservation deadline and you give us an e-mail or telephone number to confirm we have received your check or money order. Your reservation is not complete until you receive a confirmation.

## 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.