



## 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. One of our local eateries grows much of their own produce. In July, we are featuring a restaurant hopper at One Grub Community, El Paso's first 100% Plant Based, Pay It Forward Food Business with a heart for food access to anyone, no matter their circumstance. All tips and donations go directly into the program, in which anyone may work at least one hour in exchange for a meal. Join us at their new brick and mortar restaurant in central El Paso to try some of their famous eats. Seats are limited so reserve today!

We also hope you will join us for our Summer Dinner and a Movie. In August, we will watch the film "The End of Meat." This documentary explores the idea of a post-meat world. It includes interviews with philosophers, scientists, artists, and activists who offer their insight and progressive ideas about the role of animals in our society. The film is a journey to discover what affect a post-meat world would have on the environment, the animals and us. We meet Esther the Wonder Pig, who became an internet phenomenon; hear from pioneers leading the vegan movement; visit the first fully vegetarian city in India; witness rescued farm animals enjoying their newly found freedom; observe the future food innovators making meat and dairy alternatives including harvesting "bacon"; from the ocean and much more. You don't want to miss it!

Check out our Calendar of Events where you can find detailed information on all of VSEP's summer activities. I especially want to invite you to join us at our Board meetings. 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.

Finally, special thanks to all of our volunteers who help in so many ways from planning events to donating gifts for our raffles at our quarterly dinners to designing our logos, publicizing our events to friends and family through social media. We greatly appreciate all you do for the earth, the animals, and our environment!

Hope to see you soon,  
Liz Walsh  
VSEP President

P.S. If you have some extra time this summer, volunteer with VSEP! See our open positions by going to [vsep.org](http://vsep.org) and clicking on the VSEP leadership link.

# BOARD MEETINGS

Every 2nd to last Monday of the Month  
Social Time at 5:00 pm  
Meeting at 6:00 pm

June 17 @ Eloise  
255 Shadow Mountain

July 22 @ Como's  
4030 N. Mesa

August 19 @ Eloise  
255 Shadow Mountain



## CONTACT INFO

Email Address:  
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



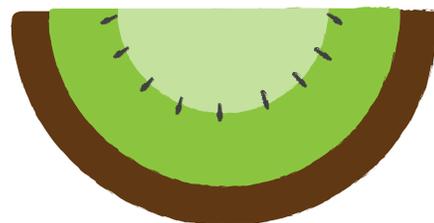
## WHERE TO EAT

In case you missed it in last quarter's issue, you'll find the complete list of the 2018 winners of the Best Veg Food of El Paso in this issue, too.

Please note that Lick it Up is temporarily closed.



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



# RESTAURANT HOPPER: ONE GRUB COMMUNITY

Friday, July 26 @ 5:00 pm

- Location: First Christian Church 901 Arizona (corner of Arizona & St. Vrain) in the community room (St. Vrain entrance thru. the blue doors)
- NOTE: This is an alcohol free venue; alcohol is not served & may not be brought in.
- Price: \$20 All-inclusive - meal, beverage & gratuity
- Capacity: Limited to the first 25 people to make reservations and pay.
- Event Questions: TEXT or call 915-920-8133 Hal Marcus event organizer; or TEXT Grub Line: 915-588-7078
- Registration Questions: TEXT or call 915-877-3030 Veg Society
- Registration Deadline: Sunday, July 21



"We are introducing our nonprofit company, Planty for the People, beginning with our gardens. We have over 40 raised beds that we are cultivating with our local community to create a sustainable Community Supported Agriculture Program."

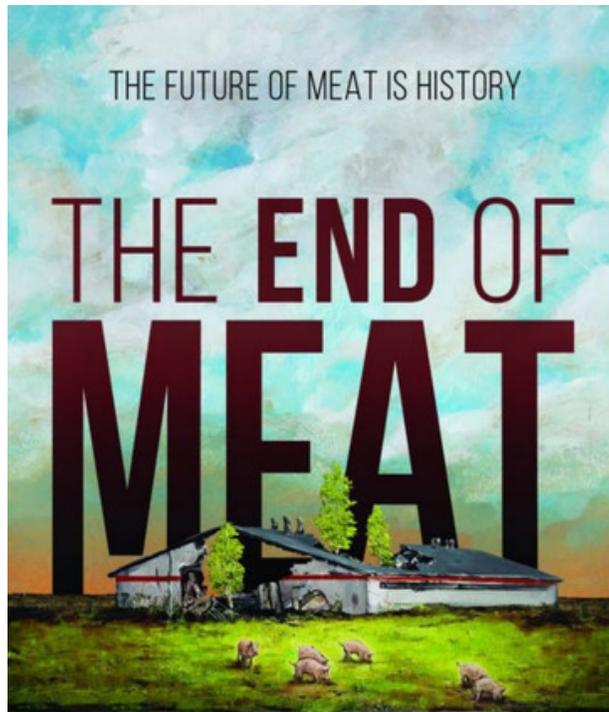
CHEF ROMAN WILCOX

One Grub Community is El Paso's first 100 percent Plant Based food business with a heart for healthy, fresh food access to anyone, regardless of their situation, thanks to a Pay It Forward system (PIF). All tips and donations go directly into the PIF program, in which anyone may work at least one hour in exchange for a meal. Hours of operation are from 11am-7pm, every Wednesday, Thursday, and Friday. Garden days are Wednesdays from 9 am-12 pm. All volunteers are eligible for a PIF meal, so c'mon out and garden with them! On Saturdays you can find them at the El Paso Downtown Art and Farmer's Market from 9 am-1 pm selling Plant Based Deli items and products.

## SUMMER DINNER & A MOVIE

Saturday, August 24 at 6:00 pm

- Embassy Suites by Hilton El Paso, 6100 Gateway East
- Cost: \$18
- Paid reservations are due Tuesday, August 20.
- Go to [vsep.org](http://vsep.org) to make reservations and pay online or call 877-3030
- Please refer to reservation instructions on last page.



The End of Meat reveals the hidden impact of meat consumption; explores the opportunities and benefits of a shift to a more compassionate diet; and raises critical questions about the future role of animals in our society and presents the idea of a post-meat world.





# **BEST VEG FOOD OF EL PASO AWARDS**

**BEST TACOS LICK IT UP**

**BEST NACHOS LICK IT UP**

**BEST MEXICAN FOOD LICK IT UP**

**BEST ASIAN FOOD PHO TRE BIEN**

**BEST POKE POKEWORKS**

**BEST MEDITERRANEAN NOUR**

**BEST FALAFEL ZINO'S**

**BEST PIZZA THE PIZZE JOINT**

**BEST APPETIZER THE QUEEN'S TABLE**

**BEST WINGS ALAMO DRAFTHOUSE**

**BEST VEGGIE BURGER ELOISE**

**BEST SANDWICH ELOISE**

**BEST BRUNCH THE QUEEN'S TABLE**

**BEST FOOD TRUCK LICK IT UP**

**BEST COFFEE SHOP SAVAGE GOODS**

**SMOOTHIE/JUICE BAR THE GREEN INGREDIENT**

**BEST NEW BUSINESS SAVAGE GOODS**

**BEST VEGAN FRIENDLY THE QUEEN'S TABLE**

**BEST VEGAN DESSERT SAVAGE GOODS**



**BEST OVERALL RESTAURANT  
THE QUEEN'S TABLE**

**PRESENTED BY  
THE VEG SOCIETY OF EL PASO &  
LOCAL BLOGGER, EP VEG SNOB**

# 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) **if the cost is different**. We need to have all the names of our guests *as we make name tags for those attending*. 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.