

DurhamVeg

Regional sub-group of the Toronto Vegetarian Association

April, 2015 – Issue 2

Do we live in a “Food Swamp”? - Find out on May 6th!

Victoria Fast, a Ph.D. candidate, a vegetarian and an environmental researcher, will describe



her research into urban areas where healthful, whole foods are not easily accessible.

Victoria moderated Oshawa’s Earth Day event on March 28 at

The Regent where “We Grow Food” speakers unveiled new plans for community gardens in Oshawa, including a new installation at Cordova Park.

Join us on May 6th at The Table restaurant for dinner and Victoria’s presentation!

#VegParadeTO • May 31, 2015 • veggieparade.ca

TORONTO VEGGIE PARADE



Coming to
Toronto on
April 26!

T. Colin Campbell’s new film is due to make a 100-city tour. If you can go to the April 26th showing, please let us know what you think about the film. We hope TVA will show this film next September too!



Food News . . .

Please email your discoveries to us and we will gladly print them here!

... durhamveg@gmail.com.

DurhamVeg volunteers needed:



SEPT 11-13, 2015
Harbourfront
Vegan Food Fest



Calendar: page 4

Busy DurhamVeg

On **March 7**, DurhamVeg participated in UOIT’s Eco-event .Volunteers, Erni and Judy welcomed attendees (right).

On **March 28**, DurhamVeg created and distributed at Oshawa’s Earth Day celebration held at The Regent.

On **April 7**, vegan volunteer chef, Nara Schuler (left), nurse, Helen Northcott, spoke at Hearth Place Cancer Support Centre as Part I of a lecture series called “Greening-up Your Lifestyle”. Nara focused on the importance of limiting the protein in the diet of someone fighting cancer. She also spoke about defeating diabetes. Her motto of

“SOS” means avoiding Salt, Oil and Sugar. She coached the audience on new cooking methods too.



Vegan Chef, Nara Schuler

On **April 21**, DurhamVeg founder, Sally Grande, will speak to the staff at AIDS Durham about what DurhamVeg does and the overall benefits of a plant-based diet to those with health concerns, especially those with compromised immune systems.



On **April 28**, DurhamVeg will partner with Durham’s Master Gardeners to offer Part II of the Hearth Place lecture series: “Greening from the Ground-Up.”

Durham’s Master Gardeners will propose ways of improving your garden’s ability to produce high-octane vegetables. Helping veggies to be “the best they can be” will help you to be the best you can be in the fight against disease. They will explore the benefits of vegetarian soil amendment and companion planting.



Erni and Judy at UOIT’s Eco event on March 7, 2015



1 cup of vegetables can help save:

- **Water consumed by cattle**

Beef	145,000 gallons per ton
Pork	121,000 gallons per ton
- **Water for refrigerated transport**
- **Water required to clean carcass**

132 gallons of water per carcass
- **Soil/Air from nitrous oxide emissions resulting from use of fertilizers for feeds**
- **Electricity to pump wastewater from slaughterhouses**

What’s your saving idea?



FYI: Water required for vegetables
11,300 gallons per ton



The Restaurant Inspector

So-called Vegetable Entrées:

When visiting some of Durham’s restaurants, you may see on the menu a section called “Vegetable Entrées” but this does not mean “Vegetarian”. In fact, many of these are not vegetarian at all as many will have fish sauce, oyster sauce or broth of some kind. We are trying to educate restaurant owners but it is a slow process.

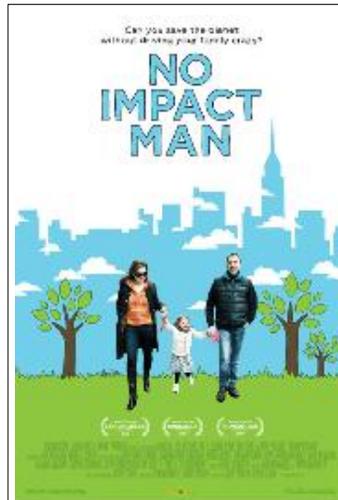


When veg and non-veg foods get mixed up:

Establishing food storage and serving procedures make it easier for staff to know which foods are vegan, vegetarian and gluten-free. This is especially important the larger the menu. It is also critical for restaurant Owners who change their menu daily and might serve items which resemble each other (such as vegan and meat pot pies which might look identical). Educating staff is critical.

Going Off-the-Grid in the middle of a city!

For one year, Colin Beavan swore off plastic and toxins, turned off his electricity, went wholefoods-organic, became a bicycle nut, and tried to save the planet from environmental catastrophe while dragging his young daughter and his Prada-wearing wife along for the ride. Diet was certainly a part of this adventure.



Together they attempted to make zero impact on the environment while living right in the heart of Manhattan, and this is the sensational, funny, and consciousness-raising story of how they did it. With *No Impact Man*, Beavan found that no-impact living is worthwhile—and richer, fuller, and more satisfying in the bargain. The “V-word” is mentioned a few times. Although the film was made in 2009, following a book and a jungle of media appearances, it has been slow to emerge out of the States. Featured not only in **The New Yorker** [“*Green like me*”] and **The New York Times** [“*A Year without Toilet Paper*”], it has taken time to reach us.

DurhamVeg hopes to acquire a copy of this film for showing this summer. Please stay tuned.

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DurhamVeg at Hearth Place . . .

a Toronto Vegetarian Association Group

Hearth Place Cancer Support Centre has invited **DurhamVeg** to partner in a number of spring activities, including

a seminar on “greening” your lifestyle. These will feature our own *Helen Northcott*, RPN, and *Nara Schuler*, a soon to be graduate in Culinary Arts at Durham College’s Centre for Food.



April 28th (evening, 6:30 – 8:00pm)

Part II: “Your lifestyle: from the Ground-Up”

Location: 86 Colborne Str. W., Oshawa

From the garden to the cutting board, DurhamVeg will summarize Part 1 and link into what Durham’s Master Gardeners will teach us about companion planting.

May 6th – Do we live in a “Food Swamp”?

Dinner and Lecture

Location: The Table, 20 Simcoe St. South

Time: 6:30 doors open

Lecture: Join Ph.D. Candidate, Victoria Fast, who will describe her research into urban area where healthful, whole foods are not easily accessible. Find out what a “Food Desert” and a “Food Swamp” are and whether or not Oshawa has any of these. We in Oshawa may be on the leading edge of urban agriculture. Perhaps this is why a young researcher is spending so much of her time with Oshawa’s gardeners. Find out!



We Grow Food

Grow • Eat • Share

We Grow Food is sponsoring a new garden in Cordova Park this spring. If you would like to be a volunteer gardener, or if you are interested in project management, fundraising or practising your people skills, please call: Carol [The Table] at 905-439-2527
Facebook:  /we growfooddurham
Email: volunteer.wegrowfood@gmail.com

Name our newsletter!

Do we need a name though? Any ideas? Email your thoughts to → durhamveg@gmail.com.

June 3rd – Dinner at Mumbai Grill (aka Bombay Grill)

Location: 619 Kingston Rd W, Ajax

Time: 6:30 doors open

Movie: Join us for dinner at one of our favourite places! The restaurant is in a plaza on the south side of Hwy 2, just west of Church Street.

July 8rd – Dinner with a special family: 4 Generations of vegetarians!

Location: TBD

Time: 6:30

Local environmentalist and community gardener, Victoria Jaspers Fayer, comes from a long line of vegetarians, 4 generations, in fact!

Other Events of Interest:

April 24-26: Looking for vegetable art?



Above: a painting of gourds
by Aisha Chiguichon



Yellow Beets by Karin Isenburg

The Oshawa Art Association sponsors two annual shows and the spring show will take place at Camp Samac on April 24, 25, and 26. To reach the exhibit hall, take the entrance off Conlin Road East, between Simcoe and Ritson.



Saturday, May 30th
Oshawa Garden Club Plant Sale
May 30, from 9:00am to 3:00pm
South Oshawa Community Centre
Lot of variety, great prices, local experts for questions and good conversations!

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Your feedback:

DurhamVeg is always grateful for your ideas and comments. Please send any comments along to →
Durhamveg@gmail.com