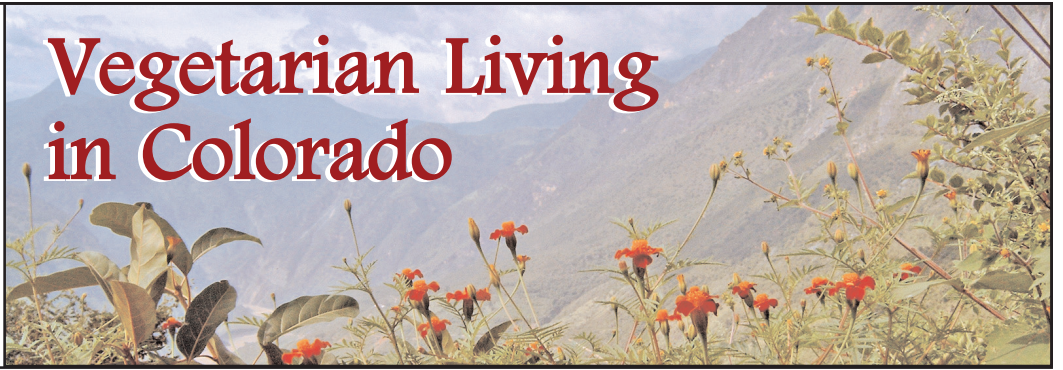




Vegetarian Living in Colorado



SPRING 2008

A quarterly publication of the Vegetarian Society of Colorado

Western history rediscovered

BY KEITH AKERS

WWW.COMPASSIONATESPIRIT.COM

Public lands ranching, built around the image of the “all-American cowboy,” is perhaps the single most conspicuously harmful manifestation of livestock agriculture in the West. Ranchers are being subsidized to overgraze their cattle on public lands. Political influences often negate even the most basic restraints on overgrazing. And it doesn’t even produce that much meat. Efforts to point out the obvious are often met by indifference, denial or active coverup.

The first question I had when looking at Mike Hudak’s book *Western Turf Wars* was, “Why do we need another book on public lands ranching?” I was first alerted to this issue by Denzel and Nancy Ferguson’s well-written book *Sacred Cows at the Public Trough* (1983). After that, came Lynn Jacobs’ book *Waste of the West* (1991) with its innovative use of extensive photographs, and then the spectacular coffee-table book *Welfare Ranching* by George Wuerthner and Mollie Matteson (2002), which added even more detail, scientific information and color photographs.

Why did we need yet another book telling us in graphic detail that public lands grazing is really, really stupid?

Western Turf Wars: The Politics of Public Lands Ranching

by Mike Hudak

\$26.95. 396 pages.

Includes guide to acronyms, glossary, bibliography and index.

Order through www.westernturf wars.com or (607) 330-0351

Well, surprise, surprise — Mike Hudak proves that there is something new to say about public lands ranching. Hudak’s book is substantially different from any previous effort. He goes beyond the facts of the physical damage of overgrazing and shows why things are happening the way they are.

Hudak, besides being an activist, is a photographer in his own right; several of his photos were published in *Welfare Ranching*, and he has his own web site with extensive photographic documentation, www.mikehudak.com. But this is not another book of photographs; it is an innovative work of contemporary history, a history that most environmental activists do not even realize exists.

Hudak’s book is in the tradition of “oral history,” the stories

CONTINUES ON NEXT PAGE

The Recipe Issue



FROM PREVIOUS PAGE

of those who have participated in public lands politics as told by — themselves. He went around the country interviewing people on both sides of the governmental fence, including government employees in such agencies as the Bureau of Land Management (BLM) and the Forest Service, as well as activists in such groups as the Sierra Club and the Wild Horse Spirit Sanctuary. The resultant interviews are what make up the book.

What emerges is a graphic, informative and illuminating story about public lands grazing told by the people who are directly acquainted with the realities of Western states politics.

Above all, it is a story of political corruption. Countless times, the same scenario comes out: some enterprising government employee actually tries to do their job, only to feel the political pressure from Congress or from the local ranching community to do something else.

As Hudak shows, some of the most important environmental allies are themselves in the agencies that environmentalists love to hate. One BLM director is actually delighted when environmental groups decide to sue her agency, forcing her to do the job she desperately wants to do.

Other stories are also striking: The rancher who shoots his own cows from a helicopter to avoid being fined for over-

grazing; the teacher who helps his class raise money to send an alligator back from Arizona (!) to Florida; the classics scholar who graduated from Harvard and Oxford universities only to become

an anti-grazing activist in Utah.

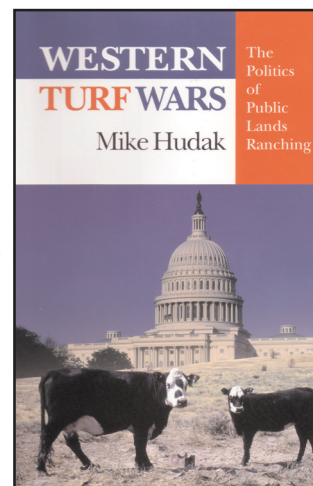
Nor is this a story of one bitter defeat after another; although there

is plenty here to bring us to outrage, there are also some surprising victories.

There's no other book quite like *Western Turf Wars*.

What Hudak has done is to document not just that public lands ranching is bad (we probably knew that already), but why it happens this way, what the forces of resistance are, and what happens when people with a conscience take action against the political corruption rampant throughout the West.

This is an important and unique contribution to contemporary Western history, and it is essential reading for anyone who wants to understand what is happening to public lands in the Western United States.



Some of the most important environmental allies are themselves in the agencies that environmentalists love to hate

Vegetarian Living in Colorado is published four times a year, and is available for free to members. For nonmembers, past issues can be downloaded as a PDF from the VSC website at www.vsc.org

Deadlines for editorial submissions are:

Sept. 10
Dec. 10
March 10
June 10

Please e-mail all submissions or other editorial inquiries to joysa@aol.com.

To receive a hard copy via mail, or to join the VSC, call Chris at (303) 777-4828.

MEAT AND CLIMATE CHANGE

The Intergovernmental Panel on Climate Change, a panel of thousands of the world's top climate scientists, has described the existence of human-caused global warming in its final assessment report as both "unequivocal," and as having "abrupt and irreversible" effects on global climate.

A U.N. report from just this past November found that a full **18 percent of global warming emissions come from raising chickens, turkeys, pigs, and other animals for food.** That's about 40 percent more than all the cars, trucks, airplanes, and all other forms of transport combined (13 percent). It's also more than all the homes and offices in the world put together (8 percent).

Go vege: Make your prostate happy

Eating a plant-based diet may reduce the risk of prostate cancer or slow onset of the disease, a study has found.

The review study conducted at George Mason University again raises the issue of a connection between Western diets and prostate cancer. Published in *Nutrition Reviews*, the article looks at eight observational studies and 17 intervention or laboratory trials on the effect of plant-based diets and plant nutrients and prostate cancer.

In countries where there has been a gradual Westernization of the diet, the incidence of prostate cancer has risen.

"In large population studies performed in over 60 countries, as well as in prospective cohort studies, intake of dairy products, red meat and total dietary fat have been found to be positively correlated with increased risk of prostate cancer," the researchers wrote.

"In contrast, consumption of soy products, fiber-containing foods, cruciferous

vegetables, and lycopene has been reported to be inversely associated with prostate cancer risk."

The highest rates of prostate cancer occur in the US and Sweden, while the lowest incidences occur in China and India.

According to National Institute of Cancer figures, there will be an estimated 218,890 new cases of the disease in the US in 2007, and another 27,050 deaths.

The reported rate of prostate cancer in the US is more than twice the reported rate in the UK, though this is said to be in part due to higher rates of testing for the disease in the US.

"Comparison of age-standardized inci-

dence rates shows dramatic international variation in risk of prostate cancer," the study authors wrote.

Some studies also found omega-3 fatty acids may slow down the disease's progression.

In the review, vegetable components linked to helping with prostate cancer, or risk of the disease, include fiber, nutrients and antioxidants. One mechanism proposed for how these compo-

nents perform is by means of altering levels of hormones that encourage tumor growth.

"These studies suggest that predominantly plant-based diets that are high in fiber and phytonutrients and low in fat and saturated fat, favorably influence health outcomes for prostate cancer patients," concluded the authors.

The highest rates of prostate cancer occur in the US and Sweden, while the lowest incidences occur in China and India

The VSC Mission

Founded in 1975, the Vegetarian Society of Colorado is a 501(c)3 nonprofit organization dedicated to promoting the values of plant-based diets. We are a nonsectarian, all-welcoming and all-volunteer association committed to education and community-building.

The VSC welcomes inquiries about vegetarianism or veganism. We distribute educational literature, as well as sponsor special events and potluck dinners for the purpose of informing the public about the benefits of healthful, humane and environmentally responsible diets.

Learn more at www.vsc.org.

Great local vege-friendly outlets

Watercourse Foods 837 E. 17th Ave. (303) 832-7313

All around great vegetarian/vegan meals for breakfast, lunch and dinner

Wolfe's Barbeque 333 E. Colfax Ave. (303) 831-1500

Good tofu barbecue and vegetarian beans, all cooked separately from the other barbecue items

Taki's 341 E. Colfax Ave. (303) 832-8440

Delicious Japanese at prices and portions you can't beat

Sunny Gardens 6460 E. Yale Ave. (303) 691-8830

Great Asian dishes prepared and cooked separately off of a 12-item vegan menu

Alexander's 4042 E. Virginia Ave. (303) 320-0777

Good Mexican food, they have a whole menu that is just vegetarian with vegan green chili

VG Burgers 3267 28th St., Boulder (303) 440-2400

Every vege burger topping you can darn well imagine!

My favorite recipes (...well, actually there's only the one)

I have a friend who is constantly worrying about her weight. She's totally convinced that going on a vegetarian diet would make her look like a blimp. Part of it is the old line that carbohydrates make you fat, but there's another problem besides. "Everything you people eat is fried!" she complained to me a couple of months ago.

"Huh?"

"I just can't live like that," she went on with an air of superiority, apparently forgetting that she'd just told me she had KFC for dinner. "I need chicken and fish. I can't be eating fried crap all the time."

At first I refused to give my friend's theory any credence at all. Sour grapes, I thought. Heck she probably doesn't even eat grapes! But I must admit that ever since then I've been

looking at my own diet with a more critical eye. It pains me to say it, but she may not be that far off.

It's no secret that I've been in a food rut for many years. Try as I might, it's just hard to be creative in the kitchen.

I don't have the patience for recipes or cookbooks, and most of my imagination left on the train to Borneo when I was six. For years every time I've tried to make something new and exciting, it ends up looking and tasting just like everything else I've been eating.

Last week I think I realized what my problem is. It's not that I'm cooking the same dishes over and over. No, I'm not even *that* creative! In truth, I only know one recipe.

One? Yeah, one.

Okay, here's my one recipe:



Chop some onion and garlic.
Sauté it (that sounds better than "fry it," but who are we kidding?) in some olive oil
Add whatever vegetables you happen to have on hand
Maybe add some other stuff (spices? something for protein? maybe a sauce?...)
When everything is done serve it over some kind of grain thingamabob
That's it. Decades spent in the kitchen, and this is all I've learned. This is all I have to show for myself. Food rut supreme. Repetition taken to the max.

If you decide to try this recipe, here are some hints...

If the pan you're using is a wok, you must be making Chinese. Throw in some tofu and make a sauce (soy sauce, rice vinegar, some kind of sweetener, water and cornstarch) to add in at the end.

If you get bored with Chinese you can turn it into some kind of Thai/Vietnamese dish. Try substituting tempeh for the tofu. Add fresh cilantro, and maybe some coconut milk and/or peanuts to the sauce.

If you forgot to put on the rice and you don't want to wait around for it, try rice noodles instead.

If the pan you're using isn't a wok, maybe you're making Italian. Try throwing in some tomatoes and Italian spices (basil, thyme and oregano) and using pasta as your "grain thingamabob."

If you're bored with pasta toss some Arborio rice in the mix, add water and cover for 15 minutes. Now you've got risotto.

If Italian isn't your thing, maybe Mexican is. Add that fresh cilantro again



and some chilies, beans and/or seitan. Serve it in a tortilla and call it a burrito or fajitas.

When you're ready to get really exotic, use Indian spices (cumin, turmeric, ginger, chilies, garam masala) and you've got a curry.

Okay, so if you're creative, you can manage to get a lot of mileage out of my one recipe. Chefs around the world have been doing this for centuries.

In the end though, it still gets boring. I don't know about you, but sometimes I just want a salad.

Denver author and attorney Mark Warren Reinhardt is currently serving on the Board of Directors of Rocky Mountain Animal Defense. On or Off the Mark columns from the past 20 years can be found on Mark's blog at www.markwarrenreinhardt.com



Cookbook brings fresh new tastes to V cuisine

BY JOYSA WINTER

It's been several years since I ventured into a new vege cookbook, and the lovely new *V Cuisine: The Art of New Vegan Cooking* does not disappoint. Written by Angeline Linardis, and containing a variety of full-color photographs, the book provides a welcome alternative to some of the more complicated vegan cookbooks on the market, with a reasonable number of ingredients per recipe – and, just as importantly – ingredients that are not too terribly obscure.

The book contains some helpful divisions, such as 'kidfood,' 'life of the party fare' and 'breakfast bites.' The main entrees are divided by food group, such as 'potato oasis,' 'terrifying tofu' and 'guiltless grains' – which makes it easier to create a balanced meal.

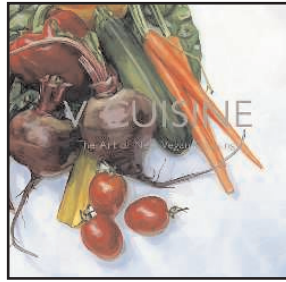
My only complaint is that it does not clearly state at the top how much time it takes to prepare a given recipe.

After scanning the 'modern mains' section, I knew immediately which recipe I wanted to try first, the Sumptuous Tempeh Mushroom Stroganoff. It turned out it was extremely quick to make (around 20 minutes), and the entire family raved.

I did run into a few glitches. First, my local grocery didn't carry navy beans, so I substituted small red beans instead. I also used cooking sherry (rather than dry sherry) and curled parsley (rather than flat-leaf) – because that's what I had.

Then, when the instructions said to puree the beans and add them to the skillet, I wasn't sure how to do so. It didn't mention adding any liquid, and apart from the cooking wine and sherry, there wasn't much liquid in the recipe. I tried pureeing them in the blender without any liquid (that didn't work!) so I ended up adding some vegetable stock I happened to have in the fridge.

Toward the end of the skillet time, I also wound up adding a



bit more stock to keep it from getting too dry. It's quite possible I had over measured the ingredients (my mom always said I was lousy at following directions!), but despite the tweaking, the dish turned out savory and delicious. Even despite myself!

Sumptuous Tempeh Mushroom Stroganoff

- 2 Tbsp olive oil
- 1 large onion, chopped
- 3 cloves garlic, finely chopped
- 1 cup flat-leaf parsley, finely chopped
- 1 cup dry sherry
- 1 cup sliced mushrooms, any variety
- 7.9 oz package tempeh, thawed, cut into small cubes or strips
- 1½ cups canned navy beans, rinsed, drained and pureed
- 1 Tbsp dark soy sauce or dark mushroom soy sauce
- ½ cup red wine
- 1 tsp tarragon
- salt and pepper to taste
- additional flat-leaf parsley to garnish
- 3 cups egg noodle pasta

Heat the olive oil and onions in a pot on high heat, stirring occasionally. When the onions are translucent, add the garlic, parsley and a bit of the sherry. Keep stirring it and cook for 2 minutes. Add the mushrooms and the remainder of the sherry. Cover and cook over low heat for about 5 minutes. Add the tempeh and cook for another 5 minutes. Uncover; add the remainder of the ingredients, and cook until the sauce reaches a gorgeous, thick saucy consistency.

Cook the noodles in a separate pot and drain well. Drizzle with olive oil and toss lightly. Serve with the sauce and garnish with parsley. Serve something colorful on the side – a cherry tomato salad perhaps. This dinner is regal and has huge flavor!

Unbeatable hot artichoke-spinach dip

This rich creamy dip will shatter any notions about the austerity of vegan food. Great for introducing new and non vegans to its incredible potential.

Hot Artichoke-Spinach Dip

- 1 8 oz container (1 cup) Tofutti Cream Cheese
- 1 cup Veganaise (vegan mayo)
- 1 12 oz jar marinated artichokes (drained and rinsed), chopped
- 6 oz fresh spinach sauteed in 1 Tbsp olive oil

- ¼ medium red onion chopped
- 2 garlic cloves, minced
- ½ tsp vegetarian Worcestershire sauce

Mix all ingredients together in a bowl until well blended. Place in an oven proof dish. Heat under a broiler or at 400 degrees until hot, browned and bubbly. Serve with fresh crusty french bread or crispy crostini.

-- Submitted by Lynn