YEAR: 2013

FIRST DAYS INTERNING WITH COMPASSION OVER KILLING AND A TOFU-KALE BENEDICT ON HOMEMADE MUFFINS

June 1, 2013  9 Comments

As I mentioned in my last post, last Saturday I trekked from my beloved Vassar home in New York to my summer residence in Washington D.C. Just north of the nation’s capital, Takoma Park, MD houses the headquarters of the phenomenal animal advocacy and vegan outreach non-profit known as Compassion Over Killing, for whom I’m proud to intern until mid-August.

In 1995, current vice president of the Humane Society Paul Shapiro founded COK as an all-volunteer high school club and served as its campaigns director until 2005, when my current boss and tireless animal activist Erica Meier took over the organization. Though COK has always functioned with a small staff and limited budget, it has and continues to tremendously impact the lives of farmed animals and spread the message of compassion for all beings, both human and non. In fact, COK has carved out a public reputation comparable to much larger animal advocacy organizations like PETA and Mercy for Animals. To name a handful of COK’s impressive campaigns, the organization has exposed numerous factory farms of egregious cruel practices with undercover investigations, aired national pro-vegan commercials on MTV, worked with Morningstar Farms and Boca Foods to drastically reduce or completely eliminate (respectively) eggs from their products, and filed a successful lawsuit to end the egg industry’s continued use of the deceptive “Animal Care Certified” logo on egg cartons. Currently, COK works with Subway to provide more substantial vegan options than simply veggie subs with guacamole, hosts the U.S. Veg Week in April and the D.C. Veg Fest in September, continues their undercover investigations, and enacts strong legal pressure on the egg industry to stop misleading labeling practices. I could not harbor more pride toward working for a noble organization, uncorrupted and uncompromised in its core values thanks to its perpetually small size, and led by a strong-willed woman—one of the only female leaders in the American animal rights movement.
While I’ve only spent a mere week interning with COK, I’ve already contacted numerous locations of a national restaurant chain to inquire as to what vegan options they offer, handed out nearly 100 leaflets, staffed the first and wildly successful Rehoboth Beach Veg Fest, which took place just this weekend, and helped launch the Twitter campaign to promote national restaurant chain Tropical Smoothie’s recent addition of Beyond Meat chicken-free strips to its menu. Thanks to help from COK, Tropical Smoothie now offers the option of substituting with no extra cost the acclaimed Beyond Meat for the animal-based chicken normally used in its salads, sandwiches, wraps, and flatbreads. If you live near a Tropical Smoothie location, from now until June 30 you can help raise money for my darling organization by snapping a photo of your Beyond-Meat-ified Tropical Smoothie meal, sharing the photo via Twitter or Instagram, and tagging both @TSmoothieCafe and @BeyondMeat in the post. If Tropical Smoothie and Beyond Meat receive 500+ posts before June 30, Beyond Meat will make a donation to COK. Yay for animal-free options in national chain restaurants!

Though my 9:00 am-4:00 pm internship doesn’t allot me much free time, especially if I decide to attend a yoga class at my newly adopted D.C. studio of Yoga District after work, I’ve still managed to spend a good healthy chunk of time in the kitchen. My most recent endeavor in the surprisingly well-equipped kitchen of my D.C. apartment featured a vegan take on the brunch classic of Benedicts. Looking for a means of creatively employing the muffins I adapted from the Buckwheat Batter Bread recipe in Gluten-Free and Vegan Bread, I stumbled upon Isa Chandra Moskowitz’s “Tofu Benny” while paging through the COK office’s copy of her cookbook Vegan Brunch, and decided that regular muffins would prove just as delicious as the English variety normally featured in Benedicts. After adapting both Isa’s recipe for marinated tofu and Kristy’s recipe for cashew hollandaise sauce, as well as adding a succulent sauté of kale and mushrooms into the mix, I created a truly delectable dish that would put any cruelty-based eggy Benedict to shame. Indeed, since COK devoted much of its attention toward combatting the egg industry, it seems perfectly fitting that my first recipe post since beginning my internship would feature a compassionate version of a dish normally based in the suffering of hens. Erica and the rest of the COK staff—this one’s for you.

Tofu-Kale Benedict—Nut Free, Low Sodium.
Serves 2-4.

**Ingredients:**

4 Buckwheat Muffins *(recipe below)*  
1 batch Smoky Miso Tofu *(recipe below)*  
1 batch Cashew Hollandaise *(recipe below)*  
1 batch Kale-Mushroom Sauté *(recipe below)*  
4 cherry tomatoes, halved or 4 slices of heirloom tomato

Carefully slice the muffins in half horizontally, taking care not to crumble the more delicate muffin top. Toast the muffin halves to your liking. Spoon a dollop of the Kale-Mushroom Sauté on top of the cut side of both of the muffin halves. Layer each half with a slice or two of tofu, a generous drizzle of Cashew Hollandaise, and either two cherry tomato halves or a slice of heirloom tomato. Serve.

**Four-Grain Muffins**

Makes 4 muffins.

**Ingredients:**

1/3 cup medium grind cornmeal  
1/3 cup teff flour  
1/3 cup buckwheat flour  
2 tbsp + 2 tsp brown rice flour  
1 tsp coconut nectar or maple syrup  
2/3 cups water

In a large mixing bowl, mix together all of the ingredients until very well combined. Cover with a dish towel and let rest in a warm spot (about 70 degrees) for 10 to 12 hours, and up to 24 hours.

Preheat the oven to 350°F. Lightly grease four tins on a muffin tray and dust with flour. Pour the rested batter evenly into the four tins. Bake for 20 to 25 minutes, until firm to the touch and a toothpick inserted into the center comes out clean.

**Smoky Miso Tofu**

Serves 4-6.

**Ingredients:**

1 lb extra firm tofu, sliced into about 16 slabs  
2 tsp Dijon mustard  
1 tbsp sweet white miso  
2 tsp tamari  
1/2 cup vegetable broth or water  
1 tbsp apple cider vinegar  
1-2 tsp liquid smoke  
2 tbsp olive oil, divided

Combine all the marinade ingredients, using only 1 tbsp of olive oil for the marinade, in a shallow dish. Lay the tofu in the dish, taking care that each slab of tofu comes in contact with as much contact with the marinade as possible. Marinade for at least an hour and up to overnight, flipping the tofu halfway through the marinating process.

Heat the oil in a large sauté pan or skillet over medium-high heat. Place the tofu slices in the skillet and cook for about 5-7 minutes each side, until a golden-brown crust forms on the outside. Reserve the unused marinade (you will use it in the Kale-Mushroom Sauté).

**Cashew Hollandaise**
Makes about 1 cup.

**Ingredients:**

- ½ cup raw cashews, soaked at least 1 hour
- 2 tbsp apple cider vinegar or lemon juice
- 2 tbsp nutritional yeast
- 1 tsp Dijon mustard
- 1/4 tsp onion powder
- 1/4 tsp garlic powder
- Water to blend

Combine all of the ingredients in a blender, adding as much water as needed to reach the desired consistency (I used about 6 tbsp of water).

**Kale-Mushroom Sauté**

Serves 1-4.

**Ingredients:**

- 1 tbsp coconut or olive oil
- 1/2 tsp cumin
- 1/2 tsp paprika
- 1/2 bunch kale, chopped
- 4 cremini mushrooms, sliced

Heat the oil in a large sauté pan over medium heat. Stir in the cumin and paprika, then add the kale and mushrooms. Sauté for about 7-10 minutes, until the kale is wilted and tender.

Recipe submitted to Waste Not Want Not Wednesdays, Allergy-Free Wednesdays, Healthy Vegan Fridays and Wellness Weekend.

Until next time, Ali.

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**SHARE THIS:**

Loading...
all-time favorite band Of Montreal provided the trip’s impetus, I undoubtedly managed to integrate a scrumptious sampling of Brooklyn’s finest vegan offerings into my 24-hour journey, shared with my fellow Ferry House member and native Brooklynite Gabe. After jumping wildly about to Of Montreal’s eclectic musical majesty, trekking southward to Gabe’s brownstone home, and promptly collapsing on his living room couch, Gabe and I awoke eager to explore Brooklyn’s vegan scene.

Gabe and I began our culinary expeditions at Champs Family Diner—a lively 50’s-style diner and bakery that boasts seitan Philly cheesesteaks and tofu-scramble-and-chili-topped French toast alongside green juices and raw kale salads (all vegan, of course!). Clearly, the eatery offers compassionate cuisine suited for all dietary preferences and moods (including gluten-free), and its constant flow of customers speaks to its skill in doing so. Not only does Champs serve its impecably fresh and filling breakfast fare all day everyday, it also hosts a themed three-course prix-fixe dinner and movie screening every last Sunday of the month. For example, this January saw a Spanish-themed “Drive-In/Dine-In” that featured vegan churros with chocolate and ice cream, soy ham croquettes, and paella with soyrizo, chik’n, and prawns during a screening of Pan’s Labyrinth. How’s that for an unassuming neighborhood diner? With VegNews’ recommendation of Champs as one of Williamsburg’s nine hottest vegan-friendly eateries, Gabe and I determinedly paid a visit to the acclaimed restaurant.

Seated at the bar among classic metal-paneled walls, black-and-white checkerboard napkins, and soda fountain spigots, Gabe and I launched our hungry selves into an excited analysis of the Champs menu. Both of us opted to order from the all-day breakfast section, choosing the Awesome Bowl and the Belgian Waffle Breakfast (gluten-free, if you can believe it!), respectively.

Gabe’s Awesome Bowl featured a mildly spiced mix of quinoa, scrambled tofu, roasted potatoes, sautéed bell peppers, and leafy greens in a generously sized cereal bowl. After the woman behind the counter informed us that the Awesome Bowl comprised one of Champs’ most frequently ordered menu items, Gabe held high expectations of the dish, yet experienced no disappointment. Hearty, nutrient-packed, and boasting a medley of complementary flavors and textures (succulent peppers, chewy browned tofu, crusty potatoes, garlicky greens), the Awesome Bowl provided ideal brunch fare for my health-minded and large-appetited (just pretend this is a real adjective) buddy.

Beckoned to by the golden, baseball-sized baked goods showcased ‘neath a countertop glass display case, Gabe also partook in one of Champs’ Cornbread Muffins. Unfortunately, the muffins contained gluten, hindering me from sampling them, but Gabe assured me of their moist sweetness studded with flecks of fresh corn.
As for myself, after glimpsing the words “gluten-free Belgian waffles,” I required no further consideration of the Champs menu. As an avid proponent of savory waffles, I felt an immediate, passionate connection with Champs’ Belgian Waffle Breakfast—a fluffy gluten-free waffle served alongside a perfectly browned tofu scramble, two capacious triangles of spiced tempeh, and a pile of garlic-sautéed leafy greens. Garnished with a liberal drizzle of maple syrup, the dish nourished both my body and spirit, especially after an exhilarating yet exhausting night of ecstatic rollicking.

Bellies contentedly full of highest-quality vegan noms, Gabe and I set out yet again for a quick walk to Dun-well Doughnuts—the vegan doughnut shop widely touted to offer the best doughnuts this side of the Mississippi River, if not around the globe. The brainchild of college companions Christopher Hollowell and Dan Dunbar, Dun-well Doughnuts began with a craving of Christopher’s for the ideal vegan doughnut, unsatisfied by other animal-free fried-and-glazed dough in NYC. On a mission “to be the premiere vegan doughnut shop on planet Earth and reverently carry on the tradition of doughnut making in a manner that is both innovative and ethical,” Dan and Christopher now craft over 200 varieties of organic, artisanal, and compassionate doughnuts, baked fresh twice daily. In 2012, Dan and Christopher’s realized vision earned the title of New York City’s Best Doughnuts by the Daily News—not the best vegan doughnuts, mind you, but the best doughnuts period. Tell that to your naïve friends when they once again ask what on earth vegans eat.

I had long intended to visit Dun-well Doughnuts, but unforeseen circumstances during my spring break in March hindered me from engaging in the vegan bucket list item of biting into one of the shop’s creations…until now. After building up such anticipation of the perfect doughnut experience, I required a couple calming deep breaths and a decisive “It’s time” from Gabe before entering the Dun-well storefront. Upon opening the shop’s door, a mouthwatering aroma of freshly baked sweet bread flooded over us, only adding to
Before I continue my fairytale of fried dough any further, I must acknowledge that yes, Dun-well Doughnuts do indeed contain gluten. While I maintain a gluten-free diet the vast majority of the time, I find that small amounts of gluten on very seldom occasions do not majorly agitate my digestion. However, continued consumption of glutinous substances does condemn my tummy to an unhappy state, so I will not partake in my next encounter with gluten for a good long while after this glorious doughnut experience.

Though on the day of our visit the Dun-well shop did not offer the mouthwatering flavors I had most looked forward to sampling (Rose with Dark Lavender, Caramel Popcorn, Peach Mango, Raspberry Pistachio, Green Tea, Lychee, Sweet Potato Pie, and Tangerine Basil, to name a few), the fresh doughnut case still boasted a wide array of tantalizing fried yumminess. Gabe and I opted to purchase a dozen mixed doughnuts of the following varieties (starting in the upper-left hand corner and snaking around to the bottom-left): Strawberry Cream (2), Peanut Butter & Jelly (2), Sugar Cookie (1), Cinnamon Sugar (2), Lemon (1), Blueberry (1), Jelly-Filled (1), and Toasted Coconut (3). For myself, I saved the Strawberry Creams, one Peanut Butter & Jelly, the lemon, and the blueberry, while Gabe shared the remaining doughnuts between himself and a couple of our Ferry housemates.

The Lemon and Blueberry doughnuts both boasted a flavored glaze over a pillowy, tender, magnificently delicate round of fried wonder—two truly impressive specimens. However, the Dun-well team showcased their doughnut-making prowess with the Strawberry Creams and Peanut Butter & Jellies. Denser and cakier than the other doughnut varieties and featuring a thick layer of silky strawberry frosting, the Strawberry Creams reminded me more of whoopie pies than of traditional doughnuts. But hey, I’m not picky about this disparity as long as the doughnuts taste good; and damn, they did. I must, though, crown the Peanut Butter & Jellies as the kings of the Dun-well Doughnut universe (at least, the section of the universe I had the pleasure of exploring on this particular visit). Glazed in an unctuous peanut butter frosting and filled with an oozy, generously sized blob of strawberry jelly, these doughnuts laughed in the face of the humble PB&J sandwich, seeing it and raising it a million in their game of delectable poker. So, uh, yeah, I liked them.

Not only do the Dun-well boys stuff their shop with top-notch doughnuts creations, they also cram it full of vegan literature and wall décor supporting various animal rights organizations. For example, their bookshelf boasts such books as James McWilliams’ "Just Food," Woodstock Farm Sanctuary founder Jenny Brown’s "The Lucky Ones," and the tome of vegan nutrition "Becoming Vegan," while their wall features a hand-painted wooden plaque celebrating Mercy for Animals. Clearly, the Dun-well Doughnut team dedicates itself not only to crafting artisan, animal-free pastries, but also to spreading the message of compassionate living.
Every Sunday and Wednesday nights mark the biweekly grocery shopping excursions embarked upon to replenish the Ferry House refrigerator with its usual bounty of fresh produce. However, because a house full of 21 hungry veg*n college students shares this bounty, it disappears into happy tummies. Fast. So fast that by the time the upcoming grocery shopping trip rolls around, one will most likely find a quite empty Ferry refrigerator. Case in point:

This temporary dearth of veggies proves most disheartening to the Ferry House members responsible for cooking dinner on Sunday and Wednesday night, seeing as grocery shopping happens after or during dinnertime. This Sunday, my spunky fellow Ferry-er Tamsin and I faced the refrigerator displayed above while charged with creating a satisfying meal for our 20 other house members. Containing nothing other than tomatoes, carrots, green bell peppers, garlic, lemons, and the previous night’s leftovers, the refrigerator essentially defined our dinner menu: a salsa of roasted tomatoes, peppers, and garlic; leftover adzuki-amaranth patties refurnished into a “pilaf” with lemon juice; and a shredded carrot salad.
Amazingly, Tamsin and I managed to create three rather phenomenally flavored dishes, but the carrot salad in particular stood out as the highlight of dinner. Tangy, succulent, and refreshing with the coconut’s tropical hint, the curry’s mellow spiciness, and the maple syrup’s deep sweetness, this salad earned multiple compliments from my dear Ferries. Though not available to Tamsin and I in the house’s brief food shortage, raisins and scallions would make lovely additions to this salad.

Curried Carrot-Coconut Salad—Raw, Soy Free, Nut Free, Low Sodium, Low Fat

Serves 8-10.

Ingredients:

1 1/2 lbs carrots (about 8 large carrots), shredded
2/3 cup shredded unsweetened coconut
3 tbsp maple syrup
1 tbsp olive oil
2 tsp apple cider vinegar
1-1 1/2 tsp curry powder
Black pepper and salt to taste

Combine the shredded carrots and coconut in a large bowl. Mix well until combined.

Whisk together the maple syrup, oil, vinegar, and curry powder. Pour over the carrot mixture and toss until well-coated. Serve and enjoy!

Recipe submitted to Healthy Vegan Fridays and Wellness Weekend.
During my second semester at Vassar College (which ends in a mere week, oh my goodness!), I took a fascinating intro to sociology course entitled, “Cooked! Food and Society.” In studying the theories of such renowned sociologists as Immanuel Kant, Karl Marx, Max Weber, and Herbert Marcuse among others, we examined how our corrupt modern-day industrial food system constitutes the antithesis of the equal, just societies our social theorist friends aimed to foster. Topics covered included how to cultivate food sovereignty in developing nations, corn’s deep entrenchment in American agriculture, Vandana Shiva vs. Monsanto in regards to seed freedom, environmental racism, the lack of access to healthy foods in impoverished communities, and ecofeminism (I was thrilled to see some animal rights literature, in the form of an essay by Joni Seager, tied into that last topic). The class further educated me in exactly why and how today’s food system perpetuates inequality, and only strengthened my convictions as a vegan/animal rights activist.

As part of our final exam, our professor asked us to write a one-page argument for what each of us thinks constitutes the issue related to food inequality that will most shape our future, and which theorist would agree with our argument. As an animal rights activist in a class full of Slow Foodies and proponents of “humane meat,” I felt inspired (and rather obliged) to write about how systematically oppressing a massive group of sentient beings (aka non-human animals) desensitizes our society to violence and renders it easier to oppress other social groups. Much shorter in length than many of my other academic papers, my final sociology paper, I feel, proves well-suited for the blogging medium. Thus, I’ve decided to share it with all of you, dear readers. I hope you enjoy and look forward to hearing your feedback.

Until next time, Ali.

Cultivating Social Consciousness by Removing Animals from the Dinner Plate

Fostering a just food system hinges upon our ceasing to exploit and commodify non-human animals for human consumption. Not only would an end to animal agriculture fiercely combat world hunger by feeding the grain currently devoted to raising farmed animals directly to people, it would also eliminate “one of the top two or three most significant contributors to the most serious environmental problems at every scale from global to local” (Agriculture and Consumer Protection Department). Additionally, considering that in 2005 the FBI deemed “the eco-terrorism, animal rights movement” as the nation’s number one domestic threat, and that in 2008 animal agribusiness contributed over $8 million to congressional candidates, removing animals from our food system would contest a number of the corrupt corporate-governmental alliances that cause such sociologists as Marcuse, Weber, and Marx to rip their hair out in frustration (Schuster, Joy 89).

Diminishing world hunger, lightening our impact on the earth, and removing a major contributor to systematic corruption all comprise quite persuasive arguments for switching to a plant-based food system. However, the realization of the moral dubiousness of oppressing and enslaving non-human sentient beings will most foster an equitable society by rendering more obvious the mistreatment of other socially marginalized groups. Indeed, as Joni Seager points out, common justifications for animal exploitation involve arguments of human/animal difference in intellectual and emotional capacities, which “are achingly close reprises of the conceptual bases for racial, sexual, and gender hierarchies” (Seager 169). By engaging in a deeply entrenched system that oppresses...
a massive amount of individual beings on a daily basis, our meat-eating society becomes desensitized to instances of violence and inequality perpetrated against non-human animals, women, racial minorities, and homosexuals alike. Social theorist Herbert Marcuse would refer to the desensitization toward oppression of all varieties caused by the systematic mistreatment of non-human animals as the “happy consciousness” (Marcuse 483). An oppressive society creates in its members this happy consciousness by imposing upon them “false needs”—in the case at hand, the notion that humans need to eat meat—that perpetuate inequality under the guise of offering immediate gratification (Marcuse 479). In obeying these false needs, individuals “facilitate […] acceptance of the misdeeds of […] society” by essentially eliminating the feeling of guilt from the realm of civilization (Marcuse 483). When one considers that animal agribusiness deems as “standard procedures” such egregiously cruel practices as castrating young male animals without anesthesia, removing newborn calves from their mothers immediately after birth, and cramming five to seven chickens into wire-mesh cages the size of a newspaper page, the “acceptance of the misdeeds” of industrial animal agriculture becomes quite apparent (A Well-Fed World). The fact that most people who eat meat today do not know about these practices showcases how, in actively working to conceal the animal abuse inherent in the industry, animal agribusiness erases the guilt of eating animals from societal consciousness. Indeed, how can we question oppressive systems in order to combat a falsely happy consciousness if we remain unaware of the system’s oppressive nature in the first place? An ignorant complicity toward the enslavement and commodification of non-human animals can extend to a lack of awareness about the other various systems of oppression that still exist in modern society, such as sexism, racism, and homophobia; once we accept one corrupt aspect of society, it becomes easy to accept others. Questioning the objectification of non-human animals aids in cultivating an awareness of a multiplicity of other social issues prevalent in today’s society.

Works Cited


SHARE THIS:

VIRTUAL VEGAN POTLUCK 2013: POMEGRANATE-INFUSED BROWN RICE SALAD WITH ROASTED BUTTERNUT SQUASH, CAULIFLOWER, HAZELNUTS, AND ARUGULA
Today I could not harbor more excitement toward participating in the third biannual Virtual Vegan Potluck! Hosted by three dedicated vegan bloggers, Virtual Vegan Potluck connects vegan bloggers worldwide in an online extravaganza of vegan recipe-sharing and food-gawking. Each participating blogger signs up to post a recipe for an appetizer, a beverage, a bread, a salad, a side dish, a soup, a main dish, or a dessert at exactly the same time on exactly the same day to simulate a real-life potluck for our beloved online vegan community. This year’s potluck garnered 169 participants—the largest turnout yet—and I cannot wait to see what plant-based compassionate yummies everyone cooked up.

For my contribution to the virtual party, I signed up to create a refreshing yet complexly flavored salad in celebration of the hot-weather foods I’ve craved since the onset of springtime. Way back in January during my college winter break, I visited my good friend and current housemate at his permanent residence in Brooklyn, NY. After meeting my friend at his capoeira class, I excitedly received a full tour of the vibrant Park Slope neighborhood in which he grew up, stopping at independent bookstores, health food co-ops, and Prospect Park along the way. Late in the afternoon, my friend and I met up with his mother and brother at the Brooklyn Museum to see the mind-boggling “Gravity and Grace” exhibition by Nigerian artist El Anatsui.

Having not eaten a proper meal for the entire day, my friend requested after we departed from the museum that we stop into a nearby modern café and deli called Lincoln Station. The sleekly decorated local-centric eatery serves soups, salads, and sandwiches to order, as well as an array of deli items made fresh daily. Though not a vegan business by any means, the café did offer a respectable array of animal-free options, including a delightful farro salad in which my friend chose to partake. Emphatically singing the praises of this salad as he munched, my friend eloquently narrated how each individual ingredient—roasted butternut squash and cauliflower, toasted hazelnuts, and arugula—sang with purity of flavor while peppered among the chewy, nutty farro and lightly coated in a simple, lemony dressing.

Upon returning to our home of Ferry House at Vassar, my friend requested that we recreate this salad together. We finally did so in
celebration of the end of the academic year, and of the Virtual Vegan Potluck, of course. I did, however, imbue the salad with my own mischievous twists: First, I substituted short-grain brown rice for the glutinous farro. Second, I roasted the butternut squash and cauliflower with a hint of sweet, tart, and unctuous pomegranate vinegar, obtained at an artisan oil and vinegar shop called Scarborough Fare during my recent jaunt to New Paltz. The flavor of the resulting salad proved layered, complex, tangy, succulent, bright, and oh so delicious—perfect to share in the Virtual Vegan Potluck.

One important suggestion: immediately after toasting and chopping the hazelnuts, stick your nose right into them and get a big ol’ whiff. Your entire day—nay, week—will be fulfilled.

**Pomegranate-Infused Brown Rice Salad with Roasted Butternut Squash, Cauliflower, Hazelnuts, and Arugula—Soy Free, Low Sodium**

Serves 4-6.

**Ingredients:**

- 2 cups short-grain brown rice
- 1 medium head of cauliflower, trimmed into small florets
- 1 smallish butternut squash, peeled and small-diced
- 4 tbsp olive oil, divided
- 2 tbsp pomegranate vinegar, divided
- 1 cup raw hazelnuts
- Juice of 1 lemon
- 2-3 oz baby arugula

Preheat the oven to 400°F.

In a large skillet, toast the rice over high heat until fragrant but not browned. Remove from heat and set aside.

In a large pot, bring 8 cups of water to a boil. Add the toasted rice and boil for 45-50 minutes or until tender. If needed, add more water to ensure that the rice can move around freely rather than stick together. This will ensure that the rice will remain in individual grains rather than clumped together in the finished salad. When cooked, drain the rice and spread over a baking sheet to cool and to again prevent clumping.

While the rice cooks, in a medium bowl toss the diced butternut squash with 2 tbsp olive oil and 1 tbsp pomegranate vinegar. Spread out on a baking sheet and roast for 20 minutes. Repeat with the cauliflower florets. Transfer both roasted veggies to a large bowl.

Reduce the oven temperature to 350°F. Place the hazelnuts on a baking sheet and toast for 5-7 minutes, checking diligently to ensure that they don’t burn. Lay out a large dishtowel on the countertop and transfer the toasted hazelnuts into the middle of it. Pick up the corners of the towel to form a pouch and vigorously rub the hazelnuts around in it to remove their skins. Roughly chop the skinned hazelnuts and add them to the bowl with the roasted veggies. Stir to combine.

Spoon the brown rice into the veggie/hazelnut bowl in batches, stirring well to combine after each addition until all of the rice is fully incorporated. Add the lemon juice to the mixture and stir well to incorporate. Gently stir in the arugula in small handfuls until well-mixed. Serve and enjoy!

*Recipe submitted to Healthy Vegan Friday and Wellness Weekend.*
A couple weeks ago, I entered and very unexpectedly won the Numi Organics Savory Tea giveaway hosted by Sonnet at the top-notch blog For the Love of Food. Confident that I would immediately adore Numi’s savory tisanes based upon my ardent enthusiasm for tea, veggies, and Numi’s products, I eagerly awaited my sampler pack of Numi’s new line of savory teas. Upon arrival, I thoughtfully tasted each tea individually on separate days, steeping them for 10 minutes as instructed before taking the first sip and then allowing the tea to continue to infuse as I happily lapped the savory pick-me-up. Each flavor of Numi’s savory tea combines organic dehydrated vegetable bits, herbs, spices, and naturally decaffeinated green or black tea to create a broth-like, immensely comforting beverage perfectly accustomed for afternoon contemplation. I’ve recorded my thoughts on each of the savory tea flavors below.

Spinach Chive

*Ingredients:* Spinach leaves, chives, dried lime, dill, onion, decaf green tea, coriander, turmeric, garlic.
Undoubtedly my favorite of all the savory teas, the Spinach Chive tasted like the essence of a comforting herbed spinach soup. The savory dill and onion predominated in a prevalent yet not overpowering manner to imbue the tea with a light, springtime flavor. Rather unfortunately, I chose to enjoy this tea first out of the six flavors in my sampler pack, causing the remaining five teas to pale in comparison.

**Beet Cabbage**  
*Ingredients:* Beet, cabbage, dried apple, decaf black tea, mustard seed, parsley, orange peel, coriander, clove, honeybush.

Boasting a much more succulent flavor than Numi’s other five savory teas, the Beet Cabbage derived its pleasant earthy-sweetness from the complementary combination of beets and apples. While the clove predominates in both flavor and aroma, I could still slightly discern the cabbage’s cruciferous undertones, which verily impressed me.

**Carrot Curry**  
*Ingredients:* Carrot, curry, cilantro, onion, ginger, turmeric, decaf green tea.

Though I usually find overwhelmingly spicy the flavor of curry powder, the Carrot Curry tea nicely balances the curry’s intensity with the carrots’ slight sweetness and the cilantro’s mild citrus undertones. Though a quite nice tea, the Carrot Curry did not harbor as complex a flavor as some of the other five savory teas, and thus tasted a bit one-note.

**Tomato Mint**  
*Ingredients:* Tomato, onion, mint, lemon peel, parsley, cinnamon, black pepper, decaf black tea, allspice.
Probably my second favorite of the five savory tea flavors, the Tomato Mint offered the unmistakable summery aroma of tomatoes and somehow managed to capture the fruit’s juicy succulence, as well. The individual flavors of every ingredient in the tea come through to create a symphony of brightness: the onion lends its savory bite, the hint of mint recedes nicely into the background for a refreshing aftertaste, the citrus offers a barely discernible yet much needed tang, and the cinnamon enhances the tomato’s natural sweetness.

**Broccoli Cilantro**

*Ingredients:* Broccoli, celery leaves, allspice, onion, cilantro, decaf green tea, garlic, black pepper, sage, turmeric.

While I held high hopes for this tea based on its tantalizing aroma, the Broccoli Cilantro unfortunately lacked a depth of flavor present in some of the other five teas. The allspice overwhelms the tea, forcing the earthy cruciferous and bright citrus notes of the cilantro to recede well into the background.

**Fennel Spice**

*Ingredients:* Fennel, celery root, orange peel, onion, dill, decaf green tea, honeybush, black pepper.

Similar to the Broccoli Cilantro, the Fennel Spice left me a bit disappointed. With my deep adoration of any and all things fennel, I wholeheartedly wish that the unmistakable anise flavor would have made its presence more obvious in the tea. Instead, the dill overpowered the fennel, causing the tea to taste more like a less oniony version of the Spinach Chive rather than a distinct tea in its own right.

All in all, Numi’s new line of savory teas **verily impressed me,** and I fully intend to order more of both the Spinach Chive and Tomato Mint flavors. I’d **highly recommend** these savory teas to any tea-lover for a delicious twist on their normal tea routine.

*Note: Numi did not contact or pay me to write this review. The opinions expressed in this post are completely my own, uninfluenced by*
AG-GAG LAWS AND THE ANIMAL ENTERPRISE TERRORISM ACT (AETA)

May 3, 2013  Leave a comment

In honor of the "Flash Blog Against Ag-Gag Laws" Facebook event, which seeks to respond to the first arrest under the newly enacted legislation that criminalizes the filming of factory farms, I’d like to direct all of my dear readers toward my latest op-ed published in Vassar’s campus newspaper, the Miscellany News. The article explains the meaning and development of both the Animal Enterprise Terrorism Act (AETA) and the recent/pending Ag-Gag laws/bills, as well as the problems with and corruption behind both of the legislations. Understanding and combating these laws proves integral to furthering the animal rights movement, so I’d highly recommend educating your activist selves on the issues—why not start with my latest Misc article? If you feel inspired to speak out against Ag-Gag laws on a state level, please consider signing the current federal petition against Ag-Gag legislation.

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Mercy for Animals protests Iowa's Ag-Gag law.

I look forward to hearing your thoughts on the article and on Ag Gag/AETA in general!

Until next time, Ali.

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It's like this all the time. I think in B the speaker feels his usual experiences as close to himself, and see them subjectively, while in A he sees them objectively or impersonally. Is my explanation right? Or should I avoid such a psychological approach? Jan 12 2008 13:53:38. anonymous. Comments.

[Chorus 1] Well I'ma do my thing like this Rock to di riddim like this They love me when I sing like this, like this, like this Well I'ma roll my spliff like this They call me when I get like this And take a lickkle lift like this, like this, like this. [Chorus 2] So I'ma do my thing like this Rock to di riddim like this She love it when I sing like this, like this, like this When I'm up in that groove like this Girl I love it when you move like this So tell me how you are gon' lose like this, like this, like this. like this / like that. Discussion in 'English Only' started by George1992, Jun 12, 2014. Previous Thread Next Thread.

A. "Humpty Dumpty sat on a wall." I have never seen a sentence like this before. Can someone explain it?

B. Yesterday I read this sentence in a book. "Humpty Dumpty sat on a wall." Can you help me to understand it? Who or what is Humpty Dumpty?

I hope you can help me because I have never seen a sentence like that before.