

Scripps Miramar Seed Library

“Grow & Share”



Newsletter

SEPTEMBER 23

Veganism

Veganism is the practice of abstaining from the use of animal products, particularly in the diet, and an associated philosophy that rejects the commodity status of animals. An individual who follows this type of diet or its philosophy is known as a **vegan**.

Distinctions may be made between several categories of veganism. Dietary vegans, also known as "strict vegetarians", refrain from consuming meat, eggs, dairy or any other animal-derived substances. An ethical vegan is someone who not only excludes animal products from their diet but also tries to avoid using animals, animal commodities, and animal-tested items wherever practical. Another term is "environmental veganism", which refers to the avoidance of animal products on the premise that the industrial farming of animals is environmentally damaging and unsustainable. Further motivations for vegan diets include concerns about animal welfare.

Vegan diets tend to be higher in dietary fiber, magnesium, folic acid, vitamin C, vitamin E, iron, and phytochemicals but lower in dietary energy, saturated fat, cholesterol,



omega-3 fatty acid, vitamin D, calcium, zinc, and vitamin B₁₂. a result of the elimination of all animal products, a poorly planned vegan diet can lead to nutritional deficiencies that counteract its beneficial effects and may cause serious health issues.



The word *vegan* was coined by Donald Watson and his later wife, Dorothy Morgan, in 1944. However, interest in veganism did not increase significantly until the 2010s.

Vegetarianism can be traced to the Indus Valley civilization in 3300–1300 BCE in the Indian subcontinent, particularly in northern and western ancient India.

The vegan diet became increasingly mainstream in the 2010s, especially in the latter half. *The Economist* declared 2019 "the year of the vegan". The global mock-meat market increased by 18 percent between 2005 and 2010, and in the United States, by eight percent between 2012 and 2015, to \$553 million a year. America's first vegan butcher, the Herbivorous Butcher, opened in Minneapolis in 2016. Since 2017, more than 12,500 chain restaurant locations have begun offering Beyond Meat and Impossible Foods products. By 2016, 49% of Americans are reportedly drinking plant milk. Furthermore, the United States School of Nutrition Association found 14%

of school districts across the country were serving vegan school meals compared to 11.5% of schools offering vegan lunch in 2016, reflecting a change happening in many parts of the world, including Brazil and England. In total, as of 2016, the largest share of vegan consumers globally currently reside in Asia Pacific with nine percent of people following a vegan diet. [125] In 2017, veganism rose in popularity in Hong Kong and China, particularly among millennials. China's vegan market was estimated to rise by more than 17% between 2015 and 2020, which is expected to be the fastest growth rate, internationally, in that period of time.

People of every age thrive on vegan food. The most rigorous assessment of the healthfulness of vegan diets is documented by a position paper published by the Academy of Nutrition and Dietetics. The authors determined that, "vegan and vegetarian diets can provide significant health benefits compared with non-vegetarian diets." Fortunately, nowadays, there are affordable and easily sourced alternatives to just about everything. With over 65,000 products and services registered with the Vegan Trademark alone, living a vegan lifestyle has never been easier.

Switching to a vegan diet takes remarkably little effort.

Here is the most important lesson: don't emphasize **cutting** animal-based foods out of your diet. Instead, **crowd** them out by constantly discovering vegan foods you prefer. Therefore, to rid your diet of animal products, focus on trying several new vegan foods each week.

"What do you eat every day?" Well, the foods that can be eaten each day are usually simple and wholesome. Make sure to eat several types of whole plant-based foods every day: fruits, vegetables, whole grains, beans, nuts, and seeds.

In a normal day, we need at least 2 cups of fruit, bananas, oranges, apples, blueberries, grapes and strawberries, for example. If eating dried fruits, it's about 1/2 a cup.

Vegetables: 2 1/2 cups. Broccoli, baby carrots, sweet potato and beets. While 2 cups of dark leafy vegetables are considered 1 cup of vegetables.



Whole grains: 1 1/2 cups. It's easy to eat cooked oatmeal, black rice, quinoa, millets, or whole grain pasta. Even whole grain bread in a sandwich or whole grain tortillas in a burrito count

toward the total.

Beans, Nuts, and Seeds: 1 1/2 cups of beans and 1/4 cup of nuts. A hot bowl of soup made from lentils, black

beans, or split peas will suffice and nuts can be added into morning smoothies.

Always remember that we need to have a balance in our everyday diet. This includes a main source of protein (beans or nuts), healthy fats (nuts) and complex carbs (whole grains, vegetables, fruits).

Healthy eating as a vegan

You can get the nutrients you need from eating a varied and balanced vegan diet including fortified foods and supplements.

Calcium is needed to maintain healthy bones and teeth. This is found in green, leafy vegetables such as broccoli, cabbage and okra, but not spinach. It is also in sesame seeds, tahini, pulses and dried fruit such as raisins, prunes, figs and apricots.



Good sources of **vitamin D** for vegans include exposure to sunlight, particularly from late March to the end of September, fortified fat spreads, breakfast cereals and unsweetened soy drinks with added Vitamin D.



Iron is essential for the production of red blood cells.



Good sources of iron for vegans are: Pulses, whole meal bread and flour, breakfast cereals fortified with iron, dried fruits, such as apricots, prunes and figs.

The body needs **vitamin B12** to maintain healthy blood and a healthy nervous system. Breakfast cereals fortified with B12, unsweetened soy drinks fortified with vitamin B12, yeast extract, such as Marmite and nutritional yeast flakes which are fortified with vitamin B12.

Omega-3 fatty acids, primarily those found in oily fish, can help maintain a healthy heart and reduce the risk of heart disease when eaten as part of a healthy diet. Sources of omega-3 fatty acids suitable for vegans include: ground linseed (flaxseed) oil, vegetable (rapeseed) oil, chia seeds, shelled hemp seeds, and walnuts.



SEED LIBRARY PICK -RECIPE- Pecan Nut Butter

Ingredients:

3 cups of pecan nuts

1/2 teaspoon of ground cinnamon

A pinch of Sea Salt

Toast the pecans in a dry pan on medium heat for 5 minutes or until lightly colored. Remove from the heat.



Add all the ingredients in a food processor and blend on

the highest speed for a few minutes until smooth. Pause every now and then to scrape down the contents from the sides of the mixer bowl. Spoon into a clean jar with a tight-fitting lid and store in the refrigerator. The butter will keep for about 2-3 weeks.

Cashew Yogurt with Live culture

Ingredients:

4 cups of cashew nuts soaked (for around 12 hours), drained and rinsed.

1 ¾ cups of water

4 tablespoons of lemon juice

A pinch of sea salt

1 teaspoon powder of probiotics

Put all ingredients, except the probiotics, in a blender and blend into a smooth, thick cream. Transfer to a bowl, add the probiotic powder and mix thoroughly. Cover the bowl with cloth, move it to a cool place out of the direct sunlight and leave to stand overnight or for 12 hours until thickened and it tastes a little sour. Pour yogurt into a clean jar with a lid and store in the fridge. Use within 4 days.



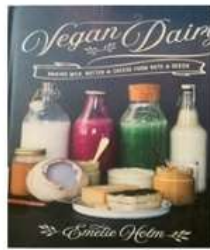
SEED LIBRARY PLANT PICK–SOYBEAN

Soybeans are legumes related to peas, clover and alfalfa. Each soybean plant produces 60 to 80 pods, each holding three pea-sized beans. Soybeans are hardy plants and well adapted to a variety of soils and soil conditions. The origins of the soybean plant are obscure, but many botanists believe it was first domesticated in central China as early as 7000 BCE. The soybean is economically the most important bean in the world, providing vegetable protein for millions of people and ingredients for hundreds of chemical products. Soybeans may also be used as a green vegetable, called edamame. The seed contains 17 percent oil and 63 percent meal, 50 percent of which is protein. Since soybeans contain no starch, they are a good source of protein for diabetics, and can be imparted with a meat like texture for increasing the cooked yield of ground meats.



SEED LIBRARY BOOK SUGGESTION– AGELESS VEGAN

The secret to living long and healthy plant based life. Call no. 641.5636/MCQUIRTER



Vegan Dairy—

Making milk, butter, cheese from nuts and seeds Call no. 641.56362 /HOLM

From your Garden:

Courtesy of Heather Valentine



Garden Events @ Scripps Ranch Library

The library has several events scheduled in October if you are interested.

Oct 21st Earth Friendly Gardening 10-11 am
Garden Share- 11 –1 pm

References:

McQuirter. Tracy (2018) "Ageless Vegan" Published by DaCapo Press

There are multiple resources available at Scripps Ranch Library that are not cited here. We request that you share pictures of your garden and tells us about your experiences, which can be helpful for other gardeners. Also, we invite you to send in your garden related questions and we will answer them in the next newsletter.

This newsletter is composed by Ashu Agarwal and edited by Jeff Lash

For any questions, please contact Ashu Agarwal (seedlibrary@srfol.org)

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