

THANKSGIVING

A Celebration For All

Will You Join Us in a New Thanksgiving Tradition?

Thanksgiving is a much-loved holiday, an opportunity for giving thanks and celebrating life. It's a break in this hectic world to get together with friends and family, and share our appreciation for the bountiful food available to us. Unfortunately, our common perception of tradition

seems to be focused on the body of a dead turkey, millions of whom end up in the on the dinner tables across Canada.



As advocates for those who cannot speak for themselves, we're asking people to reconsider the "traditional" Thanksgiving turkey dinner, and instead celebrate health and life with a plant-based, vegan Thanksgiving dinner.

The Life and Death of a Turkey

While we don't want to dwell on the negatives during what should be a happy time, it's important to decide what to eat and serve to others based on sound knowledge. Upwards of 20 million turkeys will be raised and slaughtered in Canada this year. Cramped in giant, filthy barns, they never get to step outside or breathe fresh air. De-beaking and de-toeing are standard procedures that cause much pain and distress. Turkeys have been subject to generations of selective breeding which has resulted in birds too large to bear their own weight, who cannot breed normally, and are artificially inseminated.

Contrary to popular belief, most so-called free-range turkeys do not live better or more natural lives. Since turkeys are rarely caged, all of them can be technically labeled free-range.

Considering the many options, why not celebrate health and life with foods that are truly life-affirming, good for us, and good for the other animals we share this world with?

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Thanksgiving Recipes Turkeys Can be Thankful For!

There is a cornucopia of plant-based foods that we commonly eat at Thanksgiving, which are not only more compassionate for the animals we share the earth with but also much healthier for us and the planet. Check out the Friends of Animals 'Vegan Starter Guide' for the following delicious and festive recipes to consider for your upcoming dinner:

*Carrot Pâté * Pumpkin Bread * Green Beans with Almonds * Blackened Tempeh with Roasted Red Pepper Sauce * Chestnut Soup * Walnut Pear Salad * Mashed Yukon Potatoes * Mashed Sweet Potatoes * Spiced Orange Broccoli * Spicy Pumpkin Cheesecake * Ginger Cookies*

Holiday Cashew Nut Roast (Serves 4-6)

Preparation

Cook rice until tender; coarsely grind cashews.

Heat onion and garlic in oil until slightly brown; chop and add one tomato; simmer until soft.

Combine all ingredients and press into two 9x5" loaf pans. Slice second tomato and use to decorate top of roasts (add small dab of vegan margarine if desired.)

Bake 30 mins or more at 350°F.

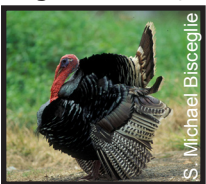


Ingredients

2c cashew pieces
4oz brown rice
6oz rye toast crumbs
1 med onion, chopped
2 cloves garlic, minced
2 lrg, ripe tomatoes
6tbsp olive oil
2tsp brewer's yeast
1/2tsp dried basil
1/2tsp dried thyme
1/2tsp lemon juice
1/2c vegetable broth

Adapted from page 82, Dining With Friends

For even more recipes, check out our cookbook 'Dining With Friends: The Art of North American Vegan Cuisine', available on www.Amazon.ca. If in a pinch, a simple search on the internet or local library can also turn up plenty of great recipes.



Thank you for considering the turkeys, and helping to make Thanksgiving a holiday that both humans and animals can enjoy.

Friends of Animals

www.FriendsofAnimals.org

Also see: www.TheVictoriaVegan.com

Box 50024 - #15-1594 Fairfield Rd, Victoria, BC V8S 5L8

Dave@FriendsofAnimals.org (250) 588-0482