



Veg-Appeal

Experience the power of healthy and whole foods



October 2010

Upcoming classes by Veg-Appeal

- **Thursday, October 7th, 2010**
- VEG WEEK SAN DIEGO free cooking class! 7:00-9:00 pm, World Beat Center in Balboa Park, "Simple Shopping & Cooking", registration required
- **Sunday, October 17th, 2010**
1:00 - 3:30 pm - Kearny Mesa, "Hearty Soups and Stews"
- **Sunday, November 14th, 2010**, 1:00 - 3:30 pm - Kearny Mesa, "Healthy Holiday Cooking Class"

Who Are We?

Veg-Appeal, LLC was created to share with others the joy and simplicity of eating unprocessed, whole plant foods to achieve optimal health and energy. We offer presentations and cooking demonstrations that show how easy the quest to achieve these goals can be.

To learn more about Veg-Appeal classes & services, please visit our website, <http://www.veg-appeal.com/>.

Contact Veg-Appeal at:

(619) 263-2165 - Marge, or info@veg-appeal.com

" Simple Shopping and Cooking" - October 7, 2010

Learn what foods to keep on hand and how to combine them for delicious, **fast and healthy, plant-powered meals and snacks**. We will demonstrate how easy it is by preparing a few dishes, using mostly organic ingredients, for you to sample. You will go home with a **recommended shopping list, suggestions on where to shop, cooking tips and sample recipes**.

Join us for a fun and tasty evening. Since we are expecting a larger-than-normal crowd for this **free event**, disposable serving items will be provided for food sampling, but if you can, to reduce trash, **please bring your own small bowl, small plate and a spoon**.

Registration is required: Please e-mail your name and phone number to info@veg-appeal.com. The Cooking Demo will take place at the [World Beat Center](#) in Balboa Park, 2100 Park Blvd, **7-9 pm**.

" Hearty Soups and Stews" - October 17, 2010

Soups and stews are great all year round, but fall and winter seem to inspire thoughts of making these warm and comfortable dishes. We have chosen some delicious and nutritious recipes to share with you. They are simple to make, great tasting, and healthy, and you can make life easier for yourself by cooking up enough for several meals. To make this class even more special, all the recipes will be **gluten and dairy-free**. From our "Winter Squash Soup" and "Chunky Red Lentil Stew" to our "Veggie Chili" and "Tortilla Soup," you might find these to be your new, most favorite recipes. Please join us for an afternoon of fun, learning, and delicious food sampling.

Class Date and Time: Sunday, October 17, 2010 – 1:00 – 3:30 p.m.

Pre-registration is required.

Cost: \$25.00 . Take advantage of a discounted price of \$20 if payment is received by October 14.

Registration:

1. Pre-register by e-mail: Send your name, phone number and e-mail address to info@veg-appeal.com to reserve your space.
2. Please send your check by October 13. Make check payable to "Veg-Appeal" and send to: Marge Wurgel, 6448 Scimitar Drive, San Diego, CA, 92114.

If payment isn't received at least 2 days before the class, \$25 will be collected at the class.

Directions to the class location in Kearny Mesa will be provided upon receipt of registration.

" Healthy Holiday Cooking Class" - November 14, 2010

The Holiday Season is quickly approaching. There's a question that is being asked more and more as the years go by: "What do I make for my vegetarian guests?" Or, "what can I bring to a potluck, or dinner, that's delicious yet healthy?" Veg-Appeal has some answers and lots of mouth-watering suggestions. Main dishes, sides dishes, appetizers, and desserts - we'll help relieve some of the holiday stress with our first annual "**Healthy Holiday Cooking Class**." For registration information, please go to <http://www.veg-appeal.com/page11/page11.html>.

Veg-Appeal Pick of the Month : Winter Squash



Although winter squash comes in different sizes and shapes, all have one thing in common - their very thick, hard rind protects their nutrient-rich contents. Whether it's acorn squash with its dark-green, ridged rind; or the large cylinder-shaped banana squash with its thick, pale skin; or the buttercup squash, a squat, dark-green squash with lighter stripes; or the tan-rind, butternut squash shaped like a long bell; they are all good sources of beta-carotene (vitamin A) and potassium, with traces of other nutrients such as calcium, phosphorus and folate. Included in this group is the wondrous spaghetti squash whose pale-yellow flesh forms crisp-textured, spaghetti-like strands when cooked and a low calorie stand-in for pasta – just pour on the sauce. Each half cup of all winter squash contains about 40 calories, 3 grams of fiber, 9 grams of carbohydrates and 1 gram of protein. Winter squash is delicious baked, but chunks of squash can be added to soups and stews, or mashed and used in place of pumpkin for pies. Sometimes the skin is even edible depending on how soft it is when cooked.

Tips for cutting winter squash: Winter squash can be difficult to cut and it is sometimes easier to bake the squash 1st for 25-30 minutes or microwave on high for 5-10 minutes (be sure to pierce the skin in several places to allow steam to escape & prevent squash from exploding), then let it stand for a few minutes before trying to cut it in half. Once cut in half, remove seeds and proceed with your recipe.

Veg-Appeal - Recipe of the Month : Simply Delicious Winter Squash (4 servings)



This is a great recipe for preparing butternut squash because it's quick, easy, and absolutely delicious!

- 1 small butternut squash
- 1/2 - 1 cup water
- 1 tablespoon maple syrup
- 2 teaspoons reduced-sodium soy sauce

Peel the squash, then cut it in half and remove the seeds. Cut the squash into 1-inch cubes (you should have about 4 cups). Place into a pot with water, maple syrup, and soy sauce. Cover and simmer over medium heat until the squash is fork tender, about 15 minutes.

San Diego Veg Week is Almost Here!



The highly anticipated San Diego Veg Week is almost upon us with many fun and educational, as well as delicious, activities going on all week. The week begins with a shopping tour of Trader Joe's and an entertaining lecture by nutrition researcher [Michael Greger, MD](#) on Saturday, Oct. 2nd. You won't want to miss the lecture by nutrition expert and author [Janice Stanger](#) on Tuesday, or our [Veg-Appeal](#) cooking demo on Thursday evening. Both events will take place in the World Beat Center. The week will culminate with The Compassion Bash on Saturday, Oct. 9th [with Neal Barnard, MD](#), of the [Physician's Committee for Responsible Medicine](#). For more information on other activities and to sign up to receive updates & informative e-mails with great recipes, please visit [Pledge to go Veg Oct. 2-9](#).

Veg-Appeal Goes to Washington!

Marge, Sheila and Tracy just got back from a trip to Washington, DC where we attended some training on providing nutrition education. We even had time to visit the American History Museum where we took pictures of Julia Child's wonderful exhibit. It had her specially-designed, user-friendly kitchen displayed with her extensive cooking utensils. She was the first to have a TV cooking show and reruns were being shown. What a treat! Before catching the Metro for the Ronald Reagan Airport back to San Diego we treated ourselves to a delicious and nutritious lunch at the American Indian Museum.

