



# Veg-Appeal

Experience the power of healthy and whole foods



September, 2011

## Upcoming Classes by Veg-Appeal

- **Sunday, September 25, 2011,** 1:00 - 3:30 pm - Kearny Mesa, "Healthy in a Hurry"
- **Tuesday, September 27, 2011,** 7:00-8:30 pm, "Simply Delicious - Plant-Based Cooking," free class during Veg Week
- **Sunday, November 6, 2011,** 1:00 - 3:30 pm - Kearny Mesa, "Healthy Holidays Cooking Class"



## Who Are We?

Veg-Appeal 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**, please visit our website, <http://www.veg-appeal.com/>.

Contact Veg-Appeal at:

(619) 263-2165 - Marge, or [info@veg-appeal.com](mailto:info@veg-appeal.com)

## "Healthy in a Hurry" - September 25, 2011

- **Sunday, September 25** - 1:00 - 3:30 PM, Kearny Mesa

There is no need to compromise your health because you think you do not have time to prepare a healthy meal. In this class you will learn the secrets of eating healthy food while in a hurry. Veg-Appeal will start your day with a delicious and nutritious, quick and "Easy Fruited Oat Breakfast" and guide you through the day with a filling "Make-It-A-Fiesta Salad," and a "Simply Delicious Burrito/Wrap," all the way to dinner with one of Veg-Appeal's favorite "healthy in a hurry" meals, "Marinara Primavera" with "Vegan Parmesan ." We end the day with another favorite, our "Date and Nut Butter Dessert."

Take some of the stress out of your life with our no-fuss meal and snack suggestions. We will be demonstrating how quick and easy it is to make healthy meals, and you will be sampling our tasty creations. Come join us for another fun-filled afternoon sampling recipes and sharing ideas.

### Pre-registration is required.

Cost: \$35. Be sure to take advantage of our reduced price of \$30 if payment is received by **September 23rd**.

### Registration:

1. Pre-register by e-mail: Send your name, phone number and e-mail address to [info@veg-appeal.com](mailto:info@veg-appeal.com) to reserve your space.
2. Please send your check by **September 21st**. Make check payable to "**Veg-Appeal**" and send to: **Marge Wurgel, 6448 Scimitar Drive, San Diego, CA, 92114**. **Please note:** This address is an office address, not the location of the class. The class address will be sent upon registration.
3. Directions to our location and other information will be sent after your check is received.
4. If payment isn't received by **September 23rd** directions and other info will be sent and \$35 will be collected at the class.

## Veg-Appeal's Contribution to Veg Week - "Simply Delicious - Plant-Based Cooking," - September 27th

- **Tuesday, September 27, 2011,** 7:00-8:30 pm, San Diego Clairemont Seventh-day Adventist Church, 4125 Hathaway St., San Diego, CA 92111. Veg-Appeal is offering a free cooking class as part of Veg Week! "**Simply Delicious - Plant-Based Cooking**," Please come and join in the fun! RSVP to Veg-Appeal at <mailto:info@veg-appeal.com>.



## “Healthy Holidays Cooking Class” - November 6th, 2011

• Sunday, November 6th - 1:00 - 3:30 PM, Kearny Mesa

**November and December bring holidays that encompass tradition and celebration ... and FOOD! Traditional food!**



Veg-Appeal’s “**Healthy Holiday Cooking Class**” demonstrates how easy it is to modify some of those traditional recipes we associate with our holiday memories to some very tasty, plant-based recipes. Let’s “**veganize our holidays!**” We can help relieve some of that holiday stress of “what do I make for my vegan family or vegetarian guests?”, or “what can I bring to a potluck or dinner?”

**Pre-registration is required.**

Cost: \$35. Be sure to take advantage of our reduced price of \$30 if payment is received by **November 4th**. Last year this class sold out very rapidly. Please register early!

**Registration:**

1. Pre-register by e-mail: Send your name, phone number and e-mail address to [info@veg-appeal.com](mailto:info@veg-appeal.com) to reserve your space.
2. Please send your check by **November 2nd**. Make check payable to “**Veg-Appeal**” and send to: **Marge Wurgel, 6448 Scimitar Drive, San Diego, CA, 92114**. **Please note:** This address is an office address, not the location of the class. The class address will be sent upon registration.
3. Directions to our location and other information will be sent after your check is received.
4. If payment isn’t received by **November 4th** directions and other info will be sent and \$35 will be collected at the class.



## *Special Highlight :*

### **Sanjay Gupta Interviews President Bill Clinton, A Vegan**

CNN's Dr. Sanjay Gupta explores the signs, tests, and lifestyle changes that could result in "The Last Heart Attack." He interviewed former President Bill Clinton about his life-changing vegan diet, and highlights the work of Dr. Caldwell Esselstyne that encourages people to adopt a plant-based diet and prevent heart attacks. Here is the [internet link](#) to the entire show. We encourage you to take the time to watch this excellent program!



## *Veg-Appeal - Pick of the Month :* **The Majestic Carrot**

What is more versatile than the carrot? Shredded, sliced, julienned, raw, steamed, roasted, in soups, stews, salads, stir fried, sautéed, pureed, carrot cake, and the list goes on. Although we can buy carrots all year long, and they have a very long life stored in the refrigerator, the seasons when they are the freshest and most flavorful are summer and fall. Now is the prime time to buy this delectable vegetable. The rich carotenoids in carrots, that give them their orange color, help prevent oxidative damage inside our bodies; and recent research points to phytochemicals in the carrot that may inhibit the growth of colon cancer cells. The variety of antioxidants working together synergistically with the many other nutrients in the lovely carrot make it a powerful weapon against disease. Benefits abound whether it’s cooked or raw. For example, raw carrots contain polyphenols thought to reduce heart risk; cooking destroys polyphenols and vitamin C, but makes the antioxidant beta-carotene (which converts to vitamin A) more available. All we need to consume for continued health benefits from a carrot is less than one-half cup a day. No wonder the carrot can be found in so many cultures around the planet!



## Veg-Appeal - Recipe of the Month :

### Veggies in a Blanket



This food is simple to prepare. It can be made with your favorite bean spread and fresh vegetables, and kids just love them. Take a whole wrap as a to-go lunch—it's filling and loaded with cancer-fighting fiber and many health-promoting nutrients.

1 cup low-fat hummus or bean spread  
8 whole wheat or sprouted grain tortillas  
4 carrots, grated  
8 lettuce leaves, 1 cup baby spinach, or 5 ounces alfalfa or bean sprouts  
Sprinkling of seasoned rice vinegar or lemon juice to add a tangy flavor (optional)

Variation: Add thin sticks of cucumber or red bell pepper before rolling.

Spread the hummus thinly on the tortillas. Add the lettuce and carrots to the side of the tortilla nearest you and sprinkle with seasoned rice vinegar or lemon juice if desired. Roll up each tortilla. If you want bite-size pieces, secure with five evenly placed toothpicks and slice into five individual rolls per tortilla.

Serve Veggies in a Blanket immediately or cover tightly and store in the refrigerator for several hours. Prior to serving, bring the rolls to room temperature for the best flavor. Do not store the rolls longer than one day, as the tortillas and lettuce will become soggy. Adapted from the recipe by The Cancer Project. <http://www.cancerproject.org/>

*Pledge to go veg for a week*



September 25- October 2, 2011

## San Diego Veg Week is September 25th - October 2nd

Sign up to "Pledge to Go Veg!" Participate in the many FUN activities! Visit the [Veg Week website](#) to find out more!

## September 18<sup>th</sup> - Free Showing of "Forks over Knives" at the Seventh Day Adventist Church in Escondido.

This life saving film will be shown for free at 5:30. pm on September 18<sup>th</sup>. Please check [this link](#) for more info. You won't want to miss the chance to view the film and sample nutritious snacks from Jimbo's ... Naturally, afterward.

