



VIGOR

Vegetarian Information Group of Rochester

June 2010



VIGOR will have a booth and we need volunteers to give out vegan food, pass out information and answer questions through out the day. Please contact Kati at 507-259-1490 if you have time to give. You are needed!



2010 Thursdays on First will look and feel differently from last year. We will have a presence and there will be vegan food, but on fewer days. See page 2 for more information. As always we'll need volunteers!

Potluck Dates & Times

June - August we'll be Outdoors at Quarry Hill!

Wednesday, June 23rd, 6:30PM

Outdoors at the Quarry Hill Pavilion

Wednesday, July 28th, 6:30PM

Outdoors at the Quarry Hill Pavilion

Wednesday, August 25th, 6:30PM

Outdoors at the Quarry Hill Pavilion

In September we hope to be back at the Library. Due to the special RACE exhibit we will be unable to confirm a time until later in June.

We will strive for the rest of 2010 to have our potlucks on the 4th Wednesday of each month starting at 6:30pm.

Please bring:

- ④ A dish to share without any animal products. This includes meat, poultry, fish, eggs & dairy products (please look out for minor ingredients such as chicken broth, gelatin, casein or other animal based byproducts).
- ④ The recipe of the item you are sharing.
- ④ Your own place setting and a beverage.

Why no dairy or eggs, aren't they vegetarian?

It's true that many vegetarians choose to eat these products. VIGOR's mission is "to promote healthy, earth-friendly, and compassionate living through plant-based food choices." We therefore encourage dishes to be made from plant-based foods only.

Think Green Fair

The Think Green Fair is coming up on Saturday, June 26th from 10am-9pm at the Olmsted County Fairgrounds. The fair is free and open to the public!

Come check out the 2 story earth balloon, local food vendors, crafts and art produced by local artisans, a free raffle of sustainable prizes, and music by Minnesota artists including The Evening Rig, Red Pens, Prairie Sons, Orangutan and more!

The fair is entering its second year and is committed to showcasing green businesses and organizations dedicated to bringing sustainable services, products and visions to southeastern Minnesota. Learn about energy efficiency, renewable energy, earth friendly home and garden products, locally and organically produced food, green certification, conservation, & reducing and reusing your waste!

The Think Green Fair is a day long celebration that includes: Local growers • Food and catering from local restaurants • Green Exhibitors • & • Music • Local artisans • Kid's activities • Presentations • producers Door prizes and Raffle

Go to www.rneighbors.org for more information.

New Beautiful Tent!

Thank you to Heidi Grandstrom for coordinating a hand painted canvas tent by local artist Greg Wimmer for VIGOR to use at our summer events. We are sure to stand out beautifully!

Spotlight on Chia Seeds

VIGOR member, Julie Eyrich, was spotlighted in the Post Bulletin for her love of the highly nutritious Chia seed. She gave a demonstration at a VIGOR potluck and brought many new faces to our potluck. If you haven't looked into Chia seeds, you must check it out.

Thursdays on First , VIGOR

VIGOR invites you to offer baked goods, garden items and crafts for sale at the VIGOR craft stand. Julie Eyrich will be selling herb pots and VIGOR will also be giving vegetarian starter kits and possibly other information on vegetarianism. We need your help volunteering to set up and staff the stands. If you are interested please contact Julie Eyrich at 507 254 8349 or Jaben Kitson at 507 273 5806.

July 1, July 8, August 12, September 2

Additionally VIGOR will hand out coupons for \$5 off vegan food from the Backroom Deli at the Good Food Store. Because of limited funds it is limited to one coupon per person over the summer. The intention is to encourage people to try vegan food who wouldn't do so otherwise. The coupon can be used throughout the summer either at the Deli or at their summer events at Rochesterfest or Thursdays on First.



The Good Food Store will be selling vegan menu items throughout Rochesterfest this year, four times at Thursdays on First and at the Think Green Fair.

Thursdays of First Dates for the Good Food Store:

July 1, July 22, August 19, September 2

Rochesterfest 2010

Visit the Good Food Store's food stand June 21-25.

Leadership and Volunteer Opportunities, Big & Small

- ④ Give away vegan food on “Thursdays on First”
- ④ Help set up or take down for “Thursdays On First”
- ④ Coordinate volunteers for special events
- ④ Organize potlucks
- ④ Be a greeter at a potluck
- ④ Help publicize VIGOR’s events
- ④ Help develop VIGOR’s website
- ④ Gratitude specialist (make sure everyone gets properly thanked ☺)
- ④ Stock magazine racks around town with free vegetarian starter kits
- ④ Handout literature at a special event or at a local school or church
- ④ Set up a display at a special event or at school or church
- ④ Teach a cooking class or do a demo at a potluck
- ④ Petition a local school to provide more vegetarian/healthy options
- ④ Organize a viewing of *Food Inc* or other pro-plant-based diet film
- ④ Organize a taste testing event
- ④ Contribute to the newsletter or website
- ④ Join VIGOR’s board of directors. Being a lacto-ovo vegetarian and supporting vigor events are the only requirements.
- ④ Chair a committee
- ④ Membership chair
- ④ Thanksgiving dinner chair (2010)
- ④ Rochesterfest chair (2010 or 2011)
- ④ Create your own position—you will have a great support team!

We need fresh ideas, energy and leadership!

Call Julie at 254-8349 or Jaben 273-5806 or Kati at 259-1490 for more information

Green Smoothies

From Jaben Kitson’s demonstration at April’s Potluck

Green leaves such as kale, spinach, beat greens, dandelion greens and lettuce are highly nutritious, many fold more so than the roots and other parts of vegetables. They are a complete source of protein, vitamins and minerals and also contain high quantities of vitamin K, chlorophyll and phyto-nutrients abundant only in greens. Greens combine well with fruit since they have no starch.

Basic Green Smoothie Recipe

4 to 16 ounces (1/4 to 1 bunch) of leafy greens.

If consuming daily, it’s important to alternate between 12 different types of greens.

1 type of fruit to taste

2 to 3 cups water

Add as much fruit as you want, even dates or whatever it takes to make it delicious but remember simple is better especially for digestion.

Tips and Guidelines

For optimal digestion consume nothing (not even a cracker) 40 minutes prior or 40 minutes after drinking your green smoothie.

Drink as much green smoothie as you wish. Just remember to rotate between 12 different types of greens.

Start with a smaller quantity of greens and larger quantity fruit. Increase the greens and decrease the fruit as your palette becomes adjusted and your digestion can handle it.

Avoid fats and nuts in the smoothie unless it’s the only way that will help make the smoothies appealing. The important part is to start getting those greens! Later you can work on simplifying it to optimize the experience.

Use organic greens and fruit as much as possible.

If you have an industrial blender like a Vitamix, ingredients can be added in any order. However, with most blenders if you blend the greens and water first, then add the fruit, this will help make the drink more smooth.

**Our mission is to promote healthy,
earth-friendly, and compassionate
living through plant-based food
choices.**

VIGOR is a 501(c)3 non-profit organization formed in January of 2001. To become a member and receive this newsletter send your name, address, phone number and/or e-mail address along with any comments or suggestions to:

VIGOR
PO Box 253
Rochester, MN 55903-0253

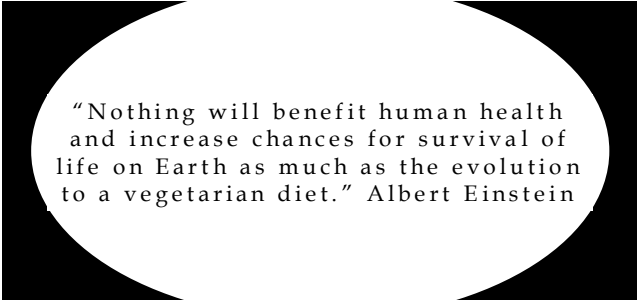
Membership: \$12 per year
Sponsoring Membership: \$25 per year
Additional contributions are welcome and will go directly toward education and outreach of vegetarianism.

**Visit our website
www.vigr.org
for more information.**

Vegetarian Information Group of Rochester
PO Box 253
Rochester, MN 55903-0253

Current VIGOR Board of Directors:

President: Kati Berg
Secretary: Julie Eyrich
Treasurer: Rolf Ylvisaker
Website & Special Events: Jaben Kitson



"Nothing will benefit human health and increase chances for survival of life on Earth as much as the evolution to a vegetarian diet." Albert Einstein



