



# PETUNIA'S TIPS + TRICKS

*Continue Your Journey Of Compassion*



# PETUNIA'S PLEDGE: CONTINUE YOUR JOURNEY OF COMPASSION

Thinking of Going Vegan? Great – we can help! Living vegan is the number-one way to help animals, heal the planet, and improve your health. By becoming vegan, you'll be doing your part to spare the horrendous suffering of animals who want their lives as much as we want ours. With this single life-affirming choice, you'll also dramatically lessen your ecological footprint and better your health. Truly, the whole world benefits when you align your lifestyle with the values of kindness, mercy and compassion. Let us help you!

Vegan living means:

- Respecting non-human animals and recognizing that they have a right to live their lives on their own terms free from violence and oppression by humans.
- Making choices that do not harm or exploit other species such as eating an animal-free diet; purchasing clothing, cosmetics, and other products not made from other animals; and supporting activities that promote the well-being of non-human animals and the health of our planet

For the animals: While most of us say we oppose animal cruelty, not everyone lives life according to these values. When we eat the flesh, milk, or eggs of non-human animals, wear their skin, fur, or hair, or use products that were tested on other species, we subject them to horrific violence, a life of suffering, and a horrible death. By living vegan, you're contributing to the global effort to end harm inflicted upon other animals by humans.

For the planet: While more people than ever are taking small strides to protect our planet, many don't understand the devastating impact animal exploitation has on the environment. By living vegan, you're helping restore and replenish polluted oceans, rivers, forests and other habitats, as well as cleaning the air we breathe.

For ourselves: A well-balanced vegan diet is very healthy for humans at all stages of development. By living vegan, you can greatly reduce your chances of heart disease, improve your cholesterol, and lower your blood pressure. Avoiding animal-based foods also reduces your risk of contracting cancer, osteoporosis, diabetes, kidney disease, and hypertension.



# THE TOP FIVE TIPS FOR GOING + STAYING VEGAN

1. Get support. There's no reason to do it alone when you don't have to. Connect to others who share your values. Ongoing local and online support is available through community organizations and Facebook groups (including Petunia's Pals!).
2. Explore and be adventurous. With new vegan products added to the shelves every day, vegan restaurants popping up across the US, animal-free menu items growing ever more popular, and non-vegan companies developing vegan product lines, you can now go vegan, have your (cheese, burgers, and) cake, and eat it too! Veganize your favorite meals by replacing animal products with cheese and meat substitutes, vegetables, fruits, and other animal-free options (e.g., you can use bananas in place of eggs in certain recipes). If you don't like to cook, there are easy meal plans, restaurants, and types of cuisines that cater to vegans already.
3. Stay connected to what inspires you. Your knowledge and passion fuel your life choices. Visit our rescued animals through Virtual Sanctuary and our Animals On Call program, read a book, go online, watch a documentary, and talk to others who share your values. This will help you stay inspired.
4. Seek information. Don't be afraid to ask for help! There are so many resources available on veganism, from documentaries, to books, to social media accounts, online stores, and so much more. We're here to help you on your journey! Don't be shy.
5. Celebrate your successes. There's nothing more important to sustaining success than celebrating the victories. As you progress on the path toward vegan living, take the time to acknowledge and appreciate what you've accomplished. Instead of worrying about your lapses, focus on your growth. This will help you remain positive and motivated.



# HOW TO VEGANIZE ANYTHING

Creating plant-based versions of our favorite foods is easier than ever and we've put together some of our top tips on how to use everyday ingredients to make your favorite dishes vegan. Simple swaps and creative uses of familiar foods can transform the way you eat. These are some examples of foods you can use to create tastes and textures you love with compassion.

## Easy Substitutions for Taste and Texture:

- Baked and marinated carrots make delicious lox for bagels and omelets
- Fluffy baked potatoes can stand in for ricotta in cannoli
- Waldorf salad with chickpeas instead of chicken is delicious and healthy
- Swap out the anchovies in Caesar dressing for briny capers
- Sliced shiitake mushrooms can replace chewy clams in chowder
- Sauté canned lentils with taco seasonings for meat-free Mexican
- Create a cheese-free quesadilla with corn, zucchini, and refried beans to hold everything together
- Canned jackfruit and BBQ sauce make the best "pulled pork"
- Sliced portobello mushrooms are a meaty alternative for steak in fajitas
- Replace the cheese in pesto with miso for a rich, pungent taste
- Shiitake mushrooms baked with olive oil and salt can serve as a crunchy, salty substitute for bacon
- Avocados are a heart-healthy replacement for eggs in chocolate mousse
- Puréed artichokes, cannellini beans, and cashews create a rich and creamy Alfredo sauce

## What About Baking?

In baking where eggs are used to:

- Bind ingredients: Mix 3 tablespoons of water with 1 tablespoon of ground flax or chia seeds. After a few minutes, the mixture thickens into a gel. Try pureéd bananas or beans which can also provide binding and structure to baked goods. Try white beans for light-colored cakes and cookies and black beans for brownies and chocolate cakes.
- Add richness: Use 3 tablespoons of coconut cream or milk, plain non-dairy yogurt, blended silken tofu, or nut butter.
- Leaven: Mix together 1 teaspoon of baking powder with 3 tablespoons of water, unsweetened non-dairy milk, or even applesauce or pureéd pumpkin. Consider the recipe you're making and decide what would work best.



# GETTING STARTED: ADD DON'T SUBTRACT

It can be easy to feel overwhelmed when we think about giving up all the foods we know and love, but the good news about a modern vegan diet is that there are so many substitutions and additions, we no longer have to give up our favorite meals! If we can change the mindset that veganism is a diet (it isn't!), and that it's about "giving up" flavors or deprivation, we're already halfway there! Let's talk about making simple swaps.

Experiment with alternative milk. Oat, soy, hemp, rice, almond, cashew, macadamia, coconut, and even flax—they're all creamy, delicious, and cholesterol-free. Try a new one each week until you find your favorite. In cooking and baking, you'll never taste a difference and for drinking, cereal, and coffee or tea, many people prefer the clean, delicious taste of these plant-based milks.

Ditch the dairy. Try non-dairy cheese, yogurt, and butter. They've come such a long way over the past few years! You'll be amazed at the taste, texture, and variety of these products. Brands like Violife, Kitehill, and Field Roast are among the top-rated. Visit websites for brands you want to try—you can often request coupons which makes sampling even more cost-effective.

Crowd it out. By finding more plant-based foods you love to eat and recipes to make them easily and deliciously, you'll discover that you won't have much room on your plate for animals or animal products. If eliminating meat, chicken, or fish altogether is intimidating, try doubling up on your fruits and vegetable servings and minimizing the portion size of your meat. Before long, you may realize you prefer eating vegan!

Veganize your favorite recipes. With so many simple swaps and easy tricks, even some of your most cherished recipes can be enjoyed easily changed to align with a vegan lifestyle. In the age of information, there is no shortage of products to try and recipes to whip up that will help replace just about any animal-based flavor or texture!

And for the Veg-Curious...

Make substitutes for meat. You've probably heard of the biggest brands in plant-based meat (Impossible Foods and Beyond Meat), but there are so many more options out there! You can easily make your own meat alternatives with nuts, beans, tofu, tempeh, and seitan, but store-bought can be easier and are often more reminiscent of animal products.



# STOCKING UP: CREATING YOUR VEGAN PANTRY

If you're someone who enjoys cooking, here are some basics to consider stocking up on! These pantry basics to take the stress out of mealtime. Start simple, then gradually add new ingredients. Of course, fresh vegetables, fruits, and other perishables are necessary to round things out.

Beans: an inexpensive source of protein, fiber, and iron. Perfect for veggie burgers, salads, soups, and grain dishes. Chickpeas, black beans, kidney beans, and lentils are always in my pantry, but there are lots more to choose from. Buy dried, canned and frozen.

Buying dried beans is generally more economical and nutritious, but don't be intimidated if you've never worked with them before. A general recommendation is to soak your beans overnight in about 3 times their volume of water. Soaking reduces the cooking time and it breaks down the compounds in beans that cause flatulence. Leave them on the countertop or put them in the fridge to soak. When done, drain and rinse, then place them in a pot with fresh water, making sure the beans are covered by about two inches of salted water. You can find specific cooking times for each kind of bean online or on the package. I find that in general, I can plan on about an hour or so. Bite to test doneness, then drain. You can make a big batch and then freeze them in portions for easy use later.

Grains & Starches: Start with rice, oats (for veggie burgers and baking), quinoa (quick-cooking, full of protein), and barley (for risotto and soups). Try combining grains for variety. Add more grains, like millet, teff, and polenta, as you get comfortable. Buckwheat and rice noodles are great for stir fry. Cooking methods for most grains are similar, so it's easy to experiment.

Nuts & Seeds: Raw almonds, cashews, walnuts, and pistachios are some of my favorite nuts because of their taste, versatility, and health benefits, but let's not forget about the wonderful variety of seeds like pumpkin, sunflower, flax, and hemp. They all provide healthy fat, protein, and minerals. Snack on them. Add them to stews (cashew chili anyone?) Grind and add to pancakes and baked goods. Make nut milk for homemade granola and add your favorites for a healthy dose of nutrients. Did you know you can make cheese from nuts? Try these recipes for ricotta and baked almond cheese. These are staples in my house. Ground flax meal is known for being an egg substitute in vegan baking and cooking. Mix 1 tablespoon of ground flaxseed with 2 1/2 tablespoons of water and let rest for a few minutes to thicken.



# STOCKING UP: CREATING YOUR VEGAN PANTRY (CONTINUED)

Nut Butters: Peanut butter, cashew butter, almond butter, and tahini are all rich sources of protein and make great dressings, sauces, and dips. Dip some celery sticks or apple slices in any one of them for a filling snack. Tahini dip is a favorite on vegetables like broccoli. Mix 2 tablespoons of tahini, some good quality soy sauce or tamari, lemon juice and water to thin. Delish!

Dried Herbs & Spices: Add tons of flavor or heat to any recipe with a pinch or two of cayenne, crushed red pepper, cumin, garlic powder, paprika, chipotle, dried basil, oregano, tarragon, or thyme. Indian spices like turmeric, yellow curry powder, cumin seeds, and garam masala impart a different exotic flavor to vegetable, chickpea or potato dishes. And cinnamon, allspice, cardamom, and ginger add a wonderful warmth to anything you add them to. Start by adding a few new spices each time you shop or try a new recipe. Spices generally keep for several years so they are a worthwhile investment.

Dried Fruits: Raisins, dried apricots, cranberries, dates, figs, apples, pears, cherries, and prunes add natural sweetness and nutrients to oatmeal, quinoa, lentils, and many other dishes. Dates, when ground in the food processor, can become a pliable base for raw recipes, desserts, or energy bites. Or combine any dried fruit with nuts and seeds and make a trail mix.

## Other Essentials:

- Canned coconut milk and coconut cream are essential for baking, quick whipped cream, and soups.
- Tamari, (or good soy sauce), adds flavor to everything. Some people swear by Bragg's Amino Acids as a way to add flavor.
- Nutritional yeast provides B12 and a rich "cheesiness" to soups, popcorn, and mac & "cheese".
- Sweeteners like real maple syrup, date and coconut sugars, and molasses.
- Oils, like coconut, extra virgin olive, toasted sesame, walnut, and sunflower are sources of important healthy fats and add a variety of subtle tastes to your recipes.
- Acids like apple cider, balsamic, and rice vinegar all add vibrant notes to recipes.
- Canned tomatoes and vegetable broth are must-haves.

Being prepared means you don't have to panic. A well-stocked pantry and a few good recipes will help you on your vegan journey.



# EASY SWAPS: EGGS

| SUBSTITUTION FOR EACH EGG  | FUNCTION  | WORKS BEST FOR   |
|--|---|--|
| JustEgg, Vegan Egg, Tofu Scramble  | Being delicious   | Breakfast  |
| 1 Tbsp ground flaxseed mixed with 3 Tbsps water, left to thicken for a few minutes     | Binding: for additional leavening action, add ¼ tsp baking powder to recipe | Cookies, muffins, quick breads, cakes (with added leavening), waffles, pancakes                            |
| 1 Tbsp chia seeds, mixed with 3 Tbsps water, left to thicken for a few minutes         | Binding: for additional leavening action, add ¼ tsp baking powder to recipe | Cookies, muffins (especially poppy seed muffins where the texture isn't noticeable)                        |
| ¼ cup well-blended soft silken tofu  | Binding: adds moisture  | Muffins, quick breads  |
| ¼ cup unsweetened vegan yogurt   | Binding: adds moisture  | Cookies, muffins, quick breads   |
| 2 Tbsps garbanzo bean flour mixed with 2 Tbsps water or nondairy milk                  | Binding: for additional leavening action, add ¼ tsp baking powder to recipe | Cookies, cakes   |
| 3 Tbsps peanut butter, almond, butter, cashew butter, tahini, or sunflower seed butter | Binding: adds moisture  | Cookies, quick breads, muffins   |
| ¼ cup unsweetened apple sauce, pureed pumpkin, or mashed banana                        | Binding: adds moisture  | Quick breads, muffins, cookies (lends a more tender, cake-like texture: avoid if you prefer chewy cookies) |
| 2 Tbsps organic cornstarch mixed with 2 Tbsps water or nondairy milk                   | Binding   | Bread pudding, cakes, cookies, waffles, pancakes   |
| 1½ tsps agar flakes mixed with ¼ cup water, simmered for 5 minutes                     | Binding (strong)  | Chilled puddings and pie fillings  |





# EASY SWAPS: DAIRY

| IF YOUR RECIPE CALLS FOR... | TRY ONE OF THESE SUBSTITUTIONS...  |
|-----------------------------|--|
| Milk                        | Unsweetened or sweetened versions made with plants (soy, almond, oat, cashew, flax, etc.)  |
| Heavy cream                 | Cashew cream (½ cup soaked and drained cashews blended with 1 cup water and a pinch of salt) (best in savory dishes)<br><br>Canned full-fat coconut milk (best in sweet dishes, curries, or soups) |
| Buttermilk                  | For each cup of buttermilk: use a scant 1 cup unsweetened nondairy milk mixed with 2 tsps apple cider vinegar  |
| Sour cream                  | Store-bought or make your own by blending silken tofu with a squeeze of fresh lemon juice and a pinch of salt<br><br>Plain, unsweetened nondairy yogurt  |
| Butter                      | Solid refined and unrefined coconut oil<br><br>Store-bought brands (so many options!)<br><br>Or baking and sweets, we use coconut oil or store-bought sticks                                       |
| Cheese                      | Store-bought options are plentiful and come in a variety of flavors and textures, from shredded to sliced and spreadable options   |
| Ice cream                   | Store-bought options are plentiful and come in a variety of flavors from a variety of plant bases  |

There are also an abundance of plant-based coffee creamers, half and halves, etc. so you can maintain your morning routine!



# BRANDS TO TRY

## Dairy:

- Violife Cheeses
- Follow Your Heart Cheeses
- Daiya Cheeses
- Miyoko's Cheeses & Butter
- Silk Yogurt & Plant Milks & Coffee Creamers
- Almond Breeze Plant Milks
- So Delicious Plant Milks, Yogurt, Cheeses, Ice Cream
- Ben & Jerry's Non-Dairy Ice Cream
- Planet Oat Milk & Ice Cream
- Haagen Dasz Non-Dairy Ice Cream
- Earth Balance Butter
- County Crock Plant Butter
- Miyoko's Cultured Butter
- Riverdel Cheeses
- Treeline Cheese
- Lagusta's Luscious Chocolates
- Trupo Treats Chocolates
- GoMaxGo Candy Bars
- Wendy's Nutty Cheeses

## Eggs:

- JustEgg
- Follow Your Heart VeganEgg
- Ener-G Egg Replacer
- Bob's Red Mill Egg Replacer
- Just Mayo
- Hellmann's Vegan Mayonnaise
- Follow Your Heart Vegenaise



# ADDITIONAL RESOURCES

## Books:

- "Where The Blind Horse Sings" by Kathy Stevens
- "Animal Camp" by Kathy Stevens
- "Voices for Animal Liberation" by Brittany Michelson
- "Living Lively" by Haile Thomas
- "Sistah Vegan" by A. Breeze Harper
- "Aphro-ism Essays on Pop Culture, Feminism, and Black Veganism from Two Sisters" by Aph Ko and Syl Ko

## Documentaries

- Earthlings (2005)
- Cowspiracy (2014)
- The Last Pig (2017)
- Dominion (2018)
- The Game Changers (2018)
- Eating Our Way To Extinction (2021)

## Cookbooks

- "Compassionate Cuisine: 125 Plant-Based Recipes from our Vegan Kitchen" by Linda Soper-Kolton, Sara Boan, and Kathy Stevens
- "Vegan With a Vengeance" by Isa Chandra Moskowitz
- "Sweet Potato Soul by Jenné Claiborne"
- "Afro-Vegan : Farm-Fresh African, Caribbean, and Southern Flavors Remixed" by Bryant Terry
- "Plantiful" by Francesca Bonadonna
- "Betty Goes Vegan: 500 Classic Recipes For The Modern Family" by Annie Shannon and Dan Shannon
- "Vegan Richa's Indian Kitchen: Traditional & Creative Recipes For The Home Cook" by Richa Hingle

## Instagram Accounts

- @catskill\_animal\_sanctuary
- @addlovestir
- @veganuary
- @iyeloveslife
- @livekindlyco
- @byanygreens
- @foodempowermentproject
- @estherthewonderpig
- @plantifullybased
- @iamtabithabrown
- @genesisbutler\_
- @sweetpotatosoul

