

# BAVeg Napa/Solano Vegan Resources Guide

By: Tammy Lee, 4/20/16

## Local Group

*Bay Area Vegetarians* is dedicated to building & supporting the plant-based community in the Napa & Solano area. Local events every month, such as vegan food party, book club, knitting group, healthy veg discussion & support. Subscribe to our e-news and visit our event calendar at: <http://baveg.org>

Membership is free. *Donations and volunteers welcome!* Opportunities include: dining host to organize group dinners, tabling & leafleting outreach, database input, vegan food party host, etc.

## Local Dining Choices (Note: these are just the ones I have tried & suggest; see "more information" below)

### Napa/Napa Valley

- ❖ *Small World* – their vegetable sandwiches are vegan; my favorite is the falafel.
- ❖ *Chipotle* – vegan beans, rice, and tofu sofritas for their bowls & burritos
- ❖ *Meltd* – vegan cheese and pesto for their waffle sandwiches; existing vegan menu items or custom order
- ❖ *Ben & Jerry's* – dairy-free pb & cookies by the scoop, 4 vegan flavors by the pint
- ❖ *Fрати Gelato Café* – dairy-free sorbetto flavors by the scoop
- ❖ *Papa Murphy's* – red sauce is vegan, order without cheese, ask for fresh garlic; since it's bake at home, for the last 5 minutes, I'll add Chao or Daiya vegan cheese, or most recently, chunks of avocado .

### Nearby in Solano County

- ❖ *Fox & Fawn Bakehouse* in Benicia – vegan, organic, fair-trade bakery service for custom orders; also sells at Benicia Farmer's Market
- ❖ *Vaishnu Express Café* in Vallejo - vegetarian, with 3 vegan curries; samosas, pakoras, and roti are vegan
- ❖ *China Wok* in Vallejo – mixed; vegan friendly – they will veganize dishes upon request. My favorites: Salt & Pepper Tofu, Sweet & Sour Tofu, Kung Pao Tofu. Egg roll wrappers are vegan.
- ❖ *Leaf in Vallejo* – mixed; organic ingredients; vegan options daily (menu posted on Facebook)
- ❖ *Amici's* in Vacaville – vegan pizza available, uses Daiya vegan cheese

### Other Favorites

- ❖ *Veggie Grill* in Corte Madera or Walnut Creek
- ❖ *Gaia's Garden* in Santa Rosa – buffet or by the plate; on Tue or Thu, everything vegan except the halvah (butter)

## More information

- ✓ **BAVeg Ultimate Guide** <http://www.bayareaveg.org> – searchable database for vegan and vegetarian restaurants  
Go to "Category search" and search by city (Napa, Berkeley, etc)
- ✓ **Napa Valley Vegan** - <http://napavalleyvegan.com> – lots of info on vegan eats in Napa/Napa Valley

## Movies

- ❖ *Cowspiracy* – documentary about the environmental impact of our food choices
- ❖ *Forks Over Knives* – documentary about health and food choices
- ❖ *McLibel: Two Worlds Collide* - tells the true story of two ordinary people who battle McDonald's in what became known as "the biggest corporate PR disaster in history"
- ❖ *Earthlings* documentary film about humankind's total dependence on animals for economic purposes

(More info on back)

Questions, Comments/Feedback, Additions? Contact us at [GUIDE@BAVEG.ORG](mailto:GUIDE@BAVEG.ORG)

share with a friend: <http://baveg.org/nsvrg.pdf>

## Online Resources

- ❖ **Nutrition Facts** – Michael Greger M.D., Physician & NY Times bestselling author, scours the world's nutrition research for free daily videos & articles. <http://nutritionfacts.org/>
- ❖ **Truth or Drought** - Making the connection between animal-based diets & increasing water scarcity <http://www.truthordrought.com/>
- ❖ **21-Day Vegan Kickstart** by Physician's Committee for Responsible Medicine - Join more than 450,000 people who have participated in this free online program to kickstart your health! Starts the 1st of each month. <http://www.pcrm.org/health/diets/kickstart/kickstart-programs>
- ❖ **Fat-free Vegan Kitchen** – delicious vegan recipes made without oil. Susan Voisin also moderates a Facebook discussion group dedicated to this philosophy. <http://blog.fatfreevegan.com>
- ❖ **Aquafaba** – **bean water** – use like egg whites. To give you a brief glimpse of what you can do with aquafaba, here are just a few vegan recipes you can make below. <http://aquafaba.com>
  - ✓ Raw: Fluffs, whips, nice creams, and drink and pie toppings
  - ✓ Baked: Meringues, macarons, and pavlovas
  - ✓ Confectionery: nougat, marshmallows, fudge and icing
  - ✓ Savory: cakes, waffles, cookies, mayo, burgers, cheese, butter, breads, etc
- ❖ **Forks Over Knives** - <http://www.forksoverknives.com/>
- ❖ **One Green Planet** - [www.onegreenplanet.org](http://www.onegreenplanet.org)

## Facebook – wealth of information - join these groups/follow these pages:

- ❖ **Napa Solano Vegans** <https://www.facebook.com/groups/nsvegans/>
- ❖ **Bay Area Vegetarians** <https://www.facebook.com/BayAreaVeg/>
- ❖ **Vegan Meringue** – Hits or Misses <https://www.facebook.com/groups/VeganMeringue/>
- ❖ **Esther the Wonder Pig** - <https://www.facebook.com/estherthewonderpig>

## Cookbooks

- ❖ *The Peaceful Palate* by Jennifer Raymond
- ❖ *by Joann Stepaniak: Saucy Vegetarian, Vegan Vittles*
- ❖ *By Isa Chandra Moskowitz: Vegan Brunch, Vegan with a Vengeance*
- ❖ *By Miyoko Schinner: Artisan Vegan Cheese, The Homemade Vegan Pantry*

## Books

- ❖ *Meatonomics* by Dave Simon
- ❖ *How Not to Die* by Dr. Michael Greger
- ❖ *Food Seduction* by Dr. Neal Barnard
- ❖ *Beg: A Radical Way of Regarding Animals* by Rory Freedman
- ❖ *Vegan: The New Ethics of Eating* by Erik Marcus  
( Free PDF available <http://www.afa-online.org/literature.html> - last link on page )

## National Groups

- ❖ *Physician's Committee for Responsible Medicine* – [pcrm.org](http://www.pcrm.org)
- ❖ *Vegan Outreach* – [veganoutreach.org](http://www.veganoutreach.org)
- ❖ *Farmed Animal Rights Movement* – [farmusa.org](http://www.farmusa.org)

## Farmed Animal Sanctuaries

- ❖ *Animal Place's Rescue Ranch* - Vacaville
- ❖ *Preetirang Sanctuary* - Dixon
- ❖ *Harvest Home* – Stockton
- ❖ *Hen Harbor* – Santa Cruz

## Favorite Recipes

A few of my favorite recipes already published on the Internet. Here's the links:

- ❖ *The Peaceful Palate: Three Bean Salad* - <http://www.pcrm.org/media/experts/neal-barnard-recipes-bean-salad>
- ❖ *The Peaceful Palate: Dal* - <http://www.ivu.org/recipes/indian-beans/lentil-dal3.html>
- ❖ *Vegan Vittles: Chickpea a la King* - <http://fatfreevegan.com/blog/2010/04/12/chickpeas-ala-king/>
- ❖ *The Compassionate Cook: Joan's Grandmother's Cake* – google recipe name plus “peta” to get the recipe link below <https://books.google.com/books?id=9d8NwOGuXTAC&pg=PT147&ots=h1p5Yt7Ncz&dq=joan's%20grandmother's%20cake%20peta&pg=PT148#v=onepage&q=joan's%20grandmother's%20cake%20peta&f=false>