

T.O.F.U. Magazine

issue 5 teaser



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Spring 2011

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The following is a selection from the upcoming issue; actual contents are subject to change. What is seen here may differ from what is in the final publication.

Hot Noodz: you got what I want

Over the holidays I found myself indulging in something dirty, dirty, dirty: Mr. Noodles. When I read what super-foodie Meghan Telphner had to say about MSG, it reignited my fire: no more MSG for me! I vowed to find a way to make hot, spicy, brothy noodles at home!

In a small pot on medium-high heat, whisk together the following ingredients:

2 cups Water

1 Tbsp Braggs

1/2 tsp Sriracha

1/2 tsp Lemongrass Paste

1/2 tsp grated fresh ginger

1 Tbsp sugar

Other ingredients

1 Tbsp cornstarch

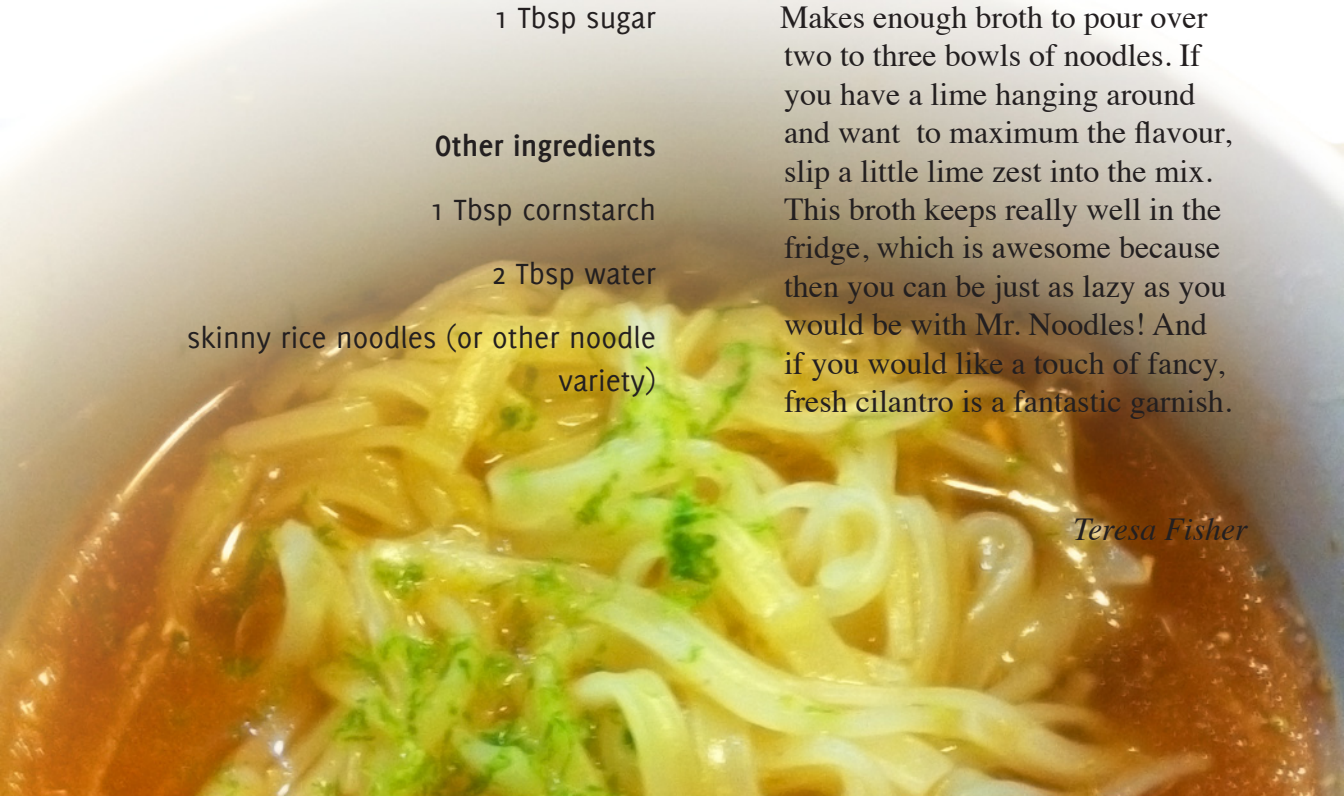
2 Tbsp water

skinny rice noodles (or other noodle variety)

1. Once the broth begins to boil get a small bowl and mix 1 Tbsp cornstarch and 2 Tbsp water. Fork this well until there are no clumps. Pour into the broth mixture and stir quickly.
2. Meanwhile, you should have been cooking your skinny rice noodles (or whatever tickles your fancy).

Makes enough broth to pour over two to three bowls of noodles. If you have a lime hanging around and want to maximum the flavour, slip a little lime zest into the mix. This broth keeps really well in the fridge, which is awesome because then you can be just as lazy as you would be with Mr. Noodles! And if you would like a touch of fancy, fresh cilantro is a fantastic garnish.

Teresa Fisher

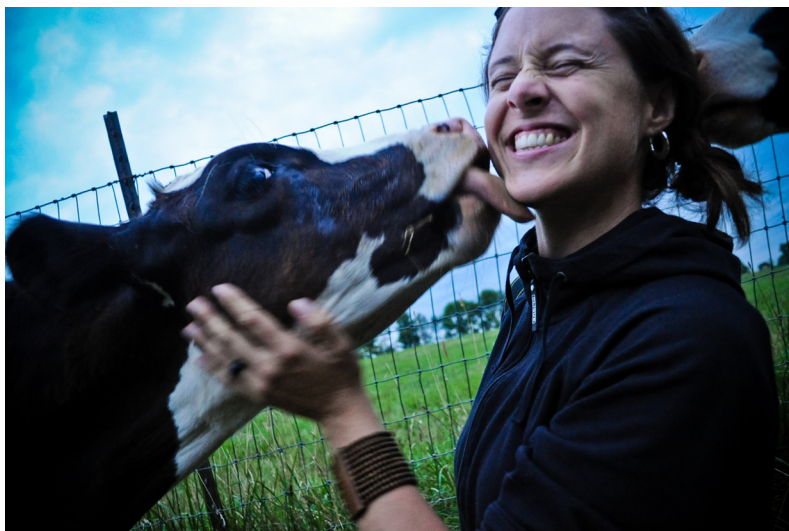




SPOTLIGHT

STARTLING & BEAUTIFUL

by Kathryn Asher



A feature chat with the spirited and resilient Jo-Anne McArthur, creator of the **We Animals** photography project.

Jo-Anne bears witness to the life of animals in the human environment with her lens. Her images uncover the often ignored relationships we have with the animals we abuse. If you find yourself upset by the haunting scenes Jo-Anne captures, you can follow her suggestions for helping animals on the project's website (weanimals.org), which offers an exhaustive list from the personal to the political. Also, consider supporting her efforts by making a donation or purchasing a print. Since **We Animals'** 1998 inception, Jo-Anne's photographs have been the face of dozens of animal advocacy campaigns and have pulled her from her backyard in Toronto to some 40 countries around the globe. She shares some stories and images with us here:

How do you cope with photographing animals in such misery and stave off activist burnout?

I'm still working on that one. I keep meaning to read Rettig's "The Lifelong Activist" and other books that I'm sure will help me. I need to achieve some balance. This pace I'm going at, and the misery I'm documenting is taking a toll on my health for sure. Luckily I have a wonderful community of activists, friends and family. As for photographing all the misery, it just has to be done. This is my "calling," if you will; exposing these problems, and our relationships with animals, through photos. So, onward I go!

To be continued in Issue Five...

Promoting Veganism

By Leigh-Chantelle Koch

Simply being vegan is not enough. We need to be utilising our skills, interests, passions, qualifications and expertise to promote veganism as best we can. Don't underestimate your ability to encourage others to be involved with creating the change we are all aiming for.



Why are you vegan?

What originally made you decide to become vegan? Focus on these areas and educate others about what you believe in and what you know. In order to spread, your idea has to matter to yourself and especially to others. Provide value, have something to say, and try to use a unique approach. Stay focused, inspire others, and lead by example.

Get involved with promoting veganism!

Work out your strengths and what you enjoy, inspire others with your passions, know your industry well and show confidence in your material. Whatever you do, focus

on the positive and the credible, and don't exaggerate or lie about your expertise. We can all push for change; the only limits are your passion and imagination.

Get writing!

Writing letters is a really great way of getting our vegan message out that seems to be almost forgotten with the embrace of emails, Twitter, Facebook and other methods of communication. Consider writing to your friends or family's favourite restaurant that doesn't have enough vegan options and offer some of your own. Most vegans are obsessed with food, so put this to use: send photos of the great vegan meals you've created and make sure you include the recipe. Write to the Editor of newspapers and magazines, giving your feedback on the stories they run, both positive and negative. Write and send recommendations to food manufacturers, shops, grocery stores and supermarkets asking for more options and giving suggestions of alternative brands. Always be polite, check your spelling and grammar and include your full name and contact details.

To be continued in Issue Five...

The background of the entire page is a photograph of a very crowded closet. Clothes of various colors and patterns are hanging on hangers. In the lower-left corner, there is a large, messy pile of fabric, including what looks like a polka-dot shirt and other colorful items. The overall impression is one of overwhelming choice and clutter.

FOCUS

The Astronomical Closet Clean-Out

by Amanda Rogers

how i stopped
worrying and learned
to love the now

With all that life throws at you -- family, work, social commitments, household chores, meal planning and never ending to-do lists -- it can be difficult to slow down and take the time to appreciate the simple things (moments) in life. For many people, something as trivial as the clutter in their closets can make even days that should be stress-free filled with guilt over all the things they're not accomplishing, as well as the dream hobbies or vacations that never came to fruition. Of course, life doesn't have to be so hectic. If you're feeling overwhelmed by the things (and I do mean things) in your life, perhaps it's time to evaluate what's really important and scale down.

enough is enough

For me, I hurdle back and forth between a life of constant motion and the unending desire to grow some roots and maintain some kind of stability. So when I have a month off the road, I find myself indulging in my personal comforts like buying another tea cup at the thrift store cause it was too pretty to leave on a shelf unloved, or popping in a nearby antique shop and falling in love with the texture and pattern of a vintage dress that is eight sizes too big for me (I swear to myself that I will find the time to sit down at my sewing machine and take in the seams to my exact measurements). It is hard for me to accept that these things hold no true value to me, though I manage to come to

that conclusion time and time again. Every time I start packing to head back out on the road this lesson comes crashing down on me like a ton of bricks. And though it is learned often, it seldom sticks. I guess the need for comfort has taken over my cerebrum and I have lost all sense of reason. I now look at all mountains of great trinkets and treasures I have cozied up to for the last two months with a look of grief, horror, disappointment and sadness for the loss of the personal time I will have to dedicate to organizing, cleaning, and storing these newfound lovely items. Even when flooded with those feelings, I feel as though I don't have time to be dealing with such emotions... Not with all of the work and bills and recordings I have to do. So, I say "not this time!" Apparently, I have gone through enough conditioning, and enough is enough.

I pack myself into a suitcase all of the time and find happiness in myself and that small suitcase. When driving across state lines and flying over oceans, it is easy to see that time, though relative, is the most valuable thing to all beings. Those moments spent making new memories with loved ones, talking to strangers, and telling stories to kids... Those are more valuable than all of the riches and shiny pieces of recycled costume jewelry the world could ever possibly offer. I'm getting a head start on spring cleaning to save my sanity and gain some free time before the wind takes me again.

To be continued in Issue Five...


Well, it looks like another first for T.O.F.U. We've never done a teaser before, right? We've certainly planned to do this before, but so many things got in the way that we've usually just been happy (and amazed) to get an issue together before the deadline.

Ah yes, the infamous deadline. Although most of ours are personally set, reset, and then moved again, we've tried to make a plan for every issue. Some of you may have noticed that this issue came out rather quickly after the release of Issue Four, especially when you consider the time between Four and its predecessor. It's all a part of trying to get the little guy into the more mature realm of consistence, and judging by the fact that we got this teaser out to you, we'd say it's working out all right.

Of course, this only matters if you like what we do. We hope what you've just seen has whet your appetite for the full thing, and we look forward to releasing it in the next week. Soon after, we'll be starting work on Issue 6, which should be out this summer. If all goes according to plan, we might even hit the road with it for a little while. As always, if you like what we're doing, share it with your friends. If not, please share it with us.

Hope all is well,

Ryan



I first started working for T.O.F.U. in Issue 4, where I contributed an article and acted as "creative director" of the issue. This meant that I designed covers and feature pieces, edited recipe photos, played around with fonts and layout design, and just generally tried to make things pretty. Since then, my role here has grown. I'm now allowed to rant on the blog (Ryan tells me I'm "the snarky one." Not sure how I fell into that one, but I'll take it!) and throw in Oxford commas whenever I feel like it (I'm not sure if that job is officially recognised yet). Both issues so far have presented their own rewards and challenges, and I'm looking forward to growing along with the magazine and creating more beautiful vegan content in the issues to come. Thank you for giving me the chance to do so. As Ryan says, "If you like what you see, tell your friends. If you don't, just don't tell my boss!"

...I may have added that last bit.

- Kira