

THE SAN MARTIAN VEGAN



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For the animals

Preventing the exploitation of animals is not the only reason for becoming vegan, but for many it remains the key factor in their decision to go vegan and stay vegan. Having emotional attachments with animals may form part of that reason, while many believe that all sentient creatures have a right to life and freedom. Specifics aside, avoiding animal products is one of the most obvious ways you can take a stand against animal cruelty and animal exploitation everywhere. Read a detailed overview on why being vegan demonstrates true compassion for animals.

For your health

Well-planned vegan diets follow healthy eating guidelines, and contain all the nutrients that our bodies need. Both the British Dietetic Association and the American Academy of Nutrition and Dietetics recognise that they are suitable for every age and stage of life. Some research has linked vegan diets with lower blood pressure and cholesterol, and lower rates of heart disease, type 2 diabetes and some types of cancer.

For the environment

From recycling our household rubbish to cycling to work, we're all aware of ways to live a greener life. One of the most effective things an individual can do to lower their carbon footprint is to avoid all animal products. This goes way beyond the problem of cow flatulence!

Impact on the environment

The production of meat and other animal products places a heavy burden on the environment, from crops and water required to feed the animals, to the transport and other processes involved from farm to fork. The vast amount of grain feed required for meat production is a significant contributor to deforestation, habitat loss and species extinction. In Brazil alone, the equivalent of 5.6 million acres of land is used to grow soya beans for animals in Europe. This land contributes to developing world malnutrition by driving impoverished populations to grow cash crops for animal feed, rather than food for themselves. On the other hand, considerably lower quantities of crops and water are required to sustain a vegan diet, making the switch to veganism one of the easiest, most enjoyable and most effective ways to reduce our impact on the environment. For more on how veganism is the way forward for the environment, see our environment section.

For people

Just like veganism is the sustainable option when it comes to looking after our planet, plant-based living is also a more sustainable way of feeding the human family. A plant-based diet requires only one third of the land needed to support a meat and dairy diet. With rising global food and water insecurity due to a myriad of environmental and socio-economic problems, there's never been a better time to adopt a more sustainable way of living. Avoiding animal products is not just one of the simplest ways an individual can reduce the strain on food as well as other resources, it's the simplest way to take a stand against inefficient food systems which disproportionately affect the poorest people all over the world. Read more about how vegan diets can help people.

Why vegetarian isn't enough

The suffering caused by the dairy and egg industry is possibly less well publicised than the plight of factory farmed animals. The production of dairy products necessitates the death of countless male calves that are of no use to the dairy farmer, as well as the premature death of cows slaughtered when their milk production decreases. Similarly, in the egg industry, even 'ethical' or 'free range' eggs involve the killing of the 'unnecessary' male chicks when just a day old.

Ethical meat?

It's tempting to want to believe that the meat we eat is ethical, that our 'food animals' have lived full, happy lives and that they have experienced no pain or fear at the slaughterhouse. Yet the sad truth is that all living creatures (even those labelled 'free range' or 'organic') fear death, just as we do. No matter how they are treated when alive, they all experience the same fear when it comes to slaughter.

The good news

The good news is there IS something we can do about it. Every time we shop or order food in a restaurant — every time we eat — we can choose to help these animals. Every time we make the switch from an animal product to a vegan one we are standing up for farmed animals everywhere. Going vegan is easier than ever before with veganism becoming increasingly mainstream as more and more people from all walks of life discover the benefits of living this way.



IT'S TIME TO ASK OURSELVES:

If it is now possible to live a life that involves delicious food and drink, delivers better health, leaves a smaller carbon footprint and avoids killing other creatures — then why don't we?

When did you first go vegan and what were your influences?

Full on vegan April 2019. My son read The China Study and decided that a plant based diet is the healthiest way to live. I offered to be a vegan with him. We were already vegetarians. There are several documentaries (Forks Over Knives, Vegucated, What The Health, Cowspiracy) that we have seen that had a considerable influence on our choice.

When you first went vegan how was the transition period. Did you make an immediate switch?

Since we were already vegetarians, the transition may have been easier than for other folks, and yes, it was immediate. We already ate a very vegetable heavy diet. Eliminating eggs and dairy meant almost no sweets or desserts. That was a big surprise to us both. We didn't realize until we made the switch how hard it would be to have good vegan desserts. Our easy foods are pasta, tacos, salads, curries, tofu dishes, bagels, sandwiches, etc.

How difficult would you say going vegan was for you?

It was not difficult for us at all. What I find harder to do is practice a whole food diet. The vegan replacements are fun, and we enjoy trying them. They help replicate a lot of things we miss, like cream cheese, sour cream, and scrambled eggs. We really try to use them sparingly and as a treat instead of every day because we don't want to eat too much processed food. Same for all the meat replacements.

Are there any disheartening things you see related to veganism that you see as an issue that needs to be fixed?

I would like more awareness in general. More resources for knowledge and ideas, more widely promoted studies on plant based vs. animal product diets. A way to bridge the gap between the two. Both worlds can work together to save animal lives and our planet. And ourselves! From heart disease, obesity, diabetes, etc.

How has your cooking changed since you went vegan?

I cook with more variety than I used to. Different veggies, different seasonings, etc. I use oil more than I used to because I would rather use that than a plant based butter most of the time. I also focus on other healthy eating habits like whole grains, avoiding fried food and other highly processed/junk foods. I am also more inclined to buy organic and non-GMO foods.

Did you receive any push back from anyone when you decided to go vegan?

Not really. Everyone in my life was very accepting. I think it can frustrate them when we are planning meals together, but that is about it.

What do you think is the largest reason for most people not going vegan?

I always thought I could never live without cheese. I think people just see it as something hard to do, and don't even consider trying it. I think if people thought of it as something they wanted to try, instead of this giant life changing thing, they might realize that they CAN do it, and keep it up if they feel better. Also, it seems like people think vegan/plant based food can't taste good. I don't

Just because you don't eat meat doesn't mean you can't eat spices!

know why people have this idea that vegan food is bland and tasteless, but I get that a lot.

What do you think are good strategies for spreading awareness and making a positive impact?

Meat Free Monday, Eat Vegan Before 6, things like this. I would love a way to show people that they don't have to go 100% to make it count or reap the benefits. One day per week of not eating animals can save many lives and ease the burden that raising livestock has on our planet. It can also drastically improve one's health if combined with other healthy eating habits and exercise. Alone we can do so little, but together we can do so much. This greatly applies to saving animal lives and our planet by following a plant based diet.

Any parting thoughts on anyone considering going vegan?

I would encourage anyone considering this to take it slowly, one or two steps at a time, and to view this as an adventure of getting to know yourself, allowing yourself to like and not like new things. Don't beat yourself up when you can't resist that big hunk of cheese or slice of cake. View going vegan as an experiment that may or may not work for you. Just because you try it and don't like it doesn't mean you can't go back if you want to. I can't imagine ever wanting to, because living things are just too precious to me to eat, and ingesting other mammals' milk is just weird. Eggs: even weirder. But that's just me.





I've compiled a short list of vegan restaurants that I frequent. All of these places serve delicious vegan food that everyone should try. This is by no means an exhaustive list of vegan restaurants in San Marcos. Grins, North Street, and Gumby's are just a few more that have vegan options. A little outside of San Marcos, there are some excellent vegan restaurants serving burgers, pizza, and sandwiches. You can find anything you might miss as a vegan.



Earth Burger

656 E Hopkins St

A vegan fast food joint based in San Antonio with a location in San Marcos. They are 100% vegan and server burgers, raps, and bowls. Their burgers include chicken and fish as well, and their wraps include buffalo chicken and beef. If you are a student they have a discount for you on Tuesdays. \$7 for any combo which includes their really great fries and a large selection of speciality drinks.

Freebirds

909 TX-80 C

Freebirds is a build your own burrito restaurant. They have many vegan options that you can use to make your burrito. All tortillas, beans, and rice are vegan. They also have a vegan meat option that rotates every so often. There are potatoes and grilled veggies, lettuce and tomato, onions and jalapeños. The chips and guacamole is also very good here. My favorite order right now is a bowl with spanish rice, black beans, vegan chorizo, lettuce, tortilla strips, and tomatillo dressing.



Don's Japanese Kitchen

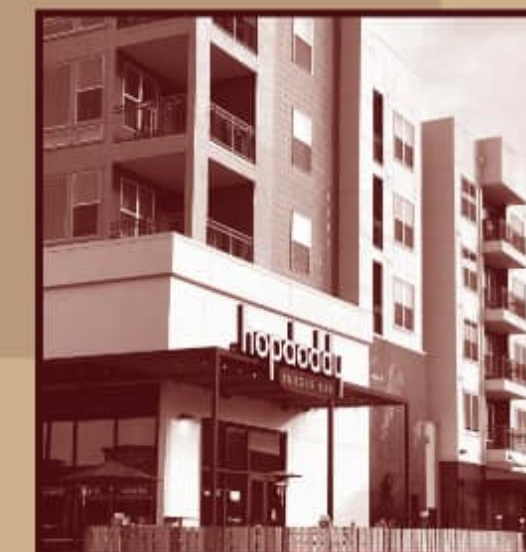
829 N LBJ Dr

Don's is a Japanese style restaurant with a nice atmosphere and friendly staff. They have a few vegan options that are all delicious. Their "Veggie King" comes with either crispy tofu or grilled veggies and it is a big bowl of rice, tofu, and cabbage with teriyaki sauce. You can also get the veggie egg rolls. Don's is great because it is relatively cheap vegan food for a really great price.

Hopdoddy

200 Springtown Way Suite 101

Hopdoddy is a burger joint that actually has a really great vegan burger using Beyond meat. You can also add vegan cheese and vegan mayonnaise. They also have some of the best shoestring fries I've ever had. They even have sweet potato fries.



K-Bop

301 N Guadalupe St Ste 164

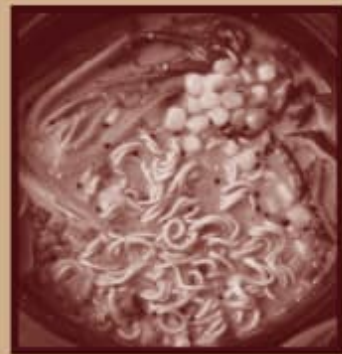
K-Bop is a Korean restaurant with lots of options for eating vegan. My personal favorite is the tofu bowl. Similar to the tofu bowl at Don's, it comes with crispy and light tofu, as well as mixed veggies and a teriyaki sauce drizzled on top. They also have a straight up veggie bowl with rice. My favorite drink option is their milk teas, specifically the taro milk tea with tapioca. They use soy milk so you don't have to worry about any dairy.

Ike's Love & Sandwiches

301 N Guadalupe St Suite 154

Ike's has the most vegan options out of everything here except for maybe Earth Burger. Their menu is huge as you can see in the photo, and a huge amount of them are vegan or can be made vegan. Their vegan meatball sub has the best vegan meatballs I have ever had and vegan turkey sandwich is one of my favorites. There are too many to list here so just go check them out.





One pot spicy miso ramen

1. Heat a medium sized pot over medium high heat. Add in the sesame oil. Once hot, add in the garlic, ginger, and white parts of the scallion. Sauté over medium high heat for 1–2 minutes.

2. Lower the heat to medium. Add in the miso paste, sesame paste/nut butter, and doubanjiang or other chili paste. Mix until well combined.

3. While stirring, add in the stock/water (and vegetable cube/bouillon, if using) and soy milk.

4. Keep stirring over medium heat until the paste are diluted. Add in the rays or other chili oil and dried mushrooms. Cover the pot and leave the soup to boil over medium high heat, around

5. minutes. Once it boils, lower the heat and leave it to a simmer.

6. Meanwhile, you can add in the veggies of your choice into the soup. I sliced my bok choy head into half and cooked it down in the soup.

7. When the veggies almost cooked to your liking, add in the instant ramen brick. You can already turn off the heat at this point especially if your instant ramen cooks very fast. If not, you can leave the noodles to cook until chewy before turning off the heat. Add in the remaining chopped scallions along with sesame seeds.

8. Add more chili oil, if you'd like. You can also enjoy this with some roasted nori.

1 tbsp.	sesame oil
1 tsp.	minced ginger
2 cloves.	garlic
2	scallions, chopped
1 ½ tbsp.	miso paste
1 tbsp.	plain peanut butter
1 tbsp.	doubanjiang
2 cups.	vegetable broth
1 cup.	soy milk
1 tbsp.	chili oil
1 cup.	shiitake mushrooms
1 tbsp.	soy sauce
1 head.	bok choy
1 brick.	instant ramen



Vegan split pea soup

1. Mince two cloves of garlic. Dice the onion, celery, and carrots. Add the garlic, onion, celery, and carrots to a large pot with olive oil and sauté over medium heat for about five minutes, or until onions are soft.

2. Add the dry split peas, smoked paprika, parsley, oregano, thyme, pepper, and water to the pot. Stir to combine.

3. Place a lid on top, turn the heat up to medium-high, and bring

the water up to a boil. When it reaches a boil, turn the heat down to medium-low and continue to let the soup simmer, stirring occasionally, for about 45 minutes, until the peas have completely broken down and the soup is thick (keep the lid on between stirs).

4. You can use the back of a spoon to mush the peas to get the desired consistency. Add salt to the soup by taste, starting with ½ teaspoon. I added about 1 ½ tsp. Serve hot with crackers or crusty bread for dipping!

2 cloves.	garlic
1	yellow onion
3	carrots
2 Tbsp.	olive oil
1 lb.	split peas
1/2 tsp.	smoked paprika
1/2 tsp.	dried oregano
1/4 tsp.	dried thyme
6 cups.	water



Fudgy vegan brownies

1. Stir the ground flax and water in a small bowl. Preheat the oven to 350 degrees F and line a 7 x 11 pan with parchment paper.

2. Melt the vegan butter (earth balance brand preferred), and measure 1/2 cup.

3. In a large bowl, whisk the melted vegan butter and sugars together. Add the flax eggs and the vanilla, whisk until evenly combined. Sift in the flour and cocoa powder. Add the salt and baking powder and stir until just combined, do not over mix.

4. Fold in half of the chocolate chips. Pour the batter into the prepared pan and smooth out the top with a spoon or your hands. Sprinkle the rest of the chocolate chips on top of the batter.

5. Bake for 35–40 minutes. The brownies may still be bubbling and not look done, but will firm up a lot as they cool.

6. Remove from the oven, allow to cool in the pan for 15 minutes, then pull the brownies out, and let cool for another 15–30 minutes before slicing and serving.

4 tbsp.	ground flax
½ cup.	water
½ cup.	vegan butter, melted
1 cup.	granulated sugar
1 cup.	brown sugar
1 tbsp.	pure vanilla extract
1 cup.	all purpose flour
1 cup.	cocoa powder
½ teaspoon.	salt
1 tsp.	baking powder
1 cup.	chocolate chips



Black eyed peas & greens

1. Dice the onion and mince the garlic. Add both to a large soup pot with the olive oil and sauté over medium heat until the onions are soft and translucent.

2. Drain the canned black eyed peas, then add them to the pot along with the oregano, smoked paprika, cayenne pepper, black pepper, and vegetable broth. Stir to combine.

3. Place a lid on the pot, turn the heat up to medium high, and bring the pot up to a boil. Once boiling, reduce the heat to medium-low,

and allow the peas to simmer for 15 minutes, stirring occasionally.

1	yellow onion
2 cloves.	garlic
2 Tbsp.	olive oil
3 can.	black eyed peas
½ tsp.	dried oregano
½ tsp.	smoked paprika
¾ tsp.	cayenne pepper
¼ tsp.	black pepper
2 cups.	vegetable broth
4 oz.	fresh spinach

4. After the peas have simmered for about 15 minutes, use the back of a spoon to smash some of the peas against the side of the pot to thicken the broth (or use an immersion blender to blend a small portion of the peas).

5. Add the fresh spinach to the pot and stir until it has wilted into the peas. Give the peas a taste and adjust the salt or seasoning to your liking. Serve hot with bread or rice.

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Cover + Interior designed by Ryan Wood

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Go Vegan!

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im vegan btw