

JOIN OUR SUMMER PICNIC!

Article by JJ, Eugene Veggies Organizer

Eugene Veggies is a local, free group for everyone who enjoys the benefits of a plant-based diet and seeks to share community and events with like-minded individuals. The group is also for flexitarians and omnivores who would like to learn more about the benefits of eating a plant-based diet. We happily welcome everyone as long as they are willing to share a vegan meal with us!

We meet monthly, including these annual anchor events: June Summer Picnic, October's Chili Cookoff, and December Desserts. In between those months, we really mix it up with events such as: cook togethers, walks, volunteer at farm sanctuaries, fancy balsamic vinegar tastings, recipe swaps and so much more. Members also get my thought-inspiring monthly newsletter.



Photo by Sara Igl

My journey to a vegan diet is pretty typical. Going vegetarian in 1996 was an easy change for me, and for a while, I was happy to keep it at that. However, as time went on, I learned about the plight of animals caught in the egg and dairy industries. Then I started to learn about the impact of the farm animal industry on the environment. As someone who cares deeply about preventing suffering and about the environment, I could not ignore what I was part of by continuing to eat

Continued on page 4

PCRM Promotes Potluck Palooza

Article by Debby Coulthard

If you don't know about this organization yet, I'd like to introduce you to Physicians Committee for Responsible Medicine, or PCRM, a fabulous non-profit, international organization which has been tirelessly moving health forward for humans, animals, and our planet, with great success, for more than 40 years now. Here's the link to their "About Us" page:

<https://www.pcrm.org/about-us>

What you'll see there:

Mission: *The Physicians Committee is dedicated to saving and improving human and animal lives through plant-based diets and ethical and effective scientific research.*

Vision: *Creating a healthier world in which health and compassion are central values in science and medicine.*

Sometimes when I read an organization's mission and vision statements, they seem merely like words on the page. Not so with PCRM. They rise above the fray, stay steadily on course, quite simply do not give up, and get things done. They are extremely talented at outreach through numerous initiatives and programs to involve people all over the world in this shared vital work. Check this out, from their "About Us" page:

*The Physicians Committee combines the clout and expertise of more than **17,000 physicians** with the dedicated actions of **nearly one million members and supporters worldwide.***

Wow! I am so proud to be an individual member of the PCRM family, and that our own group and program, Eugene Plant-Based Providers/Live Lifestyle Medicine, is a member of their Building Healthy Communities initiative. It's uplifting to be

part of this greater whole, to see what others are doing in their corners of the world, and be involved in the changes possible and happening. Turns out we here in Eugene are part of a much larger global movement!

One of Building Healthy Communities programs is the yearly Potluck Palooza, which happens every June and July. This year they have more than 60 vegan potlucks on the books in 28 states plus in Uganda and Japan!

Check out our summer potluck listing — Eugene Plant-Based Providers and our program Live Lifestyle Medicine is registered as Plant-Based Eugene, alongside Eugene Veggies.

<https://www.pcrm.org/events/potluck-palooza>

If you have friends and family in other states, maybe you could recommend a plant-based potluck nearby.

Thanks to JJ of Eugene Veggies warmly welcoming EPBP in, we've been part of this special summer potluck picnic event for the last several years, and we plan to do so for years to come. Look for our huge Building Healthy Communities tablecloth and handouts at this year's potluck picnic. We are in very good company all around this beautiful Earth!

“Wow! I am so proud to be an individual member of the PCRM family...”

- Debby Coulthard

HV-VEGGIE GROUND

*Recipe from Javant Benton's
cookbook "Make Your Own"*

"This universal replacement for ground beef is my most popular recipe, made of healthy, whole food ingredients and full of flavor. It's a base for my Teriyaki No-Meatballs and Greek-Style Burger, but you can use it anytime you would typically use ground beef or a store-bought replacement for tacos, spaghetti, etc. This recipe yields 10 cups, so I recommend freezing it in single-meal portions to have on hand for easy meal prep... Simply freeze it in 1-to 2-cup portions, thaw, and use as desired. Store in an airtight container in the fridge for up to 5 days or in the freezer for 2 months."

INGREDIENTS

1½ cups raw walnuts, soaked for 4-8 hours
1 medium head cauliflower, about 1 pound, chopped or processed to the size of cooked rice
2 medium carrots, peeled and grated or processed to resemble cauliflower rice
1 small red onion, peeled and chopped or processed finely

3 garlic cloves, minced
1 pound mushrooms, chopped or processed coarsely
2 tablespoons Italian seasoning
1 tablespoon sweet paprika
2 teaspoons rubbed sage
2 teaspoons garlic granules
2 teaspoons ground cumin
1 teaspoon dried thyme
1 teaspoon dried oregano
3 tablespoons tomato paste
3 teaspoons salt or to taste (optional)

INSTRUCTIONS

1. Drain the walnuts, discard the soaking water, and set aside.
2. Heat a large, wide-bottom pan on high, one that yields at least 3 quarts. Put in the cauliflower, carrots, onion, garlic, and cook for 5 to 10 minutes, or until all the water releases from the vegetables and mushrooms. Stir the vegetables occasionally as they cook.
3. Add all the spices and mix to combine. Continue to cook on high for another 10 minutes, or until all the water fully evaporates and no water remains at the bottom of the pan when mixed.
4. Add the drained walnuts to the food processor, and using an S blade, pulse into a coarse crumb. Turn off the heat and add the chopped walnuts, tomato paste, and salt, if using. Mix thoroughly to combine.

"Preventing Cancer with G-BOMBS"

Interested in learning how to prevent or reduce your risk of cancer with G-Bombs (Greens, Garlic, Beans, Onions, Mushrooms, Berries, and Seeds)? Join Eugene Plant-Based Providers Charlie Ross, DO, and Scott Wagon, PA-C, at a teaching event on Saturday, June 20, at 11 a.m. at the "In-Season" space at the Lane County Farmers Market Pavilion in Eugene. The event will feature the above recipe. "In Season" is a space where the community can learn new recipes and try new foods, and engage with local chefs and others working in the food system, and with each other.

JOIN OUR SUMMER PICNIC!

Continued from page 1

dairy and eggs. Eventually I learned about the health benefits of eating a Whole-Food Plant-Based (WFPB) diet. That put the final (whole food) cherry on top of the nice cream sundae!

I finally made the switch to be vegan around 2010 and started looking for community and support. I stumbled upon Eugene Veggies, a Meetup group which was about a year old at the time. I was so excited. I kept pushing for this event and that. I think my first suggestion was a vegan tea party. Not long after I joined, the head of Eugene Veggies moved out of town and left the group to me.

Since that time, I continue hosting events that sound fun to me. Happily, others agree. We have grown from 100 to more than 900 Veggies! Some have turned into great friends, which is one of the big goals of our group: to help people connect. Another big goal is to support people who are interested in transitioning their diet to be plant-based. We do this by exposing them to great food, showing them how to put together easy dishes, and last but not least, providing moral support. One of the most rewarding parts of running Eugene Veggies is when I hear from people who have said that the group helped them meet their goals.

Soon after I took over Eugene Veggies, I started the annual Summer Picnic event. The event is modeled after the big company summer picnics of my youth: a giant potluck in a park by the river -- complete with door prizes and lawn games and music (when we can get it). It is so fun to see the variety and quality of food brought to the picnic and know that I can eat it all. Kids and pets are encouraged.

I'm a big fan of Live Lifestyle Medicine (LLM). Our two groups complement each other very well. A few years ago, I asked LLM to co-host the Summer Picnic with Eugene Veggies. It went so well, we have been co-hosting the picnic ever since. Belonging to both LLM and Eugene Veggies has many benefits. So, if you are not already a member of Eugene Veggies, you can join for free. Sign up here: www.meetup.com/eugeneveggies.

WHAT: Annual Summer Picnic

WHEN: Saturday, June 27, 2026, from 6-8 p.m.

WHO: Anyone who wants to share and enjoy vegan food and hang out with cool people from Eugene Veggies and Live Lifestyle Medicine!

RSVP REQUIRED: www.meetup.com/eugeneveggies/events/314584422

***Bringing lifestyle
medicine to the
community, to improve
lives, one plant-based
kitchen at a time...***

www.livelifestylemedicine.com

