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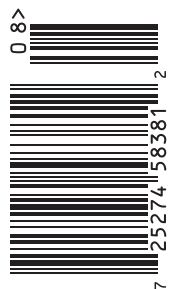
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& Coconut Cookies
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p.30

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Our Summer Crush = Hot Fudge + Vegan Ice Cream + Mountains of Whipped Cream p90



Keeping it local is the new way to travel. Don't believe us? Check out these six smokin' staycations!

By *David Breier, Jennifer Chen, Scott Einhorn, Rae Sikora, Amie Silverwood, and Becky Timbers*

Staycation! 2009

Living'
La Vida
Local

Passports are *so passé*. Well, that's what we're telling ourselves this summer, with our collective fiscal situation hedging toward the meager side of average. But that doesn't mean it has to be all work and no play. With a hybrid Zipcar—or bike, if that's how you roll—and the right frame of mind, you can transform your town into a top tourist destination. Welcome to the new breed of travel: the staycation.

YOU
ARE
HERE!

A Day in the 'Dena

With its veg drive-thrus, vegan boutiques, and gardens galore, Pasadena holds more than just the Rose Bowl. Take a break from LA traffic and head to this mountain oasis for the ultimate SoCal Staycation.



HALF AN HOUR (DEPENDING, OF COURSE, ON traffic) from Los Angeles, Pasadena is famous for hosting the annual Rose Bowl, but there is more to Pasadena than roses. For fashion-savvy vegetarians, **Alternative Outfitters** sells men's and women's shoes, handbags, and clothes. "We wanted to show people that you could wear name brands while not wearing animals," says co-owner Jackie Horrick. Retail therapy can make you hungry, so your next stop should be **Orean's The Health Express**. Here, you can feast on thick soy shakes (chocolate, peanut butter, strawberry), chili cheeseburgers, burritos, and air fries (baked French fries).

Next stop: **The Huntington Library, Art Collections, and Botanical Gardens**, the former home of Henry Edwards Huntington. Roam the 207-acre grounds and take in the beautiful art collections and botanical gardens. If you're feeling festive and a bit thirsty, pop into the **Rose Garden Tea Room** for a sampling of traditional English teas. (Reservations are recommended.)

Back in Pasadena proper, **Ten Thousand Villages**, a non-profit retail shop, sells fair-trade, sweatshop-free goods that make great gifts. Browse their fun selection of home décor items, jewelry, and handmade hammocks. If



Beautiful blooms at Pasadena's Huntington Botanical Gardens

the shopping bug has grabbed you, mosey over to Old Pasadena, a quaint area full of antique shops, cafés, and department stores. At **The Soap Kitchen**, you'll want to stop and smell the roses—rose-geranium shea-butter soap, that is. Soaps are made on-site with olive oil and other planet-friendly ingredients. Say hello to Dash the Soap Dog while you're there.

End your Pasadena visit with dinner at **My Vegan**, a Thai joint with an eclectic menu featuring pancakes, burgers, and wraps. Diner Andrea Wachner, chowing down soy fish in a garlic and pepper sauce, calls the My Vegan experience "A perfect way to end a trip to lovely Pasadena." —JC



Summery Thai noodles at the end of a perfect SoCal day



Veggie musicians head straight to The Grit once they roll into Athens.



Southern-Style Staycation

Southern comfort? Indeed! Grab your bike, dog, and kids, and make a beeline for Athens' many wonders. From its delicious diners to pet-friendly parks, the Georgia oasis beckons.

WHEN YOU HEAR "SOUTH," DO Y'ALL THINK it's just pickled okra, barbecued pork, and bible thumpers? Then set your GPS for Athens, Georgia, and discover music, art, yoga, quirky eclectic architecture, bicycling, and veg-food hot spots. Can you handle a few San Francisco-style hills? Then bring a bike or good walking shoes. Traveling with furry kids? Relish the endless acres of wooded trails, a huge leash-free area, and a big lake for canine cool-downs.

After touring the 200-year-old University of Georgia campus, head to **The Grit**, a veg restaurant with enough vegan choices to make you—and every touring musician—wish you lived nearby. Try the big, colorful house salad with the famous Tofu Cubes and lemon tahini dressing. Warning: The Chocolate Death cake and other dairy-free desserts *will* be your

personal downfall.

Pull yourself away from The Grit, hop on your bike, and head over to **Daily Groceries Co-op** for picnic provisions. Using the **Bike Athens Map**, discover the best route to take you to Sandy Creek Park for a game of Frisbee golf, then don your swimsuit and soak in rapids surrounded by happy dogs at Ben Burton Park. After all that riding, stretch your muscles at **Rubber Soul Yoga**, where classes are just \$3 to \$5 (sliding scale). Don't know a down dog from a tree pose? Visit anyway! In the same building, check out the art studio of **Mary Engel** with her giant mosaic dogs.

By now, you're surely hungry again, and if you can resist returning to The Grit, try the vegan burrito at **Barberitos** or vegan pizza at **Transmetropolitan**. As night falls, consider taking in a show at **Canopy Studio** trapeze school or the **Ciné** indie movie theater, or maybe head out to hear any of hundreds of great musicians at one of dozens of pubs instead. Athens was the launchpad for bands like REM, B-52's, and the Indigo Girls and more greats are following in their footsteps. —RS



YOU ARE HERE!



Waffles for brunch at Fressen and then pampering in the afternoon—a great day!



Trekking in Toronto

With veggie dogs on every street corner, a melting pot of shops and eateries, and wide-open wilderness just a stone's throw away, Ontario's capital city offers a little bit of everything for everybody.

A GREAT PLACE TO START WHEN PLANNING A trip to Toronto is veg.ca. This online vegetarian directory offers a regularly updated map of restaurants and provides a bird's-eye view of what the city has to offer. Begin at **Kensington Market**, where you'll discover vegetarian

Fressen waffle photo by Alistair; The Grit photo by Jason Drakeford