

# Vegan food cart just may surprise all taste buds

By

**Cilicia Philemon**

*IVN Contributing Writer*

Vegan chef Christopher Sabionski is bringing his food cart named Ahimsa back to the Illinois Valley.

Ahimsa will be at the Chevron station Tuesdays and Thursdays from 11 a.m. until 7 p.m. Sabionski serves 100 percent organic, vegan, gluten-free savory and sweet foods made from scratch using whole food ingredients.

Sabionski offers two entrees; one is a

delicious south Indian dish known as dosa masala which is served with a red lentil sambhar and a chutney. The other dish is one he rotates periodically. This week, it is black bean-buckwheat croquettes that come with a delicious creamed celeriac-white wine soup and a marinated salad.

Sabionski also offers four different desserts, all of them created with health supportive ingredients. He makes a tiramisu, a chocolate-ribbon cheesecake with a blueberry coulis, marzipan stuffed dates, and a dark orange truffle. He also serves a house-made

ginger ale.

The inspiration for the name of Sabionski's cart comes from the fact that Ahimsa is the practice of nonviolence in words, deeds, thoughts and actions.

"Modern conventional farming methods do a lot of harm to the environment, the farm workers, and to the consumers," said Sabionski. "Most food has been sprayed with a cocktail of toxic and carcinogenic chemical compounds. I strongly believe that every human being on the face of our earth deserves to eat food that is not poisoned, is delicious, and meets their nutritional needs."

Sabionski said a food cart offers a chef a unique opportunity to meet customers, get feedback and hear the culinary dreams of patrons.

"Ultimately I would like to open a restaurant and be able to provide people with unforgettable dining experiences," Sabionski added.

Sabionski has been a foodie since he was a young child and comes by it naturally. His father was a professional chef and his mother was a marvelous cook. They ate mostly traditional German cuisine, but also ate many other dishes from around the world. After Sabionski adopted an organic lifestyle in 1995, he realized that he needed to cook all his meals from scratch, rather than depend on packaged food.

"I found I could make delicious, fresh, and tastier meals from whole food ingredients," he said. "And I was saving money!"

It was during this period that Sabionski

also got the bug for farming and began turning his front and back yard in Houston, Texas into organic gardens. After moving to Cave Junction in 1999, he decided to commit himself to healthy food by spending half of his time farming and the other half cooking at New Life Natural Foods.

Sabionski has been working in the food industry since the age of 15, and has done everything from organic farming to front-of-the-house positions in restaurants, as well as catering and menu creation.

In 2009, Sabionski graduated from the Natural Gourmet Institute in Health and Culinary Arts in Manhattan. For the next few years, he worked exclusively as a pastry chef; specifically with organic, vegan desserts. He says that his goal with everything he cooks is to satisfy people's nutritional needs, excite their palate and to entertain them with delicious smells and a beautiful presentation. Sabionski feels that a chef's job is a very personal job and that it comes with a certain obligation to customers.

In his spare time, Sabionski likes to spend time with his loved ones, be they human or animal friends. He also enjoys reading, yoga and staying active.

"I appreciate all the support the Illinois Valley residents have shown for my culinary creations and I look forward to meeting more food lovers!," Sabionski said. "I strive to impress every customer and am honored to be able to share my dishes with you."



## Lawsuit ... Continued from A-1

In their agenda request, Keil and Smith asked that the council, "Be honest and stop frivolous lawsuits and leave dispensaries alone." During their allotted time, Tony Smith asked, "Why are you wasting city funds?"

During the resulting discussion, Mayor Jacobson stated, "It's not a frivolous lawsuit and we're not going to drop it."

Pete Peterson stated, "You're supposed to be growing business here. The federal government is now barred from enforcing past medical marijuana laws. I recommend you amend the city code to allow dispensaries."

Several others spoke in favor of allowing dispensaries, including Mark Seligman and two of Keil's employees. The audience vigorously applauded each of these four speakers.

Dalegowski, the newly elected council president, said that since Bosch hadn't had time to review the developments over the past nine months, that it would be unfair to ask him to vote on the issue, but he promised it would be revisited.

Other agenda items included the mayor's "State of the City" address, which reviewed developments over the past 12 months.

IV Fire District Chief Dennis Hoke invited members

of the public to apply for the free Community Emergency Response Team training scheduled Jan. 30 through Feb. 1. Registration forms are available online or by visiting the main office at 681 Caves Highway. The deadline to apply is Jan. 25.

Cave Junction Farmers' Market coordinator Caroline Griffith asked that the city negotiate a lease to allow the market's use of Jubilee Park every Friday from mid-April through Sept., between 2 and 8 p.m. The family friendly event has grown to 36 vendors and Griffith said that such an arrangement would be mutually beneficial.

In other developments, the city is moving toward adoption of Ordinance 540 which amends the Transportation Plan to better support tourism and quality of life and includes the installation of more bicycle paths. Also, by order of the Department of Environmental Quality, the city's waste water treatment plant will no longer accept yard waste.



Cheryl Keil

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<p><b>GrainMiller</b> Reg. Oats &amp; Oatmeal <b>\$4.89</b> Reg. \$5.79 ea.</p>	<p><b>Blue Diamond</b> Nut Thins Assorted Flavors <b>\$2.59</b> Reg. \$3.49</p>
<p><b>Special Features</b></p> <p><b>Painted Hills London Broil</b> No hormones or antibiotics. Very lean cut of meat. Broil in the oven. <b>\$6.29</b> lb. Reg. \$7.79 lb.</p> <p><b>Grilled BBQ Tofu Burger</b> with Side Salad <b>\$5.99</b> ea. Reg. \$8.99 ea.</p>	<p><b>Meat</b></p> <p><b>Smart Chicken Boneless Thighs</b>..... <b>\$3.99</b> lb. An Air Chilled Chicken. Great for baking in the oven. Reg. \$4.89 lb.</p> <p><b>Organic Prairie Bacon</b>..... <b>\$7.99</b> pkg. Uncured bacon, no nitrates or nitrites. Great for Sunday morning breakfast. Reg. \$9.09 pkg.</p> <p><b>Diestel Ground Turkey</b>..... <b>\$4.99</b> pkg. All ground dark meat. Located in the freezer. Reg. \$5.99 pkg.</p> <p><b>Aidell's Teriyaki + Pineapple Chicken Meatballs</b>..... <b>\$4.99</b> pkg. No preservatives. Great over rice. Reg. \$6.09 pkg.</p>
<p><b>Nairn's Cookies</b> Gluten-Free Assorted Varieties. <b>25% OFF</b> Reg. \$2.99-\$3.29</p>	<p><b>Bananas</b> Low fat, high in potassium <b>89¢</b> lb. Reg. \$1.19 lb.</p>
<p><b>HABA</b></p> <p><b>Flora Aduet Probiotic</b> <b>\$16.99</b> 60 Cap. Reg. \$19.89</p>	<p><b>Groceries</b></p> <p><b>Annie's Natural Dressings</b> Assorted Flavors. 8 oz. Reg. \$3.79 <b>\$2.59</b></p>
<p><b>Hylands Baby Quick Dissolve Vit C</b> Lemon flavor Reg. \$7.09 <b>\$6.29</b> 125 tab.</p>	<p><b>Annie's Homegrown Mac &amp; Cheese</b> Reg. \$2.49 <b>\$1.89</b> 6 oz.</p>
<p><b>Deli</b></p> <p><b>Grill Menu</b> Gooseberries Delight! Oven Roasted Turkey, Bacon, Havarti Cheese Grilled on Sourdough w/ Pesto Mayo. Comes with Side Salad or Chips. <b>\$7.99</b> ea. Reg. \$8.99 ea.</p> <p><b>Breakfast Menu</b> French Toast! 2 Organic Cinnamon Raisin French Toast, 2 Eggs, 2 Sausage Patties or Bacon. <b>\$5.99</b> ea. Reg. \$6.99 ea.</p>	<p><b>Produce</b></p> <p><b>Kiwi</b>..... <b>59¢</b> ea. Reg. 89¢ ea.</p> <p><b>Small Avocados</b>..... <b>89¢</b> ea. Reg. \$1.09 ea.</p> <p><b>Crimini Mushrooms</b>..... <b>\$4.29</b> lb. Reg. \$4.69 lb.</p> <p><b>White Button Mushrooms</b> <b>\$3.59</b> lb. Reg. \$3.79 lb.</p> <p><b>Yukon Potatoes</b>..... <b>\$1.09</b> lb. Reg. \$1.39 lb.</p>
<p><b>Grab-N-Go Ciabatta Sandwiches!</b> Assorted Meats, Cheeses, Lettuce, Tomato, Pickle, Onion, on a Ciabatta Roll with Mayo and Mustard. <b>\$4.99</b> ea. Reg. \$5.99 ea.</p>	<p><b>Bulk</b></p> <p><b>Organic Whole Roasted Almonds</b>..... <b>\$9.99</b> lb. Reg. \$12.49 lb.</p> <p><b>Organic Multi Popcorn</b>..... <b>\$1.49</b> lb. Reg. \$1.89 lb.</p> <p><b>Organic Sunflower Seed</b>..... <b>\$3.19</b> lb. Reg. \$3.99 lb.</p>

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**Illinois Valley Health & Wellness Fair**  
**January 24<sup>th</sup>, 2015**  
**10:00 AM - 2:00 PM**  
**IV Senior Center: 520 E. River St., Cave Junction**

**Local health and wellness providers share their knowledge, demonstrate services, and sell their goods.**

Schedule of Speakers & Classes	
10:00	Karin Rohland Senior Center
10:00	Doranne Long
11:00	Kate Dwyer
11:00	Suzanne's Dancers
12:00	Laura Mancuso
12:00	Rising Dragon
12:30	Sandy Brierty
1:00	Lauren Champagne
1:00	Senior Center
1:30	Lisa Sherier
	Tips from Chinese Medicine on Staying Healthy Through Cold & Flu Season
	Line Dancing Class
	Better Body Motion with Less Pain
	Library Health Resources Online
	Dance Performance
	Nutrition 101
	Martial Arts Demonstration
	Senior Health Resources Online
	Chronic Pain Talk
	Tai Chi Class
	Zumba Class

**Door prizes for the first 20 attendees, lunch, raffle, giveaways, bodywork, acupuncture, blood pressure checks and more!**

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