



## Betty Kaiser's Cook's Corner

A new vegetable combination for everyone

In 1971, *Diet for a Small Planet* by Frances Moore Lappe became a best seller. His book encouraged people to eat meatless meals and stop wasting the world's resources. His personal research on world hunger issues had convinced him that because it took so much grain to feed cattle that eating meat was an enormous waste.

Vegetarians in other countries were common but Americans were slow to embrace this new concept. Some vegetarians are

Lacto-ovo and eat no meat but will eat dairy products and eggs. Ovo-vegetarians eat eggs but no meat or dairy products. Vegans eat no meat or animal products. Most of us still only eat veggies as a side dish. And statistics vary on what percentage of us identify as non-meat eaters. Some sources say that as much as 6% of the population are vegetarian or vegan.

My son, Jeff, is a vegan. Let me tell you, that diet is not for the faint of heart (pun intended). It is a complete way of living. The vegan diet and lifestyle

excludes all animal products in any form. That includes meat, eggs and dairy or any other products of animal origin such as cheese, sour cream, etc. Also, no animal clothing such as leather shoes, etc.

Jeff became a vegan many years ago because of our family history of high cholesterol and heart disease. Evidence is overwhelming that a well-balanced vegetarian diet is better for you than a meat based diet.

Countless studies have shown that a nutritious, plant-based diet will result in a lower risk of obesity, coronary heart disease, high blood pressure, diabetes and more.

Our family, however, is still a mixed group. We can't give up our eggs and cheese! Most of us are meat eaters but Jeff and his wife Andrea are living proof that their vegan diet is doable and it dramatically lowered his cholesterol. However, it is a balancing act to get enough protein.

So, when they come to our house, in addition to vegetables, I stock up on soy products like tofu and tempeh, rice, beans, hummus and a multitude of other things from Trader Joes. Today, the purpose of my column was to research and find a veggie burger recipe to share with them and you. I regret to tell you that the one I found was too long to print! You can find it and other vegetarian recipes at: [www.ohsheglows.com](http://www.ohsheglows.com).

My next choice was to find a new way to serve two veggies that are in season right now—broccoli and Brussels sprouts. We seem to eat a lot of broccoli at our house and my husband loves sprouts. I ended up with a combination of the sprouts and broccolini (a hybrid of broccoli and kale).

This recipe is different and will really perk up your taste buds. It's way more tasty than a run-of-the-mill steamed version of either vegetable. Try it. You'll like it. Enjoy!

### MAPLE & BALSAMIC BRUSSELS SPROUTS

- 1 1/2 cups Brussels sprouts
- 1 bunch broccolini or other veggie, such as cauliflower
- 4 tablespoons olive oil
- 2 tablespoons maple syrup
- 2 tablespoons balsamic vinegar
- a few handfuls of arugula
- 1/4 cup dried cranberries
- Sea salt and fresh black pepper
- Preheat the oven to 375° F.

Remove the outer leaves of the Brussels sprouts and cut in half. Chop the broccolini into bite-sized pieces.

Spread the vegetables on one or two large baking sheets. Roast the broccolini on a separate sheet because it takes less time. Drizzle with the olive oil, maple syrup, and balsamic and season with pinches of salt and pepper. Toss until well-coated. Drizzle a little more on the Brussels sprouts and a little less on the broccolini since it takes more to get the Brussels sprouts to tenderize.

Roast the broccolini for 20 minutes, until browned but not burnt. Toss halfway through. Roast the Brussels sprouts for 45 minutes, until browned and caramelized. Toss halfway through. Watch and adjust the timing to whenever they look done, and don't be afraid to deeply caramelize them.

Once roasted, set aside and let cool to about room temperature. Taste and adjust seasoning, adding salt, pepper, maple syrup, or vinegar as needed. You can roast the veggies a few hours in advance. They improve as they sit and the flavors meld together. Warm just before serving.

Toss the warm veggies with the arugula and cranberries. Taste again, adjusting seasoning to your taste. Serves 3-4.

Note: Recipe is from Jeanine Donofrio.

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## Wolfclan Armory addresses council

By Caitlyn May  
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Wolfclan Armory owners Al and Jeanette Laskey told the Cottage Grove City Council "what they were and what they weren't" during public comment during Monday night's meeting.

The couple, who are in the process of moving their business from Creswell to Main St. in Cottage Grove said they were not white supremacists and that they had not expected the protests their arrival garnered.

On three different occasions, a small group of residents has

protested in front of the store citing the Laskey's son Jacob's previous federal prison sentence for throwing swastika-emblazoned rocks through a synagogue window in Eugene. He served 11 years. After being released, he was photographed with members of American Front, a group the Southern Poverty Law Center defines as a hate group.

During Monday's meeting, Jeanette told the council that she had raised her children "conservatively in the Christian church" and that Jacob, who is currently facing charges for a

stabbing incident in Creswell, had "made some mistakes" and has since changed.

Councilors Jake Boone, Ken Roberts and Garland Burback thanked the couple for making a public statement with Burback wishing the couple well and Boone reminding residents and the Laskeys that the board was not empowered to stop protests unless a law was being broken and the board could not ban businesses based on the possible ideology of the owners.

Councilor Mike Fleck noted that last council meeting where residents addressed the council

asking for the board to act. He said he had been asked to look at the company's social media and found posts--created by Jacob. The posts promote racist ideology. Fleck told the couple that he appreciated them coming forward to state that they did not subscribe to hate but that the posts seemed to be created by someone representing the business and that if Wolfclan did not feel they reflected the business, should be reconsidered.

The last post on the company's social media page was made days before Jacob's arrest in January of this year.

## Magic Continued from A1

was not the only magic the group was trying to capture throughout the event.

"I have a magic trick of my own, I'm going to make a new executive director appear tonight," said interim executive director Diane Hazen. Hazen has been in this temporary role for over two years but was proud to welcome in Courtney McGinnis who will be taking her place.

McGinnis, who has over 25 years of experience in higher

education, took time to praise her predecessor.

"I have huge, huge shoes to fill. Huge, big. And as I mentioned yesterday, I hope and pray that I can be just as half of the amazing woman and leader she has been for this organization and this community," she said to a round of applause.

McGinnis went on to discuss the role of the program and how they can continue to grow.

"They should have the opportunity to believe in some-

thing bigger and greater than themselves. That dreams are possible. To believe in the unimaginable. To play. To dream. To feel safe. To feel loved. To know that they have a safe bed to sleep in. To have food to eat when they are hungry," she said. "We are here to change the lives and the power through education. And it begins with early childhood learning and development."

Keeping the theme of the evening alive, Elaine Walter, the executive director of the Trauma Healing Project, went on to talk about the hopes of the program.

"The magic that we're talking about is the magic of successful and healthy children in stable and safe families," she said. "Wouldn't it be nice if we could wave our magic wands and that would in fact be the reality for all of our children?"

While past "Sigh of Re-

lief" events have raised around \$18,000, this year's total is expected to be under that margin.

"Turnout was a little lower than we thought it would be. But the people who were there were very generous and I'm going to say I've seen some exciting numbers come through," said Camas Canfield who works with grant writing, fundraising and a little of everything else with the Family Relief Nursery. "Any donations we get go directly to child services. So the classroom, paying for lunches for the kids, paying for transportation for the kids. And for home visits. Paying for art supplies," she said. "All the things that it takes to run, the play-dough that I played with all day. All the day-to-day things that the children get to benefit from."

Next year's event will be a casino night.

## Housing Continued from A1

goals.

The document, which has been in development since the end of last year, is set to see public hearings in August.

While public comment and input are encouraged, Ferguson notes that the end result may not mirror the expectations of some individuals when they hear "housing study."

"The study is not geared to any specific developer and the result will not be any immediate development. It's a 20-year land analysis. It will be a longer public process," she said.

After the completion of the 2005 study, no changes were made to the comprehensive plan, according to Ferguson.

"It (the comprehensive plan) still dates back to the 90s. This is our first attempt in quite some time to update our housing policies."

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