



*Spills the Tea*



HELLO  
*Autumn*

2023

# Recovery

Fre·cov·er·y  
/rə'kʌv(ə)rē/

**noun: recovery; plural noun: recoveries**

1. a return to a normal state of health, mind, or strength.

2. the action or process of regaining possession or control of something stolen or lost.

For the first week or two after breaking my ankle and heel, I was in physical and emotional shock. I was also in a lot of pain and feeling extremely vulnerable teetering in my boot on crutches.

Once the shock wore off, the realization that I would be off work for a few months hit me with a sudden sense of urgency. The bullet points of my stand-by to-do list instantly started unscrolling in my head because... barring another pandemic quarantine, when else in the near future was I going to get all of this free time to myself?

And so, I wrote a physical to-do list. Record, edit, publish and promote podcast episodes, write, record, edit, and launch online courses, start working on my first cookbook, etc. I could go on because the list does but I'm getting tired just watching these words pop up in front of me.

I quite *optimistically* accepted to have a show that I co-produce with fellow stand-up comic Monica Hamburg ([Funny over 40: Exceptional & Exhausted](#)) featured in an all-female comedy festival!

I am a survivor, I thought, I am a fighter. I am not going to let this injury get me down, I'm going to take advantage of the silver lining, the gift it has presented me with.  
The gift of time.

Time for healing? You might ask. Time for slow and gentle but productive recovery from not one but two fractures, you might assume. But no ...

Time... to fulfil all of my grandest and most passion-driven dreams... on one foot.

I imagine it would be a surprise to none of you to learn that I could never have even gotten up the stairs to the venue where my show was being featured, much less navigate a dark bar on crutches, or get up and down off the stage to perform.





# Recovery cont...

While I did miraculously, with some help, manage to record a short comedic video to be played for the audience, even that took me several days to recover from.

And I imagine it will shock nobody reading this to learn that zero courses and not one page of my cookbook much less my book of personal essays has been written yet, that only 2 podcast episodes have been recorded, only one of which has been edited and published. I essentially achieved none of the things I had intended to.

I felt so frustrated, so discouraged, and so betrayed by my own body.

*However*, what I did unintentionally achieve was an epiphany, a level of clarity that I haven't had in years, about exactly what it is I want to be doing, and how (and where) I want to be doing it. I did come to finally understand that in all of my motivation to create content to share, I have been neglecting the parts that are most important to me. I have been so focused on the productivity part that I lost sight of the joy that the process of creating brings me, and the sense of community and connection that comes with truly sharing. Yes, I want to do all of the things I mentioned, but not the way I planned them. Not racing to put them out just so that they are out, just so I can check them off my list.

My passion for nature, photography, art, film, food and healthfully, helpfully, and joyfully participating in life is the reason why I thought the best and most authentic way for me to share would be through building the website Sweet Vegan in 2010; A place where I could express myself, artfully and creatively through articles, photographs and food!

Sweet Vegan was my way of recovering from a flare-up that landed me in hospital for several weeks, receiving many blood transfusions and high doses of prednisone. Sweet Vegan was a vehicle to re-empowering myself after being diagnosed with a potentially fatal autoimmune disease that left me feeling helpless and victimized. I wanted it to be a place where I could share information, inspiration and hope with other people like me. I just wasn't sure what that meant exactly.

I am very proud of how Sweet Vegan has evolved since I created it and grateful for the many avenues it has led me down, but I am so very excited to finally have an actual vision for it. And the epiphany I've had is not only that vision, but the realization that in order to bring this vision to life, I need to tap back into the inspiration that brought it to fruition in the first place, unearth what somehow got buried under obstacles, distractions, life events, and even just overthinking my message and how to share it. I think I've felt this way for some time without realizing what it meant. I think it might even be the reason why I started this magazine. In fact, I'm sure of it. So what now?

Now I regain possession or control of something stolen or lost. Now I return to my normal state of health, mind, and strength. Now I recover.

*P.s.* Bone fractures are dangerous and potentially fatal. Do not attempt a fracture at home. There are much safer ways to conjure epiphanies.

Jennifer June xox



Recovering

## BODY

Elderberries are naturally high in immune-boosting compounds and antioxidants. Elderberry syrup can not only shorten the total duration of cold and flu symptoms, but also lessen their severity.

**Ingredients:**

- 1 cup of fresh or dried elderberries
- 4 cups of water
- 1/2-1 cup of agave nectar or pure maple syrup
- 1 teaspoon of ground cinnamon or 1-2 cinnamon sticks
- 1 tsp of ground ginger or 1 Tbsp of minced fresh ginger
- Large pot
- 1 tsp of ground cloves or 4 whole cloves

**Method:**

- Add the elderberries, agave or syrup, herbs and spices into a pot. Set it to medium heat and bring to a boil.
- Once the mixture is boiling, lower the heat to medium-low and simmer for about 45 minutes. Or until the mixture has reduced by half.
- Remove from heat and allow syrup cool to room temp.
- Use a mesh strainer to strain all the liquid out from the berries.
- Discard the remaining berries in the strainer.
- Pour syrup into mason jars and seal tightly.
- Store tightly sealed in the refrigerator for up to 3 months

**Dosage:**

- Children: 1/2-1 tablespoon a day per doctor's orders.
- Adults: 1 tablespoon every 3 hours at first sign of sickness

**Bees produce honey as a food source to sustain their colony** (not humans) over the winter. Yes, if we take honey, they will adjust and make more, but that is extra work that we are forcing them to do.

FYI

Also, bees kept for honey are usually confined in their hives, loaded onto trucks, and transported long distances at highway speeds. The dangers that arise with transporting these honey bees across the country can vary from overheating/chilling, suffocation, the death of many bees, and the overall loss of entire colonies.

# Bee-Friendly Elderberry Cough Syrup recipe





## MIND

# Why we need Community

I know it's not always easy to get out of the house even when we want to. Many of us say yes to plans with friends or family, or we might even be the ones to instigate them, but then we grow increasingly regretful as the day of the event approaches.

On the day of the dinner/party/bachelorette sip & twerk, we might notice a slight frog in our throat, a headache, the sudden onset of unexplained fatigue or even a full-fledged panic attack.

Of course, it feels easier to slip into our Costco ~~pyjamas~~ lounge pants, order Pad Thai and imperial rolls and fire up Season 5 of Virgin River. We may even tell ourselves that we need this much more than a night out. And that might be true.

After all, sometimes excusing ourselves is genuinely an act of self-care because we have already overextended ourselves, we're physically run-down, the activity isn't healthy or doesn't align with our values or desired lifestyle, we have a less than positive (or even toxic) dynamic with the people we've committed to spending time with etc. but...

More often than not though, had we left the house, we would have been happy that we had. Some of you are shaking your heads. Nope! Much happier to have eaten half a tray of brownies and finally found out if Jack really *is* the father of Charmaine's twins.

Fine. I get it. There are plenty of days that I'd rather drink a pot of tea, pop some popcorn and watch 43 YouTube videos of strangers renovating a Mediterranean ruin, than go to a friend's house for supper.

**BUT**

the thing is, that social connections aren't actually optional; they're critical to our physical and mental well-being and here's why:

According to many recent studies, social isolation is associated with cognitive dysfunction and, according to the Centers for Disease Control and Prevention, a 50% greater risk of dementia.

Isolation is also associated with anxiety, depression, suicidal ideation, elevated stress hormones, lower resilience, chronic pain, and impaired sleep.

Loneliness affects the immune system and can increase our susceptibility to viruses, impede our ability to heal from an infection, and even reduce the likelihood of an effective immune response to a vaccine.

## MIND

## Community continued...

*Some reminders to inspire you:*

- **On Family & Friends:** Love, security, communication, and a sense of belonging are tremendously important when it comes to your physical, mental and emotional health. Practising family traditions, children living with or near their ageing parents and, grandparents involved in childrearing, cooking, and other family activities, can all lower the disease and mortality rates of the adults and children in the home. Participating in the community, being in a healthy romantic relationship, and having a circle of friends can lower your mortality risk by 45%.
- **On Faith and /or spirituality:** The longest-living people in the world tend to belong to a faith-based community, Surround yourself with people who live by the same or similar values.
- **On Curating your Clan:** Behaviours are contagious (e.g., poor nutrition choices, smoking, excessive drinking, self-isolating, trauma-bonding etc.). Curate social circles that support and inspire healthy mindset and behaviours.

*Some of the many ways to connect with others more:*

Go to a local coffee shop Volunteer at a not-for profit go to a festival

Join a community garden take a workshop Invite your family over for tea

Host a theme party Take a class Organize a block party Have a yard sale Go on a retreat

Host a potluck Get a membership at a community centre or YMCA Smile at a stranger

Have genuine conversations with your servers/cashiers Join a running or cycling club

Chat with your neighbour Invite a group of friends to go skating or cross-country skiing together

Celebrate your birthday! Attend a sip and paint Join a conversational language group

Join a book club Find meet up groups of people who share interests with you





## Castagnaccio

A traditional Tuscan recipe that was typically baked in poor Italian households, and often eaten warm and wrapped in paper on the way to school in the mornings. It is a somewhat unusual dish, in that it's a dessert, but it is not sweet. It's nutritious, simple to make, and great served after a hearty autumn meal with a glass of sweet dessert wine. And it just happens to be vegetarian, vegan, gluten-free and dairy-free.

### Ingredients

- 1 1/2 cups chestnut flour
- 3 tablespoons extra-virgin olive oil
- 1 pinch fine sea salt
- 1/2 cup raisins
- 1/3 cup walnuts (toasted and chopped)
- 1/3 cup pine nuts
- 1 tablespoon fresh rosemary

### Method

- Soak the raisins and the pine nuts for about 10 minutes in warm water, then rinse, drain and set aside.
- Sieve the flour and knead with warm water until the dough is smooth and creamy
- Grease a baking dish with extra virgin olive oil
- Pour the mixture made of chestnut flour and water into the baking tin
- Top the castagnaccio mixture with rosemary needles, pine nuts, walnuts and a drizzle of oil
- Bake at 375 F for about 30-35 minutes

## SPIRIT

# Some of the things that I love about Autumn



*Pumpkin Spice Latte*

Dusk arrives early in the evening, as a gentle reminder and comforting nudge from the sun that it is time to wind down for the day.

Sidewalks are adorned in a royal pallet of deep reds, burnt orange and gold. The ground beneath our feet still damp from last night's rain.

Skies are ornamented with formations of migrating geese; a flight call chorus of quacks, honks and squeaks.

The last of the vegetables are harvested, making room for the autumn gardens to become natural larders of fall berries, fruit and insects for the birds who have yet to fly south.

The Harvest Moon marks a time of balance, transition, completing cycles and letting go of that which no longer serves us. It carries messages of abundance and gratitude, reminding us to take stock of our blessings and the fruit of our efforts.

The low rumble of the oven starts up in anticipation of roasted squash, root vegetables, bubbling lasagna and lentil moussaka, steaming loaves of sourdough and sweet and sticky cakes and cookies; all destined to swell, rise and bake in its hot and welcoming belly.

Soul-soothing memories flood the senses as the warm kitchen air is infused by bay leaves, rosemary and oregano hung to dry, cardamom, cinnamon and nutmeg toasting in a cast iron pan, oranges and grapefruit simmering on the stove, and the steam of healing lemon balm, rose hips and sage steeping

Candlelight hours before bed host a warm glow from the dancing flames that cast flickering shadows on the walls.

The call from within to practice tradition and ritual comes, telling us, it is time to conjure magic.

*Jennifer June xox*



*Toasted Tamari Squash Seeds*





## Life After Cheese

One of the things that people find most challenging to wrap their heads around when transitioning to a plant-based diet, is how they're going to live without cheese.

This might sound dramatic but there's actually some science suggesting that that's a lot harder than it might sound.

Cheese contains the protein casein, which can act as a mild opiate.

Fragments of cheese protein, called casomorphins, attach to the same brain receptors as heroin other narcotics and addictive drugs. As a result, each bite of cheese produces a tiny hit of dopamine. Apparently, this has a calming effect on the baby cows, for which cow's milk is intended, and may not only play a role in the mother-infant bond but also encourage the baby to eat more. And that's fine, for a baby cow who gains 2 – 2.5 pounds a day until they weigh anywhere from 900 – 1500 pounds. That's probably not the goal of the average human.

And speaking of humans, not only is dairy not good for us in that it contributes to a number of health problems, including certain cancers, heart disease, and type 2 diabetes, but it is one of the foods most guilty of causing inflammation.

But it tastes so good! I know, it does. Fortunately, like many addictive foods, it becomes less and less appealing, the longer you go without it. But so many great recipes call for cheese! That's true, and thankfully there are more and more cheese alternatives on the market every day.

I'll be honest, I have yet to find a plant-based cheese that both tastes and feels like dairy-based cheese, and I have eaten A LOT of vegan cheese during that quest. I have found only a couple of cheeses that come really close, but they are usually made mostly of coconut oil or other ingredients that make them a little less healthy than I'd like them to be so I try not to eat them very often.

I have found some oil-free recipes that make an adequate stand-in sometimes though, and they include:

- A mix of ground cashews, garlic powder, and nutritional yeast in place of parmesan on pasta.
- A mix of blanched almonds and soft/semi-firm tofu mashed with herbs to replace ricotta.
- Soaking cubed firm tofu in a lemon and salt brine to replace feta in salads.

For more on life after cheese, check out Season 1 Episode 13 of the [Sweet Vegan Spills the Tea Podcast](#).

PLEASE JOIN US  
*For*  
AN  
**APERITIVO**

**SUGAR PLUM  
SMASH**

An autumn-inspired yet surprisingly  
refreshing  
Mocktail / Cocktail



Recipes in full on pages 16 & 17

## FRENCH ONION SOUP ONIONS

What can I say? They're completely impractical, but delicious and absolutely adorable.



## FIG & ARUGULA SALAD

A very simple salad made of only a few ingredients but full of beautiful complimentary flavours and textures.





# AUTUMN

*Featuring:*

## ACORN SQUASH

stuffed with  
chestnuts  
&  
chestnut  
mushrooms





# ROASTED GRAPE & ALMOND TART

This delicate tart has a delicious frangipane filling and if you lay the grapes carefully on the top they will roast beautifully and pair with the almonds perfectly.



# CURRENT EVENTS



## CURRENTLY READING

### **Always Too Much and Never Enough: A Memoir - Jasmin Singer**

Most people think there's no such thing as a fat vegan. Most people don't realize that deep-fried tofu tastes amazing and that Oreos are, in fact, vegan. So, even after Jasmin embraced a vegan lifestyle, having discovered her passion in advocating for the rights of animals, she defied any "skinny vegan" stereotypes by getting even heavier.

Told with humble humour and heartbreaking honesty, this is Jasmin's story of how she went from finding solace in a box of cheese crackers to finding peace within herself.

## CURRENTLY LISTENING TO

### ***Nothing else matters -Pheobe Bridgers***

From the Metallica Blacklist



# DON'T MISS THIS!



## CURRENT PODCAST EPISODE

*Sweet Vegan Spills the Tea podcast SE02 E03*

**Jasmin Singer**

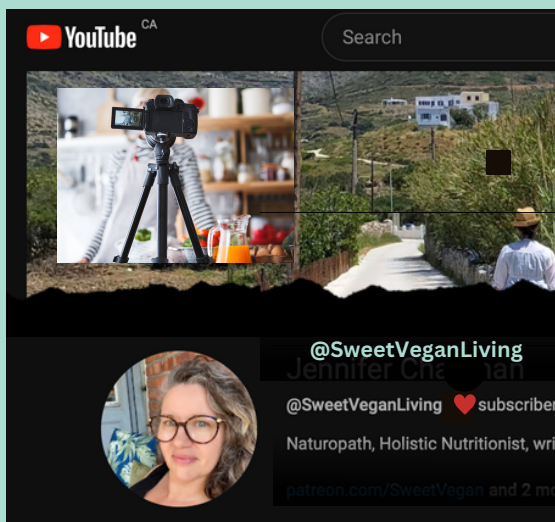
-An Interview

with activist, author, actor, speaker, writer for Veg News, (and so much more) Jasmin Singer

-Where we chat about her book

"Always Too Much and Never Enough", disordered eating, food addiction, "going" vegan, fatphobia, and navigating childhood in a diet-obsessed society.

Available wherever you get your podcasts, and on Youtube!



## BREAKING NEWS:

### New YouTube channel!

I am so excited to announce that next week is the launch of the Sweet Vegan Living Youtube channel! Please show your support by liking and subscribing to the channel and enabling notifications to stay in the know when new videos go up!

<https://www.youtube.com/@SweetVeganLiving>

# Recipes



## Fig & Arugula Salad

### Ingredients:

- 4 cups of fresh arugula
- 3 Fresh figs
- 1/2 cup toasted walnuts
- 1/4 plant-based soft cheese
- Olives
- Olive oil
- Balsamic vinegar

### Method:

- Assemble the arugula, fresh figs, walnuts and cheese in a bowl or on a plate.
- Drizzle olive oil and balsamic on the salad
- Enjoy!



## Sugar Plum Smash

### Ingredients:

- 2 large (4 small) Plums (cut into 4 pieces):
- 1oz Pomegranate juice
- 1/2 oz Lemon Juice:
- 1 oz Orange Liqueur: Orange liqueur **For a Mocktail** use orange juice
- 2 oz Sloe gin (a British red liqueur made with gin and sloes. Sloes are the fruit (drupe) of *Prunus spinosa*, the blackthorn plant, a relative of the plum) **For fa Mocktail** use Sloe berry (or other berry) cordial.

### Method:

- In a cocktail shaker, add half the plums, pomegranate juice and lemon juice.
- Muddle until the plums are fully smashed and juice released.
- Add orange liqueur/orange juice and Sloe Gin/Berry Cordial then fill the shaker 1/2 way with fresh ice. Cover and shake vigorously for 30 seconds.
- Strain into an ice-filled glass filled with fresh ice. Serve garnished with plum slices.



# Recipes



**French onion soup  
served in onions**

## Ingredients:

- 4 large onions (I used white onions)
- 6 cups onion or vegetable broth
- 2 tsp miso
- 1 Tbs Soy (or coconut) aminos
- 1 Tbs extra virgin olive oil
- 1 Tbs butter
- 1 baguette
- 6 slices of melty smoked plant-based cheese (Smoked, Gruyère, Gouda, Swiss etc.)

Salt or seasoning and pepper to taste

## Method:

Preheat oven to 400 degrees F

- Bake the whole unpeeled onions inside a lightly oiled baking dish until tender inside (about 50-60 minutes).
- Remove onions from the oven and set aside until cool enough to handle.
- Scoop insides out of the onions leaving a couple of outer layers intact so that the skin is strong and stable enough to support the soup when you pour it in. This step is optional - Alternatively, you can use oven-safe French onion soup bowls if you'd rather not serve the soup inside the onion skin.
- Place the whole onions into individual oven-safe dishes
- Slice the onion insides thinly.
- In a thick-bottomed medium pot, heat the olive oil on medium heat. Add the onions and toss to coat with the olive oil until they begin caramelizing.
- Increase the heat to medium-high and add the broth, aminos, bay leaves, and thyme. Bring to a simmer, cover the pot and lower the heat to maintain a low simmer. Cook for about 30 minutes.
- Reduce the heat to a very light simmer and add the miso and pepper
- While the soup is simmering, line a sheet pan with parchment paper or foil and preheat the oven to 450°F with a rack in the upper third of the oven.
- Brush both sides of the French bread or baguette slices lightly with olive oil. toast in the oven until lightly browned, about 5 to 7 minutes. Remove from oven.
- Ladle soup into each onion skin or empty bowl and transfer one toast, topped with a slice of cheese onto the top of each serving.
- Place under the broiler at 350° F, just until the cheese bubbles and is slightly browned.
- Serve and Enjoy!



## Acorn Squash stuffed with Chestnuts and Chestnut mushrooms

### Ingredients:

- 2 medium-sized acorn squash
- 1 1/2 tbsp olive oil
- Salt and pepper
- FOR THE FILLING:
- 2 tbsp. olive oil
- 3 sage leaves, chopped tiny
- 1 cup Baby Bella mushrooms, chopped
- 1 cup Chestnut mushrooms (optional)
- 8 peeled ready to eat roasted chestnuts
- 2 stalks of celery, diced
- 1 onion, chopped
- 2 cloves garlic, finely chopped
- 1/4 cup dried currants or raisins (optional)
- 2 Tbsp nutritional yeast
- 1 tbsp fresh thyme, chopped plus more for garnish
- 1/2 tsp salt
- 1/2 tsp ground black pepper, plus more for garnish
- 1 1/2 cups cooked rice
- 1/2 cup vegetable broth
- 1 cup plant-based cheese (optional) I used feta.

### Method

- Preheat the oven to 400°F.
- Cut the squash in half, through the stem. Scoop out the seeds and fibrous center. Place on a baking sheet cut-side up. Brush with olive oil and sprinkle generously with salt and pepper. Roast for 30 minutes. Flip each half over, placing them cut side down, and continue to roast for 15 minutes or until very tender.
- When the squash is cool enough to handle, evenly scoop about half of the flesh of each squash and set aside.
- While the squash is roasting, heat 1 tablespoon of olive oil in a large skillet on medium-high. Add the sage and cook for 30 seconds or until dark green. Add the mushrooms to the skillet. Cook until tend, then transfer to a bowl and set aside.
- Add the remaining 1 tablespoon of oil to the skillet. Add celery, onion, garlic, thyme, salt, and pepper. Cook until the onions are softened. Be mindful not to let the garlic burn.
- Stir in the cooked rice, squash, vegetable broth and nutritional yeast until well combined.
- Stir in the dried currants, and the mushrooms and sage mixture.
- Let simmer for a couple of minutes then remove from the heat.
- Divide the filling among each squash half. Sprinkle with plant-based cheese. Bake in a 350°F oven until the cheese is melted and everything is warm throughout (15-20 minutes).
- Garnish with more fresh thyme leaves and black pepper before serving.



## Roasted Grape & Almond Tart

### Ingredients:

#### Crust (you can use a store-bought crust if you prefer)

- 1 1/2 cups flour
- 2 tablespoons granulated sugar
- 1/4 teaspoon sea salt
- 3 ounces plant-based butter cold and hard, cubed
- 1/4 cup ice water

#### Filling

- 1/3 cup plant-based butter
- 1/3 cup agave
- 2/3 cup almond flour
- The equivalent of 1 egg (I used Just Egg)
- 1 1/2 teaspoons vanilla extract
- 3/4 cup grapes removed from stem

### Method

#### Crust

- In a medium bowl, mix together the flour, sugar, and salt, until combined.
- Use a pastry cutter or two butter knives to cut in and combine the butter with the flour until the mixture is crumbly.
- Add the water and stir to combine, then knead the dough with your hands for 10 seconds until it comes together. If the dough sticks together when you grab it and squeeze it in your hand, it's fine. If it falls apart, add another tablespoon or two of water.
- Transfer the dough to a clean surface, pat it into a circle, cover it, and place it in the freezer for 15 minutes.
- Preheat the oven to 350 degrees Fahrenheit. Roll out the dough and transfer it to a greased 9-inch tart pan, trimming off any excess edges. Use a fork to poke holes all over it and set it aside.

#### Filling

- In the bowl of a stand mixer fitted with the paddle attachment, beat together the butter and agave at medium-low speed until smooth and fluffy. Add the almond meal and beat until combined. Add the egg replacer and vanilla extract and mix until incorporated.
- Empty the filling into the tart pan, and evenly distribute the grapes on top of the surface of the filling. Do not push them down or they will sink into your cake.
- Bake until the top of the tart is golden brown and the grapes burst and wrinkle slightly, about 35 to 40 minutes. Keep a close eye on it. Remove from the oven and allow to cool completely before slicing and serving.





# Would you like to work with me?

I am a Holistic Nutritionist / Nutritherapy Practitioner, Certified vegan health nutritionist and Naturopath.

Changing the way I eat has made a world of difference in my life, and literally gave me a new lease on life. I am deeply passionate about sharing tools, knowledge, and resources and I'm here to encourage, support, and help others integrate comprehensive change in their lives.

I offer workshops and one-on-one custom coaching for anyone looking to embark on a healthier lifestyle. While I specialize in plant-based health and gut health, I do work with clients with all dietary habits, without judgment, and without any agenda other than helping to empower them to reach their personal health goals.

Whether you want to simply lean into healthier nutrition choices, explore current symptoms and work on a customized plan to get to the root of the problem, or switch completely to an entirely plant-based diet; We will work together as a team to identify personal achievable goals and work towards sustainable, long-term changes to ensure your success and guide you on the path to a healthier you!

To schedule an assessment and review of your general diet and lifestyle with a Nutritherapist / Holistic Nutritionist, and receive personalized recommendations, protocols, and coaching to help you reach your health goals.,

[CLICK HERE](#)

**Payment plans are available.**

**Receipts are automatically provided** but please note that everyone's medical insurance policy is different. In some cases, your insurance provider may not allow claims for Nutrition or Naturopathy.

Please feel free to contact me for details at [jenniferjunechapman@gmail.com](mailto:jenniferjunechapman@gmail.com)





# *Happy Autumn*

*From Jennifer June  
and  
the Sweet Vegan team*

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Podcast: [Sweet Vegan Spills the Tea](#)