

SWEET VEGAN SPILLS THE TEA - OCTOBER 2022 | ISSUE NO.9



Spills the Tea
Magazine



HELLO
Autumn

Making Autumn Magic



Nurturing my physical, mental, spiritual and creative health is a joyful experience, and I am worth the time and energy spent healing.

This is a message I often write myself at the end of my morning pages.

Autumn is the perfect time to remind ourselves of this. It is the time of year when there is a shift from the summer free-for-all or vacation vibes, back to school or work, homesteading and nesting, preparing for hibernation or at least inward reflection.

I sometimes forget how much I enjoy taking care of myself. I sometimes forget that it is more than just a chore; that is an act of creation and a series of rituals. And I LOVE rituals.

Rituals are tea ceremonies, reading oracle cards and making tinctures and topical ointments. But there is a ritual to simmering soups and stews, meal prep, baking bread, running a bath, and even organizing and cleaning a space in your home.

Rituals are simply taking anything you do, and making all of these things feel sacred; making magic.

When I'mwhelmed or overtired I tend to slip; I switch into automatic function and let life happen to me, instead of living it as an active participant. I forget.

My wish for you this autumn is that you take some of the things that you do automatically in a day, things that maybe feel like a chore more than an act of self-care, and turn them into a ritual instead. Make some autumn magic happen.

Jennifer June

FOR YOUR HEALTH

Boost Your Immunity



Your immune system is a fierce and magical beast. It is up against some serious threats on a day to day, and it defends and protects you like a warrior.

The thing is... it's hard for your immune system to work at full capacity when it is being assaulted by things like pesticides and other toxins, smoking, excessive alcohol, poor sleep quality, stress, lack of exercise, and/or a diet low in fiber, and high in refined flour and sugars, fats, animal products, and processed foods.

Wait... what does diet have to do with the immune system?

Everything!! And I'm not just talking about vitamins either; You can take all the **vitamin C** you want, (that's not actually true, the upper limit is about 2000 mg per day), but if your diet is working against you, the vitamins you take won't make much difference.

DID YOU KNOW?

Between 70% and 80% of your immune system resides in your gut.

That means that:

Gut dysbiosis = a compromised immune system



Healthy gut microbiome = optimal immune function

FOR YOUR HEALTH

Boost Your Immunity

Continued...

Refined flours and sugars, animal-based foods and processed foods are full of saturated fats that induce and increase inflammation throughout your body, and weaken the lining of your digestive system, contributing to gut dysbiosis.

The best thing you can do for your gut is to eat a high-fiber whole-food diet, and the foods that are highest in fiber are whole plant-based foods, including vegetables, fruits, whole grains, legumes, nuts, and seeds.

It's important to eat a wide variety of them also because they contain different vitamins, minerals, antioxidants and phytochemicals that work in synergy, AND because different gut bugs eat different foods. It's important to feed all the healthy gut bugs, in order to avoid undergrowth and overgrowth.

So, if you always eat Boston lettuce in your salads, alternate a little with spinach, arugula and kale. If you only eat yellow potatoes, try sweet potatoes once in a while.

Is basmati rice your go-to grain? Love it! Do you know what else is tasty? Quinoa, millet and barley. Experiment! Get freekeh! Literally, freekeh is delicious.

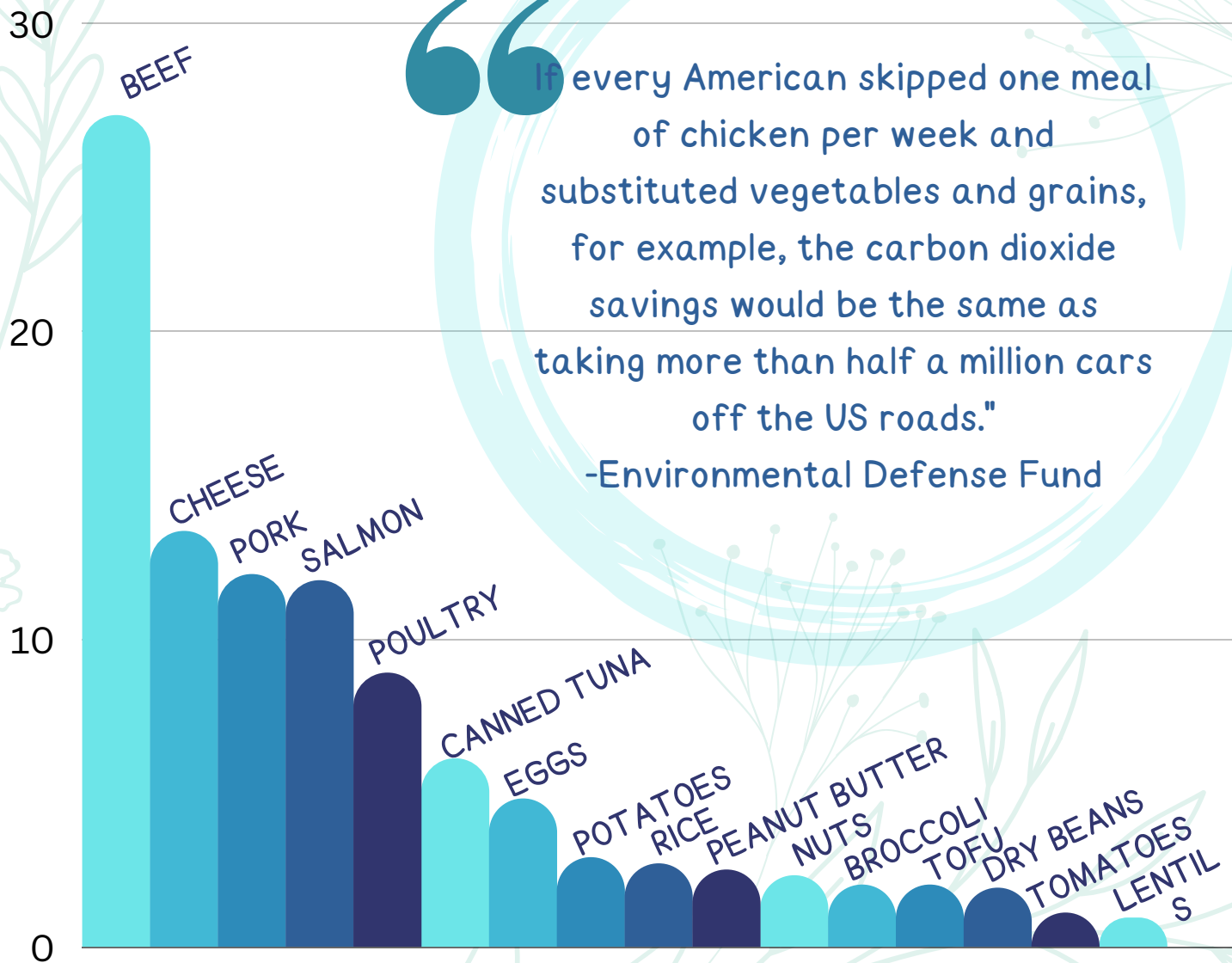
Challenge yourself to try and eat one new plant-based whole food a week. You might discover some new favourites!

Eating a whole-food, plant-based diet does not make you superhuman, (I mean... it still does in my eyes though) but it does strengthen your immune system and significantly reduces the risk of getting sick. And, in the event that you do catch a nasty bug, it can reduce the duration and severity of your symptoms dramatically.

Not all foods are created equal, and not all food creation has equal impact on the climate.

FOR THE ENVIRONMENT

KG  Emissions



“If every American skipped one meal of chicken per week and substituted vegetables and grains, for example, the carbon dioxide savings would be the same as taking more than half a million cars off the US roads.”

-Environmental Defense Fund

FOR THE ANIMALS

Mother's



I overheard some colleagues discussing cheese the other day, and one of them said

"I hate goat cheese, it tastes like it's made from mother's milk".

I laughed and responded, all milk that isn't plant-based, is mother's milk. "No, I know that," she replied, "but you know what I mean, *breast milk*."

"All milk that isn't plant-based milk *is* breast milk" I replied. And the subject was quickly changed.

More and more clients who come to me, tell me that they're lactose intolerant. When I first started practising as a Nutritherapy Practitioner I used to just smile and nod, jotting it down in their file, and maybe reassure them, "yeah, that's really common" or "most people are". The last few times I just told them quite frankly, "...because you are not a baby cow".

First of all, dairy products are some of the most inflammatory foods you can possibly eat/drink. Milk and milk products are also one of the top sources of saturated fats, contributing to heart disease, type 2 diabetes, and Alzheimer's disease.

Studies have also linked dairy to an increased risk of breast, ovarian, and prostate cancers.

in fact, A 2017 study funded by the National Cancer Institute that compared the diets of women diagnosed with breast cancer to those without breast cancer found that those who consumed the most American, cheddar, and cream cheeses had a 53% higher risk for breast cancer.

And research funded by the National Cancer Institute, the National Institutes of Health, and the World Cancer Research Fund, found that women who consumed 1/4 to 1/3 cup of cow's milk per day had a 30% increased risk of breast cancer. One cup per day increased the risk by 50%, and 2-3 cups were associated with an 80% increased chance of breast cancer. But the study cites research showing that vegans, but not lacto-ovo-vegetarians, experience less breast cancer than nonvegetarians.

But... what about calcium and vitamin D?

FOR THE ANIMALS

Mother's Milk cont...

For strong, healthy bones, it is really important to have enough calcium and vitamin D. However, animal products actually leech calcium from bones.

And regardless of what milk marketers would have you believe, vitamin D is not naturally occurring in dairy milk, it is added to it.

What does this have to do with the animals?

Oh, that? Well, in order for a female (human, cow, goat or any other mammal) to produce breast milk, she needs to get pregnant. So in order for a dairy farmer to produce milk, they must impregnate their cows.

Being pregnant and giving birth is one of the most profound experiences for human mothers. However, on factory farms, cows are artificially inseminated so that they give birth every year, their babies are then removed from their mothers almost immediately after they are born, and fed formula so that the milk their mothers produced for them can be sold to human consumers instead.

Despite what the dairy industry will have you believe, these separations really do cause serious emotional stress and trauma for mothers, and their babies, who are often heard bellowing in grief for several days afterwards.

Mother cows are milked every day following birth and are given a break of about 2 months before being inseminated again.

Because of the extreme strain of these demanding production schedules, cows' bodies begin to break down after only a few years of life, rendering the cow "useless", so she is sent to the slaughter house.

Hence the vegan motto:

Not your mom. Not your milk.

FOR THE ANIMALS

Food for thought

"The reproductive abilities of women and other female animals are controlled and exploited by those in power (usually men) and both are devalued as they age and wear out—when they no longer reproduce. Cows, hens, and women are routinely treated as if they were objects to be manipulated in order to satisfy the desires of powerful men, without regard to females' wishes or feelings."
— Lisa Kemmerer



SOMETHING ELSE

Shed your Leaves

Every autumn,

deciduous trees drop their leaves in survivalist anticipation of the cold dry winter ahead.

The main function of a leaf is to produce food for the plant by photosynthesis, but during the winter when trees are dormant this process is not active.

So to help stop the loss of water they will shed their leaves and seal off the opening where they were once attached.

As the warm days are fewer and farther between, and the days get shorter and darker, you may find yourself tiring more easily. You may find yourself craving more quiet moments to yourself. You may find that expectations from others, which may have seemed reasonable in the past, now feel draining or even exhausting. You may notice an instinct to pull back and slow down.

Are there extra tasks or activities that can be shed and replaced by nourishing and restorative activities instead?

Can some of your time shift from being moments of rushing, stress and unnecessary obligation, to moments spent...

- Taking deep breaths on a leisurely autumn walk
- Cosying up in a favourite sweater and making a bonfire in the backyard
- Making a soothing cup of healing tea or comforting cacao and cracking open a book.
- Taking a hot bath with Epsom salts by the light of a favourite scented candle.
- Pressing or printing some of the beautiful leaves that a nearby tree has shed, and hanging it somewhere you will see it, to remind you to preserve your energy also?



AUTUMN

Featuring:

**SALTED CARAMEL
GINGER CAKE
WITH PEARS**

Recipes in full on pages 15-16

HARVEST SALAD

I didn't capture this one very well but trust me it was delicious and nourishing, from the warmth of the autumn squash and walnuts, to the sweetness of the pears and pomegranates. To turn this salad into a hearty harvest bowl, serve over half a cup of your favourite cooked whole grains, such as brown rice, quinoa or freekeh.



PUMPKIN POLENTA WITH SHIITAKE MUSHROOMS AND SAGE

Creamy, rich, and comforting polenta with fall flavours and a boost of Vitamin A, potassium, and vitamin C!

Recipes in full on pages 15-16

SALTED CARAMEL CAKE WITH POACHED PEARS

Despite my obsession with the Great British Bake Off, and my desperate desires, I'm not a baker, by any stretch of the imagination. BUT that only means that when you bake this cake it will turn out 10 times more beautiful than mine. :)



APPLE GINGER SMASH

I mean... Apple Ginger and Cinnamon. Super cozy ingredients combined to create a surprisingly refreshing cocktail.



CURRENT EVENTS

I'M NOT **NAKED** (anymore)



Memoirs of a Contemporary Jezebel

SONYA CÔTÉ

CURRENTLY READING

I'm not naked anymore

Singer, Actor, Stripper, Mother, Mentor
I'm Not Naked is a collection of wild polyester tales from stripper stages to swish cabaret lounges, from film sets to silky adventures through sexual minefields.

Part creative memoir, part confessional and wholly authentic; it's raw, witty and uproariously funny. Sonya is either slaying dragons or sprinkling fairy dust in each of these chapters. *(G-string and pasties not included)

A great read from one of Canada's most celebrated and respected artists.

CURRENTLY LISTENING TO

Carla Bruni's *Quelqu'un m'a dit* was released in 2003, but it has been in my playlist ever since. Also, I've been feeling a little nostalgic lately.



DON'T MISS THIS!



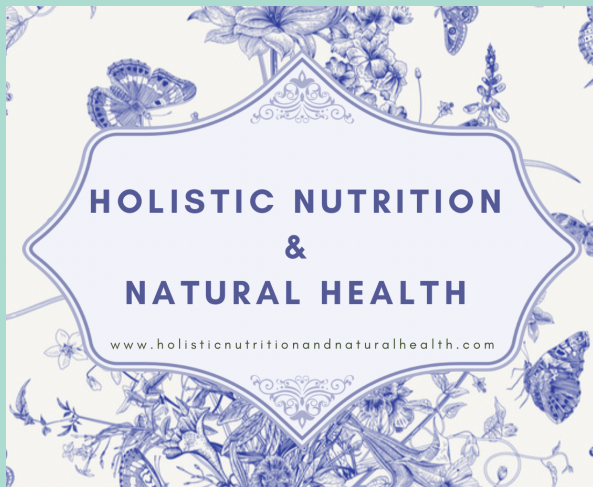
PODCAST

Life after Cheese

On Season One, Episode 13 of Sweet Vegan Spills the Tea - Life after Cheese -

we're talking about the salt/sugar/fat trap, breaking up with the foods we love to hate, plant-based alternatives to your favourite non-vegan comfort foods, and of course... cheese.

Available wherever you get your podcasts, and on Youtube!



NEW NUTRITHERAPY / HOLISTIC NUTRITION WEB SITE

That's right! In addition to plant-based nutrition and vegan lifestyle coaching, I am also a Holistic Nutritionist / Nutritherapy Practitioner.

Omnivores, vegetarians, pescatarians, flexitarians, and vegans (did I miss anyone?) are all welcome. I am not here with any agenda other than to help you reach your health and wellness goals, by helping you learn how to take charge of your nutritional health. To learn more, visit HolisticNutritionandNaturalHealth.com

For more information about plant-based nutrition and my nutrition coaching services, email me at sweetvegancoaching@gmail.com

To book your free 15-minute health & wellness call, visit:

[Holistic Health & Nutrition Consult Calender](#)

Recipes



Harvest Salad

Ingredients:

- 1 delicata or acorn squash halved, seeded + cut into circles
- 2 tablespoons olive oil
- 2 tablespoons maple syrup
- 1/2 teaspoon Ground Cinnamon
- pinch of Cayenne Red Pepper if you like heat
- salt + pepper to taste
- 1 1/2 cups baby kale
- 1 pear, cored + thinly sliced
- arils from 1 pomegranate
- 1/4 cup toasted pumpkin seeds
- 1/4 cup toasted walnuts
- 1/2 cup colourful cherry tomatoes
- 1/4 cup crumbled vegan cheese *optional

Turmeric Tahini Dressing

- 1/4 cup tahini
- 2 tablespoons lemon juice
- 1 tablespoon apple cider vinegar
- 2 tablespoons olive oil
- 1/2 teaspoon Ground Turmeric
- Salt + pepper to taste

Method

- Preheat the oven to 425 degrees F.
- On a baking sheet, toss together the squash, olive oil, maple, cinnamon, cayenne and a good pinch of salt + pepper. Place in the oven and roast for 25-30 minutes, tossing twice throughout cooking until the squash is tender and lightly caramelized.
- In a large bowl, combine the roasted squash, kale, pears, tomatoes,, pomegranate arils, walnuts and pumpkin seeds. Gently toss to combine.
- Top the salad with the vegan cheese. Serve warm or at room temperature.

Turmeric Tahini Dressing

- In a blender combine the tahini, turmeric, lemon juice, apple cider vinegar, turmeric, salt and pepper. Add 2 tablespoons water and blend until smooth, adding water to thin the dressing until it is pourable. Taste and adjust salt + pepper to your liking.

Note: for a hearty harvest bowl, serve over half a cup of your favourite cooked whole grains, such as brown rice, quinoa or freekeh.



Pumpkin Polenta

INGREDIENTS

- 1 small butternut squash, *cut into cubes*
- 2 teaspoons olive oil
- 2 teaspoons vegan butter
- 1/2 medium yellow onion, *finely minced*
- 2 cloves garlic, minced
- 1 cup polenta
- 4 cups plant-based milk
- 1 teaspoon sea salt
- 4 tablespoons vegan soft tangy ("goat" style) cheese
- 4 cups spinach
- 1/4 cup canned pureed pumpkin, *not pumpkin pie mix*
- 1 teaspoon dried sage
- 1 sprig of fresh sage
- 1/3 cup fresh shiitake mushrooms

Method

Preheat oven to 425 degrees. Line a baking tray with parchment paper. Put the butternut squash on the tray and toss it with 1 teaspoon of olive oil. Roast the squash in the oven for 25-30 minutes, or until it is tender.

- Add the remaining teaspoon of oil to a medium-sized pot over medium-high heat. Add the onion and cook, stirring occasionally, until it is soft and brown, about 8 minutes. Add the garlic and cook for one more minute.
- Add the polenta, milk, and sea salt to the pot with the onions and bring it to a boil then reduce the heat to a gentle simmer. Cook the polenta, stirring occasionally until it resembles thin mashed potatoes, about 12-15 minutes. Stir in the cheese, spinach, pumpkin, sage, and roasted butternut squash. Season to taste with sea salt.
- Meanwhile, put a nonstick frying pan on the stove and melt the butter on medium. Add the fresh sage, mushrooms and 1 clove of minced garlic to the pan and sauté gently until the mushrooms are tender and the sage is crispy.
- Serve the polenta garnished with a few mushrooms and sage leaves.



SALTED CARAMEL CAKE WITH POACHED PEARS

Ingredients

- 2cm piece ginger, grated
- 3 pears, grated over a sieve, reserving the pear juice for the caramel, 1 peeled, cored and chopped (do this when about to decorate)
- 360g self-raising flour
- 1 tsp ground ginger
- ½ tsp turmeric
- ½ tsp nutmeg
- ½ tsp ground cardamom
- ½ tsp cinnamon
- 1 tsp baking powder
- The equivalent of 4 eggs (store-bought or homemade)
- 200g golden sugar
- 150g light brown muscovado sugar, sieved
- 50 g white sugar
- 150ml vegetable oil
- 120g plant-based yogurt
- 25g whole walnuts
- 25g pecans
- 30g candied ginger, roughly chopped
- ¾ cups pear compote

Pear-salted caramel

- 50g unsalted plant-based butter
- 50ml reserved pear juice
- 150ml natural apple juice
- 100g light brown muscovado sugar
- 1 tbsp heavy plant-based cream
- generous pinch of sea salt

Poached Pears

- 3 ripe, firm pears
- 350g caster sugar
- ½ vanilla pod, seeds scraped out
- 1 cinnamon stick
- 5cm piece ginger, grated (about 2 tbsp)

Method

STEP 1

- Peel the pears, leaving the stalk intact. Place them in a lidded pan big enough for them to stand snugly. Add water: they should just be covered. Remove the pears; add 300g caster sugar, the vanilla pod and seeds, the cinnamon stick and grated ginger.
- Heat gently to dissolve the sugar, then add the pears back in and bring to just below simmering. Cover and poach for 2 hrs or until the pears are tender. Set aside to cool, then refrigerate in the liquid overnight to steep.
- The next day, remove the pears from the syrup and set them aside.

STEP 2

- Heat oven to 195C/175C fan/gas 5 ½. Butter and line the base of three 20cm round cake tins.
- Add the grated ginger to the grated pear and push down with a wooden spoon to squeeze out as much juice as possible.

STEP 2

- Mix the flours, spices, baking powder and 1 tsp salt in a bowl. In a stand mixer, vigorously whisk the egg replacer and sugars for 3 mins until thick and frothy. Slowly pour in the oil in a steady stream. Turn the speed down, then add the flour mixture, 2 tbsp at a time, alternating with the yogurt, until incorporated. Mix in the grated pear (for no longer than 20 secs). Divide the mixture between two tins and bake for 25-30 mins or until a skewer inserted comes out dry.

STEP 3

- For the caramel, heat the pear juice and apple juice in a pan until reduced to about 50ml. Add the sugar and butter and whisk to a smooth caramel, then add the cream and whisk again until smooth. Add sea salt and allow to cool slightly to just warmer than room temperature.

STEP 5

- Meanwhile, for the candied nuts, line a tray with parchment paper. Put the remaining 50g sugar in a small frying pan with the nuts and 2 tbsp water. Heat over medium heat for 3-4 mins, stirring all the time, until the sugar dissolves and the liquid evaporates, leaving an almost clear sticky coating over the nuts. Pour onto your prepared tray and quickly separate the nuts using 2 forks – **caution, they will be very very hot!** Set aside for 10 mins to cool and harden.

STEP 6

- Place the bottom layer of the cake on a platter or cake stand, spread a thin layer of pear compote and scatter over a third of the chopped pear. Repeat with the next two layers.
- Pour the caramel over the top of the cake, and allow it to drip down the sides. Scatter with candied ginger and nuts and top with poached pears.

PLEASE JOIN US
For
HAPPY
Hour
Good COCKTAILS Times
FEATURING



Apple Ginger Smash

Ingredients

- 1/2 a semi tart and crisp apple, roughly chopped
- 2 tsp maple syrup
- 4 oz bourbon
- 1/2 oz lemon juice
- 1/8 tsp ground cinnamon
- Sparkling water
- Garnish: apple slices, cinnamon sticks

Method

- Add apple and maple syrup to a cocktail shaker. Muddle until completely smashed and liquid is released.
- Add bourbon, lemon juice, and cinnamon. Fill the shaker with ice and shake well until chilled all the way through.
- Strain into rocks glasses filled with ice. Top with sparkling water and garnish with a few slices of apple and cinnamon sticks.



About Jennifer June

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

I have been a vegetarian for 33 years, and vegan for 11.

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 or to 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 decide if health coaching is right for you, I invite you to schedule a free initial consultation with me, during which we will discuss your health and lifestyle to determine how I can best support you in achieving your goals.

Please feel free to contact me for details at sweetvegancoaching@gmail.com

Happy Autumn

*From Jennifer June
and
the Sweet Vegan team
(and Tallulah)*