

SWEET VEGAN SPILLS THE TEA - SUMMER 2023 | ISSUE NO.11



Spills the Tea



HELLO

Summer

2023



For real

Tallulah is not
a fan of camping

For the longest time, when people spoke of toxic positivity, I could think of very few examples of how being overly positive might be harmful to anyone. In fact, I felt quite certain that the only thing keeping people from being happy (generally speaking) was their mindset.

Worse than that, I secretly felt that (generally speaking), people who believed in toxic positivity were just chronically negative people who wanted excuses to leak their shitty attitudes on the people around them; people who, under the guise of authenticity, (as though it would be disingenuous not to impose their victimhood, yeah-but, why me? mentality on the rest of us), simply wanted to lash out without any concern or accountability taken for how they might be affecting the rest of us.

No, I did not have an epiphany or realization that positivity is the venomous cause of self-doubt, feelings of inadequacy and generalized anxiety disorders around the world. I do feel that we, as a society, tend to take things for granted more often than we express gratitude. And I do feel that people should be more mindful of the energy that they put out into the world because I do believe in social responsibility and doing as little harm as possible and all that good stuff.

And, as a Naturopath, I know for a fact that a negative attitude will harm us more than it will heal us.

But

For real cont...

I have noticed more and more lately, through listening to others, and also through some of my own recent personal experiences, how it is almost a knee-jerk reaction for a lot of us to intercept genuine feelings of discomfort or even grief with an "Ah ah ah! Don't be ungrateful/negative/draining." Because it could be worse/others are suffering more/every experience is a learning experience.

And to be honest, I'm pretty sure that also harms us more than it heals us.

We went camping last weekend, which I was looking very forward to, but unfortunately, we were caught in a torrential downpour soon after we arrived. We panicked, hung tarp, dug trenches in the earth to guide the streams of water away from our tent, and moved the tent higher up and under the protection of the trees, but eventually, we accepted defeat and ran for shelter in the car. The windows were entirely steamed up, the dog was entirely unimpressed, and we sat naked and drenched, wrapped in damp beach towels, drinking wine from stainless camping goblets and watching Succession on a tablet. We were disappointed but saw the humour of it all. We laughed and felt quite pleased with ourselves for snuffing out disappointment and finding joy in the moment. Yay us. For real. Because even if it wasn't ideal or what we had hoped for, it was just rain and we're not made of sugar and we didn't melt.

Fast forward to this past Thursday: I hadn't seen the pothole in the street before stepping off the curb to get into the car. I just felt a sudden strange snapping sensation and crumbled to the ground. I have what I like to think is a pretty strong threshold for pain. I rarely yell when I'm hurt. I usually just swear and follow with "It's ok, I'm fine, it's fine". Thursday I heard myself scream out loud and it startled me, as though it was coming out of somebody else's mouth. The first words to leave my lips after that scream were "I need to go to the hospital".

On the way to the hospital, I stared down at my ankle watching it instantly inflate. I took deep breaths, tapped nervously on the window, and calmly asked myself what lesson there was to be learned from this but before I could complete the thought a voice inside my head interrupted, "Shut up! Shut the f*&^k up. Shut up! There is no lesson other than look where you are f*&%ing going. You don't need to be zen, or grateful or look for the silver lining here.

You are allowed to be hurt and angry. It's ok that some things happen for no reason. And it's ok to admit that even though somebody somewhere has it harder than you, the shitty thing that just happened to you is shitty and isn't fair and you don't like it." And then, the strangest thing happened. The swelling reversed, the bruising disappeared and the pain vanished.

For real cont...

Just kidding, it still hurt like hell, but honestly and truly the pain became somehow much more bearable. I don't know what happened psychologically or chemically or magically, but somehow by not trying to stuff my feelings of fear and frustration down, and simply allowing myself to feel my feelings, the anxiety faded and the tension released, and I was left with nothing more than the shock and pain of the injury itself.

I don't know if this makes sense, but I don't know how else to explain it other than to say that by taking the pressure off of myself to *be* ok with it, I was able to genuinely feel that I was in pain, without liking it and without fighting it. And I was also able to genuinely feel that I really was ok.

While there is too much swelling for the doctor to determine yet whether the ligaments are torn to the point that I'll need surgery or not, the x-rays indicated that no bones are broken. And for this, I am actually and truly grateful, for real. For real real. My mantra every time I start to feel sorry for myself is "I'm just grateful it's not broken. I'm just grateful it's not broken." But it's still not fair, I don't like it, and I am disappointed and very very uncomfortable. For real.

Yay me!

While I still do not advocate dwelling on the past, drowning in self-pity, or shitting all over the ones you love (or even the ones you dislike), I do rate allowing yourself to feel your feelings (even if they are feelings of sadness or disappointment or grief) an A+ 10/10 and would highly recommend. And I promise you, if you try it, it will heal you more than it will harm you. For real.



Jennifer June xox

P.S.

Turns out the ER doctor was wrong, my foot is broken and so is my ankle. Had a CT scan and the jury is out on whether it is operable or not... whatever that means.

So... I'm in the market for a new mantra if anyone has any suggestions.

BODY

Recipes for Summer Self- Après soleil Care

Calendula, rosehip and the essential oils of lavender and rose geranium have powerful restorative properties that help to accelerate the healing of burns.

Apply after sun exposure. Can be used in combination with 100% natural aloe gel.

Ingredients:

45 g Shea butter
15 g Rosehip oil
12 g carrier oil *infused with Calendula
35 drops lavender essential oil
35 drops rose geranium essential oil
6 drops of vitamin E

*

Method:

In a double boiler melt the shea butter, the carrier oil and rosehip oil. Remove from heat. Incorporate the essential oils and the vitamin E. Mix thoroughly pour into the jar and allow to cool completely.

*Carrier oils dilute the essential oils and help “carry” them into the skin. Carrier oils are usually vegetable oils, such as coconut, avocado, grapeseed, jojoba, almond, rosehip, and evening primrose.

FYI

Storing your natural product in an amber glass jar will protect against light damage, and block UV from degrading your product prematurely.

BODY

Summer Self-Care cont...



Insect repellent

I don't know about you but mosquitoes are freaking obsessed with me. Not everyone reacts as strongly as others to bug bites but I haven't met anyone who doesn't find them extremely annoying at best. And they are so good at finding us. The air can be completely clear of them one minute, but then the second you step out of your tent, they come swarming.

Some locate us by the carbon dioxide we exhale; others pick up on our scent, body heat, vibrations, or even the colours we wear. It's true!

Lighter colours are allegedly less interesting to mosquitos than darker shades, wI have read contradicting information about ticks some swear that they are more attracted to dark colours, while others say the opposite. I don't know, I'm not a tick.

What I do know, is that one way to make yourself less attractive to insects is to avoid using fragrant products like scented soaps, lotions, perfumes, hairspray etc, and. Instead, use scents that block their receptors or repel them.

- Mosquitoes really dislike citronella, lemon eucalyptus, basil, and garlic.
- Ants and flies are not big fans of mint, basil, and bay.
- Ticks and lice avoid lemon eucalyptus and geranium.
- Tiny gnats that love to fly up your nose or right into your throat when you're cycling or running, are repelled by citronella, lemongrass, and rose geranium.

DIY Insect Rellent recipe:

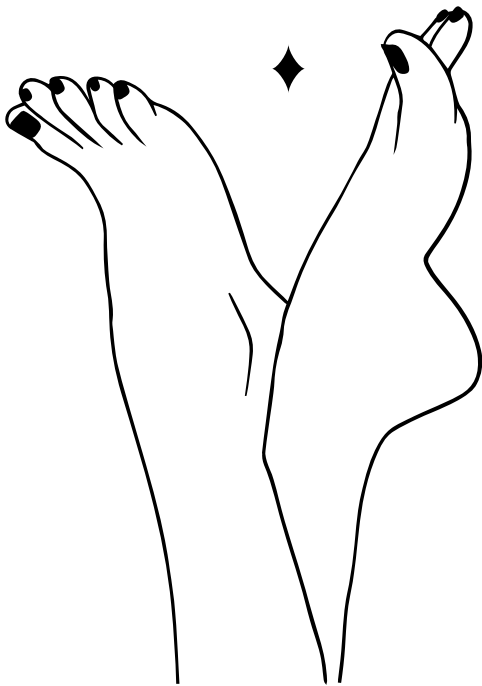
- 2 cups witch hazel or alcohol
- ½ tsp. catnip oil
- 10 drops lemon eucalyptus essential oil
- 10 drops geranium essential oil
- 10 drops Virginia Cedarwood essential oil



You can use a combination of repelling essential oils of your choice but **be careful not to use more than 6 drops of essential oils to every ounce of carrier liquid (Witch hazel or alcohol) to avoid irritating your skin.**

◆ BODY ◆

Summer Self-Care cont...



Anti-Fungal Spray

FUNGAL INFECTIONS ARE MOST OFTEN A SYMPTOM OF AN INTERNAL PROBLEM, THIS SPRAY IS MEANT TO PROVIDE SOME RELIEF, BUT IT IS NOT A GUARANTEED CURE. IT DOES NOT REPLACE A CONSULTATION WITH YOUR NATUROPATH OR OTHER MEDICAL PROFESSIONAL.

Fungal issues can be embarrassing but they are really common. This natural remedy not only works, but it smells and feels great. Combine the following ingredients in a spray bottle:

- 2 ounces pure aloe vera gel
- 1 ounce jojoba oil
- ½ ounce olive oil
- ½ ounce apple cider vinegar
- 10 drops lavender essential oil
- 2 drops peppermint essential oil (optional)
- 5 drops Rosemary oil
- 5 drops tea tree oil
- ½ ounce witch hazel

Store the spray in the refrigerator to provide a cooling sensation upon use. Spray onto the affected area (and allow to air dry completely) 2–3 times daily.

If you experience any irritation, please discontinue use or further dilute with olive oil and aloe vera and try again.

BODY

Woman Owned All-Natural Product Highlight

BECUZ – a brand that transforms daily hygiene into an indulgent self-care ritual.

This brand new line beginning with cold process soaps is the brainchild of visionary/ founder Cloee Cuzner and sets the stage for her undeniable creativity, gorgeous esthetic, and unwavering dedication and passion for minimal/zero waste living, natural health and wellness, and organic, sustainable, and ethically sourced ingredients.

From the soaps and suds to the balms and bars, BECUZ products truly nourish your body mind and spirit. WWW.BECUZ.CA



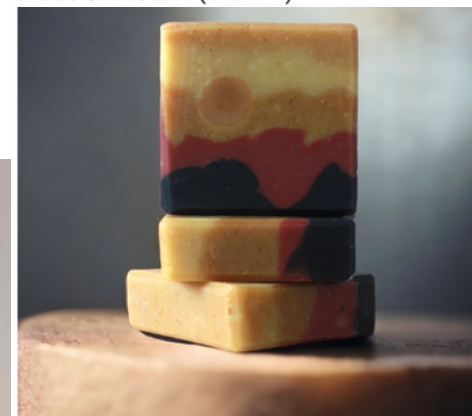
Pink Rose Scrub



Lemon Loaf



Citrus & Cream (NEW !)



Desert Sun



Becuz^o
NATURE



PALM OIL-FREE
Sustainably sourced



ECO-FRIENDLY
Environmentally friendly



100% ORGANIC
certified non GMO or BPA



CRUELTY-FREE
Not tested on animals

MIND

How to be a perfect Vegan

**Ready to be a perfect vegan?**

Well, you can't. It's literally impossible, not just because you probably step on thousands of tiny insects every time you leave the house - or if you're me, squash them dead when they try to bite you (hi mosquitoes, I have zero compassion for you sorry-not-sorry because you're obsessed with me and you eat me alive) - but also because the way this world works is so flawed that it is literally impossible for the average on-the-grid urban dweller to even know if many of the things we use in a day are vegan or not, let alone avoid them.

FYI

For example, I just found out this week that the majority of tires are manufactured using stearic acid, a chemical compound that enhances flexibility, strength and grip in the rubber. Stearic acid is predominantly derived from tallow, which is a rendered form of animal fat.

I'm not telling you this to discourage you, I'm telling you this to remind you that, while everything you do matters, there is no scoreboard. You will not be receiving the BEST VEGAN IN THE WORLD award if you win. You will not go to vegan jail if you eat a butter croissant if you're starving and that is the only food you can find, or if you lick your cousin's cheese cracker because it was just too tempting not to. I'm not telling you to eat butter and cheese. In fact, I'd rather you didn't. I am telling you that it is a process and every step you take is a great step and that it is more impactful to take *some* steps than to take none at all - because it's too hard and there's too much pressure to do it "perfectly".

Two of my favourite vegans, Alicia Silverstone and Colleen Patrick-Goudreau are both really great at reminding us to think less of being vegan as an end goal and more as a *means* to an end; The end, or destination, being: to live a life of integrity. This brings me to the first of my three suggestions of small choices that will make huge impacts without the pressure of doing it perfectly.

- **Make choices that align with your personal values as often as you can.** - When you make a choice, simply ask yourself if that choice aligns with your personal values. If not, ask yourself if there is another option that might help you feel more aligned with yourself.
- **Continue to evolve and educate yourself** - Have you ever tried to share information with somebody who answered you, "I don't want to know"? Try not to be that guy. Not knowing something doesn't mean it isn't happening, It just means that you are making a very intentional choice to turn a blind eye to it.
- **Practice the same compassion for humans (even the ones who aren't vegan) as you do for animals.** - I think this one might be the hardest but... there are much more effective methods of activism than bullying and shaming people. And it is SO much more rewarding and helpful to support people on their path than it is to police them on it.

SPIRIT

A few of
my favourite
things

I remember, in the old days, having to go to a health store to buy tofu or soy milk because grocery stores didn't sell "hippy food". For a very long time, it felt almost impossible to find plant-based alternatives to a lot of our favourite foods because being vegetarian or vegan wasn't mainstream enough to make it profitable for companies to make them.

Times have changed to the point where meat manufacturers and fast food chains are producing plant-based burgers, and even Dairy Queen sells *dairy-free* frozen dessert bars.

I often get asked for recommendations for plant-based alternatives to animal products and while it would take me 30 pages to list them all, here are my top 3:



DANDIES
vegan marshmallows

- These marshmallows are 10/10 in taste, texture, and stirring up those cozy fireside feelings. Still haven't found smore-worthy plant-based graham crackers though, so open to suggestions!

TACHE
PISTACHIO MILK

- My favourite milk for my coffee or tea has no canola oil, and no sugar.



- It is almost impossible to find a vegan cheese that tastes like dairy cheese. There. I said it. However, the vegan cheese made by Applewood in the UK is OUT OF CONTROL. It melts beautifully. it tastes delicious, and my only complaint is that I cannot seem to find any of their other plant-based products in Montreal. I'm ready to jump on a plane to England so I can taste their vegan cheesecakes!



SUMMER

Featuring:

GREEK STYLE ELEPHANT BEAN BURGER

I first discovered Elephant beans, also known as Giant beans, when we were in Greece, and I absolutely loved them, so it seemed only fitting to use them to make this Greek-inspired plant-based burger.

Recipes in full on pages 17 & 18

GRILLED ZUCCHINI

These beauties are proof that food doesn't have to be long or complicated to make in order to look and taste delicious.



GRILLED SWEET PEPPERS

Another beautifully simple yet delicious dish. You don't want to over-season these gorgeous peppers. They are so packed with flavour and natural sweetness, all they need is just enough to bring that out.



STRAWBERRY RHUBARB NICE CREAM

Sweet & Tart
Creamy
&
Refreshing

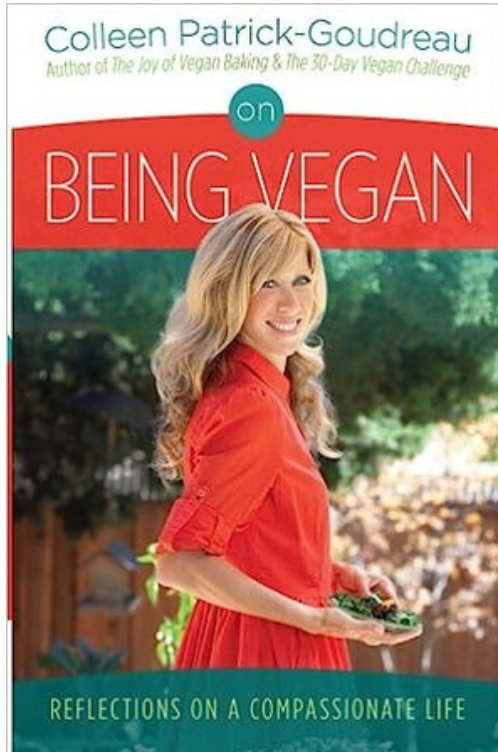
PLEASE JOIN US
For
HAPPY
Hour
Good COCKTAILS Times

RHUBARB BELLINIS

This gorgeous Bellini can be served as a mocktail or a cocktail and you can balance the level of tartness and sweetness to your taste



CURRENT EVENTS



CURRENTLY READING

On Being Vegan - Colleen Patrick-Goudreau

Although the word “vegan” has gained traction in the public consciousness in recent years, misunderstandings and misconceptions still prevail about what “vegan” means. “On Being Vegan” sets out to dispel these myths and demystify what it means to simply live according to the values of compassion, kindness, and wellness we already possess.

CURRENTLY LISTENING TO

Wicked Games - Jessie Villa

My current favourite version of this song



DON'T MISS THIS!



LATEST PODCAST EPISODE

Sweet Vegan Spills the Tea podcast SE03E01

Sexual Healing

We're getting personal, talking about sexual health, from libido and aphrodisiacs to strong sustainable erections and premature ejaculation.

Signs that your body is trying to tell you something you shouldn't ignore, and some tips and tricks to spice up your sex life.

Available wherever you get your podcasts, and on Youtube!

BREAKING NEWS:



Witch's Kitchen teas & Tinctures

Witch's Kitchen has been in the works for some time now and I am very pleased (massive understatement) and proud to announce that they will be officially launched for sale this coming autumn.

Follow @the.witchs.kitchen on Instagram for more info and to support and stay up to date on our launch and upcoming giveaways.

Recipes



Grilled Zucchini

Ingredients:

- 4 small zucchinis sliced in half lengthwise
- 1 1/2 tbsp olive oil
- 1 tsp garlic powder
- 1 Tbs of any (or all) of the following:
Italian herb mix
Cajun spice mix (if you like it spicy)
Your favourite spice mix

Method:

- Slice zucchini in half, lengthwise
- Score flesh sides diagonally in a crisscross pattern
- Brush with olive oil
- Sprinkle generously with herb/spice blend and salt and pepper
- Using tongs, place zucchini on the grill. Cover and cook, for 2 to 3 minutes. Flip and continue cooking with the lid closed for 2 to 3 minutes more or until tender.
- Enjoy!

Grilled Peppers

Ingredients:

- 4 tsp baby capers in brine
- 4 long peppers
- Olive oil
- Handful fresh oregano
- Salt and pepper to taste
- The zest and juice of 1/2 a lemon



Method:

- Soak capers in a bowl of water
- Brush peppers lightly with some of the olive oil
- Place on the grill turning occasionally until lightly charred and tender.
- Peel the peppers when cool enough to touch
- Seed and slice into thin ribbons and place on a serving dish
- Strip and scatter the herb leaves onto the pepper
- Drain capers and roughly mash, then sprinkle onto the peppers
- Finish by drizzling the olive oil and lemon juice and sprinkling the lemon zest on top.
- Season with salt and pepper
- Enjoy!



Elephant Bean Burger

Ingredients:

- 6 Hamburger Buns
- 2 tsp olive oil
- 2 1/2 cups cooked or canned Elephant (Giant) beans
- 1/4 cup fresh oregano - minced
- 1 tsp smoked paprika
- 2/3 cup bread crumbs
- 2 cloves garlic - minced
- 1 medium red onion
- Salt or seasoning and pepper to taste

Garnish

- Sliced red onion
- Tomato slices
- Lettuce or sprouts etc...
- Plant-Based Tzatziki

Method:

- Heat oil over medium heat. Saute the chopped Onions and garlic until tender and translucent.
- Add oregano and seasoning and stir for about 30 seconds. Remove from heat and allow to cool.
- Add all remaining ingredients together in a food processor with the onions and garlic, and blend just a few seconds, until you get a squishable blend. I leave the beans somewhat intact for texture.
- Shape firmly into 6 patties.
- Place on the grill or Barbecue until crispy and golden on each side. This should take about 7 minutes on each side. Take care when turning over as they can be a little fragile until fully cooked. Alternatively, fry in a pan with oil.
- Enjoy!



Strawberry Rhubarb Nice Cream

Ingredients:

- 2 (15-ounce) cans of full-fat coconut milk
- 1/2 cup agave nectar
- 1/4 teaspoon kosher salt
- 2 tablespoons cornstarch
- 1 vanilla bean, split or 1 tsp pure vanilla extract
- 1 1/2 cups strawberries, hulled and quartered
- 1 cup rhubarb sliced 1/2 thick
- 1/4 cup organic cane sugar

Method

- Freeze your ice cream maker bowl overnight.
- Shake the cans of coconut milk thoroughly before opening. Scoop out 1/2 cup of coconut milk and set it aside.
- Combine the remaining coconut milk, agave, and salt in a saucepan. Bring to a simmer over medium-low heat until all of the ingredients combine smoothly and the mixture is uniformly warmed about 2 minutes.
- In a small bowl, whisk the remaining 1/2 cup of coconut milk with the cornstarch until well combined. Stir into the warm coconut milk base. Scrape the vanilla bean into the mixture and slip in the pod as well.
- Cook over medium heat until the mixture has thickened enough to coat the back of a spoon, 6 to 8 minutes. Do not allow the mixture to boil.
- Remove from the heat, discard the vanilla bean pod, and pour the coconut base into a separate bowl. Cool on the counter for 30 minutes, then cover with plastic wrap and chill in the refrigerator for 4 to 5 hours — Do not skip the cooling step, it is very important because you will be pouring this mixture into your frozen ice cream bowl/machine.
- While the base is cooling, gently squish the strawberries and rhubarb down in a medium saucepan, sprinkle in the sugar, and bring to a low boil. Reduce the heat to simmer and cook for about 5 minutes, or until the berries and fruit start to lose their shape and become juicy. Remove from the heat, transfer to a bowl, and cool on the counter for 30 minutes. Once slightly cool, blend in a food processor or blender, or with an immersion blender, for just a few seconds until a thick sauce forms. Set aside.
- Pour the ice cream base into your ice cream machine and follow the manufacturer's instructions. When thickened to a soft-serve ice cream consistency, slowly ladle the strawberry and rhubarb into the ice cream maker as it runs so the sauce gets incorporated into the ice cream base. Spread the ice cream into a large loaf pan (or pie pan) and freeze for a few more hours (or overnight) until the ice cream has firmed up completely.
- Enjoy!



Rhubarb Bellini

Ingredients:

- 3/4 pound of Rhubarb- sliced thin
- 1/4 cup of organic cane sugar
- A bottle of Bubbles (Soda, Champagne or Prosecco)

Method:

- In a small pan combine the rhubarb, sugar and a couple of tablespoons of water.
- Put a lid on top, bring to the boil and simmer for a couple of minutes. Remove the lid and simmer for a few more minutes, stirring occasionally, until you get a thick compote consistency.
- Wix in the blender until you have a velvety smooth puree.
- Leave to cool, then stir again and divide the puree between six glasses. Pour over your Soda, Prosecco or Champagne, stirring as you pour until the glass is three-quarters full.
- Be careful not to stir too enthusiastically or your bubbly will overflow from the glass.
- Top it up with bubbles and you're done!

NOTE: I used a dry prosecco for this one, so if your bubbles are sweet reduce the amount of sugar you add to your rhubarb puree accordingly or you will have a very sweet bellini.



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



*Happy
Summer*

FROM JENNIFER JUNE
AND
THE SWEET VEGAN TEAM
sweetvegan.net - [@_sweetvegan_](https://www.instagram.com/sweetvegan_)