

SWEET VEGAN SPILLS THE TEA - JUNE 2021 | ISSUE NO.3



Spills the Tea
Magazine



Summer (Self) Love

LISTENING TO YOUR BODY

In the last month or so, I have experienced a shift, wherein I spend less time beating myself up about what I haven't accomplished in a day, and more time giving myself the space to listen to what my body, mind and spirit need.

And when what it needs is for me to slow down, or even stop, instead of being angry or frustrated, I'm trying on being compassionate and nurturing with myself.

How many times have you heard yourself say that you are "fighting a cold" or "working through fatigue"?

How many times have you sat at your desk complaining that your head hurts too much to concentrate or be productive, but you stay sitting at that desk working at half capacity or less?

Yes, our body is fighting germs or viruses and/or kicking into healing and recovery mode, but what we are doing is fighting the idea of it, and that is a very different thing. Unlike our bodies, We are refusing to give it our attention.

What would it feel like, instead of fighting the idea of that cold, physical or mental fatigue, or headache, you listened to your body and supported its fight instead?

What would it feel like, if the next time you felt a headache, you stopped what you were doing and walked away from it; asked your body what it needs - water? fresh air? rest?

Of course, that's not always an option if we're at work, or have small children or other responsibilities to attend to, but next time that it is an option, and be honest with yourself, next time your body talks to you, instead of getting annoyed, shutting it out, "fighting" or working through it, try on listening and see how that feels.

Next time you feel tired, aches, pains or even sadness, instead of feeling betrayed by your own body, try giving it the love and attention it is asking for.

Jennifer June

GROW YOUR OWN

Every year, no matter where I have lived, no matter how limited my growing space, even if there was no room for anything else, I have always grown herbs. This isn't to say that I have always been 100% successful at keeping them fruitful, or even alive at times, but I have grown them. I have grown them in the ground, in cookie jars and in cans. I've grown them in casserole dishes, and in pots and in boxes.

At the moment, I am living in a lower duplex in Montréal, where the yard is made up mostly of an 8 x 10 deck, with a very narrow (maybe a foot and a half deep?) border of irritable and corroding earth around it. Almost every visible inch of that border is packed with calendula, camomile, echinacea, arnica, bachelor buttons, sage, marshmallow, eucalyptus, and lemon balm, all of which will be put well to use, in calming digestive, and healing teas and tinctures; their oils infused into topical ointments, lotions, lip balms, candles, and soaps. And then there's the outstretched climbing zucchini, cucumber, and edamame, all sandwiched in between ornate honeysuckle and clematis vines. The fuchsia that drapes itself dramatically out of its pot, weeps shrivelled blossoms at the feet of the proud-standing tiger lilies.



In pots and planter boxes, scattered around and along the edges of the deck, there are Roma and Beefsteak tomatoes, ground cherries, and jalapeno peppers.

The parsley, basil, sage, chives, oregano, tarragon, marjoram, and a variety of mint plants are growing strong this year. I look forward not only to using these plants all summer long, but also to harvesting them in the fall, to freeze, and dry, and make into pesto and salted herbs that will last us well into autumn and even throughout the winter.

I hope that sounded magical because, ...

while the honeysuckle and lilies do dominate, the edamame has very few leaves and is about 2 feet of scraggly stem, grasping feebly at a bamboo twig. The Cucumber was trampled by the dog when it was still under 2 inches tall and, while the dog spared the zucchini, it is still only about as tall as the cucumber was then and shows no promise of ever flowering. The barely recognizable radish and daikon share much too small and shaded a pot with the eggplant. Or at least I think it is an eggplant. It's been so long since I planted it...

Not to be hard on my plants (myself), because some of them are showing great potential, but to be honest, the biggest healthiest and happiest looking one we have is the accidental pumpkin that planted itself in the front yard, presumably from one of last year's Halloween Jack-O-Lanterns.

I love living in the city, but I think I may have outgrown my pot. And I'm thinking that it may be time to say goodbye to the duplex and plant my roots in greener pastures, or acres. After all, I still haven't planted liquorice or a French (apothecary) rose bush, which I haven't been able to find yet...

"Mother Earth's medicine
chest is full of healing herbs
of incomparable worth."

—Robin Rose Bennett

SPRING

Recipes

VEGAN LOBSTER ROLL

That's right, you heard us. It's a vegan Lobster Roll. And you're going to love it so hard that you won't know whether to thank us for the introduction to it or curse us for making you want more.



Recipes in full on pages 11-13

GAZPACHO

This chilled soup was a lifesaver during a record-breaking heatwave, and it has been a go-to summer recipe ever since.

It's so tasty and fresh and easy to experiment with.



KALE SLAW WITH LEMON MINT VINAIGRETTE

I love coleslaw for its freshness and its crunch. I'm always experimenting with different ways to make it. Traditional and creamy, bitter and tart, with sesame and peanuts, with winter veg etc. This combination of lemon, mint and fennel is spot on!

Recipes in full on pages 11-13

NO-BAKE COCONUT LIME CHEESECAKE

Coconut and Lime are two of my all-time favourite flavours. I know, I know, I say that often, I love food so much, but seriously, these two are definitely on my shortlist.

Don't be fooled by how adorable this cake is, it is so easy to make, and fortunately for hot summer days like these, you don't even have to turn the oven on to bake it.



CANTALOUPE (AND CAMPARI IF YOU LIKE) SLUSH

You can make this refreshing slush with or without sweetener, and with or without alcohol, it's tasty every which way!



REDUCE REUSE & RECYCLE DIY

STORAGE SHED TO HOME BREWERY MAKEOVER



BY CLOEE CUZNER

@planteterra

SKIN DEEP

The gut microbiome is all the rage these days and with good reason. Your gut health affects pretty much every aspect of your general health!

But did you know that your skin has a microbiome also? It does! And similarly to your gut microbiome, your skin microbiome is affected by its environment inside and out. That means that whatever you eat, or drink affects the balance of the bacteria on the surface of your skin, as much as whatever you put on it or expose it to externally.

In addition to nutrition, overexposure to the sun, over-cleansing and over-exfoliating, our skin can be compromised by the ingredients in the products that you use to take care of your skin. We can be fooled sometimes by branding and packaging that says words on it like natural, purifying, hydrating, etc. but it's really important to look at what is actually inside of those products. Your "natural" skin toner that contains witch hazel, which can be a wonderful soothing agent, isn't doing you any favours if it also contains fragrances or other carcinogenic ingredients, or chemicals that will damage your microbiome and dehydrate or inflame your skin.

Take a close look at the ingredients in your products and make sure that they are free of toxins and irritants.

Some ingredients to look out for include:

- Aluminium,
- DEA (diethanolamine),
- MEA (Monoethanolamine)
- TEA (triethanolamine)
- DMDM Hydantoin & UREA (Imidazolidinyl)
- Mineral oil
- Parabens (Methyl, Butyl, Ethyl, Propyl)
- PEG (Polyethylene glycol)
- Phthalates.
- Propylene Glycol (PG) & Butylene Glycol
- Siloxanes
- Sodium Lauryl Sulfate (SLS)
- Sodium Laureth Sulfate (SLES)
- Triclosan
- Synthetic fragrances



FYI - skin problems aren't always only skin deep. There are actually many different health conditions affecting our organs, immune system, hormones etc., with symptoms that reveal themselves on the skin.

For more information on holistic skincare, and to learn the top 5 things you can do to keep your skin healthy, glowing and gorgeous, check out the latest episode of Sweet Vegan Spills the Tea Podcast – Skin Deep - wherever you get your podcasts or watch it on YouTube!

CURRENT EVENTS



CURRENTLY READING

Genevieve Graham - *The Forgotten Home Child*

Starting in 1869 more than 120,000 destitute British Children between the ages of three and eighteen were taken from England's streets, orphanages, and homes, and shipped across the ocean to work in other countries. This went on until 1948. Most of these children became indentured servants, working as farm labourers and domestic servants and were terribly mistreated, neglected and even killed.

This story is Best-selling historical fiction author Genevieve Graham's portrayal of how some of these children's lives were devastated by this atrocity. It is woven with inspiring strength and unstoppable determination, and wrapped in a heart-wrenching love story, and it had me weeping but reading until all the other lights in the neighbourhood were out, and back up to finish reading it before any of them were back on.

CURRENTLY LISTENING TO

Amythyst Kiah *Wary + Strange*

If you can listen to Black myself without singing along, and Wild Turkey, without crying, I don't even know you.



DON'T MISS THIS!



WORKSHOPS!

Jennifer June and Consciousness Coach and Yoga Instructor Care Roy

Jennifer will share nutrition and lifestyle tips to support the healing and strengthening of your beautiful heart and to best support all the hard work that it does. Care will guide you through some movement and breathe work to help enhance and support the circulation of your blood and your feelings. Registration is now open at www.sweetvegan.net



EPISODE 7

Skin Deep

Outbreaks, oily skin, dry skin, adult acne, dandruff, damaged skin, wrinkles, premature ageing, and so much more! We've got it all on Sweet Vegan Spills the tea Podcast season one, episode seven.

We explore some of the habits, products and foods that are most detrimental to the body's largest organ and we dig into what a holistic approach to skincare looks like.

CARE ESSENTIALLY
A SWEET VEGAN
PRESENTATION

**HEAD,
HEART & GUT
NUTRITION AND YOGA WORKSHOP
SERIES**

JUNE 27, 2021: \$33
GUT HEALTH AND DIGESTIVE SUPPORT

JULY 25, 2021: \$33
HEART HEALTH AND TRUE LOVE

AUGUST 29, 2021: \$33
MENTAL HEALTH & MINDFULNESS

CARE ROY

JENNIFER CHAPMAN

REGISTRATION AND WORKSHOP DETAILS
AT
WWW.CAREESSENTIALLY.COM AND
WWW.SWEETVEGAN.NET
REGISTER FOR FREE WORKSHOP DETAILS
AT
WWW.CAREESSENTIALLY.COM AND
WWW.SWEETVEGAN.NET

FREE HEALTH & WELLNESS CONSULTS ON HOLD UNTIL AUGUST

I'm fully booked at the moment but for those of you who are interested in a free 30-minute Health & Wellness consultation, the calendar is up for August here:

[Holistic Health & Nutrition Consult Calender](#)

I have some flexibility to accommodate people with tricky schedules or different times zones, so if you don't see a spot available that works for you, feel free to **[message me here](#)**.

Recipes



Gazpacho

Ingredients:

- 2 large ripe tomatoes, diced
- 1/2 medium red onion, minced
- 1 medium cucumber, diced
- 2 Bell peppers (I used a red and a yellow), diced
- 1 Stalk Celery, chopped finely
- 2 Cloves Garlic, crushed
- 1/2 Cup Fresh Herbs (I use a combination of Chives, Cilantro, Basil and Parsley), chopped finely
- 2 Tbsp pureed lemon or lemon juice
- 2 cups of tomato or Vegetable Juice (Tomato cocktail, V8 etc...)
- Optional ingredients as follows (I used them all)
- 1 Tbs Red Wine Vinegar
- 1/2 cup of cooked navy, black-eyed or lima beans
- 1 Tbs nutritional yeast
- 1 teaspoon ground turmeric
- 1/2 teaspoon paprika
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- Ground black pepper to taste
- Garnish of your choice (avocado, cucumber Slices, Watercress, Avocado, Fresh Herbs etc...)

Method:

- Combine all of the ingredients, chill, garnish, serve and enjoy!



**Kale Slaw with Lemon
Mint Vinaigrette**

Ingredients:

- 1 large fennel bulb, chopped
- 1 bunch Kale
- 1 teaspoon vegan honey or agave (optional)
- 2-3 cups purple cabbage, shredded
- 2 scallions (green onions), sliced
- 1/4 cup extra virgin olive oil
- 1 tablespoon lime juice
- 1/2 teaspoon Dijon mustard
- 1/2 teaspoon salt
- A handful of fresh mint, chopped or torn into small bits

Method:

Vinaigrette

- Combine the olive oil, lime juice, scallions, mustard, salt, honey/agave and mint and set aside.

Slaw

- Using a mandoline or a knife, slice the purple cabbage and fennel bulb into thin strips. Chop up some of the fennel fronds also, for added flavour and colour. Throw it into a big salad bowl.
- Remove the spines from the Kale and chop (the Kale) into bite-size pieces and add to the cabbage and fennel.
- Toss the salad with the vinaigrette and enjoy!



Vegan lobster Roll

Lobster Roll

Ingredients:

- 2 tbsp vegan mayonnaise or spicy mayo
- 2 tbsp plain vegan yogurt (unsweetened Greek style)
- 1 ½ tsp dijon mustard
- 1- 1 ½ tsp vinegar-based hot sauce *optional
- 1 tsp lemon juice
- ½ tsp old bay or seafood seasoning (recipe follows)
- ¼ tsp salt
- 1 14 oz can of hearts of palm, roughly chopped
- ⅓ cup celery, finely diced
- 2 tbsp finely chopped scallions
- 2 tbsp finely chopped parsley
- Hot dog buns for serving

Method:

- Whisk together mayo, yogurt, dijon, hot sauce, lemon juice, paprika and salt until smooth.
- Drain liquid from the hearts of palm, then roughly chop. Add hearts of palm, celery, scallions and parsley to a bowl and toss in mayo mixture until well coated.
- Serve in a lightly toasted, (vegan) buttered hot dog bun. Enjoy!

Old Bay Seasoning

Ingredients:

- 2 tablespoons celery salt (or 1 tbs. ground celery seed and 1 tbs. salt)
- 1 tablespoon dry mustard
- 2 teaspoons ground black pepper
- 2 teaspoons ground ginger
- 2 teaspoons sweet paprika (smoked paprika is even better if you can find it!)
- 1 teaspoon white pepper
- 1 teaspoon ground nutmeg
- 1 teaspoon ground cloves
- 1 teaspoon ground allspice
- 1/2 teaspoon crushed red pepper flakes
- 1/2 teaspoon ground mace
- 1/2 teaspoon ground cardamom
- 1/4 teaspoon ground cinnamon

Method:

- Combine all ingredients well and store in a sealed container in a cool dark place.



CANTALOUPE (AND CAMPARI IF YOU LIKE) SLUSH

Ingredients:

- 3 cups cantaloupe
- 1/2 cup Campari or (for non-alcohol version) Crodino or other non-alcoholic citrus Aperitivo)
- 1-2 tablespoons agave
- 4 mint leaves, plus extra for garnish
- 3-4 cups ice cubes
- 24 ounces lemon-lime soda, divided

Method:

- To a blender, add the cantaloupe, Campari, agave,, mint and ice cubes.
- Blend until the ice is slushy.
- Stir, and divide the mixture among four 8-ounce glasses.
- Pour the soda into the glasses over the mixture, to the top.
- Garnish with extra mint and cantaloupe, and serve immediately.
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Vegan No-Bake Coconut Lime Cheesecake

Ingredients:

crust:

- 1 cup pitted dates
- 1/2 cups raw pecans or walnuts
- 2/3 cup unsweetened coconut flakes or shredded coconut
- 3 tbsp pure maple syrup
- 1/4 tsp fine grain sea salt
- zest of 1 lime or about 1 and 1/2-2 tbsp
- 1/2 tsp pure vanilla extract

filling:

- 2 1/4 cups raw cashews soaked in water for at least an hour and drained
- 1 cup organic coconut cream *or thick part only of 15 oz can coconut milk
- 1/2 cup pure maple syrup
- Grated zest of 2 limes about 3 tbsp
- 1/2 cup lime juice or key lime juice fresh
- 2 tbsp organic coconut oil either refined or unrefined
- generous pinch sea salt

Method:

- Place the crust ingredients in a food processor and process until it is just crumbly, press into 9-inch springform cake/tart pan bottom. Put in the freezer to set while you prepare the filling.
- Place filling ingredients in a Vitamix or food processor and pulse until creamy. Pour into the chilled crust, then place in the freezer and allow to chill for at least 4hours or overnight.

About Jennifer June



I am a Holistic Nutritionist, Certified vegan health nutritionist and a studying Naturopathic Doctor. I have been a vegetarian for 30 years, and vegan for 8.

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 judgement, 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 Summer!

FROM JENNIFER JUNE AND THE SWEET
VEGAN TEAM