



# FARM

[www.farmusa.org/Thanksgiving](http://www.farmusa.org/Thanksgiving)

10101 Ashburton Ln. Bethesda MD 20817 301-530-1737

FOR RELEASE ON 11/05/03

CONTACT Patti Howard, 301-530-8344

## MILLIONS OF AMERICANS TO CELEBRATE VEGETARIAN THANKSGIVING

Millions of Americans across the US, will celebrate Thanksgiving this year in hotel ballrooms, community and church halls, and private homes with a wholesome, nonviolent assortment of the earth's bounty: grains, vegetables, and fruits. The bill of fare may include an 'unturkey,' lentil or nut roast, stuffed squash, corn chowder or chestnut soup, candied yams, cranberry sauce, pumpkin or pecan pie, and carrot cake. (For a listing of more than a hundred selected events throughout the U.S., please visit [www.farmusa.org/thanksgiving/thanksgiving\\_events.html](http://www.farmusa.org/thanksgiving/thanksgiving_events.html).)

Plant-based eating is becoming increasingly popular as consumers discover the health, environmental, and ethical benefits of kicking the meat habit. More than 30 million Americans have explored meatless eating, and one in three teens thinks vegetarianism is 'cool.' Mainstream health advocacy groups are touting plant-based diets, and major food manufacturers and retailers are marketing meatless meals. Even Burger King is offering veggie burgers.

### **Some of the reasons Americans opt for a vegetarian Thanksgiving include:**

- ➔ They don't spend a sleepless night wondering how the turkey lived and died.
- ➔ They don't sweat the environment and food resources devastation guilt trip.
- ➔ They give their bodies a holiday from saturated fat, cholesterol, and hormones.
- ➔ They don't have to call the Poultry Hotline to keep their family alive.
- ➔ Fruits and vegetables don't carry government warning labels.

Vegetarians have many options for a Thanksgiving meal. Those pressed for time can order a delicious, healthy, ready-to-eat 'unturkey' made of tofu and seitan, with traditional trimmings, on-line or from their local health food market. More traditional homemakers, cooking 'from scratch,' have a large variety of cookbooks and web sites to choose from.

---

### **For recipes, please consult:**

[www.ivu.org/recipes/holiday/](http://www.ivu.org/recipes/holiday/)  
[www.vegetarian1.net/tgiving.html](http://www.vegetarian1.net/tgiving.html)  
[www.vegweb.com/misc/thanksgiving.shtml](http://www.vegweb.com/misc/thanksgiving.shtml)  
[www.vegkitchen.com/thanksgiving.html](http://www.vegkitchen.com/thanksgiving.html)  
[www.peta.org/feat/canada/](http://www.peta.org/feat/canada/)  
[www.vegsource.com/thanks.htm](http://www.vegsource.com/thanks.htm)  
[www.vegetarian.about.com](http://www.vegetarian.about.com)

### **For 'unturkeys,' please visit:**

[www.tofurky.com/mainP.htm](http://www.tofurky.com/mainP.htm)  
[www.freshtofu.com/tofu\\_turkey.html](http://www.freshtofu.com/tofu_turkey.html)  
[www.nowandzen.net/products.html](http://www.nowandzen.net/products.html)



***"Have a Gentle, Life-Affirming Thanksgiving!"***