

## Veg Out

COUNTER CULTURE

# Cheesecake perfect for vegans

With this recipe, people who are vegan, lactose intolerant or on cholesterol-reduced diets can enjoy a classic dessert.

Vegans consider honey to be an animal product, so we don't use regular graham crackers or ready-made crusts. Vegans also avoid granulated sugar for health reasons, opting instead for unrefined versions such as organic Eco-Sweet evaporated cane sugar (it's sold by the bag in health food stores) or turbinado sugar.

Egg replacer is sold in boxes.

Health food stores and some supermarkets stock all the ingredients called for here.

### Better-Than-Classic Cheesecake

Vegetarians may spread canned cherry pie filling or reduced-sugar canned cherries over cheesecake before serving.

#### Crust:

1½ cups organic graham cracker crumbs

½ cup unrefined sugar

½ cup melted, dairy-free margarine

#### Filling:

3 tsp egg replacer

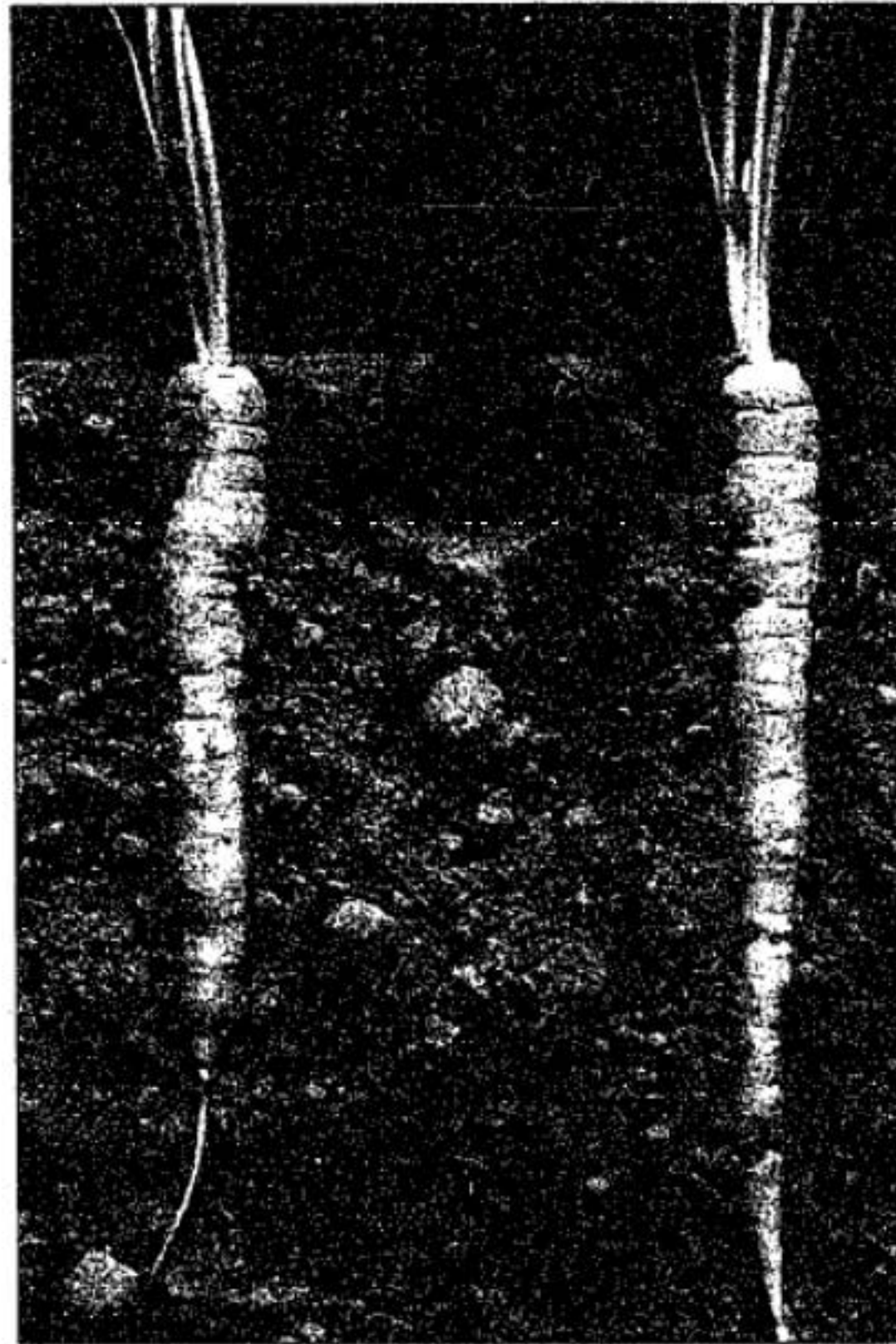
6 tbsp water

Two 8 oz (227 g) packages dairy-free cream cheese, at room temperature

¼ cup unrefined sugar

1 tbsp vanilla extract

juice of ½ lemon (1 tbsp)



SCOTT GARDNER/HAMILTON SPECTATOR

**TAKING ROOT:** Who wouldn't love a vitamin-rich carrot? City gardeners are being asked to grow veggies for the hungry.

# Share your garden bounty

## Extra city harvest can help feed people in need

Toronto gardeners who long to share their extra harvest with the needy — and not just friends and neighbours — are now being urged to do just that.

The Plant a Row — Grow a Row campaign kicked off this week, inviting people to plant an extra row of vegetables in their yard or balcony gardens this summer.

Urban farmers are then asked to deliver the harvest to their nearest food bank, community kitchen, shelter or nutrition program.

"Wouldn't you rather have some beautiful fresh vegetables than another can of peas?" asks Sue Cox, executive director of Toronto's Daily Bread Food Bank, one of the program partners.

"We know that people who use food banks are chronically, poorly nourished. But even apart from that, there's the enjoyment factor. People love to get fresh produce — they're asking for it all the time."

Susan Antler, executive director of the Composting Council of Canada, saw the enjoyment factor firsthand last summer when the project quietly launched here through

word of mouth and she made about six donation runs.

"Dropping off bushels of apples and potatoes was a totally different emotional feeling than just dropping it off in a bag in a supermarket," she remembers.

"People were so excited, saying things like 'This is so great — we don't get this much.' One place wrote us a thank you note."

It's the second year that Toronto has joined the successful national program that launched in Winnipeg in 1986 and now runs annually in every province.

The food bank took about 50 calls last summer, but doesn't know how much produce was donated.

The campaign is supported through a partnership of groups — the City of Toronto, FoodShare, Toronto Community Garden Network and Weall & Cullen.

Root vegetables such as carrots, parsnips and potatoes are in high demand. But anything that's easily handled and stored — like broccoli, cabbage, beans, tomatoes and squash — is also welcome.

Those who don't garden can donate produce from supermarkets or pick-your-own-farms.

Call the Daily Bread Food Bank (416-203-0050) or FoodLink Hotline (416-392-6655) to find out a drop-off location nearest you.