

ASUW STUDENT FOOD COOPERATIVE

CO-OP

# CRUMBLE

## Local Edition

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## Pumpkin Carving

By Clay

Well well well folks, let me tell you something— things got pretty spooky in Gould Hall around Halloween time. ASUW Student Food Cooperative and the Husky Real Food Challenge teamed up for some community bonding. Sprawled out on the floor with our sharp utensils, everyone worked to create the jackolantern of their dreams, or horrors? All in all, it was a great event, there was some yummy potluck food, and some even spookier music. We all left with bellies full, and heavy pumpkins. Next year I'd suggest bringing a wagon.

## Recipe Testings

By Erica

Every few weeks the co-op members get together to mess around in the kitchen. We have dubbed it "Recipe Testing" which sounds much more official! This gives us a chance to do what we love so much: connecting to the food we eat and connecting with each other over its preparation. We are a vegetarian co-op, so every recipe we test is vegetarian, and usually vegan. Be ready to get good at playing around with ingredients and chopping veggies! Recipe testing also helps us formulate dishes for our humble feast, and make up our cooperatively made, and totally free cookbook last year.

## Cooking Demo

By Zoe

In late October the co-op hosted a delicious cooking demo in Local. Erica and Emma cooked spaghetti (noodles and squash) with eggplant tomato sauce and yummy green beans for a room of hungry UW students. They interspersed fun cooking tricks throughout the demo such as how to peel ginger with a spoon, quick ways to cut onions, and how to blanch veggies. (who knew blanching was a verb? not me) At the end of the demo everyone got to take home a baggie of warm fresh made granola.



# Humble Feast

By Emma

One hundred members of the UW community gather Monday November 23rd for the ASUW Student Food Cooperative Autumn Humble Feast. The Feast was themed as a Pacific Northwest Thanksgiving and give thanks we did. As co-op members and volunteers chopped and peeled their hearts out in the HUB kitchen, a panel of representatives from local businesses inspired those gathered to eat sustainably, locally, and ethically. The menu featured a spicy persimmon and arugula salad, delicious potato and leek soup, and a brussel sprout and butternut squash stuffing. Dessert featured a pumpkin pecan crumble and a vegan apple and pear crumble. People lined up for seconds and thirds before heading to the front of the ballroom for the highlight of the night: square dancing. Students put their dancing shoes to boogie down with Victory Chicken String Band for some line dancing and partner swinging. It was a night of education, candlelit discussion, humble feasting, and merriment. Couldn't make it? We're hosting another feast spring quarter! Keep your eyes out for the event page.



## Monthly UW Farm Tours

First Saturday of each month. Open to anyone who wants to check out our growing spaces, get to know the student farm, and learn a bit about sustainable urban agriculture. Meet at 10am outside the clubhouse, Mercer Court building E.

Please RSVP to Hannah Clorite: [cloriteh@aol.com](mailto:cloriteh@aol.com)



## Eat Local: Spotlight on Local Restaurant, Eve Fremont

By Barrie

Eve Fremont opened a few short months ago, and I noticed it almost immediately. The cool, clean lines and Seattle industrial-meets-cozy interior invite you in for an evening of fun conversation and even better food—and any restaurant that has more than one squash dish on the menu is most definitely one I need to visit. They advertise themselves as a “farm-to-fork” restaurant, but like most other locally sourced restaurants in the city, they elect to omit details about exactly which farms they’re sourcing their food from. While they don’t tell you this information, you definitely can taste it. The vegetables are fresh and flavorful, and everything is cooked to perfection. Their menu changes seasonally, as all restaurants should, but I recommend two dishes from my last visit:

golden beet hummus with baguette: the tangy lemon of the hummus compliments the taste of the golden beets perfectly, and accompanied with various types of bread, it almost could be a meal on its own. Eve hot bowl: since switching to a plant-based diet five years ago, my family has been big fans of the classic “buddha bowl”: vegetables, grains, and greens piled and mixed into one fantastic bowl (non-vegans can top with an egg for extra protein). Eve’s hot bowl is a cool new twist on this idea, with flavorful and filling legumes and various seasonal veggies. For college students, its \$16 price tag definitely calls for more special occasions than pho dates, but because the legumes are so filling, you can definitely get two meals out of it.

Seattle farm-to-table restaurants may not be hard to come by, but each one has a unique spin on the idea, offering creative new dishes that never disappoint. Check out Eve Fremont at 704 N 34th St, Seattle, WA 98103. M-F 11-11, S 5-11.

# Farmer's Markets

By Barrie

Living in the Pacific Northwest, we're lucky enough to have access to fresh fruits and vegetables year-round, and unknown to many, shopping at farmers markets is easy and affordable!

## Farmers Markets Around Seattle

1. Ballard — Sundays, year-round, 10 AM - 3 PM
2. University District — Saturdays, year-round, 9 AM - 2 PM
3. Fremont — Sundays, November - March, 10 AM - 4 PM
4. Wallingford — Wednesdays, May - September, 3:30-7 PM
5. Madrona — Fridays, May - September, 3-7 PM
6. West Seattle — Sundays, year-round, 10 AM - 2 PM
7. Lake city — Thursdays, June 9 - September, 3-7 PM
8. Columbia city — Wednesdays, May - October 12, 3-7 PM
9. Phinney — Fridays, June 3 - September, 4-8 PM
10. Capitol Hill — Sundays, year-round, 11 AM - 3 PM
11. Magnolia — Saturdays, June - October 8, 10 AM - 2 PM

If you've never been to a farmers market, I encourage you to venture out—if only for the free samples and to pet people's dogs. Vegetables taste much better when you know they're being grown just a few miles from your apartment, and it's pretty fun to brag to your friends that you do in fact know your farmer. If it's your first time at the market, it can be a little daunting, so we've compiled a list of tips and tricks to make the most of your experience.



Know before you go: research what foods are in their peak growing season or make a list of items you'd like to purchase BEFORE you go. It's easy to get hung up on how beautiful one vendor's cranberries look, and you'll be sorry when you end up bringing several gallons home that you'll be consuming at every meal for the next two or three weeks. If you have a few items in mind to supplement your normal groceries, you can be more efficient and will be sure to stick to your budget.

2 Before you purchase any food, the best thing to do is take a spin around the entire market. The vendors near the entrance often have the highest prices and not necessarily the best looking produce. Some vendors price their veggies by the pound, while others price them by the pound, so this is also the best way to make sure you get the biggest bang for your buck. There's nothing worse than buying wilted kale for \$3 at one stall only to find beautiful and green kale for \$ at the next. Take your time, sample things, and feel free to walk around another time or two before you commit. Once you start going to farmers markets frequently, you'll inevitably begin to find the farmers with the best produce and start to form relationships with them, so this will get easier and will take less time.

4 Growing techniques: sometimes small farms don't pay for the "organic" label or use minor products that violate organic-certification rules. If you're strict about eating organic

foods or you want to learn more about what kinds of products and techniques are used for growing, ASK the farmer! They are always super informative and excited to tell you about their farms.

3 Portion size: Don't be afraid to ask the farmers questions while you're shopping! Sometimes they will advertise prices for pre-assembled bunches or bags of veggies, but that doesn't mean you have to buy the entire thing! Ask if you can reduce the portion size or if they can weigh out a specific amount.

## UW Farm

By Sophie

Perhaps the best kept secret on campus, the UW Farm is an urban farm with two locations on campus, one at the Center for Urban Horticulture, and one at the Mercer Court Apartments. The Farm is a great place to go if you're looking to meet some of the rad(ish)ests people on campus, get your hands in the dirt (scientifically proven to increase happiness, maybe...), and learn about sustainable urban agriculture. The Farm is almost completely student run, with one paid full-time Farm Manager, and a team of interns who work from Spring through Fall Quarter. Volunteer hours switch from site to site based on the day of the week, but people are working every Tuesday through Saturday. The Farm is also a really cool resource on campus, because most volunteers can take fruits or veggies home after volunteering for a few hours.

# Dumpster Diving

By Gunnar

**\*\*The ASUW Student Food Co-op does not condone breaking the law. Eating food past its sell-by and expiration dates entails risks to your health and wellbeing. Use caution when following this advice.\*\***

For most people, the idea of dumpster diving is disgusting: images of crawling around in trash just to fight off a rat for a moldy muffin. But that image is far from the truth! Done right, dumpster diving, or gleaning, can be a safe, rewarding, and fun way to get some extra food on your plate.

Why do people dumpster dive??

People glean for a number of reasons. Some because they're poor and need free food, others make it an ethical point to reduce waste. Others even do it because it can seriously be a lot of fun.

Will I get sick from eating this food?

This is one of the main concerns people have when they first start dumpster diving. As a rule of thumb, I avoid most animal products, especially in the Summer. However, most produce, while ugly, is still fine to eat. Dry and canned goods as well are fine to eat a while after their "sell by" dates. As with everything, use caution and don't eat anything suspicious - there's plenty more food in those dumpsters.

Where do I start?

The first expedition to a dumpster can be a little scary. Bakeries are a good place to start as they tend to toss their day old bread and pastries in plastic bags. Theo's Chocolate in Fremont is a Seattle favorite for gleaning and I've chatted with employees while I was digging around inside their dumpster. From there it's up to you to explore and find the best locations! Organic grocery stores and

chains like Trader Joe's tend to be friendly and their dumpsters can offer the biggest rewards for the more adventurous among us!

Is it legal?

Yes and no. According to the California vs. Greenwald Supreme Court decision, tossed out food is public property! However, dumpsters are often located on private property so there is always a risk of getting charged with trespassing. If you happen to find yourself on the other side of a no-trespassing sign, be quick and sneaky, grab your public property, and move on.

Isn't it gross?

That really depends on where you go. I've never run across rats in a dumpster. It makes sense for an establishment to try to keep their trash receptacles clean - a dumpster with rats would soon mean a store with rats. Items are generally bagged or in containers, though with the move towards composting, it can make things more interesting. The same rules apply here as with hiking: leave no trace. Leaving a mess for the workers to clean up or for your fellow divers to deal with is no fun for anyone.

# Bulk Buying

Bulk buying is a really smart way to shop that is environmentally conscious and saves money. In the bulk aisle you'll find a wide variety of products including grains (rice, flour, pasta, etc.), beans, spices and herbs, oils, nuts, nut butters (grind your own!), seeds, teas and much more!

Don't be intimidated by the bulk food section! Whether you're shopping for a little or a lot, below is a quick guide to buying bulk.

## Benefits of Buying in Bulk!

### Bulk Buying is Economical

You get more for your money when you don't have to pay for individualized packaging/labeling, brand name, and advertising.

Purchasing food—especially herbs and spices—per ounce is significantly cheaper and since you control how much you buy, you don't pay for what you won't use, and you don't have to pay for excess packaging.

### Buying in Bulk is Better for the Environment

Food packaging and containers account for nearly 1/3 of the country's municipal solid waste, creating roughly 80 million tons of waste a year.

The production of food packaging uses enormous amounts of energy, contaminates the water in our streams, takes trees from our forests and emits massive levels of CO2 emissions into our atmosphere.

### You Control the Food

With bulk foods only the amount needed is purchased, which enables you to try new foods and spices without committing to larger quantities and limits food excess, spoilage, and waste.

## Tips for Buying in Bulk!

Make a list of foods that you regularly buy in packages or cans and check to see if they are purchasable in bulk.

Bring your own reusable airtight containers to take and store your bulk foods. Recyclable glass or metal containers are the best.

Weigh your containers prior to filling them so you don't get charged for the weight of your reusable container.

You can buy in bulk at the University Village QFC, Central Co-op, PCC, and the Roosevelt Whole Foods.

1 The Original Boise Co-op. (2014, Jan 22). "Benefits of Buying Bulk." Retrieved from <http://www.boise.coop>  
BIG: bulk is green council. "Bulk Food Facts." Retrieved from <http://www.bulkisgreen.org>  
Frontier Co-op. "Advantages of Buying in Bulk." Retrieved from <http://www.frontiercoop.com>

## Clay Easley



What year are you/what is your major?  
I am a Junior studying Communication  
Where are you from?  
I'm from a quaint little town called "Chehalis."  
It's halfway between Portland and Seattle.  
What do you like to do for fun?  
I enjoy spending time with friends and family. I love exploring the city, and finding new coffee shops to try. I'm a big fan of bakeries.  
What is your favorite aspect of the co-op?  
I like how close-knit the community is— meetings don't feel like meetings, they're just a relaxed environment where people can be themselves.  
Why are you passionate about food?  
To be honest the first thing that came to mind was, "...because I like eating it."  
What is your favorite memory from the co-op thus far?  
Humble Feast! It was so much fun seeing everyone come together for a pretty rad meal. Our members and managers did a fantastic job coordinating the logistics for the event, and the food was AMAZING.  
What is your spirit vegetable?  
Probably a sweet potato— I mean regular potatoes are cool too, but who doesn't like to make life a little sweeter?  
What is your favorite dessert?  
Uhhhhmmm can we talk about the Pumpkin Pecan Crumble that was served at Humble Feast? I need more, ASAP.

## Julia Partlow



What year are you/what is your major?  
I am a junior, I am currently applying to be a nursing major!  
Where are you from?  
The East Bay Area in California! If you don't know where that is, I live right next to Berkeley.  
What do you like to do for fun?  
I like to read, go to shows, be outdoors, and find new vegan baked goods to make :)  
What is your favorite aspect of the co-op?  
The people in the co-op! Everyone in the co-op feels so genuinely passionate and interested in what we do, I love it.  
Why are you passionate about food?  
I am passionate about people being more knowledgeable and invested in the how and where their food is made. I think food is a great way to bring people together, and I think everyone in the co-op truly believes in that.  
What is your favorite memory from the co-op thus far?  
Cooking for the humble feast was literally so fun. We got to meet so many other awesome people and it felt so awesome feeding so many people such a delicious and local meal!  
What is your spirit vegetable?  
Clay stole sweet potato from me... but I think I'm pretty sweet too!  
What is your favorite dessert?  
Hmmm. I could eat ice cream for days. I also love chocolate. I have a ridiculous sweet tooth!

## Kitchen Confidential by Anthony Bourdaine

By Erica

Kitchen Confidential is a gritty tale about an even grittier line of work. The commercial kitchen is an intense, hazardous, and unpleasant place that is run by "misfits." Bourdaine's writing puts you on edge with his gruesome and wild stories of what really goes on behind the scenes. It is soon made apparent that the kitchen is not a place for hobbyists or home cooks. The entire novel he answers the big question: why does he and countless others put themselves through the torturous work that is the act of professional cooking? He does so by both telling his own life story of bouncing from restaurant to restaurant and finding his place in the culinary world and by writing a scathing industry commentary. You learn a lot about how most restaurants really run and gain a few tips and tricks as well. For example, he advises customers to avoid ordering fish on a Monday, because that fish will be almost a week old (fish shipments come in on Tuesday, so get 'em while they're fresh!). This is a really fun and entertaining read if you would like to learn more about the "sizzling" world of upscale restaurants and cooking!

## Eating Animals by Jonathan Safran Foer

By Julia

The author of the nonfiction novels *Everything is Illuminated* and *Extremely Loud and Incredibly Close*, no one would ever expect this thoroughly researched and in-depth expository novel to be written by Jonathan Safran Foer. Like many people, Jonathan grew up being a conscious meat-eater, one who always knew there just wasn't something quite right about eating animals, but not having the conviction or information to stop. However, when him and his wife were preparing to have their first child, his curiosity becomes obsession, and he spends the next year breaking into factory farms, doing extensive research on the animal food industry, and questioning his own beliefs on right and wrong. Ultimately, we get a very ambitiously thorough book, one that exposed myself to the many horrors of the factory farm industry. Foer does an excellent job of both presenting his own unbiased information and research, and also indulging himself in his own ethical reasons for why eating animal products are wrong. If you've ever been curious about exactly what cage-free means, about how the factory farms selectively breed sick animals, or just anything about how that burger got on your plate, read *Eating Animals*.

# Quick and Delicious Butternut Squash and Black Bean Enchiladas

## Ingredients:

- 1 can vegetarian black beans
- 3 cups cubed butternut squash
- 1 Tbsp olive, grapeseed, avocado, or coconut oil
- 6-8 medium to large corn or flour tortillas
- 1 can prepared red enchilada sauce
- 1 tsp cumin
- Salt and pepper to taste
- Red chili flakes (optional)
- Sliced Jalapenos (optional)

1. Preheat oven to 400
2. Add cubed squash to a baking sheet and toss with salt and pepper. Bake in oven for 15-20 minutes until suuuuper tender. Yum!
3. Meanwhile, heat up your beans on the stove. Add the cumin and salt and pepper to taste. If you like some extra spice (I do!), add some red chili flakes or sliced jalapenos. Heat them up.
4. Once your squash are tender, and your beans are spicy and hot, add the squash to your pot o beans with a lil bit of enchilada sauce. Stir it up!
5. Pour just a tiiiiny bit of your sauce on the bottom of a 9 X 14 in pan. Spread it out.
6. Take your sauce and pour it into a shallow bowl, for dipping!
7. Take your first tortilla and coat it in your enchilada sauce. Then lay it in the pan, fill it up with a big spoonful of squash and bean filling, and then roll it up, placing the seam side down.
8. Keep on doing this until you either run out of tortillas or filling. But try and make that happen at the same time.
9. Once all your lil enchilada rolls are all snug and rolled up all cute, drip over some remaining sauce over these babies. The more the better!
10. To heat these up for serving, bake for 15-20 minutes at 350. I like topping my enchiladas with vegan cheese and a looooot of avocado. Delicious!

## Oh She Glows Dessert (Vegan and GF)

### For the crust:

2/3 cup pitted Medjool dates  
1 1/4 cups gluten free rolled oats  
1/2 cups pecans  
1/4 teaspoon ground cinnamon  
1/8 teaspoon salt  
3 tablespoons coconut oil at room temp.

### For the filling:

1 cup raw cashews soaked  
1 cup canned pumpkin puree  
3/4 cup maple syrup  
1/2 cup coconut oil  
2 teaspoons pure vanilla extract  
3/4 teaspoon ground cinnamon  
1/4 teaspoon fine-grain sea salt  
1/8 teaspoon ground ginger  
1/8 teaspoon ground nutmeg

Prep Time: 25 min   Freeze Time: 5 Hours +

1. Make the crust: Preheat oven to 350. Grease a 9 in pie dish with coconut oil. Soak dates 30-60 minutes.
2. In food processor, combine oats, pecans, cinnamon, and salt and process until mixture has a texture of coarse sand. Add dates and oil and process again till mixture comes together. (should stick together when pressed with fingers) If dry, add 1 teaspoon water and process again.
3. Sprinkle mixture on pie dish and press crumb firmly and evenly into the dish in an outward direction. Poke several fork holes into crust and back uncovered for 10-12 minutes till lightly golden. Set aside and cool for 30 minutes.
4. Make Filling. Drain and rinse cashews. In blender, combine cashews, pumpkin, maple syrup, oil, vanilla, cinnamon, salt, ginger, nutmeg and blend till smooth. Add 1 tablespoon of water if blender needs more liquid to get going.
5. Poor filling into the crust and smooth out on top. Cover dish with foil and place into freezer to chill overnight or at least 5 hours.
6. Remove the pie from freezer and let it sit for 10 minutes before slicing.



Consume greatest amount of 100% fruit juice  
Non-Hispanic blacks, young children, and lower-income groups



Overall, there is a decreasing amount of fruit juice consumed



## Fruit Consumption in the U.S. By Jessica Lee

**65%**  
of total fruit consumption consists of whole fruit



Influential factors of whole fruit consumption  
Those higher in these factors consume more fruit

# The Foodways Project

By Erica

I had the chance to interview Mei Yook Woo, or Lisa, the founder of the almost year old Foodways Project. The project “is a grassroots effort to build community around food through shared learning, storytelling, and organizing in an effort to celebrate racial identity and undo racial injustices.” This is done through the power of food. Food has a lot of potential constructive or destructive power, Lisa has observed. Many people of color are stripped from their food culture, an important part of their identities: no one “is able to flower when torn from their traditional food ways”. Food can take us right back to important memories and moments in our lives; it is a powerful tool to connect us to others and a way to give those who don’t have a voice a safe space to communicate and learn. If you check out the Foodways website, you will quickly stumble across a section called “Common Language.” Honing a strong common language will address the issues surrounding racism in a constructive way. Words also have power, and Lisa needed to discover other ways to talk about food justice. With Foodways, Lisa creates that safe space in which marginalized peoples can preserve their history and stories that have not been documented.

Lisa has a long history with food. She grew up understanding the importance of food, and pursued a higher education as a dietitian. The nutrition and dietitian world is made up of 85% white women. As an Asian American woman, Lisa did not feel as if she fully belonged in that community, even after years of trying. So, she left the nutrition field, which was not an easy thing to do after so much time and work. One does not need a dietitian license to be knowledgeable and

passionate about food. She did not want to participate in a system that withheld power from communities of color. There is a shocking disparity in the that field, “disparity in terms of who is most affected by nutrition and who is actually holding power in nutrition world.”

A year ago Foodways was founded as a response to the numerous issues Lisa observed. The project serves people from all over Seattle, but is concentrated in South Seattle, the International District, and Seatac. Seattle’s growth has displaced people further and further out of the city. People within these communities want to have their voices heard! Lisa has received countless positive responses. She is truly fulfilled by connecting with people who have so much to share.

Favorite thing to cook: Won Ton--dumplings filled with pork, water chestnuts, and much more! It is a very delicate process that her mom taught her. You make them by precisely folding the Won Ton skins and then boiling them in a soup.

Favorite thing to eat: Joong-- Chinese sticky rice packet full of fried pork, duck sausage, egg, and so many more yummy yummy traditional Chinese fillings! It takes 14 hours to make and is extremely labor intensive. Every bite she takes, Lisa explains, she can feel history coming into her. Joong is nutritional and fulfilling in every sense.

To learn more about Foodways Project visit: [foodwaysproject.com](http://foodwaysproject.com)

# Vegan and Ashamed: The Hypocrisy of Mainstream Veganism

By Mae

The icon of the shamelessly self-righteous vegan pervades our cultural mindset, especially here in Seattle. In contrast to this stereotype, I only reluctantly divulge my vegan affinity. I do not profess my veganism at every opportunity. For me, embracing veganism encompasses reducing the cruelty I inflict upon nonhuman and human bodies. My veganism informs my academics, my career projection, my activism, my philosophy.

Unfortunately, the contemporary connotation attached to “vegan” is one I am no longer comfortable identifying with. Mainstream, Western veganism is dominated by the privileged—the white, the thin, and the economically stable. As a result, the prevailing veganism is one that fails to overlap with my own vegan vision. My veganism embodies a compassionate, inclusive movement that seeks to reduce cruelty both within and beyond the nonhuman animal sphere.

With the following list, I attempt to investigate, albeit briefly, the hypocrisy of mainstream veganism. This narrative enforces other systems of oppression while privileging speciesism—the oppression of nonhuman animals, based on notions of human superiority. As a result, racism, fat-shaming, and classism are unfortunately defining characteristics of today’s dominant vegan movement.

## 1. White privilege

The most striking example of this is seen in the proliferation of “cruelty-free” vegan products, which simply denote the absence of nonhuman animal exploitation in their production. But what about humans? Many “cruelty-free” vegan products paradoxically inflict suffering on humans, and on people of color disproportionately so. As race scholar Dr. Breeze Harper points out, “cruelty-free” chocolate Silk milk or Soy Delicious ice cream fail to use fair trade certified cacao. Instead, these vegan products may rely on child labor of the Global South<sup>1</sup>. All too often, mainstream vegans’ “ethical” food choices insufficiently address the human dimension. The narrow pursuit of reducing suffering on nonhuman animal bodies problematically reinforces racialized oppression on human bodies.

## 2. Thin privilege

Fat-shaming is incessantly promoted by the loudest voices of the mainstream vegan movement, dehumanizing fat vegans and non-vegans alike. The infamous animal rights organization People for the Ethical Treatment of Animals (PETA) has repeatedly run fat-shaming—as well as sexist and racist—campaigns over the years, with slogans such as “Save the whales. Lose the blubber. Go vegetarian.” Consequently, inaccurate and harmful ideas that thinness is exclusively always healthy and fat vegans are “bad” are perpetuated.

## 3. Wealth privilege

One of the most popular and detrimental myths propagated by the mainstream vegan movement is veganism’s universal accessibility. For these vegans, low-income individuals have no excuse for not adopting veganism, since “rice and beans” are always available. However, this assumption completely ignores the realities of healthy nutrition, food prices, and food deserts. First off, a diet of “rice and beans” alone may

result in nutritional deficiencies. Variability in diet is vital to our health, but is often more expensive. Due to government subsidies, the cheapest food available is often neither vegan nor nutritious. Fresh produce, central to a balanced vegan diet, are frequently the most expensive items at the grocery store. That is, if individuals even have access to a well-stocked grocery store. Those inhabiting lower socio-economic classes are much more likely to live in areas absent of full-fledged grocery stores, known as food deserts<sup>2</sup>. In these areas, fast food and convenience stores dominate the foodscape. Because race and wealth are inextricably linked in today's society, food deserts disproportionately affect poor people of color; contrary to the mainstream veganism myth, veganism is not economically feasible for everybody. Oppressive societal structures have greater power over these individuals' diets than their own agency.

This is not to say that vegans of color, fat vegans, and low-income vegans do not exist. However, these individuals are consistently silenced and ignored by the mainstream vegan movement, a movement that prioritizes speciesism over other "isms" and capitalism over compassion. After all, the dominant, consumerist vegan narrative urges us to purchase animal product "alternatives" that remain reliant upon exploitative labor practices.

Upon analyzing this trio of privilege, it becomes clear that mainstream veganism is problematically insulated from, and yet perpetuates, very real systems of oppression—racism, fat-shaming, and classism. This list is by no means exhaustive, but it provides a helpful framework to begin critically examining a movement that inconsistently claims universal compassion. Through single-optically focusing on speciesism, the mainstream vegan movement fails to keep other struggles in consideration. None of these oppressive structures can be confronted independently. Coalition-building and authentic compassion are vital forces the vegan movement must recognize and embrace.

This critique is not motivated by a selfish desire to accrue wider support for veganism. I write because more individuals, human and nonhuman alike, will benefit from a vegan movement that acknowledges other forms of oppression and attempts to dismantle them within and without veganism itself. Let us critically examine our privileges as vegans. I shall close with race-species scholar Dr. Claire Jean Kim's words: "Is it reasonable to labor away in our separate silos and disavow one another while neoliberal capitalism and its associated 'isms' are generating unheard of inequalities among human groups, unheard of suffering for animals, unheard of planetary damage?"<sup>3</sup>

#### Endnotes

1. See Dr. Amie Breeze Harper's "Race as a 'Feeble Matter' in Veganism: Interrogating whiteness, geopolitical privilege, and consumption philosophy of 'cruelty-free' products" in *Journal for Critical Animal Studies* 8.3 (2010) for more on the racial politics of veganism.
2. "Food desert" is a term currently undergoing scrutiny due to its colonial connotations. Ideas of Western superiority are imbued in this term, for it exploits the idea that deserts are invariably uninhabitable, barren, and (implicitly) inferior. This erases the localized knowledge of those indigenous peoples who have thrived upon deserts for millennia.
3. From Dr. Claire Jean Kim's *Dangerous Crossings: Race, Species, and Nature in a Multicultural Age* (2015).