



Vegan News

San Diego



September, 2026

Vegan-News.org



VIRIDIAN
PRODUCTIONS



San Diego VegFest



Interview: Michelle May of Viridian Productions
Veganic Thai Cafe • Pizza Dough Meatballs Recipe
Local News • Community Calendar

Vegan News *San Diego*

www.Vegan-News.org

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San Diego seeks to support and
grow the local vegan community
by highlighting the work of local
restaurants, activist groups,
animal sanctuaries, diet and
nutrition classes, and vegan/
cruelty free businesses.

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From the Editor

Plenty is happening in San Diego in September, but the highlight will undoubtedly be VegFest, a huge celebration of vegan life and culture taking place September 26 in Balboa Park. We were fortunate to get an interview with Michelle May, whose production company Viridian Productions has taken on the huge task of organizing this event. The festival is expected offer over 100 vendors, along with several speakers you won't want to miss. The event will kick off with PlantDiego's "Let's Beat Breast Cancer" rally at 11 am.

Our monthly local restaurant spotlight falls on Veganic Thai Cafe, a beloved fully-vegan Thai eatery that is celebrating 10 years in business this year. Not only is their food amazing, but their menu is surprisingly large and varied. If you haven't visited recently, this is your reminder to treat yourself.

Whole-food, plant-based is an incredibly healthy diet, but occasionally we need a comfort food or party treat that's quick and delicious. Miranda Maclean's Pizza Dough Meatballs are here for those occasions. I could try to sell you on them, but just look at the pictures and you'll know what you need to know.

In addition to VegFest, Community Calendar opportunities this month include animal testing protests at Merck every Wednesday, the Vegan Spirituality Potluck with Lisa Levinson at Fortuna Ranch in Encinitas (9/12), Restaurants for Rescues' celebration of Eris + Franklin Farm Sanctuary (9/13), PlantDiego's Dine Out at Evolution Fast Food gathering (9/13), Sale Ranch's Annual Fundraising Gala (9/19), a DxEx Protest at Lazy Acres in Hillcrest (9/19), and Poppy's Party for Prevention SNAP benefit, with a nacho bar by Vibrant Fork (9/26). Show up for what you can, and help build a stronger community.

Toward a vegan world,
Stephen White

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LOCAL NEWS

- San Diego [VegFest](#) is finally coming to Balboa Park, on Saturday, September 26, from 11 am - 5 pm. The free event will feature over 100 vendors to Presidents Way Lawn in Balboa Park, as well as wellness classes, a Kids Zone, and speakers and demos.
- PlantDiego is hosting a "[Let's Beat Breast Cancer](#)" rally on Presidents Way Lawn in Balboa Park at 11 am on Saturday, September 26, right before VegFest, with percussionists from local bands, local experts, community advocates, and breast cancer survivors. Earlier in the month the group is holding a [Dine Out at Evolution Fast Food](#) event on Sunday, September 13, at 4 pm.



- Scratch House is offering a [Labor Day BBQ menu](#), including Carolina Gold BBQ Tofu, Hickory Smoked Soy Curls, Beer Braised Seitan Chicken Breast, and Seitan Smoked Kielbasa, plus sides. Available to order through Wednesday 9/2, with pickups on 9/5 - 9/6 at the San Diego Vegan Market.
- Oceanside vegan restaurant [The Plot](#) recently invited 50 teachers from Casita Center Elementary in Vista to visit [The Plot Garden Project](#). The visit focused on learning about healthy food and the importance of teaching children about where their food comes from. Each teacher was provided with learning materials to use in their classrooms.
- [Sale Ranch](#) is holding its [Annual Fundraising Gala 2026](#) on Saturday, September 19, from 5:00 pm - 9:00 pm. The theme is "Where Grit Meets Glam," and the dress code is Western cocktail attire. "Boots encouraged. Kind hearts required." A three-course dinner will be provided by The Plot at The Stables @ Somerset Winery, 37338 De Portola Road, Temecula. General Admission tickets are \$170, and it is a 21+ event.
- Mexican vegan restaurant [El Veganito](#) temporarily paused operations, with their last day of service on August 22, after their restaurant site at Grossmont Center was no longer available to them. The owners continue to look for a new locations, and many patrons are eagerly anticipating their re-opening.
- The [Gentle Grill](#) popup location in downtown San Diego was originally expected to come to a close at the end of August, but its run has been extended, giving local residents another chance to enjoy the restaurant's "plant-based comfort food." The popup is located in Altered State, at 641 B Street, downtown.



• The [VeganDiego](#) directory to vegan services in San Diego is reporting three new eateries, the vegan breakfast burrito pop-up vendor [B.A.B.B.'S](#), which is making appearances at farmers markets; [Soul Purpose Cooking](#), offering a breakfast platter, tacos, fish, wraps, BBQ, ribs, mac-n-cheese, samosas, biscuits, and desserts; and the [Wild is the Wind](#) supper club that does pop-up events.

• [Restaurants for Rescues](#) celebrated the new pairing of the Vista vegan restaurant [Sabor a Vida](#) and [Fortuna Ranch Farm Sanctuary](#) in Encinitas, with a [gathering](#) at Sabor a Vida on August 16 to mark the occasion. A [video](#) from the event includes Fortuna Ranch co-founder Andy Blough, along with Patte Hughes of Restaurants for Rescues, and several attendees; Fortuna Ranch's other co-founder, Corrie Blough (and friend) are in the photo to the right.



Photo: Corrie Blough

[Restaurants for Rescues](#)

🐷❤️ A New Partnership to Celebrate! ❤️🐷

When Franklin Farm Sanctuary lost its restaurant partner, Loving Hut, after their recent closure, **Scott of Eris Food Company - Oceanside** generously stepped up to become their **Restaurants for Rescues** partner!

Join us **September 13, 12–2 PM** to celebrate! 🎉 302 Wisconsin Avenue, Oceanside, CA 92054

Come support Franklin Farm Sanctuary, meet the sanctuary founder, and meet a very special author who wrote a book about one of the sanctuary's pigs. 📖🐷 The author will be **selling & signing books**, with **all proceeds going directly to the sanctuary!**

Please come out, enjoy some great food, and help us celebrate this wonderful partnership! 🌱❤️

A [study](#) by researchers at UCSD and University of Freiburg in Germany examined the impact of a vegan diet on health. A one-month randomized trial found that participants on a vegan diet showed positive changes in immune function and pathways associated with cancer, as well as decreased inflammation. In addition, vegan participants' "epigenetic clocks," which estimate a person's biological age, showed a deceleration of aging.

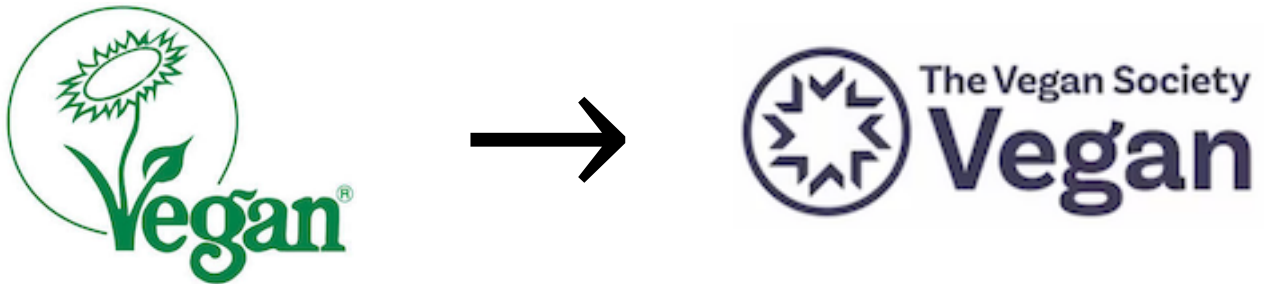
• DxE San Diego is holding a [protest](#) at Lazy Acres in San Diego, demanding that they stop selling Meyenberg goat milk, due to reports of inhumane conditions. Saturday, September 19 at 1 pm, at 510 W. Washington Street, San Diego, CA 92103. [DxE Los Angeles](#) is also urging the public to call the Lazy Acres headquarters at (310) 233-4700, asking them to stop selling Meyenberg products. A sample script is [here](#).

- Activism opportunity: Protests against the Merck pharmaceutical company, which purchased 54 dogs from Ridgland Farms, are taking place each Wednesday from 12 pm - 2 pm, at 3050 Science Park Road, La Jolla, CA, 92037.
- [Vibrant Fork](#) is offering a **15% discount** on their entrees and desserts to readers of Vegan News San Diego. To claim the discount, enter code **VNSD15** at checkout. Home delivery is available within their service area.
- The [Seaside Center for Spiritual Living](#) held a vegan spirituality potluck on August 8, with Kameron Waters, co-director/co-writer of the documentary *Christspiracy*. Kameron's collaborator Kip Anderson (who also co-directed *Cowspiracy* and *What the Health*), joined the event. The next potluck will take place at the Fortuna Ranch Farm Sanctuary, on September 12 from 6-9 pm, featuring guest [Lisa Levinson](#), Campaigns Director with In Defense of Animals, the founder of Vegan Spirituality, and co-founder of the Interfaith Vegan Coalition.
- The Lemon Grove bird protection measure created by [Strategic Action for Animals](#) (SXFA) will be on the ballot in November, and it now has an assigned name: [Measure E](#). If passed, the measure would restrict pet stores from selling birds. The measure has been endorsed by the California Democratic Party, the San Diego Humane Society, the Parrot Education & Adoption Center, Moose's Flock, and Saving Animal & Healing Hearts.
- [Poppy's Party for Prevention](#) is a private donation event to benefit SNAP (Spay Neuter Action Project), taking place on September 26 at 1 pm, at Fenways Runway, 5415 Faulconer Street, San Diego, CA 92105. The event will include a Dog Pageant, a live Mariachi band, a fiesta photo booth, and a silent auction. A vegan nacho bar will be provided by Chef Angela Stanger of [Vibrant Fork](#). Tickets are \$40.
- Registration remains open for Kind Heart Coalition's 2026 [Kind Hearted Campout](#). The Campout runs from October 15-18 on Palomar Mountain, and includes all meals, a custom T-shirt, and events throughout the long weekend, including workshops, lectures, a dance party, yoga, games, and art projects. Ticket prices gradually increase over time, so early purchase is recommended.
- The Action for Animals app (which can be downloaded at the Apple [App Store](#) or the [Google Play](#) store) includes several current activism opportunities, including calling on Senators to oppose the Save Our Bacon Act in the Farm Bill, asking Bluestone Lane and Biggby Coffee to drop their plant-based milk surcharge, and supporting a bill to end the current FDA animal testing requirement.

Have a news tip? Get in touch! info@vegan-news.org

NATIONAL/WORLD NEWS

- [The Vegan Society](#) has changed the look of their famous Vegan Trademark in response to new legal requirements in the EU, specified in the “Empowering Consumers for the Green Transition Directive” (also called “EmpCo”). These requirements forbid third-party certifiers from using botanical imagery (so the sunflower in the logo could not stay) and discourage use of the color green, as these could lead to accusations of deceptive or misleading greenwashing. The directive deadline is September 27, 2026. While the update was necessary, many people who understandably felt attached to the original logo have expressed unhappiness with the change.



- The Physicians Committee for Responsible Medicine (PCRM) is [suing](#) the US government over the 2025-2030 Dietary Guidelines for Americans. A 20-member independent advisory committee developed a report over two years that “recommended more plant-based meals, beans and plant protein over animal protein, and water over milk. It also said red meat and saturated fat should be discouraged.” The PCRM lawsuit alleges that this report was set aside by HHS and USDA, replacing it with a report by a new nine-member panel, eight of which “had ties to the meat, dairy, egg, pork, or low-carb industries, and their review at times relied on industry-funded science...The resulting guidelines embrace saturated fats, halve the recommended fruit and vegetable servings, and remove daily alcohol limits.”
- The March to Abolish Animal Testing (MAAT), created by a large coalition of animal welfare organizations, is taking place in New York from September 12-26, beginning in Albany and ending at Marshall BioResources (MBR). MBR owns a facility that houses about 40,000 animals slated for animal testing, including dogs, ferrets, cats, and pigs. Participants are invited to join for all of the march, a leg of the march, or a single day, or to donate if they are not able to attend in person. Details are available at marchforanimals.org.
- A recent study in the *International Journal of Gynecology & Obstetrics*, “[A 2 year retrospective study of vegan patients and their pregnancy outcomes in a tertiary level Irish hospital](#)”, found that those who followed a vegan diet had comparable birth outcomes to those who followed an “unrestricted” (omnivorous) diet. The authors noted that there is limited research on how vegan diets affect pregnancy, but that “By working with healthcare professionals, focusing on a diverse diet, and considering supplementation, vegans should achieve a healthy and successful pregnancy...”

Ben & Esther's Vegan Deli • Choice Superfood • Donna Jean • El Veganito • Eris Vegan Food Company
Evolution Fast Food • Evolution Coffee • Gorilla Eats Sushi • Kindred • Mr. Charlie's • MOTHERSHIP
OB People's Deli • One WorldBeat Cafe • Peace Pies • Plant Power • The Plot • The Purple Mint
Vegan Bistro • Roots UCSD • Sabor a Vida Cafe & Deli • Tacotarian • Thanh Tinh Chay Restaurant •
Trilogy Sanctuary • Uumbal • Val's Vegan Kitchen • Veggie Grill • Veganic Thai Cafe

San Diego Restaurants



Veganic Thai Cafe

Thai restaurants are often one of the most reliable sources for a vegan meal when an all-vegan restaurant is not available. Basic entree recipes are typically offered in a variety of formats, with chicken, pork, or beef choices usually supplemented by tofu, mock duck, or mock chicken options, while curries can easily feature coconut milk rather than dairy.

San Diego has many omni Thai eateries (Bahn Thai, So Sapp, CoCoCurry, etc.), as well as two locations of the mostly vegan restaurant Plumeria, but Veganic Thai Cafe in Hillcrest remains the region's only completely vegan Thai restaurant.

Since opening in Hillcrest in 2016, Veganic quickly gained a reputation for its delicious, authentic Thai flavors and attentive service. The restaurant's menu is impressive, with a range of appetizers (fried spring rolls, fresh summer rolls, cream cheese wontons, golden flowers, veggie tempura), soups (tom kha, tom yum, wonton soup), stir fries (hot basil, garlic pepper, pra ram, spinach & bean sprout), rich curries (red, green, yellow, panang, pumpkin, jungle), noodle dishes (pad Thai, drunken noodles, pad se ew, kow soi, and pad woon sen), rice dishes (Thai fried rice, spicy fried rice, pineapple fried rice), and, of course, their delicious mango with sweet sticky rice dessert.

Sometimes lost among all the other dishes are Veganic's specialties, including the classic Thai dish larb, massaman curry, three flavors fish, salmon panang curry, and a special vegan version of the "Three Brothers" dish.

The restaurant offers many gluten free options, as well as party platters for larger gatherings. Whether you've never been to Veganic, or haven't been in a while, it's well worth a visit.

Veganic Thai Café
1417 Suite A, University Ave
San Diego, CA 92103
(619) 230-5540
11 am - 9 pm daily
www.veganicthaicafe.com



Fruits • Vegetables • Grains • Legumes • Nuts • Seeds • Mushrooms • Pulses • Beans • Carrots • Apples
Broccoli • Oatmeal • Cashews • Lettuce • Oranges • Chia • Cabbage • Bananas • Soybeans • Potatoes •
Almonds • Strawberries • Flax • Lentils • Nutritional Yeast • Pears • Zucchini • Hemp Hearts • Peaches

Vegan Recipes

Pizza Dough Meatballs

by Miranda Maclean



Ingredients - Meatballs

10-12 vegan meatballs (e.g., Gardein, Jack & Annie's, Beyond, Impossible)
1 package of pre-made pizza dough (e.g., Trader Joe's, Essential Baking Co.)

Ingredients - Toppings

Pesto, Bruschetta, Marinara, Spicy chili onion oil

Instructions

Roll out the pizza dough and tear off a small piece, fully wrapping a meatball in the dough. Pan fry the dough balls in a skillet over medium heat, turning every few minutes until they are evenly browned. Cut each dough ball in half and spoon on your preferred toppings.





Interview: Michelle May, Viridian Productions

Michelle May is the founder and Director of [Viridian Productions](#), a local production company which holds three fully vegan sustainable markets in the community each month, along with a variety of special events during the year, including this year's much anticipated VegFest in Balboa Park on September 26. She kindly made time for an interview on how she came to found Viridian Productions, their work in the community, and what's to come.

Could you tell us about what led you to veganism?

I was raised vegetarian in a rural area outside Houston, which was certainly a unique experience. I lived with my parents in Los Angeles during the first few years of my life, where

the natural-health movement inspired them to adopt a largely plant-based lifestyle. When we moved to Texas, they continued eating that way, primarily out of concern for animal welfare and their health.

I remained vegetarian through most of my childhood and teenage years, and returned to it in my late twenties after adopting my first dog. Soon after adopting my second dog, I gave up dairy as well because I found that without it, my dog allergies disappeared.

Around that time, I read the book, “Skinny Bitch” and learned more about the realities of factory farming, which prompted me to stop eating eggs. I continued eating fish for a few more years before becoming fully vegan about 15 years ago — just one month after arriving in San Diego. I think living so close to the sea and its many creatures inspired me to evolve toward a lifestyle that reflected my love and respect for all animals.

When did you come to San Diego, and what were your first local vegan business ventures?

I moved to San Diego in 2011 while working as a web developer and graphic designer. In 2014, I completed several plant-based culinary and nutrition programs, which ultimately inspired me to launch two businesses: Benjii’s, a plant-based dog food company, in 2016, followed by Seva Foods, a dairy-free ice cream company, in 2017. Both produced innovative freeze-dried products, and I plan to relaunch them in the near future.

How was Viridian Productions created?

In 2019, I launched Vegan Food Popup Events with one monthly market to promote my food businesses as well as other local vegan companies. In 2024, the company evolved into Viridian Productions, which now produces more than 50 sustainability-focused markets and festivals each year, inspiring healthy living by connecting people with eco-friendly food, products, and services.

The monthly sustainable markets held in North Park, Vista, and Miramar, as well as Viridian Productions annual events have made you a very prominent figure in the local vegan community.

Thank you — that’s very kind of you to say! It’s not a very large community, but it’s one I’m grateful to be part of.

The logistics of putting on three markets each month, plus several annual events, sound daunting. There must be quite a bit of preparation involved.

Yes, it’s a lot to manage, but gradually building up the schedule over the past seven years has made it possible. We have 55 events scheduled for 2026, but in the beginning, it was just the monthly markets. It definitely requires a great deal of organization — and many spreadsheets.

Recently, I've been using AI to help me build systems that streamline the administrative work, giving me more time to focus on the aspects I enjoy most, such as media creation, partnerships, and collaborations.



The markets used to be called “Vegan Markets,” and now they’re “Sustainable Markets,” but they’ve remained 100% vegan. What led to the name change?

When I started this business, we were primarily producing small pop-up markets. As it expanded to include a wider range of events, it became clear that the name needed to evolve to better reflect the full scope of everything we do.

Although the name has changed, all of our events remain 100% vegan, and my mission remains the same: to give the community greater access to vegan food, products, and resources.

Replacing “vegan” with “sustainable” makes our events feel more welcoming to the vast majority of San Diegans who do not yet identify as vegan but may be curious about plant-based food and other ways to live a more planet-friendly life.

I chose “Viridian” — a rich, bluish shade of green — to represent a broader commitment to sustainability. The color evokes the natural world, from lush foliage and vibrant minerals to iridescent insects and deep ocean waters.

Offering exclusively vegan food is an important part of that commitment, but so are our packaging and waste-management standards, along with the support we provide vendors and sponsors to help them operate more sustainably both at our events and in their everyday operations.

You recently hit the amazing milestone of having held 200 local markets.

Thank you! I’m incredibly grateful for the opportunity to have produced so many events, and I feel very fortunate to be able to support myself through a fully vegan business.

It's been a fun journey — growing from a small monthly pop-up market in Encinitas to a year-round calendar of markets and festivals throughout San Diego County. That growth would not have been possible without the thousands of vendors, sponsors, partners, and attendees who have supported us and helped create such a vibrant community around vegan food and sustainable living.

With three monthly markets and four annual festivals held throughout San Diego County, we have something for everyone.

Our two night markets — one in Vista and one in Miramar — are fantastic destinations for families and friends to gather with an eclectic selection of food, local craft beverages, and live music.

Our monthly daytime market in vibrant North Park features a large, rotating lineup of vendors along with special activities like animal adoptions, roller skating dance parties, art walks, book fairs, record fairs, and other themed community events.



San Diego EarthFest in Balboa Park is the region's largest Earth Day celebration, bringing together more than 140 vendors, multiple entertainment stages, speakers, and a large wellness zone.

The Oceanside Sustainable Food Festival is our largest North County event and showcases an incredible variety of cuisines, including many visiting food vendors from Los Angeles and beyond.

I'm especially excited about the debut of San Diego VegFest in Balboa Park this year. In addition to a unique lineup of exhibitors, it will feature expert panel discussions and nonprofit organizations offering many resources for anyone interested in plant-based living.

I'm also thrilled to be bringing back the BOO! by the Bay Halloween Carnival this fall after a hiatus, with a spooky marketplace, seasonal food and drinks, fun games, and a costume contest with prizes.

FULL SCHEDULE

- Monthly Markets

[San Diego Sustainable Night Market](#)

1st Friday Every Month | 5 PM – 9 PM

[AleSmith Brewing Company](#)

[North Park Sustainable Market](#)

2nd Saturday Every Month | 12 PM – 4 PM

[North Park Mini Park](#)

[Vista Sustainable Night Market](#)

3rd Friday Every Month | 5 PM – 9 PM

[Local Roots Boochyard](#)

- Special Events

[San Diego VegFest](#)

Saturday, September 26 | 11AM - 5 PM

[Balboa Park](#)

[BOO! By The Bay Halloween Carnival](#)

Saturday, October 24 | 11AM - 5 PM

[Liberty Station](#)

[San Diego EarthFest](#)

Saturday, April 24, 2027 | 11AM - 5 PM

[Balboa Park](#)

[Oceanside Sustainable Food Festival](#)

Saturday, July 31, 2027 | 11AM – 6 PM

[Oceanside Civic Center](#)



You're an ambassador for veganism to the larger San Diego community as well, often doing interviews on local news channels.

I appreciate that. I've been grateful for so many opportunities to speak about vegan food and events on mainstream platforms and to be part of the growing media interest in veganism over the past decade.

I love talking about all the incredible food and products our vendors and sponsors have to offer while showing people how simple and enjoyable it can be to make more compassionate and sustainable lifestyle choices.

Who else is on the Viridian Productions team?

A big part of my success has been having the same dedicated team almost from the very beginning. Rebecca and Daric provide on-site support at most of our events, and their reliability, thoughtfulness, and positivity have been instrumental in our growth.

I've also worked with the same DJs — [Ruff Diss](#) and the [Chakasonica Fronterizx Vinyl Collective](#) — as well as photographer and videographer [Michael Wolfe](#) for many years. As a small-business owner, finding people who consistently deliver high-quality work has been key.

Things can get busy, and sometimes people miss markets they planned to go to. Do you have any kind of email/text reminders people can sign up for, to be notified a day or two before your events?

Yes, I encourage everyone to [sign up for our newsletter](#). It's the best way to receive reminders and updates about upcoming events, as well as exclusive invitations and special promotions.

VegFest is a huge event for our community. Could you tell us what it will include, and how you came to take it on this year?

VegFests have a long tradition within the vegan movement as community gatherings that combine food and celebration with education, advocacy, and opportunities for connection. That broader mission is what distinguishes a VegFest from other vegan events hosted in San Diego in the past, which have primarily been food festivals. Food will certainly be a big part of our event, but so will speakers, entertainment, panel discussions, wellness classes, community resources, and presentations about animal welfare, personal health, and the environment.

This will be San Diego's first full-scale VegFest. There was a smaller event in 2016, but it did not return after its first year. After almost seven years of producing vegan markets and festivals, and with the support of so many people in the community, I felt this was the right time to give San Diego the VegFest it deserves.

As the only VegFest in Southern California this year, we have a real opportunity to bring the regional vegan community together while introducing a broader audience to plant-based living. It's going to be a fun and impactful event, with so many members of the community contributing their time, talents, and expertise.

I'm beyond grateful to our partners — [PlantDiego](#), [Plant Based Treaty San Fernando Valley](#), the [Physicians Committee for Responsible Medicine](#), and [UnchainedTV](#) — whose support has made our Main Stage possible. We'll have an incredible group of vegan leaders joining us, including Genesis Butler, Dr. Joel Fuhrman, Jane Velez-Mitchell, Kip Andersen, and many more.

People can learn more at [SanDiegoVegFest.com](#).

In addition to supporting the local vegan community, you've been using the Sustainable Markets to help dogs find homes, working with the non-profit A Way Home for Dogs.

It has been a pleasure and a privilege to partner with [A Way Home for Dogs](#) for the past five years. They have attended many of our events, bringing so much joy and positivity with their adorable pups and wonderful team of volunteers. Adoption and fostering are incredibly important, and I'm happy that our events can help connect animals in need with new homes.

We also partner with cat and small-animal rescues and organize two large Super Adoption events in North Park each year, featuring hundreds of adoptable animals from organizations throughout the region. Our next one will take place on November 14, and more information is available on the [Fall 2026 North Park Super Adoption event page](#).



Apart from VegFest, is there anything new on the horizon for you?

I have many ideas for new events, but for now, I'm focused on growing and improving our current calendar. My priority is making each event as impactful as possible by providing meaningful support for our hardworking vendors and partner organizations while creating an enjoyable experience that inspires San Diegans to eat and live in ways that are better for themselves and the planet.

Viridian Productions

[Upcoming Events](#) | [Website](#) | [Instagram](#) | [YouTube](#)

We are so grateful for Michelle May's ongoing work to make vegan food available to the local community, her efforts to support local small vegan businesses, and for helping many adoptable animals find new homes. VegFest promises to be a major event for the community this year, and we wish her great success going forward.

Vegan Food in the Wild



*The Gentle Grill,
Downtown
Carne Asada Fries*

*OneWorldBeat Cafe,
Hillcrest*

*Combo Plate:
African Peanut Coconut Curry
Jamaican Red Chili
Louisiana Creole Gumbo
Costa Chica Chili
Collard Greens
Plantains
Salad*





GREAT VEGAN ATHLETES

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GREAT VEGAN ATHLETES

Elite athletes worldwide are thriving on a plant-strong diet.
Discover their journey and success fueled by plants and determination.

Website: Great Vegan Athletes

Focus: Vegans in Sports/Athletics

URL: www.greatveganathletes.com

The Great Vegan Athletes website was founded in 2011, to recognize the accomplishments of vegans in a wide range of sports and athletic events.

The two major categories on the site are Athletes and News, as well as a tab inviting website visitors to take the 30 day Vegan Easy challenge.

The Athletes section defaults to a random mix of athletes in various sports and activities, but also offers a "Sport" tab, that has listings of vegans categorized in their various sports or athletic events. The directory offers a decent sampling of vegan competitors, but it is hardly comprehensive and skips several well-known athletes found across other online lists.

In the News section, stories are presented chronologically, typically giving accounts of the victories of vegan athletes in various competitions. The entries are dated, and sometimes include video links related to the story.

Related websites include No Meat Athlete (www.nomeatathlete.com), Ranker's list of "Famous Vegan Athletes" (www.ranker.com/list/athletes-who-are-vegan/people-in-sports), and "[22 vegan athletes you didn't know ate a plant-based diet](#)" from Vegan Food & Living.

VEGAN & CRUELTY FREE:

Kitchen Cleaners

★ Vegan & cruelty free companies

Air Freshener spray: ★Absolute Green, ★Air Scence/CitraSolv, ★Aura Cacia, ★The Cleaner Soul, ★Eco-Me, ★Enviroscent, ★Fresh Wave, ★Grab Green, ★Rebel Green

Air Freshener plug-in/diffuser/auto-spray: ★Bright Air, ★Enviroscent, ★Scent Fill

Air Freshener gel: ★Bright Air, ★Fresh Wave

All-Purpose/Multi-Surface Cleaner spray: ★Absolute Green, ★ADVANAGE, ★American Formulating & Manufacturing, ★AspenClean, ★Astonish, ★ATTITUDE, Bar Keepers Friend (SerVass Laboratories), ★Bona, ★CitraSolv, ★Clean Revolution, ★Eco-Me, ★Eco Sanitizer, ★Ecozone, ★Everneat, ★Force of Nature, ★The Good Home Co., ★Grab Green, ★Meliora Cleaning Products, ★Myni (tablets), ★PathoSans (Spraying Systems Co.), ★Rebel Green, ★Truly Free Home, ★ZolaTerra

Anti-Bacterial/Disinfectant Surface Cleaner: ★Astonish, Trader Joe's

Cleanser Powder: ★AspenClean, Bar Keepers Friend, ★Eco-Me, ★Meliora Cleaning Products

Cookware/Bakeware Cleaner: ★Astonish, Bar Keepers Friend (SerVass Laboratories), ★Grab Green

Degreaser: ★CitraSolv, ★Gear Hugger, ★Truly Free Home, ★ZolaTerra

Granite/Stone/Marble Cleaner: Bar Keepers Friend, ★Eco-Me, ★Ecozone, ★Myni (tablets)

Oven Cleaner: ★Astonish, ★Ecozone (gel), ★Everneat

Pots & Pans/Degreaser Spray: ★Truly Free Home

Produce Cleaner/Fruit & Veggie Cleaner: ★Allen's Naturally, ★Rebel Green, ★ZolaTerra

Stainless Steel Cleaner spray: ★Astonish, Bar Keepers Friend, ★Bayes, ★Eco-Me, ★Myni (tablets), ★ZolaTerra

Trash Can Oder Remover: ★Ecozone, ★Grab Green

Local Resources

VeganDiego, San Diego County's Vegan Directory www.vegandiego.com

A comprehensive listing of vegan restaurants, markets, food services, businesses, and organizations.

San Diego Vegans Facebook group www.facebook.com/groups/sdvegans

With 14,000 members, this is one of the best sources of information on the local vegan community.

San Diego Vegans Meetup group www.meetup.com/sandiegovegans

An inclusive group that meets regularly to connect local vegans.

PlantDiego www.plantdiego.com

A San Diego nonprofit vegan social support and education group, which offers monthly gatherings focused on whole food plant based eating and health.

San Diego Vegan Activists www.facebook.com/sandiegoveganactivists

A source for local protest and advocacy opportunities.

Vegan in San Diego veganinsandiego.com

Website featuring a listing of vegan restaurants, pop ups, and businesses.

Sustainable Market/Night Market events www.viridianproductions.com

Vegan and sustainable festivals and pop-up markets, including the San Diego Sustainable Night Market, North Park Sustainable Market, Vista Sustainable Night Market, and annual San Diego EarthFest and Oceanside Vegan Food Festival. See website for dates and locations.

San Diego Vegan Market, Grantville www.veganrestaurantsd.com

Groceries, snacks, drinks, personal care, cleaning supplies, freshly made deli sandwiches.

Thousand Petal Lotus vegan market, Vista www.thousandpetallotusvista.com

Groceries, snacks, drinks, vitamins, personal care, gifts.

Natural Foods Stores: • Chains: [Baron's Market](#), [Jimbo's](#), [Manolo Farmers Market](#), [Mother's Nutritional Center](#), [Sprouts Farmer's Market](#), [Trader Joe's](#), [Whole Foods Market](#) (owned by Amazon)

• Independent Markets: [Cardiff Seaside Market](#) (Cardiff), [Frazier Farms](#) (La Mesa, Oceanside, Vista), [Jensen's Foods](#) (Point Loma), [Keil's](#) (San Carlos), [Lazy Acres Market](#) (Encinitas, Mission Hills), [Ramona Family Naturals](#), [San Diego Farmers Outlet](#) (Grantville), [Stehly Farms Market](#) (Kensington, Valley Center), [Windmill Farms](#) (Del Cerro)

Local Activism Opportunities

[Action for Animals \(XFA\)](#) group, [Action for Animals](#) app, [BAAL \(Bold Activists for Animal Liberation\)](#) group, [Direct Action Everywhere \(DxE\)](#) group, [Kind Heart Coalition](#) group, [Strategic Action for Animals \(SXFA\)](#) group, [Vegan Justice](#) group + San Diego Vegan Activists ([Instagram](#) [Facebook](#)) pages

National/World Resources

VEGAN FOOD FINDERS

Happy Cow vegan/vegetarian restaurant finder www.happycow.net

Veggl vegan food options at restaurant chains veggl.com

VEGAN ALCOHOL

Barnivore: www.barnivore.com

VEGAN PRODUCT FINDERS/CHECKERS

Vegan Product Checkers: [Double Check Vegan](#) app, [Is It Vegan?](#) barcode app, [Vegan Verify](#) barcode app, [WhatsVegan](#) ingredient label scan app, [Conscious Bunny](#) free website, [Is It Vegan?](#) free website, [Logical Harmony Animal Ingredient List](#)

CRUELTY FREE PRODUCT CHECKERS

Cruelty Cutter app: cruelty-cutter.org

CRUELTY FREE PRODUCTS

Leaping Bunny cruelty free certification: www.leapingbunny.org

PETA cruelty free certification: crueltyfree.peta.org/product-type

Cruelty-Free Kitty: www.crueltyfreekitty.com

Ethical Elephant: ethicalelephant.com

VEGAN ORGANIZATIONS

The Vegan Society: Birmingham, England | www.vegansociety.com

The American Vegan Society, Malaga NJ: americanvegan.org

The Vegetarian Resource Group: www.vrg.org

Vegan Outreach: Sacramento, CA | veganoutreach.org

Viva! The Vegan Charity: Bristol, England | viva.org.uk

Vkind (products, companies and services): www.vkind.com

VEGAN and CRUELTY FREE ONLINE COMMUNITIES

Reddit/Vegan: www.reddit.com/r/vegan

Reddit/Cruelty Free: www.reddit.com/r/crueltyfree

VEGAN CERTIFICATIONS

Vegan Society, Vegan Action/Vegan Awareness Foundation, American Vegetarian Association, BeVeg, V-Label International, VegeCert vegecert.com

VEGAN HOUSING

VegVisits: vegvisits.com

CRUELTY FREE INVESTING

Cruelty Free Investing: crueltyfreeinvesting.org

ACTIVISM OPPORTUNITIES

PCRM Actions: www.pcrm.org/take-action

PETA Action Center: www.peta.org/actioncenter

VegMediaWatch: vegmediawatch.org

Factory Farm Watch: FactoryFarmWatch.org

SEPTEMBER COMMUNITY CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Tacotarian special: Taco Tuesday, tacos \$1 off Maya's Cookies \$2 chocolate chip cookies Tue-Wed 4-5 pm	2 Save the Dogs protest at Merck: 3050 Science Park Rd, 11:45-2 pm Donna Jean: Entree, Dessert + Drink for \$35 Wed-Thu 5-9 pm Tacotarian: Dorado tacos \$1.99	3 Donna Jean date night special: 1 pizza, 1 pasta, 1 salad, 1 bottle of wine for \$85 Wed-Thu 5-9 pm	4	5
6	7 Eris special: All-In Lunch (sandwich + a drink for \$12), 12-2 pm Mon-Fri →	8 Tacotarian special: Taco Tuesday, tacos \$1 off Maya's Cookies \$2 chocolate chip cookies Tue-Wed 4-5 pm	9 Save the Dogs protest at Merck: 3050 Science Park Rd, 11:45-2 pm Donna Jean: Entree, Dessert + Drink for \$35 Wed-Thu 5-9 pm Tacotarian: Dorado tacos \$1.99	10 Donna Jean date night special: 1 pizza, 1 pasta, 1 salad, 1 bottle of wine for \$85 Wed-Thu 5-9 pm	11 San Diego Sustainable Night Market, Miramar 5-9 pm, free	12 North Park Sustainable Market, North Park, 12-4 pm Vegan Spirituality Potluck with Lisa Levinson, Fortuna Ranch, Encinitas, 6-9 pm
13 Restaurants for Rescues: Eris + Franklin Farm Sanctuary, Oceanside, 12-2pm PlantDiego: Dine Out at Evolution Fast Food , North Park, 4 pm	14 Eris special: All-In Lunch (sandwich + a drink for \$12), 12-2 pm Mon-Fri →	15 Tacotarian special: Taco Tuesday, tacos \$1 off Maya's Cookies \$2 chocolate chip cookies Tue-Wed 4-5 pm	16 Save the Dogs protest at Merck: 3050 Science Park Rd, 11:45-2 pm Donna Jean: Entree, Dessert + Drink for \$35 Wed-Thu 5-9 pm Tacotarian: Dorado tacos \$1.99	17 Donna Jean date night special: 1 pizza, 1 pasta, 1 salad, 1 bottle of wine for \$85 Wed-Thu 5-9 pm	18	19 Sale Ranch: Annual Fundraising Gala 2026, Temecula, 5-9pm DxE Protest at Lazy Acres , Hillcrest, 1 pm
20	21 Eris special: All-In Lunch (sandwich + a drink for \$12), 12-2 pm Mon-Fri → [[[Vegan Meditation 6-6:30 pm (online)	22 Tacotarian special: Taco Tuesday, tacos \$1 off Maya's Cookies \$2 chocolate chip cookies Tue-Wed 4-5 pm	23 Save the Dogs protest at Merck: 3050 Science Park Rd, 11:45-2 pm Donna Jean: Entree, Dessert + Drink for \$35 Wed-Thu 5-9 pm Tacotarian: Dorado tacos \$1.99	24 Donna Jean date night special: 1 pizza, 1 pasta, 1 salad, 1 bottle of wine for \$85 Wed-Thu 5-9 pm	25	26 VegFest vegan festival, Balboa Park, 11 am-5pm + PlantDiego's "Let's Beat Breast Cancer" rally at 11 am Poppy's Party for Prevention SNAP benefit 1 pm
27	28 Eris special: All-In Lunch (sandwich + a drink for \$12), 12-2 pm Mon-Fri 31	29 Tacotarian special: Taco Tuesday, tacos \$1 off Maya's Cookies \$2 chocolate chip cookies Tue-Wed 4-5 pm	30 Save the Dogs protest at Merck: 3050 Science Park Rd, 11:45-2 pm Donna Jean: Entree, Dessert + Drink for \$35 Wed-Thu 5-9 pm Tacotarian: Dorado tacos \$1.99	Coming in October: • Vegan Spirituality Potluck with Peaceful Planet Foundation, Sunset Cliffs, October 10, 6-9 pm • BOO! By the Bay Halloween Carnival, Naval Training Center Park, October 24, 11 am • Pebble Ranch Rescue fundraiser at Trevi Hills Winery, October 28		

Deals & Discounts

RESTAURANTS

[Ben & Esther's Vegan Delicatessen](#) (Rolando): Rewards program offers points with purchase

[Chani's Donuts](#) (Kearny Mesa): Free sample donut

[Donna Jean](#) (North Park): Weeknight Dinner Special: Entree, Dessert + Drink for \$35 Wed-Thu, 10% off, valid Wednesday and Thursday, coupon in [VeganDiego](#)

[Eris Vegan Food Co.](#) (Oceanside): The All-In Lunch (sandwich + a drink for \$12), Monday-Friday, 12-2 pm
"Buy one, get ones" on Tuesday nights for loyalty program members

[Evolution Fast Food](#) (North Park): Free soft serve with purchase of a sandwich or burger, coupon in [VeganDiego](#)

[Gorilla Eats Sushi](#) (College Area, in SDSU at Aztec Food Hub): 10% off cash "call in for pickup" orders

[Ike's Love and Sandwiches](#) (Hillcrest, Midway, Poway, Sorrento Valley): Omni shop with many vegan options
With app, free sandwich on birthday month, periodic specials and offers

[Maya's Cookies](#) (Grantville, San Marcos): \$2 chocolate chip cookies Tuesdays & Wednesdays 4-5 pm

[Nibble Chocolate](#) (Old Town's Fiesta de Reyes): 10% off coupon in [VeganDiego](#)

[Phattie's Bake Shop](#) (Point Loma): Rewards program, 1 point for every \$2 spent

[Plant-Power Fast Food](#) (Encinitas, Escondido, Ocean Beach, UCSD): Rewards program offers points with purchase to redeem for products + birthday surprise

[The Purple Mint Vegan Restaurant](#) (City Heights): Free birthday surprise at www.purplemintbirthdayclub.com
VIP program offers secret menus, special offers/discounts, loyalty rewards

[Rayluca Chocolate](#) (Mira Mesa): For online orders, use code "LOVE15" for 15% off.

[Tacotarian](#) (North Park): Tuesdays: \$1 off tacos, Wednesdays: Dorado tacos \$1.99

[Veggie Grill](#) (Carlsbad): Rewards Program offers points with purchase, periodic offers, free birthday entree

MARKETS

[Sprouts Farmers Market](#): Frequent Buyer program - purchases earn cash rewards, digital coupons

[Thousand Petal Lotus](#) (Vista): Low priced Rebel Cheese, buy one, get \$1 off second cheese

FOOD PREP SERVICES

[Vibrant Fork](#) is offering a 15% discount on their entrees and desserts to readers of Vegan News San Diego. To claim the discount, enter code VN15 at checkout. Home delivery is available within their service area.

ENTERTAINMENT

Vegan Company Slogan of the Month

V-Dog dog food:
“Animal Products Without
Animal Products”

Vegan Advice Column Special

- [I'm Vegan and Received a Non-Vegan Gift. What Should I Do?](#) from PETA
- [Dear Prudence: Help! My Husband Just Seriously Violated Me in Public](#) from Slate
- [Miss Manners: My friend bakes me a vegan cake twice a year, and I can't stand it](#) from AL.com
- [Dear Abby: Vegetarian & Vegan Hosts Refuse To Handle Meat](#) from UExpress
- [Dear Annie: I'm tired of answering questions about my vegan lifestyle](#) from Cleveland.com

Vegan/Vegetarian Character:

Ricardo Tubbs,

Miami Vice TV series (1984-1989)

The crime drama TV series *Miami Vice* was inescapable in the 1980s. The show focused on undercover Miami detectives James "Sonny" Crockett (Don Johnson) and Ricardo "Rico" Tubbs (Philip Michael Thomas). Long before vegetarians were part of daily discourse, it was virtually unheard of for a vegetarian actor to play a vegetarian character on prime-time TV, making Tubbs and Thomas significant media role models.

“If slaughterhouses had glass walls, the whole world would be vegetarian.” - Linda McCartney, *Linda's Kitchen: Simple and Inspiring Recipes for Meatless Meals*, 1995 (often misattributed to Paul McCartney)

Vegans in the News

Solo artist/boygenius member **Phoebe Bridgers** released the album [Lost Weekend](#) on Aug. 14, her first solo release in 6 years. **Ariana Grande**'s new album *Petal* [debuted at No. 1](#) on the Billboard 200 albums chart. Following the completion of her recent concert tour, Grande [announced](#) that she was taking a break from the public eye. Queen guitarist **Brian May** co-wrote and sang “My Angels Are Calling” on [Watching The Tide](#), a new posthumous album by guitarist Steve Cropper. Supermodel **Christie Brinkley**, who had been a lifelong vegetarian, became [pescatarian](#) in 2019; she now reports she's following a fully [vegan diet](#). Vegan sisters **Rooney Mara** and **Kate Mara** star in Werner Herzog's new film "Bucking Fastard," appearing together in a film for the first time.

Next Month

Our October issue will feature our most important work yet: a guide to vegan Halloween candy. We'll also catch you up on the latest community events, including:

- Vegan Spirituality Potluck with Peaceful Planet Foundation, Sunset Cliffs, October 10, 6-9 pm
- BOO! By the Bay Halloween Carnival, Naval Training Center Park, October 24, 11 am
- Pebble Ranch Rescue fundraiser at Trevi Hills Winery, October 28

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