

## Other Online Resources

*HappyCow* lists vegetarian and vegan restaurants and stores worldwide, for vegan travelers or those considering a move.

<http://www.happycow.net/>

*The Post Punk Kitchen* offers vegan recipes, videos, and lively vegan community on the forums.

<http://theppk.com/>

*VegNews* magazine also has a website with vegan recipes, news, travel advice, and more.

<http://www.vegnews.com>

The *Vegan Recipe* search engine, powered by *Recipe Puppy*, searches major recipe sites, from *AllRecipes* to *Cooks* and many more, ferreting out vegan recipes from sources for omnivores.

<http://veganrecipe.us/>

*VegWeb* has tons of vegetarian and vegan recipes, articles, and forums.

<http://vegweb.com>

## General Vegan Cookbooks

**The Uncheese Cookbook: Creating Amazing Dairy-Free Cheese Substitutes and Classic “Uncheese” Dishes**

Joanne Stepaniak, 1994  
641.563 / STE

**The Gluten-Free Vegan**

Susan O'Brien, 2007  
641.5631 / OBR

**How It All Vegan!**

Tanya Barnard and Sarah Kramer, 2000  
641.5636 / BAR

**The Voluptuous Vegan**

Myra Kornfeld and George Minot, 2000  
641.5636 / KOR

**Vegan Lunch Box**

Jennifer McCann, 2006  
641.5636 / MCC

**Veganomicon**

Isa Chandra Moskowitz and Terry Hope Romero, 2007  
641.5636 / MOS

**The Joy Of Vegan Baking**

Colleen Patrick-Goudreau, 2007  
641.5636 / PAT

## Magazines Of Interest

**Veg News**

**Vegetarian Times**

## Related Interests & Issues

**Animal Liberation**

Peter Singer, 1990  
179.3 / SIN

**The Omnivore's Dilemma:**

**A Natural History Of Four Meals**

Michael Pollan, 2006  
394.12 / POL  
LP / 394.12 / POL  
BOD / 394.12 / POL

**The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss and Long-Term Health**

T. Collin Campbell with Thomas H. Campbell, II, 2004  
613.2 / CAM

**Conscious Eating**

Gabriel Cousens, 2000  
613.262 / COU

**Obligate Carnivore**

(“Cats, dogs, and what it really means to be vegan”)  
Jed Gillen, 2003  
636.0887 / GIL

**Eating Animals**

Jonathan Safran Foer, 2009  
641.3 / FOE

# Vegan Resources

(at The Urbana Free Library  
& in the community)



Photo by Martin Poole

Many vegan cookbooks can be found in the 641.5636 call number range. Here are some highlights.

## Local (Physical) Resources

The friendly Champaign-Urbana Vegan Meetup Group meets up once a month to have a potluck and chat, and welcomes non-vegans.

<http://www.meetup.com/The-Champaign-Urbana-Vegan-Meetup-Group/>

The Common Ground Food Co-op and the Strawberry Fields Grocery carry many vegan groceries, as well as prepared foods, like salads, sandwiches, and wraps. Common Ground also has vegan soups daily, while Strawberry Fields offers vegan espresso drinks and milk shakes.

<http://commonground.coop/>  
<http://strawberryfields.com/>

The weekly Market at the Square (aka the Urbana Farmers' Market), located in the southeast parking lot of Lincoln Center, runs from 9 a.m. to 1 p.m. through November. Local farmers provide plenty of vegetables, and other sellers are vegan-friendly.

<http://urbanaillinois.us/market>

The Red Herring is an all-vegetarian restaurant with vegan options and events located on the U of I campus, in the basement of the Channing Murray Foundation at Oregon and Matthews.

<http://theredherring.org/>

Veggie Trails is one of those vegan-friendly vendors at the market, offering “Vegetarian Cowboy Cuisine,” much of which is vegan-able.

<http://veggietrails.biz>

## Local (Virtual) Resources

*Eat it Vegan C-U* column on Smile Politely reviews the vegan offerings of local restaurants with the disclaimer to always ask if your order is vegan.

[http://www.smilepolitely.com/food/category/eat\\_it\\_vegan\\_c-u/](http://www.smilepolitely.com/food/category/eat_it_vegan_c-u/)

*Food For Thought Radio*, on the air Sundays, 3-4 p.m. on WEFT 90.1 FM, hosted by Vegan Linda and Meat-free Mike, is a good source of local vegan info, news, restaurant reviews, etc.

<http://fftradio.blogspot.com/>

There are more vegan options in town than you might think, and you can search “vegan” on Yelp to find more of them. If you notice any overlooked options, help your fellow local vegans out and post them.

<http://www.yelp.com/>



**The Urbana Free Library**

Adult Services • 210 West Green Street • Urbana, Illinois 61801  
217-367-4405 • [urbanafreelibrary.org](http://urbanafreelibrary.org)

