



ISSUE 01 / 2015

the VEGABOND

TRAVEL SOUL BODY FOOD

CANADA GUIDE

REAL MOUNTAINS
VEGAN GUIDES & MAPS
WORKING-HOLIDAY-VISA
COAST-TO-COAST ON WHEELS

MINDFUL TRAVELING
YUKON PHOTOGRAPHY FEATURE
by Paul Balite

Keep your mind and body **NOURISHED**
ANYWHERE

10 VEGAN RECIPES CHOCO & CHEESE

ONDREJ'S FAMOUS GOULASH

ALL BUDGET, BODY & ANIMAL FRIENDLY

INTERVIEW WITH EM VON EUW!

[of thisrawsomeveganlife.com](http://thisrawsomeveganlife.com)

CONSCIOUS. COMPASSIONATE. KICK ASS. SPIRITUAL. GANGSTER.

///karmavore

This magazine is mainly ESL-written and hasn't been proofread by a native English speaker. But you most likely don't know any second language. So shoosh. Nah, just kidding. Please be forgiving. And laugh. Oh, and if something is really funny, that of course is based on my great humor, not misunderstood vocabulary.

I would be more than happy to receive your feedback, or any questions you might have via e-mail [poppythecchef@gmail.com] or feel free to contact via Facebook (link on the next page).

Also, if you are a vegan in the printing industry/own a copy shop, and would love to support us, we are looking for a printing donation of a few issues. I would love to hear from you!

"No milk, no cheese. No eggs, no meat. Just meditation and peace. Red lentils, chick peas. Good workout, good sleep. More sunshine, light breeze."

#PROMOE

#HEALTHYFOOD #BEFAIR #VEGANUNITED #ANTIFA #WTFVEGANFOOD
#FEEDYOURBODY #TRAVEL #PLANTPOWER #UNITY #WILLTRAVELFORVEGAN
#CRUELTYFREE #MINDFUL #DONTKILLANIMALS #NOURISHNOTPUNISH
#VEGANMUSCLES #WANDER #CHANGETHETHEWORLD #CULINARYKARMA
#VEGANFIT #LUSTORLOST #VEGANBOX #MATTER #MARYSTESTKITCHEN
#VEGANSTRONG #RAW #MOOFREE #VEGETARIAN #MINDFULWANDERLUST
#MAKEADIFFERENCE #BE #FOODGASM #FOODPORN #THISRAWSOMEVEGANLIFE
#MAKETHECHANGE #LIVE #DAIRYFREE #RAWVEGAN #OHSHEGLOWS
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#PLANTPROTEIN #SELFCARE #VEGANSOFIG #NOURISH #KALEDIT
#LOVEANIMALS #SELFLOVE #VEGANFOOD #FOODPICS #VEGANBACKPACKING
#CHALLENGEYOURSELF #RAWFOOD #EATCOLOURS #VEGANWORLDTRAVELERS
#STRONGNOTSKINNY #VEGANFOODSHARE #FREEWILDSOUL
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VEGAbonding



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Blog - kristinzimmer.wordpress.com

Ahoj Pirates!

We are so happy to bond with you, here. Thank you for downloading this issue and showing interest in how to stay vegan while you travel, or just, how to travel in a fun, mindful way!

We are not preaching for Veganism.

We reach out for it. It fulfills us and keeps us happy and we truly believe in it being the most senseful way to live. But, everybody is free to make their own choices, so we welcome you to enjoy this publication even though you do not choose a fully animal-friendly life. Hopefully, our budget-travel tips, reviews on netowrks and images will come in handy for you anyhow. Let yourself be inspired by what we've learned in combined 2 decades of vagabonding [vegan].

a wee bit of compassion and heaps of strong will;
meet 'Kris' aka Poppy & 'Ondrej' aka Andrew



KRIS, born 1989 in Germany, BA in Literature, worked for a paper in Cork, Ireland and a magazine in Ho Chi Minh City, Vietnam. Living abroad on and off since 2005, vegan since 2014. Approaching a future in Holistic Medical Wellness and physical therapy.

ONDREJ, born 1982 in the Czech Republic, trained chef and restaurantier, perfectionist in everything he does, out-of-homeland since 2006 with the biggest stations being Ireland, New Zealand and Canada, vegan since 2003.

We met in Canada at 'dtf' (Not a dating site, but one of the best restaurants of Calgary at the time)

Exploring Vegan foods with another (com)passionate partner is something that has given us incredible joy, and as excessive travelers, we ventured off together the year after we met in Canada to a huge North- / Central- / & South-American roadtrip ending back in Europe.

Being Vegan is about many things. But mostly it is kindness.
Kindness to all beings, including yourself, and the planet.

We are lovers of nature, clean air, high mountains, also, we like to
surrender to soul food, wine and beer, coffee and chocolate.

We are sharing the best of all aspects here, with you!



Picture taken at 'Boon Burger Café', Winnipeg, Manitoba.

*Walk a country with interest, for the culture, the people, the animals.
Eat conscious, considering the planet and its beings, as well as a
balance between pleasure and nutrition.*

*Don't forget that true beauty isn't visible for the eye.
Go with your heart first.*

LEAVE GENTLE FO

giving and i
without any

guide

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#whatfatvegans eat

now sitting on your bum most of the day, driving from one vegan metropole to the other, you might just end up looking like a sack of potatoe in a bit! A smiling, happy sack of potatoe, but... still. Sacky. And you might feel a little sucky. Which is why I provide a few tips on how to stay nourished (p.9), fit (p. 37) and how I think about the magic of Yoga and Tea (p.39).

FOOTPRINTS

Inspiring;
harm.

begin-veg, au-begun

and of course this issue will review some of our favorite restaurants (43), an easy guide to Canadian chain food (15) and what you can order on the run and many recipes for cooking campsite, simple and cheap, as well as nice thank-you dinners for a host, a fancy dessert and our guide to kick-ass vegan cheese and chocolate making (52)! Fun!

THE STARTING POINT

Packing The Car...

THE ADVANTAGES OF TRAVELING BY CAR ; LOAD IT UP OR CHOOSE CAREFULLY?

What did we really need, Some Favourites & Choose Carefully. p. 2 - 6



YOUR PERSONAL BURNING HOT FOOD TRUCK

How to make your moving kitchen a base for daily nutritious food porn! p. 8

VEGAN SURVIVAL KIT (NOT PROTEIN POWDERS...)

A bit of an easy nutrition boosting travel equipment and tales to keep you healthy on the road p. 9



CANNING ; NOT SO CLASSY BUT FULL OF BENEFITS

How preserving and fermenting vegetables before your trip will aid your health and make your meals so much tastier p.13



TRAVELING BY CAR

. . . a s l i p p e r y s l o p e !

Yeeaaaah. Traveling by car is fun. But it's also like a bag of nachos or oreo cookies. Once popped, never stopped. Be careful with what you are really taking with you and try to sleep in it fully loaded before you take off! Try to minimize as much as you can, begin with your clothing.. Yes, you do still have that space, but it is nice to also be able to use it :) And find things! A good advice someone we couchsurf'd with gave us was the following: "I never take more than 2 of one kind." Thanks Mike from PEI.

WHAT WE HAD, WISHED WE HAVE HAD, AND WISHED WE HAVEN'T HAD!

As with everything in life, we always want more, right. Greed is present and oftentimes kicks you in the butt, yet, a lot of us are born privileged having more than enough and practicing modesty becomes a tough one. Minimalism is a modern trend now, going from messy to organized, Ondrej and I sure do not count to the minimalistic group ;). Yet. We thought, as long as we got the space, might as well use it!

Our trunk was absolutely filled, a cargo on top of King Subaru Leonidas was filled, and we didn't even have our backseats free! That could have surely been done better. Before sleeping in the car, we had to move things around for 10min at least, and finding something oftentimes took forever and can easily get frustrating. Save yourself the work and the potential for arguments. Pack light. We will get to the food part in just a second, as this is of course an important one when you pretty much travel in your house, or, live in/out of your car. But let's go through a few comfort and car safety items. We were oftentimes longing for a pillow. We had 3 blankets, 1 or 2 good ones would have been enough. Sleeping Bags were a lifesaver. So were wet towelets and of course tissues. Headlights, and the tent are irreplaceable. We wished we had prepared some kind of curtains for the window and bought one of those sunscreens for the windshield. The audio converter for music was great. Another adapter to charge more devices while driving would have been handy.

For the car. Always, at any given time, carry enough motor oil on you. You definitely need a tire pressure gauge! Make sure you are familiar with your equipment to change tires and if possible, have it at easy access.

NEXT ISSUE WILL BE ALL ABOUT
FASHION! NOT!
MESSY KRIS + MESSY CAR.
THE ART OF (UN)PACKING



SOME FAVORITES



For sure. A micro towel. Poncho. A light, thin but huge and, first of all, pretty scarf. Thin thermo clothing. Mosquito net. Packable shopping bag, a notebook, a great book or one kindle with a ton of great books.



WOODEN CUTLERY. Not only do other people find them *really cool*), they do not break!

A pocket knife. To possibly stab someone who wants to kill you on the sidewalk, but mostly to slice food on the go. A portable hard disk for an ultra light laptop. A pre-charged battery for your phone. A film for your analogue / disposable camera. A nail clipper. Frida Kahlo bag to keep a few girly items and remind you that your wild eyebrows are still ok until tomorrow.



SOME HEALTH LUXURY.

B12 supplement. Possibly Iron, or whatever you personally tend to be low in. Homemade lotions, coconut oil for skin and hair, powdered toothpaste, baking soda, tea tree oil for any skin issue and disinfection, and combined with coconut oil and baking soda = deodorant! Many ziplog bags. Always. Wet wipes. Tissues. Mosquito Repellent. Razor.



SPRAY LAKES, CLOSE BY CANMORE, ALBERTA:





guest article | megan taylor

vibrant albertan
all season mountain goat
well (car-)traveled

hatchforth.wordpress.com

CHOOSE CAREFULLY

I filled my car to the brim when I left on this trip. I've used almost everything, and many of these things have allowed me to travel very cheaply (tent, cooler, camp stove, box of food) and also experience things in a very rich way (surfboard, hiking boots, backpacking gear, tripod). Some things are for comfort (car phone charger, pillow, loose leaf tea, many, many books, stamp making tools), others are for safety (first aid kit).

Some things I thought I would never use when I was travelling down the coast (down sleeping bag, fleece jacket), some things I was very happy to have in the mountains (down sleeping bag, fleece jacket). Some things I wish dearly that I had brought (longboard, climbing gear). But when it comes down to it I have four absolute favourites.

“I’ve discovered a way to make this less awkward. Postcards.”

ONE A dress.

One, with patterns or something that hides how many times you may have actually worn it. One that is made of something light and airy like cotton, that stays cool and dries fast, essential for when you get caught in rain or have to throw it over your swimsuit after jumping in the ocean. I know, it sounds silly. But I have three of them and I love them dearly. It will help you make it through the summer heat in the city, blend in with all the city folk & allow you to dash from the beach back to your car without googly eyes following you

TWO Cracker Bread.

Even if I found a good bread, I couldn't eat a whole loaf by myself before it went mouldy. So I turned to cracker bread. It lasts forever, can be packed in on a backpacking trip, and is a mere \$2.50 a pack. The sourdough variety of Wasa grew on the bread-snobby me. What I soon discovered was that cracker bread can be eaten as breakfast, lunch, dinner, and dessert, and it can make you feel quite classy. No longer are you eating peanut butter and banana sandwiches, now you are eating an open faced nut butter cracker topped with sliced bananas.

Three. Postcards.

When you're travelling alone there are many times that you just have to buck up and go to a place by yourself because either you go in with your head high, or you completely miss out on seeing or experiencing something that you probably really want to do. Some examples are sitting down for a craft beer at a local brewery, dining out for some real southern food, or going to see some live bluegrass music at a pub. I've discovered a way to make this less awkward. Postcards. Hanging your head over a few postcards while you do these things gives you something to do so you don't have to awkwardly sit by yourself. People are naturally curious, and often these postcards draw people in. Sometimes it means that the chef will come dine with you and let you sample pretty much anything on the menu, sometimes you will get a spare room offered to you, sometimes you just write a postcard and enjoy good music and alone time. Regardless, the end result has never failed to be of value.

Four A case of good beer.

I think this is what the boy scouts were thinking about when they came up with the motto "Be prepared". No, this case of beer is not for lonely nights by myself in the woods. Quite the opposite in fact, it's for those impromptu campfire, party, or dinner invitations. It's nice to have something to share when someone gifts you an invite. Local is best, and an IPA always impresses.





Homemade on the road. Take your passion with you !

THE QUICKEST VEGAN BURGER PATTY RECIPE | CHEAP AND HANDWORK ONLY P. 56

sourdough flatbread with.... avocado!

Simple and delicious, one of our first choice road snacks, the sour in the dough adds extra benefits into the meal !

(RIP Franz. See p. 13)



BURNING HOT

Cooking with love provides food for the soul.
Nutritious ingredients are self-love

With a few simple ingredients and spices you can make your roadside and improvised cooking at strangers homes so much better. Add a little bit of love and think about your very favorite spice! And then *cough* pack it in moderation! Haha. I have to giggle here. Why? Ehm, probably because we were traveling with a 5kg bag of crushed dried chilis (we like it spicy and it was a great deal) and a 10kg bag of white rice, which we never finished in almost 4 months. You get the message?!

I would much more likely go for a smaller bag of brown rice instead, also considering the health and protein benefits on the vegan side of life. Let me just list a few items that elevate your rolling kitchen without putting too much weight on it!

Spice Magic

Dried Mushroom Powder
Black Pepper Sea Salt Paprika
Italian Spice Blend Curry Blend
Cayenne Cumin

Vegans like it Creamy

Tahini Nutritional Yeast Flakes
Coconut Milk Powder Nut Butter

Powerful Grains

Quick Oats Quinoa Couscous
Brown Rice & Brown Rice Pasta

Sweetness

Peanut Butter Powder Dates
Plant-Based Syrup Oat Flower
Dehydrated Fruit Granola



SURVIVAL KIT

Skip red bull. eat more green instead.

Even in the regular daily life, a Vegan has to justify his/her existence non-stop. How can you live like this? What do you miss the most? How do you feel? What about the protein? Aren't you tired? What the hell CAN you eat? Ladida, and so on. So of course, we might worry about the traveling health.

Fear not, Mamma & Co. We got this.

GOOD FOOD IS GOOD MOOD

As with most things in life, I tend to overthink every bit of my encounters and the planning of my day. And I can read Tolle's famous 'The Power of Now' a million times like every 2nd Vagabond right now, and attend a 10 day meditation seminar, and I will still spend too much time thinking about breakfast, lunch and dinner, and maybe a snack in between!? And how to make it super tasty. But what about the nutritious part. It is true, for my part at least, the female, sensual side of me is screaming for good food. No matter what life and living situation I found myself in, I have always provided tasty food - even if just for me. I think I am totally worth a great meal. Even alone. Ondrej, and I feel like he is not the only one in his gender, is a large bit easier on all that and probably could have driven several days on chewing sunflower seeds ;-).

The nutritious aspect of 'Good Food', the one that goes far beyond stimulating the taste buds and feeding the soul, came into my life with turning Vegan, in Canada. I learned a lot about nutrition, cleansed and detoxed until I accidentally couldn't even move anymore, relaxed about it all again, stopped over-obsessing, found intuition and balance. Now, organic and natural food is still high on the list of what I would like to invest money in. In the future. Same with wine and beer. But whilst traveling on a budget, I had to understand that a bag of 10 apples for 4 bucks is better than one with 5 organic ones for the same price. If you are sincerely on a budget, learn to take it easy on the organic goodies. There will be the right time for it. For now, at least keep eating colorful instead of going for cheap bread because the real plants are too expensive. Go cheap, buy and eat whats on sale and if it makes you feel better get an organic veggie cleaner. Or wash with water & vinegar. Also. Go dumpster diving. We'll get to that in the next issue.

PLANT BASED PROTEIN

This is kind of an oxymoron. Why? Because all plant based food contains protein. Some of the biggest mammals are herbivores, and a lot of dinosaurs ate plants. The only 'problem' is that they do not contain complete proteins to our bodies or to say, animal based protein has better matching amino acids for us. Anyhow, it has been proven very unhealthy and multiple studies suggest plant proteins. Just go for variety and one plant protein will combine with the other to become complete. They do that for you :-).

- Quinoa, hemp or chia are complete by themselves
- Other high quality proteins need to be combined throughout the day. A few choices:
Leafy Greens Legumes Tofu/Tempeh
Brown Rice Whole Wheat



DIGESTIVE HEALTH

The mind and the gut are one big love affair. They are dramatic and romantic and will never let go of each other. If things are great with both of them, they will make you feel like you can move mountains, if any of them is upset, the other will be too. It is a hellhole, if you let it be. Try to keep your gut healthy by stabilising it with a good amount of probiotic food. Healthy bacteria is needed to absorb nutrients and have normal bowel movement. Wonderful Vegan sources are:

(Homemade) Ferments like Miso & Sauerkraut Coconut/Nut Yogourt
Kombucha

Homemade is always better when it comes to fermented food. If you don't have access to these while traveling, take a supplement.

BRAINS

Vitamin B12 is important for our brain function and blood formation. It does not occur naturally in the human body, nor is it made naturally by other animals or plants. Bacteria is responsible for synthesizing B12. When animals eat food containing this bacteria, they become a source of B12 & pass it along to humans. So you could really go to an organic farm and eat the veggies with the dirt on. If you don't feel like stuffing your face with dirt or ordering batabata-cha tea from Japan, take a supplement. Like once a month. And / or fortified products like:
Plant-Milks Nutritional Yeast VEGA-products
Other sources like seaweed or ferments are not scientifically proven effectively.

NATURALLY AWAKE & STRONG

CARB AND IRON UP!

Iron deficiency is the most common in the world and plant-based eaters are not more prone to eat than others (vrg.org). Not having enough Iron will leave you feeling miserable. Tired and Dizzy. So make sure to get enough Dark Leafy Greens & Legumes going. Tahini is magical in cooking, raw food, and salads and 2 tbsps contain 20% of your daily need. Broccoli & Bok Choy are excellent as they are also high in Vit. C which helps absorbing Iron.
Beans + Tomato Sauce = <3
Stir-Fry Tofu + Broccoli = ++<3

Add in a great amount of the friendly carbs
Fruit Veggies Rice Legumes
Potatoes

Total Nutritious Love Explosion !#*!

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