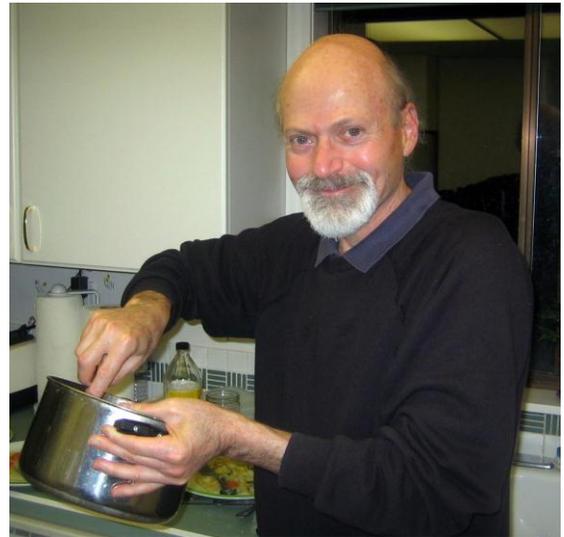


EVEN Interview with

David Gabbe

On The VegPath

David Gabbe is the author of [David's Vegan Home Cooking](#), [From David's Pure Vegetarian Kitchen](#), [The Going Vegetarian Cookbook](#), and [Why Do Vegetarians Eat Like That?](#) He teaches plant-based cooking and nutrition in Oregon and Washington (since 1990) and has been a speaker at numerous seminars and conferences on the West Coast.



EVEN: How did veganism become part of your life?

David: Prior to my marriage in 1976, I can recall having no distinct interest in following a vegan lifestyle. Within a short time after getting married, my wife and I became vegetarians. Several years later we went vegan. We are unable to remember what motivated us to get off the fleshpath and on to the vegpath. That two meat-eaters would simultaneously and together renounce animal flesh is, in its own quiet and un-dramatic way, still amazing to us. It makes me think there is hope for all of us.

EVEN: Who was an influential person in your life earlier on that led you to veganism?

David: Though not directly leading me to veganism, my mother instilled in me the importance of doing whatever we can, even if modest, to ease the suffering of those less-fortunate and in pain. The fuller meaning of compassion would come to me later in adulthood. I've found no finer expression of it than in veganism.

EVEN: What advice would you give to a vegan advocate wanting to become more of an activist?

David: Educate, educate, educate. First, educate yourself in all facets of the vegan lifestyle---health, economic, ethical, and environmental. Then, go out and educate others when that opportunity arises. Check out the vegan activist organizations – both locally and nationally – and make a contribution of cash and/or time.

EVEN: What do you think makes veganism hard for people?

David: Living in a world in which innocent and powerless animals are exploited and put to death on a gigantic scale every day for no valid reason can weaken the spirit of any vegan. That so few vegans exist, makes it a challenge to find like-minded friends and social situations that are in accord with our vegan values. That most health professionals and segments of society find veganism dangerous and threatening is an objection that cuts to our very bones. When this weight, at times, seems just too hard to take, from within we have to search for the strength and determination to work even harder to make this a more vegan world.

EVEN: What, in your opinion, is the most misunderstood idea about veganism?

David: Even most health professionals believe that a vegan diet is inadequate to meet a person's nutritional needs. Let's put an end to such ignorance. As I note in my book, *David's Vegan Home Cooking*, the American Dietetic Association states that appropriately planned vegan diets satisfy the nutrient needs of all stages of life, including infancy, childhood, and adolescence. Such a diet is ideal for the young athlete, as well.

EVEN: What one thing from your thinking in childhood do you wish you could change?

David: It would have been a sublime childhood indeed to have appreciated the importance of animal rights and welfare. To have stood up for animals wherever possible, to have understood their plight, to have said no to animal abuse. To

have been able to think of animals in this way in childhood would surely have been a treasured gift.

EVEN: If you were to mentor a younger person today, what guidance might you offer? What encouraging words might you share with a newbie?

David: I would stress the importance of becoming educated in every aspect of vegan living. Once well-grounded, any person is ready to advocate for the animals. With more vegan organizations on the scene than ever, I would recommend that a “young” person of any age provide them support by whatever means possible.

EVEN: Do you have a favorite vegan meal or food you can tell us about that really makes veganism work for you?

David: I am nearly positively overwhelmed by the wholesome, mouth-watering possibilities available from any combination of fruits, veggies, beans, grains, and seeds and nuts. My number of “favorite” dishes is astronomical---all simple and easy to prepare. I especially like such powerhouse staples as tempeh and miso, and those hearty greens---collards and kale.

EVEN: What one thing makes veganism worthwhile for you?

David: Veganism should give us all hope that a better way exists to solve such problems as world hunger, chronic disease, environmental degradation, and animal suffering. Veganism is that most noble dream worthy of any utopian setting. It is a gentle, but incredibly powerful and compelling, argument against the horrors of meat production. To arise each morning, and through my actions as a vegan, to fight evil, is a life I once imagined that only could belong to the action super-hero.

EVEN: Any opinion or insight on the future of veganism in today's world?

David: With so much disease ravaging our land---it is estimated that 70% is related to the animal-based diet---it is no wonder that veganism is gaining acceptance. When Oprah embraces it – even briefly – it means we’ve almost arrived! Since the tenets of veganism provide real solutions to many of today’s vexing (man-made) problems, I see its gradual acceptance by more and more Americans---especially among the younger generation.

