PIGNIC GUIDE

Warm weather is here and so is barbecue season — time to fire up the grill and kick back with friends and neighbors for some delicious food and great conversation.

But for most Americans, a backyard barbecue means cooking hot dogs, sausages, burgers, or a variety of other meats. The production of these foods is bad for animals as well as for the people who live closest to factory farms, predominantly low-income communities of color. This isn't just an animal rights issue, it's a human rights issue, too.

It's social injustice, plain and simple.

Why not put compassion on your plate and host a plant-based Pignic instead?

The animals and people affected by factory farming deserve freedom from harm. Reducing demand for meat is a small but truly significant action we can take to keep our communities safe and healthy. Be a good neighbor: declare your independence from meat! Read on for inspiration, ideas, and recipes.

WE MEET YOUR NEIGHBORS

REMEMBERING TERESA

We might never have met Teresa had it not been for concerned people who put compassion first.

It was an uncharacteristically hot autumn day in Washington, D.C., when police got the fateful call from neighbors about an abandoned transport truck. Nearly 200 pigs were trapped in an intensely crowded metal trailer with no water after a long ride from a factory farm in North Carolina. Teresa was among those who would come to live at Farm Sanctuary.

Born in a factory farm warehouse, these pigs had spent the first of what would have been a short six months of life indoors. They lived on concrete and never had any sort of bedding. So it was especially heartening to see how when we provided them with straw their first night, they took right to making big, soft nests for themselves. This was the beginning of the life they were meant to live!

And Teresa lived the longest of them all, enjoying more than 13 years of freedom. A true ambassador for her species, this lovely girl’s outgoing personality shined. She had several “best” friends from among that group. Her first and very best friend was Howard. They always slept face to face, and were often found chatting up a storm first thing in the morning and right before they went to sleep at night.

And in her later years, she brought comfort to a younger pig named Harry after he lost his elderly mother. When not mud- or sun-bathing together, you could find the two spooning in the barn.

While Teresa has since passed, our staff will never forget her inspiring resiliency, which allowed her to live a life of love and happiness at Farm Sanctuary. She was truly someone, not something, and we are honored to have called her a friend.

You can celebrate the incredible life of Teresa and animals like her by choosing plant-based recipes like those featured in this guide.
HOST YOUR OWN PIGNIC

At Farm Sanctuary, we host Pignic barbecues each summer where guests can sample plant-based picnic fare and meet rescued pigs and other animals. You can bring this same experience to your neighborhood by inviting friends and family over for a Pignic of your own. Here’s how:

WHAT TO GRILL

What’s a cookout without a burger or a frank? Luckily, neither of these barbecue staples has to come from animals! Here are a few delicious, meat-free options you might see at a grocery store near you:

Amy’s® Bistro Veggie Burger
Beyond Meat Beast Burgers
Boca Original Vegan Meatless Burgers
Field Roast® Frankfurters or Sausage
Gardein™ Beefless Burger
Lightlife Smart Dogs®
Sweet Earth® Burgers
Tofurky® Gourmet Sausages and Veggie Burgers
With a few simple swaps, these barbecue classics become plant-based favorites. Each recipe serves 4.

**POTATO SALAD**

*Recipe by One Ingredient Chef*

**Ingredients:**
- ⅔ cup raw cashews
- 10 small red potatoes
- ¼ cup water
- 2 teaspoons apple cider vinegar
- A pinch or two of sea salt
- 2 tablespoons lemon juice
- A pinch or two of ground pepper
- 3 stalks celery
- 3 tablespoons red onion
- 2 sprigs fresh dill (about 2 tablespoons)
- ½ teaspoon lemon zest
- 2 tablespoons chives (optional)
- Salt and pepper, to taste

**Instructions:**

**Important note:** Before starting, let cashews soak, covered in several inches of water. They should be allowed to soften for at least 30 minutes, or up to 6 hours.

1. Begin boiling a stockpot of water. Then, rinse and slice the potatoes into quarters and carefully drop them into the water once it reaches a boil. Let these cook for about 15 minutes until fully softened.

2. Drain the cashews of their soaking liquid and add them to a blender with water, apple cider vinegar, and sea salt. Blend until completely smooth.

3. Once the potatoes are fully cooked, carefully drain them through a colander and rinse them with cold water to stop the cooking process. Then, add them to a large mixing bowl with lemon juice and a pinch of salt and pepper.

4. Thinly slice celery, very finely dice red onion, chop up dill, and add lemon zest. Then, combine the cashew cream with the potatoes along with all the celery, onion, dill, and zest and carefully mix – clean hands are the perfect tool for this job!

5. Finally, cover the bowl with foil and allow to completely chill before serving with an (optional) garnish of chives and a little more salt and pepper to taste.
**PASTA SALAD**

*Recipe by Well and Full*

**Ingredients:**
- 1 pound of pasta (such as whole-wheat orecchiette)
- 1 ½ cups cherry tomatoes halved
- 1 ½ cups haricots verts (or green beans), chopped into small pieces
- 1 cup finely chopped kale (or spinach)

**Mustard Vinaigrette**
- 6-8 spring onions
- Juice from one lemon
- 4 tablespoons almond milk
- 2 tablespoons extra virgin olive oil
- 2 tablespoons water
- 4 tablespoons Dijon mustard
- Salt and pepper

**Instructions:**

**Mustard Vinaigrette**

1. Roughly chop the white and green parts of the spring onions (the white bulb and half an inch above where it starts to turn light green), and combine with all other ingredients in a high-speed blender. Mix until the vinaigrette has a smooth, creamy consistency.

**Pasta Salad**

1. Cook pasta according to directions on the package. When finished cooking, drain and set aside to cool.
2. Combine tomatoes and haricots verts, mixing with pasta once it has cooled.
3. Add kale and toss.
4. Drizzle generously with vinaigrette.
5. Serve and enjoy!
BBQ BAKED BEANS

Recipe by The Veg Life

Ingredients:

- One 15-ounce can of pinto beans (with liquid)
- 1 tablespoon water
- ½ tablespoon cornstarch
- ¼ cup ketchup
- ¼ cup brown sugar
- 1 tablespoon white vinegar
- 2 teaspoons onion, minced
- 1 teaspoon vegan bacon substitute such as Bacos™ (plus more for garnish)
- ¼ teaspoon dry mustard powder
- ⅛ teaspoon salt
- Dash of pepper
- Dash of garlic powder

Instructions:

1. Preheat oven to 350° F.
2. Pour the entire contents of the can of pinto beans with its juices into a covered baking dish.
3. Combine water with the cornstarch in a small bowl and whisk until dissolved. Stir this mixture into the beans.
4. Add all of the remaining ingredients to this mixture and stir until well incorporated.
5. Cover the dish and bake for 90 minutes (yes, 90 minutes) stirring at least every 30 minutes. It will reduce and thicken substantially.
6. Remove from the oven, and let the dish sit for 5 to 10 minutes prior to serving.
7. Garnish with vegan bacon bits.

This recipe can easily be doubled.
Plan an activity to help your guests see #ThePigPicture and make the connection between eating plant-based foods and being a good neighbor to both pigs and people. Here are some ideas to get you started.

1. **WATCH RESCUED PIGS PLAY.** Visit Explore.org and search “Farm Sanctuary Pig Pasture” to view our live web cam. Here, you’ll be able to view the adventures of Ben David and Cameron, two piglets who would have been raised for pork but instead will live out their lives on a sanctuary. Toast the fact that enjoying plant-based food helps animals like them!

2. **PRINT RECIPES TO SHARE.** Print a few copies of this PDF to have on hand for guests who want to know more about plant-based foods. Encourage them to host a Pignic of their own!

3. **SIGN THE PLEDGE.** Pass around a mobile device or tablet and encourage guests to to visit bit.ly/NeighborsPledge, where they can sign the pledge to “Be a Good Neighbor” this summer by choosing plant-based foods for the grill.

4. **SPONSOR A PIG FROM FARM SANCTUARY.** Just $35 per month helps cover the feeding, care, and veterinary bills of a rescued pig at Farm Sanctuary. Consider asking your guests to contribute to an adoption fund! Visit farmsanctuary.org/sponsor to “adopt” a new friend today!

5. **SHARE THE FUN.** Post a selfie of you and your guests enjoying your Pignic together using hashtag #CompassionateMeal. We’ll share photos from events around the country on social media.

Toast Ben David and the farm animals for whom he stands as an ambassador.