

Charm City Vegan

Here's a review of Baltimore's Liquid Earth Restaurant from Katie, followed by some words of wisdom from the poet Percy Shelley, courtesy of the poet Sandra Miller!

The Holy Grail: A Great Vegan Reuben

by Katie Fisher

The food item I remember most vividly from my (benighted, pre-vegan) college years in Baltimore is the Reuben sandwich, that rich, grilled edifice of meat, cheese, Russian dressing, and the sauerkraut that brings it all together. Back then, in that seafood- and meat-happy city, about the only un-animal thing you might find at one of the famous markets was fresh vegetables, and you'd be lucky to get a green salad at a restaurant.

Has that ever changed! Happy Cow now lists [116 restaurants](#) in Baltimore where you can find vegan options (or check out the more manageable [vegan/vegetarian top 10](#) list). If I lived in my old south B'more apartment today I could walk over to the Cross Street Market and enjoy a veggie burger at Gangster Vegan Organics, or pop up to Little Italy for a vegan pizza at Angeli's Pizzeria. If I found myself at the Baltimore Museum of Art I could choose from five vegan options at its upscale cafe. On the campus of my alma mater, UMBC, I could now find numerous vegan options, such as veggie taco salad and Szechuan tofu.

Recently John and I spent the day in Charm City and had lunch at the mysterious



ly
na
me
d
[Li](#)
[qu](#)
[id](#)
[Ea](#)
[rt](#)
[h](#)
in
Fe
ll
's
Po
in
t.
Ho
us
ed
in
a
c.
20
0-
ye
ar
-
ol
d
da
ir
y
bu
il
di
ng

,
wi
th
un
ge
nt
ri
fi
ed
ti
n
ce
il
in
gs
,
ex
qu
is
it
el
y
pa
ti
na
te
d
wo
od
fl
oo
rs
,
an
d
th
e

mo
st
we
lc
om
in
g
pr
op
ri
et
or
s,
th
is
ti
ny
re
st
au
ra
nt
so
rt
of
fe
lt
li
ke
ho
me
. We
op
te
d
fo

r
sa
nd
wi
ch
es
,
an
d
th
e
ve
ga
n
Re
ub
en
wa
s
ev
er
y
bi
t
as
go
od
as
th
e
ol
d
ve
rs
io
n-
be

tt
er
,
ac
tu
al
ly
,
be
ca
us
e
of
th
e
ad
di
ti
on
of
ro
as
te
d
re
d
on
io
ns
re
co
mm
en
de
d
by
th

e
am
ia
bl
e
yo
un
g
wa
it
er
. Th
e
ma
ri
na
te
d
po
rt
ob
el
lo
sa
nd
wi
ch
wi
th
le
nt
il
ta
pe
na
de

wa
s
pr
et
ty
st
up
en
do
us
to
o.
Ou
r
ve
ga
n
lu
nc
h
wa
s
a
ki
nd
of
pr
ay
er
fo
r
th
e
co
ws
wh
o

on
ce
su
ff
er
ed
on
th
e
pr
em
is
es
.



The diorama in the bar at Liquid Earth

Li
qu
id
Ea
rt
h
al
so
of
fe
rs
bu
rr
it
os
,
ra
w
ve
g
wr
ap

s,
ve
ga
n
su
sh
i,
fr
es
h
ju
ic
es
(t
he
gi
ng
er
sh
ot
wa
s
ey
e-
po
pp
in
g)
,
fr
oz
en
dr
in
ks
,
an

d
mu
ch
mo
re
.
Ou
r
on
ly
di
sa
pp
oi
nt
me
nt
wa
s
th
at
we
we
re
to
o
fu
ll
to
ea
t
mo
re
.
Ne
xt
ti

me
ma
yb
e
I'
ll
tr
y
ra
w
ta
co
s
(r
om
ai
ne
an
d
co
ll
ar
d
le
av
es
fi
ll
ed
wi
th
nu
t
me
at
,
av

oc
ad
o,
to
ma
to
,
on
io
n,
an
d
ca
sh
ew
so
ur
cr
ea
m)
an
d
Th
e
Ki
tc
he
n
Zi
nk
(h
em
p
mi
lk
,
ho

ne
y,
ba
na
na
,
mu
lt
iv
it
am
in
,
li
qu
id
an
ti
ox
id
an
t,
so
y
pr
ot
ei
n,
gi
ns
en
g,
gi
ng
ko
,
le

ci
th
in
,
an
d
ic
e)
.
Bu
t
ho
ld
th
e
ho
ne
y.

An Early Voice Against Meat: Percy Shelley



Sa
nd
ra
Mi
ll
er
dr
aw
s
ou
r
at
te
nt
io
n
to
an
ar
ti
cl
e
on
*Th
e
Ma
rg
in
al
ia
n'*
s
we
bs
it
e
ab

ou
t
th
e
po
et
Pe
rc
y
By
ss
he
Sh
el
le
y'
s
vi
go
ro
us
ad
vo
ca
cy
fo
r
an
im
al
s.
Au
th
or
Ma
ri
a

Po
po
va
sa
ys
,
“W
ri
ti
ng
du
ri
ng
th
e
fi
na
l
ch
ap
te
rs
of
th
e
Fi
rs
t
In
du
st
ri
al
Re
vo
lu
ti

on
,
[S
he
ll
ey
]
no
te
s
th
at
me
at
-
ea
ti
ng
is
pa
rt
of
th
e
po
we
r
st
ru
ct
ur
e
-
on
ly
th
e

we
al
th
y
of
hi
s
er
a
co
ul
d
af
fo
rd
fe
as
ts
of
fl
es
h.
Bu
t
wh
il
e
th
e
Se
co
nd
In
du
st
ri
al

Re
vo
lu
ti
on
an
d
th
e
ri
se
of
ca
pi
ta
li
sm
ha
ve
se
em
in
gl
y
eq
ua
li
ze
d
an
d
ev
en
in
ve
rt
ed

th
is
sy
mp
to
m
of
th
e
sy
st
em
,
th
e
fo
un
da
ti
on
al
ma
la
dy
re
ma
in
s
ju
st
as
tr
ue
,
pe
rh
ap

s
ev
en
mo
re
gr
im
ly
so
:
In
mo
st
in
du
st
ri
al
iz
ed
co
un
tr
ie
s
to
da
y,
co
mm
er
ci
al
ag
ri
cu
lt

ur
e
su
bs
id
ie
s
ha
ve
ma
de
ch
ea
p
me
at
mo
re
ac
ce
ss
ib
le
to
th
e
po
or
th
an
he
al
th
y
pr
od
uc

e
-
an
im
al
fl
es
h
is
no
w
ba
ke
d
in
to
th
e
mo
st
el
em
en
ta
l
po
li
ti
ca
l
an
d
go
ve
rn
me
nt

al
st
ru
ct
ur
e
of
ou
r
so
ci
et
y.
”
Sh
el
le
y
ur
ge
s
us
to
st
op
ea
ti
ng
an
im
al
s,
an
d
po
in
ts

to
wh
at
we
in
20
23
wo
ul
d
ca
ll
th
e
in
te
rs
ec
ti
on
al
it
y
of
an
im
al
ex
pl
oi
ta
ti
on
an
d
ot
he

r
so
ci
et
al
cr
ue
lt
ie
s:

“The advantage of a reform in diet, is obviously greater than that of any other. It strikes at the *root* of the evil. To remedy the abuses of legislation, before we annihilate the propensities by which they are produced, is to suppose, that by taking away the *effect*, the *cause* will cease to operate.”

Shelley urged, “By all that is sacred in our hopes for the human race, I conjure those who love happiness and truth, to give a fair trial to the vegetable system.”

Read the entire article [here](#).

Keep the Recipes (and Restaurant Reviews) Coming!

We
'd
lo
ve
to
ke
ep
fe
at
ur
in



g
a
ve
ga
n
re
ci
pe
,
re
st
au
ra
nt
re
vi
ew
,
or
sh
op
pi
ng
ti
p
ea
ch
we
ek
. If
yo
u
ha
ve
an
ol

d
fa
vo
ri
te
,
or
ha
ve
tr
ie
d
so
me
th
in
g
ne
w
re
ce
nt
ly
,
pl
ea
se
wr
it
e
it
up
an
d
se
nd
it

to
Jo
hn
or
Ka
ti
e.
De
ss
er
ts
,
sa
la
ds
,
sa
nd
wi
ch
es
,
en
tr
ee
s
. .
. .
an
yt
hi
ng
th
at
ta
st

es
go
od
!