MAY 2021

TAMERLAINE TRENDS

THE SPRING ISSUE

WE’VE GOT YOUR BEST MOTHER’S DAY IDEAS!

3 NEW MOMS

9 NEW BABIES
Come hang out with our animals! We are opening again to the public on June 5th. Stay tuned for all the Covid updates on our social media and newsletter!

WHAT'S THE SCOOP: SEASPIRACY THE MOST IMPORTANT FILM OF THE YEAR

3 NEW MOMS: 9 NEW BABIES

WHAT'S TRENDING: THE BEST MOTHER'S DAY GIFTS EVER!

SPOTLIGHT ON: HEAD ANIMAL CAREGIVER, MARINA

ASK COOKIE: SAGE ADVICE FROM OUR NEWEST VEGANISTA

www.tamerlaine.org
WHAT'S THE SCOOP

SOME OF THE BEST UN-TUNA RECIPES ARE MADE WITH CHICKPEAS!

It sounds crazy...but it's true! We heard about this phenomenon but didn't believe it until we finally tried it. Then we hated ourselves for waiting so long. You can use chickpeas for your favorite tuna or even chicken salad recipes just by mashing the chickpeas and using them as a replacement for the real thing! Try out some of our favorites!

WHAT YOU’VE BEEN MISSING

This is by far one of the most important films about the future of our planet out this year. It is a Must Watch, so put it on the top of your Netflix list. But here is the good news, there are so many plant-based alternatives for many of your favorite fish products and tons of recipes you can actually make at home!

HERE ARE THE SOME OF THE BEST PLANT BASED FISH ALTERNATIVES OUT THERE

- Gardein has always been a front runner with their plant-based meat alternatives. And now, with their fresh NOT-from-the-ocean Fishless Filets, you can make incredible fish tacos. Their yummy Crabless Cakes are a great alternative to serve at your cocktail parties or for a delicious dinner treat.

- Good Catch not only has amazing Fish Burgers, but their entire line from crab cakes, fish cakes, to tuna in three different flavors, make you forget you are eating something made entirely of plants. Added benefit...mercury-free!

One of my favorite gems caters to caviar lovers with three amazing products: Cavi-art, caviar made from seaweed; Tos-ago, designed for use in sushi, and Food-Art--seaweed pearls with a taste explosion of citrus.

There are so many notable and taste worthy options on the market at present, like Ocean Hugger Foods, which make sushi-style plant based fish and eel, New Wave Shrimp which can be served sautéed, grilled, breaded, baked or fried. And All Vegetarian Foods that not only make a plant-based shrimp, but the best bacon out there on the market!
OUR MOTHERS OF THE YEAR

3 NEW MOMS & 6 BABIES

We partnered with so many sanctuaries and organizations this winter to take in more moms with their babies, expectant moms, and motherless babies than ever before. In honor of Mother’s Day, we share with you their happy endings at Tamerlaine Sanctuary.

SHILO & ALINA

Shilo and Alina have settled in nicely and are already hanging with our small sheep herd. Shilo has learned to trust us and baby Alina loves to buck the hands of all our caregivers. She is a feisty little girl and is happy at her new home.

AURORA, GRETEL & HANSEL

Gretel, on the left and Hansel, on the right were actually being born on the day they were rescued. They were days old when they arrived and hid behind momma Aurora most of the time. They are now becoming more independent and trusting of their human friends. Gretel, the braver of the two, will even approach us for a good head rub.

JUNIPER CARDAMOM, ANGELICA & SAFFRON

Juniper was terrified when she arrived but slowly we earned her trust. But as soon as her precious babies were born, we were once again not welcome in the nursery! We spend lots of time with this little family and they’re slowly learning to trust. Mama is just about ready for belly rubs again! Thanks to Renee Marie Photography for the beautiful pix of our piggies!

MOMS WHO ARE MISSED

Cashew and Oats have settled in nicely after arriving as baby calves. Sadly, their mom was not released from a dairy farm.

Last and littlest, but not least, our 9th baby: Liberty. After nearly drowning in a water dish at a tractor supply store, she’s happy in her new flock.

We honor their mothers by doing the work they would...if they could.

www.tamerlaine.org
HOLIDAZE

OUR TOP 5 VEGAN MOTHER’S DAY GIFTS

There’s nothing as beautiful as compassion. Except maybe your mom. Whether the person who mothered you was your mom or another, we’re calling her MOM today. Got a vegan mama? Maybe your mom’s not-so-vegan, but you are? Either way, she’ll feel the love with these cruelty-free, vegan gifts that are as amazing as she is. Tamerlaine employees rated our top five faves.

1. AND THE WINNER IS....

Get Your Scent On

This one tops our list because it’s so personal and unique. Who doesn’t love a signature scent? Katie, our humane educator, cannot smell Opium by Yves St. Laurent without immediately feeling the cozy embrace of her mom, who wore it for years...before she discovered the best vegan dupe company out there. Thanks to Eden Perfumes, you, too, can find a vegan replica of most designer scents. Many fragrance-lovers cite their perfumes as having been the last and hardest thing they gave up when they went vegan. Now, your mom won’t have to.

Eden’s site is easy to navigate. They have tons of unique fragrances of their own, too. For the true fragonista whose nose knows her notes, Eden offers gift sets based on notes like musk--synthetic, thank you very much, dear.

It makes sense that people should struggle to give up a well-loved scent. Smell and memory are linked in the lizard part of your brain, so connections are made even before you realize it. Yet, as we get older, our sense of smell weakens--a cruel twist for the elderly who find so much comfort in their memories. You’re not just giving your mom perfume, you’re giving her the chance to turn herself into an immortal memory. And really...doesn’t that make her a work of art? We think so.

2. Vegan Mom Juice

Listen. You put your mom through H-E-double hockey sticks. You OWE her and you know it. And if it wasn’t you, it was one of your siblings. Or your dad. Or her boss. Or the dog or whatever. Just...look: MOMMY NEEDS WINE. Okay?? Head on over to Vegan Wines and get her a subscription of six seasonal vegan wines delivered, well, seasonally to her front door. As for you moms who are thinkin’ maybe YOU need to treat yo’self this Mother’s Day...go ahead. We won’t tell.

3. New Mama?

It’s fair to assume you’re not baby prodigy who can read, navigate the internet, and use someone else’s credit card. So...maybe you’re shopping for a friend or a wife? If you know a new mama, just head on over to Earth Mama Organics. Their range of pregnancy and post-partum products are ahh-mazing. They smell like heaven and feel even better. They also have wonderful resources for new moms, such as help creating your “Lying In” plan. That’s basically your “leave me alone with my baby to lay here and love” plan when you get home from the hospital or birthing center. Make mom feel like she’s at a spa, every single day.

4. Shoes, Glorious Shoes!

Not all vegan moms want to wear Birks (although vegan Birks do exist). Get her some fly fashion that reminds her she’s not just a kick-butt compassionate mom, but a glam head-of-fam who deserves to rock her fabulous femininity! Nae is a wonderful website with heels, sneakers, bags, sandals, boots, and more. Was your mom a teen in the 80s or 90s? Then remind her of her roots with vegan Docs or Fluevogs. Sidenote: we are all LOVING these shoes with those fluffy little architectural heels.

5. A Brand New Baby

Hey, did you know chickens purr when you pet them? Maybe you’re mom doesn’t either, but she will after a visit to Tamerlaine, snuggling with our rescued Residents! Enjoy our pastoral grounds all day for time spent together that neither of you will forget. Don’t live nearby? You can still sponsor one of our babies in your mom’s name. Awww! A baby from her baby. What could be better?
Marina will be competing in her last pageant for Miss NY USA before tying the knot! The competition will have about 200 contestants from all over New York State; dates are August 18th-20th at The Resorts World Casino in Monticello, NY. If fortunate enough to place, her platform will be to fight for the liberation of not only animals, but also the humans who are exploited by the agricultural industries. When asked to pick her favorite resident, Marina felt torn as she loves all the animals, but she does share a special bond with one in particular. “I immediately fell in love with a special little Roo, Don Juan! He was difficult to form a bond with. They say food is the way to someone’s heart and boy are they right! I was determined to gain his trust; I’d spend my free time sharing yummy treats with him and eventually, it worked. You can visit Marina's website to learn about Marina and the recipes she has created to keep herself in top-notch health.

INTRODUCING... Mizz Cookie Doe

I have been doing drag for under two years. Most see drag as an artistic expression, but for me, my drag is my other half, the yin and yang that completes me as a whole. I am non-binary, so the idea of being defined as either masculine or feminine only has never aligned with me. Cookie represents the softer side of me. Like all cookies, she has many ingredients that influence who she is today.

My newest ingredient is becoming plant-based. When I began my career at Tamerlaine in October of 2020, I still thought dairy was LIFE. (I mean, milk & cookies, right?) But as time passed on the farm, I began supplementing my diet with plant-based products like non-dairy butter and milk. Then I added tofu, Beyond meats and more. For me, the toughest struggle was learning how to supplement as I transitioned. Soon, I was unconsciously eating vegan, feeling more focused and more...me. Tamerlaine has taught me compassion for all life and given me the joy of living my life with purpose, for a cause greater than myself. I cannot believe how my life has transformed.

And now, I get to help others down this path! What an honor. Ask me anything about going vegan. Starting with our next issue, Cookie will answer ALL your questions—trust she has the answers! Send your questions to info@tamerlaine.org. Can't wait!