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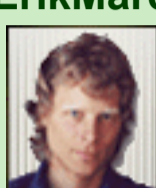
- [The China Study](#)
- [Vegan with a Vengeance](#)
- [Meat Market](#)
- [Vive le Vegan](#)
- [Vegan Freak](#)
- [Vegan Planet](#)
- [Becoming Vegan](#)
- [Vegan Fusion](#)
- [La Dolce Vegan](#)
- [Vegan: The New Ethics of Eating](#)

Compiled from monthly sales from the Vegan.com [bookstore](#).

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"Marcus' book is widely considered to be the best introduction to vegetarianism."

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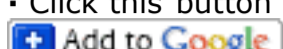
## Erik's Diner

• Get weekly show summaries!   (Strict privacy policy maintained.)

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### No Wink and No Nod (January 31, 6:58 PM ET)

No guests today, but I've got a [long show](#) and lots of news. I start with talk about *Meat Market* and Vegan Outreach, and announce the new Vegan.com Adopt-a-College team. Then its onto the news, with some lengthy commentary about [Michael Pollan's new article](#). Next, *Rolling Stone* has published [the best muckracking piece on factory farming](#) that I've seen in ages. I've got [a follow-up](#) to last week's piece on Burgerville, featuring a great quote from Paul Shapiro. The *San Francisco Chronicle* has got a new piece on [organic standards](#) and corporate ag giants. My count of vegan cartoonists has doubled with not [one](#) but [two](#) new ones online. Here are [twenty things](#) you probably don't know about obesity. Next, God help us, K-Fed has gone and done something commendable: [antagonize the National Restaurant Association](#). I finish off today's show with some cynical commentary about deceased racehorse [Barbaro](#). Today's podcast is: **59:22**.

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### Ryan, Gestation Crates, Burgerville, Wynn Kerr, Blind Hunters, Cat Hero, Quitting Vegetarianism, 10 Foods, Carol Lay, Chowder, Soy Yogurt (January 26, 5:08 PM ET)

Today's [podcast](#) features two guests and plenty of news. We start with [Ryan MacMichael's wish](#) for 2007. Next, the spectacular news that [Smithfield is going to phase out gestation crates](#) from its factory pig farms. In another big welfare advance, Burgerville has gone cage free, eliminating [600,000 battery eggs a year](#) from its menu. We hear the inspirational story of lawyer [Wynn Carr's](#) dog shelter. Then it's off to Texas, where a state senator wants to [legalize hunting](#) by blind people. A [rescued cat](#) has probably saved the lives of two people. Next, an [inane article](#) by a former vegetarian. CSPI made the news this week, with [ten foods you should never eat](#), and ten foods it says [you should eat instead](#). Cartoonist [Carol Lay](#) has decided to go vegan. And finally, a disturbing *New York times* story on [one-ingredient seafood chowders](#). Regular listener Shannon then joins us with a segment on Wildwood Soy Yogurt, which now gives you a solid dose of Omega 3s. Today's podcast is: **40:24**. [Tell A Friend](#)

### Jenna Calabrese, Pigs Attack Farmer, American Farm Bureau, Mary Martin, Wolves, Fashion, Omega 3s, Dog Shoots Hunter, Sea Lions, Annie's Goddess Dressing (January 16, 9:01 PM ET)

For the second week in a row, we've got an interview with a Jenna for [today's podcast](#). This time around, it's Jenna Calabrese of [Vegan Outreach](#). Today's news starts with the happy story of a factory farmer [attacked by his pigs](#). The American Farm Bureau offers their usual [idiotic insights](#) into the animal protection movement. Next, [Mary Martin](#) joins us with her thoughts on an upcoming [coyote hunt](#). And in a similar vein, I offer a reasoned and careful explanation of why Idaho's governor is a [dangerous nitwit](#). There are a couple *New York Times* articles worth reading: one on [vegan fashion](#), the other on the business prospects of a [vegan Omega 3](#) supplement producer. Next, [man's best friend](#) has reduced the world's population of duck hunters by one. I comment on an ineptly reported *San Francisco Chronicle* article on [salmon and sea lions](#). I urge listeners to check out Annie's Goddess Dressing, now available at a fantastic price [through our grocery](#). And I end today's show with by mentioning [an off-topic interview](#) worth reading at Salon.com. Today's podcast is: **53:38**. [Tell A Friend](#)

### Bob & Jenna, KFC, Diesel, Ethanol, Antibiotics, Fish and Kids, PETA, Deer Decoys, Agave (January 9, 8:05 PM ET)

At long last, I'm joined by Bob and Jenna on [today's podcast](#). The news round-up for this week starts with the [late-night opening](#) of a KFC drive through. Speaking of driving, eco-friendly diesel may soon become [less animal friendly](#). On the other hand, a surprise announcement has ethanol-based fuel putting [real pressure on the economics of factory farming](#) -- and much sooner than had previously been expected. Finishing up on chicken, it turns out that the industry's [massive use of antibiotics](#) over the past several decades may have had no economic justification at all. Next, we look at [the latest effort to mislead children](#) about what they eat. PETA's been taking heat for [not acting to save dying cattle](#), and I talk about why this argument against PETA is ludicrous, and what PETA should have said to its critics. Finishing up the news, we visit the ever-amusing subject of [robotic deer decoys](#). I'm then joined by Vegan Freaks [Bob and Jenna Torres](#), and after our interview Jenna reads an excerpt from [their bestselling book](#). And finally, I finish the show with an ode to agave nectar, which is now stocked in the [Vegan.com Grocery](#) -- go to the Baking Ingredients category and select Sugar and Sweeteners. Today's podcast is: **One Hour**. [Tell A Friend](#)

### Holiday Gatherings, Non-Dairy Magnate, Japanese Dogs, Killing the Oceans, NY Times Flubs Food Safety Story (January 2, 11:43 PM ET)

I'm back with the first [podcast of 2007](#). I start by reading Ryan's [amusing yet inspiring wrap-up](#) of how he spent the holidays. Next, we learn everything under the sun about the inventor of [non-dairy coffee creamers](#). Then it's the tragic story of Japan's out-of-control [purebred puppy](#) industry. After that, it's onto the *LA Times*, which has published a thorough accounting of [the plight of the world's oceans](#). I end today's show by slamming the reporting of the *New York Times*, which has [given animal agriculture a free pass](#) in its story on America's growing food safety problem. Today's podcast is **52:24**. [Tell A Friend](#)

### Cruelty Free, Oliphant, Ricci Apology, P. Diddy, Tiger Attack, Pacelle, Zine Roundup, North Korea (December 25, 6:03 PM ET)

All your other gifts suck compared to this [Christmas podcast](#) for 2006. I've got a quick show with no interviews but lots of news. How dependable is a cruelty-free label? [Salon.com has some answers](#). Pat Oliphant has a [marvelous political cartoon](#) slamming America's food industry. Soap star Christina Ricci has offered up [a gracious mea culpa](#) for wearing fur. And P. Diddy's clothes line has been exposed by HSUS for [containing actual fur](#), despite its claims of being faux. HSUS chief Wayne Pacelle is [favorably profiled](#) in a *New York Times* article. Ryan over at VegBlog has a terrific roundup of [vegan zines](#). And finally, getting way off topic, [this documentary on North Korea](#) was one of the most important short films I've seen, and you can watch it for free on Google Video. Today's podcast is **26:18**. [Tell A Friend](#)

### Skimpola, McDonald's, Food Safety, Vegan Kids, Meat Workers, Virgil Butler, NJ Pet Act (December 18, 11:18 PM ET)

Bob and Jenna couldn't make it for [today's show](#), but we're joined by Skimpola who talks about her six days and counting as a vegan. Lots of news today, too. A [UK McDonald's has shut down](#) for lack of customers. Taco Bell says it is "[absolutely safe](#)" to eat in its restaurants, a claim I look closely at. I then dive into a nasty [food poisoning outbreak at an Olive Garden](#) that sickened 300 people. Here's some shaky but cool evidence that [vegans are smarter](#) than non-vegetarians. Next, this page destroys the myth that [vegan kids](#) can't grow big and healthy. Last week's raids on Swift may [drive up the price of meat](#). In a related story, meat workers in Pennsylvania [show skepticism](#) that their employer has their best interests at heart. I then talk about the untimely death of former slaughterhouse worker, and dedicated animal activist, [Virgil Butler](#). I end with the encouraging news that New Jersey [has passed a law](#) that provides for companion animals during natural disasters. Today's podcast is **46:34**. [Tell A Friend](#)

## Meat Market



"Erik Marcus' [Meat Market](#) radically redefines what it means to be an effective animal advocate in the 21st century." — **VegNews**

"The writing is cogent and immensely readable, and Meat Market offers insights that should appeal to anyone interested in animal advocacy. It is exciting to read a book that introduces fresh ideas to frustrating struggles, and I felt like a kid reading the latest Harry Potter story, devouring page after page of hopeful recommendations." — **Satya Magazine**

"Meat Market: Animals, Ethics and Money is a quick read, but a valuable one. I can't remember the last time I read an animal rights book that excited me so much." — **Herbivore Magazine**