



Asking your boss's twin sister for a date is a terrible idea. Read Ask Sadie on Page 5E.

# Living

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**TOMORROW** Don't try this at home: Members of UA club do more than eat fire.

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## PETA gives vegan eatery a little lovin'

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Well, it's not our carne asada, but it seems the folks at PETA have found something to like about the Old Pueblo.

Lovin' Spoonfuls, a five-month-old restaurant boasting an all-vegan menu, was named the People for the Ethical Treatment of Animals' "Restaurant of the Month" for March by the organization's food Web site.

Lovin' Spoonful's owner and chef Peggy Raisglid says she was happily surprised by the news.

"I had no idea," says Raisglid, a 16-year veteran of veganism. "They e-mailed me and at first I wasn't sure I understood what it was all about, but when I realized, I was really surprised."

The PETA Web site features "the best vege-

■ For more on the PETA award and the restaurant, go to this article at [www.tucsoncitizen.com](http://www.tucsoncitizen.com)

Visit the Tucson Citizen dining guide at [www.tucsoncitizen.com/eattucson](http://www.tucsoncitizen.com/eattucson) for a review of Lovin' Spoonfuls, a chef profile, recipes and more.

**CHEMISTRY, continued/Page 3E**



Lovin' Spoonful's owner and chef Peggy Raisglid has a doctorate in chemistry from the University of Arizona.

Tucson Citizen file photo

## Chemistry, cooking combination proves successful

Continued from 1E

tarian restaurants and recipes," as recommended by its supporters, staff and members.

Raisglid, who has a doctorate in chemistry from the University of Arizona, says that when she became a vegan, she initially didn't know what to eat.

"That's part of the reason I

opened the restaurant," she says. "I enjoy cooking and I liked the challenge of creating some familiar old dishes using new, different ingredients."

Raisglid has not done any advertising for Lovin' Spoonfuls, 2990 N. Campbell Ave., Suite 120, but the combination of its delicious food and visible location in the bustling midtown strip of Campbell Avenue

between Grant and Fort Lowell roads seems to have made a positive difference.

"Business has been very good," the owner says. "I think most vegan places have a hard time either because their location is bad or because they don't appeal to the mainstream."

Perhaps Raisglid's background in chemistry is part of

the reason her cooking is so well-regarded.

"Chemistry and cooking are so closely related," she says. "It's the same kind of skill to develop recipes as developing methodologies for analysis; the fact that you have to heat things up and hold them at a certain temperature.

"It's just a kitchen instead of a laboratory," she said.