FOOD

STREET EATS | LOCAL, FRESH, AND DECONSTRUCTED | STUFF IT: ICE CREAM! | TEMPLE BAR
Veg Out

Walk into a restaurant and ask for a vegetarian option, and you’re more than likely going to get the grub you’re craving. Taking the Acela train out of town? They’ve got vegetarian options too, even if they’re not always the most appetizing (though they still tend to look more trustworthy than the meaty fare). Even many wedding receptions are responsive to the needs of the non-meat eaters on the guest list. Veggie-friendly alternatives have, for sure, become more status quo in the past decade. But any reusable bag-toting, Whole Foods-shopping vegetarian will agree that it’s quite challenging to fully live a vegetarian lifestyle — without sacrificing the style part.

In fact, it can seem nearly impossible to avoid fashion choices that conflict with the sustainable views of a vegetarian. Sure, choosing not to wear fur, leather, or suede sounds easy enough, but good luck finding a chic handbag or pair of shoes. Even harder to find are vegan options that use no animal byproducts at all: when fabrics like silk, wool, and cashmere are added to the forbidden list, you may end up feeling like your style scruples have landed you in some kind of polyester purgatory. Yet slowly but surely, more cruelty-free accessories are making appearances on store shelves. Yes, the days of associating leather-free fashions with cheap-looking products that even tween Hot Topic shoppers would be vaguely embarrassed to buy are behind us. Pleather may still sound like a dirty word, which is why a lot of companies refer to their “better than the real thing” animal-friendly fabrics as vegan leather, even though most are created with plastics. But thankfully, advances in microfiber technology and fabric blends that don’t rely on synthetic materials are growing exponentially, meaning we can depend less on those landfill-clogging, chemical-leaching plastic-based products. With an ever-expanding interest in vegetarian fashion, the options can only get better. Compassionate brands and designers like Matt & Nat and Stella McCartney (a lifelong vegetarian and animal activist) are blazing the way, so vegetarians no longer have to compromise their convictions to keep their style on point.

— Liana Peterson

LEFT: Deux Lux bag, $125, available at Luna Boston; Melissa + Campana zig-zag ballet flat, $60, available at Saks Fifth Avenue
RIGHT: Matt & Nat Leda bag, $275, available at Passport; Stella McCartney elastic heel, $665, available at Barneys
WHERE TO SHOP: Barneys, 100 Huntington Avenue, Boston, 617.385.3300, www.baroys.com; Luna Boston, 205 Newbury Street, Boston, 617.262.3900, www.lunaboston.com; Passport, 43 Brattle Street, Cambridge, 617.576.0900, www.passportboutique.com; Saks Fifth Avenue, 800 Boylston Street, Boston, 617.262.8500, www.saks.com

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