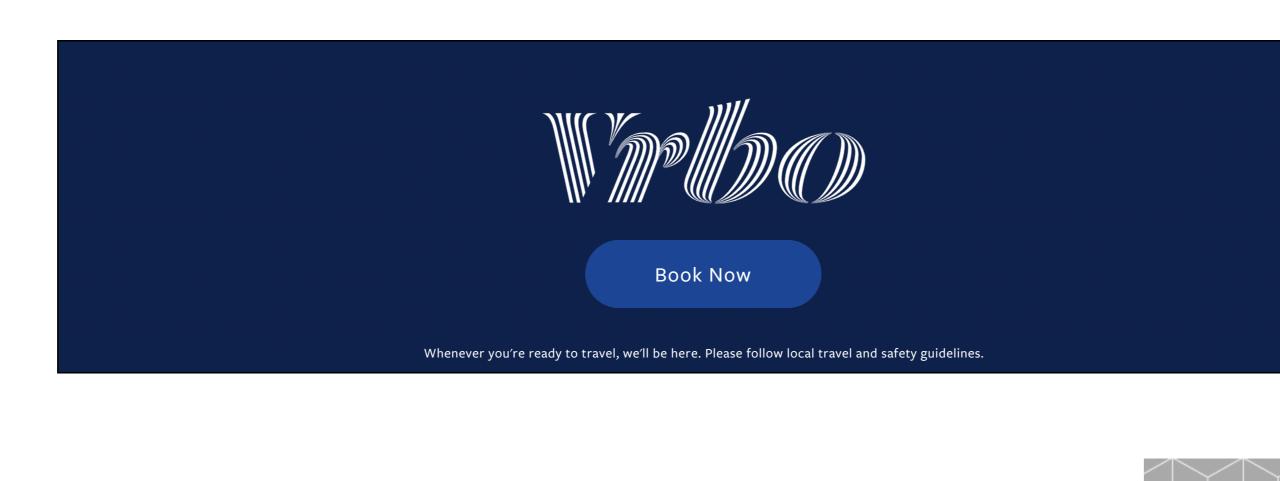
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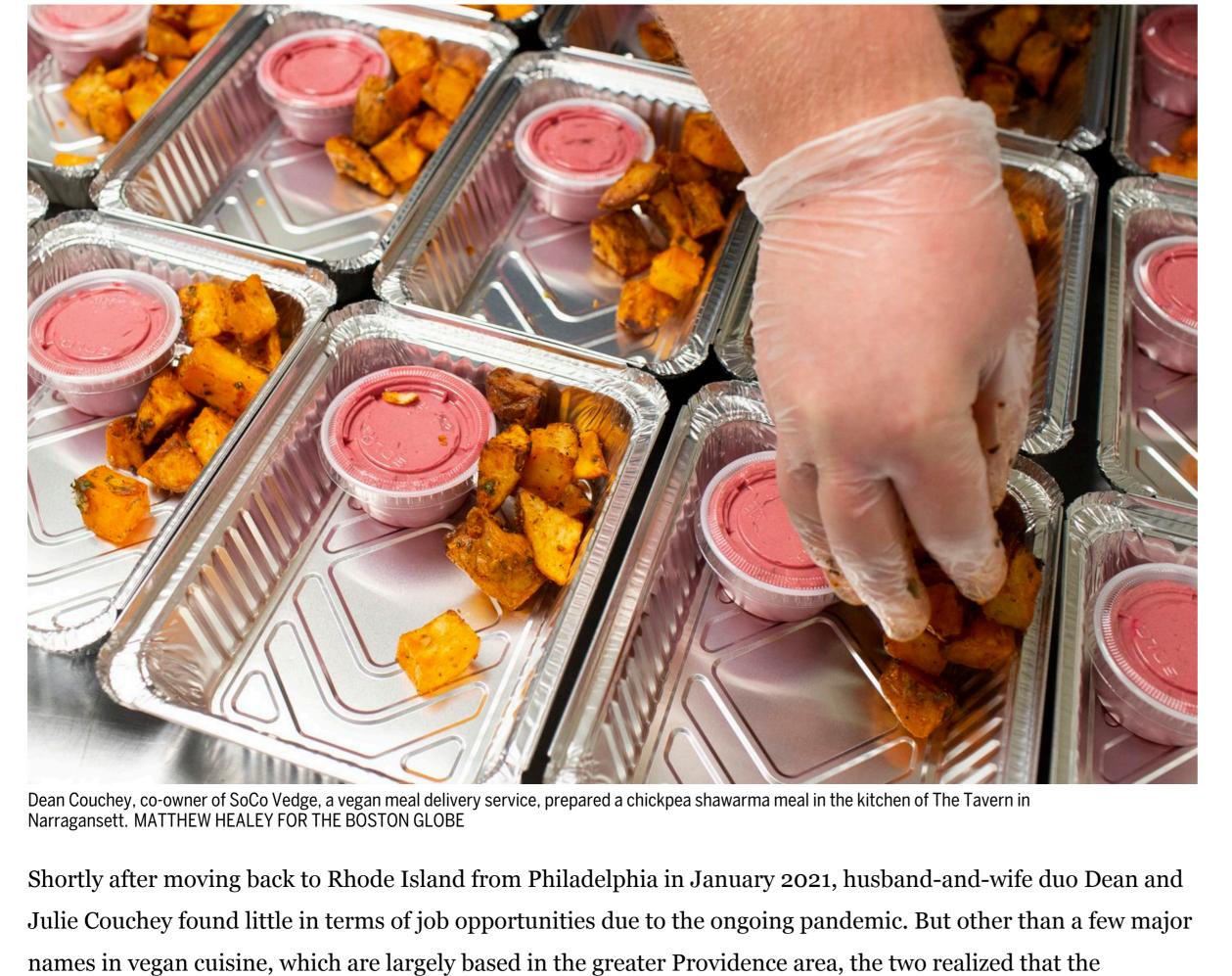
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INNOVATORS Q&A

Giving back, one vegan plate at a time SoCo Vedge, located in Narragansett, was founded by husband-and-wife duo Dean and

Julie Couchey to offer vegan meals to Rhode Islanders. By Alexa Gagosz Globe Staff, Updated March 14, 2022, 6:00 a.m.

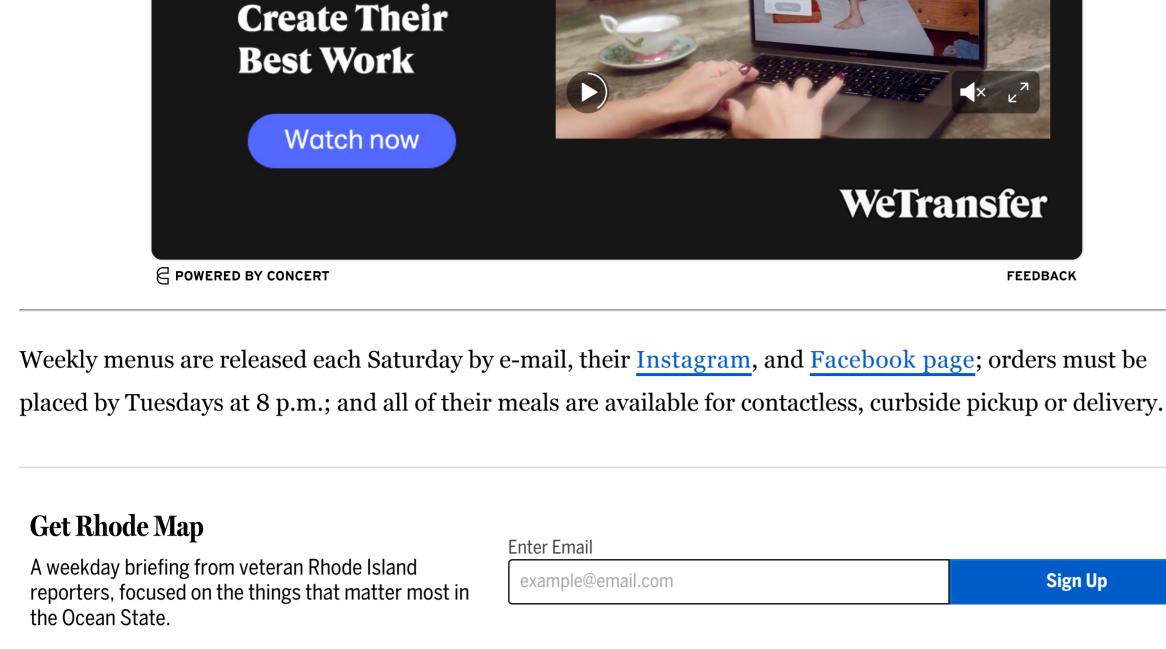


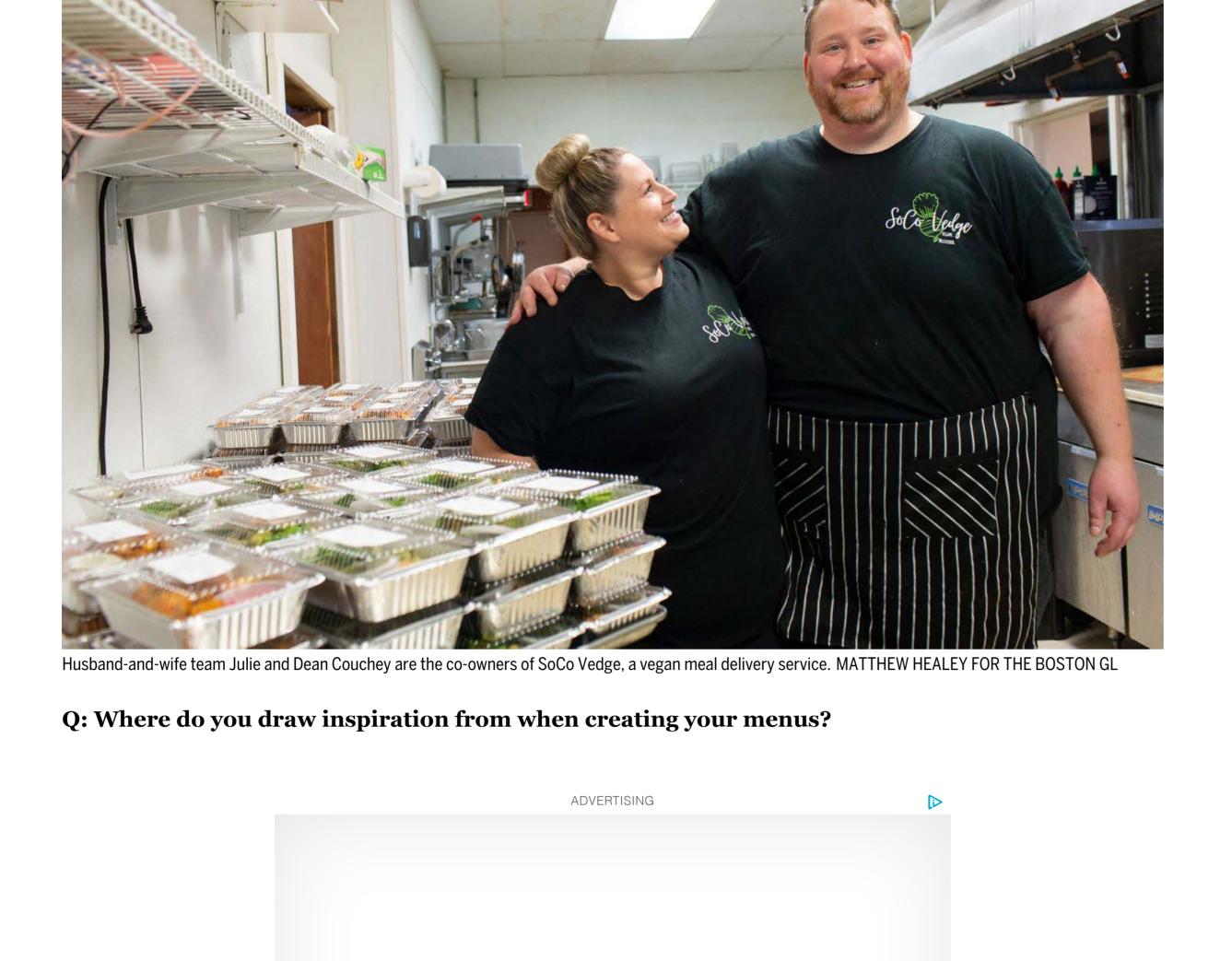
They started SoCo Vedge, short for South County, a plant-based meal delivery service that provides a new menu each week of internationally inspired meals, which are all fully cooked and cooled by classically trained chef Dean Couchey and are ready to be reheated and eaten. Advertisement

southern half of Rhode Island needed a vegan boost and wanted to be the ones to fill the void.

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also love to hear from our customers as to what kinds of food they are craving, and we think about what we had last week so we prevent cooking the same flavor profile. We aim to include a more "homestyle"-type dish each

Q: What's an example of one of your favorite weekly menus or dishes so far?

week as well so that helps determine what their other dishes are.

braised red cabbage).

Dean Couchey: Most of our inspiration comes from our travels. Together, we have visited 44 countries. We

We've introduced our customers to dishes we had while traveling, like khao soi from Northern Thailand (a fragrant, coconut milk-based stew with crunchy fried noodles and vegetables), amok (theirs was a traditional, Cambodian curry with notes of fresh herbs, lemongrass, galangal, turmeric, and coconut served with steamed rice and a spring roll), okonomiyaki from Japan (SoCo's was a savory vegan pancake with cabbage, shiitake

mushrooms, scallions, and corn served with okonomiyaki sauce and togarashi roasted potatoes), schnitzel and

spaetzle from Germany (their version included a crispy tofu cutlet served with spaetzle, lemon parsley sauce, and

Dean Couchey: We love to feature favorites that people are familiar with, like lasagna (SoCo recently featured

a white spinach lasagna with house-made sunflower ricotta, "mozzarella," spinach, and white sauce, served with

a white bean and tomato ragout) or curry, but our real favorites are dishes that people may not have tried before.

Each menu features cuisine from a particular country or region.

Julie Couchey: We have held several fund-raisers where we will donate our time and ingredients. Each week, we also offer "add-ons" on the menu, where we will donate 100 percent of the proceeds to an organization, and then match whatever we raised. For example, we did an add-on of a rainbow cake for Pride month, where our

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Q: Where are you sourcing your ingredients from?

farms is extremely important to us.

Julie Couchey, left, and Dean Couchey. MATTHEW HEALEY FOR THE BOSTON GLOBE

Dean Couchey: We source some ingredients online for the more exotic dishes and do support our local South Coast Organics and Bulk Foods store. When possible, we love to source from local farms as supporting local

Q: Giving back is part of SoCo Vedge's mission. How are you a social impact brand?

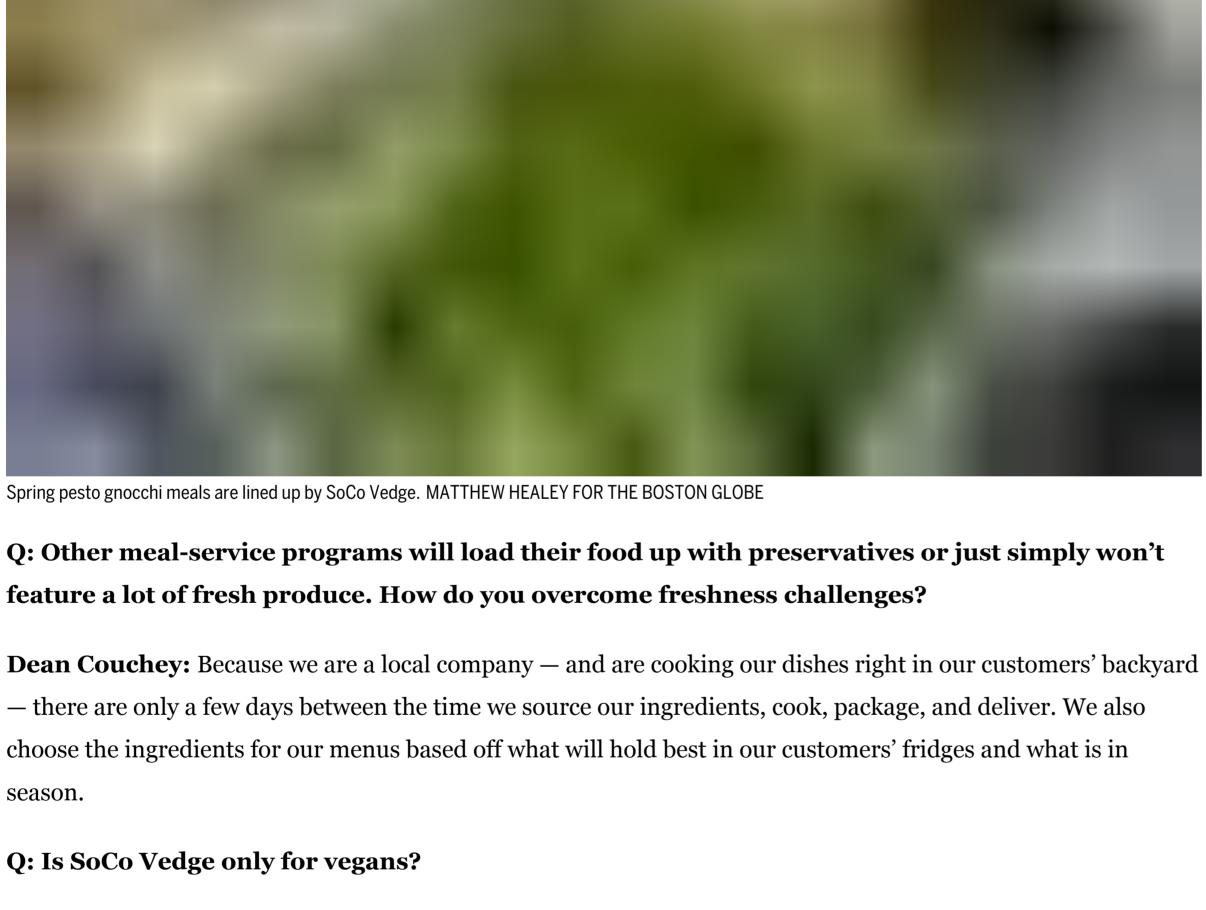
customers purchased a slice and all proceeds went to Youth Pride RI. We have also donated to South County

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Health's Cancer Center, Animal Rescue Rhode Island, and most recently sent a donation to United Help

Ukraine. We have also partnered up with Plates with Purpose to help fight insecurity in Rhode Island.

Julie Couchey prepared chickpea shawarma meals in the kitchen of The Tavern in Narragansett. MATTHEW HEALEY FOR THE BOSTON GLOBE



are starting new businesses and nonprofits, conducting groundbreaking research, and reshaping the state's economy. Send tips and suggestions to reporter Alexa Gagosz at alexa.gagosz@globe.com.

Alexa Gagosz can be reached at alexa.gagosz@globe.com. Follow her on Twitter @alexagagosz and on Instagram @AlexaGagosz. Show comments

arrested Tuesday at her Taunton home, along with her husband, on federal charges that they plotted to defraud donors and spend the money on themselves.

Chickpea shawarma by SoCo Vedge. MATTHEW HEALEY FOR THE BOSTON GLOBE

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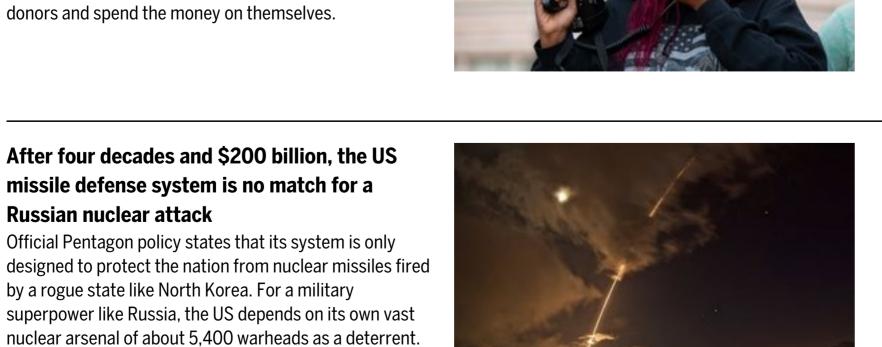
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pandemic sent rents to lows the area hadn't seen in years, and a slew of factors are making an always-challenging

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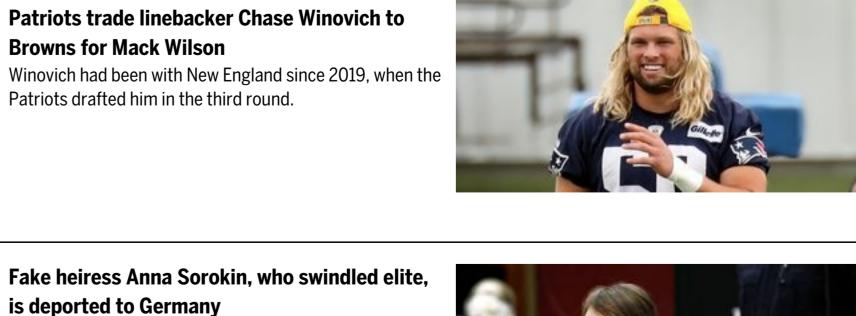
market even more frenetic.

DAN SHAUGHNESSY

tiresome and annoying

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over the inappropriate conduct of Mr. Thomas," an independent investigator wrote in his report, released late Monday.

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OPINION

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reentry, which came at Kevin Garnett's expense.

Tom Brady is all about Tom Brady



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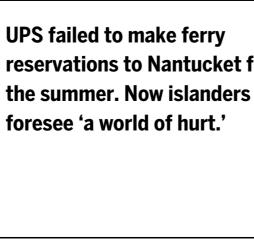
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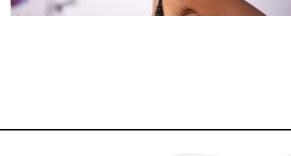
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NKHS coach Aaron Thomas'











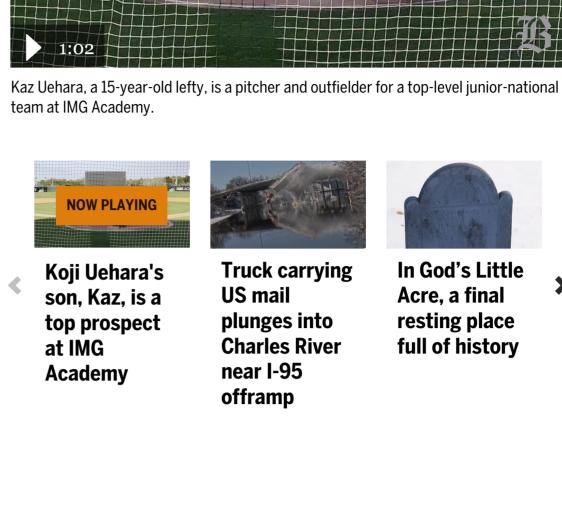
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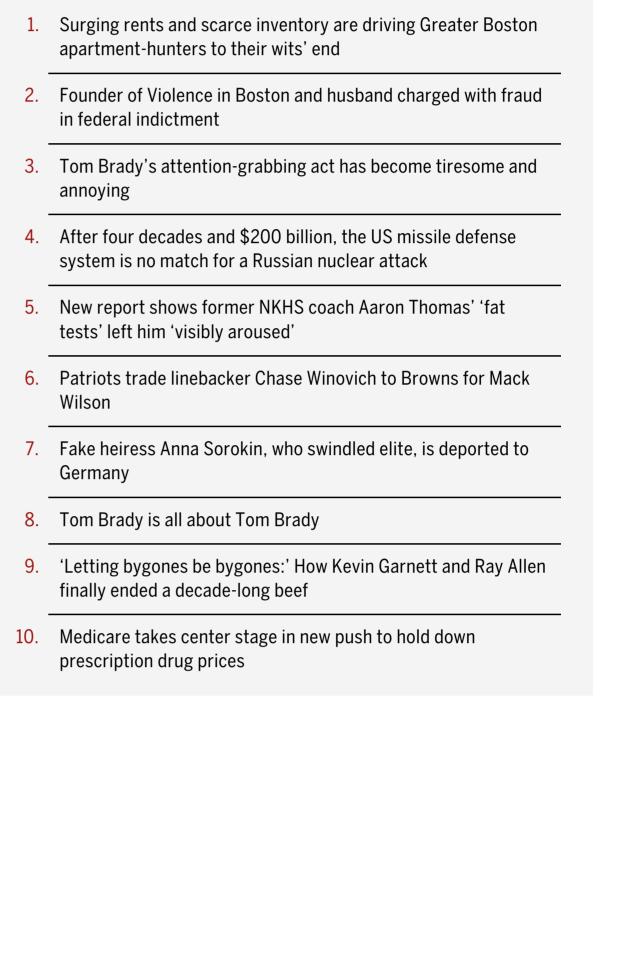
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Julie Couchey: Our aim is to make dishes that everyone will enjoy, even if someone does not identify as vegan or vegetarian. Our service provides unique flavors and a more convenient lifestyle while also a more sustainable eating opportunity. The Boston Globe's weekly Ocean State Innovators column features a Q&A with Rhode Island innovators who

With sales and marketing savvy, and a keen sense of place, women are dominating this booming market. **Founder of Violence in Boston and husband** charged with fraud in federal indictment Monica Cannon-Grant, founder of a well-known nonprofit created to help survivors of violence in Boston, was

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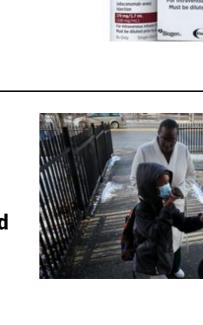
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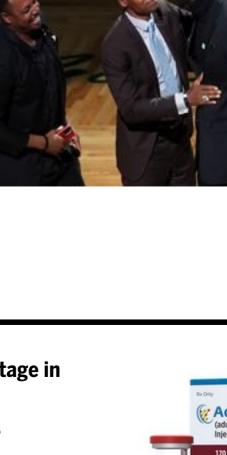


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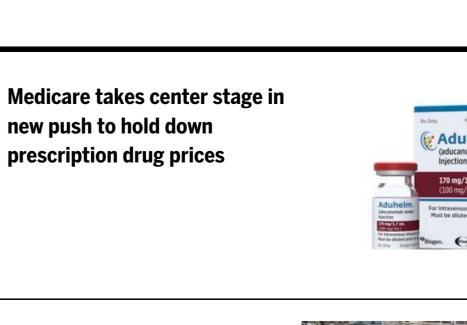












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