

A VEGETARIAN DIET

What is it, and Why?

If you are not a vegetarian or a member of RAVS, this column is for you. Here are some of the basics.

What is a vegetarian? A *vegetarian*, traditionally, is someone who eats no flesh foods: no meat, poultry or fish. A *vegan* is a vegetarian who goes further and eats no animal products: no eggs or dairy products.

Why do people choose to eat this way? Every vegetarian has a story to tell, but basically the reasons to avoid animal foods are these: for your health, for the animals, and for the planet. Every day there are new findings that a plant-based diet is best for health. The standard American diet (SAD), which revolves around meat and animal products, results in poor health for people, suffering for animals, waste of resources, and devastation for the environment. But changing your diet can be hard and people who want to change often need help.

If you want to move in the right direction, the Vegetarian Society (RAVS) can help you. We are here to provide information and support. Be sure to ask for our pamphlet, *Going Vegetarian in the Rochester, NY Area*. You do not need to be a vegetarian to give us a call, to attend our meetings, or even to join our group. Nor do you need to be a member to attend our meetings; guests are always welcome. You only need to follow our "vegan rule" for the dinner meetings (see box on p. 2 for full explanation), and there is a \$3 guest fee for non-members. If you want to participate, give us a call at (585) 234-8750, or come to a meeting. You will find us helpful and welcoming. ❖

THAT IS JUST TOO EXTREME FOR ME

by Rae Sikora

Rae will be our speaker in November

I had to laugh when the person across the table said this to me about a month ago. It was in response to my friend telling her that I was vegan. She then went on to explain that she had once been vegetarian, but started eating meat when her boyfriend moved in with her.

Thirty-five years ago I downed a hot dog at a café in Chicago with my friend Deb. After our hot dogs, we walked into the leather shop next door. Deb wanted a leather jacket. The smell and sight of all the leather made me say to her, "Don't buy this stuff, it's dead animals." The woman behind the counter heard me. She asked me one simple question that changed my life forever: "Do you eat meat?" My 15 year old brain should have been able to make the connection immediately, but it took a moment. My first thought was, "What's meat got to do with dead animals?" It took a moment before the light bulb went on for me. I suddenly realized that even though everyone thought of me as the queen of animal lovers, I had missed this connection completely for 15 years. I broke the silence and answered her question, "No, I don't eat meat." Deb looked at me like I was crazy. She had just seen me devour that hot dog next door. When we left the leather shop, Deb asked why I had lied to the clerk. "I didn't," I answered, "I will never eat animals again." And I never ate meat again after that day.

When I went home and told my parents I was no longer eating meat (I did not know the word "vegetarian") they told me how extreme this was and ordered me to eat "normal" food. I did not follow their orders.

I continued to eat lots of dairy and eggs. I assumed that since the animals weren't killed, everything must be hunky dory with those industries. Then a few years after becoming vegetarian, I was renting a small cabin from a dairy farmer who lived next door with his family. One day I heard loud bellowing from his barnyard. I got on my bike and rode over to see what was happening. There was a semi backed up to the barn

HAIKU

one at a time
the yellow leaves drift
to the ground

after the rainstorm
all of the old gravestones
still dull gray

singing its heart out
to no one in particular
morning blackbird

by Bruce Ross

and small wobbly-legged calves were being pushed onto the ramp of the truck. Some looked like they had been born that day and others were maybe a few days old. I asked Melvin, the farmer, what was going on. He told me that the calves were being "shipped off" since they were males. I asked where they were going. He replied, "Sometimes they go straight to slaughter, but these are headed to the veal facility. No need for the males. We don't even use them to keep the females pregnant." He explained that dairy cows are artificially inseminated.

I asked Melvin about the sounds I was hearing. "That's the mothers." When I asked if I could go see them around the back of the barn, he told me not to get upset. He told me they would be fine in a few days. I came around to the back of the barn and found the large group of mother cows with their mouths wide open bellowing for their calves. Some were pushed so hard against the barbed wire that there was blood dripping from their chests. That day I stopped eating all dairy products. I started visiting facilities that produced eggs and realized I did not want to support the cruelty I witnessed there, either. I had become a vegan although I did not know that word.

What we think of as extreme often becomes mainstream over time. Racial equality, girls attending school, women voting, the idea that the earth is not flat, tattoos, body piercing anything other than ears, abolishing
(Continued on page 4)

IN THIS ISSUE

- RAVS Update p. 3
- Restaurant Review p. 4
- In the News p. 5
- Recipe Page p. 6
- Calendar p. 8

ROCHESTER AREA VEGETARIAN SOCIETY

Coordinators:

Ted D. Barnett, M.D.
Carol H. Barnett, Ph.D., J.D.

Board of Directors:

Shelley Adams	Ken McBride
Carol H. Barnett	Walt McBurney
Ted D. Barnett	Daryl Odhner
Ellie Cherin	Ted Potter
Debra Couch	David Strafford
Wendy Gilmore	Diana Strafford
Leena Isac	Bob Zimmermann

Vegetarian Advocate Staff:

Editors:

Carol and Ted Barnett

Contributors:

Voracious Vegan	Shelley Adams
Poetry	Bruce Ross, Ph.D.
Logo	Bern Berg

RAVS Staff:

Treasurer:	Ken McBride
Website:	Ted Potter, Bob Zimmermann
Library:	Leena Isac
Cooking Instruction:	Wendy Gilmore

The **Rochester Area Vegetarian Society** is a non-profit, tax-exempt, non-sectarian, all-volunteer educational organization dedicated to promoting the joy, compassion and life enhancing possibilities of a vegetarian lifestyle. We are an educational resource for those interested in any aspect of vegetarianism. We provide support to our members through social events that include monthly gatherings with a shared meal and programs on topics important to our members. Membership in RAVS is open to all vegetarians, as well as to those who, while not vegetarian, wish to support the goals of the group.

DUES: Individual Membership, \$20 per year; Joint Membership, \$35 per year; Student/Fixed Income Membership, \$10. Membership includes receipt of the *Vegetarian Advocate* and free attendance at our monthly dinner meetings. A membership application can be found at the back of this issue.

Contacting RAVS:

- P.O. Box 20185, Rochester, NY 14602
- E-mail: drveggie@aol.com
- Website: www.rochesterveg.org
- 24 hour voicemail and events calendar:

(585) 234-8750

**RAVS RULES FOR SHARE-A-DISH MEALS**

All dishes must be completely **vegan**. They may *not* contain any *meat, poultry, fish eggs, dairy products or honey*. This rule guarantees that everyone can eat everything (allergies and preferences aside).

Please watch out for *gelatin* (a meat by-product) and *hidden milk products*, such as *whhey* in cookies, crackers, bread and margarine and *casein* or *caseinate* in "non-dairy" soy cheese, coffee creamer and whipped topping. Also be alert for *eggs* in baked goods, mayonnaise and salad dressings, and *honey* in breads, pastries and preserves.

Please prepare a 4x6 card with your name, the name of the dish and a list of all ingredients. Write the recipe on the back of the card and indicate where the recipe came from or if it was original. Prepare enough to serve a crowd. Please bring your own table setting as well as a serving utensil. If you don't feel like cooking, you may bring fruit, cider, tortilla chips and salsa, green salad, fruit salad, etc. Non-members must pay a \$3 guest fee, which is applied to your membership if you join that day.

IF YOU ARE NEW TO RAVS

You don't need to be a vegetarian, or a member of RAVS, to attend one of our events. All we ask is that you bring vegan food to our dinner meetings. You don't need to inform us beforehand that you will be attending. The box above, and the calendar and directions on the back page of the newsletter, tell you what you need to know in order to attend. Call 234-8750 if you have further questions.

MEMBERSHIP BENEFITS

Membership in RAVS entitles you to receive the *Vegetarian Advocate* (published four times a year) and any other mailings, usually notices of upcoming events. It also entitles you to free admission to monthly events (except restaurant meals); others pay a \$3 guest fee. Members can borrow audio and video tapes for a \$10 deposit; members and non-members as well can purchase books and other materials at a discount at meetings.

An important benefit of membership is **half-priced** membership in two national vegetarian organizations. Below we give information, including membership costs **before** the discount is taken. Simply state in a letter that you are a member of RAVS, which is an affiliate.

North American Vegetarian Society

P.O. Box 72
Dolgeville, NY 13329
Tel: (518) 568-7970
Fax: (518) 568-7979

E-mail: navs@telenet.net

Website: www.navs-online.org

Individual membership (annual): \$22

Family membership: \$28

Publication: *Vegetarian Voice*

Vegetarian Resource Group

P.O. Box 1463
Baltimore, MD 21203
Tel: (410) 366-VEGE
Fax: (410) 366-8804
E-mail: vrg@vrg.org
Website: www.vrg.org
Membership (annual): \$20
Publication: *Vegetarian Journal*
(quarterly)

These are both excellent groups, and both have mail-order bookshops which are included in the publication they will send you when you join.

Another not-so-tangible benefit of your membership is to others, namely, the people we reach through our community education efforts, which are funded by your dues. Pamphlets we distribute at an outreach table at a health or environmental fair cost money. That's why your membership and renewal are important even if we never see you at a meeting — though of course, we hope we do. ❖

BOOK ORDERS FROM RAVS

A number of vegetarian books and cookbooks are available from RAVS at 10% off list price. Books can be purchased at every RAVS meeting. We also have T-shirts and tote bags for sale, and members can borrow videos for a \$10 deposit.

Anyone interested in buying or ordering books between meetings may call **Leena Isac**, RAVS librarian, at 249-0171.

WE NEED VOLUNTEERS!!

Like any volunteer group, we can always use your help. If you can assist with the newsletter, outreach, publicity, dinners, programs, guest speakers or anything else imaginable, please call **234-8750**. ❖

VEGETARIAN SOCIETY UPDATE

by Carol H. Barnett

After being blessed with a beautiful (and mild) summer, we are now enjoying a picture-book autumn as we look ahead to the cold weather. This is always a high-energy time of year, and the Vegetarian Society hopes to share in that energy.

Our recent meetings have been good ones. The weather cooperated for an August picnic at the home of **Ted and Carol Barnett**. In September, **George Eisman, R.D.** stirred us with a lecture on plant-based diet as a means to reduce global warming and climate change. George covered other bases as well, discussing the connection between dairy products and reproductive cancers (breast, ovarian, and prostate) and the inherent cruelty and global unfairness of animal foods. Our October meeting was a showing of **"Sustainable Table,"** a film by Mischa Hedges, followed by a discussion. This film also touches all the reasons for eating a vegetarian diet, though it sets out primarily to address the ecology and environment. More and more, those of us who advocate for a vegetarian diet are finding that the separate reasons are really part of a seamless web supporting the life-giving power of plant foods on every level: for the health of humans here and everywhere in the world, for the benefit of animals, and for the very survival of the planet.

Autumn is a busy time of year for outreach, and this year is no exception. In September and October we staffed tables at Health and Wellness Fairs at SUNY Brockport (**Carol Barnett**) and St. John Fisher College (**Nancy Hallowell, Ken McBride, and Carol Barnett**). Also, this year RAVS had a presence at Lollypop Farm's **Barktoberfest**, with a table staffed by **Lauren McDonald, Yetta Panitch, and Carol Barnett**, not to mention the many RAVS members who work and volunteer at Lollypop and who were participating in the event. We are grateful to Lollypop for giving us the opportunity to reach out to mainstream animal lovers who may not yet have made the vegetarian connection.

Farm Sanctuary will have its early Thanksgiving celebration on the Saturday before the holiday, Nov. 21. The event will be a vegan feast at Logan Ridge Estates in Hector, followed by several speakers, including animal rights philosopher Tom Regan. The event costs \$35 per person; call (607) 583-2225 or visit farmsanctuary.org to reserve. By the way, parents, teachers, and others might want to visit **Farm Sanctuary Kidz** for a very attractive website that helps kids to get started on animal issues.

Once again, RAVS will have a table at the **MetroJustice Alternative Fair** on Friday, December 4 from 6 to 9:30 PM, and on Saturday, December 5 from 9:30 AM to 3 PM. As always, we need volunteers to staff our table and to make vegan baked goods to sell; we also encourage you to attend the fair to find socially responsible information and merchandise. In previous years, this included vegan lasagne and vegan chocolate cake in the canteen!

Please see the calendar on our back page and join us at our upcoming meetings. We look forward to celebrating the joys and benefits of a vegetarian diet, and sharing them with our family, friends, and community.

IN MEMORIAM RAVS member **Edith Spector** passed away on 9/26/09 at age 92. We fondly remember Edith's presence at almost every RAVS seder. RAVS member **Marcia Cope** passed away on 10/08/09. Marcia, who had moved from the Rochester area in recent years, taught for 25 years in the Brighton school district. She was very active in church work, animal rights causes, environmental causes, Toastmasters International, and many educational organizations. We will miss both Edith and Marcia.

OUR CONDOLENCES to **Lois Baum** and **Greg Baum** on the death of Lois's mother **Helen McAllister**. Helen was a brave and compassionate person who was never afraid to buck social conformity in order to stand up for what is right. It's easy to see the influence she has had on Lois, who is President of Animal Advocates of Upstate New York, and Lois's sister Pam, also an activist.

THANK YOU to RAVS member **Sara Young Gale** for her generous contribution to RAVS in memory of **Flora Berg**. Flora and her husband **Bern Berg** were longtime members and supporters of RAVS who passed away earlier this year, and who are sorely missed by those who knew them.

CONGRATULATIONS to **Tribe of Heart** for winning the award for Best Feature Documentary at the 2009 Moondance Festival, for their film **"Peaceable Kingdom: The Journey Home."** We hope to host a showing of this film soon.

VEGAN DELIGHTS The **Natural Oasis Café**, located at 288 Monroe Avenue, (585) 325-1831 (Mon.- Sat. 11AM - 8PM, Sun. 11AM - 3PM) offers a lunch buffet of vegan Ethiopian dishes, as well as a "fresh bar" (juice bar plus). Dinner is an ever-changing menu based on the freshest local ingredients available in season, with a "farm-to-table" approach. Recently chef Nick Bovenzi had a special tasting event

featuring offerings by guest chefs. Our anonymous RAVS reporter was on hand to sample the all-vegan offerings. These were: lightly roasted cherry pepper stuffed with cashew cheese; tri-colored curry-roasted cauliflower; tri-color string beans sautéed with four types of radishes, heirloom tomatoes, and mint oil; homemade French fries with pluot cayenne jam, corn and horseradish puree, and pepperonata puree; black barley sourdough bread; pan-roasted cauliflower, chanterelle and matsutake mushrooms with truffled faro and mushroom reduction; roasted buttercup squash with olive oil-squash puree, red onion jam, squash seed candy, and olive and pumpkin seed oils. Before dinner, guests enjoyed homemade ginger beer and kombucha, and "Dr. Cow" vegan cheese on the black barley bread. Dessert was carrot and ginger pudding with crystallized ginger, and chocolate ganache cake. Need we say more?

MORE VEGAN DELIGHTS Mysore Woodlands is an Indian restaurant at 1900 S. Clinton Ave. (Brighton Tops Plaza) (585) 271-2100, offering many vegan options; just inquire which items are vegan, which can be made vegan, and which can be oil-free if you wish. Hours are Mon-Fri, 11:30AM-3PM, 5PM-10PM; Lunch Buffet 11:30PM-3PM \$8.95; Sat and Sun 11:30AM-10PM.

HEALTH-CONSCIOUS VEGANS might want to investigate **Breathe**, a yoga studio, clothing store, juice bar and spa at 19 S. Main St. in Pittsford, (585) 248-9070. Many vegan items are available, including acai breakfast bowl, roasted beet salad with homemade balsamic vinaigrette (hold the cheese), and spicy Asian tofu wrapped in collard green leaf. Recent vegan specials include hearty veggie soup and fennel-apple salad with toasted walnuts. Hours are Mon.-Thurs. 6:30AM-9PM, Fri. 6:30AM-5PM, Sat. 7AM-5PM, and Sun. 8AM-5PM. Smoothies and juices are available at all times.

VEGAN BAKING The Democrat and Chronicle (9/22/09) carried an item on vegan baking, profiling Becca Medvin, a Florida teenager who sells her cupcakes on consignment and dreams of having her own bakery someday; and Erin McKenna, who owns BabyCakes NYC. Don't forget that Rochester boasts its own vegan baker extraordinaire, **Jeaninne Ottman**. Her **Eco Bella Bakery** at 732 South Avenue, (585) 503-2488, is open Wed 10AM-6PM, Thurs, Fri, and Sat 8AM-4PM and Sun. 9AM-2PM. Visit ecobellabakery.com or contact baker@ecobellabakery.com. Eco Bella has gluten-free options. See page 4 for the recent Democrat and Chronicle article on Eco Bella! ❖

(Continued from page 1)

slavery and many other notions were considered extreme at one time. When we question our cultural norms we often find that they are based on habit and an agreed upon story rather than any logical thought process. Kindness and compassion can be very threatening in a culture that supports cruelty for pleasure or profits. One example would be abolishing sweatshop labor. Most people would rather get cheap items and allow sweatshop labor than simplify their lives and live without excess possessions.

It may seem extreme to many people to hear that someone has chosen to not consume any animal products. I have even heard leaders in the peace movement call veganism extreme. Our definition of moving toward peace often does not include all life, just our own species. It is much easier to talk about peace than it is to make changes that reflect our willingness to create peace.

Extreme is a very relative term and depends where we choose to draw the line. Many people who are choosing a raw foods diet may be considered extreme to someone eating a cooked food diet. Someone may feel strongly about living a vegan lifestyle, and still be willing to kill roaches who appear in their home. Many people think that Michael Vick's behavior was extreme and feel sympathy for the dogs who suffer in dogfighting, but do not feel anything for cows or pigs or chickens or the animals in rodeos and circuses.

If in fact it is "extreme" to choose to not support an industry that revolves around violence, then I, and many others, are willing to be this "extreme." One day our cultural circle of compassion may widen, the line drawn further out to include more beings. When that happens, eating a plant-based diet will be commonplace and something else will be seen as "extreme."

Someone asked me yesterday if I had a religion. I told this person that I felt that the best thing we could do as humans would be to just follow the golden rule: Do unto others as you would have them do unto you. I added that we may have to look at our limited definition of others. Is it possible to include all races, religions, cultures, species and all life in this definition of others? If so, we can, whenever possible, let our lifestyles reflect this inclusiveness. With open minds and hearts we can share with each other and discover new ways of living compassionately. ❖

ECO BELLA BAKERY South Wedge bakery melds taste with virtue

by Karen Miltner

Reprinted with permission from Rochester Democrat and Chronicle 9/10/09

Jeaninne Ottman, owner of Eco Bella Bakery, arrived at gluten-free baking through the side door — by becoming a vegan. Already a longtime vegetarian and local and vegetarian foods advocate, the full-time nurse swore off all animal-derived products two years ago as a way to stand by her convictions for animal rights.

She originally wanted to open a café specializing in veganized American comfort foods such as macaroni and cheese and meatloaf and mashed potatoes, but family circumstances didn't give her that much time.

So she found vegan substitutes for her muffin, cookie, cake and pie recipes and started selling them at the Rochester Public Market. When requests for nixing the gluten (a protein found in wheat, barley and rye) started rolling in, she came up with a mixture of gluten-free flours that could accommodate people with celiac disease or wheat allergies.

Ottman opened a storefront location on South Avenue this winter. Eco Bella Bakery is the only place I know of in these parts where your sweet tooth can be indulged without butter, eggs, cream or wheat flour. And whenever possible, Ottman uses organic and/or local ingredients.

This eternal omnivore was skeptical. Could a cake without all that good stuff really be yummy, or would it simply taste virtuous? This report is based on my third visit in two months. (That should answer that question.)

With some items, such as the carrot cake square with vanilla frosting and a peanut butter cheesecake brownie, I am hard-pressed to tell the difference between Eco Bella's and traditional versions. In gluten-free baking, it seems, naturally dense cakes and cookies fare well. The brownie was especially addictive, rich and naughty tasting, and the soy-based peanut butter cheesecake topping fed my craving for creaminess.

Then there are items where you either need to set aside expectations for texture or choose something else. In this category I'd put the raspberry muffin (no lift, no crumb) and the key lime pie crust (I'm sorry, but that all-important flakiness is forsaken without

gluten). The pie's filling, on another note, had a mild but particular aftertaste that was not unpleasant, but not enhancing, either.

A third category would be the short-bread-like lemon sugar sandwich cookie that had a quality all its own but was really quite good. What impresses me most about Eco Bella is freshness and presentation. I have yet to question if anything was lingering longer than it should, and I'm always impressed with how cute the pastry case looks.

Can you try this at home? Ottman will tell you what's in her basic flour blend: brown rice, sorghum, tapioca and coconut. Proportions, however, are proprietary. ❖

Metro Justice's 28th Annual Alternative Fair



- **Home Made Veggie Food, Free Child Care**
Friday, December 4th, 6 – 9:30 pm
Saturday, December 5th, 9:30 am – 3 pm
First Unitarian Church
220 Winton Road South
\$3 suggested donation (ages 12 and up)
For more information: 325-2560

AEROBIC EXERCISE MAKES YOU SMARTER An article by Gretchen Reynolds in the New York Times on 9/26/09 discusses a study published in the journal of the American College of Sports Medicine, comparing human subjects who either ran, lifted weights, or remained sedentary. Those who ran had better cognitive function than the other groups. Henrietta van Praag, an investigator in the Laboratory of Neurosciences at the National Institute on Aging, speculates as to the reason why: "It appears that various growth factors must be carried from the periphery of the body into the brain to start a molecular cascade there" to create new neurons and brain connections; for that "you need a fairly dramatic increase in blood flow" such as you get from aerobic exercise. Now that's language that might inspire a person to lace up her running shoes! ❖



Membership Update: **New Members:** Curt Fey, Holly Palmeri, Phoenix House, Nathan Rosenfeld, Durga Singh. **Membership Renewals:** Vernon Cain & family, Paul Clark, Steve Connelly, Chelsea Cook, Diane & Mark Kaminski, Cheryl Kovel, Lois & Jim Kozlowski, Carol & Bruce Manuel, Ken McBride, Michael Miller, Rebecca Ott (4-yr. renewal at Contributing Level). Reflects payments received up to 10/20/09. If your payment should have been rec'd by that date and you're not on the list, please call 234-8750.

IN THE NEWS

DEATH (AND DISABILITY) BY HAMBURGER A lengthy exposé in the New York Times on 10/4/09 discusses the production of hamburger meat in the U.S., profiling Stephanie Smith, a 22-year-old children's dance instructor who was paralyzed from the waist down by E.coli poisoning from eating a tainted hamburger in 2007. The hamburger eaten by Ms. Smith, produced by the food giant Cargill, was "made from a mix of slaughterhouse trimmings and a mash-like product derived from scraps that were ground together at a plant in Wisconsin. The ingredients came from slaughterhouses in Nebraska, Texas, and Uruguay, and from a South Dakota company that processes fatty trimmings and treats them with ammonia to kill bacteria." Conglomerating meat products from many sources allows Cargill to sell hamburgers that cost 25% less than those made from cuts of whole meat.

There is no federal requirement that grinders test their ingredients for pathogens, and many slaughterhouses will sell only to grinders who agree not to test shipments for E.coli. Cargill relies on slaughterhouses to do the testing; however, the assembly-line slaughter process is such that the meat is often "smeared with feces." Records show that in the weeks before the 2007 outbreak, federal inspectors repeatedly found Cargill in violation of its own safety procedures, but imposed no fines or sanctions. After the 2007 outbreak, a sweep of 224 plants found serious problems in 55. Ground beef has been blamed for 16 E.coli outbreaks in the last 3 years; this past summer, contamination led to the recall of beef from nearly 3,000 grocers in 41 states. In an understatement, the authors of the article say that "eating ground beef is still a gamble."

The online comments from readers of this article were sometimes heartening. One writes: "Save your own life, save the planet, and stop the mistreatment and abuse in factory farms and slaughterhouses—just say no to meat." Another writes: "Getting meat and dairy products . . . out of your diet will add years to your life, and life to your years." Most pithy comment: "Meat-eating is killing this world." Finally, someone writes: "Reading this story made me extra glad that I am a vegetarian." Amen.

LESS MEAT, BETTER HEALTH That's is the title of an article in Wegmans' Nature's Marketplace magazine for May 2009. The article cites a study of more than a half million older Americans, published in the Archives of Internal Medicine in March 2009, showing that those who regularly eat

lots of red meat and processed meats (hot dogs, bacon, cold cuts) have a higher risk of cancer and heart disease than those who limit consumption of these foods. The article also points out "an added bonus: Plant based diets help reduce global warming because livestock increase greenhouse gas emissions." Mainstream, anyone?

ATKINS FOR VEGANS The same Wegmans publication, for August 2009, describes a modification of the Atkins diet which relies on "vegan protein sources" to avoid the unhealthy levels of saturated fat and cholesterol in the typical Atkins diet. A clinical trial, published in the Archives of Internal Medicine on 6/8/09, compared a low-carb, high vegetable vegan protein diet with a high-carb ovo-lacto-vegetarian diet. Both dieters lost weight, but those on the vegan diet enjoyed an 8% greater reduction in LDL (bad) cholesterol as well as reductions in total cholesterol and blood pressure, both risk factors for heart disease. This vegan variation on the high-protein diet was dubbed "eco-Atkins" by researchers. [Editor: other sources show that a vegan diet does not have to be low-carb to be healthy.]

VEGAN DIETS HEALTHFUL FOR PREGNANCY Well-planned vegan diets are healthful for pregnant women and their children, according to the American Dietetic Association, the nation's largest organization of food and nutrition professionals. A vegan diet offers a number of benefits, including lower levels of saturated fat and cholesterol, and higher levels of fiber, folate, and cancer-fighting antioxidants and phytochemicals. Choosing a vegan diet also helps women avoid the unhealthy hormones and environmental toxins found in dairy products. Vegan expectant mothers should be sure to get a source of vitamin B12, in fortified foods such as soy milk, breakfast cereals, and meat analogues (check the label to be sure) or in a daily multivitamin. The Island Vegetarian (Hawaii), Apr.-June 2009

CASH COW The cover article on "Toyota Today" July/August 2009, a promotional magazine for Toyota dealerships, touts the use of cows as an energy source by extracting methane from their manure, which is then used to generate electricity. But what's the energy cost of extracting the methane and what pollutants are released from burning it? Let's not forget the 2006 UN study finding that animal agriculture produces more climate-changing greenhouse gases than all forms of transportation combined. Even if some energy can be extracted from raising cows, we should ask whether it is worth the environmental (and ethical and health) cost.

"THE MEAT OF THE PROBLEM IS MEAT" So ran a headline in the Washington Post on 7/29/09. The article summarized a number of recent reports showing that one of the best things you can do to reduce your carbon footprint is to reduce meat consumption. Included were a University of Chicago study that found switching to a vegan diet would have a bigger positive impact than trading a gas guzzler for a Prius; and a Carnegie Mellon study that found being veg one day a week benefits the planet more than switching to a totally local diet [why not do both?]. It's great to see a mainstream newspaper carrying this information.

GOING MEATLESS COULD SAVE TRILLIONS A worldwide switch to a plant-based diet could cut in half the cost of stabilizing greenhouse gases in the atmosphere, saving \$20 trillion, according to a study by the Netherlands Environmental Assessment Agency in Climatic Change 2/9/09. Meat reduction would slow greenhouse gas emissions by reducing the amount of methane released by cattle, and also by allowing the conversion of grazing land to dense vegetation which would absorb large amounts of CO2 from the atmosphere. The authors of the study note that various world authorities already recommend cutting down on meat for health reasons, and now the enormous environmental benefits are clear. If the world is to reach its goal of stabilizing greenhouse gases by 2050, "widespread adoption of a plant-based diet is critical." Island Vegetarian (Hawaii), Apr.-June 2009

"ECO-EATING," in the April 2009 Delicious Living, a free magazine distributed at natural food stores, urges readers to "Eat less beef, more plant-based food." The article quotes Kate Geagan, co-author of *Go Green, Get Lean: Trim Your Waistline with the Ultimate Low-Carbon Diet* (2009), who says that eating low on the food chain is a win-win situation: "Personal health and planetary health are deeply connected."

"EXCESS" DAIRY COWS A 9/28/09 article in the New York Times looks at a new "sperm-sifting" technology that allows dairy farmers to increase the ratio of female offspring. The article laments, that, in an era of "hard times" for dairy farmers, with low dairy prices and decreasing demand, the additional young dairy cows may be a liability rather than an asset. I wrote a letter to the editor which the Times did not publish:

"In an article on a new reproductive technology that has resulted in too many dairy cows, we are told that "the timing could hardly be worse" for farmers. But for the real producers on a dairy farm--the cows themselves--the timing is always bad. These

(Continued on page 7)

RECIPE PAGE

Please browse our selection of books at the next meeting you attend. We have all of the hot new vegan cookbooks! Here are some sample recipes.

From: *The Best of Vegan Cooking* by Priscilla Feral

CAULIFLOWER AND POTATO-LEEK SOUP (Serves 4)

1 T oil
1 med onion, chopped
1 lb leeks (white and pale green parts), well rinsed and chopped
2 med russet potatoes, peeled, cut into ½-in dice
½ head cauliflower, chopped in florets
4+ c vegetable broth
2 t grated fresh ginger
Salt to taste
1 t fresh lemon juice
4 thin lemon slices, seeded
1 T very thinly sliced scallion tops

In a large pot, heat oil over med heat. Add onion and cook over low heat, stirring occasionally, until golden brown, about 20 min. Add leeks, potatoes, cauliflower, 3 cups broth, and ginger. Bring to a boil. Cover, reduce heat and simmer until potatoes are tender, about 20 min. Remove from heat; let mixture cool about 10 min. Using slotted spoon, transfer all solids to food processor. Process until very smooth, stopping to scrape down side of work bowl as necessary. Return pureed solids to pot. [Or use immersion blender, if you have one, to simplify this step.] Bring to simmer, adding remaining broth for desired consistency. Season with salt and stir in lemon juice. Serve hot and garnish each serving with lemon slices and scallions if desired.

HERBED WILD RICE SALAD WITH CHERRIES, PEARS AND APRICOTS (Serves 6)

1 c dry wild rice or combination wild and other rices, cooked and cooled
1 carrot, finely chopped
½ red onion, diced
1 c snow peas, sliced in half
1 pear, sliced
2/3 c dried or fresh cherries
4 apricots, sliced
1/3 c Italian Herb Dressing (recipe follows)
Salad greens (optional)

Combine all ingredients. Let sit for at least 1 hr refrigerated. Serve over salad greens or alone.

ITALIAN HERB DRESSING

2 cloves garlic, minced
1 t dried tarragon
1 t dried marjoram
1 t dry mustard
½ t salt
¼ t pepper
½ c olive oil
2 T red wine vinegar

Combine all ingredients in a jar with a tight lid. Shake well before using.

SWEET POTATO SALAD WITH CRYSTALLIZED GINGER (Serves 4)

Dressing:
½ c red wine vinegar
2 T light-flavored oil (grapeseed, walnut, soy, safflower or olive)
1 ½ T agave nectar [or maple syrup]
2 t soy sauce
1 t grated fresh ginger
Large pinch of ground red pepper

Salad:

1 lb sweet potatoes, peeled and cut into ¼-in dice
½ c scallions, thinly sliced
2 T crystallized ginger, finely julienned

Combine dressing ingredients in a small bowl, mix well, and let stand for at least 1 hr. For salad, steam sweet potatoes over boiling water until tender, about 8 min. Plunge into ice water to stop cooking, and drain. In a med-sized bowl, mix the sweet potatoes, scallions, and crystallized ginger; add the dressing, toss, and refrigerate for at least 1 hr before serving. This dish is especially good during the holiday season.

From: *Vegan Brunch* by Isa Chandra Moskowitz (author of *Veganomicon*)

TEMPEH BACON (Serves 6 to 8 as a side)

Marinade:
3 T soy sauce
1 T liquid smoke
1 T pure maple syrup
1 T apple cider vinegar
1 T olive oil
1 T tomato paste
¾ c vegetable broth
2 garlic cloves, crushed
8 to 12 oz tempeh, cut widthwise into ¼-in slices
1 T olive oil

In a wide, shallow bowl, mix together all the marinade ingredients. Add the tempeh slices and marinate them for about an hour. Preheat a large, heavy-bottomed pan over med heat. Pan-fry the tempeh in oil for about 7 min, flipping occasionally and adding more marinade as you flip.

BASIC SCRAMBLED TEMPEH (Serves 4)

3 T olive oil, divided
1 lb tempeh, cubed
1 red bell pepper, thinly sliced
1 small red onion, thinly sliced
3 garlic cloves, minced
2 t dried thyme, or 2 T chopped fresh thyme
¼ t salt
Fresh black pepper
4 large leaves Swiss chard, or any leafy green, torn into pieces

Preheat a large, heavy-bottomed pan over med heat. Sauté the tempeh in 2 T olive oil for about 7 min, stirring often, until lightly browned. Add red bell pepper and onion and drizzle in the remaining T of oil. Sauté for about 5 min; veggies should be softened but still have a bit of crunch. Add garlic and thyme; sauté for 2 min more. Season with salt and pepper. Add Swiss chard and sauté just until wilted. Serve immediately.

TIP: If you usually find that tempeh is a bit too bitter for your taste, steam the cubed tempeh for 10 min before adding them to the marinade.

GARDEN HERB SPREAD (Makes 2 cups)

½ c raw cashew pieces
1 garlic clove, chopped
1 lb firm tofu, drained
2 T chopped fresh basil
2 T fresh thyme
1 T chopped fresh tarragon
2 T chopped fresh oregano
Fresh black pepper
2 T lemon juice (juice of 1 lemon)
¼ c chopped red onion
¼ t salt
2 T nutritional yeast (optional)

In a food processor or blender, chop the cashews into coarse crumbs. Add the garlic, and pulse to incorporate. Add the tofu, crumbling with your fingers as you add. Blend until relatively smooth. Add everything else and pulse. You don't want the onion and herbs to completely puree; they should be chopped into small bits.

(Continued on page 7)

(Continued from page 6)

Tastes best when chilled for at least a half hour. Good on bagels. [Editor: We bet this recipe would also work with dried instead of fresh herbs, but give it more time for the flavors to develop before serving.]

On September 24, 2009, the “Well” section of the New York Times featured “A Vegan Chef’s Avocado Recipes for Diabetes.” Chef Jason Wyrick was diagnosed at age 28 with Type 2 diabetes; he was able to reverse the disease with a low-fat vegan diet. (See his online magazine, *The Vegan Culinary Experience*.) Here is one of Chef Wyrick’s recipes. Don’t forget avocado is an excellent source of fiber, antioxidants, vitamin C, vitamin E, folate, and potassium.

ROASTED RED PEPPER AVOCADO DIP

- 1 avocado
- 2 roasted red peppers
- 1 t fresh lime juice
- 1 clove garlic
- ¼ t ground cumin
- ¼ t salt
- 1 t fresh oregano leaves (optional)

Combine all ingredients in blender or food processor, and purée. Serve with sliced cucumber or other raw vegetables [or with tortilla chips –Editor]. ❖

(Continued from page 5)

gentle creatures are worked to death only to be slaughtered for cheap hamburger meat after a few short years. Their offspring, if male, are destined to become veal calves, housed in dark narrow crates and killed within weeks; or if female to become dairy cows with the same fate as their mothers unless, as this article tells us, they are “excess” and must be “culled.” All this to produce a food which is not necessary to human health, though a government-industry propaganda machine tells us that it is. But that story won’t fit in this letter.–C.H.Barnett

THE SAME UNDER THE SKIN A New Yorker profile of Michael Savage, the hate-spewing radio talk show host, reveals that compassion for animals may be a redeeming feature. He “abhors animal cruelty”; noticing frogs’ legs on the menu of a seafood restaurant, he asks, “How could you not feel bad for the frog when you eat that?” He then reflects on chicken, and on his beloved 11-pound gray poodle, Teddy. He recalls seeing Teddy wet and “I looked at his leg. It looked like a large chicken leg. I got frightened. So I said, How could you eat a chicken, and savor it, and the dog’s—I can’t do it. . . Don’t even think about it. . . Am I the only one who thinks this way?” No, Mr. Savage. But, is your editor the only one who is reminded of Eddie Lama’s epiphany in “The Witness,” when he is served a chicken

leg and thinks of the cat he has only recently come to love? For anyone who hasn’t seen it, “The Witness,” a film by Tribe of Heart, can be purchased or borrowed from RAVS.

NON-VEGAN SWEETENER Watch out on labels for Tagatose or Naturlose, a sweetener which is made from the milk sugar galactose. For health reasons alone you will want to avoid this substance, as galactose has been linked with the incidence of ovarian cancer and cataracts. Thanks to Usa Cain for bringing this item to our attention.

ETHICAL THANKSGIVING In “Dinner Dilemmas,” in the Winter 2008 issue of UU (Unitarian) World, John Gibb Millsbaugh writes that “food choices are ethical choices” which “impact climate change, worker justice, and animal welfare, to name a few.” The article weighs the ethical pros and cons of various candidates for the Thanksgiving dinner table. The author acknowledges that Butterball turkeys are factory farmed and that “free-range” doesn’t mean much at all—“outside” can be “a narrow pen saturated with turkey droppings” — and he gives Tofurky Roast the only perfect score for animal welfare, pointing out that “No animals were harmed in the production of this vegetarian roast”! Tofurky has more protein and less fat per ounce than turkey; its 2007 sales rose by 37% over the preceding year; and its only disadvantage is its higher cost as a (so far) niche product. ❖

APPLICATION FOR MEMBERSHIP IN THE ROCHESTER AREA VEGETARIAN SOCIETY:

P.O. BOX 20185, ROCHESTER, NY, 14602-0185
(585) 234-8750

Membership in the **Rochester Area Vegetarian Society** is open to all vegetarians, as well as to those who support the goals of vegetarianism and the society. RAVS’ by-laws define vegetarianism as the practice of living without the use of flesh, fish or fowl, with the ideal of complete independence from animal products. . . Members receive the *Vegetarian Advocate*, published three or four times a year, plus periodic notification of events. Members may borrow videos for a \$10 deposit and they are eligible for half-priced membership in the **North American Vegetarian Society** which includes a subscription to the *Vegetarian Voice* and in the **Vegetarian Resource Group** which includes a subscription to the *Vegetarian Journal*.

Name(s): _____

Date: _____

Address: _____

Phone(s): _____

E-mail: _____

- | | | |
|---|--|---|
| <input type="checkbox"/> \$20/year Individual Membership | Amount enclosed \$_____. | Any amount over basic membership is tax deductible. Please make check payable to Rochester Area Vegetarian Society . |
| <input type="checkbox"/> \$35/year Joint membership, one address | <input type="checkbox"/> I have a vegan lifestyle. | |
| <input type="checkbox"/> \$10/year Student/Fixed income | <input type="checkbox"/> I have a vegan diet. | <input type="checkbox"/> Ornish diet |
| <input type="checkbox"/> \$17/year Joint fixed income | <input type="checkbox"/> I am an ovo-lacto vegetarian. | |
| <input type="checkbox"/> \$50/year Contributing membership | <input type="checkbox"/> I am not yet a vegetarian but would like to support RAVS. | |
| <input type="checkbox"/> \$75/year Sustaining membership | Primary interest in vegetarianism: | |
| <input type="checkbox"/> \$100/year Patron | <input type="checkbox"/> Environment | <input type="checkbox"/> I/we am/are willing to volunteer to help RAVS. |
| <input type="checkbox"/> \$7/year <i>Vegetarian Advocate</i> only | <input type="checkbox"/> Animal Rights | |
| | <input type="checkbox"/> Health | |
| | <input type="checkbox"/> Other: | |



RAVS Twentieth Anniversary Year !!!!!

Rochester Area Vegetarian Society upcoming events:

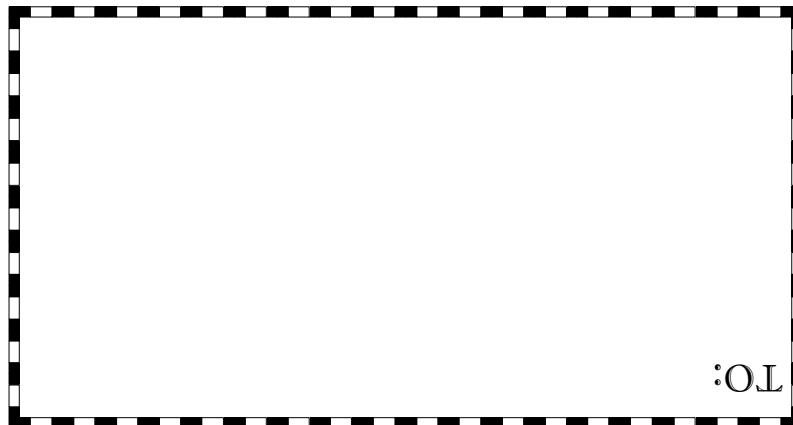
- ⇒ **November 15, 2009*** (3rd Sunday) **Falling in Love with the Planet** with **Rae Sikora** of **Plant Peace Daily** (plantpeacedaily.org)
- ⇒ **December 20, 2009*** (3rd Sunday) **4:30 PM** (NOTE: Earlier Starting Time) **Winter Solstice Dinner and Party** with optional **Vegan Cookie Exchange** (take as many as you bring). Please bring Vegan Dish to pass: we cannot live on cookies alone! Bring voices and (optional) instruments for music making after dinner.
- ⇒ **January 17, 2010*** (3rd Sunday) **The Case for a Whole-Plant Vegan Diet** with **Michael Rudnick**, former carnivore
- ⇒ **February 21, 2010*** (3rd Sunday) **Where Do I Get My Organic Veggies? A Panel of Organic Farmers.**

***Indicates a regular meeting.** Unless otherwise indicated, regular meetings are held on the third Sunday of the month at the Brighton Town Park Lodge, 5:30 PM Vegan Share-a-Dish Dinner, 7:00 PM Program.

Directions to Brighton Town Park Lodge: 777 Westfall Rd. between E. Henrietta Rd. (15A) and S. Clinton Rd. From 390, take Exit 16 onto 15A and go north to traffic light. Turn right on Westfall Road. Lodge is on south side on "Haudenosaunee Trail."

Directions to Barnett Home: Take Winton Road South. It will become Pinnacle Rd just south of Jefferson Rd. At 6.2 miles south of Jefferson Rd., turn left (east) off of Pinnacle and onto Lyons Rd. 117 is the first (and only) house on the right.

Hear the latest from our events calendar, 24 hours a day! Call 234-8750



**ROCHESTER AREA VEGETARIAN SOCIETY
BOX 20185
ROCHESTER, NY
14602**