



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. 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, and you don't need to reserve beforehand. 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. ❖

VEGAN ON THE CHEAP

[This article by Kathy Freston, author of the new book *Veganist: Lose Weight, Get Healthy, and Change the World*, appeared on the Huffington Post website on 3/28/11.]

As I coach people on becoming vegan, one common refrain I hear is that it's too expensive. When funds are low, the cheap burger or basket of chicken can appear to be the best value -- the most calories for the lowest price. We've been aggressively peddled the idea that a healthy diet is an expensive diet, something only for rich folks. And our experience seems to bear that out.

I understand the frustration. It doesn't seem right that meat should be so cheap and fresh vegetables, especially organic ones, relatively expensive. But once you look into it, the true cost of eating animal protein is higher than you can imagine. And being veganish in your approach to food is not only healthier by every measure, but it can actually be considerably cheaper as well. In fact, many staples of a vegan diet cost very little and can be found in any grocery store -- not just in specialty markets. Whole grains like quinoa or barley or brown rice, legumes like chickpeas or soybeans, and other beans like black-eyed peas and black beans are very inexpensive -- certainly cheaper than processed and packaged foods. Bought in bulk whole grains and beans can cost just pennies per meal. And because they are full of fiber they make you feel full and satisfied (put them into soups, stews, salads, burritos, etc.), without the dangerous saturated fat of animal protein. Fresh vegetables and fruits can be found at supermarkets and farmers' markets for very reasonable prices. Organic and specialty stores are great, but it's certainly not necessary to empty your wallet in order to eat healthfully.

Beans, grains, veggies -- these are the staples of populations around the world. Think of Mexico and South America, where inexpensive rice and beans coupled with corn tortillas and avocados are part of every diet; or rural China, where tofu with vegetables and rice, and maybe a very small bit of meat, is the norm; or India where people eat lentils or chickpeas and vegetables every day. Not only are these populations by no

means wealthy, they also don't have the diseases of wealthy countries. The general populations who eat these simple diets may get waterborne illnesses and lung infections from bad environmental conditions, but they don't have anywhere near the rates of cancer, heart disease, and diabetes that we have -- until they are exposed to our Western diet, that is.

And that's something to think about. Not only is a healthful plant-based diet less expensive at the grocery store (unless you go crazy for packaged convenience foods, of course), it saves you personally and saves us societally in health care and many other direct and indirect costs. If you think these don't affect you so much, think again. On the individual level alone, consider that your health insurance never pays for everything: even the best of plans charge deductibles and disallow certain medications. Being sick is expensive. More than that, a huge part of our country's annual budget is given over to health-care costs, paid for by your tax dollars. And indirect health-care costs due to lost productivity adversely affect you in the form of higher taxes, too.

On the health-care front, when you consider that meat and dairy foods clog our bodies with saturated fat, growth hormones, and antibiotics, things that have been conclusively linked to cancer, heart disease, and obesity, as well as a general "blah" feeling, it's certainly a lot less expensive -- and less painful -- to prevent debilitating diseases through our food choices than it is to treat them later (through bypass surgery or angioplasty, for example, which can run up tens of thousands of dollars in medical bills).

Freston's 8 Money-Saving Tips are: **Shop Seasonal; Avoid Pre-packaged Produce; Watch the prices of produce; Farmers' Markets; Go Frozen** (vegetables); **Build a Menu**, and the following two tips:

Value Your Time: Consider the value of your time. For most of us, time is just as valuable as money. We tend to think that eating fast food is less time consuming -- an illusion reinforced by a steady stream of fast-food company advertising. But in reality, the time that you spend driving to a fast-food
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ROCHESTER AREA VEGETARIAN SOCIETY

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

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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 Barnett

Welcome to spring in Rochester. There is nothing more life-affirming than a vegetarian diet and our efforts to spread the word about its benefits for human health, the planet, and the other sentient creatures we share the planet with.

At the past several meetings both attendance (60 to 75 people!) and enthusiasm have been high. In February we viewed a video by **Jeff Novick, R.D.** on achieving weight control and optimal health by eating a vegan diet with nutrient density (high ration of nutrients to calories). Mr. Novick is so entertaining that it was almost like having a live speaker. In March, **Chef Nick Bovenzi** of **Natural Oasis Restaurant** talked about his philosophy of eating and cooking, and offered some tips to vegan home cooks (e.g., don't be afraid to use a little oil; high heat carefully used can intensify flavor). Many of us got a chance to enjoy Chef Nick's cooking at the April meeting, a dinner and fund raiser at the Natural Oasis. We also purchased items in a silent auction, many donated by **Wizard of Clay**, a vegan-owned pottery business in Bristol, New York. The beautiful items in their display room are worth a special trip; the store is open 9-5, every day except Easter, Thanksgiving, Christmas, and New Year's; visit wizardofclay.com. Many thanks to the Wizard and our other generous donors!

On April 19 we continued our tradition of holding a 2nd-night seder, and shared the event with the Jewish humanist group as we have done for the past several years. Thanks to **Barry Swan** for conducting the service, and to all who attended this beautiful gathering.

We look forward to two meetings on nutrition topics in May, neither of them on our usual 3rd Sunday, and one of them at a new location for us, the Buckland Lodge in Brighton. So be sure to check the calendar on page 8 for full details. In June we will have a talk on raw foods, a topic which many of our members have expressed interest in. July and August will bring our usual picnics. We look forward to seeing you at all of these events.

This spring, as always, has been a busy

season for outreach to the community. In April, we staffed tables at Health Fairs sponsored by Nazareth College (staffed by **Honey Bloch, Nancy Hallowell, and Carol Barnett**) and by SUNY Brockport at both the regular and downtown campuses (staffed by **Carol Barnett**). We look forward to tabling at the Sierra Club's annual Environmental Forum, and also at the Seneca Park Zoo's Fragile World event. These are valuable opportunities to spread the word about vegetarian diet. All of us do that, too, by our example and our everyday interactions.

A LECTURE AT Hobart and William Smith Colleges by **Gary Francione, J.D., Ph.D.**, on our moral schizophrenia towards animals—namely our outrage at mistreatment of certain species of animals (dogs and cats) while we delegate to others to torture and kill the animals we eat—was attended by **Alex Chernavsky, Audrey Kramer, Martha Sullivan, Gabrielle Vehar, and Carol Barnett**. We hope for a visit to RAVS from Dr. Francione in the fall.

VEGAN OPTIONS AT THE OWL HOUSE On 3/1/11, the Democrat and Chronicle carried a delightful article on the use of tofu as a vegan option at the **Owl House** (75 Marshall St., 360-2920). **Chef Brian Van Etten** talks about his method of marinating the tofu in wheat-free soy sauce for an hour or so, then putting it in an outdoor smoker for several hours to add and concentrate flavor and to draw out moisture. Van Etten says that for the home cook, "baking tofu in a tomato-based sauce with a little liquid smoke and tamari mimics smoking easily." The Owl House offers vegan variations on almost every one of their dishes, and is a great place to patronize!

AND VEGAN OPTIONS AT NATHANIEL SQUARE CORNER STORE You can get a great vegan breakfast of scrambled tofu and hash browns at the store (there are several counter seats), and **Nathaniel Square** (495 South Ave.) has also decided to continue its Wednesday night vegan menu indefinitely. Items include a Buffalo Seitan Sandwich, Tofu Po' Boy, and Seitan Reuben, with choice of sides from French fries, sweet potato fries, and vegan macaroni salad. Let's get out there and support the vegan options!

VEG MONDAYS, vegmondays.org, continues to expand its reach into the Rochester community. It has formed a partnership with the Town of Brighton and Brighton's environmental committee, Color Brighton Green. On May 2, **VegMondays**, in cooperation with the City of Rochester Wellness Coordinator, will present a vegan food tasting to a group of city employees. The tasting will be sponsored by **VegFund**, an organization which promotes introducing vegan food to mainstream groups.

VEGGIE PRIDE The **Veggie Pride Parade** will take place in Greenwich Village in New York City on Sunday, May 15, starting at 12 noon. For more information, visit www.veggieprideparade.org/

VEGETARIAN SUMMERFEST The North American Vegetarian **Vegetarian Summerfest** will take place July 5 – 9 (Tues. through Sat.), at the Univ. of Pittsburgh campus in Johnstown (weekend package available). Everyone loves this conference/festival, and no one comes away unchanged. Please visit vegetariansummerfest.org/ for more information.

RAVS BOARD ELECTIONS This year we will email you the RAVS Board ballot. (If you do not have an email address, we will enclose a printed ballot with this newsletter.) Please, to save paper, vote by email to drveggie@aol.com or by phone to (585) 234-8750. Thank you! ❖



HAIKU

spring dusk . . .
two kittens stare out the window
into it

a quivering branch
one moment after
the finch's flight

light rain
the flowering forsythia reaching
up into it

by Bruce Ross

Membership Update: **New Members:** Kate Bohonos, George Brunner, Annette Morreale, Yardena & Yonathan Shapir, Lynn Stewart, Marlene Zaretsky. **Membership Renewals:** Carol & Ted Barnett (Sustaining Level), Beth Garver & Brian Beha, Larry Berger, Selma & Mike Berger, Walter Bowen, Vernon Cain and family, David Daunce (Contributing Level), Gloria & Steven Foster, Kimber Gorall, Jerry Hanss, Diane & Mark Kaminski, Rachel O'Donnell & Adam Hayes, Nina Sikand, Martha & Ed Sullivan (Contributing Level). This list reflects payments received by approximately 4/5/11. Contact us if you think you joined or renewed and your name is not listed. ❖

IN THE NEWS

NEW DIETARY GUIDELINES The U.S. Dept. of Agriculture (USDA) updates its dietary guidelines every 5 years, and the most recent update was issued on 1/31/11. Despite the USDA's mixed mission to promote meat and dairy as well as to give nutrition advice, and despite heavy lobbying by the meat and dairy (as well as sugar and fast food) industries, the USDA keeps edging toward healthy guidelines. The agency defines "a healthy diet as one that emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products; includes lean meats, poultry, fish, beans, eggs, and nuts; and is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars." Substitute plant-based milks (such as soy, rice or almond), focus on the beans and nuts, and eliminate all cholesterol and you have a vegan diet! In fact the new guidelines clearly state that "Vegetarian diets can meet all the recommendations for nutrients. The key is to consume a variety of foods and the right amount of foods to meet your calorie needs." The USDA offers a Vegan Food Pattern on its website, and says that: "The base USDA food patterns can be adapted for use as a guide to healthy eating by those wanting to consume more or *only* plant-based foods [emphasis mine]." See dietaryguidelines.gov

FOOD PRICES CONTINUE TO RISE A 3/9/11 Democrat and Chronicle (D&C) article called "Rising food prices taking a bigger chunk of wallet" reports that in January 2011, world food prices rose to their highest level since 1990, when the UN Food and Agriculture Organization began keeping track. Demand from India and China, rising oil prices, and changing weather patterns are among the culprits. Just remember that eating low on the food chain—beans and grains, folks—is inherently less expensive than a meat-based diet.

WEIGHT LOSS THE HEALTHY WAY Two recent D&C articles, "Weighing Diet Options" (syndicated from USA Today) on 1/12/11 and "Weight Loss Reality Check" on 2/16/11, steer the reader towards a vegan eating pattern without saying so. The first article passes on advice from Dawn Jackson Blatner, author of *The Flexitarian Diet*, that 25% of one's plate should be whole grains, 25% lean proteins, and 50% "colorful fruits and vegetables." Good advice; just choose legumes for your lean protein. Other good tips from this article: "Change your oil habits" (instead of pouring oil in the bottom of a pan for cooking, measure out a teaspoon); "Keep your spice pantry well-stocked"; "Try mushrooms" (lots of meaty flavor for few calories) and "Squeeze a lemon" or lime or use a dash of balsamic vinegar for a flavor boost that has

virtually no calories. The second article, by D&C staff writer Chris Swingle, gathers advice from local health professionals. One vegan-friendly tip is to pay attention to the nutrient density of food rather than the amount: "A large plate of vegetables looks like a lot of food but doesn't have a lot of calories." Another tip: don't skip meals: "Your body does better with periodic feedings rather than skipping meals and becoming ravenous."

EAT TO LIVE by Joel Fuhrman, M.D. was profiled in Tami Best's nutrition column in the Living Section of the D&C on 2/23/11. Fuhrman places low-calorie, nutrient dense produce at the base of his pyramid and advises people to eat as much as they want of those foods. Processed and refined foods, at the top of the pyramid, should be consumed minimally if at all. Fuhrman says that 90% of the food we consume should be from unrefined plant-based food. (Note: cooked beans and whole grains are still "unrefined.") Be aware that in this book, Fuhrman allows for optional minimal consumption of animal foods, but with that exception his basic advice is sound: "Focus on decreasing processed and refined foods by eating more whole foods. Fill your plates at all meals, with half consisting of fruits and vegetables."

FIBER = LONGER LIFE A study of 388,000 adults ages 50 to 71, over a 9-year period, found a link between high-fiber diets and lower risks of death from heart disease and from infectious and respiratory ills. The study appeared in the Archives of Internal Medicine, 2/14/11. The overall benefit was strongest from fiber found in grains. Those who ate the highest amount of fiber were 22% less likely to die from any cause than those who ate the lowest amount. The average American eats only about 15 grams of fiber each day, much less than the recommended 25 grams for women and 38 grams for men. D&C, 2/15/11. Vegans typically get plenty of fiber; all plant foods provide fiber, and animal products contain no fiber.

SOYMILK MAY IMPROVE CHOLESTEROL LEVELS according to a study in the Journal of Medicinal Food, 12/13/10. Researchers had healthy adults drink about a pint of soymilk a day for 3 weeks. At the end of that period, total cholesterol was reduced by an average of 11%, LDL (bad) cholesterol had decreased by 25%, and HDL (good) cholesterol had increased by 20%. A control group which consumed no soymilk showed no significant change. Article in Wegmans Nature's Marketplace magazine, March 2011.

GOOD NEWS FOR TEA DRINKERS Polyphenols in green and black bind with toxic compounds (hydrogen peroxide and the protein beta amyloid, both known to play roles in the development of Alzheimer's dis-

ease) and thereby protect brain cells. The protective compounds in green tea remain active even after digestion: the process of digestion may make them even more potent against dementia. Phytomedicine 12/22/10; Wegmans Nature's Marketplace magazine 3/11.

VEG-FRIENDLY RESTAURANT CHAINS A 2008 Vegetarian Resource Group (VRG) Zogby poll found that, when eating out, 6.7% of Americans always choose vegetarian meals and 40.3% sometimes order them. VRG looked at the 400 largest restaurant chains in the U.S. and found 9 chains that make the best effort to attract vegetarians. They are, in alphabetical order: Chipotle, Fresh Choice, Moe's Southwest Grill, Noodles and Company, Pei Wei Asian Dinner, PF Chang's China Bistro, QDOBA Mexican Grill, Souplantation and Sweet Tomatoes, and Taco Del Mar. Other contenders were Bakers Drive Thru, Taco Bell, and Uno Chicago Grill. Chipotle, Moe's, PF Chang's, Taco Bell and Uno have restaurants in the Rochester area. For the entire article, which gives details on vegan offerings at each chain, go to http://www.vrg.org/journal/vj2008issue4/whos_veggie_friendly.html

"SOME ANIMALS ARE MORE EQUAL THAN OTHERS" That's the 3/15/11 entry in the New York Times blog of Mark Bittman, author of *Food Matters*. Bittman, a critic and consumer of gourmet food, knows all the arguments but can't quite bring himself to go vegan (he says he's "vegan till 6 pm" when he starts thinking about dinner); but his blog may very well persuade others. He points out the inconsistency between protecting companion animals from abuse when we routinely subject farmed animals to torture and misery. "Thanks to Common Farming Exemptions [to the laws against animal cruelty], as long as I 'raise' animals for food and it's done by my fellow 'farmers' (in this case, manufacturers might be a better word), I can put around 200 million male chicks a year through grinders, castrate — mostly without anesthetic — 65 million calves and piglets a year, breed sick animals (don't forget: more than half a billion eggs were recalled last summer, from just two Iowa farms) who in turn breed antibiotic-resistant bacteria, allow those sick animals to die without individual veterinary care, imprison animals in cages so small they cannot turn around, skin live animals, or kill animals en masse to stem disease outbreaks. All of this is legal, because we will eat them. . . . Arguing for the freedom to eat as much meat as you want is equivalent to arguing for treating farm animals as if they could not feel pain." To read the entire blog entry, go to bittman.blogs.nytimes.com/ and scroll down to 3/15/11. ❖



RECIPE PAGE

A cornucopia of recipes for you from a variety of authors and sources.

BLACK BEAN SALAD WITH BALSAMIC-LIME DRESSING

(Caldwell Esselstyn, M.D., *Prevent and Reverse Heart Disease*, available in Monroe County Library System) (Serves 4)

- 1 15-oz can black beans, drained and well-rinsed
- 1 large tomato, chopped
- 2 ears cooked corn, cut off cob, or 8 oz frozen corn, thawed
- 1 red bell pepper, seeded and chopped
- 2 ribs celery, chopped
- 1 c chopped cilantro, or more
- Juice and zest of 1 lime
- 2 to 3 T balsamic vinegar

Combine all ingredients in a large bowl.

YAM, BLACK BEANS, AND GREENS SALAD WITH PEANUT DRESSING

(Brenda Davis, brendadavisrd.com) (Serves 8)

This is a beautiful color combination, and a delicious full meal salad.

- 2 large yams, steamed or boiled and cubed (4 cups) (let cool before cutting)
- 3 cups cooked black beans, rinsed and drained
- 4 cups greens, finely chopped
- ½ onion, diced
- ¼ cup chopped parsley (optional)

Place yams, black beans, greens, onion and parsley in a large bowl. Toss with Peanut Dressing and chill before serving.

PEANUT DRESSING

This dressing is also great for oriental-style salads.

- ½ cup natural peanut butter
- ¾ cup water
- 1 Tbsp sesame oil
- 3 Tbsp soy sauce
- 3 Tbsp rice vinegar or cider vinegar
- 1 tsp chili sauce
- 1 Tbsp maple syrup (optional)
- 1 Tbsp grated fresh ginger or ½ tsp ground ginger (optional)

Mix peanut butter with a little water. Slowly add the rest of the water, stirring constantly. Add the rest of the ingredients. Stir well.

CURRIED KALE WITH CHICK PEAS

(seventhgeneration.com) (Serves 6)

- 1 bunch or bag of kale, rinsed and chopped
- 2 cans of chick peas, drained and rinsed
- 1 tbsp curry powder
- 1 tsp cumin
- 1 ½ tsp coriander
- 1 can coconut milk
- 2 tsp olive oil

Warm the olive oil in a pan and add in 2 tablespoons of curry powder, 1½ teaspoons of coriander, and 1 teaspoon of cumin. Let them warm and mix together. Add in the kale and toss until it turns bright green. Pour in the coconut milk and add in an equal amount of water. Stir and add in the chickpeas. Simmer for 25 minutes. Goes great with rice, naan, or even cornbread.

LENTIL STEW

(cok.net) (Serves 4 to 6)

- 2 cups lentils
- 1 bunch or 1 bag kale, rinsed and chopped
- 2-3 medium tomatoes, chopped
- 3 cloves garlic, diced
- 1 tsp olive oil
- 2 tsp soy sauce or tamari
- 1 tsp salt
- ¼ tsp cayenne (to taste)
- 1 ½ tsp cumin
- Vegenaise (optional) (available in natural food stores)

In a stock pot, soak lentils in water for 20-30 minutes (do not turn stove on yet). After soaking, add more water if needed (water should be about 2 inches above the lentils), then simmer for 20 minutes. Add garlic, olive oil, soy sauce, salt, cayenne (optional), and cumin and let simmer again for another 20 minutes. Add kale and simmer about 20 more minutes; then add the tomatoes and simmer for about 10 more minutes. Almost all of the liquid should be cooked off at this point. Salt to taste and serve. Goes well with a dollop of Vegenaise (optional).

MOROCCAN STYLE GREENS

(Roberta Schiff, Mid-Hudson Vegetarian Society) (Serves 6)

Use two bunches of kale, collards, Swiss chard, or whatever green seem freshest (mix two kinds if desired). Wash the greens and cut into bite-sized pieces. Sauté in a small amount of water, add 1 tsp olive oil and season with cumin, sweet Hungarian paprika (start with ½ t each, add more if desired). Add a bit of sea salt and the juice of

one lemon. You can sauté an onion and some garlic in a bit of olive oil before adding the greens, if desired. Tofu which has been cubed and marinated in soy sauce, olive oil, and a bit of red wine (if desired) can be sautéed briefly and added to the greens.

YELLOW SPLIT PEA SOUP WITH COLLARD GREENS AND YAMS

(Colleen Patrick-Goudreau, *Color Me Vegan*) (Serves 6 to 8)

Oil-free, soy-free, wheat-free. This slight variation on traditional split pea soup packs a super antioxidant punch with yellow turmeric, green collards, and orange yams.

- 2 tablespoons water, for sautéing
- 2 yellow onions, coarsely chopped
- 1 tablespoon minced fresh ginger
- 3 cloves garlic, minced
- 1 ½ to 2 tablespoons curry powder
- 1 teaspoon ground cumin
- ½ teaspoon ground mustard
- ½ teaspoon turmeric
- 1 medium or 2 small garnet or jewel yams, peeled and cut into 1-inch cubes
- 1 medium carrot, diced (peeling optional)
- 8 cups vegetable stock or water
- 3 cups dried yellow split peas, picked over and rinsed
- 1 bunch collard greens, chopped into bite-size pieces
- 1 teaspoon salt, or to taste
- Freshly ground pepper, to taste

Heat the water in a large soup pot and add the onions. Stir and cook until they turn translucent, about 7 minutes. Add the ginger and garlic and cook for 5 more minutes, adding any additional water to prevent them from sticking to the bottom of the pot.

Add the curry powder, cumin, mustard, turmeric, yams, carrot, stock and split peas to the pot. Stir to combine. Cover and simmer until the split peas are tender and broken down, about 1 hour. Stir often to make sure the split peas don't stick to the bottom of the pot. About 10 min. before the soup is done, add the chopped collard greens to the pot, stir to combine, and cook for about 10 min. until they soften and integrate with the rest of the soup. Season with salt to taste and serve hot with freshly ground pepper.

To add more thickness to the soup, purée 2 cups of the cooked soup and return it to the pot before adding the greens, then continue with the recipe. You can use any leafy green such as kale or chard, in place of the collards. To freeze, let the soup cool completely before adding to a freezer-safe container.

(Continued on page 6)

(Continued from page 5)

**"SAUSAGE," KALE AND
WHITE BEAN STEW**

(chooseveg.com) (Serves 4 to 6)

1 pkg. vegetarian sausage, such as Tofurky,
Field Roast or Lightlife, cut in 1/2" coins
2 tsp. olive oil
12 oz. kale, thoroughly washed
2 Tbsp. water
2 cloves garlic, minced
½ tsp. salt
¼ tsp. pepper
¼ tsp. crushed red pepper
2 (15½-oz.) cans cannellini beans, including
liquid
1 (14½-oz.) can whole tomatoes, undrained
2 cups vegetable or faux chicken broth

In a large pot over medium-high heat, sauté the "sausage" in the olive oil until browned. Put the sausage on a plate and set aside.

Meanwhile, trim the stalk ends from the kale. Coarsely chop the kale, and put it in the pot with the water. Cover and cook over medium heat for 10 min. or until kale is just tender, stirring occasionally. Add the garlic, salt, pepper, and red pepper. Continue cooking, uncovered, for 5 min. Add the beans (including liquid) along with the tomatoes, their liquid, and the vegetable broth and bring to a boil. Reduce the heat and simmer, covered, for 15 min., stirring occasionally to break up the tomatoes. Add the "sausage," stir, and serve immediately.

**TUSCAN WHITE BEANS WITH
SPINACH & SUN-DRIED TOMATOES**
(thevegancrew.com) (Serves 5)

Olive oil (or water)
1 yellow onion, diced
2 to 3 garlic cloves, minced
1½ cups water
6 cups fresh spinach, stems removed
4 cups cooked white beans, such as Great
Northern
1½ cups sun-dried tomatoes, chopped*
1 teaspoon sage, or to taste
Dash of red pepper flakes
2 to 3 teaspoons dried basil
Salt, to taste
Black pepper, to taste

Heat oil or water in a large pan. Add onions and garlic and cook until soft and translucent. Add remaining ingredients, except basil, and cook for 10 to 15 minutes. Mix in basil and serve.

*If not using sun-dried tomatoes in oil, be sure to reconstitute them by adding hot water before chopping.

SLOPPY JOES

(Rip Esselstyn, *The Engine 2 Diet*, available
Monroe County Library System) (Serves 4)

1 onion, chopped
16 oz. frozen vegetarian "meat" crumbles,
such as Boca Crumbles
½ c water
8 oz tomato paste
1 tsp soy sauce
1 tsp vegetarian Worcestershire sauce
(optional—available natural food store)
1 tsp brown sugar
4 whole grain buns

Sauté onion in water in skillet for 3 min. until just translucent. Add the veggie "meat" crumbles and ¼ cup water to the skillet and cook for 5 min., until warmed through. Stir in tomato paste. Add the remaining water and stir until thoroughly mixed, using more water if necessary to make a thick sauce. Stir in the soy sauce, Worcestershire if using, and sugar. Serve on buns with your favorite condiments such as thinly sliced onions and pickles.

**BRUSSELS SPROUTS AND UDON
NOODLES IN MISO SAUCE**
(Lorna Sass, *The New Vegan Cookbook*,
available in Monroe County Library Sys-
tem) (Serves 4 to 6)

1 lb. Brussels sprouts
1 t olive oil
1 T minced fresh ginger or ½ tsp ground
½ t minced garlic
6 scallions, thinly sliced (keep white and
green parts separate)
1 c finely diced red, orange, or yellow bell
pepper, or a mix
¼ to ½ t crushed red pepper flakes
½ t dried rosemary (crush with spoon before
adding) (optional)
¾ c water
8 oz. udon noodles (can substitute fettuc-
cine or linguine)
2 ½ T miso (available natural food store)
1 to 2 T soy sauce
¾ c toasted pecans (Toast at 325 degrees for
3 min.)

Trim Brussels sprouts; cut them length-
wise into slices. Set aside. Start a pot of wa-
ter to boil for the noodles. In a large skillet,
briefly sauté the ginger and garlic in 1 tsp
olive oil. Add the white part of scallions,
bell peppers, red pepper flakes and rose-
mary, and cook, stirring frequently, for 1
min. Turn off heat. Pour in the water; add
the Brussels sprouts and cook over medium
heat until sprouts are tender-crisp and still
bright green, 2 to 4 min. Add more water

during this time if needed. Set skillet aside,
uncovered. Meanwhile, cook the noodles
according to package directions. In small
bowl, dissolve miso in ½ c warm water, and
add the soy sauce. When noodles are done,
drain them. Place noodles in large bowl;
toss with miso sauce. Add the reserved
Brussels sprouts and other veggies, and gar-
nish with the scallion greens and toasted
pecans. NOTE: Rosemary has a distinctive
flavor which "makes" this dish, but if you
don't like it, the dish is still good without it.
Also, for a creamier dish, add 1 to 2 T tahini
with the miso when making the sauce.

HEARTY CHILI MAC
(pcrm.org) (Makes 10 1-cup servings)

8 ounces uncooked macaroni
½ cup water
1 onion, chopped
3 garlic cloves, minced
1 red or green bell pepper, seeded and diced
1 package Boca Vegan Crumbles or Yves
Veggie Ground Round
1 28-oz. can crushed tomatoes, undrained
1 15-oz. can kidney beans, undrained
1 15-oz. can corn, undrained
2 tablespoons chili powder
1 teaspoon ground cumin

Cook pasta according to package direc-
tions. Drain, rinse, and set aside. Heat ½
cup of water in a large pot. Add chopped
onion and garlic. Cook until onion is soft,
about 5 minutes. Add bell pepper and Veg-
gie Crumbles or Ground Round. Mix in
crushed tomatoes, kidney beans, and corn
with their liquids, chili powder, and cumin.
Cover and simmer over medium heat, stir-
ring occasionally, for 20 min. Add cooked
pasta and check seasonings. Add more chili
powder if a spicier dish is desired.

GARLIC DILL NEW POTATOES
(vegancooking.com)(Serves 6 to 8)

8 medium red potatoes, cubed
3 tablespoons vegan margarine such as
Earth Balance, melted
1 tablespoon chopped fresh dill
2 teaspoons minced garlic
¼ teaspoon salt

Place the potatoes in a steamer basket,
and set in a pan over an inch of boiling wa-
ter. Cover, and steam for about 10 minutes,
until potatoes are tender but not mushy.

In a small bowl, stir together the mar-
garine, dill, garlic, and salt. Transfer the
potatoes to a serving bowl, and pour the
seasoned margarine over them. Toss gently
until they are well coated. ❖

(Continued from page 1)

restaurant and then idling in a drive-through could just as easily be spent at home with your family, cooking a simple meal. All it takes is a small initial time investment in learning to cook a few new meals. Even simpler, you can just convert the meals that you already eat into ones that fit your new lifestyle.

Long Term Rewards: Making the switch to a plant-based diet might seem challenging at first, but it's actually so simple, and a few smart shopping strategies can also help you save on food bills. It's easy to see that the hidden costs of eating meat are everywhere—in how you feel day to day, in your prospects for a long life of good health, in the health of the land, the water, the animals, the workers—and your wallet. It's pretty compelling, isn't it? Eating vegan is about very consciously choosing to disengage from an industry that makes us sick, abuses animals, pollutes the planet, and squanders precious resources. It's also about a better quality of life -- having more energy and a lighter load (as well as a lighter conscience) and living longer and healthier. And that's not something that can be measured in dollars and cents. ❖

[RAVS has for sale the excellent cookbook by Robin Robertson, *Vegan on the Cheap.*]

LETTER TO THE EDITOR

A few years ago, I heard a famous heart surgeon say, "What is more drastic, having your chest cracked open and having a pig valve implanted, or changing your eating habits from meat based to a heart-healthy vegan diet?" Heart disease is the No. 1 killer of Americans. I became a vegan 10 years ago. My doctor at the VA clinic told me I am one of the healthiest patients he has ever had.

I have met hundreds of vegans, if not a thousand, in the last decade. The majority of us have become vegan because of the intense cruelty that is inflicted on the 10 billion animals we slaughter every year in America. Becoming healthy is a bonus.

Most of us have never met or petted a cow, chicken or pig. I have met these animals, and they deserve our compassion and respect. There is a lot of power in deciding what to put in your mouth. Choose to be healthy and cruelty-free.

-Andrew Dunning, D&C, 2/20/11

[Dr. Leslie Van Romer is a chiropractor and author of the healthy weight-loss book *Getting into Your Pants*. To get her regular email postings of information, wisdom, and words of encouragement, write to Dr. Leslie@drleslievanromer.com or visit gettingintoyourpants.com. "Big Rocks Rock" is a fable from Van Romer's website.]

BIG ROCKS ROCK

A group of disciples sat around their teacher, the wisest man in the land. He began filling the empty glass bowl in front of him with rocks, until the bowl could hold no more. He then asked the class if the bowl was full. "Yes," they said. He ignored them and poured in some smaller pebbles until the bowl looked full and asked the same question. "Yes," they all agreed again. He rolled his eyes and began pouring sand into the bowl until it was full to the top. He asked the class if it was now full. The students, a bit wary, weren't so quick to answer yes. The teacher smiled and poured a glass of water into the bowl. The bowl was finally full. The lesson: "If you don't put the big rocks in first, you'll never have room for them."

What are your big rocks? Children, spouse, family, friends, purposeful work, favorite activities? Are you putting those big rocks into your life first, before crowding your life with smaller rocks that aren't so important? What about your body? Big rock, little rock, or non rock? Whether recognized or not, health is the biggest, most important rock of all. If you lose your health, all the other rocks, large and small, crumble too. That puts fresh fruits and vegetables and daily exercise at the top of the big rock list, so you can appreciate and enjoy to the fullest all the other big rocks in your life. ❖

APPLICATION FOR MEMBERSHIP IN THE ROCHESTER AREA VEGETARIAN SOCIETY:

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

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 four times a year, plus periodic notification of events. Members 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):

email:

- \$20/year Individual Membership
- \$35/year Joint membership, one address
- \$10/year Student/Fixed income
- \$17/year Joint fixed income
- \$50/year Contributing membership
- \$75/year Sustaining membership
- \$100/year Patron
- \$7/year *Vegetarian Advocate* only

Amount enclosed \$_____. Any amount over basic membership is tax deductible. Please make check payable to **Rochester Area Vegetarian Society**.

- I have a vegan diet.
- I am an ovo-lacto vegetarian.
- Ornish/Esselstyn (no oil) diet
- I am not yet a vegetarian but would like to support RAVS.

Primary interest in vegetarianism:

- Environment
- Animal Rights
- Health
- Other:

I am/we are willing to volunteer to help RAVS.



Rochester Area Vegetarian Society upcoming events:

- ⇒ **May 1, 2011 (1st Sunday)** (NOTE this is NOT the 3rd Sunday and we are meeting at **Buckland Lodge**, 1341 Westfall Rd.) **Q&A: Your Nutrition Questions Answered** with **Bob LeRoy, R.D.** Nutrition Advisor, North American Vegetarian Society. 5:30 PM Vegan Share-a-Dish, 7:00 PM Program
- ⇒ **May 22, 2011 (4th Sunday)** (NOTE this is NOT the 3rd Sunday) with **George Eisman, R.D.** Co-Founder, Vegetarian Nutrition Practice Group, American Dietetic Association. Brighton Town Park Lodge (directions below), 5:30 PM Vegan Share-a-Dish, 7 PM Program
- ⇒ **June 19, 2011*** (3rd Sunday) **A Raw Food Diet: Benefits and Strategies** with **Becky Rice**, Gourmet Raw Food Chef and graduate of Living Light Culinary Art Institute
- ⇒ **July 17, 2011 (3rd Sunday)** **Summer Picnic**, Home of Leena Isac and Ted Potter, 19 Wolf Trapp, Pittsford. Bring chairs, vegan dish, serving utensil, place setting; outdoor games equipment opt.
- ⇒ **August 21, 2011 (3rd Sunday)** **Summer Picnic**, Home of Carol and Ted Barnett, 117 Lyons Road, Rush. Bring vegan dish to pass, serving utensil, place setting; outdoor games equipment optional.

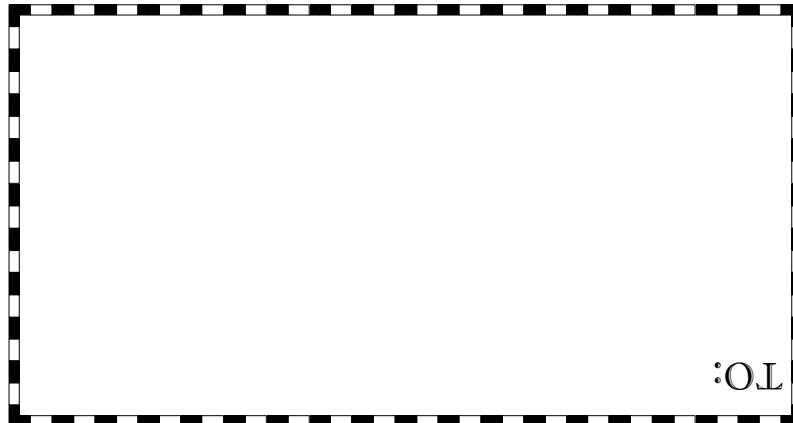
***Indicates a regular meeting.** Unless otherwise indicated, regular meetings are held on the third Sunday of the month at the Brighton Town Park Lodge, 5:30 PM Vegan Share-a-Dish Dinner, 7:00 PM Program.

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 Isac/Potter Home: From Pittsford-Palmyra Rd. (Rt. 31), turn left (north) on Marsh Rd; turn right on Hunters Pointe; turn left on Wolf Trapp, #19 is a brown house on the right side of road.

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



14602
ROCHESTER, NY
BOX 20185
ROCHESTER AREA VEGETARIAN SOCIETY