



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 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 explanation), and there is a \$3 guest fee for non-members (waived if you join at the meeting). 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. ❖

IN MEMORIAM: Stanley M. Sapon, 12/5/24 - 12/15/10

On Wednesday, December 15, Stanley M. Sapon passed away. Stan, an emeritus professor of psychology at the University of Rochester, was a writer, social activist, and advocate for animals. In the fall of 1989, he and his wife Rhoda founded the Rochester Area Vegetarian Society. In the years that Stan and Rhoda led RAVS, they devoted immeasurable effort, energy, time and love to the vegetarian movement. RAVS today is essentially the same organization they founded more than 20 years ago and a huge part of their legacy.

There are two important things that we remember Stan by and celebrate him for. First is the vegan rule. In forming RAVS, Stan and Rhoda chose to set forth an entirely vegan diet as the standard for vegetarian living, and as the rule for all society events, recommendations, and recipes. It is still the mission of RAVS to encourage a vegan lifestyle, and to provide people with the necessary information, help and support to follow it.

The other thing that Stan will be remembered for is his emphasis on compassion for all living things as the basis for vegetarianism. Stan's website, veganvalues.org, conveyed this principle. RAVS, the organization that he founded, embodies this principle. We are grateful to Stan for what he taught us, our community, and the world. We mourn the loss of his example, and are proud to carry on his tradition. ❖

FOR A COMPASSIONATE NEW YEAR— GO VEGAN!

[By **Alex Chernavsky**, who is on the staff of the Humane Society at Lollypop Farm, and a RAVS member.]

In Sept-Oct 2005, I spent a week in Louisiana, helping to rescue animals left behind in the wake of Hurricane Katrina. I was lucky to work with a group of dedicated volunteers from all over the world. We ran search-and-rescue operations in the city of New Orleans: we looked for animals in debris-strewn yards, we crawled under trailers and sometimes broke into houses. It was hot, tiring, dirty, and a little dangerous. In the evenings, we drove an hour north to the large temporary shelter that was our base camp.

When I ate my dinners at the shelter, I couldn't help but notice that many people around me were eating such things as cheeseburgers, pepperoni pizzas, and milkshakes (and this despite the fact that decent vegan meals were available at no charge). I found it a little strange that someone would travel a long distance from home, take personal risks, and work hard all day to rescue some animals, only to turn around and eat other animals for dinner. If I believed in karma, I'd say that these volunteers were negating any good karma that they had built up earlier in the day.

In a way, I get it. We love our pets: we

grew up with them, we live with them today, and we empathize with their suffering. And food animals don't generate much attention (nor sympathy) from most people. But is this right? If we put aside our personal prejudices and look at the situation rationally and fairly, would we really decide that a cat is worthy of our compassion, but a cow is not? Maybe our personal affection for one or two particular species shouldn't form the basis of our ethics. Maybe we should look at the issue from the animal's point of view, not our own..

Make 2011 the year you go vegan. You'll save about 100 animals' lives per year. If the animal argument doesn't convince you, then go vegan because your children and grandchildren will inherit all the environmental problems caused by animal agriculture. If that still doesn't convince you, then go vegan because of your clogged arteries.

If you're not ready to go vegan right away, do it one meal at a time. But resist the temptation to become vegetarian; remember that eggs and dairy products probably contain more suffering per ounce than a steak. Also, opinions may differ on the "humaneness" of such things as cage-free eggs or free-range beef, but everyone agrees that they still involve exploitation, suffering, and death.

Go vegan in 2011. It's good for your health, good for the planet, and it's the morally right thing to do. ❖

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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 H. Barnett

During this fall and winter, RAVS has been going strong, with growing membership numbers, high attendance at meetings, and strong community interest.

At our November meeting, **Maribeth Abrams** offered a cornucopia of useful ideas about assembling quick and healthful vegan meals. Our December meeting was a warm and music-filled winter solstice celebration. And our January meeting was a showing of short films—some humorous, others moving, all thought-provoking—courtesy of the **Rochester International Film Festival**, thanks to **Ellie Cherin**. The Festival dates this year are April 14-16; admission is free. Visit rochesterfilmfest.org.

This spring we have a slate of wonderful programs to look forward to: a vegan nutrition video by **Jeff Novick, R.D.**; a visit from **Natural Oasis** chef **Nick Bovenzi**; and talks by **Bob LeRoy, R.D.** and **George Eisman, R.D.** Our April meeting will be a restaurant meal and fund raiser at the **Natural Oasis**, and later in April we will hold our traditional 2nd night seder. Be sure to check the calendar, as many of our spring events violate the usual “3rd Sunday of the month” rule.

In December, RAVS had its usual table at the **MetroJustice Alternative Fair**. Thanks to staffers **Shelley Adams**, **Carol Barnett**, **Margie Campaigne**, **Ellie Cherin**, **Handy Cowles**, **Nancy Hallowell**, **Leena Isac**, **Ken McBride**, **Daryl Odhner**, **Maggie Odhner**, and **Nina Sikand**. Special thanks go to those who donated vegan baked goods: **David Cherelin** (popcorn!), **Ellie Cherin**, **Handy Cowles**, **Katherine DaCosta**, **Karen Evans**, and **Mary Parson**. RAVS also had a table at the First Unitarian Church’s **Benefits Boutique** later in the month, staffed by Carol Barnett.

In January, RAVS had a significant presence at the 5th Annual Integrative Health Care forum, a one-day conference on the connection between diet and health, held at Rochester General Hospital. There was a vegan lunch option, and breakfast and desserts were catered by **Eco Bella Bakery** (ecobellabakery.com). One of the lectures was given by RAVS Coordinator **Ted D. Barnett, M.D.** and another by RAVS member **Gail Weiser, R.P.A., L.C.S.W.**; also speaking was **T. Colin Campbell, Ph.D.** A RAVS table was staffed by **Carol Barnett** and **Leena Isac**. Other RAVS members in attendance were **Saul Presberg, M.D.** (an organizer); **Leo Blair**, **Ellie Cherin**, **Phyllis Cotturone**, **Michalene Elliott, D.C.**, **Brett Kinsler, D.C.**, **Joanna Lipp, R.D.**, **Walt**

McBurney, Michael Miller, Maggie Odhner, N.P., Yetta Panitch, Judith Treuschuk, R.N., Ph.D., and Joy Valvano, R.D. That’s some alphabet soup of credentials! Let’s keep celebrating the vegan diet, with alphabet and other soups, and let’s keep on providing an example of healthy and compassionate living.

VEGAN COOKING CLASSES Unity Hospital will be offering a series of low-fat vegan cooking classes starting Feb. 16 called “**Seeds of Change.**” Call 368-4560 to register, or visit www.unityhealth.org/diabetescenter and click on “Upcoming classes and events.” **Wendy Gilmore** will teach a class on “Vegan Soup 101” at Pittsford Library on Sun. March 13, 2-3:30 PM; call 249-5481 to register. **Sandy Baker** offers veg cooking classes through OASIS (for those age 50 or older); her March class is full; check oasisnet.org or call 730-8800 for future classes.

ROCHESTER INDYMEDIA plans a fund raiser brunch; most menu items will be vegan including pancakes and scrambled tofu. Sunday, Feb. 20, 11 AM-1 PM, Flying Squirrel, 258 Clarissa St. Cost \$5 to \$10.

CSA FAIR—EVERYONE WELCOME! On Sat., March 26, there will be a CSA Fair from 1PM-4PM at **Physikos**, the yoga studio upstairs from Salena’s at the Village Gate. All area CSAs have been invited to table, and there will be activities for children and workshops for adults. Farmer **Elizabeth Henderson** of Genesee Valley CSA says: “We will make a big CSA splash by swimming all together!”

RAVS FUNDRAISER Our April 10th dinner and silent auction at **Natural Oasis** will benefit RAVS. To donate a service or gently pre-owned item for the auction, please contact mrsvegan@aol.com. We will also have items from **Wizard of Clay**, a vegan-owned pottery store located in Bristol, NY, and from other area businesses.

RAVS SEDER The 18th annual RAVS vegan seder will be held on the 2nd night of Passover, Tuesday, April 19th; see p.8 for time and place. **RULES FOR SEDER:** Bring a dish that is vegan and also conforms to Passover tradition. No wheat is allowed (no pasta, bread, crackers, or cookies) except matzoh, and matzoh products such as farfel and matzoh meal—but no egg matzoh. Other grains such as rice are excluded. Beans, potatoes, veggies and fruits are fine.

WE MOURN THE LOSS of **Stanley M. Sapon, Ph.D.** co-founder of RAVS. Please read our memorial to Stan on page 1.

ANOTHER PASSING On December 22, 2010, **Etta Weiner**, a member of RAVS for many years, died peacefully. Etta was a marine during World War II. A few years

ago, she moved with her daughter to Virginia Beach, Va. She will be missed.

CONGRATULATIONS to RAVS member **Jodi Beckwith** for her leading role in the recent JCC production of “My Mother’s Lesbian Jewish Wiccan Wedding.” Congratulations also to **Tali Beckwith Cohen**, daughter of Jodi and husband **Stefan Cohen**. Tali played Tiny Tim in Geva’s 2010 production of “A Christmas Carol.”

LOCAL VEGANS GET CELEBRITY TREATMENT in a 2/2/11 article in the D&C. See “In the News” on p. 4.

HUMANE EDUCATION In a 12/8/10 D&C article on the Waldorf approach, RAVS member **Debra Couch** says: “The philosophy is holistic and addresses every aspect of the child. Sometimes it is described as ‘heart, head and hands.’” Debra and husband **Sanjog Misra**’s son **Siddhartha (Sid)** attends RiverNorth Kindergarten, a Waldorf school.

CULINARY DELIGHTS

Nathaniel Square Corner Store is offering a vegan menu on Wednesday nights in February from 5PM-8PM. Items include Buffalo Seitan Sandwich, Tofu Po’ Boy, and Seitan Reuben. All sandwiches come with a side of French fries, sweet potato fries, or vegan mac salad. Nathaniel Square is located at 495 South Ave. next to **John’s Tex-Mex**, another eatery that caters to vegans.

The Owl House, 75 Marshall St. (360-2920), turned into a vegan restaurant for a day, when it served a special prix fixe vegan dinner on New Year’s Eve, with an optional wine and beer pairing. Owl House is offering a special vegan dinner on Valentine’s Day; visit owlhouserochester.com for details. Also visit rochesternewspaper.com and click on “Restaurants” for a rave review of Owl House from the 1/12/11 issue of City.

The Natural Oasis, 288 Monroe Avenue (325-1831), is Rochester’s only all-vegan restaurant, with an Ethiopian buffet for lunch and a tasting menu at dinner. Recent offerings included Roasted Rutabaga Slices with Avocado Puree and Cast-Iron Pizza with San Marzano Tomatoes.

VEG RESTAURANT GUIDE for the Rochester area can be found at veggieguide.org/region/651.

LOOK TO THE FUTURE On 1/23/11, the D&C ran an article on the Greentopia Festival, an event celebrating sustainable living in Rochester and the Finger Lakes, scheduled for Sept. 17-18 in the High Falls District. We hope vegan options abound.

VEGMONDAYS To show your support, visit vegmondays.org, click “Take the Veg Pledge” and sign up. Please do so even if you already eat veg seven days a week! ❖

VEGANS GO MAINSTREAM! This Associated Press story appeared in January in many newspapers and websites, including the Democrat and Chronicle on 1/18/11. The article runs: “Once mocked as a fringe diet for sandal-wearing health food store workers, veganism is moving from marginal to mainstream in the United States.” It reports that tofu and tempeh are available in just about any supermarket, and chain restaurants eagerly promote their vegan offerings. “Today’s vegans are urban hipsters, suburban moms, college students and even professional athletes.” Yes! The authors cite environmental concerns and health-consciousness as reasons for this “fad sweeping the nation like low-carb once did.” (Not a fad, we hope, and based on better science than low-carb ever was.) The authors also point to trendy pro-vegan books like *Skinny Bitch*, vegan celebrities like Alicia Silverstone, Emily Deschanel of TV’s “Bones” and Lea Michele of TV’s “Glee,” and the influence of “famous guys” like Bill Clinton (see “Power Vegans” below).

Two weeks later, on 2/2/11 (the day after Oprah announced her “Vegan Challenge,” see below), the D&C profiled Rochester-area residents who have gone vegan for health reasons. Everyone interviewed for the article is a RAVS member. The nearly full-page spread carries a color photo of **Michalene Elliott Kinsler, D.C.** taking kale chips out of the oven (the photo also appears in the corner of page 1!), and a photo of Michalene, her husband **Brett Kinsler, D.C.**, and their children **Sasha, Sebastian, and Scarlett**, sitting down to a meal of lasagna and roasted vegetables. Every dish mentioned is lovingly photographed in color. The Kinslers tell how they decided to go vegan after reading *The China Study* by T. Colin Campbell, Ph.D., and how they recommend this diet to their patients at Natural Health Chiropractic in Gates. Also interviewed is **Joy Valvano, R.D.**, who is one of two dietitians offering low-fat vegan cooking classes at Unity Hospital (see p. 3 for details). She points out that this diet offers diabetics a way of eating that does not require counting carbohydrates, and she gives an appetizing list of some of her favorite vegan foods. **Judith Treschuk, R.N. Ph.D.**, Professor of Nursing at Roberts Wesleyan College, credits a low-fat vegan diet with healing her husband **Leo Blair II** of diabetes and heart disease and keeping them both healthy. **Sandy Baker** is mentioned as a local instructor in low-fat vegan cooking for the Cancer Project, now offering a course for OASIS (see p. 3).

What could be more persuasive than having these smart, well-educated, and radiantly healthy vegans telling their stories? ❖

IN THE NEWS

COST OF MEAT GOING UP A front page article in the D&C on 1/31/11 reported that, as a result of rising feed grain prices, decreasing animal herds, and increasing demand worldwide, price increases of 3 to 6% for meat are expected. Wholesale price hikes have been as great as 25%. Shoppers have seen hamburger prices increase as much as 10% in recent months, and McDonald’s reported that it might raise its prices by more than 2%. It was interesting, however, that Tyson Foods Inc., the world’s largest meat producer, saw its first-quarter earnings rise by 86% over the previous quarter, even as it sold beef and pork at record prices. New York Times, (NYT), 2/4/11.

CHEESY CONFLICT OF INTEREST On Sunday, 11/7/10, the NYT carried a lengthy exposé of the conflict between the United States Dept. of Agriculture (USDA)’s mission of promoting health and its mission to encourage sales and profits by the nation’s food producers, particularly dairy farmers. An organization called Dairy Management is “a marketing creation of the USDA—the same agency at the center of a federal anti-obesity drive that discourages over-consumption of some of the very foods Dairy Management is vigorously promoting.” For example, Domino’s Pizza teamed with Dairy Management to develop and market a new line of pizzas with 40% more cheese; one slice of the pizza contains as much as two-thirds of a day’s maximum recommended amount of saturated fat, which is high in calories and has been linked to heart disease. The entire article and the many comments posted to it can be read at newyorktimes.com; just google “U.S. Pushes Cheese Sales.”

Thanks to Nancy Hallowell for this reference.

MORE PROBLEMS WITH CHEESE

With the proliferation of artisanal cheese making operations, concerns about listeria and other microorganisms are also on the rise. In October 2010, the Food and Drug Administration, which at that time did not have the power to order a recall, seized inventory from the Washington state-based Estrella Family Creamery over concerns about listeria on the premises, resulting in a temporary closing of operations. NYT, 11/19/10.

STANDARD HEART DISEASE THERAPY DOESN’T WORK In a recent article in the American Journal of Cardiology, Caldwell Esselstyn, M.D. explains why common methods of treating heart disease, such as stents and bypass surgery, are not as effective as low-fat, plant-based diets. Esselstyn looks forward to the day when these methods will be considered as primitive and ineffective as radical mastectomy is now viewed as a treatment for breast cancer. AJC 2010 vol. 106, 902-04. PCRM’s Good Medicine, Winter 2011, vol. XX, no. 1; pcrm.org.

GOOD NEWS ABOUT OMEGA-3’S FOR VEGANS Results from the the European Prospective Investigation into Cancer and Nutrition (EPIC) study suggest that vegans and vegetarians are better than the general population at converting ALA (plant-based omega-3’s such as those found in flax seed) into EPA and DHA, the desirable longer chain omega-3’s which are also found in algae and fish. The findings, published in the American Journal of Clinical Nutrition (AJCN), were that blood levels of EPA and DHA, regarded as crucial to health, were about the same in individuals who did not consume fish as in regular fish eaters. It was also found that pregnant women convert

ALA to EPA at 2.5 times the rate of healthy men. The researchers wrote that “[this] could have significant consequences for public health recommendations and for preservation of the wild fish supply.” Natalia Real, Fish Information and Services, 11/10/10; AJCN, 2010, vol. 92, 1040-51. Thanks to Mike Hudak and to Island Vegetarian, Newsletter of the Vegetarian Society of Hawaii, vol. 22, no. 1, Jan.-Mar. 2011.

FISH OIL DOES NOT BOOST COGNITION OR TREAT DEPRESSION when consumed during pregnancy, according to a new study in the Journal of the American Medical Association (JAMA). Pregnant women who consumed a fish-oil supplement showed no benefits for depression, and their babies did not differ cognitively, from women who consumed a placebo vegetable oil supplement. JAMA 2010, vol. 304, 1675-83; Good Medicine, Winter 2011.

SOY DECREASES RISK OF BREAST CANCER RECURRENCE A new study in the Canadian Medical Association Journal, of 524 women with breast cancer, found that those who consumed the most soy (more than 42.3 mg daily of soy isoflavones) had a 33% decreased risk of recurrence, compared with those who consumed less than 15.2 mg. These results concur with an earlier study published in JAMA, 2009, vol. 302, 2437-43. Good Medicine, Winter 2011.

VITAMIN B12 MAY REDUCE THE RISK OF ALZHEIMER’S A recent study of 271 Finnish people showed that high levels of homocysteine in the blood correlated with increased risk of Alzheimer’s disease, and high levels of B12 correlated with reduced risk. Vitamin B12 intake lowers the blood level of homocysteine, which has been asso-

(Continued on page 7)

RECIPE PAGE



Vegetarian websites are an endless source of new meal ideas (just google “vegan recipes”). Here’s one you may not know about.

Theppk.com, The Post Punk Kitchen, is the site of vegan cookbook authors extraordinaire Isa Chandra Moskowitz and Terry Hope Romero. You may be familiar with their *Veganomicon*, *Vegan Cupcakes Take Over the World*, and *Vegan Cookies Invade Your Cookie Jar*, as well as cookbooks authored by them individually. Here are a couple of recipes; some of the accompanying commentary has been omitted (websites have no space constraints), so go to the website for the full treatment.

BLACK BEANS AND QUINOA WITH CHIPOTLE RASPBERRY SAUCE (Isa Chandra Moskowitz)

I love berries in savory applications. They add lots of body to sauces without adding any fat, they add depth of flavor and they provide just a hint of sweetness. The sauce has smoky spiciness from chipotles and a toasty, nutty flavor—as well as creaminess—from toasted almonds.

Note: Chipotles vary in size, but generally even if you are a spice wimp, you should be able to handle 2 chipotles that have their seeds removed. If you are a lover of spice, then start with 3 and add more if you like. [Find them in the international section with Mexican or Spanish foods.]

1 cup quinoa (red quinoa is esp. pretty)
2 cups water
2 teaspoons oil
4 cups small broccoli florets, and diced stems
15 oz can black beans, rinsed and drained (about 1 ½ cups)
1 clove garlic
1/3 cup slivered almonds, toasted (divided)
2 to 3 chipotles in adobo, seeded
1/4 cup water
3/4 cup frozen raspberries, thawed
1 tsp. agave (or sugar or maple syrup)
1/4 teaspoon salt

In a small saucepan, combine the quinoa and water with a pinch of salt. Cover and bring to a boil. Once boiling, lower heat to simmer and cook until quinoa is tender, about 20 minutes. Stir occasionally.

In the meantime, preheat a large pan over medium heat. Toast the almonds, tossing them frequently, until they’re honey brown in spots. Remove from pan. Reserve about 2 tablespoons of the almonds for garnish; the rest will go into the dressing.

In the same large pan, sauté the broccoli in oil and a pinch of salt. Cover and cook for about 5 min., tossing frequently, until tender. When it’s done, set it aside.

Now prepare the sauce. Place the garlic clove in a small food processor (I use the Magic Bullet) and pulse to chop. Add the almonds (except for the reserved 2 tbsp.) and grind to a coarse powder. Add remaining ingredients and blend until smooth. If it’s too thick, thin out with a little water.

To assemble, toss the quinoa, black beans and broccoli together in a mixing bowl. Reserve about 1/3 of the dressing. Pour the rest of the dressing into the mixing bowl and toss everything to coat. Transfer to plates, drizzle with the extra sauce and garnish with almonds.

OLIVE LENTIL BURGERS (Isa Chandra Moskowitz)

I like my veggie burger to be neat, with perfectly round, smooth sides. To get that shape, just pat your veggie burger into a 3-inch cookie cutter.

These would be great served as you would any burger – ketchup, pickles, onions and what not. But they would also be pretty good done up with Italian-inspired fixings, like roasted red pepper and pesto. Maybe a little pesto mixed into some vegan mayo? Let your imagination run wild.

If you want to make a double batch and freeze them, cook first, then stack with squares of parchment paper to keep them separated. Freeze in ziplock bags.

I use canned lentils here. You can use French or green lentils that you cook yourself, but you’ll need to play with consistency a bit, most likely adding a little bit more breadcrumbs to get them firm enough. Don’t use red lentils; they are too mushy.

Olive oil (1 tsp. to 1 tbsp., your choice)
1 small yellow onion, diced medium
1/2 pound cremini mushrooms, thinly sliced
3 cloves garlic, minced
Fresh black pepper
1/2 teaspoon dried thyme
1/4 teaspoon dried tarragon
1/2 cup pitted kalamata olives (really, use any pitted olive you like)
1 15 oz can cooked lentils, rinsed and drained (1 1/4 cups)
1 cup breadcrumbs, divided
2 tablespoons soy sauce
2 teaspoons fresh lemon juice
1/4 teaspoon liquid smoke (optional)
Cooking spray

Preheat oven to 350 F.

Preheat a large, heavy-bottomed non-stick pan (pref. cast iron) over med-high heat. Sauté onion in oil for about 3 min. with a pinch of salt. Add mushroom, garlic, black pepper, thyme and tarragon and saute for 7 to 10 min., until mushroom is cooked.

While mushroom is cooking, place olives in food processor and pulse until they are finely chopped (not pureed.) Remove from food processor and set aside. (No need to clean it out for the next step.)

When mushrooms have cooked, add mushroom mixture to the food processor. Add all other ingredients except for 1/2 cup of the breadcrumbs. (Did you hear me? Reserve 1/2 cup of the breadcrumbs, this will give them better texture.) Pulse until mostly smooth, but there should still be a little texture. Transfer to a large mixing bowl. Add the remaining 1/2 cup breadcrumbs to the burger mixture, along with the chopped olives, and thoroughly combine.

Divide burger mix into 6 equal pieces. An easy way to do this is divide it in half, then cut each half into 3 basically equal portions. You can do that right in the bowl if it’s large enough. Line a baking sheet with parchment paper and spray with cooking spray. Form mixture into patties and bake for 15 min. Flip and bake 12-15 more min., until nicely browned.

These taste great served immediately but they’re also excellent at room temperature so don’t be afraid to stuff into a sandwich and take as a lunch. ❖

Membership Update: **New Members:** Mireille Bakhos, Juanita Ball, Milt Braverman, Bill Bross, Linda Isaacson Fedele (2-year membership), Myrna & Larry Hill, Helen & Ted Kotin, Karen & Tom Krahl, Jacqueline Padula, Dorothy Paige, Shari Rogers, Denise & Mitch Speicher. **Membership Renewals:** Simon Barnett, Honey Bloch, Carole Camp, Doug Cline & Lorraine Van Meter-Cline, Curt Fey, Meg & Jack Hurley (Contributing Level), Steven Jarose & Marvin Ritzenthaler, Alan Kusler, Dvorah & Myron Kolko, Carol & Bruce Manuel, Yetta Panitch & David Daunce (Contributing Level), Naomi Pless (2-year renewal), Kathryn Pridey & Ed Lewek (2-year renewal), Burt Spiller, Jim Sutton, Jonathan Wolfinger.

CAN I BE HEALTHY WITHOUT DAIRY AND EGGS?

Yes! All of the nutrients in milk and eggs can be easily obtained from plant foods, without the cholesterol, saturated fat, and other health risks of animal products.

Protein: The American Dietetic Association says that protein needs can easily be met by consuming a variety of plant protein sources over an entire day. As long as your diet contains a variety of grains, beans, and vegetables, and enough calories to keep you satisfied, you are getting enough protein. A diet high in animal protein, because it contains too much protein, actually can increase your risk of illnesses such as osteoporosis and kidney disease.

Calcium: Green leafy vegetables, such as kale, are better than milk as calcium sources. They have more calcium per calorie than dairy products, and that calcium is more easily absorbed.

Fat Content and Heart Disease Risk: Dairy products—other than skim varieties—are high in fat, as a percentage of total calories, and much of it is saturated fat which is correlated with increased risk of heart disease. Similarly, eggs get about 70 percent of their calories from fat, and a big portion of that fat is saturated.

Cholesterol: Eggs are also loaded with cholesterol—about 213 milligrams for an average-sized egg. There is no need to take in any cholesterol from foods, as the body makes what it needs and extra cholesterol from foods tends to increase the cholesterol level in your blood. Every 100 mg of cholesterol that you eat (1/2 an egg) adds roughly 5 points to your cholesterol level.

Diabetes: In a study of 142 children with diabetes, 100 percent had high levels of an antibody to a cow's milk protein. It is believed that these antibodies may destroy the insulin-producing cells of the pancreas.

Cancer: Milk and dairy products have been associated with an increased risk of cancer, especially the reproductive cancers (breast, ovarian, and prostate), probably because milk, even organic milk, naturally contains high levels of growth hormones.

Iron-Deficiency: Cow's milk is very low in iron. Milk also causes blood loss from the intestinal tract, depleting the body's iron. For this and other reasons, the American Academy of Pediatrics recommends that infants below one year of age not be given cow's milk.

Contaminants: Milk is frequently contaminated with antibiotics, pesticides, and synthetic hormones. Because eggshells

are fragile and porous, and conditions on egg farms are crowded, eggs are the perfect host to salmonella—the bacteria that is the leading cause of food poisoning in the U.S.

Lactose: Three out of four people from around the world, including an estimated 25 percent of individuals in the United States, are unable to digest the milk sugar lactose, which then causes diarrhea and gas. The lactose sugar, when it is digested, releases galactose, a simple sugar that is linked to ovarian cancer and cataracts.

Allergies: Milk is one of the most common causes of food allergy. Often symptoms are subtle and may not be attributed to milk for some time.

Colic: Milk proteins can cause colic, a digestive upset that bothers one in five infants. Milk-drinking mothers can also pass cow's milk proteins to their breast-feeding infants.

For sources and documentation on the health risks associated with dairy and eggs, see *The China Study* by T. Colin Campbell, Ph.D., or visit these websites: thechinastudy.com; janeplant.com; pcrm.org.

CAN I ENJOY DELICIOUS MEALS WITHOUT DAIRY?

Yes! Here are some simple ideas to get you started:

Top your oats or cold cereal with enriched plant milk, such as soy, rice or almond. Make smoothies with enriched vanilla-flavored plant milk, or drink an ice cold glass of your favorite soy, rice, or almond milk with your meal or snack.

“Leave off the cheese, please.” Order your entrée or salad with no cheese.

Ask for guacamole, rice, olives, or extra salsa in your burrito or on your tostada, instead of the cheese. Put more vegetables on a dinner salad or add some beans, nuts, or baked tofu chunks instead of cheese. Or, try some of the new, delicious plant-based cheeses, such as Follow Your Heart and Daiya brands. We especially recommend Daiya, available at Abundance, Lori's, and Nature's Marketplace in Wegmans. It comes in Cheddar or Mozzarella flavors, pre-shredded in packages; it is gluten-free and dairy-free, and it melts! Try it in a grilled cheese sandwich, or on a pizza you make with a frozen shell, a jar of tomato sauce, and lots of veggies.

Most recipes calling for milk can be made with plant milk (soy, rice, almond, etc.) instead. If it's a soup or other savory dish, be sure to use plain, not vanilla flavor. Make creamy dips and desserts using

silken tofu in place of sour cream or cream cheese. Or try Tofutti Sour Cream or Better than Cream Cheese—they taste just the same as the original products. Sprinkle nutritional yeast on popcorn or pasta for a cheesy flavor, instead of Parmesan. Nutritional yeast is still easiest to find in bulk at health food stores, but may be available in jars at Wegmans Nature's Marketplace.

CAN I ENJOY DELICIOUS MEALS WITHOUT EGGS? Yes! Here are some tips to make things easy.

Replacing Eggs Eggs are often used in baked products because of their binding and leavening properties. To substitute for them, try Ener-G Egg Replacer, a potato-based product available at Abundance, Lori's, and Wegmans Nature's Marketplace. Ener-G comes in a powdered form: simply add water according to package directions. Don't confuse this product with reduced-cholesterol egg products, such as Egg Beaters, which do contain eggs.

Here are some other ways to replace eggs. If a recipe calls for just one or two eggs, you can often skip them; add a couple of extra tablespoons of water or soy milk for each egg eliminated, to balance out the moisture content. Or, for baked goods, use one of the following for each egg: 1 heaping tbs of cornstarch whisked with 2 tbs of water; 1/4 cup of mashed tofu; 1/4 cup of applesauce; or half a banana, mashed (make sure this goes with the flavor of what you are making). For vegetarian loaves and burgers, use any of the following to bind ingredients together: tomato paste, mashed potato, moistened bread crumbs, or rolled oats.

SCRAMBLED TOFU

(Makes 2 1/2-cup servings)

Try this nutritious golden scramble with toast or wrapped in a flour tortilla for a delicious breakfast burrito.

2 teaspoons oil
1/4 cup finely chopped onion
1/2 pound firm tofu, mashed
1/4 teaspoon garlic powder
1/4 teaspoon turmeric
1/4 teaspoon cumin
1/8 teaspoon black pepper
2 teaspoons soy sauce

Heat oil in a nonstick skillet. Add onion and cook over medium heat, stirring often, for 3 minutes. Add tofu, garlic powder, turmeric, cumin, black pepper, and soy sauce. Cook, stirring gently, for 3-5 minutes. ❖

(Continued from page 4)

ciated with many disease states. Vitamin B12 is produced by bacteria and found naturally in animal products (but is not made by animals). Vegans are advised to take a supplement to ensure adequate levels. *Island Vegetarian*, Jan.-Mar. 2011.

WALNUTS IMPROVE REACTION TO STRESS A prospective study of 22 adults with elevated LDL cholesterol (the “bad” kind), in which all meals were provided over three study periods of 6 weeks each, found that a daily intake of 1.3 oz. of walnuts along with some walnut oil lowered blood pressure and improved blood pressure responses to stress in the laboratory. The study was published in the *American Journal of Clinical Nutrition*. *Island Vegetarian*, Jan.-Mar. 2011.

FOODS TO HELP CALM YOUR NERVES An article in the D&C’s “Well” section on 11/17/10 profiled five “smart” foods, all plant-based, to combat stress during the holiday season (and beyond). Recommended were: citrus fruits for vitamin C, whole-grain carbohydrates for serotonin, tea (green, black, or white) for flavonoids to lower blood pressure (dark chocolate and blueberries also scored well here), nuts for B vitamins and magnesium, and dark green vegetables such as broccoli, collard greens, spinach and kale for vitamin C. Don’t forget dark green vegetables are also rich in beta-

carotene, calcium, iron, and other nutrients almost too numerous to count.

“RISE OF THE POWER VEGANS” by Joel Stein appeared in *Business Week* on 11/4/10. It reports that a growing number of America’s powerful bosses are adopting a vegan diet, including Ford’s Executive Chairman of the Board Bill Ford, Twitter co-founder Biz Stone, Mike Tyson, and of course former President Bill Clinton (see our Nov. 2010 newsletter, p.1). The article speculates about reasons, throwing out the idea that only CEO’s can be vegan because it’s expensive. We know better than that. We’ll side with PETA’s Ingrid Newkirk, who points out that “CEO’s are smart” and that’s why they opt for a vegan diet. businessweek.com

OPRAH TOO Oprah Winfrey issued a “Vegan Challenge” on her 2/1/11 show. Oprah reported that she and 378 staffers had gone vegan for 1 week, many of them lost weight, and several intended to continue the diet. Oprah’s Harpo Productions will embrace Meatless Mondays at its Harpo Café. Visit Oprah’s website, oprah.com and search “vegan” to find a wealth of vegan information, including three weeks of easy meals from Kathy Freston’s book *Veganist*, and a section on How to Veganize Your Meals.

AND JESSICA SIMPSON Jessica Simpson is reported to be taking vegan cooking classes as a way to “ramp up” for her up-

coming wedding to former NFL star Eric Johnson. npr.org, 1/14/11. NPR says this development is good for her and the planet, too.

MILK BATTLE Dairy-free milks are on the rise, and almond milk is the “new darling” of dairy alternatives. Jane Andrews of Wegmans says the store has seen more rapid growth in almond milk than in other non-dairy milks like soy and rice. Local shopper Chris Bianchi of Chili started buying it because his partner is lactose intolerant and now is “hooked”: “I don’t like dairy milk anymore.” Lynette Adams, whcc.com (Ch. 10) 1/12/11. Thanks to Kimber Gorall.

BOCA STOPS USING EGGS! Boca pledged to eliminate eggs from all of its products by the end of 2010. Boca was the target of a campaign by Compassion Over Killing (COK), Mercy For Animals and Animal Protection & Rescue League, to get it to stop using eggs in its products. *Compassionate Action*, Newsletter of COK, winter 2010, issue 23. Kudos to Boca for this step; many Boca products still contain milk and cheese. Boca Original Vegan burgers, Original Chik’n, and Ground Crumbles are vegan.

CALL ’EM JUNK, JUST EAT ’EM A new \$25 million marketing campaign is trying to increase consumption of baby carrots by telling people to “Eat ’Em Like Junk Food.” *Good Medicine*, Winter 2011. Whatever it takes! ❖

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:

- \$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 lifestyle.
- I have a vegan diet. Ornish diet
- I am an ovo-lacto vegetarian.
- I am not yet a vegetarian but would like to support RAVS.

Primary interest in vegetarianism:

- Environment I/we am/are willing to volunteer to help RAVS.
- Animal Rights
- Health
- Other:



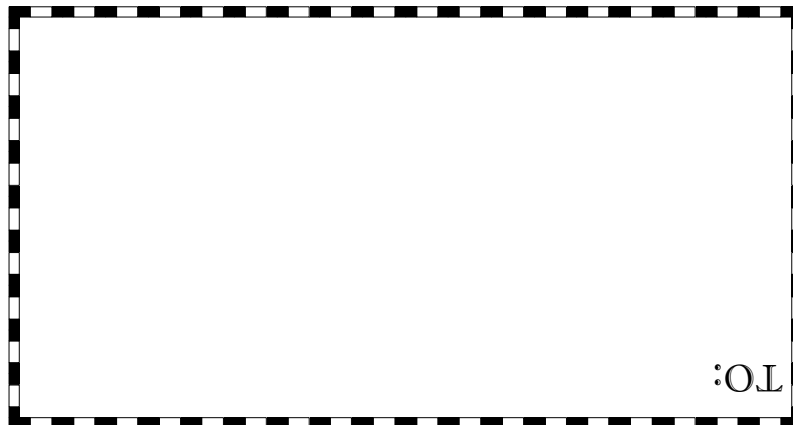
Rochester Area Vegetarian Society upcoming events:

- ⇒ **February 20, 2011*** (3rd Sunday) “**How to Eat More, Weigh Less and Live Longer: Calorie Density,**” a video by **Jeff Novick, M.S., R.D.** of the Pritikin Institute. Don’t miss a chance to see and hear this highly entertaining and informative, sometimes hilarious speaker.
- ⇒ **March 20, 2011*** (3rd Sunday) **A Chef Talks about Gourmet Vegan Cooking** with **Nick Bovenzi**, Chef at **The Natural Oasis Restaurant**
- ⇒ **April 10, 2011** (2nd Sunday) (NOTE this is NOT the 3rd Sunday) **Gourmet Vegan Tasting Meal and Silent Auction** at **The Natural Oasis**, 288 Monroe Ave. 5:30 PM Banquet \$22 per person, \$17 students/fixed income. Beer and wine available at extra charge. Seating limited to 55. Please reserve with a check made out to “RAVS,” sent to P.O. Box 20185, Rochester, NY 14602-0185, or turned in at a meeting.
- ⇒ **April 19, 2011** (Tuesday) **18th Annual RAVS 2nd Night Seder** (shared event with Jewish Humanist Group) Brighton Town Park Lodge. Doors open 5:00 PM; Service 6:00 PM followed by share-a-dish meal. See p. 3 for special rules for this meal. Volunteers needed for set-up and clean-up. Call 234-8750 to reserve.
- ⇒ **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. Please begin thinking about your questions now!
- ⇒ **May 22, 2011** (4th Sunday) (NOTE this is NOT the 3rd Sunday) **What a Vegan Diet Can Do for You** with **George Eisman, R.D.** Co-Founder, Vegetarian Nutrition Practice Group, American Dietetic Association

***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.”

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



ROCHESTER AREA VEGETARIAN SOCIETY
 BOX 20185
 ROCHESTER, NY
 14602