

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. ❖

**FOR THE ENVIRONMENT—
GO VEGAN!**

You may know that livestock production generates more greenhouse gases than all forms of transportation combined, as reported by a United Nations panel in 2006. You may also know that going vegan benefits the environment as much as switching to a Prius. But maybe you need more facts to spur you to finally change what you eat and go vegan.

At the Vegetarian Summerfest (see more information on pp. 3 and 4), Dr. Richard Oppenlander, author of *Comfortably Unaware: Global Depletion and Food Choice Responsibility*, told us the following facts: Cattle and livestock use 30% of the earth's surface, and 70% of farmland in the U.S. is devoted to livestock. About 80 to 90% of all soy, and 25% of grain from the third world, is fed to livestock. About 75% of the Colorado River ends up watering livestock; it takes 4200 gallons of water to produce 1 pound of beef, and 400 gallons of water to slaughter a cow. The earth's rain forests contain 50% of our species; 90% of rain forest loss is caused by cattle ranching, with 20 million acres lost last year. Some 64% of the oceans are unregulated; bluefish tuna numbers have dropped 92% since 1980, krill has dropped by 78%, and 80% of marine species are affected.

More facts: The average household in the U.S. uses 50,000 gallons of water per year, but at per capita meat consumption of 210 pounds, the average household uses 945,000 gallons of water per year to support its meat habit. One acre can produce 480 pounds of food from animals, or 20,000 to 30,000 pounds of food from plants. One billion people in the world are hungry, and most live in countries that produce livestock or cash crops. With a world population of 6.9 billion, we raise 70 billion animals for food, "demanding more of our planet's resources than it can supply." We would need 1 ½ to 2 earths to support continued consumption of animal products at this rate. And as the world's population expands, the problem will only get worse unless we change our ways. Oppenlander says this isn't a factory farm problem; it's a "raising animals prob-

lem." Seeking so-called "sustainable" meat is only tinkering at the margins; raising animals for food is an inherently wasteful and inefficient way of feeding ourselves, not to mention the health and ethical problems associated with meat.

The good news is that changing your way of eating is a choice to benefit the environment that is completely within your control. Unlike decisions about regulation of industry and generation of energy, which we influence very indirectly, if at all, through our elected representatives, the decision to change your diet can be instant and complete. Let this be the day you liberate yourself from animal products and go vegan. We will do all that we can to help!

For more on this topic, visit Dr. Oppenlander's website, comfortablyunaware.com. ❖

"The human appetite for animal flesh is a driving force behind every major category of environmental damage now threatening the human future—deforestation, erosion, fresh water scarcity, air and water pollution, climate change, biodiversity loss, social injustice, destabilization of communities, and the spread of disease," according to World Watch, a globally-focused environmental research organization. The group estimates that one 400-calorie hamburger chews up 55 square feet of rain forest, former home to 165 pounds of native plant and animal life.

VegFam, a group dedicated since 1963 to offering famine and disaster relief with completely vegan meals, calculates that a 10-acre farm can support 60 people growing soybeans, 24 growing wheat, 10 growing corn, or two producing cattle. ❖

Please plan to attend Rochester's first **Greentopia Festival**. Speakers—some by video feed—include environmental activists Ed Begley, Jr., Bill McKibben, and Paul Watson (the latter is also an animal rights activist). RAVS will share a table with Animal Rights Activists of Upstate NY at this event. See calendar listing on p. 8, and for the full roster of speakers and other attractions, visit greentopiafestival.com. ❖

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ROCHESTER AREA VEGETARIAN SOCIETY

Coordinators:

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

Board of Directors:

Shelley Adams	Leena Isac
Carol H. Barnett	Ken McBride
Ted. D. Barnett	Daryl Odhner
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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

The Rochester Area Vegetarian Society gets busier all the time, with regular meetings and an ever-greater number of outreach events. In May we had two meetings. On May 1, **Bob LeRoy, R.D.** fielded nutrition questions from the audience and in the process set forth an ideal diet for us to strive for: one based on whole plant foods as close to their natural state as possible, with minimal reliance on highly-processed meat substitutes and with a bias towards getting nutrients from foods rather than supplements wherever possible. Later in May, **George Eisman, R.D.** was unable to give his scheduled program and RAVS Co-Coordinator **Ted D. Barnett, M.D.** saved the day with his talk about the history of the US Dept. of Agriculture's food recommendations (with advice to take official recommendations with a grain of salt, as they are heavily influenced by industry lobbying). In June, **Becky Rice**, a graduate of the Living Light Culinary Arts Institute and raw foods chef, talked to us about the benefits of a raw diet; the takeaway message was that, although few will adopt a 100% raw diet, all of us can benefit from incorporating more raw food into our meals. July's meeting found us at the home of **Leena Isac** and **Ted Potter** and family for a picnic; we managed to keep our cool in the middle of a heat wave!

We look forward to another picnic in August; and this autumn we look forward to a program by **George Eisman, R.D.** Also this autumn, on the weekend of September 17-18, RAVS will participate in **Greentopia**, Rochester's first-ever green festival. RAVS will share a booth space with **Animal Rights Advocates of Upstate New York**. Speakers at the event will include **Amie Hamlin**, who will talk about a "cool diet"; George Eisman will talk about the effect of diet on the environment at the RAVS meeting that Sunday (a busy weekend for RAVS!).

"**Forks Over Knives**," the groundbreaking new film that profiles the pioneering work of **T. Colin Campbell, Ph.D.** and **Caldwell Esselstyn, M.D.** and features other vegetarian luminaries like **Neal Barnard, M.D.**, **John McDougall, M.D.**, and **Gene Baur**, co-founder of **Farm Sanctuary**, got a first-run showing at Loew's Theater in Webster from June 10-16. The film will be shown again at **Heartbeats for Life's** autumn kickoff event on Tuesday, September 13; see back page for details.

CORRECTION: We misspelled the name of a new member in the last newsletter. A proper welcome to **Lynn Stewart!**

OTHER VEG-RELATED EVENTS this spring and summer included a free vegan tasting at Pittsford Wegmans on 4/21/11, featuring the recipes of vegan chef **Tal Ronnen**, author of *The Conscious Cook*, who was on hand to sign copies of his book and talk to shoppers, some of whom remembered him from years spent in Rochester. That same evening, RAVS and Veg-Mondays staffed a table at the **Sierra Club Environmental Forum**; thanks to staffers **Kimber Gorall** and **Carol Barnett**.

On Monday, May 2, **VegMondays** hosted a vegan food tasting in Rochester City Hall, featuring Nate's (meatless) Meatballs, Field Roast sausages, bagels with Tofutti cream cheese, Silk chocolate soy milk, and brownies from our own local vegan and gluten-free **Eco Bella Bakery**. The tasting, which was sponsored by **VegFund**, delivered Vegetarian Starter Kits from **PCRM**, as well as yummy food, to about 125 city employees. Thanks to VM committee members **Debra Couch**, **Kimber Gorall**, **Martha Sullivan**, and **Carol Barnett**.

Later in May, RAVS had a table at Seneca Park Zoo's "**Our Fragile World**" event for the second year in a row; we taught small groups of middle-school students about factory farming and reached scores of families that were visiting the zoo that weekend; thanks to **Tina Kolberg** and **Carol Barnett**. Also in May, **Beth Garver Beha** taught a class of middle school students about factory farming and veg diet, at the Expeditionary Learning Center in Rochester; and RAVS staffed a table at the Teen Health Fair at Rundell Library, thanks to **Bud Burdick**, **Ellie Cherin**, and **Katherine DaCosta**.

In July, RAVS member **Carol Barnett** staffed a table at the Bay Knoll Seventh Day Adventist Church's health fair; the featured speaker, **Danny Vierra**, advocated a largely raw vegan diet, and his partner **Charmaine Daniels**, a cooking instructor with PCRM's Food for Life program, did a delicious raw food "cooking" demo. And in August, a number of RAVS members helped ARAUNY to staff a table at the Park Avenue Fest.

The highlight of the summer was the **North American Vegetarian Society's Vegetarian Summerfest** in Johnstown, Pennsylvania. Attendees from Rochester were **Juanita Ball** and daughter **Adrienne Russo**, the entire **Barnett** family, **Handy** and **Jennifer Cowles**, **Ed Ehlers**, **Rosemary Foes**, **Leena Isac** and daughter **Meena Potter**, **Saul Presberg, M.D.**, and **Shari Rogers**. The Barnetts sat on a panel about starting vegetarian societies and keeping them alive; Ted Barnett gave his Food

Groups talk (see above); Nate Barnett sat on a panel about growing up vegan; and all three Barnett children provided musical entertainment. We will attempt to share some of the wisdom and pleasure of Summerfest in other parts of this newsletter.

Here's to vegetarian living and eating!

HEALTHY NEW TOUR This autumn, RAVS member and Food for Life Cooking Instructor Sandy Baker will be offering "Healthy You Market Tour: Foods, Herbs, and Ancient Practices." The tour will include healthy markets, a community-supported bakery, a vegan restaurant, and yoga poses for those who are interested! To receive notice of dates, times, and venues, contact Sandy: sandy@bluefrog.com, or call 234-8750 and we will send you the information.

CONGRATULATIONS to RAVS members **Steven Jarose** and **Marvin Ritzenthaler**, who appeared in the cover photo accompanying City Newspaper's article "The Gay Golden Years." Steve and Marvin have been loyal members of RAVS for many years, though they may not have ever attended a meeting; we hope that they will soon!

GOOD JOB! RAVS member **Irene Hart** entered her "Senior Dogs," all rescued animals, in the Kuranda bed contest for June. Irene (or rather her dogs) got the most votes, winning 5 Kuranda dog beds for the Humane Society at Lollypop Farm.

CONGRATULATIONS to RAVS member **Maryann Connolly**, whose art work was featured in the Artist Breakfast Group show which opened on June 24 in the Williams Gallery at the First Unitarian Church. ❖

HAIKU

late summer dampness –
a chipmunk spins around
on the woodland trail

sunset . . .
rustling on the opposite bank
yellow wildflowers

into the high weeds
trotting one behind the other
the young red foxes

by Bruce Ross

**RAVS 24 HOUR VOICE MAIL:
(585) 234-8750**

REPORT FROM VEGETARIAN SUMMERFEST 2011

The speakers at Summerfest present the cutting edge on all aspects of vegetarianism: nutritional, environmental, ethical, and spiritual. Here are some things we learned.

EMPHASIS ON HEALTH Many of the medical and nutritional powerhouses of the vegetarian movement were present at this conference. **Caldwell Esselstyn, Jr., M.D.** presented the results of his 20-year study showing that a no-oil-added vegan diet is the best way to “heart attack proof” your body. **T. Colin Campbell, Ph.D.** summarized his China study, the largest population-based nutrition study ever conducted, showing that consumption of animal products is linked to higher incidence of chronic disease, including heart disease, stroke, cancer, and diabetes; Campbell also found that animal protein, and in particular casein, a dairy protein, was strongly correlated with the incidence of cancer. **Neal Barnard, M.D.**, head of the Physicians Committee for Responsible Medicine, reported on a study of type 2 diabetes patients for which he is the lead author, comparing a whole-food vegan diet with the mainstream diet recommended by the National Diabetes Foundation; the patients on the vegan diet did better by every measure, including losing an average of 11 pounds. Nutritionists **George Eisman, R.D.** and **Bob LeRoy, R.D.** spoke on the special health risks posed by dairy, the power of a plant-based diet to reduce cancer risk, and the benefits of increasing the proportion of dark leafy greens and raw foods in one’s diet. All these experts warned that we need to look beyond the nutritional recommendations of government bodies and mainstream medical organizations, as they are heavily influenced by food (meat, dairy, sugar) and pharmaceutical industry lobbyists. Dr. Campbell discussed a recent medical journal article favorably comparing an Atkins-style (high-protein, meat-based) diet with an Ornish-style (near-vegan) diet in bringing about weight loss; when Ornish himself wrote in to say that the diet followed did not really meet his standard, the comment was ignored. Campbell said that when the media report that meat-based diets beat out “low-fat” or “high-carb” diets in various studies, those are often not diets that we would advocate: they often aren’t really low-fat, or the carbs eaten are not complex and unrefined. The watchword of this conference was **WHOLE FOODS PLANT-BASED DIET**: that’s what works to prevent and often reverse disease, and it is not fair to compare the standard American meat-based diet with anything else. Dr. Barnard pointed out that the new nutrition “plate” put out by the US

Department of Agriculture is awfully similarly to PCRM’s “Power Plate,” but close isn’t good enough: only the “New Four Food Groups” of legumes, grains, vegetables and fruits are powerful for health.

MORE EXPERTS **Stephan Esser, M.D.**, a clinical fellow at Harvard Medical School who works in a lifestyle medicine program there, gave several sessions, including one on Women’s Cancers. Esser said that, setting aside the risk factors which are out of our control, such as family history, age and ethnicity, the primary predisposing factor for cancer is inflammation: sustained inflammation at the cellular level leads to and fosters cancer. Exercise, stress reduction, and sufficient sleep are lifestyle factors that reduce inflammation. The biggest modifiable inflammatory factor is diet: fruits and vegetables are anti-inflammatory, the more colorful the better, as color indicates production of anti-oxidants by the plant. Esser says: “The more plants you eat, the longer you live.”

The take-home message from **Kerrie Saunders, Ph.D.**’s talk on osteoporosis was “Greens and Beans for Bones”! All of the healthiest cultures on the planet eat these in abundance, and as for amounts of nutrients, Saunders says “eat the right way and the numbers take care of themselves.” Other factors besides calcium intake are magnesium (also necessary, and a craving for chocolate may mean you are not getting enough of it), micronutrients like boron and vitamin K (get them from a variety of plant foods) and vitamins B12 and D, which are the most common deficiencies (85% of us are deficient in D). It’s a good idea to supplement both nutrients; the latest recommended intakes from **Michael Greger, M.D.** are at least 2500 mcg of B12 every week or 250 mcg every day (your body uses it better if you take it every day), and no need to worry about taking too much; and, for our latitude, 2,000 IU of supplemental vitamin D daily (D2 is the vegan variety), with the option of substituting 15 min. of daily midday sun exposure from March through October. Please note that this is lower than Dr. Greger’s previous recommendations for vitamin D supplementation. **Julieanna Hever, R.D.** gave several talks, including a myth-busting session. Among the busted myths: That you can’t get enough protein from plant foods (you can); That supplementing with vitamin B12 isn’t “natural.” (We “naturally” get B12 from dirty plants, which most people want to avoid; B12 is made by micro-organisms and when it is found in meat and milk it has been incorporated and stored by animals, not made by them, just as the DHA in fish oil is ingested and stored by fish from eating algae, which are the true source of DHA.)

ETHICAL, SPIRITUAL, AND RHE-TORICAL ASPECTS OF VEG DIET, or, what are the other reasons besides health for eating veg, and how can we persuade others of them? **Jonathan Balcombe, Ph.D.** gave a moving presentation, with images, on animal sentience: he urges that, if we recognize the capacity for emotion and pleasure in animals, we should feel the moral imperative to refrain from eating them or exploiting them in any way. (Dr. Balcombe’s new book, *The Exultant Ark*, full of moving photos, recently received a favorable review in the New York Times: to read it, go to nytimes.com and search “Balcombe.”) **James LaVeck** of Tribe of Heart talked about how stressful it can be for activists who are discouraged in the face of the continuing exploitation of animals. LaVeck’s solution is community, the solidarity of those who advocate for animals and who can stand together to bear the reality of animal suffering and to keep trying to make real change.

Melanie Joy, Ph.D. talked about the ideology of carnism, a societal pact to repress the reality of what we are doing to animals in order to justify meat eating and all that it entails. **Colleen Patrick-Goudreau** talked about not imposing our vegan values on others, but rather helping them to connect with and act upon their own deepest values. These two speakers share a fundamentally positive view of human nature, a view that we have an underlying capacity for compassion that is numbed by social customs and unexamined belief systems, but can be awakened; both of them caution against arrogance and ask us to genuinely connect with people you hope to persuade. Patrick-Goudreau, for example, when asked whether she is vegan, responds “I am now,” i.e., “I wasn’t a vegan until I learned the things I am telling you about,” and also “I haven’t always been vegan and so I am not perfect and guilt-free, nobody is, but I can do the right thing now, and so can you.”

Finally, we share the sentiments of **Will Tuttle, Ph.D.** in the closing session of the conference. Tuttle, author of *The World Peace Diet*, traces all of our social, political and environmental ills to the fundamental act of violence that takes place when we bend animals to our wills and exploit them for our purposes. If instead we value the lives of animals, we are in harmony with a principle that is central to all the major religions: “What you most want for yourself, give to others.” There are hopeful changes, increasing recognition and support of veganism by mainstream voices. As Tuttle says, a vegan world is “established in our consciousness”: now it is up to us to work with others to bring it into being. ❖

A TASTE OF VEGETARIAN SUMMERFEST

The North American Vegetarian Society's Summerfest featured a number of cooking demos. We share some of the recipes with you here.

NUTRIENT-RICH BLACK BEAN SOUP (Chef AJ [Abbie Jaye], author of *Unprocessed: How to Achieve Vibrant Health and Your Ideal Weight*, www.eatunprocessed.com)

No one will guess that there are 2 lbs. of greens hidden in this delicious soup!

12 c low-sodium vegetable broth or water
6 cans salt-free black beans (do not rinse or drain)
2 red onions, peeled
8 cloves garlic, peeled
1 lb crimini mushrooms
1 lb baby bok choy (approximately 3)
1 lb chopped greens (kale, collard, mustard, chard, or a combination)
2 large sweet potatoes, peeled if not organic
2 16-oz bags frozen corn, defrosted
2 T sun-dried tomato powder
2 T ground cumin
2 T dried oregano
1 T chipotle paste or ¼ t dried chipotle powder or more, to taste
Juice and zest of 4 limes

Place water or broth in a large soup pot and bring to a boil. Reduce heat and add beans, onion, garlic, and all of the vegetables except one lb of the corn. Simmer uncovered for 30 min. There is no need to cut anything up as the soup will be blended. Remove from heat and blend soup with an immersion blender. Stir in remaining ingredients along with second bag of corn. Garnish with pepitas (toasted pumpkin seeds) and cilantro, if desired.

Ed. Note: You can substitute minced sun-dried tomatoes for the powder. For chipotle paste, use chipotles canned in adobo (available in international food section); chipotle powder is available in some bulk spice sections. If you have no immersion blender, blend cooled soup in food processor or regular blender, or dice vegetables before cooking and skip the blending step.

MEDITERRANEAN BARLEY SALAD (Christine Waltermeyer, author of *The Natural Vegan Kitchen*)

1 c barley, any type
3 ½ c water
Pinch salt
1 bunch fresh dill, minced (about 1 c)

1 c drained and quartered artichoke hearts (packed in water or oil)*
1 c chopped watercress
½ c pitted Kalamata olives

Dressing:

2 T freshly squeezed lemon juice or balsamic vinegar
1 T extra-virgin olive oil
¼ t salt, or 1 T tamari or soy sauce

To make the salad, put the water, barley and pinch of salt in a medium saucepan and bring to a boil over med-high heat; decrease the heat to low, cover, and simmer for 1 hour, or until the barley is fluffy and tender. Transfer the barley to a large bowl to cool. When cool, add the dill, artichoke hearts, watercress, and olives. To make the dressing, combine ingredients in a small bowl and whisk until well blended. Pour over the barley mixture and gently toss until evenly distributed. Serve at room temperature or thoroughly chilled.

Ed. Note: Artichoke marinade, whether water or oil-based, is flavorful. I save it for use in soups or stews. I might even substitute the oil marinade for the olive oil in this dressing recipe.

SESAME BROCCOLI OR GREENS (Roberta Schiff, Mid-Hudson Vegetarian Society) (Serves 4)

1 lge bunch fresh broccoli, cut in florets; stalks can be used if peeled and sliced fine
1 t olive oil
1 red, orange or yellow pepper, sliced in matchsticks
1 to 2 cloves garlic, crushed
2 T lightly toasted sesame seeds (in dry skillet over low heat; watch carefully)
1 T toasted sesame oil
Soy sauce

Steam broccoli until tender-crisp. Transfer to bowl. Sauté peppers in water; add garlic after peppers are soft. Add olive oil at the end. Add to the broccoli, then add the other ingredients. Toss until well mixed. Serve either hot or cold.

VARIATION: You can also make this with steamed or lightly sautéed greens, such as collards or kale.

BEAN DIP (A RECIPE FOR KIDS) (From an upcoming book by Freya Dinshah, president of American Vegan Society, and daughter Anne Dinshah) (Yield: 3 cups)

1 16-oz can vegetarian refried beans
1 c salsa
1 T prepared yellow mustard

Wash top of can. Open can with can opener. Use a spoon to scoop refried beans from can into bowl. Measure salsa by spooning it into a measuring cup. Add the salsa to the beans in the bowl. Measure out a tablespoon of mustard and add it to the bowl. Mix the ingredients in the bowl with a spoon, moving strongly and smoothly until all ingredients are combined. To serve, place the bowl of dip on a large plate. Surround with raw vegetables such as broccoli, carrot sticks, or celery sticks. Tortilla chips, pita bread wedges, or crackers may also be used.

ENGLISH MUFFIN PIZZAS (from Summerfest 2007) (Maribeth Abrams, *Tofu 1-2-3*) (Makes 12 mini pizzas.)

1 c silken tofu
3 T nutritional yeast flakes (available in natural food stores)
4 t freshly squeezed lemon juice
1 T light miso
¾ t onion granules or powder
½ t salt
6 English muffins, sliced in half
1 c pizza sauce (your choice)
1 T Italian seasoning

Preheat oven to 375 degrees F. Combine first 6 ingredients in food processor. Blend until smooth. Lay the English muffin halves face-up on a baking sheet and spread the top of each with pizza sauce. Top each with about 1 T of the tofu mixture and sprinkle with Italian seasoning. Bake for 8 to 10 min. or until edges are golden brown. Cool for 5 min., and serve as is or cut into quarters.

RECIPES FROM SOME FAVORITE WEBSITES (AND ONE BLOG)

OVEN FRIES (pcrm.org) (Serves 4)

2 russet potatoes (about 1 pound)
2 teaspoons olive oil
1 teaspoon paprika
¼ teaspoon salt

Preheat oven to 450 degrees F. Lightly oil a 9-by-13-inch (or larger) baking dish. Scrub potatoes, but do not peel. Cut into fries or wedges. Place in a large bowl and toss with oil, paprika, and salt. Spread potatoes in a single layer in the baking dish and bake until tender when pierced with a fork, about 30 minutes.

(Recipes continued on page 7)

IN THE NEWS

(Some tips provided by RAVS members!)

E.COLI OUTBREAK Early summer brought a deadly outbreak of E.coli in northern Germany and other parts of Europe, blamed at various times on cucumbers, tomatoes and sprouts. This prompted New York Times writer Mark Bittman to write a blog post on 6/7/11 entitled "E. Coli: Don't Blame the Sprouts," pointing out that the organism resides in the guts of animals, including our own, and it taints plant foods only as a result of crowded, unhygienic and under-regulated animal agricultural practices. His fellow columnist Nicholas Kristof also wrote a column on 6/12/11 blaming the outbreak on animal farming, and calling for a ban on routine feeding of antibiotics to healthy animals.

Bittman considers food from every angle and is an occasional, but unreliable, ally of the vegetarian movement. He writes about the torture that farm animals are routinely subjected to: see "Who Protects the Animals?" (4/26/11). But he does not make the logical, and ethical, next step to veganism: he is famously "vegan till 6 PM," after which he eats whatever he wants. In another recent post, he describes an organic pig farm, as though such operations can be a solution to the ethical, environmental and health problems of eating animals. Nevertheless, Bittman stakes out some positions that we agree with, and the information he shares about the way farmed animals are treated may lead his readers, if not himself, to become vegan. We like "Make Food Choices Simple: Cook" (7/1/11), which points out that cooking can be just as simple as eating out, and is always less expensive and more nutritious; in another op-ed piece Bittman says we should tax soda and subsidize vegetables. To read these postings and others, visit opinionator.blogs.nytimes.com and search "Bittman."

MEAT—IF YOU WANT IT**Bacteria seen in nearly half of U.S.**

Meat Researchers at Arizona's Translational Genomics Research Institute found that almost half of the meat and poultry samples they tested contained *Staphylococcus aureus*, a microbe which causes infection in humans; roughly half of the contaminated samples contained strains that were "superbugs" resistant to at least three antibiotics. Reported in cnn.com, 4/15/11 and

The Week, 5/6/11. Thanks to Handy Cowles and Kimber Gorall.

This just in: "Ground Turkey Linked to Death, Illnesses" was a headline on the front page of the Democrat & Chronicle on 8/3/11. The government was "scrambling" to find the source of a salmonella outbreak that, since March, had sickened at least 76 people and caused one death, but at the time of the article no recall had been issued. The difficulty arises from the fact that salmonella is so common in poultry that "it is not illegal for meat to be tainted with the pathogen"; poultry can be recalled only if there is a proven link to a particular outbreak. The next day, Cargill announced that it had recalled 36 million lbs. of ground turkey. The strain of salmonella in the recalled meat was resistant to many commonly prescribed antibiotics, and 38% of those sickened were hospitalized. This story is ongoing.

Arsenic worries prompt chicken drug withdrawal Alpharma, a subsidiary of Pfizer, pulled off the market Nitro, a drug that has been given to chickens since the 1940's to ward off parasites and cause greater weight gain, after scientists from the Food and Drug Administration found a potentially carcinogenic form of arsenic in the livers of treated animals. Washington Post, 6/8/11. Thanks to Mike Rudnick.

Heat your cold cuts?? The Centers for Disease Control warn that persons over 50, and especially persons over 65, should heat their (meat-based) cold cuts to at least 165 degrees to avoid infection from *Listeria*. UsaToday.com 5/4/11.

"Test-Tube Burgers" A New Yorker article dated 5/23/11 reported on ongoing efforts to develop bio-engineered meat. The writer reported that many people experience an instinctual "Yuck" factor at the prospect of eating cultured muscle cells, but points out that we should recoil just as much from the environmental (nearly 20% of greenhouse gases) and health problems (antibiotic-resistant bacteria, epidemics of heart disease and diabetes) that arise from factory farming. We think a better solution to these problems is to do without meat of any sort, as plant foods can abundantly and deliciously satisfy all our nutritional needs.

Meat from feces Mitsuyuki Ikeda, a researcher from Okayama Laboratory, has developed steaks based on proteins from human excrement. The proteins are generated by the bacteria that grow and develop

in sewage. Initial tests have people saying it even tastes like beef. Enough said. Digital-trends.com 6/5/11. Thanks to Mike Hudak.

NOW THAT'S MORE LIKE IT Researchers at the University of Missouri are working on a product made from plant proteins that "looks like chicken, feels like chicken, and tastes like chicken" to help people transition away from meat. Program director Dr. Fu-Hung Hsieh says his hope is that, with this product, "More people will be willing to commit themselves to become a steward of earth, make a concerted effort so that their lifestyle will become more environmentally friendly." Although we thought there were already products like this on the market, and though one shouldn't overuse such products, we're all for it. Heard on Marketplace, 4/14/11; publicradio.org. Thanks to Kimber Gorall.

VEGAN CUISINE FOR ASTHMA A recent NY Times article on the health advantages to men of being married was followed by this comment from a woman who made sure that her husband sought treatment for his allergies: "He is turning 70 this year, and possibly due to the high vegetable content vegan cuisine we eat now, he hasn't had asthma for years. (Had to put in a plug for vegan!)" 7/19/11

SOY'S HEALTH PERKS Women consuming the most soy products have a lower risk of breast cancer recurrence, according to a recent study of 524 in the Canadian Medical Association Journal (reported October 2010). The study confirms findings reported in the Journal of the American Medical Association in 2009. Pcrn.org; thanks to Diana and David Strafford.

WALNUTS REDUCE BLOOD PRESSURE Researchers at Penn State University found that adding walnuts and walnut oil to the diet appears to reduce blood pressure in persons with elevated levels of LDL (bad) cholesterol. *Wegmans Nature's Marketplace* magazine, December 2010.

VEGAN GOES MAINSTREAM, AND OTHER GOOD NEWS In recent months, Neal Barnard, M.D. appeared on PBS promoting his 21-day Vegan Kickstart program; Kathy Freston, author of *The Veganist*, appeared on PBS's "Charlie Rose Show"; and Drs. Barnard, Campbell, and Esselstyn, and Rip Esselstyn all appeared on a segment of the "Dr. Oz Show" promoting the film "Forks Over Knives" and the vegan diet it recommends. ❖

New Members: Mary Ann Asam, Kate Flanagan, Gloria Gonyeo, Lloyd Lill, Jean Longchamps, Ester Mass, Lucille O'Brien, Sister Lucetta Sercy, Aleksandra & Grigory Yagnitinsky. **Membership Renewals:** Felicity & Gerry Brach, Johanna & Michael Connelly, Charles DiPrima, Nancy Hallowell, Jeanne & John Jongen, Dr. Robert Klein (Contributing Level), Cheryl Kovel, Audrey Kramer & Alex Chernavsky, Susan Miller (Patron Level), DeeDee & Darren Mrak (Contributing Level), Maggie & Darryl Odhner, Bernice & Melody Palmer, Georgia Radtke, Russ Roberts, Maureen & Steve Van Buren, Joy Vandling. **Newsletter Renewal:** Antoinette Bushlack.

(Recipes continued from page 5)

POTATO SALAD
(farmsanctuary.org)

5-7 medium potatoes, peeled
1 cup finely chopped onion
1 cup finely chopped celery
1 cup finely chopped red pepper
1 tablespoon yellow mustard
½ cup eggless mayonnaise such as Vegenaïse (available in natural food stores or Wegmans Nature’s Marketplace)
Salt and pepper to taste

Boil potatoes until tender. Allow potatoes to cool to room temperature and cut into cubes. Combine all remaining ingredients with potatoes. Refrigerate until ready to use.

ROASTED BRUSSELS SPROUTS
(thevegancrew.com)
(Serves 3 to 4)

8 ounces Brussels sprouts
Olive oil
1-2 garlic cloves, minced
Salt and pepper, to taste

Heat oven to 425°. Wash Brussels sprouts, trim stem end and slice in half lengthwise. Lightly coat with olive oil and

mix in the minced garlic, salt and pepper. Place cut-side down in a pan or baking sheet and bake for about 15 minutes (larger sprouts may need a few more minutes). When done, sprouts will be slightly browned and crispy.

PEANUT BUTTER SOUP
(vegforlife.org)
(Serves 10)

1½ cups natural-style smooth peanut butter
8 cups water
6-oz. can tomato paste
4 cups shredded green cabbage
3 medium zucchini, chopped
2 cups sliced mushrooms
4 cups sliced okra
2 cups shredded red cabbage
1 cup corn kernels
2 medium onions, chopped
2 medium tomatoes, chopped
1 small eggplant, cubed
½ cup soy sauce
1 tsp. salt (optional)

In a large soup pot, mix peanut butter with about 2 cups water to form a smooth, somewhat loose paste. (Add water in small increments and stir between additions, to avoid lumps.) Cook peanut butter mixture over low heat until oil separates slightly from peanut butter. Add more water to the mixture

if peanut butter sticks; do not burn mixture.

Add remaining water, whisking to incorporate. Add tomato paste, stirring to incorporate; simmer 10 minutes. Add vegetables and simmer until tender, about 30 minutes. Add tamari and salt if desired.

BUTTERNUT SQUASH SOUP
(RAVS member Maggie Odhner;
for more recipes visit <http://cookvegetarianwithmaggie.blogspot.com>)
(Serves 4 to 6)

1 large butternut squash, peeled, chopped and steamed.
1 large onion
2-3 Tbsp peanut butter
2-3 C. veggie broth
1 hot pepper, chopped fine (optional)

Sauté onion (with oil of choice) in large soup pot. Add hot pepper if desired. Add broth and peanut butter; heat through. Add steamed squash, and bring to a boil. Remove from heat and cool slightly.

Place 1 C. at a time into a food processor or blender to make a smooth mixture (or use an immersion blender if you have one). You can skip this step if you don’t want a pureed soup. A dash of nutmeg and salt may enhance flavor. Serve with crusty bread and fresh salad. ❖

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 Amount enclosed \$_____. Any amount over basic membership is tax deductible. Please make check payable to **Rochester Area Vegetarian Society**.
- \$35/year Joint membership, one address
- \$10/year Student/Fixed income I have a vegan diet. Primary interest in vegetarianism:
- \$17/year Joint fixed income I am an ovo-lacto vegetarian. Environment
- \$50/year Contributing membership Ornish/Esselstyn (no oil) diet Animal Rights
- \$75/year Sustaining membership I am not yet a vegetarian but would like to support RAVS. Health
- \$100/year Patron I am/we are willing to volunteer to help RAVS. Other:
- \$7/year *Vegetarian Advocate* only



Rochester Area Vegetarian Society upcoming events:

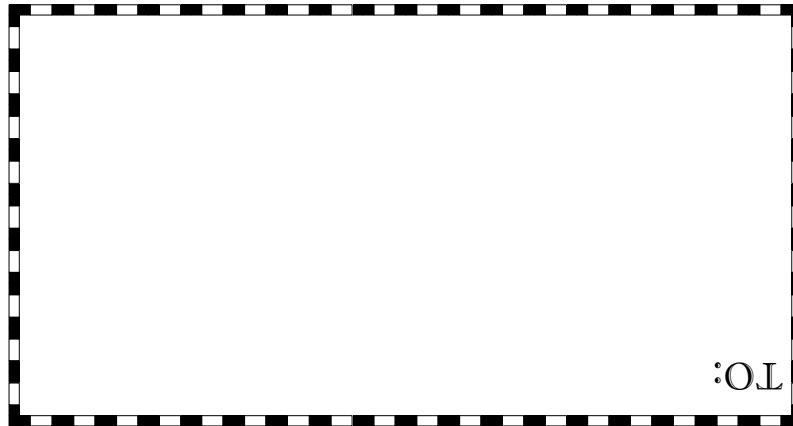
- ⇒ **August 21, 2011** (3rd Sunday) **2:00 PM Summer Picnic**, Home of Carol and Ted Barnett, 117 Lyons Road, Rush. Bring vegan dish to pass, serving utensil, and place setting; outdoor games equipment optional.
- ⇒ **September 13, 2011** (Tuesday) **7:00 PM** Showing of **“Forks Over Knives”** introduced by **Thomas Campbell, M.D.**, son of T. Colin Campbell, Ph.D., who is prominently featured in the film. Free and open to the public. This the fall kick-off event for Heartbeats for Life. Rochester Academy of Medicine, 1441 East Avenue, Rochester.
- ⇒ **September 17-18, 2011** (Sat. and Sun.) approx. 10 AM to 6 PM each day. **Greentopia Festival** at High Falls. Free and open to the public; visit greentopiafestival.com. RAVS will be sharing a booth with Animal Rights Advocates of Upstate NY. We’ll have a vegan food tasting during the early part of both days. We’ll leave a little early on Sunday to have our own regular RAVS meeting.
- ⇒ **September 18, 2011*** (3rd Sunday) **The Impact of Diet on Climate Change and the Environment** with **George Eisman, R.D.**, Co-Founder, Vegetarian Nutrition Practice Group, American Dietetic Association.
- ⇒ **October 16, 2011*** (3rd Sunday) **Program TBA**. Members will receive notice of the topic via email or regular mail. If you are not a member, visit our website, rochesterveg.org or call 234-8750 and leave a message requesting information about the October program.

***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