

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 Rochester Area 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. 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. ❖

PRESIDENT CLINTON GOES VEGAN!!!

In late summer, President Bill Clinton announced that he had adopted a plant-based diet in order to save his own life and to live long enough to enjoy any grandchildren that his daughter Chelsea’s marriage might be blessed with. (At Chelsea’s 7/31/10 wedding to Marc Mezvinsky, almost all the food served was vegan.) During his time in the oval office, Clinton was noted for bringing Dr. Dean Ornish, a proponent of plant-based diet, to the White House as a consultant, and serving Boca Burgers in the White House dining hall, but also for his uneven exercise habits and addiction to junk food. In September 2004, President Clinton underwent heart bypass surgery, prompting many people in the vegetarian movement to lament a lost opportunity for a high-profile use of diet and exercise to reverse his blockages.

On 10/4/19, CNN’s Wolf Blitzer interviewed Clinton about his near-vegan “no dairy!” diet (search “Bill Clinton’s Dramatic Weight Loss” on youtube to watch the video). Clinton said he was glad to have lost 24 pounds on this diet, but that wasn’t why he made the change. He stated that, in the intervening time since his bypass operation, his stent and grafted passages had become clogged and that, rather than face a losing battle with the deposit of arterial plaque, he wanted to prevent the deposit of plaque in the first place: “I don’t want it to happen again.” Clinton did his research; he discovered, and told Blitzer with a kind of awe in his voice, that, since 1986 (the year of Ornish’s study), 82% of heart patients who adopt a plant-based diet “have begun to heal themselves—their arterial blockage cleans up.”

Blitzer then conducted a video interview of both Dr. Ornish and Dr. Caldwell Esselstyn, both of whom Clinton credits with inspiring and guiding him on his journey back to health. There was a slight but significant disagreement between the two doctors: Dr. Ornish recommends taking fish oil for omega-3 fatty acids/DHA and Dr. Esselstyn does not. Remember that vegan sources of DHA are now readily available, and these supplements have the advantage over fish oil,

which is likely to be polluted with toxins despite any disclaimers and which relies on cruel and environmentally unsustainable fishing practices. (Our May 2010 newsletter contained a full-page discussion of vegan DHA, including recommended amounts and local sources; find it at our website, rochesterveg.org, or call 234-8750 or email drveggie@aol.com to request a copy.)

While it’s unfortunate that this story may have left many viewers with the mistaken impression that a plant-based diet needs supplementation with an animal product (fish oil), we shouldn’t lose sight of the huge boost that President Clinton gave to veganism with his recent health and lifestyle choice. When any celebrity chooses veganism, the choice does not in itself validate a vegan diet, which stands on its own merits; but it calls the attention of millions of people to this way of eating. Bravo to President Clinton; we wish him long life and best of health, and we thank him for being a spokesperson and exemplar for the life-saving virtues of a vegan diet. ❖

Metro Justice’s 29th Annual Alternative Fair



Friday, December 3rd, 5 – 9:30 pm
Saturday, December 4th, 9:30 am – 1 pm
 See back page for details

HAIKU

all of them
standing so very upright
field of pumpkins

stillness
the chickadee’s call above
the autumn stream

autumn moon . . .
only in the far pasture
the night fog

by Bruce Ross

IN THIS ISSUE

- RAVS Update p. 3
- In the News p. 4
- Thanksgiving Recipes p. 5
- Letters to the Editor p. 6
- Calendar p. 8

ROCHESTER AREA VEGETARIAN SOCIETY

Coordinators:

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

Board of Directors:

Shelley Adams	Leena Isac
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Bud Burdick	Ted Potter
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Debra Couch	

Vegetarian Advocate Staff:

Editors:

Carol and Ted Barnett

Contributors:

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

RAVS Staff:

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

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

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

Contacting RAVS:

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

(585) 234-8750

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

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

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

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

IF YOU ARE NEW TO RAVS

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

MEMBERSHIP BENEFITS

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

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

North American Vegetarian Society

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

E-mail: navs@telenet.net

Website: www.navs-online.org

Individual membership (annual): \$22

Family membership: \$28

Publication: *Vegetarian Voice*

Vegetarian Resource Group

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

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

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

BOOK ORDERS FROM RAVS

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

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

WE NEED VOLUNTEERS!!

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

VEGETARIAN SOCIETY UPDATE

by Carol H. Barnett

As we watch autumn reach its lovely peak and anticipate the colder months of the year, the Rochester Area Vegetarian Society looks both back and forward to vigorous advocacy of vegetarian eating and living.

Our August meeting was a picnic at the home of **Leena Isac** and **Ted Potter** and family, at which we dodged the threat of rain and had a surprisingly beautiful day (but an expectedly wonderful time). Later in August, RAVS participated in the first **DOVETAIL** event (Daily Offering Vegan Ethics To All In our Lives), which was sponsored by **Animal Rights Advocates of Upstate New York (arauny.org)** and which featured speakers **Harold Brown** and **Anthony Marr**, among others. RAVS provided the all-vegan food at this event, with the help of gracious food donations from these restaurants: **Golden Dynasty**, **Natural Oasis**, and **Owl House**. Please thank them with your kind words and your patronage!

At our September meeting we showed a vegan cooking video by **Jill Nussinow**. In October, **George Eisman, R.D.** discussed the many reasons—ethical, environmental, and health-related—to exclude dairy products from one's diet. We had about 75 people at George's lecture, and about as many people for our special meeting later in the month, when **Michael Greger, M.D.** presented his 2010 nutritional update, a wealth of information with a side of humor. Later in the same week, RAVS member **Michael Rudnick** gave a presentation on Dr. Greger's nutrition recommendations, as part of the "Creating the Future" series. (For more information on the series, contact Hank Stone, hstone@rochester.rr.com)

In the upcoming months, we will have a talk on designing vegan meals by **Maribeth Abrams**, whose new cookbook is *The Four-Ingredient Vegan*; a holiday party in December; and a night at the movies in January. See calendar on back page for details.

Recent outreach events included information tables at wellness fairs at the College at Brockport, with staffers **Carol Barnett** and **Bud Burdick**, and at St. John Fisher College, with staffers **Honey Bloch**, **Nancy Hollowell**, **Ken McBride**, and **Carol Barnett**. The Veg Mondays initiative—with staffers **Debra Couch**, **Kathy Goll**, **Martha Sullivan**, and **Carol Barnett**—had a table at the 10/10/10 "environmental work party" in Brighton organized by 350.org (dedicated to reducing carbon output). Visit vegmondays.com for meal ideas, recipes, tips, and local resources. And on October 16, about 75 people participated in a Walk

for the Animals to benefit Farm Sanctuary. Thanks to **Richard Adams**, **Amy Fitzsimmons**, and **Alexis Stubbe** for organizing this highly successful event.

TURKEY-FREE DAY The early Thanksgiving Celebration at Farm Sanctuary takes place on Sat. Nov. 20, starting with petting time at the sanctuary and moving to a catered vegan feast at the Harbor Hotel. Call (607) 583-2225, Ext. 221 or visit farmsanctuary.org to reserve. Farm Sanctuary is a refuge for rescued farm animals, an advocacy group, and a center for education on the benefits of a vegan diet. On 8/22/10, Karen Miltner wrote a long article about Farm Sanctuary for the Democrat and Chronicle, profiling this organization, which is a model for other sanctuaries around the nation and world.

LEARN ABOUT "Nutritional Considerations in the Prevention and Management of Disease" at an all-day conference at Rochester General Hospital on Sat., 1/22/11. Speakers will include **T. Colin Campbell, Ph.D.**, author of *The China Study*, and our own **Ted D. Barnett, M.D.** The conference is offered for continuing medical education, but lay persons may attend for half price of \$60 for the day. Lunch with vegan option is included. For the complete schedule, email drveggie@aol.com.

HEARTBEATS AUTUMN SPLASH On 9/13/10, the local Ornish support group, **Heartbeats for Life**, heartbeats4life.org, had a highly successful autumn kickoff meeting at the Rochester Academy of Medicine. **Dr. Geoff Williams** of the U. of R. Healthy Living Center moderated a panel of speakers who told of turning their lives around with lifestyle changes, including vegan diet. Panelists included **Robert Klein, M.D.**, chair of Heartbeats, and active member **Peggy Weston Byrd**; both are also RAVS members. On 9/1/10, the D&C featured a long article promoting the event.

VEGAN KICKSTART is a program of **Physicians Committee for Responsible Medicine**. Visit pcrm.org and search "kickstart" for 21 days of menus and recipes, nutrition advice and other resources.

CATERING TO VEGANS **Nathaniel Square**, a restaurant/store at 495 South Ave. (corner of Alexander), offers vegan items such as Tofu Scramble and can adapt other menu items to be vegan. Kitchen hours are Mon.-Fri. 7AM – 3PM, Sat.-Sun. 9AM – 3PM; craft beers available until 10PM. Visit nathanielsquare.com or call 325-1150.

ALSO VEGAN FRIENDLY The newly opened **Greenhouse Café**, 286-9040, at 2271 E. Main St. in Rochester has vegan dishes, and owners Amy and Andy Saxe are interested in offering more. The restaurant is

open Wed.-Sun., 11:30AM - 3PM. RAVS member **Irene Hart**, whom we thank for this tip, enjoyed vegan cashew chili there.

MORE VEGAN AND VEGAN-FRIENDLY RESTAURANTS!

Please patronize **Natural Oasis**, 288 Monroe Ave., Rochester's only (at this time) vegan restaurant. Natural Oasis is open Monday through Saturday for lunch and dinner; lunch is an Ethiopian buffet, and dinner is an a la carte tasting menu with both Ethiopian favorites and new American gourmet items such as roasted vegetables and risottos. At dinner, all menu items are \$4. A recent Natural Oasis dinner menu featured such delights as Fingerling Potatoes with Caramelized Leeks, Roasted Sweet Corn and Vidalia Onion Risotto, and Pizza with Roasted Fennel, Olives, and San Marzano Tomatoes.

Also patronize **Owl House**, 75 Marshall St., a restaurant that recently opened on the site of the old Atomic Eggplant restaurant. The Owl House is very vegan-friendly, with a menu that regularly offers delicious vegan variations on appetizers, sandwiches and salads. E.g., you can enjoy Cigarillos, a spicy fried appetizer, made with seitan and Daiya vegan cheese and served with Veganaise. Each night's special entrée can be made vegan, and all desserts at Owl House are vegan! Owl House also has an extensive and unusual drinks menu.

AND IF YOU STRAY FROM ROCHESTER don't forget **Strong Hearts Café**, the all-vegan café at 719 E. Genesee Street near the Syracuse University campus and the Syracuse Stage. Your coordinators recently ate there and experienced nirvana!

FLOUR CITY PASTA, 134 Turk Hill Park (off Turk Hill Road), offers white and whole wheat pasta, as well as flavors such as sweet potato, spinach & garlic, and basil & garlic. All pastas sold are vegan! They also sell emmer pasta, made from an ancient grain, which some gluten-free persons can tolerate. **Flour City** products are also sold at Red Bird Market at Fairport Village Landing, and at the Fairport farm market in season, Sat. 8AM-noon. Thanks to **Honey Bloch** for this tip.

RAVS ABOUT TOWN The D&C on 9/13/10 featured a picture of RAVS member **Wendy Gilmore** shopping for just the right handmade item at the Clothesline Festival.

CONGRATULATIONS, ROCHESTER In a contest sponsored by the American Farmland Trust, the **Rochester Public Market** was named America's favorite large farmers market. Rochester received almost double the votes received by the second-place finisher, the farmers market in Davis, California. D&C, 9/2/10 ❖

IN THE NEWS

CRUELTY IN A CARTON The summer of 2010 saw the recall of more than a half billion eggs linked to as many as 1,500 cases of salmonella poisoning. (Salmonella can be life-threatening, especially to the very young, the very old, and those with weakened immune systems.) The contaminated eggs were traced to Wright County Eggs and Hillandale Farms, both located in Iowa. Wright County Eggs is owned by Austin “Jack” De Coster, who was the subject of a 2009 undercover cruelty investigation by the group Mercy for Animals, and who has a history of immigration, environmental, and animal cruelty offenses. DeCoster is now the subject of at least a dozen lawsuits in connection with the salmonella outbreak.

On 9/2/10, New York Times columnist Nicholas Kristof wrote a column called “Cleaning the Henhouse,” which pointed out the health and environmental costs, as well as the inevitable animal cruelty, that can be traced to factory farming. For example, a 2005 study by the Centers for Disease Control (CDC) concludes that on average, salmonella poisoning from eggs kills more than one American a week. The Pew Commission on Industrial Farm Animal Production has found that factory farming produces meat or eggs that are a few cents cheaper per pound but that are more expensive when the health and environmental costs are factored in; however, these costs are borne not by the producers but by consumers and society at large. (The costs to the animals who live and die in the factory farm system are incalculable.) One person commenting on Kristof’s column wrote: “It’s bad enough to see videos of the horrific, inhumane conditions that exist in most industrial farms, but to know that the foods those farms produce are poisoning us—well, it’s just one more argument for becoming a vegetarian.” MercyforAnimals.org; NYTimes, 8/27/10 and 9/2/10.

GENETICALLY MODIFIED SALMON CLOSER TO PRODUCTION The U.S. Food and Drug Administration (FDA) declared on 9/3/10 that genetically modified salmon, which grows faster and larger than natural salmon, is safe to eat and poses no significant threat to the environment. The agency later held three days of public hearings on the matter and is scheduled to issue a ruling on the matter in the coming weeks. Critics point out that much of the data on which the FDA based its conclusions were submitted by AquaBounty Technologies, the developer of the gene-altered fish; and also that the modified fish, though designed to be sterile, have the potential to escape and alter the natural salmon population. Genetically modified

salmon has higher levels of insulinlike growth factor 1 (IGF-1), which is associated with elevated levels of cancer risk. NY Times, 9/3/10; thanks to Nancy Hallowell for this reference.

ANTIBIOTIC RESISTANCE Seventy percent of the antibiotics in the U.S. are used in animal agriculture, a significant factor in the exponential rise of antibiotic-resistant disease. An article at mercola.com, an online natural health newsletter, reports that the usefulness of antibiotics may be coming to an end, due to abuse and over-use, primarily by the agriculture industry. The site quotes a recent article in Time magazine: “The European Union banned routine use of antibiotics in animal feed years ago because of evidence about its drug-resistance consequences for humans. Now the U.S. Food and Drug Administration is recommending the same for the U.S. as well, for the same reason. But for now the practice continues.” Time, 8/16/10. Thanks to Sandy Baker for this reference.

MEAT CAUSES WEIGHT GAIN according to a new study published July 2010 in the American Journal of Clinical Nutrition. A look at the diet of 373,803 participants in the European Prospective Investigation into Cancer (EPIC) study showed that those who ate about 2 servings of meat per day gained more weight year by year than those who ate less meat or no meat at all. The weight gain attributable to meat consumption was about 1 extra pound per year. Good Medicine, Autumn 2010 (publication of Physicians Committee for Responsible Medicine, pcrm.org).

RISK FACTORS CONVERGE (animal products, weight gain, diabetes, cancer) The previous item in this column shows a link between meat consumption and weight gain. Weight gain and obesity have long been causally linked with increased risk of type 2 (adult onset) diabetes. Now a new study, published in CA: A Cancer Journal for Clinicians, reports that people with diabetes have up to two times greater risk of developing liver, pancreatic, and endometrial cancers than people who do not have diabetes; cancers of the colon, rectum, bladder, and breast are also more common among people with diabetes. The authors of the study speculate that risk factors common to both diseases—such as obesity, inflammation, and altered hormone regulation—may be responsible for the link. They recommend a high intake of whole grains, fruits, and vegetables and a low intake of processed and red meats to reduce cancer risk. Good Medicine, Autumn 2010.

MEAT CONSUMPTION AND BLADDER CANCER The NIH-AARP Diet and Health Study, looking at more than 300,000 men and women over a period of 7 years, showed that those who consumed the most red meat had a 22% greater risk of bladder

cancer compared with those who ate the least. Consumption of processed meats was associated with a 28 to 29% increased risk at the highest intake levels, probably because they contain nitrites and nitrates, long recognized as carcinogens. Consumption of grilled chicken and other meats was associated with a 19% increased risk, traceable to PhIP, a chemical found in meats heated to a certain temperature. Good Medicine, Autumn 2010.

HORMONE RISK IN MEAT AND MILK In March 2010, FDA Commissioner Margaret Hamburg, M.D. sent a letter to 17 food companies, accusing them of “masking undesirable ingredients” in their products. On 4/4/10, the Cancer Prevention Coalition (CPC) complained that the Commissioner had completely ignored the presence of rBGH (recombinant Bovine Growth Hormone) in cow’s milk, which elevates levels insulin-like growth factor 1 (IGF-1), known to increase cancer risk; and also ignored the presence of synthetic hormones in meat. (George Eisman, R.D. pointed out at a recent RAVS lecture that the levels of growth factors and hormones in meat and milk are dangerously high even without the added doses.) The CPC noted that milk and meat from the U.S. are “virtually banned worldwide.” The CPC is a mainstream group formed in 1994 and headed by Samuel Epstein, M.D. Thanks to Michael Rudnick for this reference.

ATKINS-TYPE DIET LINKED WITH HIGHER RISK OF DEATH, according to a study funded by the National Institutes of Health, following more than 85,000 women from the Nurses’ Health Study and almost 45,000 men from the Health Professionals’ Follow-up Study, and published in the Annals of Internal Medicine, 9/7/10. A diet high in animal foods and low in carbohydrates was linked with higher all-cause mortality, including a higher rate of cancer deaths. Island Vegetarian (newsletter of Vegetarian Society of Hawaii), Oct.-Dec. 2010.

EAT YOUR VEGETABLES In September, the CDC issued a comprehensive nationwide behavioral study of fruit and vegetable consumption, showing that only 26% of the nation’s adults eat vegetables three or more times a day. And according to the 25th edition of “Eating Patterns in America,” an annual report issued by NPD Group, a market research company, those who eat a salad with their at-home dinners fell from 22% in 1994 to a mere 17% in 2009. In New York state, only 38.9% of residents eat enough fruit and 24.7% eat enough vegetables (defined as at least five total fruits and vegetables depending on age, weight and activity level at the CDC website, cdc.gov). Democrat and Chronicle, 9/10/10; NY Times, 9/24/10.

(Continued on page 7)

RECIPE PAGE

“A Vegetarian Thanksgiving”

The New York Times ran a series with that title in Nov. 2010. One of the contributors was Chloe Coscarelli, the vegan winner of Food Network’s “Cupcake Wars.” She said: “I have served an all-vegan Thanksgiving to the most die-hard carnivores and no one misses the meat. You don’t need animal products to capture the spirit and savory flavors of Thanksgiving on your table. I personally think that a vegan Thanksgiving is more exciting than a regular one — there’s always something new and it’s not just the same old spread. The plates are pretty darn clean when we get up from the table.” Her recipes can be found at ChefChloe.com.

Here are several vegan recipes from the series. If you follow an Ornish-type or low-fat diet, reduce or eliminate the oil and use any substitutes (wine, juice, broth) you like.

MAPLE-ROASTED BRUSSELS SPROUTS W/ TOASTED HAZELNUTS

(Chloe Coscarelli) (Serves 6)

The brussels sprouts are roasted at a high heat to bring out the natural sugars and caramelize the edges, then tossed with toasty hazelnuts and a kick of maple syrup.

1½ pounds brussels sprouts
¼ cup olive oil (or less)
¾ teaspoon sea salt
¼ teaspoon (or 10 grinds) black pepper
2 tablespoons maple syrup
½ cup toasted hazelnuts, coarsely chopped (optional)

(Toast nuts in a 325 degrees oven for about 3-5 min. or until fragrant; watch carefully or they will burn.)

Preheat the oven to 375 degrees. To prepare the brussels sprouts, remove any yellow or brown outer leaves, cut off the stems and cut in half. In a large bowl, toss the brussels sprouts, olive oil, salt and pepper together. Once all of the brussels sprouts are coated in oil, spread them into a 9-by-13-inch (or larger) baking dish or sheet tray to roast. Note: You may want to line your sheet tray with foil for easy cleanup because the caramelizing process leaves a sticky residue. After 15 min., stir the brussels sprouts with a spatula or large spoon to even out the browning. After 30 min., stir in the maple syrup. (The preceding steps can be done a day in advance; if you do these steps early, store covered in the refrigerator.) Continue to roast the brussels sprouts for about 15 more min., or until they are fork tender (about 45 min. total roasting time). Toss the roasted brussels sprouts with the hazelnuts and devour!

THANKSGIVING ROASTED ROOT VEGGIES

(Andrew Weil, M.D.)

1 head garlic, separated in cloves and peeled
1 to 2 pounds root vegetables, peeled and cut into 1-inch pieces (potatoes, carrots, parsnips, turnips, rutabagas, beets, sweet potatoes)

1 medium onion, peeled, in ¼-inch wedges
2 tablespoons olive oil

1 to 2 tablespoons smoked Spanish paprika or mild red chili powder

Salt and pepper

Preheat oven to 400 degrees. Put vegetables (except garlic) in a bowl. Toss with the oil and sprinkle with salt, pepper and paprika or chili. Spread the veggies in a roasting pan. (Do not crowd the pieces; use two pans if necessary.) Roast, stirring every 15 min., until tender and evenly browned, 45 to 50 min. Add garlic cloves during the last 20 min. Taste and adjust seasonings.

GRAPEFRUIT AND AVOCADO SALAD

(Alice Waters) (Serves 4)

2 medium ruby grapefruit
1 teaspoon white wine vinegar
Salt and freshly ground black pepper
2 tablespoons extra virgin olive oil
2 medium Hass avocados, halved
Fresh chervil (optional)

With a sharp knife, peel the grapefruit down to the flesh, removing all the rind and pith. Cut the sections free, slicing carefully along the partitioning membranes, and set them aside. Squeeze the juice from the membranes. Measure 2 tablespoons of the juice into a small bowl. Stir the vinegar into the juice, and season with salt and pepper to taste. Whisk in the oil. Taste, and adjust the acid and salt. Peel the avocado halves and cut them into 1/4-inch slices. Sprinkle lightly with salt. Arrange the grapefruit sections and avocado slices alternately on a plate, and spoon the vinaigrette over. Garnish with chervil if using, and serve.

TURNIP AND PEAR PURÉE

(Corky Pollan, mother of “foodie” Michael Pollan)

2 large waxed turnips (rutabagas), peeled and cut into 2-inch pieces
2 Bosc pears, peeled, cut into 1-inch pieces
2 tablespoons bitter-orange marmalade (Trappist, Hero or Chivers)
1 teaspoon dried ginger (not fresh)
½ teaspoon each salt and pepper or to taste

In a large pot, boil the turnips in 8 cups

of water until almost soft, about 20 min. Once turnips are soft, add the pears and continue to cook until tender. It’s better to overcook than undercook. Drain the turnips and pears well and return them to the pot on stovetop, heating until dry. Place turnips and pears in a food processor. Add the marmalade, ginger, salt and a couple generous twists of pepper. Purée until smooth. If the purée seems dry, add a tablespoon or so of orange juice. Turn out into a casserole dish and bake in a 350 degree oven for 30 min. The purée can be made a day in advance and refrigerated, and then heated in a 350 oven for an hour.

ROASTED WINTER SQUASH AND APPLE SOUP

(Andrew Weil, M.D.)

1 large winter squash (about 2 ½ lbs.), such as butternut, buttercup or kabocha, peeled, seeded and cut into 2-in. pieces
2 medium onions, peeled and quartered
3 garlic cloves, peeled
2 tart, firm apples, peeled, cored, quartered
2 tablespoons extra-virgin olive oil
Salt and red chili powder to taste
4 to 5 cups vegetable broth

Preheat oven to 400 degrees. In a large roasting pan, toss the squash, onions, garlic and apples with the oil to coat. Season well with the salt and chili powder. Roast, stirring every 10 min., until the vegetables are fork tender and lightly browned, about 40 min. Put half of the vegetables and 2 cups of the broth in a food processor and purée until smooth. Repeat with the remaining vegetables and broth. Return puréed mixture to the pot. [If you have an immersion blender, you can use it instead of the food processor to blend the vegetables and broth in the pot.] If the soup is too thick, add more broth. Correct the seasoning and heat to a simmer. Serve with dollops of cilantro-walnut pesto.

CILANTRO-WALNUT PESTO

1 cup walnut pieces
2 cups cilantro leaves, washed and stemmed
1 jalapeño, seeded and chopped
1 teaspoon salt, or to taste
2 tablespoons cider vinegar

Put the walnuts in a food processor and grind them fine. Add the cilantro, jalapeno, salt, vinegar and 2 to 3 tablespoons of water and blend. Blend in a little more water if necessary to make a thick sauce. Taste and correct the seasoning, adding more salt if necessary. ❖

LETTERS TO THE EDITOR, ETC.**ON HUNTING**

This letter by Robert H. Aland, published on 10/4/10 in the NY Times, was written in response to a 9/26/10 article about preserving the heritage of hunting.

“Myths About Hunting as It's Practiced Today”

Hunting is not a "sport," since any true sport involves two or more competitors, either individuals or teams, similarly equipped, playing by the same rules, let the best individual or team win. There is no "sport" when one "competitor," the hunter, equipped with a high-powered weapon, camouflage clothing and other devices, pursues an unsuspecting animal.

The reason hunting has no future in this country is that the next generation of potential hunters will not accept these myths. The next generation understands that the slaughter of our precious wildlife is unethical and has no place in modern society.

VEGETARIAN SENSIBILITIES

This letter was published in the Rochester D&C on 10/19/10.

“Death on Display at Grocery Stores”

I am sick to death of grocery stores' discrimination against vegetarians. I do *not* believe in the premeditated murder of any creature, and these grocery stores are shoving violence right in my face. When I have to walk past a tank full of lobsters waiting to be boiled and then see whole dead fish on ice, live clams stuffed in bags, and view shelves packed full of bloody raw carcasses, chickens and turkeys just to grab a loaf of bread, that is a violation of my civil rights as well as other vegetarians. If grocery stores can have a "no candy" checkout line for persons with children, as well as stock aisles full of many different ethnic foods, then why not extend the same courtesy to vegetarians? I should not have to get upset every time I go grocery shopping and I am sure I speak for many other vegetarians. -*Shelley Davide-Camacho, Pittsford*

This response by a RAVS member appeared on 11/5/10.

“The Ugly Face of the Meat Industry”

So, a vegetarian shopper from Pittsford is disgusted by the bloody display of dismembered animals in the supermarket. So am I, but would it really be better to have a prettified shopping experience where the grisly horrors are concealed from view with the end product deceptively wrapped and labeled with pictures of laughing cows and cheery chickens? We need to see the meat business as the ugly thing it is so we can end it.

Anyone thinking a flesh-free diet is radical or new should consider this: 16th century genius Leonardo da Vinci chose early in his life to be a vegetarian. Is it possible the sights he had seen in the public marketplaces informed and convinced a young da Vinci to go veg?

What we see in the supermarket is pleasant compared to the hideous reality of miserable lives, horrific mutilations and gruesome deaths food animals suffer and endure needlessly. It's a fact: We're healthier if we don't eat meat.

-*Nancy Hallowell*

CANCER TRUTHS

Another RAVS member had this letter published in the D&C on 9/27/10.

“Know All Tools for Fighting off Cancer”

On Sept. 10, I watched "Stand Up To Cancer," that aired on ABC, CBS and NBC. Celebrities urged us to phone in donations to support research into this disease. Much of this money funds animal research, which subjects helpless animals to painful experimentation, and which is unreliable and often an impediment to human welfare. The program mentioned avoiding cigarettes but otherwise paid little attention to the best ways to "stand up to cancer," including avoiding meat, dairy and eggs, switching to a plant-based diet low in saturated fats and high in legumes, vegetables and fruits, avoiding obesity, alcohol, sunburns and pesticide exposure, and getting enough exercise, sleep and other stress-reducing activities. In *Healthy Eating for Life to Prevent and Treat Cancer*, Dr. Neal Barnard notes, "Researchers have found that healthy

diets not only make cancer much less likely to begin, good nutrition also can help a person already diagnosed with cancer beat the disease." All this information should have been included in "Stand Up To Cancer." -*Joel Freedman*

Your editor stumbled across a blog in the NY Times discussing a new book, *Invasion of the Prostate Snatchers*, in which the authors argue that aggressive treatment for prostate cancer, which often results in incontinence or impotence or both, is overprescribed and not deserving of being labeled a successful "treatment" for any disease, however life-threatening. The blog was written by Dana Jennings, himself a veteran of radical prostatectomy. I read through dozens of comments on this blog, horrified by the tales of suffering and loss being recounted by men and their family members who are the supposed success stories of prostate cancer treatment.

At his recent talk on Oct. 17, George Eisman, R.D. pointed out that dairy, because of the growth factors it contains, and factory-farmed meat (i.e. nearly all meat consumed today), because it comes from young and hormone-rich animals, are both highly correlated with the reproductive cancers, especially breast and prostate cancer. Armed with this knowledge, I wrote the following comment on Jennings's blog :

I am surprised at how few of these comments discuss the power of eating patterns to prevent cancer, especially the reproductive cancers. A plant-based, vegan diet is the best way to prevent prostate cancer, to prevent its recurrence, and probably to protect men in a "watch and wait" situation. Dairy products are to be avoided because they contain growth factors designed to turn a 40-lb calf into a 1,000-lb cow or steer within a year; added growth factors like rBGH only make it worse. See the work of Dr. Dean Ornish and British scientist Jane Plant on prostate cancer; read *The China Study* by Dr. T. Colin Campbell; or just google "plant based diet prostate cancer." This is the reason cultures that, by tradition or necessity, eat little or no animal products also have drastically lower rates of prostate and other cancers.

- *C. Barnett*

MEMBERSHIP UPDATE: New Members: Walter Bowen, Mikaela (Kay) Colner, Alyssa Colosi, Rosemary & David Foos, Barb Healy, Helen & Dr. Saul Presberg, Barbara Savedoff & Daniel and Eli Kosson, Kristin Simmonds, Ira Srole, Gail Weiser.

Renewals: Karen Atkins, Peggy Weston Byrd, Dr. Jacqueline Christman, Paul Clark, Steve Connelly, Maryann Connolly, Joel Freedman, Pat & Robert Kraus, Joanna Lipp, Ann McCulloch, Michael Miller (2-year renewal), Michael Rudnick (5-year renewal), Donna Silverman, Jonathan Smelts, Alexis & Todd Stubbe. **Newsletter Subscription:** Karen & Tom Novak. ❖

(Continued from page 4)

ORNISH HOLISTIC APPROACH GETS MEDICARE OK After 17 years of trying, Dr. Dean Ornish has finally received approval to be reimbursed by Medicare for his lifestyle approach to reversing heart disease. Medicare was expected to start covering the Ornish plan effective September 1, 2010. San Francisco Chronicle, 6/27/10. Thanks to Diana and David Strafford for this reference. See p. 1 for Ornish's healing influence on former President Bill Clinton.

PLANT FOODS AND BREAST CANCER RISK Post-menopausal women whose diets include plenty of lignans, natural compounds found in whole grains, fruits, vegetables, and flax and sesame seeds, have a lower risk of breast cancer according to a recent study published in the May 2010 American Journal of Clinical Nutrition. Good Medicine, Autumn 2010.

LEAFY GREENS MAY HELP PREVENT DIABETES A review, published in BMJ, of six studies involving over 220,000 participants revealed that eating 1½ extra servings of green leafy vegetables a day reduces the risk of type 2 diabetes by 14%. BMJ (bmj.com) is a publication "helping doctors make better decisions."

VEGAN CUPCAKES WIN FIRST PRIZE! This summer, Chloe Coscarelli won the grand prize on Food Network's "Cupcake

Wars" for her vegan delights. For her savory recipes, go to "A Vegan Chef Dishes up Thanksgiving" at the NY Times's "Well" blog, nytimes.com; sample recipe on p. 5.

VEGAN MEAL ON BIGGEST LOSER On 10/12/10, Bob Harper, the host of television's "Biggest Loser" (a show in which contestants compete to lose the most weight), served a vegan meal on his show. You can find the recipes by entering the words of my title into your search engine. Harper won "Person of the Year" in the annual Veggie Awards given by VegNews magazine, and he is on the cover of the Nov.-Dec. issue.

MORE CELEBRITY Dave Matthews, of music fame, owns a vineyard in Virginia which recently hosted an elaborate vegan dinner to celebrate its selection of vegan wines. Good Medicine, Autumn 2010.

VEGAN BEER, TOO While the basic ingredients of beer are vegan, some beers have components of milk, eggs, or other animal products, and regulations do not require the listing of ingredients. To check which beers are truly vegan, visit barnivore.com. D&C, 9/21/10; thanks to Kimber Gorall.

DEAR ABBY fielded a question from "Sick of Comments" who wrote that she is tired of being harassed for raising her child vegan. Although the emphasis on caution was misplaced (why must vegan parents consult a "pediatric nutritionist" but not carnivores?),

Abby was basically supportive. D&C, 8/6/10. **VEGETARIANS WITH HEART** On July 16, Phil Collen, the lead guitarist for the British heavy metal band Def Leppard, married Helen Simmons. Collen is described as having evolved away from the dissipated lifestyle that took the life of his fellow guitarist Steve Clark in 1991. After the ceremony, the guests enjoyed an alcohol-free, vegan wedding reception. NY Times, 7/25/10; thanks to Katherine DaCosta for this item and the one that follows.

MORE VEGETARIANS WITH HEART On July 17, Andrew Meeks and Sarah Eustis wed in Waterville, Maine. Meeks's first wife, an international aid worker, died in a plane crash in Afghanistan in 2005. Meeks, an environmental lawyer, recruits volunteers for a tree-planting organization; Eustis is an academic coach for older college students. When they met "they could not stop talking about things they both liked—bicycles, vegetarian foods and the outdoors." After the ceremony, the bride and groom raced bikes down a hill in their wedding clothes. NY Times, 8/1/10.

VEGETARIANS MAY BE HAPPIER A new study in Nutrition Journal found that vegetarians scored better than meat eaters on standardized mood tests measuring depression, stress, and anxiety. Island Vegetarian, Oct.-Dec. 2010. ❖

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 are entitled to admission to monthly events, and discounts on the purchase of books and other material available from RAVS. 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.
 - I am an ovo-lacto vegetarian.
 - I am not yet a vegetarian but would like to support RAVS.
- Primary interest in vegetarianism:
- Environment
 - Animal Rights
 - Health
 - Other:
 - Ornish diet
 - I/we am/are willing to volunteer to help RAVS.



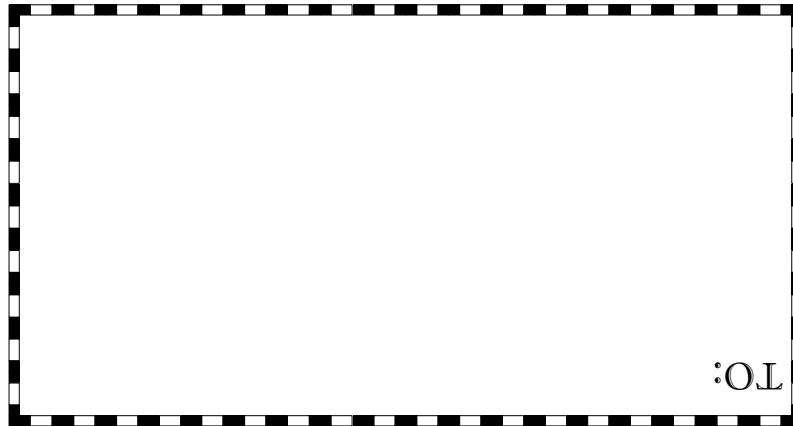
Rochester Area Vegetarian Society upcoming events:

- ⇒ **November 21, 2010*** (3rd Sunday) **The Top Ten Secrets for Eating Well When Pressed for Time** with **Maribeth Abrams**, Associate Editor *Vegetarian Voice*, cookbook author, corporate chef for Vitasoy. Her cookbooks, *The 4-Ingredient Vegan* and *Tofu 1-2-3*, will be for sale!!
- ⇒ **December 3, 2010, 5-9:30 PM** (Friday) and **December 4, 2010, 9:30 AM-1:00 PM** (Saturday) **Metro Justice Alternative Fair** (Note: New Hours!) Not a RAVS event, but RAVS will have a table at the fair. First Unitarian Church, 220 Winton Road South. \$3 suggested donation; children under 12 free. Hundreds of fair trade, earth friendly, and/or locally produced holiday gifts. Veggie food, music, and information tables by local progressive organizations. Door prizes and free child care. RAVS will be selling vegetarian cookbooks, T-shirts, and vegan baked goods!
- ⇒ **December 19, 2010*** (3rd Sunday) 5:30 PM (**NOTE: We do not have an earlier start time this year**) **Winter Solstice Dinner and Party** with optional **Vegan Cookie Exchange** (take as many as you bring). Please bring Vegan Dish to pass: we cannot live on cookies alone! Bring voices and (optional) instruments for music making after dinner.
- ⇒ **January 16, 2011*** (3rd Sunday) **Movie Night** featuring Films with a Vegetarian or Social Justice Theme from the **Rochester International Film Festival**, brought to us courtesy of RIFF (and RAVS) Board member **Ellie Cherin**

*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