

**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. You do not 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. ❖

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**WORLD-RENOWNED VEGETARIAN EXPERTS VISIT ROCHESTER**

**NEAL BARNARD, M.D.** visits Rochester on tour with *21-Day Weight Loss Kickstart*

**Dr. Neal Barnard** is founder and president of Physicians Committee for Responsible Medicine (PCRM, [pcrm.org](http://pcrm.org)), and the author of a dozen books. His most recent book is a companion to PCRM's vegan kickstart program.

On Tues., Nov. 8, Dr. Barnard will be in Rochester. From 4 to 6PM, the Pittsford Wegmans will have a free tasting of foods prepared from *Kickstart* recipes (all recipes created by Chef Jason Wyrick, who cured himself of type 2 diabetes with a vegan diet); you can buy the same foods at the veggie bar, as well as the book, and Dr. Barnard will be on hand to sign your copy. Chef Eric Wendorff is giving Dr. Barnard the royal treatment, so come to enjoy this event and to support Wegmans' commitment to offering an ever-changing array of prepared vegan foods.

At 7:00 PM, Dr. Barnard will speak at Monroe Community College (Brighton Campus). This event is free and open to the public. Dr. Barnard's *Kickstart* book will be on sale for \$25, payable with cash, check, or credit (except Amex). Other books by Dr. Barnard will also be available for purchase. Dr. Barnard is an unflagging researcher and advocate for healthy vegetarian diet, and a charismatic speaker. Please come hear him!

**HAIKU**

the gray squirrel pair  
gingerly kiss on the roof.  
cloudless autumn day

early morning woods—  
the young deer just  
stares and stares

they are looking too  
at the steady new snowfall  
bush chickadees

by Bruce Ross

**T. COLIN CAMPBELL, PH.D.**

speaks on "A Whole-Food, Plant-Based Diet: What The China Study Has Taught Us"

**Dr. T. Colin Campbell** is Professor Emeritus of Nutritional Biochemistry at Cornell. His China study, the results of which were published in 1991, followed thousands of people in 65 provinces over twenty years, and was the largest epidemiological study ever conducted of the connection between diet and disease. The study showed a direct correlation between the consumption of animal protein, including dairy protein, and chronic disease. Dr. Campbell's book, *The China Study*, presents his own research and that of other scientists showing "the connection between nutrition and heart disease, diabetes, and cancer, and also its ability to reduce or reverse the risk or effects of these deadly illnesses." He also "examines the source of nutritional confusion produced by powerful lobbies, government entities, and irresponsible scientists" ([thechinastudy.com](http://thechinastudy.com)).

Recently, Dr. Campbell has received media attention as one of the major figures whose life and research is profiled in the feature-length film "Forks Over Knives." This film has been called "the movie that could save your life," and the more than 300 people who filled the Rochester Academy of Medicine to view it in September can testify to that.

Dr. Campbell's scientific and personal integrity led him to part ways with mainstream nutritional authorities and to recommend a completely plant-based diet. Now there is a groundswell of evidence and a growing cultural consensus in favor of this way of eating. Come to our November meeting to hear Dr. Campbell speak, and to honor one of the pioneers of nutritional research and vegetarian advocacy. ❖

Both Dr. Barnard and Dr. Campbell are  
members of the  
North American Vegetarian Society's  
**VEGETARIAN HALL OF FAME!**

See calendar on page 8 for event details.

**ROCHESTER AREA VEGETARIAN SOCIETY**

## Coordinators:

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

## Board of Directors:

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| Shelley Adams    | Leena Isac       |
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Carol and Ted Barnett

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## RAVS Staff:

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| Treasurer:           | Ken McBride    |
| Website:             | Bob Zimmermann |
|                      | Ted Potter     |
| 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

The Rochester Area Vegetarian Society (RAVS) has had a busy few months. In August, we had a very rainy but well-attended picnic at the home of **Carol and Ted Barnett**. In September, on Sat.-Sun., 9/17-18, Rochester had its first-ever **Greentopia Festival** in the High Falls district. RAVS shared a booth with **Animal Rights Advocates of Upstate New York**; and on both days we hosted a free vegan food tasting sponsored by **VegFund** and by generous donations from **Tofutti** (vegan cream cheese), **Tofurky/Turtle Island Foods** (vegan deli slices), and our own local **Northern Soy/SoyBoy** (Tofu-Lin marinated tofu). GardenAerial, who managed the Greentopia event, estimates that 20,000 people attended over the course of two days; for our part, we estimate that more than 600 people stopped by our booth to sample food and ideas. Go to [vegfund.org](http://vegfund.org) to see a write-up of our event. Many thanks to RAVS staffers: **Shelley Adams, Carol Barnett, Kate Bohonos, Ellie Cherin, Rosemary Foos, Nancy Hallowell, Leena Isac, Tina Kolberg, Ken McBride, Rhea McBride, Barbara Savedoff, Jonathan Smelts, Gail Weiser, and Charles Worl**; and a special thanks to **Darren Mrak** for his generous donation of vegan baked goods; to **Jenn and David Cherelin** for their generous donation of Scrub's popcorn; and to **Jeaninne Ottman**, who provided vegan and gluten-free brownies from **Eco Bella Bakery**.

At our September meeting (same day as second day of Greentopia), **George Eisman, R.D.** lectured on the environmental impact of switching to a vegan diet. At our October meeting, **Antonia Demas, Ph.D.** and her daughter **Ariel Demas** spoke to us about the "Food is Elementary" program, which uses hands-on experience with gardens, plant foods and cooking to improve the health and lives of students and their teachers. For notes on the September and October programs, see p. 6.

We look forward to an all-star double-header in November, with a visit from **Dr. Neal Barnard** on book tour, and our November program to be given by **Dr. T. Colin Campbell**. Our December meeting will be a Winter Solstice party, and in January we look forward to a program with local organic farmers.

Other autumn outreach events were a showing of the new film "Forks Over Knives" by **Heartbeats for Life** ([heartbeats4life.org](http://heartbeats4life.org)), not a RAVS event but one which many of us attended; a Walk for the Animals to benefit **Farm Sanctuary** on

Sept. 17 which RAVS member **Alexis Stubbe** helped to organize; and a Health Fair at St. John Fisher College, staffed by **David Daunce, Nancy Hallowell, Ken McBride, Yetta Panitch** and **Carol Barnett**. There'll be an outreach and vegan tasting hosted by RAVS and **VegMondays** at SUNY Brockport in November, and RAVS will have a booth at the **MetroJustice Alternative Fair** on Fri.-Sat., December 2 and 3 (see ad p. 4).

Also coming up: "Seeds of Change," a 4-week course in low-fat vegan cooking offered at Unity Hospital; call 368-4560 for dates and registration. "Plant-Based Eating," a 6-week course offered at the JCC by **Ted D. Barnett, M.D.**, will start Monday 1/23/12. Visit [jccrochester.org](http://jccrochester.org) or contact [drveggie@aol.com](mailto:drveggie@aol.com) for registration details.

Many of us who attended recent events such as the showing of "Forks Over Knives" and the Greentopia Festival feel that a critical mass or tipping point is being reached when it comes to the widespread acceptance of a vegan diet. We hope so, as we know that a more vegetarian world would be healthier, more sustainable, less violent, and closer to being a peaceable kingdom for all. We will continue to do our part to bring that dream to reality.

WE EXTEND OUR SYMPATHY to RAVS member **Gail Weiser**, whose father passed away on September 3. We're glad she was able to bring him to the Rochester area for care during the last stage of his life.

CONGRATULATIONS to RAVS members **Rhea Barbosa** and **Ken McBride**, who got married on September 7. We wish them every happiness!

CONGRATULATIONS again to RAVS member **Irene Hart** and her dogs for winning 5 dog beds for Lollypop Farm in the Kuranda bed contest. We're told that Irene personally donated a bed to the chosen charity of the contestant who came in 2<sup>nd</sup> place. Thank you, Irene, for your kindness.

CORRECTION to a mistake in the new member listing in our August newsletter. Welcome to new member **Sister Lucetta Sercu**.

THANKS to **Fran and Sally Ward**, and to RAVS members **Julia Lederman** and **Tom DiGiacomo**, for generous donations to RAVS made in gratitude to Carol Barnett for providing house, plant, and animal care during the summer months.

NEW RULE at RAVS meetings: New people go first in line for food! Thanks to **Darren Mrak** for this thoughtful suggestion.

EATING VEGAN IN THE ROCHESTER AREA Sadly, there has been some negative turnover in the restaurant scene, with **Eco Bella Bakery** closing its doors

and **Nathaniel Square Corner Store** no longer offering vegan (or any) hot meals. However, we have received several recent tips about vegan offerings which we share, along with a few provisos. If you want to order vegan, it is best to double check with your server on any menu items listed here as vegan. Also, this is just a partial list, and many restaurants not listed here offer vegan dishes or will adapt menu items to be vegan. Some of the items on this list were put there by vegetarians like you who simply asked! We thank our sources: **Beth Garver Beha, Ed Ehlers, Kimber Gorall, Richard Kaza, and Julia Lederman**. For locations, days and hours of service, please check websites or give the restaurant a call.

**Balsam Bagels** offers vegan cream cheese and often has vegan soup.

Vegan veggie burgers are available at **Bill Gray's, Gitsis, Marshall St. Bar & Grill, and Zebb's**. (Check menu to see whether you have to ask them to leave off the cheese.) Marshall St. also serves Yves hot dogs and makes its own vegan Veggie Joes with TVP. **Dogtown** has Tofurky brand vegan hot dogs for any of its hot dog specials, veggie chili, vegan sides, and, on Thursdays, a homemade vegan burger.

The café at **Chabad** on Winton Road across from Brighton High School offers vegan soups and a delicious vegan black bean chili; it has limited hours and is closed on Fri. and Sat. **Geulah's Café** at the Jewish Community Center offers some vegan entrees, and often the soups are vegan.

**Jines** diner recently offered its signature vegan lasagna on urging of RAVS member **Ed Ehlers**, and plans to put it on the menu every Monday. **Three Beagles Café** in Bushnell's Basin offers vegan and gluten-free options every day, and carries vegan cheese for substitution in cheesy menu items.

**John's TexMex** has a "vegan friendly" menu with tofu or un-ground beef (the tofu is the spicier choice) available to substitute in any menu item. **Mex** has many vegan dishes as well as tofu, tempeh, and seitan on hand for substitution, and will make vegan nachos with Daiya cheese. **Sol Burrito** will substitute tofu in its taco salad.

The South Wedge Farmers Market (Thursdays from 4PM-7PM in season) has Mexican and Indian food booths with many vegan options.

**Abundance Coop** and **Lori's Natural Foods** both have vegan options in their deli and often vegan soups. And don't forget the prepared foods at **Wegmans**: all stores have vegan options at the Mediterranean bar and hot ethnic food bars, and the Pittsford store has a veggie bar with vegan delights. ❖

**IN THE NEWS** (Credit given for news tips!)

**GROUND TURKEY RECALL** Last August, in one of the largest meat recalls in U.S. history, the food giant Cargill ordered the recall of 36 million pounds of ground turkey. The recall came after at least one person died from salmonella, and another 76 people fell ill. The strain of bacteria involved was resistant to many commonly prescribed antibiotics. Food safety advocates say this outbreak shows how budget cuts have hampered the ability of federal and state health agencies to protect public health. From Democracy Now! Daily News Digest, 8/5/11. Thanks to Gloria Foster.

**PROCESSED AND RED MEATS INCREASE DIABETES RISK** Two slices of bacon or one hot dog a day can increase the risk of type 2 diabetes by 50%; a daily serving of red meat the size of a deck of cards can increase this risk by 20%. Scientists think that substances in red meat may damage the cells of the pancreas, which produce insulin. WebMD Health News 8/9/11, posted 8/10/11.

**EGGS INCREASE RISK OF GESTATIONAL DIABETES** Women who consumed the most eggs (7 or more a week) had greater risk of gestational diabetes than those who consumed the least: 77% greater risk according to one study and 165% greater according to another study, both analyzed in the American Journal of Epidemiology (2011). From The Island Vegetarian (Hawaii), July-Sept. 2011.

**MEAT INTAKE INCREASES RISK OF CATARACTS**, based on findings from 27,670 participants in the European Investigation into Cancer and Nutrition (EPIC) study. Analysis of this study showed that vegans had 40% lower risk of developing cataracts than those who ate the most meat. American Journal of Clinical Nutrition (2011); from Island Vegetarian, 7-9/11.

**COW'S MILK INCREASES JUVENILE DIABETES RISK** In a pilot study of infants genetically at risk to develop type 1 (juvenile) diabetes, those who were fed a formula without dairy protein were 60% less likely to develop the disease. These findings add support to a long-held theory that cow's milk proteins trigger the production of antibodies that can destroy a child's insulin-producing cells. American Journal of Clinical Nutrition (2011), from PCRM's Good Medicine, Autumn 2011.

**VEGETARIANS HAVE LESS HEART DISEASE AND DIABETES** An analysis of Adventist Health Study 2 participants showed that vegetarians had significantly lower incidence of metabolic syndrome, which has been associated with heart disease and diabe-

tes. Diabetes Care (2011); from PCRM's Good Medicine, Autumn 2011.

**VEGAN DIET HELPS WITH WEIGHT LOSS AND DIABETES PREVENTION** A National Institutes of Health study, conducted by PCRM (see p. 1), compared subjects on the American Diabetes Association (ADA) Diet with those on a vegan diet. The vegan diet did better than the ADA diet at lowering intake of high-glycemic foods, stabilizing blood sugar, and reducing body weight, all risk factors for type 2 diabetes. Journal of Nutrition (2011); from Island Vegetarian, 7-9/11. Expect Dr. Barnard to talk about this study when he visits Rochester on 11/8/11.

**FIBER FOR LONG LIFE** A study of more than 200,000 people in the National Institutes of Health-AARP Diet and Health Study showed that those who ate the most fiber had lower risk of death from cancer, heart disease, and infectious and respiratory disease, than those who ate the least fiber. Fiber is only found in plant foods such as beans, grains, vegetables and fruits. Archives of Internal Medicine (2011); from PCRM's Good Medicine, Autumn 2011.

**LIFESTYLE CHANGES TO PREVENT CANCER** The American Institute for Cancer Research estimates that lifestyle changes, including healthy diet, exercise, and limiting alcohol, could prevent about 340,000 cancer cases a year in the United States. PCRM's Good Medicine, Autumn 2011.

**TAX SODA AND FRENCH FRIES, SUBSIDIZE GRAINS AND VEGETABLES** So argues food and general opinion writer Mark Bittman. This would enrage the processed food industry but would improve public health, which suffers now because "it's harder for many people to buy fruit than Froot Loops; chips and Coke are a common breakfast." Given surging rates of chronic diseases and the health care costs of treating them, these kinds of changes are "urgent for economic sanity as well as national health." NY Times, 7/24/11; thanks to Nancy Hollowell.

**GETTING IT RIGHT** The U.S. Dept. of Agriculture (USDA), in its 8/25/11 daily tip on the MyPlate website, suggests adding meat substitutes such as tempeh, tofu, and seitan to soups and stews. PCRM's Good Medicine, Autumn 2011.

**"GOING VEGAN WITH ELLEN"** is comedian and talk show host Ellen DeGeneres's vegan blog with reasons, recipes, and resources for—going vegan. Also, this year, for the second year in a row, Ellen is Farm Sanctuary's spokesperson for its Adopt-a-Turkey program. <http://vegan.ellen.warnerbros.com/> Thanks to Nate Barnett and Kimber Gorall.

**BILL CLINTON: FROM OMNIVORE TO VEGAN** Former President Clinton has been on a vegan diet for more than a year. He told Sanjay Gupta, M.D. on CNN in August: "I like the vegetables, the fruits, the beans, the stuff I eat now." Clinton said his goal is to avoid any food that could damage his blood vessels. His dietary guides are Dr. Dean Ornish and Dr. Caldwell Esselstyn Jr., researchers who have shown that a plant-based diet can prevent and, in some cases, actually reverse heart disease. Clinton said: "All my blood tests are good, and my vital signs are good, and I feel good, and I also have, believe it or not, more energy." His Clinton Foundation is helping 12,000 schools promote exercise and offer better lunches so that today's children will not face the same heart troubles he has. Clinton said: "It's turning a ship around before it hits the iceberg, but I think we're beginning to turn it around." CNN.com 8/18/11; thanks to Kimber Gorall.

**VEGAN KICKSTART GOES INTERNATIONAL** PCRM's online Vegan Kickstart program has reached more than 150,000 people and is going global, with programs in India and China featuring recipes and tips tailored to the cuisine of those countries. PCRM's Good Medicine, Autumn 2011.

**MEAN GREENS** is a 100% vegan dining hall that recently opened at the University of North Texas. PCRM's Good Medicine, Autumn 2011.

**HUNGER RELIEF AND ANIMAL EXPLOITATION** The Heifer Project is a non-profit organization that sends animals to developing countries to be raised for food. Save the Children now also has a food animal program. We think it's the same for first and third world countries: animals should not be exploited and used for food. In addition, grazing causes environmental degradation of fragile ecosystems in many regions targeted for donation of animals. As the holiday giving season approaches, consider these charities for all-vegan emergency hunger relief: Food for Life Global ([ffl.org](http://ffl.org)) and VegFam (you can contribute to this UK-based charity through the American Vegan Society, [americanvegan.org](http://americanvegan.org); put "VegFam" on the check). For more lasting, non-emergency food aid to developing countries, consider Trees for Life International ([treesforlife.org](http://treesforlife.org)). Thanks to Lois Baum and Nancy Hollowell. ❖

### Metro Justice's 30th Annual Alternative Fair



First Unitarian Church, 220 S. Winton Rd.  
Friday, December 2<sup>nd</sup>, 5 pm – 9 pm  
Saturday, December 3<sup>rd</sup>, 10 am – 2 pm

## RECIPE PAGE



All recipes are from the Physicians Committee for Responsible Medicine's website, nutritionMD.org. You can find more than 1,000 vegan recipes at this website!

### Autumn Stew (Jennifer Raymond)

Makes 2 1/2 quarts (10 1-cup servings)

*This colorful stew is a true celebration of the autumn's abundance.*

1 1/2 cups water, divided  
 1 tablespoon reduced-sodium soy sauce  
 1 onion, chopped  
 1 red bell pepper, seeded and diced  
 4 large garlic cloves, minced  
 1 butternut squash (about 1 pound)  
 1 15-ounce can crushed tomatoes  
 1 1/2 teaspoons dried oregano  
 1 teaspoon chili powder  
 1/2 teaspoon ground cumin  
 1/4 teaspoon black pepper  
 1 15-ounce can kidney beans, undrained  
 1 15-ounce can corn, undrained, or 2 cups frozen corn

Heat 1/2 cup of water and soy sauce in a large pot. Add onion, bell pepper, and garlic. Cook over medium heat until onion is soft and most of the water has evaporated, about 5 minutes.

Peel squash, then cut it in half. Scoop out seeds and discard (or reserve for toasting). Cut squash into 1/2-inch cubes (you should have about 4 cups). Add to cooked onions along with tomatoes, 1 cup water, oregano, chili powder, cumin, and black pepper.

Cover and simmer until squash is just tender when pierced with a fork, about 20 minutes. Add kidney beans and corn and their liquids and cook 5 minutes longer.

### Almost-Instant Black Bean Chili

(Jennifer Raymond)

Makes 6 1-cup servings

*This is a perfect make-ahead recipe, since this chili is even better the second day.*

1/2 cup water  
 1 medium onion, chopped  
 2 medium garlic cloves, minced  
 1 small bell pepper, seeded and finely diced  
 1/2 cup crushed tomatoes or tomato sauce  
 2 15-ounce can black beans, undrained  
 1 4-ounce can diced green chilies  
 1 teaspoon ground cumin

Heat the water in a large skillet or pot. Add onion, garlic, and bell pepper. Cook over high heat, stirring often, for about 5

minutes or until onion is translucent. Add crushed tomatoes or tomato sauce, beans and their liquid, chilies, and cumin. Simmer, stirring occasionally, for about 15 minutes, or until flavors are blended.

### Creamy Spinach Dip (Amy Joy Lanou)

Makes 12 servings

*Serve this dip with raw vegetable pieces or chunks of crusty bread.*

12 ounces vegan sour cream substitute, such as Tofutti brand  
 1 tablespoon lemon juice  
 1/2 cup salsa  
 1 10-ounce package frozen spinach, thawed and drained  
 1 package vegetable soup mix

Combine all ingredients and refrigerate for 1 hour before serving.

### Green Beans with Garlic

(Jennifer Raymond)

Makes about 4 1/2-cup servings

1 teaspoon toasted sesame oil  
 1 pound fresh Italian green beans, or 1 package frozen Italian green beans  
 8 garlic cloves, minced  
 2 tablespoons seasoned rice vinegar  
 1 tablespoon reduced-sodium soy sauce  
 2 tablespoons water  
 1/4 teaspoon black pepper

Cook green beans according to package directions or, if using fresh green beans, steam until just tender, about 10 minutes. Set aside.

Heat oil in a non-stick skillet and sauté garlic, stirring constantly, for 1 minute. Stir in vinegar, soy sauce, water, and green beans. Sprinkle with black pepper and cook, stirring constantly, until the mixture is very hot, about 2 minutes.

### Mexican Corn Salad (Jennifer Raymond)

Makes 6 servings

1 15-ounce can corn, drained  
 1 large cucumber, peeled and diced  
 1/2 cup finely chopped red onion  
 1 medium red bell pepper, seeded and finely diced  
 1 medium tomato, seeded and diced  
 1/2 cup chopped fresh cilantro  
 2 tablespoons seasoned rice vinegar  
 2 tablespoons apple cider vinegar  
 1 tablespoon lemon or lime juice  
 1 garlic clove, minced  
 1 teaspoon ground cumin

1 teaspoon ground coriander  
 1/8 teaspoon cayenne pepper

In a large salad bowl, combine corn, cucumber, onion, bell pepper, tomato, and cilantro, if using. In a small bowl, combine vinegars, lemon or lime juice, garlic, cumin, coriander, and cayenne. Pour over the salad and toss gently to mix.

### Brazilian Black Beans (Jennifer Raymond)

Makes 10 one-cup servings

*Serve this colorful bean stew with Braised Kale or Collard Greens (recipe follows) and brown rice.*

1/2 cup water  
 1 onion, chopped  
 3 garlic cloves, minced  
 1 small jalapeno pepper, minced (more or less to taste)  
 1 carrot, thinly sliced  
 1 celery stalk, sliced  
 1 yam, diced (about 2 cups)  
 1 red bell pepper, seeded and diced  
 1 cup chopped fresh cilantro  
 1 cup chopped tomato, fresh or canned  
 2 oranges, peeled and finely chopped  
 2 15-ounce cans black beans, undrained  
 1 teaspoon ground coriander  
 1 teaspoon ground cumin

Heat the water in a large pot, then add onion, garlic, jalapeño pepper, carrot, celery, and yam. Cook over high heat, stirring often, until onion is soft, about 5 minutes. Stir in bell pepper and cilantro and cook 3 minutes, stirring often.

Add tomato, oranges, black beans and their liquid, coriander, and cumin. Cover loosely and simmer 15 to 20 minutes.

### Braised Kale or Collards (J. Raymond)

Makes about 8 1/2-cup servings

*Kale and collard greens are excellent sources of calcium and beta-carotene. Their flavor is robust and delicious. Young tender greens have the best flavor and texture.*

1 bunch kale or collard greens  
 1/2 cup water  
 1/4 teaspoon salt  
 2 - 3 medium garlic cloves, minced

Rinse greens and remove stems. Chop leaves into bite-size pieces. In a large pot or skillet, heat water and salt to a simmer. Add garlic. Cook 30 seconds, then add greens. Toss to mix, then cover and cook over medium heat, stirring occasionally, for about 5 minutes, or until greens are tender.

*(Recipes continued on page 7)*

**George Eisman, R.D. “The Impact of Diet on Climate Change and the Environment”** George Eisman’s eloquent lecture covered all the reasons for a vegan diet: health, the environment, animal cruelty, and even spirituality (there is “a spiritual aspect of taking in negative energy” from the cruelty done to farmed animals on our behalf, when we eat them and their products).

Eisman says that, just as people assert their right not to be exposed to secondhand smoke, they are starting to realize that the environmental devastation done by animal agriculture affects all of us, and so meat consumption is not just a “personal preference” but a public hazard. This environmental damage includes climate change and global warming, as animal agriculture is the single largest source of greenhouse gases, more than all forms of transportation combined. Widespread adoption of a vegan diet would, of course, have other benefits in addition to protecting the environment.

Those benefits, Eisman says, include powerful protection against cancer and other illnesses. Dairy in particular contains growth hormones that tell the body to keep the products of cell division: good for a veal calf that needs to grow fast, not so good for an adult human whose body may be trying to rid itself of pre-cancerous cells. Another way of looking at this is that growth hormone—which is present in dairy, even organic dairy—promotes tumor growth. Meat is also a source of that risk because factory-farmed animals are slaughtered at a young age: “teenagers full of hormones.”

Eisman talks of the sadness of viewing concrete dairy feedlots from the highway and says people tolerate this sadness because they think dairy is required for health, “a necessary evil.” But dairy protein is a trigger for multiple sclerosis and juvenile diabetes (see p. 4), and has a host of other health risks; plant foods provide plenty of calcium and other nutrients without the risk. So we know that dairy production is, as Eisman says, “just evil.”

**Antonia Demas, Ph.D. and Ariel Demas, M.A. “Food is Elementary: Making Food Literacy an Educational Priority”**

All of the key points of Antonia Demas’s presentation had to do with colorful foods, just as they are the focus of her work with students and teachers. For more than four decades, Demas has been giving chil-

dren hands-on sensory experience of plant foods to promote health, and she teaches other adults how to do it as well through her Food Studies Institute (foodstudies.org). Ariel Demas, Antonia’s daughter, successfully launched a “Food is Elementary” program in the Baltimore city schools.

Demas shows kids where Brussels sprouts come from (an eye-opener for some adults, too), and after letting them fill individual leaves with miniature food items, the kids enjoy eating the Brussels sprout “cups.” She talks about respecting other people’s starting points; e.g., she knew she could interest her students’ parents in a garden project by having them bid on pieces of “garden cake” (a vegan chocolate cake with marzipan fruit and veggie decorations). She learns from her students: when she asked them what color red cabbage would turn the cooking water (aqua blue), she never dreamed they would ask to drink it.

Demas has horror stories about “food” as well: the more than 150 ingredients in artificial strawberry flavor, and (here’s the surprise) in “natural” strawberry flavor as well; the huge number of production and transportation calories that go into bringing us Iceberg lettuce from California for negligible food energy or nutrient value.

Demas taught juvenile delinquents in Florida who, when introduced to more than a dozen kinds of grapefruit, revealed that many of them had never tasted fresh grapefruit (in Florida!). These kids went on a vegan diet and kept a journal of their experiences: they felt better both physically and emotionally during the study, and many stayed with the diet for good. A member of the RAVS audience commented that many of these kids must have felt nurtured for the first time in their lives, and that was part of the benefit. Another moving story involved a young man disabled by a tragic accident, who was being fed a slurry of corn syrup and chemicals. Only when the young man was declared beyond recovery and placed in hospice care was his mother able to give him “Antonia’s Soup,” a pureed nutrient-rich vegetable soup, through his feeding tube. The young man recovered completely.

Someone asked Demas how she “gets away” with her program in public schools, given that it contains an implied criticism of meat. Demas cited two factors (1) All the major health organizations acknowledge

that plants are “protective” and that kids don’t get enough of them (perhaps as few as 2% satisfy standards for fruit and vegetable intake), so her program rectifies an imbalance; and (2) schools recognize that handling plant foods is not only fun but safe, and does not carry the risks of animal foods.

Demas does not say bad things about meat; she creates excitement around fruits and vegetables. The lesson for all of us in our vegetarian advocacy is that the best way to change behavior may be with a kind and positive approach. ❖

### **Veganism helps reduce animal suffering**

[Here is an excerpt from a letter by RAVS member **Joel Freedman** in the Finger Lakes Times (Geneva, NY) on 9/7/11. The letter includes two stories of how people were inspired to become vegan.]

*While browsing the Internet for ways to help her autistic daughter, M’yana Skinner discovered one of PETA’s factory farming videos at PETATV.com. Horrified by the cruelty she saw, she asked her husband to watch the video.*

*As a result, according to Skinner, ‘My husband is now the best vegetarian cook ever! I’m tickled when I hear him educating his Army buddies about the benefits of a vegetarian diet, the plight of animals in the meat and dairy industries or the atrocities committed against animals used for fur or down. What a sweetheart! Since going vegetarian, I’ve lost 17 pounds and my husband has lost 89, with modest exercise. I have more energy than ever before. Our family seldom gets sick, and best of all, I’ve seen significant improvement in my daughter’s condition.’ The Skinner family also rescues homeless animals and avoids leather and fur clothing.*

*When he was in Asia, Marine Lt. Colonel Robert Lucius saw caged dogs being taken to slaughter. Lucius became a vegan and started a humane education program to educate young people about compassion toward animals.*

*Veganism reduces animal suffering, reduces risks of developing cancer, Alzheimer’s disease and cardiovascular illnesses, and reduces water and air pollution caused by livestock production and slaughterhouses. Get a free vegetarian/vegan starter kit at PETA.org or PETA, 501 Front St., Norfolk, VA 23510 (757-662-PETA). ❖*

**New Members:** Karen Evans, June Fisher, Mike France, Elizabeth Frost, Deborah Kiba, Rob Kriss, Elizabeth Patten, Kathy & John Serio, Karen & Roddy Shuler. **Membership Renewals:** Walter Bowen, Jenn & David Cherelin, Ellie Cherin (Contributing Level), Paul Clark, Steve Connelly, Irene Hart, Mrs. Paul C. Husted (Patron Level), Tina Kolberg, Patricia Kraus, Rhea & Ken McBride, Ann McCulloch, Mary Parson, Craig Person, Martha & Ed Sullivan, Sharon Yates (Contributing Level).



(Recipes continued from page 5)

### Bean and Barley Chowder

(Jo Stepaniak)

Makes about 2 quarts

Barley is delicious, not to mention an excellent source of soluble fiber, which reduces blood cholesterol levels. The longer you cook this thick and hearty soup, the creamier and richer tasting it becomes.

8 cups water or vegetable stock  
1 cup dry baby lima beans, soaked overnight and drained  
1 cup chopped onions  
1 cup chopped carrots  
1 celery stalk, finely chopped  
1/2 cup dry pearl barley  
1 tablespoon crushed garlic  
1 teaspoon dried thyme  
1 salt  
1 black pepper

Place water or stock and beans in a large soup pot and bring to a boil. Add remaining ingredients, except salt and black pepper. Return to a boil, reduce heat to medium, cover, and simmer until barley and beans are tender and broth is creamy, about 1 1/2 to 2 hours. Season with salt and black pepper to taste. Serve hot.

### Caldo Verde

(Eduardos Restaurant in Cascais, Portugal)

Makes 4 servings

The name caldo verde refers to a deep green Portuguese cabbage that is sliced into long thin strips. You can substitute any other green cabbage.

4 cups boiled chopped potatoes (about 2 large potatoes)  
1 onion, quartered  
1 celery stalk, chopped  
2 tablespoons olive oil  
1 garlic clove, halved  
4 cups julienned green cabbage, bok choy, kale, or collards  
1/4 teaspoon salt, or 1 teaspoon soy sauce or maggi\* (optional)

Cover potatoes, onion, and celery with water in a pot. Add oil and garlic. Boil 30 minutes or more, then blend with a blender, food processor, or mixer. Return to pot and add green cabbage, bok choy, kale, or collards. Cook 20 minutes more. Season with salt, soy sauce, or maggi, if using. \*Maggi is similar to soy sauce and is found in Asian markets.



### Peanut Butter Spaghetti

(Jennifer Raymond)

Makes 4 one-cup servings

Peanut sauce takes just minutes to prepare and gives spaghetti a whole new personality. Serve this spaghetti with lightly steamed vegetables.

[Ed. note: You can substitute tahini or another nut or seed butter if you are serving someone with a peanut sensitivity; you can also use a gluten-free pasta such as brown rice pasta (e.g. Tinkyada brand).]

8 ounces dry spaghetti  
1/2 cup peanut butter  
1 cup hot water  
2 tablespoons reduced-sodium soy sauce  
2 tablespoons seasoned rice vinegar  
1 tablespoon sugar or other sweetener  
2 garlic cloves, minced  
1/2 teaspoon ground ginger

Cook spaghetti according to package directions. Drain, rinse, and set aside.

In a saucepan large enough to hold the pasta, combine peanut butter, water, soy sauce, vinegar, sugar or other sweetener, garlic, and ginger. Whisk until smooth.

Heat gently until slightly thickened. Add cooked pasta and toss to mix. Serve immediately. ❖

## 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 follow a vegan diet.
- I am an ovo-lacto vegetarian.
- Ornish/Esselstyn (no oil) diet.
- I am not yet a vegetarian but would like to support RAVS.
- Primary interest in vegetarianism:
- Environment
- Animal Rights
- Health
- Other:
- I am/we are willing to volunteer to help RAVS.



## Rochester Area Vegetarian Society upcoming meetings and events of interest:

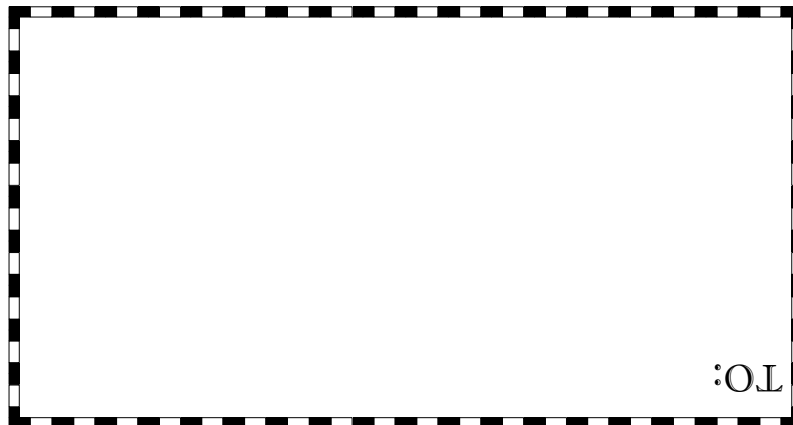
- ⇒ **November 8, 2011** (Tuesday) **Neal Barnard, M.D.** in Rochester on book tour.
  - ◆ 4:00 PM- 6:00 PM, Pittsford Wegmans, 3195 Monroe Avenue. **Free Vegan Tasting** of Recipes from *21-Day Weight Loss Kickstart*. Meet Dr. Barnard; book sale and signing. Kickstart food can also be purchased from veggie bar.
  - ◆ 7:00 PM Lecture, **“21-Day Weight Loss Kickstart”**; Monroe Community College, Brighton Campus, 1000 E. Henrietta Rd., Monroe A & B in Building 3. Parking in Lots M and M1. Free and open to the public. Dr. Barnard’s book will be available for purchase and signing.
- ⇒ **November 20, 2011\*** (3<sup>rd</sup> Sunday) **“A Whole-Food, Plant-Based Diet: What the China Study Has Taught Us”** with **T. Colin Campbell, Ph.D.**, Professor Emeritus of Nutritional Biochemistry, Cornell University and author of *The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss and Long-Term Health*
- ⇒ **December 18, 2011\*** (3<sup>rd</sup> 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 15, 2012\*** (3<sup>rd</sup> Sunday) **Where Do I Get My Organic Veggies? A Panel of Organic Farmers and Community Supported Agriculture Representatives**
- ⇒ **January 16, 2012** (Monday) Showing of **“Forks Over Knives”** at Jewish Community Center (JCC), 1200 Edgewood Avenue.
- ⇒ **January 23, 2012** (Monday) Six-week **“Plant-Based Eating”** course begins at JCC, taught by **Ted D. Barnett, M.D.**

PLEASE NOTE: We always welcome new people at our meetings. You may attend just the dinner, just the program, or both; there is no need to “reserve” for either. If you attend the dinner, we ask that you pay a \$3 Non-Member Fee in addition to bringing a vegan dish to pass. See box on page 2 for information about preparing a vegan dish. Non-Member Fee will be subtracted from your dues, if you decide to join later in the meeting. No fee is charged to attend the program portion of the meeting.

\*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



14602  
 ROCHESTER, NY  
 BOX 20185  
 ROCHESTER AREA VEGETARIAN SOCIETY