

ROCHESTER AREA VEGETARIAN SOCIETY

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

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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
Tel: (410) 366-8804
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

Though winter arrived late, it stayed long, and RAVS events sustained us throughout, as we hope they will do now that spring is here.

At our February meeting, we welcomed a panel discussion of organic farmers and advocates. Participants were **Ammie Chickering of Peacework Farm (Genesee Valley Organic Community Supported Agriculture)**; **Bess Porter Johnson of Porter Farms**; **Kurt Forman of Clearview Farm**; **Andy Fellenz of Fellenz Family Farm**; **Sharon Rosenblum of Rose In Bloom Farm**; and **Sally Howard of Seeking Common Ground**. This was a marvelous meeting with much lore imparted and many contacts made.

At our March meeting, **Pamela Rice**, author of the widely distributed pamphlet (and now book) *101 Reasons Why I'm a Vegetarian*, spoke to us about the environmental reasons to be vegetarian, including some less known reasons such as reduction in pollution from dust, pharmaceuticals, and excess nutrients. Pamela told us about her latest project, the first ever Veggie Pride Parade in Greenwich Village, New York City on May 18; visit veggiepride-parade.org. Later in March, we had a special meeting featuring a lecture by **Caldwell Esselstyn, M.D.**, a surgeon who has spent the last 20 years conducting a study of the use of lifestyle changes to reverse and prevent heart disease. Dr. Esselstyn drew over 100 people to his dynamic presentation. You can visit his website at heartattack-proof.com. Persons interested in a Esselstyn-type program to be conducted at Unity (formerly Park Ridge) Hospital should contact drveggie@aol.com with the subject line "Heart Health Program" or call 234-8750.

Our April meeting was a restaurant meal at the **India Palace Restaurant**, 1900 S. Clinton Ave. (Tops Plaza). Almost 70 people attended, the food was delicious, and the company was charming. On April 20, RAVS held its traditional 2nd night seder in conjunction with the Jewish humanist group. About 35 people attended the very meaningful service and special meal.

For the spring, we can look forward to a visit from the very dynamic animal rights advocate and lawyer **Gary Francione**; a showing of a mouth-watering cooking video; and the traditional summer picnics. For details, consult the calendar on the back page; there you'll also find information about special visits from weight-loss guru **Leslie Van Romer, D.C.** and well-known author and PCRM President **Neal Barnard, M.D.**

As always, this spring has been an active time for outreach events. On March 20, the day of the **Great American Meatout**, RAVS set up literature tables at both Abundance Coop and Lori's Natural Foods. RAVS had tables at various health fairs: SUNY Brockport was staffed by **Carol Barnett**, Mary Cariola Children's Center was staffed by **Carol Barnett, Honey Bloch, Leena Isac, and Heather Schooler**; and Nazareth College was staffed by **Honey Bloch, Leena Isac, Heather Schooler, and Diana Strafford**. The RAVS table at the Sierra Club's annual Environmental Forum was staffed by **Carol Barnett**, and other RAVS members and friends were there to support such like-minded causes as Genesee Valley Organic CSA and Rochester Roots. And in April, **Walter McBurney** attended a Media Messaging Workshop focusing on CAFO's (factory farms), and brought back information and strategies for later use.

As the weather heats up, we'll keep making the case for a vegetarian diet. ❖

RAVS BOARD ELECTIONS RAVS members will find a ballot enclosed in their newsletter. You may vote for one or all candidates by contacting drveggie@aol.com, by calling 234-8750, or by bringing your ballot to the May meeting.

CONDOLENCES Our heartfelt sympathy to the family and friends of **Elizabeth Faubel**, who died on May 1. For many years, Beth hosted one of the summer picnics at her home, the lovely Victor Christmas Tree Farm in Bloomfield. Beth's kindness, her graciousness, and her gentle sense of humor will be sorely missed.

CONGRATULATIONS **Nathan French**, the 17-year-old son of **Edward and Jean French**, is a champion swimmer for Pittsford Mendon High School. On

2/29/08, the Democrat and Chronicle ran a huge color photo and an article called "Making a Splash: Pittsford's French Swimming to the Top."

CONGRATULATIONS to VegNews for winning, in February, the Best Niche Magazine Design Award (for 2007) at the 2nd Annual Niche Conference for Magazine Publishers. Former upstate New Yorker **Joseph Connelly** is the publisher of VegNews.

VEG RESTAURANT OPTIONS:

Park & Oxford Café and Delicatessen at 283 Oxford St. (corner of Park and Oxford), 242-8990, offers a Grilled Portobello Mushroom and a Grilled Eggplant sandwich; and mushroom or eggplant can be substituted for meat in any of their cold sandwiches or subs.

Wegmans in Pittsford at Monroe Avenue has an updated vegetarian bar offering such items as miso soup, seaweed, vegetables, brown rice, tofu and tempeh. A combination platter costs \$10.99.

The New Health Café at 133 Gregory St., 301-4095, now offers a buffet at all meals: Breakfast, \$5.95 (Mon.-Sat.). Lunch, \$7.25 (Mon.-Sat.), Dinner, \$8.25 (Tues.-Sat.), Sunday brunch \$7.25. The café features such items as scrambled tofu, home fries, grilled vegetable medley, and vegan meatloaf.

FEATURED COOKBOOK The Rochester Democrat and Chronicle, on February 5, featured a recipe for Teriyaki Tofu Steaks and Rosemary Roasted Potatoes with Black Olives from the new cookbook *Vegan Express* by Nava Atlas. RAVS has this cookbook for sale, and you will find some recipes from the book on p. 5; you may also visit vegkitchen.com.

VEGAN RETREAT in Bath, NY The **Peace Weavers** Retreat House at Thunder Mountain is offering a 4-day retreat/workshop called "Becoming a Vegan: Live Long and Prosper," from Thurs. 6/13 to Sun. 6/15/08. Cost is \$250. To register, call (606) 776-4060, or contact pw@peaceweavers.com. For the entire 2008 schedule, visit www.peaceweavers.com. The food at Peace Weavers is all vegan, all the time! ❖

Membership Update: **New Members:** Mary Anne Banke, Laurie Fellows, Carol & Bruce Manuel, Jeaninne Ottman (Contributing Level), Georgia Radtke, Jeanette & Jim Zavislan & family. **Membership Renewals:** Carol & Ted Barnett (Sustaining Level), Vernon Cain & family, Johanna & Michael Connelly, Zilla Courtheoux, Charles DiPrima, Joel Freedman, Edward French (Patron Level), Kimber Gorall (Contributing Level), Chris Hirschler, Dvora & Myron Kolko, Cheryl Kovel, Julia Lederman & Tom Digiacomo, Maggie & Daryl Odhner, Mary Parson, Allyson Prace & Rick McKeever, Kathryn Pridey & Ed Lewek, Jonathan Wolfinger, Sharon Yates. **Newsletter Subscription Renewal:** Antoinette Bushlack. This list reflects payments received up to 5/1/08. If you think your payment should have been received by that date and you are not on the list, please call 234-8750. ❖

IN THE NEWS

EXERCISE FOR YOUR BRAIN The authors of a new book on brain function, Sandra Aamodt and Sam Wang, are skeptical of the burgeoning market in computer programs to improve brain performance. These programs are highly task-specific but are not a “quick fix for general mental function.” What is? Exercise. “One form of training . . . has been shown to maintain and improve brain health—physical exercise.” Exercise improves “executive function,” the set of abilities that allows you to select appropriate behavior, inhibit inappropriate behavior, and focus on the matter at hand in spite of distractions. Effective training can be 30 to 60 minutes of fast walking several times a week. Exercise may help the brain in the following ways: it slows the shrinking of the frontal cortex; improves blood flow to the brain; increases cardiovascular health, thus reducing the risk of stroke which can cause brain damage; and causes release of growth factors which can increase the number of neurons and the number of connections between neurons. Any or all of these mechanisms might improve cognitive performance. Aamodt and Wang are co-authors of the new book, *Welcome to Your Brain: Why You Lose Your Car Keys but Never Forget How to Drive and Other Puzzles of Everyday Life*. The New York Times, November 8, 2007.

BODY BUILDERS EAT SALAD A new study by researchers at the federal Human Nutrition Research Center on Aging, at Tufts University in Boston, finds that diets rich in potassium, found in abundance in fruits and vegetables, appear to protect muscle. Potassium-rich diets, being alkaline, protect muscle by buffering acid-producing foods. [Note: Plant foods that contain acid, like oranges, are not acid-producing when metabolized and are in fact alkaline.] American Journal of Clinical Nutrition, March 2008, reported in Science News, March 29, 2008.

EMERGING GLOBAL FOOD SHORTAGE On April 7, 2008, economist Paul Krugman wrote in the New York Times that, in addition to a global oil shortage, we will also experience a food shortage with “the growing number of people in emerging economies who are, for the first time, rich enough to start eating like Westerners.” Krugman explains that, since grain is fed to cattle, a meat-based diet increases the overall demand for grains. On April 11, the Times published a letter by Nancy Dorfman of Belmont, Mass., who writes: “Paul Krugman doesn’t mention an obvious and important solution: Eat less meat. The 700 calories worth of animal feed he says it takes to produce 100 calories of beef contributes nothing to the well-being of consumers. With a little experimen-

tion, anyone can find satisfying substitutes for meat that will improve personal health and the health of the planet at the same time. I urge your readers to give it a try.” (The shortage Krugman was writing about is ever more apparent: the NY Times on 4/24/08 carried an article about rationing of rice in some markets as a response to insufficient supply.)

GOING GREEN The Sunday, April 20, 2008 New York Times magazine section devoted to Going Green includes an item on “The High Price of Beef.” The article reports that PETA has asked the governors of several states to encourage their citizens to become vegetarians; these governors have been agitating for tighter vehicle-emissions standards, and PETA, based on the same studies we cite in our front-page article, argues that the climate impact of changing diet is at least as powerful. Animal rights groups are not the only ones asking people to go veg: in January, the head of the Intergovernmental Panel on Climate Change said: “Please eat less meat,” acknowledging “This is something that the I.P.C.C. was afraid to say earlier, but now we have said it.”

GROUND BEEF RECALL On February 18, 2008, the US Dept. of Agriculture ordered the recall of 143 million pounds of ground beef, some of which was used in the school lunch program, the largest recall ever. Astonishingly, agriculture officials said there was “little health risk” from the recalled meat because the animals had already passed pre-slaughter inspection and “much of the meat had already been eaten.” Of the 143 million pounds recalled, 37 million went to make hamburgers, chili and tacos for school lunches and other federal nutrition programs. The recall was prompted by an animal cruelty investigation which revealed that “downer” cows were allowed into the food supply; the undercover footage of abusive behavior by slaughterhouse workers was much viewed on YouTube. This recall of beef was more than 4 times bigger than the previous record, the recall of 35 million pounds in 1999. There were 21 recalls of beef in 2007, up from 8 in 2006 and 5 in 2005.

PRIZE OFFERED FOR CLONED MEAT PETA (People for the Ethical Treatment of Animals) has offered a \$1 million prize for the person or entity that comes up with a commercially viable method for cloning meat. PETA acknowledges that this move is controversial; as one PETA staff member stated, the mission of the organization is to promote the idea that people are not entitled to eat the flesh of animals nor to use them in any other way. PETA President Ingrid Newkirk argues that cloned meat would greatly reduce animal suffering in the world.

The New York Times, April 21, 2008.

LETTERS TO THE EDITOR**WRONG LESSON FOR SCIENCE CLASS**

Activist and RAVS member Joel Freedman tried to prevent the killing of 22 chickens by students in a Canandaigua Academy science class, as part of a program designed to “acquaint students with ‘life’s realities,’ including the slaughter of food animals.” Freedman learned beforehand of the planned killing; he met with the teacher, the principal, and the superintendent of schools to plead with them to spare the birds. Freedman wrote an account of these events and a argument for compassion to animals, in a letter to the editor of the Canandaigua Daily Messenger, published February 1, 2008. According to Freedman, he said to the school officials: “I am asking you to give the gift of life to these birds. We all want mercy and compassion extended to ourselves, but we should also extend it to other living beings when it is in our power.” Freedman argued that “the planned slaughter could traumatize some students, or produce a callous attitude in other students.” His request, sadly, was denied. Freedman closes his letter with a quote from Henry Drummond: “I shall pass through this world but once. Any good therefore that I can do, or any kindness that I can show to any being, let me do it now.” Freedman writes: “This is what should be taught at school.”

HORRIFIC ACTS IN NAME OF FASHION

In a 4/4/08 letter to the Democrat and Chronicle, Janet St. Aubin of Webster urges readers to “think about the animals that provide their skin for fur garments.” Eighty-five percent of the fur industry’s skins come from animals on so-called “fur farms,” where they suffer the fate of all factory-farmed animals: cruel conditions of captivity and brutal methods of slaughter. The remaining fifteen percent of animals are victims of trapping, “an equally barbaric means” of obtaining animals for fur.” She concludes: “Surely all this suffering cannot be justified for an item of clothing.”

TAKE ACTIONS TO SAVE HUMAN RACE

A 2/20/08 letter to the Democrat and Chronicle by Peter R. Mitchell urges politicians and the media to address problems that will affect whether the human race survives and flourishes. “There are numerous corrective actions to explore, such as development of alternative energies to reduce oil dependency and carbon emissions, support for United Nations family planning efforts, discussions to eliminate all nuclear weapons, ending the Iraq war and our wars of aggression, and publicly funded elections so Congress truly serves the people.” As Mitchell says, our future, and that of our children and grandchildren, de-

FEATURED COOKBOOKS!



RAVS always likes to have the newest vegan cookbooks available for purchase at our meetings. We recently acquired *Eat, Drink & Be Vegan* by **Dreena Burton**, author of two previous vegan cookbooks. It's hard to get past this book's pretty face: the cover is a stylish confection in pink, tangerine, and cool green. But the recipes are just as appetizing. The book lists at \$22.95 and is available from RAVS for \$20.65. Here are a few sample recipes to whet your interest.

SAVORY FRENCH (PUY) LENTILS (Serves 3 to 4; Wheat-Free)

¾ c dry French (Puy) green lentils, rinsed
2 ¼ c water
1 vegetable or mushroom bouillon cube*
3 large cloves garlic, grated or minced
1 t dried rosemary
¾ t dried thyme
½ t dried savory
¼ t dry mustard
1 bay leaf
½ t blackstrap molasses
Freshly ground pepper to taste
Lemon wedges for garnish

In a saucepan on high heat, combine all ingredients, except lemon wedges, and stir to combine. Bring to a boil, stir, then reduce heat to medium-low, cover, and cook for 35-40 min., or until lentils are tender and have absorbed most of the water. If more water is needed to soften lentils, add 3 to 4 T water. Remove from heat and season with additional pepper if desired. Serve with lemon wedges for squeezing over portions. Good served with brown rice.

* Recommends Harvest Sun mushroom cubes if available.

[Ed. note: This recipe would probably also be delicious made with the more commonly available brown lentils.]

ROASTED TOMATO-FENNEL PASTA WITH PINE NUTS & CAPERS (Serves 2-4, depending on quantity of pasta)

2 to 2½ T olive oil
3½ to 4 c fresh Roma tomatoes (about 1½ lb.), cut in eighths
1 large fennel bulb, thinly sliced
4 large cloves garlic, minced
1½ T balsamic vinegar*
¾ to 1 t salt
Freshly ground black pepper to taste
1 t dried oregano
½ to ¾ lb. dry pasta
2 to 3 T pine nuts, toasted**

2 T capers
½ c fresh basil, torn or thinly sliced
1 to 3 T olive oil (for finishing) (optional)

Preheat oven to 400 degrees. On a baking sheet, toss together the first 8 ingredients (start with ¾ t salt). Roast for 40 to 45 min., tossing once or twice, until tomatoes are soft and fennel is golden in spots. During the last 10 to 15 min. of roasting, cook pasta according to package directions. When the pasta is almost done, remove ½ cup of pasta water and reserve. Remove veggies from oven. Drain pasta (do not rinse!) and toss with the roasted veggies. If pasta seems dry, add some reserved pasta water, 1 T at a time. Just before serving, toss in pine nuts, capers, and fresh basil, and oil for finishing if desired. Test for seasoning and add extra salt and pepper if desired.

*Fig-balsamic vinegar works nicely in this recipe.

**Toast on dry cookie sheet, 325 degrees for 4 minutes; watch carefully.

WHEAT-FREE OPTION: Use brown rice, spelt, quinoa, or kamut pasta.

GODDESS GARBANZOS (MOCK TUNA) (Makes filling for 3-4 sandwiches.)

1 c cooked garbanzos (chick peas)
3 to 3½ T Annie's Naturals Goddess Dressing
1 T Nayoanise or Vegenaïse
1 to 1½ t fresh lemon juice
1 t tahini
½ t kelp granules (optional; recommends Maine Coast Sea Seasonings brand)
1/8 t sea salt or less (to taste)
2 t capers (optional)
1/4 c celery, minced
2 T apple, minced (optional)

In a large bowl, mash all ingredients except celery and apples (alternatively, you can use a food processor and pulse until blended but still chunky). Stir in celery and apples, and season with additional salt and pepper and/or more vegan mayonnaise if desired.

TIPS: If making this recipe for kids, you can sneak other veggies such as carrots or cucumbers into the mixture if you mince or grate them. They may also like additional chopped apples or raisins added to the mixture. For adults, try stirring in chopped fresh herbs like dill, chives, or parsley. ❖

Another recent addition to inventory is *Vegan Express* by the prolific vegetarian (and newly vegan) cookbook author **Nava Atlas** (List price \$18.95; RAVS price \$17).

This cookbook is brimful of recipes that allow you to create dinner in 30 to 45 minutes, without sacrificing freshness or economy. Here are some sample recipes.

TOFU RANCHEROS (4 servings)

16 oz. firm tofu
3 T cornmeal
2½ T olive oil
salt
1 med. onion, quartered and thinly sliced
1 med. green bell pepper, cut in short, narrow strips
1 small fresh chile pepper, seeds removed, minced (optional)*
16 oz. prepared salsa
1 c canned crushed tomatoes
8 corn tortillas
1½ c grated vegan Cheddar or nacho cheese (optional)**

Cut tofu into 6 slabs crosswise. Blot well with clean dishtowel; cut into small dice. Combine tofu and cornmeal in a plastic food storage bag, and shake until tofu is evenly coated. Heat 1 ½ T of oil in a large skillet. Saute tofu over med-high heat, stirring frequently, until golden on most sides, 8 to 10 min. Sprinkle lightly with salt, transfer to a container and set aside. Heat remaining 1 T of oil in the same skillet. Add onion and sauté over med heat until translucent. Add bell pepper and chile, if using, and sauté until onion and peppers are lightly browned. Stir the salsa and tomatoes into the skillet and cook until heated through. To assemble, place 2 tortillas on each serving plate. Divide the salsa-vegetable mixture among the tortillas, then sprinkle evenly with the tofu. Sprinkle cheese over the tops, if using. Recommended meal accompaniments are a green salad, any potato dish, and/or a black bean dish.

*Omit or reduce chile if you do not like hot (spicy) food.

**Such as Follow Your Heart brand

MIDDLE EASTERN CHOPPED SALAD (Serves 4 to 6)

3 med. tomatoes, diced
1 med. cucumber, scrubbed and diced (if unwaxed, do not peel)
1 yellow or orange pepper, diced
1/3 c pitted black olives, preferably oil-cured
2 scallions, thinly sliced, or ¼ c quartered and thinly sliced red onion
¼ c minced fresh parsley
2 T extra virgin olive oil
Juice of 1 lemon

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(Continued from page 5)

2 t sesame seeds
 ¼ c toasted pine nuts (optional)*
 Salt and fresh pepper to taste

Combine all ingredients in a serving bowl. If time permits, let stand for 10 min. to allow the flavors to blend.

*Toast at 325 degrees for 4 minutes.

NEARLY INSTANT THAI COCONUT CORN SOUP (6 Servings)

1 T olive oil
 3 garlic cloves, minced
 4 to 5 scallions, thinly sliced
 1 med. red bell pepper, cut into short, narrow strips
 Two cans light coconut milk*
 1½ c rice milk**
 One 16-oz. bag frozen corn
 2 t curry powder
 ¼ t Thai red curry paste [very hot] or to taste (optional)
 1 t salt or to taste
 ½ c minced fresh cilantro

Heat oil in small soup pot. Add the garlic, the white parts of the scallions, and the bell pepper. Saute over med-low heat until softened and golden, 2 to 3 min. Add the remaining ingredients except cilantro, including the green parts of the scallions. If using the Thai curry paste, dissolve in a small amount of water before adding to the soup. Bring to a simmer, then lower the heat. Simmer gently for 5 min. Serve, garnishing individual servings with cilantro.

* [Ed. note: Or use one can regular coconut milk and one can water; light coconut milk is the same as regular, with water added.] **[Ed. note: I used soy milk.] ❖

VEG GOES MAINSTREAM

On Easter Sunday, March 23, 2008, the Food and Dining section of the Washington Post ran an article called "A Meatless Main Course" urging readers to "put the veggies front and center" and concluding: "Time to stake your claims, vegetarians." Here are two of the recipes; we have adapted them to be vegan. These slow cooker recipes could also be made on the stovetop.

Slow-Cooker Greens (12 servings)

½ cup balsamic vinegar
 ½ cup agave syrup or rice syrup (optional)
 1 chipotle chili pepper en adobo (1 pepper, coated in sauce)
 2 T chopped garlic (2 medium cloves)
 1 T salt
 2 T olive oil
 3 lb chopped kale, rinsed well (about 12 c)

Combine the vinegar, syrup, chipotle chili pepper, garlic, salt and oil and as much kale as will fit into a 6-quart slow cooker (not all of the kale will fit at the start). Cover and cook on low for 1 hour, then use tongs to turn the greens, creating as much available space as possible; add the remaining kale, cover and cook for 3 hours, stirring occasionally. Taste and adjust seasoning before serving; the greens will be dark and leafy.

Smoky Slow-Cooked Roman Beans (12 servings)

Roman beans, also called borlotti or cranberry beans, turn a lovely pink in this preparation. Northern, kidney or black beans will work, too. The truffle oil lends a bit of body and mystery; you'd swear there was bacon in these beans even though there isn't any. For a spicier dish, leave the seeds in the dried peppers.

1 lb dried Roman beans, such as Goya brand
 2 dried pasilla or ancho chili peppers*
 1 large onion, chopped (1½ cups)
 3 T chopped garlic (2 to 3 medium cloves)
 1 T instant espresso powder
 1 T truffle oil (optional)
 ½ cup agave syrup or rice syrup
 1 medium jalapeño pepper, stemmed and cut in half lengthwise; seeded for milder result*
 1 bay leaf
 1 t dried thyme leaves
 1 T powdered mustard
 1 t salt
 ¼ cup ketchup
 1 t smoky seasoning, such as Liquid Smoke
 1 cup water, plus more as needed
 Brewed coffee (optional)

Soak the beans in cold water overnight. Drain and rinse them, discarding any foreign matter. Bring a large pot of unsalted water to a boil over high heat; add the drained beans and cook for about 10 min., until almost tender (the beans will not be quite cooked through). Drain and place the beans in a 4- or 6-quart slow cooker.

Hold the dried peppers by their stems and suspend them over a low flame until they puff and char slightly. (This will take just a few seconds.) Cut off the stems and discard. Pour out and discard the seeds; add the dried peppers (whole) to the cooker. Add the onion, garlic, espresso powder, truffle oil if using, syrup, jalapeño pepper, bay leaf, thyme, powdered mustard, salt, ketchup, smoky seasoning and water. Cover and cook the beans on low for 4 hours, stirring occasionally. The beans should still be

slightly firm; cook them longer, if desired. If you prefer beans with more liquid, add water (or leftover brewed coffee) near the end of cooking. Discard the bay leaf before serving.

*Omit or reduce peppers if you do not like hot (spicy) food.

Vita's Vegan Corn Bread (from Washington Post, 10/10/07) (8 servings)

This recipe is a version of the corn bread that Anacostia resident Levita Mondie-Sapp's mother, Diane Moore Mondie, taught her how to make as a young girl in Memphis. Her mother's included lard, eggs, whole milk and processed flour. In response to illness within Mondie-Sapp's family and among African Americans in general, she experimented with substitute ingredients. This batter can be mixed in advance and refrigerated in an airtight container; if you do so, bring it to room temperature before baking. For best results, bake just before serving. Leftovers can be refrigerated in a resealable plastic food storage bag. Serve warm, with a butter substitute such as Earth Balance spread.

¼ cup plus 2 T canola oil
 1 cup sifted flour
 1 cup yellow cornmeal
 4 teaspoons aluminum-free baking powder
 ½ teaspoon fine sea salt
 3 T turbinado sugar, such as Sugar in the Raw brand
 ¼ cup unsweetened applesauce
 1 to 1¼ cup plain low-fat soy milk or rice milk, such as Edensoy or Rice Dream brand

Preheat the oven to 425 degrees. Place the canola oil in a 10- or 12-inch cast-iron skillet and heat the skillet in the oven until the oil is hot (about 10 min.). Remove from the oven and swirl around so that the oil coats the skillet bottom and sides; set aside. Or while the oil is heating, you can work really fast to mix the corn bread before the oil starts to smoke or gets too hot.

Combine the flour, cornmeal, baking powder, salt and sugar in a large bowl. In a separate large bowl, whisk together the applesauce and milk (if using rice milk, start with 1 cup). Use a fine-mesh strainer to sift the dry ingredients into the wet mix. Carefully add the heated oil from the skillet; the mixture will bubble a bit. Mix well. Pour the warm batter into the hot, oiled skillet and bake for about 20 minutes, or until golden brown. Cut into wedges and serve warm. ❖

COURSES OFFERED by Wendy Gilmore:

Vegan Recipes for Healthy Family Meals

June 10 at Pittsford Community Library 6:30pm-7:30pm; call 248-6275 to reserve.

Interested in learning easy ways to provide healthy vegan choices for yourself and your family? Join Wendy Gilmore of the Rochester Area Vegetarian Society for a group discussion of the whys and ways of creating vegan meals. Wendy will demonstrate a cupcake recipe that young and old will love. During the discussion, we will bake the cupcakes for participants to enjoy, hot out of the oven!

3-Part series offered by Town of Brighton at Brookside bldg; \$12 for series; call 784-5260 for information.

An Introduction to Vegan Food

Monday, June 16, 7 pm-8 pm

Ever wonder "What on earth do vegans eat?" Maybe you know a vegan, or have considered trying it out for yourself. Enjoy learning how to prepare tasty vegan foods for you and your friends. Attendees will enjoy a one hour cooking demonstration and tasting.

Why I Went Vegan

Monday, June 23, 7 pm-8 pm

Ever wonder why people choose a vegan diet? Maybe you know a vegan, or have considered trying it out for yourself. Enjoy hearing the stories of why people have transitioned into an animal-free diet. Bring your

questions! Light vegan refreshments served.

Recipe Conversion: How to Veganize your Favorite Foods

Monday, June 30, 7 pm-8 pm

Ever wonder "What on earth do vegans eat?" Maybe you know a vegan, or have considered trying it out for yourself. Enjoy learning how to prepare some of your favorite recipes, without the animal derived ingredients. Attendees are encouraged to bring their own recipe for a group discussion. Light vegan refreshments will be served. ❖

FREE BACK ISSUES of VegNews from the early years when it was still a newspaper are available from RAVS. Call 234-8750 or e-mail mrsvegan@aol.com if you are interested.

Excerpts from two recent letters to the NY Times responding to its editorial on PETA's offer of a reward for a practical method of cloning meat (see p. 4). The editorial asks that the traditional relationship between humans and farmed animals be preserved.

"There is no happy ending for even the most humanely raised animal. And there is no good reason to breed, confine and kill animals for food unless we believe that economic benefit justifies killing. More and more people do not. We call ourselves vegetarians." By Patti Breitman, published 4/26/08. (Breitman is on the staff of *VegNews*

magazine.)

"You ask that the raising of animals for food should be done 'in ways that are both ethical and environmentally sound.' This is asking the impossible. More than 9 billion chickens are slaughtered each year in the United States. When you treat animals as objects on an assembly line, it is not possible to provide for their basic needs. You argue that we must treasure a "cultural and historical bond" between us and those we eat. But that bond is based on exploitation and abuse. . . . Would you have recommended 150 years ago that we preserve and treasure the bond between whites and their black slaves—and develop a more humane slave trade?" By Vadim Liberman, published 4/26/08. ❖

HAIKU

abandoned house—
the lilacs just as bright
this spring

summer pond—
wild yellow irises lean
in the shadows

so quiet
by the roadside
Queen Anne's lace

by Bruce Ross

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. Ornish diet
- I am an ovo-lacto vegetarian.
- I am not yet a vegetarian but would like to support RAVS.

Primary interest in vegetarianism:

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



Rochester Area Vegetarian Society upcoming events:

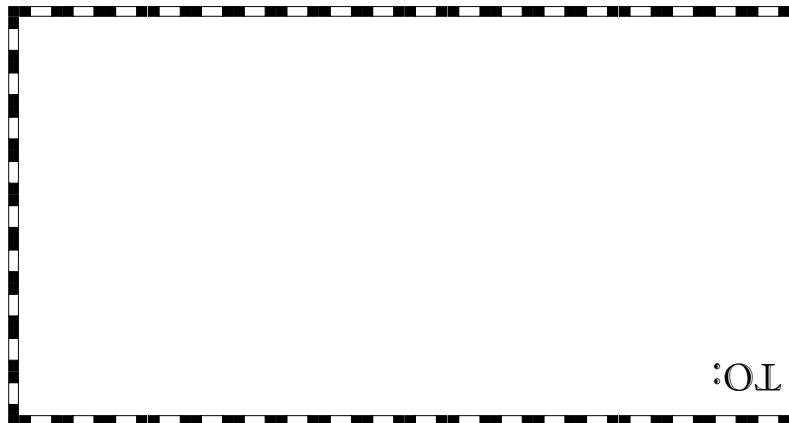
- ⇒ **May 18, 2008*** (3rd Sunday) **Animal Rights vs. Animal Welfare: Making the Case** with **Gary Francione, J.D.** Co-sponsored with **Animal Rights Advocates of Upstate New York (ARAUNY)**
 - ⇒ **June 15, 2008*** (3rd Sunday) Showing of “**Vegetarian Cooking with Compassionate Cooks**” (DVD) At this meeting, all books will be on sale 20% off list price. Also, donated vintage cookbooks offered for sale to benefit RAVS.
 - ⇒ **June 18-22, 2008** (Wed.-Sun.) North American Vegetarian Society Vegetarian Summerfest, University of Pittsburgh at Johnstown. Weekend package available. Visit www.vegetariansummerfest.org for full schedule.
 - ⇒ **July 20, 2008** (3rd Sunday) 2 PM Summer Picnic at the Home of Leena Isac and Ted Potter, 19 Wolf Trapp. Please bring chairs and a vegan dish to pass.
 - ⇒ **July 21, 2008** (Monday) 7 PM, Brighton Town Hall, 2300 Elmwood Ave., 1st floor auditorium; parking in front and rear of building, handicapped access at rear. **Leslie Van Romer, D.C.** will speak on **Getting Into Your Pants**, a weight-loss program. Dr. Van Romer’s book of the same name will be available for purchase and signing.
 - ⇒ **August 17, 2008** (3rd Sunday) 2 PM Summer Picnic, location TBA. Bring chairs and vegan dish to pass.
 - ⇒ **September 17, 2008** (Wednesday) 7 PM Location TBA **Neal Barnard, M.D.**, noted author and President, Physicians Committee for Responsible Medicine, will speak on **Reversing Diabetes**. Book available for purchase and signing.
- SAVE THE DATE**

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

Directions to Brighton Town Park Lodge: 777 Westfall Rd. between E. Henrietta Rd. (15A) and S. Clinton Rd. From 390, take Exit 16 onto 15A and go north to traffic light. Turn right on Westfall Road. Lodge is on south side on “Haudenosaunee Trail.”

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

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



ROCHESTER AREA VEGETARIAN SOCIETY
 BOX 20185
 ROCHESTER, NY
 14602