



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 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. ❖

LESS MEAT EATING

In a blog for the New York Times entitled "Why Are We Eating Less Meat?" (1/11/12) **Mark Bittman** writes that the average American eats one-half pound of meat a day. "But that's changing, and considering the fairly steady climb in meat consumption over the last half-century, you might say the numbers are plummeting. The department of agriculture projects that our meat and poultry consumption will fall again this year, to about 12.2 percent less in 2012 than it was in 2007. Beef consumption has been in decline for about 20 years; the drop in chicken is even more dramatic, over the last five years or so; pork also has been steadily slipping for about five years. Holy cow. What's up?"

Bittman looks at an item in the Daily Livestock Report in December 2011 that blamed the decline in meat-eating on, among other things, a "war on meat.": "It blames the decline on growing exports, which make less meat available for Americans to buy. It blames it on ethanol, which has caused feed costs to rise, production to drop and prices to go up so producers can cover their increasing costs. It blames drought. It doesn't blame recession, which is surprising, because that's a factor also. All of which makes some sense. The report then goes on to blame the federal government for 'wag[ing] war on meat protein consumption' over the last 30-40 years." Bittman goes on to say; "Is this like the war on drugs? The war in Afghanistan? The war against cancer? Because what I see here is: a history of subsidies for the corn and soy that's fed to livestock; a nearly free pass on environmental degradation and animal abuse; an unwillingness to meaningfully limit the use of antibiotics in animal feed; a failure to curb the stifling power that corporate meat-packers wield over smaller ranchers; and what amounts to a refusal — despite the advice of real, disinterested experts, true scientists in fact — to unequivocally tell American consumers that they should be eating less meat."

Bittman says that, contrary to the self-serving livestock report, Americans are eating less meat because they simply want to. In

June 2011, a survey found that 50 percent of American adults were aware of the Meatless Monday campaign, with 27 percent of those who were aware reporting that they were actively reducing their meat consumption. Bittman reports that on his speaking tours, when he asks his audience members how many have reduced their meat consumption in the last 10 years, about two-thirds raise their hands. He concludes that we are still eating too much meat, and only the industry could get upset about a 12% decline over 5 years. Bittman's final words: "The rest of us should celebrate. Rice and beans, anyone?" ❖

MORE VEGAN EATING

A new interactive Harris Poll was commissioned by the **Vegetarian Research Group (vrg.org)** and conducted from March 30 to April 3 of 2011. VRG had conducted a previous poll in 2009, and while it is difficult to compare the two polls due to differing methodologies, the data appear to show that vegan eating has doubled since 2009, with 2% of adult men and 3% of adult women identifying themselves as vegan. Equally encouraging is the rise in across-the-board interest in vegetarian meals even in those who do not identify themselves as vegetarians or vegans. The poll shows that 30% to 40% of Americans are "very interested" in vegetarian meals, and about 33% are eating vegetarian meals a significant amount of the time. VRG attributes the rise in interest in vegetarian meals to programs like Meatless Mondays, Tofurky Tuesdays and other programs to encourage the consumption of less meat, and VRG encourages food providers everywhere to satisfy the growing demand for vegan food, as well as for foods that are locally grown and organic. ❖

THE GREAT AMERICAN MEATOUT!

If you are not already a full-time vegan, try it for one day on March 20, the first day of spring, a good day for fresh starts. The Great American Meatout is sponsored by the **Farm Animal Rights Movement**; visit farmusa.org and meatout.org. ❖

IN THIS ISSUE

RAVS Update	p. 3
In the News	p. 4
Vegan Substitutes	pp. 5-6
Film Series	p. 7
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
Carol H. Barnett	Ken McBride
Ted. D. Barnett	Daryl Odhner
Bud Burdick	Ted Potter
Ellie Cherin	Barbara Savedoff
Nancy Hallowell	Bob Zimmermann

Vegetarian Advocate Staff:

Editors:

Carol and Ted Barnett

Contributors:

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

RAVS Staff:

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. (but all attendees must bring vegan food to share). A membership application can be found at the back of this issue.

Contacting RAVS:

- P.O. Box 20185, Rochester, NY 14602
- E-mail: rochesterveg@gmail.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, in addition to bringing vegan food, must pay a \$3 guest fee, which is applied to membership dues 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 Barnett

RAVS has been extremely busy and successful in recent months. In November, we welcomed a visit from **Neal Barnard, M.D.** of Physicians Committee for Responsible Medicine (great website, pcrm.org), on tour with his new book *21-Day Weight Loss Kickstart*. Dr. Barnard signed books at a vegan tasting at Pittsford (thanks to **Chef Eric Wendorff**) and then gave a lecture at Monroe Community College attended by a large crowd. Then for our regular November meeting, we had as a speaker **T. Colin Campbell, Ph.D.**, author of *The China Study*. The large crowd was riveted by his message, and we are grateful that many new members joined that day.

In December we had a lively and well-attended holiday party (with accordion music by new member **Dan Barski**, as well as music by others in the group). In January, we had a wonderful program on local organic farmers and organizers of community supported agriculture. Thanks to **Ryan Platte** of **Burning Bush Gardens**; **Kurt Forman** of **Clearview Farm**; **Cordelia Hall** of **East Hill Farm**; **Chris Phillips** of **Fiacre Gardens** (who could not make it because of a family emergency); **Kit Fallon** and **Gary Herrmann** of **Fiddler's Greens**; **Genevra Petito** of **Genesee Valley Organic CSA (Peacework Farm)**; **Chris Hartman** of the **Good Food Collective**; **Lisa Golden** and **Pat Martinez** of **Goldmar Farms**; **Suzy Farrell**, standing in for farmer **Erin Bullock** of **Mud Creek Farm**; **Emily Porter** and **Katy Porter** of **Porter Farms**; and a huge thanks to **Andy Fellenz** of **Fellenz Family Farm**, who showed a Powerpoint presentation highlighting all of the farms.

RAVS has been doing lots of outreach. In November, **VegMondays** did a vegan tasting at the SUNY Brockport Healthy Mondays event: thanks to staffers **Kimber Gorall**, **Martha Sullivan**, and **Carol Barnett**. In early December we had a table at the **MetroJustice Alternative Fair**: thanks to staffers **Shelley Adams**, **Ellie Cherin**, **David Daunce**, **Nancy Hollowell**, **Carol Manuel**, **Ken McBride**, **Yetta Panitch**, and **Carol Barnett**; thanks also to those

who provided vegan food and art work for sale: **David Cherelin**, **Ellie Cherin**, **Handy Cowles**, **Katherine DaCosta**, **Tina Kolberg**, **Carol Manuel**, **Darren Mrak**, **Karen Shuler**, and **Scott Wagner**. And in January, **Ted Barnett, M.D.** started a 6-week course at the Jewish Community Center called "**A Plant-Based Diet: Eating for Health and Happiness**" with **Carol Barnett** providing recipe handouts and food preparations for a sampling at the end of each class. The class has been a great success and continues through March 5.

This spring we look forward to a slate of exciting programs: a lecture on the critically important issue of hydrofracking, in February; a nutrition video and **Dr. Greger** in March; a fund raiser dinner in April; and two speakers in May: **Jack Norris, R.D.** on the fine points of vegan nutrition and **Gene Baur** on the mission and message of **Farm Sanctuary**, which has a sanctuary in Watkins Glen, NY and two in California. **PLEASE NOTE** the extra meetings in March and May are lectures without dinner; and neither meeting in May is on our usual 3rd Sunday. See p. 8 for details. ❖

CONGRATULATIONS to RAVS Board Member **Nancy Hollowell** who went to NY State Senator James Alesi's health fair and had a photo taken of her giving a copy of the RAVS newsletter to Senator Alesi!

CONGRATULATIONS ALSO to **Steve Foster**, whose art show opened at the Spectrum Gallery, Lumiere Photo, 100 College Ave. in Rochester on January 6 and will run through February 25. The exhibition includes 38 works spanning over 30 years of his career.

Foster, whose photographic career started in the 1960's, has exhibited his work throughout the U.S. His work was included in the seminal exhibition "Vision and Expression" at the George Eastman House in 1969, a show which helped define contemporary photography. Foster is Professor Emeritus of the University of Wisconsin in Milwaukee and now lives with his wife Gloria in Canandaigua. He has dedicated himself to environmental work as well as photography. His photography website is <http://thedevelopinglandscape.blogspot.com> His hydrofracking website is <http://notohydrofracking.blogspot.com>

EATING VEGAN IN ROCHESTER

Amaya, 1900 South Clinton Ave. (241-3223), is a new Indian restaurant in Tops Brighton Plaza. Amaya is freshly renovated and has a fresh fusion take on food as well. Vegan items are clearly identified on the menu. **Amaya** will be the site of our April fund raiser dinner!

Asian Moon Café, 3193 Chili Avenue (571-9013) offers a lovely décor and a variety of vegetarian dishes, including a delicious version of Buddhist Delight.

Mooseberry Café, 2555 Baird Rd., Suite E (348-9022) is in the 3rd building north of Baird and Whitney on the left (almost in Fairport) and is open Tues-Fri, 9 to 5:30, w/ somewhat shorter hours on Mon and Sat. Owner/chef Mary Bartolotta caters to specialty diets. Lots of vegan items on the menu, such as Cinnamon Vanilla Toast or Oatmeal with Coconut and Almond for breakfast, or Toasted Quinoa with Roasted Vegetables, Brown Rice and Black Bean Chili, or Roasted Sweet Potato Soup for lunch/dinner. Mary makes her own vegan breads, and can make vegan Grilled Cheese or Pizza Bread. Vegan pastries and desserts include Almond Flour Chocolate Cookie with chocolate chips; Sweet Potato Brownies; Vegan Peanut Butter Balls; and Vegan Fudge made with almond milk and fair trade organic chocolate. Mooseberry can whip up chai tea, coffee, or smoothies with almond or coconut milk. For a party of 4 or more, please call ahead to reserve. The chef can also make cakes and specialty dishes to order, for events outside the restaurant.

Three Beagles Café, 616 Pittsford-Victor Rd. (249-9310) offers several vegan items, including the hummus and veggie wrap and the Garden Salad with Balsamic Vinaigrette Dressing. They will substitute for the meat and cheese items in their Chef Salad without extra charge. The soup of the day is sometimes vegan, e.g. the Tomato Basil.

And further afield A recent email notified us that **Catskill Animal Sanctuary** in Saugerties, New York will soon be opening a vegan bed and breakfast. The beautiful pre-Revolutionary War-era home that graces the sanctuary's entrance is being renovated using period materials and techniques. For more information, contact info@casanctuary.org. ❖

We welcome the following **New Members**: Lisa Andolina, Donna & Dan Barski, Denise Brochetti, John DeSeyn, Margie Driscoll, Kathryn Farrak, Jeannie & Don Figer, Goldowitz/Greenholtz Family, Missy Hall & Emily McPherson, Jeff Hoffmann, Maryanna Mueller, Christine O'Brien, Pandya Family, Adrienne Russo, Greg Schueckler, Avi Seidmann, Sue Taylor, Jeff Vincent, Scott Wagner, Amanda Yeager, **Membership Renewals**: Juanita Ball, Honey Bloch, Margie Campaigne, Debra Couch & Sanjog Misra, Katherine DaCosta & family, Joel Freedman, Sara Gale, Kathryn Goldfeder & family, Meg & Jack Hurlay (Contributing Level), Jim Kozlowski, Dr. Saul & Helen Presberg, Donna Silverman, Burt Spiller. Thank you for your support. ❖

IN THE NEWS

ANTIBIOTICS IN FARMED ANIMALS

Mark Bittman devoted his 12/27/11 blog in the NY Times to the rise of antibiotic resistant bacteria resulting from the routine use of antibiotics in healthy farmed animals. A 2011 study by a nonprofit research center in Phoenix analyzed 80 brands of beef, pork, chicken and turkey from five cities and found that 47 percent contained staphylococcus aureus, a bacteria that can cause anything from minor skin infections to pneumonia and sepsis. Of those bacteria, 52 percent were resistant to at least three classes of antibiotics. So, according to Bittman, “when you go to the supermarket to buy one of these brands of pre-ground meat products, there’s a roughly 25 percent chance you’ll consume a potentially fatal bacteria that doesn’t respond to commonly prescribed drugs.” The FDA proposed in 1977 to withdraw approval for prophylactic use of antibiotics in farmed animals, but the proposal was shelved (for almost 35 years) and has been recently withdrawn. The reason? “The F.D.A. has no money to spare, but the corporations that control the food industry have all they need, along with the political power it buys. That’s why we can say this without equivocation: public health, the quality of our food, and animal welfare are all sacrificed to the profits that can be made by raising animals in factories.”

IMPRACTICALITY OF CHEESEBURGER
In a Scientific American blog published on 12/7/11 (and profiled in the 2/12 print magazine), David Wogan talks about the cheeseburger as the improbable product of industrial agriculture, the same system which “contribute(s) to a whole host of environmental problems, from deforestation or nitrogen loading of water sources (and the resulting dead zones), to the insane quantities of water being consumed.” Wogan says that with global food demand predicted to double by 2050, “It’s doubtful that our current, impractical food economy can sustain that demand.”

THE TROUBLING PATH FROM PIG TO PORK CHOP is the title of a DOT Earth blog by Andrew Revkin in the NY Times dated 2/2/12, discussing a recent video report by the Humane Society of the US on the treatment of pigs by two Oklahoma suppliers. Revkin references a Mother Jones post on the the same topic by Tom Philpott, who says: “The remarkable thing ...is how banal it is. ... What we have here is the everyday reality of pigs’ lives on a factory farm, without regulations flouted or spectacular violence committed. It is abuse routinized and regimented, honed into a profitable business model.”

MEATLESS IN THE MIDWEST: A TALE OF SURVIVAL appeared in the NY Times on 1/10/12 and relates the adventures of A.G. Sulzberger, a vegetarian (and also the publisher’s son) who moved to Kansas City, Mo. to cover the Midwest for the newspaper. He’s been a vegetarian since he was a child: “I never liked meat. And when I learned, while eating a burger at the cafeteria of the American Museum of Natural History at age 5, that ‘meat’ was actually a euphemism for—and even dedicated carnivores hate being reminded of this—muscle, I felt my preference had received a hearty endorsement from common sense.” Sulzberger’s strategies for survival include calling ahead at restaurants and frequenting ethnic ones; learning to cook; and eating before attending a dinner party. More advice: consult websites about veg options at fast food restaurants; “look for Chinese restaurants, which consistently turn up in the most unexpected places; carry a jar of peanut butter everywhere; and never underestimate the potato — what it lacks in flavor it makes up for in ubiquity.”

MCDONALD’S IN THE BLUE ZONE

Loma Linda, a community with a high percentage of Seventh Day Adventists and therefore vegetarians, allowed its first McDonald’s to open despite qualms by citizens concerned about health. Dr. Ellsworth Wareham, a 97-year-old heart surgeon who retired only 2 years ago and has been vegan for at least 30 years, is philosophical about the change: if people want to eat that way, that’s their choice. Loma Linda is one of the “Blue Zones” of consistent health and longevity identified by Dan Buettner in his 2008 book of the same name. NY Times, 12/18/11.

DISNEY DUMPS MCDONALD’S

Disney replaced its McDonald’s in the Downtown Disney Marketplace with a branch of Babycakes, a gluten-free vegan bakery with shops in New York and Los Angeles. From The Island Vegetarian, Newsletter of the Vegetarian Society of Hawaii, April-June 2011.

A LOTTERY WIN FOR VEGAN DINERS

New York City owes its two premiere vegan restaurants, Candle Café and Candle 79, to a lottery win almost 20 years ago of \$53,000 by Bart Potenza and Joy Pierson, who decided to invest the money in the Café and later to open the more upscale Candle 79.

VEGAN NUTRITIONIST ON DR. OZ

On Friday, 10/28/11, Julieanna Hever, R.D., author of *The Complete Idiot’s Guide to Plant-Based Nutrition*, appeared on the “Dr. Oz” show. In the 20-minute segment, Hever demonstrated preparation of healthy breakfast, lunch and dinner items. Visit <http://vegan.com/blog/2011/10/31/julieanna-hever-on-dr-oz/>

“THE POWER OF NUTRITION” Local nutritionist Tami M. Best has been giving vegan-friendly advice in her recent columns of that name in the Democrat and Chronicle. Her 10/19/11 column discusses foods to keep appetite under control in persons seeking to lose weight: she recommends potatoes, oatmeal, whole wheat pasta, popcorn, beans and nuts, broth-based soups, oranges and salads. Her 11/30 column details the health benefits of soy products: they help lower overall and LDL or “bad” cholesterol, and they are high in isoflavones, which “have a protective effect on bones and arteries and may prevent some cancers”; Best dispels the myth that women who have had hormone-dependent breast cancer cannot have soy foods.

Ms. Best interviewed Dr. Neal Barnard when he was in town (see p. 3) and he spoke on his new 21-Day Weight Loss Kickstart plan and book. She quotes him as saying that the 21-day immersion program is a “magical time frame” and that “People succeed when they jump in and do things all the way”: after 3 weeks, people’s tastes have changed, they feel better and have lost weight—they are hooked in a positive way. Best reprints this recipe from Barnard’s book, and so do we:

CHOCOLATE CAKE

1½ c unbleached pastry flour
¾ c sugar
½ t salt
1½ t baking soda
3 T cocoa powder
2 t vanilla extract
5 t unsweetened applesauce
1 T vinegar
1 c cold water

Lightly oil and “flour” (dust with cocoa powder) a 9” x 9” baking dish. Preheat the oven to 350 degrees. Combine the flour, sugar, salt, baking soda and cocoa powder in a bowl; stir with a fork until mixed. In a separate bowl, whisk the vanilla, applesauce, vinegar and water. Pour the mixed wet ingredients into the dry ingredients. Stir with a fork until well mixed. Pour into the baking dish and bake for 30 minutes, or until a toothpick inserted in the center comes out clean.[Ed. Note: Check at 25 minutes.]

CORRECTION Since our Nov. 2011 newsletter, we have learned that Trees for Life International uses animals to some extent. For completely plant-based hunger relief, contribute either to Food for Life Global (ffl.org), or to VegFam (UK-based charity; you can contribute through American Vegan Society, 56 Dinshah Lane, P.O. Box 369, Malaga, NJ 08328-0908). ❖

VEGAN SUBSTITUTES For Meat, Eggs, and Dairy

Vegetarians avoid flesh foods. *Vegans* avoid all animal products, including eggs, dairy products, and honey.

VEGAN FOODS That May Not Be Familiar to You

Tofu - or bean curd, made from soy milk. Extremely versatile and high in protein, calcium, and iron. Available in bulk or prepackaged in refrigerator, and on the shelf in aseptic packages.

Tempeh - cultured product made from the whole soybean. Available in freezer or refrigerator.

Seitan - or wheat gluten, made from the protein part of wheat. Available in blocks in freezer or refrigerator, or in make-it-yourself packages on the shelf.

TVP - or texturized vegetable protein. Usually fat free and enriched with vitamins. Available in dried form on the shelf, in bulk or prepackaged, in various textures (cubed, "ground") and flavors. Reconstitute by adding equal part of hot or boiling water.

Nutritional yeast - specially cultivated food yeast, rich in minerals and B vitamins and delicious despite its dutiful-sounding name. Available in bulk in natural food stores. Store in the refrigerator.

Tahini - or sesame seed butter. High in protein, calcium, and iron. Available in international (Middle Eastern) and natural food sections of supermarket.

Miso - fermented soybean paste, quite salty and with considerable health benefits. Useful as a condiment, ingredient or soup base. Available in tubs in refrigerator case.

MEAT SUBSTITUTES

Tofu (especially when frozen and thawed to achieve a chewy texture), tempeh, seitan and TVP are all excellent meat substitutes in recipes. In addition, there are many commercially manufactured meat analogues—dogs, burgers, sausages, luncheon "meats," etc.—which are quite convenient and healthful. Some, like Not Dogs and Tofu-Lin (baked, marinated tofu which is great sliced for sandwiches), are made by the Rochester company Northern Soy, under the SoyBoy label. If you want to make sure a meat analogue has no animal products, check the label. Some contain egg whites, dairy products (in the form of milk, whey, casein or caseinate) or honey. Many do not and are completely vegan.

Other foods that have a "meaty" taste or texture, such as beans, eggplant and mushrooms (especially portabellas), can be delicious meat substitutes.

EGG SUBSTITUTES

Try scrambled tofu: Sauté the vegetables you usually add to eggs, add mashed tofu and some turmeric, garlic powder and nutritional yeast for color, flavor and added nutrition.

For egg-free mayonnaise, two commercial brands are Nayonnaise and Vegenaïse.

To substitute for eggs in cooking and baking, try one of the following:

- Ener-G Egg Replacer, a commercial product (follow package instructions)
- 2 tbsp. cornstarch for 1 egg
- mashed or blended tofu
- mashed banana (in baking)
- 1 tbsp. ground flaxseed blended with ¼ c water

NOTE: Egg Beaters is not a vegan product.

DAIRY SUBSTITUTES

For milk on cereal and in recipes, try rice milk or soy milk, available on the shelf in aseptic packages or in the refrigerator case. There are other varieties based on hemp seed, almonds, coconut, oats—all worth trying..

For ice cream, there are frozen desserts made from soy, rice, coconut, and almond, as well as fruit-based sorbets. Most sorbets are vegan and fat free (but not sherbets).

For cheese, cream cheese, sour cream and the whole array of dairy foods, there are a number of ingredients which can be mixed and blended imaginatively to create delicious and healthful substitutes. These include: tofu, tahini, nutritional yeast, miso, especially light miso, white beans, nuts and seeds, vegetables such as winter squash and corn, lemon juice, onion and garlic powder, mustard and pimientos (for color). Spices such as paprika and turmeric add some of the desired color. The classic cookbook in this vein is *The Uncheese Cookbook* by Joanne Stepaniak, and the revised version, *The Ultimate Uncheese Cookbook* by Jo Stepaniak (the author changed her name somewhat). Also, there are many commercially manufactured dairy substitutes such as Tofutti Better Than Cream Cheese and Sour Cream Supreme., and Daiya cheese.

Read labels carefully, as many soy-based and other non-dairy cheeses still contain casein, a milk protein, or variants like calcium caseinate or sodium caseinate.

RECIPES TO TRY

EGGLESS EGG SALAD

(from *The Compassionate Cook* by PETA)

- 1 1/2 lb firm tofu, mashed
- 1/2 C eggless mayonnaise, such as Nayonnaise or Vegenaïse
- 1/2 C chopped fresh parsley (optional)
- 1/4 C sweet pickle relish
- 1/2 med. onion, finely chopped (optional)
- 2 stalks celery, finely chopped
- 1 1/2 t garlic powder
- 1 1/2 t salt
- 1/4 t turmeric
- 1 1/2 T wet mustard

Combine all ingredients. Use for sandwiches or on crackers.

CHEEZY GARBANZO SPREAD

(from *Eat Right, Live Longer* by Neal Barnard, M.D.; recipe by Jennifer Raymond)

- 1 15-oz can garbanzo beans
- 1/2 C roasted red peppers (available in jars)
- 3 T tahini
- 3 T lemon juice

Drain garbanzo beans, reserving liquid, and place them in food processor with remaining ingredients. Process until very smooth. Mixture should be thick, but if necessary, add 1 to 2 T of reserved bean liquid to achieve desired consistency. Serve on bread or crackers, as a filling for tortillas, or in casseroles.

CROCK CHEEZE

(from *Vegan Vittles* by Joanne Stepaniak)

- 1/2 lb firm tofu, crumbled
- 3 T nutritional yeast (available in health food stores.)
- 2 T tahini
- 2 T lemon juice
- 1 1/2 T light miso (available in health food stores)
- 1 t onion powder
- 1/4 t garlic powder
- 3/4 t salt
- 1/2 t paprika
- 1/4 t dry mustard

Blend in food processor until very smooth. Chill in refrigerator at least an hour before serving. ❖

VEGAN SUBSTITUTES FOR NEARLY EVERYTHING

(with tips on brands to look for)

Vegan substitutes or analogues are specialty products and as such they can be expensive. There is no virtue in eating them: they can be high in salt, and can contain more protein and oil than you need or want. On the other hand, as processed foods go, they are relatively benign, with ingredients like beet juice to give color. And they can be good transitional foods as you move towards a more plant-based diet and try to serve it to your family and friends. Used in moderation, or as an ingredient in an entrée, they can be quite healthful.

One hazard of coming up with a list is that the products are always changing, with new ones coming and old ones going. Every list is a bit idiosyncratic and I apologize if a favorite of yours is not here. Manufacturers can make their product line more or less vegan over time, according to customer demand and other variables. For example, Gardein is a new company that was formed for the purpose of offering vegan taste-alikes. Lightlife, which we used to consider a reliably vegan company, is now using egg whites in their chicken-cutlet type product. Yves Good Dogs went from non-vegan to vegan. Companies like Boca and Gardenburger have always had some vegan and some non-vegan products. What we recommend is that, since you are spending good money on something you expect to be vegan, check the label and ingredients every time.

These products should be available in the natural food stores, Abundance and Lori's, and in Wegmans Nature's Marketplace. We hope to see them in other supermarkets as well. And here, in no particular order:

TURKEY ROAST: Tofurky. It gets better every year.

SAUSAGE: Tofurky brand and Field Roast are both delicious. Gimme Lean has a softer consistency but is also delicious. SoyBoy, made by local Rochester company Northern Soy, makes Breakfast Links, small-size links with a distinctive sweet taste, also very good.

MEATBALLS: Nate's Meatless Meatballs

GROUND MEAT: Try Boca Ground Crumbles. Boca products are sometimes found in the regular refrigerator case, not the natural food section. Also try Lightlife Smart Ground.

BURGERS: Try Boca Original Vegan and Gardein brands for a "meaty" burger. Gardenburger's Black Bean Chipotle Veggie Burger is a delicious bean-and-grain based burger. Remember that not all products made

by Boca and Gardenburger are vegan. Soy-Boy's Courage Burgers, which use okara, the high-fiber residue from soybeans used for tofu, taste a little like chicken patties.

HOT DOGS: Try Tofurky brand hot dogs, Yves Good Dogs, and Lightlife Smart Dogs. The local company Northern Soy makes Soy-Boy Not Dogs, which are very low-fat and wheat-free. Their taste and texture is less reminiscent of real hot dogs but they are delicious in their own way. Tofurky sausages are bigger than standard hot dogs but would be good on a large gyro or sub roll.

COLD CUTS: Try Tofurky and Lightlife brands. You can also find variations on cold cuts like pepperoni and Canadian bacon-style products.

BACON: Try Lightlife Fakin'Bacon, made with tempeh, a whole food derived from fermented soybeans.

CHICKEN NUGGETS: Try Health is Wealth Vegan Nuggets, Patties and Buffalo Wings (the latter are spicy). Be careful, as Health is Wealth also makes real chicken nuggets.

MARINATED TOFU: SoyBoy's Tofu-Lin, which comes in many varieties, is a good "meaty" ingredient in sandwiches, grain-based dinner salads, and much more.

As we move from meat to dairy substitutes, a word about Tofutti, a company originally formed to provide kosher alternatives to dairy that could be eaten with meat-based meals. Tofutti products are always dairy-free but, eggs are not a factor in observing kosher and at least one Tofutti product contains eggs (the cookies). Tofutti sour cream, cream cheese, cheese slices and ice cream are vegan.

MILK: Rice Dream and Soy Dream are good choices, as are Edensoy and Vitasoy, all available in aseptic packages which have storage advantages (can be kept on the shelf until opened). Silk brand soy milk comes both in the cold case and in aseptic packages and many people consider the flavor superior. There are also many store brands of soy milk available. Whereas rice and soy milks were once all that was available, there is now an explosion of nut, seed and grain based milks: almond, coconut, hemp, oat. All are worth a try. Get the calcium-enriched varieties.

CREAMER: For those who drink coffee and tea, Silk Soy Creamer is a wonderful product; try others based on almond and coconut.

YOGURT: Soy yogurt with live cultures is available, such as WholeSoy and Silk brands; be careful because Stonyfield Farms O'Soy brand is not vegan. There are many emerging yogurts based on other plant milks like coconut and almond (try the new Amande brand).

SOUR CREAM, CREAM CHEESE: Try Tofutti Better Than Cream Cheese and Sour Cream Supreme.

CHEESE: Vegan cheeses have often gotten a bad rap for their taste and texture. You also have to be careful because many rice and soy based cheeses still contain casein or caseinate, a milk protein. Follow Your Heart, Tofutti slices, and Vegan Rella are vegan and pretty good, (again, be careful: the company that makes Vegan Rella makes other, non-vegan varieties.) Many people feel that Daiya cheese, a relatively new product using tapioca and pea protein, is the best in the field—and it really melts! It's available pre-grated, and also (only at Lori's Natural Foods) in wrapped chunks. For Parmesan-style cheese for sprinkling, try Galaxy Nutritional Foods brand. Don't forget nutritional yeast, a natural product available in bulk in natural food stores, tastes cheesy and is great for sprinkling on pasta or popcorn, either as is or ground up with nuts and a dash of garlic powder and salt in the food processor.

ICE CREAM An array of soy, rice, almond, and coconut based varieties. Always a favorite is So Delicious, a soy-based brand made by Turtle Mountain, and its premium line, Purely Decadent; the company now makes coconut-based varieties. Tofutti was one of the first soy ice creams and is still good.

MAYONNAISE: Try both Nayonnaise and Vegenaise. Nayonnaise is lower in fat and comes in an even lower-fat variety; but Vegenaise is considered a dead ringer for "real" mayonnaise.

BUTTER: Try Earth Balance margarine, a balance of plant-derived oils with no hydrogenation or trans fats. Still, use it in moderation (the same advice holds true for many of the products listed here).

SPAGHETTI SAUCE: It used to be that "Marinara" was a reliably vegan variety, but Wegmans Marinara sauce contains cheese; however, Wegmans Roasted Garlic and Tomato Basil varieties are vegan (so are the same varieties at Trader Joe's).

BOUILLON Better than Bouillon Chicken-Free or Vegetable Bouillon (a paste in a jar) is good, but be careful as this company also makes real chicken bouillon.

The final bit of advice on this and every item is **READ THE LABEL**. The big items to avoid are easy to recognize: milk, cheese, eggs or egg whites, whey, casein, honey and gelatin. Look also at the end of the ingredient list where it may say "CONTAINS: Milk, eggs." (Since animal foods are common allergens that's why they are highlighted there, along with wheat and soy, also common allergens). And let's give a word of praise to Wegmans for its "V" designation of vegan items in its own product line.

Remember: This list is a work in progress, as product lines are always changing. ❖

LOCALIZATION: A WINTER FILM SERIES ON ECONOMY, FOOD AND ENERGY

RAVS is proud to be one of the sponsors of a new series organized around the theme of local autonomy and resiliency.

All events will take place on a series of Wednesdays in the **Brighton Town Hall** Lower Auditorium, 2300 Elmwood Ave. Each film begins at 7:00 PM and is followed by a moderated panel discussion. The room is open for tabling and networking at 6:30 PM. Here are the events:

Wed. Feb. 22 "**The Economics of Happiness**," a film with Vandana Shiva, Bill McKibben, and David Korten.

Wed. Feb. 29 "**Local Lessons from Distant Travels: the CSA as Rural Economic Development in China**": Elizabeth Henderson shares stories and photos from her recent trip to Asia.

Wed. March 21 "**Greenhorns: Beginning Farmers Making a Difference**"

Wed. April 18 "**Empowered: Tompkins County, A Community Working Toward Energy Independence**"

Disclaimer: We have not seen these films. Some of them may set forth strategies that RAVS cannot specifically endorse, most likely having to do with animal agriculture. But we heartily endorse the basic idea of local strategies and solutions. ❖

EXTRA MARCH MEETING! The Latest in Human Nutrition with Dr Michael Greger
Dr. Michael Greger, a graduate of Cornell University School of Agriculture and Tufts University School of Medicine, is the Director of Public Health and Animal Agriculture at the Humane Society of the United States.

Every year Dr. Greger reads and analyzes thousands of nutrition studies and distills them into his Nutrition Update, which is presented in a lively interactive quiz show format (with prizes!) Don't miss it!

EXTRA MAY MEETING! Lecture by Jack Norris, R.D. of Vegan Outreach

Jack Norris is a Registered Dietitian who writes a nutrition blog at JackNorrisRD.com and maintains VeganHealth.org. Mr. Norris, along with Virginia Messina, MPH, RD, recently wrote the book *Vegan For Life: Everything You Need to Know to Be Healthy and Fit on a Plant-Based Diet*.

Norris is the President and co-founder of Vegan Outreach, which produces "Why Vegan" and other booklets; its Adopt a College program directly hands booklets to over 500,000 students every semester. In 2005, Norris was elected to the Animal Rights Hall of Fame.



Norris's lecture will give you the information to be optimally nourished on a vegan diet. Copies of Norris's book *Vegan for Life* will also be available for sale and signing. ❖

RAVS SEDER The 19th annual RAVS vegan seder will be held on the 2nd night of Passover, Saturday, April 7th; see p.8 for time and place. **RULES FOR SEDER:** Bring a dish that is vegan and also conforms to Passover tradition. No wheat is allowed (no pasta, bread, crackers, or cookies) except matzoh, and matzoh products such as farfel and matzoh meal—but no egg matzoh. Other grains such as rice are excluded. Beans, potatoes, veggies and fruits are fine. ❖

HAIKU

rainy pond . . .
standing erect one duck
waits on the shore

a quivering branch
one moment after
the finch's flight

the spotted chest
of a perched hawk
. . . light spring rain

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 follow a vegan diet.
- I am an ovo-lacto vegetarian.
- Ornish/Esselstyn (no oil) diet.
- I am not yet a vegetarian.
- 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:

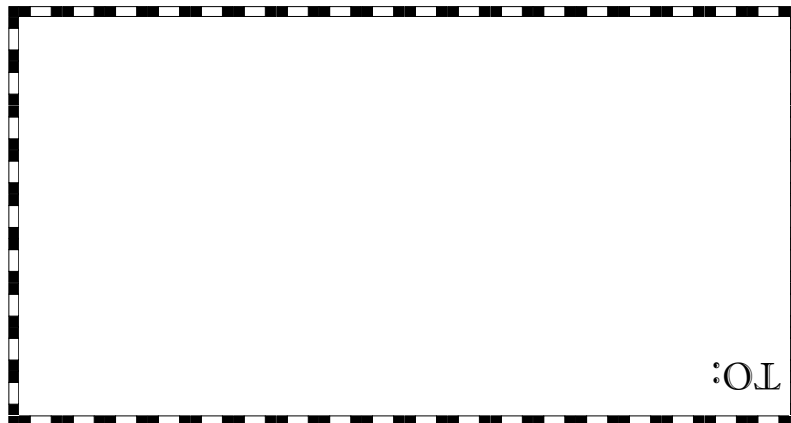
- ⇒ **February 19, 2012*** (3rd Sunday) **Hydrofracking: What It Is, Where It Came From, and Why We Should Be Concerned about It** with **Jordan Kleiman, Ph.D.**, Associate Professor of History, SUNY Geneseo
- ⇒ **March 18, 2012*** (3rd Sunday) Showing of the film **“Lighten up: Weighing In On the Weight Debate”** with **Jeff Novick, M.S., R.D.**, lecturer for the McDougall Residential Program in Santa Rosa, Calif. and Engine 2 Program in Austin, Texas
- ⇒ **March 25, 2012** (4th Sunday) 7 PM **The Latest in Human Nutrition** with **Dr. Michael Greger**. Don’t miss this entertaining event! Henrietta United Church of Christ, 1400 Lehigh Station Rd. Henrietta, 14467. Not a dinner meeting; free vegan refreshments.
- ⇒ **April 7, 2012** (Saturday) **19th Annual RAVS 2nd Night Seder** (shared event with Jewish Humanist Group), Brighton Town Park Lodge. Doors open at 4:30 PM; Service 6:00 PM followed by a vegan share-a-dish meal. See p. 7 for special rules for this meal. Volunteers needed for set-up and clean-up. Call 234-8750 to reserve.
- ⇒ **April 15, 2012** (3rd Sunday) **Vegan Dinner** at **Amaya Restaurant**, 1900 South Clinton Ave, Rochester, NY 14620 (in Brighton Tops Plaza) 5:00 PM Cash Bar and Complimentary Hors d’oevres; 6:00 PM Family-Style Dinner. \$22 per person; \$18 students/ fixed income. Please reserve with a check made out to “RAVS,” sent to P.O. Box 20185, Rochester, NY 14602-0185
- ⇒ **May 1, 2012** (Tuesday) 7 PM **Vegan Nutrition: What Does the Science Say?** with **Jack Norris, R.D.**, President and Co-Founder of Vegan Outreach and co-author of the new book *Vegan for Life*; book available for purchase and signing. Brighton Town Hall, 1st floor auditorium, 2300 Elmwood Avenue, Rochester, 14618. Not a dinner meeting.
- ⇒ **May 6, 2012*** (1st Sunday) **Farm Sanctuary: Changing Hearts and Minds About Animals and Food** with **Gene Baur**, Co-Founder and President of Farm Sanctuary; book of the same name available for purchase and signing.

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 the regular monthly 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