



A VEGETARIAN DIET
What is it, and Why?

If you are not a vegetarian or a member of the Rochester Area Vegetarian Society (RAVS), this column is for you. Here are some of the basics.

A *vegetarian*, traditionally, is someone who eats no animal flesh: no meat, poultry or fish. A *vegan* is a vegetarian who goes further and eats no animal products: no eggs, dairy products, or honey.

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 this direction, 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 a 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. ❖

**VEGAN EATING =
THE MOST PERFECT DIET**

That's the equation we were given by **Julicanna Hever, R.D.**, a dietitian and the director of EarthSave International, the environmental organization which focuses on the impact of our dietary choices on the health of the planet. Hever delivered this message at the **North American Vegetarian Society's** annual **Vegetarian Summerfest**.

Hever asked us to close our eyes and imagine a "magic elixir" that could prevent and reverse almost all disease; that could ease the health care crisis more comprehensively than any political solution; that could save the planet, protecting water, land and air while preventing the loss of numberless species; that could save billions of animals a year while eliminating world hunger; that could generate peace, community, and benevolence. This magic elixir, Hever said, is moreover free of cost and available to everyone.

Hever asked us to open our eyes. The elixir is a whole food, plant-based--that is, vegan--diet and could be found in the dining hall where our delicious meals were being served.

Actually, we are bending the truth a bit. Hever did not ask us to close our eyes. Instead she showed us mesmerizing images--of animals in factory farms, of starving children, of landscapes, some pristine and some polluted. But we can't share those images, and we wanted to give you an idea of how dramatic her presentation was, how powerful its impact.

Hever reaffirmed that we physically are what we eat, from the cellular to the immunological to the holistic level. Even bones, which seem static, are in a constant state of growth and flux. The brain, heart and kidneys don't seem to regenerate but constantly renew themselves on a cellular level. And, Hever said, there is a "mountain of data" that a vegan diet is optimal and helps us to thrive throughout our lifespan.

Hever reported that in spring of 2012, EarthSave put 21 food bank clients through a 28-day program of vegan eating, which all the participants completed. They lost an average of 17 pounds; their cholesterol dropped, on average, by 18%, and their LDL (or "bad") cholesterol dropped by 22%.

Their blood pressure went from 138/83, on average, to 129/77. Their use of medications dropped by 84%. They experienced an increase in energy and a reduction in physical complaints.

Hever appeared on the "Dr.Oz" show to conduct a shorter vegan experiment with 3 women for 5 days, with similar results: they lost 4 pounds, their LDL dropped 43 points, and their blood pressure normalized.

But a vegan diet is not just the key to our own health, as important as that is. It is "greater and grander than self." It connects us to all of the other species, both wild and domesticated, to other human beings, and to the planet itself. Food is symbiotic, harmonious, and cyclical; food goes in an out of the earth. We experience multiple layers and levels of unity with the world around us every time we eat. And by choosing a vegan diet, we make our relationship with the world a healing rather than a destructive one. ❖

SAVE AN ANIMAL A DAY

A vegetarian saves at least 406 animals a year, including 28 chickens, 2 other land animals, 151 shellfish and 225 fish, according to Counting Animals, an animal advocacy blog. The figure includes fish that are ground up to feed farmed fish, but not by-catch from fishing operations, which would increase the estimate even further. Figures given for this statistic are usually much lower (50 to 100); but the authors say that their methodology is conservative, and that up till now "vegetarians have been undercounting the number of animals they actually save and short-selling their impact on animal lives." www.countinganimals.com

HAIKU

a hawk perched
on a dead gray branch
... late summer grass

late summer chill--
the wasp's shadow moves
on a leaf

sunflower stalks
along the Indian garden
bright autumn sun

by Bruce Ross

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Rochester Area Vegetarian Society

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The **Rochester Area Vegetarian Society (RAVS)** was founded in 1989 by Rhoda and Stan Sapon, two dedicated activists who worked hard to embody their vision of a compassionate, non-violent world in a local community promoting vegan values: the idea that animals have a right to their own lives and do not exist to provide food or to be exploited by us in any way.

RAVS 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 vegetarians and non-vegetarians alike, as long as they support the goals of the organization.

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: 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 *whew* 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 card with your name, the name of the dish, and a list of all ingredients. If possible, 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. And you don't need to reserve or notify us beforehand (with the exception of restaurant events). We do ask that you follow the “vegan rule” at our dinner meetings. 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* (4 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.

An important benefit of membership is **half-priced** membership in two national vegetarian organizations. Membership costs given below are **before** the discount is taken. Let them know 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): \$25

Publication: *Vegetarian Journal*

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 that you help 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 that 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.

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

IF YOU ARE NOT A MEMBER OF RAVS and would like to receive subsequent issues of the newsletter by email (pdf file), send your email address to rochesterveg@gmail.com and put “RAVS Newsletter by Email” in the subject line.

PLEASE DON'T TOSS THIS NEWSLETTER; pass it on to someone else who might be interested in the information and recipes. Or share our contact information (in the column to the far left) and people can reach us to request their own copy of the newsletter.

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 had an all-star late spring and summer, with luminaries of both national and local origin! In May we welcomed a visit from **Jack Norris, R.D.**, who gave a primer on vegan nutrition with a special focus on the few problem nutrients that vegans should supplement, notably vitamin B12 and vitamin D; for this information go to VeganOutreach.org and click on "Starter Guide," which you can read, download, or order for free. Thanks to those who provided refreshments at this event and at Dr. Greger's lecture in March: **Carol Barnett, Ellie Cherin, Darren Mrak, Yetta Panitch.**

At our regular May meeting we welcomed **Gene Baur** of **Farm Sanctuary**, whose heart-rending stories of rescued farm animals converged with his hopeful prediction that, with the mounting evidence that going vegan is optimal for health, we can expect wider acceptance of a vegan diet. In June, our program was a panel of experienced vegan cooks giving tips and recipes: thanks to RAVS members **David Cherelin, Katherine DaCosta, Beth Garver, Tina Kolberg, Ken McBride, Gail Weiser, and Charles Worl.** Contact us for a pdf file of the recipes and tips they presented.

Our July meeting was a picnic at the canal side home of **Kimber Gorall.** We all had a great time. Same time next year?

A HEARTFELT THANKS FROM US, AND FROM THE ANIMALS On July 26 we, along with **Animal Rights Advocates of Upstate NY**, were given a concert fund raiser on our behalf by **Heather Zinninger** and **Aaron Yarmel.** Heather and Aaron, an engaged couple, are graduates of the Eastman School of Music. Heather is principal flutist with the Louisiana Philharmonic Orchestra; Aaron is a graduate student in philosophy at the London School of Economics. Thanks to them for their generosity and their devotion to animal rights, and to **Alice Kanack** of **Kanack School** for the venue.

We look forward to a visit from **Will Tuttle, Ph.D.** at our August meeting (Please note: It's the 2nd Sunday, not the 3rd). Our fall programs will include talks by animal rescuer and sanctuary founder **Jenny Brown**, and healthy school food advocate **Amie Hamlin.** See p. 8 for details.

VEGETARIAN SUMMERFEST was held from June 27 to July 1 in Johnstown, Pa. There was a healthy contingent of attendees from Rochester including: **Carol, Elizabeth, Rebecca** and **Ted Barnett, Mary (Handy) Cowles, David Daunce, Esther Doan, Yetta Panitch, Annie, Meena** and **Ted Potter, Norman Sacks** and **Charles Worl.** Read more about this great event on pp. 4-5.

RAVS OUTREACH REPORT!

In the May newsletter, we omitted to report on a vegan food tasting for MVP Health Care employees, given onsite on March 12 by **VegMondays** volunteers **Carol Barnett, Debra Couch, Kimber Gorall, Rosemarie Stepanik** and **Martha Sullivan.**

Also a correction: two outreach events scheduled to occur just after the May newsletter went to press never took place due to a freak snowstorm on April 23: the spring Health Fair on Brockport main campus and Victor Earth Day Fair.

But a cornucopia of outreach events **did** take place in May, June and July. Thanks to those who staffed these events!

- American Heart Assn. Heart Walk (**Honey Bloch, Nancy Hallowell, Tina Kolberg, Walt McBurney**)
- Health Fair at RG&E service headquarters (**Carol Barnett**)
- Health Fair for Rochester Central School District (**Tina Kolberg**)
- Represented NY Coalition for Healthy School Food at workshop given by USDA Deputy Secretary Kathleen Merrigan (**Carol Barnett**)
- Talk on vegan meal planning at Bay Knoll Seventh Day Adventist Church Health Fair (**Carol Barnett**; table staffed by **Ken** and **Rhea McBride**)
- Energy Fair sponsored by Color Brighton Green (**Tina Kolberg**)
- Health Fair at Ginna Nuclear Power Plant (**Carol Barnett**)
- Focus group showing of "Peaceable Kingdom: The Journey Home" (**Carol and Ted Barnett**)
- Health Fair, Rochester Housing Authority (**Carol Barnett**)
- Cooking class on Vegan Pot Luck at Pittsford Community Library (**Wendy Gilmore**)
- Cool Rochester class for inner-city youth on eating a Low Carbon Diet (**Margie Campaigne**)

It's a pleasure to reach so many people at these events.

Enjoy the rest of summer as we move towards the cooler months, and keep spreading the word about the joy of a vegetarian way of eating and living.

PLANT-BASED NUTRITION course at the Jewish Community Center, 1200 Edgewood Ave., taught by **Ted Barnett, M.D.** with food samples by **Carol Barnett**, will be offered again on six Thursdays beginning Sept. 6. Call 461-2000 to register.

GREENTOPIA For the 2nd time, RAVS will participate in this environmental festival, to be held Sept. 10-16. RAVS's information table will be staffed on **Sat. Sept. 15** and **Sun. Sept. 16.**

FARM SANCTUARY WALK FOR THE ANIMALS in the Rochester area will be on **Saturday Sept. 22** starting at the Riverbend Shelter in Genesee Valley Park. Registration at 10 AM; the 1.5 mile walk begins at 11 AM. Register at walkforanimals.org. You can also visit the Rochester Walk for Farm Animals Facebook page.

WORLD VEGETARIAN DAY is on October 1, and the entire month of October is Vegetarian Awareness Month.

VEGAN KICKSTART, a program of Physicians Committee for Responsible Medicine (PCRM), provides phone and email reminders, tips, and recipes for a 21-day introduction to vegan living. The next Kickstart program starts on September 3; visit 21daykickstart.org to register. There's an app for your iPhone that allows you to start the program any time; or you can buy Neal Barnard, M.D.'s book *21-Day Weight Loss Kickstart* and start when you want.

LOCAL NUTRITIONIST INTERVIEWS RAVS COORDINATOR Tami M. Best, in her nutrition column in the Democrat and Chronicle on 5/16/12, interviewed **Ted D. Barnett, M.D.** on a recent nutrition survey conducted by PCRM, which revealed that many Americans are unaware of the advantages of plant foods, such as that greens are rich sources of calcium. Dr. Barnett, citing the rising rate of obesity, said that "Switching to a whole-foods plant-based diet with minimal added oils would go a long way toward reversing that trend." The article mentioned RAVS, as well as the plant-based nutrition course at the JCC taught by Dr. Barnett. ❖

We welcome the following: **New Members:** June Avignone, Janet Clarke-Hazlett, Emily Cope, Chris Giordano, Roberta Merrill, Lenore McPherson, Gerry & Tim Miner, Norman Sacks, Carrie Scufari, Betty Stahl. **Membership Renewals:** Hal Bauer and Gayle Mosher, M.D., Larry Berger, Felicity & Gerald Brach, Ellie Cherin (Contributing Level), Charles DiPrima, Jere Fletcher (2-year renewal), Gloria & Steven Foster, Nancy Hallowell, Joanne & Chris Hee, Robert Klein, M.D. and Connie Klein (Contributing Level), Lucille O'Brien, Yetta Panitch & David Daunce (Contributing Level), Georgia Radtke (2-year renewal), Russ Roberts, Selma Saks, Ron Schneider (2-year renewal), Sister Lucetta Sercu, James Sutton. Thank you for your support! ❖

REPORT FROM VEGETARIAN SUMMERFEST 2012

Speakers at the North American Vegetarian Society's annual Vegetarian Summerfest addressed every aspect of a vegetarian way of life.

EMPHASIS ON HEALTH

Michael Greger, M.D., in his nutrition update, emphasized "uprooting the leading causes of death." Some facts: Follow-up on the Nurses Health Study included a competing risks analysis showing that 1 egg a day was the equivalent of 5 cigarettes; and 2 handfuls of nuts a week had the same benefit as 4 hours of jogging a week, as did 1 cup of oatmeal a day. The EPIC study showed that incidence of cancer is lowest among vegans, and the blood of vegans is 8 times less hospitable to cancer than that of omnivores. Vegans who take mild exercise--"strolling vegans," according to Greger--have 2 times the rate of cancer cell death compared to omnivores who exercise rigorously. Meat eaters are 2-3 times more likely to come down with Alzheimer's disease than vegans. Vegans have lower risk of diabetes, high blood pressure, and depression. Of the top 15 reasons Americans die, vegan diet can prevent nearly all of them, treat half of them, and reverse some of them, including cancer, heart disease, and diabetes.

Dina Aronson, R.D. discussed inflammation as the "unified key" behind those same three diseases, as well as arthritis, autoimmune diseases, Alzheimer's, and depression. A vegan diet is anti-inflammatory, especially a whole-foods diet which reduces or eliminates refined carbs, and emphasizes antioxidant-rich fruits and vegetables as well as sources of healthy omega-3 fats, such as leafy greens, walnuts, soy products, and seeds such as chia, flax, and hemp. A few surprises: moderate use of coffee and tea reduces inflammation, as does moderate use of alcohol (5 to 7 drinks a week) and moderate exercise. Stress, sleep loss, and smoking all increase inflammation and disease risk.

Neal Barnard, M.D. spoke about protecting brain health through diet. It turns out that "bad fats" (saturated animal fat, trans fat) are bad for the brain, as are high levels of blood cholesterol, and not just by blocking arteries: a study of 64 patients with Alzheimer's disease showed that the higher their cholesterol levels, the more amyloid plaques (formations associated with dementia) they had in their brains. We should try to reduce cholesterol the natural way, with diet: the FDA has just issued a warning that statin use can result in cognitive impairment. On the positive side, vitamin E-rich foods such as spinach, mangoes, nuts, broccoli, sweet potato, and avocado neutralize free radicals that damage

the brain (and other organs); other protective nutrients are B vitamins and the phytochemicals found in blueberries, Concord grape juice, or red wine. Exercise is also good for the brain: Barnard says start with a 10-minute daily walk and increase it every week by 5 minutes until you are up to 40 minutes. There's "no question that the diet that is best for the animals and the earth is good for your brain and for the rest of you, too."

Brenda Davis, R.D. gave us ten steps for "Maximizing the Protective Capacity of a Plant-Based Diet." They are: (1) Do not overeat; (2) Maximize nutrient density and make every calorie contribute to health (remember that greens are the most nutrient dense class of foods); (3) Avoid making refined carbs your dietary staples (don't go from meat and potatoes to pasta and bagels); (4) Reduce glycemic load (mainly, limit intake of foods that cause a rapid rise in blood sugar, such as white flour products); (5) Replace unhealthy fats such as trans fats and extracted oils with whole plant foods that contain healthy fats, such as nuts, seeds and avocado; (6) Maximize phytochemicals and antioxidants with a "daily rainbow" of fruits and vegetables; (7) Minimize harmful chemical residues by choosing organic when possible; (8) Reduce sodium; (9) Meet recommended intakes for all nutrients and the few needed supplements [see p. 3 of this newsletter under "Jack Norris"]; (10) Make whole plant foods the centerpiece of your diet! EMPHASIS ON PERSUASION AND SOCIAL CHANGE

Colleen Patrick-Goudreau talked about strategies for good communication with non-vegetarians. Patrick-Goudreau (P-G) says that our goal should be to get others to live not according to our values, but according to their own values. She says to speak your truth and tell your story, and not be attached to the outcome. P-G believes that people are compassionate at their core, and we should foster and encourage them as we provide information (or the example of our own behavior) that causes them to see that their actions are not consistent with their own values. In fact, P-G believes that the compassion and non-violence that we try to embody in our relationship to animals and the natural world should be offered to the people we encounter in our vegan advocacy. Some audience members offered hard-to-answer questions to which P-G modeled a response. For example, in answering "Why don't you eat honey?" P-G pointed out that the underlying assumption of the question is that animals are "here for us," so that an effective response might be: "They're not making it for me." To the question "Are you a hard-core vegan?" P-G's response might be, "If 'hard-core' means 'consistent' then yes"; or "For me, being vegan is about being compassionate. I

always want to not hurt someone. So yes, I am hard-core compassionate."

Melanie Joy, Ph.D. spoke about "Vegan Empowerment." Joy's breakthrough concept is "carnism" which she identifies as the reigning ideology of a meat eating culture which is so pervasive as to be invisible, and so powerful that it victimizes those who subscribe to it (meat eaters) and marginalizes and denigrates those who challenge it (vegans). Like all ideologies, carnism is protected by defense mechanisms, such as compartmentalization (some animals are meant to be eaten and others are not) and projection (vegans are called "extreme" when it is society's treatment of animals that is extreme). Another defense mechanism is stereotyping vegans as paragons of health and casting them as experts, so that if they fall short, e.g. get sick, or can't answer a question, it is "their fault" if the questioner keeps eating meat; in effect this is a strategy to transfer guilt for animal suffering onto vegans, who are most susceptible to it. Joy says the key to turning this around is recognizing that the ideology of carnism has taken on a life of its own that victimizes not just those who oppose it but also those who practice it, contrary to their own core values of love for animals. Joy says to resist the marginalization of veganism (just a "food preference") and the isolation of vegans, by establishing community and solidarity with each other. She said, as did others at the conference, that veganism is a social justice issue and indeed "the social justice movement of our time." Joy's closing words were: "We are part of something much greater than our individual selves. We are not alone. You living your truth is the greatest threat to carnism."

Michael Klaper, M.D. delivered the closing night address called "Reasons for Hope for 21st Century Vegetarians." Much of his talk felt very far from hope, as when he said that the meat we eat and the toxic way we produce it make a "river of death sloshing through our society." Recent trends of alienation, polarization, and corporate control do not bode well for the use of our political system to redress the fundamental unfairness of animal oppression, environmental degradation, and the misguided subsidy of unhealthy products. But we have to start where we are. Resource constraints over the coming years, as well as rising interest on the part of the general population, will create openings and even business opportunities for vegans; as Klaper said to us, "You are the people who know how to live on plants," and that is valuable knowledge. Klaper quoted Francis Moore Lappe's definition of hope as, not the likelihood that things will improve or turn out well, but "simply the choice to take action." ❖

A TASTE OF SUMMERFEST

These recipes were distributed at information sessions and cooking demos at Vegetarian Summerfest 2012.

MEDITERRANEAN BEAN BURGERS

(from *Let Them Eat Vegan* by Dreena Burton; wheat-free, soy-free, optionally gluten-free)

Kalamata olives and fresh oregano give a Mediterranean twist to these burgers. They are very healthy, made with kidney beans, rolled oats, and no added oil.

[Editor: This recipe may seem involved, but it gives you a great delicious whole-foods (unrefined, unprocessed) burger and is worth the effort!]

2 14 oz cans kidney beans, drained
1-2 med cloves garlic, roughly chopped
2½ T tomato paste
1½ T red wine or balsamic vinegar
1 t Dijon mustard
¾ c green onion, sliced
¼ c fresh parsley, roughly chopped
2 - 2½ T fresh oregano, chopped
½ t salt (preferably sea salt)
Freshly ground black pepper to taste
1¼ c rolled oats (use certified gluten-free for that option)
⅓ - ½ c Kalamata olives, roughly chopped (optional)
¼ red bell pepper, diced (optional)

In a food processor, combine the kidney beans, garlic, tomato paste, vinegar, and mustard. Pulse until pureed. Add the green onions, parsley, oregano, salt and pepper to taste, and process to break up and blend. Add the oats and pulse to begin to incorporate. Transfer the mixture to a large bowl (or remove the blade from the processor bowl) and stir in the olives and red pepper, if using. Refrigerate the mixture for 30 - 45 minutes, then shape into patties with your hands. Cook on a lightly oiled skillet for 6-8 minutes per side or until golden brown; or cook on a lightly oiled cookie sheet at 350 degrees for 10-12 minutes on each side, flipping once. Makes 6-7 patties.

The olives and red pepper can be added to just part of the burger mixture, if you have family members who don't like those.

At first the burger mixture will appear somewhat loose, but as it sits and refrigerates, it will firm up. It will be the right texture once it's time to shape the patties.

RAVS MEMBERS: Your expiration date is on your address label. Members who receive only a pdf file of the newsletter will receive periodic email reminders about their expiration date.

EGGPLANT RECIPES from LaDiva Dietitian (also known as Marty Davey, R.D.)

YUMMY EGGPLANT CUTLETS

These show off the meatiness of eggplant. Top with your favorite vegan marinara.

1 medium eggplant
¾ c flour
½ c water
1 c bread crumbs
1 t onion powder
1 t garlic powder
1 t ground sage
Oil for cookie sheet

Preheat oven to 350 degrees. Lightly oil a cookie sheet. Peel eggplant if desired and cut into 1 inch slices. Using three pie pans or other shallow pans, put ½ c flour in one, ¼ c flour whisked into ½ c water in the 2nd, and the bread crumbs and flavorings whisked together in the 3rd. With an eggplant round on a fork, put the round in the 1st pan and cover both sides with flour. Tap off extra flour and dredge in 2nd pan. Place in 3rd pan and cover both sides with bread crumbs. Tap off extra bread crumbs. Put on cookie sheet. Repeat with all eggplant rounds.

Bake at 350 degrees for 10 min. and turn over. Bake another 10 min. Check for doneness; it should be easily pierced with a fork. Top with marinara sauce.

PISTACHIO GANOUSH

1 medium eggplant, baked 400 degrees for 30-40 min. (prick skin with fork before baking)
2 T pistachio butter*
1 clove garlic
Juice of 2 limes
Pinch salt

Let eggplant cool after baking. Cut in half lengthwise and scoop out the flesh with a spoon. Put in food processor along with the other ingredients and puree. Serve with vegetable sticks and pita bread or crackers.

*To make pistachio butter, put pistachios in the food processor and puree until fairly smooth. You can also substitute tahini or cashew butter.

MEDIA TRIVIA: Marty Davey and her husband are actors, as is their 13-year-old son Seamus Davey-Fitzpatrick, who was also at Summerfest. Seamus played Damien (the devil child) in the remake of "The Omen," and he appears in "Moonrise Kingdom," now playing in theaters.

TUNA(LESS) SANDWICHES

(Recipe by Allison Rivers Samson, creator of Allison's Gourmet vegan baked goods, author of the "Veganize It!" column in VegNews magazine) (Serves 6)

[RAVS member Norman Sacks, who brought the recipe home from Summerfest, made a hit with this tunaless salad at the July picnic.]

30 oz (2 cans) garbanzo beans (chick peas), drained
¼ c red onion, finely chopped
½ c celery, finely chopped
¼ t garlic, minced
¼ c dill pickle, finely chopped
2 T nori seaweed flakes
1 c vegan mayonnaise
1 t salt, preferably sea salt
½ t black pepper
12 slices bread, slightly toasted
6 large, crisp lettuce leaves
12 tomato slices

In a large bowl, mash the garbanzo beans with a potato masher or the back of a fork. Fold in the remaining ingredients. Combine thoroughly. Assemble the sandwiches, cut in half and serve.

SWEET RAINBOW QUINOA (Dr. Kerrie Saunders and John Pierre)

1½ c quinoa with 2 c water
1 c orange juice
½ c strawberries or raspberries
¼ c each currants, blueberries, sliced green grapes, Mandarin oranges, and dried cranberries
½ c pecans or hazelnuts

Boil quinoa and water until the quinoa is beginning to open up into spirals (about 15 min.). Add in the orange juice and turn down the heat. Add in the rest of the ingredients and stir to mix. Ready to serve.

CHOCOLATE FUNDÆ (Chef AJ, author of *Unprocessed*)

1 c natural peanut butter
1 c date paste or roughly chopped dates
½ c raw cacao powder or unsweetened cocoa powder
½ c unsweetened non-dairy milk
1 t or more alcohol-free vanilla extract

Place all ingredients except for the milk in a food processor fitted with the "S" blade and process until ingredients are incorporated, scraping down the sides if necessary. Slowly add non-dairy milk, a little at a time, until desired consistency is reached. Can be eaten immediately, or chilled for a firmer texture. ❖

IN THE NEWS

FISH OIL DOES NOT PREVENT HEART DISEASE A study of the effect of fish oil on heart disease, published in the Archives of Internal Medicine (online 4/9/12), combined data from 14 previous studies of a total of 20,485 patients. The results showed that fish oil did not prevent the recurrence of heart problems. PCRM's Good Medicine, Summer 2012.

RED MEAT INCREASES RISK OF PREMATURE DEATH Eating red meat increases the risk of heart disease, cancer, and premature death, according to a new study from the Harvard School of Public Health published in the Archives of Internal Medicine (online 3/12/12). For a group of 121,342 persons followed for up to 28 years, each daily serving of meat increased the risk of dying by 12%. For processed meats such as hot dogs, ham and bacon, each daily serving increased the risk of death by 20%. Good Medicine, Summer 2012.

DAIRY PRODUCTS DO NOT PROMOTE BONE HEALTH Dairy products and calcium do not prevent stress fractures, according to a study published in the Archives of Pediatric Adolescent Medicine (online 3/5/12), which tracked the diet and physical activity of adolescent girls over a period of 7 years. Vitamin D intake did help to cut risk: girls getting the most vitamin D had half the risk of a fracture compared with girls getting less. Good Medicine, Summer 2012.

GOT MILK? YOU DON'T NEED IT That's the title of a blog post published online by Mark Bittman on 7/12/12 in the NY Times. Bittman quotes Neal Barnard, M.D. on dairy as the primary source of saturated animal fat, implicated in heart disease, and on the link between dairy and both type 1 diabetes and the most dangerous form of prostate cancer. Bittman points out that milk-drinking countries have the highest rates of osteoporosis, and the studies show that lifelong exercise and vitamin D are the real means of preventing bone fractures; yet the U.S. government spends more on dairy than any other item in the school lunch program and helps to fund the dairy industry's propaganda. Bittman reminds us that 90% of Asian-Americans, and 75% of African-Americans, Mexican-Americans and Jews are lactose intolerant. He shares his personal experience of ending a lifelong battle with heartburn on the day that he gave up dairy. As he says, Pass the water!

FAO YIELDS TO MEAT INDUSTRY PRESSURE ON CLIMATE CHANGE On 7/11/12, Bittman's blog carried an article by Robert Goodland delving into the controversy over what proportion of greenhouse gases (GHG) are generated by

animal agriculture. In 2006, the UN's Food and Agriculture Organization (FAO) issued a report entitled "Livestock's Long Shadow" stating that 18% of GHG are generated by livestock, more than by all forms of transportation combined (13%). Yet a later report issued by the World Bank and International Finance Corporation estimated that at least 51% of GHG were attributable to livestock. Goodland argues that the 2006 FAO report underestimated the amount of land used in livestock operations, and he points out that it was authored by livestock specialists, in violation of "international good practice" which would have used environmental assessment specialists; the later World Bank report was written by environmental experts, including himself. The clear implication is that the amount of GHG generated by livestock is substantially more than 18%, already an alarming figure. Goodland also reports that on July 5 a "new partnership" was forged between the meat industry and FAO "to assess the environmental performance of the meat industry"; the chair, Frank Mitloehner, is a meat industry advocate who previously challenged the FAO's 18% figure as too high and has stated that his goal is to promote intensified livestock production.

"THE MYTH OF SUSTAINABLE MEAT" is the title of an Op-Ed piece by James E. McWilliams in the NY Times on 4/5/12. McWilliams argues that small-scale animal farming, because of economic pressure and the current huge demand for meat, inevitably trends towards industrial practices, because "the unfortunate reality of commodifying animals is that confinement pays." The closing statement of this essay challenges the notion of "humane" farming: "After all," McWilliams says, "it's not how we produce animal products that ultimately matters. It's whether we produce them at all."

PLANT-BASED MEAT Stanford biochemistry professor Patrick Brown has created a new plant-based product that imitates meat and dairy. His two start-up companies in California are making foods that can't be told apart from the real thing--everything from bacon to cheddar--and they will be ready for market some time this year. They also promise to be more affordable than the first test-tube burger generated from animal tissue, which is projected to cost \$300,000 and is also expected to come out this year. In a press conference, Brown said: "Animal farming is by far the biggest ongoing global environmental catastrophe . . . in every conceivable way it's inefficient and destructive." He hopes these new products will help people to be open to a plant-based diet: "What you first need is a gateway to help people to realize that all the things

they love can be satisfied by plants." Sources: The Stanford Daily, 7/21/12; Island Vegetarian, Newsletter of Veg Society of Hawaii, April-June 2012. Patrick Brown is not to be confused with Ethan Brown, creator of a plant-based chicken taste-alike who was profiled by Mark Bittman and written up in our previous newsletter--another bright hope for the future.

EGG-FREE EGG The Vegg is an all-vegan egg yolk replacer that can be used as a liquid "yolk" for dipping toast(!) or in such recipes as French toast, custard, frittata, and Hollandaise sauce. It's also ideal as a liquid base when breading foods for frying. This product was "hatched" on April 1, 2006, when Rocky Shephard, a long-time vegan and animal activist, read an article about a new vegan fried egg available in the U.K. He was disappointed to find out it was an April Fool's gag, and decided to make it himself. For nutritional facts and Vegg recipes, visit TheVegg.com. Sources: Island Vegetarian, www.cok.net. At this time, neither Abundance nor Lori's carries the product, but it can be ordered online.

TWO SANDWICH CHAINS DISH OUT VEGAN OPTIONS Starting in May 2011, Pita Pit, a national quick-service chain, added an all-vegan black bean patty to all its menus. The CFO of Pita Pit declared the item a "huge success" and said he recognized that a growing number of customers were looking for heart-healthy options "and are also increasingly concerned about animal welfare issues." Also, some Subway restaurants offer an all-vegan patty; be sure to ask your favorite location to carry it. Compassion Over Killing, cok.net.

QUORN LAUNCHES FIRST VEGAN PRODUCT One of the best-selling frozen vegetarian brands, Quorn until recently used eggs in all of its products. After being contacted by Compassion Over Killing, Quorn launched its Vegan Burgers. cok.net.

BERRY GOOD FOR THE BRAIN Eating blueberries, blackberries, strawberries and other berries has beneficial effects on the brain and may help prevent age-related memory loss and other changes, according to a recent report in the Journal of Agricultural and Food Chemistry (online Jan. 2012).

CITRUS CUTS STROKE RISK A compound in citrus fruits may reduce the risk of stroke, according to research reported in Stroke: Journal of the American Heart Association (online 2/23/12).

GO, NUTS Research conducted at the Louisiana State Univ. Agricultural Center found that people who eat tree nuts have a lower risk for type 2 diabetes and heart disease; about ¼ oz daily is enough to confer the benefit. Good Medicine. ❖

“THE CHALLENGE OF GOING VEGAN” is the title of the 4/12/12 installment of the NY Times “Well” blog, by Tara Parker-Pope. While the article testifies to the increasing popularity of the vegan diet, it manages to perpetuate myths about its difficulty. E.g., Parker-Pope says: “Substitutes like almond milk and rice milk can shock the taste buds, and vegan specialty and convenience foods can cost two to three times what their meat and dairy equivalents do.” The article received 1246 comments. so we know there is considerable interest in the topic. Here’s one comment, from kfjohn in Baltimore:

“[Parker-Pope says] ‘...vegan specialty and convenience foods can cost two to three times what their meat and dairy equivalents do.’ This is precisely the kind of foolish claim that deters people from trying a vegan diet. There is nothing inherently expensive about eating vegan; those “specialty and convenience foods” are no more necessary to a vegan diet than filet and lobster are to a carnivore diet.

Healthy vegan food is one of the cheapest cuisines there is. If you can afford beans (dry or canned), rice, and pasta; a few onions, peppers, and yams; canned tomatoes, basic frozen vegetables, dry cereals, and soy milk, you can feed a family tasty, nutritious meals that cost a fraction of the price of the standard American diet (SAD).

The vegan cookbooks out there aren't new; they've been a growing sector of the cookbook publishing niche for twenty years. There are hundreds of them available, but you need only one or two good ones to get a variety of recipes to begin with. (Or you can just use common sense and your own imagination, once you've learned a few simple basics about vegan nutrition.) This is not difficult, folks. No matter how complicated Ms. Parker-Pope tries to make it. Give it a try.” Amen!

A BLAST FROM THE PAST The Journal of the American Medical Association (JAMA) has a regular column called “JAMA 100 Years Ago.” The 7/11/12 issue reprints a July 13, 1912 article entitled “The Place of Mushrooms in the Diet.” After an initial warning that readers should not venture forth to pick and eat wild mushrooms without knowing what they are doing, the article moves on to nutritional advice. First it says “As a rule, mushrooms are eaten much as are most of our ordinary “green vegetables,” without any assumption of extraordinary nutritive value.” Of course, we now know that green vegetables do have extraordinary nutritive value. But as for mushrooms, the article goes on to postulate that mushrooms are a valuable food: “In some quarters . . . the opinion has gained ground that mushrooms constitute an unusually nutritious and sustaining diet. A

well-known botanist has publicly intimated that mushrooms may contain from 20 to 50 per cent. of protein material in their dry matter and suggests that such material might properly be called vegetable meat and used as a substitute for animal food [i.e.meat].” The article says that a meal made entirely of mushrooms would be as bad for you as a meal made entirely of beefsteak. Well, not quite, we would argue. But why eat just mushrooms when “there’s so many things so neat to eat”?* [*Words from Vance Lehmkuhl’s song “Leftovers,” heard every year at Vegetarian Summerfest.]

From the Preface to *The World Peace Diet*: “Food is our most intimate and telling connection both with the natural order and with our living cultural heritage.” Our food choices are the key to understanding and healing “our frustrating inability to live in harmony on this earth.” Hear author **Will Tuttle** speak on **August 12** (2nd Sunday!).

From the Woodstock Farm Animal Sanctuary website: “WFAS is driven by the simple philosophy that kindness and respect to animals is our moral duty and that all the creatures that share this earth are here with us and not for us.” Hear **Jenny Brown**, the Co-Founder and Director of Woodstock Farm Animal Sanctuary, speak on **Sept. 23** (4th Sunday)!

APPLICATION FOR MEMBERSHIP IN THE ROCHESTER AREA VEGETARIAN SOCIETY:

P.O. BOX 20185, ROCHESTER, NY, 14602-0185
(585) 234-8750, rochesterveg.org, rochesterveg@gmail.com

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): _____ email: _____

- \$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
- I am/we are willing to volunteer to help RAVS

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:

Rochester Area Vegetarian Society upcoming meetings and events of interest

PLEASE READ CAREFULLY; some meetings are not on our usual "3rd Sunday"

- **August 12, 2012*** (2nd Sunday) **The World Peace Diet** with **Will Tuttle, Ph.D.** Dr. Tuttle is a former Zen Buddhist monk, a talented pianist, and a philosopher of modern culture who talks of the need to move towards a vegan world. Book of the same title as lecture will be available for purchase and signing. Dr. Tuttle will deliver the sermon at 10 AM earlier in the day on Sunday at First Unitarian Church, 220 Winton Rd. South; and he will give a piano concert on Monday August 13 at 7 PM at the First Unitarian Church in the Williams Gallery, 1st floor.
- **Sept. 6 through Oct. 11** (six Thursdays, 7:00-9:00 PM) **A Plant-Based Diet: Eating for Health and Happiness** taught by **Ted D. Barnett, M.D.**, food samples and recipes by **Carol Barnett**. Jewish Community Center, 1200 Edgewood Ave. Call 461-2000 to register.
- **September 10, 2012** (2nd Monday) **7:00 PM** Fall kickoff event for **Heartbeats for Life**. (Not a RAVS event) **Five Physicians Explain "Why I Eat a Plant-Based Diet."** Panel includes RAVS Co-Coordinator Ted D. Barnett, M.D. Rochester Academy of Medicine, 1441 East Avenue. \$1 charge per person. Parking at rear of building.
- **September 15-16, 2012** (Sat. and Sun.) **Greentopia Festival** at High Falls. Free and open to the public; visit greentopiafestival.com for events earlier in the week. RAVS will have a literature table and food tasting, approximately 10 AM to 6 PM both days.
- **September 23, 2012*** (4th Sunday) **Fighting for Farm Animals** with **Jenny Brown**, Co-Founder and President of Woodstock Farm Animal Sanctuary, and author of *The Lucky Ones: My Passionate Fight for Farm Animals*. Copies of book available for purchase and signing.
- **October 21, 2012*** (3rd Sunday) **School Food in New York State: What We've Accomplished, What Remains to Be Done** with **Amie Hamlin**, Director, New York Coalition for Healthy School Food

*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. Look for "Brighton Town Park" sign. Lodge is on south side, on "Haudenosaunee Trail." Please note that Westfall Rd. may be under construction and traffic may be routed one-way.

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.

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



14602

ROCHESTER, NY

Box 20185

ROCHESTER AREA VEGETARIAN SOCIETY