



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, either, 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. Come to a meeting, give us a call at (585) 234-8750, or visit our website, rochesterveg.org. You will find us helpful and welcoming. ❖

VEGAN IS THE NEW NORMAL

"Making Vegan a New Normal" is the title of a 9/24/12 article by Jeff Gordinier in the New York Times, exploring the rise of vegan restaurants, and vegan entrees in almost every restaurant, in the Los Angeles area. According to the author, "the surging popularity of plant-based diets is drastically changing the dining landscape."

One reason the trendier restaurants are moving in this direction is to attract celebrities, many of whom are vegan. One restaurateur says: "I like opening the vegan door for people"; another says: "I'm willing to do anything. . . I want them here, and I want them happy." And why are so many celebrities vegan? Because they want to be healthy and look good: "in a city where nobody wants to get old, plenty of people are willing to give pumpkinseed chorizo [sausage] and parsnip bacon a try."

It's easy to be cynical about Hollywood celebrities, but we can hardly criticize them for trying to achieve health and beauty through plant-based eating. What's more, unlike most of the luxuries and perks enjoyed by the rich and famous, a vegan diet is equally available to all and equally beneficial to all.

While we can't sit down to a meal at the all-vegan Cafe Gratitude unless we go to Los Angeles, we have our own all-vegan restaurant in Rochester, The Natural Oasis at 288 Monroe Avenue, which serves an Ethiopian buffet at lunch, and a gourmet tasting menu (all menu items \$4) prepared by Chef Nick Bovenzi at dinner. We have the Owl House at 75 Marshall Street, where virtually all menu items have a vegan option and virtually all the desserts are vegan. And we have many Chinese, Indian, Thai, Mexican, Middle Eastern, and Italian restaurants where vegan options are on the menu or can be easily provided.

Is vegan the new normal? As an option, yes. As a common, mainstream dietary choice, not as much. But we're getting there. The popularity of films like "Forks Over Knives" and "Planeat" is one piece of evidence, as is the popularity of RAVS's own Plant-Based Eating course, which we have given twice now at the Jewish Community Center. And as the NY Times article points out, the motivations aren't all

or even mostly selfish: "For reasons having to do with health, the environment, an aversion to cruelty to animals and (let's face it) rank vanity, more and more Californians [substitute 'people'] are going vegan."

MILK NOT NEEDED FOR STRONG BONES

One thing that keeps people from becoming vegan is the deep-seated belief, promoted by corporate interests, that dairy is necessary to health and, specifically, to building and maintaining strong bones. A recent study published in the Archives of Pediatrics and Adolescent Medicine casts doubt on this connection. The study followed young girls for 7 years, and found that those consuming the most dairy products and calcium had no added protection from stress fractures, and among the most active girls, those who got the most calcium in their diets had more than double the risk. Vitamin D intake, however, helped cut risk of fracture. The classic Harvard Nurses' Health Study, which studied 72,000 women for 18 years, showed a similar lack of connection between dairy and bone health at the other end of the lifespan: the women who consumed the most milk were as likely to suffer a hip fracture as those who avoided milk. For a more detailed discussion by the Physicians Committee for Responsible Medicine, search "dairy junk science pcrn." In July of this year, PCRM petitioned the USDA to remove milk as a required food from the school lunch program, in part because it does not promote bone health.

End the whitewash, take the sacred dairy cow off its pedestal. And go vegan! ❖

HAIKU

mid-autumn stillness
a lonely young crow's wings
reddened with light

puffing up
or looking for scraps
café sparrows

waking from a dream
the absolute solidity
of winter branches

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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 in RAVS 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

It has been a fruitful late summer and autumn for the Rochester Area Vegetarian Society. First, an omission from the last newsletter to correct: we thank **Bob Zimmermann** for the delightful slide show on composting, accompanied by his own music, at the June meeting.

In August we were graced by a visit from **Will Tuttle, Ph.D.** and his wife, artist **Madeleine Tuttle**. Will delivered a provocative lecture on "The World Peace Diet" at our August meeting, and the next evening, Will gave a piano concert accompanied by Madeleine's paintings at the First Unitarian Church. At our September meeting, **Jenny Brown**, Co-Founder and President of Woodstock Farm Animal Sanctuary and author of the new book *The Lucky Ones*, gave a moving and impassioned talk on the lives of farmed animals and how we can help them, most powerfully by eating vegan. Then, in October, **Amie Hamlin**, Director of the New York Coalition for Healthy School Food, updated us on her organization's success in bringing vibrant vegan meals into New York schools, and gave us tips on how to increase and improve plant-based offerings in area schools.

We have some great programs coming up! In November, **Milton Mills, M.D.** will talk about whether humans are hard-wired to be plant-eaters (see more on p. 7). In December we'll have our potluck and traditional holiday party. And in January we'll have movie night and popcorn. See the calendar on p. 8 for details.

In addition to our regular meetings, we've had plenty to keep us busy. September brought the 2nd annual **Greentopia Festival** in the High Falls district, with RAVS staffing its own booth this year. We met hundreds of people and offered them delicious vegan food samples along with literature to answer their questions. Many thanks to **VegFund** for sponsoring this event, to local Rochester company **Northern Soy** (SoyBoy brand) for donating Tofu-Lin marinated tofu, and to **Wegmans** for donating Wegmans O's sandwich cookies. Thanks also to the RAVS members who tirelessly staffed this event: **Shelley Adams, Carol Barnett, Ted Barnett, Beth Garver Beha, Ellie**

Cherin, Katherine DaCosta, Nancy Hollowell, Leena Isac, Carol Manuel, Ken McBride, Rhea McBride, Darren Mrak, Daryl Odhner, Maggie Odhner, Denise Speicher, and Sue Taylor. Thanks also to **Tina Kolberg** for donating her beautiful artwork, and help with set-up.

Here is a list of other RAVS outreach events in recent months, with credit given to those who staffed them:

- Latimer Funeral Home anniversary celebration and health fair (**David Daunce, Yetta Panitch**)
- Progressives in Action meeting, lecture on U.S. Dietary Recommendations (**Ted Barnett, M.D.**, food samples by **Carol Barnett**)
- Plant-Based Nutrition Course, Jewish Community Center (see below)
- SUNY Brockport Healthy Mondays (**Carol Barnett**)
- Heartbeats for Life September meeting (**Ted Barnett, M.D.** was on panel of vegan physicians)
- St. John Fisher Wellness Fair (**Carol Barnett, Nancy Hollowell, Yetta Panitch**)
- Integrative Health Conference, Rochester General Hospital (**Carol Barnett**)

Thanks also to RAVS member **Alexis Stubbe** for organizing the highly successful Farm Sanctuary Walk for the Animals on September 22; and to University of Rochester student **Melody Jaros** for organizing a month-long Veg Challenge at U of R which included a showing of "Forks Over Knives."

Enjoy the upcoming holidays, and keep spreading the word about the joy of a vegetarian way of eating and living. ❖

The **PLANT-BASED NUTRITION** course at the Jewish Community Center, 1200 Edgewood Ave., taught by **Ted Barnett, M.D.** with food samples by **Carol Barnett**, ran for 6 weeks from Sept. 6 to Oct. 11, and was a success with almost 45 students. This course will be offered again in March 2013 at the JCC, and may be offered at other venues. If you are a RAVS member or on the RAVS email list you will be notified when the course is offered again. To receive notice, send an email to rochesterveg@gmail.com and put "Plant Based Nutrition Course" on the subject line.

A FOND FAREWELL to RAVS members **Debra Couch, Sanjog Misra**, and their son **Siddharth (Sid)**, who moved to the Los Angeles area over the summer so that Sanjog could join the faculty of the business school at UCLA. We miss them and hope they will come back to visit Rochester often!

Please attend the **MetroJustice Alternative Fair** at the First Unitarian Church, 220 South Winton Road, Rochester, NY 14610 on Friday Nov. 30 from 5 to 9 PM and Sat. Dec. 1 from 10AM to 2PM. This event features fair trade, earth-friendly, and/or locally produced goods that support a just and sustainable world. For affordable holiday gifts, you'll find clothing, toys, non-competitive games, pottery, jewelry, books, and more. There will be door prizes, vegan food for sale (Fri. dinner and Sat. brunch), music, and information tables staffed by local progressive groups including RAVS! \$3 suggested donation for ages 12 and older; free child care.

Try the downtown vegetarian restaurant **Voula's** at 439 Monroe Ave., 242-0935, open Tues.-Sun. 11AM - 7PM. Abundant vegan options include stuffed peppers on Wednesdays; vegan spanikopita on Fridays; dolmades (stuffed grape leaves--order without the tzatziki yogurt garnish); vegan spreads with bread (hummus, eggplant dip, or skordalia, made with potatoes and blanched almonds); and horitaki, a Greek salad--ask to substitute hummus for the feta cheese. The daily soup, often with lentils or beans, is usually vegan. Assorted vegan cookies include coconut bites with fig or strawberry filling. Yum!

IDEAS WANTED for an all-vegan cafe in downtown Rochester which is in the planning phase. Any suggestions for location or menu items, call 234-8750 or email rochesterveg.org.

REALLY? Thumbs down to the ad which uses a cartoon of a happy flying pig to advertise the BBQ pork at Mighty Taco; the same ad promotes a "Carne Alota" or "Meat Lovers Big Burrito."

THAT'S MORE LIKE IT Thumbs up to **Bill Gray's** for frequently advertising its "Best in town!" Veggie Burgers ("Try one with Grilled Veggies!") in a full page ad on the back of the RocWeekend section, along with a \$1 off coupon. ❖

We welcome the following: **New Members:** Judy & Jim Bailey, Joe Fappiano, Tracy Fontaine-Matteson, John Fortunato, Jacki & Michael Hagelberg, Connie Herrera, Mary Hilfiger, Drs. Kamal & Tarun Kothari, JoBeth & Noel Nichols, Jill Pearce & Terrance Bellnier, Karen Rettew, Mary Ann Samuelson, Diana Singer, Sue Starapoli, Ariane & Lawrence Taplin, Emily Weber & Adam Durand, Kathy & Billy Williams, Jen Zodarecky. **Membership Renewals:** Simon Barnett (2-year renewal), Honey Bloch, Kate Bohonos, Dr. Jacqueline Christman, Paul Clark, Steve Connelly, Rosemary Foos, Irene Hart, Tina Kolberg, Michael Miller, Rachel O'Donnell & Adam Hayes, Jeaninne Ottman, Naomi Pless, Camden Simmons, Jonathan Smelts, Denise & Mitch Speicher, Maureen & Steve Van Buren, Lorraine Van Meter-Cline & Doug Cline, Sharon Yates (Contributing Level), Marlene Zaretsky. **Newsletter Subscriptions:** Alice Barletta, Bill Waterhouse. **Newsletter Renewals:** Antoinette Bushlack. Contact us with any questions about membership. Thank you for your support!

IN THE NEWS

HARVESTING A CLIMATE DISASTER is the title of an Op-Ed piece in the NY Times dated 9/12/12 by Mark Hertsgaard, who says the competing farm bills currently stalled before Congress and the Senate would make climate problems worse in two ways: they'd accelerate global warming by encouraging more greenhouse gas emissions, and they'd make farms more vulnerable to those impacts. Both versions of the bill skew subsidies toward commodity crops like corn and soy, which are heavily dependent on chemical fertilizers and intensive energy use and which, like all monocultures, are extremely susceptible to climate change. Instead of helping farmers take steps to reduce vulnerability to extreme weather events (e.g., by increasing diversity and crop rotation), the bills call for billions more in crop insurance, thus maintaining the current system and shifting risks to the taxpayer. The article points out that agriculture is a major contributor of greenhouse gases, generating one-third of emissions globally, with feed crops for animals doing most of the damage: "The industrialized, meat-heavy food system of the U.S. takes a heavy toll on the atmosphere; it takes an enormous amount of fossil fuel to run farm equipment and harvest the mountains of corn that fatten livestock."

FIXING THE FARM BILL At a Congressional briefing on 4/19/12, Physicians Committee for Responsible Medicine (PCRM) testified that the nutritional priorities enshrined in the farm bill are sickening Americans, with 63% of the government's agriculture subsidies for domestic food products going to meat and dairy production and less than 1% going to fruits and vegetables. At the same briefing, the Waterkeeper Alliance argued against policies that have allowed pig farming to become an environmental disaster. PCRM's Good Medicine, Summer 2012

SUMMER DROUGHT AFFECTS FOOD PRICES The summer 2012 drought, estimated to be the worst in a half-century, caused the U.S. government to slash its estimates of soybean and corn yields to the lowest levels since 2003 and 1995, respectively. About 40% of the corn grown in the U.S., and most of the soy, is used to feed animals. After the hottest July on record, the Dept. of Agriculture estimated that food prices would climb 3-4% in 2013. NY Times, 8/10/12; pcrm.org on "Agricultural Policies"

"YOGURT SUMMIT" AND FACTORY FARMING A gathering of dairy farmers and state regulators at the state Capitol on 8/15/12 led to a proposal by Gov. Cuomo to weaken environmental

protections standards and allow a 50% increase in the number of dairy cows it takes--from 200 to 300--to trigger a requirement for the farmer to obtain a CAFO (concentrated animal feeding operation) permit and file a waste runoff plan. The pressure to relax standards comes from the push to supply milk for Greek yogurt factories. A coalition of environmental groups, including Environmental Advocates of NY and the Sierra Club, said the governor's proposal poses a risk to New York's waterways. Democrat and Chronicle 2/14/12; ecowatch.org

EPA CAN'T FIND FACTORY FARMS A lawsuit by environmental groups, including the Waterkeeper Alliance, to protect waterways from livestock waste has succeeded in getting the Environmental Protection Agency to propose a rule requiring livestock operations to report information to the agency. The progress of the lawsuit revealed that "the agency still doesn't know the location of many livestock farms, let alone how much manure they generate or how the waste is handled. . . . It is not unusual for CAFOs [concentrated animal feeding operations] to have thousands of cattle, tens of thousands of hogs or millions of chickens in one location." Democrat and Chronicle, 8/3/12

WATER SHORTAGES COULD TURN WORLD VEGETARIAN, according to scientists at the Stockholm International Water Institute. Because farmed animal products require much more water, land, and energy to produce than plants, a switch to a vegetarian diet will make us better able to feed the population of 9 billion that is expected by 2050. The report of the annual World Water Conference, which was held in August 2012, says that dramatic cuts in meat consumption will be needed to ensure survival and "We will need a new recipe to feed the world in the future." siwi.org

NUTRITION LABELS THAT SHOW THE TRUE COSTS OF FOOD? New York Times columnist Mark Bittman proposed in a recent column that food labels should reflect not just nutritional value but the cost of that food in terms of environmental damage and suffering. Bittman's dream food label gives each food a score for Nutrition, "Foodness" (how close the item is to a whole food), and "Welfare" (taking account of laborers, animals and the environment), and gives each food a red, yellow or green traffic light as a clear signal of relative value. As an example, Bittman gives high scores in all 3 categories to organic tomato sauce; gives sugary chocolate cereal low scores in "Foodness"; and gives fresh whole chicken good scores in Nutrition and "Foodness" but a failing score in "Welfare" because the birds live in cages, runoff pollutes the environment, and conditions for

workers in the processing plants are "abysmal." Tomato sauce gets a green light, highly-processed cereal a red light, chicken a yellow light. NY Times 10/13/12, or search "Bittman nutrition label."

HIGH-PROTEIN DIET LINKED TO HEART DISEASE A low-carb, high-protein diet may increase the risk of cardiovascular disease, according to a study of more than 43,000 Swedish women published in BMJ (British Medical Journal). Another Swedish study of 140,000 persons published in Nutrition Journal concluded that a low-carb diet leads to weigh gain and heightened risk of heart disease. NY Times, 7/2/12; Good Medicine, Autumn 2012

FISH OIL LINKED TO CANCER A five-year study of 2,500 cancer survivors found that those who took fish oil supplements were 3 times as likely to develop cancer as the placebo group. VegNews, July-August 2012, p. 20

BROCCOLI AND BOK CHOY HELP WOMEN SURVIVE BREAST CANCER according to research presented at the American Association for Cancer Research Annual Meeting 2012. Researchers studied 4,886 Chinese women diagnosed with breast cancer over 5 years, and found that a high intake of cruciferous vegetables during the first 36 months after diagnosis was associated with a lower risk of total mortality, breast cancer-specific mortality, and recurrence. Newsletter of Veg. Soc. of Hawaii, July-September 2012

AND ALSO SOY A report in the July 2012 issue of the American Journal of Clinical Nutrition looked at three studies of women diagnosed with breast cancer, including a total of 9,514 women. Those who consumed the most soy products were 25% less likely to have their cancer return, compared with those who avoided soy products. Good Medicine, Autumn 2012

ANTIOXIDANTS IN POPCORN At the meeting of the American Chemical Society in March 2012, a researcher presented findings that popcorn contains much higher levels of healthful antioxidants called polyphenols than previously believed, many of them concentrated in the hulls. Vinson cautioned that popcorn can't replace fresh fruits and veggies, and should not be transformed into a junk food with added oil, salt, and sugar. Veg. Soc. Hawaii 7/12-9/12

FRUITS VS. POLLUTION A new study shows that damaging effects of air pollution may be reduced by eating more fruits and veggies. Good Med. Autumn '12

VEGAN ON MARS NASA scientists are planning a menu that includes vegan pizza, for a mission to Mars in the 2030's. There may also be a "Martian greenhouse" for the astronauts to grow vegetables hydroponically during their years in space. Good Medicine, Autumn 2012. Now, how about Spaceship Earth? ❖

RECIPES FROM THE POST PUNK KITCHEN (theppk.com)

One of our favorite food websites! Here are a few recipes to try. All recipes serve 4.

SNOBBY JOES

(They think they are better than everyone because they don't contain meat.)

1 c uncooked green or brown lentils
4 c water
1 T olive oil or 2 T water
1 medium onion, diced small
1 green pepper, diced small
2 cloves garlic, minced
2 T chili powder, or to taste
2 t dried oregano
1 t salt
8 oz canned tomato sauce
4 T tomato paste or ketchup
3 T maple syrup
1 T yellow mustard
4 to 6 kaiser rolls or sesame buns, for serving

Put lentils in a small pot with 4 c water. Bring to a boil, lower heat, and simmer about 20 minutes until lentils are soft. In a skillet or soup pot, sauté onion and pepper in oil or water for 7 minutes; add garlic and sauté a minute more. Add the cooked lentils and the remaining ingredients except maple syrup and mustard, and cook about 10 minutes. Add the maple syrup and mustard, and heat through. Ready to serve on rolls.

TEMPEH HELPER

(For those who fondly remember Hamburger Helper and Tuna Helper!)

1 T olive oil or 2 T water
8 oz tempeh
3 c water
6 oz small shell pasta (about 1 c)
Handful of frozen green peas

Seasoning mix:

2 t onion flakes or powder
1 t garlic powder
1 t dried thyme
1 t dried oregano
1 t mild chili powder or paprika
1/8 t ground pepper
2 T vegetarian broth powder (optional)
2 t cornstarch
1/4 t salt

If tempeh is usually too bitter for you, steam it for 10 minutes before proceeding. Break the tempeh into bite-sized pieces. In a large skillet, sauté the tempeh in oil or water about 5 minutes or until lightly browned. In the meantime, mix the seasoning together in a bowl. Add 3 c of water to the tempeh in the skillet along with the seasoning, and stir thoroughly. Add pasta and bring to a boil;

once boiling, reduce the heat to simmer, cover, and cook 10 minutes, stirring once. Remove lid and continue cooking until the sauce is reduced and thickened to your liking, about 3 minutes. Serve with EAZY BREEZY CHEEZY SAUCE if desired.

EAZY BREEZY CHEEZY SAUCE

3/4 c nutritional yeast (available in bulk in natural food stores)
1/4 c unbleached or whole wheat flour
2 t garlic powder
2 t onion powder
1/4 t salt
1/8 t turmeric
2 T broth powder such as Frontier chicken-style
2 c water
1 t wet mustard

Mix dry ingredients in bowl. Add water and whisk till smooth, then pour into medium-sized pot. Cook on medium heat, stirring often; when sauce reaches a boil, reduce heat and cook another 5 minutes, stirring almost constantly, until it has a smooth melted cheese consistency. Editor's note: Add 1 T tahini to the sauce after taking it off the stove, for a creamier sauce.

TEMPEH ORZILLA

8 oz tempeh
1 T olive oil or 2 T water
1/2 t dried coriander
1/2 t fennel or anise seed
1 T soy sauce
8 oz orzo
1 red onion, thinly sliced
4 cloves garlic, minced
1/2 c sun-dried tomatoes (preferably dry, not packed in oil)
1/2 t dried rosemary
1 c dry white wine
1/2 t salt
Black pepper
1 c vegetable broth
2 T nutritional yeast (available in bulk in natural food stores)
3 c baby spinach

Tear tempeh into bite-size pieces and steam for 10 minutes. In a pan, sauté tempeh in oil or water 10 minutes, mashing it into crumbles while stirring. Add spices and soy sauce, sauté another 2 minutes, then turn off the heat and cover.

Boil the orzo till *al dente* and drain. Set aside. In a large skillet, sauté onion in oil or water about 5 minutes, adding the garlic towards the end. Add sun-dried tomatoes, rosemary, wine, salt and pepper; simmer till the liquid is reduced by half, about 5 minutes. Add broth and warm through. Add spinach and cook till the spinach wilts.

Turn off the heat; stir in the orzo and tempeh crumbles, and serve.

ROASTED BUTTERNUT ALFREDO

[1 butternut squash or other winter squash]

1/2 lb pasta, any type
1/2 c raw cashews, soaked at least 2 hours*
1 1/2 c vegetable broth
1 1/2 c roasted butternut squash or other winter squash
2 T light miso
2 T nutritional yeast (optional)
1 T lemon juice
1 T olive oil or 2 T water
1 onion, quartered and thinly sliced
3 cloves garlic, minced
1 t dry sage
3/4 c dry white wine
1/2 t salt
Black pepper
Garnish: Pumpkin seeds, pecans, walnuts or hazelnuts, toasted 325 degrees 2-3 min.

Cut a butternut squash in half and remove pulp and seeds. (Seeds can be rinsed and roasted--delicious!) Place squash halves cut side down on oiled cookie sheet. Bake at 425 degrees about 30 minutes and let cool. (You will only need part of the squash for this recipe.)

Cook pasta till *al dente*, drain and set aside. Blend cashews with veg broth in food processor until very smooth. Add squash, miso, nutritional yeast and lemon juice and puree until smooth.

In large skillet, sauté onions in oil or water 7 minutes until lightly browned, adding garlic towards end. Add remaining ingredients except garnish, bring to a boil, and simmer 2 minutes. Turn down the heat. Add squash puree, stir, and cook 5 minutes. Add pasta and toss to coat. Serve topped with toasted seeds or nuts.

*You can use 1/2 c cashew butter instead of the ground soaked cashews.

COCONUT CREAMED SPINACH

2 t coconut or other oil, or 1 T water
2 cloves garlic
1 lb spinach, rinsed well
1 c coconut milk from a can (not coconut-based milk in aseptic package)
2 star anise (optional)
1/4 t salt

In a skillet, sauté garlic in oil or water, being careful not to burn it. Add spinach in batches until it wilts and fits in the pan. Cook about 3 minutes. If there is any excess water, spoon or drain it out. Add the coconut milk, star anise if you are using, and salt. Bring to a boil and cook about 5 minutes. Let sit in the pan for about 10 minutes to allow flavors to meld. ❖

MORE RECIPES!

For all recipes:

t = teaspoon, T = tablespoon, c = cup

VEGAN PINWHEELS

- 1 package burritos, such as Wegmans Gordita-style Sun-Dried Tomato Flavor*
- 1 tub Tofutti Better Than Cream Cheese
- 1 jar roasted red bell peppers
- 1 bag baby spinach

Take one burrito and spread it generously with the vegan cream cheese (probably 2-3 T per burrito). Drain a roasted red pepper on paper towel (otherwise the finished product will be soggy). Slice the red pepper into strips. Place strips down the middle of the circle; then toss a layer of spinach leaves on top of the entire burrito. Roll up the burrito tightly in such a way that, when you cut cross sections, there will be red pepper in each slice. You may need some more cream cheese to seal the edges of the burrito. Cut cross sections, about 10 or 12 per roll. (The end pieces are a little irregular so you may have to snack on them as you go!) Nice during the holidays (red and green).

*You can use any brand or style but check ingredients. The Wegmans Spinach Basil style is labeled "V" for vegan but the ingredients say it has Romano cheese flavor so can't be trusted. Wegmans whole wheat burritos have fish oil added. You can find other brands, esp. in health food stores, that are vegan. You can also look for gluten-free wraps; try to find something that is flexible for rolling.

WHITE CAKE (Adapted from Sher and Doherty, *You Won't Believe It's Vegan*)

- 3 c flour
- 2 t baking soda
- 1 t baking powder
- ¼ t salt
- 1 c sugar
- 2 liquid c soy milk or other plant milk*
- 2 T oil
- 1 t vanilla
- 2 T apple cider vinegar or white vinegar

Prepare one 13"x9" rectangular or two round 9" pans by oiling them and dusting them with flour.

Preheat oven to 350 degrees. Combine all dry ingredients in a large bowl, mixing thoroughly. Combine wet ingredients in a separate bowl. Pour wet ingredients into dry ingredients and mix

together as quickly as possible (150 strokes should do it). Pour into pan or pans and place in oven. Rectangular pan should bake in about 23 min.; check at 20 min. by inserting a straw and toothpick to see if it comes out clean. Round pans should bake in a shorter time; check at about 18 min.

*2 c liquid measure = 2½ c dry measure cups

CHOCOLATE CAKE (Adapted, Sher & Doherty)

- 3 c unbleached flour or mix of whole wheat and unbleached (up to 1½ c can be whole wheat)
- ½ c unsweetened cocoa powder
- ¼ c sugar
- 2 t baking soda
- 1 t baking powder
- ¼ t salt
- 2½ liquid cup measure plant milk, cooled coffee or water, or a mix*
- 2 T oil
- 1 t vanilla
- 2 T apple cider vinegar or white vinegar

Oil one 13"x9" pan or two 9" round pans, and "flour" them with cocoa to give a deep chocolate exterior. Preheat oven to 350 degrees. Combine all dry ingredients in a large bowl, mixing thoroughly. Combine wet ingredients in a separate bowl. Pour wet ingredients into dry ingredients and mix together as quickly as possible (150 strokes should do it). Pour into pan or pans and place in oven. Large pan should bake in 26 min., round pans in shorter time. Check large pan after 23 min. or round pans after 20 min.

*2 1/2 c liquid measure = 3 c dry measure cups

BUTTERCREAM FROSTING

- 3½ c confectioner's sugar
- [½ c unsweetened cocoa-for chocolate frosting]
- 2 T Earth Balance margarine
- Dash vanilla flavoring
- 4 T or more soy milk or creamer, or other plant milk

Use a fork to work the margarine into confectioner's sugar. Very gradually add the plant milk or creamer. Making frosting is an inexact science—I usually just "eyeball" it—but remember if the frosting is too wet or too stiff, you can add either sugar or milk till you get it right. Remember, in hot weather, frosting tends to soften, so you might want to compensate by making a slightly drier frosting.

ROASTED CAULIFLOWER

- 1 medium head of cauliflower, trimmed and cut into small florets (about 8 c)
- Paprika
- Garlic powder and/or onion powder
- ¼ t salt
- 1-2 cloves garlic, minced

Preheat oven to 425 degrees. Lightly oil a cookie sheet. Place about 8 c cauliflower florets on the cookie sheet; sprinkle with paprika and garlic powder and/or onion powder, and salt. Cover lightly with aluminum foil and place in 425 degree oven. After 10 minutes, use a spatula to turn the florets, to even the browning. After another 10 minutes, add the garlic, if using, and roast for another 5 minutes.

PUMPKIN BREAD (from J.M. Hirsch & M.Hirsch, *Venturesome Vegetarian Cooking*)

- 2 T oil
- 1 medium banana, very ripe
- 6 oz soft silken tofu
- ½ c maple syrup
- ½ c vanilla or regular plant milk
- 8 oz canned pumpkin
- 1¼ c unbleached white flour
- ½ c sugar or maple syrup crystals
- 1 t baking soda
- ½ t baking powder
- ½ t salt
- ½ t cinnamon
- ½ t ground cloves
- ⅔ c golden raisins
- ½ t cider vinegar

Preheat the oven to 350 degrees. Lightly oil a 9 x 5" loaf pan.

In a food processor, combine the oil, banana, tofu, maple syrup, plant milk and pumpkin. Puree until smooth.

In a mixing bowl, mix together the flour, sugar, baking soda and powder, salt, and spices.

Combine the dry mixture with the liquid mixture to make a thick, smooth batter. Fold in the raisins. Quickly stir in the vinegar. Pour the batter into the prepared pan.

Bake 1 hour or until a toothpick inserted in the center of the loaf comes out clean. Cool in the pan 10 minutes. Remove the loaf and cool another 15 minutes on a wire rack before slicing.

*For best results, plump the raisins by soaking them in 2 cups of hot water for 20 minutes, then drain them before adding them to the batter. ❖

VEGETARIAN BY NATURE?

Please don't miss our November meeting and program, at which we will welcome Milton Mills, M.D. Dr. Mills is an expert on the compatibility of human physiological and organ systems with plant-based eating, and the role of fiber and phytochemicals in the human diet. He has a highly original and well-developed view that human beings, not just by their physical make-up, but also by their genetically programmed preferences, are suited to a completely plant-based or vegan diet. Have you ever heard that humans "got smart" by learning to hunt? What if they "got smart" by keeping track of flowers?

Dr. Mills is a practicing intensive care physician in the Washington, D.C. area. He also serves as Associate Director of Preventive Medicine for the Physicians Committee for Responsible Medicine (PCRM), and is co-author of PCRM's Report on Racial and Ethnic Bias in the U.S. Dietary Guidelines.

VEG DIET CAN REDUCE STRESS

According to research published in Nutrition Journal, diets that include meat are high in arachidonic acid, which can cause mood-disturbing brain changes. A study comparing omnivores, those eating fish and no meat, and vegetarians found that "vegetarians reported significantly better moods and less stress" than the other two groups. Huffington Post, 3/11/12

LETTER TO THE EDITOR

During the holiday season, it might be worth keeping in mind the sentiments expressed by a RAVS member in his letter to the Democrat and Chronicle:

"Could it possibly be that this country's problems are not entirely a slow economy, but also people's "greed" and exorbitant expectations in life? Why do all 311 million Americans each need a car? What about the virtue of sharing and experiencing some inconvenience for the sake of the planet? What about scaling down our housing desires and considering the virtue of simplicity?

What about expecting less for the sake of others and discovering the joys of simple human interaction--be it family, friends or strangers?

Consider befriending someone in some small way today. Let life not be just about you."

Jonathan Wolfinger, D&C 9/21/12

Thanksgiving Day
by Laura Mills Lang

Thanksgiving Day
A different way
We let the turkey
Out to play!

Instead, we'll dine
From Nature's vine
On veggies pure
And grains divine.

Metro Justice's 31st Annual Alternative Fair



Home Made Veggie Food, Free Child Care

Friday, November 30th, 5 pm to 9 pm

Saturday, Dec. 1st, 10 am to 2 pm

First Unitarian Church
220 Winton Road South
\$3 suggested donation (ages 12 and up). For more information: 325-2560

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.

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:

- **November 18, 2012*** (3rd Sunday) **Are Humans Designed to Eat Meat? The Biology of Disgust** with **Milton Mills, M.D.**, Associate Director of Preventive Medicine, Physicians Committee for Responsible Medicine
- **November 30** (Friday) 5:00-9:00 PM and **December 1** (Saturday) 10:00 AM - 2:00 PM **Metro Justice Alternative Fair**, First Unitarian Church, 220 Winton Road South, Rochester, NY 14610. Not a RAVS event, but RAVS will have a booth; great opportunity for fair trade, earth-friendly, sustainable holiday shopping.
- **December 16, 2012*** (3rd Sunday) 5:30 PM (**NOTE:** We do *not* have an earlier start time for this meeting.) **Winter Solstice Dinner and Party** with optional **Vegan Cookie Exchange** (take as many as you bring). Please bring a vegan dish to pass; we cannot live on cookies alone! Bring voices and (optional) instruments for music making after dinner.
- **January 20, 2013*** (3rd Sunday) **Movie Night featuring Films with a Vegetarian or Social Justice Theme** from the **Rochester International Film Festival** (RIFF), brought to us courtesy of RIFF (and RAVS) Board member **Ellie Cherin**
- **February 17, 2013*** (3rd Sunday) (Tentative) Program on Green/Alternative Energy; see February 2013 newsletter or visit RAVS website, rochesterveg.org, for details closer to the date.

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

Directions to Brighton Town Park Lodge: 777 Westfall Rd. between E. Henrietta Rd. (15A) and S. Clinton Rd. 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 p. 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