



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 DIET TO EXTEND LIFESPAN

[The following article by **Michael Greger, M.D.** was seen in The Island Vegetarian, the newsletter of the Vegetarian Society of Hawaii (Jan-Mar 2013) and is reprinted with Dr. Greger's permission. See all of Dr. Greger's wonderful videos, including those referred to in the article, at www.nutritionfacts.org. Please note: this article is not intended as medical advice and is not intended to replace the advice of a qualified, licensed medical practitioner.]

Why can't we live forever? . . . Each of our kids grows out of one of our cells, and that alone (the fact that a single cell can grow into an entire person!) should make, in comparison, the notion of keeping our bodies going indefinitely seem trivial.

Human longevity is certainly a hot research topic. Much of the research has focused on the role of DHEA (dehydroepiandrosterone), the most abundant steroid hormone in the human body. DHEA may help counteract the effects of stress and preserve female fertility, and it appears to be a strong predictor of longevity. Caloric restriction is thought to extend the lifespan of many animals by upregulating DHEA, which normally declines as we age. DHEA is sold as a "fountain of youth" over-the-counter dietary supplement, but concerns have been raised about safety, side effects, and quality control. There is, however, a natural way to boost DHEA levels.

As I note in my 3-min. video "The Benefits of Caloric Restriction Without the Actual Restricting," after just 5 days on an egg-free vegetarian diet, blood levels of DHEA rise about 20%. Upon further testing, it seems that the bodies of those eating vegetarian weren't necessarily producing more of it, but just losing less, something one normally only sees in fasting. Thus, by eating vegetarian, one may be able to mimic the effects of caloric restriction, but without walking around starving all the time. For more on diet and life expectancy see "Research into Reversing Aging" and "Harvard's Meat and Mortality Studies" plus my 30 other videos on lifespan. If you haven't yet, you can subscribe to my videos for free by going to www.nutritionfacts.org

Recently, the risk factors for mortality were published for the Harvard Nurses Health Study, which is currently the most definitive long-term study ever on older women's health. It is the subject of my 2-min. video "What Women Should Eat to Live Longer." Since the leading cause of death was heart disease, it is no surprise that dietary cholesterol consumption was a significant risk factor for death. The second leading cause was smoking-related cancer deaths. Comparing the two, consuming the amount of cholesterol in just a single egg a day appears to cut a woman's life short as much as smoking 5 cigarettes a day for 15 years.

The most protective behavior they found was fiber consumption. Eating just a cup of oatmeal's worth of fiber a day appears to extend a woman's life as much as 4 hours of jogging a week--though there's no reason we can't do both!

The one specific food most tied to longevity was nuts. Women appear to get 4 hours of weekly jogging benefit eating just two handfuls of nuts a week as well. Taking a step back, though, it's worth noting that the intake of cholesterol, only found in animal foods, was associated with living a shorter life and the intake of fiber, only found in plant foods, was associated with living a longer life.

A similar comparison has been made between the risk of smoking and eating processed meat (see "Prevention Is Better Than Cured Meat"). Though healthy eating can help mediate the devastating effects of smoking, if you do smoke, please ask your doctor for help quitting. ❖

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HAIKU

dark winter inlet . . .
moonlight carried in
on ocean waves

steam rises
from the empty soup bowl
a winter day

spring morning
a bird leaves the pond
leaves the ripples

by Bruce Ross

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 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

Our vegetarian society has been thriving of late, with record crowds at our meetings, and eager participation at our outreach events and classes.

Our November meeting was a lively and fact-filled lecture on "The Biology of Disgust," positing a natural human tendency towards plant-based diet, given by **Milton Mills, M.D.** In December, our yearly Winter Solstice celebration was warm and music-filled. And at our January meeting, a full house watched films from Movies on a Shoestring (now Rochester International Film Festival, rochesterfilmfest.org), graciously brought to us by **Ellie Cherin** with popcorn by son **David Cherelin**.

We look forward to an environmentally-themed event in February; a program on animal sentience in March, as well as the annual RAVS seder; and our annual restaurant meal and fund raiser at the **Natural Oasis** in April. Look for more details on this page, and on the calendar on p. 8.

In addition to our meetings, RAVS has been extending its usual outreach to the community. In October, at the **Integrative Health Conference** (RAVS members **Julia Stein, M.D.** and **Gail Weiser, L.S.W., P.A.** were among the organizers), RAVS had a table staffed by **Carol Barnett**. And in December, RAVS had its usual table at the **Metro Justice Alternative Fair**. Thanks to staffers **Shelley Adams, Carol Barnett, Handy Cowles, David Daunce, Nancy Hallowell, Tina Kolberg, Carol Manuel, Ken McBride, Walt McBurney, Candan Simmons, and Joy Vandling**; and bakers **Ellie Cherin, Katherine DaCosta, and Karen Evans**. Thanks also to **Tina Kolberg** for featuring her lovely art work at our table and donating profits. RAVS also had a table at the First Unitarian Church's "Benefits Boutique" in December, staffed by **Carol Barnett** and **Tina Kolberg**.

PLEASE ATTEND the March meeting of the Rochester Area Vegetarian Society to hear **Jonathan Balcombe, Ph.D.** speak on "**The Inner Lives of Animals: Lessons**

from a Vegan Biologist" Dr. Balcombe is the acclaimed author of *Pleasurable Kingdom: Animals and the Nature of Feeling Good*; *Second Nature: The Inner Lives of Animals*; and *The Exultant Ark*. He is Department Chair for Animal Studies, Humane Society University (humanesocietyuniversity.org). Don't miss Dr. Balcombe's captivating images and accounts of animal behavior.

RAVS SEDER The 20th annual RAVS vegan seder will be held on the 2nd night of Passover, Tuesday, March 26; see p. 8 for time and location. **RULES FOR SEDER**: Bring a dish that is vegan and also conforms to Passover tradition. No wheat is allowed (no pasta, bread, crackers, or cookies) except matzoh and matzoh products such as farfel and matzoh meal--but no egg matzoh because it is not vegan. Other grains such as rice are excluded. Beans and potatoes, veggies and fruits are fine.

RAVS FUND RAISER DINNER We are thrilled to be holding our dinner and fund raiser at Rochester's only vegan restaurant, **Natural Oasis** at 288 Monroe Ave. We will gather between 5 and 6PM for a cash bar, and to browse the silent auction of donated goods and services, including items from **Wizard of Clay**. Dinner will be prepared by chef **Nick Bovenzi** with the assistance of **Andrea Parros**, who will be preparing desserts. Seating at the restaurant is limited, so reserve early. See p. 8 for further details.

PLANT-BASED NUTRITION COURSE will be offered again by RAVS's own **Ted D. Barnett, M.D.** with recipes and food samples by **Carol Barnett**. The class will be on a series of six Tuesdays in April and May at the JCC. Details p. 8.

WE MOURN THE LOSS of RAVS member **Craig Person**. Please read the remembrance on p. 7.

GET WELL SOON to RAVS member **John Jongen**: see an account of his injury and recovery on p. 7.

BEST WISHES FOR CONTINUED HEALTH: RAVS member **Ann McCulloch** was recently fortunate to receive a kidney transplant, which has given her a new lease on life.

CORRECTION We welcome out-of-town members **Alice Barletta & Donald Hayden**, who were not both named in our last membership update.

BRAVO TO WEGMANS for its new line of vegan "meats," charmingly named "Don't Be Chicken," "Don't Have a Cow," and "Don't be Piggy." Not all vegans use these products, but look for them if you do, and be sure to thank Wegmans for making them available.

AND TO TRADER JOE'S for offering a cornucopia of delicious foods for vegans and their own line of vegan "meats," including a vegan stuffed "turkey" with gravy during the holidays.

THANKS TO MANN'S JEWELERS for the clever ad in their fall/winter 2012 bridal issue: "Providing a vegan option to your vegetarian option makes it a wedding; gold makes it a marriage."

VEGAN TIDBITS IN THE D&C Our local newspaper put in a plug for Meatless Mondays ("RocBlog of the Day," 8/13/12) and had an article on vegan (and gluten-free) beer on 11/16/12, directing the reader to barnivore.com for more information.

LETTER TO THE EDITOR Thanks to RAVS member **Alex Chernavsky** for his letter published in the Democrat and Chronicle on 2/6/13, criticizing the Holley Fire Dept. for its squirrel-killing contest:

"Unlike some other animal-lovers, however, I don't think the "Squirrel Slam" fundraiser is much worse than a chicken barbecue, pig roast, or spaghetti-and-meatball dinner.

Animal agriculture produces more greenhouse gases than the transportation industry. Eating animal products is linked to numerous health problems. And billions of farm animals are killed each year for no better reason than because they taste good. Most of these farm animals live and die under appalling conditions that would be considered criminally cruel if they were applied to dogs or cats.

Fortunately, you do have a compassionate alternative: Go vegan for the Earth, for your health and for the animals." Thank you, Alex! ❖

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.

We welcome the following: **New Members**: Anne Bishop, Laurie Conrad & Kevin McBee, Dr. Mitchell Ehrenberg & Dr. Ruth Goldberg, Ruth & Bill Grace, Doug Houghton, Melanie Joy, Maureen Kelly & Vivek Narayanan, Dagmar Langlois & Rick Mearns, Little Flower Community, Maggie Mude & Naresh Chandra, Jim Stephens, and John VanSavage. **Membership Renewals**: Juanita Ball (2-year renewal), Honey Bloch, Johanna & Michael Connelly (Contributing Level), Katherine DaCosta (Sustaining Level), Kathy & Georg Farrak, Joel Freedman, Sara Young Gale, Debbie Greenholtz & Josh Goldowitz, Jeanne & John Jongen, Dvorah & Myron Kolko, Cheryl Kovel, Audrey Kramer & Alex Chernavsky, Patricia Kraus, Rhea & Ken McBride, Susan Miller (Patron Level), Maggie & Daryl Odhner, Emily Osgood, Mary Parson, Donna Silverman, Burt Spiller, Lynne Stewart, Sue Taylor, Jeff Vincent, and Gail Weiser. Please contact us with any questions about membership. Thank you for your support! ❖

IN THE NEWS

COD HARVEST CUTS PROPOSED

The NY Times (1/31/13) reported that fishery management officials voted sharp cuts of 61 to 77% for one to 3 years in Atlantic cod fishing, to counteract a sharp decline in the cod population. Officials say that the cod is “on the verge of extinction.”

MEAT CONSUMPTION IN CHINA

Despite lower per capita consumption, total meat consumption in China is now twice that in the United States. earth-policy.org

CONTAMINATED PORK According to a study released on 11/27/12 by Consumer Reports, *Yersinia enterocolitica*, a lesser-known food-borne pathogen, was present in 69% of pork products tested.

THE RED MEAT MYTH Farm Sanctuary wants to counter the notion that giving up red meat is an acceptable dietary stopping point from either the health or the animal welfare standpoint. Studies show no net benefit to cutting back on red meat if it's replaced by chicken; and if beef is replaced by chicken, a larger number of animals must die. Sanctuary (FS's quarterly publication) Fall 2012.

LINK BETWEEN MEAT AND STROKE Red and processed meats increase the risk of stroke, according to a new meta-analysis published by the American Heart Association. In a study of 329,495 people in Europe, Japan, and the US, stroke risk increased 11% for each serving of red meat consumed on a daily basis, and 13% for each daily serving of processed meat. Suspected culprits are the meat's saturated fat, cholesterol, and heme iron (found only in meat), as well as the sodium and nitrites used to preserve and flavor processed meats. From the journal *Stroke* (online July 2012).

MILK CONSUMPTION DOWN According to the Wall Street Journal (12/11/12), the milk industry is “in crisis.” Milk consumption is down 75% since 1975, although sales of yogurt, cheese, and other dairy products have risen.

GREEK YOGURT IN SCHOOLS? Lawmakers are lobbying the US Department of Agriculture (USDA) to recognize the higher protein content of Greek yogurt, which would make it more affordable on school menus. Democrat and Chronicle, 1/17/13. RAVS takes the position that dairy is not necessary and not healthful, and protein is a non-issue in a healthy plant-based diet. The D&C article states that the lobbying on behalf of Greek yogurt is “not innocuous”; we agree.

DESPERATE MEASURES Go to findourcommonground.com to see a website supposedly put up by a “group of volunteer farm women” to counter challenges to animal agriculture and modern industrial methods. The website offers glib reassurances on matters such as GMO's,

organic vs. pesticides, and the treatment of animals. In answer to the question “Do animals raised for meat live in inhumane conditions” the response is “Healthy, content animals are simply good business for farmers and the well-being of their animals is a very high priority.” Rather, animal farmers are willing to write off cruel conditions and high death rates as a cost of doing business.

TOFU OKAYED AS MEAT SUBSTITUTE In a notice dated 2/22/12, the USDA approved the use of tofu as a meat substitute in school lunches, despite its lack of a federal “standard of identity.” But as grist.org (“Fresh, Whole-Brain News”) points out in its 9/27/12 article, “who among us *does* have a federal standard of identity?” Thanks to Kim Gorall for this item.

FISHLESS “FISH OIL” That's the commercial tag for VinOmega, a vegan supplement of essential fatty acids derived from micro-algae. An ad for Fishless Fish Oil was heard on a local radio station, so this vegan alternative must be hitting the mainstream.

VEGAN DIETS HAVE LOWER CANCER RISK Vegan diets are linked to a lower overall cancer rate, according to a new study published in the journal *Cancer Epidemiology, Biomarkers and Prevention*. The diets of more than 69,000 people in the Adventist Health Study-2 were tracked for more than 4 years. Compared with non-vegetarians, vegans had a 16% decreased risk of all cancers, and vegan women had a 34% decreased risk for specific cancers including breast, ovarian, and uterine cancers. Good Medicine (published by Physicians Committee for Responsible Medicine), Winter 2013.

VEGETARIANS LIVE LONGER According to early findings from the Adventist Health Study-2, vegetarian men live, on average, almost 10 years longer than non-vegetarian men (83.3 versus 73.8 years). Vegetarian women live to an average of 85.7 years, which is 6.1 years longer than non-vegetarian women. The results of the study also show that vegan diets are healthful, and are associated with lower body weight (on average 30 pounds lower than those who eat animal products) and a lower risk of diabetes. Good Medicine, Winter 2013.

WE'RE ON TIME, TOO A charming ad for Fidelity Investments, seen in the NY Times, the New Yorker, and elsewhere, has it that “Vegetarians are less likely to miss their flights. And we see opportunity.” Vegetarians in this case are defined as those who order veg meals and, not surprisingly, they turn out to be a reliable bunch.

COMPASSIONATE COMMUNITIES That's the theme of a Farm Sanctuary campaign started in September 2012 with the goal of reaching thousands of people in

eleven cities over 2 months, including Chicago, NY and LA. The tour is now “reaching more than 60,000 people each month with literature and video on the cruelties of factory farming and the benefits of veg eating.”

ACTION FOR ANIMALS is another organization that says going vegan is the single most powerful step you can take to help animals. Visit their website to view and read a long list of vegan literature items (including entire books) and to order a free Vegan Starter Kit. afa-online.org

“A REWARD FOR BEING VEGAN” That's the title of a NY Times piece (2/29/12) on the seven all-vegan Blossom restaurants and cafés in Manhattan. The Blossom Bakery, which opened just after the article appeared, offers savory quiches and a full range of cakes, pies, pastries and cookies, including a vegan stand-in for a croissant called kouign-amann (pronounced kween ah-MAHN).

“REJOICE IN VEGAN DINING” says a USA Today article (1/4/13) assuring readers that these are “real restaurants and real people would like them.” Listed and reviewed were Thrive in Seattle; Christopher's Kitchen in Palm Beach Gardens, Fla.; Candle Cafe in NYC; Catch a Healthy Habit in Fairfield, Conn.; Fresh in Toronto; Karyn's Fresh Corner in Chicago; Vegeria in San Antonio; Crudessence in Montreal; Millennium in San Francisco; and Cafe Gratitude in Venice, Cal. Thanks to Ellie Cherin for this item.

TREELINE CHEESE is a dairy-free cheese made from raw cashews. The website says it is great for lactose-intolerant folks, vegans, and lovers of fine cheese: “100% of dairy cows love Treeline Cheese. Goats too.” Varieties include Classic, Smoke, & Pepper. See treelinecheese.com; info@treelinecheese.com

“CHOOSING A NUT BUTTER” was a recent column by local dietitian Tami Best in her “Power of Nutrition” series in the D&C (8/15/12). Ms. Best stated that nuts and seeds are great sources of fiber, protein, healthy fats, and a variety of vitamins and minerals. Make sure that the nut or seed used to make the butter is listed first in the ingredient list (or perhaps the only ingredient). Do not purchase nut butter with added hydrogenated or partially hydrogenated oil; avoid nut butters with added sugar (in the form of high fructose corn syrup, sucrose, or sugar). As for peanut butter: buy it in the “natural” form with only peanuts as the ingredient; it needs to be stirred up initially and then kept in the refrigerator to keep it fresh and to keep it from separating. According to Ms. Best, hazelnut, almond and sesame butters are good sources of calcium, and sunflower spreads are one of the few plant sources of vitamin D. ❖

RECIPE PAGE

Here are some recipes from the blog fatfreevegan.com, mentioned in the NY Times article "How to Go Vegan" (p. 6) :

**TUNISIAN-INSPIRED CHICKPEA
POTATO SALAD**
(Susan Voisin, fatfreevegan.com)

4 small or 2 medium Yukon gold potatoes
15 ounces cooked chickpeas (1 can or about 1 3/4 cups), drained
1 medium cucumber peeled, seeded and cut into 1/2-inch cubes
8 cherry tomatoes, quartered
6 to 8 jumbo black olives, sliced (about 2 ounces)
1/4 cup capers, rinsed and drained, chopped if large
4 pepperoncini peppers, stemmed and sliced
3 to 6 tablespoons [harissa](#)*, or to taste
2 tablespoons vegan mayonnaise** such as Vegemise or Nayonnaise (optional)
1/2 tablespoon cider vinegar
2 cloves garlic, finely minced
1/2 sheet sushi nori, crumbled, or 1/2 teaspoon powdered kelp (optional)
Salt, to taste

Boil the potatoes until tender. When cool enough to handle, peel and cut into 1/2-inch cubes. Place in a large storage container and add all remaining ingredients. Stir well and refrigerate for at least an hour to allow flavors to blend.

Add salt to taste and serve in pitas or other bread or with salad greens.

*A mild-to-spicy Middle Eastern sauce often featuring garlic, coriander, cumin, and caraway. Substitute another hot sauce if you wish; follow your own tolerance for heat.

**Or follow Voisin's recipe for Tofu-Cashew Mayo, available on her blog.

**LENTIL SOUP WITH CORIANDER AND
CUMIN**
(Susan Voisin, fatfreevegan.com)

2 cups brown or green lentils, uncooked
8 cups water or vegetable broth
1 large onion, chopped
2 large carrots, thickly sliced
1 rib celery, chopped
2 large gold or red potatoes, cut into large cubes
2 bay leaves
2 vegetable bouillon cubes (use if water is used instead of broth)
1 teaspoon ground coriander
1/2 teaspoon ground cumin
freshly ground pepper, to taste

2 cloves garlic, minced
Additional seasonings: 1/4 teaspoon coriander, 1/4 teaspoon cumin, 2 cloves minced garlic
Salt, to taste
4 ounces fresh spinach (chopped if large leaves)
2 tsp. red wine vinegar or lemon juice

Pick over the lentils and rinse well.

Start the water or broth heating in a large pot while you chop the vegetables. Add all ingredients except the additional seasonings, salt, spinach, and vinegar into the pot and bring to a boil. Lower heat, cover lightly, and simmer about 1 hour, or until the lentils and potatoes are tender. Add some water if the soup seems too thick.

Remove the bay leaves, and add the additional seasonings, salt, and spinach. Check the seasonings, adding more cumin and coriander as needed. Cook for just a few minutes to wilt the spinach. Stir in the vinegar or lemon juice and serve.

A Couple of Vegan Cheeses to Sample

Here is a recipe for cheese sauce from Compassionate Action, the newsletter of Compassion Over Killing, Winter 2012. The sauce can make a delicious topping for Vegan Eggs Benedict (recipe found in the Shannons' new book, or on COK's website, cok.net/magazine/). It can also be served over grains, pasta, or steamed veggies, and would pull together a great Macaroni and Cheese.

CHEESE SAUCE (from Annie and Dan Shannon, *Betty Goes Vegan*)

1/2 c (1 stick) vegan margarine
1/2 c flour
3 1/2 c boiling water
1 1/2 t salt
2 T soy sauce
1 1/2 t garlic powder
1 t onion powder
A few dashes liquid smoke
Pinch turmeric
1 1/2 c nutritional yeast flakes
Paprika and black pepper to taste

In a saucepan, melt the margarine over low heat, then whisk in the flour. Continue whisking over medium heat until smooth and bubbly. Whisk in the boiling water, salt, soy sauce, liquid smoke, garlic and onion powder, and turmeric. Add a few dashes of black pepper and paprika to taste. Continue whisking until dissolved. Once thick and bubbling, whisk in nutritional yeast flakes.

SMOKED PROVOLONE
(Miyoko Schinner, *Artisan Vegan Cheese*)

With a hint of smokiness, this fairly firm cheese slices beautifully. Serve with grilled veggies on a baguette for a fabulous sandwich, or in a grilled cheese with some veggie sausages.

1 cup soy yogurt
1/2 cup rejuvelac or water
1/3 cup pine nuts
1/3 cup canola oil
4 tablespoons nutritional yeast flakes
4 tablespoons tapioca flour
1 tablespoon carrageenan or 2 tablespoons agar powder
1 teaspoon salt
1/2 teaspoon liquid smoke

1. Process the ingredients. Combine all of the ingredients in a blender and process until creamy and smooth.
2. Cook the mixture. Pour the mixture into a 2 quart saucepan and bring to a simmer over medium heat. It will at first look very lumpy, but then will become smooth. After becoming smooth, simmer for about two minutes.

3. Form and cool. Pour the mixture while hot into a glass mold. Let the cheese cool to room temperature, then refrigerate until solidified, about 3 to 4 hours.

Note: Smoked Provolone will become sharper if air-dried. To do so, sprinkle about 1/4 teaspoons salt on the outside of the cheese after removing from the mold, place on a cooling rack and let it sit at room temperature for 2 to 3 days.

Storage notes: Wrapped and stored in the refrigerator, Smoked Provolone keeps for 4 to 6 weeks.

Experiment with this easy recipe to make your own vegan "cheese"!

Editor's Note: I have made lots of cheesy sauces and dips, but never a slicing cheese that "sets up" like dairy cheese. I was willing to give a recipe from this new book a try. I tried this recipe using water, not rejuvelac; and, going out on a limb, I substituted Ener-G Egg Replacer for the tapioca. The results were delicious but not firm enough, perhaps because of my substitution. I have since found tapioca pearls at Lori's Natural Foods; I think I would buzz them in a food processor or blender before using them in this recipe. Nutritional yeast and agar powder are available at Lori's; soy yogurt and pine nuts can be obtained both at Lori's or Abundance and in supermarkets (at Wegmans, soy yogurt is in Nature's Marketplace, pine nuts are in the pasta/Italian section). I could not find carrageenan at Lori's, but agar, the other listed option, is available. ❖

This article appeared in The Well Column, a NY Times blog, on 1/14/13 and received 799 comments! It has some great advice (though we don't agree that people should never transition directly to vegan!).

“How to Go Vegan” by Tara Parker-Pope

When I first heard former President Bill Clinton talk about his [vegan diet](#), I was inspired to make the switch myself. After all, if a man with a penchant for fast-food burgers and Southern cooking could go vegan, surely I could too.

At the grocery store, I stocked up on vegan foods, including almond milk (that was the presidential recommendation), and faux turkey and cheese to replicate my daughter's favorite sandwich. But despite my good intentions, my cold-turkey attempt to give up, well, turkey (as well as other meats, dairy and eggs) didn't go well. My daughter and I couldn't stand the taste of almond milk, and the fake meat and cheese were unappealing.

Since then, I've spoken with numerous vegan chefs and diners who say it can be a challenge to change a lifetime of eating habits overnight. They offer the following advice for stocking your vegan pantry and finding replacements for key foods like cheese and other dairy products.

NONDAIRY MILK Taste all of them to find your favorite. Coconut and almond milks (particularly canned coconut milk) are thicker and good to use in cooking, while rice milk is thinner and is good for people who are allergic to nuts or soy. My daughter and I both prefer the taste of soy milk and use it in regular or vanilla flavor for fruit smoothies and breakfast cereal.

NONDAIRY CHEESE Cheese substitutes are available under the brand names [Daiya](#), [Tofutti](#) and [Follow Your Heart](#), among others, but many vegans say there's no fake cheese that satisfies as well as the real thing. Rather than use a packaged product, vegan chefs prefer to make homemade substitutes using cashews, tofu, miso or nutritional yeast. At [Candle 79](#), a popular New York vegan restaurant, the filling for [saffron ravioli with wild mushrooms and cashew cheese](#) is made with cashews soaked overnight and then blended with lemon juice, olive oil, water and salt.

THINK CREAMY, NOT CHEESY Creaminess and richness can often be achieved without a cheese substitute. For instance, Chloe Coscarelli, a vegan chef and the author of *Chloe's Kitchen*, has created a [pizza with caramelized onion and butternut squash](#) that will make you forget it doesn't have cheese; the secret is white-bean and garlic purée. She also

offers a creamy, but dairy-free, [avocado pesto pasta](#). My daughter and I have discovered we actually prefer the rich flavor of butternut squash ravioli, which can be found frozen and fresh in supermarkets, to cheese-filled ravioli.

NUTRITIONAL YEAST The name is unappetizing, but many vegan chefs swear by it: it's a natural food with a roasted, nutty, cheeselike flavor. Ms. Coscarelli uses nutritional yeast flakes in her “best ever” baked macaroni and cheese (found in her cookbook). “I've served this to die-hard cheese lovers,” she told me, “and everyone agrees it is comparable, if not better.”

Susan Voisin's website, Fat Free Vegan Kitchen, offers a nice [primer on nutritional yeast](#), noting that it's a fungus (think mushrooms!) that is grown on molasses and then harvested and dried with heat. (Baking yeast is an entirely different product.) Nutritional yeasts can be an acquired taste, she said, so start with small amounts, sprinkling on popcorn, stirring into mashed potatoes, grinding with almonds for a Parmesan substitute or combining with tofu to make an eggless omelet. It can be found in Whole Foods, in the bulk aisle of natural-foods markets or online.

BUTTER This is an easy fix. Vegan margarines like Earth Balance are made from a blend of oils and are free of trans fats. Varieties include soy-free, whipped and olive oil.

EGGS Ms. Coscarelli, who won the Food Network's Cupcake Wars with vegan cupcakes, says vinegar and baking soda can help baked goods bind together and rise, creating a moist and fluffy cake without eggs. Cornstarch can substitute for eggs to thicken puddings and sauces. Vegan pancakes are made with a tablespoon of baking powder instead of eggs. [Frittatas](#) and omelets can be replicated with tofu.

Finally, don't try to replicate your favorite meaty foods right away. If you love a juicy hamburger, meatloaf or ham sandwich, you are not going to find a meat-free version that tastes the same. Ms. Voisin advises new vegans to start slow and eat a few vegan meals a week. Stock your pantry with lots of grains, lentils and beans and pile your plate with vegetables. To veganize a recipe, start with a dish that is mostly vegan already — like spaghetti — and use vegetables or a meat substitute for the sauce.

“Trying to recapture something and find an exact substitute is really hard,” she said. “A lot of people will try a vegetarian meatloaf right after they become vegetarian, and they hate it. But after you get away from eating meat for a while,

you'll find you start to develop other tastes, and the flavor of a lentil loaf with seasonings will taste great to you. It won't taste like meat loaf, but you'll appreciate it for itself.”

Ms. Voisin notes that she became a vegetarian and then vegan while living in a small town in South Carolina; she now lives in Jackson, Miss. “If I can be a vegan in these not-quite-vegan-centric places, you can do it anywhere,” she said. “I think people who try to do it all at once overnight are more apt to fail. It's a learning process.” ❖

A few of the online comments:

“I went full vegan a few months ago and haven't looked back. I rely on a lot of the usual vegan staples -- beans, lentils, seeds, nuts, dark leafy greens, brown rice, sweet potatoes -- but have upped my toppings: roasted pumpkin seeds, cilantro, lemon (zest and juice), parsley, cumin, chili flakes, fresh ginger and turmeric. A lot more of my food has spice to it, and I've found I'm enjoying texture more -- whole wheat tortillas with almond butter and a pumpkin seed/tomatillo/poblano "pesto" with avocado, pumpkin seeds, cilantro and lime is my current favorite. Another key is preparation. I try to throw a few roasted potatoes in the oven to have on hand for breakfasts; or roast seeds and nuts in bulk so I can rely on them throughout the day.”

“Keeping the cause in mind is critical. For many people . . . veganism is a choice made for ethical and moral reasons. When I consider the animals harmed for meat and dairy production, it's easy to see beyond what others call 'restrictions.' In regards to food choices, I cook flavorful and filling dishes with hearty grains, beans made from scratch, and fresh, vibrant vegetables. I also look to other cultures for guidance, and buy a lot of interesting ingredients at smaller markets. When baking, I use replacements such as those mentioned above, and even non-vegans compliment my goodies. Finding your favorite brand/version of non-dairy milks, yogurts, and other products can take a while, but is well worth it! Finally, in regards to 'replacements' (grain or soy-based meats, dairy-free cheeses), I do not eat them frequently, but think they make great transition foods and are nice treats when included in a healthy vegan diet.”

“My tips are to add more veggies to your diet and to play in the kitchen. Enjoy some veganized favorites from “Veganize It!” my award-winning column in VegNews: <http://bit.ly/i0Cwls>” (Allison Rivers Samson of Allison's Gourmet) ❖

IN MEMORIAM

On September 6, 2012, RAVS member **Craig Person** died after his motorcycle collided head-on with a wayward utility truck on Scottsville Road on Craig's way to work. RAVS remembers Craig as a true progressive who was sweetly generous to our group (bidding on more items than he surely needed at our silent auction, in order to support us). We wish to share with you a remembrance written by his friend **John Jongen**; he and his wife **Jeanne** are also RAVS members. John writes:

"Jeanne reminded me of Craig Person's favorite rhetorical question. "What are they thinking?" I want to use his question to offer some closure for us all to deal with his untimely and tragic end.

As a quiet environmental warrior he often used that phrase in the context of some discussion we would have, be it about proposed hydrofracking in NY, the incessant transgression past the maximum global carbon dioxide load of 350/ppm, or the construction of the tar sands pipeline over the Ogallala aquifer that nurtures our Nation's breadbasket. But he meant it in an understanding way; he understood human weaknesses so he was never accusatory. Instead he would forge ahead with his personal timeline to affect the Earth in a positive way. He recycled EVERYTHING to the point where his monthly waste

stream could be put in a thimble. He rode his bicycle and motorcycle to work for the same reason: to minimize the impact on global warming.

So on his final day, knowing his forgiving heart, he would have said to the vehicle driver: "Man, what were you thinking?" I know Craig is in a good place and his memories and examples will guide us forever.

Rest in Peace my friend."
-John Jongen

RECOVERING; AND A FURTHER
REMEMBRANCE OF CRAIG PERSON
by John Jongen

On January 8, 2013, about four months to the day after Craig's accident, I had my own encounter with destiny. Like Craig I too was helmeted and riding a two-wheeled vehicle. In my case a patch of black ice on the paved Erie Canal path suddenly 'pulled' the bicycle wheels from under me and my right hip collided with the path with a dull thud. From my experience of many similar falls while iceskating, rollerskating, and skiing, I knew immediately that this fall was different. There was a lingering pain and any movement told me the femur bone was disconnected from my pelvis.

It was a grey and raw winter afternoon and the usually busy path looked abandoned; so I made a phone call to

summon help and then rolled over on my left side. But not before I had taken a picture of my lower extremities and my bike. I now had time to reflect on Craig's traumatic situation and his reported optimism that he would be all right...

[After waiting some time (and hearing at least one person whose help he needed ask "Are you stupid, riding on ice?"), emergency personnel reached John. He was taken to Highland Hospital, where he received a full hip replacement and was up and walking the same day. During his hospital stay, John wound up telling the story of the Emerald Necklace parks system to one of his nurses, and it recalled to him his friendship with Craig Person.]

That 'emerald necklace' from the Erie Canal to Lake Ontario binds us still. Craig and his girlfriend Sandra Hall, Jeanne and I spent many a Sunday afternoon meandering through Highland Park and its Lamberton Conservatory. Craig's new home was located adjacent to the west side Genesee River Walk; before that we lived as Fairport neighbors on the banks of the Erie Canal. These 'emerald' ties will forever bind us together: an appreciation for the great outdoors and a reverence for the gifts it provides us still.

My hip replacement recovery is nearly complete and I will continue to appreciate this bountiful outdoor environment, chastened by the caution that I do not bounce as well as I used to.❖

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:

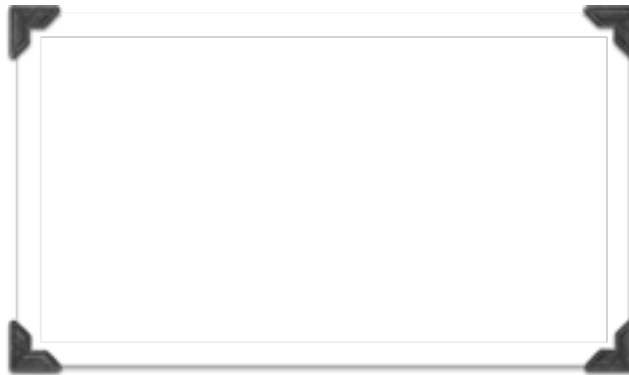
- **February 17, 2013*** (3rd Sunday) **Low Energy Homes** with **Bill LaBine**, passive house consultant and expert in deep energy retrofitting, with Airtight Services, Inc. Bring your heating bills for Bill to evaluate!
- **March 17, 2013*** (3rd Sunday) **The Inner Lives of Animals: Lessons from a Vegan Biologist** with **Jonathan Balcombe, Ph.D.** author of *Pleasurable Kingdom*; *Second Nature: The Inner Lives of Animals*; and *The Exultant Ark*. See more on page 3.
- **March 26, 2013** (Tuesday) **20th Annual RAVS 2nd Night Seder** (shared event with Jewish Humanist Group), Brighton Town Park Lodge. Doors open at 4:30 PM. Service 6:00 PM followed by a vegan share-a-dish meal. See page 3 for special rules for this meal. Volunteers needed for set-up and clean-up. Call 234-8750 to reserve.
- **April 2, 2013** (Tuesday) 7-9PM **Plant-Based Nutrition** class, taught by Ted D. Barnett, M.D., with recipes and food samples by Carol Barnett. First in a series of six Tuesday-night classes running 4/2/13 through 5/7/13. Jewish Community Center, 1200 Edgewood Avenue. Call JCC at 461-2000 to register.
- **April 21, 2013** (3rd Sunday) **Vegan Banquet at Natural Oasis**, 288 Monroe Avenue. 5:00 PM Cash Bar and Silent Auction of donated goods and services, including items from vegan business **Wizard of Clay**. 6:00 PM Dinner. \$22 per person; \$17 students/fixed income. Please reserve with a check made out to "RAVS" brought to our meeting, or sent to P.O. Box 20185, Rochester, NY 14602-0185. See more on page 3.

*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; driveway leading to Lodge is called "Haudenosaunee Trail."

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
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ROCHESTER AREA VEGETARIAN SOCIETY