



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 PROTECT BRAIN HEALTH

We all want to protect ourselves from diseases both acute and chronic, and want to protect life, limb and organ systems. But perhaps the most daunting and dreaded threat we face, as the years pass, is that of cognitive decline and the loss of our mental faculties.

In his latest book, *Power Foods for the Brain*, Physicians Committee for Responsible Medicine founder and president **Neal Barnard, M.D.** presents the latest, compelling research on nutrition's surprising effects on the brain.

Dr. Barnard starts out his book with an amusing analogy in which he compares the Beatles during the period of time they had Brian Epstein as manager, to the human brain with its cognitive abilities and executive function, its "manager," intact. Barnard says: "Just when your knowledge and experience are at their maximum and your family life and perhaps your financial security are finally established, that's exactly the moment that you are at risk of losing your manager. . . . This is a book about keeping your manager alive and well. It is about memory and mental clarity, and keeping them intact lifelong."

In his book, Dr. Barnard lays out a three-step plan to protect the mind and strengthen the memory: (1) Put power foods to work by avoiding foods that contain brain-damaging substances, and choosing foods that nourish the brain; (2) Strengthen your brain with mental and physical exercise; and (3) Defeat memory threats from insufficient sleep and rest, and from medications that affect memory.

Barnard points out that the side effects of this program are all good ones: "you may notice not only that you feel mentally sharp. You may also find that your bathroom scale is becoming friendlier day by day. Your cholesterol and blood pressure may improve, and if you have diabetes, it may get better, too. If you have arthritis or other chronic aches and pains, you may notice that they are fading. That's the power of healthful eating."

The book includes 75 power-food recipes, sample mental stimulation exercises, guides to choosing aluminum-free

foods and medicines, and a guide to physical exercise.

RAVS will have *Power Foods for the Brain* available for purchase, and we give some of the power-food recipes from Dr. Barnard's book on page 5. ❖

BRAIN THREATS (to be avoided, according to Neal Barnard, M.D.):
Saturated fats from meat, eggs, and dairy products.

Trans fats from processed foods like doughnuts and snack pastries. Trans fats are in "hydrogenated" and "partially hydrogenated" oils.

Excess iron (from meat) and copper. Barnard advises against multi-vitamins with minerals, as they contain both of these.

Aluminum from uncoated cookware, baking powder, processed foods, antacids, and antiperspirants.

BRAIN-PROTECTING FOODS

- Nuts and seeds
- Blueberries and grapes
- Sweet potatoes
- Green leafy vegetables
- Beans and chickpeas

Vitamin B12: Be sure to get a supplemental source of B12; go to <http://www.veganhealth.org/b12/rec> for recommendations, or ask us for Vegan Outreach's "Guide to Cruelty-Free Eating." Vitamin B12, along with folate (folic acid) and vitamin B6 from foods, works to eliminate homocysteine which can build up in the bloodstream and damage the brain.

HAIKU

early spring warmth
the peony petals tight
around the bud

old pond...
a small lily pad rises up
with the frog's leap

nothing special
an empty birdhouse beneath
an overcast sky

By Bruce Ross

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Rochester Area Vegetarian Society

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

RAVS is a non-profit, tax-exempt, non-sectarian, all-volunteer educational organization dedicated to promoting the joy, compassion and life enhancing possibilities of a vegetarian lifestyle. We are an educational resource for those interested in any aspect of vegetarianism. We provide support to our members through social events that include monthly gatherings with a shared meal and programs on topics important to our members. Membership in RAVS is open to vegetarians and non-vegetarians alike, as long as they support the goals of the organization.

DUES: Individual Membership, \$20 per year; Joint Membership, \$35 per year; Student/Fixed Income Membership, \$10. Membership includes receipt of the *Vegetarian Advocate* and free attendance at our monthly dinner meetings. A membership application can be found at the back of this issue.

Contacting RAVS:

- P.O. Box 20185, Rochester, NY 14602
- E-mail: rochesterveg@gmail.com
- Website: www.rochesterveg.org
- 24 hour voicemail and events calendar:

(585) 234-8750



RAVS RULES FOR SHARE-A-DISH MEALS

All dishes must be completely **vegan**. They may *not* contain any *meat, poultry, fish eggs, dairy products or honey*. This rule guarantees that everyone can eat everything (allergies and preferences aside).

Please watch out for *gelatin* (a meat by-product) and *hidden milk products*, such as *whew* in cookies, crackers, bread and margarine and *casein* or *caseinate* in “non-dairy” soy cheese, coffee creamer and whipped topping. Also be alert for *eggs* in baked goods, mayonnaise and salad dressings, and *honey* in breads, pastries and preserves.

Please prepare a card with your name, the name of the dish, and a list of all ingredients. If possible, write the recipe on the back of the card and indicate where the recipe came from or if it was original. Prepare enough to serve a crowd. Please bring your own table setting as well as a serving utensil. If you don't feel like cooking, you may bring fruit, cider, tortilla chips and salsa, green salad, fruit salad, etc. Non-members must pay a \$3 guest fee, which is applied to your membership if you join that day. ❖

IF YOU ARE NEW TO RAVS

You don't need to be a vegetarian, or a member of RAVS, to attend one of our events. And you don't need to reserve or notify us beforehand (with the exception of restaurant events). We do ask that you follow the “vegan rule” at our dinner meetings. The box above, and the calendar and directions on the back page of the newsletter, tell you what you need to know in order to attend. Call 234-8750 if you have further questions.

MEMBERSHIP BENEFITS

Membership in RAVS entitles you to receive the *Vegetarian Advocate* (4 times a year) and any other mailings, usually notices of upcoming events. It also entitles you to free admission to monthly events (except restaurant meals); others pay a \$3 guest fee.

An important benefit of membership is **half-priced** membership in two national vegetarian organizations. Membership costs given below are **before** the discount is taken. Let them know that you are a member of RAVS, which is an affiliate.

North American Vegetarian Society

P.O. Box 72, Dolgeville, NY 13329

Tel: (518) 568-7970

Fax: (518) 568-7979

E-mail: navs@telenet.net

Website: www.navs-online.org

Individual membership (annual): \$22

Family membership: \$28

Publication: *Vegetarian Voice*

Vegetarian Resource Group

P.O. Box 1463

Baltimore, MD 21203

Tel: (410) 366-VEGE

Fax: (410) 366-8804

E-mail: vrg@vrg.org

Website: www.vrg.org

Membership (annual): \$25

Publication: *Vegetarian Journal*

These are both excellent groups, and both have mail-order bookshops which are included in the publication they will send you when you join.

Another not-so-tangible benefit of your membership 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 H. Barnett

Our vegetarian society keeps on growing in influence, as the advantages of a vegan diet become more apparent, and ever greater numbers join our group and attend our meetings, outreach events, and classes.

In February, **Bill Labine** of Airtight Services, an expert in all forms of green energy including conservation, talked to us about the advantages of super-insulating one's home. At our March meeting, **Jonathan Balcombe, Ph.D.** talked to us about animal sentience and emotion, and showed us how recognizing what we share with the animal world can reinforce our vegan way of life. April brought two events: the 20th annual RAVS 2nd night vegan seder, shared with the Jewish humanist group and led by **Barry Swan**; and our annual fund raiser dinner at the **Natural Oasis Restaurant**, 288 Monroe Avenue, Rochester's only vegan restaurant, where we made merry, enjoyed food prepared by chefs **Nick Bovenzi** and **Andrea Parros**, and raised money by auctioning a number of goods and services. Items generously (and creatively) donated included an evening of sailing, a small business consult, a teaching game of "Go," a massage, and a vegan chocolate cake. Thank you to our gracious donors: **Wizard of Clay Pottery, John Atwater, Mary Anne Banke, Carol & Ted Barnett, Marlene Caroselli, Johanna Connelly, Steve Foster, Kimber Gorall, Noel Nichols, Yetta Panitch, Mike Rudnick, and Jonathan Smelts of Wellness Massage Center.**

In May we will welcome **John Morlino** of **The E.T.H.I.C.** as he talks about something we could all use more of: compassion. In June we will hear **Dr. Michael Greger's** Nutrition Update, and a panel of RAVS members will share their vegan cooking secrets. And in July we will enjoy a summer picnic. See the calendar on p. 8 for details.

In addition to our meetings, RAVS has had a number of outreach events which gave us an opportunity to meet new people interested in the benefits of a vegan diet and way of life. Once again, for the third time, RAVS Coordinator **Ted**

Barnett, M.D. gave his course on "Plant-Based Nutrition" at the Jewish Community Center, with recipes and food samples provided by **Carol Barnett**. This brings to more than 150 the number of people who have been reached by this course.

Here is a list of other RAVS outreach events in the last three months, with the names of those who staffed them:

- Showing of the film "Escape Fire" at the Little Theatre by the Monroe County Integrative Health Committee (Q&A afterwards by **Ted D. Barnett, M.D., Mary Coan, M.D., Lesley James, M.D., and Julia Stein, M.D.**)
- Rochester Central School District Health Fair at East High School (**Tina Kolberg**)
- Great American Meatout Event at Midtown Manor apartments (**Katherine DaCosta**)
- Nazareth College Health Fair (**Carol Barnett, Honey Bloch, Nancy Hallowell, Ken McBride, and Yetta Panitch**)
- Great American Meatout event at Univ. of Rochester (**Carol Barnett**)
- Green Initiatives Fair at Greenovation, new "green" store located at the site of the old Vietnam Vets building, 1199 East Main St. (**Tina Kolberg**)
- Earth Day Fair, Univ. of Rochester Grassroots environmental group (**Carol Barnett**)
- SUNY Brockport MetroCenter (St. Paul St.) Health Fair (**Carol Barnett**)
- Sierra Club Environmental Forum at Monroe Community College (**Carol Barnett and Martha Sullivan**)

VEGETARIAN SUMMERFEST

The North American Vegetarian Society's **Vegetarian Summerfest** will take place July 3- 7, 2013 (Wed. - Sun.) at the University of Pittsburgh's campus in Johnstown, Pennsylvania. A weekend package (Friday evening through Sunday) is also available. This conference/festival is an unforgettable experience, and we can't recommend it more highly. Visit vegetariansummerfest.org/ for more information.

NUTRITION AND THE BRAIN

This international conference, co-sponsored by George Washington University School of Medicine and the Physicians Committee for Responsible

Medicine, and scheduled to take place in Washington, D.C. on July 19-20, 2013, is a continuing education event for health care professionals. For more information, visit pcrm.org.

RAVS BOARD OF DIRECTORS

BALLOT will be sent to all RAVS members by email. To save paper and postage, please vote for the Board by email, rochesterveg@gmail.com, or by phone, (585) 234-8750. RAVS members who do not have email access will receive a paper ballot with this newsletter.

IN MEMORIAM On April 27, 2013, **Bud Burdick**, RAVS member and RAVS Board member since 2010, died. Bud was only 28 years old. He had been stricken by acute myeloid leukemia and, although his hospital treatments allowed him a brief remission from the disease, it finally claimed his life.

When we first met Bud, he was a student at Monroe Community College, and he went on to graduate from SUNY Brockport with a major in business and dance. Bud embraced a vegan diet once he heard the reasons for it, and he went on to persuade others to go vegan as well.

Bud was a practical guy who would have made his mark in the business world if he'd had the chance. He took it upon himself to design and order RAVS T-shirts carrying the motto: "VEGAN: for life, for health, for the animals, for me." The shirts sold like the proverbial hot cakes, and Bud donated the profits to RAVS.

Bud was a practitioner of *capoeira*, the vigorous dance-like Brazilian martial arts practice, and he performed with a group in all the places that he lived.

In recent years, Bud moved to Brooklyn to live with and help his aging grandmother. But he wanted to keep his connection with RAVS and he stayed on the Board, offering his support and advice long-distance.

We know many others in our group share memories of Bud; and most of all, we share sadness at a life ended too soon. Bud, we will never forget you. ❖

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:** Chris Costello, Alexandra & Duane DeWispelaere, K. C. Felton, Kathryn Cappella Hankins, Kristin Small, Rosemarie Stepanik. **Membership Renewals:** Shelley Adams & Bob Zimmermann (2-year renewal), Carol & Ted Barnett (Sustaining Level), Donna & Dan Barski (2-year renewal), Hal Bauer, Selma & Mike Berger, Vernon Cain & family, Margie Campaigne, John DeSeyn, Margie Driscoll, Karen Evans, Gloria & Steve Foster, Jeff Hoffman, Meg & Jack Hurley (Sustaining Level), Steve Jarose & Marvin Ritzenthaler, Lois & Jim Kozlowski, Rob Kriss (Patron Level), Carol & Bruce Manuel, Walter McBurney, Maryanna Mueller, Elaine O'Neil, Kathryn Pridey & Ed Lewek, Julia Stein, M.D., Martha Sullivan & Ed Sullivan (Patron Level), James Sutton. Please contact us with any questions about membership. Thank you for your support! ❖

IN THE NEWS**RED MEAT BAD FOR THE HEART!**

That headline hardly qualifies as breaking news; but a study from the Cleveland Clinic, published in *Nature* on 4/7/13, found a new mechanism whereby the damage occurs. When carnitine, a substance in red meat, reaches the intestines, bacteria there release a chemical which is then converted by the liver into TMAO, which gets into the blood and increases the risk of heart disease. Carnitine is also found in chicken, fish, and dairy products. *Scientific American* 4/7/13; *NYTimes*, 4/8/13

EGGS, TOO The *NY Times* reported that “For the second time in a matter of weeks, a group of researchers reported a link between the food people eat and bacteria in the intestines that can increase the risk of heart attacks” (4/24/13). This time, a study in the *New England Journal of Medicine* reported that the lecithin in egg yolks is converted by intestinal bacteria into choline, which is in turn converted by the liver into TMAO, a risk factor for heart disease. Based on this study and the one reported above, we should avoid animal products, and also supplements containing carnitine, lecithin, or choline, whether from animal or plant sources. RAVS does not encourage the use of any supplements other than vitamin B12 and vitamin D.

HIGH CALCIUM INTAKE LINKED TO HEART DISEASE AND DEATH

A new study of 433 women who were followed for up to 19 years, reported in the *British Medical Journal*, found that women who consumed more than 1400 mg daily of calcium had a higher rate of death from all causes, as well as a higher rate of death from cardiovascular disease, than women who consumed between 600 and 1000 mg. Of particular concern were women who had a high dietary intake of calcium (more than 1400 daily) and also took calcium supplements. *Journal of the American Medical Association (JAMA)*, 3/13/13. While adequate calcium intake is essential for bone health and proper function of other organ systems, we recommend an emphasis on calcium from foods (plant sources only) as well as adequate vitamin D and weight-bearing exercise. You can find detailed recommendations at *Vegan Outreach's* website: <http://www.veganhealth.org/articles/bones>

HEART DRUG DOES NOT PROTECT AGAINST HEART ATTACK AND STROKE Beta blockers, drugs commonly prescribed to control heart rate and blood pressure, fail to protect against heart attacks and strokes. *JAMA*, 10/3/12; *Science News*, 11/17/12.

DAIRY PRODUCTS INCREASE RISK OF PROSTATE CANCER A new study published in the *Journal of Nutrition* tracked data from 21,660 participants in the

Physicians Health Study for 28 years, and found a 12% greater risk of prostate cancer in those who consumed more than 2.5 servings a day, compared with those who consumed less than half a serving. *PCRM's Good Medicine*, Spring 2013

VEGETARIAN DIET REDUCES RISK OF HEART DISEASE A study of 44,561 men and women in England and Scotland, in the *EPIC-Oxford* cohort study, found that the vegetarians were 32% less likely to be hospitalized or to die from heart disease than meat eaters. The vegetarians were also slimmer and had lower total cholesterol and blood pressure. *American Journal of Clinical Nutrition* 1/30/13; this study was also reported on in *JAMA* 3/13/13 and in *PCRM's Good Medicine*.

LYCOPENE MAY REDUCE STROKE RISK Men with high blood levels of lycopene, the compound that makes tomatoes red, are about half as likely to have a stroke as those low on lycopene, as found in a Finnish study reported on in the *journal Neurology* on 10/9/12. Lycopene reduces inflammation, limits cholesterol production, and inhibits blood clotting; it is a carotenoid, an antioxidant that destroys free radicals that can damage cells and contribute to blood vessel disease. *Science News*, 11/17/12

BERRIES LOWER RISK OF HEART DISEASE Women who eat 3 or more servings of berries per week reduce their risk of heart attack by 32%, according to a study in the *journal Circulation*. *PCRM's Good Medicine*, Spring 2013

FRUITS AND VEGGIES FOR THE MIND A new study of New Zealanders found that the more fruits and vegetables the participants ate, the calmer, happier, and more energetic they felt. *PCRM's Good Medicine*, Spring 2013

BACTERIA IN MEAT More than half of samples of ground turkey, pork chops, and ground beef collected from supermarkets contained so-called superbugs or antibiotic-resistant bacteria, according to a new report. The data, collected in 2011 by a joint program of the Food and Drug Administration and the Centers for Disease Control and Prevention, show sizable increases in the amount of meat containing antibiotic-resistant forms of such bacteria as salmonella, *E.coli*, and campylobacter. *NY Times*, 4/16/13

FARM CRUELTY: SILENCING THE MESSENGER The *New York Times* ran an article on 4/6/13 on so-called “ag-gag” laws, which make it illegal to gather evidence, by filming or photography, about the internal operations of factory farms where animals are being raised. These laws have been introduced or passed in major agricultural states after intense lobbying from agricultural corporations and trade

groups. The article was followed by an opinion piece on 4/8/13 by Jedediah Purdy called “Open the Slaughterhouses”; and by an editorial on 4/9/13 called “Eating with our Eyes Closed,” which says of ag-gag laws: “Their only purpose is to keep consumers in the dark, to make sure we know as little as possible of the grim details of factory farming.”

SLAUGHTER: FACING THE REALITY “The Way of All Flesh: Undercover in an Industrial Slaughterhouse” by Ted Conover, appeared in the May 2013 issue of *Harper's Magazine*. The article is available online only to *Harper's* subscribers, but the brief excerpt on the *Harper's* website conveys the sorrow, pain and horror of using animals for food. Find the magazine at your newsstand or library.

MICE FALL SHORT AS TEST SUBJECTS A study published on 2/11/13 by the *Proceedings of the National Academy of Sciences*, and reported on in the *NY Times*, found that the mouse model had been “totally misleading” in studying such human ills as sepsis, burns, and trauma. The study also “raised troubling questions” about the value of mouse studies to shed light on human diseases that involve the immune system, including cancer and heart disease. The study estimated that years of study time and billions of dollars had been wasted on studying mice (not to mention untold animal lives). A leading advocate of eliminating the use of animals in schools and research labs is *Physicians Committee for Responsible Medicine*: visit.pcrm.org

VEG, BUT . . . A special issue of the *NY Times* magazine, entitled “BIG VEG” and published 4/7/13, had a split personality about plant-based food. The cover featured a lovely “burger” containing nothing but raw veggies: corn, artichoke, broccoli, okra, red onion, mushroom, and tomato. But several of the articles featured backlash against the upsurge of interest in vegetarian foods, including a profile of Camas Davis, who butchers hogs and teaches the skill to teenagers. The article was illustrated by a takeoff on the famous Norman Rockwell Thanksgiving illustration--a photo of her students at a table loaded with every part of the pig, including the head. Ms. Davis was once a vegetarian, and says she began eating meat again because “I was hungry.” Vegetarians need never be hungry! See the recipe page, and p.7 for further discussion of this issue. Thanks to Nancy Hollowell for showing us this *NY Times* magazine.

BUT THIS! The lead article in “BIG VEG,” by Mark Bittman, covers healthy fast food, including the “fresco” menu at *Taco Bell*, and *Veggie Grill*, a 6-year-old Los Angeles based chain with 18 locations and an all-vegan menu that includes “Crab” Cakes and tartar sauce, the favorite dish that Bittman tried on his travels. ❖

RECIPE PAGE

t=teaspoon, T=tablespoon, c=cup

TEMPEH CHIMICHURRI (Serves 2)
(from Isa Chandra Moskowitz, the Post Punk Kitchen, theppk.com)

Brings together Indonesia (birthplace of tempeh) and Argentina (chimichurri). Serve with baked potato or rice, and sautéed or steamed veggies (asparagus is nice at this time of year).

8 oz tempeh, sliced into 8 thin slabs (slice in quarters, then in half horizontally)

For the chimichurri:

4 cloves garlic
1 c loosely packed fresh cilantro
1 c loosely packed fresh parsley
1 t dried oregano
¼ c red wine vinegar
2 T olive oil*
½ t red pepper flakes or to taste
½ t salt
¾ c veg broth

For the cooking marinade only:

1 T tamari or soy sauce

*Those following a low- or no-oil diet may eliminate the olive oil (or use 1 t only), and add 2 T rice vinegar.

Steam tempeh for 10 minutes (by “poaching” in saucepan in small amount of water; watch to add water if necessary). Meanwhile, blend chimichurri ingredients in food processor until relatively smooth.

When tempeh is steamed, pour half a cup of chimichurri into a measuring cup and add the soy sauce. Reserve the rest of the chimichurri for pouring over the cooked tempeh. Place warm tempeh on a plate and pour marinade over. Rub the marinade into the tempeh. Let sit for an hour, flipping once, and rubbing in the marinade again.

Lightly oil a large skillet; place tempeh in a single layer and cook for 4 minutes or so, until lightly browned. Flip tempeh, cooking for 3 more minutes. Add any marinade remaining from the plate and cook for 3 to 5 more minutes, flipping occasionally.

[Ed. note: As a variation on this technique, you could try baking in a 350 degree oven on a lightly oiled cookie sheet for 10 min. on each side.]

Serve tempeh drizzled with more fresh chimichurri.

TEMPEH is a fermented product made from the whole soybean. You can find it in the cool case at Abundance Coop and Lori's Natural Foods, and at Wegmans in Nature's Marketplace. Look for the SoyBoy brand made by our own local soy foods company, Northern Soy, founded in 1976; see their story at soyboy.com.

Brain Food! From Dr. Neal Barnard's *Power Foods for the Brain*, these are recipes by Christine Waltermeyer and Jason Wyrick.

SALADE LATINE
(Serves 2 as main dish, 4 as side dish)

Swiss chard's bitterness is balanced by the sweetness of the corn and grapes. Dark green lettuce can be used instead.

½ small white onion (Vidalia or Mayan sweet would work well)
3 cloves garlic
Leaves from 1 bunch chard or dark lettuce
4 Roma tomatoes, diced
1½ c fresh corn kernels (or thawed frozen)
¼ c pecan halves
1 c seedless black grapes
Pinch of sea salt
½ t freshly ground black pepper

Mince the onion and garlic, then smash them together a couple of times with the back of a knife.

Wash the Swiss chard thoroughly, as it tends to be gritty; then slice it into ribbons by tightly bunching the leaves together and slicing them with a sharp, heavy knife. Place the Swiss chard in a salad bowl and add the remaining ingredients.

Toss with an oil-free dressing: (1) 3 T brown or Dijon mustard, 2 T red wine vinegar and 3 T maple syrup; or (2) 3 T orange juice, 1 T red wine vinegar, and 1 T soy sauce.

TURKISH LENTIL SOUP (Serves 3)

Shredding the onion and carrot allows them to disappear into this classic Turkish soup, giving the broth a full-bodied flavor with the smooth texture of soft red lentils.

1 onion, shredded or diced
1 carrot, shredded or diced
2 cloves garlic, minced
4 c water or low-sodium vegetable broth
3 T low-sodium tomato paste
2 T diced roasted red pepper
½ t crushed red pepper (or to taste)
1 c red lentils
Optional: 1 T chopped fresh mint

Heat a large saucepan over medium heat. Add the onion and carrot and cook until the onion is lightly browned, about 5 minutes. Add the garlic and cook for another minute. Add the water or broth, tomato paste, roasted red pepper, and crushed red pepper, stirring everything together until thoroughly combined. Once the liquid is simmering, add the lentils. Bring to a boil, cover the pot, and reduce the heat to low. Cook for 25 minutes, then remove from the heat and serve, garnished with the mint if desired.

TUSCAN WRAP (Serves 2)

This simple white bean and sun-dried tomato spread makes an excellent cheese alternative and can be eaten as a dip in its own right.

2 c cooked or canned low-sodium white kidney beans, drained
1 clove garlic
1 t minced fresh rosemary
½ t freshly ground pepper
8 to 10 sun-dried tomatoes (not oil-packed), soaked in water and drained
1 zucchini, shredded
1 carrot, shredded
1 c sprouts
2 whole-wheat tortillas*

*Don't use Wegmans whole-wheat tortillas, which contain fish oil. Wegmans Gordita-style Tomato & Basil tortillas are vegan.

Combine the beans, garlic, rosemary, pepper, and sun-dried tomatoes in a food processor and blend into a thick paste. Spread the bean dip on the tortillas, top with the veggies, and roll them up to make wraps.

BROWN RICE SALAD
(Serves 4 to 6)

1 c brown rice, regular or quick-cooking
½ c cooked or canned garbanzo beans, drained
½ c shredded carrot
½ c finely shredded red cabbage
¼ c diced red bell pepper
¼ c thinly sliced celery
¼ c cooked green peas
¼ c minced fresh parsley
1 T soy sauce or Bragg's Aminos
3 T orange juice
1 t minced peeled fresh ginger

Cook the rice according to package directions. In a large bowl, combine the cooked rice with the remaining ingredients. Adjust the seasonings to taste.

BANANA ICE CREAM (Serves 4 to 6)

8 ripe bananas

Peel and slice the bananas. place them in a container, cover, and freeze for at least 1 hour. Remove the frozen bananas from the freezer and let them thaw a little at room temperature for 5 minutes. Place the bananas in a food processor and process until smooth and creamy, like soft-serve ice cream. You can vary the recipe by adding a little cinnamon, vanilla, or cocoa powder.

[Ed. note: I got good results by adding frozen blueberries: Dr. B. would approve!]

A MEDITERRANEAN DIET: HEART HEALTHY?

On 2/25/13, the New York Times ran an article called "Mediterranean Diet Shown to Ward Off Heart Attack and Stroke." The article reported on findings published on the New England Journal of Medicine's website that day, based on "the first major clinical trial to measure the diet's effect on heart risks." The experimental group had 30% fewer heart attacks, strokes, and deaths from heart disease than the control group. The report revealed that the study had been ended early, after under 5 years, because it was considered unethical to continue.

In this study, 7,447 people in Spain with risk factors for heart disease--overweight, smoking, or diabetes--were randomly assigned to either one of two variations on the Mediterranean diet, or to a low-fat diet. On one version of the Mediterranean diet, subjects were asked to consume at least 4 tablespoons a day of olive oil. On the other Mediterranean diet, subjects were directed to eat 1 ounce a day of a mix of nuts: walnuts, almonds, and hazelnuts. Both Mediterranean groups were asked to eat fish 3 times a week, legumes 3 times a week, and to drink a daily glass of wine; they were asked to limit dairy, processed meats, and other processed foods.

The experimenters took blood samples to insure compliance with the various regimens. It was found that the Mediterranean groups stayed on their diets, but the low-fat control group did not; so in actuality the Mediterranean diet was being compared to the "usual modern diet."

The article noted that Dr. Esselstyn, who has shown that a low-fat vegan diet prevents and reverses heart disease, dismissed the study. When asked for a response, Dr. Esselstyn pointed out that those in the Mediterranean diet study still had heart attacks and strokes; he said, all the study showed was that "the Mediterranean diet and the horrible control diet were able to create disease in people who otherwise did not have it."

WHAT ARE WE TO MAKE OF THE MEDITERRANEAN DIET STUDY?

On the face of it, Dr. Esselstyn's reaction seems a little grudging. After all, a 30% difference is huge, isn't it?

Yes and no.

First of all, the difference in outcomes should not come as such a surprise. The Mediterranean groups were asked to limit or avoid dairy products, processed meats, and other processed foods. It would appear that, though not vegetarian or vegan, these Mediterranean diets were somewhat more

health promoting than the standard American diet, which the control group apparently wound up following.

Secondly, we should note that, rather than a 30% reduction in disease, there was a 30% difference in the rate of new occurrence of disease. The Mediterranean diet was not a healing diet; it was a less damaging diet.

But the most important point to be made about this study is one that could be attributed to Dr. Esselstyn: **What about the other 70%?** Look at it this way. If there were 70 cardiac events in the Mediterranean group and 100 cardiac events in a control group of comparable size, that would represent a 30% difference, a very large and statistically significant difference warranting an end to the study. But what about the 70 people eating a Mediterranean diet who had heart attacks or strokes, or died from heart disease? Could we have done better for them?

Dr. Esselstyn calls heart disease a "paper tiger" which need never occur and which, once it occurs, need never progress. Elsewhere he rather amusingly calls heart disease a "food-borne illness." We think he would say that, rather than follow the false promise of an only slightly improved omnivorous diet, we should embrace the gold standard of a low fat whole foods vegan diet.

To read Dr. Esselstyn's response to the Mediterranean diet study, go to http://heartattackproof.com/spanish_study.htm

SEVEN BILLION CONSUMERS: Why Our Most Environmentally Important Decisions Involve Food

In the Spring 2013 issue of ActionLine, published by the national group Friends of Animals, Lee Hall writes that changing our diet is the single most powerful step we can take to protect the planet; and that this step is completely in our power and requires no exotic technology or big investment. Hall reminds us that one person's shift to a vegan diet one day a week for a year is comparable to reducing one's driving by 1,160 miles per year. So, a full-time commitment to vegan diet is the equivalent to saving 8,120 miles driven annually!

Hall says that, as a political matter, we should press our government representatives to shift subsidies from feed crops (for animals) to food crops for humans. As it is, subsidies for animal agriculture "perpetuate the mealtime habits of previous generations." But if we lead, politicians will follow. If enough of us

change our eating habits, we will be "voting with our grocery carts. As habits shift, economies will shift."

Hall says that if we would stop farming animals, "we'd instantly be involved in the one action that can free hundreds of millions of acres from rows of feed crops. Land use would be strikingly more efficient if we feed ourselves, rather than feed animals in order to eat them. Grazing land could be retired from use; natural habitat could be restored. . . . And vast releases of methane, chemicals and farm waster could be avoided. This is environmentalism in action, and many people are making it an everyday habit. They have pledged allegiance to our one-of-a-kind biosphere--to the future of life on our planet."

What about those who say that animal products don't have to be bad, if they are humanely raised?

The proper response to this assertion is that whenever a living being becomes a product for our consumption, there is inevitable exploitation and suffering. We would like to quote Hall's entire sidebar responding to the myth of "humane meat":

ETHICS IN THE GROCERY CART

Ready to commit to an animal-free grocery list? Your friends might respond by saying: "Yes, factory farming is bad, but it's not the only way to raise animals for food."

It's time to challenge the problem with all animal farming, including that which is advertised as organic, local or humane.

As animal advocates, we take the utmost care to focus attention on the ethical bottom line: Even where businesses purport to offer humane or free-range animal products, the overall circumstances and fates of the animals still depend on the whims and the wallets of human shoppers--to whom the animals are, in the end, nothing more than products. This is why farm animals, from big factories and pastures alike, eventually face the shock and trauma of slaughter -- after they're loaded onto trucks and taken to the same bleak slaughter plants.

If we think saving the planet or bringing about animal rights probably can't be done, or it will be too difficult, we might fail to try. Yet it could happen if a critical number of us do try.

Stay diligent, and together we will win, because success is staying true to the fairest principles. Together we will, and we are, succeeding. ❖

MUSINGS ON NEVER HAVING TO BE HUNGRY AGAIN (with apologies to Scarlett O'Hara) by Carol H. Barnett

We in the Vegetarian Society do a fair amount of outreach into the community (see p. 3). Occasionally someone stops by our table and says: "I was vegetarian once." When we ask why they stopped, they say "I felt weak" or "I got hungry."

There is a good response to this. People who switch from an omnivore diet to an ovo-lacto veg diet often become anemic (and feel weak) because they eat dairy products, which contain no iron and cause the body to lose iron. They'd do better (in every way) to switch to a vegan diet which is high in iron, as well as other nutrients, from beans, greens, and vegetables.

But as often as not, this "hunger" remark is a conversation stopper, not starter. It's hard to inquire too closely into the reasons for ill health without seeming to probe for medical details. Besides, people tend to be the ultimate--indeed the only--expert on how they feel. What can you say if someone feels hungry?

This problem was posed recently when Alex Jamieson announced, rather publicly, that she was no longer vegan. To refresh your memory, Jamieson became widely known when her then-boyfriend Morgan Spurlock decided to eat three McDonald's meals a day, never turning down a super-

sized meal, for 30 days, an experiment which was captured in the 2004 film "Super Size Me." Jamieson, at that time a vegan chef, designed Spurlock's detox diet when the experiment was over. Jamieson also wrote the book *Vegan Cooking for Dummies*. She is now Spurlock's ex-wife and, if still a chef, not a vegan one by her own announcement. When asked why she stopped being vegan, Jamieson replied: "I got hungry."

Not surprisingly, Jamieson's announcement prompted all kinds of responses. Some said that, while Jamieson may have followed a vegan diet for a time, she never was vegan in the sense of following a vegan way of life, or she would not have dropped it so readily. One person who publicly made that point was Erin Grayson, better known as Erin Red, a vegan activist and radio host.

Recently I had the pleasure to meet Erin Red when she came to U of R for its Great American Meatout celebration, so I'd like to say a few words about her. Erin's free radio shows, including one on the topic of Alex Jamieson's decampment from veganism, can be found at erinred.com; her blog is at erinred.tumblr.com. One of the best things I heard Erin say was: "Anything you can eat, I can eat vegan." She also said: "It breaks our hearts to have the people we love eat the animals we love, and hurt the planet we love." Another Erin-ism: there is

a direct line from head to heart to stomach, and all can be satisfied. View Erin Red's interview while at U of R at by searching "SAVVY Erin Red" on youtube. SAVVY is the U of R veg group; the Erin Red interview is also on their Facebook page.

But back to Jamieson and her hunger. Let's take her assertion at face value for what it implies about food, satiety, and nutrition. Did she need to feel hungry?

The vegan diet has been found to be nutritionally adequate by the American Dietetic Association (now the Academy of Nutrition and Dietetics) and by the U.S. Department of Agriculture in their 2010 nutritional recommendations. Each new scientific study adds to the consensus that it is the optimal diet.

But sometimes, in promoting a vegan diet, we also describe variations on the diet that are very restrictive--for example, extremely low in fat or completely raw--and that have been shown to have healing effects for such conditions as cancer, heart disease or obesity. A healthy young person who follows one of these variations on the vegan diet may have an empty feeling. The solution is not to stop being vegan, but to follow a less restrictive vegan diet.

Each person's vegan diet occasionally needs adjustment in order to be healthful and satisfying. With a little effort, anyone can find just how health-giving, delicious, and abundant this way of eating is. ❖

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:

- **May 19, 2013*** (3rd Sunday) **Compassion is a Journey, Not a Destination** with **John Morlino**, founder of **The E.T.H.I.C., The Essence of True Humanity Is Compassion**. John Morlino is a former social worker who founded The E.T.H.I.C. to promote peace, non-violence, and compassion. He has spent the last 30 years working for human and animal liberation.
- **June 1, 2013** (Saturday) **7:15 PM The Role of Diet in Preventing, Arresting, and Reversing the 15 Leading Causes of Death** with **Michael Greger, M.D.** Multi-Purpose Room in The Summit at Brighton, 2000 Summit Circle Dr. (next to Jewish Home of Rochester, 2012 S. Winton Rd.). Turn west off Winton onto Meridian Centre Blvd., then onto Summit Circle Drive.
- **June 16, 2013*** (3rd Sunday) **Advice from a Panel of Experienced Vegan Cooks: Meal Ideas, Tips and Recipes**. Come to enjoy a repeat performance of last June's popular program, with a different group of veteran vegan cooks.
- **July 3 -7, 2013** (Wed - Sun; weekend package available; child care center for parents of young children) **North American Vegetarian Society's Vegetarian Summerfest** in Johnstown, PA. Not a RAVS event, but RAVS members will be attending! Go to vegetariansummerfest.org for details about speakers, programs, prices, and registration.
- **July 21, 2013** (3rd Sunday) **2:00 PM Summer Picnic** at the Home of Kimber Gorall, 15 Peachtree Lane, Pittsford, NY 14534. Kimber's house is on the canal! Peachtree Land is off Marsh Road, just north of the canal in Bushnell's Basin. Please bring a **vegan** dish to pass, a place setting for yourself, and a folding chair if you have one. If rain is threatened, call the RAVS hotline (234-8750) on Sunday morning to see if the picnic has been rescheduled.

***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



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ROCHESTER AREA VEGETARIAN SOCIETY