



**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](http://rochesterveg.org). You will find us helpful and welcoming. ❖

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**HOOKED ON MEAT?**  
**An Appeal to the Vegan in Everyone**  
by Carol Hee Barnett

I recently watched the independent film "Meat Hooked," part of the *America Reframed* series on public TV. The film is a short history of butchering in the United States which focuses on the new breed of "hip" butchers who have recently captured a fair amount of attention and media coverage.

Unlike meat on supermarket shelves, where packaging in styrofoam and cellophane distances the consumer from the reality of the animal behind the meat, the meat sold by these butchers is front and center in their shops, with carcasses hanging from the ceiling and readily identifiable animal parts like hooves and heads on display. The new butchers are presented as people with options, who left behind jobs in finance or computers because they prefer to work with their hands. They claim that their work is sustainable: not white collar, not blue collar, but "green collar." Some of them claim to have been vegan or vegetarian before they made the career change.

As boutique butchers, they rely on boutique farms where the animals are raised outdoors, and boutique slaughter where the animals are killed retail, one by one. In a segment labeled "From Pig to Pork," one butcher's wife said in a voiceover that the slaughterer warned her that witnessing the act might "turn her into a vegan"; instead, she said, she "found it a moving experience."

I have to say that, as a vegan viewing this film, the new butchers came across to me as smug, self-righteous, and almost gleeful in their use of animals. They had an "edge." Why, I wondered, did they have a sort of chip on the shoulder? Is it because meat-eating is so undervalued in our society and they want to rectify that imbalance? Do they challenge us to proudly eat more meat? Is it because they want to bring slaughter out of the shadows into full view?

Then I thought about the adjectives that are applied to vegans. We're thought of as rigid, strict, and uncompromising, and sometimes humorless and didactic. We're even accused of being self-righteous, that

same term I applied to the butchers. But the reasons are so different.

Here's why vegans have an "edge." It's not because they think they are "hip" and smarter than you. It is not even because they have seen the secret to good health (though they have) and want to share it with you (though they do). The reason is that they have looked behind the curtain of animal agriculture. They want you to see that our meat-based diet is premised on terrible suffering.

An added insult in the film "Meat Hooked" is the way it throws around the terms "vegan" and "vegetarian" as though they were earlier stages of thoughtful eating, destined to be followed by a progression toward a more "realistic," "mature," or "pragmatic" way of eating. When the butcher's wife said that she found it a "moving experience" to watch a dying pig dragged by the hooves out of its pen, what did she mean? Surely death is a mystery: but is it "moving" to watch death needlessly and violently inflicted on a helpless creature? Surely she must mean that the death is "moving" because it is necessary or serves some higher purpose. But as decades of research and experience have shown, this just isn't so. Using animals for food is not necessary to sustain life, and it isn't even good for us. That is the sad reality behind the gleaming counters and the glass cases in the new butcher shops.

The film was followed by a brief interview with the director. She said that she had shown the slaughter scene to some vegetarians, and they told her it did not bother them, which "meant a lot to her." Who are these vegetarians, and why are they speaking for me? I am a vegetarian and a vegan, and the slaughter *does* bother me.

Please read the rest of this newsletter for more on both parts of this argument: humans don't need meat and dairy to be healthy and those foods are actually harmful to health; and the notion that you can get those products in a way that is "humane" is a myth. Every bit of meat, eggs, and cheese has taken a path through terror, pain, and death. Forgive vegans for being humorless about that. It's just too important for anyone to take lightly. ❖

## Rochester Area Vegetarian Society

### Coordinators:

Ted D. Barnett, M.D.  
Carol Hee Barnett, Ph.D., J.D.

### Board of Directors:

Shelley Adams	Ken McBride
Carol Hee Barnett	Walt McBurney
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### RAVS Staff:

Treasurer:	Ken McBride
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	Bob Zimmermann
Library:	Leena Isac

### Vegetarian Advocate Staff:

Editors: Carol and Ted Barnett

### Contributors:

Poetry	Bruce Ross, Ph.D.
Logo Design	Bern Berg

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 Vegan 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 *why* 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 Vegan 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 Hee Barnett

It has been a busy warm season for the Rochester Area Vegetarian Society. In May we welcomed **John Morlino**, founder of **The ETHIC** (the-ethic.org), who spoke movingly of the ways in which life's setbacks help us to develop our compassion for others. In June, a panel of RAVS cooks discussed vegan shopping, meal planning, and recipes. Many thanks to **Shelley Adams, Michael Hagelberg, Leena Isac, Darren Mrak, and Scott Wagner**. In July, **Kimber Gorall** graciously hosted a picnic at her canalside home, as we enjoyed a cool break in what had been a sweltering week. Clearly, the weather gods favor vegans.

During the first week of July, an all-time record number (24) of Rochesterians went to the **North American Vegetarian Society's Vegetarian Summerfest** in Johnstown, Pa. In attendance were: **Carol, Ted, Rebecca, Elizabeth & Nathaniel Barnett, Handy Cowles, David Daunce & Yetta Panitch, Beth Garver Beha & daughter Tabetha Garver-Mosher, Jacki & Michael Hagelberg, Carol Hope, Dvorah & Myron Kolko, Rhea & Ken McBride, Lori Miller, Gerry & Tim Miner, Ted Potter** and daughters **Meena & Annie Potter**, and **Charles Worl**. The Barnett family contributed to the Summerfest program: Ted gave a talk on Green Birding, and one on the History of the USDA Food Groups; Ted and Carol sat on a panel about running a vegetarian society; the Barnett kids each provided entertainment before plenary sessions; and the entire family organized a Service for the Animals on Sunday morning.

We look forward to an all-star autumn. In August we host an important film premier (see notice this page). On the third weekend of September, we will again participate in the **Greentopia Festival**. Please note that this pushes our September meeting to the **4<sup>th</sup> Sunday!** You won't want to miss it, as our guest **Melanie Joy, Ph.D.** will be speaking on the concept of "**Carnism.**" And in

October, **John Pierre**, a nutrition and fitness consultant, will talk to us about "**The Pillars of Health.**"

**OUTREACH:** Our presence in the community continues to be strong. In June we staffed a table at Brighton Color Green's Energy Fair (**Tina Kolberg**) and at the Rochester Jamaican Organization's 3<sup>rd</sup> Annual Community Health Fair (**Carol Barnett**). In July we tabled at **Greenovation**, 1199 E. Main St. (**Carol Barnett**). This store, with loads of charm and "pre-owned" bargains, on the site of the old Vietnam Vets store, is open Tues.-Fri. 11AM-6PM and Sat. 9AM-4PM.

Upcoming outreach events, in addition to Greentopia, include classes at new venues (a yoga studio and a library). And again, for a 4<sup>th</sup> time, the Jewish Community Center will offer the **Plant-Based Nutrition** class taught by RAVS's own **Ted D. Barnett, M.D.** with recipes and food samples by **Carol Barnett**. See details on p. 8; call 461-2000 to register.

**"Making a Case for Vegan Eating: Healthy People, Healthy Planet":** This class taught by RAVS Coordinators Ted & Carol Barnett will be given at the Grounded By Yoga studio in Bloomfield, on Sun. August 25 from 3:30-6 PM. Cost is \$15/\$18 at the door. Details on p. 8.

**"Making a Case for Vegan Eating"** will also be given at the Canandaigua Wood Library on Tuesday, September 17 from 6-8:30 PM. The class is free but you must register by calling (585) 394-1381.

**EATING OUT VEGAN** The Democrat and Chronicle has recently focused on a number of eateries that offer vegan options. **Small World Food**, a cooperative that makes bread, desserts, granola, hot sauce, and fermented and pickled vegetable products from locally grown organic ingredients, was profiled on 5/31/13. Small World is located at 90 Canal St. but also sells its products at farmers markets, Abundance Coop, and selected stores. The **Owl House**, 75 Marshall St., which has vegan variations on most of its menu items, was written up on 6/7/13. On 6/25/13, an article titled "Veggies Front and Center" highlighted

the veggie bar at Pittsford Wegmans, and Wegmans Next Door Bar and Grill in Pittsford, and praised **Restaurant 2Vine**, 24 Winthrop St. for "bulking up its vegan options with rotating offerings such as roasted heirloom potatoes with rapini and tomato-braised chickpeas over quinoa and brown rice; a half-inch slab of cauliflower grilled like a steak with mushroom sauce; and a roasted-eggplant Mediterranean flatbread sandwich." And the July 2013 issue of the D&C's Rochester Magazine had a special feature on veggie burgers, including the Owl House's vegan Gentle Lentil Burger, and the vegan Carrot-Chickpea Sliders with sweet pepper catsup at **Lettuce B. Frank**, Mobile Food Cart (locations at lettucebfrank.com). ❖

## ROCHESTER PREMIER OF GROUND-BREAKING FILM

**Animal Rights Advocates of Upstate New York** and RAVS will co-sponsor a showing of "**Peaceable Kingdom: The Journey Home**," a film by **Tribe of Heart**. Following the film, **Harold Brown** of **Farm Kind**, who is featured in the film, will deliver brief remarks and lead a discussion. Free refreshments will be available after the film. This event is free and open to the public. See calendar on p. 8 for details.

**MORE ABOUT THE FILM:** "**Peaceable Kingdom: The Journey Home**" portrays the experience of five farmers, an animal rescuer, and a humane police officer as they engage in struggles of conscience regarding the role and treatment of animals in their lives; it includes rare footage providing insight into the emotional lives of animals. The 78-minute film premiered at the Moondance Festival in Boulder, Co., where it received the Best Documentary Award. It went on to receive the Best Documentary Award at Chicago's Peace on Earth Film Festival, the Grand Jury Prize at the Canada International Film Festival, the Audience Award at the Environmental Film Festival at Yale, and the Best of Fest Audience Award at the Berkshire International Film Festival. For more information, visit [tribeofheart.org](http://tribeofheart.org).

We welcome the following: **New Members:** Anu Chathampally (gift of Walter Bowen), Laura Chekow, Joan Entwistle, R.D., Carol Hope, Lori Miller, Marsha Raines, Wendy Rosen, Annette Van Savage. **Membership Renewals:** Felicity & Gerald Brach, Milt Braverman, Peggy Weston Byrd, Ellie Cherin (Sustaining Level), Maryann Connolly, Father Patrick & Mary Cowles (Sustaining Level), Charles DiPrima, Nancy Hallowell, Jerry Hanss, Joanne & Christopher Hee, Dee & Darren Mrak, Lucille O'Brien, Yetta Panitch & David Daunce (Patron Level), Russ Roberts, Sister Lucetta Sercu, Ester Mass Tobochnik. **Newsletter Subscription:** Joseph Alfiero (gift of Nancy Hallowell). This list reflects memberships submitted through approximately July 21. Please contact us with any questions about membership. Thank you for your support! ❖

## Vegetarian Summerfest Rocks!

by Carol Hee Barnett

Our family of five just returned from a glorious five days at the North American Vegetarian Society's Vegetarian Summerfest (weekend package was available), where several hundred people convened to hear the leading lights of the vegan movement share their expertise and passion.

Physicians, including Paulette Chandler, Michael Greger, Stephan Esser, and Milton Mills, held forth on the growing consensus that a whole-food, plant-based diet is optimal for human health. Dietitians, including Marty Davey, George Eisman, Bob LeRoy, and Myriam Parham, reinforced the message with nuts-and-bolts detail. Dr. John McDougall's plenary address on Friday evening, based on his recent book *The Starch Solution*, caused some controversy by insisting that to be healthy we need only to eat a diet of complex carbs (grains, beans, and starchy vegetables) with no need to worry about nutrients or supplements other than vitamin B12. Other speakers like Brenda Davis, R.D. balanced this view with recommendations about essential nutrients and the best foods to get them from.

Nutrition and health, along with delicious vegan meals three times daily and food samplings galore, were not the only things on the menu. The conference touched on every aspect of vegetarianism, including compassion for animals, the environment, and spirituality. We heard from Jonathan Balcombe, Ph.D. on animal sentience; and from James LaVeck on the need to not compromise the vegan movement by endorsing less-cruel animal agricultural practices, or their products, as "humane" or "compassionate." We heard from Karen Davis on the power of word choice (e.g., "I don't eat chickens" vs. "chicken"). Will Anderson, a veteran environmental activist, spoke of "green vegans" being the vanguard of a "new human ecology" that will recognize humans as interdependent with a fragile layer of life on earth that we damage only at our peril. These were just a few of more than 65 speakers on the roster.

It wasn't all serious, though. From yoga sessions, boot camp, and birdwatching at dawn to cooking demonstrations at midday and disco, karaoke, and star watching at night, with child care available at all times, the only problem was figuring out what to do, when to get sleep, and how to stay hungry for the 5-star meals. A particular joy was hearing Miyoko Schinner, author of the new book *Artisan Vegan Cheese*, tell how she learned how to make real non-dairy cheese by studying the techniques of fermentation and aging. We hope her expertise will result in commercial products before long, but until then you can buy the book and make cheese yourself!

The highlight of the conference was the induction of Rae Sikora into the Vegetarian Hall of Fame. Rae is co-founder of the Institute for Humane Education, and of VegFund; and co-founder with her husband Jim Corcoran of Plant Peace Daily, which promotes non-violence and cruelty-free living. Rae's work in the Middle East includes programs called Sharing our Home (Israelis and Palestinians) and Expanding the Circle of Compassion. Howard Lyman, the ex-cattle rancher "Mad Cowboy" who is himself in the Vegetarian Hall of Fame, said of Rae: "If she was in charge of the world, we would be living in peace."

Plan now to attend Summerfest next year. Place and dates to be determined: but you can view this year's speaker roster and programs, and keep tabs on any announcements about Summerfest 2014, by visiting [vegetariansummerfest.org](http://vegetariansummerfest.org).

### The Diet Wars: Report from the Frontline

I attended sessions at Summerfest given by dietitian **Brenda Davis, R.D.** on "Designing an Optimal Vegan Diet" and on "Cutting Edge Vegan Nutrition." She reminded us that the American Dietetic Association stated in its 2009 position paper that a vegan diet, if appropriately planned, is healthful and nutritionally adequate, and may provide benefits in disease prevention. Davis gave up-to-date information on nutrients of concern, including protein. Sufficient protein is necessary to fashion the matrix for bone-building, among other things; still, the average vegan intake is 11-14% of the diet, well within the World Health Organization's recommendation of 10-15%. Davis said there are 9 indispensable amino acids (IAA's) (formerly referred to as "essential amino acids") which are readily found all together in animal foods, but in uneven amounts in plants. However, animals don't make IAA's: they are made by plants, which is why they are "indispensable" to all animals, and they are just concentrated in the tissues of animals that consume them. (Doesn't this sound like the way omega-3 fatty acids from algae are concentrated in fish?) No need to combine plant foods to get the whole array of IAA's: if we eat a variety of whole foods throughout the day, we'll get what we need, because the body stores excess or unbalanced IAA's in a "protein pool" to draw upon as needed.

Davis, **Milton Mills, M.D.**, and **Bob LeRoy, R.D.** all gave talks on the high-meat Paleo diet. Davis said there is evidence that our ancient ancestors derived 2/3 of their calories from plants, and many of them consumed grains and starchy vegetables. In contrast, the Paleo diet encourages consumption of huge portions of meat, and no grains or legumes. Davis compared three days of menus from her upcoming book, the

revised *Becoming Vegan*, with 3 days of menus on paleoplan.com. She found the vegan diet closer to a true ancient diet than the Paleo recommendations, with the Paleo diet providing 2 to 3 times the fat, 3 times the cholesterol, 1/3 the carbohydrates, and less than 1/3 the fiber of an ancient diet. Moreover, said Davis, a diet is only good if it is ecologically sustainable and ethical. In a world of 7 billion people, if everyone strove to eat a Paleo diet, incalculable devastation would result (we would need the equivalent of 10 earths to feed everyone this way). While the Paleo diet sets up grass-fed meat as an ideal, in reality more than 95% of the meat sold in the U.S. is raised on factory farms. Davis said "no one today eats anything close to a true Paleo diet"; but a whole-food, plant-based diet is as close as anyone will ever get in today's world.

Milton Mills said that the Paleo diet is based on conjecture and on faulty assumptions, including that only animal foods are concentrated energy sources, and that the propensity to hunt led to the development of intelligence and a large brain. Rather, on the savannah where our species evolved, wild plants had about the same ratio of calories per gram as animal food, so that gathering plant food was a much more energy efficient way to insure survival than the risky and energy-profligate activity of hunting. Furthermore, Dr. Mills speculates, the discovery of the relationship between flowers and fruits, and the cultivation of that knowledge, are just as plausible a basis for the development of intelligence as hunting. To the popular hypothesis that humans, as natural runners, ran down their prey, Mills counters that this would have been far from adaptive: after a long run, the human would have been depleted at the moment of confrontation with prey; he would have been vulnerable to competing predators; and, with his small stomach, he would have been unable to eat more than a fraction of the prey, yet unable to bring it back to the community without spoilage. Finally, like Brenda Davis, Dr. Mills says that, when it takes 2500 gallons of water to produce a pound of beef and 16 gallons to produce a pound of vegetables, our vegan diet is generalizable and equitable, while a meat-based diet is not.

Bob LeRoy spoke about the Weston Price (WP) Foundation's criticism of soy. LeRoy acknowledged that soy should perhaps be consumed in moderation; but said we should direct the challenge back to both WP and Paleo followers, who exclude legumes from the diet. LeRoy said that legumes contain so many nutrients—B vitamins, minerals, phytochemicals, antioxidants, and "protective factors, both discovered and undiscovered"—that they should always be part of the diet.

That's just a fraction of what I heard! ❖

### A Taste of Summerfest

The following recipes were made and sampled at Summerfest. Enjoy!

#### SPICED SUMMER SLAW (Jill Nussinow) (Serves 6)

- 1½ lb. green cabbage, finely shredded (or combo of green and red cabbage)
- 1 large carrot, grated
- 1 scallion or ½ red onion, sliced
- ½ cup cilantro, or to taste
- 1 to 2 tsp cumin powder
- ½ tsp chipotle chili powder (or to taste)\* or ½ hot pepper of your choice
- 2 to 3 tbsp apple cider vinegar
- 1 tbsp Dijon mustard
- ½ tsp salt (optional)

Quarter the cabbage, and remove and discard the central white core. Shred the cabbage by cutting very thin slices along the length of each quarter or use the food processor slicing blade. You should have about 6 cups. Use the grating blade to shred the carrot, or use a hand grater.

Place the shredded cabbage in a large bowl. Toss in the carrot, onion, and cilantro. Mix the spices, vinegar, and mustard together in a small jar or whisk in a small bowl. Combine with the cabbage mixture and let sit for at least 15 minutes. Then fold in the Avocado Cilantro Dressing. Refrigerate for at least half an hour before serving.

Variations: Feel free to add pumpkin seeds. If you like it spicy, add hot sauce or a chopped hot pepper.

\*Chipotle chili powder is available in the bulk spices at Lori's. You could also substitute paprika or regular chili powder.

#### AVO CITRUS CILANTRO DRESSING (Makes about 1 cup)

- 2 cloves garlic
- ¾ cup cilantro, mostly leaves
- 3 tbsp sunflower seeds, soaked for a few hours
- 1 avocado, cut in slices
- 1 to 2 tbsp each lime and orange juice
- Water or veggie broth, as needed
- ¼ tsp salt, if desired

Combine the garlic and cilantro in the bowl of a small food processor or blender. Process until chopped. Add the sunflower seeds and process again. Add the avocado and citrus juice and blend until the mixture starts getting smooth. Add water or broth to make a creamy dressing. Combine with cabbage to make a tasty slaw, or use any other way that you like.

This dressing works well on any grain or green salad, or served atop baked tempeh or tofu.

#### SWEET CASHEW CREAM CHEESE (Miyoko Schinner)

- 2 cups raw cashews, soaked in water for 3 to 8 hours and drained
- ½ cup water
- 2 tbsp plain nondairy yogurt, homemade or store-bought
- Pinch of salt

##### 1. Process the ingredients.

Combine the ingredients in a blender and process until smooth and creamy, stopping occasionally to scrape down the sides of the blender jar as necessary.

##### 2. Culture the cheese.

Transfer the mixture to a clean glass bowl or container, cover, and let rest at room temperature for 24 to 48 hours, depending on the temperature of the room and how sharp a flavor you want. For use in cheesecakes that will be sweetened, allowing it to culture for a full 48 hours will achieve a tanginess that is offset nicely by the sweetener. Cover and store in the refrigerator. It will get firmer as it chills.

#### LOX AND CREAM CHEESE

In a food processor, combine 8 oz. of Sweet Cashew Cream Cheese with 1 finely torn sheet of nori, ½ roughly chopped roasted red bell pepper, ½ tsp of salt, and a few drops of liquid smoke. Process until combined. Enjoy on a bagel.

#### SUN-DRIED TOMATOES AND GARLIC CREAM CHEESE

In a food processor, combine 8 oz. of Sweet Cashew Cream Cheese, ½ cup reconstituted sun-dried tomatoes, 2 to 4 cloves of garlic, and salt to taste, and process until a desired consistency is achieved. Serve on crackers or bread.

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### A new vegan cookbook! *Betty Goes Vegan* by Annie and Dan Shannon

This new cookbook is the outcome of a 2-year-long project to veganize Betty Crocker (sort of like the project to make all of the recipes in Julia Child's cookbook in one year, depicted in the film "Julie & Julia"). This huge tome (480 pages, 500 recipes) is a treasure for its exciting recipes, its comprehensiveness, and the offbeat humor which comes across not just in the introduction and sidebars, but in the recipes themselves. Check it out from the library (so far there are 9 copies in the Monroe County Library System). You can find six more recipes from the book at [yellowpages.com](http://yellowpages.com) and another recipe at [ohmyeggies.com](http://ohmyeggies.com).

#### TEXAS MACARONI BOWLS (Annie & Dan Shannon, *Betty Goes Vegan*) (Serves 4 to 6)

- 1 lb whole wheat macaroni
- Olive oil cooking spray
- ½ cup beer (we recommend Dos Equis)
- ½ cup frozen corn
- 1 14-oz can black beans, drained and rinsed
- 1 14-oz can kidney beans in chili sauce, not drained or rinsed
- 1 14-oz. can chick peas, drained and rinsed
- 1 tsp cumin
- 2 tbsp hot sauce
- 1 tomato, diced
- ½ red onion, sliced
- 1 tsp onion powder
- 1 tbsp chopped fresh cilantro (or more)
- 1 tbsp Bragg's liquid aminos or soy sauce
- Dash of liquid smoke
- Nutritional yeast, black olives, fresh cilantro, and fresh avocado slices to top 'er off

Cook and drain the macaroni per the instructions on the package. Put the pasta in a serving bowl, spray with olive oil cooking spray, and set aside. In a large saucepan or cast-iron skillet, mix the remaining ingredients and bring to a boil over medium heat. To serve, fill each person's soup bowl with pasta and ladle the bean mixture on top. Sprinkle on your favorite toppers and let's party.

#### CURRY AND WILD RICE SOUP (*Betty Goes Vegan*)(6 to 8 servings)

- 1 tbsp olive oil
- 1 tbsp all-purpose flour
- 4 cups Better Than Bouillon vegetable broth, made per instructions on package
- 3½ tsp garam masala or curry powder
- ½ cup coconut milk
- ½ cup frozen peas
- 2 cups cooked wild rice
- 1 cup raw broccoli florets
- 1 red bell pepper, sliced
- 1 tsp crushed black peppercorns
- 5 large fresh basil leaves, chopped
- 1 tsp lemon zest
- 2 tsp lemon juice

In a large pot or Dutch oven, heat the olive oil over medium heat until warm. Use a whisk to blend in the flour. Once the flour and oil have made a paste, add the broth and continue to whisk your soup until the flour has blended in. Add the curry powder and coconut milk and continue to whisk until the curry has blended into the soup.

Toss in the peas, wild rice, broccoli florets, and bell pepper and simmer until the vegetables are tender. Mix in the pepper, basil leaves, lemon zest, and lemon juice. Serve warm and often. ❖

## PALEO MADNESS

It's been around forever, or so it seems: the high-animal-protein diet that promises effortless weight loss. First it was Atkins and Stillman; then it was Atkins, Zone, and South Beach; and most recently it's Paleo, "primal" and now the "Perfect Human Diet" (how's that for being sure of yourself?) with a forkful of steak on the cover illustration of the DVD—surely an intended slap at "Forks Over Knives," the film that made the case for whole-food plant-based eating.

But now it seems you can't read an online health article without finding a commenter who makes extravagant health claims for this kind of diet. Here's a recent comment on the 7/18/13 article in the NY Times about a genetic mutation that may predispose one to obesity: "[A] calorie is not a calorie. As someone who thought he was genetically pre-disposed to be a bit overweight despite being an athlete until recently i am living proof. Cut the carbs....all of em' Fruit, whole grains etc.....and you reduce insulin response. Ive lost 21 lbs in 3 months...without changing anything else." Of course, when you cut out all carbs you are left with: meat, poultry, fish, cheese and eggs.

It's worth noting that most of the health claims for meat-based diets revolve around weight loss. First of all, even assuming meat-based diets work for weight loss, that's not the only way to achieve it. Neal Barnard, M.D. has a three-week program based on his study in which women on a vegan diet, *without portion control*, steadily took off weight for as long as they kept eating that way, until they reached maintenance weight. (See his book *21-Day Weight Loss Kickstart*, or visit [21daykickstart.org](http://21daykickstart.org)) Secondly, while maintaining a healthy weight is one element of health, it's not the only one. What if short-term weight loss is being bought at the price of poor long-term health? Large epidemiological studies, such as the Seventh Day Adventist (SDA) health studies, show that vegetarians consistently do better than meat-eaters at avoiding chronic disease, and vegans do best of all. See, for example, "Vegetarians Live Longer than Meat-Eaters, Study Finds" (Wall Street Journal, 6/13/13), referencing the results of an SDA study published in JAMA (Journal of the American Medical Association) Internal Medicine.

It isn't just that we want to live longer and healthier. A vegan diet does so much other good as well, in a seamless web of benefits.

A vegan diet is good for the environment. Read "Livestock's Long Shadow," the UN Food and Agriculture Organization's 2006 study finding that livestock is responsible for 18% of greenhouse gases (GHG), more than all forms of transportation combined. Subsequently, the Worldwatch Institute estimated that the figure could be as high as 51%. While there is some debate as to whether grass-fed beef might generate less GHG than feedlot beef, the consensus seems to be that neither is a green food choice: the National Institute of Livestock and Grassland Science in Japan (2007) estimated that 2.2 pounds of beef generates more GHG than driving 155 miles. [opb.org](http://opb.org) 10/26/12.

A vegan diet is good for social justice. Animals eat much more food—many times more food—than they produce; and by eating plant foods instead of animals, vegans decrease the overall demand for food and free up more for other people, according to A Well Fed World, [awfw.org](http://awfw.org)

Most obvious of all, a vegan diet is good for the animals. That is, unless you can convince yourself that meat and other animal products can be raised humanely, and that animals—including dairy cows and egg-laying chickens, who are always killed sooner rather than later, when their production wanes—can be slaughtered humanely.

## THE HUMANE MYTH

All animal agriculture operations—even the "Old McDonald's Farm" type operations which constitute a vanishingly small portion of overall farming—necessarily involve confinement, mutilation and slaughter of farmed animals, as those animals are there for only one purpose: to provide food products for consumers who demand them. Farmed animals are not covered by the Animal Welfare Act; most practices, however cruel, are permitted as "generally accepted" industry practice. There is a trend in recent years to promote certain animal products as being "humanely" or "compassionately" raised and slaughtered; but these terms are ill-defined (what does "free-range" mean? see images at [humanemyth.org](http://humanemyth.org)) and under-enforced or self-enforced.

So-called "humane" animal agriculture is doubly exploitative: it exploits animals; and it exploits consumers by taking advantage of their natural tendency to care about what happens to animals, and by inducing complacency that *this* meat and milk, *these* eggs can be purchased and eaten without harm and without guilt.

**When a living creature is commodified, there will always be a race to the bottom line, to generate more profits at the expense of the animals who are, after all, a product; who are at the mercy of those who raise them for market; and who have no voice except the voices of those of us who advocate for them.**

We end with these points made by Professor Gary Francione at the Animal Rights Conference 2013:

1) *All sentient beings are equal for the purpose of not being used exclusively as a resource.* Animals have their own lives and have a right not to be used as the means to an end.

2) *Animal welfare does not work.* Francione argues that welfare reforms do very little for animals and often make animal use more profitable. He notes that welfare reforms and "happy exploitation" campaigns reassure the public that they can continue to consume animals in a "compassionate" way.

3) *Veganism should be the moral baseline of the animal rights movement.*

4) *Human rights and animal rights are perfect together.* ❖

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### What Could Be Wrong with the Humane Raising and Slaughter of "Food Animals"?

From "The Right Not To Be Eaten" by Evelyn B. Pluhar, in *Food For Thought* (Prometheus Books), 2004, pp. 95-96.

One can rejoice in any significant reduction of cruelty to sentient beings, but simply eliminating that cruelty is not sufficient. Suppose that the leading factory-farming nation in the world, the United States, were to follow the current path of the European Union (EU) and phase out the most distressing practices. . . . Unquestionably, the animals raised and killed for their body parts would have better lives and deaths than is their lot now, but it does not follow that turning them into main courses would then be morally justified. . . . All of us, regardless of our intelligence levels, are capable of caring about what is happening to us. We struggle against slaughter; we do not consent to being made "sacrificial animals." . . .

If humans deserve to be treated respectfully regardless of their intellectual prowess, so do nonhumans, regardless of how tasty they may be to us. . . . Any beings who are capable of caring about what happens to them, who can prefer one outcome to another, have lives that are not morally reducible to others' pleasure. We can care about them because they can care: they have a stake in what each future moment brings, just as we do. ❖



## IN THE NEWS

**FACTORY FARMS BREED BACTERIA** Mark Bittman, in his NY Times blog dated 7/9/13, reports that livestock workers in N. Carolina factory farms are more likely to carry drug-resistant strains of bacteria than workers on regular farms; and there is evidence that the bacteria MRSA is traveling from pigs to humans in Iowa. The Food and Drug Administration's (FDA) Retail Meat Annual Report for 2011 states that 10% of all chicken breasts sold at retail are contaminated with antibiotic-resistant salmonella, and nearly half are contaminated by antibiotic-resistant campylobacter bacteria. According to Bittman, this is yet more proof that keeping animals in confinement and routinely feeding them antibiotics breeds varieties of bacteria that cause disease in humans that may not readily be treated by antibiotics; but so far the FDA has only come up with a "lame voluntary reduction scheme."

**MORE:** "Farmers' Market Chickens Higher in Bacteria" is the title of the 7/18/13 entry in the NY Times Well blog: 90% were infected with campylobacter and 28% with salmonella, higher than both regular and organic supermarket chicken.

**EGGS BOOST RISK OF HEART DISEASE AND DIABETES** by up to 83%, according to a meta-analysis published in the journal *Atherosclerosis* (4/17/13). PCRM's Good Medicine, Summer 2013.

## The Voracious Vegan Reviews:

**Meda**, an Ethiopian Restaurant, is located at 302 University Ave, and open Tuesday through Sunday 11am to 11pm. At a recent dinner, I shared the Vegetable Combination dish for two. It came with the salad and injera bread—a unique flatbread with a slightly spongy texture. The injera bread, as our waiter nicely explained, is traditionally made out of teff flour. While teff flour contains gluten, teff does not contain the a-gliadin-fraction that causes a reaction in those with celiac disease, and it has a high concentration of different nutrients, including a very high calcium content. Teff is also high in protein, containing the 8 essential amino acids, and is higher in lysine than wheat or barley.

Traditional Ethiopian meals are generally eaten with hands (the right hand to be exact), and the bread is used as a substitute for utensils. Ethiopian meals are communal and fun, and provide ideal social occasions for couples or small groups of friends who aren't afraid to use their hands! For the squeamish, silverware is also provided at Meda.

There is a large bar as you walk in the door, but the restaurant is still waiting to get its liquor license.

We both agreed that the meal was filling and delicious!

## Vegetarian Entrées at Meda

- SHIRO WOT, Ground and highly seasoned chickpeas finished with berbere sauce  
 MISIR WOT, Split lentils with ginger, garlic, onions, olive oil and berbere sauce  
 MISIR ALICHA, Split lentils dipped with ginger, garlic, onions, olive oil and curry then cooked to perfection  
 GOMEN, Chopped collard greens cooked in herbed oil with onions, green pepper and garlic  
 TEKIL GOMEN, Cabbage cooked with vegetable oil, garlic, ginger and green pepper  
 DINICH ALICHA, Chopped potatoes cooked in vegetable oil, marinated with garlic, and onions ❖

## HAIKU

so much better  
 than we could do  
 the frog's stillness

this heat  
 beside the old barn's ramp  
 white wildflowers

starless night  
 there is only this  
 pulsing crickets

by Bruce J. Ross

## 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:

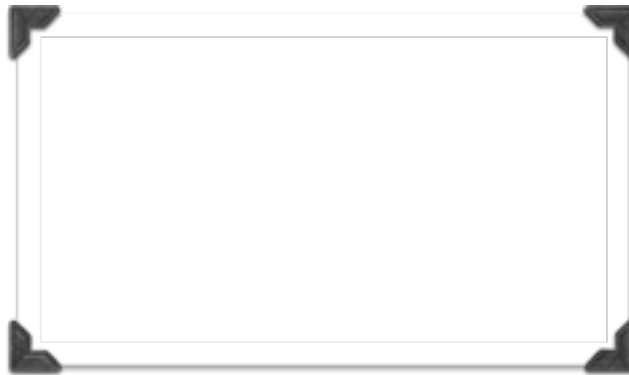
- **August 18, 2013** (3rd Sunday) **2:00 PM Summer Picnic** at the Home of Ted and Carol Barnett, 117 Lyons Rd., Rush NY 14543. Please bring a **vegan** dish to pass, and a place setting for yourself; outdoor game equipment and musical instruments welcome. If rain is threatened, call the RAVS hotline (234-8750) on Sunday morning to see if the picnic has been rescheduled.
- **August 22, 2013** (Thursday) Showing of **“Peaceable Kingdom: The Journey Home”** a film by **Tribe of Heart**, followed by remarks and discussion led by **Harold Brown**. Pittsford Community Library, 24 State St., Pittsford, NY 14534; Fisher Room. **5:30PM Film** (78 minutes); **7PM Remarks** by Harold Brown. Free refreshments after the film.
- **August 25, 2013** (Sunday) **3:30-6PM “Making the Case for Vegan Eating”** at Grounded By Yoga Studio, 1 Wellness Way, E. Bloomfield (on Rte 5/20, just east of intersection w/ Rte 64). Cost \$15 or \$18 at door. To register send check to RAVS, PO Box 20185, Rochester, NY 14602-0185, call 234-8750, or contact rochesterveg@gmail.com. Class includes food samples and recipes.
- **September 14-15, 2013** (Saturday 10-6 and Sunday 11-5) **Greentopia Festival** at High Falls. Free and open to the public. RAVS will have an information table and non-dairy milk tasting!
- **September 17, 2013** (Tuesday) **6-8:30 PM “Making the Case for Vegan Eating”** at Canandaigua Wood Library. Free; call (585) 394-1381 to register.
- **September 22, 2013** (4th Sunday) **PLEASE NOTE THIS IS NOT ON OUR USUAL 3rd SUNDAY!** **Carnism: The Psychology of Eating Meat** with **Melanie Joy, Ph.D.** Copies of Dr. Joy’s books available for purchase and signing.
- **October 9 through November 13, 2013** (six Wednesdays, 7:00 - 9:00 PM) **Plant-Based Nutrition: Eating for Health and Happiness** taught by **Ted D. Barnett, M.D.**, food samples and recipes by **Carol Barnett**. Jewish Community Center, 1200 Edgewood Ave. Call 461-2000 to register.
- **October 20, 2013\*** (3rd Sunday) **The Pillars of Health** with **John Pierre**, Nutrition and Fitness Consultant and Celebrity Trainer, author of new book of the same title. Copies of book available for purchase and signing.

\*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 that Westfall Rd. is under construction and traffic will probably be routed one way.

PLEASE NOTE: We always welcome new people at our meetings. You may attend just the dinner, just the program, or both; there is no need to reserve for either. If you attend the dinner, we ask that you pay a \$3 Non-Member Fee in addition to bringing a vegan dish to pass. See box on p. 2 for information about preparing a vegan dish. Non-Member Fee will be subtracted from your dues, if you decide to join later in the meeting. No fee is charged to attend the program portion of the meeting.

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



14602  
ROCHESTER, NY  
Box 20185  
ROCHESTER AREA VEGETARIAN SOCIETY