



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 EATING:
LOSE WEIGHT, GAIN LIFE**
by Carol Hee Barnett

Well-being, safety, health, and happiness are more important than a svelte figure, right? Still, we all know that an appropriate weight is a key component of health, and obesity is correlated with greater risk of disease and death.

So, getting or staying trim is a worthy goal. But many weight loss regimens, especially those that rely heavily on animal foods, are suspected of mortgaging one's health in order to achieve weight loss. These diets are deficient in or even devoid of phytochemicals, antioxidants and fiber; and they place an undue strain on the liver, kidneys, and bone health.

That's why it is bracing to find that a vegan way of eating works toward all health goals at the same time: weight loss where appropriate, as well as increased vitality, and a reduced risk of heart disease, stroke, diabetes, cancer, auto-immune disease, and a whole host of other disorders.

In 2005, Neal Barnard, M.D. of the Physicians Committee for Responsible Medicine (PCRM) conducted a pilot study of 64 moderately to severely overweight post-menopausal women who were asked to follow a vegan diet for 3 weeks. They were asked to keep oils to a minimum, but otherwise there were no restrictions on foods or portions, other than the basic requirement to eliminate all animal products. The results, published in the *American Journal of Medicine* (2005; 118:991-7), showed a weight loss of about 1 pound a week. Dr. Barnard followed the same 64 women for two years, and found that they had lost more weight after one year, and yet more after 2 years. These results were published in the journal *Obesity* (2007; 15:2276-81).

The success of this continuing study formed the basis of PCRM's highly successful 21-Day Vegan Kickstart program, which has spread from the U.S. to India, China, Japan, and the Spanish-speaking countries. Anyone can start the kickstart program at any time; for help you can visit 21daykickstart.org to sign up for tips, recipes, and support; you can get an app for your phone; or you can get Dr. Barnard's

book *21-Day Weight Loss Kickstart*, now available in paperback.

Dr. Barnard continues to study the problem of maintaining health while achieving weight loss. In 2010, he published a study of GEICO employees who, by following a low-fat vegan diet at work over 5 months, lost 11 pounds on average; the results were published in the *American Journal of Health Promotion* (2010; 24: 384-7). In a new study, GEICO employees in 10 cities who either had diabetes or were at risk for the disease were given the opportunity to follow a low-fat vegan diet, with weekly group classes and instruction in vegan food preparation given to the cafeteria managers. The experience led to marked improvement in body weight, cholesterol levels, and blood sugar control. These results were just published in the *European Journal of Clinical Nutrition* (2013: 1-7).

The important thing to remember here is that there is no "price" to pay for this weight loss. All health indicators are moving in the same direction—a positive one.

What's more, the subjects of these experiments (and you can make yourself a subject of your own experiment at any time) find themselves entering a new realm of culinary pleasure and abundance. A vegan way of eating can be endlessly diverse and satisfying. Just come to one of our RAVS meetings—see details on p. 2 and p. 8—for a real-life demonstration. That's why we didn't refer to it as a "vegan diet" in the title or in paragraph 3.

The word "diet" has connotations of deprivation, denial and difficulty. A diet is something you "go on" for as short a period of time as possible to achieve a certain result. But a vegan way of eating is something that, once you get the hang of it, you want to do forever. We may occasionally call it a vegan diet, because that's the common parlance. But it is much more. Far from being just a weight loss regimen, a vegan way of eating embraces pleasure, satisfaction, and joy on every level you can imagine. The benefits reverberate in every area of your life, and radiate outwards to all life.

That's why we like to say that, in every sense of the word, we are "Vegan For Life."

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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 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

The summer and early autumn have been remarkably busy for the Rochester Area Vegetarian Society, as community interest in a vegan diet just keeps on growing.

At our August picnic at the home of Ted and Carol Barnett, the weather gods bestowed favor (as they had in July). Also in August, RAVS co-sponsored with **Animal Rights Advocates of Upstate NY** a showing of the film "Peaceable Kingdom: The Journey Home" and we were fortunate to have **Harold Brown of FarmKind** speak to us afterwards. This was a moving event for all who attended.

More than 90 people attended our September meeting to hear **Melanie Joy, Ph.D.**'s riveting talk on "Carnism: The Psychology of Eating Meat." In October, we welcomed **John Pierre** and about 100 people heard him speak on "The Pillars of Health," also the title of his new book. The pillars are vegan nutrition, exercise, cognitive fitness, and compassion. We provided the vegan nutrition, and Pierre spoke about all four pillars!

We have some great programs to look forward to: a talk by teachers from the **Rochester T'ai Chi Ch'uan Center**; a holiday party in December; and in January a talk by **Sherry Colb, J.D.**, author of *Mind If I Eat the Cheeseburger?*

OUTREACH In September, at the 3rd annual **Greentopia Festival**, we had a great spot and lots of activity at our booth. Thanks to staffers: **Carol Barnett, Ted Barnett, Ellie Cherin, Katherine DaCosta, David Daunce, Joan Entwistle, Kimber Gorall, Carol Hope, Leena Isac, Yetta Panitch, Paul Phillips, Sue Taylor, and John Van Savage.** Thanks also to scheduled staffer **Darren Mrak**, who had a bicycle accident en route as he swerved to avoid a young bicyclist about to cross his path. (Darren suffered a broken finger, but amazingly nothing more.) Thanks to **Walter Bowen** and **Ken McBride** for help with set-up and breakdown. And thanks to our sponsor **VegFund**, which paid for our

soy- and almond-milk tasting and supported us in many other ways.

We spread the vegan message at a number of other recent events. Staffers are listed in parentheses.

Ginna Employee Health Fair (**Carol Barnett**)

Vegan Nutrition Class at Grounded by Yoga Studio (**Ted D. Barnett, M.D., Carol Barnett**)

Farm Sanctuary Walk for the Animals (organizer **Kristin Smith**; talk by **Ted Barnett**)

Vegan Nutrition Class at Canandaigua Wood Library (**Ted D. Barnett, M.D., Carol Barnett**)

Plant-Based Nutrition Course at JCC (**Ted D. Barnett, M.D., Carol Barnett**) [This 6-week course is being given for the 4th time; it is now eligible for continuing education credit for health professionals.]

Hope and Health Expo/American Cancer Society Fair (**Carol Barnett, Beth Garver Beha, Kimber Gorall, Nancy Hallowell, Carol Hope, Darren Mrak, and Yetta Panitch**)

Penfield Wellness Fair (**Carol Barnett**)
University of Rochester Veg Challenge, Oct. 24-Nov. 17 (organizers **Simone Arnold** and **Melody Jaros**; staffing by **Carol Barnett & Charles Worl**, talk on 11/15 by **Ted Barnett**)

Pittsford Employee Health Fair (**Carol Barnett**)

Thanks to all RAVS members and friends for their support, and we urge you to keep embracing and promoting a vegan way of eating and living. ❖

WELCOME to new RAVS Board of Directors members **Beth Garver Beha** and **Rhea McBride**.

THANK YOU to **Selma** and **Mike Berger** for helping with set-up at RAVS meetings and to **Rhea** and **Ken McBride** for helping with clean-up/breakdown. Thanks to all others who help at meetings!

A REMINDER to please take modest/small portions at RAVS meetings, so we can avoid waste and have enough food for all.

THANKS to civic-minded members: **Rabbi Simeon Kolko**, son of **Dvorah** and **Myron Kolko**, named on the brief of the Greece prayer case before the U.S. Supreme Court. Also to recent writers of letters to the editor: **Joel Freedman** (pesticides on lawns), **Nancy Hallowell** (Syria), and **Scott Wagner** (against undue partisanship in politics).

VEGAN ARTIST and RAVS Member **Tina Kolberg** was profiled in the Fall 2013 issue of *American Vegan* magazine. Tina can create a portrait of an animal you love: see samples of her work at www.expandingcircle.net

PLEASE ATTEND the **MetroJustice Alternative Fair** at the First Unitarian Church, 220 South Winton Road, Rochester, NY 14610 on Friday Dec. 6, 5PM-9PM and Sat. Dec. 7, 10AM-2PM. This event features fair trade, earth-friendly, and/or locally produced goods that support a just and sustainable world. For affordable holiday gifts, you'll find clothing, toys, non-competitive games, pottery, jewelry, books, and more. Door prizes, vegan food for sale (Fri. dinner and Sat. brunch), music, and information tables staffed by local progressive groups including RAVS! \$3 suggested donation for ages 12 and older; free child care.

NEW VEGAN RESTAURANT IN ROCHESTER **The Red Fern**, 283 Oxford St. (at Park) (563-7633) is a healthy all-vegan restaurant with gluten-free options. The menu includes Avocado BLT, Curried Quinoa Salad, Seitan Steak Bomb, Chick'n Salad, Cheese Quesidilla, and a "Compost Plate." (Any meat or dairy in menu items refers to vegan versions!) Breakfast is served all day, as well as fresh squeezed juices and smoothies. Beer and wine are available. Wholesale cakes and catering available on request. Visit redfernrochester.com

An enthusiastic review in City Newspaper on October 9 calls it a "warm, charming" place and explains that **Chef Andrea Parros** uses ingredients like tofu, tempeh, coconut milk and cashew cheese to replace animal products. Parros says: "I'd like people to eat our food and not even notice that anything's missing." Please indulge and visit The Red Fern! Hours are Tues.-Sun. 11AM to 10PM. ❖

We welcome the following: **New Members:** Denise DiBiase, Elizabeth Durkin, Sharon Feldman, Jane Giambrone & Robert Giambrone, M.D., Reuben Carlos Gomez, Eileen Kuchta, Elizabeth & Eric Neider. **Membership Renewals:** Lila Bluestone, Paul Clark, Janet Clarke-Hazlitt, Steve Connelly, Alexandra & Duane DeWispelaere, Elizabeth Frost, Pam Gabryel, Deb Kiba, Ann McCulloch, Roberta Merrill, JoBeth & Noel Nichols, Rebecca Ott (3-year renewal), Saul Presberg, M.D. (3-year renewal), Yardena & Yonathan Shapir (2-year renewal), Nina Sikand, Camden Simmons, Denise & Mitch Speicher, Maureen & Steve Van Buren, Joy Vandling, Emily Weber & Adam Durand. **Newsletter Subscriptions:** Comroe Family, R.S. Lloyd (gifts of Carol Britt). **Newsletter Renewal:** Carol Britt. This list reflects memberships submitted through approximately 11/1/13. Please contact us with any questions about membership. Thank you for your support! ❖

IN THE NEWS

FOODBORNE ILLNESS After a salmonella outbreak was linked to raw chicken from three poultry processing plants in California owned by Foster Farms, the facilities were allowed to continue operations after making “substantive changes.” As of 10/18/13, 338 people in 20 states had been infected. This salmonella outbreak had a hospitalization rate of 42%, about twice the usual rate, because the strains of salmonella present were antibiotic-resistant. NY Times, 10/10/13, 10/18/13

AND ANIMAL AGRICULTURE LINKED TO ANOTHER ANTIOTIOTIC-RESISTANT ILLNESS Living near a pig farm or a field fertilized with hog manure significantly increases the risk of being infected with a dangerous superbug by 25%, according to new study published in JAMA Internal Medicine (9/16/13). Exposure to hog manure is related to 11% of infections with MRSA (an antibiotic-resistant Staph infection), even among people who don't work on farms.

GREEK YOGURT VS. THE ENVIRONMENT In the rush to take advantage of the growing market for Greek yogurt, New York state has weakened its environmental standards. The Department of Environmental Conservation (DEC) had set 200 dairy cows as the cutoff point, above which farmers would need to obtain permits and invest in compliance programs regarding the disposal of wastes. At the so-called “Yogurt Summit” in August 2012, Gov. Cuomo's agriculture commissioner promised to increase the threshold from 200 to 300 cows, a change which took effect on 5/8/13. The DEC estimates that of the 855 NY dairy farms that currently have between 100 and 199 cows, approximately 285 will increase their herds, by an average of 90 cows. On 7/25/13, a group of environmental organizations opposed to the change sued the DEC, alleging that damage to the state's waterways is inevitable and that the DEC violated its obligations under the Clean Water Act. Democrat & Chronicle 7/29/13; The Daily Record, 8/19/13

“ELEVEN TRILLION REASONS” That's the name of Mark Bittman's blog entry in the NY Times dated 8/6/13, referring to a report by the Union of Concerned Scientists estimating the money we would save if we ditched the misguided incentives built into the farm bill and other government programs. If we all ate the recommended number of servings of fruits and vegetables (for the most part unsupported by the farm bill), we would save 100,000 lives and \$17 billion in health care costs every year.

ONE PRESIDENT'S HEART TROUBLE An article in *In Good Health*, a

local health newspaper, reported on former President George W. Bush's stent procedure to open a blocked artery, saying “it's puzzling” that someone who made a point of being active and fit would have needed this treatment. The article is fairly specific about exercise recommendations (30 minutes of aerobic exercise 3 or 4 times a week), but only makes vague references to “eating healthier” to reduce risk of coronary blockage (IGH Sept. 2013). A low-fat vegan diet has been shown by Dr. Caldwell Esselstyn, Jr. and others to reverse arterial blockages. Visit heartattackproof.com.

ANOTHER PRESIDENT'S CHANGE OF HEART An article in the August/September 2013 issue of the AARP magazine details how former President Bill Clinton, after his arterial stent became clogged again, switched to a vegan diet. Clinton, now age 66, claims he has more energy than ever. He served a “dazzling kaleidoscope” of about a dozen all-vegan dishes for the reporter. A sidebar in the magazine says “Get Ready, Get Set--Go Vegan.”

RED MEAT INCREASES CANCER RISK An analysis of data from almost 150,000 participants in 3 studies, published in JAMA Internal Medicine (2013), found that an increase of more than ½ a serving of red meat per day increased the risk for type 2 diabetes by 48%. **AND INCREASES RISK OF DEATH IN COLORECTAL CANCER PATIENTS** A study of colorectal cancer survivors in the Journal of Clinical Oncology (2013) found that those who consumed the most red or processed meat had a 29% higher risk of death from all causes and a 63% higher risk of death from heart disease, compared with those who ate the least. Physicians Committee for Responsible Medicine (PCRM)'s Good Medicine, Autumn 2013

FISH OIL INCREASES PROSTATE CANCER RISK A study published in the Journal of the National Cancer Institute (2013) found that men with high concentrations of omega-3 in their blood were 43% more likely to develop prostate cancer and 71% more likely to develop a high-grade form of the disease, compared to those with the lowest levels. Good Medicine, Autumn 2013. **AND DOES NOT IMPROVE HEART HEALTH** An analysis of data from 12,513 Italian men and women, published in the New England Journal of Medicine (2013), revealed that, after an average follow-up of 5 years, those taking omega-3 supplements did not reduce risk of death or hospitalization from heart disease over those taking a placebo. Good Medicine, Summer 2013

EGGS BOOST RISK OF HEART DISEASE AND DIABETES A meta-analysis published in the journal *Atherosclerosis* (2013) reviewed 14 studies

and found that those who consumed the most eggs had a 19% greater risk of developing heart disease and a 68% greater risk of developing diabetes than those who ate the fewest eggs. For those who already had diabetes, the increased risk of developing heart disease from eating the most eggs jumped by 83%. Good Medicine, Summer 2013

HIGH-FAT DAIRY INTAKE INCREASES MORTALITY RISK In a study of 1,893 early-stage breast cancer survivors over a 12-year period, published in the Journal of the National Cancer Institute (online 2013), those who consumed one or more servings of high-fat dairy every day, compared with those who consumed ½ a serving or less, had a 64% greater risk of dying from all causes and a 44% increased risk of dying from breast Cancer. Good Medicine, Summer 2013

THE REAL THING IS NOT ALWAYS THE BEST THING A lab-generated piece of meat with the daunting price tag of \$325,000 got tepid reviews and, by some reports, still does not manage to avoid animal exploitation since it uses a broth of calf's blood serum to generate the substance (D&C 8/6/13). Give it up! We already have delicious vegan meats like the Gardein Ultimate Burger, Boca Vegan Burger and others (everyone has a different favorite). The Beyond Meat brand, reputed to be delicious, is available on the West Coast and we hope to enjoy it here soon. Though vegan specialty foods can be a bit pricey, all of these burgers cost a bit less than \$325,000. (Ahem.)

VEGAN EVERYTHING We heard that newly-elected New Jersey Senator Cory Booker exchanged online remarks with a “vegan stripper.” Now comes a vegan bar in New York City, the Pine Box Rock Shop. The owners serve their own house-made Irish Cream (made with soy cream, vanilla vodka, Frangelico and Kahlua) and Bloody Marys made with vegan Worcestershire sauce. NY Times, 3/14/13

A LIMERICK FROM JONATHAN BALCOMBE, the ethologist (animal behavior scientist) who presented our wonderful March 2013 program:

Why would we ever condone
An expression that's violent in tone?
We should, and I beg,

Hatch two birds from one egg,
And stop killing two with one stone.

* * *

Thanks to those, including Katherine DaCosta and Nancy Hallowell, who submitted ideas for this column. ❖

RAVS member **Mangala (Maggie) Mudé** is a real estate agent. She may be contacted at maggie22359@gmail.com; (cell) 585-802-5519; (home) 585-442-6351.

Vegan Food Everyone Can Love

t=teaspoon, T=tablespoon, c=cup

BANGKOK STREETCART NOODLES

(VegNews)

2 tsp cornstarch whisked with ½ cup water
 1 tsp sweet chili sauce
 1 tsp hoisin sauce
 ½ tsp red pepper flakes or chili garlic sauce
 1 tsp tomato paste or ketchup
 1½ Tbsp sugar
 2 Tbsp rice vinegar
 2 Tbsp fresh lime juice
 ¼ cup soy sauce or Bragg's Aminos
 ½ cup vegetable broth or water
 12 to 16 oz package dried rice noodles or linguine
 1 tsp toasted sesame oil
 1 16 oz pkg firm tofu, drained and cubed
 ½ cup water or white wine
 1 small red bell pepper, seeded, cut into thin strips
 1 cup broccoli (or more), cut into bite-size florets
 2 garlic cloves, minced
 4 scallions or ½ red onion, sliced
 2 tsp grated fresh ginger

½ cup roasted peanuts, chopped
 ½ cup chopped fresh cilantro
 1 cup bean sprouts (optional)

In a small saucepan, cook the cornstarch mixture over medium heat until it thickens. In a large bowl, combine the cornstarch mixture with the chili sauce, hoisin sauce, red pepper flakes, tomato paste, and sugar. Stir in vinegar, lime juice, soy sauce, and broth; mix well, and set aside.

Cook noodles according to package directions. Toss noodles with sesame oil and set aside.

Oil a baking sheet and spread out the tofu cubes, sprinkling them with about 1 tbsp of soy sauce or Bragg's Aminos (or you can spoon some bottled Teriyaki or Szechuan sauce over the tofu, for more flavor). Roast the tofu at 350 degrees for about 25 minutes, flipping the cubes about halfway through the baking time. Meanwhile, in a large skillet over medium-high heat, heat ½ cup water or white wine. Add the bell pepper, broccoli, garlic, scallions, and ginger, and stir-fry 1 minute.

To the reserved sauce mixture, add noodles, tofu, and stir-fried veggies and toss until coated with sauce, about 2 minutes. Serve topped with peanuts, cilantro, and bean sprouts.

NOTE: This dish can easily be made gluten-free. Just use rice noodles; find a gluten-free variety of hoisin sauce; use Bragg's Aminos or other gluten-free soy sauce; and be sure any sauce you use for flavoring the tofu does not contain wheat ingredients (many Asian specialty sauces do).

SPICY CARROT PEANUT SOUP

(Moosewood Restaurant Daily Specials)

This is one of the most healthful and delicious soups you can make.

1 tsp oil
 1 large onion, chopped
 6 to 8 cups water
 2 lb. carrots, sliced (about 6 cups)
 1 or 2 stalks celery, sliced
 1 or 2 potatoes, peeled and chopped
 1 or 2 cloves garlic, chopped
 1 to 2 tsp peeled, chopped fresh ginger (optional)
 ¾ t salt
 1 t chili paste or chopped fresh hot pepper
 (optional and according to taste!)
 2 tbsp natural peanut butter
 1 tbsp soy sauce
 2 tbsp fresh lime juice (juice of one half lime)
 Chopped fresh cilantro (optional)

In a large pot, sauté onions in olive oil until transparent. Add water and vegetables, salt and chili paste. Bring to a boil; lower the heat, cover lightly and simmer 25 minutes or until carrots are very tender. Let the soup cool somewhat. Add peanut butter and soy sauce. Use an immersion blender to smoothly blend the mixture; or in the alternative put the soup in cooled batches in the blender or food processor to blend and then return to pot. Bring the soup to a gentle simmer; stir in lime juice and garnish with cilantro before serving. This soup can also be served cold.

VEGAN PINWHEELS

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

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

*You can use any brand or style but check ingredients. The Wegmans Spinach Basil style is labeled "V" for vegan but the ingredients say it has Romano cheese flavor so it's questionable. Wegmans whole wheat burritos have fish oil added. You can find other brands, esp. in health food stores, that are vegan. You can also look for gluten-free wraps; try to find something that is flexible for rolling.

ROCHESTER-AREA VEGAN FRIENDLY RESTAURANTS (Phone area codes are 585 unless otherwise indicated)

The Natural Oasis, 288 Monroe Ave., Rochester (325-1831) All-vegan restaurant. Offers an Ethiopian buffet for lunch, and gourmet (but very reasonably priced) tasting menu at dinner. Also has juice bar; books and supplements for sale.

The Red Fern, 283 Oxford St. (at Park) (563-7633) Healthy all-vegan café with gluten-free options. Menu includes Avocado BLT, Seitan Steak Bomb and “Compost Plate.” Serves beer and wine. Wholesale cakes and catering.

The Owl House, 75 Marshall St., Rochester (360-2920) Offers vegan variations on almost every one of their dishes. Most or all desserts are vegan. Great drinks menu!

Voula's Greek Sweets, 439 Monroe Ave., Rochester (242-0935) Vegan options; savory food as well as sweets.

Dogtown, 691 Monroe Ave. (271-6620) offers a vegan option on all of its hot dog specials, and many of the sides are vegan.

Greenhouse Café, 2271 E. Main St. (286-9040) has vegan options.

Jines, 658 Park Ave., Rochester (461-1280). Diner setting. Often has vegan lasagna.

Mooseberry Café, 2555 Baird Rd., Suite E, Penfield (348-9022), caters to specialty diets and has lots of vegan items on the menu. Chef makes her own vegan bread and desserts and does some catering.

Orange Glory Café and Catering, 240 East Ave., Rochester (232-7340) has vegan options.

Get Caked! 274 N. Goodman (Village Gate) (319-4314) Vegan cupcakes!

Upscale restaurants: **Lento**, 274 N. Goodman (Village Gate) (271-3470) Lentil-Quinoa Burger; call ahead for other vegan options. **Restaurant 2 Vine**, 24 Winthrop St. (454-6020) Vegan menu options. **Warfield's**, 7 W. Main St., Clifton Springs (315-462-7184); 207 High Point Dr., Victor (425-2589) Give chef advance notice to prepare a gourmet vegan menu.

ETHNIC RESTAURANTS usually have vegan options, but be sure to specify that you want a vegan meal. In parentheses, we list animal products that are sometimes used in dishes from that ethnicity, to be sure to ask about and specify that you want the chef to avoid. Restaurants listed are favorites; there are many other ethnic restaurants in the Rochester area.

CHINESE (watch out for eggs in noodles, fried noodles, fried rice, lo mein, and moo shu)

We like: **Golden Dynasty**, 1900 So. Clinton Ave., Tops Brighton Plaza (442-6340) (extensive vegetarian menu); **Golden Phoenix**, 7323 Pittsford-Palmyra Rd., Perinton (223-4539) (extensive vegetarian menu including vegan sesame chicken, also Thai and Vietnamese dishes); **Shanghai**, 2920 W. Henrietta Rd. (424-4000); and **Asian Moon Café**, 3193 Chili Ave. (571-9013)

ETHIOPIAN (if it doesn't have meat in it, should be vegan--i.e., they don't seem to use dairy or egg in cooking) **Abyssinia**, 1657 Mt. Hope Ave., Mt. Hope Plaza (262-3910); **Zemeta**, 1015 S. Clinton Ave. (350-9797)

INDIAN (watch out for butter, ghee [clarified butter], yogurt, and cheese) We like **India House**, 998 So. Clinton Ave. (461-0880) and 7343 Rte. 96, Victor (742-2030); **Haveli**, 1635 E. Henrietta Rd., Henrietta (427-0430); **Amaya**,

1900 So. Clinton Ave., Tops Brighton Plaza (241-3223) (Indian fusion cuisine); **Tandoor**, 376 Jefferson Rd., across from Southtown Plaza (427-7080); and **Thali**, 3259 S. Winton Rd., in Win-Jeff Plaza (427-8030)

ITALIAN (watch out for pasta made with eggs, cheese in most dishes, chicken broth in otherwise veg items like beans and greens)

MEXICAN (watch out for sour cream, cheese, chicken broth in rice dishes, and lard in refried beans) **John's Tex-Mex**, 489 South Ave., Rochester (232-5830) clearly announces that it is “vegan friendly” on the menu; can substitute tofu or spicy ground “unbeef” for any taco or burrito filling; **Sol Burrito**, 521 Monroe Ave. (271-6470) will substitute tofu in its taco salad; **Rio Tomatlan**, 5 Beeman St., Canandaigua (394-9380) has vegan and gluten-free options

MIDDLE EASTERN (watch for yogurt and feta cheese) **Aladdin's** 646 Monroe Ave. (442-5000); 8 Schoen Place, Pittsford (264-9000)

THAI and VIETNAMESE (watch out for fish sauce, and for eggs in noodles and stir-fries)

We like **King and I**, 1455 E. Henrietta Rd. (427-8090); **Pattaya**, 1843 Rte. 441 (Penfield Rd.), Penfield (383-6088); **Puket**, 2014 Empire Blvd., Webster (383-6088); **Sak's**, 7374 Pittsford-Palmyra Rd., Fairport (421-9010)

OTHER VEGETARIAN OPTIONS

Balsam Bagel, 288 N. Winton Rd. (482-5080) has homemade vegan cream cheese and other vegan options.

Bill Gray's, **Gitsis**, **Marshall St. Bar & Grill**, **Tom Wahl's** and **Zebb's** have vegan veggie burgers; specify vegan, as they may have to leave off the cheese.

Vegan offerings can be found at **Half Moon**, 2900 Monroe Ave., **Fruit and Salad**, 680 Pittsford-Victor Rd. (Bushnell's Basin), **Basin Bean**, 616 Pittsford-Victor Rd. (Bushnell's Basin), **Panera**, 1902 Monroe Ave, 12 Corners Brighton and other locations, and **Cheeburger Cheeburger**, 1000 N. River St. (near Charlotte Beach).

The café at **Chabad** on Winton Rd. across from Brighton High School and **Geulah's Café** at the Jewish Community Center often have vegan soups and other vegan dishes.

DON'T FORGET vegan options at fast food franchises, like **Chipotle**, **Subway** (Veggie Delite without the cheese), **Burger King** (BK Veggie without the mayo), and **Taco Bell** (Bean Burrito Fresco-Style/without the cheese; Black Bean Burrito without the cheese sauce; Cantina Bell Veggie Bowl without the dressing).

ALSO DON'T FORGET stores and supermarkets with a deli case that have plentiful vegan offerings: **Abundance**, 62 Marshall St., **Lori's**, 900 Jefferson Rd. in Henrietta and **Wegmans** (vegan offerings in the veggie bar [Herbed or Southwest Tofu], Mediterranean bar and ethnic food bars).

ALSO Veggie sliders at **Lettuce B. Frank** food truck

NEW! Lady Bear and Baby Bear: all-vegan cooking and baking, found on tumblr; contact ladybear@gmail.com and babybearbakes@gmail.com

GREAT all-vegan café in Syracuse: **Strong Hearts Café**, 719 E. Genesee St. (near Syracuse Stage) (315-478-0000)

Vegans in Paradise

(along with some general tips about planning vegan vacations!)

by Jacki and Michael Hagelberg

One of the challenges of being vegan is the uncertainty of finding food when traveling. We can surround ourselves with our comfort foods at home, but what happens when we are traveling to different areas or countries?

Last winter we planned to visit Puerto Rico. In trying to find a suitable resort we Googled "Vegan Puerto Rico". We found a bed and breakfast in the mountains and contacted the Maravilla Mountain Resort. They had a rustic cabin in the jungle and they prepared wonderful vegan meals for breakfast and dinner. If a rustic cabin isn't your style, Maravilla also has B&B accommodations in the main house. Visit: <http://maravillamountain.com/>

Maravilla also has a beach house about an hour and a half away on the west coast of Puerto Rico and we stayed there for a few days as well. No dinner service there, but plenty of breakfast and lunch items were in the fridge waiting for us. With the help of HappyCow.com we were able to find plenty of other places to eat that could accommodate our needs.

For other vegan travel options, check out **Vegetarian Resource Group** (www.vrg.org/links/vacation.htm), which has an extensive listing of bed and

breakfasts, travel websites, restaurant and travel guides, and travel tours and services. If you are looking for a vegan spa in Lithuania, a B&B in Crete or an overnight at Provincetown, Rhode Island, a first place to check might be VRG.org.

Veg News (www.vegnews.com) has a travel section that highlights different travel options from campouts to cruises, from basic hostels to the fanciest hotels.

Check out www.veggie-hotels.com for purely vegan and sustainable hotels and guest houses throughout the world.

Various tours and inclusive packages can be found at www.vegetarian-vacations.com. They specialize in England, but include many other locations as well.

Wherever you want to go, you can find vegan friendly places to enjoy your vacations! ❖

HAIKU

my emptiness
a dark cloud covers
the harvest moon

train station rain
the sparrow checks each person
for something

early morning stillness
the little mounds of snow
from a crow's steps

by Bruce Ross

Metro Justice's 32nd Annual Alternative Fair



**Home Made Veggie Food
Free Child Care**

**Friday, December 6th, 5 PM to 9 PM
Saturday, Dec. 7th, 10 AM to 2 PM**

First Unitarian Church
220 Winton Road South

\$3 suggested donation (ages 12 & up).

RAVS members Julia Lederman and Tom DiGiacomo kindly donated to RAVS after your editor Carol Barnett took care of their dogs for several days (a pleasure in itself!). Julia and Tom wanted to make this statement: "Please accept this donation to RAVS in honor of Carol Barnett, who actively lives her mission of devotion to animals, every day, in so many ways. Those of us privileged to be her neighbors and friends have especially been the beneficiaries of her generosity, and this donation is a small token of our everlasting appreciation." ❖

APPLICATION FOR MEMBERSHIP IN THE ROCHESTER AREA VEGETARIAN SOCIETY:

P.O. BOX 20185, ROCHESTER, NY, 14602-0185

(585) 234-8750, rochesterveg.org, rochesterveg@gmail.com

Membership in the **Rochester Area Vegetarian Society** is open to all vegetarians, as well as to those who support the goals of vegetarianism and the society. RAVS' by-laws define vegetarianism as the practice of living without the use of flesh, fish or fowl, with the ideal of complete independence from animal products.

Members are entitled to admission to monthly events, and discounts on the purchase of books and other material available from RAVS. Members receive the *Vegetarian Advocate*, published three or four times a year, plus periodic notification of events. Members may borrow videos for a \$10 deposit and they are eligible for half-priced membership in the **North American Vegetarian Society** which includes a subscription to the *Vegetarian Voice* and in the **Vegetarian Resource Group** which includes a subscription to the *Vegetarian Journal*.

Name (s): _____ Date: _____

Address: _____

Phone(s): _____ email: _____

- \$20/year Individual Membership
- \$35/year Joint membership, one address
- \$10/year Student/Fixed income
- \$17/year Joint fixed income
- \$50/year Contributing membership
- \$75/year Sustaining membership
- \$100/year Patron
- \$7/year *Vegetarian Advocate* only
- I am/we are willing to volunteer to help RAVS

Amount enclosed \$ _____. Any amount over basic membership is tax deductible. Please make check payable to **Rochester Area Vegetarian Society**.

- I follow a vegan diet.
- I am an ovo-lacto vegetarian.
- Ornish/Esselstyn (no oil) diet.
- I am not yet a vegetarian.

Primary interest in vegetarianism:

- Environment
- Animal Rights
- Health
- Other:

Rochester Area Vegetarian Society upcoming meetings and events of interest:

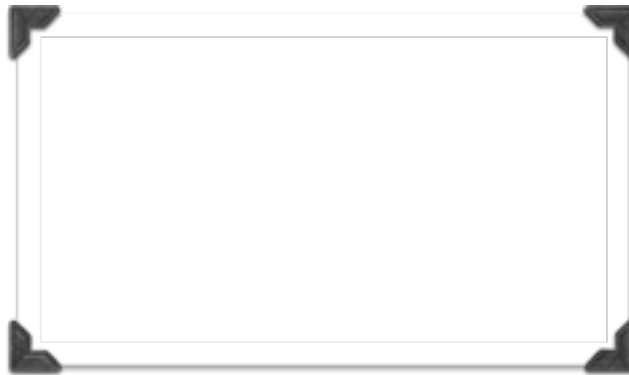
- **November 15, 2013** (Friday) 2:00 PM **The Vegan Challenge: Getting the Facts** with **Ted D. Barnett, M.D.**
University of Rochester, Dewey Hall Room 2.110D. Part of the University of Rochester Veg Challenge but open to the public!
- **November 17, 2013*** (3rd Sunday) **A T'ai Chi Workshop** with **John Wagner** and other teachers from the **Rochester T'ai Chi Ch'uan Center** (rtccc.com)
- **December 6** (Friday) 5:00-9:00 PM and **December 7, 2013** (Saturday) 10:00 AM - 2:00 PM **Metro Justice Alternative Fair**, First Unitarian Church, 220 Winton Road South, Rochester, NY 14610. Not a RAVS event, but RAVS will have a booth; great opportunity for fair trade, earth-friendly, sustainable holiday shopping. Details p. 3.
- **December 15, 2013*** (3rd Sunday) 5:30 PM **Winter Solstice Dinner and Party** with optional Vegan Cookie Exchange (take as many as you bring). Please bring a vegan dish to pass; we cannot live on cookies alone! We'll start with the vegan potluck and then move on to merrymaking. Bring voices and (optional) instruments for music after dinner.
- **January 19, 2014*** (3rd Sunday) **Mind If I Order the Cheeseburger?** with **Sherry Colb, J.D.**, Professor of Law at Cornell University. Professor Colb's book of the same title will be available for purchase and signing.
- **February 16, 2014*** (3rd Sunday) **Where Do I Get My Organic Veggies?** A Panel of Organic Farmers and Community Supported Agriculture Representatives and Advocates. Don't miss this great biennial program!
- **March 16, 2014*** (3rd Sunday) **Milton Mills, M.D.** Look for program details in February 2014 newsletter.

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

Directions to Brighton Town Park Lodge: 777 Westfall Rd. between E. Henrietta Rd. (15A) and S. Clinton Rd. Look for "Brighton Town Park" sign. Lodge is on south side; driveway leading to Lodge is called "Haudenosaunee Trail."

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

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



14602
ROCHESTER, NY
Box 20185
ROCHESTER AREA VEGETARIAN SOCIETY