

Our 25th Year!

THE vegan



advocate

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A VEGAN 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* 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 at all: no eggs, cheese, milk, or honey. RAVS recommends a vegan diet as the optimal diet.

What are the reasons to go vegan? It comes down to 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 or vegan to give us a call, to attend our meetings, or to join our group. Nor do you need to be a member 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. ❖

GOING VEGAN: IT'S EASIER THAN YOU THINK

by Carol Hee Barnett

Almost 10 billion animals are "killed annually in the United States . . . for human consumption. That's . . . more individuals than the entire human population of the Earth. . . . Animals raised for food endure unfathomable suffering. [Many of them, in fact hundreds of millions of them,] don't even make it to slaughter. They actually suffer to death."

From *How Vegan?* by Matt Ball. Read the entire essay at veganoutreach.org/advocacy

It should be no secret to those who know us that the mission of the Rochester Area Vegetarian Society (RAVS) is to get as many people as we can to go vegan. We're sometimes asked why we don't change the name of our group to the Rochester Area Vegan Society. In RAVS's 25th anniversary year, that is a question worth asking.

The word "vegetarian" has connotations that are familiar, warm, and inviting. The word "vegan," by contrast, has connotations that can seem harsh, rigid, and strict. The word "vegan" even has a harder sound than "vegetarian."

And yet, we have reached a point in society at large where most people know what the word "vegan" means. That in itself is an incredible victory. Some people think we should use the word whenever possible, endowing it with all the associations of abundance, vitality, and joy that accompany the vegan way of life.

For the time being, though, we remain the Rochester Area Vegetarian Society, whose meetings, recommendations, programs and recipes are all *vegan*. We think our name invites people in to our meetings and our group, and gives them a chance to learn that being vegan is not as hard as they think, and is something they already, to a large extent, know how to do.

We have to admit that vegans have not always been the most inviting people in the world. While our personal experience has been that vegans are the kindest people on the planet, sometimes they, and we, come across as nitpicking and difficult: quizzing waiters in restaurants; reading ingredient lists endlessly; even refusing dishes made

specifically (but misguidedly) for them by friends and loved ones. Why do vegans do this, when they are such nice people?

I think I've figured out the answer.

Vegans do this because, when they find out the reasons to be vegan—the terrible suffering of the animals, the waste of resources, the unnecessary destruction of human health—they want the whole world to become vegan overnight. This is not because they want to be the boss of you. They just want those needless harms to come to an end.

Since vegans are peaceable and law-abiding types, they know they can't force you, and would not do so even if they could. But they will try to persuade you. In fact, "persuading you" is the entire mission of the Rochester Area Vegetarian Society. But it is a slow, piecemeal business, mostly involving one-on-one interactions. Meanwhile, the assembly line of animals dying, and humans suffering, goes on at a steady pace.

So what vegans do, on a separate track from their efforts to persuade and to influence the larger world, is to try to eliminate all animal exploitation from the one sphere over which they have near-complete control: their own behavior. Their anger, frustration, and occasional feelings of hopelessness get focused like a laser on being as completely vegan as possible.

There's only one problem. If we vegans are seen to be making too much of a fuss at the margins, rooting out every last animal by-product and ingredient, then we give the false impression that it is hard to be a vegan.

That's the last message we want to convey, because it's not true. The fact is: **You can be 99% vegan by simply avoiding all foods which obviously come from animals.** Stop eating meat, poultry, fish, eggs, and dairy (cheese and milk from cows, sheep and goats), and you're there. The animals, the planet, and your body will all breathe a sigh of relief when you make the change.

It's still worthwhile to be knowledgeable about animal by-products in order to avoid all of them. We are still working towards the ideal of a 100% vegan world. But in order to get there, we need to persuade as many people as possible to simply do this: stop eating eggs, milk and animal parts. ❖

IN THIS ISSUE

RAVS Update	p. 3
In the News	p. 4
Recipes	p. 5
13 Vegan Tips	p. 6
Nutritional Testimony	p. 7
Calendar	p. 8

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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 14620
- 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*. Please watch out for *gelatin* (a meat by-product) and *hidden milk products*, such as *whey* in cookies, crackers, bread and margarine and *casein or caseinate* in so-called “non-dairy” soy cheese, coffee creamer and whipped topping. Be alert for *eggs* in baked goods, mayonnaise and salad dressings, and *honey* in breads, pastries and preserves.

This “vegan rule” embodies our mission of showing how abundant and delicious a vegan meal can be. It also means that members and guests who are vegan can freely partake of everything. If you mistakenly bring a dish that is non-vegan, you will be very welcome to stay for the meal, but we will not be able to serve your dish. Please understand that no offense is meant by this.

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 are not able to cook, you may bring fruit, cider, tortilla chips and salsa, green salad, fruit salad, etc. Non-members, in addition to bringing a dish, must pay a \$3 Guest Fee, which will be 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 a meeting. 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 Rochester Area Vegetarian Society has been active and thriving this autumn and winter, as more and more people seem eager to hear about the benefits, and how-to, of a vegan diet.

At our November meeting, we welcomed **John Wagner** and **Kathy Gill** of the **Rochester T'ai Chi Ch'uan Center**, who discussed the benefits of T'ai Chi and gave a brief demonstration. Anyone interested should contact the center, which has a free open house before the beginning of each 10-week cycle of classes. Our December meeting was a delightful Winter Solstice Party with music and other merry-making. And in January, 85 people turned out in the cold and snow to hear **Sherry Colb, J.D.**, Professor of Law at Cornell University and author of *Mind If I Eat the Cheeseburger?* talk about the social challenges and opportunities of being vegan in a meat-eating world.

We will hear from a panel of organic farmers and other sustainable farming entrepreneurs in February, and in March, our own **Ted D. Barnett, M.D.** will report on his testimony before a nutrition committee in Washington, D.C. Please read the schedule (p.8) carefully for April and May events, as we will not be meeting on our usual 3rd Sunday in those months. In April we will have our fund raiser dinner at **The King and I** restaurant, and our traditional 2nd night seder on April 15; in May we will welcome **Susie Coston, Farm Sanctuary's** National Shelter Director.

OUTREACH: In December, RAVS had its usual table at **Metro Justice's Alternative Fair**. Thanks to staffers **Carol Barnett, Handy Cowles, Joan Entwistle, Carol Hope, Tina Kolberg, Ken McBride, Rhea McBride, Barbara Savedoff, Sue Taylor, Joy Vandling, and John Van Savage**. Thanks also to **Ellie Cherin, Handy Cowles, Katherine DaCosta, and Darren Mrak** for

providing delicious vegan baked goods; and to **Tina Kolberg** for selling her art work and sharing the profits with RAVS. Tina's nature- and animal-themed work may be viewed at **expandingcircle.net**; Tina will do paintings on commission.

Also in December, RAVS had a table at the **First Unitarian Church's** Benefits Boutique. Thanks to **Carol Barnett, Tina Kolberg, and Martha Sullivan** for staffing the event, and again thanks to **Tina Kolberg** for sharing her beautiful art work.

A PLANT-BASED DIET: EATING FOR HAPPINESS AND HEALTH will be offered again at the JCC for the 5th time by our own **Ted D. Barnett, M.D.** with recipes and food samples by **Carol Barnett**. Already, 190 people have taken this six-week course which will be offered on six Tuesdays in a row, from March 4 to April 8, from 6:45 - 9:00 PM. For further details see p. 8 and visit rochesterveg.org and click on "Course Resources."

The **INTEGRATIVE HEALTH CONFERENCE**, on the topic of Women's Health, will be held at Rochester General Hospital on Saturday, March 22. The general public is most welcome; call Ginny Ruderman at (585) 473-7573 for a brochure or to register.

RAVS FUND RAISER DINNER will be a vegan banquet at **The King and I** restaurant on **Sunday April 6**, with cash bar followed by dinner at 6:00 PM. This year we will not be having a silent auction at the event. The chef at King and I has agreed to cook the dishes with no added oil, although a couple of the curry dishes will contain coconut milk. We hope this will please those of you on Esselstyn-type and low-fat diets. Please join us! Details on p. 8.

RAVS SEDER The 21st annual RAVS vegan seder will be held on the 2nd night of Passover, Tuesday, April 15; see p. 8 for time and location. **RULES FOR THE SEDER:** Bring a dish that is vegan and also conforms to the Passover tradition. No wheat is allowed (no pasta, bread, crackers or cookies) except matzoh

and matzoh products such as farfel and matzoh meal—but no egg matzoh because it is not vegan. This tradition is a reminder that the Israelites had time only to prepare unleavened bread (represented by the matzoh) when they fled Egypt. Beans, potatoes, veggies and fruits are fine to bring for this meal. You don't need to be Jewish to come and enjoy this very beautiful commemoration of freedom and liberation from oppression in all of its forms.

OFFERED TO THE HIGHEST BIDDER: Ellie Cherin has kindly donated to RAVS her collection of VegNews magazine from its beginnings through the present (about 50 magazines). Each issue contains dozens of cutting-edge vegan recipes as well as great articles. Starting bid is \$25.

VEGAN FOOD IN ROCHESTER! **Chef Nick Bovenzi** of **Natural Oasis Restaurant** at 288 Monroe Avenue was profiled by City Newspaper as one of the "Rochester 10" (for Food, of course) in its 1/1/14 issue. For dinner, Bovenzi offers a rotating 13-item all-vegan menu with fresh ingredients, French technique, and each item costing only \$4. Chef Bovenzi can easily accommodate gluten-free.

Don't forget Rochester's other all-vegan restaurant, **The Red Fern** at 283 Oxford Street (at Park), run by **Chef Andrea Parros**. It's a vegan paradise: any mention of meat or dairy in the menu refers to vegan versions!

Cipolla Romaine is a new catering and event planning company which includes the **Lettuce B. Frank** food truck offering vegan carrot sliders. Cipolla Romaine will be catering the vegan lunch at the Women's Health Conference (see p. 8). Visit cipollaromaine.com or contact onionandlettuce@gmail.com.

Pudgy Girl Bakery is an all-vegan bakery offering cheesecakes, truffles, gluten-free items and more! Visit pudgygirlbakery.com; you can also contact jenny@pudgygirlbakery.com or call (585) 678-1603. ❖

We welcome the following **New Members:** Olivia Andrew & John McGrath, Cindy Brickley, Matt Cain, Craig Forman, Kathleen Kubicek & Charles Friden, Todd Kujawa, Christine Peck, Rachel Saless, Keith Savino, Meredith & Adam Smith. **Membership Renewals:** Mary Anne Banke, Honey Bloch, Bill Bross, Jacqueline Christman, Lorraine & Doug Cline, Johanna & Michael Connelly, Laurie Conrad & Kevin Mabee, Linda Isaacson Fedele & Sam Fedele (2-year renewal, Contributing Level), Beth Garver Beha (3-year renewal), Kimber Gorall (Contributing Level), Jacki & Michael Hagelberg, Irene Hart, Tina Kolberg, Patricia Kraus, Julia Lederman, Michael Miller, Sue Miller (Patron Level), Gerry & Tim Miner (2-year renewal), Maggie & Daryl Odhner, Norm Sacks, Barbara Savedoff, Burt Spiller, Sue Taylor, Jeff Vincent, Scott Wagner, Gail Weiser. **Newsletter Subscription:** Pamela Uttaro. **Newsletter Subscription Renewal:** Antoinette Bushlack. This list reflects memberships submitted through approximately 2/1/13. Please contact us with any questions about membership. Thank you for your support! ❖

IN THE NEWS

YOGURT CRAZE “Milking the Yogurt Boom,” an article in the *Democrat & Chronicle (D&C)* on 11/4/13, is one of many touting the benefits of the Greek yogurt craze in western New York and the Rochester area. While this article looks only on the bright side of jobs created, the environmental trade-offs have been well documented elsewhere. See, for example, “That’s Whey Too Bad for Our Environment” in *The Daily Mail Online*, 5/22/13.

RED AND PROCESSED MEAT KILLS Consumption of red meat and processed meat products such as bacon, ham, and sausage is associated with increased risk of death according to a review published in the *American Journal of Epidemiology*, 10/22/13 (online). Researchers calculated a 23% to 29% increase in mortality risk for those consuming the most processed meat and the most red meat, compared with those who consumed the least. PCRM’s *Good Medicine*, Winter 2014

MILK NOT NEEDED FOR STRONG BONES Drinking milk as a teenager does not prevent hip fractures later in life, according to a new Harvard study published in *JAMA Pediatrics*, 11/18/13 (online). Women had no protective effect from consuming dairy products; men who consumed dairy products had a 9% increased risk for hip fractures later in life for each additional serving beyond one per day consumed as a teen. *Good Medicine*, Winter 2014

VEGAN DIETS KEEP YOU SLIM According to a recent study published in the *Journal of the Academy of Nutrition and Dietetics* (2013), people who follow vegan diets weigh less and have healthier diets overall. Researchers collected data from more than 70,000 participants in the Adventist Health Study 2, and categorized them into five dietary patterns. The vegan group consumed the most beta-carotene, fiber, potassium, and magnesium compared with all other dietary groups. They also had the healthiest body weight and the lowest prevalence of obesity. *Good Medicine*, Winter 2014

MAINSTREAM DOCTOR APPROVES PLANT-BASED DIET Dr. Keith Roach, who answers medical questions in a column in the *D&C*, devoted his 8/30/13 column to a letter about the benefits of going vegan for heart health. Dr. Roach says that diet can’t prevent all blockages; but he says: “it’s NEVER too late to adopt a healthier diet. . . . There is evidence that changing diet radically can stop things from getting worse and even can reverse damage. In the short term, medications still may be necessary, but many people are able to stop taking medicines if the diet works for

them.” He ends by saying: “There are ethical and ecological reasons as well for a plant-based diet.”

“SHOULD YOU GO VEGAN?” That was the title of a cover story in the January 2014 issue of *In Good Health*, the Rochester healthcare newspaper. This article gave positive attention to the vegan diet; however, it conveyed some misperceptions and perpetuated some myths. RAVS responded with a letter to the editor, which *IGH* said it would print, so look for it in an upcoming issue of the newspaper.

VEG-FRIENDLY RESTAURANTS The same issue of *In Good Health* contained an article about area restaurants going “lean and green” to accommodate patrons who are health-conscious. The article gave a nod to the all-vegetarian menu at The Natural Oasis (see p. 3 of this newsletter), and pointed out vegetarian options at Aladdin’s and Chipotle, among others. And, an article in the USA Today section of the *D&C* on 11/9/13 ran the headline “Vegetable dishes crop up on menus,” stating that “vegetable offerings on restaurant menus nationally have jumped 11% over the past three years” as reported by the restaurant research specialist Technomic. Kale has seen a 400% increase in appearance on restaurant menus over the past 5 years; and 67% of Americans say a vegetarian meal can be just as satisfying as a non-veggie version, according to Technomic. Celebrity chef Cat Cora is quoted as saying: “Culturally, vegetable dishes are becoming the new normal . . . Vegetables are moving to the middle of the plate.”

WHY SETTLE FOR LESS THAN ALL? Rochester-based Wegmans Food Markets continues to run its “Half-Plate Healthy” ad campaign, showing a plate with a piece of animal flesh on one half and veggies and salad on the other half. Does this imply that the half of the plate with the animal products is not healthy? The suggestion makes us smile. At any rate, Wegmans continues to offer an abundance of vegan options, from the specialty foods in Nature’s Marketplace to the vegan options in the prepared food bar to the new all-vegan “meats” in the regular freezer case. See the ad for Don’t Be Chicken, Don’t Be Piggy, and Don’t Have a Cow, the “Meatless Meal Makers,” on page 57 of Wegmans’ *Menu Magazine*, Winter 2014.

12 SURPRISING VEGAN FOODS They aren’t exactly health food, and may even be considered junk food. But, those who are vegan but not 100% virtuous when it comes to nutrition may be interested to know that the following processed foods are deemed 99.9% vegan* by People for the Ethical Treatment of Animals (though not all may be available on Rochester-area shelves): Betty Crocker Bac-O’s Bacon Flavor Bits, Oreos, Pillsbury Crescent Rolls, Ritz

Crackers, Kraft Creamy Italian Dressing, Spicy Sweet Chili Doritos, Unfrosted Pop-Tarts, Krispy Kreme Glazed Apple Pie, Sara Lee Oven Fresh Apple Pie, Fritos, Brach’s Mandarin Orange Slices, and SuperPretzel Baked Soft Pretzels. As always, read labels, to check ingredients (they often change) and to see if the product seems nutritionally acceptable even as a treat. You decide! Thanks to RAVS members Barry Swan and Ellie Cherin for this tip.

*Some of the products contain cane sugar which some vegans avoid because animal products may be used in processing. For a discussion of “how vegan can you be,” see the editorial on p. 1.

OLD NEWS: NURSERY RHYME VEGANIZED RAVS member Burt Spiller gave us a wonderful issue of *The Evening Mail* dated October 1, 1904, which contains the following item:

NOW A VEGETARIAN

Old Mother Hubbard she went and she
rubbered.

To get her poor dog a bone;
When she got there the cupboard was bare
And so she went out for one.
She went to the store, but they had no
more,

For the butchers were all on a strike.
She said “I will risk it and buy a dog
biscuit.”

And that is the true story of how Mother
Hubbard’s dog became a vegetarian.

-*Chicago Tribune*

[An unusual use of the word “rubbered.” Perhaps it means “was taken aback or surprised.” The Oxford English Dictionary shows the word used as a verb to mean “rubbernecked” as early as 1899. -Ed.] ❖

LIMERICK

While God was at work on Creation,
The poor animals lacked respiration.
As their faces turned blue,
He gave them lungs too,
In an act of Divine Inspiration.

Jonathan Balcombe

HAIKU

under the mallard’s
careful step
breaking ice

overnight snowstorm --
in a distant tree the crow
moves to another branch

winter twilight:
the long slender shadow
of the small tree

Bruce Ross

RECIPE PAGE



We heartily recommend the new cookbook by Isa Chandra Moskowitz, *Isa Does It*. This hard-cover book with gorgeous food photography, charming hand-lettering, and (most importantly) fantastic recipes that can be made on a weeknight is destined to be an instant classic. We don't know of any cookbook that does a better job of conveying how abundant, satisfying, and "Wildly Delicious" vegan food can be.

RAVS will have this book available for purchase (list price \$30, RAVS price \$27). Here are a few sample recipes.

CHICKPEA-RICE SOUP WITH CABBAGE

Olive oil (1 teaspoon to 2 tablespoons)
 1 medium yellow onion, thinly sliced
 2 cloves garlic, minced
 1 teaspoon dried thyme
 1 teaspoon salt
 Fresh black pepper
 ½ cup jasmine rice, rinsed
 ½ lb baby carrots (leave whole if small, or slice on diagonal)
 1 lb cabbage, shredded (about ¼ of a big head)
 6 cups broth
 1 24 oz can chickpeas, drained and rinsed (about 3 cups)
 3 tablespoons fresh chopped dill, plus extra for garnish

Preheat a stock pot over medium heat. Sauté onion in olive oil with a pinch of salt for about 5 minutes, until translucent. Add garlic, thyme, salt, and pepper and sauté a minute more.

Add rice, carrots and cabbage and then pour in the broth. Cover and bring to a boil. Once boiling, bring down to a simmer, add the chickpeas, and let cook for about 15 more minutes, until rice is cooked and carrot is tender.

Stir in the dill and season with salt and pepper to taste. This definitely tastes better the longer you let it sit, but it can be enjoyed right away, too. Top with extra fresh dill.

PESTO SOUP WITH GNOCCHI, BEANS AND GREENS

The creaminess in this recipes come from a fat-free source. Cauliflower is pureed with a few other veggies and lots of basil until silky smooth. It's actually a wonderful soup on its own, but bulked up with pillowy gnocchi, white beans and wilted greens it

becomes a meal unto itself. The soup base on its own also makes a great pasta sauce, with or without the basil.

Use a vegan gnocchi such as Rising Moon Gnocchi (available at Abundance, Lori's, and Wegmans), or make your own (there is a recipe in Isa's other cookbook, *Vegan with a Vengeance*).

2 teaspoons olive oil
 3 cloves garlic, minced
 1 small head cauliflower (about a pound), leaves removed, cut into florets
 4 cups vegetable broth, divided
 ½ teaspoon salt
 Big pinch dried thyme
 Lots of fresh black pepper
 1 tablespoon arrowroot or cornstarch
 1 cup loosely packed basil leaves, plus a little extra for garnish
 8 oz frozen gnocchi, partially thawed (leave on the counter for 30 min. or so)
 1 15 oz can navy beans, rinsed and drained
 1 small bunch Swiss chard, rinsed carefully and chopped

Optional: Toasted pine nuts for garnish.

Preheat a 4-quart stock pot over medium heat. Sauté garlic in olive oil for about a minute, being careful not to let it burn. Add cauliflower, 3 cups of broth (alert! only 3 of the cups! you'll be adding the last cup in a bit), salt, thyme and several dashes fresh black pepper. Cover pot and bring to a boil, stirring every now and again for about 10 minutes, or until cauliflower is tender.

Vigorously mix together the final cup of broth and the arrowroot until dissolved. Lower heat a bit so that the soup is at a slow boil. Mix in the broth/arrowroot and cook uncovered for another 5 minutes until slightly thickened. stirring often. Add the basil leaves, and remove from heat. Use a submersion blender to puree until smooth.* Taste for salt and seasoning.

Return to the stove over medium heat and add the gnocchi, cover and let cook for 3 minutes or so. Add the greens and beans and cook until greens are completely wilted and beans are heated through, about 5 more minutes. Be careful as you stir not to crush the gnocchi or beans. Serve garnished with extra basil and pine nuts, if you like.

*If you don't have a submersion (or immersion) blender, then use a blender or food processor to puree in batches, being careful to lift the lid once in awhile so that the steam doesn't build up and explode.

Words from Isa (p.22): "If cooking isn't second nature to you, the more and more you do it, the easier and easier it will get."

ROASTED POTATO AND FENNEL SOUP

2 lbs Yukon Gold potatoes, cut into 1-inch chunks
 Olive oil for drizzling
 2 fennel bulbs (reserve the fronds) (those are the frilly green leaves)
 1 large onion, peeled and cut into ½ inch slices
 1 teaspoon salt, divided
 Fresh black pepper
 2 cups warm vegetable broth
 2 cups warm unsweetened soy or almond milk

Preheat oven to 425 F. Line two large rimmed baking sheets with parchment paper. [Editor: You can lightly oil the baking sheets instead of lining them with parchment paper.]

Place sliced potatoes on one baking sheet. Drizzle with olive oil (1 tablespoon should do, but 2 tablespoons is ideal for browning.) Sprinkle with ½ teaspoon salt and add several dashes fresh black pepper. Toss with your hands to coat completely. Roast potatoes for 15 minutes.

In the meantime, prepare the fennel and onions. Slice the fennel bulbs from top to base, in ½ inch slices. Place on the other baking sheet with the sliced onions and toss with olive oil, ½ teaspoon salt and pepper to coat, just like you did with the potatoes.

When the potatoes have roasted for 15 minutes, remove from the oven and use a spatula to flip them. Return to the oven on the upper rack, and place the fennel and onions on the middle rack.

Roast for 10 minutes, then remove the fennel and onions, flip, and roast an additional 5 to 10 minutes. At this point, the potatoes should be tender and the fennel and onions should be caramelized.

Reserve a few pieces of fennel for garnish. If using a food processor, place potatoes and fennel in the work bowl along with warmed milk and broth. Pulse a few times, so that it's creamy but still chunky. Don't over-puree or potatoes will turn gummy. Thin further with water, if needed. You can serve immediately, or transfer to a pot to warm a little more and let the flavors meld.

You can also use a submersion blender by transferring all ingredients to a 4 quart pot and blending so that it's creamy but still chunky, thinning with water as needed.

Taste for salt and pepper, ladle into bowls, garnish with reserved roasted fennel slices and fennel fronds, and serve! ❖

THIRTEEN TIPS TO OPTIMIZE A VEGAN DIET

by Carol Hee Barnett

Eat a vegan diet made up of mostly whole foods. Devote lots of attention, and lots of your grocery budget, to the produce section of the supermarket.

Eat loads of leafy greens. Try a new cooking green (e.g. collards) every week till you've tried them all.

Eat a huge salad with every dinner. Include lots of salad greens as well as chopped fresh vegetables like cauliflower, carrots, red cabbage, red bell pepper, radishes, tomatoes, and avocados.

Eat a vegetable on the side with every dinner, preferably a solid green vegetable like broccoli, Brussels sprouts, green beans, zucchini, or asparagus.

Eat by color! Choose fruits and vegetables that are green, yellow, orange, red, blue, purple, and even black (think black beans, black rice, and blackberries).

Eat more beans. And as you add more beans to your diet, try to cook more beans from scratch and buy more beans in cans with BPA-free liners (only Eden brand at this point).

Eat more whole grains. Try a new main-dish grain like quinoa, barley, wheat berries or oat groats. The label from the bulk section will tell you how to cook the grain: proportions of water to grain vary, and the grain usually takes about an hour to cook (less for quinoa). If you like pasta, eat more whole grain pasta (e.g., whole wheat pasta like Bionaturae brand, brown rice pasta like Tinkyada brand).

Be careful in your choice of processed foods. It is often said that you should shop on the periphery of the store (in the produce aisle), but there are plenty of processed foods in the middle of the store that can be part of a healthful vegan diet. Among them are: grains, pasta, dried and canned beans, nuts and seeds, nut butters, dried fruits, plant milks, cereals, jams, canned tomatoes, salsa, roasted red pepper, sun-dried tomatoes, artichokes (both cans and jars), olives, soy sauce and other condiments.

The question of fat intake in vegan diets is controversial at this time. We think it is healthy for most people to consume, in moderation, high-fat plant foods like nuts and seeds, avocados, olives, coconut milk

and soy products. As for bottled oil, we only use extra-virgin olive oil, and in excruciatingly small amounts, but here are our guidelines (1) Use 1 tsp olive oil to sauté chopped onions and garlic at the beginning of a recipe (you can also use water, wine or juice instead); (2) Use a very small amount (proportional to other ingredients) in homemade salad dressings; (3) Use in very small amounts in baking, to substitute for margarine (though banana, pumpkin or prune puree may work just as well); and (4) Use a tiny amount to oil a baking sheet, thus avoiding propellant-sprayed oil products.

Read labels. The longer the list of ingredients, the less advisable it is that you should buy and eat the food. Stick to items that contain a short list of a few recognizable ingredients.

Use salt either in cooking (½ tsp per main dish recipe) or at the table, but not both. Try to avoid buying foods with added sugars or with high-fructose corn syrup; limit yourself to a small amount of sugar or syrups that you add yourself to recipes or beverages. Use a small amount of table sugar rather than any artificial sweetener (though I have to admit this is more a matter of taste than principle: I have never tasted one I liked).

This tip is from Jeff Novick, R.D.: when choosing a processed food like a packaged soup, grain product, or cracker, make sure the milligrams of sodium do not exceed 2X the number of calories. So, a cracker with 100 calories per serving should contain no more than 200 mg of sodium per serving. This can be hard to find! It's okay once in a while to use a product that doesn't pass this test; just try to make it rare and a special treat.

Remember the power of your plate (we owe this concept to Neal Barnard, M.D.). The more you eat of one kind of food, the less you eat of others. Don't focus on what you are giving up. Focus instead on what you choose to eat more of because it is healthful, delicious, and exciting; and the foods that you have decided to eliminate or eat less of will gradually move off your plate, without your missing them much or at all. ❖

HAIKU

A spray of sparrows
Alights on my deck feeder.
Their joy becomes mine.

Jonathan Balcombe

RAVS MEMBERS IN THE NEWS!

ON 1/28/14, the *Democrat and Chronicle* carried a front-page article called "Pockets of Cooperation," profiling several "intentional communities" in the Rochester area. One of these was the **Little Flower Community**, founded by RAVS member **Joey DiFiore**, who was quoted extensively in the article; RAVS member **Julia Dippel** and her son **Elson** were prominent in the front-page photo of a Little Flower potluck dinner gathering. DiFiore explains in the article that he founded Little Flower, now a 5-house collective, in 2010 after traveling the globe "and realizing the best times were when he was together with others for food or fellowship." The community members share a commitment to sustainability, cooperative living, and neighborhood involvement. They have also hosted hundreds of travelers from around the world, including glass-blowers, instrument-makers, and world-class musicians visiting Rochester to perform at Eastman. For more information, visit littleflowercommunity.com. ❖

RAVS MEMBER RECIPE (from January 2014 meeting)

PUTTANESCA POMODORO (recipe from Honey Bloch)

Makes 4 servings. Recipe can be doubled.

8 oz linguine
2 tbsp olive oil or less to taste
4 cloves garlic, minced
2½ lbs tomatoes, coarsely chopped
¼ cup pitted Kalamata olives, coarsely chopped
¼ cup pitted green olives, coarsely chopped
¼ cup capers
1 tsp oregano
½ tsp crushed red pepper flakes
½ tsp salt
Freshly ground black pepper
8 basil leaves torn into pieces

Cook pasta and drain. Sauté garlic in olive oil 1 minute. Add tomatoes, olives, capers, and seasonings. Stir. Cover pot and turn heat up to medium high for 15 minutes, stirring often. Tomatoes should be broken down and saucy. Toss in the pasta and stir to coat. ❖

RAVS MEMBERS: Your expiration date is on your address label. Members who receive only a pdf file of the newsletter will receive periodic email reminders about their expiration date.

Transcript of Testimony before the Federal Dietary Guidelines Advisory Committee (DGAC)

by Ted D. Barnett, M.D., Co-Coordinator, Rochester Area Vegetarian Society (delivered in person in Washington, D.C. on 1/14/14)

to view online go to:

<http://videocast.nih.gov/summary.asp?file=18001>

To the Committee Members,

My name is Ted Barnett. I am a physician from Rochester, N.Y., where I have been practicing medicine for over 27 years. I have come at my own expense to make the case that recommendations to consume dairy should be removed from the Dietary Guidelines.

I majored in Biology at Yale where I received my B.S. in 1976. I was a medical student and radiology resident at Tufts. I am board certified in Diagnostic Imaging as well as in Vascular and Interventional Radiology, which includes the performance of arterial angioplasty and stent placement.

Twenty-three years ago, like any good parents, my wife and I decided to perform an experiment on our children—we adopted a vegan diet, a diet devoid of all animal products. The experiment was a success; all five of us are still thriving on a vegan diet. Our kids are now 26, 24, and 21. They are trim and athletic, and

performing well in college and graduate school. In fact, I have had the distinct pleasure of sending a fortune in tuition checks to some of the finest educational institutions in America, including Oberlin, Colgate, NYU, and Yale.

As someone who uses angioplasty and stents to treat blocked arteries, I have seen the havoc that the American diet plays on our vessels. I am well paid for repairing this damage, and I greatly enjoy doing it. However, even though it's not in my economic self-interest, I feel I have a duty to promote a plant-based diet to help reduce the need for my services. Everyone has the right to know that atherosclerosis and other chronic illnesses can be largely avoided, and even reversed, with a whole-food plant-based diet devoid of dairy and other animal products.


In keeping with that, dietary recommendations should make it clear that dairy is not essential. Marketing by the dairy industry has led most Americans to believe that they require the calcium in dairy for healthy bones. The truth is that scientific studies do not support this contention. This committee acknowledged as much, when the rationale given in the 2005 Dietary Guidelines for raising the recommended dairy intake, from 2 cups to 3 cups per day, was not that we needed more calcium, but that we needed more potassium. An article in the *Wall Street*

Journal on August 30, 2004, described this as “a major victory for the \$50 billion U.S. dairy industry which has long lobbied for increased consumption guidelines.” The *Journal* attributed the “50% increase in recommended dairy servings to skillful lobbying based on research funded by the National Dairy Council, as well as the financial ties of several members of the advisory committee to dairy trade groups.”

The dairy lobby's success can be seen at the USDA's website, which recommends that we consume the equivalent of 3 cups of milk per day regardless of our age, weight or activity level—while the recommendation for all other foods varies up and down with those factors. This for a product that is completely unnecessary!

This committee has assumed a daunting responsibility. You will know you have done your job well if there is an uproar after you issue your report. Removing from the Dietary Guidelines any requirement for dairy would have immense political implications; but it is the right thing to do, and I urge the committee to do it.

Respectfully submitted,
Ted D. Barnett, M.D.



Want to go vegan?
We can help!

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 Vegan Advocate*, published 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 *The Vegan Advocate* only
- I am/we are willing to volunteer to help RAVS

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

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

Primary interest in vegetarianism:

- Environment
- Animal Rights
- Health
- Other:

Rochester Area Vegetarian Society upcoming meetings and events of interest:

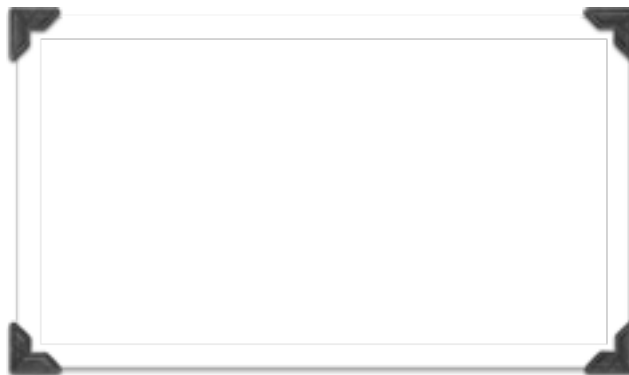
- **February 16, 2014*** (3rd Sunday) **Where Do I Get My Organic Veggies? A Panel of Organic Farmers and Community Supported Agriculture Representatives**
- **March 4, 2014** (Tuesday) 6:45-9:00 PM **A Plant-Based Diet: Eating for Happiness and Health** taught by Ted D. Barnett, M.D. with recipes and food samples by Carol Barnett. First in a series of six Tuesday evening classes running 3/4/14 through 4/8/14. Jewish Community Center, 1200 Edgewood Avenue. Call JCC at 461-2000 to register. For more information about the course and for information on physician CME, visit rochesterveg.org and click on "Course Resources"
- **March 16, 2014*** (3rd Sunday) **Vegan Experts Testify before the Dietary Guidelines Advisory Committee: A Firsthand Account with Ted D. Barnett, M.D.**
- **March 22, 2014** (Saturday) **Women's Health and Well-Being Through Integrative Medicine** 8:00 AM - 5:00 PM, TWIG Auditorium, Rochester General Hospital; breakfast (7 AM) and lunch included in cost. Open to the general public, and to health professionals for continuing education credit. Call Ginny Ruderman, (585) 473-7573 for information and to register.
- **April 6, 2014** (1st Sunday) **Vegan Banquet at The King and I Restaurant**, 1455 E. Henrietta Rd. 5:00 PM Cash Bar; 6:00 PM Dinner. \$22 per person; \$19 students/fixed income. Please reserve with a check made out to "RAVS" brought to our meeting or sent to P.O. Box 20185, Rochester, NY 14602-0185. Please note, not our usual third Sunday.
- **April 15, 2014** (Tuesday) **21st Annual RAVS 2nd Night Seder** (shared event with Jewish Humanist Group), Brighton Town Park Lodge, 777 Westfall Rd. Doors open at 4:30 PM. Service 6:00 PM, followed by a vegan share-a-dish meal. See p. 3 for special rules for this meal. Volunteers needed for set-up and clean-up. Call 234-8750 to reserve.
- **May 4, 2014*** (1st Sunday) **Farm Sanctuary: Changing Hearts and Minds with Susie Coston, Farm Sanctuary's National Shelter Director** Please note, not our usual third Sunday.

***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 the south side of Westfall; driveway leading to the 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 Guest Fee in addition to bringing a vegan dish to pass. See box on p. 2 for information about preparing a vegan dish. The Guest 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