

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. 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. ❖

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WHY I LOVE VEGANS

by Sun, Co-Founder of Gentle World, a vegan community; from www.care2.com

I love vegans, first and foremost, for their heightened sense of justice and compassion, in choosing to avoid, as far as possible, products and businesses that exploit anyone's body, in any way, for any reason.

Akin to abolitionists of human slavery who believe that it is morally wrong to force living, breathing human beings into slavery, vegans have taken that belief one step further, by including living, breathing non-human beings... and for this, I love them even more.

When I look out into our sad, mad world, in which the laws of all lands perpetuate the slavery of animals, I see the violence and cruelty such prejudice breeds. I see the terrifying plight of its victims. I see the unbearable burden it places on the collective conscience of humanity. And I am heavy-hearted.

Then, I turn my gaze to the horizon, and my heart is lifted at the sight of the rising tide of vegans... each one living proof that it's possible for human beings to evolve their nature from that of predator to one of protector.

By rising above their desire for all products of oppression, these otherwise ordinary people have made the extraordinary decision to free their slaves, thereby striking not merely at one oppressor, but at the roots of the whole rotten business of slavery.

I ask you... How can any lover of justice not love anyone who has the integrity to stand with the tiny minority who are willing to free the lowliest of slaves, considered by the vast majority so insignificant as to be expendable?

Vegans recognize the inherent right of every animal, human or otherwise, to be the sole owner of his or her body, and they acknowledge our ethical responsibility to treat every body with respect and even reverence for the mystery that gives them life.

Without the need for holy books, rituals, prayers, or obedience to anyone or anything beyond their understanding, simply by listening to the one voice inside them that they do understand, vegans know, as

everyone with a conscience knows, that slavery is wrong... whoever be the slave and whoever be the master.

I love vegans for being the most powerful force I see for the evolution of our species, because until we, the people, are willing to free our animal slaves, our own higher nature will remain enslaved. ❖

CHOOSE TO BE VEGAN

by Judith Green Hershel
from www.masslive.com

If you're not worried about the hideous abuse of animals on factory farms, please consider this: in the 1960s, in "Diet For a Small Planet" – still a classic – Frances Moore Lappe pointed out that it takes 16 pounds of grain to produce one pound of beef.

That said – and we're all concerned about hunger – how many children and adults could be fed with even a fraction of this grain? Consider also the environmental impact. Greenhouse gases, antibiotic-resistant bacteria, the horrible obesity epidemic, diabetes, premature death, heart disease (took my sweetheart from me), stroke. So much of this is avoidable.

A recent report exposes how industrial hog and dairy operations are subsidized through the federal Environmental Quality Incentives Program (EQIP). The report, entitled Industrial Livestock at the Taxpayer Trough, estimates that between 2003 and 2007, roughly 1,000 industrial hog and dairy operations have captured at least \$35 million per year in taxpayer support through EQIP.

No families, no farms, just awful torture and abuse. Your tax dollars at work.

So very ugly. These are huge factory farms with nothing to do with small family farms who want to be, and who should be, our main source of nutrition and recipients of government funding. Government subsidizes for ConAgra, et al? Seriously? Again, who do you think pays for this? Oh, of course. We do.

That prime rib doesn't just stumble onto your plate. Not by a long shot, and we should always consider how it got there. Please join me. Be **vegan**. In my 60 years on this earth, I have never felt better. ❖

Rochester Area Vegetarian Society

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

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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*. 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 during one of the toughest winters in memory and now, one of the most welcome springs.

In February, we hosted a panel discussion by local organic farmers. Thanks to **Cindy Christ** and daughter **Elizabeth Christ-Faulks** of **B&C Christ Farms**; **Kurt Forman** of **Clearview Farm**; **Erik Fellenz** and **Jenny Lane** of **Fellenz Family Farms**; **Chris Phillips** of **Fiacre Gardens Microfarm**; **Jonny Wiedel** of **Mud Creek Farm**; **Greg Palmer** of **Peacework Organic Farm and CSA**; and **Claire Burdick** of **Wickham Farms**. Special thanks to Erik Fellenz for organizing the Powerpoint presentation!

In March, RAVS's own **Ted D. Barnett, M.D.** gave a talk about the testimony before a committee of the Food and Drug Administration, where the message about the health benefits of a vegan diet is starting to be heard. In April, we had a lovely fundraiser dinner at **The King and I** restaurant, attended by about 80 people; and a 2nd night Passover seder shared with the Jewish humanist group and led by **Barry Swan**, attended by almost 50 people.

We look forward in May to a talk by **Susie Coston** of **Farm Sanctuary** about farm animal sentience; and to a presentation in June by a panel of experienced vegan cooks. In July and August, RAVS members will host picnics at their homes. See the calendar on page 8 for details.

OUTREACH: RAVS has been busy with outreach to the community. In the past several months we've done the following (names of staffers in boldface):

-Plant-Based Diet Course at JCC, 3/4-4/8/14, taught by **Ted D. Barnett, M.D.**, recipes by **Carol Barnett**; those interested in taking the course in future, contact rochesterveg@gmail.com.

-Women's Health Conference, 3/22/14, given by Monroe County

Integrative Health Committee (**Carol Barnett, Ted Barnett, Kimber Gorall, Barbara Savedoff, Camden Simmons**; organizing by **Lesley James, Julia Stein, and Gail Weiser**)

-Health Fair, Rochester City School District, 3/22/14 (**Tina Kolberg**)

-Health Fair, Nazareth College, 3/25/14 (**Carol Barnett, Handy Cowles, David Daunce, Yetta Panitch**)

-Health Fair, SUNY Brockport MetroCenter, 4/16/14 (**Carol Barnett**)

-Sierra Club Environmental Forum, 4/17/14 (**Carol Barnett**)

-Discussion on dairy, 1st Universalist Church, 4/20/14 (**Shelley Adams**)

-Earth Day Fair, Victor Schools PTSA, 4/22/14 (**Carol Barnett**) ❖

VEGAN RECIPE CONTEST: Michelle Cardulla, publisher of Lake Affect Magazine, is conducting a vegan recipe contest. Initial submission of recipe(s) should be made to Michelle at mrcardulla@yahoo.com by May 7. Finalists will be asked to present their dishes for a tasting at the Rochester Public Market on May 24th; winning recipes will be published in the 20th anniversary issue of the magazine, and there is a cash prize.

"BLACKFISH BRIGADE" See and hear the animal lovers and former Sea World trainers behind the award-winning documentary "Blackfish," as well as the "Walrus Whisperer." Sat. May 3, 7-9 PM at Kodak Center for Performing Arts (formerly Theater on the Ridge), 200 West Ridge Rd. Admission is FREE; Walk-in charge of \$15 for meet-and-greet either before (5:30-6:30) or after (9-10) the show. Please don't miss this opportunity!

VEGETARIAN SUMMERFEST The North American Vegetarian Society's **Vegetarian Summerfest** will take place July 2-6, 2014 (Wed.-Sun.) at the University of Pittsburgh's Johnstown, Pa. campus. Weekend package (Friday evening through Sunday) is available. This conference and festival rolled into one is not to be missed! Visit vegetariansummerfest.org/ for more information.

INTERNATIONAL CONFERENCE ON DIABETES to be given by Physicians Committee for Responsible Medicine, July 18-19. Available for continuing medical education credit, but also open to the general public. Visit pcrm.org, go to **HEALTH AND NUTRITION** and click on "Diabetes Conference."

TRANSITIONS: We mourn the loss of **Myron (Mike) Kolko**, who died on 11/26/13, and extend our sympathy to his wife **Dvorah Kolko**, their four sons and their families. Our sympathy to **Nancy Hollowell** on the loss of her mother. We are also saddened by the loss of **Lucinda Sangree** on 2/23/14. Her obituary calls her a "lover of nature, people and peace"; she was also a vegetarian.

CONGRATULATIONS to **Lisa Emerald** and **Dan VerWeire** on the birth of their son **Kael Lawrence VerWeire** on 3/17/14.

VEGAN FOOD IN ROCHESTER:

THANKS to **Pam Hathaway** for bringing vegan food samples to our March meeting. Pam plans to open a French-influenced vegan restaurant called **Vive Bistro and Bakery** in the Rochester area.

Pudgy Girl Bakery is an all-vegan bakery doing wholesale, catering, and special orders. Pudgy Girl offers cheesecakes, truffles, gluten-free items and more! Visit pudgygirlbakery.com; contact jenny@pudgygirlbakery.com or call (585) 678-1603.

Taste of Ethiopia, at 155 State St. across from the federal courthouse, is recommended by RAVS member **Noel Nichols**. He writes: "The delightful decor makes you feel like you are visiting a foreign land. Vegan dishes include: pureed lentils simmered in berbere sauce (Yemisir Wat), yellow split peas with onion, herbs and spices (Kik Alitcha) and sliced cabbage, carrots and potatoes cooked in a mild sauce or with fresh string beans (Atkilt). We enjoyed the Shirro Wat (milled chick peas) simmered with mild spicy sauce. We also had a house salad and Sambusa appetizer (stuffed shells) of lentil, green chili and herbs, deep fried in vegetable oil. The 5 portion mixed sampler is just \$12." ❖

We welcome the following **New Members:** Karen DeSoto, Alanna Dolen, Audry Liao, Julie & Andy Lowe, Ana McNulty-Romaguera, Holly Palmeri, Stacy Salerno & David Petty, Melanie Thomas, Bethany Toups, Traci & Devin Weisner. **Membership Renewals:** Sandy Baker, Alice Barletta & Donald Hayden, Carol & Ted Barnett (Sustaining Level), Simon Barnett, Lois & Greg Baum (Contributing Level), Selma & Mike Berger, Walter Bowen, Vernon Cain & family, Katherine DaCosta & family, Karen Evans, Joe Fappiano, Tracy Fontaine-Matteson, Gloria & Steve Foster (Contributing Level), Joel Freedman, Sara Young Gale, Kimber Gorall (Contributing Level), Ruth & Bill Grace, Meg & Jack Hurley (Contributing Level), Melanie Joy, Rhea & Ken McBride, Walt McBurney, Elaine O'Neil, Naomi Pless (3-year renewal), Selma Saks (3-year renewal), Yardena & Yonathan Shapir, Jonathan Smelts, Ariane & Lawrence Taplin, Sue Taylor, Jonathan Wolfinger, Jen Zodarecky. This list reflects memberships submitted through approximately 4/15/14. Please contact us with any questions about membership. Thank you for your support! ❖

IN THE NEWS

DAIRY PRODUCTION IN NYS The farm bill passed by the House of Representatives on 1/29/14, and expected to be the final compromise, “would create a new two-tiered insurance program for dairy farmers that should help NY’s growing dairy farms expand their herds to supply the state’s burgeoning Greek yogurt industry.” Rochester *Democrat and Chronicle*, 1/30/14. That’s bad news for those of us who feel the dairy industry harms human health, the environment, and the animals. The D&C reported on the same day that NY State now ranks as the nation’s third largest producer of milk, due to the booming yogurt industry.

“MEAT MAKES THE PLANET THIRSTY” The title of that *NY Times* Op-Ed piece by James McWilliams on 3/7/14 says it all. During one of the worst droughts in memory, California is using 80% of its water for agriculture, with most of that going to grow alfalfa for livestock feed. Beef has an overall water footprint of 4 million gallons per ton, vs. vegetables with a footprint of 85,000 gallons per ton.

“THE UNHEALTHY MEAT MARKET” That’s the title of an article by *NY Times* columnist Nicholas Kristof on 3/12/14, reporting on a new book by Christopher Leonard called *The Meat Racket*. A handful of companies led by Tyson have industrialized agriculture resulting in “enormous costs” of 3 kinds: (1) it is a “catastrophe for the animals” who are “essentially bred to suffer”; (2) it endangers human health with uncontrolled animal waste, reckless antibiotic use resulting in antibiotic-resistant bacteria that can attack humans, and widespread contamination resulting in food-borne illness; and (3) it results in a “hollowing out of rural America.” Industrial agriculture “privatizes gains” to the corporate behemoths but “socializes the health and environmental costs.” Vegans in essence boycott the meat industry by their food choices.

MEAT EATING A RISK FACTOR FOR DEVELOPING DIABETES As reported in the journal *Nutrients* (2014), meat-eaters had a significantly higher risk of developing diabetes compared with people who avoided meat. PCRM’s *Good Medicine*, Spring 2014.

MEAT AND COLON CANCER In a review of the association between meat consumption and risk of colon cancer, the journal *Nutrition Research* (2013) says that causes for the association may include inherent components of meat such as animal protein and heme iron, as well as components generated by cooking such as heterocyclic amines (HCL’s). According to the Centers for Disease Control and

Prevention, of cancers that affect both men and women, colorectal cancer is the 2nd leading cause of cancer-related deaths. *Good Medicine*, Spring 2014.

VEGAN DIETS IMPROVE THYROID FUNCTION An analysis of the Adventist Health Study 2, tracking more than 65,000 people, showed that vegans had fewer diagnoses of hypothyroidism. *Good Medicine*, Winter 2014.

AND LOWER BLOOD PRESSURE In a review of 39 studies published in *JAMA Internal Medicine* (2014), vegetarian diets were consistently associated with lower blood pressure. *Good Medicine*, Spring 2014.

AND LOWER CHOLESTEROL A study published in the *European Journal of Clinical Nutrition* (2014) examined data and blood samples from 1,694 participants in the European Prospective Investigation into Cancer (EPIC) study. Participants were categorized as meat-eaters, fish-eaters, vegetarians, and vegans. Vegans had the healthiest body weight and cholesterol levels of all the diet groups. A previous analysis from the EPIC study found that vegan and vegetarian groups had a 32% lower risk of hospitalization or death from heart disease than the other groups. *Good Medicine*, Spring 2014.

“TO LIVE LONG, EAT LOTS OF VEGGIES” Tracking the eating habits of more than 65,000 people over 12 years, researchers at University College of London found that those who consumed 7 or more daily portions of fresh fruits and vegetables (a portion = about ½ cup) reduced their risk of death over the study period by 42%, their risk of death from cancer by 25%, and their risk of death from heart disease by 31%. One researcher called the size of the effect “staggering.” Reported in the *Washington Post* and *The Week* (4/18/14 issue). Thanks to Mary Cowles for this reference.

“I RAISE LIVESTOCK AND I THINK IT MAY BE WRONG” An article by Rhys Southan on modernfarmer.com profiles Bob Comis, a farmer in upstate New York who raises 500 pigs a year and thinks “I might indeed be a very bad person for killing animals for a living.” Comis says: “Watching the pigs shows me ... that there is much more to the life experience of animals than most of us know or are willing to believe.” He tells the story of the day he loaded the trailer with a large number of pigs headed for slaughter. One of the pigs left behind was in “extreme distress”: “she was running back and forth along the fence line, frantic and anxious, making ‘Here I am, where are you?’ vocalizations because I had taken her best friend.” Comis says: “I believe that we as a species need to evolve into the sorts of beings that do not need to kill to eat.” Thanks to Kimber Gorall for this reference.

VEGETARIAN BUTCHER Niko Koffeman, who calls himself the “Vegetarian Butcher,” opened his first shop in 2010 and as of 2011 had 30 locations across the Netherlands. He specializes in meatless chicken, bacon, sausage, gyros, and meatball sandwiches. Koffeman attributes his success to a growing concern for animal rights and sustainability. He says that meat production is inefficient: when you feed plant foods to an animal, “90% gets transformed into manure and body heat. Only 10% of useful proteins are generated.” He says that we could feed the world five times over on a plants-only diet. Koffeman played a key role in the formation of the Party for the Animals, and he now serves as a representative of that party in the Dutch Senate. *The Island Vegetarian*, newsletter of Vegetarian Society of Hawaii, Oct.-Dec. 2011; Wikipedia; partyfortheanimals.nl.

“FAKE MEATS, FINALLY, TASTE LIKE CHICKEN” Stephanie Strom of the *NY Times* reports that the desire to replace meat proteins with proteins derived from plants is spreading, and that sales of the latter grew 8% from 2010 to 2012. In a recent incident, Whole Foods supermarket mistakenly used plant-based “chicken” made by the company Beyond Meat, instead of real chicken, in making a chicken salad product, and had to recall the food because of possible exposure to allergens in soy; none of the customers, however, had noticed the difference. Strom says that a chili dish “made from the company’s imitation-beef Crumbles, studded with beans and garnished with cilantro and scallions, that he brought for a reporter to sample tasted no different from one made with ground chuck.” A serving of those vegan Crumbles contains 4.5 grams of fat and no saturated fat, and just as much protein as 80% lean ground beef, which contains 11 grams of fat and 4 grams of saturated fat. Ethan Brown, the founder and chief executive of Beyond Meat, says his goal is to make something just as good, just as convenient, and possibly cheaper than ground beef or ground chicken: “Our business is to create something better than meat.” *NY Times* 4/2/14.

Locally, Trader Joe’s has its own brand of vegan meats, as does Wegmans with its trademark Don’t Be Chicken, Don’t Be Piggy, and Don’t Have a Cow.

57 REASONS TO TRY VEGANISM If you have access to a computer, look up that posting on buzzfeed.com. The article has a delightful sense of irony and humor about being vegan, while presenting the very pressing and serious reasons for deciding to be vegan. We will list some of the 57 reasons in a subsequent newsletter; meanwhile on the next page we share one of the recipes mentioned in the article. Thanks to Kimber Gorall for this reference. ❖

RECIPE PAGE



Our first recipe is recommended in the article “57 Reasons to Try Veganism.” The recipe can be found, with photos, at keepinitkind.com; the authors say that the “Buffalo Cauliflower Wings” portion is adapted from a recipe found at theveganpact.com.

BUFFALO CAULIFLOWER WING PIZZA WITH TOFU BLUE CHEESE SPREAD

Ingredients for the Tofu Blue Cheese Spread

½ block of extra firm tofu, crumbled into small pieces
2 tablespoons nutritional yeast
1 tablespoon Veganaise
Juice of 1 lemon
3 teaspoons apple cider vinegar
1 teaspoon white miso
½ teaspoon tahini
½ teaspoon garlic powder
¼ teaspoon dried oregano
¼ teaspoon dried marjoram
¼ teaspoon kelp granules
A few dashes of salt

Ingredients for the Buffalo Cauliflower Wings

1 head cauliflower, broken into florets
1 cup almond milk or other plant milk
1 cup chickpea flour
Several dashes of garlic powder
Several dashes of smoked paprika
¾ cup barbecue sauce (we used Organicville)
¼ cup Sriracha sauce (or other hot sauce)
1 tablespoon arrowroot powder (or whatever starch you’ve got)
1 teaspoon sea salt
¼ tsp black pepper

For the Pizza

1 cornmeal pizza crust (store-bought or homemade, gluten-free if necessary; we used Viccolo brand)
1 recipe of Buffalo Cauliflower Wings
1 recipe of Tofu Blue Cheese Spread

Instructions for Tofu Blue Cheese Spread

Place the tofu crumbles into a medium bowl. Add the rest of the ingredients and stir to combine. Chill until ready to use. Enjoy! You may need to adjust the seasonings to fit your preferences. This was slightly on the mild side for us.

Instructions for the Buffalo Cauliflower Wings

Preheat oven to 450 degrees. Lightly oil a glass 9 x 13 in. casserole dish by hand or with olive oil spray.

Whisk almond milk, chickpea flour, garlic powder, and paprika together. Dredge cauliflower pieces into flour mixture and place in the casserole dish. Bake at 450 degrees for 20 minutes.

Meanwhile, mix together the BBQ sauce, Sriracha sauce, arrowroot, salt and pepper.

Once cooked, toss cauliflower with BBQ mix and bake for an additional 5 to 8 minutes. Remove from heat and serve hot (or use on pizza). Enjoy!

Instructions for the Pizza

Preheat oven to 475 degrees. Lightly oil a baking sheet or line with parchment paper.

Spread a layer of Tofu Blue Cheese Spread on the prepared crust, using as much or as little as you like. You will most likely have leftovers. Spread the Buffalo Cauliflower Wings out on top of the blue cheese spread. You will likely have a few of these left over as well--they’re great appetizers for while you wait for the pizza.

Bake at 475 degrees for 12-15 minutes, until heated thoroughly. Remove from oven and serve hot. Enjoy!

The following recipe is from Handy (Mary) Cowles’s Name Day Celebration dinner for her husband, Father Patrick Cowles.

RED LENTIL THAI CHILI (Christine Benton)

1 onion, chopped
1 red pepper, chopped
3 garlic cloves, finely chopped
2 tbsp. chili powder
1½ lb. sweet potatoes, peeled and chopped
1 cup red lentils
4 cups vegetable broth
2 cans kidney beans
2 tbsp Thai red curry paste (or less to taste)*
15 oz can unsweetened coconut milk
28 oz can diced tomatoes
Fresh cilantro and lime for garnish

In 4 quart pot, sauté the onion and pepper in a small amount of water for 5-7 minutes. Add the garlic and sauté 1 minute. Add chili powder, sweet potatoes, lentils, and broth. Cover and bring to a boil. Simmer 15-20 minutes, stirring occasionally. When lentils are cooked and sweet potatoes are tender, add kidney beans, curry paste, coconut milk and tomatoes, and heat through. Top with ½ cup fresh cilantro, and lime slices.

*[Ed. note: Thai red curry paste is fiery, and this sounds like a very large amount. You can use a much smaller amount, or substitute a milder condiment like Frank’s RedHot Sauce.]

Our last recipe is from a favorite vegan recipe site, The Post Punk Kitchen (theppk.com):

BRUSSELS SPROUT FRIED RICE (Isa Chandra Moskowitz, theppk.com)

2 tbsp. refined coconut oil, divided*
12 oz Brussels sprouts, trimmed and quartered
1 large carrot, peeled and sliced into thin half-moons
¼ cup pine nuts or toasted cashews
¼ cup fresh basil
1 cup loosely packed fresh cilantro
1 cup finely chopped scallions
2 cloves garlic, minced
1 tablespoon fresh minced ginger
4 cups cooked and cooled jasmine rice or other rice**
¼ teaspoon red pepper flakes
2 tablespoons soy sauce or tamari
1 tablespoon fresh lime juice
½ teaspoon agave syrup
Sriracha or other hot sauce to serve

Preheat a large heavy-bottomed pan (preferably cast iron) over medium-high heat. Sauté the Brussels sprouts and carrots in 1 tablespoon of oil for about 5 minutes, until Brussels sprouts are lightly charred. Toss in the pine nuts and cook for two minutes, tossing often, until toasted. Transfer everything to a large plate and set aside.

Lower heat a bit to medium. In 1 teaspoon oil, sauté the basil, cilantro, scallions, garlic and ginger for about a minute. The herbs will wilt and everything will smell aromatic and wonderful. Now add the rice, red pepper flakes and the remaining 2 teaspoons oil and cook for about 5 minutes, tossing often.

Add the Brussels sprout mixture back to the pan, and drizzle in the soy sauce, lime juice and agave. Cook for 3 more minutes or so, until rice is lightly browned. Taste for salt. Serve with plenty of Sriracha!

*[Ed. note: For those on a no-added-oil diet, you can try sautéing the vegetables and rice in water, vermouth, sherry or another oil-free liquid. The results will differ but will still be delicious.]

**According to Isa, you need to start with completely cooled rice or the end product will be mushy and sticky. You can even start with frozen rice, which you can find in bags at the supermarket or make yourself. Simply make a batch of rice, then place in a freezer bag or container and freeze until ready to use. Isa says: “I always keep a bag at the ready for quick weeknight meals, veggie burgers, what have you.” For this recipe, you can just toss the rice into the pan frozen. ❖

REFLECTIONS ON BEING VEGAN

We recently received the following questions sent to our RAVS email address:

If most people go vegan, the only cows and chickens remaining would be a few examples in zoos. Is that the hope? Are leather belts forbidden, or okay since the steers are already being killed? Are pet dogs acceptable, or should they be euthanized (or allowed to die of old age with no offspring) since they eat meat? Are natural meat eaters, such as outdoor pet cats, unacceptable? (They kill mice.) Do vegans swat mosquitos? (They are animals.) If cockroaches invade a home, is it OK to kill them? Is spraying insecticide on lawns forbidden?

Here was my response:

First off, let me say that the guiding principle of veganism is to have reverence for all life, plant and animal; to recognize that animals have a right to their own lives; and to strive, to the extent possible, to refrain from killing or harming animals, or using them for food, clothing, entertainment, or experimentation. When I say "to the extent possible" I am not leaving an opening for laziness or greed ("I really want that steak/fur coat"); but rather acknowledging that, in modern life, there are a number of built-in and inadvertent uses of animals that are inevitable or at least will require a long time to change. For example, if one drives a car, there are animal products used in the making of a car (that's even if you don't get leather seats). Driving on a road certainly involves killing some insects, even if you are lucky enough to avoid ever striking an animal on the road. However, no one suggests that people give up driving as a part of veganism.

If we have reverence for all life, then we have to preserve and sustain our own lives. For most of us that involves driving a car, among other things. The good news, however, is that almost all (probably well over 95%) of our use of animals is direct and obvious, in the consumption of products that clearly come from animals, namely meat, poultry, fish, eggs, milk, cheese and butter. So, while those of use who care deeply about this issue will read labels carefully and try to avoid even the tiniest animal ingredient where possible, the way that we can do the most good for animals is to persuade people to give up obvious animal foods (the list above). If most people do that, then the harm to animals and suffering of animals will be eliminated almost completely. In fact, if everyone stopped eating obvious animal products, then "professional vegans" like me and others would find fewer animal byproducts in the cookies, crackers, shampoo, etc. that we are considering buying. For the most part, those animal byproducts get marketed and put into other products as a way to make the meat and dairy industries more profitable; if meat and dairy went out of business, then there would be nothing to offload. They might even stop

using animal products to manufacture cars. Not sure what we can do about insects on the road--though I am not making a joke of that concern, as you will see below.

Although people are always accusing vegans of being unrealistic dreamers, we are actually the most practical people in the world. So when we hear a question like this one: *If most people go vegan, the only cows and chickens remaining would be a few examples in zoos. Is that the hope?* it give us pause. Here is the approach to take in considering questions like these: Ask yourself what is really happening in the world; and what would really happen if people (lots of them) were to make a big change and adopt a vegan diet.

Here is what is really happening. Worldwide, 150 billion animals a year are being killed for food. In the United States alone, 10 billion animals are killed every year for meat, eggs, and dairy products; that does not include the fish that are killed, which are measured by weight, not numbers. Each one of these animals feels pain, avoids pain, and values its life. Many of these animals, certainly all of the mammals, feel fear, loneliness, sadness, panic and terror, over and above the physical agony of the conditions under which they are raised (often involving mutilation and confinement), are transported, and are slaughtered. It is probably arrogant for us to imagine that we know how much pain is experienced by animals raised or taken for food. But as vegans, we are fortunate that we don't have to devise a hierarchy of animal sentience: we simply refrain from hurting, killing, or using any animals.

But what will really happen if lots of people become vegan? It is not likely to happen overnight, but rather gradually. Food animals are deliberately bred and brought into being in large numbers; if people stop buying their flesh (and milk and eggs), then the breeding of those animals will gradually taper off and even end. But I can't imagine that there is any threat to the existence of cows, pigs and chickens as species. For one thing, people like these animals, and have coexisted with them for centuries. Even if the only remaining cows, pigs and chickens were those on existing sanctuaries (like Farm Sanctuary and Woodstock Sanctuary in the Catskills), there would be no danger of the species going out of existence.

People sometimes worry what would happen if everyone did become vegan overnight. What to do with all those cows, pigs and chickens? (And sheep and rabbits and farmed catfish, etc.) Well, farmed animal production is a giant assembly line, and if it were stopped in its tracks, it would not take long for the numbers of animals to stabilize and then drop. Remember, though, this is a dream situation, involving some universal ascent to consciousness and conscience. If that happened, then I think we can assume that those newly-compassionate people would figure out a way to take care of the remaining farmed animals in the pipeline,

allowing them their lifespan. With such a rise in consciousness, anything would be possible.

You ask: *Are leather belts forbidden, or okay since the steers are already being killed?* To say "that animal is already dead" is no different from saying the same thing about a steak. It is a simple rule of economics: anything you do to make a previously-killed animal more profitable for industry (buying a leather belt) makes it more likely--in fact, inevitable--that more animals will be raised and killed for the same purpose.

Cats and dogs are a special case (they are special anyway). They have been domesticated by humans and we owe them protection and care which, as a society, we sadly fall short of providing. In the real world, they are killed by the thousands in shelters. They are in no danger of going extinct as a species because, like farmed animals, they have coexisted with humans for centuries and humans (rightly) love them. In an ideal world, dogs and cats would reproduce only in numbers adequate to match the human willingness to provide them with homes. If that sounds human-centered, well, there is no way around that: they have become our creatures and we are responsible for them. Feeding dogs and cats without raising and killing other animals is an important moral and practical question. Dogs are a cinch; they can easily be vegan. Cats are harder. Theoretically they can be fed vegan with certain essential supplements (which also need to be added to animal-based cat foods, by the way, since they are destroyed by the rendering process); but cats can be picky and stubborn eaters. However, if feeding cats--a reduced number, with cat overpopulation under control--without hurting other animals were our last frontier as vegans, we would be in a very good place.

That leaves us still with several more questions. Cats killing mice, and birds: well, if possible, it is best to keep your cat entirely indoors; that way you protect wildlife from your cat, and also protect your cat from wildlife, cars, and other harms. But if your cat kills a mouse indoors--or if a lion kills an antelope on the savannah--a vegan need not feel responsible, though you may feel sad. We are not in control of the state of nature, just that part of the natural world we interact with by eating and using other products which we bring into being by demanding them. Our job is to buy and use only plant-based foods and other products, which are healthiest for us anyway.

As for swatting mosquitoes, vegans have probably been known to do it. Veganism has to be consistent with vegans being able to flourish and thrive. On the other hand, most of us can sustain mosquito bites without much harm (and we do, despite our best efforts to avoid them). Some people might prefer to slather themselves with a mosquito repellent, rather than swat: but that could have adverse effects for your health or for the environment (and it is consistent with veganism to consider the well-being of the

whole planet). Other similar issues are presented with fleas on cats and dogs, and ticks on animals and humans. Fleas can make our lives a misery; and though I am sure fleas like their own little lives, we are probably justified in trying to eliminate them. Ticks are pretty awful from our human and cat- or dog-centered point of view (and downright dangerous as a disease vector), and again, I think we are justified in avoiding them and eliminating them when we encounter them. These problems, though, are at the margins of veganism. I think the important thing is to consider the problem seriously and respectfully; in other words, no one should be gleeful about destroying a life, however small. It is also important to remember that these issues do not invalidate veganism, though people will try to use them that way (as in "I'll bet you swat mosquitoes!").

People also say "Plants have feelings too" and "Broccoli has a head," and although the questioner didn't ask those things, I might as well address them. Once again, veganism is about surviving and thriving, and we have to eat something. We might as well eat the best thing in the world for us, namely broccoli and other plants. Plants respond to stimuli, but they are not sentient in the way that animals are; they do not have pain centers as even an insect does. We need to have reverence for plant life, which we do by using plants sustainably. If challengers to veganism care about plants so much, then they should become vegan, because the animals that they eat consume plants--about 10 to 20 pounds of plant food for every pound of animal food. So

the best way to eat the fewest plants is to eat only plants.

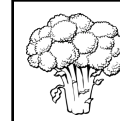
Also, my response to the people who seem so concerned about plant sentience is--assuming they are serious--to ask them what their heart and their senses tell them. How do you feel, or would you feel, if asked to cut off a head of broccoli vs. the head of a chicken? Would your heart rate rise a little bit, or a lot, if you tried to kill the chicken? There is a famous story about Tolstoy, who was a vegetarian. A woman who was dining with him demanded to be served chicken. Tolstoy had one of his servants bring her a live chicken; she did not kill the chicken.

Finally, though I think you probably know my answer to this one: *Is spraying insecticide on lawns forbidden?* Although conventional lawn care is directed at killing weeds rather than insects, it has the indirect and powerful result of killing insects and birds and poisoning other animals including humans. Whether it is strictly speaking "unvegan" matters less than that it is harmful to the earth and to the entire chain and circle of life, and should be avoided on that basis.

Veganism is about reverence for life, and allowing every creature's stake and interest in its own life and welfare, for its own sake and not for the benefit of others. Albert Einstein wrote that we should strive as much as possible to "widen our circle of compassion to embrace all living creatures and the whole of nature." As we see it, veganism is the best way of doing this.

-Carol Hee Barnett for the Rochester Area Vegetarian Society

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



Want to go vegan?
We can help!

SPRING HAIKU

steam rising
from my favorite tea
early spring clouds

spring morning
a bird leaves the pond
leaves the ripples

spring rain
the dog house older
than the house

By Bruce 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 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:

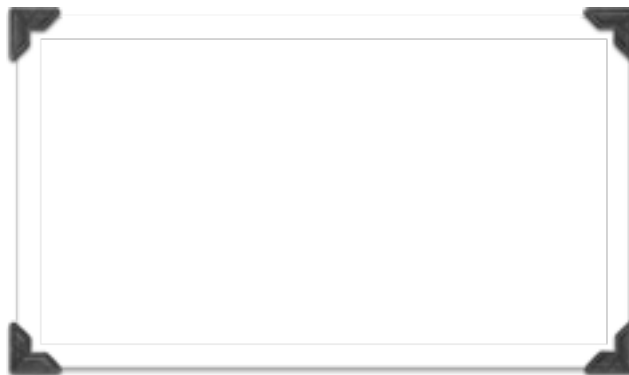
- **May 3, 2014 (Saturday) 7:00 PM “Blackfish Brigade: Voice of the Orcas”** at Kodak Center for Performing Arts (formerly Theater on the Ridge), 200 West Ridge Rd. Free Admission; \$15 charge for optional meet-and-greet with speakers either before (5:30-6:30 PM) or after (9-10 PM) the event. (Not a RAVS event.)
- **May 4, 2014* (1st Sunday) Farm Animal Sentience with Susie Coston, Farm Sanctuary’s National Shelter Director** Please note, not our usual third Sunday.
- **June 15, 2014* Advice from a Panel of Experienced Vegan Cooks: Meal Ideas, Tips and Recipes.** Come to enjoy this popular annual program with a different group of veteran vegan cooks each year. Lots of cookbooks for sale as well.
- **July 2-6, 2014 (Wed. - Sun.; weekend package available) North American Vegetarian Society’s Vegetarian Summerfest** in Johnstown, PA. Not a RAVS event, but RAVS members will be attending! Child care center provided for parents of young children. Go to vegetariansummerfest.org for details about speakers, programs, prices, and registration.
- **July 20, 2014 (3rd Sunday) 2:00 PM Summer Picnic** at the home of Ted and Carol Barnett, 117 Lyons Road, Rush NY 14543. Please bring a **vegan** dish to pass and a place setting for yourself; chairs provided. Outdoor games equipment optional. If rain is threatened, call the RAVS hotline (234-8750) on Sunday morning to see if the picnic has been rescheduled.
- **August 17, 2014 (3rd Sunday) 2:00 PM Summer Picnic** at the home of Kimber Gorall, 15 Peachtree Lane, Pittsford, NY 14534. Kimber’s house is on the canal! Peachtree Lane is off Marsh Road, just north of the canal in Bushnell’s Basin. Please bring a **vegan** dish to pass, a place setting for yourself, and a folding chair if you have one. If rain is threatened, call the RAVS hotline (234-8750) on Sunday morning to see if the picnic has been rescheduled.

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

Directions to Brighton Town Park Lodge: 777 Westfall Rd., between E. Henrietta Rd. (15A) and S. Clinton Rd. Look for “Brighton Town Park” sign. Lodge is on 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