

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 Vegan 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. ❖

A VEGAN DIET FOR HEALTH:
The Evidence is In!

It has been 25 years since Dr. Dean Ornish showed that a vegetarian diet, along with other lifestyle changes, can measurably reverse heart disease. Five years later, Dr. Caldwell Esselstyn, Jr. showed that a low-fat vegan diet alone, with minimal use of cholesterol-lowering medications, can arrest and reverse heart disease. Dr. Esselstyn, along with nutritional biochemist and *China Study* author T. Colin Campbell, Ph.D., was profiled in the ground-breaking film "Forks Over Knives," which showed how people everywhere can take control of their own health and eliminate or control all manner of chronic diseases—by following a plant-based, vegan diet.

The results continue to roll in. Large-scale epidemiological studies such as the Seventh Day Adventist studies and the EPIC-Oxford study show reductions in cancer risk, and a step-like reduction in risk for diabetes and heart disease as a group's diet becomes more plant-based (i.e., vegetarians are healthier than omnivores, vegans healthiest of all). The Physicians Committee for Responsible Medicine (PCRM) has conducted studies showing that vegan diets improve body weight, cholesterol levels, blood pressure, and blood sugar, and they help control menstrual pain, migraine, and arthritis. PCRM worked with a Japanese research team on a meta-analysis, published in *JAMA Internal Medicine* in 2014, showing significant beneficial effects of plant-based diets on blood pressure. In October 2014, PCRM published another meta-analysis showing that a vegan diet improved blood sugar control in people with type 2 diabetes, and it accelerated diabetes treatment more effectively than oral diabetes medications. As PCRM says in the editorial of the Winter 2015 issue of *Good Medicine*: "the evidence for health benefits of plant-based diets is now beyond the point of serious controversy."

WHAT ARE WE WAITING FOR?

At our December 2014 RAVS meeting, we had a discussion about the challenges of advocating a vegan way of life when the obstacles are so great, like government support and corporate promotion of a meat-and-dairy based diet, and a level of violence

in our society which makes it seem acceptable to commodify animals. But many people were not discouraged by these things as much as they were frustrated with the simple, practical challenges of promoting a vegan diet. Too many people think vegan food is difficult or expensive to prepare, or unpalatable. This isn't so! Our mission is to show anyone who will listen that it's easier than ever to go vegan and love it. Here are a few tools:

Cookbooks: A number of vegan cookbooks show it can be easy and inexpensive to eat low on the food chain. Look for titles like *Quick-Fix Vegan*, *4-Ingredient Vegan*, *Vegan On the Cheap*, and *Eat Vegan on \$4 A Day* in the library or wherever you buy books.

Websites: Simply type "vegan recipes" into your search engine and you will be flooded with results. A list of our favorite websites can be found on the helpful handout, "Moving Toward a Plant-Based Diet," which is featured prominently on the homepage of our website, rochesterveg.org

Courses: RAVS teaches a Plant-Based Diet course twice a year, and a low-fat vegan cooking class called Seeds of Change will be offered at Unity Hospital in March and October. Visit our website for information!

Restaurants: Rochester now boasts three vegan restaurants: The Natural Oasis, The Red Fern, and the brand-new Vive Bistro and Bakery. Many other restaurants offer vegan options: click on "Restaurants" at our website to read the list of "Rochester-Area Vegan-Friendly Restaurants."

Other good ideas elsewhere in this newsletter: some mainstream vegan food sites on p. 4, and tips on getting vegan food to be more widely available, and on using vegan food as a persuasive tool, on p. 6.

Join us! We welcome new members, and always welcome non-members and non-vegetarians as long as they are willing to eat vegan at our meetings and events. Share your email address with us: once you're in our database you'll receive our newsletter and information about meetings, courses, restaurant openings and many other developments—but we never share your information with others. You can call us or visit our website any time: you'll find our contact information above our logo on p. 2 of this newsletter. ❖

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Rochester Area Vegan Society

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The Rochester Area Vegetarian Society, now the Rochester Area Vegan Society, 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 don't 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**.

Vegan Society Update

by Carol Hee Barnett

Autumn and winter have been busy for the Rochester Area Vegan Society, with well-attended meetings, outreach events, and classes.

MEETINGS: In November we welcomed **Milton Mills, M.D.**, who spoke to a filled room about the parallels between the civil rights movement and the vegan movement. In December, we had a discussion among ourselves about the psychological and practical challenges of engaging in vegan advocacy. And in January 2015 we had a showing of the Rochester-produced film "**COMFORT ZONE**," about the complexity of the climate change problem and the need for a change in consciousness if we are to address it.

In February we will view the most recent Nutrition Update video from **Dr. Michael Greger**. In March (*in a different venue--see p.8*) we will host **Harold Brown**, who will tell of his journey from dairy farming to advocating justice for animals and humans. In April we will have our traditional 2nd night seder, and later in the month, a fund raiser dinner at the newly opened **Vive Bistro and Bakery**. For both of the April events, we ask that you reserve your spot and, in the case of the dinner, prepay to secure your reservation. Details on p. 8.

OUTREACH: In November, **Ted and Carol Barnett** taught a session on vegan diet, and provided vegan food samples, to yoga teacher trainees at the **Grounded By Yoga** studio in Bloomfield.

In December, RAVS had its usual booth at the **Metro Justice** Alternative Fair. Many thanks to staffers **Carol Barnett, Ellie Cherin, Karen Evans, Carol Hope, Carol Manuel, Joy Vandling, and John Van Savage**. Thanks to **Ellie Cherin, Katherine DaCosta, and Karen Evans** for providing delicious vegan baked goods to sell at the event. Later in December, **Carol Barnett** and **Martha Sullivan** staffed a table for RAVS at Human Rights Day.

RAVS'S TED BARNETT, MD INTERNATIONAL CONSULTANT FOR PLANT-BASED DIET! In late October 2014, **Dr. Barnett**, along with Caroline Trapp, a nurse practitioner who is director of diabetes education for the Physicians Committee (PCRM), traveled to the Republic of Macedonia to explain how a plant-based diet could help reverse that country's diabetes epidemic. For the full story, see "Fighting Diabetes in Macedonia"

in the current issue of PCRM's *Good Medicine*, Winter 2015.

CYCLING FOR THE ENVIRONMENT AND HEALTH On 11/24/14, RAVS member **Scott Wagner** was prominently featured in a front-page article on the growing popularity of cycling for transportation and ways to insure the safety of cyclists. Wagner's photo appeared on page 10A as well as a photo of his reflected eyeball on page 1A!

OUR CONDOLENCES to **Barbara Savedoff** and sons **Daniel** and **Eli**, on the loss of their mother and grandmother, Roberta Savedoff, who died on October 4, 2014 after a brief illness. Roberta was a past president of Pittsford PTSA and a past co-chair of the Adult Education Committee of Temple Beth El, and had been active in the Pittsford Bikeways Committee.

ONGOING AND UPCOMING EVENTS:

A Plant-Based Diet: Eating for Happiness and Health is being given for the 7th time, this time on 6 Tuesdays from 1/20 through 2/24 at Unity Hospital Education Center. For information on current and upcoming sessions of this course, visit rochesterveg.org or contact rochesterveg@gmail.com with "Plant Based" in the subject line.

Ivy League Vegan Conference is an all-day conference offered on **Saturday February 21** on the Cornell campus. Free to the Cornell community, the conference, which includes breakfast and lunch, costs an astonishingly low \$15. T. Colin Campbell, Ph.D., Sherry Colb, J.D., and vegan artisan cheesemaker Miyoko Schinner are among the speakers. Contact RAVS if you are interested in carpooling.

"Seeds of Change: Plant Based Low Fat Eating, Cooking & Meal Planning" This course is being offered at Unity Hospital on four Wednesdays starting on **March 4** at a cost of \$120 (and again in October starting Oct. 7). Call Joy Valvano at 368-4560 or register online at unitydiabetescommunity.com.

"Cowspiracy" This ground-breaking film on the connection between animal agriculture and climate change is being shown as part of the Color Brighton Green film series, on **Wednesday, March 18** at **6:30 PM** at Brighton Public Library. Free.

"The Art and Science of Integrative Medicine" This all-day conference on **Saturday, March 21** at Rochester General Hospital can be taken for continuing education credit by health professionals and

is also open to the general public. Cost of \$110 includes vegan breakfast, lunch and snacks with gluten-free option available; additional charge for education credits. Call Ginny Ruderman at (585) 473-7573 for a brochure or to register.

RAVS 2nd Night Seder on Saturday April 4: see calendar on p. 8 for details.

RAVS Fund Raiser Dinner on Sunday April 12: See p. 8 for details.

Rochester International Film Festival will be held on **April 23, 24, & 25, 2015**. Visit rochesterfilmfest.org for details. Thanks to RAVS member **Ellie Cherin** for her involvement in this program.

League of Humane Voters Rochester

A Rochester chapter of the League of Humane Voters (LOHVR) has been formed as another way to protect animals and their rights. The mission of LOHVR is to work to enact animal-friendly legislation and to elect candidates for public office who will use their votes and influence for animal protection. LOHVR intends to make animal protection a mainstream political issue by building support among citizens, activists, political parties, candidates and elected representatives. LOHVR is a non-partisan organization, and will endorse candidates strictly based on their expressed commitment to work with us to pass legislation to protect animals. Contact Jack Hurley at jhurley33@aol.com if you want information about LOHVR or would like to join.

Rochester Direct Action is a local branch of Direct Action Everywhere, which seeks to call public attention to the violence inherent in meat and dairy, and in the use of animals for any purpose. The group seeks new people to join and participate. Visit rochesterdirectaction.org. ❖

HAIKU

gray morning
a few black feathers stick out of
the crow

too cold yet
a mallard couple floats near
the empty dock

singing its heart out
to no one in particular
morning blackbird

by Bruce Ross

We welcome the following **New Members:** Denise Barcombe, Jeanette Burke & Todd Tarzia, Melissa & Eric Christianson, Susan Czapranski, Barbara Ehalt White, Deb Ellis, Olivia Fontana, Aaron Frazier, Ingrid Hunte, June & Phil MacArthur, Janice Rivenburg. **Membership Renewals:** Juanita Ball, Honey Bloch, Rosemary Bloch, Father Patrick & Mary Cowles, Gloria & Steve Foster, Pam Gabryel, Meg & Jack Hurley (Patron Level), Cheryl Kovel, Patricia Kraus, Eileen Kuchta (Contributing Level), Ariane & Lawrence Taplin (Contributing Level). This list reflects memberships submitted through approximately 2/1/15. Please contact us with any questions about membership, and we thank you for your support. ❖

IN THE NEWS

CONTAMINATED PIG MEAT: “Making a Pig’s Ear of Food Safety” (*NY Times*, 12/12/14) revealed that a self-inspection program for meat packing plants proposed by the American Meat Institute and fully implemented in 2004 allowed “cut lines” to increase their speed. Three of 5 participating plants were among the 10 worst violators of food safety protocols (of more than 600 plants rated). A single plant could produce “as much as two tons a day of pork contaminated by fecal matter, urine, bile, hair, intestinal contents, or diseased tissue . . .”

“ABUSING CHICKENS WE EAT” That’s the title of a 12/3/14 column in the *NY Times* by Nicholas Kristof, reporting on the practices at Perdue chicken farms as described by Craig Watts, one of Perdue’s contract farmers who “meticulously follows their requirements.” Because of constant exposure to ammonia from excrement, “the bellies of nearly all the chickens have lost their feathers and are raw, angry, red flesh. The entire underside of almost every chicken is a huge, continuous bedsore.” Perdue misleadingly refers to its chickens as “cage free” even though meat chickens are never caged, and each bird gets just ⅓ of a square foot. As Kristof says, the price of cheap meat has been antibiotic resistance, water pollution from manure, and “a routine cruelty that we tolerate only because it is mostly hidden.”

“CAN SEAFOOD BE KOSHER AND SUSTAINABLE?” asks an opinion piece by Paul Greenberg (*NY Times*, 12/13/14). With declining fish stocks and the constraints of Jewish dietary law, Greenberg writes, “it may be time to rethink the whole seafood endeavor and eat like my recent, abstemious dining companions. The vegetable plate can always be kosher.” [We agree with that solution, though we disagree that it’s “abstemious.”]

“US RESEARCH LAB LETS LIVESTOCK SUFFER IN QUEST FOR PROFIT” is the title of a 1/19/15 *NY Times* article about the U.S. Meat Animal Research Center, a closely-guarded taxpayer-funded federal institution occupying 55 square miles in Nebraska. The mission of the Center is to “re-engineer” farm animals for the 21st century meat industry, and to help producers of beef, pork and lamb turn a higher profit. The article reports that “these endeavors have come at a steep cost to the center’s animals, which have been subjected to illness, pain and premature death, over many years.” Cows and pigs have been bred to produce more offspring, which are more likely to be born frail and die quickly. Sheep, including birthing ewes and lambs, have been exposed to the elements in an attempt to toughen them, with no regard to

or even record of the consequences: sheep “occupy a low rung” at the Center and “It keeps no account of their injuries or treatment.” Farmed animals are not covered by the Animal Welfare Act, either at the Center or on farms where they are raised for meat, eggs and milk. The author of the article says, in an understatement: “the production of meat is a rough enterprise.”

ALL DOGS GO TO HEAVEN During a weekly general audience in the Vatican in late 2014, Pope Francis seemed to imply that animals could go to heaven, recalling a comment made by Pope Paul VI to a grieving boy whose dog had died, that “Paradise is open to all of God’s creatures.” The *NY Times* declared that Francis has “endeared himself to dog lovers, animal rights activists and vegans.” 11/11/14

MEAT-HEAVY DIETS INCREASE HEART RISK A study published by the American Heart Association in 2014 showed that, in a group of 4,098 heart attack survivors, those following a low-carbohydrate diet high in animal sources of protein were 33% more likely to die of any cause and 51% more likely to die of heart disease than those eating fewer low-carb, animal-based products. PCRM’s *Good Medicine*, Winter 2015

DAIRY AND CANCER RISK A study published in the *British Journal of Cancer* (online 10/14/14) followed more than 22,000 lactose-intolerant subjects from Sweden and found that their rates of lung, breast and ovarian cancer were lower than those of their dairy-consuming family members and the general Swedish population. *Good Medicine*, Winter 2015.

MILK TIED TO BONE FRACTURES AND INCREASED MORTALITY A population study published in the *British Medical Journal* in 2014 found that women drinking large amounts of cow’s milk (3 glasses a day) experienced increased risk of bone fracture, especially hip fracture. Among women, for each daily glass of milk consumed, risk of dying from any cause increased 15%, risk of dying from heart disease increased by 15%, and risk of dying from cancer increased by 7% over the 20-year period studied. Women who drank 3 or more glasses of milk a day had a 93% greater risk of dying than those who drank less than 1 glass. Men who were heavy milk drinkers showed a somewhat lower increased risk. *Good Medicine*, Winter 2015.

PUSHBACK FROM THE DAIRY INDUSTRY As evidence grows of problems with dairy, and consumer attitudes change accordingly, the dairy industry is countering with campaigns called “Get Real” and “Milk Life.” Julia Kadison, CEO of the Milk Processor Education Program, says: “We can’t have these headlines that ‘Milk Can Kill You.’” *Democrat and Chronicle* 1/28/15

VEGAN DIET FOR WEIGHT LOSS According to a study published in the journal *Nutrition* in 2014, a vegan diet beat out four other dietary patterns (omnivorous, semi-veg, pescoveg, and ovo-lacto-veg) in bringing about weight loss over a 6-month period, resulting in an average loss of 7.5% of body weight in overweight subjects compared with a loss of 3.1% in the omnivores. Of all groups, the vegans had the greatest reductions in intake of saturated fat and cholesterol and the greatest increase in fiber intake; both are protective against chronic diseases such as heart disease and diabetes. *Good Medicine*, Winter 2015

ALL ROADS LEAD TO A VEG DIET A study of unearthed bones of gladiators from the Roman town of Ephesus, now in Turkey, shows that they ate a mostly-vegetarian diet based on wheat, barley, and beans. *bbc.com* 10/22/14; *Good Medicine*, Winter 2015.

VEGAN FOR SPEED Griff Whalen, a professional football player for the Indianapolis Colts, eats an oil-free vegan diet. A typical meal combines onions, sweet potatoes, carrots, spinach, zucchini, squash, black beans and garbanzo beans, cayenne pepper, oregano and garlic, all braised in water. “The resulting aroma smells delicious” says the reporter who watched Whalen cook. Whalen notes that vegans live 12 years longer than their non-vegan counterparts. *indystar.com* 11/10/14; *Good Medicine*, Winter 2015.

VEGANISM IN THE MAINSTREAM The Farm Animal Rights Movement reported at year end that 2014 saw great strides for veganism. “Who could have guessed a decade ago that eggless mayo would be available in stores like Walmart and Target? Or that fast-casual 100% vegan eateries, Native Foods and Veggie Grill, would sprout around the country? Or that vegan dreams would come true with animal-free versions of Cheez-Its and boxed macaroni and cheese by Earth Balance?” Movie director James Cameron and his wife have founded an environmentally-based school that will serve only vegan food. Kristina Addington became the first vegan to win Food Network’s “Cutthroat Kitchen.” And celebrities like Sia, Ariane Grande, Ellie Goulding, Mayim Bialik, Emily Deschanel, Orlando Jones, Bellamy Young, and Matt Lauria have bragged about their vegan food choices. *FARM Report 2014*.

VEGAN MEAL DELIVERY Forks Over Knives announced that Fresh Meals-To-Your-Door was available in selected markets as of 1/16/15. The program is currently serving Pennsylvania, Delaware, New Jersey, New York Metro (including Southern CT), Washington DC, Maryland, and most of Virginia. FOK anticipates having nationwide delivery in the coming weeks and months. forksoverknives.com ❖

RECIPE PAGE

Recipes from some favorite websites:

CREAMY TUSCAN WHITE BEAN SOUP (Serves 4)
(thevegancrew.com)

½ cup raw cashews and ½ cup water
Drizzle of olive oil
1 medium yellow onion, chopped
3-4 cloves garlic, minced
2 tsp dried basil
1½ tsp dried sage
¼ tsp salt
3½ cups vegetable broth
3 cups white beans, such as cannellini or Great Northern
1 cup chopped sun-dried tomatoes
5 cups shredded kale
Salt and pepper
Optional: Roasted red pepper flakes
Optional garnishes: fresh basil or sage

Soak cashews in water for 6-8 hours (or in hot water for 1-2 hours). Drain, rinse and set aside until ready to make the soup.

Drizzle a little olive oil in a large pot over medium heat. Add onions and garlic, and sauté until translucent. Add the basil, sage, salt, broth, beans, and tomatoes. Simmer, covered, for about 10-15 minutes. Meanwhile, combine the soaked cashews and water in a blender and blend until smooth.

Add the cashew cream and kale to the soup and mix to combine. Cover and turn the heat off. Let sit for about five minutes. Soup is ready to serve once the kale has started to wilt.

To serve, spoon the soup into individual bowls and sprinkle with extra salt and pepper, as well as red pepper flakes, fresh basil and/or fresh sage, if using, to taste.

NOTES from thevegancrew.com:
Make the recipe oil-free by sautéing the onions and garlic in a little water instead of olive oil. If using oil-free sun-dried tomatoes, be sure to reconstitute in water first.

[Editor: If you don't want to bother with soaking and blending cashews, substitute about ½ cup cashew butter, whisked with an equal amount of water before being added to the soup.]

SEITAN PORCINI "BEEF" STEW
(Isa C. Moskowitz, theppk.com)

1 tablespoon olive oil
1 large onion, quartered and thickly sliced
4 cloves garlic, minced
3 medium carrots sliced on a bias ½" thick
1 cup red wine
1 teaspoon dried rosemary
1 teaspoon dried thyme

1 teaspoon sweet paprika
½ teaspoon ground fennel or crushed fennel seeds
Fresh black pepper
1 teaspoon salt
1 oz dried porcini mushrooms
3 cups vegetable broth
1½ pounds potatoes, any type, peeled and diced
¼ cup all purpose flour
½ cup water
2 tablespoons tomato paste
3 vegan sausages, sliced into chunky half moons (e.g., Tofurky or Field Roast)
Chopped fresh parsley for garnish (opt.)

Preheat a 4 quart pot over medium high heat. Sauté onions and a pinch of salt in oil until until translucent, 4 to 7 minutes. Add garlic, for about a minute, until fragrant. Add carrots, wine, rosemary (crushed in your fingers), thyme (crushed in your fingers), paprika, fennel, fresh black pepper and salt and bring to a boil. The liquid should reduce in about 3 minutes. Add porcinis and vegetable broth, cover and bring to a full boil for 5 minutes or so, to quickly cook the porcinis. Now add the potatoes, lower heat and bring to a simmer (not a full boil). Let the potatoes cook just until fork tender, about 15 minutes.

In a measuring cup, mix the flour into the water with a fork until no lumps are left. Slowly add the broth/flour to the pot, mixing well. Mix in the tomato paste. Let thicken for 5 minutes or so. Add the sausages and continue to cook. In about 5 more minutes it should be perfectly thick but still smooth. Taste for salt and seasonings, and serve! Sprinkle individual servings with fresh parsley if you want to be 70's food chic.

[Editor: Those following a no-oil diet can substitute water or wine for the oil to sauté the onion. You could also substitute sautéed fresh mushrooms for the dried porcini, and a package of seitan strips or chunks for the sausages. Westsoy brand seitan is available in natural food stores and in Wegmans Nature's Marketplace.]

KUNG PAO TOFU (Serves 4)
(Zsu Dever, zsusveganpantry.com)

2 (14-ounce) pkgs. firm or extra-firm tofu, pressed overnight, cut into 1" cubes
1 cup low-sodium tamari
3 tablespoons packed brown sugar
2 tablespoons neutral oil
1 teaspoon grated ginger
5 garlic cloves, 3 smashed and 2 minced, divided
2 teaspoons olive oil
1 teaspoon red chili flakes
1 green bell pepper, diced

1 red bell pepper, diced
1 cup chopped roasted peanuts
½ cup brown rice syrup
¼ cup brown rice vinegar
2 tablespoons arrowroot starch or cornstarch
1 teaspoon toasted sesame oil (optional)
3 scallions, sliced on the bias

1. Combine the tamari, sugar, ginger, neutral oil and smashed garlic in a 9x13-inch baking dish. Add the tofu cubes and marinate for 15 minutes, turn the tofu and continue to marinate for an additional 15 minutes.
2. Heat a large skillet over medium heat. Spray with cooking oil and cook the tofu until the cubes are golden brown, about 10 minutes.
3. Heat the olive oil in a large pot over medium heat. Add the chili flakes, minced garlic, bell peppers and peanuts. Cook, stirring frequently until the peanuts and peppers are golden, about 5 minutes.
4. Combine the brown rice syrup, vinegar, arrowroot and sesame oil, if using, in a small bowl. Add any remaining marinade and mix well.
5. Add the tofu to the vegetables and mix gently. Stir the brown rice mixture and add to the pot. Mix gently and cook until the sauce thickens, about 2 minutes. Garnish with the scallions and serve over brown rice.

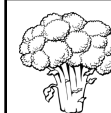
CHEEZY OLIVE OR PECAN BALLS
(RAVS Member Shelley Adams)

1 cup gluten-free flour (e.g. rice and oat)
¼ cup yellow corn meal
¼ cup potato starch
¼ tsp garlic powder
¼ tsp each cumin and curry powder
¼ tsp baking powder
2-3 tbsp nutritional yeast

1 tbsp prepared (wet) mustard
2-3 tbsp vegetable or canola oil
1-2 tsp hot sauce
½ cup soy milk

20-24 olives and 12 pecans

Heat oven to 350 degrees. Mix dry ingredients and then add wet ingredients and mix thoroughly. In palm of hand, flatten 1 teaspoon of dough to make a 1½ inch round. Place one olive or pecan in center and close dough around, then roll to form a ball. Place on ungreased tray. Bake 10-15 minutes, until done. Makes about 3 dozen. ❖



Want to go vegan?
We can help!

VEGAN CULINARY ACTIVISM

by Isa Chandra Moskowitz

[This article appeared in the magazine *Satya* in 2007 and is found at Isa's wonderful website theppk.com. Isa Chandra Moskowitz is the author of several outstanding vegan cookbooks, most recently *Isa Does It.*]

Vegan food is too inconvenient. It just doesn't taste good. How many times have you heard something along those lines? It seems too many conversations about animal liberation end with those deal-breakers. Now imagine a world where we didn't have to deal with all that, where going vegan is welcoming, fun and, most importantly, delicious. Today it's easy enough to look around and see that America is a much more vegan-friendly place than it was 10 or 15 years ago. Supermarkets are stocked with vegan burgers, tofu, tempeh and other protein-rich foods. Cafés offer soymilk, tofu cream cheese for your morning bagel and the occasional vegan muffin. Maybe even your meatball lovin' grandma enjoys vegan ice cream.

The thing is, just seeing the word vegan—in the supermarket, at bake sales and cafés—is doing more than we know to promote veganism. People are often turned off by images of downed cows and debeaked chickens, and, of course, they should be. But while most people know in their hearts harming animals is wrong, their reaction more often than not is to turn away rather than to turn vegan. Presenting the vegan lifestyle in a positive light makes thinking about it easier. The more readily available vegan food is, the more the word vegan is out there and associated with something positive and yummy, the easier the transition will be. That is where culinary activism comes into play!

Every time I hear animal rights activists engaging in heated debate, I want to shout, "Shut the hell up and go invent a good tasting soy cheese!" Because it's true, without one we are doomed. Of course, we can't all invent a good tasting soy cheese (but can someone? Please?)* so I humbly offer 10 steps even the most activist-phobic among us can use to help create a vegan world. While these things may seem obvious, maybe even insignificant in light of what animals are going through every day, look at it as a chipping away at our meat and dairy based culture.

Also, dealing with issues of animal abuse can take a toll on a person's psyche, make us cynical, depressed and, worst of all, make us lose hope. It's important that we keep our spirits up, and sometimes seeing the words "Vegan Muffin!" in a bakery's display case can feel like reading a newspaper headline declaring [Ed.- Here I deleted a politically polarizing headline.]

To that end, here are 10 yummy ways to do your part in creating the vegan world we all want to live in.

Get vegan products into your corner store or supermarket

You don't wanna waltz into a store you've never been in armed with AR literature and demand soymilk. Remember, they have security alarms under the counter. It's simply not enough to ask for vegan items, you have to get specific. Write down the names of the products you want—better yet, bring in empty boxes of the products for the shop keeper. Small stores like to order from only two or three distributors so their supplier may not carry the brand you prefer. For that reason, asking for products from larger companies ups the odds for you. Also, if you are asking a store where you are not a regular customer, make sure you buy something so it doesn't seem you are a door-to-door salesman.

Larger supermarkets are a little trickier since the manager makes the buying decisions. Usually, if you ask to speak with the manager they will make the time for you. Again, ask for specific items. It's helpful to point out that lots of people have food allergies and will purchase dairy-free and egg-free things if only because of that.

Get cafés to carry vegan items

I admit it, I get jealous when I see people walking to the train in the morning with their muffin of choice and coffee. Of course we can bake our own but there's a certain feeling of normalcy when you can walk into a café and snag a baked good.

If the café does their baking on the premises, bring in a sure-fire recipe. The least socially awkward way to proceed is to first request a vegan muffin. Then, depending on how it goes, tell them you will return with a recipe. This way you don't come off as a crazy-carrying-around-muffin-recipe-girl. Make sure to test the recipe beforehand. Also, pick something simple that doesn't call for egg replacer or flax seeds. When you return with the recipe, bring a sample of the muffin. Show them you mean business.

If the café doesn't do their baking on the premises, find a wholesale vegan bakery in your area. More and more are popping up all the time, so do some research; ask around on internet message boards. Bakeries often deliver up to an hour away so maybe there's one you aren't aware of. Once you find the bakery, call and see if they will deliver to your target café. If they will, the next step is to give the café the contact info for the bakery and vice versa. Make vegan magic happen! If you can't find a vegan bakery, find any bakery and ask if they would consider producing a vegan muffin. Again, harness the power of the all-mighty food allergies!

Bring vegan goods to a bake sale

Any bake sale, not just one specifically geared toward animal issues. Sometimes we are wary of marking our baked goods as vegan, thinking people won't want to try them. But try making your sign really pretty, as if "vegan" were a desirable selling point. Write it in bright colors, surround it with hearts—pimp your vegan goods! Remember, as long as your cookie looks good people will purchase it. If you choose not to disclose the veganitude of your items in writing, then at the point of sale tell them as an aside, "Oh and the great thing about this is that it's vegan!" No more shall we mumble "vegan" under our breath, say it loud and proud!

Write to companies and get them to produce more vegan goods

Get lots of people to write, call and send e-mails. You can write something like, "Dear so and so, I really used to enjoy your crackers back when I suckled at the teat of death, but now that I am vegan I won't eat them. Can you please change your murderous ways?" (Only leave out the part about suckling at the teat of death and the part about them being murderers.)

Get your school or work cafeteria to serve vegan options

A petition would work really well here. Make sure your petition takes into consideration how healthy vegan foods are. Lots of people have had success with getting their cafeterias to carry vegan items, especially in colleges where many people are on the four-year meal plan. PETA has a wonderful guide to veganizing your college cafeteria.

Make your friends and family vegan-friendly

Bring vegan dishes to holiday gatherings—any social gathering, really. Just get vegan food out there to the masses starting with

the ones closest to you. As gifts, buy them vegan cookbooks to go along with something they “really want” (no, it doesn’t have to be *Vegan With A Vengeance* [by Isa], but that isn’t a bad choice!). Or take them out to a great vegan restaurant. Cook them a yummy vegan meal. Prepare dishes familiar to them: soups, chilies and curries. But here’s a suggestion: don’t break out the nutritional yeast on the first date.

Yes, it would be great if you could make everyone vegan, but the next best thing is to make them vegan-friendly. You never know when they will be met by the anti-vegan—that guy who wears the People for Eating Tasty Animals beer hat. Having people who aren’t vegan but are in your corner helps in our defense.

For people you are really close to and that will love you no matter what, replace some of their non-vegan things with vegan ones. Store Vegemise in their refrigerator door, push the half and half to the back with that ancient jar of apricot preserves and put the Silk Coffee Creamer front and center. Hopefully they will try these things once they are in the fridge, and if they don’t, well, you’ve voted vegan with your wallet and that’s okay, too.

Bring cookies to the office

We all know the one cubicle everyone

gravitates to, the one whose inhabitant always has a tissue, handiwipes or that ubiquitous bowl of candy on her desk. Well, guess what? That person is now you. Bring in vegan cookies and candies a few times a week. Your co-workers will love you for it and might even be willing to listen to the reasons why you are vegan. As for the handiwipes and tissues, well, those don’t hurt either.

Offer to write a food column for your local paper

Put that GED to good use and sharpen up your writing skills. Call your local newspaper and ask if they have any need for a recipe column. A good pitch is to say that it will be a column about local foods, offering recipes that are seasonal, healthy and will feature your area’s best produce. Sneak the word vegan in there when you get a chance, but if your ’hood isn’t ready for it, don’t be pushy. Just get it out there.

Start a vegan food blog

The Blogger’s Choice awards are a great example of how effective a good food blog can be. Readers nominate and vote for their favorite blogs, and last year, among the hundreds in the running, Vegan Lunch Box won as Favorite Food Blog. No, not favorite vegan food blog, but favorite food blog overall. Is that not progress? At the time of this writing, the top three blogs in

the food category are all vegan ones. It doesn’t take much to get started, just a decent digital camera and an internet connection.

Cook!!!

Don’t just cook but cook! First learn the basics—cook with every vegetable you can get your hands on. Learn how ingredients act, experiment with different methods—grilling, sautéing, broiling. Watch cooking shows (if you can stomach seeing all that meat), read cooking magazines and cookbooks, and cook cook cook! Even if you think you are the worst cook in the world, keep at it, you’re bound to get better. Even if you are lazy, even if you are busy—vegan culture needs you to cook. The more you cook the more you will be connected to your food. Cooking like a madwoman is actually what made me vegan and what keeps me vegan. Nourish yourself, love your food, share your food and maybe the world will follow. Who knows, you might be the one to invent that soy cheese that actually tastes good.* ❖

[*Editor’s Note: For some time now, meltable, good-tasting cheeses like Daiya brand have been on the market. Now you can also order delicious fermented and aged nut-based cheeses online from Miyoko’s Kitchen: miyokoskitchen.com.]

APPLICATION FOR MEMBERSHIP IN THE ROCHESTER AREA VEGAN SOCIETY

P.O. BOX 20185, ROCHESTER, NY, 14602-0185
(585) 234-8750, rochesterveg.org, rochesterveg@gmail.com

Membership in the **Rochester Area Vegan Society** is open to all vegetarians, as well as to those who support the goals of vegan living and the society. You do not have to be vegan to join our group. You just have to eat like one when you are with us. 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 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 Vegan 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 Vegan Society upcoming meetings and events of interest:

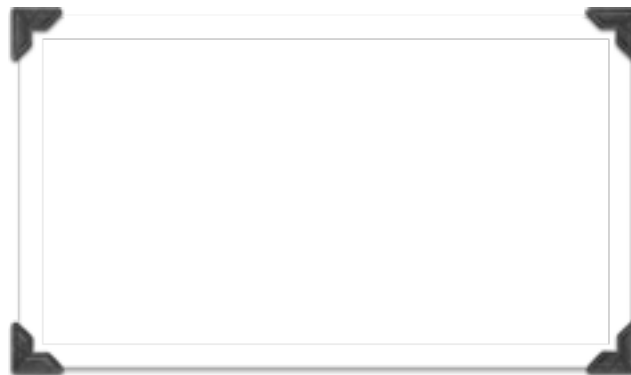
- **February 15, 2015*** (3rd Sunday) Brighton Town Park Lodge, 777 Westfall Rd. 5:30 PM **Vegan Share-a-Dish Dinner**, 7PM Program. Dr. Michael Greger's **Nutrition Update 2014 (video)**. After the video, we will have a Skype session of Q&A with Dr. Greger.
- **February 21, 2015** (Sat.) **Ivy Vegan Conference** (all day) on Cornell campus. Go to iv-conference.com for details. Not a RAVS event.
- **March 4, 2015** (Wednesday) 5:30-7:30 First of 4 Wednesdays. **Seeds of Change Vegan Cooking Class #368-4560**. Not a RAVS event.
- **March 15, 2015*** (3rd Sunday) Buckland Lodge, 1341 Westfall Road: PLEASE NOTE: NOT OUR USUAL VENUE 5:30 PM **Vegan Share-a-Dish Dinner**, 7:00 PM Program. **"Be the Change"** with **Harold Brown**, founder and president of **FarmKind**.
- **March 18, 2015** (Wednesday) 6:30 PM, Brighton Memorial Library. Showing of **"Cowspiracy"** Free. Not a RAVS event.
- **March 21, 2015** (Saturday) **Integrative Health Conference** (all day) at RGH. Call 473-7573 for information. Not a RAVS event.
- **April 4, 2015** (Saturday) **22nd Annual RAVS 2nd Night Seder** (shared event with Rochester Society for Humanistic Judaism), Brighton Town Park Lodge, 777 Westfall Road. Doors open at 5:00 PM Service at 6PM followed by vegan potluck dinner; in addition to vegan rule, please also no wheat products allowed, except matzoh. Donations of non-perishable food items requested for local food cupboards. PLEASE RESERVE FOR THIS EVENT: call 234-8750: email rochesterveg@gmail.com; or visit rochesterveg.org
- **April 12, 2015** (2nd Sunday) **Fund Raiser Dinner at Vibe Bistro and Bakery**, 130 East Avenue. Two seatings: 5:30 PM and 7:15 PM. \$25 per person; \$22 Students/Fixed Income. YOU MUST RESERVE AND PRE-PAY FOR THIS EVENT; please specify which seating time you wish. Send check by mail, or pay by credit card on RAVS website (\$1 charge per ticket to pay by credit). Checks must be received by Sunday April 5; reservations available after April 5 with online payment only.
- **July 8-July 12, 2015** (Wednesday -Sunday) North American Vegetarian Society's **Vegetarian Summerfest**, University of Pittsburgh, Johnstown campus. Children's center available; weekend package available. Discounts for early registration. Visit vegetariansummerfest.org for details, and to view speaker list and program from summer 2014.

*Indicates a regular meeting. Unless otherwise indicated, regular meetings are held on the third Sunday of the month at the Brighton Town Park Lodge, 777 Westfall Rd. 5:30 PM **Vegan Share-a-Dish Dinner**, 7:00 PM Program.

Brighton Town Park Lodge is at 777 Westfall Rd., on the south side of Westfall between E. Henrietta Rd. (15A) to the west, and S. Clinton Rd. to the east. Look for "Brighton Town Park" sign. The 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 (unless reservations are specifically requested). 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 VEGAN SOCIETY