

Our 26th Year!

THE vegan



advocate

Volume XXVI, Number 3



August 2015- October 2015



Rochester, NY USA

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. And you don't need to be a member to attend our meetings: guests are always welcome, and you don't have 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. ❖

PLANTPURE NATION:
Let's Work for It

We are all familiar with the work of T. Colin Campbell, Ph.D. His groundbreaking epidemiological study, presented in *The China Study*, a book co-authored with his son Thomas Campbell, provides a strong evidence-based foundation for adopting a healthy vegan diet. The film "Forks Over Knives," which profiles the work of T. Colin Campbell and Caldwell Esselstyn, Jr., M.D., among others, has inspired and motivated countless viewers to follow this way of eating.

July 4 saw the preview of a new film which is a worthy successor to "Forks Over Knives": "**PlantPure Nation.**" Nelson Campbell, another son of T. Colin, is the writer-director of the film, appears in the film, and is a moving force behind the initiative presented in the film.

Stand back for a moment and ask yourself: Is there an issue you care about greatly and which you hope more than anything else to bring to the U.S. mainstream? Do you wish you could enlist government in your efforts, but realize that our gridlocked political system is often more of a problem than a solution?

Vegan diet—or healthy plant-based diet, if you prefer—is one such issue. By all that's right, government at every level should promote human health, and protect animals and the environment. But moneyed interests, especially in animal agriculture and in the medical establishment, protect the status quo. The only way to change things is to start a movement on the ground that will trickle up and capture the attention of our politicians and corporate leaders, so that they will then be compelled to move policy and practices in the right direction.

PlantPure Nation is this kind of grass roots movement. One story line in the film is an effort to get something through the Kentucky legislature and then, failing that, a decision to take things in hand and do the right thing without the government's help. That may sound conservative; but this is an initiative that transcends left, right and center. It is a battle for the heart and soul of America that's waged through one of the most important decisions we make every day: what to eat.

An important part of the PPN program, in addition to showing the film, is to organize Jumpstart programs, whereby participants are given lowfat vegan meals for 10 days, so they can experience firsthand the power of this way of eating. Even in that short period of time, people see changes in their numbers and in their health. Invariably, their reaction is: Why didn't my doctor ever tell me this?

In addition to the Jumpstart program, each community will engage in other activities to support and spread the adoption of a plant-based diet. It's an important aspect of PlantPure Nation that each community will share its activities with other communities, via video and social media, in order to support and encourage each other and to create a genuine national movement. This is from plantpurenation.com: "A new social movement is being launched through groups called PlantPure Pods. Members of Pods will work together to promote the message of plant-based nutrition in their communities. Pods will use a social networking website, a video-based content stream, and local events to deliver education and to facilitate a sense of community among its members. Pods will connect people through seminars, cooking classes, movie nights, walk groups, potlucks, and other events. . . . As Pods achieve success with initiatives such as this, these stories will be documented on video and shared with the rest of the Pod network, feeding a massive cycle of social experimentation and learning. . . . The goal of PlantPure is nothing short of a health revolution. Whereas industry and government have contributed to our health care crisis, people working together at the local level can help solve this problem." ❖

IN THIS ISSUE

- RAVS Update p. 3
- Summerfest Report p. 4
- Summerfest Recipes p. 5
- Vegan Resource Guide p. 6
- In the News p. 7
- Calendar p. 8

"PlantPure Nation"

Two showings at **1:00 PM** and **4:00 PM**
Sunday, September 27
Rochester Academy of Medicine
1441 East Avenue
\$7 per person, 12 & under \$3
FREE Vegan refreshments before show
Q&A with local physicians after show
Purchase tickets at plantpurenation.com
Tickets will also be available at the door

Rochester Area Vegan Society

Coordinators:

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

Board of Directors:

Shelley Adams	Leena Isac
Carol Hee Barnett	Ken McBride
Ted D. Barnett	Rhea McBride
Beth Garver Beha	Daryl Odhner
Ellie Cherin	Ted Potter
Kimber Gorall	Barbara Savedoff
Nancy Hallowell	Bob Zimmermann

RAVS Staff:

Treasurer:	Ken McBride
Website:	Ted Barnett
	Ted Potter
	Bob Zimmermann
Library:	Leena Isac

The Vegan Advocate Staff:

Editors: Carol and Ted Barnett

Contributors:

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

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

As we enjoy the long summer days moving into fall, it's heartening to reflect on the extent to which a vegan way of eating and living has become more mainstream.

MEETINGS: In May we had a delightful visit from **Marty Davey, RD**, also known as **LaDiva Dietitian**, in which she offered tips for staying healthy on a vegan diet after age 50. For Marty's cooking videos, including her hilarious St. Patrick's Day and April Fool's Day videos, visit ladivadietitian.com.

In June we had a panel of experienced vegan cooks sharing tips and recipes. Thanks to **Dr. Jill Brooks**, **Phyllis Fleischman**, and **Sue Taylor** for sitting on the panel; and to **Laurie Conrad**, **Ruth Goldberg**, and **June & Phil MacArthur** for contributing recipes. Visit rochesterveg.com to download the "Fresh, Fast and Frugal Vegan Recipes" from this event.

In July, about 45 people braved the heat to join the **Barnetts** at their home for a picnic. We look forward to another picnic in August at the home of **Kimber Gorall**.

In September we will host a lecture by **Thomas Campbell, MD** and **Erin Campbell, MD, MPH**. The Campbells, who spearhead the new Nutrition in Medicine Program at the University of Rochester, will talk about healing lifestyles. In October, we will have a talk about the ethics of eating by philosopher **Mylan Engel**; we can testify from hearing him speak at Summerfest that he is the college professor you always wish you'd had! And we look forward to a showing of "Cowspiracy" at our November meeting.

SUMMERFEST! We believe that a record number of Rochesterians attended Summerfest. These RAVS members attended: **Juanita Ball** and daughter **Adrienne Russo**; **Carol**, **Ted**, **Rebecca**, **Elizabeth** and **Nathaniel Barnett**; **Beth Garver Beha** and daughter **Tabitha**; **Handy Cowles**; **Jacki & Michael Hagelberg**; **Sarah Keenan**; **Kathleen Kubicek**; **Dee & Darren Mrak**; **Maggie & Daryl Odhner**; and **Sue Taylor**. We also met new Rochester-area friends there: **Kedar Dave**, **Jane Dorsey**, and **Bonnie Jeffe**.

OUTREACH: RAVS engaged in the following activities (staffers indicated in parentheses):

- 4-hour Diabetes Workshop with food samples at Bethel CME Church on 5/2 (Ted Barnett, MD and Carol H. Barnett)
- Food tasting as Guest Chef at Rochester Public Market on 5/9 (Phyllis Fleischman, Scott Wagner, and Laurie Conrad)
- Latino Family Fair on 5/30 (Carol Barnett)
- Color Brighton Green Eco-Fair on 6/14 (Tina Kolberg)
- Talk on "Going Vegan" to employees at ABVI/Good Will on 7/15 (Carol H. Barnett)

-Ginna Employee Health & Safety Fair on 7/24 (Carol H. Barnett)

-Latimer Funeral Home Health Fair on 8/8 (Ted D. Barnett, MD and Carol H. Barnett)

We are also looking forward to participating for the first time in the Anthony L. Jordan Foundation Health Fair on 8/12.

VEGAN RESTAURANTS IN ROCHESTER Just a reminder that Rochester is fortunate to have three all-vegan restaurants: **The Natural Oasis** at 288 Monroe Ave. (325-1831); **The Red Fern** at 283 Oxford St. (Park and Oxford) (563-7633); and **Vive Bistro and Bakery** at 130 East Ave. (481-2021). Please patronize them all! Vive got a wonderful review in *City* Newspaper (3/11-17/15 issue), which called it "a taste of France in the East End," and another great review in the 7/22-28/15 issue of *City*.

VEGAN PIZZA at the new pizza restaurant **Pi Craft** (100 Marketplace Dr.) (424-2942). The crust is 100% vegan and there are 14 to 15 veggies to choose from. You can request one of the three vegan sauces (red, chipotle barbecue, or garlic & oil) as well as Daiya cheese and vegan sausage.

VEGAN CHEESE! Be sure to try the nut-based cheese made by **Miyoko's Creamery**, available in the refrigerator case at Lori's (and perhaps soon at Abundance and Wegmans).

DIETARY ADVICE FOR VEGANS: In her 6/17/15 column in the *Democrat and Chronicle (D&C)*, dietitian Tami Best wrote that meat sources of iron (heme iron) are better absorbed than plant sources (non-heme). She wrote: "Absorption of non-heme iron can be improved by adding a vitamin C rich food to a meal. Some vegetables are good sources of [both] iron and vitamin C such as potatoes and broccoli. For other plant sources of iron, include citrus fruits or tomato products at the meal to significantly boost absorption of the non-heme iron. Dive into leafy greens to get the most amount of iron for the least amount of calories. One cup of cooked spinach has nearly 7 milligrams (mg.) of iron. A serving of Swiss chard provides 4 mg. of iron. Cooked beet greens have about 3 mg. of iron per cup. Beans and lentils are also excellent sources of iron for vegans. Cooked soybeans have 9 mg. in a cup, lentils have 7 mg. per cup and garbanzo beans have 5 mg. per cup. Beans and lentils are also rich in fiber and are a great vegetarian source of protein."

Best's advice is good as far as it goes, but she fails to point out that heme iron from meat is a double-edged sword: the body has no choice but to absorb it; and too much iron acts as a catalyst for the production of free radicals and increases the risk of chronic disease. Neal Barnard, MD gives this advice in *Foods That Fight Pain*, p. 91: "To keep your iron in balance, get your nutrition from grains, beans, vegetables, and fruits. They contain plenty of

iron, but it is in a form that your body can easily regulate. When you need more, your body absorbs more, and when you already have plenty, your body absorbs less."

LETTER TO THE EDITOR of the *D&C* on 5/26/15: Richard Callaway encourages readers to try the "great variety of healthful, delicious, convenient plant-based veggie burgers, veggie dogs and soy nuggets. These wholesome foods don't harbor nasty bugs or cancer-causing compounds. They don't even carry cholesterol, saturated fats, drugs or pesticides. And, they are right there, in the frozen food section of our supermarket."

RAVS Member Jonathan Smelts asks us to give up animal products for the sake of the planet. <http://www.globalclimatechange-its-a-gas.info>

VEGANS ARE ETHICAL! Recently Jonathan Smelts was shopping at Wegmans and he discovered a handbag that had been left in a cart. He turned it in to Customer Service and the owner of the bag, still in the store, was a RAVS member who recognized Jonathan! ❖

PLANT-BASED PROGRAMS IN ROCHESTER! See the Guide on page 6 for a listing of programs now offered in Rochester. Each program has unique features and advantages. The CHIP program and UR Nutrition in Medicine programs offer medical testing and monitoring as well as instruction; CHIP will be covered by health insurance and the UR program most likely will be in future. The RAVS Plant-Based Diet course and the Seeds of Change course are not covered by insurance but are very moderately priced; the Plant-Based Diet course is the only one that is offered for continuing education credit for doctors and other health professionals. And the RAVS OFVG (Esselstyn) group is an essentially free (\$3 fee to non-RAVS members) support and instructional meeting for those following an oil-free vegan diet. ❖

HAIKU

yearning
for the sunlight too
bishop's weed

the pure whiteness
of these water lilies
late summer clouds

one leaf
then another bends
with summer rain

by Bruce Ross

We welcome the following **New Members**: Joseph Dulski & Wanda Miller, Mary Gleason, Linda Hagarty, April Hunt, Lisa Marulli, Mariana Reed, Robert Wasson. **Membership Renewals**: Hal Bauer, Lois & Greg Baum ((Contributing Level), Selma & Mike Berger, Milt Braverman (Contributing Level), Sue Brunsting, Maryann Connolly, Mary & Fr. Patrick Cowles (Sustaining Level), Charles DiPrima, Sharon & Ray Dumbleton, Hanss, Joanne & Christopher Hee, Carol Hope, Susie & Bill Labine, Dee & Darren Mrak (Contributing Level), Andrea Parros, Russ Roberts, Wendy Rosen, Donna Silverman, Sharon Yates (Contributing Level). **Newsletter Subscriptions**: Sarah Porter. This list reflects memberships submitted through approximately 8/1/15. Please contact us with any questions about membership, and we thank you for your support. ❖

REPORT ON VEGETARIAN SUMMERFEST by Carol Hee Barnett

Our family just returned from five wonderful days at the North American Vegetarian Society's Summerfest. There are more than 60 presenters at this conference, and dozens of presentation slots, so it's always hard to decide which talks to mention and summarize. To get a sense of this event, view the 2015 program online: <http://www.vegetariansummerfest.org/2015SummerfestProgram.pdf>

HEALTH Dr. Hans Diehl, founder of the CHIP program (coming to Rochester, see p. 6), summarized the sorry health and environmental situation in the U.S. In 2015, medical costs were 18% of GDP, and chronic lifestyle diseases consumed 84% of the medical budget. But traditional medical approaches are limited. Stents to treat artery disease can close up within a week; after 6 years, Bill Clinton's quadruple bypass was clogged (he is now on a vegan diet). In 1960 one out of 20 women was projected to get breast cancer, now it's one in 7. In 30 years there has been a tripling of obesity and overweight, and a corresponding tripling of diabetes incidence. Our planet doesn't fare much better: One acre can grow 20,160 pounds of potatoes or 183 pounds of beef. The daily water needed to feed a meat-eater is 4,000 gallons vs. 300 gallons for a vegan; and the land it takes to feed 1 meat-eater could feed 20 vegans. Finally, Diehl asks if it is ethical to kill 8 billion "feeling, innocent, sentient" creatures yearly to feed our appetites but destroy our health. The solution, Diehl says: to eat "foods as grown." Is it any wonder that Diehl was inducted into the Vegetarian Hall of Fame on Thursday night?

Dr. Joel Kahn, a preventive cardiologist and the first physician to receive certification in metabolic cardiology, spoke on "Taming Our #1 Killer With a Fork." Kahn said that every year, 620,000 Americans have a first heart attack and 295,000 have a recurrent heart attack; every 34 seconds, one American has a coronary and every minute and 23 seconds, an American dies of one. If you are over 30, you are likely to die of heart disease, 80% of which is preventable. Kahn peppered his speech with quotes from Bruce Springsteen, who is one of his heroes, including "It's not your lungs this time, it's your heart that holds your fate." Kahn says that "forks, fingers and feet" (food, not smoking, and exercise) will prevent and cure heart disease, along with love, sleep, and sex. He says it's a "bold concept" that heart disease is reversible, and one with "audacity"; but it's time has come. He closed with another Springsteen quote: "I'm ready to grow young again."

Dr. Michael Greger's eagerly awaited Saturday evening plenary presentation was a foretaste of his upcoming new book, the

delightfully named *How Not to Die* (look for a book tour visit to Rochester from Dr. Greger in spring 2016). Dr. Greger took a free-ranging survey of the common killers. In discussing breast cancer, he cited a study comparing Baptists (meat-eaters) with Seventh Day Adventists (mostly vegetarians): the Adventists had less breast cancer than the Baptists, but the Adventists who were vegan had the lowest rates of breast cancer. Greger says there is a relationship between milk and meat and all the reproductive cancers: "all edible tissues of animals have estradiol," a sex hormone. Greger says a woman can cut her breast cancer risk in half by eating only foods of plant origin and maintaining a normal weight. As for high blood pressure, the American Heart Association (AHA) recommends the DASH diet, which is not vegan; but Greger says the AHA experts knew a vegan diet was ideal for preventing HBP; but they compromised and made the diet "contain enough animal products to make it palatable to non-vegetarians." Going vegan cuts your risk of having HBP by 75%.

Dr. Greger draws a dramatic and compelling analogy between consumption of animal products and smoking, a practice which first was discovered by research to be deadly but took a while to be given up by the mainstream. When the Surgeon General's report came out in 1964, it took a while for the American Medical Association (AMA) to endorse it. The AMA had received donations from the tobacco industry; the majority of doctors smoked. A look at the printed ads from the era, many of them picturing or quoting doctors in favor of smoking, shows how entrenched the behavior was. We are in a parallel situation now: "meat is the new tobacco" and quitting animal products is the "nutritional equivalent of quitting smoking." So we should not be surprised at the efforts to ignore this body of evidence by the medical and political establishment, or by their motto "Everything in moderation" (they said that about tobacco in the 1960's). One thing that has changed since the 1960's is that there has been a democratization of knowledge, and we don't need to wait for pronouncements on high from the medical authorities, who drag their feet for reasons that have nothing to do with medicine. We can decide on our own to be vegan. In the words of Dr. Kim Williams, the new President of the American College of Cardiology who is also vegan: "I don't mind dying; I just don't want it to be my fault."

Julieanna Hever, RD gave a wonderful session with Dr. Greger called "The Doctor and the Dietitian," providing fundamental dietary advice for vegans. They recommend a whole-food plant-based diet (WFPB), meaning plant foods as close to their natural state as possible. Avoid foods with labels, but when you do buy foods with labels, look for a short ingredient list. A processed food, e.g. cocoa powder, can be good if "nothing bad is

added, nothing good taken away." Even if processing takes nothing out, it can reduce the nutritional value of a food: e.g. puffed brown rice affects the blood sugar differently and has dramatically different effects on the gut flora, basically giving them nothing to eat as opposed to the intact grain. Hever is a big fan of fiber, as we all should be: it acts as a roto-rooter for the digestive system; it pulls out cholesterol and heavy metals and is a "sponge for bad things"; it feeds the good bacteria in our gut; and it reduces the risk of stroke and other chronic disease. Hever says that 97% of the population is fiber-deficient; remember, fiber, along with phytonutrients, is only contained in plants. Hever wishes we would replace our national obsession with protein with an obsession with fiber; she says, regarding protein, that our needs for it should only be satisfied by whole foods, which contain protein in the right proportion to other nutrients and packaged with antioxidants and phytochemicals. Greger discussed how effective WFPB diet is in treating inflammatory and auto-immune disorders, including rheumatoid arthritis and lupus, as well as Crohn's disease, for which it is the "most effective treatment ever described." Greger recommends vitamin B12 supplementation (2500 mcg/week or 1000 mcg/2 to 3 times a week); he recommends cyanocobalamin, which is the cheaper variety but also better absorbed. He recommends taking 2000 IU of vitamin D2 (the vegan variety) daily. Finally, a cooking tip: to substitute for oil in sautéing, try low-sodium veg broth, water, vinegar, juice, beer, or wine.

ETHICS OF EATING

Gary Francione, J.D. was a major presence at Summerfest after he arrived on Friday. As always, his message is that we should devote all of our efforts to vegan advocacy, as movements to improve the conditions of farmed animals (1) are based on the faulty premise that animals are our property; (2) induce complacency in meat-eaters, making them feel that "the problem has been taken care of"; as a result, welfarist campaigns may be counterproductive and can result in the increased consumption of animals. So, spend your time persuading people to go vegan!

Mylan Engel, Ph.D. gave a wonderful presentation on "The Ethics of Eating." After giving us a tour of both utilitarian and rights-based arguments for veg diet, he went on to show that it is possible to persuade people that their own values point them towards the adoption of a vegan diet.

Victoria Moran spoke on "The Good Karma Diet." When you eat a vegan diet, she says, your body will respond with better health, but there are no guarantees. It's "not just about me"; it's also about "putting good stuff out into the world" and having a "decent looking soul." Our vegan diet isn't just about food: it's about love. ❖

A TASTE OF VEGETARIAN SUMMERFEST

ALMOND CHEDDAR CHEESE SPREAD (Julie Piatt & Rich Roll, *The Plantpower Way*)

[Julie and Rich write: “This is an easy, cheesy spread that makes a perfect appetizer to any plant-based meal. The smoky salt along with the pimientos or roasted red peppers really add a smoked-cheddar flavor to the mix. This recipe may be one of the easiest you’ll ever prepare. In just five short minutes, you’ll have become a gourmet cheese artisan. Voila!”]

- ½ cup raw almonds, soaked at least 2 hours
- 3 tbsp nutritional yeast (available in bulk at Abundance or Lori’s or on the shelf at Wegmans Nature’s Marketplace)
- ½ cup pimientos or roasted red peppers
- 1 tsp smoked salt (available at Lori’s, Niblack, and elsewhere)
- ½ tsp garlic powder
- Flaxseed crackers for serving
- Fresh pears, sliced, for serving

In a food processor, add the soaked almonds and pulse until mealy in texture. Add the yeast, pimientos, salt, and garlic powder. Process for about 30 seconds. Adjust the seasonings to taste. Using an ice cream scooper, scoop out cheese balls and arrange them on a cheese board. Serve with flaxseed crackers and fresh pear slices.

ROMAINE SALAD WITH PUMPKIN SEED DRESSING (Chef Alan Roettinger)

- ¾ cup pumpkin seeds
- 1¼ cups unsweetened almond milk
- 6 tbsp freshly squeezed lemon juice
- 2 small cloves garlic
- ¼ tsp sea salt or regular salt
- 12 cups romaine lettuce, cut or torn into bite-size pieces
- 1 hothouse or garden cucumber, sliced
- 1 green bell pepper, cut into bite-size pieces

Put the pumpkin seeds in a medium skillet over medium-high heat and toast, shaking often, until lightly browned and fragrant, about 5 minutes. Transfer the seeds to a small bowl and pour the almond milk over them. Let the seeds soak in the almond milk for 1 hour. Transfer to a blender and add the lemon juice, garlic and salt. Process on high until smooth (some small bits will remain).

Combine the lettuce, cucumber and pepper in a large bowl, tossing well. Add the dressing and toss again. Serve at once. [Editor’s note: This dressing should work well on any green salad or even on steamed grains or veggies.]

BOK CHOY STIR FRY (Ana Negron)

Throw minced cloves of garlic into a medium warm pan with a teaspoon of water or oil. Add cubed tomato, shredded carrot, sweet pepper, minced ginger and a half cup of coconut milk. Sprinkle in half a teaspoon of cumin or a curry mix, plus black or red pepper. When the ingredients are soft but not mushy, add the chopped greens and stir briskly for only a few minutes--keep their color bright green. Season with salt to taste and serve on top of brown rice.

NUTRIENT-RICH SMOKY BLACK BEAN SOUP (Chef AJ)

- 12 cups no-sodium broth or water
- 2 16-oz bags frozen corn, divided
- 6 15-oz cans of salt-free black beans, divided
- 2 red onions, peeled
- 2 cloves garlic, peeled
- 1 lb. mushrooms
- 2 large sweet potatoes, peeled if not organic
- 1 lb. of baby bok choy (about 3)
- 1 lb. chard or other greens
- 3 oz sun-dried tomatoes (not oil-packed)
- 2 tbsp dried cumin
- 2 tbsp dried oregano
- 1 tbsp smoked paprika
- 1 tsp chipotle powder or to taste*
- 8 tbsp lime juice plus lime zest if available
- ¾ cup pumpkin seeds
- Chopped fresh cilantro and scallions (opt.)

Place water or broth and one bag of the corn in a large soup pot and bring to a boil. Reduce heat and add half of the beans, onions, garlic, mushrooms, sweet potatoes, greens and sun-dried tomatoes. Simmer covered for 30 minutes. There is no need to cut anything up, as the soup will be blended. If you are using salt free beans it is not even necessary to rinse or drain them. Remove from heat and blend soup with an immersion blender. Stir in spices, lime juice and remaining beans and corn. Garnish with pepitas (roasted pumpkin seeds), chopped fresh cilantro, and sliced scallions, if desired. By blending in 2 pounds of nutrient rich greens you get all the nutrition without seeing any green! This rocks served over brown rice!

[*Editor’s note: Chipotle in any form has a delicious smoky flavor but packs a lot of heat, so use only a small amount and taste before adding more. Also: this recipe uses no salt. If desired, you can add ½ to 1 tsp



Want to go vegan?

We can help!

rochesterveg.org

BALSAMIC DIJON ROASTED BRUSSELS SPROUTS (Chef AJ)

2 lb Brussels sprouts, cut in ½ or ¼

Preheat oven to 400 degrees. Trim the ends off Brussels sprouts and cut to uniform size. Place in a large bowl and add ¼ cup of regular or low-sodium Dijon or stone ground mustard, and ¼ cup of balsamic vinegar. Mix well until the veggies are completely coated. Bake on parchment paper or silicone baking mat (or lightly oiled baking sheet) for at least 30 minutes, stirring every 10 to 15 minutes. If your Brussels sprouts are quite large or you prefer them crispier, roast longer until they are done the way you like them, but be sure to stir every 10 to 15 minutes.

BONUS NON-SUMMERFEST RECIPES from thevegancrew.com

MUHAMMARA

(Adapted from Colleen Patrick-Goudreau, *The Vegan Table*) (Makes about 1½ cups)

- 1 16 oz. jar roasted red peppers, drained
- 2/3 cup bread crumbs
- 1 cup walnuts (raw or toasted)
- 4 large garlic cloves
- ½ tsp salt
- 1 tbsp lemon juice
- 2 tsp agave nectar
- 1 tsp ground cumin
- ½ tsp red pepper flakes or to taste
- Water or olive oil for thinning

In a blender or food processor, combine all ingredients except the oil and turn on the blender. Slowly add the water or olive oil until desired consistency is reached. Stop the blender and scrape down the sides if necessary. Taste, and add more spice or salt as necessary. [Tip: If you can, make it at least a few hours before serving to allow the flavors to develop more fully.]

HOMEMADE HUMMUS (Makes about 1½ cups)

- 1 15.5 oz can chickpeas (or about 1¼ cups), rinsed
- 1 tbsp tahini
- 1 tbsp lemon juice
- 3 tbsp water
- ½ tsp cumin
- 1 clove garlic
- Water or olive oil for thinning (optional)
- Paprika, regular or smoked (optional)

In a blender or food processor, combine all ingredients through garlic, and mix until desired consistency is reached. Add additional water or olive oil as needed and if desired. Sprinkle with paprika

ORGANIZATIONS

Rochester Area Vegan Society, rochesterveg.org
(585) 234-8750, rochesterveg@gmail.com
Monthly meetings; non-members welcome.

North American Vegan Society. Hosts a yearly Vegetarian Summerfest, vegetariansummerfest.org.

BOOKS (and films): *Contains recipes

“Forks Over Knives” and “PlantPure Nation” (films)
*Dr. Neal Barnard’s Program for Reversing Diabetes**
T. C. Campbell PhD & T. Campbell, *The China Study*
Thomas Campbell, MD, *The Campbell Plan**
B. Davis, RD and V. Melina, RD, *Becoming Vegan*
C. Esselstyn, Jr. MD, *Prevent and Reverse Heart Disease**
R. Esselstyn, *The Engine 2 Diet**
J Hever, RD *Complete Idiot’s Guide to Plant-Based Nutrition**
J McDougall MD *The McDougall Program**, *Starch Solution**
L. Nixon, *Healthy Herbivore Guide to Plant-Based Living**
J. Norris, RD and V. Messina, RD, *Vegan for Life*
A. Pulde MD & M. Lederman MD, *Forks Over Knives Plan**
Gene Stone, editor, *Forks Over Knives**

COOKBOOKS

Some titles for fast and frugal vegan cooking are *Quick-Fix Vegan*, *Quick-Fix Vegetarian*, *Vegan on the Cheap*, and *One-Dish Vegan* by Robin Robertson; *Vegan Express* by Nava Atlas; *The 4 Ingredient Vegan* by M. Abrams and A. Dinshah; *Eat Vegan on \$4 a Day* by E. Jones and *Supermarket Vegan* by Donna Klein. Other good titles are *Vegan with a Vengeance* and *Isa Does It* by Isa Chandra Moskowitz; and *Vegan Table* and *Color Me Vegan* by Colleen Patrick-Goudreau.

Cookbooks with a no-oil approach:

Campbell, *China Study Cookbook*, *China Study Quick & Easy Cookbook* and *China Study All-Star Collection*; Campbell, *PlantPure Nation Cookbook*; Esselstyn, *Prevent and Reverse Heart Disease Cookbook*; Del Sroufe, *Forks Over Knives Cookbook*

WEBSITES

forksoverknives.com	nutritionfacts.org
plantpurenation.com	pcrm.org
heartattackproof.com	veganhealth.org
theplantbasedlife.com	vrg.org

Cooking and Recipe websites:

ChooseVeg.com
FatFreeVegan.com
Free-Easy-Vegan-Recipes.com
KeepinItKind.com
OhSheGlows.com
PlantPoweredKitchen.com
ThePPK.com (Post Punk Kitchen)
TheVeganCrew.com
TryVeg.com
VeganChef.com
VeganCooking.com
VeganCookingwithLove.com
VeganOutreach.org
VegKitchen.com
VegWeb.com
ZsusVeganPantry.com

COOKING VIDEOS

Go to theppk.com and click on “Video”

Go to Youtube and search “Vegan Cooking with Love”; “Vegan Zombie”; or “Veggieterials.”

La Diva Dietitian: <http://ladivadietitian.com/ladivadietitian.com/Welcome.html>

Supreme Master TV: http://suprememastertv.com/veg/?goto_url=veg

ONLINE VEGAN COOKING CLASSES

Culinary Rx Program: Plantrician Project teaming with Rouxbe: <http://rouxbe.com/wellness/>

Forks Over Knives class, teaming with Rouxbe: <http://www.forksoverknives.com/cooking-course/>

CLASSES AND SUPPORT GROUPS

“A Plant-Based Diet: Eating for Happiness and Health.” Given by Ted D. Barnett, MD; includes food samples and recipes. Six weeks, 2 hours a week. Eligible for continuing education credit for health professionals through U of R. For more information and to register, visit rochesterveg.org

CHIP program. Eighteen classes, video-based followed by discussion. Includes medical monitoring. May be eligible for reimbursement by health insurance. Those who have taken the class may participate free in CHIP Club (support group) for life. For more information and to register, visit: <http://rochesterlifestylemedicine.com>

UR Program for Nutrition in Medicine. Offers 8-week, twice-weekly Lifestyle Intensive program taught by Thomas Campbell, MD and Erin Campbell, MD, MPH, which includes medical monitoring, catered meals and cooking classes. May be eligible in future for reimbursement under health insurance. Other programs include individual consultations; full-service Immersion Program; and Lunch with Docs seminar open to general public for modest fee. Search “UR Nutrition in Medicine.”

“Seeds of Change” Lowfat vegan cooking class; Unity Diabetes Center. Call (585) 368-4560.

Oil-Free Vegan Group: Bi-monthly (every two months) meeting of Rochester Area Vegan Society. Oil-free (Esselstyn-style) vegan potluck followed by informational program with Q & A and discussion. Details at rochesterveg.org.

Physicians Committee’s (PCRM’s) Food for Life program to train cooking class instructors: <http://www.pcrm.org/health/diets/ffl/classes>

GETTING THERE IN 3 TO 4 WEEKS

-PCRM’s 21-Day Vegan Kickstart Program: go to pcrm.org and click on “Health and Nutrition,” then “21-Day Vegan Kickstart”

-Colleen Patrick-Goudreau’s website: <http://www.30dayveganchallenge.com>

-Neal Barnard, MD, *21-Day Weight Loss Kickstart*

-C. Patrick-Goudreau, *The 30-Day Vegan Challenge*

-Sarah Taylor, *Vegan in 30 Days* and *Vegetarian to Vegan* ❖

IN THE NEWS

WATER-GUZZLING FOOD On 5/21/15, the *NY Times* ran an article on the amounts of water used by different crops. This was followed by an op-ed on the same topic by Nicholas Kristof on 5/30/15. Though some plant foods are water-intensive (almonds and walnuts, for example), animal products are the worst offenders because, as Kristof points out, plants must be raised to feed animals, and “Plant material converts quite inefficiently into animal protein.” Kristof says: “a single egg takes 53 gallons of water to produce. A pound of chicken, 468 gallons. A gallon of milk, 880 gallons. And a pound of beef, 1,800 gallons of water.” And he reminds us to consider other downsides of animal agriculture: overuse of antibiotics and pesticides; “irrational subsidies and water engineering projects”; and “ruthless cruelty” to the animals who are destined for food.

MASS SLAUGHTER OF CHICKENS Since bird flu was detected in the U.S. in December 2014, more than 50 million birds had died or been slaughtered in an attempt to control the outbreak, according to Dot Earth, a *NY Times* blog written by Andrew Revkin. He writes on 6/4/15: “That is a huge number. But gauge it against the scale of the mass-meat industry and it becomes more like a rounding error. Just one company, Tyson Foods (one of the biggest chicken vendors on the planet) processes 41,000,000 chickens a week.” And in July, after a salmonella outbreak affecting at least 10 people in three states, two companies, Aspen Foods and Barber Foods, between them recalled almost 4 million pounds of frozen chicken. *NY Times* 7/16/15

FISH POISONING from sport fish has been seriously underestimated in Florida and in fishing communities around world, according to a *NY Times* article dated 6/29/15. Ciguatera toxin is picked up by coral reef fish and concentrated in the flesh of the carnivore fish that eat them (many commonly prized sport fish are carnivores); neither cooking nor freezing affects the toxin.

We recently heard from a RAVS member who knew that fish consumption is recommended by some mainstream nutrition experts, and wondered whether to eat fish. We responded: “Fish are sentient beings who demonstrate sensitivity, intelligence, and social behavior. Furthermore, fish is not a sustainable food (especially ocean fish, as our ocean fish stocks are on the verge of collapse) and it is increasingly subject to concerns about contamination, as pollutants tend to move up the food chain and get into the fatty tissue of fish (ironically the very part of fish that is prized for the omega-3 fatty acids). Don’t forget that fish do not make those omega-3s: they eat them in the form of algae. If you want to get those omega-3s minus the contaminants (and Consumer Reports says that the fish oil marketers do not get them out of the fish oil, no matter what they say), you can use vegan DHA capsules, derived from algae. They are available from Amazon: just search “vegan DHA.” However, it may not be necessary to supplement with vegan DHA, as our bodies can make it: we can convert the shorter-chain fatty acids available in such plant foods as ground flax seed, greens, walnuts, and soy, into DHA.”

HEALTH TRIFECTA A new analysis of the data from the Adventist Health Study 2, published in *JAMA Internal Medicine*, found that the vegans and vegetarians had the highest amount of fiber consumed, lowest body mass index (BMI), and had a 22% lower risk for all types of colorectal cancer than the non-vegetarian group. In the same vein, a new analysis of the European Prospective Investigation into Cancer and Nutrition (EPIC) study of 450,000 adults, presented at an epidemiology conference in March, found that those whose diets were richest in plant-based foods had a 20% lower risk of dying of a heart attack than those whose diets were based on animal foods. Finally, a study by researchers at Rush University in Chicago of 950 older adults over a period of years found that daily consumption of leafy greens can significantly help protect brain health and reduce the risk of dementia. Those who ate one to two servings of greens per day had the cognitive ability of a person 11 years younger than those who consumed none. The results were presented at the annual conference of the American Society for Nutrition. Cited in the Physicians Committee publication *Good Medicine*, Summer 2015, p. 5.

NEW VEGAN OFFERINGS **Ben & Jerry’s**, according to a posting on their website dated 6/15/15, will be offering non-dairy ice cream next year. Until then, their Berry Berry, Lemonade, and Mango Mango sorbets are all vegan. Meanwhile **Wendy’s** is testing a vegan black bean burger at several Ohio locations (though you have to ask them to leave off the cheese!). huffingtonpost.com 5/6/15 ❖

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:

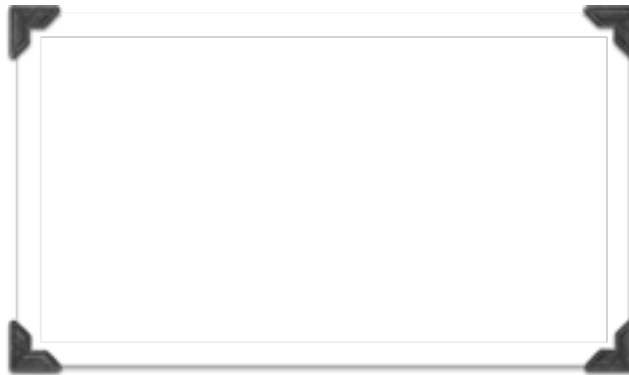
- **August 16, 2015** (3rd Sunday) **2:00 PM Summer Picnic** at the home of Kimber Gorall, 15 Peachtree Lane, Pittsford, NY 14534. Kimber's house is on the canal! Peachtree Lane is off Marsh Road, just north of the canal in Bushnell's Basin. Please bring a **vegan** dish to pass, a place setting for yourself, and a folding chair if you have one. If rain is threatened, call the RAVS hotline (234-8750) 12 noon or later, or visit rochesterveg.org, to see if the picnic has been rescheduled.
- **August 19, 2015** (3rd Wednesday) First meeting of the **Oil-Free Vegan Group** (OFVG). 5:30 PM **Vegan Potluck Dinner** (vegan, oil-free, no high-fat plant foods) 7 PM Program and Discussion. Buckland Lodge, 1341 Westfall Rd. (a different lodge from our usual meeting place).
- **September 20, 2015** (3rd Sunday)* **Nutrition in Medicine: Healing Lifestyles** with **Thomas Campbell, M.D.** and **Erin Campbell, M.D., MPH.** Thomas Campbell is the author of *The Campbell Plan*, and the Drs. Campbell run the new UR Nutrition in Medicine program.
- **September 27, 2015** (4th Sunday) Showings at **1:00 PM** and **4:00 PM** of film "**PlantPure Nation**" at Rochester Academy of Medicine, 1441 East Avenue. Free vegan refreshments before show; Q & A after show. Cost \$7/kids \$3; plantpurenation.org for tickets or purchase at door.
- **October 13, 2015** (Tuesday) **A Plant-Based Diet: Eating for Happiness and Health** with Ted D. Barnett, M.D.; recipes and food samples by Carol Barnett. **6:00-8:15 PM, six Tuesdays** in a row, Rochester General Hospital, TWIG Auditorium. This is the 8th time this course has been given and 375 people have taken it. Available for continuing education credit for physicians and other health care professionals. Visit rochesterveg.org for more information and to register.
- **October 18, 2015** (3rd Sunday)* **Fishy Reasoning and the Ethics of Eating** with **Mylan Engel, Ph.D.** Dr. Engel is Professor of Philosophy at Northern Illinois University, and author of *The Philosophy of Animal Rights: A Brief Introduction for Students and Teachers*
- **November 15, 2015** (3rd Sunday)* A showing of the film "**Cowspiracy**." "As eye-opening as *Blackfish* and as inspiring as *An Inconvenient Truth*, this shocking yet humorous documentary reveals the absolutely devastating environmental impact large-scale factory farming has on our planet, and offers a path to global sustainability for a growing population." This is a don't-miss film, and those who have seen it know it's worth seeing again. Be sure to bring a friend! Popcorn provided.
- **December 20, 2015** (3rd Sunday) **Winter Solstice Gathering and Celebration**. Mark your calendar! Details in November newsletter.

*Indicates a regular meeting. Unless otherwise indicated, regular meetings are held on the third Sunday of the month at the Brighton Town Park Lodge, 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. 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 the amount of dues, if you decide to join RAVS 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