

Our 27th year!

THE **vegan**



advocate

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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. ❖

**NEW US DIETARY GUIDELINES:
VEGAN-FRIENDLY (But Should Be
Friendlier)**

A few facts to start with. Every 5 years, the Dietary Guidelines Advisory Committee (DGAC) conducts hearings. (In 2015, RAVS Coordinator Dr. Ted Barnett testified before the DGAC, and urged it to eliminate the recommendation to consume dairy products.) Based on the DGAC's report, the U.S. Department of Agriculture (USDA) and Health and Human Services (HHS) jointly issue a new set of dietary guidelines.

On January 7, 2016, USDA/HHS issued their new guidelines, which stated that people should focus less on individual foods and nutrients than on "health promoting eating patterns," among which it includes vegetarian diets. The guidelines also recommended that saturated fat should make up less than 10% of daily calories; and they recommended that men and teenage boys eat less protein, specifically, less meat, poultry and eggs.

Some of the recommendations were a disappointment from our point of view. The DGAC had initially sought to recommend that people cut back on their consumption of red meat and processed meats, but that advice was deleted from the final guidelines, following protests by the National Cattlemen's Beef Association and its allies in Congress. The DGAC had also recommended that considerations of sustainability enter into the guidelines: but the last-minute spending bill passed in December 2015 contained a rider restricting the scope of the guidelines to nutrition. The final guidelines also dropped the longstanding recommendation to limit daily consumption of dietary cholesterol to 300 mg (about the amount in one egg), and replaced it with the recommendation to eat "as little dietary cholesterol as possible." Hard to tell if that is more or less restrictive; in any case, the Physicians Committee for Responsible Medicine, which advocates a vegan diet, has said that it will file a lawsuit claiming that the recommendation relied too heavily on industry studies, and that the decision makers had ties to the egg industry.

In an article entitled "2015 Dietary Guidelines: A Plate Full of Politics," David L. Katz, a physician and respected nutrition

expert, complains that USDA/HHS, in issuing their guidelines, watered down the report issued by the DGAC: "There is a disgraceful backtracking on clear recommendations to eat less meat and more plants." Katz says that "We are awash in preventable chronic disease." and the new guidelines will not do enough to prevent it.

The new USDA/HHS guidelines do contain an option for a "Healthy Vegetarian Eating Pattern" with a vegan variation (Appendix 5). And the DGAC committee report states that a healthy eating pattern should include "a variety of vegetables from all of the sub-groups--dark green, red and orange, legumes (beans and peas), starchy and other" as well as whole fruits.

In conclusion, the new US dietary guidelines allow that vegan eating patterns can be fully supportive of health; but those guidelines are too influenced by politics, and by representatives of the animal agriculture industry, for them to express enthusiastic support of a vegan diet. For that, as John Robbins once put it in *May All Be Fed* (p. 93), you have to be "your own department of nutrition." ❖

**VEGAN KICKSTART
ROCHESTER!**

Events April-May 2016

All events open to the public. See calendar on p. 8 of this newsletter; events may be added on website. For events requiring tickets, visit rochesterveg.org or call 234-8750.

HAIKU
by Bruce Ross

blue winter sky
the little peck holes
up a pine tree

not noticing
the few falling flakes
song sparrows

early spring warmth
the peony petals tight
around the bud

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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	

RAVS Staff:

Treasurer:	Ken McBride
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Library:	Leena Isac
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The Vegan Advocate Staff:

Editors:	Carol and Ted Barnett
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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**.

SHORT CUT VEGAN!

A frequent request is for tips on how to incorporate vegan meals into a busy schedule. A number of cookbooks tackle this question, including Maribeth Abrams and Anne Dinshah, *The 4 Ingredient Vegan*; Nava Atlas, *Vegan Express*; Kathy Hester, *The Easy Vegan Cookbook*; Lorna Sass, *Short-Cut Vegetarian*, re-released as *Short-Cut Vegan*; and Robin Robertson's *Quick-Fix Vegetarian*, *Quick-Fix Vegan*, and *More Quick-Fix Vegan* (all different). Most are available in the Monroe County Library System, as well as from book sellers. Here's a distillation of some advice found in those books.

TIPS FOR EFFICIENT COOKING

Keep an organized kitchen and pantry. Read all recipes through in advance.

Keep a list of vegan meals you have made that you and the entire family liked. Consider putting copies of those recipes in an easy-reference binder.

Plan meals and menus in advance, for the week or at least for several days.

Make a master grocery list, organized on the lines of the store you shop at most frequently, and make xerox copies.

Keep a well stocked pantry.

Stock pantry items--in the freezer, in the refrigerator, and on the pantry shelf or kitchen counter--that are conducive to quick but delicious meals.

Develop a repertoire of quick-cooking dishes that make use of frozen or canned foods, as well as long-lasting fresh vegetables such as cabbage, potatoes, and carrots.

Keep on hand a variety of condiments or "secret ingredients" (such as flavored vinegars) that add a great deal of flavor.

Buy selected instant or prepared foods (such as a simmer sauce) that allow you to put together a meal in a flash when necessary.

Make one-pot meals.

When you have the time or inclination, cook large quantities and freeze food in batches, or refrigerate for meals later in the week.

Use leftovers. Last night's dinner can be the next day's bagged lunch. Leftover cooked beans, veggies or sauces can be incorporated into whole new dishes such as soups, stews, and sauces for pasta.

If and when you are inclined, make your own "convenience foods" to use when you have less time, like cookie mixes or homemade vegetable broth.

Discover kitchen tools that help you make quick meals, such as an immersion blender for homemade creamy soups.

Be intuitive, creative and flexible when following recipes. Don't be afraid to substitute a vegetable, a type of bean, or a pasta shape to "change up" a recipe.

SHORT CUT VEGAN PANTRY ITEMS

All of the following items can figure as ingredients in quick, delicious vegan meals.

In your vegetable larder

- Cabbage and carrots last a long time in the refrigerator and can form a centerpiece or addition to many meals. Potatoes, sweet potatoes, onions and garlic last a long time at room temperature. Store potatoes away from the light.

In the freezer:

- Frozen vegetables: peas, corn and spinach compare well with fresh
- Frozen pie crusts or doughs; frozen pizza

In the refrigerator:

- Soy products and other meat analogues: tofu, tempeh, gluten, veggie burgers and crumbles, sausages and hot dogs.
- Tortillas and other flatbreads
- Deli items (Kalamata olives, stuffed grape leaves)
- Vegan "dairy" items: cheeses, cream cheese, sour cream, mayo, milk, and creamer
- Nuts and seeds (these keep freshest if stored in refrigerator or freezer)
- Miso

In the pantry (these items are shelf-stable until you open them, after which the item should be refrigerated; vinegar and soy sauce can be safely stored at room temperature after opening):

- Breads such as pitas (store in freezer for longer life)
- Short-cooking grains (couscous, quinoa, and instant brown rice)
- Dried pasta (none take longer than 10 minutes to cook)
- Packaged prepared pasta and grains (gnocchi and polenta)
- Canned beans (Eden brand is expensive but has a healthier liner)
- Lentils (15 to 45 minutes to cook)
- Instant dried beans (found in cartons)
- Tomato products: canned tomatoes, tomato sauce, and tomato paste
- Bottled marinara sauce
- Canned chipotle peppers in adobo
- Sun-dried tomatoes (oil-free version comes in packets)
- Roasted red peppers in a jar
- Artichokes, canned or jarred
- Olives and tapenade mixes; pickles
- Capers
- Toasted sesame oil (adds great flavor)
- Nut and seed butters: peanut, almond, and cashew butters, tahini (sesame seed butter)
- Soups (canned, dried in tubs, prepared in aseptic packages) (but watch sodium content)
- Bouillon (cubes, or paste in jar)
- Condiments: ketchup, mustard, relish, salsa, hot sauce including sriracha, BBQ sauce, salad dressings (or make your own)*, marinades, vinegars, soy

sauce, hoisin sauce, curry paste, chutney, etc.

- Nutritional yeast (available in bulk, or in bag or jar)
- Plant milks in aseptic packages
- Canned coconut milk
- Dried fruits and veggies
- Dried herbs and spices

QUICK VEGAN MEALS

Come up with a list of 6 to 10 quick meals that lend themselves to many variations, that you can rotate through. Think ethnic:

- Chinese/Asian--stir-fry with brown rice
- Indian--curry with brown rice
- Italian--pasta with tomato sauce or pesto and veggies
- Middle Eastern--hummus with tabouleh
- Mexican/Latin--beans and rice/tacos/tortillas/burritos
- "American"--vegetable soup or stew; veggie burger with sides

Q: Give us some of your favorite easy meal ideas for those nights when you're tired, hungry and didn't make it to the grocery store. All my "go-to" last-minute easy meals are not vegan--grilled cheese sandwich, tuna sandwich, omelet, hot dog, burger.

A: You can have vegan variations on all of those last-minute easy meals.

Grilled cheese sandwich: try making it with Daiya cheese, which you can buy shredded or in blocks to slice (in Wegmans Nature's Marketplace and the health food stores); it makes a really good grilled cheese sandwich, goes well on pizza or wherever you want melty cheese

Tuna sandwich: try mashing garbanzo beans/chick peas and adding whatever you usually add (vegan mayo, relish, minced celery or onion); sometimes people add seaweed flakes for the fishy flavor

Omelet: scrambled tofu: Sauté veggies in oil or water; mash tofu, add, and heat thru; add nutritional yeast, turmeric, soy sauce.

Hot dog: many vegan varieties; those made by Tofurky and Yves are especially good; Lightlife Smart Dogs are pretty good, too (not all Lightlife products are vegan, but this one is)

Burger: many vegan varieties: Boca Vegan Burgers (but not all Boca burgers are vegan), Gardein burgers, etc.

Pasta with Sauce. An all time favorite easy meal. Use a whole-grain pasta; there are lots of vegan spaghetti sauces; sprinkle Fake Fake** on top. Add veggies to the sauce or serve them on the side. Add Nate's Meatless Meatballs to complete the experience.

***Homemade salad dressing:** 2 parts each balsamic vinegar, soy sauce and mustard, 3 parts each rice vinegar and ketchup

****Fake Fake:** In food processor combine 1 cup walnuts with 3 tbsp nutritional yeast, ½ tsp garlic powder, ¼ tsp salt. Good on steamed vegetables and salad, as well as on pasta. ❖

SHORT CUT VEGAN RECIPES

BEER-STEWED PINTO BEANS (Frijoles Borrachos) (vegkitchen.com, website of Nava Atlas, author of *Vegan Express*) (Serves 6 or more)

“Borracho” was a 19th-century north-of-the-border term for a drunkard, so the name of this recipe literally means “drunken pinto beans.” Serve with tortillas or rice.

1 cup chopped ripe tomatoes or lightly drained canned diced tomatoes
Two 15- to 16-ounce cans pinto or pink beans, drained and rinsed
½ cup beer
2 scallions, white and green parts, thinly sliced
1-2 jalapeño peppers, seeded and minced, or one 4 oz. can mild green chilies
1 tsp ground cumin
1/3 cup chopped fresh cilantro
Salt and freshly ground pepper to taste

Combine all ingredients except the cilantro, salt, and pepper in a wide skillet and bring to a simmer. Cover and simmer gently over low heat for 10 minutes. Mash enough of the beans to thicken the base (use a potato masher or a large fork) so that the mixture isn’t soupy. Stir in the cilantro and season with salt and pepper. Cook for 5 minutes longer over very low heat, uncovered. If there’s still too much liquid in the skillet, continue to cook until the bean mixture thickens, then serve.

MAPO TOFU (Kathy Hester, *The Easy Vegan Cookbook*)

8 oz. mushrooms, chopped (about 3 cups)
3 cloves garlic, minced
1 cup water or broth
3 tbsp tomato paste
1 heaping tbsp grated fresh ginger
2 tbsp soy sauce
1 tbsp rice wine vinegar
1 tbsp agave nectar
½ to 1 tbsp sriracha or other hot sauce (or less if you don’t like spicy-hot)
1 package firm silken tofu,* cut into cubes
1 cup peas or chopped broccoli
Steamed brown rice, for serving

Add the mushrooms and garlic to a large saucepan and dry sauté over medium heat until the mushrooms cook down, 5 to 10 minutes. Stir in the water or broth and sauce ingredients (tomato paste, ginger through sriracha). Bring almost to a boil, then add the tofu and peas or broccoli and lower the heat to medium-low. Cook until the veggies are tender, about 10 minutes, and serve over steamed rice.

*Silken tofu comes in aseptic (juice-box type) packages and is shelf stable. Regular tofu would also work in this recipe.

CAPELLINI WITH WHITE BEAN AND GREEN OLIVE TAPENADE (Robin Robertson, *Quick-Fix Vegetarian*)

This versatile bean-tapenade sauce can be used not just on pasta, but as a spread for bruschetta or a dip for vegetables.

1 can white beans, drained
½ cup green olive tapenade, bottled or homemade*
¼ tsp red pepper flakes
¼ cup extra-virgin olive oil (optional)
Salt and freshly ground black pepper
1 lb capellini, cooked al dente
¼ cup chopped fresh parsley

In a food processor, combine the beans, tapenade, and red pepper flakes. Process until blended, then add the olive oil, if using, and process until smooth. Add salt and pepper to taste. Blend in about ½ cup of the pasta water to make a smooth sauce, before adding to the hot cooked pasta. Serve at once sprinkled with the parsley.

Tapenade: In the food processor, combine 1 clove garlic, ¾ cup black or green olives (green olives with pimiento is okay), 1 tbsp capers, 3 tbsp chopped fresh parsley, ¼ tsp freshly ground black pepper, and an optional tbsp or so of extra-virgin olive oil. [Editor’s note: Capellini is a very thin spaghetti. You can also use angel hair, thin spaghetti, or even another size or shape of pasta.]

FETTUCCINE WITH SPINACH PESTO (Lorna Sass, *Short-Cut Vegan*)

[Editor’s note: With this recipe you can make delicious pesto without fresh basil, using ingredients in your freezer or pantry.]

8 oz fettuccine, cooked *al dente*
1 10-oz pkg. frozen spinach, thawed
2 heaping tbsp walnut halves
1 tbsp fresh-squeezed lemon juice or 1 to 3 tsp balsamic vinegar
1 tbsp fresh basil leaves or roasted garlic olive oil, or a combination
1 tsp Italian Herbs (store-bought, or recipe below)
1 small clove garlic
½ tsp salt or to taste
Freshly ground black pepper to taste

Place all the ingredients except the pasta in a food processor and blend for about 30 seconds to create a coarse paste, scraping down the sides of the bowl as necessary. Toss with the hot cooked pasta. Dust with nutritional yeast if desired.

Variation: Add 1½ cups diced plum tomatoes and 1-2 tbsp capers.



Want to go vegan?

We can help!

rochesterveg.org

ITALIAN HERB BLEND (Lorna Sass, *Short-Cut Vegan*)

1 tbsp each dried basil and oregano
2 tsp each dried rosemary and thyme
1½ tsp fennel seeds, ground in spice blender
1 tsp crushed red pepper flakes (optional)

CHARD AND RED LENTIL SOUP (Robin Robertson, *Quick-Fix Vegan*)

1 tbsp olive oil or ¼ cup water or dry vermouth
1 onion, shredded or finely chopped
2 carrots, shredded
3 cloves garlic, minced
1 tsp ground cumin
½ tsp ground coriander
¼ tsp cayenne (or less to taste)
1 14.5 oz. can diced tomatoes with juice
¾ cup dried red lentils
4 cups vegetable broth
Salt
¼ tsp freshly ground black pepper
4 cups coarsely chopped chard (8 oz.)

Heat oil or water in a large pot. Add the onions, carrots and garlic; cover and cook until softened, 5 minutes. Stir in the spices, then add the tomatoes, lentils, broth, salt and pepper. Bring to a boil, then reduce the heat to medium and simmer, partially covered, until the lentils are tender, about 15 minutes. About 4 minutes before it is ready to serve, add the chard, stirring to wilt it. Serve hot.

COCONUT CORN CHOWDER (Robin Robertson, *Quick-Fix Vegan*)

2 tsp olive oil or ¼ cup water
1 small onion, diced
2 tsp grated fresh ginger
1 potato, diced
1 14-oz. can diced tomatoes with chile
3 cups vegetable broth
3 cups fresh or frozen corn kernels
Salt and freshly ground black pepper
1 can unsweetened coconut milk
3 tbsp chopped fresh Thai basil or cilantro
Sriracha or other hot sauce (optional)

Heat oil or water in large pot over medium-high heat. Add the onion, cover, and cook until softened, about 5 minutes. Stir in the ginger, then add the potato, tomatoes, and vegetable broth and bring to a boil. Reduce the heat to medium, add the corn, and season to taste with salt and pepper. Simmer until the vegetables are tender, about 15 minutes. Stir in the coconut milk and basil or cilantro. To serve, drizzle a small amount of sriracha on each bowl of soup if desired.

Variation: If you prefer a creamier soup, purée with an immersion blender. ❖

Vegan Society Update

by Carol Hee Barnett

The Rochester Area Vegan Society has a number of exciting events to report on and to look forward to.

MEETINGS/PROGRAMS

At our November meeting, we viewed the landmark film “**Cowspiracy**”; view it on Netflix if you haven’t seen it! After the film, **Joel Helfrich** spoke briefly about the vegan school he is founding, dedicated to humane values and sustainability. Visit rochesterriverschool.org.

In December, **Brian and Beth Garver Beha** and daughter **Tabetha** graciously hosted a winter solstice gathering at their home. In January, **Alex Chernavsky** of the Humane Society at Lollypop Farm talked about animal rescue in the aftermath of Hurricane Katrina and gave an update on emergency preparedness for companion animals.

Over the next few months, we will have a talk by organic farmers **Elizabeth Henderson** and **Erin Bullock**, and by vegan activist **Anne Dinshah** of the American Vegan Society; we’ll also have visits to Rochester from two stars in the vegan firmament, **Dr. Michael Greger** and **Dr. Neal Barnard**. Please consult the calendar on p. 8 for full details.

OUTREACH: In December, RAVS participated in the Metro Justice Alternative Fair. Thanks to staffers **Caroline Atti, Mary (Handy) Cowles, Phyllis Fleischman, Kimber Gorall, Nancy Hallowell, Bruce Manuel, Carol Manuel, Sue Taylor, Ren vanMeenen** and **Carol Barnett**. Thanks also to the **Cherelin family, Ellie Cherin, Katherine DaCosta, Darren Mrak**, and **Sue Taylor** for providing vegan popcorn and baked goods; and to **Tina** and **Krista Kolberg** for donating the profits from the sale of animal-themed art work and jewelry.

Over the last few months, RAVS engaged in these other outreach activities:

- Penfield employee wellness fair (**Carol Barnett**)
- “Health Bites” talk to Strong Hospital employees (**Ted D. Barnett, MD**)
- Nutrition session to teachers in training at Grounded by Yoga studio (**Ted D. Barnett, MD** and **Carol Barnett**)
- Table at Human Rights Day gathering (**Carol Barnett**)

•“Lunch with Docs” talk on US Dietary Recommendations (**Ted Barnett, MD**)

OUTREACH OPPORTUNITY: RAVS member Nolan Guiffre has been leafletting at area colleges. If you are interested in joining him, contact nolanguiffre@yahoo.com and copy in rochesterveg@gmail.com.

ROCHESTER LIFESTYLE MEDICINE was formed by Ted D. Barnett, MD to offer the plant-based Complete Health Improvement Program (CHIP) in the context of a yearlong lifestyle intensive program covered by medical insurance. The first class was launched on February 2, 2016. Visit roclifemed.com for information and to register for an upcoming class.

UPCOMING EVENTS!!

“**MAKING THE CASE FOR A VEGAN DIET**” offered at Fairport Library, Wednesday February 17, 7-8:30 PM. Free but must register at (585) 223-9091.

VISIT BY DR. MICHAEL GREGER! Come hear Dr. Greger tell us “How Not to Die” and order his autographed book when you order your ticket! There will be two seatings for Dr. Greger’s lecture the evening of Monday March 14. Also, be sure to tune in to the public radio show “Connections” earlier that day from 1:00-2:00 PM, to hear Dr. Greger interviewed by Evan Dawson. On Tuesday morning, you are welcome to attend Grand Rounds at 8:00 AM at Unity Hospital to hear Dr. Greger as well. Don’t be intimidated by Grand Rounds: you will not be checking on patients; rather it’s a lecture to the doctors; the public’s welcome.

KICKSTART ROCHESTER! The Physicians Committee for Responsible Medicine has chosen to spotlight Rochester with its Kickstart program. The centerpiece will be a 3-day **visit by Dr. Neal Barnard** in the month of April! Dr. Barnard will be the speaker at our fund raiser dinner on Sunday April 10, and on Monday evening he will give a lecture on diabetes, to two seatings at the Rochester Academy of Medicine. We hope to have Dr. Barnard on the “Connections” show at either 12 noon or 1 PM on Monday. Dr. Barnard will give Grand Rounds on Tuesday morning at Highland Hospital, and the general public is very welcome to attend. Also look for vegan cooking classes on rochesterveg.org (or call 234-8750). The Kickstart Rochester celebration will build up to the national 21-Day Vegan Kickstart program running from

May 1 through May 21. We hope many Rochesterians will sign on!

A **PLANT-BASED DIET**, taught by **Ted D. Barnett, MD**, will be given for the 9th time in April and March (six Tuesdays, 4/19-5/24), for the first time at Highland Hospital. This course is open to all, and is eligible for continuing medical/professional credit for doctors and other health professionals. Register at roclifemed.com

RAVS 2ND NIGHT SEDER on April 23: For the dinner, please bring a vegan dish that satisfies the special seder rules: no wheat products (no wheat pasta, bread, crackers or cookies), except for matzoh and matzoh meal (but no egg matzoh!).

MEETING OF OIL FREE VEGAN GROUP on April 25: please bring a vegan dish that is also oil free and contains no high-fat plant foods, i.e. no olives, avocados, coconut, nuts or nut butter.

IN THE NEWS

JUST MAYO IS JUST FINE After ruling that this vegan product would have to change its name because mayonnaise by definition contains eggs, the Food and Drug Administration (FDA) reversed course, and said the manufacturer, Hampton Creek, could keep the product name and its “cracked egg” logo containing the profile of a sprouting plant, as long as the label was changed to enlarge the phrase “egg-free” and to explain the meaning of the product’s name: the product is “guided by reason, justice, and fairness.” *NY Times* 12/17/15

GUINNESS GOES VEGAN! By the end of 2016, Guinness will no longer use isinglass, a fish product, in making its famous stout beer. *NY Times*, 11/4/15

ONE MORE STEP The editorial “Next Steps on Climate Change” (*Democrat and Chronicle* 1/4/16), citing measures like regulation of power plants, should also have recommended the widespread change to a vegan diet, which would drastically reduce greenhouse gas emissions.

“**GOURMET FRENCH CUISINE**” That’s how the cover of *Rochester Magazine* (January 2016) identified **Vive Bistro and Bakery**, the all-vegan restaurant praised in its lavish profile entitled “French Twist.” **Vive** is at 130 East Ave., (585) 481-2021.

VEGAN ADVOCACY On 12/10/15, Andy Dunning called in to the Brother Wease show to recommend a vegan diet. Afterwards, Wease said: “That was phenomenal!”❖

We welcome the following **New Members**: Mary Barletta, Diarra Bell, Leigh Anne Chandler, Bonnie Crawford, Ann Dahlkemper, Jane Dorsey (Sustaining Level), Lorri Goergen, Miriam Gross, Nolan Guiffre (Patron Level), Susan Keleher, Kelly-Jo & Mike Koch, Shermeeka Mason, Julia McAndrew, Dr. Miyeon Oh, Janice & David Preston, Meredith Schroeder, Staysha Spiller, Dianne Yale. **Membership Renewals**: Honey Bloch, Felicity & Gerry Brach, Dr. Jill Brooks, Janet Clarke-Hazlett, Dr. Ruth Goldberg & Dr. Mitchell Ehrenberg, Steve Jarose & Marvin Ritzenthaler, Audrey Kramer & Alex Chernavsky, Pat & Robert Kraus, Dagmar Langlois & Rick Mearns, Jean Longchamps, Carol & Bruce Manuel, Rhea & Ken McBride, Gerry & Tim Miner, Kathryn Pridey & Ed Lewek, Ariane & Lawrence Taplin (Contributing Level), Sue Taylor, Joy Vandling, Scott Wagner. This list reflects memberships submitted through approximately 2/1/16. Please contact us with any questions about membership; we thank you for your support.❖

Organic Community Supported Agriculture (CSA's) in the Rochester, NY Area, Spring 2016

These local organic farmers participate in community supported agriculture (CSA), a farmshare program whereby individual consumers pay up front for a season's worth of produce, thus investing in the farm and sharing in its bounty. CSA programs vary in cost, length of season, work requirements (if any), and available pick-up points. Sometimes an option for a small or half share is available.

For more detailed listings, go to the Northeast Organic Farming Association of NY (nofany.org) and Local Harvest (localharvest.org). Don't forget the growing number of farmers markets (FM), such as Rochester Public Market, Brighton FM, and South Wedge FM, including some winter markets. There's always organic produce at Abundance and Lori's and at supermarkets, though this may not all be local produce. And don't forget community gardens, including the one in your own back yard.

“CO” after the name means Certified

Organic

“FP” means NOFA-NY Farmer's Pledge.

Andy's Specialty Garden and Produce CSA (CO)

Newark, Wayne County
andysgarlicandproduce.com
four_wheel_drive23@yahoo.com
 (585) 739-7888
 Pick up locations in Brighton, Mendon and Rochester

B&C Christ Farms

Kendall, Orleans County
 Search on localharvest.org
irishcindy57@aol.com
 (585) 733-8104
 Pick up at Greece Ridge FM or Pittsford FM

Big Red's Chicken Shed and Clearview Farm CSA (CO)

Palmyra, Wayne County
organicforyou.com
 (585) 597-3506

Bubbaloo Farm

Honeoye Falls, Monroe County
bubbaloofarm.com
kirkwood@bubbaloofarm.com
 (585) 410-0148
 Pick up at the farm

Buzz's Garden (FP)

Honeoye Falls/Mendon, Monroe Cty
buzzsgarden.com
buzzsgarden@gmail.com
 (585) 953-2383

Pick-up points at these Farmers' Markets: Brighton, Mendon, Fairport Market style, 100% choice, U-Pick

DeConinck Farms CSA

Ogden, Monroe County
 On Facebook
deconinckfarms15@gmail.com
 (585) 352-5316

East Hill Farm

Middlesex, Yates County
 (Part of the Rochester Folk Art Guild)
easthillcsa.com
easthillcsa@gmail.com
 554-3539
 Pick up at JCC in Brighton in previous years. Inquire regarding 2016 plans.

Fellenz Family Farm (CO)

Phelps, Ontario County
fellenzfamilyfarm.com
csa@fellenzfamilyfarm.com
 (585) 260-2477
 Pick-up in Brighton, Pittsford, Canandaigua and Geneva, or at the farm in Phelps (includes choice table); produce at Brighton FM year round

Fisher Hill Farm CSA

Bristol, Ontario County
fisherhillfarm.com
 (585) 329-7666
 Pick up locations Rochester Public Market, South Wedge, Brighton, and Canandaigua

Fraser's Garlic Farm (CO)

Churchville, Monroe County
frasergarlic.com
frasergarlic@rochester.rr.com
 (585) 350-8295
 Garlic for planting and vegetables throughout season

G&S Orchards CSA

Walworth, Wayne County
gandsorchards.com
gcrafft@rochester.rr.com
 (315) 524-3823

Good Food Collective

thegoodfoodcollective.com
chris@thegoodfoodcollective.com
 (585) 474-6532
 Partners with multiple farmers in the region to distribute their produce, both at workplaces and at various community locations.

Greens and Beans CSA (FP)

Penn Yan, Yates County
greensandbeanscsa.com
info@greenandbeanscsa.com

(315) 595-6137
 Pick up in Rochester, Canandaigua, or at the farm

Kirby's Farm Market CSA

Clarkson, Monroe County
kirbysfm.csaware.com
info@kirbysfm.com
 (585) 637-2300
 Pick-up at Rochester Public Mkt, Ogden Library and other locations
 Small “chomper” and “nibbler” shares available

Lagoner Farms

Williamson, Wayne County
lagonerfarmscsa.com
info@lagonerfarms.com
 (315) 589-4899
 (585) 202-8201
 Pick up locations at the farm and in other towns throughout the area

Lakestone Family Farm CSA (CO)

Shortsville/Farmington, Ontario Cty
lakestonefamilyfarm.com
lakestonefamilyfarm@gmail.com
 (516) 314-8209
 Pick up at St. Patrick's in Victor, in Browncroft section of Rochester, or at the farm

Lehigh Valley Outpost

Rush, Monroe County
lehighvalleyoutpost.com
info@lehighvalleyoutpost.com
 Membership includes frequent access to pick-your-own section

Lori's Market Basket CSA

Holley, Orleans County
 Search on localharvest.org
 (585) 638-8940
 Pick up at Greece Ridge Market or at the farm in Holley

LOV Farms CSA

Ontario, Wayne County
lovfarms.com
lovfarmscsa@gmail.com
 (585) 734-2801
 Pick up at Fairport or Irondequoit FM or at the farm in Ontario

Maplestone Farm CSA

Stanley, Ontario County
maplestonefarm.net
maplestonfarmny@gmail.com
 (585) 526-4456 or 652-4231
 Pick up in Canandaigua, Geneva or Waterloo or at the farm in Stanley
 Offers a less expensive “academic” (student) share

Markwood Acres CSA

Medina, Orleans County
 markwoodacres.com
 markwoodacres@gmail.com
 (585) 329-3680

Pick up in Rochester (Birch Crescent) or at the farm in Medina; home delivery for a small fee (send address for quote)

McCracken Farms CSA

Sweden, Monroe County
 mymccrackenfarms.com
mccrackenfarms@gmail.com
 (585) 507-6475 or 469-0918

Pick up in Rochester or at the farm in Sweden

Mud Creek Farm CSA (FP)

Victor, Ontario County
 mudcreekfarm.com
ruth@mudcreekfarm.com
 (585) 317-9116

Pick up at the farm on Cherry St. in Victor; membership includes access to large pick-your-own section

Pachamama Farm CSA (FP)

Shortsville/Farmington, Ontario County
 pachamamafarmny.com
 pachamamafarm@gmail.com
 (585) 289-9026

Pick up in Rochester at Atlas Eats or at the farm

Peacework Organic CSA (CO)

Newark, Wayne County
 peaceworkcsa.org
peaceworkcsa@gmail.com
 (585) 442-5658 or 442-1364

Pick-up in Rochester at Abundance Coop or at the farm in Newark
 SNAP benefits accepted
 Winter shares from Blue Heron Farm

Porter Farms (CO)

Elba, Genesee County
 porterfarms.org
porterfarmscsa@gmail.com
 (585) 757-6823

Over 10 pick-up points throughout the region; for every 15 paid shares, Porter will donate a free share to a non-profit or faith community

Robb Farms CSA

Spencerport/Ogden, Monroe County
 robbfarms.com
robbfarm@aol.com
 (585) 352-0814

Shimmering Light Farm (FP)

Naples, Ontario County
 shimmeringlightfarm.com
tanya@shimmeringlightfarm.com
 (585) 202-4380

Pick up at the farm

Small World Food (FP)

smallworldfood.com

info@smallworldfood.com

Local, organic, worker owned
 Baked goods and fermented foods
 May offer a CSA in 2016; otherwise foods available from local vendors

Stewart's Family Farm

Howard, Steuben County
[Search on localharvest.org](http://Search.on.localharvest.org)

Sunscape Farms CSA

Penfield, Monroe County
 sunscapefarms.com
nate@sunscapefarms.com
 (585) 406-3443

Pick up at Creek St. farm stand

Wickham Farms CSA

Penfield, Monroe County
wickhamfarms.com/CSA
csa@wickhamfarms.com
office@wickhamfarms.com
 (585) 377-3276

Pick up at the farm or "Grab and Go" smaller shares available at various sites

Wild Hill Farm (farmer Erin Bullock)

Naples, Ontario County
wildhillfarm.com

Windy Meadow Farms CSA

Walworth, Wayne County
windymeadowfarms.com
info@windymeadowfarms.com
 (315) 576-8918 ❖

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:

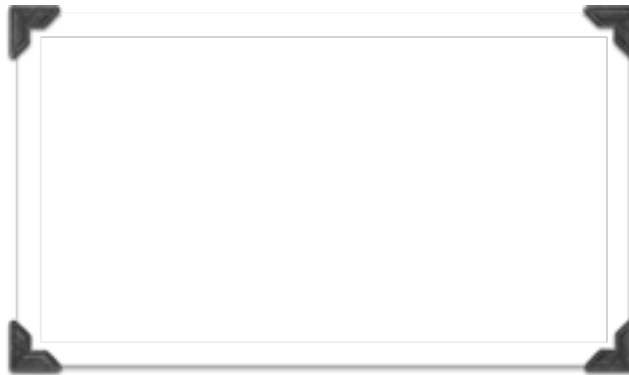
- **February 21, 2016** (3rd Sunday)* **The Value of Organic Farming to Human Health and the Health of the Planet** with organic farmers **Elizabeth Henderson** and **Erin Bullock**.
- **February 22, 2016** (4th Monday) **Meeting of Oil-Free Vegan Group (Esselstyn Rules)** at Buckland Lodge (not our usual lodge), 1341 Westfall Road. 6 PM Vegan Potluck Dinner; 7 PM Program
- **February 23, 2016** (Tuesday) **Support Group for Living Among Non-Vegans** Henrietta Public Library meeting room, 455 Calkins Rd., 6:30-8 PM. Not a RAVS event; hosted by Animal Rights Advocates of Upstate NY. All are welcome. Visit arauny.org for more information.
- **March 14, 2016** (Monday) **Dr. Michael Greger** speaks on **How Not to Die!** at the Rochester Academy of Medicine, 1441 East Avenue, 4:30 PM and 7:30 PM. Go to roclifemed.com or call 234-8750 for more information and to buy tickets. Dinner option at 6:00 PM. Optional book and DVD purchase.
- **March 15, 2016** (Tuesday) 8:00 AM! **Grand Rounds at Unity Hospital** with Dr. Michael Greger; free and open to the public.
- **March 16, 2016** (Wednesday) **Carol J. Adams** speaks on **The Sexual Politics of Meat** Univ. of Rochester, Rush Rhees Library, in the Hawkins-Carlson Room 7:00 - 9:00 PM. Not a RAVS event; free and open to the public.
- **March 20, 2016** (3rd Sunday)* **Dynamic Harmlessness for Today's World** with **Anne Dinshah**, Vice-President, American Vegan Society
- **April 10, 2016** (2nd Sunday) RAVS **Fund Raiser Dinner** catered by **The Red Fern** with Lecture by **Dr. Neal Barnard** on **Food Politics!** 5:30 PM Dinner, 7:00 PM Lecture; RAVS members given preference for tickets. Go to rochesterveg.org or call 234-8750 for more information and to buy tickets
- **April 11, 2016** (Monday) **Dr. Neal Barnard** speaks on **The New Nutritional Approach to Type 2 Diabetes** at the Rochester Academy of Medicine, 1441 East Avenue, 4:30 PM and 7:30 PM. Go to roclifemed.com or call 234-8750 for more information and to buy tickets. Dinner option and optional book purchase.
- **April 12, 2016** (Tuesday) 7:30 AM! **Grand Rounds at Highland Hospital** with Dr. Neal Barnard; free and open to the public.
- **April 19, 2016 through May 24, 2016** (Six Tuesdays), 6:15 - 8:30 PM **A Plant-Based Diet: Eating for Happiness and Health** with Ted D. Barnett, M.D. at Highland Hospital, Roberson Room. Available for continuing education credit for physicians and other health professionals. Vegan recipes and food samples by Carol Barnett. Visit roclifemed.com for more information and to register.
- **April 23, 2016** (Saturday) 23rd Annual RAVS 2nd **Night Seder** (shared event with Jewish Humanist Group) at Brighton Town Park Lodge, 777 Westfall Road. Doors open 5 PM, Service 6:00 PM followed by vegan share-a-dish dinner. See p. 5 for special rules. Please reserve at 234-8750 or rochesterveg.org
- **April 25, 2016** (4th Monday) **Meeting of Oil-Free Vegan Group (Esselstyn Rules)** at Buckland Lodge (not our usual lodge), 1341 Westfall Road. 6 PM Vegan Potluck Dinner; 7 PM Program

*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