

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. ❖

VEGAN KICKSTART COMES TO ROCHESTER!!

In early 2016, the Physicians Committee for Responsible Medicine approached the Rochester Area Vegan Society about an exciting opportunity for Rochester to become a Kickstart city.

What is Kickstart? Kickstart is a free online program that guides and supports participants who test drive a plant-based diet for three weeks, in order to experience the remarkable benefits to health and well-being that accrue in even that short time period. Kickstart has reached 450,000 people. In addition to English, it's available in Spanish, and in India, China, and Japan.

This is from the Physicians Committee's website, pcrm.org:

The free 21-Day Kickstart is live from the first through 21st of each month! Based on research by Neal Barnard, M.D., one of America's leading health advocates, this program is designed for anyone who wants to explore and experience the health benefits of a vegan diet. Low-fat vegan—plant-based—diets are the easiest way to trim excess weight, prevent diabetes, cut cholesterol, lower blood pressure, prevent and reverse heart disease, and reduce cancer risk. They even trim our carbon footprint.

Being designated a Kickstart city has had, and continues to have, benefits for Rochester that far exceed the online program. May 1 - 21, 2016 was chosen to be our target Kickstart period, but the weeks leading up to that time frame were filled with activities designed to alert Rochesterians to the benefits of plant-based eating and to entice them to try Kickstart.

The able staff at PCRM engaged in a media blitz, including a photo shoot with the local medical team supporting Kickstart—Drs. Erin and Tom Campbell, Dr. Kerry Graff, and Dr. Ted Barnett—and the placement of four billboards at key points in Rochester showing the docs posing, in sometimes humorous ways, with fruits and vegetables. There were several print and video interviews with the plant-based physicians, including Dr. Barnard on Fox's Good Day Rochester; Dr. Kerry Graff on WHEC (Channel 10); Dr. Ted Barnett on Time Warner Cable News, on WROC (Channel 8), and on WXXI; and a print interview of Dr. Barnett by Patti Singer for the *Democrat and Chronicle*.

A multitude of events preceded the onset of the May Kickstart. On April 11, Rochester Mayor Lovely Warren signed an official proclamation in support of **Kickstart Your Health Rochester**. Dr. Neal Barnard, PCRM's founder and President, visited Rochester from April 10-12 and spoke on five occasions. Maggie Neola, RD, a dietitian with PCRM, presented healthy vegan snacks to city youths in the Rochester On The Move program. PCRM sponsored a free showing of the film "Forks Over Knives," and a four-part series of free vegan cooking classes taught by Sandy Baker (so popular that a second series was quickly scheduled). An after-party at Vive Bistro and Bakery, also sponsored by PCRM, awaits those who complete the 3-week Kickstart.

On April 25, 2016, Aaron T. Frazier, an attorney at Harris, Beach, a past president of the Rochester Black Bar Association, and a RAVS member, wrote a letter to the editor of the *D&C* which sums up the benefits of Kickstart perfectly. Frazier writes:

[A] vegan diet proves, time after time, to thwart obesity, diabetes, and heart disease, across all demographics. The true cost of eating animals is not reflected on our grocery or restaurant receipts. It includes what we pay for insulin, beta-blockers, and triple-bypass heart surgery. Importantly, it also includes the unquantifiable environmental damage and animal suffering caused by animal agribusiness. We must be cognizant of these hidden costs when evaluating our food system.

If we don't act, 33 percent of children born after 2000 will develop type 2 diabetes. Veganism is the answer. Veganism is but a natural application of the basic moral principle "avoid unnecessary harm." I salute PCRM, RAVS, and Mayor Warren for starting this conversation. ❖

HAIKU
by Bruce Ross

spring snow
one, two, three crows
walk a branch

gray morning
a few black feathers stick out of
the crow

hazy summer morning
the slow walk of the crow
along the fence

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Rochester Area Vegan Society

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

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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

For the last few months, RAVS and the entire Rochester community have been caught up in **Kickstart Your Health Rochester!** See the report on p. 1 of this newsletter.

MEETINGS/PROGRAMS

At our February meeting, organic farmers **Erin Bullock** and **Elizabeth Henderson** spoke very movingly on the value of organic farming to the health of humans and the planet. In March, **Anne Dinshah**, Vice-President of the American Vegan Society, spoke of the legacy of her father, H. Jay Dinshah, who founded AVS in 1960 on the principles of dynamic harmlessness (ahimsa). In April, our meeting was a fund raiser dinner catered by **The Red Fern Restaurant**, at which **Neal Barnard, MD** spoke on the topic of Food Politics and the role that his organization, Physicians Committee for Responsible Medicine, has played in highlighting and combatting the influence of the food industry and other special interests on official U.S. dietary recommendations. Dr. Barnard's talk also served to kick off Kickstart Your Health Rochester! A special thanks to the Red Fern for making the Buddha Bowl oil-free (see more on this below) and to the team of volunteers who transformed the lodge and made our dinner there run so smoothly: **Caroline Atti, Beth Garver Beha, Ellie Cherin, Linda Isaacson Fedele, Phyllis Fleischman, Jacki Hagelberg, Michael Hagelberg, Deb Kiba, Tina Kolberg, Maggie Odhner, Martha Sullivan, and Sue Taylor.**

In February and April, both times on the fourth Monday, we had meetings of the Oil Free Vegan Group at Buckland Lodge. On April 23 we had a lovely shared vegan seder with Beth Haskalah, the Jewish Humanist Group.

This spring also saw the launch of the Rochester Lifestyle Medicine **Nutrition as Medicine Lecture Series**, with **Dr. Michael Greger** speaking on March 14 and **Dr. Neal Barnard** on April 11. Coming up are lectures by **Dr. Caldwell Esselstyn, Jr.** on Tuesday March 31; and **Dr. Thomas M. Campbell** on Monday June 13; information and tickets at roclifemed.com

We look forward in the next few months to a somewhat less crowded RAVS schedule. Our May meeting will feature

cookbook author **Mary Lawrence**. At our June meeting, co-founder **Joel Helfrich** will give a presentation on **Rochester River School**, which is planned to be the first vegan public school in the nation. In July we'll enjoy a canalside picnic.

OUTREACH: Over recent months, RAVS engaged in these outreach activities:

- Fairport Library class, "Making the Case for a Vegan Diet" (2/17) (**Ted D. Barnett, MD & Carol Barnett**)
- Great American Meatout Event, SAVVY, Univ. of Rochester student veg group (3/25) (**Carol Barnett**)
- Nazareth Wellness Fair (4/5) (**Honey Bloch, Nancy Hallowell, and Carol Barnett**)
- ABVI/Good Will Wellness Fair (4/6) (**Carol Barnett**)
- Grounded by Yoga teacher training nutrition session (4/9) (**Ted D. Barnett, MD & Carol Barnett**)
- U of R Earthfest (4/16) (**Carol Barnett**)
- Brockport MetroCenter Wellness Fair (4/20) (**Carol Barnett**)
- Sierra Club Environmental Forum (4/21) (**Carol Barnett**)

A PLANT-BASED DIET, taught by **Ted D. Barnett, MD**, with recipes and food samples by Carol Barnett, is being given for the 9th time, and for the first time at Highland Hospital. More than 75 people are enrolled. The course is eligible for continuing medical/professional credit for doctors and other health professionals.

ROCHESTER LIFESTYLE MEDICINE offers the plant-based Complete Health Improvement Program (CHIP) in the context of a medically supervised yearlong plan covered by medical insurance. The first class of 22 completed the initial lifestyle intensive portion of the program and experienced great improvement in health parameters. The next program will begin in June. Visit roclifemed.com to register for the program or the upcoming free information session.

MEETING OF OIL FREE VEGAN GROUP on June 27: 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.

ABUNDANCE COOPERATIVE MARKET is moving to a new location at 571 South Avenue, where it will have an expanded deli, salad bar, and hot bar, more produce from local farms and extended hours.

THE RED FERN RESTAURANT received some very special attention from Bruce Springsteen when he was in town to perform at the Auditorium Theatre. As reported in the *D&C's* April 2016 *Rochester Magazine*, Springsteen ordered the Seitan Steak Bomb. Owner Andrea Parros sent off the order with the message: "Thank you so much for your music & supporting VEGAN! Much love, Andrea & THE FERNS!!!"

After the success of the dinner that Red Fern catered for RAVS, Parros plans to offer oil free menu options, which will include the Buddha Bowl, the Lentil Burger, and several salads with add-ons, as well as dessert and beverage items. Look for it!

VIVE BISTRO AND BAKERY recently celebrated its 1st anniversary and continues to flourish, offering French-inspired vegan fare. A recent innovation is the Vive-prepared "grab and go" options available at Abundance Cooperative Market.

"New Diet-Based Health Care Model" RAVS member Joel Freedman wrote this piece for the Insight Section of the *Finger Lakes Times*, published 3/13/16, profiling the Barnard Medical Center, the new not-for-profit clinic opened by the Physicians Committee for Responsible Medicine in Washington, D.C. The medical director is Jim Loomis, MD, whose difficult recovery from knee surgery led him to embrace a vegan diet and who says "plant-based eating transformed the way I think about health, both personally and professionally." Loomis reports in the Winter 2016 issue of *Good Medicine*: "I had a patient come in with new-onset, poorly controlled type 2 diabetes, so I recommended that he watch *Forks Over Knives* and read Dr. Barnard's book on reversing diabetes. We elected not to start him on medication right away, while he tried a plant-based diet. In three months, he had completely reversed his diabetes. That was two years ago, and his blood sugars have been completely normal since."

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

IN MEMORIAM We are saddened to report the death of longtime RAVS member **Jerry Hanss**. ❖

We welcome these **New Members**: Nancy Alexander, Heather Berg, Mirka & Heather Callaway, Elizabeth & Brian Conheady, Amy & Don DePerna, Ruta Eramus, Uma & Virendra Gupta, Julie & Christopher Joyal, Rebecca Kelly (Contributing Level), Patricia Megerle, Lori Miller, Karen & Carl Petite (Contributing Level), Sue Rose & Gary Skillman, Guy Spada, Abby & David Stern, Liz Tierney, Judith Weiner, Doreen Wilson, Carolyn Wisniewski, Miriam Zaffran. **Membership Renewals**: Dr. Ted & Carol Barnett, Hal Bauer, Beth Garver & Brian Beha, Selma & Mike Berger, Eileen Brophy, Bill Bross, Jeanette Burke & Todd Tarzia, Ellie Cherin (Sustaining Level), Margie Driscoll, Karen Evans, Phyllis Fleischman, Aaron Frazier, Pam Gabryel, Kimber Gorall (Contributing Level), Ruth & Bill Grace, Mary K. Grant, Meg & Jack Hurlley (Contributing Level), Sarah Keenan, Alexa Laubscher, Audry Liao, Ann McCulloch, Dee & Darren Mrak (Contributing Level), Lucille O'Brien, Maggie & Daryl Odhner (Patron Level), Elaine O'Neil, Mary Parson, Jill Pearce & Terrance Bellnier (Contributing Level), Marsha Raines & Steve Gersz, Russ Roberts, Lucetta Sercu, Jonathan Smelts, Denise & Mitch Speicher, Burt Spiller, Martha Sullivan (Patron Level), Sharon Sweeney, Patricia Tompkins, Dr. Julie Yoon (Patron Level), Jennifer Zodarecky. **Newsletter Subscriptions**: Joseph Alfiero (3-year renewal), Carol Ann Britt, Emily & Rebecca Britt. *Current thru 5/3/16.* ❖

OIL FREE VEGAN RECIPES**RED LENTIL AND DILL SOUP WITH MINT**

(Ann Esselstyn, *Prevent and Reverse Heart Disease Cookbook*; found at dresselstyn.com)

This soup is adapted from a recipe of Kate Sherwood's in the Nutrition Action newsletter. The red lentils, bits of tomato, and all the greens combine with the mint and dill to give the soup a well-rounded flavor. Nothing beats using fresh mint if you can find it. The 12 ounces of spinach seems like a lot but it vanishes quickly. Be bold!

12 cloves garlic, minced
8 green onions, chopped (about 1 cup)
1 (15-ounce) can no-salt diced tomatoes
¼ cup fresh mint, chopped, or 1 teaspoon dried
1 teaspoon dried oregano
8 cups vegetable broth
2 cups red lentils
1 large yam, preferably a garnet yam, peeled, if desired, and cubed
1 cup orange juice
8 sprigs fresh dill, chopped (about ¼ cup)
12 ounces fresh spinach or other greens
Zest of 1 lemon
3 tablespoons lemon juice
1 teaspoon freshly ground black pepper
2 tablespoons balsamic vinegar

In a soup pot, stir-fry the garlic and green onions in water, wine, or vegetable broth, for about 2 minutes, until they begin to wilt. Add the diced tomatoes, mint, and oregano and cook, stirring often, for 2 minutes more. Add the broth, lentils, yam, and orange juice and bring to a boil. Cover, reduce the heat to low, and simmer until the yams are tender and the lentils soft but not mushy, about 15 minutes.

With an immersion blender, blend the soup to the consistency you like, right in the pot. Alternatively, carefully transfer half of the soup to a food processor and process it until you have the texture you desire. Try to leave some whole bits of tomato and sweet potato. This soup is nice if it's a little chunky.

Stir in the dill, spinach, lemon zest, lemon juice, pepper, and vinegar and cook for a few minutes more. Serve hot.

Tip: If you want to use greens other than spinach, cook them first or add them to the soup earlier as it cooks, so they have time to soften.

GINGER ROASTED TEMPEH WITH VEGETABLES

(Kathy Pollard, theplantbasedlife.com)

This is a lovely, meaty dish that can be modified with vegetables that you have around. If aiming for gluten-free, make sure that the tempeh does not have barley.

1 onion
1 eggplant
1 package tempeh, cut in rectangles
Green pepper
Vegetables: carrots, yams, celery, kale, or other veggies that need eating
1 tsp ginger powder
6 tbsp soy sauce
3 tbsp maple syrup or sweetener

Preheat oven to 400°F. Put all veggies and tempeh in a non-stick or lightly oiled roasting pan. Add the last three ingredients on top. Cover with foil. Bake for 20 minutes. Turn veggies, lower oven temp to 375°F, and bake until tender (15 minutes more). Remove foil and broil for 3 minutes if desired.

Variations: Replace ginger with basil. Add a few olives if desired.

ROASTED VEGGIE PASTA

(*Thug Kitchen Party Grub*; found at forksoverknives.com)

1 lb pasta
½ large red onion, sliced
2 medium carrots, cut into thin matchsticks
1 pint tiny tomatoes, halved
1 medium zucchini, cut into thin matchsticks
1 lb eggplant, skin on, cut into cubes
¼ tsp salt
2½ tsp chopped fresh thyme leaves, or 1 tsp dried thyme
3 cloves garlic, minced
2 tbsp fresh lemon juice
3 tbsp balsamic vinegar
½ tsp red pepper flakes (optional)
Salt and black pepper

Cook the pasta according to the package directions. Drain and pour back into the pot.

Preheat oven to 425°F. Take two large non-stick or lightly oiled baking sheets. In a large bowl, throw in red onion, carrots, tomatoes, zucchini, eggplant, and salt. Mix everything together. Spread out on the baking sheets and then slip them into the oven. Roast for 20 minutes, take them out, add the thyme, garlic, and lemon juice, stir, and throw them back in the oven until some of the veggies start looking a little browned around the edges, 10 to 15 minutes longer.

Add the roasted veggies to the cooked pasta, pour in the balsamic, pepper flakes, a pinch of salt and black pepper, and stir. Taste and add more garlic, vinegar, lemon juice, and/or thyme. If you want to up the greens level, serve the hot pasta on a bed of arugula or spinach with a squeeze of lemon juice on them.

CAVOLO NERO / KALE AND WHITE BEAN SOUP

(Chef Katie Simmons; found at nutritionstudies.org)

This recipe is based on the classic Italian Beans 'n Greens Soup. Its name comes from the dark Cavolo Nero kale (aka Tuscan, lacinato, or dinosaur kale), but you can use any dark greens like escarole, spinach, or arugula.

1 medium onion
1 carrot
4 cloves garlic
1 tbsp dried rosemary (or less)
1 bay leaf
1½ tsp red chili flakes (optional)
1 tsp dried basil
6 cups vegetable stock*
1 15-ounce can cannellini beans (about 1½ cups cooked beans)
1 bunch kale (about 4-6 cups)
¼ cup nutritional yeast
2 Roma tomatoes
Salt and pepper, to taste

Dice the onion and carrot. Mince the garlic. Place the onion, carrot, and garlic in a medium pot with rosemary, bay leaf, red chili flakes if using, basil, and 1 cup water. Cover and sweat until onions are translucent.

Drain and rinse the beans. Add the beans and vegetable stock to the pot. Cover and simmer until carrots are tender, about 10 minutes.

Meanwhile, strip the kale leaves. Discard stems. Chop leaves into bite sized pieces. When the carrots are tender, turn off the heat. Add chopped kale and nutritional yeast. Stir well, then cover so that the kale steams in the soup. Stir in the diced tomato and taste to adjust seasoning.

Tips: This soup is a great base for using up any dark greens. Baby spinach, arugula, and all types of kale work well. This is also a great base to experiment with more unusual greens like mustard, turnip, and chard.

*Editor's note: When using this much vegetable stock be careful not to use too much salt. Use homemade stock or a no-salt variety; if using veg broth that contains salt, substitute water for some of the broth and do not add any more salt to the recipe. ❖



Want to go vegan?

We can help!

rochesterveg.org

VEGAN SUBSTITUTES For Meat, Eggs, and Dairy

Vegetarians avoid flesh foods. Vegans avoid all animal products, including eggs, dairy products, and honey.

VEGAN FOODS That May Not Be Familiar to You

Tofu, or bean curd, is made from soy milk. Extremely versatile and high in protein, calcium, and iron. Regular tofu comes in tubs in the refrigerator case; silken tofu is on the shelf in aseptic packages. Use silken for soups, dips, and blended desserts; regular for stir-fries and other main dishes.

Tempeh is a cultured product made from the whole soybean. In refrigerator case.

Seitan or wheat gluten, is made from the protein part of wheat. Available in refrigerator case, or in make-it-yourself packages on the shelf.

TVP is texturized vegetable protein. Usually fat free and enriched with vitamins. Available in dried form on the shelf, in bulk or prepackaged, in various textures (cubed, "ground") and flavors. Reconstitute by adding an equal part of hot or boiling water.

Nutritional yeast is a specially cultivated bright yellow food yeast, rich in minerals and B vitamins and delicious despite its dutiful-sounding name. Available in bulk or prepackaged in natural food stores/sections.

Tahini is sesame seed paste or butter. High in protein, calcium, and iron. Available in international (Middle Eastern) and natural food sections of supermarket.

Miso is fermented soybean paste, quite salty and with considerable health benefits. Useful as a condiment, ingredient, or soup base. Available in tub or jar in refrigerator case.

MEAT SUBSTITUTES

Tofu (especially when frozen and thawed to achieve a chewy texture), tempeh, seitan and TVP are all excellent meat substitutes in recipes. In addition, there are many commercially manufactured meat analogues—dogs, burgers, sausages, luncheon "meats," etc.—which are quite convenient and healthful. Some, like Not Dogs and Tofu-Lin (baked, marinated tofu which is great sliced for sandwiches), are made by the Rochester company Northern Soy, under the SoyBoy label. To make sure a meat analogue has no animal products, check the label. Some contain egg whites, dairy products (in the form of milk, whey, casein or caseinate) or honey. Many do not, and are completely vegan. A few brands that are reliably vegan are Gardein, Field Roast, and Tofurky. Other foods that have a "meaty" taste or texture, such as beans, eggplant, and mushrooms (especially portabellas), can be delicious meat substitutes.

EGG SUBSTITUTES

Try scrambled tofu: Sauté the vegetables you usually add to eggs, add mashed tofu and some turmeric, garlic powder and nutritional yeast for color, flavor and added nutrition. Follow Your Heart's VeganEgg is a product that can be used to mimic scrambled eggs and omelets.

For egg-free mayonnaise, some commercial brands are Vegenaïse, Earth Balance, Just Mayo, and Nayonaïse. The Vegg is a product that substitutes for egg yolks. NOTE: Egg Beaters is not a vegan product.

To substitute for eggs in cooking and baking, try one of the following:

- Ener-G Egg Replacer, a commercial product (follow package instructions)
- mashed or blended tofu
- mashed banana (in baking)
- 1 tbsp. ground flaxseed blended w/ ¼ c water
- 2 tsp cornstarch for one egg
- Aquafaba or aquafava (cooking liquid from beans) is all the rage! Search online for recipes for quiche, strata, meringue, macaroons, etc.

DAIRY SUBSTITUTES

For milk on cereal and in recipes, try the plant milks made from rice, soy, almonds, cashews, hemp seed, coconut, oats—available on the shelf in aseptic packages or in the refrigerator case. For ice cream, there are frozen desserts based on the same variety of plant milks (try So Delicious), as well as fruit-based sorbets. Most sorbets (not sherbets) are vegan and fat free.

For cheese, cream cheese, sour cream and the whole array of dairy foods, there are a number of ingredients which can be mixed and blended imaginatively to create delicious and healthful substitutes. These include: tofu, tahini, nutritional yeast, miso (especially light miso), white beans, nuts and seeds, vegetables such as winter squash and corn, lemon juice, onion and garlic powder, mustard and pimientos (for color). Spices such as paprika and turmeric add some of the desired color. A classic cookbook in this vein is *The Ultimate Uncheese Cookbook* by Jo Stepaniak; newer cookbooks using techniques of fermenting and aging are *Artisan Vegan Cheese* by Miyoko Schinner and *The Non-Dairy Evolution Cookbook* by Skye Michael Conroy. There are many commercially manufactured dairy substitutes such as Tofutti cream cheese and sour cream (both good); Daiya cheese (good for grilled cheese and pizza) and Chao slices made by Field Roast. Two brands of nut-based fermented cheese take this to a new level: Miyoko's Creamery and Treeline (both available at Lori's).

Read labels carefully, as many "non-dairy" cheeses contain casein, a milk protein, or variants such as calcium caseinate or sodium caseinate.

RECIPES TO TRY

EGGLESS EGG SALAD

(from *The Compassionate Cook* by PETA)

- 1½ lb firm tofu, mashed
- ½ cup eggless mayonnaise, such as Vegenaïse or Earth Balance
- ½ cup chopped fresh parsley (optional)
- ¼ cup sweet pickle relish
- ½ medium onion, finely chopped (optional)
- 2 stalks celery, finely chopped
- 1½ tsp garlic powder
- 1 tsp salt (or less to taste)
- ¼ tsp turmeric
- 1½ tbsp prepared mustard

Combine all ingredients. Use for sandwiches or on crackers.

CHEEZY GARBANZO SPREAD (from *Eat Right, Live Longer* by Neal Barnard, M.D.; recipe by Jennifer Raymond)

- 1 15-oz can garbanzo beans
- ½ cup roasted red peppers (available in jars)
- 3 tbsp tahini
- 3 tbsp lemon juice

Drain garbanzo beans, reserving liquid, and place them in food processor with remaining ingredients. Process until very smooth. Mixture should be thick, but if necessary, add 1 to 2 tbsp of reserved bean liquid to achieve desired consistency. Serve on bread or crackers, as a filling for tortillas, or in casseroles.

GEE WHIZ SPREAD

(from *The Ultimate Uncheese Cookbook* by Jo Stepaniak)

- One 15.5 oz can Great Northern beans (about 1½ cups), rinsed and drained
- ½ cup pimiento or roasted red pepper pieces
- 6 tbsp nutritional yeast flakes
- 3 tbsp fresh lemon juice
- 2 to 3 tbsp tahini
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ½ tsp prepared yellow mustard
- ½ tsp salt

Blend in food processor or blender until completely smooth. Chill thoroughly before serving. ❖

VEGAN SUBSTITUTES FOR NEARLY EVERYTHING

(with tips on brands to look for)

Vegan substitutes or analogues are specialty products, and as such they can be expensive. There is no virtue in eating them: they can be high in salt, and can contain more protein and oil than you need or want. On the other hand, as processed foods go, they are relatively benign, with ingredients like beet juice to give color. And they can be good transitional foods as you move towards a more plant-based diet and try to serve it to your family and friends. Used in moderation, or as an ingredient in an entrée, vegan substitutes can be healthful.

One hazard of coming up with a list is that the products are always changing. Every list is a bit idiosyncratic, and we apologize if a favorite of yours is not here. Manufacturers will make their product lines more or less vegan over time, according to customer demand and other variables. For example, Gardein is a new company that was formed for the purpose of offering vegan taste-alikes. Lightlife, which used to be a reliably vegan company, is now using egg whites in their chicken-cutlet type product. Yves Good Dogs went from non-vegan to vegan. Companies like Boca have always had some vegan and some non-vegan products. A couple of reliably vegan companies, in addition to Gardein, are Field Roast and Tofurky. But what we recommend is that, since you are spending good money on something you expect to be vegan, check the label and ingredients every time.

These products should be available in the natural food stores: Abundance, Lori's and Hart's. Wegmans and Trader Joe's may carry these and/or store brands of the same items.

TURKEY ROAST: Tofurky. It gets better every year.

SAUSAGE: Tofurky brand and Field Roast are both delicious. Gimme Lean has a softer consistency but is also delicious. SoyBoy, made by local Rochester company Northern Soy, makes Breakfast Links, small-size links with a distinctive sweet taste, also very good.

MEATBALLS: Nate's Meatless Meatballs

GROUND MEAT: Boca Ground Crumbles. (sometimes in the regular refrigerator case, not the natural food section), Lightlife Smart Ground and Wegmans Don't Have a Cow.

BURGERS: Try Boca Original Vegan and Gardein brands for a "meaty" burger. Soy-Boy's Courage Burgers, which use okara, the high-fiber by-product from the tofu-making process, taste a little like chicken patties.

HOT DOGS: Try Tofurky brand hot dogs, Yves Good Dogs, and Lightlife Smart Dogs. The local company Northern Soy makes Soy-Boy Not Dogs, which are very low-fat and wheat-free. Their taste and texture is less

reminiscent of real hot dogs but they are delicious in their own way. Tofurky sausages are bigger than standard hot dogs, but would be good on a large gyro or sub roll. **COLD CUTS:** Try Tofurky and Lightlife brands. You can also find vegan pepperoni and Canadian bacon-style products. **BACON:** Lightlife Fakin' Bacon, made with tempeh, a whole food (fermented soybeans) and Sweet Earth's Benevolent Bacon.

CHICKEN NUGGETS: Try Health is Wealth Vegan Nuggets, Patties and Buffalo Wings (the latter are spicy). Be careful, as Health is Wealth also makes real chicken nuggets. **MARINATED TOFU:** SoyBoy's Tofu-Lin, which comes in many varieties, is a good "meaty" ingredient in sandwiches, grain-based dinner salads, and much more.

WEGMANS Try their line of vegan meat substitutes, packaged as Don't Be Chicken, Don't Be Piggy, and Don't Have a Cow. The names are a light-hearted reference to the animals, which keeps them in our consciousness. These are Gardein products with the Wegmans label.

As we move from meat to dairy substitutes, a word about Tofutti, a company originally formed to provide kosher alternatives to dairy that could be eaten with meat-based meals. Tofutti products are always dairy-free but, eggs are not a factor in observing kosher, and at least one Tofutti product contains eggs (the cookies). Tofutti sour cream, cream cheese, cheese slices and ice cream are vegan.

MILK: There are now so many plant-based milks (and creamers, and yogurts) that there is almost no need to list the types and brands. There are milks made from soy, rice, coconut, hemp, oats, almonds, cashews, and hazelnuts, and blends of the above. They come sweetened and unsweetened, flavored and plain, and calcium-enriched if you wish. Most come in aseptic (juice-box style) packages which have storage advantages (can be kept on the shelf until opened); some come in gable-top cartons in the refrigerator case. There are store brands of soy and rice milk at Trader Joe's and Wegmans. Try them until you find one that you like!

CREAMER: For those who drink coffee and tea, Silk Soy Creamer is a wonderful product; try others based on almond and coconut. **YOGURT:** Plant-based yogurt with live cultures is available, based on the same array of plant foods as the non-dairy milks.

SOUR CREAM, CREAM CHEESE: Try Tofutti Better Than Cream Cheese and Sour Cream Supreme; also Go Veggie brand coconut based cream cheese.

CHEESE: Vegan cheeses have often gotten a bad rap for their taste and texture. You also have to be careful, because many so-called "non-dairy" cheeses (also powdered creamers) still contain casein or caseinate, a

milk protein. Field Roast/Chao, Follow Your Heart, Tofutti, and Daiya all make vegan block and/or sliced cheese. Daiya, a product using tapioca and pea protein, comes in blocks, in slices, and shredded; it melts and is good for grilled cheese sandwiches and pizza.

Two companies that make fermented and aged nut-based cheese with complex flavor are Miyoko's Creamery and Treeline, both available at Lori's.

For Parmesan-style cheese for sprinkling, try Go Veggie brand made by Galaxy Foods. Don't forget nutritional yeast, a natural product. It's available in bulk in natural food stores, also in a bag by Bob's Red Mill and in a jar by Bragg's and Red Star brands. Nutritional yeast tastes cheesy and is great for sprinkling on pasta or popcorn, either as is, or ground up with nuts and a dash of garlic powder and salt in the food processor.

ICE CREAM An array of soy, rice, almond, and coconut based varieties. One favorite is So Delicious, which makes soy, almond and coconut based varieties. Tofutti was one of the first soy ice creams and is still good. Ben & Jerry's has vegan almond-based flavors like Coffee Caramel Fudge and Chunky Monkey.

MAYONNAISE: Vegenaïse, Earth Balance, and Just Mayo are similar to traditional mayo. Nayonaïse is shelf stable till opened and has a "light" fat free version.

BUTTER: Earth Balance margarine is a blend of plant-derived oils with no hydrogenation or trans fats. Still, use in moderation (the same advice holds true for many of the products listed here).

SPAGHETTI SAUCE: It used to be that "Marinara" was a reliably vegan variety, but Wegmans Marinara sauce contains cheese; however, Wegmans Roasted Garlic and Tomato Basil varieties are vegan (so are the same varieties at Trader Joe's).

BOUILLON Better than Bouillon No Chicken or Vegetable Base (a paste in a jar) is vegan, but be careful, as this company also makes real chicken bouillon.

A final bit of advice is to **READ THE LABEL** on every item. E.g., Follow Your Heart and Lightlife are mostly vegan brands, but they make a few non-vegan items. The ingredients to avoid are: milk, cheese, eggs or egg whites, whey, casein or caseinate, honey, and gelatin. Look also at the end of the ingredient list where it may say "CONTAINS: Milk, eggs, etc." (Since animal foods are common allergens that's why they appear on that part of the label, along with wheat and soy, also common allergens.) Look for the Wegmans "V" designation of vegan items in its own product line; or the "Certified Vegan" designation with a "V" inside a heart inside a circle.

Remember, this list is a work in progress. Product lines are always changing. Especially in the area of vegan milks and cheeses, new products are coming out all the time, and that's a good thing!❖

IN THE NEWS

PROCESSED MEAT, FISH INCREASE BREAST CANCER RISK In a study published in *Cancer Causes & Control*, researchers followed more than 8,000 women, monitoring their intake of fish and red and processed meats and their cancer incidence rates. Hispanic women with the highest intake of red and processed meats had a 42% greater risk of breast cancer; non-Hispanic women with the highest intakes of tuna had a 25% greater risk. Researchers speculate that chemical contaminants in tuna increase cancer risk. PCRM's *Good Medicine*, Spring 2016.

EGGS AND DIABETES RISK According to a meta-analysis published in the *American Journal of Clinical Nutrition*, eating just 3 eggs per week increases the risk of type 2 diabetes. In the U.S., those who consumed the most eggs had a 39% higher risk for diabetes than those who consumed the least. *Good Medicine* Spr. 2016.

FRUIT HELPS PREVENT ERECTILE DYSFUNCTION According to a study published in the *American Journal of Clinical Nutrition* following the diets of more than 25,000 men, those with the highest intakes of the phytochemicals found in berries, apples and citrus fruits lowered their risk for erectile dysfunction by 14%. Erectile dysfunction is typically caused by the same disease process that

causes coronary heart disease. *Good Medicine*, Spring 2016.

VEGAN BUTCHERY Isa Chandra Moskowitz's wonderful cookbook *Isa Does It* has a section titled "Vegan Butchery" in which she explains such things as how to cut up tofu and tempeh for different dishes.

The June 2016 issue of *VegNews* magazine has an article about The Herbivorous Butcher in Minneapolis, which it calls "the first full-service vegan butcher shop in the country." About five years ago, the owners, Kale and Aubry Walch, began creating their own vegan meats and cheeses and testing them on both vegan and omnivorous friends. They went from selling their products out of coolers at local markets to opening a 2,300 square foot brick-and-mortar facility within about 18 months. Customers find a cool case filled with such items as thinly sliced deli meats, steaks, ribs, sausages and breakfast meats, as well as about ten different varieties of cheese—all vegan. All products are GMO-free, sourced locally when possible, and 100% certified kosher. The most popular items is the Korean Barbecue Ribs, and other favorites include the Italian Sausage, Porterhouse Steak, and shaved pastrami.

This shop was also mentioned in the Spring 2016 issue of *Compassionate Living*, the magazine of Mercy for Animals. CL calls 2016 "The Year of the Vegan," reporting that Food & Wine magazine has declared

2016 "the year to surrender to vegan cheese." See pp. 5-6 of this newsletter for information on vegan cheeses that are available locally or that you can make yourself.

VEGAN FAST FOOD *Compassionate Living* reports that Subway is testing vegan subs and Wendy's is trying out a black bean burger, while Taco Bell promotes its vegetarian menu (the Bean Burrito ordered fresco/without cheese is vegan and costs a little over a dollar) and Ikea recently introduced vegan meatballs. Spring 2016.

ENCOURAGING STATE PRISONS TO GO VEGAN The *Democrat and Chronicle* reported on 3/9/16 that the previous day, actress Pamela Anderson had offered Governor Cuomo that if New York's prisons were to go vegan, she would visit one of the prisons and serve the inmates' meals. Anderson said that the change would lead to healthier lives for the prisoners and would cut New York's prison costs, saving almost \$2 million a year. Anderson was as good as her word in Arizona, where she served food at a prison when the state dropped meat from prison menus last year. (Cuomo did not accept the offer.)

CARTOON seen in the D&C on 2/23/15 (more than a year ago): A panel with a diner ordering a steak "Rare," alongside a panel with a tombstone that says "Killed By Heart Disease" and labeled "Not So Rare." ❖

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:

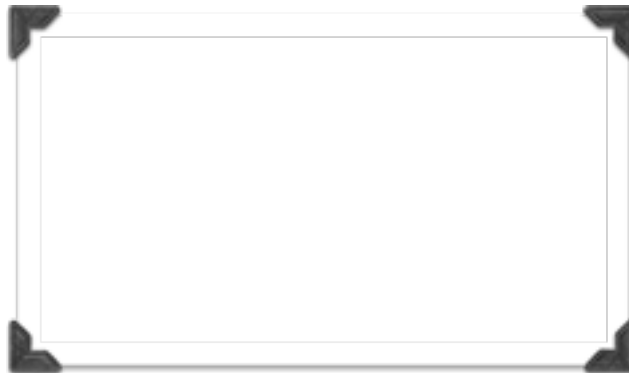
- **May 14, 2016** (Saturday) 12 -1:30 PM **Lunch with Docs** Topic “Eat Fat, Get Healthy? A Discussion of Low-Carb Diets.” St. Anne Church Social Hall, 1600 Mt. Hope Ave. \$15 per person includes lunch. Register at urnutritioninmedicine.com
- **May 15, 2016** (3rd Sunday) 11:00 AM - 12 noon. Barnes & Noble, Pittsford. Book Signing with **Mary Lawrence, *Easy Peasy Vegan Eats***
- **May 15, 2016** (3rd Sunday)* Presentation by **Mary Lawrence**, author of *Easy Peasy Vegan Eats*. Brighton Town Park Lodge; details below.*
- **May 19, 2016** (Thursday) 1:00 - 3:00 PM **Eating for Health**. Learn kitchen skills in the Hands On Kitchen to make healthy cooking a joy, not a chore! Held at the New York Wine and Culinary Center, 800 South Main St., Canandaigua, 14424. Presented by Kerry Graff, MD, Linda Rowsick, RD, and Chef Jeffery McLean. Cost to be determined. Call 585-396-6111 to register.
- **May 31, 2016** (Tuesday) **Dr. Caldwell Esselstyn** speaks on **Reversing Heart Disease with Lifestyle Changes** at the Rochester Academy of Medicine, 1441 East Avenue, 4:30 PM & 7:30 PM. Tickets roclifemed.com. Dinner option at 6:00 PM; optional book purchase. Check website for CME’s.
- **June 11, 2016** (Saturday) 10:30 AM - 12 Noon Penfield Library **Vegan Brunch** Cooking Class with Wendy Gilmore. Call 340-8720 to register.
- **June 13, 2016** (Monday) **Dr. Thomas M. Campbell** speaks on **Diet and Cancer: Does Nutrition Matter?** at the Rochester Academy of Medicine, 1441 East Avenue, 7:30 PM. Tickets at roclifemed.com. Dinner option at 6:00 PM; optional book purchase. Check website for CME’s.
- **June 19, 2016** (3rd Sunday)* Presentation by **Joel Helfrich**, co-founder of **Rochester River School**, slated to be the first vegan public school in the United States. Brighton Town Park Lodge; details and directions below.*
- **June 27, 2016** (4th Monday) **Meeting of Oil Free Vegan Group** (Esselstyn Rules) at Buckland Lodge (not our usual lodge), 1341 Westfall Road. 6:00 PM Vegan Potluck Dinner; 7:00 PM Program
- **July 6-10, 2016** (Wednesday- Sunday) **Vegetarian Summerfest** at University of Pittsburgh in Johnstown. Child care available; weekend package available. Visit vegetariansummerfest.org for details on program and to register.
- **July 17, 2016** (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. Bring a **vegan** dish to pass, a place setting for yourself, and a folding chair if you have one. If rain is threatened, call the RAVS hotline (234-8750) on Sunday morning to see if the picnic has been rescheduled.
- **August 21, 2016** (3rd Sunday) Presentation by **Will Tuttle, PhD** on **The World Peace Diet**. Time and location TBA in Aug. newsletter & on website.

*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
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ROCHESTER AREA VEGAN SOCIETY