

Our 27th Year!

THE **vegan**



advocate

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A VEGAN DIET What is it, and Why?

If you are not a vegetarian or a member of the Rochester Area Vegan Society (RAVS), this column is for you. Here are some of the basics.

A *vegetarian* is someone who eats no animal flesh: no meat, poultry or fish. A *vegan* is a vegetarian who goes further and eats no animal products at all: no eggs, cheese, milk, or honey. RAVS recommends a vegan diet as the optimal diet.

What are the reasons to go vegan? It comes down to these: for your health, for the animals, and for the planet. Every day there are new findings that a plant-based diet is best for health. The standard American diet (SAD), which revolves around meat and animal products, results in poor health for people, suffering for animals, waste of resources, and devastation for the environment. But changing your diet can be hard, and people who want to change often need help.

If you want to move in this direction, RAVS can help you. We are here to provide information and support. You do not need to be a vegetarian or vegan to give us a call, to attend our meetings, or to join our group. 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. ❖

LOCAL DOCTORS URGE THEIR PATIENTS TO GO VEGAN!

When it comes to health care, Rochester holds its own against other communities. We even like to think we're better than most. One area in which the Rochester medical community shines is its knowledge and promotion of a whole food plant-based (i.e., healthy vegan) diet.

In the 1980's and 1990's, the evidence started to mount that a vegan diet is not just safe and healthy, but optimal for health; and that it can not only prevent but even reverse the chronic diseases that plague those on a meat-based diet. **Dean Ornish, MD** and **Caldwell Esselstyn, Jr., MD** showed that a plant-based diet can reverse heart disease. **Neal Barnard, MD** showed that it can reverse type 2 diabetes. And clinicians everywhere were using this diet to reverse obesity, high blood pressure, and auto-immune disease.

In recent years, local physicians have started practices which help their patients take charge of their own health, and prevent and reverse disease with lifestyle change. One such program is the **UR Nutrition in Medicine Program** run by **Thomas Campbell, MD** and **Erin Campbell, MD, MPH**. This program offers a lifestyle intensive program; a residential immersion program; and educational outreach to the community in the form of the Lunch with Docs series, all of which are centered around plant-based diet. Another such program is **Rochester Lifestyle Medicine (RLM)**, founded by RAVS Coordinator **Ted D. Barnett, MD**. RLM offers **CHIP** (Complete Health Improvement Program), a medically supervised program using plant-based diet and other lifestyle changes in a group setting with trained facilitators. RLM has assembled a team of more than thirty health care providers that includes physicians, nurses, dietitians, social workers, yoga instructors, and cooking teachers.

RLM teaches a six-week course in Plant-Based Diet which is offered both to the general public, and to health care professionals for continuing education credit; so far almost 60 health care providers have taken the course for credit. Another part of RLM's educational outreach to the community is the Lifestyle as Medicine

lecture series, which both members of the general public and health professionals can benefit from, and for which over 200 hours of continuing medical education credit have been issued.

One physician who took the Plant-Based Diet course in the spring of 2016 was **Dr. John (Chad) Teeters**, the Chief of Cardiology at Highland Hospital. Dr. Teeters became vegan and lost 60 pounds; you can read his testimonial at the RLM website, roclifemed.com. Dr. Teeters presented the September Lifestyle as Medicine lecture, sharing his own story and talking about how vegan diet can reverse heart disease.

Another physician who now sees the value of plant-based diet to prevent and treat cancer is **Dr. James Fetten**. Dr. Fetten specializes in hematology and oncology at the Wilmot Cancer Institute.

In October, **Dr. Michael Klaper**, author of *Vegan Nutrition: Pure and Simple* and a clinician with 45 years of experience using vegan diet, gave two lectures, one at the RAVS meeting and one as part of the RLM lecture series. Dr. Klaper also gave a lunchtime lecture to an overflow crowd of 45 University of Rochester medical students who were avid to hear his message. Dr. Klaper continues to work with the UR medical school, which is interested in incorporating plant-based information into its curriculum.

It doesn't take Bob Dylan winning the Nobel Prize to know that the times, they are a-changin'. For an up-to-date (and ever-growing) list of Rochester area physicians and other health care professionals who are veg-friendly, go to the home page of the RAVS website, rochesterveg.org, and also the RLM website, roclifemed.com. ❖

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Metro Justice's 35th Annual Alternative Fair!

Homemade Veggie Food,
Free Child Care

Friday, December 2nd, 5 pm to 9 pm
Saturday, December 3rd, 10 am to 2 pm

First Unitarian Church
220 Winton Road South
\$3 Suggested Donation (ages 12 and up)

RAVS will have a table!

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
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Beth Garver Beha	Ted Potter
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The Rochester Area Vegetarian Society, now the Rochester Area Vegan Society, was founded in 1989 by Rhoda and Stan Sapon, two dedicated activists who worked hard to embody their vision of a compassionate, non-violent world in a local community promoting vegan values: the idea that animals have a right to their own lives and don't exist to provide food or to be exploited by us in any way.

RAVS is a non-profit, tax-exempt, non-sectarian, all-volunteer educational organization dedicated to promoting the joy, compassion and life enhancing possibilities of a vegetarian lifestyle. We are an educational resource for those interested in any aspect of vegetarianism. We provide support to our members through social events that include monthly gatherings with a shared meal and programs on topics important to our members. Membership in RAVS is open to vegetarians and non-vegetarians alike, as long as they support the goals of the organization.

DUES: Individual Membership, \$20 per year; Joint Membership, \$35 per year; Student/Fixed Income Membership, \$10. Membership includes receipt of *The Vegan Advocate* and free attendance at our monthly dinner meetings. A membership application can be found at the back of this issue.

Contacting RAVS:

- P.O. Box 20185, Rochester, NY 14602
- E-mail: rochesterveg@gmail.com
- Website: www.rochesterveg.org
- 24 hour voicemail and events calendar:

(585) 234-8750



RAVS RULES FOR SHARE-A-DISH MEALS

All dishes must be completely **vegan**. They may *not* contain any *meat, poultry, fish, eggs, dairy products or honey*. Please watch out for *gelatin* (a meat by-product) and *hidden milk products*, such as *whey* in cookies, crackers, bread and margarine and *casein or caseinate* in so-called "non-dairy" soy cheese, coffee creamer and whipped topping. Be alert for *eggs* in baked goods, mayonnaise and salad dressings, and *honey* in breads, pastries and preserves.

This "vegan rule" embodies our mission of showing how abundant and delicious a vegan meal can be. It also means that members and guests who are vegan can freely partake of everything. If you mistakenly bring a dish that is non-vegan, you will be very welcome to stay for the meal, but we will not be able to serve your dish. Please understand that no offense is meant by this.

Please prepare a card with your name, the name of the dish, and a list of all ingredients. If possible, write the recipe on the back of the card and indicate where the recipe came from or if it was original. Prepare enough to serve a crowd. Please bring your own table setting as well as a serving utensil. If you are not able to cook, you may bring fruit, cider, tortilla chips and salsa, green salad, fruit salad, etc. Non-members, in addition to bringing a dish, must pay a \$3 Guest Fee, which will be applied to your membership if you join that day.

IF YOU ARE NEW TO RAVS

You don't need to be a vegetarian, or a member of RAVS, to attend one of our events. And you don't need to reserve or notify us beforehand (with the exception of restaurant events). We do ask that you follow the "vegan rule" at our dinner meetings. The box above, and the calendar and directions on the back page of the newsletter, tell you what you need to know in order to attend a meeting. Call 234-8750 if you have further questions.

MEMBERSHIP BENEFITS

Membership in RAVS entitles you to receive *The Vegan Advocate* (4 times a year) and any other mailings, usually notices of upcoming events. It also entitles you to free admission to monthly events (except restaurant meals); others pay a \$3 Guest Fee.

An important benefit of membership is **half-priced** membership in two national vegetarian organizations. Membership costs given below are **before** the discount is taken. Let them know that you are a member of RAVS, which is an affiliate.

North American Vegetarian Society

P.O. Box 72, Dolgeville, NY 13329

Tel: (518) 568-7970

Fax: (518) 568-7979

E-mail: navs@telenet.net

Website: www.navs-online.org

Individual membership (annual): \$22

Family membership: \$28

Publication: *Vegetarian Voice*

Vegetarian Resource Group

P.O. Box 1463

Baltimore, MD 21203

Tel: (410) 366-VEGE

Fax: (410) 366-8804

E-mail: vrg@vrg.org

Website: www.vrg.org

Membership (annual): \$25

Publication: *Vegetarian Journal*

These are both excellent groups, and both have mail-order bookshops which are included in the publication they will send you when you join.

Another not-so-tangible benefit of your membership in RAVS is that you help others, namely, the people we reach through our community education efforts, which are funded by your dues. Pamphlets we distribute at an outreach table at a health or environmental fair cost money. That's why your membership and renewal are important even if we never see you at a meeting—though, of course, we hope that we do. ❖

BOOK ORDERS FROM RAVS

A number of vegetarian books and cookbooks are available from RAVS at 10% off list price. Books can be purchased at every RAVS meeting.

Anyone interested in buying or ordering books between meetings may call **Leena Isac**, RAVS librarian, at 249-0171.

IF YOU ARE NOT A MEMBER OF RAVS and would like to receive subsequent issues of the newsletter by email (pdf file), send your email address to rochesterveg@gmail.com and put "RAVS Newsletter by Email" in the subject line.

PLEASE DON'T TOSS THIS NEWSLETTER; pass it on to someone else who might be interested in the information and recipes. Or share our contact information (in the column to the far left), and people can reach us to request their own copy of the newsletter.

WE NEED VOLUNTEERS!!

Like any volunteer group, we can always use your help. If you can assist with the newsletter, outreach, publicity, dinners, programs, guest speakers or anything else imaginable, please call **234-8750**.

Vegan Society Update

by Carol Hee Barnett

Please join us in welcoming the colder months by warming your heart with delicious plant-based food and concern for the planet and all its inhabitants.

RECENT MEETINGS: In August, we welcomed **Will and Madeleine Tuttle** for a piano concert, adorned with Madeleine's visionary art work, and a lecture on the World Peace Diet at a meeting shared with the congregation of United Church in Christ in Henrietta in their fellowship hall and sanctuary. Thanks to **Pastor Dave Inglis** and to **Elizabeth Pixley**, leader of the Living in Harmony group, for generously hosting the event at their church.

In September, **George Eisman, RD** spoke with passion about the ABC's of plant-based nutrition. In October, **Michael Klaper, MD** spent several days in Rochester, and shared his wisdom about plant-based healing, both at the RAVS meeting and at a Rochester Academy of Medicine lecture. Dr. Klaper also shared his message with more than 45 UR medical students at a lunchtime lecture. Earlier in October, many RAVS members enjoyed (despite the rain) a visit to Farm Sanctuary organized by Rochester Lifestyle Medicine.

UPCOMING MEETINGS In November we welcome **Michael Budkie**, co-founder and Executive Director of **Stop Animal Exploitation NOW!** At a special meeting later in November, author **Hillary Rettig** will speak on effective vegan advocacy. In December, we'll have a Winter Solstice party with a silent auction of vegan and animal rights books. In January, Cornell law professor **Sherry Colb** will speak about feminism and animal rights.

OUTREACH: Over the last months, RAVS engaged in the following activities (staffers in parentheses):

- RCSO "Start Strong" event at Frontier Field (Kimber Gorall, Carol Barnett)
- St. John's Home Employee Wellness Fair (Sue Brunsting, Carol Hope, Carol Barnett)
- General Motors Health Fair (Kimber Gorall, Jacki Hagelberg, Michael Hagelberg, Carol Hope, Tina Kolberg, Carol Barnett)
- Webster Employee Wellness Fair (Carol Barnett)

- Monroe in Motion Fairs for Monroe County employees (organized by Bubbie Staron, staffed by C. Barnett)
- Penfield Employee Health Fair (Carol Hope)
- Chili Employee Wellness Fair (C. Barnett)
- Grounded by Yoga teacher training/nutrition (Ted Barnett, MD, C. Barnett)

A PLANT-BASED DIET: The popular course taught by **Ted D. Barnett, MD** was given this fall for the 10th time, and for the 2nd time at Rochester General Hospital. About 45 people took the course, many for continuing medical education credit. The course will be given in January at the JCC and in April at Highland Hospital. Please contact rochesterveg@gmail.com for email notice when these courses go "up."

ROCHESTER LIFESTYLE MEDICINE (RLM) offers CHIP (Complete Health Improvement Program), a medically-supervised health program which uses plant-based diet along as well as other lifestyle measures to improve health and reverse chronic disease. Visit roclifemed.com or call (585) 484-1254 for upcoming free information sessions and programs.

VEGAN CONNECTIONS Dr. John (Chad) Teeters was a guest on WXXI's show "Connections" and made a convincing case for reversing heart disease with a vegan diet. Dr. Teeters delivered the same message to a crowd at the Rochester Academy of Medicine in September, kicking off the fall lecture series.

UR NUTRITION IN MEDICINE PROGRAM offers a lifestyle intensive program, a jumpstart program, an immersion program, and educational outreach in its Lunch with Docs programs. Visit urnutritioninmedicine.com

IN GOOD HEALTH The August 2016 issue had a cover article, "Kickstart Your Health," highlighting all of the sources of vegan information, treatment, and support in Rochester, including RAVS, RLM, UR Nutrition in Medicine, and "Seeds of Change," a 4-week vegan cooking course offered at Unity Hospital (585-368-6542).

ROCHESTER RIVER SCHOOL, rochesterriverschool.org, slated to be the first vegan public school in the nation, is working towards a 2018-19 opening. Please attend the Monday 11/21 fund raiser at **The Red Fern**. Register at www.eventbrite.com. Email rochesterveg@gmail.com if interested in such events in the future, with "Red Fern" in the subject line.

KITCHEN VERDE, kitchen-verde.com (585) 506-2254, continues to amaze and sustain the Rochester community with its delicious and reasonably priced vegan meals-to-go service. Delivery charge only \$5, anywhere in Monroe County.

VEGAN COOKING CLASSES by **Sandy Baker** continue on 11/10, 11/17 and 12/1 at Perinton Rec; each class is available for separate registration (12/1 class is holiday dishes!) Call 223-5050 to register.

HOLIDAY VEGAN COOKING CLASS at Fairport Library on 11/15 taught by **Bubbie Staron**. Call 223-9091 to register.

HETTIE'S DELITES vegetarian/vegan cafe, with many gluten-free options, has moved to the Rochester Public Market near the Union Street entrance.

VEGAN MENU OPTIONS can be found at these Mediterranean restaurants: **Dalia's**, 1220 Fairport Rd., Fairport and **El Basha**, 54 W. Main St. in Victor.

CELEBRITY SIGHTING at **The Red Fern**: heavy metal/horror movie legend Rob Zombie and his wife Sheri Moon Zombie, who is writing a vegan travel blog. Reported in the D&C's *Rochester Magazine*, Oct. 2016.

MIYOKO'S CREAMERY **vegan cheese** has been in the refrigerator case at Lori's Natural Foods, and can now be found at Wegmans in Nature's Marketplace.

DAIYA **vegan cheesecake** can be found in the freezer case at Lori's.

DIMPFLMEIER **whole grain breads**, found at Wegmans, until recently had only one vegan variety, the Sauerteig (rye flour, water, sourdough culture and salt). Recently the company added two organic vegan items, the 100% Rye Bread with Flaxseeds, and the Spelt Bread with Wild Rice.

NO LONGER VEGAN Ghirardelli Semi-Sweet Baking Chips now contain dry milk powder. Wegmans Semi-Sweet Chocolate Morsels are a vegan choice.

LOCAL VEGAN BUSINESS DIRECTORY: We want to list businesses that are vegan or vegan centered; vegans who own their own businesses even if they are not vegan-themed; and vegans who work for companies that pay on commission (e.g., a car salesperson). Go to: <https://www.surveymonkey.com/r/YZF833D>

RAVS MEMBER Tia Cherelin (7th Grade) will appear as Charlie in "Charlie and the Chocolate Factory" at School of the Arts in December! For dates and times, contact rochesterveg@gmail.com ❖

We welcome the following **New Members:** Judy Babbitt, Don Burns, Brittany Chambers, Kathleen Dalton, Jeff Feldman, James Fetten, MD, Claire Li & Robert Franki, Susan Friedman, MD & Robert Paine, Linda Heeler, Laura Howell, Ingrid Hunte & Charles Hernandez, Joshua Keeler, DC, Deborah Klee, Donna & Harry Patrick, Marilyn & Bill Privett, Amy & Judy Schnitzler, Suzanne Shaw, Linda Sorensen & Allen Glenn, Susan Stoll, John (Chad) Teeters, MD (Patron Level), Maryanne Turvin. **Membership Renewals:** Kate Bohonos, Susan Boland, Walter Bowen (Contributing Level), Peggy Weston Byrd, Carole and Howard Camp, Joan Chapman, Paul Clark, Katherine DaCosta, Gloria & Steven Foster, Sara Young Gale, June & Phil MacArthur, Walt McBurney, Susan Miller (Patron Level), Jennifer Muniak, MD, Andrea Parros, Linda Rowsick, RD, Noreen Salerno (Patron Level), Barbara Savedoff, Shari & Doug Schmidt, Nina Sikand, Donna Silverman, Kathy & Kevin Skerrett, Michelle (Bubbie) & Debora Staron. **Newsletter Subscription:** Sandra Sluberski. This list is current through 11/1/16. ❖

COOKING VEGAN CAN BE EASY

Whatever your current relationship with food is, you can carry it over to vegan eating.

If you are an epicure and a gourmet cook, you can certainly do that as a vegan: there are a number of gourmet cookbooks, websites, restaurants, specialty products and produce items. If you are a fast food lover and don't like to cook, preferring to put together meals quickly from prepared food bars and the freezer or cool case, you can do that too as a vegan. And there are plenty of quick vegan meals that can be assembled on the fly. Canned beans along with pasta or quick-cooking grains plus some frozen vegetables and a bagged salad is a pretty good meal! Don't be surprised, though, if, upon becoming vegan, you find that you are paying more attention to your food and spending more time with its preparation. Just be aware that whatever level of cooking and preparation you opt for, you are going to be healthier on a vegan meal plan.

Please write rochesterveg@gmail.com or call 234-8750 for our "Short-Cut Vegan" handout or find it at rochesterveg.org on the home page.

VEGAN FOOD CAN BE INEXPENSIVE

A vegan diet is inherently the most economical diet on the planet, and it can and should be available to everyone. It is based on beans and grains, which are cheap, easy to store, and readily available, even in an emergency and after the end of the growing season. Add to that whatever vegetables and fruits are available and most economical--this will probably be whatever is in season or is abundant--and you have a complete diet.

It's true that there are many expensive vegan specialty items on the grocery shelves and in the freezer and cool case. You may want to indulge in these from time to time; but they are not as healthy as whole foods--whole grains, legumes, vegetables and fruits, nuts and seeds--and they are not as economical as whole foods, either. With a little experience you can turn the basic building blocks into a delicious meal.

VEGAN FOOD IS DELICIOUS!

Here is why you don't need to fear that your food just won't taste good on a vegan diet.

-You won't be missing out on things, you will just be eating different things. People who "eat everything" don't really do that; they tend to eat a pretty restricted array of foods from day to day and week to week. As a vegan, you will probably be trying more new foods, and enjoying a greater variety of foods, than you ever ate as an omnivore.

-Your sense of taste will open up. When you eat only from the plant kingdom, your taste buds tend to become more sensitive to nuances and delicate flavors. You will enjoy your food just as much as ever and probably much more.

-If you want to boost the flavor of your vegan diet, there are some tricks of the trade. Try roasting vegetables on a non-stick or lightly oiled baking sheet at 400 degrees for about 30 minutes or until soft to the fork. (Cover with foil and stir vegetables once.) Try dry toasting nuts and seeds in a pan on top of the stove or at 225 degrees F. in the oven for a few minutes (watch carefully to prevent burning), or dry toast grains in a pan before adding water (2 to 3x the volume of grain) and cooking (this is the basis of a "pilaf").

-Use condiments to enhance the flavor of a dish. Soy sauce, vinegars, salsa or hot sauces, toasted sesame oil for Asian dishes, mustard and ketchup can add a delightful flavor bonus. A little fresh citrus (lemon or lime) at the end can "lift" the flavor of a dish, as can a little crushed red pepper added during the cooking (even if you don't like heat).

-Use spices to change the whole signature of a dish. Beans or tofu with rice or pasta may seem monotonous: but if you add cinnamon and coriander you have a Middle Eastern tagine; if you add cumin and oregano you have a Mexican dish; if you add basil and oregano you have an Italian dish; if you add curry powder you have an Indian curry; if you add soy sauce, ginger and rice vinegar you have Chinese; and if you add lime juice and coconut (and perhaps chilis) you have Thai. Search on your computer for ideas about ethnic spice mixes as well as for vegan recipes generally.

-Don't hesitate to use vegan specialty items as special treats, and in moderation with your whole-food, plant-based diet. If you want melty cheese on a pizza or grilled cheese sandwich try Chao slices or shredded Daiya. Tofutti cream cheese and sour cream are dead ringers for the real things. Miyoko's Creamery has a wonderful new line of vegan cheeses based on cashews and miso. And if you search "57 Reasons to Try Veganism" on buzzfeed.com, you will find that reason #18 is "So you can learn the slightly unfortunate secret that a little bit of Vegenaïse makes everything better." Vegenaïse is a brand of vegan mayonnaise--you can also try Hampton Creek's Just Mayo, or Earth Balance Mindful Mayo. While we're at it, Earth Balance margarine will make you forget butter and other margarines. But for the sake of your health, use these items in moderation.

-If you really miss a non-vegetarian item from your past, you can probably find a product that will please your palate and tide you over. We have heard that Gardein Fishless Filets are excellent. If you miss sausage, Field Roast Apple and Sage flavor is spot on and we also like all the flavors of Tofurkey sausage (cut up small in a big pot of soup or stew, gumbo or jambalaya, these items can add a lot to a dish made of beans, grains and veggies). The same holds true of the Wegmans line of vegan "meats": Don't Be Chicken, Don't Be Piggy, and Don't Have a Cow. A little goes a long way to make your vegan meal a joy.

RESOURCES**BEST VIDEOS**

"Forks Over Knives" (health reasons)
 "Cowspiracy" (environmental reasons)
 "Peaceable Kingdom" (animal compassion)

BEST WEBSITES (health)

forksoverknives.com; nutritionfacts.org;
perm.org; plantpurenation.com; doctorklaper.com;
theplantbasedlife.com; veganhealth.org

BEST WEBSITES (cooking, meal planning)

ChooseVeg.com, CookingWithPlants.com,
FatFreeVegan.com, Free-Easy-Vegan-Recipes.com,
KeepinItKind.com, OhSheGlows.com,
PlantPoweredKitchen.com, RobinRobertson.com,
ThePPK.com, TryVeg.com,
VeganChef.com, VeganCooking.com,
VeganCookingWithLove.com,
VegKitchen.com,
VegWeb.com, ZsusVeganPantry.com

COOKING VIDEOS:

Go to theppk.com, plantpoweredkitchen.com, or cookingwithplants.com and click on "Videos"; go to Youtube, search Vegan Cooking with Love, Vegan Zombie, or Veggietorials. Go to jazzyvegetarian.com to access the show on public TV and radio.

FINALLY: When you use your search engine for "how to make a vegan diet tasty" you come up with lots of interesting things. Here are a couple of favorites:

"10 Easy Vegan Recipes Everyone Should Know" at onegreenplanet.org

"30 Delicious Vegan Meals You Can Make in Under 30 Minutes" at buzzfeed.com

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

1 tsp olive oil or ¼ cup water
 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
 ¼ tsp 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 min. 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. ❖

RECIPES!

from our favorite websites

**HOPPIN' JOHN BOWL
WITH RED HOT TAHINI**

(Isa Chandra Moskowitz, theppk.com)

This is a New Year's dish, but you don't have to wait that long. It also doesn't have to be "red hot" unless you want it to be!

For the Hoppin' John:

1½ cup dried black eyed peas, soaked in water overnight
1 tbsp liquid smoke
3 bay leaves
1 tsp salt

For the Red Hot Tahini:

½ cup tahini
1/3 cup Louisiana Hot Sauce (like Frank's Red Hot), or a lot less to taste
¼ cup water (plus more as needed)
2 tbsp nutritional yeast
1 clove garlic

For the Tomato Parsley Salad:

2 cups diced tomatoes
1/3 cup finely chopped parsley
1 cup finely sliced green onion
2 tbsp red wine vinegar
Several dashes fresh black pepper
Dash salt

Also:

1 pound steamed greens, such as lacinato/Tuscan/"dinosaur" kale
6 cups cooked rice for serving

To Make the Hoppin' John:

Drain the soaked beans, and place them in a 4 quart pot. Submerge in water, with water coming about 2 inches above the beans. Add bay leaves, salt and liquid smoke. Cover and bring to a boil. Once boiling, bring the heat down low, and let simmer for about 20 minutes. Check often so that they don't overcook. When beans are still firm, turn the heat off and uncover. Let them hang out until everything else is ready. They will continue to cook in the hot water, so turning the heat off ensures that they don't overcook.

To Make the Red Hot Tahini:

Simply blend everything up in a little blender until smooth, or whisk by hand. Add water by the tablespoon to thin as needed. Taste for salt and spiciness.

To Make the Tomato Parsley Salad:

Toss all ingredients together in a medium mixing bowl. Taste for pepper and vinegar.

To Assemble:

Place greens and rice side by side in a large bowl. Top with black-eyed peas. Drizzle with sauce and top with the tomato salad. Serve immediately and prosper!

**FRENCH GREEN LENTIL SALAD
(Sharon Palmer, forksoverknives.com)**

3 cups French green lentils
4 cups water
2 tsp no-sodium vegetable broth (opt.)
4 stalks celery, diced (about 1½ cups)
1½ cups cherry tomatoes, halved
2 medium shallots, finely diced
¼ cup packed chopped fresh parsley
Pinch salt (add after all cooking is done)

Dressing ingredients:

2 tsp Dijon mustard
2 tbsp red wine vinegar
1 tsp Herbes de Provence
Freshly ground black pepper to taste
1 medium clove garlic, minced

[Editor's notes: For an inexpensive source or substitute for French lentils, use Goya brand Pardina lentils (International section in Wegmans with Spanish/Mexican foods). If shallots are not available, use mild onion such as Vidalia. If Herbes de Provence mix is not available, use an equal mix (¼ tsp. each) of basil, oregano, rosemary and thyme.]

To make the lentils, combine the lentils, water, and broth in a saucepan and bring to a boil over high heat. Reduce the heat to medium-low, cover, and simmer for 15 to 20 minutes, until the lentils are tender but firm. Remove from the heat, drain any remaining liquid, and transfer the lentils to a large bowl. Chill in the refrigerator for at least 30 minutes. Stir in the celery, tomatoes, shallots, and parsley.

To make the dressing, combine the mustard, vinegar, Herbes de Provence, pepper, and garlic in a small dish, and whisk. Pour the dressing over the lentil mixture and toss well to combine. Season with salt to taste, if desired. Serve chilled. Taste the dish and if needed add a pinch to ¼ tsp. salt. Note: Salt added during cooking can keep legumes from becoming tender; it's always best to wait until beans are completely cooked before you add salt or anything acidic such as tomatoes, citrus juice, or vinegar.

STOVETOP BROCCOLI MAC AND CHEESY (robinrobertson.com) (Serves 4)

This quick and easy cheesy mac is made on top of the stove, so there's no need to heat up the oven. However, if you don't plan to serve it right away, you can always put it in a casserole dish and keep it warm in a low oven. This recipe is from Robertson's *100 Best Vegan Recipes*.



Want to go vegan?

We can help!

rochesterveg.org

12 ounces elbow macaroni or other bite-sized pasta
4 cups small broccoli florets
¾ cup nutritional yeast
1/3 cup all-purpose flour
2 cups plain unsweetened almond milk
1 tbsp soy sauce
1 tbsp fresh lemon juice
Salt and freshly ground black pepper

Cook the macaroni in a pot of boiling salted water, stirring occasionally, until it is *al dente*. During the last 2 or 3 minutes of the cooking time, add the broccoli to the pasta and cook until it is almost tender.

In a saucepan over medium heat, combine the nutritional yeast and flour, and cook, stirring, for 1 minute. Slowly add the almond milk, stirring until smooth. Add the soy sauce, lemon juice, and salt and pepper to taste. Continue stirring until smooth and thickened.

When the pasta and broccoli are cooked, drain and return to the pot. Add the reserved sauce and stir until well mixed. Serve hot.

**CREAMY ROASTED RED PEPPER DIP
OR SAUCE ([Dreena Burton](http://DreenaBurton.com),
theplantpoweredkitchen.com)**

2 large red peppers, roasted, or use 1¼ to 1½ cup jarred roasted red peppers
½ cup cooked white potato, cubed or chopped (skins removed, not packed)
1 tbsp red wine vinegar
1 tbsp tahini
1 tbsp nutritional yeast
½ tsp mild miso (e.g., brown rice or chickpea miso)
1 small clove garlic (more if desired)
½ tsp sea salt
1 tbsp water (or more, if needed to thin)
¼ to ½ tsp pure maple syrup (opt., see note)
¼ cup loosely packed fresh basil leaves (optional, but very nice)

Place peppers in a food processor or blender with the potato, vinegar, tahini, nutritional yeast, miso, garlic, and salt. Purée until smooth. Depending on the liquid in the peppers, you may need to thin slightly with water. Add one tbsp at a time, purée, and check consistency. Also taste to see if you'd like to add a touch of sweetener (that depends on the sweetness of the peppers). Finally, if you have fresh basil, add and purée. Taste and adjust any seasonings. Serve at room temperature, or place in a heat-proof dish and heat in the oven until warmed through.

Note: Sweetness of bell peppers can vary based on time of year, etc. So, you may want the touch of maple syrup, but it's optional.

Idea: Try using this as a pasta sauce! ❖

IN THE NEWS

VEGAN PARENTS IN ITALY In August 2016, Italian lawmaker Elvira Savino proposed a bill to criminalize raising children on a vegan diet, imposing prison sentences of up to 4 years. The International Vegan Rights alliance protested in an open letter to Ms. Savino; and Andrea Ghiselli, President of the Italian Society for Food Science, stated that there was no evidence that vegan diet posed a health risk, and that the average Western diet poses much greater risk. www.independent.co.uk.

GERMANY, HOWEVER: Berlin is listed on happycow.net as the #1 Vegan-Friendly City in the World; and in September 2015, the American culinary magazine *Saveur* named Berlin the New Vegetarian Capital of the World (saveur.com). Veganz is an all-vegan supermarket chain based in Germany, with a goal of opening 60 stores by 2020. mercyforanimals.org.

BEEF IS THE NEW SUV An article by John Sutter at cnn.com (11/24/15) reports that 14.5% of all greenhouse gases are generated by animal agriculture, and 65% of that amount comes from beef and dairy cattle. Sutter calculated that eating a meal of 1.27 pounds of beef (available at Snow's BBQ in Lexington, Texas) is the equivalent of driving an average American car 70 miles. Thank to Kimber Gorall for this reference.

GOVERNMENT CHEESE BUYOUT In August 2016, the US Dept. of Agriculture decided to buy 11 million pounds of cheese in "a move designed to prop up the country's dairy producers, who are struggling with low milk prices and a sluggish export market," according to a posting on Quartz, qz.com. In the last two years, dairy farmers have seen revenue drop by 35%, according to the USDA. [Ed. We need a level playing field, so that vegan options, which are inherently cheaper than animal products and immensely more healthful, can succeed in the market.]

TOO HIGH A PRICE: In "Animal Cruelty or the Price of Dinner?" *New York Times* columnist Nicholas Kristof (April 16, 2016) writes about genetic modification of chickens that makes them uncomfortable their entire short lives; the prevalence of gangrenous dermatitis on chicken farms that is a misery for the birds and a risk for consumers; as well as industry tactics that benefit agribusiness execs at the expense of both farmers and consumers. Kristof says "it's time for consumers to use their buying power to push for food that causes less harm to everyone, human and bird alike." Our position is that only vegan food fits that bill.

FISH ARE SENTIENT BEINGS Jonathan Balcombe, author of the new book *What a Fish Knows*, wrote an opinion piece for the *New York Times* on May 14, 2016 called "Fish Have Feelings, Too." Balcombe also was a guest on the public radio show

"Fresh Air" with Terry Gross on June 20, 2016. We're proud to announce that Jonathan Balcombe will be giving the RAVS program in May 2017!

MEAT AND ALZHEIMER'S RISK According to research published in the *Journal of the American College of Nutrition* (online 7/25/16), diet may be the most important factor for Alzheimer's risk. Using dietary data from 10 countries, the author found that meat, eggs, and high-fat dairy were most strongly associated with Alzheimer's incidence; and high intakes of grains, vegetables and fruits reduced the risk. *Good Medicine*, Autumn 2016.

CHOLESTEROL AND BREAST CANCER According to a meta-analysis published in *Nutrition Research*, dietary cholesterol is linked to increased breast cancer risk. The paper, which reviewed 9 studies encompassing 387,000 participants, found that those who consumed the most cholesterol had a 29% increased risk for breast cancer compared with those consuming the least. *Good Med.*, Autumn '16

VEGETARIAN DIETS REDUCE HIGH BLOOD PRESSURE In a study of more than 4,000 subjects, those following a vegetarian diet had a 34% lower risk for hypertension than non-vegetarians. *Journal of Hypertension* (online 8/10/16), found in *Good Medicine*, Autumn 2016.

VEGAN DIETS FOR DIABETES Two new studies provide additional evidence that vegan diets prevent and improve type 2 diabetes. An analysis of two large population studies showed that those who consumed the most plant-based foods lowered their type 2 diabetes risk. And in a recent 12-week interventional study in Korea, half the participants were assigned a vegan diet and the other half followed the recommendations of the national diabetes association; researchers found that those in the vegan group lost more weight, had better glycemic control, and had greater reductions in HbA1C, a reliable marker of blood glucose levels over time. *PLoS One* (2016) found in *Good Medicine*, Autumn 2016.

"THE VEGGIE BURGER'S ASCENT" This *New York Times* article (August 30, 2016) lovingly catalogues the many veggie burgers available at New York area restaurants, including the vegan "Impossible Burger" which is made by the Silicon Valley start-up Impossible foods and which, according to the article (brace yourself) "is designed to vividly mimic real beef in taste, texture and bloodiness." Chloe Coscarelli's By Chloe restaurants offer another style of vegan burger, made of sweet potatoes, black beans and quinoa, and topped with guacamole, corn salsa, chipotle aioli and, for texture, crispy tortilla chips.

CAFE GRATITUDE The *NY Times* (8/31/16) profiled this California vegan restaurant chain (with an outpost in Kansas

City) which offers a positive message along with the food. Patrons order entrees with names like "Humble" (an Indian curry bowl), "Warm Hearted" (grilled polenta) and "Transformed" (mole tempeh tacos); desserts have names like "Delighted" and "Rapture."

VEDGE AND V STREET On Oct. 13, 2016, Terry Gross, on her show "Fresh Air," interviewed Rich Landau and Kate Jacoby, the married owners of those two Philadelphia vegan restaurants, and authors of cookbooks of the same name, including the new *V Street*, which is inspired by street food they've eaten around the world. Gross says of the couple: "Their goal is to redefine vegan cooking so that it's tasty and satisfying even for meat eaters. They describe themselves as chefs, not activists."

VEGAN OPTIONS ABOUND! In between restaurants and home cooking, there are many options which occupy the middle ground. These include in-home vegan food prep services which leave your fridge stocked with meals, such as the local service Crave (nicolerizzacoulter@gmail.com); take-away or delivered vegan food prep services, such as our local company Kitchen Verde (kitchen-verde.com); and delivered ingredients-with-recipes services which require (or allow, depending on how you look at it) you to do the cooking, such as Blue Apron and the all-vegan Purple Carrot (thepurplecarrot.com). Add to the list lighter.world, which, once you type in specifications (such as low salt or no oil) gives you personalized meal recommendations with accompanying grocery lists. The service is free, although there may be some levels of service with a monthly charge. ❖

From Dr. Chad Teeters's statement at roclifemed.com, click on "Testimonials"

I came to whole food, plant-based eating very much a skeptic. As a cardiologist, I had frequently heard about the benefits, but largely attributed this to an overly excessive and largely unsustainable lifestyle change that real patients, and myself, would be unlikely to follow. ... Thus, my first goal was to do some literature review and prove the data was slanted or untrue--to no avail! I then decided I had to at least try it for myself to see if it was even feasible and then to be able to provide a firsthand account for patients when they ask. I have always had difficulty with maintaining my weight, and in recent years I had tried a multitude of diets. All were relatively successful but not sustainable and ultimately left me hungry and unsatisfied. **One of the things that appealed to me about the WFPB [whole food, plant-based] lifestyle was that there was no calorie counting,** food group selections or special meals to purchase. ... **I've gone from the ultimate skeptic to an unflinching advocate.** I feel satiated with my meals and I'm enjoying trying new recipes and meals. I'm proud, if not completely shocked, to call myself a vegan!

[Written shortly after Dr. Teeters went vegan last spring. By Sept. 2016, he had lost 60 lbs.!] ❖

“2016: The End of Heart Attacks”

Joel Kahn, MD, author of *The Whole Heart Solution*, to speak in Rochester!

Dr. Kahn is Clinical Professor of Medicine at Wayne State University of Medicine in Detroit, and founder of the Kahn Center for Cardiac Longevity. He is the author of three best-selling books, including *The Whole Heart Solution* and *Dead Execs Don't Get Bonuses*. He is working on his fourth book, *Plants Not Pigs!* Dr. Kahn also founded the GreenSpace Cafe in Ferndale, Michigan with his son Daniel. Visit his website at www.drjoelkahn.com.

Local physician Dr. John (Chad) Teeters, Chief of Cardiology at Highland Hospital, writes: “According to the American Heart Association, 90% of heart disease can be prevented with lifestyle changes (Circulation, 2008; 117:1216-1227). Dr. Kahn is on the cutting edge of treating heart disease with plant-based nutrition. Kudos to Rochester Lifestyle Medicine for bringing Dr. Kahn to Rochester! His presentation is not to be missed!” Dr. Teeters became vegan in 2016 and has experienced a number of health benefits. You can read his testimonial <https://rochesterlifestylemedicine.com/testimonials/>; or listen to Dr. Teeters being interviewed as a guest on the radio show “Connections” at <http://wxnews.org/post/connections-highland-hospitals-chief-cardiology-goes-vegan> ❖

FETTUCCHINE WITH MUSHROOMS AND ARTICHOKE HEARTS (adapted) (Annie Shannon, meettheshannons.net; found through “28 Delicious Vegan Holiday Recipes” on buzzfeed.com)

- 12 oz fettuccine or other long pasta
- 2 oz fresh wild (or any kind) mushrooms, sliced (use more if desired)
- 1 can artichoke hearts, drained
- 1 can garbanzo beans, drained
- 2 tbsp vegan margarine + 1 tbsp olive oil*
- ¼ cup white wine
- 2 cloves garlic, minced
- 2 tsp Bragg’s Liquid Aminos or soy sauce
- 1 tsp Herbes de Provence (mix of basil, oregano, rosemary, savory, thyme)
- ½ tsp fresh thyme (optional)
- ¼ tsp ea. black pepper and garlic powder
- 2 tsp fresh Italian parsley, chopped
- Finely ground walnuts or vegan Parmesan

Cook pasta per instructions on package. In a large pan, heat margarine and olive oil over medium heat until the margarine melts. Add the mushrooms, artichokes, garbanzo beans, garlic, white wine and Bragg’s or soy sauce. Cook, stirring, until the mushrooms begin to become tender. Add remaining ingredients except vegan cheese; continue to cook until the mushrooms are the desired tenderness. Add cooked pasta to mushroom mix and serve. Garnish with nuts or vegan Parmesan.

*[Ed.: No-oil cooks, use the white wine to cook the mushrooms, etc., and increase amount to ½ cup or more as needed.] ❖

Dinner

From dusk to dark
 I prepare the evening meal—
 a meditation
 on whom I must be—
 wash vegetables: orange, red, purple,
 feel the wrinkled cabbage leaves
 with their upright veins—
 the dogs at my side beg for some—
 rub my thumb over smooth potatoes
 with rough eyes,
 scrub chubby carrots clean,
 rinse the avid salad greens in cool water,
 shake them dry,
 and anoint them with oil and spices,
 wishing my daughter and son
 were here,
 so I could feed them, kindly, too,
 from the earth,
 not with others’ flesh and fluids
 carved and sucked from them—
 I refuse
 with what I serve and eat
 to be murderer
 and thief.

—Margaret Daiss Hurley

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:

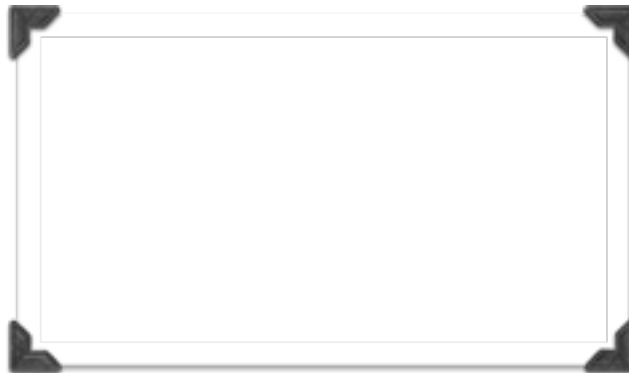
- **November 14, 2016** (Monday) **Joel Kahn, MD** will speak on **2016: The End of Heart Attacks**. Lifestyle as Medicine Lecture at the Rochester Academy of Medicine, 1441 East Ave., Rochester, NY 14610. Lecture 7:30 PM; optional gourmet tasting dinner beforehand at 6 PM. Visit roclifemed.com for details and to purchase tickets.
- **November 15, 2016** (Tuesday) 7:00 PM **Vegan Holiday Dishes** cooking class at Fairport Library. Call 223-9091 to register.
- **November 20, 2016** (3rd Sunday)* **Surviving 30 Years of Animal Activism: Keeping Faith Alive** with **Michael Budkie** of **Stop Animal Exploitation Now**. 5:30PM Vegan Potluck, 7 PM Lecture. Brighton Town Park Lodge; details and directions below.
- **November 21, 2016** (Monday) **Fund Raiser Dinner** to support **The Rochester River School** at **The Red Fern** restaurant. Details p. 3.
- **November 28, 2016** (Monday) **How to do Joyful, Sustainable, and Effective Vegan Activism in 2017 and Beyond** with **Hillary Rettig**, author of *The Lifelong Activist*. Held in Rochester Lifestyle Medicine's newly renovated classroom space, Rochester Academy of Medicine, 1441 East Ave., 3rd floor (follow signs). Vegan Share-a-Dish 5:30 PM; Lecture 7 PM. Admission free but space is limited; register at roclifemed.com; or call 234-8750. Signed copies of author's books available at discounted price.
- **December 2, 2016** (Friday) 5-9 PM and **December 3, 2016** (Saturday) 10 AM-2 PM **Metro Justice Alternative Fair** at First Unitarian Church, 220 Winton Road South. Not a RAVS event, but RAVS will have a table. See notice on p. 1.
- **December 18, 2016** (3rd Sunday) 5:30 PM **Winter Solstice Gathering and Celebration at 1600 East Avenue** in the ground level Media Room. Ample parking in lot; enter back door closest to lot and follow signs! Bring a vegan dish, preferably finger food, a serving utensil, and a place setting for yourself. Bring instruments, music and voices: merry-making required, music-making optional! **Includes silent auction of AR/vegan books!**
- **January 3, 2017 - February 7, 2017** (six Tuesdays) **A Plant-Based Diet** course given at JCC, 1200 Edgewood Ave. Details p. 3.
- **January 8, 2017** (2nd Sunday) Save the date! Screening of new film **Eating You Alive** at Rochester Academy of Medicine. 4:00 PM, with possible additional screening the same day. Look for details at rochesterveg.org.
- **January 15, 2017** (3rd Sunday)* **Feminism and Animals: Using Female Animals for Food** with **Sherry Colb, Professor of Law** and **Charles Evans Hughes Scholar at Cornell Law School**. 5:30PM Vegan Potluck, 7 PM Lecture. Brighton Town Park Lodge; details and directions below.
- **April 23, 2017** (4th Sunday) Save the date! **RAVS Fund Raiser Dinner** to support **The Rochester River School** catered by **Kitchen Verde!**

*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