

Our 20th 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. ♦

VEGANISM AND ANIMAL RIGHTS:
How Your Diet Affects the Lives of Animals

While there are clear environmental and health benefits to veganism, the most compelling argument for removing animal products from your diet is ultimately an ethical one. Animals — yes, even fish — are complex creatures that are fully capable of experiencing pain and joy. The farm animal industry would certainly like us to ignore this fact, but when we look at the realities farm animals face, it's clear that adopting a vegan diet is the only truly humane choice.

Factory Farmed or Free-Range — Animals Suffer When You Eat Meat

If you're reading this, there's a good chance you're already aware of the horrible conditions — including cramped, unsanitary living quarters, lack of sunlight and persistent disease — encountered in factory farms. While free-range and other supposedly "humane" types of farming are advertised as an alternative to this, in fact they only prove what animal rights activists have known all along — namely that cows, chickens, pigs and other "livestock" are all highly intelligent, social creatures deserving of a long and happy life. If we are to honor this fact, avoiding the use of animal products entirely is the logical choice.

Animal Agriculture Kills Wild Animals, Too

It's not only farm animals that suffer at the hands of the agricultural industry. Each year in the U.S., more than 3 million animals — including endangered species such as golden and bald eagles, as well as domesticated cats and dogs — are killed by Wildlife Services (a federal agency) in an effort to eradicate "nuisance" wildlife that could potentially attack "livestock". These animals are often killed indiscriminately, often in painful, drawn-out ways. The current trend of free-range farming will only mean more collateral damage to animals living freely in nearby areas.

Eggs Aren't Harmless

Taking a stand for animals can't end with cutting out meat. If we are to be truly informed and ethical eaters, it is necessary to understand the harsh realities of egg farming, too. Here are some facts you might not be aware of:

- Hens in industrial farms are forced to lay up to 30 times more eggs than they would naturally
- 95% of all egg-laying hens live out their lives in cramped battery cages, where they are often cruelly de-beaked and frequently suffer from broken bones, hemorrhaging and dehydration
- Every year, 200,000,000 male chicks are killed by the egg production industry — typically by suffocation or ground up alive in industrial macerators

Neither is Dairy

The situation in a modern dairy farm is no less grim. Most newborn calves are forcibly removed from their mothers within 12 hours so that milking can begin. This separation is extremely distressing to both the mother and her calf. They often call for each other for days. Then, the calf will spend the first 2-3 months trapped alone in a small pen and fed a special milk replacer engineered to fatten them up for production as quickly as possible.

Once they are old enough to lactate, dairy cows begin a cycle of forced impregnation that takes an increasingly heavy toll on their bodies. When production declines around age four or five — less than a quarter of their natural lifespan — most dairy cows are unceremoniously slaughtered and sold for meat.

Vegan Diets Save the Lives of Animals

Every day — often without thinking — we make a series of small decisions about the foods we put in our bodies. Recognizing that you alone decide what to eat is the first step in ending animal cruelty. While many people find this intimidating, it can also be empowering.

—This piece is taken from the newly revamped website of the North American Vegetarian Society (NAVS), navs-online.org. The website says: "To learn more about the link between veganism and animal rights issues, keep browsing our website and explore some of the resources we've put together for anyone who wants to make more responsible, humane dietary choices."

NAVS holds Vegetarian Summerfest, an all-vegan conference/festival, every year. It is scheduled for July 5-9, 2017; search vegetariansummerfest.org. ♦

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Rochester Area Vegan Society

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

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

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

Contacting RAVS:

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

(585) 234-8750



RAVS RULES FOR SHARE-A-DISH MEALS

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

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

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

IF YOU ARE NEW TO RAVS

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

MEMBERSHIP BENEFITS

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

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

North American Vegetarian Society

P.O. Box 72, Dolgeville, NY 13329

Tel: (518) 568-7970

Fax: (518) 568-7979

E-mail: navs@telenet.net

Website: www.navs-online.org

Individual membership (annual): \$22

Family membership: \$28

Publication: *Vegetarian Voice*

Vegetarian Resource Group

P.O. Box 1463

Baltimore, MD 21203

Tel: (410) 366-VEGE

Fax: (410) 366-8804

E-mail: vrg@vrg.org

Website: www.vrg.org

Membership (annual): \$25

Publication: *Vegetarian Journal*

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

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

BOOK ORDERS FROM RAVS

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

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

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

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

WE NEED VOLUNTEERS!!

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

Vegan Society Update

by Carol Hee Barnett

As we move towards spring, the Rochester Area Vegan Society continues to draw new people who are interested in learning about the health-changing and life-affirming possibilities of embracing a vegan lifestyle.

RECENT MEETINGS: In November, we welcomed **Karen** and **Michael Budkie** of **Stop Animal Exploitation Now!** for a talk on how to sustain ethical activism. Later in November we had another talk on activism by **Hillary Rettig**. December's meeting was a holiday party in a space provided by RAVS member **Ellie Cherin**. And in January, we were law students for an evening, as we heard Cornell law professors **Sherry Colb** and **Michael Dorf** present philosophical arguments in support of veganism.

UPCOMING MEETINGS In February, we look forward to hearing **Tribe of Heart's James LaVeck** speak on holistic nonviolence; and **Milton Mills, MD** will speak in March on the wonders of the micro biome. In April we will have a fund raiser dinner at the Lodge, catered by **Kitchen Verde**, to support **Rochester River Charter School**.

OUTREACH: In December, RAVS participated in the Metro Justice Alternative Fair. Thanks to staffers **Shelley Adams, Sue Brunsting, Mary (Handy) Cowles, David Daunce, Tina Kolberg, Bruce Manuel, Carol Manuel, Walt McBurney, Joy Vandling, John VanSavage, and Carol Barnett**. Thanks also to **Ellie Cherin, Handy Cowles, Carol Manuel, and Noreen Salerno** for providing vegan baked goods.

In January, **Shari** and **Doug Schmidt** organized two screenings of the powerful new film **"Eating You Alive."** At the Rochester Academy of Medicine on Jan. 8, the following people volunteered to make the event a success: **Caroline Atti, Beth Garver Beha, Sue Brunsting, Jill Brooks, Handy Cowles, Phyllis Fleischman, Kimber Gorall, Tina Kolberg, Daryl Odhner, Maggie Odhner, Olga Tabinsky, Sue Taylor, Ren VanMeenen, and Carol Barnett. Drs. Ted Barnett, Tom Campbell, Kerry Graff, and Mitch Ehrenberg** fielded questions after the film.

A screening at Victor High School later in the month was also a success.

On January 28, **Ted D. Barnett MD** spoke on plant-based diet at CoreLife Eatery in Henrietta.

UR NUTRITION IN MEDICINE is offering a morning event at the NY Wine and Culinary Center on Saturday, Feb. 18, from 8:30AM-1:00PM called "Cooking with Docs: Changing Behavior and Cooking Inspired Plant-Based Meals." The event ends with a dessert demo and shared lunch. Details at urnutritioninmedicine.com

PLANT-BASED DIET course by **Ted D. Barnett, MD** offered again at Highland Hospital, Wednesdays from Feb. 22 - March 29. Register at roclifemed.com

ROCHESTER LIFESTYLE MEDICINE'S CHIP program will be offered at the newly-renovated JCC, with daytime and evening sessions beginning on March 14. For info and to register go to roclifemed.com.

RAVS 2ND NIGHT SEDER on April 11: For the dinner, please bring a vegan dish that satisfies the special seder rules: no wheat products (no wheat pasta, bread, crackers or cookies), except for matzoh and matzoh meal (but no egg matzoh!).

IN MEMORIAM: We are sad to say that Sara Young Gale passed away on November 12, 2016. She was unfailingly kind and gracious and loved to play Scrabble! Our condolences to daughter Katherine DaCosta, and grandchildren Aisha and Kenyatta DaCosta.

We are also saddened by the loss of Mike Berger, who passed away on December 28, 2016. Mike was always an early arrival at meetings in order to help. He was a Korean War veteran and had worked for the Democrat and Chronicle. Our condolences to his wife Selma and sons Larry and Sean.

WELCOME TO THE WORLD to Isaac Charles Williams, born on January 25, 2017 to Jennifer Muniak, MD and Dan Williams. Isaac joins older sister Penelope!

CONGRATULATIONS to Tierra (Tia) Cherelin, daughter of Jennifer and David Cherelin, sister of Pahz and granddaughter of Ellie Cherin, and Grace Conheady, daughter of Elizabeth and Brian Conheady. Tia starred as Charlie and Grace starred as Willy Wonka in "Willy Wonka and the

Chocolate Factory" at School of the Arts in December.

THANKS to Alice Barletta and Donald Hayden for their donation to our vegan poster project. We hope to have posters on Rochester city buses this spring.

PUBLIC LANDS PROJECT We are still accepting donations for this RAVS program. Go to rochesterveg.org for info on this vital program and to donate.

LETTER TO THE EDITOR Thank you to longtime activist Kathy Caldwell for writing to the D&C about the growing consciousness of the cruelty of fur. Her letter was published on 12/13/16.

HETTIE'S DELITES at 1 Public Market has vegan and gluten-free offerings. Open Wed. - Sun. For menu and hours, visit hettiesdelitescafe.com

KITCHEN VERDE was written up as one of five local companies offering healthy prepared food. KV's fresh meals are "whole foods, plant-based, oil-free and vegan." Meals can be ordered by Friday, for pick-up on Sunday at Lorraine's Food Factory, 777 Culver Rd., or for home delivery in Monroe or Ontario Counties for only a \$5 fee. Visit kitchen-verde.com D&C 1/6/17

THE RED FERN on Oxford St. at Park Ave. is a perfect place to start your day with a "healthy organic breakfast," according to the Dec. 2016 issue of Rochester Magazine, a supplement of the *Democrat & Chronicle*.

Fresh PLANT-BASED MEALS are available at Pittsford Wegmans. Ask to have this at your own store!

RIDES TO RAVS MEETINGS If you need a ride to meetings or would be willing to offer a ride, let us know. We currently have a member in Phelps in need of a ride.

RAVS BOARD OF DIRECTORS If you would like to serve or suggest someone, let us know. Ballots are circulated in May.

KEEPING HOPE ALIVE A new community of hope will be meeting monthly on Sunday afternoons at Asbury First United Methodist Church, 1050 East Ave. The goal is to co-create "an environmentally sustainable, socially just and spiritually fulfilling world." Go to pachamama.org and click on "Events" or send an email to Dave Inglis at dri.inglis@gmail.com.

HEALTH CARE FOR ALL The New York Health Act has been proposed to guarantee health care for all New Yorkers. For information visit nyhcampaign.org. ♦

We welcome the following **New Members**: Barbara Barg, Scott Barry, Cathleen Burnham, Brittany Chambers (Contributing Level), David Doktor, Meredith Drake, Jen Fowler, Susan Gage, Gail Keemer, and Sonya Morano. **Membership Renewals**: Sandy Baker & Albert Brock, Juanita Ball (2-year renewal), Felicity & Gerry Brach, Milt Braverman (Contributing Level), Cindy Brickley, Dr. Jill Brooks (additional contribution), Leigh Anne Chandler, Johanna & Michael Connelly, Sue Czapranski, Ann & John Diehl, Glenda Dove-Pellito, Molly Giles & Terry Boothman (Patron Level), Lorri Goergen, Kerry Graff, MD (Patron Level), Jacki & Michael Hagelberg (Sustaining Level), Steve Jarose & Marvin Ritzenhaler, Tina Kolberg, Dvorah Kolko, Patricia Kraus, Gerry & Tim Miner, Jennifer Muniak, MD (Sustaining Level), Janice & David Preston, Norm Sacks, Stacy Salerno & David Petty, Burt Spiller, Staysha Spiller, Abby Stern & David Stern, MD, Sue Taylor and John VanSavage, Jeff Vincent, Tricia Wright. This list is current through 1/31/16. Thank you for your support! Any questions, contact us: rochesterveg@gmail.com or 585-234-8750. ♦

IN THE NEWS

OPPOSITE OF PALEO DIET IS BEST FOR HEALTH A new study indicates that the healthiest diet is high in complex carbohydrates—the exact opposite of a Paleo diet—according to an article published in the Australian online issue of *Business Insider*, a mainstream business journal (Australia has one of the highest levels of meat consumption on the planet). The study sheds new light on fibroblast growth factor 21 (FGF21), a sort of “fountain of youth” hormone produced primarily in the liver. Previous studies have found that FGF21 plays a role in curbing appetite, moderating metabolism, improving the immune system and extending lifespan. The new study indicates that diets high in carbohydrates and low in protein are best in boosting levels of FGF21. The lead author of the study states: “Despite the popularity of high protein Paleo diets, our research suggests the exact opposite may be best for us as we age—that a low protein, high carbohydrate diet was the most beneficial for late life health and longevity.” 9/30/16

MAINSTREAM NUTRITION GROUP CONFIRMS VEGAN DIET IS HEALTHFUL The world’s largest organization of nutrition professionals, the Academy of Nutrition and Dietetics, recently updated its position paper on vegan and vegetarian diets. The abstract states that well-planned vegetarian diets, including vegan diets, “are appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and for athletes. Plant-based diets are more environmentally sustainable than diets rich in animal products because they use fewer natural resources and are associated with much less environmental damage. Vegetarians and vegans are at reduced risk of certain health conditions, including ischemic heart disease, type 2 diabetes, hypertension, certain types of cancer, and obesity.” *Journal of the Academy of Nutrition and Dietetics*, December 2016.

VEGAN DIETS FOR KIDS An article in the *Democrat and Chronicle*, 10/26/16, discusses the problem of parents who give their children a sparse or too-restrictive vegan diet. Their children can suffer as a result, and the sometimes-tragic outcomes can give veganism a bad reputation and do a disservice to those feeding their children a healthy vegan diet. While the article sheds light on a real problem, it also perpetuates the notion that vegan diets are risky, saying that vegan parents must proceed “safely” and “carefully.” In reality, it is animal-based diets that pose a risk for children, setting them up for chronic disease in adulthood and increasing their risk of obesity as both children and adults. (One-third of American

children and teens are overweight or obese: heart.org, updated 7/5/16.) The article states that iron, zinc and calcium are nutrients of concern for growing kids, but adequate intake of those nutrients is assured on a whole-food plant-based diet. Vitamin B12 and vitamin D are also key nutrients vegans must pay attention to. As for B12, vegan kids should take supplements, as should all vegans (B12 is made by bacteria, not animals, and its absence in plant foods is an outcome of modern hygienic practices and not an indication that a vegan diet is anything other than optimal). Regarding vitamin D, persons living in a climate like ours should consider taking supplements, but this applies equally to kids and adults, vegans and omnivores. (And no, cow’s milk does not naturally contain vitamin D—it is added as a supplement.)

Thanks to Nancy Hallowell for this tip.

DAIRY AND PROSTATE CANCER According to a recent meta-analysis, dairy products increase the risk of dying from prostate cancer. Researchers reviewed 11 studies including more than 700,000 participants, and found that those who consumed the most whole milk increased their risk of death from prostate cancer by as much as 50%. *Nutrition Journal* 2016:15:91; *Good Medicine*, Winter 2017.

In 2005, Dean Ornish, MD studied a group of men with early-stage prostate cancer following a regimen of “watchful waiting,” and compared those on a low-fat vegan diet with those on a standard diet. The vegans showed steadily declining PSA scores and none needed surgical interventions during the study period; those on a standard diet showed rising PSA scores and some needed surgery. To read the study, search “dean ornish prostate cancer.”

RISKS OF RED AND PROCESSED MEATS A review recently published in the *Journal of Internal Medicine* (online 9/6/16) found that red and processed meats increase the risk for heart disease, cancer, and other chronic illness. Consumption of as little as 4 oz of red meat a day, and 2 oz of processed meat a day, increased the risk of death from stroke, heart disease, diabetes and cancer. Possible mechanisms for the increased risk including high levels of heme (i.e. animal-sourced) iron, cholesterol (found only in animal products), saturated fats, nitrates and nitrites, and sodium found in these foods. *Good Med.*, Winter 2017

HEALTHY GUT PROTECTS AGAINST DIABETES Diets high in fruits, vegetables, legumes and whole grains can support the health of our microbiome (gut bacteria), whereas Western diets high in fatty animal foods and low in fiber have a negative effect on gut bacteria, increasing inflammation and the risk of obesity and diabetes. To improve gut health, 25 to 38 grams of fiber a day is recommended; fiber

is found in all whole plant foods. *Diabetes Spectrum* 2106; 29:238-244; *Good Med.*, Winter 2017.

PLANT MILK--THE MILK OF HUMAN KINDNESS Congress has proposed a bill asking the US Food and Drug Administration to prohibit manufacturers of plant-based milks from using the name “milk,” stating that this “is misleading to consumers, harmful to the dairy industry and a violation of milk’s standard of identity.” The article on this proposed legislation points out that dairy farmers are struggling with deep cuts in income following a 40% drop in milk prices since 2014, while sale of plant-based products, including some labeled “milk,” has jumped in recent years. *D&C* 12/25/16

A petition circulating on change.org to reject the bill, dubbed the “Dairy Pride Act,” states: “No one is purchasing plant-based milk, cheese, or yogurt because they’ve been tricked ... Consumers are buying plant-based alternatives precisely to avoid consuming dairy! This [proposed law] is part of a trend of well-funded ag interests attacking their plant-based competition, just like when the American Egg Board tried to keep Hampton Creek’s egg-free Just Mayo off the shelves. Dairy alternatives continue to become more popular. On the flipside, dairy itself is struggling. Just this fall, the USDA stepped in to buy \$20 million worth of cheese that the industry couldn’t sell due to lack of demand. ... Big Dairy is now seeking more government help.” You can sign the petition at change.org. Thanks to Nancy Hallowell and Mike Israel for tips on the article and petition.

VEGAN KICKSTART Atlanta is the newest Kickstart city, with the Physicians Committee reporting that “Atlanta Physicians Prescribe Food as Medicine” (*Good Med.*, Winter 2017). Rochester was a Kickstart city in spring 2016; and Rochester physicians continue to prescribe food as medicine. This includes the UR Nutrition in Medicine Program, Rochester Lifestyle Medicine, and many other physicians and health care professionals. For a list of Veg-Friendly Health Professionals in the Rochester, NY Area, visit rochesterveg.org (home page).

PLANT-BASED FOOD LOBBY In early 2016, the Plant-Based Trade Association, the first trade group for the plant-based food sector, was formed to represent this \$3.5 billion industry which “supports human health and the environment.” The association plans to educate retailers, food service professionals, and consumers. Founding board members are Daiya, Follow Your Heart, Miyoko’s Creamery, Tofurky, and Upton’s Naturals; and they are joined by 18 other charter member companies. ift.org, 3/7/16. Thanks to Melaney Bernhardt for this tip. ♦

VEGAN RECIPES!**ENLIGHTENED MISO POWER BOWL**
(Angela Liddon, *Oh She Glows Cookbook*)

This is a fun power bowl recipe that will keep your energy high for hours. Miso is a fermented food that aids in digestion and adds a wonderful umami flavor to foods. If you are new to miso, Orange-Maple Miso Dressing is a great way to incorporate it into your diet. (Serves 2)

1 sweet potato, cut into ½-inch rounds
1½ tsp olive oil or coconut oil, melted
Fine-grain sea salt and freshly ground black pepper
1 cup uncooked quinoa
1 cup frozen shelled edamame, thawed
1 medium carrot, julienned
2 green onions, thinly sliced
¼ cup fresh cilantro leaves, chopped
1 tsp sesame seeds, optional
1 tbsp hemp seeds, optional
½ cup sprouts, optional
Orange-Maple Miso Dressing (see below)

Preheat the oven to 400°F. Line a large rimmed baking sheet with parchment paper. Place the sweet potato rounds on the prepared baking sheet and drizzle them with the oil, rubbing it on both sides to coat. Sprinkle the sweet potatoes with salt and pepper. Roast for 20 minutes, then flip the potatoes and roast for 8 to 10 minutes more, until tender and lightly browned.

Meanwhile, combine the quinoa with 2 cups water (or vegetable broth, if you prefer) in a saucepan and bring to a slow boil. Turn the heat down, cover, and simmer until the water is absorbed, about 15 minutes.

To assemble, divide the cooked quinoa evenly between 2 plates or bowls and season it with salt and pepper. Top with the roasted sweet potato rounds, the edamame, carrots, green onion, cilantro, and, if using, the sesame seeds, hemp seeds, and sprouts. Drizzle with Orange-Maple Miso Dressing and enjoy!

Orange-Maple Miso Dressing (Makes ¾ cup)

3 tbsp light miso
2 tbsp rice vinegar
1 tbsp toasted sesame oil
1 tbsp tahini
¼ cup fresh orange juice
1 tbsp water
1 tsp maple syrup

In a mini or regular food processor, combine all the ingredients and process until well combined. [Ed.: Or whisk by hand.]

NOTE: You can serve this dish on a bed of spinach and/or with steamed broccoli or

other veggies. If you double the recipe for a family, you may not have to double the sauce recipe.

GARLIC ALFREDO SAUCE
(BrandiDoming,thevegan8.com)
(recipe at eatingyoualive.com)

1 medium white onion, chopped
4 large garlic cloves, minced
1 to 2 cups vegetable broth
½ cup cashews
¼ cup nutritional yeast
¼ tsp black pepper
½ tsp salt
1 tbsp lemon juice

Soak cashews overnight if you don't have a high-powered blender. Add one cup of the broth and onion to a large pan over medium-low heat. Add garlic after 2 minutes and cook for about 6 more minutes until onion is very tender, and the broth has evaporated.

Put the onion and garlic into a blender with ¾ cup of remaining broth. Add the rest of the ingredients and blend on high until very creamy and smooth. Add more broth to reach desired consistency, and more salt and pepper if desired.

Serve over preferred whole-grain pasta. Garnish with parsley and lemon zest if desired.

VEGAN MAC AND CHEESE MIX
(Miyoko Schinner, miyokoskitchen.com)
(recipe at eatingyoualive.com)

1 cup cashews
¾ cup nutritional yeast
¼ cup oat flour
¼ cup tapioca flour
1 tbsp paprika
1 tbsp date sugar
2 tsp powdered mustard
2 tsp salt, preferably sea salt
2 tsp onion powder

Add all of the ingredients to a food processor, and process until a powder is formed. There should not be any discernible chunks or large granules of cashews, so this may take 3 to 4 min. of processing. Store in a jar or portion out into 1/3 cup increments and put in ziplock bags. Store in the refrigerator or freezer for up to 6 months.

How to use this mix:

Cook 1 cup of dry macaroni according to package instructions and drain. Combine 1/3 cup mix with 1 cup water or unsweetened nondairy milk in a saucepan over medium-low heat. Whisk well and bring to a boil. Simmer for 1 minute, then toss with hot cooked macaroni.

VEGAN MACARONI AND CHEESE
(Allison Rivers Samson) (Serves 6)
Visit Allison's website,
thedairydetox.com

According to *VegNews*, "This is the best mac 'n' cheese on the planet. End of story."

4 quarts water
1 tbsp salt (or less)
8 ounces macaroni
4 slices of bread, torn into large pieces
2 tbsp + 1/3 cup Earth Balance
2 tbsp shallots, peeled and chopped
1 cup red or yellow potatoes, peeled and chopped
¼ cup carrots, peeled and chopped
1/3 cup onion, peeled and chopped
1 cup water
¼ cup raw cashews
2 tsp sea salt (or less)
¼ teaspoon garlic, minced
¼ teaspoon Dijon mustard
1 tbsp fresh lemon juice
¼ tsp paprika
¼ tsp black pepper
1/8 tsp cayenne

In a large pot, bring the water and salt to a boil. Add macaroni and cook until al dente. In a colander, drain pasta and rinse with cold water. Set aside.

In a food processor, make breadcrumbs by pulverizing the bread and 2 tablespoons margarine to a medium-fine texture. Set aside.

Preheat oven to 350 degrees. In a saucepan, add shallots, potatoes, carrots, onion, and water, and bring to a boil. Cover the pan and simmer for 15 minutes, or until vegetables are very soft.

In a blender, process the cashews, salt, garlic, 1/3 cup margarine, mustard, lemon juice, black pepper, and cayenne. Add softened vegetables and cooking water to the blender and process until perfectly smooth.

In a large bowl, toss the cooked pasta and blended cheese sauce until completely coated. Spread mixture into a 9 x 12 casserole dish, sprinkle with prepared breadcrumbs, and dust with paprika. Bake for 30 minutes or until the cheese sauce is bubbling and the top has turned golden brown.

[Ed.: You may want to make 1½ or 2 times this amount for a family.] ♦



Want to go vegan?

We can help!

rochesterveg.org

LOW-FAT VEGAN RECIPES!

These recipes are not only vegan and oil-free, they contain no naturally high-fat plant foods such as nuts, olives, avocados, or coconut. This diet is recommended by Caldwell Esselstyn, Jr., MD for persons with heart disease who wish to reverse their condition with lifestyle measures. While you may not follow this way of eating 100% of the time, you will enjoy these recipes and you may find them useful for attending our Oil-Free Vegan Group meetings, where we try to avoid oil and also high-fat plant foods. Includes a trio of lentil soup recipes!

BLACK BEAN AND CHICKPEA PASTA SALAD (eatingyoualive.com) (GF)

1 16 oz pkg. brown rice spiral pasta
1 large red bell pepper, diced
1 12 oz pkg. frozen corn
1 can black beans, rinsed and drained
1 can chickpeas
1 cup green olives, sliced
¼ cup olive brine (the liquid olives are packed in)
3-4 cloves garlic (minced or pressed)
¾ cup Mayo, or to taste (recipe below)
2-3 tbsp balsamic vinegar

Cook pasta till just done. Rinse in cold water, and refrigerate until cool. Mix together all ingredients except pasta. Gently fold in pasta and mix well.

Mayo (Makes 1½ cups)

1 12-oz pkg. extra firm silken tofu, drained
1 tsp dry mustard
1 tsp onion powder
½ tsp garlic powder
3 tbsp red wine or balsamic vinegar

Combine all ingredients in a blender and puree until smooth and creamy. Chill till ready to serve. Keeps for at least 1 week, refrigerated.

SWEET POTATO AND LENTIL SOUP WITH SHIITAKE MUSHROOMS

(Serves 4 to 6, maybe)

(Ann Esselstyn, *The Prevent and Reverse Heart Disease Cookbook*)

Ann writes: *This soup is so good Essy and I ate it ALL the first time I made it. If someone is hesitant about plant-based food, this has to be a convincer. Red lentils keep this soup a beautiful orange color. If you don't have leeks, use onions. Serve it alone or over rice with a big green salad.*

1 leek, thinly sliced, white only
6 garlic cloves, minced
2 cups fresh (about 3.5 oz) or dried shiitake mushrooms, sliced (soak dried shiitakes for ½ hour in warm water before slicing)
4 cups low sodium vegetable broth
2 cups water
1½ cups red lentils
1 large sweet potato, scrubbed and diced (skin okay to use)
1 bay leaf
¼ cup basil or more
Pepper to taste
Fresh spinach

In a large pan, stir-fry leek, mushrooms and garlic for 3 to 4 minutes until leeks are soft. Stir in broth, water, lentils, sweet potato, and bay leaf. Bring to a boil, then simmer uncovered until lentils and sweet potatoes are soft, about 30 to 40 minutes.

Remove bay leaf and puree 2 cups of soup until smooth or use an immersion blender; return to pot, stir in basil and pepper to taste. Just before serving, stir in as much as you dare fresh spinach. It will melt in the pot. If you prefer fill individual soup bowls with spinach and spoon hot soup over the spinach. Top with a sprinkle of more fresh basil.

RED LENTIL AND DILL SOUP WITH MINT (Serves 10)(Ann Esselstyn, *The Prevent and Reverse Heart Disease Cookbook*)

Ann writes: *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 so 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 tsp 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 tbsp lemon juice
1 tsp freshly ground black pepper
2 tbsp 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.

TRIPLE LENTIL AND CAULIFLOWER SOUP (Serves 4 to 6)(Alina Zavatsky, veganrunnereats.com, found also at fatfreevegan.com)

1 small onion, diced
1 celery rib, diced
2 medium carrots, diced
3 garlic cloves, minced
Equal amounts of brown, red, and black lentils (see note *) to make 1 cup total
1 cup diced tomatoes, canned or fresh
2 cups cauliflower florets (see note **)
8 - 9 cups of vegetable broth
Cooked rice or any other grain (barley, quinoa, couscous), for serving

Spices:

1 tsp cumin powder
1 tsp turmeric
½ tsp paprika
¼ tsp asafoetida (optional)
½ tsp garam masala (optional)
Salt and pepper to taste

Line a large, heavy-bottomed soup pot or Dutch oven with 2-3 tbsp of vegetable broth. Heat the pot on medium. When the broth gets bubbly, add onions, celery, carrots and garlic. Cook 3-4 min, stirring occasionally, until the vegetables become soft. You may need to add more broth to prevent sticking.

While the vegetables are cooking, bring the rest of the broth to a boil in a separate pot.

Add cumin, turmeric, paprika and asafoetida to the vegetables. Stir to distribute the spices, cook for 1 minute, adding more broth if needed.

Add rinsed lentils, diced tomatoes, and the rest of the hot vegetable broth. Bring to a boil, cover, and simmer over medium-low heat for 20 min, or until the lentils become soft.*** Stir in salt and pepper.

Once the lentils are soft, add cauliflower florets to the pot, cover, and cook the soup for 3 minutes more. (Avoid cooking the soup any longer, as the cauliflower can turn into mush). Take the pot off the heat, stir in garam masala if using. Let the soup cool off for at least 10-15 min before serving. Ladle the soup in individual bowls and top with cooked rice or other grain of choice. Enjoy!

Notes

*If you don't have three different types of lentils available, you can easily use 1 cup of regular, brownish-greenish lentils.

**You can omit cauliflower or replace it with broccoli if you like.

***Red lentils tend to completely disintegrate in this soup, adding to a hearty texture, so in the end you'll only see brown and black lentils floating in the soup. ♦

Letters from the RAVS Coordinators

[The first letter entered a debate about whether cow's milk is a necessary or healthful food.]

To the Editor of the Syracuse Post-Standard (online, syracuse.com):

We'd like to enter the lively debate going on among a dairy farmer, a nutritionist, and the owners of a vegan restaurant, about the use of cow's milk for food.

We haven't eaten animal products, and therefore haven't had cow's milk, for more than 26 years. We are healthy and strong, and what's more, we've raised three vegan children who are healthy and strong (and charming, intelligent, and accomplished—but we're biased).

Kelly Springer, the nutritionist, identifies herself as an "expert in food, diet, nutrition and health issues." One of us (Ted) is a physician and therefore also an expert in health issues. We can provide a long list of physicians and dietitians, all of whom support a completely plant-based diet; e.g., you might want to visit nutritionfacts.org, the website of Michael Greger, MD. There are experts on both sides of this issue, but there's a clear trend in the official guidelines towards placing greater emphasis on plant foods. Ms. Springer cites the official 2015 USDA Dietary Guidelines, but those guidelines state clearly that a vegan diet is a healthy option. Springer also uses the Academy of Nutrition and Dietetics as

one of her authorities; but the Academy's position paper on vegetarian diets states that a completely plant-based diet is adequate for human health, and furthermore that "Vegetarians and vegans are at reduced risk of certain health conditions, including ischemic heart disease, type 2 diabetes, hypertension, certain types of cancer, and obesity." Those are the diseases that kill most Americans.

Springer makes it sound like it takes heroic acts of eating to derive sufficient nutrients from a plant-based diet. Nothing could be further from the truth. Eating a variety of whole plant foods easily satisfies our nutritional needs. And the food is delicious as well! You only need a trip to the Strong Hearts Café to verify that. [The owners of Strong Hearts wrote one of the letters in the exchange.]

[The 2nd letter responded to an interview in the NY Times with Gary Taubes, who has just written a book about sugar.]

To the editor:

The debate about sugar, captured in "If Sugar is Harmless, Prove It" (Opinion, Jan. 25), delivers a strong message: Sugar isn't a health food. We should limit or avoid it. The research supports this, and most clinicians agree.

However, sugar isn't the only problem driving obesity and diabetes rates. A review in the Journal of the Academy of Nutrition and Dietetics finds red and processed meats increase diabetes risk, while leafy greens

and beans stabilize blood sugar. Most fruits and vegetables, combined with a handful of walnuts, stabilize blood glucose, too. This dietary pattern—a plant-based vegan diet—reduces type 2 diabetes risk by 62 percent. It slashes the risk of hospitalization for a heart attack by 32 percent, the risk of prostate cancer by 35 percent, and reduces overall cancer risk by 18 percent. The side effects? Lower blood pressure, lower levels of inflammation, and a lower body weight. As reductionist debates continue, let's focus on what we should eat: whole, plant foods.

Ted D. Barnett, MD

Dr. Barnett identified himself as follows: I am the Founder and Medical Director of Rochester Lifestyle Medicine (roclifemed.com). I am board certified in Diagnostic Imaging as well as Vascular and Interventional Radiology. While I am capable of opening up the arteries of patients with angioplasty and stents, I would much rather that they took their health into their own hands and followed the lifestyle principles that we teach (whole-food plant-based diet, exercise, stress reduction, group support, etc.). We have used the CHIP curriculum in the setting of group medical visits for over a year and have had great success. Diabetic patients have come off their insulin, high blood pressure has normalized off of medication, people have lost weight (without feeling hungry), joints have cooled off, insomnia and depression have resolved. One of our patients was on \$12,000 worth of medication every year and is now off all of it. Lifestyle Medicine is the low-tech cure for our health care woes! ♦

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: _____

- Individual Membership \$20/year
Joint membership, one address \$35/year
Student/Fixed income \$10/year
Joint fixed income \$17/year
Contributing membership \$50/year
Sustaining membership \$75/year
Patron \$100/year
The Vegan Advocate only \$7/year
I am/we are willing to volunteer to help RAVS

Amount enclosed \$ _____. Any amount over basic membership is tax deductible. Please make check payable to Rochester Area Vegan Society.

- I follow a vegan diet.
I am an ovo-lacto vegetarian.
Ornish/Esselstyn (no oil) diet.
I am not yet a vegetarian.

Primary interest in vegetarianism:

- Environment
Animal Rights
Health
Other:

Rochester Area Vegan Society upcoming meetings and events of interest:

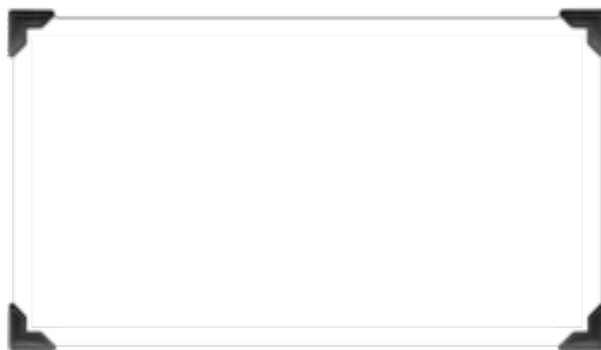
- **February 19, 2017 (3rd Sunday)* Legacy: Nonviolence as the Common Thread of Social Justice Movements** with **James LaVeck of Tribe of Heart** 5:30PM Vegan Potluck, 7 PM Lecture. Brighton Town Park Lodge; details and directions below.
- **February 22, 2017 - March 29, 2017 (six Wednesdays) 6:15 PM - 8:30 PM A Plant-Based Diet** course given at Highland Hospital. More than 500 people have taken this course! Open to health care providers for professional credit, and to the general public. Go to roclifemed.com for more information and to register.
- **February 27, 2017 (4th Monday) Meeting of Oil Free Vegan Group (Esselstyn Rules)** at Buckland Lodge (not our regular lodge), 1341 Westfall Road. 6:00 PM Vegan Potluck Dinner; 7:00 PM Program.
- **March 14, 2017 (Tuesdays) CHIP (Complete Health Improvement Program)** offered by **Rochester Lifestyle Medicine** at the Jewish Community Center, 1200 Edgewood Ave. 18 sessions with medical supervision and continuing support. For info and to register, go to roclifemed.com
- **March 19, 2017 (3rd Sunday)* The Microbiome: How Dietary Fiber and Colonic Bacteria Improve Our Health and Mental Well-Being** with **Milton Mills, MD** 5:30PM Vegan Potluck, 7 PM Lecture. Brighton Town Park Lodge; details and directions below.
- **April 11, 2017 (Tuesday) 24th Annual RAVS 2nd Night Seder** (shared event with Beth Haskalah, Jewish Humanist Group) at Brighton Town Park Lodge, 777 Westfall Road. Doors open 5 PM, Service 6:00 PM followed by vegan share-a-dish dinner. See p. 3 for special rules. Please reserve at 234-8750 or at rochesterveg.org
- **April 23, 2017 (4th Sunday) RAVS Fund Raiser Dinner** to support **The Rochester River Charter School** catered by **Kitchen Verde!** 6:00 PM Dinner. Go to rochesterveg.org to buy tickets; if you are not online, call 234-8750 and we will register you for the event.
- **April 24, 2017 (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.
- **May 21, 2017 (3rd Sunday)* What a Fish Knows** with **Jonathan Balcombe, PhD**, author of book of the same title. This and other books by Dr. Balcombe available for purchase and signing.
- **May 22, 2017 (Monday) T. Colin Campbell, PhD** speaks at the Rochester Academy of Medicine, 1441 East Avenue. Lecture 7:30 PM; Dinner option at 6:00 PM. Optional purchase of books with ticket, or at the door. Go to roclifemed.com or call 234-8750 to buy tickets.

***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



ROCHESTER AREA VEGAN SOCIETY
Box 20185
ROCHESTER, NY
14602