

Our 28th year!

THE **vegan**



advocate

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Rochester, NY USA

A VEGAN DIET
What is it, and Why?

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

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

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

If you want to move in this direction, RAVS can help you. We are here to provide information and support. You do not need to be a vegetarian or vegan to give us a call, to attend our meetings, or to join our group. And you don't need to be a member to attend our meetings: guests are always welcome, and you don't have to reserve beforehand. You only need to follow our "vegan rule" for the dinner meetings (see box on p. 2 for a full explanation), and there is a \$3 guest fee for non-members. Come to a meeting, give us a call at (585) 234-8750, or visit our website, rochesterveg.org. You will find us helpful and welcoming. ♦

PREVENT CANCER, HEART DISEASE AND DIABETES WITH A VEGAN DIET

You may have seen that statement, along with a photograph of plant-based physicians Dr. Kerry Graff and Dr. Ted Barnett posing with veggies, and another photo of a mouthwatering salad, on the side of city buses. It's all part of an 8-week ad campaign launched by the Rochester Area Vegan Society (RAVS) with the help of the city bus company, Regional Transit Service (RTS), and Lamar, its marketing arm.

RAVS applied to RTS to make a public service announcement about the health benefits of a vegan diet, and that application was approved. Beautiful full-color posters with a vegan message will be on the sides of fifteen city buses for 8 weeks, from April 2 to May 27. Because city buses are rotated and cycled through different routes, persons taking the same route every day are likely to see the message at some time, if not several times. RAVS had to pay the cost of producing and mounting the posters, but the rental cost of the space on the buses was donated by RTS.

This project was conceived by members of both RAVS and Animal Rights Rochester (ARRoc). Many thanks to Beth Garver Beha for leading the project; to the RAVS Board of Directors for supporting it; to RAVS members for funding the poster production; to RAVS and ARRoc Action members for brainstorming and honing the message; to Adam Durand for creating the poster image; to Physicians Committee for Responsible Medicine for sharing the photo of the doctors (which was shot for last spring's Kickstart campaign); and to Dr. Joel Kahn for inspiring RAVS with a similar poster that ran in the Detroit area. A special thanks to Debbie Richards of Lamar for working with us, and to RTS for its gift of "real estate" on the buses. If you'd like to express your appreciation, please contact Megan Morsch, Vice President of Marketing and Customer Service, RTS, 1372 East Main St., Rochester, NY 14609; or visit myrts.com and click on "Contact Us" to leave an online message. ♦

DAIRY IS NOT NECESSARY
by George Eisman

At a conference I saw a video made at a farm in England. A cow gave birth to a wee calf; he emerged wet and wriggling. The mother licked her calf, cleaning him off and giving him love.

A pair of hands took the calf, tossed it into the back of a pickup truck which quickly drove away. The camera panned from mother's face to the calf's face -- surprise turning to sadness to panic, desperation, helpless resolve, bleating, crying for the mother and child reunion that will never come.

One will die in a few weeks at the veal pens.

The other goes to the milking parlor sucked dry by machines implanted where her baby's mouth should be.

Until next year when she will be freshened again and the sad divestment will repeat itself, until her body gives out, till she is spent and dragged to the slaughterhouse for our cheap fast food burgers. On that day I divorced dairy.

HAIKU
by Bruce Ross

gray morning
a few black feathers stick out of
the crow

rainy pond . . .
standing erect one duck
waits on the shore

early morning woods—
the young deer just
stares and stares

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Rochester Area Vegan Society

Coordinators:

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

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RAVS Staff:

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

The Vegan Advocate Staff:

Editors: Carol and Ted Barnett

Contributors:

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

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

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

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

Contacting RAVS:

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

(585) 234-8750



RAVS RULES FOR SHARE-A-DISH MEALS

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

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

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

IF YOU ARE NEW TO RAVS

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

MEMBERSHIP BENEFITS

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

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

North American Vegetarian Society

P.O. Box 72, Dolgeville, NY 13329

Tel: (518) 568-7970

Fax: (518) 568-7979

E-mail: navs@telenet.net

Website: www.navs-online.org

Individual membership (annual): \$22

Family membership: \$28

Publication: *Vegetarian Voice*

Vegetarian Resource Group

P.O. Box 1463

Baltimore, MD 21203

Tel: (410) 366-VEGE

Fax: (410) 366-8804

E-mail: vrg@vrg.org

Website: www.vrg.org

Membership (annual): \$25

Publication: *Vegetarian Journal*

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

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

BOOK ORDERS FROM RAVS

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

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

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

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

WE NEED VOLUNTEERS!!

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

Vegan Society Update

by Carol Hee Barnett

The Rochester Area Vegan Society is grateful to be busy spreading the word about the many benefits of plant-based diet.

MEETINGS/PROGRAMS

At our February meeting, **James LaVeck** and **Jenny Stein**, the **Tribe of Heart** filmmakers, visited us and James gave a compelling talk about the thread of conscience common to all social justice movements. **Sarina Farb** also spoke about her work in helping to launch the new platform Global Tribal Cinema, where all of Tribe's films and other materials can be viewed free and in several languages. Thanks also to Kitchen Verde for donating food at this meeting; visit kitchen-verde.com to place your order for reasonably priced whole food vegan meals, for pick-up or delivery anywhere in Monroe or Ontario counties!

At our March meeting, **Milton Mills, MD** spoke about the wondrous complexity of our intestinal gut bacteria (the "microbiome"), which are best fostered by a completely plant-based diet, what Dr. Mills calls "prebiotics," better than any probiotics in a capsule. In April we had a 2nd night seder (Passover celebration) shared with **Beth Haskalah**, the Jewish humanist group. Later in the month we had a fund raiser catered by **Kitchen Verde** to raise money for the **Rochester River Charter School**, and heard an update from school co-founder **Joel Helfrich**. Visit rochesterriverschool.org

We had Oil-Free Vegan Group meetings in February and April. Thanks to **Liz Tierney** for presenting the program in February, on the topic of the best personality type to stick with a vegan diet.

We look forward to a program by ethologist (animal scientist) **Jonathan Balcombe, Ph.D.** in May, as well as a lecture by T. Colin Campbell sponsored by Rochester Lifestyle Medicine. In June, we'll have a talk on planetary healing with **Anthony Marr**, and a cooking demo with dietitian **Marty Davey!** We'll have picnics in July and August. Also consider attending the Vegetarian Summerfest in July, and our

own Rochester VegFest on Saturday September 16. See the calendar on page 8.

OUTREACH:

In February, **Ted Barnett, MD** provided instruction in plant-based nutrition for yoga teacher trainees at Grounded by Yoga studio in Bloomfield, food samples and recipes by **Carol Barnett**.

In March, **Carol Barnett** staffed a table for RAVS at a Great American Meatout event at U of R. **Carol Barnett** also joined **Tina Kolberg** to discuss vegan diet and ethics with Veganomics, the vegan club at Brighton High School. In April, RAVS staffed a table at Nazareth College's Wellness Fair: thanks to **Handy Cowles**, **Elizabeth Jedynak**, **Mary Jedynak**, and **Carol Barnett**. **Carol Barnett** also staffed a table at the Sierra Club's annual Environmental Forum.

PLANT-BASED PROGRAMS:

Rochester Lifestyle Medicine gave its 6-week Plant-Based Diet course twice already in 2017, once at the JCC and once at Highland Hospital. RLM launched two new sessions of the Complete Health Improvement Program (CHIP) at the JCC starting March 14, and in April RLM opened its new offices in Brighton Campus Park at 2024 W. Henrietta Rd., Building 5A, Rochester, NY 14623, (585) 484-1254.

The **UR Nutrition in Medicine Program** begins a new 8-week Lifestyle Intensive Program on Tuesdays and Thursdays starting May 9.

WE MOURN THE PASSING of long-time RAVS member **Curt Fey**, who died in March. Our condolences to his widow Marion and to his family.

STOP ANIMAL EXPLOITATION NOW: **Michael** and **Karen Budkie**, who spoke to RAVS in November 2016, filed a complaint through their non-profit group **SAEN** against Liberty Research, a facility in Waverly, NY which breeds and raises cats and dogs for use in research. Citing the deaths of several kittens, SAEN asked that Liberty be not only fined, but also shut down. Visit saenonline.org. *Democrat & Chronicle*, 4/9/17

NEW VEGAN CAFÉ OPENS! Visit **Everyday Gourmet Bakery and Café** at 16 E. Main St., Sodus, NY 14551. Go to: <https://www.facebook.com/EverydayGourmetBakery/> Open Wed. thru Sun., 7 AM - 2 PM, (315) 483-9350.

BLUEBIRD HARVEST is a new kind of farm share, offering a modified CSA and grocery delivery service to provide local farm products at reasonable prices in a flexible and customer-friendly way.

BH provides produce from local and NY state farmers ("local first") and also works with local wholesalers to provide out-of-season items from national farmers. Local goods such as Flour City Bread, Amazing Grains, and Chai Guy are available.

Customers place orders online and can customize the order by substituting up to 5 items on the menu. There are different box size options (S-M-L for \$25, \$30, \$35), and you can pay as you go (don't need to sign up for a whole season). Bluebird Harvest delivers free within 25 miles of its warehouse and has a booth at the Rochester Public Market. And it is working with companies such as Constellation and MVP to drop off orders for their employees.

IN ABUNDANCE: **Abundance Cooperative Market** had the grand opening for its new store at 571 South Ave. on Earth Day! Abundance tripled its floor space and added a 48-space parking lot, in one of Rochester's most popular neighborhoods. *City Newspaper* 4/26/17

VEG BRUNCH: *Rochester Magazine* recently profiled delicious brunch options in Rochester, including vegan options at **The Red Fern** and **The Owl House**.

PLANT-BASED HEALING: We have it on the best authority that Beck, of Kimberly and Beck (on FM 95.1), is trying a plant-based diet along with his partner Tina, a nurse at U of R who had a recent heart episode and wants to try lifestyle measures. We hope they fare well!

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

We welcome the following **New Members**: Ed Austin; Linda & David Benjamin (Sustaining Level); Dom Bovenzi; Mary Callaway; Emily Casey; Kevin Crane & family; Vincent Criscuolo & family; Marcia & David Gann; Chris Giordano; Stephen Heffron; Judy & Chris Hysek; Michael, Merilyn, & Dr. Robert Israel; Elizabeth, Rafal & Mary Jedynak; Joan Lehman; Allison Murphy; Joan Parham; Andrea Petraglia (Patron Level); Audrey Perry; Sandy & Byron Rubin. **Membership Renewals**: Stacy & David Amato, Carol & Dr. Ted D. Barnett, Beth Garver Beha, Honey Bloch, Eileen Brophy, Bill Bross, Jeanette Burke & Todd Tarzia (Contributing Level), Vernon Cain & family, Ellie Cherin (Sustaining Level), Elizabeth & Brian Conheady (Contributing Level), Maryann Connolly (2-year renewal), Ann Dahlkemper, Jane Dorsey, NP (Sustaining Level), Margie Driscoll, Phyllis Fleischman, Tom Fronczak, Pam Gabryel, Kimberly Gorall (Contributing Level), Ruth & Bill Grace, Mary Khazak Grant, Nancy Hollowell & Winton Brown, Kathryn Hankins (Contributing Level), Barbara Hellman, Meg & Jack Hurley (Contributing Level), Deb Kiba, Lisa Marulli, Ann McCulloch (2-year renewal), Lucille O'Brien (2-year renewal), Maggie Odhner, NP & Daryl Odhner (Patron Level), Elaine O'Neil, Rebecca Ott, Jill Pearce & Terrance Bellnier (Contributing Level), Sister Lucetta Serçu (2-year renewal), Janet Siegel, Martha Sullivan (Patron Level), Liz Tierney, Annette VanSavage. **Newsletter Subscription**: Judith Weiner. This list is current through 5/1/17. Thank you for your support! Any questions contact us: rochesterveg@gmail.com or (585) 234-8750. ♦

Remembering George Eisman

Early in the morning of Sunday April 23, a beautiful day in both Rochester and Watkins Glen where he resided, our friend George Eisman, a legend in the vegetarian and vegan movement, passed away. Here is an excerpt from George's obituary:

A remarkably kind man and a natural teacher, George was a pioneering vegan nutritionist. He taught the first college level vegan nutrition course in the U.S. at Miami-Dade College in Florida, and co-founded the Vegetarian Nutrition Practice Group of the Academy of Nutrition and Dietetics. In addition to his work as a registered dietitian and public health nutritionist, George was a passionate advocate for more fair food supply systems around the world, issues he explored in his book *The Most Noble Diet* (1994). He was a great supporter of local, organic, and especially veganic farmers. In his public talks and in everyday life, George gently enlightened thousands about the health, environmental, and ethical consequences of our food choices. . . . He was deeply curious about the world around him and many people say that they always learned something new from every talk with George. His legacy is a strong foundation for the vegan movement and the deep gratitude of those who strive for a better world through compassion for all of its inhabitants, human and animal. . . . The world has lost one of its kindest souls. Contributions in George's memory may be made to Wildkind Care wildlife rehabilitation facility, P.O. Box 465, Montour Falls NY 14865.

George was a special friend and supporter of the Rochester Area Vegan Society. From the early days of our organization, George provided the program at RAVS meetings whenever we asked, giving lectures on multiple nutritional and ethical topics. George spoke to us fourteen times over the years RAVS has been in existence!

In recent years George became ill from lung cancer (and for those who wonder, George was never a smoker and so was one of those baffling cases with no explanation). George continued to lecture on vegan ethics and on the power of vegan nutrition to prevent cancer and other diseases, because he knew scientific data supported that position, regardless of his own health challenges. As recently as September 2016, George spoke at our RAVS meeting, giving a tour de force lecture on vegan nutrition. Some people who were present told us it was the best RAVS program they had ever attended. George kept on delivering his message, with his usual comprehensiveness and clarity, and for as long as he could. We like

to think that doing so gave him as much strength as it took from him.

Those who knew George or heard him speak were acquainted with his dry sense of humor. He never used it as a weapon against others, though occasionally he teased himself, as when he joked that if he signed one of his books, that would make it worth less. The reason the joke worked is that George was fully aware, as we all were, of his own value. We will miss him, but his work will live on.

The Legacy of George Eisman

George was involved in the vegan movement since 1982, and it is eye opening to see how, at an early date, he formulated positions that are just as relevant today. George's landmark work, *The Most Noble Diet*, combined his perspectives as a geographer and a nutritionist, to set forth a vision of the world in which our food choices matter, not just to animals, but to our global neighbors who are affected when we buy cash crops that take away arable land from subsistence farming.

Here are some excerpts from the 4th edition of *The Most Noble Diet* on the ethics of eating. These words were written in 1994 (and probably go back to the earlier editions of the book), but they are as fresh and trenchant, and as urgent, as if they were written today. After describing the conditions which animals suffer raised on factory farms, and during transport and slaughter, George writes:

“Responsibility for these deaths ought to taint the taste of omelets, cheese soufflés, and milkshakes for every consumer with a conscience.

Vegans, or ‘pure’ vegetarians, generally believe that we as ethical human beings have no right to kill or harm other animals unnecessarily. Thus, vegans are the epitome of nonviolence in their dietary practice. Just as we recognize the rights of other human beings of a different nationality, race, gender, intelligence level, or sexual preference to live free of exploitation, vegans maintain that all sentient beings should be allowed to live without exploitation. . . . Indeed, characteristics such as intelligence, awareness, and altruism exist in a continuum, with individuals from other species having a greater capacity for these abilities than some humans. Even so, these criteria should not matter in our interactions with others. . . .

Although the human species obviously has the might to claim superiority over the rest of the animal kingdom, our ability to inflict suffering and exploit the weaker for our own benefit

does not make it morally right. Would we follow the same diet if each one of us had to slash the throat of an animal we knew, whom we had raised from birth? Should we feel comfortable paying others to do the killing, so we do not have to see it or think about it?

Vegans are often accused of being naive to the fact that life is cruel and that other animals kill in nature. (There is nothing “natural” about a factory farm, however.) But the truly superior human beings have always based their actions on compassion for all. As moral beings, it is possible, even imperative, for us to live without intentionally contributing to the suffering of the animals with whom we share the world. Justice demands no less.”♦

Allison Rivers Samson has written a “How to Go Vegan Guide” which addresses such questions and issues as:

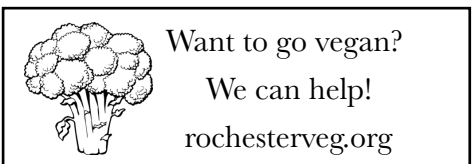
- Is it hard to go vegan?
- Is vegan the same as gluten-free?
- Easy tips for label reading.
- Vegan starter kits and guides.
- How will I live without cheese?
- Will eating vegan limit my food choices?

Allison writes: “BEING vegan isn't hard, but GOING vegan can be. Guidance can make all the difference.” Find her guide, and a wealth of recipes, tips and wisdom, at allisonriverssamson.com

For another vegan starter kit with a multitude of useful and informative links, go to vegankit.com. Thanks to Animal Rights Rochester, arroc.org for calling this to our attention. You should also visit their website for an almost unending font of information on animal issues and events.

The Vegetarian Resource Group (vrg.org) has been providing guidance for vegans since 1982. VRG just formed a vegan parents FB page. <https://www.facebook.com/groups/VRGparentsandkids/> is intended to be a group that offers support for families raising children on vegan diets, and for vegan kids.

In preparation for our bus poster ad campaign (see page 1), RAVS put loads of practical information about going and staying vegan on our website. Visit rochesterveg.org and “Click here to learn how to go vegan!” ♦



RECIPES FROM FAVORITE WEBSITES

Isa Chandra Moskowitz is one of our favorite cookbook authors, with such titles as *Vegan with a Vengeance* and *Isa Does It*. Here is a recipe from isachandra.com (formerly theppk.com).

GREEN BEAN CASSEROLE (isachandra.com) (Serves 8 to 10)

1 cup raw cashews, soaked in water for at least 2 hours and drained (skip the soaking step if you have a Vitamix or other high speed blender)
3 cups vegetable broth, purchased or homemade
½ cup all-purpose flour
2 tablespoons nutritional yeast flakes
2 tablespoons olive oil

1 pound green beans, trimmed and cut into 2-inch pieces (about 4 cups)
1 small onion, finely chopped
1 teaspoon salt, plus a pinch
4 cups sliced cremini mushrooms
1 tablespoon onion powder
Freshly ground black pepper
1 (6-ounce) can fried onions

Preheat the oven to 375°F. Lightly grease a 9-by-13 inch casserole dish.

Combine the cashews, broth, flour, and nutritional yeast in a blender. Puree until completely smooth; this can take up to 5 minutes depending on the strength of your machine. Periodically stop the machine to prevent it from overheating, and scrape down the sides of the blender jar with a rubber spatula make sure you get everything.

Meanwhile, heat a large sauté pan over medium-high heat. Heat the olive oil, then sauté the green beans and onion with a pinch of salt until the green beans are softened, about 5 minutes. Add the mushrooms and sauté 7 to 10 minutes more. The mushrooms should have released most of their moisture.

Add the blender mixture to the pan, along with the onion powder, remaining 1 teaspoon salt, and a few grinds of black pepper. Cook, stirring often, until thickened, about 10 minutes. Add half of the fried onions.

Transfer the green bean mixture to the casserole and top with the remaining fried onions. Bake until browned and bubbly, 22 to 25 minutes. Let cool for a few minutes before serving.

Ed. note: Persons following a whole food plant-based diet could sauté the vegetables in wine, salt-free vegetable broth, or water instead of olive oil. I would also cut back the salt to ¼ or ½ tsp.

Robin Robertson is another favorite cookbook author of ours, especially her series, *Quick-Fix Vegetarian*, *Quick-Fix Vegan*, and *More Quick-Fix Vegan*. Here is a recipe from robinrobertson.com

CORN AND SUMMER SQUASH BAKE (robinrobertson.com) (Serves 6)

This is a vegan hybrid of two Southern dishes, corn pudding and summer squash bake. You could probably substitute zucchini for the summer squash.

2 cups chopped yellow summer squash
½ cup minced onion
Salt and ground black pepper
3 cups frozen yellow corn, thawed, divided
2 tablespoons nutritional yeast flakes
2 tablespoons cornstarch
½ teaspoon baking powder
½ teaspoon onion powder
¼ teaspoon turmeric
¼ teaspoon smoked paprika
1 tbsp ground flax seed + 2 tbsp warm water
¼ cup nondairy milk
2 tablespoons minced jarred pimiento or roasted red bell pepper
1 tablespoon chopped fresh parsley
1/3 cup panko bread crumbs*
1/3 cup shredded vegan cheddar (optional)

Preheat the oven to 425 degrees F.

Spread the yellow squash and onion on a baking sheet lined with parchment paper. Spray lightly with cooking oil spray and season with salt and pepper to taste. Roast until the vegetables are soft, about 15 minutes. Remove from the oven and set aside to cool. Lightly oil an 8-inch baking pan and set aside.

In a food processor, combine the cooled squash and onion with 1 cup of the thawed corn kernels. Add the nutritional yeast, cornstarch, baking powder, ½ teaspoon salt, onion powder, turmeric, paprika, black pepper (to taste), flax mixture, and nondairy milk. Process until smooth and creamy.

Transfer the mixture to a large bowl and stir in the pimientos, parsley, and remaining corn kernels. Mix until well combined. Transfer the mixture to the prepared baking pan, using a spatula to evenly spread it in the pan. Sprinkle the top with panko and shredded vegan cheddar, if using. Bake for 30 minutes or until set. Let it cool for about 10 minutes before serving.

*Ed.note:.. When shopping for the panko bread crumbs, read the ingredients list, as not all brands are vegan.

Forks Over Knives offers easy whole food, plant-based, oil-free recipes.

CURRIED TOMATO LENTIL SOUP (SHORBA ADDIS) (Jason Wyrick, forksoverknives.com) (Serves 3)

½ yellow onion, diced
1 small carrot, diced
1 teaspoon freshly grated ginger
3 cloves garlic, minced
1 tablespoon curry powder or berbere
1 teaspoon fenugreek seeds
2½ cups vegetable broth
¼ cup tomato paste
¼ cup brown or green lentils
1 Yukon Gold potato, diced
¼ cup whole-wheat orzo pasta

Over medium-high heat, sauté the onion until it is brown. Reduce the heat to medium. Add the carrot, ginger, garlic, curry powder, and fenugreek, sautéing them for about 1 minute. Add the veggie broth and tomato paste, stirring until the tomato paste is thoroughly combined with the broth. Bring the soup to a simmer. Add the lentils and stir. Once the soup comes back to a simmer, cover the pot and reduce the heat to low. Cook the soup for 20 minutes. Add the potato and orzo; cook the soup, covered, for 5 more minutes.

PENNE WITH TOMATO-MUSHROOM CREAM SAUCE (Del Sroufe, forksoverknives.com) (Makes 11 cups)

12 ounces whole-grain penne pasta
1 medium yellow onion, diced
1 pound mushrooms, trimmed and sliced
4 cloves garlic, minced
2 teaspoons dried thyme
1 (28-ounce) can San Marzano crushed tomatoes
1 cup unsweetened, unflavored plant milk
1 cup chopped fresh basil
Salt and freshly ground black pepper

Bring a large pot of water to a boil. Cook the penne according to the package instructions. Drain well in a colander and set aside.

Meanwhile, sauté the onions and mushrooms in a large saucepan over medium heat, stirring occasionally, until the onions start to turn brown and translucent, 7 to 8 minutes. Add water 1 to 2 tablespoons at a time as needed, to keep the vegetables from sticking to the pan.

Add the garlic and thyme, and cook for 1 minute. Add the crushed tomatoes with their juice and simmer, stirring occasionally, for 10 minutes. Add the plant milk, the cooked pasta, and the basil; season with salt and pepper to taste, and toss until well coated. Taste and adjust the seasoning. Cook until heated through, about 1 minute. Serve hot. ♦

Organic Community Supported Agriculture (CSA's) in the Rochester, NY Area, Spring 2017

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

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

“CO” after the name means Certified Organic
“FP” means NOFA-NY Farmer’s Pledge.

Andy’s Specialty Garden and Produce CSA (CO)

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

B&C Christ Farms

Kendall, Orleans County
bcchristfarms.com
irishcindy57@aol.com
(585) 733-8104
Pick up at Greece Ridge FM, Pittsford FM, or at the farm

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

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

Bluebird Harvest

“Modified” CSA (customizable)
bluebirdharvest.com
See write-up page 3

Bubbaloo Farm

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

Buzz’s Garden (FP)

Honeoye Falls/Mendon, Monroe Cty
buzzsgarden.com
buzzsgarden@gmail.com
(585) 953-2383
Pick-up points at these Farmers Markets: Brighton, Mendon, Fairport
Market style, 100% choice, U-Pick

DeConinck Farms CSA

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

Fellenz Family Farm (CO)

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

Fisher Hill Farm CSA

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

Fraser’s Garlic Farm (CO)

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

G&S Orchards CSA

Walworth, Wayne County
gandsorchards.com
gcraft@rochester.rr.com
(315) 524-3823
Fruits and vegetables or fruit only share

Gobblers Ridge (CO)

Portageville, Wyoming County
On FB, Twitter (@GobblersRidge) & Instagram (@gobblersridgeorganic)
momel0679@aol.com
(585) 329-3947
Pick up Wednesday at Geneseo, Warsaw, or at the farm

Good Food Collective

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

at workplaces and at various community locations.

Greens and Beans CSA (FP)

Penn Yan, Yates County
greensandbeanscsa.com
info@greenandbeanscsa.com
(315) 595-6137
Pick up in Rochester, Canandaigua, or at the farm

Growing Family Farms (CO)

Spencerport, Monroe County
growingfamilyfarms.com
growingfamilyfarmscsa@gmail.com
(585) 301-5926
Pick up at Brighton FM and at the farm
Box share and full-choice options

Kirby’s Farm Market CSA

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

Lagoner Farms

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

Lakestone Family Farm CSA (CO)

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

Lori’s Market Basket CSA

(different from Lori’s Natural Foods)
Holley, Orleans County
Search on localharvest.org and on FB
(585) 638-8940
Pick up at Greece Ridge Market or at the farm in Holley

LOV Farms CSA

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

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

Markwood Acres CSA
Medina, Orleans County
markwoodacres.com
markwoodacres@gmail.com
(585) 329-3680
Pick up in Rochester (Birch Crescent) or
at the farm in Medina; home delivery for
a small fee (send address for quote)

McCracken Farms CSA
Sweden, Monroe County
mymccrackenfarms.com
mccrackenfarms@gmail.com
(585) 507-6475 or 469-0918
Pick up in Rochester or at the farm in
Sweden

Mud Creek Farm CSA (FP)
Victor, Ontario County
mudcreekfarm.com
ruth@mudcreekfarm.com
(585) 317-9116
Pick up at the farm on Cherry St. in
Victor; membership includes access
access to large pick-your-own section

Peacework Organic CSA (CO)
Newark, Wayne County
peaceworkcsa.org
info@peaceworkcsa.org
(315) 398-4007 or (585) 442-1364
Pick-up in Rochester at Abundance Coop
or at the farm in Newark
SNAP benefits accepted
Winter shares from Blue Heron Farm

Porter Farms (CO)
Elba, Genesee County
porterfarms.org
porterfarmscsa@gmail.com
(585) 757-6823
Over 10 pick-up points throughout the
region; for every 15 paid shares, Porter
Farms will donate a free share to a non-
profit or faith community

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

Small World Food (FP)
smallworldfood.com
info@smallworldfood.com
Local, organic, worker owned
Baked goods and fermented foods
May offer a CSA in 2016; otherwise
foods available from local vendors

Stewart's Family Farm
Howard, Steuben County
Search on localharvest.org and FB

Sunscape Farms CSA
Penfield, Monroe County
sunscapefarms.com
nate@sunscapefarms.com
(585) 406-3443
Pick up at Creek St. farm stand

Wickham Farms CSA
Penfield, Monroe County
wickhamfarms.com/CSA
csa@wickhamfarms.com
office@wickhamfarms.com
(585) 377-3276
Pick up at the farm or “Grab and Go”
smaller shares available at various sites

Wild Hill Farm (farmer Erin Bullock)
2176 Elton Road
Bloomfield, Ontario County
wildhillfarm.com
erin.dandelion@gmail.com

Windy Meadow Farms CSA
Walworth, Wayne County
windymeadowfarms.com
info@windymeadowfarms.com
(315) 576-8918 ♦

APPLICATION FOR MEMBERSHIP IN THE ROCHESTER AREA VEGAN SOCIETY

P.O. BOX 20185, ROCHESTER, NY, 14602-0185
(585) 234-8750, rochesterveg.org, rochesterveg@gmail.com

Membership in the **Rochester Area Vegan Society** is open to all vegetarians, as well as to those who support the goals of vegan living and the society. You do not have to be vegan to join our group. You just have to eat like one when you are with us. Members are entitled to admission to monthly events, and discounts on the purchase of books and other material available from RAVS. Members receive *The Vegan Advocate*, published four times a year, plus periodic notification of events. Members are eligible for half-priced membership in the **North American Vegetarian Society** which includes a subscription to the *Vegetarian Voice* and in the **Vegetarian Resource Group** which includes a subscription to the *Vegetarian Journal*.

Name (s): _____ Date: _____

Address: _____

Phone(s): _____ email: _____

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

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

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

Primary interest in vegetarianism:

- Environment
- Animal Rights
- Health
- Other:

Rochester Area Vegan Society upcoming meetings and events of interest:

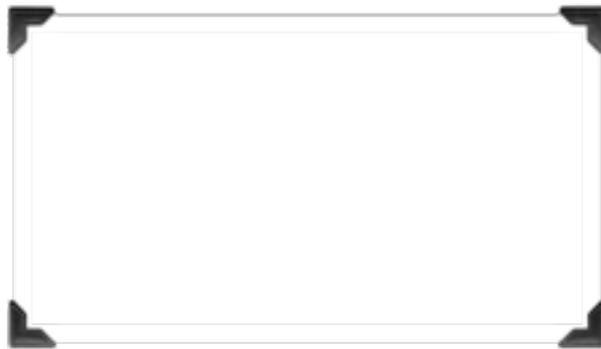
- **May 21, 2017** (3rd Sunday)* **What a Fish Knows** with **Jonathan Balcombe, PhD** of the Humane Society Institute for Science and Policy. Dr. Balcombe's book of the same name will be available for purchase and signing.
- **May 22, 2017** (Monday) **T. Colin Campbell, PhD** speaks on **Nutritionism vs. Wholism** at the Rochester Academy of Medicine, 1441 East Avenue. Lecture 7:30 PM; Dinner option at 6:00 PM. Go to roclifemed.com or call 234-8750 to buy tickets.
- **June 4, 2017** (Sunday) **How to Save a Million Species at a Time** with **Anthony Marr**, on his nationwide **Journey of HOPE Tour (Heal Our Planet Earth)**. Time and venue to be announced on rochesterveg.org (click on "Events") or call 234-8750. Do not miss the opportunity to hear this wonderful speaker who has received the Henry Spira Grassroots Animal Activist Award!
- **June 18, 2017** (3rd Sunday)* **LaDiva Dietitian Does Rochester!** Cooking demo and food samples from the Doyenne of Dishing It Out! Followed by Q&A with **Marty Davey, RD**.
- **June 26, 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
- **July 5-9, 2017** (Wednesday- Sunday) **Vegetarian Summerfest** at University of Pittsburgh in Johnstown. Child care available; weekend package available. Visit vegetariansummerfest.org for details on program and to register.
- **July 16, 2017** (3rd Sunday) **2:00 PM Summer Picnic** at the home of Ted and Carol Barnett, 117 Lyons Road, Rush, NY 14543. Bring a **vegan** dish to pass and a place setting for yourself; bring lawn games and musical instruments if you like. Rain or shine.
- **August 20, 2017** (3rd Sunday) **2:00 PM Summer Picnic** at the home of Kimber Gorall, 15 Peachtree Lane, Pittsford, NY 14534. Kimber's house is on the canal! Peachtree Lane is off Marsh Road, just north of the canal in Bushnell's Basin. Bring a **vegan** dish to pass, a place setting for yourself, and a folding chair if you have one. If rain is threatened: call the RAVS hotline (234-8750) on Sunday, to see if the picnic has been rescheduled (message will be posted by noon), or consult RAVS website or FB.
- **September 16, 2017** (Saturday) First **Rochester VegFest!** At Martin Luther King, Jr. Memorial Park. Stay posted on rocvegfest.org. The RAVS August newsletter will also have more details.

*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 the "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.

Hear the latest from our events calendar, 24 hours a day! Call 234-8750



14602
ROCHESTER, NY
Box 20185
ROCHESTER AREA VEGAN SOCIETY