

Our 29<sup>th</sup> 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. ♦

**HAPPINESS AND SELF-EMPOWERMENT THROUGH A VEGAN LIFESTYLE!**

That was the title of a presentation given at Vegetarian Summerfest by Miyoko Schinner, famous these days as the creator of Miyoko's Creamery vegan cheeses.

Schinner has been active for decades in the world of vegan food—with a restaurant, a food company, and cookbooks dating back to the 1990's. She says that she used to think that food was frivolous, but "I don't think that way any more." She says we are in "the Age of Food," a critical point in history where we can save the planet or destroy it, on the basis of what we put into our mouths.

Schinner says there are five ways that being vegan can lead to happiness.

**Health:** There is an ongoing debate on whether to use the word *vegan* or the phrase "whole food plant-based" (WFPB), but Schinner likes "whole food *vegan*"; she points out that people all over the world know the meaning of "vegan" but are confused by "plant-based."

Every day, new studies confirm the health benefits of being vegan. But a vegan diet isn't just about personal health: it affects the health of the planet and the survival of all its living creatures. Globally, 33% of arable land is used for livestock. One acre can produce 53,000 pounds of potatoes, 5,000 pounds of rice, or 137 pounds of beef. If we grow plant foods, we can feed everyone and save the planet in the process.

**Liberty and freedom:** People talk about being "free to eat what I want to eat"; but in fact contemporary Americans are heavily influenced in making their food choices, by everything from the federal school lunch program; federal subsidies (80% of which go to meat and dairy); federally mandated "checkoff" programs which entangle government and agribusiness in promoting animal products; and federal programs using taxpayer dollars to kill wildlife at the behest of animal farmers and ranchers. You liberate yourself from the influence of government, schools and corporations by vegan choices that protect your heart, the animals, and the land.

We all love farmed animal sanctuaries, but few people are able to have one. Schinner says you can create your own

sanctuary by eating vegan: "you're already saving the animals."

**Altruism and Compassion:** You can't be happy as long as you cause harm to others. We're all interconnected, and compassion leads to happiness, especially the active compassion that refrains from killing animals or paying others to kill them on our behalf, in order to eat them.

**Self-Empowerment and Sense of Purpose:** When you are vegan, your life becomes a form of activism that is going to change the world: "it's the most powerful thing in the world." In June 2016 China announced a goal to reduce beef consumption by 50%. Schinner gives examples of mainstream companies buying up vegan food companies—Tyson bought Beyond Meat, General Mills bought Kite Hill, and Danone, maker of Dannon yogurt, bought White Wave and Silk—and says "where the money goes is where the future lies." [Note: Schinner also did a session on vegan entrepreneurship at Summerfest!]

**Community:** The beauty of veganism is that it's a global community: "the most inclusive club in the world." Schinner says: "we extend the membership to you" and "we want the entire world to join." Vegans have a shared vision and a shared purpose for living. And Schinner is an optimist with a warm heart. She says that most people want to do the right thing; and when we approach others who are not yet vegan, we should do so with compassion, not judgment, because "that is what works." ♦

HAIKU  
by Bruce Ross

old pond . . .  
in the shallows, the plump kingfisher  
asleep on a snag

late summer dampness - -  
a chipmunk spins around  
on the woodland trail

morning sprinkles . . .  
a whole slug family crosses  
the country road

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## Rochester Area Vegan Society

### Coordinators:

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

### Board of Directors:

Shelley Adams	Leena Isac
Carol Hee Barnett	Ken McBride
Ted D. Barnett	Daryl Odhner
Beth Garver Beha	Ted Potter
Ellie Cherin	Barbara Savedoff
Kimber Gorall	Joy Vandling
Nancy Hallowell	

### RAVS Staff:

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	Ted Potter
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### *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 busy spreading the word about the many benefits of plant-based diet; and the world seems to be more receptive to this message every day.

### MEETINGS/PROGRAMS

At our May meeting, **Jonathan Balcombe, PhD** spoke on the sentience of fishes: "What a Fish Knows." The next night many of us heard **T. Colin Campbell, PhD** speak on wholism vs. reductionism, at a lecture sponsored by Rochester Lifestyle Medicine. In June, **Marty Davey, RD** (a.k.a. **LaDiva Dietitian**) entertained us with a cooking demo featuring fruits and veggies from farmers markets. We also had two special meetings in June featuring **Anthony Marr**, who is on his **H.O.P.E Tour** (Heal Our Planet Earth). Thanks to **Elizabeth Pixley** and the Henrietta United Church of Christ for sponsoring an event on June 4, and thanks to **Tawn Feeney** for arranging a gathering at Hemlock Lake Park on June 15.

Our July picnic drew almost 70 people (it didn't hurt that this was a rare dry day in what has been a soggy summer). We look forward to another picnic in August; to a talk on eating in accordance with our values in September, and one on early results from the CHIP program in October. See the calendar on p. 8 for details.

The June Oil-Free Vegan Group meeting featured an entertaining and informative talk by **John (Chad) Teeters, MD**, Chief of Cardiology at Highland Hospital. Thanks to the vegan youth group for providing musical entertainment!

**OUTREACH:** Over the last several months, RAVS engaged in these activities (staffers in parentheses):

- Spiritual/Healing Fair at Stepping Stones Learning Center (**Carol Barnett**)
- Vegan Food Tasting as part of Guest Chef Program at Rochester Public Market (**Scott Wagner, Ellie Cherin, Daryl Odhner**)
- Outreach to Monroe County employees at three locations: Monroe County

Hospital, City Place & St. Paul St.  
(**Sue Brunsting, Carol Hope, Ren vanMeenen, Carol Barnett**)

-Health Fair, Mary Cariola Children's Center (**Kimber Gorall, Ren vanMeenen, Carol Barnett**)

-Brighton Eco-Fair (**David Daunce, Darren Mrak, Deb Klee, Yetta Panitch**)

-Champion Academy at East High School (**Michael Hagelberg, Carol Hope, Scott Wagner, Carol Barnett**; Michael H also helped staff the Foodlink food truck at the event)

### PLANT-BASED PROGRAMS:

**Cooking to Prevent Heart Disease** with **Caldwell Esselstyn, Jr., MD, Chad Teeters, MD** and **Tom Campbell, MD**. Saturday August 26, 8AM-4PM. Breakfast, lunch and a takeaway meal included. Go to <https://cookingcme.eventbrite.com>

**Plant-Based Diet** course taught by **Ted D. Barnett, MD** will be offered (for the 13th time!) at the JCC, Tuesdays starting September 5. Register at [roclifemed.com](http://roclifemed.com) Available for professional credit for physicians and other providers.

**Rochester Lifestyle Medicine's** medically supervised CHIP (Complete Health Improvement Program) will be offered on Mondays starting September 11 at Genesee Valley Physical Therapy in Gates. For more info and to register, [roclifemed.com](http://roclifemed.com)

### ROCHESTER VEGFEST!

Please attend the **First Annual Rochester VegFest!** Saturday, September 16, 10 AM - 6 PM, at Martin Luther King, Jr. Memorial Park. Featuring speakers and a screening of the new film "What The Health"! Visit [rocvegfest.org](http://rocvegfest.org) for details. ♦

**IN MEMORIAM** We dearly miss **Kathryn Caldwell**, who passed away on February 5, 2017. Kathy was a long-time RAVS member, feminist, and animal rights activist. Despite working both full-time and part-time jobs, Kathy never failed to attend a meeting, protest, tabling event, or other community outreach. Until the end, she was fearless and exceptionally committed to the causes she cared about. She asked

that all who knew her would honor her memory by showing kindness to animals.

21 DAYS OF LOVE provides a structure for current vegans to help new or aspiring vegans. For more info on this initiative: <https://arroc.org/21-days-of-love/>

**PLANT BASED SAGA** On the Kimberly and Beck show (FM 95.1), Beck is trying a vegan diet despite Kimberly's vocal skepticism, **Sarah Goodenough of Kitchen Verde** went on the show on 7/19. Kitchen Verde is a vegan food prep service that delivers for only \$5. [kitchen-verde.com](http://kitchen-verde.com)

**CELEBRITIES AT RED FERN** Rock drummer Travis Barker is the latest to patronize this vegan restaurant at 283 Oxford St. (Oxford and Park). D&C, 8/8/17

**GRILL ON EAST** (Renaissance building, 2500 East Ave.) will offer vegan dinners, by reservation only, with a choice of 4 entrées, on Saturdays starting 8/19. Visit Facebook or call 586-7730 to reserve.

**VEGAN ONLINE BAKERY** operated by Sherrita Davis, who's originally from Rochester. [www.pipernilli.com](http://www.pipernilli.com)

**VEGAN ICE CREAM** It's getting easier than ever to find! Breyer's makes two vegan flavors (almond-based): Oreo Cookies & Cream and Vanilla Peanut Butter. Ben & Jerry's makes six vegan flavors (almond-based) and two of them, Caramel Almond Brittle and P.B. & Cookies, are available at **Netsin's Ice Cream** at 290 Culver Parkway. **The Hedonist** at 672 South Ave. always has a couple of vegan sorbets available (flavors change daily). And many brands such as Tofutti and So Delicious have been making vegan ice cream for decades (based on rice, soy, cashews, almonds, coconut, etc.), and are available at supermarkets and health food stores. Trader Joe's has its own line of non-dairy ice cream, using both soy and coconut. Also: **BAILEY'S IRISH CREAM** now makes vegan Irish Cream Almande. Thanks to Kim Gorall and Lucille O'Brien for tips.

**VEGAN COOKING CLASS "Transition to Plant-Based"** taught by **Sandy Baker** on Monday August 21. Register [roclifemed.com](http://roclifemed.com). This class will fill!

**THANK YOU** to Yetta Panitch for reserving the Brighton venue for our RAVS meetings every month. This is a great help to us and is much appreciated! ♦

We welcome the following **New Members:** Cindy & Spencer Ball, Kristen Christian, MD & James Christian, Marcella Ciufu, Mary Ciulla, Jim Conner, Robi Gallt, Bunny Goldsmith, Steven Goldstein, Sandy Hicks (Sustaining Level), Julie Hoffman, Julia Inglis, Amy & Kevin Klinsky, Joanne Layton, Karen Mayes, Carrie Phillips, Dan Seeley. **Membership Renewals:** Renee & Brian Bell, Milt Braverman (Contributing Level), Margie Campaigne, Handy and Father Patrick Cowles (Sustaining Level), Amy & Don DePerna (Contributing Level), Charles DiPrima, Dawn Draper, Sharon & Ray Dumbleton and family, Aaron Frazier, Joel Freedman, Ruth Goldberg, PhD & Mitch Ehrenberg, MD (Patron Level), Pat Haines, Nancy Hauck, Joanne & Chris Hee, Nancy Herbst, Carol Hope, Jeanne & John Jongen, Sarah Keenan, Walt McBurney, Heather McIntyre, Susan Miller (Patron Level), Yetta Panitch & David Daunce (Contributing Level), Karen & Carl Petito (Contributing Level), Naomi Pless, MD, Kathryn Pridey & Ed Lewek, Russ Roberts, Selma Saks (5-year renewal), Jonathan Smelts, Susan Schirm Teschke & William Teschke, Maureen & Steve Van Buren, Dianne Yale, Sharon Yates (Contributing Level), Julie Yoon, MD (Patron Level), Miriam Zaffrann (Patron Level). **Newsletter Subscription:** Elena Ventresca. This list is current through approximately 8/5/17. Thank you for your support! Any questions, contact us: [rochesterveg@gmail.com](mailto:rochesterveg@gmail.com) or (585) 234-8750. ♦



## A REPORT ON VEGETARIAN SUMMERFEST 2017

Vegetarian Summerfest was a wonderful experience yet again this year. Rochester folks in attendance were Carol & Ted Barnett and daughter Rebecca; Ellie Cherin and grandkids Pahz and Tia Cherelin; Jacki & Michael Hagelberg; and Dee & Darren Mrak. Here were some highlights of the program:

**Kim Williams, MD, “Taking the DIE out of DIET”** Williams is the vegan past president of the American College of Cardiology. He told us that cardiovascular disease is the #1 cause of death globally. The “Southern diet” of fried meats and sweets, which increases risk of heart disease by 56% and risk of death by 50%, is a negative example: Williams says “Don’t let your culture hold your heart hostage.” Recent studies of high-protein, low-carb diets show that they increase mortality by 22% (53% in those with a previous heart attack). Williams had his own personal, eye-opening experience: on a plant-based diet, his LDL cholesterol went from 170 to 90 in 6 weeks. He says there are no safe animal products: “all statistically increase the risk of death.”

**Joel Kahn, MD, “Gut-Heart Connections: The Amazing Story of TMAO”** Kahn says “the root cause of most chronic disease is lifestyle, and the port of entry is the GI system.” The composition of the gut microbiome (bacteria) determines the health of one’s immune system; the plant-based microbiome is healthier. Case in point: Meat and eggs contains carnitine, and eggs contain choline, both which may be converted in the gut to TMAO, a nasty substance which leads to plaque formation and atherosclerosis. Vegan guts, however, don’t make the conversion. The search is on for a medication that can interrupt the conversion process that leads to TMAO “or you can go vegan.”

**Saray Stancic, MD, “Redefining the Practice of Medicine with a Prescription for a Plant Based Diet”** Stancic, who has been a physician for almost 25 years, has a striking personal story to tell. As a 3rd year medical resident she came down with multiple sclerosis and embarked on a lifetime of taking medications with significant side effects. By her early 30’s, she was told she needed to take a dozen drugs to avoid needing a cane or a crutch. Early in 2004 she adopted a whole food, plant-based diet; in a little over a year she was dancing, and within 6 years she ran the New Jersey marathon. Stancic left the world of infectious diseases, her previous specialty, and started a small lifestyle practice that focuses on education and empowering patients. She says we can

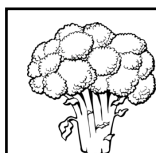
prevent 80% of chronic disease with the switch to a vegan diet, and: “I am embarrassed by my profession’s lack of interest” in this approach.

**JoAnn Farb, “Healthy Aging”** Farb says that our goal should be compression of morbidity: the average death at age 78 to 80 is preceded by 10 years of morbidity, but we all hope to live longer and with less sickness before death. Donald Watson, who coined the word “vegan” and founded The Vegan Society in Great Britain, lived to 95 and was hiking the year before he died. The same vegan lifestyle reduces the risk of all chronic diseases: “anything you can do to protect your heart, protects your brain.” Vegan diet reduces our exposure to environmental toxins, both by excluding animal products (eat an animal, eat its lifetime exposure to chemicals) and by supplying phytochemicals and antioxidants that protect us from damage by unavoidable toxins, such as free radicals generated by our own metabolism and energy generation. Farb recommends eating BGCHAMPS: berries, greens, cruciferous vegetables, herbs and spices, alliums (onion and garlic), mushrooms, pulses (beans), seeds and nuts.

**Jennifer Greene, “Maintaining Vegan Credibility”** Greene encourages us to adopt a “scout” (skepticism and searching) vs. a “soldier” mindset. People need to be competent at sorting fact from fiction because one’s life can be at stake (e.g. in choosing a diet that will protect against heart disease) and a livable world for future generations may depend on it. We should not oversell veganism: if we make extravagant claims that can’t be supported, then we give people an excuse not to listen when we report the truth about animals, health, and the environment.

**Virginia Messina, RD “7 Habits of Happy, Healthy Vegans”** Messina says that her mission is to help vegans stay vegan: “with a few tweaks a vegan diet can work for anybody.” Because we did not evolve as vegans, we have few cultural or historical habits to serve as guidelines so Messina is happy to step in:

- Eat Legumes
- Choose Healthy Fats,
- Take Necessary Supplements (vitamins B12 and D, iodine, possibly EPA/DHA)
- Eat a Rainbow,
- Get Adequate Calcium
- Enjoy Vegan Foods
- Celebrate Veganism!



Want to go vegan?

We can help!

rochesterveg.org

Messina advocates moderation: she doesn’t know why anyone would want to make a vegan diet more restrictive than it already seems to be, to many people. She says gently processed plant foods (plant milks, tofu, wine, some oil) are at the heart of healthy cuisines; “healthy vegan foods come in jars, cans, and freezer packs.” Even somewhat more processed vegan foods (vegan ice cream and meat analogues) are fine for occasional use. On the final point of celebrating veganism, Messina says that a vegan diet is not a guarantee of health but “a vegan diet always works—it cannot fail” as a way to express justice, fairness and compassion. You can find Messina’s Powerpoint at [theveganRD.com](http://theveganRD.com), hit “Vegan Nutrition 101.”

**Panel Discussion: “Even Vegans Die”** with **Carol J. Adams, Patti Breitman,** and **Virginia Messina, RD** Promoting a vegan diet as a guarantee of health and weight loss sets unrealistic expectations. Vegans who feel invincible will neglect to get necessary health care; vegans who get sick will fall victim to disease shaming and a feeling of failure for their own illness. Facing our own mortality is essential to forming a stronger community, protecting our health, shaping our message and our legacy; it’s a way to feel empowered and gain control over our future. Every vegan needs a will, a health care proxy and advanced directive, a burial plan (look into green burial) and a plan for the care of companion animals as well as other dependents.

**Jay Weiner, “Advocacy vs. Activism”** Weiner is co-founder with his wife Ellie Laks of the Gentle Barn, which brings together rescued farm animals with inner city kids, “teaching people kindness and compassion to animals, each other and the planet.” Weiner tells the story of Dudley, a bull crippled by fence wire, whose owner cooperated in helping the sanctuary to rescue and adopt the animal, largely, in Weiner’s view, because they were positive and non-judgmental in their interactions with him. Go to <http://www.gentlebarn.org> and click on “The Dudley Story.”

**Rae Sikora, “Vegan Situations”** was a workshop on the many challenges of vegans living among non-vegans. Simply being yourself and making good choices as an example to others is powerful (as is bringing vegan food to every gathering!). Don’t pretend to be comfortable if you are not (e.g. it’s okay to refuse to pay for other people’s animal products). Saying “I want to understand you” to a non-vegan can be magical and can crack open the door of communication. It can feel like a burden to be the only vegan in a family or a community but “you are meant to be there—a light in a dark room—not a burden but an honor.” ♦

## A TASTE OF VEGETARIAN SUMMEREST!

These recipes come from cooking demos at the 2017 Vegetarian Summerfest.

### ITALIAN NEATBALLS

(Miyoko Schinner, *The Homemade Vegan Pantry*) (Makes 36 good size balls)

1 onion, diced  
8 oz mushrooms, quartered  
2 tbsp tamari or soy sauce  
1 tbsp chickpea miso or white miso  
2 cups cooked brown rice  
1 cup cooked lentils  
¼ cup tomato paste  
3 tbsp nutritional yeast  
4 to 6 cloves garlic, minced  
1½ tsp dried basil  
1 tsp fresh rosemary, chopped or ½ tsp dried rosemary  
½ cup rolled oats  
1½ cup breadcrumbs (regular or gluten-free) or 1 cup ground walnuts (grind in food processor)  
2 to 3 tbsp water (if using bread crumbs)

Preheat the oven to 350 degrees F. Line two baking sheets with parchment paper. Heat a deep skillet over medium heat and cook the onions, dry (you can sauté in oil as well, if you like), until they begin to stick a bit. Splash them with a bit of water to loosen them from the pan and continue cooking, adding a bit of water now and then to prevent sticking, until they are tender. Put the mushrooms into a food processor and pulse until they are finely minced but not reduced to a pulp. Add them to the onion and cook for several minutes, until browned. Stir in the tamari and miso.

Add the brown rice and lentils and mix well. Mix in the tomato paste, nutritional yeast, 4 cloves garlic (or more, depending on how garlicky you like it), and herbs. In a blender, process the oats briefly, but not to a flour, and add to the mixture.

Decide whether to use walnuts or bread crumbs—walnuts will make a richer meatball, but bread crumbs will yield a more traditional texture. If using bread crumbs, sprinkle them with the water to moisten first. Mix the walnuts or moistened bread crumbs into the mixture well and form into meatballs. This can be done efficiently using a small ice cream scoop. Place on the baking sheets with ½ inch of space between them, and bake for 30-35 minutes, until browned and they hold their shape. Italian Neatballs will keep for one week in the refrigerator.

[Ed. note: These would probably freeze well.]

### PAELLA (gluten-free) (M. Schinner)

¼ cup extra virgin olive oil  
2 onions, sliced  
2 cups raw medium or short brown rice  
2 to 3 large pinches of saffron\*  
6 cloves garlic, minced  
2 2/3 cups vegetable stock  
2 cups canned crushed tomatoes, or very ripe fresh diced tomatoes  
1 1/3 cups red wine  
2 tsp dried basil or ½ cup fresh basil  
Approximately 4 cups sliced veggies of choice, such as red bell peppers, mushrooms, zucchini, snap peas, eggplant, asparagus  
Salt and pepper to taste

Heat the olive oil in a large sauté or paella pan. Sauté the onions until tender, then add the rice and saffron, and cook until slightly nutty and golden. Add the remaining ingredients *except* the veggies, and stir well, and bring to a simmer for 5 minutes. Add the veggies, taste the broth, then cover and cook for another 15 minutes until the rice is tender and suspended in a delicious red glaze.

[\*Ed. note: You could probably substitute ½ tsp turmeric if you don't have saffron.]

### ZUCCHINI AND BASIL SOUP (oil free, gluten free) (Miyoko Schinner, from her private recipe file) (Serves 6 to 8)

This fragrant soup, using zucchini coupled with basil, captures the essence of summer in a bowl. It's delicious served hot, or chilled the next day. Don't let the amount of salt scare you--it gets squeezed out.

3 lb. zucchini  
2 tsp salt  
1½ onions, diced  
3 cloves garlic, sliced  
3 to 4 tbsp water for sautéing  
6 cups vegetable stock  
½ cup raw cashews  
¾ cup packed basil leaves

Grate the zucchini using the large holes of a grater or the "S" blade on a food processor, and put the shreds in a colander. Sprinkle with salt, mix it in with your hands well, and set the colander in a sink or over a large bowl to capture the liquid from the zucchini as it "weeps." Let it sit for about 20 minutes while you start on the rest of the soup. Green liquid will accumulate below.

In a large pot, heat the water and sauté the onion and garlic, covered, until tender. Next, using both hands, squeeze the zucchini to get rid of as much liquid as possible, discarding the liquid. Add the squeezed shreds. Add the stock and cashews, bring to a boil, and simmer for

about 15 minutes until tender. Transfer the soup (in batches if necessary) to a blender, add the basil, and process until smooth and creamy. (Or, use an immersion blender if you have one.) Pour all soup back into the pot, season with freshly ground pepper, and serve.

[Ed. note: I would be tempted to make this recipe without "weeping" the zucchini; simply add the grated or diced zucchini as is. Use only ¼ to ½ tsp salt. The result will be different but still wonderful.]

### ALMOST INSTANT CHOCOLATE PUDDING (Fran Costigan) (Makes 2¼ cups for 3 to 4 servings)

½ cup granulated sugar  
¼ cup cornstarch (don't use arrowroot)  
¼ cup Dutch process cocoa powder  
¼ tsp salt  
1 ¾ cups plus 2 tbsp plant milk (almond, soy, or coconut\*\*)  
1½ oz dark chocolate, chopped into small pieces  
1 tsp pure vanilla extract

Sift the dry ingredients through a wire mesh strainer into a medium saucepan. Slowly stir in the milk. Keep stirring until no trace of any of the dry ingredients is visible. It's important to make sure the cornstarch is completely dissolved before you turn on the heat

Cook over medium-high heat, stirring frequently, until the mixture begins to thicken and is close to a boil. This can take as long as 12 minutes. Adjust the heat as needed to get a full boil but don't set it so high that the bottom scorches. As soon as the pudding starts to boil, it will thicken to pudding consistency. Immediately lower heat and boil gently for another minute, stirring frequently.

Remove the saucepan from the heat. Add the chocolate bits and gently stir until the chocolate is melted and incorporated. Stir in the vanilla. Spoon the pudding into a bowl. It will be set and ready to use in about 30 minutes at room temperature, but it can be refrigerated for up to 24 hours. If you refrigerate it, cover the surface with plastic wrap, making sure the wrap adheres to the pudding to prevent a skin from forming.

Serve warm or at room temperature.

[Ed. notes: Ms. Costigan encourages you to use organic ingredients whenever possible. These may be easiest to find in a health food store or section of the supermarket.

\*\*If you use coconut milk, use coconut milk beverage (found in aseptic package or carton) rather than canned coconut milk which has a pronounced coconut flavor.

This pudding would probably be good served cold as well!] ♦

**A Vegan Diet is Affordable** Plant foods are the most economical foods on the planet and are the building blocks of cuisines all over the world. Vegan staples such as beans, grains and vegetables cost very little and can be found in any grocery store.

Still, vegans may find themselves spending more on food than they'd like.

**What's Best for Your Pocketbook is Best for You!** It's amazingly true that almost everything you do to save money on food is also better for your health.

#### MEAL PLANNING TIPS

**Spend 15 minutes** once a week, planning meals for the week. Generate a menu and shopping list.

**Plan on having leftovers** with large one-pot meals or double batches. Leftovers can provide lunches for the week or another dinner later in the week; or, they can be carefully portioned and frozen for later use.

**Money-saving meals** include soups and stews; beans and rice; ethnic favorites; and your family's favorites (what your family likes won't get wasted!)

**Keep a list** or, as time goes on, a binder of recipes that you and your family liked. This will help in meal planning for the week.

**Stock your pantry** with basics such as grains, dried and canned beans, and jarred sauces and condiments; and **stock your freezer** with frozen vegetables. That way you will always have the makings of a meal, no matter how little is in your refrigerator. This can keep you from having to order take-out or make an unplanned dash to the supermarket.

#### GROCERY SHOPPING TIPS

Make a template or **master grocery list** of items you buy every week.

**Shop once a week** (this cuts down on impulse buys from quick trips). Don't shop hungry. Look for good values, especially fruits and vegetables in season.

Use coupons, buy store brands, and get a supermarket card to take advantage of the store sales. Check per-unit prices when comparing different brands of the same or similar products. Use sales to stock up on staples for your pantry and freezer. But don't let big coupons lure you into buying too many processed foods—they're still not a good value for either your pocketbook or your health.

**Choose wisely.** Buy vegan specialty foods such as meat and cheese analogues only as an occasional treat or add-in ingredient to a larger dish. They are expensive, high in sodium, and not necessary to your health. On the other

end of the spectrum, some vegetables, such as potatoes, carrots and cabbage, are always a good value and are good to have on hand as building blocks for soup or stew. Jeff Yeager only buys food \$.99/lb or less (<http://www.ultimatecheapskate.com>): that's hard to do in the produce section! Robin Robertson says with some foods it's worth paying for the real thing: e.g., pure maple syrup, real vanilla extract, lemons and limes, and imported olives.

**A note on fruits and vegetables:** Consider getting a share in an organic farm/community supported agriculture (CSA), buying from farmers markets, or having your own garden.

#### FOOD PREPARATION TIPS

**Make your own whenever possible:** it's always cheaper and healthier (though maybe not faster). Choose your battles: you may not want to make your own tofu or seitan, but you might want to make your own vegetable stock from scraps and peelings, or your own salad dressing.

**Make big batches,** especially of basic items such as grains, beans, pasta sauce, and vegetable stock. These can be used in multiple ways to make different meals all week (beans can go in soups, stews, salads, curries, or wraps). Freeze what you don't think you will use over the course of the week.

**Make one-pot meals** which are more than enough for one meal. **Use the leftovers** for lunches or for dinner later in the week (add new ingredients if you like); freeze what you don't think you'll use within the week.

**Pre-chop more veggies than you need** and store carefully. You'll eat more raw veggies this way (a good thing) and you'll have chopped veggies on hand for meal prep when you're in a hurry.

**Be a creative cook.** Use leftovers to create a new meal. Leftover rice can be combined with veggies to make a quick stir-fry. Leftover boiled potatoes can go into a stew (see recipe this page). Use the leftover veggies, beans/soy products, and grains in your fridge to invent a soup or stew—just add herbs and spices and a can of tomatoes.

**Mimic restaurant meals.** Dine out occasionally, but sometimes you can have the fun and flavor of restaurant meals at home. Asian, Italian, Mexican, Middle Eastern—search online for the vegan version of a dish and you'll find it.

**Brown bag lunches** are a great way to save money over the course of a year. Last night's leftovers make a great lunch.

**Have a thrifty kitchen.** Use vegetable scraps for stock, use broccoli stems for cole slaw, crumble or dice old bread and freeze to use for bread crumbs. The more you work with food, the more it teaches you the ways to make best use of it.

#### PARTING WORDS

Some kinds of dishes, especially one-pot stovetop soups and stews, are easy, cheap, delicious and healthful all at the same time. Other dishes only get 3 out of 4: good value, good health and good taste, in exchange for an investment of time. But remember: time you spend on meal planning, shopping and preparation will *always* save you money and make you healthier.

From Robin Robertson, *Vegan on the Cheap*: "It takes more time and effort to prepare quality home-cooked food than it does to put together a meal with expensive processed or prepared foods. Only you know for yourself how much you are able and willing to do."

SOURCES: Ellen Jaffe Jones, *Eat Vegan on \$4 A Day*; Katie Koteen & Kate Kasbee, *Frugal Vegan*; Robin Robertson, *Vegan on the Cheap*; Debra Daniels-Zeller, "Healthy Vegan Dishes on a Budget" in *Vegetarian Journal* 36(3), 2017. Also:

<http://www.chooseveg.com/vegan-on-a-budget-17-easy-affordable-recipes-2>

<http://www.ilovevegan.com/resources/vegan-lifestyle-on-a-budget/>

<https://www.peta.org/living/food/vegan-recipes-dont-starve-until-payday/>

DÉJÀ STEW (Serves 4) (adapted from Robin Robertson, *Vegan on the Cheap*)

- ¼ cup water, wine or dry vermouth, or more as needed
- 1 large onion, chopped
- 1 cup vegetable stock or water (if using water add ¼ tsp salt)
- ½ tsp dried thyme
- ½ tsp dried savory or basil
- 2 cups diced seitan, tempeh or tofu
- 3 potatoes, peeled and diced
- 2 carrots, sliced in coins
- One 14.5 can diced tomatoes
- 1 cup frozen peas

In a large pot, add the liquid and cook the onion over medium heat until softened, about 7-10 minutes. Add the remaining ingredients and cook until the potatoes and carrots are fork-tender, about 20 minutes. If you use leftover potatoes and carrots, the cooking time will be shorter. Feel free to add other vegetables or beans to this basic set of ingredients. Serve hot. ♦

**IN THE NEWS**

**“Fresh Food by Prescription”** National Public Radio’s “Morning Edition” had a segment and accompanying article on this topic on May 8, 2017, profiling a new food pharmacy program run by Geisinger Health System and located on the grounds of a hospital in central Pennsylvania. The Fresh Food Pharmacy is running a pilot program which gives patients instructions on how to prepare healthy meals and sends them home with 5 days worth of free, fresh food. The patient profiled in the article, Tom Shicovich, has lost 45 pounds on this program.

As the article points out, this is “cheaper than paying for complications.” In the course of a year, the pharmacy spends \$1,000 on each patient, and it is estimated that the system saves \$24,000 in health care costs. Before entering the pharmacy program, Shicovich, who has type 2 diabetes, had a toe amputation which put him in the hospital and rehab for 1 month and which cost \$200,00 in medical charges, including \$23,000 out-of-pocket.

While the Fresh Food Pharmacy is not entirely plant-based, it bears some similarity to plant-based programs in the Rochester area, such as Rochester Lifestyle Medicine’s CHIP program and the UR Nutrition in Medicine program, which are using plant-based diet along with other lifestyle measures to help patients heal

themselves and reduce health care costs at the same time.

**“Why Are Americans Drinking Less Cow’s Milk? Its Appeal Has Curdled”** National Public Radio’s “All Things Considered” had a segment and accompanying article on this topic on May 16, 2017. Average milk consumption per person has declined from 30 gallons a year in the 1970s to 18 gallons a year. Marion Nestle, a professor of nutrition at New York University, is quoted as saying that cow’s milk is “perfect food—for calves” and that there is “plenty of evidence” that it’s not necessary for humans: not to prevent osteoporosis, and not for any other reason. The article goes on to point out that plant-based milks have been steadily gaining ground, with almond milk consumption growing 250% over the past 5 years.

**Dairy Products Increase Prostate Cancer Mortality** A meta-analysis published in *Nutrition Journal* reviewed 11 studies encompassing more than 700,000 participants, and assessed dairy intake and cancer mortality rates. Male participants who consumed the most whole milk increased their risk of death from prostate cancer by as much as 50%, compared with those who consumed the least amount. Reported in *Good Medicine*, Winter 2017.

**“Red Meat Increases Risk of Dying from 8 Diseases”** appeared in the *New York Times* on May 15, 2017 (in print on May 16).

The article reported on a study in the *British Medical Journal* which compared those in the quintiles eating the least meat with those eating the most meat. The one-fifth who ate the most meat had a higher risk of dying from cancer, heart disease, respiratory disease, stroke, diabetes, infections, kidney disease and liver disease. The study’s lead author cautioned that it was an observational study and could only be taken to show association, not causation; but he states: “we have a 16-year follow-up, and we had the numbers to look at different causes, and we can see that it’s happening.”

**AMA Comes Out Against Serving Processed Meats in Hospitals** The American Medical Association (AMA) passed a resolution that calls on hospitals to serve plant-based meals and to eliminate bacon, sausage, hot dogs, ham, and all other processed meats, making it official AMA policy! This resolution takes into account a World Health Organization report concluding that processed meats are carcinogenic and red meats are likely carcinogenic. The AMA also passed a resolution requesting the federal government to support SNAP (food stamp program) initiatives that incentivize healthful foods. These resolutions were supported by the Physicians Committee for Responsible Medicine (PCRM); the story is covered in an interview with Dr. Neal Barnard, President of PCRM, by Jane Velez-Mitchell on [janeunbound.com](http://janeunbound.com) ♦

**APPLICATION FOR MEMBERSHIP IN THE ROCHESTER AREA VEGAN SOCIETY**

P.O. BOX 20185, ROCHESTER, NY, 14602-0185  
(585) 234-8750, [rochesterveg.org](http://rochesterveg.org), [rochesterveg@gmail.com](mailto: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
- \$30/year Individual contributing
- \$35/year Joint membership, one address
- \$50/year Contributing
- \$75/year Sustaining
- \$100/year Patron
- \$7/year *The Vegan Advocate* only
- \$10/year Student/Fixed income
- \$17/year Joint fixed income
- I am/we are willing to volunteer to help RAVS

Please consider joining or renewing at a higher level, or adding \$5 or \$10 to your renewal amount. This will help RAVS fund important programs like bringing in out-of-town speakers and outreach to the community.

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:

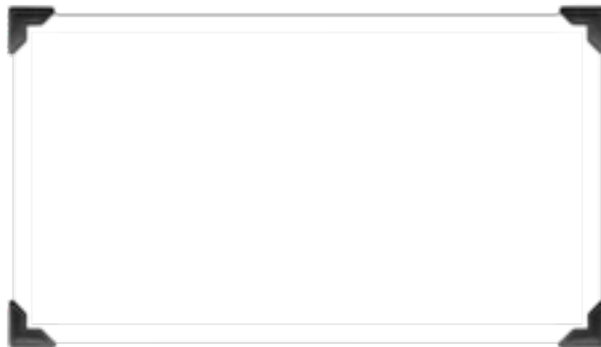
- **August 20, 2017** (3<sup>rd</sup> Sunday) **2:00 PM Summer Picnic** at the home of Kimber Gorall, 15 Peachtree Lane, Pittsford, NY 14534. Peachtree Lane is off Marsh Rd. in Bushnell's Basin. Bring a **vegan** dish to pass, a place setting for yourself, and a folding chair if you have one. If rain is threatened: call 234-8750 to see if the picnic has been rescheduled (message will be posted by noon Sunday), or consult rochesterveg.org or Facebook.
- **August 21, 2017** (Monday) 6:30-8:30 PM **Vegan Cooking Class "Transition to Plant-Based"** with **Sandy Baker** roclifemed.com
- **August 26, 2017** (Saturday) 8AM-4 PM **Cooking to Prevent Heart Disease** at the NY Wine & Culinary Center. cookingcme.eventbrite.com
- **August 28, 2017** (4<sup>th</sup> 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
- **September 5- November 14, 2017** (six Tuesdays—some are skipped) 6:15 PM-8:30 PM **A Plant-Based Diet** course given at Louis S. Wolk JCC of Greater Rochester. Taught by **Ted D. Barnett MD**; food samples by Carol Barnett. Almost 600 people have taken this course! Open to the general public; professional credit available to physicians and other health care providers. Go to roclifemed.com for more information and to register.
- **September 11, 2017** (Mondays, 6:30-8:30 PM) **CHIP (Complete Health Improvement Program)** offered by **Rochester Lifestyle Medicine** at Genesee Valley Physical Therapy in Gates. 18 sessions w/ medical supervision and support. For info & to register, go to roclifemed.com
- **September 16, 2017** (Saturday) **1st Annual Rochester VegFest!** At Martin Luther King, Jr. Memorial Park. Food, cooking demos, yoga, art, information tables, activities for kids, speakers, and a screening of the film "What The Health"! Visit **rocvegfest.org**.
- **September 17, 2017** (3<sup>rd</sup> Sunday)\* **Eating in Alignment with Our Values** with **Maribeth Abrams**, Associate Editor, Vegetarian Voice; Board Member, North American Vegetarian Society.
- **October 15, 2017** (3<sup>rd</sup> Sunday)\* **Early Results from CHIP (Complete Health Improvement Program): Reversing Disease and Improving Quality of Life** with **Ted D. Barnett, MD**, Founder and Medical Director of **Rochester Lifestyle Medicine**; roclifemed.com
- **October 23, 2017** (4<sup>th</sup> 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
- **November 19, 2017** (3<sup>rd</sup> Sunday)\* **Healthy Eating, Healthy World: Unleashing the Power of Plant-Based Nutrition** with **J. Morris Hicks**. Mr. Hicks's book of the same title will be available for purchase and signing.

\*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  
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ROCHESTER AREA VEGAN SOCIETY