

Our 29th 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. ♦

THE VEGAN WORLD IS HERE.

Every day seems to bring a new milestone for plant-based eating and vegan living.

VEGAN 10-DAY JUMPSTART!

Doug Schmidt already has one claim to vegan fame: in 2017, he was voted PETA's "Sexiest Vegan Man over 50." But Doug, a heart attack survivor who credits a plant-based diet with saving his life, also tries to spread veganism in more concrete ways.

Since 2015, Doug and his wife Shari have run small-scale vegan Jumpstarts in the Victor school district where they are both employed. In January 2018, Doug took this effort to a new level—he brought the Jumpstart to 1,300 teachers and administrators in 34 school districts plus Finger Lakes Community College. Each participant received a T-shirt, a book (Rip Esselstyn's new *Seven-Day Rescue Diet*), and lots of support from Doug and Shari. The results and the testimonials of the participants were quite powerful.

This huge Jumpstart, along with Doug's personal story, received lots of local media coverage and was featured on ABC's "Good Morning America."

CINEMA THEATER PASSES INTO VEGAN HANDS!

The business at the Cinema Theater, 957 So. Clinton Ave., is now owned and managed by Audrey Kramer, whose high hopes for the theater are shared by husband Alex Chernavsky. In addition to showing films, they hope that the theater will be "a community center of sorts that is welcoming to everyone." The theater will offer vegan concession options.

ROCHESTER VEGAN COMMUNITY CENTER GRAND OPENING!

On Saturday, January 27, 2018, roughly 300 people flocked to the new Rochester Vegan Community Center (RVCC) at 14 Edmonds St. for its Grand Opening. Attendees received information from Rochester Area Vegan Society, Animal Rights Rochester (ARRoc), Rochester VegFest and Skylands Sanctuary; and sampled food from Kitchen Verde and The Red Fern. Demosthenes Maratos of the Sustainability Institute at Molloy College

spoke on the topic "Veganism is Environmentalism." Robin Helfrich Maratos and Erin Marcus introduced the Vegan Living Program, a free 5-week vegan mentorship which started in Baltimore and Long Island, and will be launched in Rochester at the RVCC in April; <http://www.openthecages.org/vlp>. In the evening there was a dinner catered by Everyday Gourmet Café in Sodus, NY, with a musical performance of "The Animal Show" by Michael Harren.

The Rochester Vegan Community Center will be a dedicated space for vegans, a wonderful gift to the Rochester community and to the world. Non-vegans are welcome, but they are asked to observe a vegan ethic and vegan practices while in the center. Thank you from all of us to Mary Barletta for her pivotal role in creating this space.

ROCHESTER VEGFEST AND ROC VEGAN GUIDE

Plans continue apace for the 2nd Annual Rochester VegFest, to be held on Saturday, September 15, 2018 at Martin Luther King, Jr. Park. Put that date in your calendar now!

All year round, you can consult the Roc Vegan Guide for information on restaurants that serve vegan dishes, as well as other sources of vegan items and information. Visit rocevgest.org

All of these new advances for the vegan diet and way of life bring closer the day when we have healthy people on a healthy planet, and when no animals are used for the care and feeding of humans. ♦

HAIKU

from *among floating duckweed*
by Bruce Ross

frozen winter wind —
the deer tracks lead deep into
the pine thicket

chattering sparrow . . .
a speck of snow drops
from the low branch

early spring rain —
the mallards amble across
the melting ice

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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
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Ellie Cherin	Barbara Savedoff
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Logo Design	Bern Berg

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

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

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

Contacting RAVS:

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

(585) 234-8750



RAVS RULES FOR SHARE-A-DISH MEALS

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

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

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

IF YOU ARE NEW TO RAVS

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

MEMBERSHIP BENEFITS

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

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

North American Vegetarian Society

P.O. Box 72, Dolgeville, NY 13329

Tel: (518) 568-7970

Fax: (518) 568-7979

E-mail: navs@telenet.net

Website: www.navs-online.org

Individual membership (annual): \$22

Family membership: \$28

Publication: *Vegetarian Voice*

Vegetarian Resource Group

P.O. Box 1463

Baltimore, MD 21203

Tel: (410) 366-VEGE

Fax: (410) 366-8804

E-mail: vrg@vrg.org

Website: www.vrg.org

Membership (annual): \$25

Publication: *Vegetarian Journal*

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

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

BOOK ORDERS FROM RAVS

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

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

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

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

WE NEED VOLUNTEERS!!

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

Vegan Society Update by Carol Hee Barnett

Fall-to-winter in Rochester has gone back and forth between frigid cold and snow, and springlike weather. As we move through late winter to spring, the Rochester Area Vegan Society warms the heart and enlivens the spirit with its advocacy of vegan living.

MEETINGS/PROGRAMS

In November, **J. Morris Hicks** spoke persuasively about the power of vegan diet to save the planet. December's meeting was a holiday party; thanks to **Ellie Cherin** and **Sharon Yates** for hosting at their apartment building. In January, at least 80 people heard **Harold Brown** speak movingly about the "humane myth."

In February, **Antonia Demas, PhD** will discuss the power of giving children hands-on experience with plant food. In March, **Milton Mills, MD** and **Robbie Schiff** will share what the Jewish and Christian traditions teach us about food choices. Late March brings the RAVS 2nd night seder, and April brings our Fund Raiser Dinner.

RAVS 2ND NIGHT SEDER on March 31: For the dinner, please bring a vegan dish that satisfies the special seder rules: no wheat products (no wheat pasta, bread, crackers or cookies), except for matzoh and matzoh meal (but no egg matzoh!).

OUTREACH: In November, RAVS staffed a table at RCSD's Family Engagement Day at Wilson Magnet High School (**Carol Barnett**) and on Feb. 2, **Ted Barnett, MD** spoke to Temple Sinai about "Raising a Vegan Family."

Thanks to those who staffed the Metro Justice Alternative Fair in December: **Shelley Adams, Handy Cowles, Bruce Manuel, Carol Manuel, Daryl Odhner, Maggie Odhner, Sandy Rubin, Noreen Salerno, Kathy Skerrett, Annette Van Savage, John Van Savage, Joy Vandling, and Carol Barnett.** Thanks to **Carol Hope** and **Ren vanMeenen**, who volunteered but circumstances prevented their staffing! Thanks also to those who prepared and donated vegan baked goods for sale: **Ellie Cherin, Katherine DaCosta, Carol Manuel, and Noreen Salerno.**

Thanks to **Ellie Cherin, Jacki Hagelberg, Carol Hope, and Carol Barnett** for staffing the RAVS table at the Grand Opening of the Rochester Vegan Community Center (read more this page and p. 1). Thanks to **Shari Schmidt** and **Olga Tabinsky** for volunteering and standing by!

PLANT-BASED PROGRAMS

The **Plant-Based Diet** course taught by **Ted D. Barnett, MD** will be offered at the Monroe County Medical Society, at 132 Allens Creek Rd., on six Mondays from March 5 to April 9. This is the 15th time the course has been given! This lively and engaging course, with vegan food samples, is popular with the general public; physicians and other health care providers can earn professional credit for an additional fee. Go to roclifemed.com for more information and to register.

Plans are underway for an all-day **Deaf Vegan Workshop** at the Rochester Recreation Center for the Deaf, on Saturday, September 22, 2018. Mark your calendar; look for more information later.

IN THE MEDIA/ VEGAN HAPPENINGS

The January 2018 issue of *In Good Health* newspaper had a wonderful full-page article by Jennifer Green on the **Rochester Area Vegan Society**. Photos of **Kim Taylor, Keith Rowe, Sue Taylor, Simeon Kolko, and Milt Braverman** graced the article; many other RAVS members were quoted, especially in the section called "Why Go Vegan." We suspect this article may have fueled the healthy turnout at the January meeting!

A beet juice splattered **Andrea Parros** of **The Red Fern** (looking like something from "Sweeney Todd") was on the cover of *City Newspaper's* Jan. 3-9, 2018 issue, headlining an article on women chefs in Rochester.

Teacher and organizer **Doug Schmidt** was featured on WXXI news on 1/8/18, the day that he started 1,300 people on a 10-day **Vegan Jumpstart**. He was also featured on ABC New's "Good Morning America" on 1/10/18.

The new owner of **Cinema Theater** was spotlighted in a *Democrat & Chronicle* article by Sarah Taddeo dated 1/13/18 and

titled: "Cats, movies and veganism are three of **Audrey Kramer's** favorite things. And she'll incorporate them all at the Cinema Theater."

The Rochester Vegan Community Center's Grand Opening was covered in advance on Fox Rochester channel's "Good Day Rochester." **Andrea Parros**, owner of **The Red Fern Restaurant**, spoke of the value of the RVCC in helping people make the transition to vegan diet; in addition to The Red Fern, **Hettie's Delites, Kitchen Verde, and Voula's** had tables showing off their food for the camera.

For more on these stories, see page 1.

OTHER NEWS

The **Vegan Teen Group** will be meeting at Misfit Donuts on March 4, 2018. They are also planning to meet at Mendon Ponds Devil's Bathtub for a nature hike on March 25, 2018. Please check out www.rocveganteen.com for more details and contact information!!

Kind Crepes in Mendon, NY, at 16 Mendon-Ionia Rd. (near the intersection of Route 251 with Route 64) is a new all-vegan restaurant! Visit kindcrepes.com as well as the restaurant.

Balsam Bagels at 288 Winton Rd. N. has many vegan items and a whole separate vegan menu including vegan cream cheeses, vegan pastries such as elephant ears (!), vegan "chicken" and Eggplant and Roasted Red Pepper Phyllo. Thanks to Ellie Cherin for this news tip.

Vegan Pizza can be found at **Pi Craft**, 100 Marketplace Drive in Henrietta (near Marketplace Mall). We've heard that you can also get vegan pizza at **Chester Cab Pizza** (707 Park Ave.) and **Pizzeria Favo** (3400 Monroe Ave., Pittsford Colony, opposite Pittsford Plaza).

Drawdown from Global Warming: the **Pachamama Alliance**, a worldwide organization with a strong local presence, offers a 4-session course in reversing the effects of climate change, based on Paul Hawken's book *Drawdown*, which lists the 100 most viable solutions to climate change (#4 is "Plant-Rich Diet"). If you are interested in hosting an introductory gathering for Drawdown, taking the course, or participating in any way, visit pachamama.org or contact Sue Staropoli: suestar1@rochester.rr.com. ♦

We welcome the following **New Members:** Patricia Casey, Rachel & David Clar, David Creek, Elle & Jennifer Dry De Santo, Sabrina & Rob Filardo, Maureen Casey Kulic, Jennifer McGoff, Kathy Moldt, Kim Taylor, and Louise Weidman. **Membership Renewals:** Scott Barry, Lois & Greg Baum, Susan Boland, Jill Brooks, RN, DC, Don Burns, Mary & Gary Christo, Paul Clark, Janet Clarke-Hazlett, Johanna & Michael Connelly (Contributing Level), Frank Coppola, Jane Dorsey, NP (Sustaining Level), Meredith Drake, Linda Isaacson Fedele & Sam Fedele (2-year renewal, Contributing Level), Kerry Graff, MD (Patron Level), Deborah Klee, Patricia Kraus, Audry Liao, Alison MacKenzie, Julia McAndrew, Gerry & Tim Miner (Contributing Level), Jim Minor, Lucille O'Brien (2-year renewal), Elaine O'Neil, Janice & David Preston, Shari & Doug Schmidt, Suzanne Shaw, Burt Spiller, Staysha Spiller, Susan Stoll, Sue Taylor, Jeff Vincent, Scott Wagner, and Tricia & Charles Wright. **Newsletter Subscription:** Carol Ann Britt, Jennifer Yollin. This list is current through approximately 1/15/18.

Thank you for your support! Any questions, contact us at 585 234-8750 or rochesterveg@gmail.com. ♦

IN THE NEWS

VEGAN DIET AND HEART HEALTH On 12/6/17, the *Wall Street Journal* ran an article titled "Is a Vegan Diet Good for Your Health?" The article reported on a study conducted at NYU's Langone Health center, which compared a vegan diet to the diet recommended by the American Heart Association (AHA); 100 patients were studied, 50 on each of the diets. The study found that "a vegan diet significantly reduced systemic inflammation and improved lipid profiles in patients" with coronary artery disease, while "an AHA recommended diet did not." Inflammation is an important risk factor for heart disease and other chronic illness.

STATINS FOR ELDERS? A *New York Times* article dated 1/5/18 asked: "You're Over 75, and You're Healthy. Why Are You Taking a Statin?" Many doctors and patients quoted in the article opined that taking a statin was the safe route. One commenter wrote: "My answer for me is NO. My husband, now 75, also says NO: He has very low blood pressure and low cholesterol levels. His cholesterol levels are now considerably lower than they were before he met me 10 years ago -- and started eating my vegetarian diet. We have now transitioned to eating whole foods plant based, where whole foods = unprocessed, and plant based = no animal products." Another commenter said: "One of the better recommendations for older people ... would be to adopt a WHOLE FOOD PLANT BASED DIET. ... Give our elder people a chance to live a pain-free, medication side effect free life."

HEART ATTACK RISK TIED TO MEAT Red and processed meats increase heart attack risk among Latinos who are heart attack survivors, according to a study in the *British Journal of Nutrition*. One daily serving increased risk by 31%. PCRM's *Good Medicine*, Winter 2018

DIABETES RISK TIED TO MEAT INTAKE In a study published in the *American Journal of Epidemiology* which followed the disease risk of 63,257 participants, those who consumed the most red meat, chicken, and fish had an increased risk of type 2 diabetes ranging from 7% to 23%. In a separate analysis, the authors found that heme iron, found in meat, was associated with diabetes risk. PCRM's *Good Medicine*, Winter 2018.

HIGH-FAT DIET MAY FUEL PROSTATE CANCER A recent study published in *Nature Genetics*, and reported on in the *New York Times*, 1/16/18, showed that dietary fat can mimic or substitute for a mutation in prostate cancer cells that turns them metastatic and deadly. There are several things about the study and the

report that are disturbing: it is partly based on animal studies, which are both cruel and arguably of limited usefulness in understanding human disease risk; also, the authors and others commenting on the study results seem more interested in using an obesity drug to address this risk than in promoting a low-fat diet. We recommend a whole food vegan diet: Dean Ornish, MD showed in a [2013 study](#) that men with early-stage ("watchful waiting") prostate cancer achieved lower PSA levels and reduced tumor size (and also lengthened their telomeres) on a plant-based diet.

FIBER AND COLON CANCER A study published in *JAMA Oncology* showed that colorectal cancer survivors reduced their risk of dying over an 8-year follow-up period by increasing fiber intake; the greatest benefit was seen with whole grain consumption. Another report from an expert panel of the World Cancer Research Fund and American Institute for Cancer Research found strong links between processed and red meat and colorectal cancer risk, while whole grains reduced risk. PCRM's *Good Medicine*, Winter 2018.

PLANT-BASED HEROES ON THE MAJOR NETWORKS In October, NBC's "Megyn Kelly Today" had Eric O'Grey as a guest; O'Grey, author of the book *Walking with Peety*, lost more than 100 pounds and reversed his type 2 diabetes by adopting and walking/running with a rescue dog, and also by adopting a vegan diet. In January, Megyn Kelly hosted Josh LaJaunie, founder of the Missing Chins Run Club, whose members lost 4,000 pounds and counting—with exercise, group support, and, yes, a plant-based diet. LaJaunie and his Missing Chins had previously appeared on ABC's "Good Morning America" ("GMA"). On January 10, "GMA" did a story on local hero Doug Schmidt and his 1,300-person Jumpstart.

Mainstream hosts sometimes downplay the vegan element of these success stories: diet was not even mentioned in O'Grey's story; the "GMA" story on the Missing Chins did not even identify the diet the men were following; and a "GMA" commentator on Doug Schmidt's story warned that Jumpstart participants should be careful to get enough protein (Note: this is not a problem). But the truth comes across: the image of Josh LaJaunie stirring a big pot of red lentil stew on "GMA" was unforgettable.

PLANT POWER NBA basketball star Kyrie praises the power of a plant-based diet in a new Nike ad. [plantbasednews.org](#), posted 12/27/17.

CORPORATE CHANGEOVER In an interview on NPR's "Marketplace" on 11/1/17, Tom Hayes, President of Tyson Foods (purveyor of chicken, sausage and

other animal products) sang the praises of plant-based protein and expressed an interest in bringing it to American plates. As the demand rises, so does the supply change to meet the demand. Thanks to Kimber Gorall for this news tip.

GETTING ON BOARD WITH PLANT-BASED From [amtrak.com](#): "Vegan meals are available on the regular menu for Long Distance trains and do not require advance notice. Both vegan and kosher meals are available with 24-hour advanced notice for Acela Express First Class service." The Physicians Committee did a recent survey of trains and train stations, and ranked 9 of the largest train stations on the quality and appeal of their plant-based meals. Los Angeles, Washington, DC, and Toronto ranked highest, with offerings such as Sweet Potato Curry, Zucchini Noodle Pad Thai, and Lentil, Veggies & Brown Rice Protein Bowl (the latter found at the Starbucks at Toronto's Union Station). PCRM's *Good Medicine*, Winter 2018; [pcrm.org](#)

VEGAN SUPERBOWL OFFERINGS An article in the *Democrat & Chronicle* on 1/26/18 by Katie Workman of the Associated Press served up the suggestion to "Throw a fantastic Super Bowl party that's plant-based." The article highlighted NFL players like Trent Williams, Arie Kouandjio, and Isaiah Williams who are vegan, and others like Aaron Rodgers and superstar quarterback Tom Brady who are mostly vegan. (Colin Kaepernick is also vegan!) The article says "there can be enough protein and nutrients in plants to not only keep you strong, but maybe ... up your performance." Most of the suggested items were vegan, including vegan chili; a hummus/pita combo; a grain and veggie salad; and crudites with tofu-based dip.

EATING OUR WAY TO A HEALTHIER PLANET The *New York Times* ran an article on 12/5/17 called "Six Ways We Can Adapt to Climate Change" which ended with: "The New Age of Meat: No Animal Required." Noting that greenhouses gases surged 40% between 1990 and 2016 and that livestock are a major source of these emissions, the article turned to entrepreneurs who are experimenting with plant-based alternatives to meat. Ethan Brown of Beyond Meat pointed out that the component parts of meat—amino acids, lipids, minerals, and water—are obtained by animals from plants, making plant-based meat possible (some would say it's here, in the form of Beyond Meat's Beast Burgers and Beyond Burgers, as well as products by other companies). Brown says: "What you put at the center of your plate has the power to mitigate climate change. I want to give people more choices, to make that decision easier." ♦

What is Vegan? A vegan diet is entirely plant-based. No meat, poultry, fish, eggs, dairy products, or honey.

Why Go Vegan? For your health, for the animals, and for the planet.

But I Really Love Cheese . . .

Cheese, like all dairy products, naturally contains casomorphins, substances which make the calf want to seek out the cow to nurse. Because cheese is concentrated milk, the casomorphins are concentrated too, which makes them quite addictive (plus the concentrated fat and added salt also have addictive qualities).

Does Cheese Love You?

What’s good for the calf—which grows from a 65 pound baby to a 700 pound adult within a year—is not good for you, and it’s not meant for you. Dairy products are associated with increased risk of juvenile diabetes, cancer (especially the reproductive cancers—breast, ovarian and prostate), autoimmune disease (asthma, lupus, rheumatoid arthritis) and cataracts, to name a few adverse health effects.

Can You Really Give Up Cheese?

There are lots of delicious vegan options. There are some good commercial vegan cheeses like Daiya, Heidi Ho, Kite Hill, and Miyoko’s Creamery. And you can make your own delicious plant-based “cheeses” to use as dips and spreads, and to serve on pasta, grains or potatoes. Most homemade non-dairy cheeses use light-colored beans, nuts or seeds (like cashews or tahini*), or tofu as the main ingredient; then they add things like nutritional yeast,* red bell pepper, sweet potato or winter squash, sun-dried tomatoes, miso (fermented soybean paste), mustard, lemon juice, onion and garlic powder, paprika or turmeric, for added flavor and the familiar yellow or orange color of cheese. The possibilities are endless; make up your own combinations or try the recipes given below.

*Tahini is sesame seed butter (also an ingredient in hummus). Nutritional yeast is a powder/flake food available in bulk in natural food stores, or in a bag or jar under the Bob’s Red Mill, Bragg’s, or Red Star brand. It’s high in minerals and B vitamins and has a delicious cheesy flavor. Don’t confuse with baker’s or brewer’s yeast.

#1 Cheesy Sauces

These are the easiest because you can make your own! These days cashews are the darling of the homemade vegan cheese world. You can substitute cashew butter for cashews if you don’t have a powerful blender.

#2 Soft Cheeses like sour cream, cream cheese, and cheesy dips and spreads.

Tofutti brand sour cream and cream cheese are dead ringers for the originals. Some people prefer Daiya brand cream cheese; there’s also Go Veggie** and Follow Your Heart/Vegan Gourmet brands. You can make your own dips and spreads based on white beans, nut butter or tofu. Hummus, especially with added roasted red pepper or sun-dried tomatoes, looks and tastes very cheesy.

#3 Melty Cheese

Daiya brand cheese, a product using tapioca and pea protein, comes shredded or in blocks; it melts and is good for grilled cheese sandwiches and pizza. Chao slices, made by Field Roast, are also good. Other brands are Tofutti slices and Follow Your Heart blocks and slices. Hummus (homemade or store-bought) instead of cheese makes a great quesadilla.

#4 Grated Cheese

For Parmesan-style cheese, try Go Veggie** brand (check for “Vegan”). Nutritional yeast tastes cheesy, and you can make your own sprinkle cheese by grinding it up in the food processor with walnuts or other nuts and a dash of garlic powder and salt. Or try ground-up cashews or other nuts all by themselves as topping.

#5 Block Cheeses for eating with crackers and juice or wine.

This is the last frontier for vegan cheese but it’s been crossed! There are fermented and aged vegan cheeses with complex flavor. Try Miyoko’s Creamery brand (there are about a dozen varieties), Heidi Ho, Kite Hill, and Treeline. Daiya brand, best known for its melty cheeses, also makes a line of block cheeses for tasting; try the Jalapeño Havarti if you like a little kick.

Read the label on commercial products to make sure they don’t contain casein or sodium/calcium caseinate, which are milk products. Or look to see if the cheese is labeled “vegan.”

**Some Go Veggie products are not vegan.

But I Miss Those Old Flavors . . .

Every time you enjoy eating a vegan cheese, you make it more likely that you will make a complete switch. Remember, you get a fresh start and make new food choices every day.

Try these recipes:

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

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

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

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

Serve over pasta (whole-grain is best for you). Garnish with parsley and lemon zest if desired.

GEE WHIZ SPREAD
(Jo Stepaniak)

- 1½ c cooked or canned white beans, drained
- ½ c pimiento or roasted red pepper pieces, drained
- 1/3 c nutritional yeast flakes*
- 3 tbsp fresh lemon juice
- 3 tbsp tahini*
- ½ t each onion powder, salt, and brown mustard

Place all ingredients in a food processor and process until the mixture is completely smooth. The finished product should be very thick, smooth, and creamy, with an orange color. Serve with crackers or raw veggies. ♦

Vegan Cheese Sauces

HOPPIN' JOHN WITH RED HOT TAHINI SAUCE (adapted from Isa Chandra Moskowitz)

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

For the Hoppin' John:

1½ cup dried black-eyed peas, soaked in water overnight or for several hours
1 tsp liquid smoke (optional)
3 bay leaves
¼ tsp salt

For the Red Hot Tahini:

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

For the Tomato Parsley Salad:

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

Also: 1 lb steamed greens, e.g. lacinato/Tuscan/ "dinosaur" kale
6 cups cooked rice for serving

To Make the Hoppin' John: Drain the soaked beans, and place them in a pot. Submerge in water, with water about 2 inches above the beans. Add bay leaves and liquid smoke. Cover and bring to a boil. Once boiling, bring the heat down low, and let simmer for about 30 minutes. Check often and add water if necessary so the beans don't burn. When beans are still firm, turn the heat off, add the salt, and let them sit until you're ready to assemble the dish.

To Make the Red Hot Tahini: Blend ingredients in a food processor, or whisk by hand until smooth. Add water by the tablespoon to thin as needed. Taste for salt and spiciness.

To Make the Tomato Parsley Salad: Toss all ingredients together in a medium mixing bowl. Taste for pepper and vinegar.

To Assemble: Place beans and rice side by side in a large bowl. Top w/ greens. Drizzle w/ sauce and top w/ the tomato salad. Serve immediately and prosper!

ROASTED RED PEPPER MAC & CHEESE (isachandra.com) (Enough for ½ lb. pasta)

¾ cups unroasted cashews, soaked in water for 2 hours
2 teaspoons olive oil
1 small yellow onion, diced
2 cloves garlic, minced
2 cups vegetable broth
1½ tablespoons cornstarch
1 tbsp nutritional yeast (optional)
1 roasted red pepper (jarred or homemade)
1 tablespoon tomato paste
1½ teaspoons pizza seasoning (¼ tsp ground fennel seed, ¼ tsp oregano, ½ tsp thyme, ½ tsp granulated garlic or garlic powder)
½ teaspoon salt
1 teaspoon ground mustard
½ teaspoon turmeric

Sauté onions in oil with a pinch of salt for 5 to 7 minutes, until onions are translucent. Add garlic and sauté for 30 seconds or so, then transfer to a blender or food processor. Drain the cashews and put them in the blender along with the vegetable broth, corn starch, nutritional yeast, red peppers, tomato paste, pizza seasoning, salt, mustard and turmeric. Blend until very smooth. Scrape down the sides every 30 seconds or so and test for smoothness.

Transfer the sauce into the pot where you cooked the onions. Cook at medium heat, stirring very often, until thickened. This should take between 10 and 15 minutes. Pour over hot cooked macaroni or other pasta.

CHEESY DRESSING (from Pulde & Lederman, *Forks Over Knives Family*; recipe by Darshana Thacker)

This versatile sauce is excellent tossed with veggies or with chips, pita bread, and anything else you or your kids like to dip. You can also mix leftover sauce with warm cooked pasta for a quick mac 'n cheese, or use it as a cheesy spread in wraps and sandwiches. It's a good standby for packed lunches with celery or carrot sticks. White miso is fermented for a shorter period than other varieties of miso and therefore is milder and less salty. It contributes to the cheesy flavor. The optional turmeric adds nice color.

1 pound trimmed cauliflower, cut into 1-inch florets
1 medium Yukon Gold potato, cut into ½-inch dice
2 small garlic cloves
1/8 teaspoon ground turmeric (optional)
½ cup nutritional yeast
2 teaspoons white wine vinegar
½ teaspoon dried marjoram
½ teaspoon mild white miso (opt.)
¼ teaspoon prepared yellow mustard
Salt and freshly ground black or white pepper
½ cup unsweetened, unflavored plant-based milk, or as needed

In a large saucepan, place the cauliflower, potato, garlic, turmeric (if using), and 1 cup water. Bring to a boil over medium heat, then reduce the heat and simmer until the vegetables are very tender, about 10 minutes. Remove the pan from the heat and set aside until very warm, but not piping hot.

Transfer the cauliflower mixture with all its liquid to a blender. Add the nutritional yeast, vinegar, marjoram, miso (if using), mustard, and salt and pepper to taste. Blend until creamy and smooth, adding milk as necessary to achieve the desired consistency. Serve at once.

CANNELLINI BEAN SAUCE (Ann and Jane Esselstyn, *The Prevent and Reverse Heart Disease Cookbook*)

Serve this sauce over kale, greens, salads, grains, or veggies, or use as a spread for sandwiches or as a topping on pizza.

1 (15-ounce) can cannellini beans, drained and rinsed
1 to 2 cloves garlic
1 tsp tamari or Bragg's amigos

Purée the beans, garlic, and tamari in a food processor until very smooth, adding water as needed: use more water for a thinner dressing, or less for a thicker dip. ♦



Want to go vegan?

We can help!

rochesterveg.org

ON CULTURED MEAT

Two views of cultured meat (meat grown in a lab from actual animal cells, sometimes referred to as “clean meat”) from the website of United Poultry Concerns, upc-online.org

From “When Even ‘Clean Meat’ Isn’t Enough,” a letter published in *The Wall Street Journal*, January 13, 2018:

Regarding Matthew Scully's review of Paul Shapiro's *Clean Meat* (Books, Jan. 6): I'm afraid I cannot agree with my fellow activists' enthusiasm about so-called clean meat. The new technology may relieve animal suffering to some extent in the short term by using donor herds, which would suffer and be enslaved to provide cells out of which meat is then laboratory grown. Though this may end factory farming, which would be a blessing, it will do nothing to end the public's identification of animals with food. Indeed, it will likely confirm this.

The object is not to end factory farming; the object is to end animal farming as such. The promoting of meat of this sort is thus a pernicious undermining of animal liberation. According to psychology professor and animal activist Bill Crain, experiments show that people eating the flesh of animals generally perceive animals in a negative light in

contrast to people who don't. Is this something we really wish to encourage? ... A simpler solution is available, though it'll take some time, one that is consistent with and would facilitate the liberating of animals both nonhuman and human: adopting a plant-based diet. It's already happening.

Joan Harrison, New York, NY

From a statement by Professor John Sanbonmatsu, Associate Professor of Philosophy at Worcester Polytechnic Institute, when asked for a position on “clean meat” by Karen Davis, President of United Poultry Concerns:

I think it is folly, for several reasons:

I think too many vegans are thinking of this as the Holy Grail, which may subtly be taking pressure and urgency off of other modes of action and analysis. The whole synthetic meat movement is perpetuating the lie that the only reason, or main reason, we can't have universal veganism and an end to animal agriculture is because there are no “good” alternatives. That, and the lie that the reason people “can't” (or won't) give up eating animals is because animals just taste TOO GOOD. Well, I don't believe that. Yes, there are undoubtedly some people so hooked on the exact specific taste of bacon or whatever that they will cling to it until Doomsday. But I don't think

that accounts for most or even a big part of resistance to Animal Rights or to veganism specifically.

What's going to happen with this stuff is precisely what happened to Whole Foods and the whole “humane meat” industry: synthetic meats will not be competing with cheaper meat commodities; this industry will be competing with the chi-chi market for specialized foods. So the price point is going to be set high, because that's where the market is going to be most lucrative (because this is capitalism). Meanwhile, as I said, if the typical consumer is faced with a menu of “real” chicken and “synthetic real” chicken, he/she is going to choose the real chicken most of the time, or so I believe.

If humans think so little of the dignity or suffering of animals that they can't or won't countenance giving up farmed animal flesh until and unless there is an exact, one-to-one replacement, in taste, texture, availability, etc., then what are the odds that they will make any concerted effort to switch to synthetic meats at all?

Against the odds, somehow, we need to smash speciesism as an idea and a set of institutions and beliefs If we don't challenge that, if we can't undermine it, ... all of the synthetic meats in the world won't amount to anything.

[Also see Sherry F. Colb, “What's Wrong With In Vitro Meat,” at verdict.justia.com, posted 10/2/13.] ♦

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:

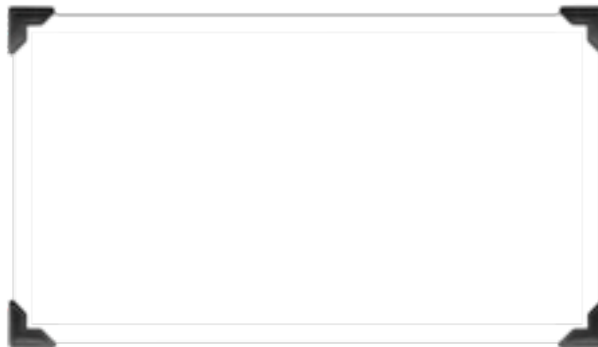
- **February 18, 2018** (3rd Sunday)* **Making Food Literacy an Educational and Health Priority** with **Antonia Demas, Ph.D.**, creator of the curriculum “Food is Elementary.” Brighton Town Park Lodge, details and directions below.*
- **February 26, 2018** (4th Monday) **Meeting of Oil Free Vegan Group (Esselstyn Rules)** at Buckland Lodge, 1341 Westfall Road. 6 PM Vegan Potluck Dinner; 7 PM Program: **Doug Schmidt** on his Vegan Jumpstart that changed 1,300 people for life.
- **March 5-April 9, 2018** (Six Mondays) 6:15 PM-8:30 PM **A Plant-Based Diet: Eating for Happiness and Health** course given at Monroe County Medical Society, 132 Allens Creek Rd. Taught by **Ted D. Barnett MD**; food samples by Carol Barnett. Offered to the general public; professional credit available to physicians and other health care providers for additional charge. Go to roclifemed.com for more information and to register.
- **March 18, 2018** (3rd Sunday)* **What the Bible/Torah Teaches About a Plant-Based Diet and Animal Rights** with **Roberta Schiff** and **Milton Mills, MD**. Brighton Town Park Lodge, details and directions below.*
- **March 31, 2018** (Saturday) **25th Annual RAVS 2nd Night Seder** (shared event with Beth Haskalah, Jewish Humanist Group) at Brighton Town Park Lodge, 777 Westfall Road. Doors open 5 PM, Service 6:00 PM followed by vegan share-a-dish dinner. See p. 3 for special rules. Please reserve at 234-8750 or at rochesterveg.org
- **April 15, 2018** (3rd Sunday) **RAVS Fund Raiser Dinner** catered by **Kitchen Verde!** 6:00 PM Dinner. Brighton Town Park Lodge, directions below. Go to rochesterveg.org to buy tickets; if no computer access, call 234-8750 and we will register you for the event.
- **April 23, 2018** (4th Monday) **Meeting of Oil Free Vegan Group (Esselstyn Rules)** at Buckland Lodge (not our usual lodge), 1341 Westfall Road. 6 PM Vegan Potluck Dinner; 7 PM Program
- **May 20, 2018** (3rd Sunday)* RAVS May Meeting; program TBA
- **May 21, 2018** (Monday) **Robert Ostfeld, MD** speaks at the Rochester Academy of Medicine, 1441 East Avenue, 7:30 PM. Part of the Lifestyle as Medicine Lecture Series, sponsored by Rochester Lifestyle Medicine. Tickets will be at roclifemed.com

*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



ROCHESTER AREA VEGAN SOCIETY
Box 20185
ROCHESTER, NY
14602