

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. ♦

**THE UNSTOPPABLE RISE OF VEGANISM**

That was the title of an article in the British publication *The Guardian* on April 1, 2018, and it wasn't an April Fool's joke!

The author, **Dan Wilcox**, writes: "If this is the year of mainstream veganism, as every trend forecaster and market analyst seems to agree, then there is not one single cause, but a perfect plant-based storm of factors. People cite one or more of three key motives for going vegan—animal welfare, environmental concerns and personal health—and it is being accompanied by an endless array of new business startups, cookbooks, YouTube channels, trendy events and polemical documentaries. The traditional food industry is desperately trying to catch up with the flourishing grassroots demand."

The author reports that four British food stores—Marks & Spencer, Pret a Manger, Sainsbury's and Tesco—now have vegan offerings, and Tesco recently appointed American chef Derek Sarno as "director of plant-based innovation." (Sarno, along with his brother Chad Sarno, is the author of *The Wicked Healthy Cookbook*, which hit bookstore shelves on May 8, 2018.) A new plant-based burger company Vurger, hit its £150,000 investment target via crowdfunding in a little more than 24 hours.

Wilcox profiles Roddy Hanson, the organizer of the Blackpool Green and Vegan Festival. People come to the festival from all over, and here's what they find: "There is an African superfoods stand, a Glaswegian jerk pie company, Turkish gözleme flatbreads, cakes, curries, wraps, sushi, vegan candles, vegan pet food, shlocky T-shirts and accessories ('Zombies eat flesh, go vegan')." [Editor's note: Sounds like the Rochester VegFest!] Hanson is a longtime animal activist and vegan, and for him the festival represents a shift in approach: he likes the fact that it's positive and convivial, and gives festival attendees an opportunity to "choose to engage." According to Hanson: "One of the main drivers ... is the critical mass of information available online, both motivating people to change in the first place and making it easier than ever to do so." Hanson points to documentaries like "Cowspiracy" and "What the Health," and

the influence of social media which "spreads things so much faster. I think that's why it's mushrooming right now. And it is mushrooming."

Wilcox talks about the work of Dr. Marco Springmann, a fellow of the Oxford Martin Programme on the Future Of Food, who has attempted to model what a vegan planet would look like. Springmann has projected that if the world adopted a vegan diet by 2050, the global economy would save \$1.1 trillion in healthcare costs and \$500 billion in environmental costs, along with a cut in greenhouse gas emissions by two-thirds.

Forward-looking corporations are positioning themselves to ride the plant-based wave. Justin Whitmore, executive vice-president of Tyson Foods, one of the largest meat businesses in the world, said in February of the coming crisis in sustainability: "We don't want to be disrupted. We want to be part of the disruption." (Tyson has a stake in Beyond Meat, the plant-based protein company.) In 2016, a group called Fairr (Farm Animal Investment Risk and Return) co-ordinated a group of 40 large institutional investment funds who publicly urged major food producers and retailers such as Kraft Heinz, Nestlé, Unilever, Tesco and Walmart to develop alternative, plant-based sources. Fairr's head of research says: "Plant-based diets aren't a trend or a fad; we see this very much being the basis of consumer growth."

According to Kip Andersen, one of the makers of the films "Cowspiracy" and "What the Health," when people decide to be vegan: "People feel empowered, it doesn't feel like a sacrifice. That's a huge shift. Whereas before, veganism may have been viewed like you were giving up something, now it's been reframed as what you gain: you gain health, you gain a greater sense of living in bounds with your values, you gain all the environmental benefits."

Before he ends with a profile of four vegans, Wilcox sums it up by saying: "Veganism is no longer niche or difficult and, as industrial agriculture bends to adapt to consumer demand and its own crisis of sustainability, it is only going to get more accessible – and more popular." ♦

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## Rochester Area Vegan Society

### Coordinators:

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

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### *The Vegan Advocate* Staff:

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### Contributors:

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

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

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

### Contacting RAVS:

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

(585) 234-8750



## RAVS RULES FOR SHARE-A-DISH MEALS

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

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

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

### IF YOU ARE NEW TO RAVS

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

### MEMBERSHIP BENEFITS

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

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

#### North American Vegetarian Society

P.O. Box 72, Dolgeville, NY 13329

Tel: (518) 568-7970

Fax: (518) 568-7979

E-mail: navs@telenet.net

Website: www.navs-online.org

Individual membership (annual): \$22

Family membership: \$28

Publication: *Vegetarian Voice*

#### Vegetarian Resource Group

P.O. Box 1463

Baltimore, MD 21203

Tel: (410) 366-VEGE

Fax: (410) 366-8804

E-mail: vrg@vrg.org

Website: www.vrg.org

Membership (annual): \$25

Publication: *Vegetarian Journal*

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

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

### BOOK ORDERS FROM RAVS

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

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

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

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

### WE NEED VOLUNTEERS!!

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

## Vegan Society Update

by Carol Hee Barnett

A winter that just did not want to leave has given way to a late but lovely spring. We have lots of things ahead of us, as we move into a busy season of sharing vegan information and food.

### MEETINGS/PROGRAMS

In February, **Antonia Demas, PhD**, creator of the “Food Is Elementary” curriculum, spoke about the the power of plant-based food to help troubled kids and launch them into healthy adulthood. In March **Milton Mills, MD** and **Roberta Schiff** discussed elements of Jewish and Christian texts and traditions that support a plant-based diet. In late March we had a lovely vegan seder (Passover meal), and April brought a fund raiser dinner catered by Kitchen Verde, at which **Ted Barnett, MD** summarized the many vegan happenings in Rochester over the past year.

In May we welcome **Tim Kaufman**, who lost over 100 pounds on a plant-based diet and saved his own life. In June, a panel of our inventive and experienced vegan cooks will share tips for easy vegan meals. In July and August we’ll enjoy picnics: details for all events in calendar on p. 8.

**OUTREACH:** RAVS staffed outreach tables at the following events:

—ABVI/Good Will Health Fair: **Carol Barnett**

—Nazareth College Health Fair: **Kimber Gorall, Elizabeth Jedynak, Carol Barnett**

—U of R Meatout event: **Carol Barnett**

—SUNY Brockport Metrocenter Wellness Fair: **Carol Barnett**

—Rocworthy Earth Festival: **Beth Garver Beha, David Daunce, Darren Mrak, Daryl Odhner, Noreen Salerno, Carol Barnett**

—Activism Fair: **Kimber Gorall and Carol Barnett**

—RAVS also has consistently staffed a table at the Rochester Vegan Community Center Open House (see “Vegan Happenings”).

### PLANT-BASED PROGRAMS

Rochester has two plant-based medical programs. **UR Medicine’s Weight Management & Lifestyle Center** at

Highland Hospital, under the direction of **Thomas Campbell, MD**, offers a Plant-Based Program. [lifestylecenter.urmc.edu](http://lifestylecenter.urmc.edu); (585) 341-9899.

**Rochester Lifestyle Medicine**, under the direction of **Ted D. Barnett, MD**, offers an 18-week intensive lifestyle change program or CHIP (Complete Health Improvement Program); a six-week Plant-Based Diet course; a 15-day jumpstart; and individual consults with medical practitioners. [roclifemed.com](http://roclifemed.com); (585) 484-1254.

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

Heart attack survivor **Tony Lipani** credits a plant-based diet, and the influence of both Dr. Caldwell Esselstyn’s *Prevent and Reverse Heart Disease*, and Rochester Lifestyle Medicine, with restoring him to life and health. A front-page article in the *Democrat and Chronicle* (3/12/18), “Speaking From His Heart,” profiles Lipani, a coach and former athletic director at Irondequoit High School, who gives motivational talks and has made a series of podcasts, including the much-downloaded “Heart Attack at Age 45 Alive.”

Bicycling enthusiast **Scott Wagner** was pictured peering through the frame of a bike in a photo next to an article in *City Newspaper* (Feb. 14-20, 2018) in which Wagner is one of the voices advocating for a bike lane on East Avenue in Pittsford.

A photograph of Cinema Theater manager **Audrey Kramer** appeared in the “Photographer’s Choice” section of the *D&C*, 2/5/18. For an update on the Cinema Theater, including the ongoing training of theater cats, visit [cinemarocheater.com](http://cinemarocheater.com). RAVS will sponsor a screening at Cinema: see calendar on page 8.

RAVS’s own Dr. Veggie, **Ted D. Barnett, MD**, was featured in a cover article in both *In Good Health*’s March 2018 issue, and *55 Plus*’s May/June 2018 issue, for his work with Rochester Lifestyle Medicine.

The **Rochester Vegan Community Center** (RVCC) at 14 Edmonds St., Rochester NY 14607 is a dedicated space for vegan advocacy, activity and support. Recently the RVCC hosted the 5-week Vegan Living Program. The RVCC also has an Open House on most first Saturdays of the month, from 11AM to 5 PM, and frequently has ticketed dinners and cooking classes. The RVCC is available to be rented by individuals for vegan-friendly activities. Visit [rocveganc.com](http://rocveganc.com)

**RocVeganLife** is a moderated discussion group that meets to share thoughts, strategies and support for being vegan. The first meeting led by **Jacki** and **Michael Hagelberg** was at the RVCC but other possibilities, including cooking classes offsite, depend on the interests of those involved. Send an email to [rocveganlife@gmail.com](mailto:rocveganlife@gmail.com) to express interest and follow [rocveganc.com](http://rocveganc.com) and [arroc.org](http://arroc.org) for notices of meetings.

A BELATED THANK YOU to **Jennifer Raymond** and **Stephen Avis** for their generous donation to RAVS. Jennifer is a leading light of the vegan movement and has been an inspiration to us for decades! Thanks also to **Malcolm Savedoff** for his generous donation to RAVS in memory of **Robert Klein, MD**.

### OTHER NEWS

**VEGAN GROCERY STORE** The first all-vegan grocery store,\* called simply “The Vegan Grocery Store,” has opened at 321 Oliver St. in North Tonawanda. A vegan restaurant, The Root and Bloom Café and Market, will open in the same location this summer. (\*Some of us fondly remember George Eisman’s Vegan Store at his family’s hotel, Chalet Leon on Seneca Lake.)

**EDEN:** This new vegan restaurant located at 109 Main Street, Batavia NY 14020, (585) 815-4487, is run by RAVS members **Judy Hysek** and husband **Chris Hysek**.

WE ARE SOLICITING empty badge holders for name tags. RAVS can use as many as you have! Bring to RAVS meeting or contact us.

PLEASE VOTE for the RAVS Board of Directors if you are a RAVS member. You’ll receive the ballot by email, or paper if you don’t “do” email. Don’t mail ballots: call, email or bring them to a meeting. ♦

We welcome the following **New Members:** John Appleby, Eden Restaurant, Nancey Kemp, Joanne Miechowski, Brenda Ochs & Hale Pietropaolo, Brigitte Wagner-Ott, Jennifer Young & Sean Frame, Evelyn Zyla. **Membership Renewals:** Judy Babbitt, Sandy Baker & Albert Brock, Hal Bauer, Beth Garver & Brian Beha, Linda & David Benjamin (Sustaining Level), Cindy Brickley, Eileen Brophy, Bill Bross, Vernon Cain & family, Carole & Howard Camp, Emily Casey, Ellie Cherin (Sustaining Level), Pat Cirillo, Margie Driscoll, Karen Evans, Pam Gabryel, Chris Giordano, Kimber Gorall (Patron Level), Ruth & Bill Grace, Stephen Heffron, Laura Howell, Judy & Chris Hysek, Marilyn and Mike Israel & Robert Israel, MD, Gail Keemer, Ann McCulloch, Patricia Megerle, Dee & Darren Mrak (Contributing Level), Maggie Odhner, NP & Daryl Odhner (Patron Level), Audrey Perry, Nancy Pigno & Norm Sacks, Rhonda Rittenhouse-Norton & Keith Norton, Ron Schneider, Sister Lucetta Serçu, Abby Stern & David Stern, MD. This list is current through approximately 4/30/18.

Thank you for your support! Any questions, contact us at 585 234-8750 or [rochesterveg@gmail.com](mailto:rochesterveg@gmail.com). ♦

## IN THE NEWS

**PROCESSED MEAT AND BREAST CANCER RISK** A study of 262,000 British women over a 7-year period showed that those who consumed the most processed meat (as little as half a hot dog) had a breast cancer risk that was 21% higher than those who consumed the least. A meta-analysis also showed that processed meat consumption increased overall cancer risk. *European Journal of Cancer* (2017) cited in Physicians Committee's *Good Medicine*, Spring 2018.

**INFLAMMATION AND COLORECTAL CANCER** A study of 121,000 participants over 26 years, posted in *JAMA Oncology* (2018), showed that those who consumed inflammatory foods, including processed meat, red meat and organ meat, were more likely to develop colorectal cancer. *Good Med.*, Spr. 2018.

**DAIRY AND PROSTATE CANCER RISK** Whole milk consumption increases risk for prostate cancer recurrence by 73%, with three times the increase in risk in men with high BMIs (overweight men), according to a study in *The Prostate* (2018). *Good Medicine*, Spring 2018.

**FISH OIL DOESN'T PROTECT AGAINST HEART DISEASE** An analysis of 10 randomized trials, studying a total of more than 77,000 people, published in *JAMA Cardiology* (2018) showed that omega-3 supplements, found primarily in fish oil, were not associated with lower incidence of cardiac events or lower risk of death from heart disease. *NY Times* 1/31/18 [Ed. note: This probably means that vegan omega-3 supplements, derived from algae, also do not reduce risk of heart events, though they might carry other health benefits.]

**MEAT CONSUMPTION ON THE UPSWING?** A segment on "NPR Marketplace" on 3/28/18 covered a so-called "meat craze" and predicted that meat consumption would hit a new record this year in the US. The demand for "clean meat" (raised without antibiotics), the popularity of low-carb diets, a "pork craze" (bacon), and cheap prices are all factors fueling this increase.

**TAX ON BEEF?** An Op-Ed piece in the *NY Times* on 3/17/18 by Richard Conniff made "The Case for a Carbon Tax on Beef." Conniff noted that livestock is responsible for 14.5% of greenhouse gas emissions globally, according to Chatham House, a British think tank; this corresponds roughly to the estimate made by the UN's Food and Agriculture Organization in 2006, that livestock generates 18% of GHG emissions, more than all forms of transportation combined. Livestock consume the yield from a quarter of all cropland worldwide, and if

you add in grazing, and the business of making meat occupies about three-quarters of the agricultural land on the planet. Beef and dairy cattle account for almost two-thirds of all livestock emissions, and the production of beef has a larger impact on the environment than any other animal product. In fact, a team of French scientists published a paper on the practicality of putting a carbon tax on beef as a tool for meeting European Union climate change targets.

Conniff highlights the "contribution" of beef and dairy cattle to "water pollution, deforestation, biodiversity loss and human mortality," citing a 2012 Harvard School of Public Health study showing that a single serving of unprocessed red meat a day increases the risk of death by 13%. He says a tax based on carbon emissions could increase the price of beef by up to 41% in supermarkets, and acknowledges it's unlikely to pass, even in Europe: like Wimpy, we want to pay later for a hamburger today.

**FOODBORNE ILLNESS** We've recently seen the recall of more than 206 million eggs due to a salmonella outbreak (*NY Times*, 4/15/18), and an E.coli outbreak from romaine lettuce that, as of 5/2/18, had sickened 121 people, putting 52 of them in the hospital; at least 10 have a type of kidney failure and one person has died. The CDC estimates that nearly half of all food-borne illnesses are caused by produce, and reported in 2013 that leafy vegetables including lettuces were the number one source of food poisoning. An article by Phil Lempert posted at [forbes.com](http://forbes.com) on 4/29/18 looks to new technologies to address the problem; but as long as intensive animal agriculture produces massive amounts of waste and runoff, innocent lettuces will often be the vector for disease.

**TENDER ME TOFU?** In a prank by Yale University students, campus-wide posters announced "Goodbye Chicken. Hello Tofu." and purported to herald the replacement of chicken with tofu tenders. The prank aroused protests by hundreds of Yalies, but turned out to be "just another nugget of fake news." Although Yale Dining has no plans to serve tofu tenders, in April 2017 it became the first university to start serving the vegan Beyond Burger made by Beyond Meat. *Yale Daily News*, 3/27/18; [beyondmeat.com](http://beyondmeat.com)

**PLANT-BASED IN BRAZIL** Four Brazilian cities have pledged to transition their cafeteria meals to 100% plant-based by 2019. [nationofchange.org](http://nationofchange.org)

**VEGAN ATHLETES** The Winter 2018 issue of Physicians Committee's *Good Medicine* had a cover article on "Why Athletes Are Racing to a Vegan Diet," profiling Lewis Hamilton, a 4-time

Formula One champion who is vegan, as well as ultra-marathoner Scott Jurek, tennis great Venus Williams, NBA basketball players Kyrie Irving and Wilson Chandler and NFL football players David Johnson, Cardale Jones, and Griff Whalen.

And, in a new Nike ad, Kyrie Irving says the reason for his energy and skills is "Simple—a plant-based diet." We heard but can't confirm that this ad was shown at the closing ceremony of the Olympics.

**OLYMPIC ATHLETES NEED PLANTS** A *NY Times* article (2/23/18) talks about the enormous number of calories needed by Olympic cross-country skiers (8,000/day), described as including fried eggs, ice cream and cheesecake. A commenter called "Vegan Mom" writes: "Good heavens! I can't even imagine how clogged their blood vessels are becoming from all that saturated animal fat... orders of magnitude more than the deadly 'standard American diet.' Being physically fit won't stop atherosclerosis, which I learned the hard way myself. A multi-sport athlete from childhood, I started showing signs of significant heart disease at age 40. Switching to a plant-based diet saved my life."

**MOVE OVER, SOY** The Sierra Club's *Sierra* magazine, Jan.-Feb 2018 issue, had an article on non-soy vegan meats, including Beyond Meat's Beyond Burgers, Upton's Jackfruit, Sophie's Kitchen's soy-and wheat-free Shrimp alternative, Lightlife's chickpea and red pepper lunch slices, and vegetable-based burgers by Maika Foods. A few errors: the article states that soybeans are almost always genetically modified, but virtually all the soy in vegan meats is organic and non-GMO. Also, the article could lead people to think that all Beyond Meat and Lightlife products are soy-free, which is not the case. We like the spotlight cast on vegan meats, however.

**MAKING MEALS EASY** We heard that Blue Apron, a recipe-and-ingredient meal kit service, has vegan options, but discovered a "vegetarian" option offered only on the 2-person plan, with meal options buried well into the ordering process. You'll have better luck with The Purple Carrot, [purplecarrot.com](http://purplecarrot.com), an all-vegan meal kit service. For an all-vegan service offering recipes and shopping lists, visit Lighter, [lighter.world](http://lighter.world). And for fully prepared vegan meals that are whole-food, plant-based (WFPB) and oil-free with a gluten-free option, shop Kitchen Verde, [kitchen-verde.com](http://kitchen-verde.com), (585) 406-5903. Meals can be picked up at 777 Culver Road, or delivered anywhere in Monroe County for a mere \$5 delivery charge, on Sunday 10AM-3PM; delivery to Ontario County is made to the Sands Cancer Center on Mondays between 4:30 and 6:00 PM. ♦

## Vegan Comfort Food

**Everyone loves comfort food**, and it's good to know that the **vegan** variety is good for both body and soul. We hope you enjoy these recipes!

Also see Alicia Simpson's *Quick and Easy Vegan Comfort Food*, available in the Monroe County Library or from Amazon.

**BLACK BEAN BURGERS** (Robin Robertson; from *The How Not To Die Cookbook*)

1 cup old fashioned oats  
 ½ cup walnut pieces  
 ¼ tsp ground turmeric  
 ½ cup chopped red onion  
 1/3 cup chopped mushrooms  
 1½ cups cooked black beans or one can black beans, rinsed and drained  
 2 tbsp tahini or almond butter  
 1 tbsp ground flaxseeds  
 1 tbsp nutritional yeast  
 1 tbsp chopped fresh parsley  
 2 tsp white or light miso  
 1 tsp onion powder  
 ½ tsp garlic powder  
 ½ tsp smoked paprika  
 1 tsp Savory Spice Blend (see recipe below)\*

Pulse the oats, walnuts, and turmeric in a food processor until they are finely ground. Add the remaining ingredients and pulse until well combined.

Pinch some of the mixture together between thumb and index finger to see whether it holds together. If it is too wet, add more oats; if it is too dry add a little water, 1 tbsp at a time. Transfer to a work surface and make four equal patties about ½-inch thick. Transfer to a plate and refrigerate 30 minutes.

Preheat oven to 375 degrees. Place burgers on a non-stick or lightly oiled baking sheet. Bake until hot and lightly browned, turning once, about 25 minutes total. Serve hot. These burgers store and freeze well.

\*Ed. note: If you don't have time to make the spice blend, you could add 1 tsp of favorite herbs, or 1 tsp of a commercial salt-free herb-spice blend such as Spike.

### SAVORY SPICE BLEND

2 tbsp nutritional yeast  
 1 tbsp onion powder  
 1 tbsp dried parsley  
 1 tbsp dried basil  
 2 tsp dried thyme  
 2 tsp garlic powder  
 2 tsp dry mustard (mustard powder)  
 2 tsp paprika  
 ½ tsp ground turmeric  
 ½ tsp celery seeds

Combine all the ingredients in a spice grinder or blender to mix well and pulverize the dried herbs and spices. Transfer to a shaker bottle or jar with a tight-fitting lid. Store in a cool, dry place.

**NUTTY PARM** (Robin Robertson; from *The How Not To Die Cookbook*)

½ cup each almonds and Brazil nuts  
 ½ cup nutritional yeast  
 2 tsp Savory Spice Blend (previous recipe)

Combine all ingredients in a food processor and process until the nuts are finely ground. Transfer to a covered container or shaker and keep refrigerated. **VARIATION:** Substitute different nuts for the almonds or Brazil nuts.

For a cheesy flavor, sprinkle this on pasta, grain dishes, salads, and snacks like popcorn or kale chips.

**LENTIL ENCHILADA PASTA**  
 (Jasmine Briones, Sweet Simple Vegan, [forksoverknives.com](http://forksoverknives.com))

12 ounces penne (or pasta of choice)  
 3 cloves garlic, minced  
 ½ cup diced red onion  
 1 stalk celery, diced  
 ½ cup diced red bell pepper  
 ¼ cup vegetable broth, divided  
 1 jar (18.3-ounce) crushed tomatoes (about 2¼ cups)  
 2 cups cooked lentils  
 ¼ cup nutritional yeast  
 2 tablespoons whole-grain flour, or as needed to thicken  
 2 tablespoons chili powder  
 ½ to 1 teaspoon ground cumin  
 ½ teaspoon salt (pink salt recommended)  
 ¼ tsp paprika  
 Dash of cayenne pepper  
 Fresh black pepper, to taste  
 ½ cup cilantro

For serving:

Fresh greens (I like a mix of baby kale, spinach, and arugula)  
 Avocado, chopped  
 Paprika  
 Nutritional yeast

Cook pasta according to package directions. While pasta is cooking, prepare the sauce. Place the garlic, onion, celery, and bell pepper in a medium pot with ½ cup water and ¼ cup broth. Cook over medium until the onion and celery are translucent, about 8 minutes. Add 1 cup broth, tomatoes, lentils, nutritional yeast, flour, chili powder, cumin, salt, paprika, cayenne, and black pepper. Bring to a boil over medium heat. Once boiling, turn to low and cook 8 minutes. Remove from heat and mix in pasta and cilantro. Serve with fresh greens and top with

avocado and a sprinkle of paprika and nutritional yeast.

**LENTIL SLOPPY JOES** (Heather McDougall, [drmcDougall.com](http://drmcDougall.com))

¾ cups water or low-sodium vegetable stock  
 1 onion, chopped  
 1 red bell pepper, chopped  
 1 tablespoon chili powder  
 1½ cups dried brown lentils  
 1 15-ounce can diced fire roasted tomatoes  
 2 tablespoons soy sauce  
 2 tablespoons Dijon mustard  
 2 tablespoons brown sugar  
 1 teaspoon rice vinegar  
 1 tsp vegetarian Worcestershire sauce (opt.)  
 Salt to taste

Place 1/3 cup of the water or stock in a large pot. Add the onions and bell pepper and cook, stirring occasionally until onions soften slightly, about 5 minutes. Add the chili powder and mix in well. Add the remaining liquid and the rest of the ingredients. Mix well, bring to a boil, reduce heat, cover and cook over low heat for one hour, stirring occasionally. Serve on whole-wheat buns with the trimmings of your choice. [Ed. note: This would also be good served over rice or other grains.]

**COLCANNON**  
 (veganmilitarywife.com) (Serves 6)

12 medium red potatoes (peeled, if not organic)  
 2 large leeks (light green and white parts only), sliced (wash carefully)  
 ½ savoy cabbage, chopped  
 1 bunch kale, chopped  
 4 cups vegetable broth  
 1 cup raw cashews, soaked at least 2 hours  
 1 cup water  
 ¼ tsp white pepper  
 1/8 tsp freshly grated nutmeg

Steam potatoes until tender. Meanwhile, in a large sauce pan, simmer leeks and cabbage in broth until cabbage is tender. Add kale and continue to simmer until wilted.

Combine cashews and water in a blender and process until smooth. Mash potatoes with some of the broth from the cabbage mixture, cashew cream, salt, pepper, and nutmeg. Mash until smooth. Add cabbage mixture and the rest of the broth, and stir until combined. Adjust seasoning if necessary. Serves 6.

Note: Colcannon isn't just mashed potatoes with vegetables in it. It should be smooth and creamy, almost soup-like.

## Vegan Comfort Food

### BEANS AND GREENS WITH PASTA (Bryanna Clark Grogan, *20 Minutes to Dinner*)

Water as needed to steam-fry  
 12 oz whole wheat or brown rice pasta  
 4 large cloves garlic, minced or crushed  
 2 cups arugula or other strong-flavored greens (e.g. escarole, kale, broccoli, rabe, mustard greens, turnip greens, fresh or frozen), chopped or sliced  
 1 14 oz can diced tomatoes with juice  
 1 can white kidney beans, pinto beans, or chick peas, drained  
 ½ cup vegetable broth  
 ½ cup wine (regular or non-alcoholic)  
 1½ tsp dried basil or ¼ cup minced fresh basil  
 1 tsp dried sage, crumbled or 1 tbsp fresh  
 Salt and pepper to taste  
 Nutritional yeast or vegan Parmesan

Put a large pot of water on to boil for the pasta. In a large skillet, steam-fry the garlic for 1 minute. Add the greens and steam-fry until they wilt. Add the tomatoes, beans, broth, and wine. If using dried herbs, add them at this point. Simmer while you cook the pasta to *al dente* (tender but firm to the bite). Add the fresh herbs (if using) to the sauce, and taste for salt and pepper. Drain the pasta and toss with the sauce. Pass the nutritional yeast or vegan Parmesan if desired.

### MEATLESS LOAF (Roberta Kalechofsky & Rosa Rasiel, *The Jewish Vegetarian Year Cookbook*)

2 tbsp oil (see Ed. note)  
 1 large onion, diced  
 1 cup chopped walnuts  
 1 cup regular rolled oats (not instant)  
 ½ pound mushrooms, sliced  
 2 cups vegetable broth  
 2 cloves garlic, minced  
 1 cup grated carrot  
 3 tbsp Dijon or other hearty mustard  
 4 tbsp tomato sauce  
 2 tbsp soy or tamari sauce  
 1 lb firm tofu, drained  
 2 tbsp arrowroot powder or cornstarch  
 2 cups whole wheat or other bread crumbs (use matzoh meal for Passover)

In a large skillet, heat 1 tbsp oil. Sauté onion slowly until a rich brown, about 30 minutes. Stir occasionally. Transfer onions to a large mixing bowl. In the same skillet, heat remaining oil, add walnuts, and sauté over medium heat 3 minutes. Add oats, sauté another 3 minutes, stirring. Add mushrooms, broth, and garlic. Reduce heat to low.

Cook until mushrooms soften and stock is absorbed, about 8 minutes. While oat mixture cooks, add carrot, mustard, tomato sauce, soy sauce or tamari. Add oat mixture to bowl with onions, and set aside.

Preheat oven to 375 degrees. In a food processor or blender, purée tofu and arrowroot or cornstarch until smooth. Add to oat-carrot mixture, and mix well. Add bread crumbs and mix again. Pour into oiled or non-stick loaf pan. Bake 40 minutes and cool 30 minutes before slicing.

[Ed. note: This loaf was a big hit at the RAVS seder (Passover meal). The recipe could be adapted to oil free by using white wine or dry vermouth to do the sautéing.]

### CREAM OF BROCCOLI SOUP (Katie Simmons, nutritionstudies.org)

2 celery stalks, diced  
 1 small carrot, peeled & diced  
 ¼ tsp thyme  
 2 big heads of broccoli (about 1½ lbs.)  
 1 can cannellini beans  
 2 bay leaves  
 4 cups vegetable broth  
 2 cups water  
 2 tbsp nutritional yeast

Place the carrot, celery, and thyme in a large pot. Cover and cook over medium heat, just 3-5 minutes, until aromatic. If vegetables start to brown, simply add a splash of water and reduce the heat.

For the broccoli, separate the florets from the stalks. Trim and peel the stalks. Discard the rough end and the woody peel. Roughly chop the peeled stalks.

Drain and rinse the cannellini beans. Place the broccoli, beans, bay leaf, vegetable stock, and water into the pot with the celery and carrot. Cover and bring to a boil. Cook over high heat just until the broccoli is tender, about 8-10 minutes. You still want it to be bright green so don't overcook the broccoli. The broccoli is tender when a stalk piece can easily slide off the tip of a knife.

Remove the soup from heat. Remove the bay leaf. Add the nutritional yeast powder. Use an immersion blender to purée the soup. Purée until creamy. Taste to adjust seasoning. Garnish with steamed broccoli florets and serve.

### SWEET HOLY DELICIOUSNESS SOUP (Anne Esselstyn, from R. Esselstyn, *Plant-Strong*, engine2diet.com) [Based on Sweet Potato Dal recipe from happyherbivore.com]

2 large onions, chopped  
 6 large garlic cloves, chopped  
 2 pinches crushed red pepper flakes  
 ½ teaspoon ground turmeric  
 1 teaspoon garam masala  
 6 cups low sodium vegetable broth  
 1 cup dried red lentils  
 2 large sweet potatoes, peeled and cut into cubes  
 2 bunches kale or greens of choice, stripped of spines and cut into bite-size pieces  
 Freshly ground black pepper, to taste

In a soup pot, stir-fry the onions and garlic for a few minutes until the onions are limp. Add the pepper flakes, turmeric and garam masala and stir to coat the onions and garlic. Add the vegetable broth and lentils and bring to a boil. Decrease the heat to low, cover and simmer until the lentils are fully cooked and the sweet potatoes are tender, about 5 to 10 minutes. Add the kale and cook 5 minutes more, or until the kale is soft. Season with black pepper to taste. Serve on its own or over a mound of cooked whole grains. Six servings.

### VIDALIA ONIONS (from Caldwell Esselstyn, Jr., MD, *Prevent and Reverse Heart Disease*)

Two Vidalia onions or other sweet onions, peeled and cut in half crosswise  
 Balsamic Vinegar  
 Bragg Liquid Aminos or other low-sodium tamari/soy sauce

Preheat oven to 300 degrees. Put onions in a pan and sprinkle with balsamic vinegar and a little Bragg's Aminos or soy sauce if desired. Cover with a lid or foil and bake for a few hours. If you have time, in the alternative you can bake at 250 degrees all afternoon. "You will have a plate of ambrosia for dinner!" The longer the onions bake the sweeter they become. Eat plain or served with brown rice or baked potatoes. ♦



Want to go vegan?

We can help!

rochestervegg.org

## Why Buy Local and Organic

by Elizabeth Henderson

There is no question that switching your diet to more plants and less meat is good for your health. But to enjoy greater benefits for your local community and the future of the planet as well as for your own health, it makes a huge difference if you pay close attention to how the food is produced.

During this era of industrial agriculture, conventional farmers have neglected soil health, treating soils as a medium to manipulate with heavy equipment, dousing it with chemical fertilizers, herbicides and pesticides. According to USDA food nutrient studies, the result has been a steady decline in the nutritional value of vegetables, fruits, and grains. By contrast, recent studies of organically grown foods show that in addition to lower levels of pesticide residues, organic foods have higher levels of vitamins, minerals, and antioxidants than conventionally grown foods ([www.organiccenter.org](http://www.organiccenter.org)). Nutrient-dense foods produced in season by local farms provide health care, and that's a wiser strategy than buying medical care.

Going local provides many benefits at the same time.

—Your money is circulating in your own community: family-scale farms are independent businesses that tend to support other local businesses.

—If ever there were “green” jobs, employment in local sustainable agriculture meets the definition.

—Economically viable farms preserve open space and beautiful working landscapes.

—And finally, eating local food saves energy.

Buying from farmers you know is also a good way to ensure food safety. The source of your food is not lost in an endless regression of ever more distant middlemen and brokers. Farms that are certified organic wash their produce in drinking-quality water that is tested annually. Our smaller scale, and the required audit trails for organic certification, ensure that we can trace back any food people buy from us.

Farming with organic methods helps reduce global warming. According to research at the Rodale Institute, if organic methods were applied to all of the world's cropland, it would be the equivalent of taking 1.5 billion cars off the roads! By using cover crops, composting, rotating, and mulching, organic farms put carbon in the soil as organic matter. Building organic matter buffers soils – in extreme conditions of drought and flooding, organic farms are more resilient and outyield farms using synthetic fertilizers. On average, organic farms use 30 percent less energy than conventional farms by avoiding synthetic nitrogen fertilizers and focusing on recycling nutrients.

So to get the full value from a vegan diet, make sure that as much as possible of the plant-based foods you eat come from local, organic farms.

*Elizabeth Henderson farmed for many years at Peacework Organic Farm. She is a member of the Board of the Northeast Organic Farming Association of NY (NOFA-NY), and lead author of Sharing the Harvest: A Citizen's Guide to Community Supported Agriculture (Chelsea Green, 2007).*

You can find local organic produce at the Rochester Public Market and other area farmers markets; there's organic produce at natural food stores and supermarkets, though it may not be local. For more information on local organic farms and food sources, visit [localharvest.org](http://localharvest.org) or consult the “Food and Farm Directory” at [nofany.org](http://nofany.org). ♦

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HAIKU  
from *spring clouds*  
by Bruce Ross

spring morning  
a bird leaves the pond  
leaves the ripples

yearning  
for the sunlight too  
bishop's weed

a billion stars  
and not a thought  
in my head

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

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

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

Primary interest in vegetarianism:

- Environment  
 Animal Rights  
 Health  
 Other:

**Rochester Area Vegan Society upcoming meetings and events of interest:**

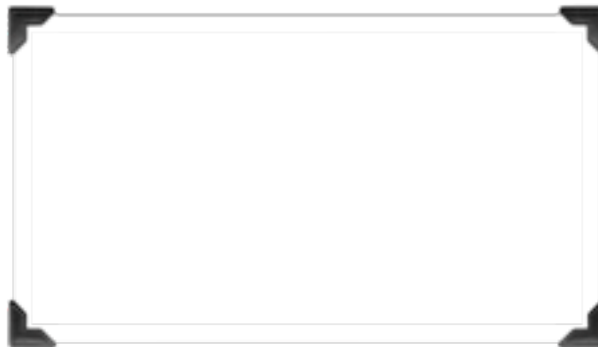
- **May 20, 2018** (3rd Sunday)\* **Finding the Road to Health and Recovery** with **Tim Kaufman**. Mr. Kaufman saved his own life with a plant-based lifestyle and now tries to help others find the same path. [fatmanrants.com](http://fatmanrants.com).
- **May 21, 2018** (Monday) **Robert Ostfeld, MD** speaks on **Transforming the World of Cardiology** at the Rochester Academy of Medicine, 1441 East Avenue, 7:30 PM. Part of the Lifestyle as Medicine Lecture Series. Optional gourmet tasting dinner at 6PM. Tickets at [roclifemed.com](http://roclifemed.com)
- **June 2, 2018** (Saturday) 11AM- 5PM Free Open House at the **Rochester Vegan Community Center**, 14 Edmonds St., Rochester NY 14607
- **June 3, 2018** (Sunday) 1:00 PM New film **“The H.O.P.E. Project”** at the Cinema Theater. Vegan concessions! Tickets [rochesterveg.org](http://rochesterveg.org) / at the door.
- **June 11, 2018** (Monday) 6:30-8:30 PM Free **CHIP** (Complete Health Improvement Program) info session at Rochester Lifestyle Medicine, 2024 W. Henrietta Rd., Suite #5A, Rochester NY 14623. For program beginning on Monday June 25. Visit [roclifemed.com](http://roclifemed.com) or call (585) 484-1254.
- **June 17, 2018** (3rd Sunday)\* **Vegan Meal Planning: Sure-Fire Tips and Recipes**. Join us as a panel of experienced and enthusiastic vegan cooks share their favorite meal ideas, ingredients, and cookbooks.
- **June 18, 2018** (Monday) **Jim Loomis MD** speaks on **Plant Based Rx from a Pro Team Doctor** at the Rochester Academy of Medicine, 1441 East Avenue, 7:30 PM. Part of the Lifestyle as Medicine Lecture Series. Optional gourmet tasting dinner at 6 PM. Tickets at [roclifemed.com](http://roclifemed.com)
- **June 25, 2018** (4<sup>th</sup> 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
- **July 4-8, 2018** (Wednesday- Sunday) **Vegetarian Summerfest** at University of Pittsburgh in Johnstown. Child care available; weekend package available. Visit [vegetariansummerfest.org](http://vegetariansummerfest.org) for details on program and to register. Highly recommended!
- **July 15, 2018** (3<sup>rd</sup> Sunday) **2:00 PM Summer Picnic** at Odonata Sanctuary, 20 Parrish Rd., Honeoye Falls, NY 14472. Bring a **vegan** dish to pass, a place setting for yourself and a folding chair if you have one. Bring lawn games and musical instruments if you like. If rain is threatened: call the RAVS hotline (234-8750) on Sunday, to see if the picnic has been rescheduled (message will be posted by noon), or consult RAVS website or FB.
- **August 19, 2018** (3<sup>rd</sup> Sunday) **2:00 PM Summer Picnic** at the home of Kimber Gorall, 15 Peachtree Lane, Pittsford, NY 14534. Bring a **vegan** dish to pass, a place setting for yourself, and a folding chair if you have one. If rain is threatened, see instructions given for July picnic.

\*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**



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