

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. ♦

REASONS TO GO VEGAN:
More than Meats the Eye

This year at the Vegetarian Summerfest conference (see p. 4), **Jenny Brown**, the founder of Woodstock Farm Sanctuary in NY who now speaks on college campuses everywhere, talked about the ethical reasons not to eat animal products. She said that virtually all animals raised for human consumption are terribly mistreated; and eating animals, or not, is "one of the most pressing ethical issues of our time."

Brown was raised in a Southern Baptist household in Kentucky, leading a normal life until the exceptional hit her: at age 10 she came down with bone cancer and lost her leg. But she says many good things came from her "stupid fake leg," including being allowed to have a pet for the first time, her cat Boogie, who was her companion for 18 years, from Jenny's age 10 to 28. Her close connection to Boogie taught her that animals have thoughts, feelings, and souls. After a career in film and TV, when doing undercover work on downed animals for an animal advocacy group "chilled her to the core," Brown decided to devote her life to rescuing farmed animals. She says "the Lucky Ones" (that's the title of Brown's book) who are rescued become "vegan makers," when people meet them and see that they have distinct personalities and are individuals worthy of respect and love.

Brown says that 10 billion farmed animals are killed in the U.S. yearly, and 65 billion worldwide, not counting fish which are measured in tons. According to Brown, everything that makes life worth living to farmed animals is denied to them. Their lives and deaths are invisible to us because agribusiness doesn't want us to see them. But when we "callously commodify animals," treating them like objects rather than sentient beings, they suffer terribly in the name of profits. The Animal Welfare Act does not even cover farmed animals: whatever is routinely done to them is simply regarded as acceptable.

Eggs: Mother hens are fiercely protective of their chicks, but today's chickens never meet their mothers. Male chicks of egg-laying hens are routinely separately from females after birth in a "sexing" process and, because males of this

variety of bird are useless to the food industry, they are disposed of by suffocating them or grinding them up alive. Brown says "no animals suffer worse than hens in battery cages," which is where most of them are kept; "cage-free" and "free-range" situations are ill-defined and never enforced.

Dairy products: All dairy products come from the fundamental cruelty of separating calves from their mothers at birth: cows mourn for the loss of their babies for extended periods. As in the egg industry, the male babies are an unneeded by-product, so many male calves are shot or bludgeoned to death. Some lead short and miserable lives as veal calves, under conditions that are so cruel that sometimes veal is the first flesh food to be given up by a meat eater who starts paying attention to how food animals are treated. Ninety percent of dairy cows live indoors, and 60% are chained by the neck. After a few years of constant pregnancy and lactation, worn-out dairy cows are slaughtered for hamburger.

Bacon: Pregnant sows usually live in gestation crates barely bigger than the size of their bodies; they chew on the iron bars of the crates until their gums bleed. Male baby pigs have their tails docked and are castrated without anesthesia, a practice which can rupture the piglets' intestines and result in death. This happens to millions of pigs daily.

Brown observed that the popular egg, bacon, and cheese sandwich could hardly contain more suffering, and ended her talk by saying that being vegan is the only way we can live our values of compassion. She urges everyone to spare animals by not eating them, and also by speaking up for them: "Be their voices." ♦

HAIKU by Bruce Ross

silence
the tree's still shadow
on the yellow roof

so quiet
by the roadside
Queen Anne's lace

a field mouse
on a crinkly elm leaf
breathing

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Rochester Area Vegan Society

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

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

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

Contacting RAVS:

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

(585) 234-8750



RAVS RULES FOR SHARE-A-DISH MEALS

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

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

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

IF YOU ARE NEW TO RAVS

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

MEMBERSHIP BENEFITS

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

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

North American Vegetarian Society

P.O. Box 72, Dolgeville, NY 13329

Tel: (518) 568-7970

Fax: (518) 568-7979

E-mail: navs@telenet.net

Website: www.navs-online.org

Individual membership (annual): \$22

Family membership: \$28

Publication: *Vegetarian Voice*

Vegetarian Resource Group

P.O. Box 1463

Baltimore, MD 21203

Tel: (410) 366-VEGE

Fax: (410) 366-8804

E-mail: vrg@vrg.org

Website: www.vrg.org

Membership (annual): \$25

Publication: *Vegetarian Journal*

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

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

BOOK ORDERS FROM RAVS

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

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

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

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

WE NEED VOLUNTEERS!!

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

Vegan Society Update

by Carol Hee Barnett

It's been a HOT summer and that's the level of interest that we see in vegan advice and recipes. We've had lots of activity and we expect things to gear up even more in the fall.

MEETINGS/PROGRAMS:

At the May meeting, **Tim Kaufman** had us spellbound as he talked about his amazing conquest of illness and overweight (he lost over 100 pounds) with a vegan diet. Now he and wife Heather run marathons! Visit his site fatmanrants.com.

We had a June 3rd screening of "The H.O.P.E. Project" at the wonderful vegan-owned Cinema Theater. Our June meeting featured a panel of experienced vegan cooks who talked about meal planning and their favorite recipes. Thanks to **Renee Bell, Deb Klee, Darren Mrak, Sandy Rubin,** and **Robertta Schiff** (visiting from out of town!)

In July, our picnic was at **Odonata Sanctuary** in a beautiful setting in Honeoye Falls, home of **Cheryl Kelley** and **Steve Melcher**. It's also the home of many rescued farm animals that we got to meet. Anyone interested in donating to the sanctuary or volunteering their services, please write odonatasanctuary@aol.com.

In August we again picnic at the home of one of our members. In September **Milton Mills, MD** will speak on parallels between the vegan movement and the civil rights movement. And in October, **Tina Kolberg** and **Bubbie Staron** of **Animal Rights Rochester** (ARRoc.org) will speak on the topic of animal rights.

OUTREACH:

We're sorry we neglected to acknowledge the following spring volunteer activity in our May newsletter:

—The RAVS fund raiser in April could not have been such a success without the help of **Beth Garver Beha, Ellie Cherin, Jacki & Michael Hagelberg, Deb Kiba, Sandy**

Rubin, Shari Schmidt, Ren vanMeenen, and **MacClurg Vivian**. Thank you!

—Thanks to **Maggie and Daryl Odhner** for setting up and staffing an Earth Day information table at Spiritus Christi.

Since May, RAVS has staffed outreach tables at the following events:

—Activism Fair at Visual Studies Workshop: **Kimber Gorall & Carol Barnett**

—RCSD Family Affair at Ontario Beach Park: **Carol Barnett**

—NeighborWorks fair at Rochester Public Market: **Kimber Gorall & Carol Barnett**

—Monroe Community College Wellness Fair for employees: **Carol Barnett**

—Lutheran Grace Community Services Wellness Fair for employees: **C. Barnett**

—Brighton Eco-Fair: **David Daunce, Kimber Gorall, Darren Mrak, and Carol Barnett**

—Monroe County Wellness Fair for employees, at 3 different venues on 3 different dates: **Carol Barnett**, alongside **Sandy Rubin** staffing the table for ARROC

—Champion Academy information fair for families at East High School: **C. Barnett**

PLANT-BASED PROGRAMS

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; (585) 484-1254.

The **Plant-Based Diet** course taught by Dr. Barnett will be offered (for the 16th time!) at the Unity Hospital Education Center/auditorium, **Tuesdays starting September 4** (six Tuesdays with one skipped week to accommodate a Jewish holiday). Unity Hospital is a very convenient place to take this course, as there is free lot parking at the entrance to the hospital. Register at roclifemed.com Under "Events & Resources." Available for professional credit for physicians and other providers.

VEGAN HAPPENINGS

Don't miss the **2nd Annual Rochester VegFest** on Saturday, September 15, 2018 from 10AM to 4 PM at Martin Luther King, Jr. Park! For more information go to rocvegfest.org

An all-day **Deaf Vegan Workshop** at the Rochester Recreation Center for the Deaf is scheduled for Saturday, September 22, 2018, 9AM- 3PM, lunch provided. The workshop costs only \$25 and has support from Nalith Foundation. ASL only; this workshop is not "voiced." Find info and sign up online at rochesterveg.org

Please attend the **Finger Lakes Natural Living Fair** on Sat., Sept. 29 from 12 noon to 5:00 PM, at Mendon Ponds Park, for an abundance of information on green and cruelty-free living, and natural healing. Vendor and speaker space available; visit FingerLakesFair.com.

RocVeganLife is a moderated discussion group that meets to share strategies and support for being vegan. Send an email to rocveganlife@gmail.com to express interest; go to ARRoc.org and click on "Events" for notices of meetings.

VEGAN FOOD LOCALLY

2 TON TONY'S PIZZA in Irondequoit had a vegan pop-up on June 6 and Aug. 1!

CINELLI'S Italian Restaurant at 840 Long Pond Rd. in Greece has an extensive vegan menu, including its catering menu!

BAMBOO HOUSE, 2185 Monroe Ave., Rochester 14618, has a fabulous vegan sesame tofu on its menu, served with steamed broccoli.

TRADER JOE'S will give you a printed list of their extensive list of vegan options, on request.

WEGMANS made all-vegan Tom Tom Tempeh a featured meal on May 15, 2018.

LOVE BEETS is located in Rochester in Eastman Business Park. Love Beets products can be found at Tops, Wegmans, Aldi's, BJ's and Costco. *City News* 5/23/18. ♦

We welcome the following **New Members**: Kristi Brown, Jo Cappella, Janet Chaize, Marie Connors-Gilmore & George Gilmore (Contributing Level), Sarah Gifford & Katherine Stanko, Kathleen Hoven, Allan O'Grady Cuseo (Patron Level), Adrienne Gillespie, Susan Golembeski & Jim Striegel, Cindy L. Griffin, Alita Lawson, Jessica Middleton, Gregory Onufryk, Sandy & Chris Opitz, Sarah Orgass, Laura Robinson, Lee Rosenthal (Patron Level), Connie & Thomas Specht, Mary Lou Wilson. **Membership Renewals**: Barbara Barg, Carol Barnett & Ted D. Barnett, MD, Renee & Brian Bell, Dom Bovenzi, Felicity & Gerald Brach, Margie Campaigne, Mary C. Ciulla, Sue & Jim Conner, Mary Cowles & Father Patrick Cowles (Sustaining Level), Charles DiPrima, Sharon & Ray Dumbleton, Phyllis Fleischman, Gloria & Steven Foster, Tom Fronczak, LCSW, Bunny Goldsmith, Nancy Hallowell & Winton Brown (Contributing Level), Nancy Hauck, Nancy Herbst, Sandy Hicks (Patron Level), Steven Jarose & Marvin Ritzenthaler, Elizabeth, Rafal, & Mary Jedynek, Audrey Kramer & Alex Chernavsky (2-year renewal), Lisa Marulli, Karen Mayes, Heather McIntyre, Yetta Panitch & David Daunce (Patron Level), Karen & Carl Petito (Contributing Level), Naomi Pless, MD, Nancy Reed & Bob Gordon, Russell Roberts, Dan Seeley, Janet Siegel, Donna Silverman, Susan Schirm Teschke & William Teschke, Maureen & Steve Van Buren, Sharon Yates (Contributing Level), Julie Yoon, MD & Paul Gosink, MD (Patron Level). **Newsletter Only**: Karen Katz.

Thank you for your support! This list reflects memberships received through approximately 8/1/18. Any questions, call (585) 234-8750 or contact us at rochesterveg@gmail.com.

REPORT FROM VEGETARIAN SUMMERFEST 2018

IN GOOD HEALTH: The cutting edge of health news.

Linda Carney, MD spoke on “Beating the Blues with Greens,” i.e., improving cognitive function and mood with a plant-based (PB) diet. The SMILES trial in 2017 showed that after following a near-PB diet for 6 months, 32% of depressed subjects were no longer measurably depressed. Arachidonic acid is an omega-6 fatty acid which promotes brain inflammation, and omnivores consume about 9X as much as vegans; an interventional study published in *Nutrition Journal* in 2012 showed that when you remove meat, moods improve. Inflammation may underlie the tie between diet and disease generally, and we don’t need drugs to address the problem: a PB diet is the best way to reduce inflammation.

Joel Kahn, MD spoke on “Ketogenic Diets”: Ketogenic or Paleo (high meat and animal fat, low-carb) diets basically induce a state of kenosis or starvation causing the conversion of protein to ketone bodies, which can result in weight loss but is not conducive to overall health. Kahn cited a meta-analysis of 272,000 subjects by Noto in 2013, showing that a low-carb diet significantly increased the risk of all-cause mortality. Kahn uses the “5 pillars” set forth by Valter Longo, PhD to evaluate diets (biochemistry, randomized clinical trials [RCTs], epidemiology, existence of centenarians, and effect on complex systems) to show the superiority of a PB diet. (1) Biochemistry: the assimilation of meat generates toxins such as TMAO, HCA’s AGE’s and Neu5Gc; (2) RCTs: the Ornish study shows that a PB diet reverses heart disease; (3) epidemiology: the China study found that regions with the lowest consumption of animal products had the least chronic disease; (4) Centenarians: the Blue Zones studies show that the longest-lived people on the planet eat largely PB diets. And, (5) PB diet is easier on the planet (a “complex system” if there ever was one).

Tim Radak, RD, MPH spoke on the controversy surrounding fish oil and omega-3 fatty acids (EPA, DHA) found in fish oil, but also found in plant-based algae supplements. Fish don’t create EPA and DHA, but rather consume them in algae, and concentrate them in their tissues which are harvested for fish oil. Recent research (the 2017 American Heart Association Science Advisory) concludes that the much-touted benefit of fish oil for prevention of heart disease doesn’t exist, and it even increases risk in some population groups. However, old recommendations die hard, and the entrenched and highly lucrative (\$1.2 billion per year) fish oil industry continues, at the cost of dead zones in the ocean and concern

about extinction of some species. Vegans typically have lower blood levels of omega-3’s than omnivores, but it’s unclear whether there’s any down side for heart disease risk: a recent study by Sanders (2014) concludes there is insufficient evidence for vegans to take supplements.

Joel Kahn, MD spoke on “How Vegans Fail.” After citing multiple articles on the healing power of a PB diet, Kahn warned of possible pitfalls: (1) being a junk food vegan; (2) vitamin deficiencies (he recommends 1,000 mcg of B12 daily for those 65 and older; 15-30 minutes of sun daily, with 2,000 IU of vitamin D every day as a back-up; and (3) 250 to 500 mg vegan EPA/DHA (omega-3’s) daily [Editor’s note: this last recommendation is controversial]; (3) avoid early death by getting breast, prostate, and colon screenings, and lower your risk of heart attack with adequate sleep, exercise, and PB diet; and (4) psycho-social factors: reduce stress, stay connected, and ask yourself “What’s your why?” (i.e., your reason for being).

Stephan Esser, MD spoke on “The Science of Emotions and Eating.” Our relationship with food is meant to be “simple and delightful” if we are eating real food; but in an era of hyper-palatable foods —“food-like substances”—food becomes the enemy. Highly processed foods contain sugar, salt and fat, engineered by food chemists to maximize consumption and override satiety, and in our affluent society these processed foods are highly accessible and affordable. In contrast, whole plant foods elicit a mild pleasure response and early satiety. Essex says “if food is abusing you, don’t go back to it”: have a love affair with food by eating what you are designed to eat (whole plant foods).

Michael Klaper, MD in “Keys to Healing in the 21st Century” spoke of becoming a healer (“the impulse to heal is in all of us”) by doing as much as we can to bring plant-based diet to our circle of contacts. Klaper reminded us of the “stunning power of a truly healthy PB diet” which “floods the tissues,” “changes you on a fundamental level” and “cleans you on a cellular level meal after meal.” Klaper says we should be encouraged because the “plant-based wave is breaking” and “the era of plant-based nutrition is dawning.”

ETHICAL PERSPECTIVES

Mylan Engel, PhD on “Philosophy, Animals and Veganism”: Though many philosophers throughout history have espoused a rationalist view and established a hierarchy that ranks humans above animals, there has always been a thread in philosophy espousing universal compassion and gentleness towards all, epitomized in Pythagoras who said (2500 years ago!) that we should regard all living creatures as kindred. Engel’s basic philosophical

argument is that if a person thinks we should not cause an animal harm, suffering, or killing (HASK) for no good reason (and most people do), once you demonstrate that animal products are unnecessary and even harmful to humans, then that person’s own values require him or her to be vegan.

Sarina Farb, “Why Veganism Will Win”: Those who are discouraged at the rate of progress of vegan advocacy should keep in mind that great social justice movements such as the abolition of slavery, women’s suffrage, and the banning of DDT required a paradigm shift that took many decades but finally arrived at their goals. We can hope that when 10 to 15% of the population has become vegan, we’ll arrive at a “tipping point” where the rest will follow the trend.

JUST FOR FUN: Sessions on animals in the movies and vegetarians on TV!

Carrie Freeman, PhD, “Vegetarian Characters on TV”: Characters like Phoebe on “Friends” and Lisa on “The Simpsons” help by familiarizing and normalizing vegetarians with viewers, but Freeman would like to see more vegan characters of all ages, races and genders on TV, shown as mainstream and not just progressive types.

Kathleen Kinsolving, “Vegans Go to the Movies”: There’s been a steady evolution towards humane treatment of animals in the making of movies as well as in the themes presented. Regarding a grisly scene in Mel Gibson’s “Braveheart” in which the Scots, on foot, arrayed in battle against the English on their charging horses, turn their lances at the last moment against the horses: this was a victory for animals, as Gibson had elaborate mechanical horses made for the scene and not a single animal was harmed.

TYING THINGS TOGETHER: In the final plenary session, **Miyoko Schinner**, entrepreneur extraordinaire and maker of Miyoko’s Creamery cheese, talked on “The Meaning of Food in the 21st Century.” For most animals, eating is solitary; but humans are defined by the activities of cooking and shared eating. We seem to be reverting these days to solitary eating, with our crammed schedules and increasing isolation. But the meaning of food is to create community. Schinner says “Peace begins on your plate.” She calls for a new culture of food founded on non-violence and sharing: “A vegan diet is the single biggest way to reduce your impact on planet Earth.”

NEW NAME! Perhaps the most notable news from Summerfest was that, starting next year, the event will be called **Vegan Summerfest**. This news was met with resounding applause! Also starting now, the yearly achievement award will be the “Vegan Hall of Fame.” In fact, this year’s honoree, who was **Chef AJ**, author of *Unprocessed*, was declared the first member of the **Vegan Hall of Fame**. ♦

RECIPES FROM VEGETARIAN SUMMERFEST

BLACK BEAN AND WILD RICE BURGERS (Miyoko Schinner) (can be made gluten free) (Serves 8)

1 onion, diced
2 stalks celery, diced
1 red bell pepper, diced
1 can black beans, drained
1 chipotle pepper in adobo sauce*
1 clove garlic
1 tbsp miso**
1 tbsp tomato paste
½ cup chopped cilantro
2 - 2½ cups cooked wild rice
½ cup panko*** bread crumbs, or ground walnuts

For serving: buns, tomatoes, vegan mayo, mustard, ketchup

Sauté the veggies in a little oil or water until tender, and season lightly with sea salt.

In a food processor, process the beans along with the chipotle in adobo sauce, garlic, miso, and tomato paste. This should be kept slightly chunky and not allowed to process until smooth. Add the cilantro, wild rice, and breadcrumbs or ground walnuts. Mix well and form into patties. Try using a large ice cream scoop to form balls, drop onto lightly oiled or parchment paper-lined sheet pans, then flatten with your hand to form a patty. Or, find a large, deep jar lid, line it with plastic wrap, pack in the burger mixture, then flip it out onto the oiled or parchment-paper lined surface. This method makes perfectly shaped burgers like commercial veggie burgers, to fool kids or grandkids. Bake at 350 degrees for about 12 minutes, then flip and bake 12 minutes on the other side.

*Chipotle pepper in adobo sauce can be found in the international aisle with Latin/Mexican foods (e.g. Goya brand). It is very spicy HOT, although it has a delicious smoky flavor. CAUTION: use only a fraction of one pepper, unless you have used it before and know what you like. I mince the rest of the pepper and place it, with the adobo sauce, in a small glass jar in the freezer for future use: just thaw slightly before scraping off what you need.

**Miso is fermented soy paste. Find it in the refrigerator case in the natural food store. Or, substitute ½ tbsp soy sauce, or ½ tsp salt, for this amount of miso.

*** Wegmans whole wheat panko crumbs are vegan and oil-free.

AUTHENTIC PHO (Chef GW Chew)

¼ cup fresh ginger
¼ cup minced garlic
2 tbsp sliced green onion (white and green parts)
2 cups green cabbage, sliced
¼ cup “chick seasoning”*
¼ cup Bragg’s Liquid Aminos or soy sauce
Oil, water, or white wine
4 quarts water
2 packs rice noodles**
3 cups veggies such as bok choy, broccoli
Vegan meat (optional), cooked or warmed
Garnish: fresh basil, sprouts, lime, and sriracha

Sauté first 6 in ingredients in oil or other liquid over medium heat. Cook rice noodles in boiling water until done. In a large serving bowl, add the sautéed ingredients to the rice noodles and stir.

Sauté vegetables of your choosing until tender, but don’t overcook. Add the vegetables and vegan meat to the flavored noodles. Serve and enjoy.

*The recipe recommends using Bill’s Best or McKay’s Chicken Style Seasoning for “chick seasoning.” McKay’s Beef Style and Chicken Style Seasoning is all-vegan and can be found at Walmart or Whole Foods, or purchased online. You can find other brands of vegan chicken-style broth powder, but be sure to read labels. These products are high in sodium so we suggest you use less than the recipe calls for.

**Wegmans has organic flat Brown Rice Noodles in the rice and noodles (Asian) section of the international aisle.

FRESH CORN CHOWDER (Miyoko Schinner, *The Now and Zen Epicure*) (Serves 6 to 8)

2 cups diced onions
1 tbsp oil or ¼ cup water
Kernels from 6 to 8 ears cooked fresh corn
3 cups vegetable stock
¾ cup white wine, or ¾ additional stock plus 2 tbsp white wine vinegar
Up to 2 cups cashew milk
1 tbsp fresh thyme or 1 tsp dried thyme
Salt and pepper

In a soup pot, sauté the onions in the oil or water, covered, until very tender. Add the corn kernels, stock, wine, and bring to a boil. Reduce the heat, cover partly, and simmer gently for about 10 minutes until kernels are tender. Pour the soup into a blender, making sure not to overfill, and purée briefly, leaving some texture to the corn (or use an immersion blender right in the pot). Add the cashew milk and fresh thyme, and season with salt and pepper to

taste. Gently reheat but do not allow to boil.

Cashew Milk: In a high-speed blender, combine 2/3 cup cashews with 2½ cups of water, and purée until smooth and creamy. [Editor’s note: There are now commercial varieties of cashew milk available in aseptic packages (shelf stable).]

ENLIGHTENED FAUX PARMESAN (Chef AJ, adapted from her book *Unprocessed*)

1 cup rolled oats (can be gluten-free)
1 cup nutritional yeast
1 tbsp Benson’s Table Tasty or other salt-free seasoning such as salt-free Spike

Place all ingredients in a blender or food processor fitted with the “S” blade and process into a powder. Store in the refrigerator.

Try this topping on steamed veggies, especially broccoli or cauliflower, or on pasta with tomato sauce.

VARIATIONS: You can make many different and delicious varieties of this topping by adding ingredients like chipotle powder, jalapeño powder, smoked paprika, or sun-dried tomato powder.[Ed. note: Look for these in the bulk herbs/spices section at a health food store such as Abundance or Lori’s, or at Niblack in the Genesee Valley Regional Market.]

BAREFOOT DRESSING (Chef AJ) (It will knock your socks off.)

1¼ cups balsamic vinegar*
¼ cup regular (not seasoned) rice vinegar
¾ cup lime juice, add zest if fresh
5 pear halves (unsweetened canned or jarred, reserve the juice)
1 cup nutritional yeast**
½ cup salt-free stoneground or Dijon mustard
¼ cups shallots, chopped
4 cloves garlic, chopped
1 tbsp chia seeds*** dissolved in ½ cup water or juice from canned pears

Dissolve chia seeds in the water or unsweetened pear juice. Place remaining ingredients in a blender and blend until smooth. Add chia seed slurry and blend again. Refrigerate.

*Chef AJ prefers a low-acidity balsamic vinegar (4% rather than 6%) if available.
**Nutritional yeast can be found in bulk, or on the shelf in a bag, in natural food stores or sections of the supermarket.
***Chia seeds can be found in bulk or in a bag in natural food stores or sections of the supermarket. ♦

OIL FREE VEGAN RECIPES

COSTA RICAN RICE AND BEANS (GALLO PINTO) (Jason Wyrick, forksoverknives.com)

Gallo Pinto, which translates to “painted rooster,” is a breakfast mainstay in Costa Rica. It is enhanced by a sofrito, a staple of Latin cuisine made from onion, bell pepper, and garlic.

½ onion, diced
1 red bell pepper, diced
2 cloves garlic, minced
¼ teaspoon salt
½ cup uncooked rice, rinsed and drained
¾ cup cooked or canned black beans, drained and rinsed
Hot sauce to taste

Sauté the onions and bell peppers in a pot over medium heat, stirring frequently, for about 8 minutes or until the onions start to turn light brown and translucent. Add water 1 to 2 tbsp at a time as needed, to keep the onions from sticking to the pot.

Add the garlic and sauté for 1 minute more. Add 1 cup water and salt and bring the mixture to a boil. Add the rice and return the mixture to a boil; cover the pot and reduce the heat to low. Cook the rice for about 20 minutes.

Remove from the heat, stir in the beans, and drizzle the Gallo Pinto with hot sauce.

BUSY DAY SOUP (Kathy Pollard, sustainablediet.com)

1 cup Busy Day Soup Mix
1 onion, chopped
2 or 3 cloves garlic, chopped or pressed
3 ribs celery, sliced
3 carrots, peeled and sliced
½ green or red bell pepper, diced
½ cup mushrooms (optional), sliced
1 tomato (optional), diced
1 tbsp all purpose seasoning, or oregano
¼ cup soy sauce
1 tsp pepper
6 cups water or veg broth

Busy Day Soup Mix

Make a dry mix of equal parts of the following and store in a jar:

- Green split peas
- Yellow split peas
- Green or brown lentils
- Red lentils
- Hulled barley

Put everything in a pot. Bring to boil on medium heat. Lower heat and simmer for 1½ - 2 hours, or until beans are tender. Stir every once-in-awhile and add a bit more water if needed.

OPTIONS: Instead of using dry beans, choose a mix of canned beans. Use 3 cans of rinsed beans and reduce cooking time to 30 - 45 minutes.

SKILLET SPAGHETTI (Lindsay S. Nixon, happyherbivore.com)

2 tbsp onion flakes
1 tbsp Italian seasoning
1 tbsp garlic powder
1 tsp chili powder
28 ounces fire-roasted diced tomatoes
A dash of red pepper flakes
7 ounces spaghetti
1 tbsp nutritional yeast*
1 tbsp ketchup
½ cup fresh basil, minced (optional)

Combine spices and tomatoes (with juice) together in a large, deep skillet or pot. Cover and bring to a boil. Cook for 1 minute, then add 14-oz water (refill one 14-oz can or half of 28-oz can). Stir, then add dry (uncooked) spaghetti. Cover again and bring to a boil.

Reduce heat to low and cook 7-15 minutes, until spaghetti is cooked. Stir in nutritional yeast and ketchup, plus salt and pepper to taste. Add 1 tbsp more Italian seasoning and stir in fresh basil if using.

Chef's Note: You can also add olives, beans, lentils, mushrooms, cooked broccoli or anything else you have on hand with the nutritional yeast, to fill out this dish.

*Nutritional yeast can be found in bulk, or on the shelf in a bag, in natural food stores or sections of the supermarket.

RAINBOW CAULIFLOWER RICE SALAD (Darshana Thacker, forksoverknives.com)

1 lb. cauliflower, any color, riced (4 c)
1 orange bell pepper, ¼-inch dice (1 c)
1 red bell pepper, ¼-inch dice (1 cup)
1 cup fresh or thawed frozen green peas
1 cup fresh or thawed frozen corn
¼ small red onion, ¼-inch dice (¼ cup)
¼ cup finely chopped fresh cilantro
¼ cup lemon juice
2 tablespoons chopped almonds
1 pinch sea salt and freshly ground black pepper

In a large bowl, combine the cauliflower, bell peppers, peas, corn, onion, cilantro, lemon juice, and almonds. Season to taste with salt and pepper. Mix well.

NO OIL BAKED FRIES (Evelisse Capó, nutritionstudies.org)

4 medium-large Yukon gold potatoes
½ tsp garlic powder
Sea salt and pepper to taste

Preheat oven to 425 degrees F.
Cut the potatoes in wedges or regular French fry shape about ½ to ¾ inch thick. Place the potatoes in a deep saucepan, cover with water and bring to a boil. Boil for 5 minutes. Drain well and place in a mixing bowl.

Add the seasonings and toss the potatoes so they are evenly coated. Place in a baking dish lined with a silicone liner or parchment paper. Avoid stacking them so they cook evenly. Bake for 35-40 minutes or until crisp.

Tips: These make delicious “home fries” as well! Just cut them in cubes instead of wedges.

Try adding different seasonings such as curry powder or smoked paprika.

MEDITERRANEAN CHARD (Lindsay Nixon, happyherbivore.com)

¼ cup vegetable broth
8 whole garlic cloves, minced
A dash of red pepper flakes
2 tsp capers, drained
½ cup sliced olives
3 cups chard, chopped
1 tsp lemon zest

In a skillet in a thin layer of vegetable broth, sauté garlic and a pinch of red pepper flakes over high heat for a minute or two, until the garlic is golden in color, fragrant, and most of the broth has cooked off. Add enough broth to line the skillet again, then add capers and olives. Sauté for a few seconds, then add greens. Stir to combine and continue to cook, using tongs or a spatula to stir the greens around, incorporating them with the other ingredients and to help cook them down. Once greens are dark in color and softer, about 2-3 minutes, turn off heat. Add lemon zest and stir to combine before serving. ♦



Want to go vegan?

We can help!

rochesterveg.org

IN THE NEWS

PROTEIN MYTH “Antibiotics in Meat Could Be Damaging Our Guts,” according to a *New York Times* article dated 5./25/18. A comment on this article stated that one has to eat meat to get enough protein, and drveggie responded: “There is plenty of protein available in the form of plants. Broccoli contains 44% protein (and we only need about 10% averaged over our entire diet). Beans, grains, and greens all contain well over that percentage; and all excellent quality, usable by the body (that myth about “incomplete protein” has been debunked by the main person who promoted it, Frances Moore Lappé). Go to nutritionfacts.org and pcrm.org for more information.”

VEGANS VS. BUTCHERS Recently, French butchers have complained about protests and vandalism (sometimes using fake blood) by vegans. The Vegan Federation condemned the incidents, saying that veganism is inherently opposed to violence of any kind. In a radio interview, animal activist Sébastien Arsac said the most important part of work by vegans was peaceful: making videos and posters, and handing out fliers. Meat consumption in France went down by 10% from 2010 to 2012 and has continued to decline since then. *NY Times*, 6/26/18.

VEGAN IRONMEN: Kevin Duffy, a Yonkers firefighter, and Steve Quinn, a financial adviser, train together for Ironman triathlons. Both converted to a vegan diet

three years ago to improve their athletic performance and it worked. In his second outing, Duffy improved his Ironman time by 1 hour, of which he attributes 45 minutes to his change in diet. Duffy's fellow firefighters are interested: “I’ll make quinoa and beans with soft-roasted veggies, carrots, squash, sweet potatoes,” he said. “My stuff comes out and it’s like, ‘What is that? Let me try that.’” Duffy has converted two of his colleagues and his mother to his plant-based diet. Duffy and Quinn are in good company, with such top vegan athletes as the tennis player Venus Williams, the basketball player Wilson Chandler, and the Olympic figure skater Meagan Duhamel. *NY Times*, 5/17/18. Thanks to Lee Rosenthal for this tip.

FIVE JEWISH SYNAGOGUES WILL GO VEGAN FOR A YEAR and will receive “incentive and educational support” from The Synagogue Vegan Challenge, created in partnership with VegFund, a foundation which supports the spread of veganism. livekindly.co Thanks to Kimber Gorall for this tip.

USING FOOD TO FIGHT CANCER Kathy Bero was being treated for inflammatory breast cancer in 2005 and was given just 21 months to live. Since she was “going to die” anyway, Bero took herself off medication, which had been taking its toll, and sought out anti-angiogenic foods, which prevent the formation of new blood vessels needed for cancer to spread. These are all plant foods: purple potatoes, carrots,

leeks, garlic, berries, walnuts, green tea and herbs. Twelve years later, Bero is cancer-free and works as a cancer coach. 5/20/18; wsaw.com. Thanks to Sandy Rubin for this tip.

WORKING VEGAN In July 2018, WeWork, the co-working company, decided it would not serve meat or poultry at company events and it would reimburse only for vegetarian meals. Miguel McKelvey, the company’s chief culture officer, said the company hoped to save 15 million animals over 5 years, and to raise consciousness among its 6,000 employees. In a memo he wrote: “New research indicates that avoiding meat is one of the biggest things an individual can do to reduce their personal environmental impact—even more than switching to a hybrid car.” *NY Times*, 7/20/18♦

A PIECE OF RAVS HISTORY The Rochester Area Vegan Society (RAVS) has extra copies of back issues of the newsletter, the *Vegetarian Advocate*, now *Vegan Advocate*, going back as far as April 1997 when the current coordinators put out their first issue. All of these newsletters contain recipes and insight into the evolution of veganism in Rochester.

Contact rochesterveg@gmail.com or 234-8750 if you are interested in a packet of back newsletters. We are suggesting a donation to RAVS to cover the initial cost of printing the newsletters, about \$.50/issue. So, we’d ask for \$10 for a packet of 20 historic newsletters.

Thanks as always for the support you give to RAVS in your membership, attendance, and volunteer activity.

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:

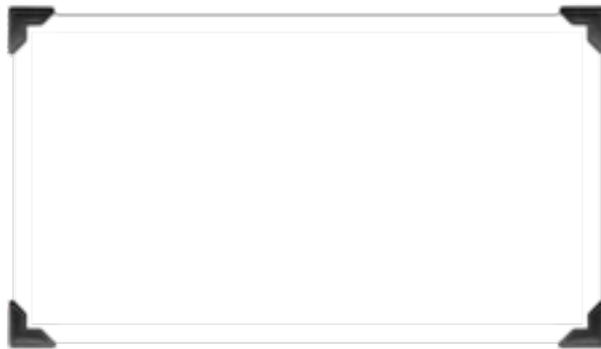
- **August 19, 2018** (3rd Sunday) **2:00 PM Summer Picnic** at the home of Kimber Gorall, 15 Peachtree Lane, Pittsford, NY 14534. Bring a **vegan** dish to pass, a place setting for yourself, and a folding chair if you have one. If rain is threatened: call 234-8750 to see if the picnic has been rescheduled (message will be posted by noon Sunday), or consult rochesterveg.org or Facebook.
- **August 27, 2018** (4th Monday) **Meeting of Oil-Free Vegan Group (Esselstyn Rules)** at Buckland Lodge (not our usual lodge), 1341 Westfall Road. 6:00 PM Vegan Potluck Dinner; 7:00 PM Program. Esselstyn Rules = no oil and no high-fat plant foods, i.e., no olives, avocados, nuts, peanuts, or coconut.
- **September 4- October 16, 2018** (six Tuesdays—one skipped) 6:15 PM-8:30 PM **Plant-Based Diet** course given at Unity Hospital Education Center. Taught by **Ted D. Barnett MD**; food samples by Carol Barnett. Almost 700 people have taken this course! Open to the general public; professional credit available to physicians and other health care providers. RocLifeMed.com for more info and to register.
- **September 15, 2018** (Saturday) **2nd Annual Rochester VegFest! 10:00 AM to 4:00 PM.** At Martin Luther King, Jr. Memorial Park. Vegan food, cooking demos, yoga, art, information tables, activities for kids, speakers, and much more! Visit rocvegfest.org.
- **September 16, 2018** (3rd Sunday)* **Having the Courage of Our Convictions: Lessons for the Vegan/Vegetarian Movement Drawn from the Bible and the Struggle for Civil Rights** with **Milton R. Mills, MD**
- **September 29, 2018** (Saturday) **Finger Lakes Natural Living Fair**, 12 noon to 5:00 PM at Mendon Ponds Park. Still seeking vendors: go to FingerLakesFair.com. Please attend to find natural foods, healers, homemade and recycled products, all natural and cruelty-free.
- **October 21, 2018** (3rd Sunday)* **Animal Rights in Rochester: Touching Hearts and Minds** with **Tina Kolberg**, President, Animal Rights Rochester (arroc.org) and **Michelle (Bubbie) Staron**, Secretary, ARROC.
- **October 22, 2018** (4th Monday) **Meeting of Oil-Free Vegan Group (Esselstyn Rules)** at Buckland Lodge (not our usual lodge), 1341 Westfall Road. 6:00 PM Vegan Potluck Dinner; 7:00 PM Program. See Esselstyn Rules above, in listing for August 27 event.

*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