

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. ♦

VEGAN: Now Is The Time
by Carol Hee Barnett

At the time that I am writing this column, the country is eagerly awaiting the midterm elections. When you read this column, the results will be known.

It's not a political or a partisan statement to say that we are living in tumultuous times, when our populace has never been more polarized. It is surely true that some people will be very disappointed by the election results; most people will be satisfied in some ways and dissatisfied in others.

Times like this cause me to reflect on how great and precious our political system is, but also how infrequently we have an impact on it. Even if we vote in every election, it's almost unheard of to cast a deciding vote for a candidate. Unlike legislators and political executives, we don't get to make political decisions directly but only through our representatives.

This can be frustrating for people who care about the world. If you follow politics, you can find yourself, on a regular basis, shaking your fist at your representatives and wanting them to make different choices. If you get the opportunity to talk to them, they may nod politely and then ignore what you said.

Here is my remedy for the vagaries of the political season. GO VEGAN! If you are already vegan: Be a vegan advocate. Invite a non-vegan to dinner, go to a vegan meeting or lecture, or volunteer to help with RAVS.

Why do I say that veganism is an antidote for our political woes?

—Going vegan is completely under your control. What you eat, wear, buy, and pay to use is almost completely your own decision. What a relief to have something that you can decide to do, all at once, without permission, legislation, an initial investment, or a long lead time. You can decide to go vegan

overnight; you can wake up and decide to be vegan.

—Going vegan is powerful!

—Going vegan addresses all of the big problems all at once. It prevents and heals human disease. It saves the planet: a meat eater needs 2 football fields to provide his or her food, whereas a vegan needs 1/7 of a football field (one-fourteenth as much). A vegan uses at least 200,000 fewer gallons of water yearly than a meat eater, and each vegan saves an acre of forest a year. Raising animals for food—the animal agriculture industry—generates more greenhouse gases than all forms of transportation combined ("Livestock's Long Shadow," UN Food and Agriculture Organization, 2006). And going vegan saves the lives of all the animals whose flesh and by-products you would have eaten. Worldwide, 56 billion scared and helpless land animals are slaughtered for food every year. Each vegan saves about 200 animals a year.

I'm not saying you should withdraw from politics because it is so stressful and frustrating. It is; but you should still stay involved. Vote! (Though most likely, when you read this, you will have already voted.) But when it seems like the world isn't moving fast enough in the right direction, remember that you can be your own philosopher king or queen. You can decide to be vegan. ♦

[Facts from nonviolenceunited.org; plantricianproject.org; thevegancalculator.com]

HAIKU by Bruce Ross

the last to go
in late autumn twilight
slender birch

cold night
the pale glow of headstones
behind the fence

they are looking too
at the steady new snowfall
bush chickadees

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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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Carol Hee Barnett	Deb Kiba
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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 that time of year again: moving into fall and winter, and an increased level of interest and activity in all things vegan.

RAVS MEETINGS/PROGRAMS:

Our August picnic at the home of a long-time RAVS member was a delightful goodbye to summer. In September, **Milton Mills, MD**, who was also one of the speakers at VegFest the day before, spoke movingly of parallels between the vegan movement and the civil rights movement. In October, **Tina Kolberg** and **Bubbie Staron** of **Animal Rights Rochester** (ARRoc.org) gave a report on animal rights activities in Rochester, and also spoke of the importance of not preaching or judging, but rather helping others to see that their own values point them in the direction of a vegan lifestyle.

In November we welcome vegan pediatrician **Natalie Santiago, MD** to talk about raising plant-based kids. December will bring a holiday party, and in January we welcome back vegan legend **Michael Klaper, MD**. See details page 8.

RAVS OUTREACH:

On Saturday, September 15, Rochester held its **2nd Annual VegFest!** Thanks to the following staffers and helpers at the RAVS tent (some of whom helped with set-up and breakdown as well as tabling): **Beth Garver Beha, Brian Bell, Renee Bell, Justin Bergandy, David Daunce, Jim Davis, Darren Mrak, Donna Patrick, Harry Patrick, Byron Rubin, Ren vanMeenen** and **Carol & Ted Barnett**. Thanks also to out-of-town guest **Roberta Schiff**, aka VegHedda, for staffing the "Ask-a-Vegan" booth.

In other outreach events from August through October, RAVS has staffed information tables at the following events:—Family Health and Safety Fair at Ginna Nuclear Power Plant: **Carol Barnett**

—Back-to-School Event at Renaissance Academy: **Carol Barnett**

—Health Fair at Phyllis Wheatley Library, with food demo and food samples! **Deb Kiba** and **Darren Mrak**

—Harvest Festival at Lori's Natural Foods: **Renee Bell, Kimber Gorall, Sandy Rubin**

—Natural Living Fair at Mendon Ponds Park: **Julia Inglis, Deb Klee, Sandy Rubin, Olga Tabinsky, & Carol Barnett**

—Town of Penfield Employee Wellness Fair: **Carol Barnett**

—Deaf Vegan Workshop: **Sandy Graham, Brenda Palmigiano, Carol Barnett**; see full report on page 7

—Town of Webster Employee Wellness Fair: **Carol Barnett**

PLANT-BASED PROGRAMS

Rochester Lifestyle Medicine, under the direction of **Ted D. Barnett, MD**, continues to offer lifestyle medicine to the Rochester community with an expanded array of medical services and community outreach events.

—The 18-session **CHIP** program is an intensive lifestyle change program with instructional videos, facilitated discussion, group support and medical supervision.

—The 6-week **Plant-Based Diet** course taught by Dr. Barnett just completed a successful run in October and will be offered again in the spring

—The **Lifestyle as Medicine Lecture Series** provides state-of-the-art nutritional and plant-based lifestyle information to the general public. Lectures in September by **Ian Cramer** and October by **Matt Ruscigno** will be followed by **Natalie Santiago, MD** in November and **Michael Klaper, MD** in January 2019.

—The new medically supervised 2-week **Jumpstart** program, with meetings on three Saturdays, will be offered in November, December, and January.

For more information and to register for these programs, visit **roclifemed.com**

VEGAN HAPPENINGS

MY VEGAN UNCLE A music group of that name appeared at Funk 'N Waffles on 8/16/18. An amusing story about how they came up with the name appeared in *City* 8/8-8/14/18 issue. One of the band members declared he was a "damn good uncle" but they did not want a swear word in the name; guitarist Kara Fink is vegan so they hit on My Vegan Uncle: "It was the first time we all agreed on anything."

CELEBRITY SIGHTING: Vegan TV star and scientist **Mayim Bialik** was in town to speak at the RIT Family Weekend when she had dinner at the **Red Fern Restaurant** on 10/20/18. A photo of Bialik with Red Fern owner **Andrea Parros** was posted on Facebook.

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

ELMHURST 1925 is a plant-based food and beverage company located in Elma, New York which manufactures and sells non-dairy, plant-based milks made from nuts, grains, and seeds. The first four nutmilks – almond, cashew, hazelnut, and walnut – debuted at Natural Products Expo West in March 2017 (Wikipedia). Elmhurst Dairy started out as a traditional animal-based dairy. Thanks for this wonderful transformation!

A TASTE OF SUPREME BAKERY is a soy-free and gluten-free bakery with vegan options at the Rochester Public Market. The bakery was started in 2011 by young entrepreneur Asad Muhammad. Thanks to Kim Taylor for this tip!

2 TON TONY'S PIZZA continues to offer vegan pizza pop-ups on an occasional basis! The most recent was on October 23.

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

We welcome the following **New Members:** Liz Berens, Rev. Lane Campbell & Anthony Letchworth, Laurie Gunther Fellows, Beverly Garritano, Karen Genett, Joanna King, Emma McDonough, Fred Peters, Terri & Mike Rosenhouse, Peggy Waterman, Heather Wilder. **Membership Renewals:** Walter Bowen, Milt Braverman (Contributing Level), Jeanette Burke & Todd Tarzia, Peggy Weston Byrd, Brittany Chambers, Glennda Dove-Pellito, Jeff Feldman, Marcia & David Gann, Molly Giles & Terry Boothman (Patron Level), Pat Haines, Linda Heeler, Sharon & Mark Holbrook, Carol Hope, Ingrid Hunte & Charles Hernandez, Julia Inglis, Deb Klee, Tina Kolberg, Dvorah & Simeon Kolko, Eileen Kuchta, Carol & Bruce Manuel, Joyce & Ken Miller, Walter McBurney, Maureen McDonald & Steve Mickle, Jim Minor, Wanda Miller & Joseph Dulski, Mary Parson, Jill Pearce & Terrance Bellnier (Contributing Level), Marilyn & Bill Privett, Mike Rudnick, Ron Schneider, Yardena & Yonathan Shapir, Nina Sikand, Staysha Spiller, Bubbie & Debora Staron, Marilyn Thaler, Elizabeth Tyson (Patron Level), Miriam Zaffrann.

Newsletter Subscription: Carol Ann Britt (2-year renewal), Maxine McDonald (3-year renewal).

Thank you to the anonymous donor who gave RAVS a contribution by mail. This was done through a donor-advised fund and was anonymous even to us.

Thank you for your support! This list reflects memberships received through approximately 10/31/18. Any questions, call (585) 234-8750 or contact us at rochesterveg@gmail.com.

IN THE NEWS

WHAT'S REALLY IN MEAT?
Consumer Reports (CR), October 2018 analyzed data from the Food Safety and Inspection Service of the US Dept. of Agriculture, and discovered that high levels of banned or restricted drugs appear in U.S. meat, including antibiotics, anti-fungals, anti-inflammatory and analgesic drugs, and anesthetics. This happens because of improper use or intentional misuse of these drugs with animals, as well as from secondhand exposure when excretion or improper disposal of the drugs causes them to enter the biosphere and wind up in water or feed given to farmed animals. When asked what consumers can do, CR opined: "research suggests that many Americans eat more meat than recommended for good health and that reducing meat consumption can be better for the environment. The potential problems identified here may be enough for some to consider eating less meat."

VEG DIET REDUCES HEART RISK:
 A review of studies on the benefits of plant-based diet for cardiovascular health, conducted by the Physicians Committee for Responsible Medicine and published in the journal *Progress in Cardiovascular Disease*, concluded that for individuals following a plant-based diet, risk of death from cardiovascular disease is reduced by 40%; risk of coronary heart disease is also reduced by 40%; blocked arteries are unblocked partially or fully in as many as 91%; risk of hypertension (high blood pressure) drops by 34%; and both total and LDL ("bad") cholesterol drop. A plant-based diet is also associated with weight loss. The study author notes that healthy diet and lifestyle lower the risk of heart attack by 81-94%, whereas drugs can lower the risk by only 20-30%. Note: Heart disease is responsible for more than 600,000 US deaths each year and remains the leading cause of death globally. *Medical News Today*, 6/1/18.

"LAGOONS OF PIG WASTE ARE OVERFLOWING AFTER FLORENCE"
 That *NY Times* article (9/19/18) reported that 110 lagoons in the state of North Carolina either released pig waste into the environment or were in imminent danger of doing so in the wake of the rains that accompanied the hurricane, according to the NC Dept. of Environmental Quality. North Carolina has 9.7 million pigs that produce 10 billion gallons of manure annually, mostly on large-scale farms and primarily in two low-lying counties that were affected by Florence. One commenter said: "My sympathies lie with the pigs left to drown by corporate animal tormentors"; another said: "This is turning me into a vegan real quick."

"GOT MILK? OR WAS THAT REALLY A PLANT BEVERAGE?" The *NY Times* reported on the tension between the makers of plant milks and the dairy industry, which is suffering declining sales and whose position was recently supported by the head of the Food & Drug Administration, Scott Gottlieb, when he said "An almond doesn't lactate." Nevertheless, sales of plant milks are on the rise, jumping 9% to \$1.6 billion in the 12 months through June 2018; during the same period the sale of cow's milk fell 6%. In the 1970's a typical American drank 30 gallons of milk a year, and that has fallen to 18 gallons, according to the US Dept. of Agriculture. *NY Times*, 8/31/18

DON'T CALL IT MEAT: This is nuts! A new Missouri state law that went into effect on 8/28/18 prohibits companies from marketing as meat products not "derived from harvested production livestock or poultry." Violators could receive a fine of up to \$1,000 and spend up to a year in jail. The law would apply to meat substitutes such as soy-based, plant-based meat, which have become increasingly popular, as well as to cultured meat (so-called "clean meat"). The measure is being opposed by the ACLU and the company that makes Tofurky, among others. Stephen Wells, the Executive Director of the Animal Legal Defense Fund, said: "As more and more consumers are making the conscious choice to remove animals from their plates, Missouri is putting its thumb on the scale to unfairly benefit the meat industry and silence alternative producers. This law violates various constitutional principles, including free speech -- which should be a concern for everyone, regardless of diet." It's ironic that in an era which touts the virtues of competition, we see increased regulation to protect animal products such as milk (see previous news item) and meat from plant-based alternatives. *NYTimes* 8/28/18; cnn.com. Thanks to AR-NY-Dialogue (yahoo group) for this tip.

CAMPAIGN FOR ALL JEWS TO BECOME VEGAN Seventy rabbis signed a declaration encouraging all Jews to become vegan as the "new kosher for the 21st century." A "LiveKindly" video about this campaign was posted on Facebook on 8/3/18. *Jewish Chronicle* 9/27/17; *International Jerusalem Post*, Sept. 21-27, 2018. Thanks to Sandy Baker and Dvorah Kolko for this tip.

GLOBAL RISE IN VEGAN IS NO FAD An article on the Food Revolution Network (1/18/18) stated that much of the world is trending toward plant-based eating and global demand for plant-based foods is rising. People identifying as vegan in the U.S. rose from 1% in 2014 to 6% in 2017. In December 2016, twenty-four members of

the European Union parliament (MEPs) signed a letter to the European Commission President insisting on a reduction in animal agriculture, and a shift to promoting a plant-based diet. And mainstream health organizations such as Kaiser Permanente, the largest healthcare organization in the U.S., the Dietary Guidelines Advisory Committee, and the American Institute for Cancer Research are recommending a plant-based diet. Visit foodrevolution.org; riseofthevegan.com

AND THE LITTLE CHILDREN SHALL LEAD US An article in the *NY Times* by Julie Halpert called "When Your Child Believes Meat is Murder" (9/13/18) profiles a number of vegetarian children living with meat-eating families. A 2014 Harris poll found that 4% of children ages 8 to 18 considered themselves vegetarian, vs. 3.3% of adults. According to the author: "Many children at very young ages are deciding to become vegetarians on their own, driven primarily by ethical concerns and the toll that meat production takes on the environment." The article points out that nutritional needs can be easily met on a vegan diet, quoting as experts Reed Mangels, RD of the Vegetarian Resource Group and Susan Levin, Director of Nutrition Education for the Physicians Committee for Responsible Medicine.

SMOKY VEGAN BARBECUE BRISKET is being offered at one of Rice University's dining halls. The university's culinary team has already crafted plant-based versions of ham, corned beef, pastrami, turkey, and sausage. Chef Roger Elkhouri says: "The future is plant-based." livekindly.co, 10/31/18

VEGETARIAN ESSAY CONTEST!
 The Vegetarian Resource Group offers \$20,000 in scholarship money (one \$10,000 scholarship plus two \$5,000 scholarships) to graduating high school seniors who have promoted veganism/vegetarianism in their schools and/or communities.

Entries may only be sent by students graduating from high school in spring 2018, and must be postmarked on or before February 20, 2018. Early submission is encouraged. Applicants will be judged on having shown compassion, courage, and a strong commitment to promoting a peaceful world through a vegan/vegetarian diet/lifestyle. Payment will be made to the student's college (U.S. based only). For more details on the contest, see: <http://www.vrg.org/student/scholar.htm>

THE RIGHT MESSAGE Ripple plant milk says on the package: "Dairy-Free. As It Should Be." And Treeline cashew-based nut cheese says on the package: "Made at a facility that does not process dairy, eggs, meat, fish or shellfish, and never will." ♦

OIL-FREE VEGAN WEBSITES AND RECIPES

For those who follow a whole-food, plant-based (no oil) lifestyle, there are a number of useful websites. Here is a list:

brandnewvegan.com
cearaskitchen.com
cookingwithplants.com
dreenaburton.com (plantpoweredkitchen)
dresselstyn.com
drmcDougall.com
eatplant-based.com
engine2diet.com
fatfreevegan.com (Susan Voisin)
fatmanrants.com
forksoverknives.com
happyherbivore.com (Lindsay Nixon)
myplantbasedfamily.com
nutriplanet.org
nutritionstudies.org
passtheplants.com (optional oil in some recipes)
perm.org/recipes
plantbasedrecipe.com
plantplate.com
potatostrong.com
riseshinecook.ca/blog/
straightupfood.com/blog/
sustainablediet.com
thevegan8.com

You can also adapt recipes from other sites that are not oil-free. The easiest way to reduce oil is to sauté onions, garlic and other veggies not in oil, but in water, broth, white wine or dry vermouth (Tribuno brand dry vermouth is vegan).

For a good explanation and how-to for no-oil cooking put this in your browser: <http://www.plantplate.com/Guide/Detail?GuideID=1009>

Some oil-free WFPB recipes from these sites:

ADZUKI BEAN STEW (plantplate.com)

½ + 2/3 cups low-sodium vegetable broth
½ tsp turmeric powder
1 tsp paprika
1 tsp ground cumin
1 tsp red chili pepper flakes (or less to taste)
1 medium onion, diced
2 cloves garlic, peeled and minced
1 medium red bell pepper, diced
2 large sweet potatoes, peeled and cut into chunks
1¼ cups cooked adzuki beans (or one 15oz can, drained and rinsed)
5 oz baby spinach leaves
2 tbsp concentrated tomato paste
2 tbsp chopped fresh cilantro (coriander)

Place the ½ cup of vegetable broth, turmeric, paprika, cumin and red chili pepper flakes in a pot over a medium-high heat. Cook for 5 minutes until the

spices become fragrant. Add the onions, garlic and red bell pepper, and sauté for 5-6 minutes until softened (make sure you add more water as necessary to prevent the ingredients from sticking to the pan).

Add the sweet potato and extra 2/3 cup of vegetable broth. Reduce heat to medium, cover, and simmer for 12-15 minutes until the sweet potato is just tender (the cooking time will vary depending on how big or small you cut the sweet potatoes). Add the adzuki beans, spinach and tomato paste; stir through. Replace lid and cook for a further 5 minutes. Remove pot from the heat and stir in the fresh coriander. Serve immediately on a bed of brown rice, millet or other whole grain. Or just have it all by itself!

MOROCCAN CHICKPEA TAGINE (plants-rule.com) (adapted)

1 cup chickpeas, soaked overnight
1 medium onion
1 carrot
½ tsp ground ginger
½ tsp cumin
½ tsp turmeric
1 cinnamon stick (or ½ tsp cinnamon)
¼ cup dried apricots
½ cup red wine
3 cloves garlic
2 bay leaves
2 cups vegetable stock
2 cups water
¼ cup fresh parsley
¼ cup fresh cilantro
2 Roma tomatoes
¼ tsp salt

To soak the chickpeas: Cover the chickpeas with a few inches of water and soak for at least 8 hours, or overnight. After at least 8 hours, drain the soaked chickpeas and rinse thoroughly under running water.

To make the tagine: Peel and dice the onion and carrot. In a medium pot, combine the onion, carrot, ginger, cumin, turmeric, and cinnamon stick. Cover and cook over medium-high heat, 5-7 minutes. Meanwhile, chop the dried apricots. After about 5-7 minutes, the spices will be aromatic and the onions start to brown. Add the wine and scrape up any bits from the bottom of the pan. Cook 2-3 minutes, until the wine cooks off. Add the rinsed chickpeas, diced apricots, bay leaves, garlic, vegetable stock, and water. Cover, bring to a boil and then reduce to a simmer. Cook for about 60-75 minutes, until the chickpeas are tender. (Check from time to time to make sure there is enough water to prevent sticking.)

To finish the tagine: Roughly chop the parsley and cilantro. Seed and dice the tomato. When the chickpeas are tender, remove the lid. Add the fresh cilantro, parsley, diced tomatoes, and salt.

15-MINUTE ONE-POT HUMMUS PASTA (cearaskitchen.com)

1 box pasta (12 to 16 oz)
2 cups cherry tomatoes, cut in half
3 handfuls fresh spinach, lightly chopped
¼ cup fresh basil, chopped
2 cloves fresh garlic, minced (optional)
1 to 1½ cups pasta water
1 cup hummus*
2 tbsp lemon juice
¼ cup nutritional yeast (optional)
Salt and pepper to taste
Garnish: hot sauce and chili flakes;
vegan Parmesan cheese, e.g.
GoVeggie brand; sautéed
mushrooms or other veggies

Bring a large pot of water to a boil. Add pasta and cook until *al dente*. Drain pasta and reserve 1½ cups of pasta water. While the pasta is cooking, chop the cherry tomatoes, fresh spinach, and basil.

Add the cherry tomatoes, garlic, and pasta water (start with one cup) to the same large pot where you cooked the pasta. Sauté for two minutes over med-high heat until the cherry tomatoes start to burst.

Add hummus, lemon juice, spinach, and fresh basil to the pan. Sauté for one minute. The sauce will begin to thicken. Stir in the pasta and nutritional yeast. Add extra pasta water until you reached your desired consistency. Add salt and pepper to taste. Garnish with hot sauce/chili flakes and vegan parmesan. Serve hot and enjoy!

*Note re hummus: It's hard to find store-bought hummus with no oil added. Wild Garden brand (shelf stable jar or packets), and Wegmans Organic Original Hummus (square container with green top) contain no added oil. Or make your own: here is an oil free and very low fat recipe:

SIMPLE NO-TAHINI HUMMUS (Esselstyn, *Prevent and Reverse Heart Disease*)

1 can chickpeas, drained and rinsed
2 garlic cloves, chopped
Zest of 1 lemon
2-3 tbsp fresh lemon juice
4 tbsp vegetable stock or water
1 tsp soy sauce or Bragg's Aminos

Combine all ingredients except soy sauce in a food processor. Add more stock if too thick. Add as little soy sauce as possible.

SPANISH RICE (dreenaburton.com)

2 tbsp water (or more if needed)
 1½ cups diced onion
 2 tsp dried oregano
 1½ tsp dried basil
 1 tsp paprika
 1 to 1¼ tsp sea salt (start with 1 tsp)
 Black pepper to taste
 1 cup dry green lentils or French (Le Puy) lentils
 3 - 3¼ cups water
 1-2 bay leaves
 1 cup diced red bell pepper
 2 ½ - 3 cups precooked brown rice (see note if using uncooked rice)
 ¼ cup tomato paste
 1 tbsp balsamic vinegar
 1 tsp pure maple syrup
 ¾ - 1 cup corn kernels (can use frozen)
 Extra salt/pepper to taste

In a large pot over medium-high heat, add the water, onion, oregano, basil, paprika and sea salt. Stir, cover, and let cook for 5-6 minutes. If mixture is sticking, add another splash of water. Remove the cover, and add the lentils and water (starting with 3 cups). Bring to a boil, then cover and reduce heat to low. Cook for about 35 minutes, then add the bell pepper, rice, tomato paste, vinegar, and maple syrup. Return cover and cook for another 10 minutes or until the lentils are fully cooked through. If they are still firm, add the remaining water and let cook another 5-10 minutes. Once cooked through, stir in corn kernels (let heat through for a couple of minutes if frozen corn kernels). Taste, season with additional salt or pepper as desired, and serve.

Note: If you don't have precooked rice, use ¾ cup of dry brown rice, and add another 1½ cups of water to cook.

VEGAN PUMPKIN RED LENTIL CHILI (thevegan8.com)(adapted)

1 packed cup (160g) finely diced red onion
 5-6 large cloves garlic, minced (16g)
 2½ cups water, separated
 4 tsp chili powder
 2 tsp ground coriander
 1 tsp fine salt
 1 cup (190g) red lentils (this recipe is not created for green, so ONLY use red)
 ½ cup (120g) cooked pumpkin purée
 One 15 oz can fire-roasted tomatoes (you will only use 1 cup)
 1 tbsp diced chipotle peppers* in adobo

sauce (this will vary depending on the brand you buy. I buy mine in the jar and it's very saucy so I include just a big tbsp straight from the jar)

*[Ed. note: chipotle peppers are very hot (spicy), so use with caution; if you don't like heat you may want to use as little as ½ tsp.]

For the chili, add only ½ cup water to a pot with the onion and garlic over medium heat. Bring to a simmer and cook 8 minutes, stirring occasionally, until the onions are soft and the liquid has evaporated.

Get your remaining spices and ingredients ready while the onions are cooking. Also, add the canned tomatoes to a blender and blend until fairly smooth, but still with a bit of texture, not large chunks of tomato though. You will ONLY be using 1 cup of the tomato purée for the chili. Reserve the rest for another recipe, or completely purée the leftovers and use for pizza sauce, pasta sauce, or vegetable soup.

Add the chili powder, coriander and salt to the onions and stir around for about a minute to soak flavor into the onions. Add the remaining 2 cups water, lentils, pumpkin, puréed tomatoes, chipotle peppers and stir well. Bring to a rolling boil, cover and lower the heat to low. Simmer for 20 minutes or so until the lentils are at the desired tenderness and the chili has thickened up well. Stir occasionally during the cooking process.

Top with a baked sweet potato, sweet potato fries, or whatever you like, such as fresh green onions or red pepper flakes, if desired!

ALU GOBI (Potato Cauliflower Curry) (drmcDougall.com)

1 medium onion, chopped
 1-1½ cups water
 1 tbsp ground cumin
 1 tbsp ground ginger
 1 tbsp ground turmeric
 ½ tsp chili powder
 1 head cauliflower, cut into florets
 2 white potatoes, peeled and cubed
 1-2 tbsp soy sauce
 Fresh cilantro, chopped for garnish

Place the onion and water in a large saucepan. Cook, stirring, until the onion is tender. Add the spices, stirring several times, and add the cauliflower and potatoes and another ½ cup of water. Cook, covered, over low heat until the

vegetables are tender, 25 to 30 minutes. Check occasionally and add more water if necessary to keep the vegetables from sticking to the pan. Before serving, stir in the soy sauce to taste and garnish with cilantro.

PASTA SAUCE PUTTANESCA (drmcDougall.com)

1 onion, chopped
 2-3 cloves garlic, minced
 2 tbsp red wine
 1 tbsp balsamic vinegar
 1 26 oz. jar fat-free marinara sauce**
 1-2 tbsp Italian seasoning
 1/3 cup capers
 ½ cup Kalamata olives, pitted
 1 can hearts of palm, drained and chopped

Place the onion, garlic, red wine and vinegar in a large non-stick frying pan. Cook, stirring frequently, for 5 minutes. Add the marinara sauce and Italian seasoning. Cook for an additional 5 minutes. Add the remaining ingredients, heat through, and serve over pasta.

Variation: To make an ARRABBIATA SAUCE, add ½ tsp chili pepper flakes when you add the Italian seasoning.

**Marinara sauce is not always vegan. Also, oil-free store-bought pasta sauce can be hard to find. One good variety is Trader Joe's Organic Spaghetti Sauce with Mushrooms. Or just substitute canned tomato sauce, tomato purée, or crushed tomatoes, and give the sauce a little more time to simmer in order for the flavors to develop.

OIL FREE GINGER DRAGON SAUCE (plantbasedrecipe.com)

[Good on top of a bean/grain/veggie bowl.]

1/3 cup fresh ginger (minced)
 1/3 cup nutritional yeast
 3 tbsp garlic (minced)
 3 tbsp tahini
 2 tbsp white miso paste
 2 tbsp coconut aminos or soy sauce
 2 tbsp maple syrup

Add all ingredients to a food processor or blender, and combine well. Store in an air tight container in the fridge for up to a week. ♦



Want to go vegan?

We can help!

rochesterveg.org

LOCAL MILESTONE! ASL/DEAF VEGAN WORKSHOP

The Rochester Area Vegan Society's **Deaf Vegan Workshop** was held on **Saturday October 20, 2018** from 9:00 AM to 3:00 PM at the Rochester Recreation Club for the Deaf. The workshop was a great success and an inspiration to all the attendees, both deaf and hearing.

Sandria (Sandy) Graham, a nutritionist from Michigan, traveled to Rochester to present this workshop. Sandy is deaf, and she signed the workshop for the entire six hours. In doing so, she was a visible embodiment of the strength and energy that a vegan diet can bring with it.

There was 100% participation among those who had signed up, and everyone was attentive and seemed receptive. This was a very substantive workshop at which, aside from breaks for breakfast and lunch, people sat and listened/watched avidly for six hours. Ms. Graham's presentation touches on all the health topics—nutritional needs, disease prevention and reversal, countering myths and misperceptions—and it also touches on the environmental and animal compassion reasons to go vegan, without presenting graphic images. Basically, it takes the learning that many people have acquired over years and decades, and distills it into six hours of information, presented in a colorful and engaging way. Ms Graham also gives plenty

of resources for the attendees to consult after the end of the workshop.

Brenda Palmigiano, a local deaf vegan activist, organized the workshop, and worked as the purchaser, food preparer and chef. She did an excellent job taking charge of the workshop and making sure everything went smoothly.

The ASL/Deaf Vegan Workshop was funded by a grant from the **Nalith Foundation**. The participants in the workshop paid a modest fee. In addition, the workshop was supported by generous donations from the following local businesses:

- Lori's Natural Foods**
- Misfit Doughnuts** (vegan doughnut shop)
- Natural Oasis** (vegan restaurant)
- Northern Soy** (SoyBoy label)
- Red Fern Restaurant** (vegan restaurant)
- Wegmans Supermarket**

This workshop was a beautiful event, and an example of how a modest amount of funding, with added community support from veg-friendly companies, can be used—along with a great deal of effort and heart by the organizers and presenters—to have an outsize impact on those who participate in an event. On that day, a couple of plant-based heroes did their job and conveyed their message, probably bringing many participants into the plant-based camp and certainly changing forever their notion and understanding of a plant-based diet. ♦

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 with your membership, attendance, and volunteer activity. ♦

Metro Justice's Annual Alternative Fair!

Homemade Veggie Food,
Free Child Care

Friday, November 30th, 5 pm to 9 pm
Saturday, December 1st, 10 am to 4 pm

First Unitarian Church
220 Winton Road South
\$5 Suggested Donation (ages 12 and up)

RAVS will have a table

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
- WFPB (no oil) diet or Esselstyn diet
- I am an ovo/lacto vegetarian.
- 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:

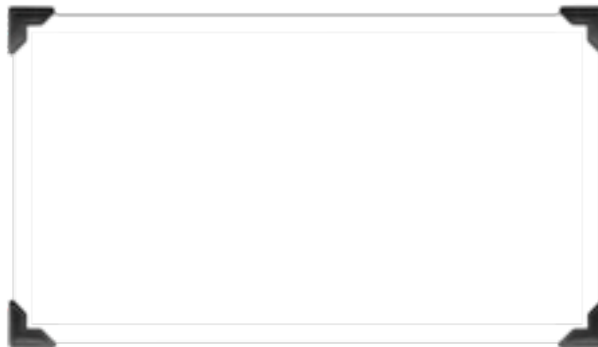
- **November 18, 2018** (3rd Sunday)* **Plant-Based Communities** with **Natalie Santiago, MD**, Chicago-based vegan pediatrician
- **November 19, 2018** **Natalie Santiago, MD** speaks on **Plant-Based Kids** at the Rochester Academy of Medicine, 1441 East Avenue, 7:30 PM. Part of the Lifestyle as Medicine Lecture Series. Optional gourmet tasting dinner at 6:00 PM. Tickets at roclifemed.com
- **November 30, 2018** (Friday) 5-9 PM and **December 1, 2018** (Saturday) 10 AM-4 PM **Metro Justice Alternative Fair** at First Unitarian Church, 220 Winton Road South. New, longer Saturday hours! RAVS will have a table. See notice p. 7.
- **December 1, 2018** and **January 5, 2019**: Start dates for two separate sessions of Rochester Lifestyle Medicine Institute's 15-Day **Jumpstart**. For more information or to sign up, visit roclifemed.com
- **December 16, 2018** (3rd Sunday) 5:30 PM **Winter Solstice Gathering and Celebration** at 1600 East Avenue, in the ground floor Media Room. Ample parking in lot behind building; enter back door closest to lot and follow signs! We are the guests of resident Ellie Cherin. Bring a vegan dish, preferably finger foods, a serving utensil, and a place setting for yourself. Also bring instruments, music and voices for optional merry-making! Call 330-7238 if having trouble entering.
- **January 20, 2019** (3rd Sunday)* **The Keys to Healing in the 21st Century** with **Michael Klaper, MD**
- **January 22, 2019** (Tuesday) **Michael Klaper, MD** speaks on **What I Wish I Had Learned about Nutrition in Medical School** 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

*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