

Our 30th year!

THE vegan



advocate



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. ♦

2019: The Year of the Vegan
by Carol Hee Barnett

Here, in full, is an article by John Parker, correspondent for *The Economist*, posted in December 2018:

"For the past half-century, veganism has been a minority within a minority. In America in 2015, according to one survey, 3.4% of the population were vegetarian and just 0.4% were vegan. But 2019 will be the year veganism goes mainstream.

Interest in a way of life in which people eschew not just meat and leather, but all animal products including eggs, wool and silk, is soaring, especially among millennials. Fully a quarter of 25- to 34-year-old Americans say they are vegans or vegetarians.

The business of providing vegan meals is booming. McDonald's has started selling McVegan burgers. Sales of vegan foods in America in the year to June 2018 rose ten times faster than food sales as a whole. Giant food firms are clambering onto the bandwagon, creating vegan lines of their own, buying startups, or both. Tyson Foods, a meat behemoth, has a 5% stake in Beyond Meat, which sells meat-free patties to TGI Friday's, a restaurant chain. Even Big Meat is going vegan, it seems.

The school district of Los Angeles, America's second-largest, will start serving vegan meals in all its schools during the 2018-19 academic year. In its annual meeting in 2018, the American Medical Association called on hospitals to offer more such meals. But most national governments have been reluctant to encourage veganism. That could start to change in 2019 when the European Commission at last begins the process of formally defining what counts as vegan (and vegetarian) food, providing a measure of legal certainty.

At the same time, vegan firms are making meat substitutes that actually look and taste like meat. Beyond Meat's patties ooze with blood made of beetroot juice. When a vegan steak made by a Dutch firm, Vivera, arrived on supermarket shelves in June, 40,000 were sold within a week. If plant-based "meats" take off, they could become a transformative

technology, improving Westerners' protein-heavy diets, reducing the environmental hoofprint of animal husbandry and perhaps even cutting the cost of food in poor countries." [end of article; found at economist.com]

The Guardian is another publication that wonders whether this may be "The Year of the Vegan?" and notes that record numbers of people are signing up for Veganuary, pledging to try a plant-based diet for at least a month. The article notes that, since Veganuary started five years ago, the number of participants has more than doubled each year, and a total of more than, 250,000 people in 193 countries have signed up this year. On Sunday 12/31/18 alone, 14,000 people signed up. 1/30/19 on the theguardian.com

Forbes also has stated that one of the top health trends of 2019 will be to "Embrace a plant-based lifestyle." *Forbes* uses some questionable examples to illustrate that trend; neither crickets nor cultured meat products (made from cells harvested from animals) are vegan. But *Forbes* calls things right when it says: "As one of the hottest trends in recent years, going meatless is no longer limited to Mondays." Eustacia Huen, 12/25/18 on forbes.com

And Nielsen reports market research data showing that 39% of Americans are actively trying to eat more plant-based foods. Vegan and total produce sales are outpacing total food and beverage sales, and increased their dollar share by nearly 2% from 2014 to 2017. Posted 6/13/18 on nielsen.com ♦

Thanks to Tom Fronczak for the tip!

HAIKU by Bruce Ross

a sudden tinkling
of the wind bell
winter stars

from icy branch
down to icy branch
the distant moon

early morning stillness
the little mounds of snow
from a crow's steps

IN THIS ISSUE

2019: Year of the Vegan	p. 1
Contact Info & Meeting Tips	p. 2
Vegan Society Update	p. 3
In the News	p. 4
Whole-Food Plant-Based Websites and Recipes	pp. 5 & 6
What is "Plant-Based"?	p. 7
Calendar	p. 8

Rochester Area Vegan Society

Coordinators:

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

Board of Directors:

Shelley Adams	Nancy Hallowell
Carol Hee Barnett	Deb Kiba
Ted D. Barnett	Ken McBride
Beth Garver Beha	Barbara Savedoff
Ellie Cherin	Joy Vandling
Kimber Gorall	

RAVS Staff:

Treasurer:	Ken McBride
Website:	Ted Barnett
Social Media:	Kimber Gorall
Library:	Leena Isac

The Vegan Advocate Staff:

Editors: Carol and Ted Barnett

Contributors:

Poetry	Bruce Ross, Ph.D.
Logo Design	Bern Berg

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

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

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

Contacting RAVS:

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

(585) 234-8750



RAVS RULES FOR SHARE-A-DISH MEALS

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

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

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

IF YOU ARE NEW TO RAVS

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

MEMBERSHIP BENEFITS

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

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

North American Vegetarian Society

P.O. Box 72, Dolgeville, NY 13329

Tel: (518) 568-7970

Fax: (518) 568-7979

E-mail: navs@telenet.net

Website: www.navs-online.org

Individual membership (annual): \$22

Family membership: \$28

Publication: *Vegetarian Voice*

Vegetarian Resource Group

P.O. Box 1463

Baltimore, MD 21203

Tel: (410) 366-VEGE

Fax: (410) 366-8804

E-mail: vrg@vrg.org

Website: www.vrg.org

Membership (annual): \$25

Publication: *Vegetarian Journal*

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

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

BOOK ORDERS FROM RAVS

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

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

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

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

WE NEED VOLUNTEERS!!

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

Vegan Society Update

by Carol Hee Barnett

As of this writing, we are in deep midwinter, but interest in plant-based diet burns bright in our community.

RAVS MEETINGS/PROGRAMS:

Our November meeting was a talk on raising kids plant-based by **Natalie Santiago, MD**. December's meeting was a holiday party; thanks to **Ellie Cherin** and **Sharon Yates** for hosting at their apartment building. Our January meeting at the lodge was snowed out; but many RAVS members attended the Rochester Lifestyle Medicine lecture the following Tuesday, at which **Michael Klaper, MD** gave a stirring talk on the power of plant-based diet to prevent disease.

Coming up: a February program on the diet-cancer connection; a March program on healthy school food; and an April fund raiser dinner at the lodge, catered by Eden restaurant, and an April seder. Details p. 8.

RAVS OUTREACH:

In November, **Ted Barnett, MD** and **Carol Barnett** provided the nutrition session for a teacher training at Grounded by Yoga, a studio in Bloomfield and Canandaigua. On November 4, RAVS participated in a global Om chanting event, at Nu Movement, 716 University Ave., which was specially devoted to raising awareness of kindness towards animals and moving towards a plant-based lifestyle. Thanks to **Vesna Sanders** for organizing this event; Carol and Ted Barnett attended.

Thanks to those who staffed the Metro Justice Alternative Fair Nov. 30-Dec. 1: **Shelley Adams, Handy Cowles, Carol Hope, Ken McBride, Donna Patrick, Harry Patrick, Kim Taylor, Ren vanMeenen** and **Carol Barnett**. Thanks also to those who prepared and donated vegan baked goods for sale: **Ellie Cherin, Handy Cowles, Katherine DaCosta,** and **Kimber Gorall**.

ROCHESTER LIFESTYLE MEDICINE (RLM), under the direction of **Ted D. Barnett, MD** offers an array of lifestyle services and events to the Rochester community.

—The 18-session **CHIP** 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 will be given at two venues in late winter; see p. 8.

—The **Lifestyle as Medicine Lecture Series** brings plant-based experts like Dr. Michael Klaper to Rochester

—The medically supervised 15-day **Whole-Food Plant-Based Jumpstart** program is scheduled throughout 2019.

—Look for the new **Active Lifestyle** program.

RLM recently received a grant from Accountable Health Partners to bring its programs to primary care providers and their patients. For more information and to register for RLM programs, visit roclifemed.com

CONTINUING EDUCATION

“**Healthy Lifestyle Science**” meets at Abundance Coop, 571 South Avenue on first Thursdays, 7-8 PM, starting Feb. 7. Free and fun! Contact Mike Rudnick, mic.rudnick@gmail.com

Study group on Michael Greger, MD's *How Not To Die* meets at the Penfield Wegmans, 2157 Penfield Rd. in the café, every other Monday starting Feb. 4 at 6:30 PM. Free and fun! Contact Kim Taylor, (585) 738-9646 or visit Facebook at Holistic in a Heartbeat.

Visit expandingcircle.wordpress.com for information, reflections on animal rights, and Tina Kolberg's recipes! Tina is President of Animal Rights Rochester.

NEW VENTURES

Spirit and Abundance is a new business of Ali Lawrence to “cultivate joy, mindfulness, and gratitude.” Ali offers vegan cooking classes and other events. Visit spiritandabundance.com

The Market Cold Press and Eatery, 1048 University Ave, (585) 434-2608 offers juices and a vegan brunch-style menu. Next to M/Body Gym.

Sunshine Sweets is the vegan baking business of Alexis MacDonald. Allergy-free options available. To browse or place an order: sunshinesweetsco.com

Toasted Bear Tavern, 689 South Ave., (585) 434-3784, now offers vegan food courtesy of vegan food prep and catering service **Kitchen Verde**, kitchen-verde.com. Menu items include lasagna, eggplant meatballs, and Buffalo mac and cheese.

VEGAN FOOD LOCALLY

Our members tell us you can find good vegan options at **Thali**, 3259 Winton Rd. S., (585) 427-8030 (Indian); **Sakura Home**, 2775 Monroe Ave., (585) 288-8130 (Japanese); **Lulu Taqueria**, 6 N. Main St., Fairport (585) 377-0410 (Mexican); and **Polska Chata**, 32 Vinedale Ave., Rochester/Irondequoit, (585) 266-4480 (Polish). We're also told you can get a good vegan salad at **Ruby Tuesday**.

RAVS MEMBERS IN THE NEWS and on the air

“CONNECTIONS” on WXXI had two shows on plant-based diet in rapid succession: on 1/21/19 with **Ted D. Barnett, MD, Rebeca Monk, MD, Michael Klaper, MD**; and RLM Communications Director **Bob Franki**. A follow-up show on 1/28/19 on the affordability of a plant-based diet also featured Dr. Barnett on the panel.

RLM's MEDICAL DIRECTOR **Susan Friedman, MD, MPH** offered 10 tips for health and long life in the November 2018 issue of *In Good Health*, and her accomplishments were featured in the “News” section of the January issue.

VOTING! **Dan Williams** was pictured on the front page of the *Democrat & Chronicle* (D&C) on Wed. Nov. 7, 2018 with daughter **Penelope**. Not pictured were spouse/mom Jennifer Muniak, MD and Penelope's younger brother Isaac.

FREE THINKER **Carol Hope** was quoted in the D&C on Thanksgiving, Nov. 22, 2018 as being thankful for Secular Humanists of Rochester.

VEGAN CHEF **Andrea Parros** was pictured both on the cover and in a full page photo inside one of the last issues of *Rochester Magazine* (November 2018), sharing holiday memories and a vegan dessert recipe. Andrea is the owner of **The Red Fern** vegan restaurant, 283 Oxford St. (at Park), (585) 563-7633.

We welcome the following **New Members**: David Buckner, Anita Cassano & Ivy Shelby, Laura Devine, Karen Genett, John D. Griffith, Linda Kilbourne, Colleen McNair, Sue O'Leary, Bruce Pollock, Meredith Smith, Peggy Waterman, Edward Zigarowicz.

Membership Renewals: Juanita Ball (2-year renewal), Scott Barry, Beth Garver Beha & Brian Beha (Patron Level), Selma Berger, Don Burns, Brittany Chambers (Contributing Level), Mary & Gary Christo, Paul Clark, Jane Dorsey, NP (Sustaining Level), Meredith Drake, Janet Clarke-Hazlett, Margaret & Jeff Fellows, Aaron Frazier, Wendy Fredericks, Lorri Goergen, Kimber Gorall (Patron Level), Kerry Graff, MD (Patron Level), Jacki Hagelberg, NP & Michael Hagelberg (Sustaining Level), Meg & Jack Hurley (Sustaining Level), Leena Isac & Ted Potter, Elizabeth, Rafal & Mary Jedynek, Darcie Johnson, Sarah Keenan, Deb Kiba, Patricia Kraus, Audry Liao, Rhea & Ken McBride (Contributing Level), Lenore McPherson, Patricia Megerle, Dee & Darren Mrak (Contributing Level), Donna & Harry Patrick, Janice & David Preston, Sandy & Byron Rubin, Noreen Salerno (Patron Level), Barbara Savedoff, Abby Stern & David Stern, MD, Susan Stoll, Jeff Vincent, Tricia & Charles Wright.

Thank you for your support! This list is current through 1/25/19. Any questions, contact rochesterveg@gmail.com or (585) 234-8750.

IN THE NEWS

DIET AND THE ENVIRONMENT

On 1/20/19, the prestigious medical journal *The Lancet* published the findings of the [EAT-Lancet Commission](#), a 3-year project of 37 experts calling for sweeping food system changes to boost human health and preserve environmental resources. The report recommends a reduction in the global consumption of red meat; it acknowledges the environmental toll of meat production and recognizes that eating meat doesn't just cause human disease, it also contributes to environmental impacts like "premature deaths caused by poor air quality" and "famine exacerbated by extreme weather events such as drought." Jenny Splitter, 1/20/19 on forbes.com; "Less Beef, More Beans," *NY Times* 1/16/19.

The *Lancet* study follows on the heels of the publication in the journal *Science* (6/1/18) of a comprehensive analysis of the damage that animal farming does to the environment. The study found that animal agriculture provides just 18% of calories but takes up 83% of farmland. Joseph Poore of Oxford University, who led the research, said: "A vegan diet is probably the single biggest way to reduce your impact on planet Earth – not just greenhouse gases but global acidification, eutrophication, land use and water use. It is far bigger than cutting down on your flights or buying an electric car." Damian Carrington, [theguardian.com](#), 5/31/18.

DIET AND CLIMATE CHANGE On the 11/29/18 show of "Democracy Now" (DN) it was noted that, according to the World Meteorological Association, the last four years are the hottest years on record, and that carbon emissions were at record highs in 2017 and rising. Given that 15% of greenhouse gases are generated by animal agriculture, the logical remedy is to reduce or eliminate consumption of animal products. DN interviewed British journalist George Monbiot, who said that, for the rest of the world to eat like Americans would be a "planetary disaster": "What we need to do in the rich nations is to switch towards a plant-based diet." [democracynow.org](#)

"DAIRY FARMING IS DYING" That's what Wisconsin dairy farmer Jim Goodman wrote in a Washington Post article dated in which he announced that after 40 years of dairy farming, he was quitting. Goodman complains about financial woes and says: "Ineffective government subsidies and insurance programs are worthless in the face of plummeting prices and oversupply ..." He cites real suffering on the part of dairy farmers, but does not mention the

suffering of calf and cow, the destruction to the planet, and the adverse health effects of consuming dairy,

"IS EATING DELI MEATS REALLY THAT BAD FOR YOU?" Yes, according to a 2011 meta-analysis of 11 studies following upon the identification of processed meat as a carcinogen by the 2007 report of World Cancer Research Fund/American Institute for Cancer Research. Consuming even small amounts of processed meats increases the risk of colorectal cancer, and a typical serving (50 g/day) increases the risk by 18%; likewise, a recent study (*International Journal of Cancer*, 12/1/18) found increased risk of breast cancer in women who ate the most processed meats. *NY Times*, 12/14/18

CHEESE WARS Miyoko's Kitchen, which makes vegan butter and cheese, is being sued by a woman who claims the product's packaging is misleading and made her think she was buying a dairy product when she purchased the Vegan Butter. Miyoko Schinner, the owner of the company, spoke to the *New York Post*: "Several surveys indicate that consumers are not confused when they buy plant dairy, and buy these products specifically because they do not contain animal ingredients. In fact, whether or not we call our product 'butter,' most consumers will refer to it as such because that is how it looks, tastes and performs. While our award-winning butter may not have tasted like butter to [the plaintiff], many people who taste it either comment, 'wow! It's butter' or 'wow! It's better than butter.'" [plantbasednews.org](#), 11/14/18

WHY DO VEGANS ATTRACT HATRED? British writer Holly Thomas notes that "any discussion of veganism online tends to be an absolute minefield" Why the hate? Ms. Thomas speculates that official allegiance to or interest in veganism comes across as "virtue-signaling" which can put some people on the defensive. In spite of that, veganism is on the rise (see p.1). Waterstone's (a British bookstore chain) lists more than 2,000 books with "vegan" in the title; in one year (2017) Just Eat (an online food delivery service) showed an almost tenfold increase in demand for vegan takeout restaurants [cnn.com](#), 1/5/19 Tip from Karen Santucci.

WHOLE GRAINS AND DIABETES Consumption of whole grains lowered risk for type 2 diabetes by up to 11%, according to a study published in the *Journal of Nutrition* in 2018. Seen in Physicians Committee's *Good Medicine*, Winter 2019

VEGETARIAN DIET REDUCES HEART DISEASE RISK BY 40% according to a literature survey conducted by the Physicians Committee for Responsible Medicine and published in the journal *Progress in Cardiovascular Disease*. Risk of hypertension was reduced by 40%, blocked arteries were unblocked in as many as 91% of patients, and risk of heart attack was lowered by 81-94%. Study's author Hana Kahleova, PhD, noted: "A plant-based diet has the power to not only prevent heart disease but also manage and sometimes even reverse it—something no drug has ever done." *Medical News Today*, 6/1/18.

GROWTH OF PLANT-BASED DIETS was reported in Canada, with increased sales of plant-based foods and restaurant options. A March 2018 poll of 1,000 Canadian residents found that those younger than 35 were 3X more likely to adopt a veg diet than those aged 49 and older. Toronto Vegetarian Association's *Lifelines*, Winter 2018.

KOSHER VEGAN As reported in The International Jerusalem Post (Sept. 21-27, 2018), a growing number of rabbis, scholars and Jewish leaders are promoting the message that veganism is the new kosher. These thinkers conclude that, in the modern world, the commandment not to cause animals unnecessary suffering can only be fulfilled by embracing a vegan diet. Tip from Dvorah Kolko.

"PLANTING A SEED: THE VEGAN DIET IN 2019" was the topic of NPR's *1A* show on January 7, 2019, with guest Dr. Walter Willett, Harvard professor of nutrition and medicine, as well as two committed vegans, a nutritionist/cookbook author and a chef. Host Joshua Johnson expressed amazement at the amount of interest the show generated: "our inbox has exploded ... this has melted our inbox."

VEGAN FAST FOOD For information on finding vegan food at chain restaurants, visit the website of Vegetarian Resource Group (VRG), [vrg.org](#)

VEGETARIAN ESSAY CONTEST! VRG 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 2019, and must be postmarked on or before February 20, 2019. Early submission is encouraged. Applicants will be judged on having shown compassion, courage, and a commitment to promoting a peaceful world through a veg lifestyle. Student's college must be US based. For more details: <http://www.vrg.org/student/scholar.htm> ♦

WHOLE-FOOD PLANT-BASED RECIPES from favorite websites

REFRIED BEAN DIP (Brandi Doming) (thevegan8.com)

Two 15oz cans of low-sodium pinto beans, drained
 ½ cup + 2 tablespoons medium salsa
 5-10 pickled jalapeño slices
 1 teaspoon onion powder
 1 teaspoon garlic powder
 ½ teaspoon sugar (optional)
 ¼ teaspoon salt

Place the drained beans, salsa, pickled jalapeño slices, onion powder, garlic powder, sugar and salt in a blender or food processor. Blend for about 5 minutes, scraping the sides a couple of times during, until completely smooth and creamy. Taste and add more salt if needed, which will depend on your beans.

If you want it spicier, add more jalapeños. If you want it true refried bean style, you can heat up the mashed bean mixture in the microwave a couple of minutes until hot, or bake it in a dish at 325°F 15-20 minutes until hot.

Serve with chips and add extra jalapeños if desired.

SPLIT PEA SOUP (Kim Campbell) (plantpurenation.com) (Serves 4-6)

This soup has a sweet, creamy texture with the perfect balance of spices. My children ate this soup often when they were babies and to this day love this soup with garlic bread or seasoned pasta.

Prep Time: 15 min.; Cook Time: 2 hrs
 Pressure Cooker Cook Time: 20 min.

6-8 cups low-sodium vegetable stock (begin with 6 cups)
 2 cups dried green split peas, rinsed
 1 onion, diced
 1 potato, diced
 2 carrots, diced
 2 celery stalks, diced
 4 garlic cloves, minced
 ½ tsp each dried basil and marjoram
 ¼ teaspoon ground cumin
 1 bay leaf
 ½ tsp sea salt or to taste
 ½ tsp black pepper

Place all the ingredients except the salt and pepper in a pot and bring to a boil over medium-high heat.

Reduce the heat and simmer until the split peas are tender, about 2 hours. You do not want split pea soup to have a crunchy texture, so be sure to give it plenty of time to cook. You may have to add more water or vegetable stock throughout the cooking if it gets too thick. Add salt and pepper. Remove the bay leaf before serving.

Pressure Cooker Instructions:

Place all ingredients into a pressure cooker and briefly stir everything together. Secure and seal the lid. Cook at high pressure for 10 minutes, followed by a 10 minute natural release. Remove the bay leaf and serve. If you prefer a thinner consistency, add more water or vegetable broth to thin out the soup.

Crockpot Instructions: Place all ingredients into a crockpot, cover, and cook on low for 5-6 hours. Remove the bay leaf and serve.

Hints: Adding a couple of cups of chopped fresh or frozen baby spinach a few minutes before serving makes this soup even more delicious and nutritious. I sometimes use sweet potatoes instead of white potatoes for a sweeter flavor and creamier texture.

LENTIL-CUCUMBER SALAD (pcrm.org/recipes) (4 servings)

1 cup brown or green lentils
 1 cup diced tomato
 1 cup cucumber, peeled and diced
 1 cup orange or red pepper
 1 clove garlic, finely chopped
 1 tbsp chopped olives
 1 tbsp chopped fresh basil (opt., or substitute ½ tsp dried basil or oregano)
 ¼ cup balsamic vinegar

Clean the lentils to make sure they have no stones and pour into a large pot of water. Boil gently for 20 minutes or until tender. Strain and let cool.

In a large bowl, mix the lentils with the remaining ingredients. Season with salt and pepper. Serve the salad cold.

5-MINUTE CHANA MASALA (Curried Chickpeas) (Pam Kropf) (engine2diet.com)

2 cups cooked or frozen brown rice
 1 can No-salt canned garbanzo beans
 1 tsp curry powder
 1 can no-salt canned diced tomatoes
 1 cup frozen spinach
 Optional
 2 pinches Garlic powder
 Salt & pepper to taste
 ¼ cup Cilantro

Heat the brown rice in the microwave or on the stove until hot. Drain and rinse the garbanzo beans. Mix the curry, diced tomatoes, beans, and garlic powder (if using) and salt and pepper to taste. Mix in frozen spinach and heat the beans and greens in the microwave or on the stove until hot. You can add practically any veggie to this dish. So if you have some that need to be eaten up, add them in and adjust seasoning to taste. Add optional fresh cilantro on top.

TEXAS-STYLE CHILI (myplantbasedfamily.com)

3 cans of beans OR about 6 cups of cooked beans, any variety
 1 medium onion, diced
 1 can diced tomatoes OR about 3 tomatoes, diced
 1 can diced green chilis OR your choice of fresh peppers
 1 8 oz can tomato sauce
 Chili powder to suit your tastes (start with 1 tbsp)
 1 tsp garlic powder
 1 tsp cumin
 1 tsp paprika
 Salt and pepper

Add beans, diced onion, tomatoes, peppers, and tomato sauce to a large sauce pan and cook until onions, peppers, and tomatoes are cooked. Add spices to suit your individual taste preferences. Heat until extra liquid, if any, has cooked out. Serve. This meal is great on a cool day, it is hearty and filled with fiber. Cornbread or crackers make a great accompaniment. Perhaps my favorite way to enjoy chili is on a baked potato. This recipe also freezes well so make a big batch and save some for a rainy day. This recipe can also be made in a crock pot or slow cooker.

SMOKY SWEET POTATO AND BLACK BEAN SALAD

(dreenaburton.com)

- 2 cups cooked sweet potato cut in cubes (see note for baking tips)
- 2 14 oz cans black beans, rinsed and drained
- ¾ cup red or yellow bell pepper diced
- ½ cup cucumber diced (seeds removed) (or jicama, peel trimmed and diced)
- 2 tbsp chives roughly chopped, or green onions (scallions), sliced
- 2 tbsp flat-leaf parsley minced (cilantro can also be used)
- 1 - 1½ tsp fresh oregano minced
- 4 - 5 tbsp freshly squeezed lime juice will need about 2-3 limes
- 1 tsp sea salt little scant
- Freshly ground black pepper
- ½ tsp chipotle hot sauce I use Tabasco brand; can use another ½ tsp if you like it smokier/hotter
- 1 tsp ground cumin
- ¼ tsp allspice
- ¼ tsp smoked paprika
- ¼ - ½ tsp pure maple syrup or agave

To bake potatoes: place on a baking sheet lined with parchment [lightly oiled or nonstick also works]. Bake at 400 for 40-60 minutes (baking time will depend on whether you are using smaller or larger sweet potatoes). Check the potatoes a few times in the last 10-15 minutes of baking. They can be baked until quite soft, which will give potatoes that meld into the salad (losing most of their structure). While baking and cooling sweet potatoes (see note), prepare other ingredients. Once sweet potatoes cool to just warm or cool, cut in cubes and add to a large bowl with remaining ingredients. Toss through to combine well. Taste and adjust seasonings. Salad is delicious at room temperature, but can be chilled for a picnic or to keep for lunches during the week.

FARMHOUSE BREAD STEW

(drmcDougall.com)

- 6 cups vegetable broth
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 stalks celery, chopped
- 1 carrot, chopped
- 15 ounce can chopped tomatoes
- Two 15-oz cans red beans, drained
- ¼ cup pearled barley
- 1 bay leaf
- 1 tsp oregano leaves
- 3 cups fresh spinach, chopped
- 2 cups hearty bread, chopped
- Freshly ground black pepper to taste

Place a small amount of the broth in a large soup pot. Add the onion, garlic, celery and carrot. Cook, stirring occasionally, for about 5 minutes, until vegetable soften slightly. Add the remaining broth, canned tomatoes, beans, barley, bay leaf, oregano and ground pepper. Bring to a boil, reduce heat, cover and cook for about 55 minutes. Add the spinach, cook for an additional 5 minutes, then add the bread and cook for about 5 minutes longer. Serve at once.

TOMATO, ARTICHOKE, AND WHITE BEAN STEW

(handfulofraspberries.com) (linked at plantbaseddietitian.com)

- 1 (15 ounce) can artichoke hearts
- 1/2 bunch kale
- 2 cups vegetable broth
- 1 tablespoon dried basil
- 1 tablespoon dried oregano
- 1 teaspoon salt
- 1/2 teaspoon red pepper flakes
- Fresh-ground black pepper, to taste
- 2 (14 ounce) cans fire roasted diced tomatoes
- 1 (15 ounce) can white beans (like cannellini) drained and rinsed

Drain the artichoke hearts and chop into bite size pieces. Remove stems from kale and cut into ribbons. Set aside. In a large soup pot, add broth, basil, oregano, red pepper flakes, salt, and pepper. Bring to a boil. Add the artichokes, kale, canned tomatoes with their liquid, and the beans. Return to a boil, reduce heat to low, and simmer for 20 minutes, stirring occasionally.

TEX-MEX TOFU SCRAMBLE

(Evelisse Capó) (nutritionstudies.org)

- 28 oz extra firm tofu, drained
- ½ tsp turmeric
- Herbamare (or salt and pepper) to taste
- 1 tsp oregano
- ½ tsp liquid smoke
- ½ cup onion, diced
- ½ cup red/orange peppers, diced
- 5 garlic cloves, crushed
- 1 cup mushrooms, sliced
- ¼ cup corn
- 2 cups kale or spinach, chopped
- ¼ cup salsa
- 1 cup grape tomatoes, diced

Drain the tofu well and cut into small cubes. Cook in wok or large skillet for 10-15 minutes or until liquid is absorbed. Season tofu with Herbamare, turmeric, oregano, liquid smoke and cook for 5 minutes. Add the onions, pepper, and garlic and cook for 2 minutes. Add the mushrooms, and corn, stir well and cook for 2 minutes. Add the spinach or kale and salsa. Cook on low heat for 3 minutes. Mix well and serve topped with diced grape tomatoes and cilantro. Enjoy!

PRESTO PASTA (Kathy Pollard)

(sustainablediet.com)

- 12 oz whole grain pasta
- 1 15 oz can tomato sauce (no oil added)
- 1 15 oz can diced tomatoes
- ½ tbsp dried herbs or spices, such as Italian seasoning, Spike or basil
- 3 tbsp nutritional yeast
- 1 bag (or more!) frozen vegetables

Cook pasta to al dente in boiling water, according to directions. Add tomato sauce and tomatoes to saucepan with spices. Heat and simmer for 5 minutes.

Add frozen vegetables to pasta and boiling water; stir and bring to boil again. Cook pasta another minute or two. Drain pasta and vegetables and dish onto plate. Top with sauce. Sprinkle nutritional yeast on top. ♦



Want to go vegan?
We can help!
rochesterveg.org

WHAT IS PLANT-BASED?

The term “plant-based” has come, in nutrition circles, to mean “completely plant-based,” largely through the influence of T. Colin Campbell, PhD, who has recommended such a diet as optimal for human health in his books *The China Study* (2006, revised 2016) and *Whole* (2013). Campbell says on page 7 of *Whole*, in a section entitled “The Ideal Human Diet,” that we should “Consume plant-based foods in forms as close to their natural state as possible (‘whole’ foods). ... I call it the whole food, plant-based (WFPB) diet” Campbell says he uses “diet” for want of a better word even though this is not “a heroic and temporary effort” but “a sustainable and joyful way of eating.”

A recent article in *Vegetarian Journal*, the magazine of the Vegetarian Resource Group vol. 37, issue 4 (2018), conducted a review of how the term “plant-based” was defined and understood by the general public, by researchers, by restaurants, and by the media. In all of these settings, the authors found, there was “general confusion and inconsistent use of the term ‘plant-based’”; it could mean everything from “lots of vegetables” to “vegetarian” to “vegan” to avoiding (but not necessarily excluding) meat and other flesh foods.

How can we reconcile Dr. Campbell’s use of the word with the inconsistent practice in the world at large? One explanation is that vegans use the term in an aspirational way. While “plant-based” literally can mean a diet that is only partly plants (e.g. animal foods piled onto a foundation of plants), vegans want it to mean “all plants” so they use it that way. This can be a powerful strategy, because that’s how a language develops. If people get used to hearing the word “plant-based” used to mean “all plants,” that will become its definition.

That leads to another question: what’s the connection between “plant-based” and “vegan”? Here is an excerpt from our “Plant-Based Diet” course book (from the Glossary):

Plant-Based and Vegan

These terms can be confusing, and people wonder whether they mean the same thing. Probably the best way to look at it is that there is significant overlap.

Plant-Based has come, by general acceptance, to mean “completely plant-based”.... Vegan is defined as eating a diet made up of only plants, which could be a healthy diet or a junk food diet. “Vegan” also can and usually does imply changes to other areas of life ..., to avoid

exploiting animals. ... The lines get fuzzy because people who start eating plant-based for health reasons usually start to pay attention to, and care about, the other reasons not to use animals.

“Vegan” can be a way of eating or a way of looking at the world—depending on how much the person has thought about it or how far he or she takes it.

A person who is an ethical vegan eats vegan and also refrains as much as possible from using or exploiting animals.

When you are just talking about diet, it is not wrong to say that plant-based is vegan, or to use the two terms interchangeably.

Also keep in mind that some people avoid using the word “vegan” because it can carry “baggage,” i.e., connotations of being strict or rigid, or assumptions about an ethical stance that a person who chooses to eat plant-based might not espouse. We believe that all of these sources of confusion and dismay will fade over time; and that as plant-based eating and vegan living become more mainstream, people will embrace both terms. We also think that using the term “vegan”—when that’s what we mean—will normalize the word, and give it value and acceptance. That’s why we use it! ♦

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:

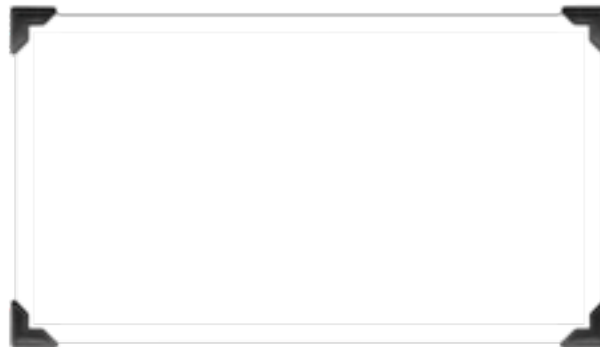
- **February 5-March 19, 2019** (Six Tuesdays) 6:15 PM-8:30 PM **A Plant-Based Diet: Eating for Happiness and Health** course given at AHP conference room, 132 Allens Creek Rd. Taught by **Ted D. Barnett MD**; food samples by Carol Barnett. Offered to the general public; professional credit available to physicians and other health care providers for additional charge. roclifemed.com
- **February 17, 2019** (3rd Sunday)* **The Food-Cancer-Microbiome-Inflammation-Immune System Connection** with **Sandy Rubin** and **Byron Rubin, Ph.D** Brighton Town Park Lodge, details and directions below.*
- **February 25, 2019** (4th Monday) **Meeting of Oil Free Vegan Group (Esselstyn Rules)** at Buckland Lodge, 1341 Westfall Rd. 6 PM Vegan Potluck; 7 PM Program Esselstyn Rules = no oil & no high-fat plant foods, i.e., no, nuts, peanuts, olives, avocados, coconut.
- **March 2-March 16, 2019** (Three Saturdays) 10:30 AM-3:30 PM **A Plant-Based Diet: Eating for Happiness and Health** course given at Highland Hospital. See write-up of February 5 course, above, for details re instructor, course credits, and registration
- **March 17, 2019** (3rd Sunday)* **Healthy School Food: A NY State Update and What You Can Do** with **Amie Hamlin**, Executive Director, Coalition for Healthy School Food. Brighton Town Park Lodge, details and directions below.*
- **April 14, 2019** (2nd Sunday) **RAVS Fund Raiser Dinner** catered by **Eden Restaurant** 6:00 PM Dinner. Brighton Town Park Lodge, directions below. Go to rochesterveg.org to buy tickets; if no computer access, call 234-8750 & we will register you for the event.
- **April 20, 2019** (Saturday) **26th Annual RAVS 2nd Night Seder** (shared event with Beth Haskalah, Jewish Humanist Group) at Brighton Town Park Lodge, 777 Westfall Road. Doors open 5 PM, Service 6:00 PM followed by vegan share-a-dish dinner. Special food rules: vegan (no animal products) + no wheat except matzoh. Please reserve at 234-8750 or at rochesterveg.org
- **April 22, 2019** (4th Monday) **Meeting of Oil Free Vegan Group (Esselstyn Rules)** at Buckland Lodge, 1341 Westfall Road. 6 PM Vegan Potluck; 7 PM Program Esselstyn Rules = no oil & no high-fat plant foods, i.e., no, nuts, peanuts, olives, avocados, coconut.

*Indicates a regular meeting. Unless otherwise indicated, regular meetings are held on the third Sunday of the month at the Brighton Town Park Lodge, 777 Westfall Rd. 5:30 PM **Vegan** Share-a-Dish Dinner, 7:00 PM Program.

Brighton Town Park Lodge is at 777 Westfall Rd., on the south side of Westfall between E. Henrietta Rd. (15A) to the west, and S. Clinton Rd. to the east. Look for the "Brighton Town Park" sign. The driveway leading to the Lodge is called "Haudenosaunee Trail."

PLEASE NOTE: We always welcome new people at our meetings. You may attend just the dinner, just the program, or both; there is no need to reserve for either. If you attend the dinner, we ask that you pay a \$3 Guest Fee **in addition** to bringing a vegan dish to pass. See box on p. 2 for information about preparing a vegan dish. The Guest Fee will be subtracted from the amount of dues, if you decide to join RAVS later in the meeting.

Hear the latest from our events calendar, 24 hours a day! Call 234-8750



14602
ROCHESTER, NY
Box 20185
ROCHESTER AREA VEGAN SOCIETY