

Our 30th 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. ♦

A VEGAN DIET COMBATS CLIMATE CHANGE!

by Carol Hee Barnett

An article in the *NY Times* on 4/30/19 on "**How What You Eat Affects Climate Change**" carries the subtitle "How to shop, cook and eat in a warming world." The article reports that meat and dairy production accounts for 14.5% of all greenhouse gases, about the same amount as is generated by all forms of transportation combined. This figure is posted currently on the website of the Food and Agriculture Organization (FAO) of the United Nations (fao.org), and it represents an important update of the slightly higher figure published by the FAO in 2006: "This figure is in line with FAO's previous assessment, *Livestock's Long Shadow*, published in 2006, although it is based on a much more detailed analysis and improved data sets."

The *NY Times* article states that, while some animal foods are bigger offenders than others when it comes to greenhouse gas (GHG) emissions, "plant-based foods tend to have the smallest impact." For example, a graphic shows that beef generates 17.7 kilograms (kg) of carbon dioxide to produce 50 grams of protein; beans generate .4 kg of carbon dioxide (yes, you read that right: point 4 or less than 1/2 kilogram) and nuts only .1 kg for the same amount of protein! Another graphic in the article shows that a liter of cow's milk generates 3.2 kg of carbon dioxide, and uses 9 square meters of land and 628 liters of water; whereas a liter of soy milk generates .9 kg of carbon dioxide, and uses only .7 square meters of land and 28 liters of water.

The article says that the decision to consume less meat and dairy is the simple food choice that will have the most impact on improving the environment, stating that "plant-based foods like beans, pulses, grains and soy tend to be the most climate-friendly options of all." And although it may seem that individual choices can hardly make a dent in our environmental woes, the article says that "if many people collectively made

changes to their diets, that could start to add up."

The article points out the obvious reason for the stunning environmental toll of meat and other animal products: "It's often more efficient to grow crops for humans to eat than it is to grow crops for animals to eat and then turn those animals into food for humans"; "it takes more land, energy and water to produce a pound of animal protein than it does to produce a pound of plant protein."

At its conclusion, the article says: "If you're interested in taking the plunge, a vegan diet does have the smallest climate footprint around." It has a rejoinder for those who think they don't like vegan food: "If you like pasta with tomato sauce, hummus, avocado toast or peanut butter and jelly sandwiches, you actually do like some vegan food." For those who think their family members might be reluctant, the authors have something to offer: "We've got recipes that can help."

The solid takeaway from this article is as follows: "Modern agriculture inevitably contributes to climate change, but some foods have a bigger impact than others... Plants of all kinds typically have the lowest impact."

A plant-based diet that's good for the environment is good for the animals and your own health as well. Keep reading this newsletter or visit rochesterveg.org for more information on all the reasons to go vegan, and the tools to help you on your way.

[The *NY Times* article relies on research by J. Poore and T. Nemecek published in *Science* in June 2018.]

HAIKU by Bruce Ross

spring rain
the dog house older
than the house

late day stillness
the hummingbird's little voice
to another

starless night
there is only this
pulsing crickets

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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

As of this writing, spring is gently unfolding in the Rochester area. It's a time for new life, and that includes more and more people embracing a vegan diet.

RAVS MEETINGS/PROGRAMS

At our February meetings, both the regular and Oil Free Vegan gatherings, **Sandy and Byron Rubin** spoke about the connections between diet, inflammation, the immune system, and cancer risk. In March we welcomed **Amie Hamlin**, Director of the Coalition for Healthy School Food. In April, our fund raiser, attended by 75 happy folks, was catered by the all-vegan **Eden Café and Bakeshop**. We had a lovely seder on April 20, and testimonials at our April Oil Free meeting.

UP AND COMING: We'll hear from kidney doctor **Scott Liebman, MD** at our May meeting, and vegan author **Meg Hurley** at our June meeting. July and August will be picnics at the homes of gracious RAVS members.

On to the growing season, in every sense of the term!

RAVS OUTREACH: We staffed tables at the following events (thanks to staffer/s):

-Sustainable Living Expo at RIT 2/9: **(Carol Barnett)**

-Nazareth Health Fair 4/2: **(Handy Cowles, Carol Barnett)**

-SUNY Brockport Metro Health Fair 4/9 **(Carol Barnett)**

-Univ. of Rochester Meatout event 4/12 **(Carol Barnett)**

-Sierra Club Environmental Forum 4/17 **(Bob Franki, Carol & Ted Barnett)**

-Nazareth Earth Day Festival 4/22 **(Carol Barnett)**

-Abundance Earth Day Event 4/27 **(David Daunce, Barbara Savedoff, Carol Barnett)**

-Spiritus Christi Earth Day Event 4/28 **(Daryl Odhner, Maggie Odhner)**

-Rochester Youth Climate Leaders Summit 4/29 **(Beth Garver Beha, Steve Melcher)**

ROCHESTER LIFESTYLE MEDICINE (RLM), under the direction of **Ted D. Barnett, MD**, offers an array of lifestyle medicine programs and events.

-The 18-session CHIP is an intensive lifestyle change program with facilitated discussion, group support, and medical supervision. A new program starts on Thursday, May 16.

-The medically supervised 15-Day Whole-Food Plant-Based Jumpstart program is scheduled throughout 2019. Upcoming start dates are Saturday June 1 and Saturday July 13.

-The 6-week Plant-Based Diet course taught by Dr. Barnett will be given again on six Thursdays starting September 5.

-The ground-breaking new film "Code Blue" will be shown on Sat. 5/18 at 3 PM.

Register for all these events at roclifemed.com.

VEGAN IN THE LOCAL NEWS

PLANT-BASED TEACHER & COACHES *Community Health* magazine (spring 2019) did a feature, "Holy Guacamole," on the ten-day Good Life Challenge led by Victor Schools teacher **Doug Schmidt**, with participants from the Finger Lakes Area School Health Consortium school districts, and with the support of 24 volunteer plant-based coaches. Schmidt, who has led the event several times, has drawn more than 3,200 people to the challenge. One happy participant says that when you eat plants, "you can eat as much as you wish."

MEAL PREP ENTREPRENEURS who turned their own health around, then went into business, were profiled in the *Democrat and Chronicle (D&C)* 2/8/19, including **Sarah Goodenough** and her vegan meal prep business **Kitchen Verde**. kitchen-verde.com

JUMPSTARTED: Pam Sherman, in her Suburban Outlaw column in the *D&C* on 4/13/19, profiled **Dr. Ted Barnett** and RLM's **15-Day Jumpstart** program after her husband came on board! See more p. 7.

VEGAN FOOD LOCALLY

Sweet Pea is a new chef-prepared vegan meal service based in Rochester, with delivery on Sunday that either is free with larger orders, or charges a nominal \$7 fee. sweetpeaplantbased.com

Eden Café and Bakeshop, which recently celebrated its 1-year birthday/anniversary, did a wonderful job catering both the RAVS fund raiser and the most recent RLM dinner/lecture. 109 Main St. Batavia, (585) 815-4487.

Lento Restaurant had an all-vegan dinner on 1/31/19!

Root made a gourmet all-vegan dinner for the Young Presidents Organization meeting on 2/6/19 at which **Ted Barnett, MD** was the featured speaker. rootcatering.com

Cinelli's, 840 Long Pond Rd. in Greece, (585) 287-5458, makes a vegan "Chicken" French, as reported in a 12/28/18 *D&C* article on finding that dish in Rochester. Cinelli's has an extensive vegan menu, with vegan desserts by **Eden**.

PMA Foods based in Syracuse makes its own vegan cheese. (Its parent company, The Basics Syracuse, is not fully vegan).

Bozza Pasta based in Hilton, NY, makes several varieties of vegan pasta and may be introducing a vegan pesto sauce.

Jacqueline's, a food supplier to schools and institutions, makes a full line of vegan cookies which were on offer at the Nazareth Earth Day event (see Outreach).

Wegmans Miche: organic sourdough bread with a short list of ingredients and a mix of regular and whole wheat flour. It's clearly identified as VEGAN.♦

PLEASE VOTE for the RAVS Board of Directors. Ballot will be sent by email; those without internet access will receive a paper ballot.♦

IN MEMORIAM: We mourn the passing of our member and friend **Burt Spiller**, who died on 3/12/19. Burt, a retired orthodontist, belonged to RAVS for more than 20 years. His gentleness, kindness, inquisitiveness, and sense of humor will be remembered always.♦

We welcome the following **New Members:** Joan Alden, Trish Amish, Juliana Bass, Evan Drahzal, Denise Eshenaur, Pat Hysert, Scott Kwiatak, Andrew Leoni, David Meyer (Patron Level), M J O'Neill, Yuliya & Vlad Pavlyuk, Charles Peterson, Linda Pulhamus, Robert Salerno (Patron Level), Linda Stelman (Patron Level), Maureen Tierson, Susan Rutherford Valentine, Lisa Vanderhof, Laurie & Jim Vangellow. **Membership Renewals:** Carol Barnett & Ted D. Barnett, MD, Linda & David Benjamin (Sustaining Level), Cindy Brickley, Bill Bross, Vernon Cain & family, Leigh Anne Chandler, GNP, Joan Chapman, Ellie Cherin (Sustaining Level), Johanna & Michael Connelly (Contributing Level), Maryann Connolly, Bonnie Crawford, Allan O'Grady Cuseo (Patron Level), Eden Restaurant, Phyllis Fleischman, Ruth & Bill Grace, Stephen Heffron, Sandy Hicks (Patron Level), Jeff Hoffman, Laura Howell, Judy & Chris Hysek, Marilyn & Mike Israel and Robert Israel, MD, Gail Keemer, Susie & Bill Labine, Jean Longchamps, Lisa Marulli, Megan Meyer, Gerry & Tim Miner, Maggie & Daryl Odhner (Contributing Level), Miyeon Oh, MD, Elaine O'Neil, Kathryn Pridey & Edward Lewek, Sandy & Byron Rubin, Shari & Doug Schmidt, Yardena & Yonathan Shapir (2-year renewal), Ruth Sheldon (3-year renewal), Jonathan Smelts, Connie & Tom Specht, Burt Spiller, Martha Sullivan (Patron Level), Kim Taylor, Sue Taylor, Evelyn Zyla. Thank you for your support! This list is current through 4/30/19. Any questions, contact rochesterveg@gmail.com or (585) 234-8750.

IN THE NEWS

EAT LESS MEAT, LIVE LONGER? A *NY Times* article published on 4/11/19 cited a Finnish study published in the *American Journal of Clinical Nutrition*, which found that “a meat-rich diet increases the risk for early death”: Men who ate more than 1/2 pound of red, white or organ meat daily were 23% more likely to die prematurely than those who less than 2.6 oz. daily. The senior author of the article concluded that eating meat on a daily basis is “not a good idea.”

EGGS AND CARDIAC RISK The more eggs you eat, the greater the risk of heart disease and early death, according to results published in the *Journal of the American Medical Association* in March 2019. The study, a review of six U.S. study groups covering almost 30,000 people over more than 17 years, found that consuming 300 mg of cholesterol daily (the equivalent of 3 to 4 eggs a week) was associated with a 3.2% increase in risk of cardiac disease and 4.4% higher risk of early death. Each additional 1/2 egg daily corresponded to an almost 2% higher risk of early death from any cause. cnn.com; *NY Times* 3/15/19. One commenter on the *NY Times* article, Dr. J from Conn., says, in rebuttal to the many others claiming we need to eat eggs because our bodies need cholesterol: “we don't need to eat cholesterol; our bodies make it. ... I don't eat eggs; instead, I eat plant based whole foods, no animal products, and minimal to no processed foods.”

PROTECT CONSUMERS, NOT THE DAIRY INDUSTRY A truthout.org article reports on the efforts of the dairy industry to prevent makers of plant-based milk, yogurt and ice cream from using those generic terms. One court dismissed a lawsuit against almond milk maker Blue Diamond on the basis that “No ‘reasonable consumer’ is misled or deceived by the label.” And in one survey, 78% of cow's milk drinkers said they thought the plant-based products should be called “milk.” The article exposes the suffering of dairy cows on factory farms, including a recent case where major dairy manufacturers settled a lawsuit claiming they had illegally fixed prices by killing more than 500,000 young dairy cows to lower milk supply. After reporting on the [day-to-day cruelty](#) inflicted on dairy cows, the authors conclude: “It's not hard to see why dairy is turning consumers' stomachs”; and they say that plant-based dairy items should be able to name themselves after the product they replace. “The public is not confused. They're increasingly making healthier and kinder choices. It's time the FDA, tasked with protecting public health, chose to do

just that: protect consumer choice, not industry profits.”

“YOU CALL THAT MEAT?” An article in the *NY Times* on 2/9/19 reports on pushback from the meat industry to the increasing popularity of plant-based “meats.” Several states, including Mississippi, Missouri, Nebraska, Virginia, and Washington state, have passed or attempted to pass laws forbidding reference to these items as “meat,” only to be challenged by Tofurky and other plant-based companies. The push for state labeling laws is actually a reflection of the success of plant-based food ventures. Ethan Brown, chief executive of Beyond Meat (maker of the Beyond Burger), said: “We provide the consumer with meat made from plants, and believe that it is reasonable for the consumer and for us to refer to our products as plant-based meats.”

THE BEST DIET In response to a *NY Times* article (3/3/19) on customized diets for individual differences, Dr. Dean Ornish, plant-based pioneer, wrote a letter which took an opposing view: “Most people do not need personalized diets. A whole foods, plant-based diet naturally low in fat and sugar has been scientifically proved to prevent and even reverse a wide variety of chronic diseases, including heart disease, Type 2 diabetes, hypertension and early-stage prostate cancer, especially when combined with moderate exercise, social support and stress management. Why? Because these illnesses share the same underlying biological mechanisms.” 3/10/19

SO WHY DOESN'T THE MEDICAL COMMUNITY PROMOTE IT? Kaiser Permanente is a California-based health-care consortium which has always emphasized prevention, and has contributed to the plant-based movement by incorporating plant-based nutrition into its official recommendations. In a recent issue of *Permanente Journal* (2019:23), Dr. Maximilian Storz ponders the question why, despite a growing mass of evidence, neither official dietary advice nor standard medical practice reflects plant-based diet as the desired norm. Storz considers time (takes time to counsel patients on diet), training (doctors don't get nutrition education), and economic interest (no money in plant-based advocacy) as reasons why providers fall short. But these factors can be turned around to get providers on board: e.g., organizations like PCRM (Physicians Committee for Responsible Medicine) can fill in information gaps with their excellent educational materials for physicians. Storz concludes: “Plant-based nutrition might be the key to central issues of our time, such as the global obesity epidemic, exploding health care expenditures, and environmental

destruction.” Thanks to Sandy and Byron Rubin for this tip.

2019 IS “THE YEAR OF THE PLANT-BASED DIET” according to Kathy Pollard, MS, a nutrition instructor who writes that going vegan is “the inevitable lifestyle choice of and for the future. Now more than ever before, what we choose to eat affects every aspect of our lives.” Pollard says the UN Intergovernmental Panel on Climate Changes gives us 12 years to avoid the worst effects. Ordinary folks can take charge by changing what's on their plates; and by doing so, they can then drive governmental change. thriveglobal.com

“GENERATION VEGAN”: This article from USA Today Network, which appeared in the *Democrat & Chronicle* on 2/9/19, reports on the increasing numbers of kids (and others) choosing to be vegan (in 2017, Nielsen found that 39% of Americans were actively trying to eat more plant-based foods), as well as the ease of adapting family meals to their needs: “Luckily, it's never been easier to go vegan, due to the plethora of innovative plant-based foods at your average supermarket”; “vegan restaurants have opened far beyond hippie outposts.”

OCTOMOM Nadya Suleman's octuplets, who are now 9 years old, are all on a strictly vegan diet and they “seem to be loving it.” directexpose.com; Thanks to Nina Sikand for this tip.

IMPOSSIBLE BURGER Public radio's Joshua Johnson devoted the entire first hour of his show “IA” on 5/1/19 to the rise of vegan options at popular restaurant chains, including the Impossible Burger, which will be offered at Burger King as a Whopper option. Thanks to Kimber Gorall for this tip.

VEGAN OPTIONS GALORE Ben & Jerry's offers these vegan flavors: Caramel Almond Brittle, Cherry Garcia, Chocolate Fudge Brownie, Chunky Monkey, Cinnamon Buns, Coconut Seven Layer Bar, Coffee Caramel Fudge, P.B. & Cookies, Peanut Butter Half Baked, and the two newest: Chocolate Caramel Cluster and Chocolate Chip Cookie Dough. (Be careful; some flavors may also be offered in dairy versions.) Breyer's (almond-based) vegan flavors are Oreo Cookies & Cream and Vanilla Peanut Butter. Perry's just introduced vegan Oats Cream in seven flavors. And, Chobani has non-dairy yogurt in Plain, Vanilla, Blueberry and Strawberry flavors. See more vegan options p.7. ♦

See the Rochester premiere of
Code Blue
 Redefining the Practice of Medicine
Saturday, May 18 at 3:00 PM
 Rochester Academy of Medicine
 1441 East Ave., Rochester, NY 14610

WHOLE-FOOD PLANT-BASED RECIPES!!

CHICKPEA NOODLE SOUP (karissasvegankitchen.com)

Noodles of choice, cooked separately according to package
 ¼ cup vegetable stock or more for sautéing
 1 cup carrots, chopped
 ½ onion, chopped
 ½ cup celery, chopped
 4 garlic cloves, crushed or minced
 1 tsp dried parsley
 ½ tsp sage
 ½ tsp marjoram
 ½ tsp basil
 ¼ tsp oregano
 ¼ tsp paprika
 1/8 tsp thyme
 3½ cups veggie stock
 2½ cups water
 2 cans chickpeas drained and rinsed
 Optional: pinch of cayenne for an added kick!
 Black pepper and salt to taste

Sauté carrots, onions, and celery in vegetable stock in a large pot on medium heat until onions are translucent. Add more vegetable stock if the pot gets dry.

Add in garlic and sauté for an additional 3 minutes. Add in seasonings (parsley, sage, marjoram, basil, oregano, paprika and thyme). Pour in water, veggie stock, and chickpeas and stir together. Bring soup to a boil and then let simmer for 20 minutes. Add in cayenne pepper (optional), salt and black pepper to taste. When ready to serve, add noodles into individual bowls.

Store noodles and soup separately in fridge in order to prevent mushy noodles.

VEGAN JAMBALAYA (simpleveganblog.com)

½ onion, e.g., red onion
 2 cloves of garlic
 ½ red bell pepper
 ½ green bell pepper
 1 carrot
 1 14-ounce can chopped tomatoes
 2 tbsp tamari or soy sauce
 2 tsp dried oregano

1 tsp dried thyme
 1 tsp each garlic & onion powder
 1 tsp cumin powder
 1 tsp paprika
 1/8 tsp ground black pepper
 1/8 tsp cayenne powder
 1 cup uncooked rice
 3 cups water or vegetable broth
 2 tbsp tahini (optional)
 1 cup canned or cooked chickpeas
 1 cup canned or cooked kidney beans
 Chopped fresh parsley for garnish

Add the chopped veggies to a skillet or a large pot with some water, and cook over medium-high heat for 5 minutes. Add more water if needed. Add the chopped tomatoes and cook another 5 minutes. Add the tamari or soy sauce and the spices and stir. Then add the rice and the water or broth, and bring to a boil. Cook over medium-high heat for 15 minutes or until the rice is cooked. Add the tahini (optional), chickpeas and beans, stir and cook 1 to 2 minutes more. Serve with some chopped fresh parsley on top (optional).

BESTO PESTO

(Ann & Jane Esselstyn, *The Prevent and Reverse Heart Disease Cookbook*)

This recipe was a hit at the first-ever RLM Jumpstart Cooking Class. And it comes from Jane Esselstyn, the wonderful speaker we heard lecture at the RLM event on 4/29/19.

1 (15-oz) can cannellini beans, drained and rinsed
 2 cloves garlic, chopped
 ¼ cup nutritional yeast
 Zest of ½ lemon, or more as desired
 ¼ cup fresh lemon juice, or more as desired
 1 cup packed fresh basil

In a food processor, combine the beans, garlic, nutritional yeast, lemon zest, lemon juice, and basil, and process until smooth. Serve over pasta, as a spread, as a dip, or as a dressing.

OIL-FREE PISTACHIO, SPINACH, AND BASIL PESTO (cupfulofkale.com)

2 cups tightly packed fresh spinach
 ¼ cup loosely packed basil
 ¼ cup pistachios

3 garlic cloves
 ½ lemon
 4 tbsp water
 Salt and pepper

Peel the garlic and add to the blender with all the other ingredients. Blitz until smooth (you may need to scrape the sides down halfway through).

Add to pasta, pizza, and salads. Best used straight away, but will keep in the fridge in an airtight container for 3-5 days.

ONE-POT MUSHROOM STROGANOFF (frommybowl.com)

1 small yellow onion
 10 oz cremini or baby bella mushrooms
 4 cups dry rotini pasta (GF if desired)
 4 cups imitation beef-flavored veggie broth*
 2 tbsp nutritional yeast
 ¼ tsp freshly ground black pepper
 1/3 cup cashew butter**
 1 tbsp fresh lemon juice
 ¼ – ½ tsp salt (optional)
 Fresh chopped parsley, to garnish

Peel your onion, cut it in half, and then thinly slice it into half “rings.” Clean your mushrooms using a damp paper towel or cloth, then cut in half or fourths, depending on size. You want to keep the mushrooms relatively large, as they will shrink when cooking and are meant to imitate beef in this recipe.

Pour a splash of water into a large pot over medium heat. Add in the sliced onions and cook until translucent, about 3-5 minutes. Add in the pasta, mushrooms, beef-flavored broth, nutritional yeast, and black pepper. Bring to a boil and let simmer for 10-15 minutes, stirring occasionally to ensure nothing sticks to the bottom of the pan.

Top with freshly chopped parsley and black pepper, and serve warm. Store any leftovers in an airtight container in the fridge for up to one week.

*You can use veggie broth instead of vegan beef broth.

**Cashew butter is used instead of cashews for convenience. Artisana Organics makes cashew butter without added oil.

YUMMY BLACK BEANS (potatostrong.com)

- 1 large yellow onion, diced
- 2 cloves of garlic, minced/pressed
- ½ cup of black bean juice (from can, or keep juice if cooking dry beans)
- 2 tsp of vegetable stock powder (or replace some of the bean juice with liquid vegetable broth)
- 2 cups of cooked black beans
- ½ cup fresh cilantro, diced (opt.)
- 1 jalapeño pepper, diced (optional)

Dry fry onion (no oil or water) in a pot until it's getting brown, then add the liquid and other ingredients. Cook until the broth reduces and thickens up. If too dry, add more black bean liquid (or water, if you don't have any bean liquid).

MILLET ALMOND BALLS (P. Timberlake and L. Freedman, *The Great Life Cookbook*)

These little millet balls were a hit at the February Oil Free RAVS meeting.

- 5 cups dry millet
- 12½ cups water
- 2 tsp sea salt*
- 2 ¾ cups raw almonds
- 2½ tbsp wheat-free or regular tamari
- 1¼ cups currants
- 2 cups chopped parsley

Rinse and drain the millet, place into a large cooking pot, add water and sea salt. Bring to a boil; lower heat to simmer, cover and cook for 25 min.

In a bowl, toss almonds with tamari. Place on baking sheet and bake at 350 degrees until evenly toasted, 10-12 min. Stir every few minutes.

Chop almonds by hand or in a food processor and be careful not to blend too long. It should be coarse with noticeable pieces, not a powder.

Stir 2 cups of the chopped almonds and 1 cup of currants into the hot cooked millet. Leave ¾ cup of almonds and ¼ cup of currants for later. When millet is cool enough to handle, mix in parsley and mold into balls, approx. 2 in. in diameter. In a

small bowl, mix remaining chopped almonds and currants. Lightly roll each ball in this mix. Let sit 20 minutes or more before serving.

**Ed. note:* Consider reducing the amount of salt in this recipe by as much as half. Notice the recipe also has tamari for an ingredient, which adds salty flavor.

ROTINI WITH VEGETABLE CACCIATORE

(from Forks Over Knives magazine,
winter 2019)

- 1 8-oz pkg. sliced fresh button mushrooms
- 1 medium zucchini, quartered lengthwise and cut into ½ in. slices
- 1 cup chopped carrots
- 1 cup chopped onion
- 4 cloves garlic, minced
- ½ cup dry white wine or low-sodium vegetable broth
- 2 14.5-oz cans no-salt-added fire-roasted diced tomatoes
- ¼ cup no-salt-added tomato paste
- 1 tsp chopped fresh rosemary
- ½ tsp chopped fresh sage
- 1 bay leaf
- Salt and freshly ground pepper, to taste
- 8 oz. dried whole grain rotini pasta
- Nutritional yeast and fresh rosemary (optional)

For the sauce, in a large saucepan cook the first 5 ingredients (through garlic) over med. heat 7 min., stirring occasionally and adding white wine, 1 to 2 tbsp at a time, as needed to prevent sticking. Add any remaining wine and the next 5 ingredients (through bay leaf). Bring to boiling; reduce heat. Simmer, uncovered, 20 min. or until sauce is thick, stirring occasionally. Season with salt and pepper. Remove bay leaf.

Meanwhile, cook rotini according to package directions; drain. Top with sauce and, if desired, sprinkle with nutritional yeast and/or additional fresh rosemary.

Cook's note: Thanks to the corkscrew shape of rotini pasta, sauces cling especially well.

POTATO "CHEESE" SAUCE (from Forks Over Knives magazine, winter 2019) (makes 2 cups)

This sauce works well in casseroles, as a pizza topper, or as a pasta sauce.

- 1 lb Yukon gold potatoes, cut into 1-inch cubes
- ¾ cup + 2 tbsp unsweetened plant milk, such as almond, soy, cashew, or rice
- 2 tsp nutritional yeast
- 1½ tsp white wine vinegar
- 1 small clove garlic, minced
- Salt and freshly ground black pepper, to taste

Place potato pieces in a steamer basket in a large saucepan. Add water to saucepan to just below basket. Bring to boiling. Steam, covered, about 15 min. or until tender. Move from heat. Uncover and cool slightly. Transfer 1/3 of the potatoes to a bowl. Place the remaining potatoes in a blender. Add milk, nutritional yeast, vinegar, and garlic. Blend until smooth. Season with salt and pepper. Add the remaining potatoes and pulse until slightly chunky. Serve immediately or store (store in fridge for up to 1 week, or freeze for up to 1 month). Sauce thickens as it sits; if necessary, heat and stir in a saucepan over low, adding more plant milk to reach desired consistency.

RAW EMERALD KALE SOUP (Helyn Dunn, nutritionstudies.org)

- 4 cups tightly packed kale
- 2 cups zucchini, chopped
- 1 avocado, halved
- 1 large handful of fresh parsley
- 1 large cucumber, peeled, deseeded, and chopped
- 2 green onions, trimmed
- Juice of one lime

Place all ingredients (except for ½ of the avocado) in a blender and blend until smooth.

Portion and serve, garnishing with the remaining ½ of the avocado and whatever else you would like, such as tomatoes and hemp seeds. ♦



Want to go vegan?

We can help!

rochesterveg.org

“BBQ-LOVING HUSBAND BECOMES ... A VEGAN!”

Pam Sherman column in the *Democrat & Chronicle*, Saturday 4/13/19

Pam Sherman, known as the “Suburban Outlaw,” wrote this article after her husband was taken over by a pod person (as in, “Invasion of the Body Snatchers”); but in this case, he was replaced not by an alien but “by peas in a pod. And broccoli. And kale. And something called seitan.”

Sherman and her husband attended “a seminar given by **Dr. Ted Barnett of Rochester Lifestyle Medicine**. The seminar was followed by an amazing vegan meal catered by Root Catering. The next thing I knew, the husband had signed up for a two week vegan boot camp” [i.e. Rochester Lifestyle Medicine’s 15-day Jumpstart].

At first Sherman was dubious about her husband’s choice. But: “His new diet had almost an instant effect. He slept better. He had more energy. Even his skin looked like it was glowing. For a big guy, he loved that there was no portion control. Of course there’s no flavor either, I joked. But I was wrong. He discovered things like herbs that make your food taste better. And he actually

tasted his food because he learned to eat slowly.”

In pretty short order, Sherman came to appreciate her husband’s vegan choice: “I am proud that after 37 years together, he finally decided to pay attention to his health and what he put in his body.... Not only has he lost weight, he has lowered his blood pressure and cholesterol enough to stop taking medications, which he had been taking for years.”

At first Sherman worried about her husband finding food, until she realized that “Vegans are everywhere. Almost every restaurant has vegan options or will find a way to accommodate them. Or you can just go to a vegan restaurant.” Sherman talks about patronizing P.S. Kitchen in NYC, which gives its profits to mission-driven organizations, “making me think that these vegan pod people are not only healthy but kind.”

Sherman ends the article by wondering whether she should worry about how her husband, who used to like grilling meat, will handle barbecue season: “But no worries. I bet he can char a cauliflower steak just as well.”

It’s monumental to have a beloved columnist like Pam Sherman embrace veganism. One of the best parts was that the jump headline on page 2C was simply: “VEGAN.”♦

VEGAN FAST FOOD OPTIONS!

During the “1A” show on the Impossible Burger (5/1/19), Nicole from Millersville, Md. called in and said she’d been vegan for 7 years, after learning the grim realities of the animal food industries. She gave a list of new vegan fast food offerings including: **Chipotle’s** Sofritas (spicy marinated tofu); **Del Taco’s** tacos made with Beyond Meat crumbles and **Qdoba’s** tacos made with Impossible “meat”; **TGIF’s** Beyond Meat Burger, **Pizza Hut’s** rollout of vegan cheese later this summer, **Ben & Jerry’s** and **Breyer’s** non-dairy ice creams, and, of course, **Burger King’s** Impossible Whopper which was the subject of the show.♦

DIET, CLIMATE CHANGE, AND CONTROLLING YOUR CHOICES

A commenter on the 4/30/19 *NY Times* article on diet and climate change (see p. 1), John in Mass., said the following: “Going vegan or vegetarian is the only method of personal, individual climate impact that requires no actual lifestyle change (other than accepting new foods as part of one’s diet). No one has to move, switch jobs, stop driving, change schools, stop flying to meetings, shop obscure stores, etc. Every supermarket in America has non-meat and non-dairy foods in abundance.... This is the one method every person who wonders ‘What Can I do?’ can actually start today, right now, and continue for the rest of one’s life without any other lifestyle alterations required.” Amen—no one has said it better.♦

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:

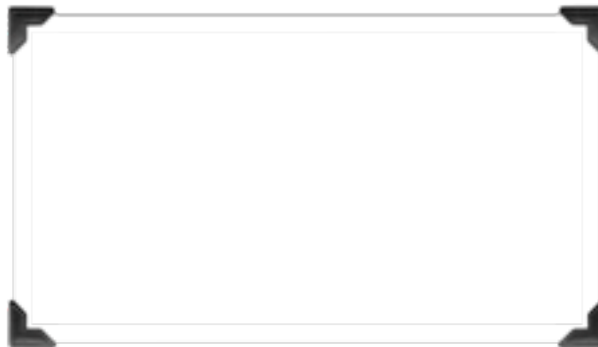
- **May 18, 2019** (Saturday) 3:00 PM **Rochester Premiere of “Code Blue,”** a film about transforming medical education. Rochester Academy of Medicine, 1441 East Ave., Rochester, NY 14610. Tickets at roclifemed.com
- **May 19, 2019** (3rd Sunday)* **Plant-Based Diet and Kidney Disease** with **Scott Liebman, MD**, UR Medicine Nephrology. At the Brighton Town Park Lodge, details and directions below.
- **June 16, 2019** (3rd Sunday)* **Meg Hurley** reads from her new book **The Dog Who Ate the Vegetable Garden & Helped Save the Planet**. NOT a children's book, it connects eating animals and humans' treatment of them with environmental destruction, human illness, racism, sexism and other isms/phobias. Sweet, funny, sad, maddening, it's a cross-genre work narrated by a real vegan dog that mixes wit, science, memoir, and fiction.
- **June 24, 2019** (4th Monday) **Meeting of Oil Free Vegan Group (Esselstyn Rules)** at Buckland Lodge (not our usual lodge), 1341 Westfall Rd., Rochester, NY 14618 6 PM Vegan Potluck Dinner; 7 PM Program. Esselstyn Rules = no oil & no high-fat plant foods: no, nuts, peanuts, olives, avocados, coconut.
- **July 3-7, 2019** (Wednesday- Sunday) **Vegan Summerfest** at University of Pittsburgh in Johnstown. Child care available; weekend package available. Search “Vegetarian Summerfest” (<https://summerfest.navs-online.org>) for details on program and to register. Highly recommended!
- **July 21, 2019** (3rd Sunday) **2:00 PM Summer Picnic** at Odonata Sanctuary, 20 Parrish Rd., Honeoye Falls, NY 14472. Bring a **vegan** dish to pass, a place setting for yourself and a folding chair if you have one. Bring lawn games and musical instruments if you like. If rain is threatened: call the RAVS hotline (234-8750) on Sunday, to see if the picnic has been rescheduled (message will be posted by noon), or consult RAVS website or FB.
- **August 18, 2019** (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, see instructions given for July picnic.
- **August 26, 2019** (4th Monday) **Meeting of Oil Free Vegan Group (Esselstyn Rules)** at Buckland Lodge, 1341 Westfall Rd., Rochester, NY 14618. 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., Rochester, NY 14620. 5:30 PM **Vegan** Share-a-Dish Dinner, 7:00 PM Program.

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

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

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



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ROCHESTER AREA VEGAN SOCIETY