

Our 30th year!

THE vegan



advocate

Volume XXX, Number 3



August 2019 - October 2019



Rochester, NY USA

A VEGAN DIET
What is it, and Why?

If you are not a vegetarian or a member of the Rochester Area Vegan Society (RAVS), this column is for you. Here are some of the basics.

A *vegetarian* is someone who eats no animal flesh: no meat, poultry or fish. A *vegan* is a vegetarian who goes further and eats no animal products at all: no eggs, cheese, milk, or honey. RAVS recommends a vegan diet as the optimal diet.

What are the reasons to go vegan? It comes down to these: for your health, for the animals, and for the planet. Every day there are new findings that a plant-based diet is best for health. The standard American diet (SAD), which revolves around meat and animal products, results in poor health for people, suffering for animals, waste of resources, and devastation for the environment. But changing your diet can be hard, and people who want to change often need help.

If you want to move in this direction, RAVS can help you. We are here to provide information and support. You do not need to be a vegetarian or vegan to give us a call, to attend our meetings, or to join our group. And you don't need to be a member to attend our meetings: guests are always welcome, and you don't have to reserve beforehand. You only need to follow our "vegan rule" for the dinner meetings (see box on p. 2 for a full explanation), and there is a \$3 guest fee for non-members. Come to a meeting, give us a call at (585) 234-8750, or visit our website, rochesterveg.org. You will find us helpful and welcoming. ♦

THE FUTURE IS VEGAN:
WHY A VEGAN WORLD IS COMING

Report on a talk by **Sarina Farb** at Vegan Summerfest (by Carol Hee Barnett)

When you know all the benefits to animals, the environment, and human health from going vegan, it's easy to get discouraged that people aren't making the switch in larger numbers, and faster. Vegans are the most peaceable people on the planet, so we don't try to force anybody; but we do feel a certain sense of urgency for other people—well, everyone, actually—to see the light.

At Vegan Summerfest this year, a young activist named Sarina Farb gave a very heartening and hopeful talk on this topic. Farb says that human beings are social creatures who don't want to deviate too far from traditional and accepted behavior. A new paradigm or practice can take time to be accepted, and it happens in stages: according to the philosopher Arthur Schopenhauer, all truth passes through three stages: "First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as being self-evident."

Farb traced the progress of several areas in science and social justice to show that this is the case. Heliocentrism, the notion that the earth revolves around the sun, was hypothesized by Copernicus and affirmed by Galileo, who was labeled a heretic and put under house arrest as a result. But by the end of the 17th century, only 140 years after Copernicus and 75 years after Galileo published the new theory, heliocentrism was widely accepted. In a different area of science, Semmelweis posited germ theory and proposed hand washing in medical practice. Though he was ridiculed and ostracized, his ideas were accepted and acted upon within about 50 years.

In the field of social justice, the notion of women's rights goes back at least as far as the late 1700's; and the Seneca Falls Women's Rights Convention was held in 1848 (in Rochester's back yard). The owner of the *New York Herald* wrote that the preamble of the convention's Declaration, in which women asserted their equality and inalienable rights, was "amusing." But the movement grew and, as it grew, it was met with active opposition. In 1911, the National Association Opposed to Woman Suffrage

was established; it claimed that the suffragist campaign was increasing the incidence of divorce and was a "home destroyer." And yet, nine years later, in 1919, the right of women to vote was established by amendment to the U.S. Constitution.

Though vegetarianism has a long history, the origin of the modern vegan movement goes back to 1944, when Donald Watson coined the word "vegan" and the first Vegan Society was formed in Great Britain. Vegans come in for their share of ridicule, but lately have endured hostile opposition as well. A law has been proposed in Italy to make it illegal for parents to feed their child a vegan diet. Legislators and animal industry trade organizations such as Dairy Pride actively oppose calling plant-based foods and beverages "meat" and "milk," even when the ingredients and alternative status of the products are clearly indicated. Put "stolen pigs" in your search engine to find an in-your-face celebration of consuming bacon and other pork products. KFC advertises its bacon burger with a taunt by saying: "Try one before you turn vegan."

For all the hostility, though, vegan diets are exploding. The percentage of people who identify as vegan increased 600% from 2014 to 2016. In 2019, *The Guardian*, *Forbes* and CNN all carried the message that avoiding meat and dairy is the single biggest way to save the planet. And the initial public offering for Beyond Meat was \$3.8 billion, the biggest of 2019 thus far.

Research into "tipping points" shows that it can take only 10% of the population to make a rapid and dramatic change for the rest of the population to follow. The examples from science and social justice show that paradigm shifts can take 50 to 150 years—and it has been only about 75 years since veganism was a clear concept.

Donald Watson, who put forth that concept, wrote the following: "Can time ever be ripe for any reform unless it is ripened by human intervention?" Now is the time for each of us to make that intervention: to be hopeful, to stand up for and work towards a vegan world. ♦

Sarina Farb's website is bornvegan.org

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Rochester Area Vegan Society

Coordinators:

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

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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.

If you have any ideas about book titles which you would like RAVS to have in its inventory, please leave a message on our voicemail, (585) 234-8750.

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

RAVS MEETINGS/PROGRAMS

In May, local nephrologist **Scott Liebman, MD** gave a talk on plant-based diet and kidney disease. In June, **Meg Hurley** (formerly of Rochester, transplanted to New England) read from her wonderful book *The Dog Who Ate the Vegetable Garden*. Signed copies will be available to purchase at upcoming RAVS meetings. In July we had a lovely picnic at Odonata Sanctuary in Honeoye Falls.

UP AND COMING: August will bring another picnic; see calendar on p. 8. In September **Robbie Schiff** tells us how to achieve Dr. Greger's Daily Dozen. In October **Mylan Engel** traces the journey from hunter to vegan. We'll have Oil Free Vegan gatherings in both August and October: **Ian Cramer** speaks in August.

RAVS OUTREACH: In the last 3 months we staffed tables at the following:

-McDonald's Protest: (**Ted & Carol Barnett, Justin Begandy, Beth Garver Beha, Elizah Bickham, Kenneth Fox, Bob Franki, Carol Hope, Tina Kolberg, Amanda Lawlan with Ember & Willow, Morgan Lingenfelter, Carol Manuel, Darren Mrak, Charlie Peterson, Sandy & Byron Rubin, Mike Rudnick, Yonathan Shapir, Nina Sikand, and Mary Wise**) See photo in PCRM's *Good Medicine*, Summer 2019, p. 9.

-Interfaith Climate Summit at Greece Baptist Church (**Bill Brass**, organizer; **Carol Barnett**)

-MCC Employee Health Fair (**Carol Barnett**)

-Tour de Cure (**Bruce Pollock**, contact person; **Carol Barnett, Ted Barnett, Melaney Bernhardt, Ruth Goldberg, Dan Seeley**)

VEGAN SUMMERFEST was held in Johnstown, Pa., July 3-7. Rochesterians in attendance were: **Carol & Ted Barnett, Joseph Carlino, MSW, Maria Dewhirst, Bob Franki, Rhonda Rittenhouse-Norton, Kim Taylor, Sue Taylor,** and

Mary Claire Wise, MD; as well as **Keri Barone** and **Elizabeth O'Connor** of **WholAbundance**, wholeabundance.com For a report on programs at Vegan Summerfest, see p. 1 and pp. 4 and 7.

ROCHESTER LIFESTYLE MEDICINE (RLM), under the direction of **Ted D. Barnett, MD**, offers lifestyle medicine programs and events. Visit roclifemed.com for information and to register for upcoming plant-based Jumpstarts (15 days) and CHIP programs (18 sessions.) The six-week Plant-Based Diet course taught by Dr. Barnett will be given again on six Thursdays starting September 5, at Unity Hospital.

VEGAN FOOD LOCALLY

Sweet Pea is a new chef-prepared vegan meal service based in Rochester, with Sunday delivery that either is free with large orders, or \$7. sweetpeaplantbased.com The *Democrat & Chronicle* had a front-page article on 7/6/19 on Sweet Pea, with a huge color photo of the Seitan-Mushroom Ragú.

B+Healthy Fresh Food Market, located on 442 Genesee St., is a wonderful source of fresh produce in the city of Rochester, open 7 days from 7AM-8PM! Stop by or go to bhealthyfreshfoods.org

Vegan Pizza can be found at **Blaze Pizza** (1100 Jefferson Rd.), **Chester Cab Pizza** (707 Park Ave.), **Pi Craft** (100 Marketplace Dr. in Henrietta, near Marketplace Mall), and **Pizzeria Favo** (3400 Monroe Ave., Pittsford Colony, opposite Pittsford Plaza). All-vegan: **New Ethic Pizzeria!** The *D&C* had an article on new entrant **Create A Pizza** (766 Monroe Ave.) on 2/8/19, hailing its "vegan options, including vegan cheese and sausage."

Cinelli's, 840 Long Pond Rd. in Greece, (585) 287-5458, has an extensive vegan menu, with vegan desserts by **Eden**.

Sakura Home, 2775 Monroe Ave., has a vegan menu as well as paper straws and biodegradable takeaway containers!

John's Tex-Mex has always had vegan options (tofu and "un-beef"). It has moved to 426 South Ave. and was included in an

article on the South Wedge in the *D&C* on 5/13/19, with a front-page photo of its Mexican Mush!

Misfit Doughnuts has moved to 133 Gregory St. (bet. South and Mt. Hope). Hours are Wed-Fri 8AM-4PM; Sat-Sun 9AM-4PM.

AWESOME VEGAN ADVOCACY RAVS member **Fred Peters** has made up a personal business card with a definition of vegan on one side, and on the other side information on "Plants have protein too" including these on the list: Tempeh, 41 g in 1 cup; Lentils 18 g in 1 cup; Black beans 15 g in 1 cup; Garbanzo beans 12 g in 1 cup; Tofu 11 g in 1 cup; Quinoa 9 g in 1 cup; Peanuts 7 g in 1 oz; and Spinach 5 g in 1 cup. A great way to answer the FAQ about protein!♦

We celebrate the life and mourn the passing of longtime RAVS member **Michael Connelly**, who died on May 19, 2019. Mike is survived by Johanna, his wife of 53 years, their five children, and their extended family, as well as many friends and fellow activists in the Rochester community.

Mike became politically active during the Vietnam War, and began his relentless struggle against war and militarism and his deep devotion to peacemaking. At vigils, protests, marches, and occupations, the tall figure of Mike was always there, speaking out with passion and standing up boldly for justice. He truly gave of himself to make the world a better place.

Friends said they didn't know of anyone who lived his life with more integrity or more in keeping with his values. If he was ever discouraged by the injustice he encountered, he combatted it as best he could, and remained kind, hearty and happy.

It's been said that to live in hearts that love is not to die. Mike will live in our hearts and in the hearts of so many people he encountered on his path. The greatest tribute we can offer his memory is to remain steadfast in the pursuit of social justice and peace.♦

We welcome the following: **New Members:** Andrea Battisti, Doris Bobry, Nancy Fox, Mike France, Jacqui Liebman & Scott Liebman, MD, Yuliya & Vlad Pavlyuk, Carol Schleigh & Richard Spade. **Membership Renewals:** Judy Babbitt, Renee & Brian Bell, Linda & David Benjamin (Patron Level), Honey Bloch (2-year renewal), Susan Boland (Contributing Level), Milt Braverman (Contributing Level), Jill Brooks, RN, DC, Margie Campaigne, Mary C. Ciulla, Sue & Jim Conner, Mary (Handy) and Father Patrick Cowles (Sustaining Level), Margie Driscoll, Tom Fronczak, LCSW, Ruth Goldberg, PhD and Mitch Ehrenberg, MD (Patron Level), Aaron Frazier, Cindy L. Griffin, Nancy Hallowell & Winton Brown, Kathryn & Lee Hankins, Joanne & Christopher Hee, Nancy Herbst, Jeff Hoffman, Steve Jarose & Marvin Ritzenthaler, Jeff Claire Li & Bob Franki (Patron Level), Karen Mayes, Yetta Panitch & David Daunce (Patron Level), Karen & Carl Petito (Contributing Level), Naomi Pless, MD, Laura Robinson, Janet Siegel, Susan Schirm Teschke & William Teschke, Maureen & Steve Van Buren, Sharon Yates (Contributing Level). Thank you for your support! This list is current through about 7/20/19. Send questions to rochesterveg@gmail.com or (585) 234-8750.

REPORT FROM VEGAN SUMMERFEST

As always, Summerfest was a cornucopia of information, motivation and human connection, all geared towards a vegan world. Here are a few highlights:

HEALTH: Robert Breakey, MD spoke on “Health is a Gift You Give Yourself.” In 2018, the *Journal of the American Medical Assn* (JAMA) published data showing that dietary choices are the leading cause of death and disability in the US. Breakey said food that’s health-supporting for humans should have anti-oxidants, fiber, alkaline balance, no cholesterol, anti-inflammatory properties, and a balance of healthy macronutrients. Plant foods beat out animals foods in every category. E.g., plants contain 1,157 anti-oxidants (produced by the plant to survive “the firestorm of photosynthesis”) while animal foods contain a paltry 18. As for fiber, it feeds the 30 billion microbes in our gut which live in healthy symbiosis with us, reducing the risk of heart disease, diabetes, and cancer. Animal foods are pro-inflammatory, leaving behind endotoxins in our gut which promote chronic disease; a study in *Cell Metabolism* showed that middle-aged subjects on high-protein diets had higher all-cause mortality than the control group. While people worry about getting enough protein, Breakey says that in his 37 years as a doctor he has never seen a case of protein deficiency, but estimates that 97% of his patients are fiber-deficient. Fiber should be the “new protein” both because of its health benefits and because it is a marker of healthy foods (it is contained in foods which are beneficial in other ways). Breakey concludes by saying: “When you have your health you have a 1000 dreams. When you don’t have your health, you have just one.” (Think about it: you dream of health.)

CANCER: Lee Crosby, RD spoke on “Reducing Cancer Risk,” and on the connection between diet and cancer. The World Health Organization (WHO) in 2017 said that 30 to 50% of cancer is preventable, and the Adventist II Health Study showed that vegans overall have 16% less cancer, 34% less female reproductive cancer and 35% less prostate cancer than the general population. The WHO has found that red meat is a Group 2A (probable) carcinogen, and processed meat is a Group 1A (certain) carcinogen with a dose-response relationship: a single piece of lunch meat daily can increase cancer risk by 20%. The Nurses Health Study found a 13% increase in risk of breast cancer per daily serving of red meat. On the positive side, a study by Dr. Dean Ornish found that early stage prostate cancer patients on a plant-based

diet lowered their PSA (a marker of disease) by 4% and lengthened their telomeres (a marker of longevity) during a 6-month study. Crosby especially recommends cruciferous vegetables (cabbage family including broccoli) and alliums (onion and garlic) for cancer prevention. Soy products lower cancer risk and improve survival rates for those with all types of breast cancer (dispelling previous myths of risk).

Our own U of R-based **Julia Inglis, PhD, RD** also spoke on nutrition, lifestyle, and cancer. The damage done by animal foods is mediated through inflammation, which can cause DNA damage leading to cancer initiation and growth. Because of the inflammatory mechanism, all of the diseases so common on Western diets—diabetes, heart disease, cancer, and autoimmune disease—are often found together and share risk factors as well as the same reversal mechanism: a plant-based diet. Inglis answered the question whether sugar feeds cancer by saying that it’s uncontrolled blood glucose, not sugar consumption, that raised cancer risk; and glucose dysregulation is associated with animal-based diets and with a high level of body fat rather than occasional moderate sugar consumption.

AUTO-IMMUNE DISEASE: Brooke Goldner, MD reversed her own life-threatening lupus on a plant-based diet and then concluded: “It works for everybody.” Goldner said that “the human body is programmed to repair itself.”

DIABETES: Karen Smith, RD spoke on “Reversing Diabetes on a Plant-Based Diet.” Annually, 1.5 million people are diagnosed with Type 2 Diabetes (T2D), at an annual cost of \$370 billion. While patients in conventional medical settings are taught how to “manage” T2D, the disease is reversible in those who adopt a whole-food plant-based diet (WFPB); a study by Yao, Fang and Xhu showed that WFPB can reverse diabetes even in patients who don’t lose weight.

Our own **Ted D. Barnett, MD** gave a talk on Rochester Lifestyle Medicine’s “Medically Supervised 15-Day WFPB Jumpstart: A Formula for Success.” Dr. Barnett talked about how a very low-fat Whole-Food Plant-Based (WFPB) diet (Esselstyn style, no oil or high-fat plant foods) has produced amazing results in Rochester patients: reversal of T2D, reduction of cholesterol levels by an average of 50 points and as much as 150 points, and reduction in blood pressure and weight, all in a short 15-day interval. Dr. Barnett talked about how, under a grant awarded by Affordable Health Partners, health providers have been able to take a course in WFPB and then refers their patients to the Jumpstart, all covered by the grant.

FIBER: Rochester’s Julia Inglis also spoke on “Dietary Fiber: The Lost Ark of Human Health.” Fiber is an essential nutrient, and 80 to 90% of us don’t get the recommended amount (though most vegans do). The modern “Paleo” craze is based on a misconception of ancient dietary patterns: Paleolithic humans were very plant-based (they hunted only occasionally) and got up to 100 grams of fiber a day, compared to about 47 grams for the average modern vegan. Traditional diets in Africa and Asia are higher in plant foods and fiber than the typical diet in the U.S. and western Europe.

Fiber helps to lower blood glucose levels, cholesterol, triglycerides, and excess circulating levels of hormones. Fiber induces a feeling of satiety and fullness, helping with weight control. In fact, getting people to increase their intake of fiber helps achieve weight reduction as well as any complicated diet. Fiber also feeds the beneficial bacteria in the microbiome, which fosters a healthy digestive tract by completing digestion and breaking down toxins; it also influences health in ways we are just beginning to understand, including cognition and the immune system. We should get fiber from real foods (any of the four food groups: legumes, grains, vegetables and fruits), not from supplements, which lack the full nutritional profile of whole plant foods.

ETHICS AND ANIMALS

“Cell-Based Meat”: **JoAnn Farb** ran a panel discussion on this topic, with participants **Harold Brown, Sarina Farb, Lee Hall, JD, and Milton Mills, MD**. Several of the panelists thought that making this product will be harder, and harder on the environment, than is generally assumed, and speculated that it might always rely on the exploitation of animals. Harold Brown said this product does nothing to challenge the concept that humans need meat and that eating it is central to our identity. Dr. Mills said: “Human beings should not be ingesting animal tissue; no matter how it’s produced, it’s still unhealthy.” JoAnn Farb said “if you have to educate someone to eat something different, why not just persuade them to eat vegan?” NOTE: Cell-based meat, also known as cultured meat and clean meat, is real meat, and is not the same as veggie meats (meat alternatives and substitutes, “faux meats”) which may have disadvantages (processed, high in sodium) but are plant-based—though please read labels to avoid those which have egg or dairy products added. [continued on p. 7]

See the Rochester premiere of
“The Game Changers”
Monday Sept. 16, 2019, 7:30PM
Regal Eastview or Henrietta,
Tinseltown IMAX
Details on calendar p. 8

A TASTE OF SUMMERFEST!

These recipes were presented at cooking demos at Vegan Summerfest 2019.

MIX-IT-UP PIZZA OR DIP

(Anne Dinshah, from *Dating Vegans*)

Preheat oven to 250 degrees. Mix canned refried beans in a bowl with an equal amount (or less) of pasta sauce or tomato sauce. Hot sauce to taste and a hint of water also work if tomato sauce is not available. The bean sauce should be easily spreadable yet thick. Add favorite ingredients such as chopped spinach, corn kernels, grated carrots, sliced mushrooms, or pitted olives. Mix together and spread thickly on the cut side of bagel halves or sturdy bread, placing them bean-side-up on a baking sheet. Bake a few minutes until the bagels are lightly toasted.

CLEAN THE FRIDGE STEW

(Anne Dinshah) (Serves 4) (from *Apples, Bean Dip, and Carrot Cake*)

1 cup lentils, green or brown
3 cups water
1 carrot
1 celery stalk
1 small bunch spinach or other leafy green vegetable
1 tbsp Italian seasoning (mixed herbs)
1 6-oz can tomato paste

Put lentils in a large pot and stir with your fingers; look for and remove clods of dirt, tiny stones, and other debris. Add water so lentils are well covered and finger-swish to wash. Place strainer in sink. Drain lentils into strainer. Repeat washing.

Return lentils to pot. Add 3 cups water. Wash and chop carrot. Put carrot in pot. Rinse the celery, trim the ends, chop to similar size as carrot, and add to pot. Wash spinach, cut or rip spinach leaves in half or quarters and add to pot. Add Italian seasoning.

Bring to boil using high heat. Reduce heat to simmer. Cover with lid. Cook 40 minutes or until lentils and carrots are tender. Wash top of tomato paste can, then open and add tomato paste to pot. (If using rubber spatula, wash right away because tomato stains quickly.) Use a fork to stir tomato

paste into stew water in the pot. Stir the stew with a large spoon.

NOTE: Other vegetables may be used such as onion, kale, tomatoes, bell peppers, mushrooms, and zucchini.

SWEET POTATO QUESADILLA

(Anne Dinshah)

(1 serving; can easily be batched up)

1 large whole wheat tortilla
1 medium-sized baked sweet potato
1 tbsp vegan mayo such as Vegenaïse
1 tsp nutritional yeast
2 tbsp roasted diced beets or other veggies (optional)
Choice of seasonings

Preheat oven to 375 degrees. Place the tortilla flat on a baking sheet. In a bowl, mash the sweet potato and mix with the mayo and nutritional yeast. Spread the potato mixture on one-half of the tortilla. Fold the other half of the tortilla on top of the potato mixture. Gently press together, but not hard enough for the filling to come out. Bake for 10 minutes or until the tortilla edges begin to crisp or brown. Some people like to flip the tortilla with a spatula after a few minutes for more even toasting. Allow to cool slightly before eating. Cut into 4 equal pieces.

VEGAN "EGG" OMELET

(Chef GW Chew,

somethingbetterfoods.com)

1 cup crumbled tofu
1 cup rolled oats
1 cup water
2 tbsp nutritional yeast flakes
1 tbsp Bragg's Liquid Aminos

Blend above ingredients in a blender or food processor until they reach pancake consistency. Sauté any vegetable combination and set to the side. Pour mixture on an oiled skillet like pancakes. Once the omelet begins to bubble, place cooked vegetable mixture on one-half of the omelet. Fold omelet over to a half moon shape and grill on both sides until brown.

KALE SALAD (Chef GW Chew)

5 cups finely chopped kale
¼ cup tahini
3 tbsp fresh lemon juice
1 tbsp Bragg's Liquid Aminos or other soy sauce
1 tbsp agave (optional)
¼ tsp sea salt
1/8 tsp cayenne pepper (optional)
¼ cup water

Blend the last 7 ingredients in a blender, or whisk by hand, until smooth and creamy. Mix and massage into the kale. Add nuts, seeds, dried fruits, beans, etc. to enjoy an amazing salad.

THICK SHAKE

(Fran Costigan, author of *Vegan Chocolate: Unapologetically Luscious and Decadent Dairy-Free Desserts*; francostigan.com)

½ cup rolled oats (don't use quick)
¼ cup hemp hearts
6 Medjool dates, pitted and halved
1½ cups filtered water
1 teaspoon pure vanilla extract
¼ teaspoon cinnamon, more to taste
Ice cubes
Pinch sea salt
1½ tbsp Dutch Process cocoa powder, or unroasted (raw) cacao, more to taste

Pour 1½ cups filtered water in a blender container, preferably a high-speed blender. Add the oats, hemp seeds, and the pitted date halves. Set aside for 10 minutes to allow the oats, hemp, and dates to soften. Add the vanilla and cinnamon. Start the blender on low, and increase the speed to high. Blend until the ingredients are completely incorporated. Add the cocoa or nibs, and ice cubes and blend, again starting on low and increasing the speed to high. Blend until thick and creamy. Pour into glasses and enjoy!

Variation: Chocolate Banana Thick Shake: to each cup of the Chocolate Milkshake, add ½ frozen banana. Blend until creamy. ♦

HAIKU by Bruce Ross

not much more
red and yellow tomatoes
behind a string fence

WHOLE-FOOD PLANT-BASED RECIPES! (No oil!)

BLACK BEAN BURGERS (Terri Edwards, eatplant-based.com)

- 1½ cups black beans, 15 oz can (drained/rinsed) or fresh cooked
- 1 cup old-fashioned (rolled) oats
- ¼ cup red bell pepper, diced
- ¼ cup onion, diced
- 3 tbsp ketchup
- 1 tbsp vegan Worcestershire sauce or Bragg's Aminos
- 1 tsp chili powder
- ½ tsp garlic powder
- 1 tsp smoked paprika
- 1 tsp steak seasoning dry spice
- 1 pinch cayenne pepper, optional

Drain and rinse black beans. In large bowl, mash black beans with a potato masher. Dice onion and red pepper. Add all ingredients to bowl with black beans. Mix thoroughly. You can use your hands to knead them well. Form into patties. Line a baking sheet with parchment paper or use a non-stick pan; bake at 350 degrees for 25 minutes. You can also pan-fry in non-stick skillet. Serve on a bun with onion, lettuce, tomato, and your favorite condiments.

CHIPOTLE SAUCE

- ½ cup Low-fat Mayo (recipe next column)
- ½ to 1 whole chipotle in adobo sauce, or chipotle powder*
- 2 tsp lime juice
- 1 tsp sugar or other natural sweetener
- ½ tsp smoked paprika
- 1 tsp salt
- ½ tsp garlic powder
- Pinch cumin

Place all ingredients into blender and blend until smooth.

*Ed. note: Chipotle has a delicious smoky flavor but is very spicy. Use with caution and start with a very small portion of a pepper. You could also use chipotle hot sauce, or Wegmans Ancho Chipotle Adobo Smoky Chili Paste (easy to use a small amount of these; the latter can be stored in your freezer).

LOW-FAT MAYO

- 1 package silken tofu
- 1 tbsp sugar or other natural sweetener
- 1 tbsp lemon juice
- ½ tsp Dijon mustard
- ¼ tsp sea salt

Place all ingredients into blender and blend until smooth. This mayo can be used on bean burgers, sandwiches, and in sauces. Store in jar with lid in refrigerator. Will keep up to about 10 days.

VEGAN PAELLA (Evelisse Capó, nutritionstudies.org)

- 2 cups whole grain parboiled brown rice
- 1 cup quinoa
- 1 cup onions, diced
- 1 cup red bell peppers, diced
- 1 cup mushrooms, diced
- ½ cup carrots, diced
- 6 garlic cloves, crushed
- 1 cup cooked chickpeas
- 2 tsp saffron threads
- ¼ tsp turmeric
- 2½ cups vegetable broth
- ½ cup white wine or another cup vegetable broth
- 1 bunch asparagus or 1 cup green beans
- ½ cup frozen peas
- ¼ cup frozen corn (optional)
- Sea salt and pepper to taste
- ¼ cup roasted red peppers sliced in strips

Sauté the onions, peppers and carrots for 3 minutes adding some vegetable broth if needed. Add the mushrooms, chickpeas and seasonings and cook for 3 minutes. Add the rice, quinoa, vegetable broth, and wine (if using). Bring to a low boil, cover, and reduce the heat to medium and cook for 25-30 minutes.

While the paella is cooking, prepare the asparagus or green beans separately. Blanch the asparagus or green beans in boiling water for 2 minutes, then drain well. Add the corn and peas to the paella and cover for 3 minutes. Remove from the heat. Arrange roasted red peppers and asparagus on top of the rice and serve.

ARTICHOKE TAPENADE (Emma Roche, plantplate.com)

- Two 15 oz. cans of artichoke hearts, drained and rinsed
- 1½ tsp. red pepper flakes (or much less, to taste!)
- 2 cloves garlic, peeled and minced
- 3 tsp lemon juice
- 2 tsp balsamic vinegar
- 4 tsp tahini
- 2 tbsp chopped fresh dill
- 1 tbsp water
- Freshly ground black pepper, to taste

Combine all ingredients, except for the pepper, in a blender and pulse until everything is well mixed, but still slightly chunky. Season with black pepper to taste, then transfer tapenade to a serving dish. Serve with whole-grain crackers or raw vegetables for dipping, or enjoy on whole-grain toast. Prepared tapenade will keep, refrigerated, for up to 4 days.

SEASONED OVEN FRIES (cookingwithplants.com)

- 5 large potatoes
- ½ tsp each garlic and onion powder
- 1 tsp mixed Italian herbs
- 2 tbsp polenta or corn meal
- 1 tbsp corn starch
- ½ tsp salt, preferably sea salt
- ¼ tsp pepper, pref. white pepper
- ¼ tsp paprika and/or turmeric (opt.)

Preheat oven to 350 degrees. Peel and wash potatoes and cut into even small finger-sized shapes. Place in a large mixing bowl. Add all remaining ingredients and mix together well, preferably by hand so that the fries get coated evenly. Place on a baking tray with non-stick parchment paper or on an oven grill tray to allow air to circulate around the outside of the fries during the cooking process. Place in oven for 10 minutes, then remove and turn the fries over; bake another 15 minutes or until desired crispness is reached. Serve with ketchup or other condiments. ♦



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

SUMMERFEST [cont'd from p. 4]

“The Philosophy of Food”: **Mylan Engel, PhD** spoke about a hands-on “service learning” course that he teaches to his Illinois college students, which includes gardening, sending vegan rescue packages to help reduce world hunger, and sharing a vegan potluck at the end of the course. Dr. Engel shared the environmental case that he makes to his students. A statistic: animal agriculture, which cycles grain through livestock, loses 90% of the protein, 96% of the calories, and 100% of the carbohydrates and fiber: “a bad investment.”

Summerfest premiered a screening of “**A Prayer for Compassion,**” a film about how representatives from all of the world’s great religions espouse veganism and assert that the tenets of their religion, rightly understood, support and even demand veganism. We hope to bring this beautiful film to Rochester soon.

Michael Taylor, a successful salesman and businessman, spoke on “Igniting Your Passion to Change the World”: each of us shares the goal to make more vegans but each has a different role to play: “which piece of the puzzle are you?” Michael said we need to be positive and appropriate in our interactions, but “Never pass up an opportunity to talk about veganism.”

Rae Sikora followed him in giving the sendoff to Summerfest participants, with remarks on “Loving the World As It Is.” We all want a vegan world, but we are not in complete control of that outcome. We can decide, however, to show up as our most loving selves in every situation. We can’t “Stop All Wars” but we can “Start All Peace”—we can surely make that happen.♦

IN THE NEWS

MEAT AND HEART DISEASE An analysis of diet records and death rates in 96,000 Seventh Day Adventists showed that those with the highest intake of both red and processed meat had increased risk of death from both heart disease and all causes. *Nutrients* (2019:11), as reported in PCRM’s *Good Medicine*, Summer 2019.

EGGS AND HEART DISEASE Dietary cholesterol from eggs raises the risk for heart disease and death according to a study analyzing data from almost 30,000 participants over an average of 17.5 years. *Journal of the American Medical Association (JAMA)* (2019: 321), as reported in PCRM’s *Good Medicine*, Summer 2019.

PLANT PROTEIN LOWERS HEART DISEASE RISK Replacing red meat with plant-based protein sources lowers the risk of heart disease according

to a meta-analysis published in *Circulation* (2019:139). Reported in PCRM’s *Good Medicine*, Summer 2019.

ROYALLY VEGAN One branch of royals, Meghan Markle and Prince Harry, appear to be following a plant-based diet and reportedly want to raise Baby Archie to be vegan. vegworldmag.com Thanks to Susan Friedman for this tip.

VEGAN FOOD FOR ALL Jaden Smith, son of actors Will Smith and Jada Pinkett-Smith, has launched a vegan food truck to feed the homeless in Los Angeles. livekindly.com Thanks to Kimber Gorall for this tip.

MEAT-BASED PLANTS? In what seems like a prank, Arby’s restaurant is launching a turkey menu item sculpted to look like a carrot. *NY Times*, 7/16/19

But **PLANT-BASED MEAT RULES!** Beyond Meat had the most successful IPO/stock offering of 2019 thus far, and is now valued at \$5 billion. cbsnews.com Impossible Burger, which will be on the menu at Burger King and other franchise restaurants, can’t currently keep up with demand. Evan Dawson had a very positive show on these “meatless meats,” on July 18, 2019. Thanks to **Andy Dunning, Kimber Gorall, Noel Nichols, and Dan Seeley** for their wonderful call-in comments. Listen to the podcast at wxxinews.org/programs/connections.♦

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:

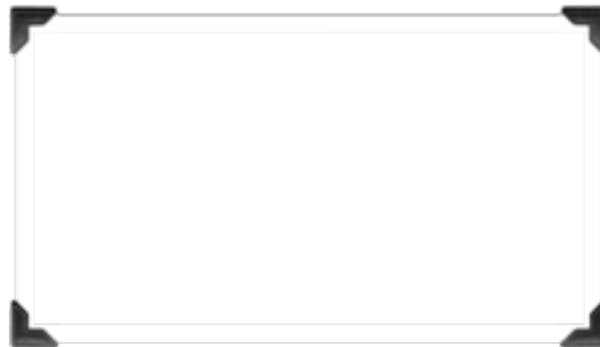
- **August 18, 2019** (3rd Sunday) **2:00 PM Summer Picnic** at the home of Kimber Gorall, 15 Peachtree Lane, Pittsford, NY 14534. Bring a **vegan** dish to pass, a place setting for yourself, and a folding chair if you have one. If rain is threatened: call the RAVS hotline (234-8750) on Sunday, to see if the picnic has been rescheduled (message will be posted by noon), or consult RAVS website or Facebook.
- **August 26, 2019** (4th Monday) **Oil Free Vegan Gathering (Esselstyn Rules)** at Buckland Lodge (not our usual lodge), 1341 Westfall Rd., Rochester, NY 14618. 6 PM Vegan Potluck Dinner; 7 PM Program: **Overfed and Undernourished** with **Ian Cramer**. For the dinner, Esselstyn Rules = vegan, no oil & no high-fat plant foods, i.e., no, nuts, peanuts, olives, avocados, coconut.
- **September 5 - October 10, 2019** (Six Thursdays) 6:15 PM-8:30 PM **A Plant-Based Diet: Eating for Happiness and Health** course given at Unity Hospital in the Auditorium. 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
- **September 14, 2019** (Saturday) **3rd Annual Rochester VegFest! 10:00 AM to 4:00 PM**. At Martin Luther King, Jr. Memorial Park. Vegan food, yoga, art, information tables, activities for kids, speakers, and much more! Visit rocvegfest.org
- **September 15, 2019** (3rd Sunday)* **Making Healthful Choices: How to Incorporate Dr. Greger's "Daily Dozen" into your meals and snacks (Not Complicated - Really!)** with **Roberta Schiff, MS** Robbie Schiff is a health educator and nutrition counselor, and Coordinator of Hudson Valley Vegans.
- **September 16, 2019** (Monday) 7:30 PM National premiere of "**The Game Changers**," a new film produced by James Cameron ("Titanic," "Avatar"). Showing at Regal Eastview, Regal Henrietta, and Tinseltown IMAX. Go to gamechangersmovie.com for tickets.
- **October 20, 2019** (3rd Sunday)* **My Journey from Hunter to Vegan** with **Mylan Engel, PhD** Dr. Engel is Professor of Philosophy at Northern Illinois University.
- **October 28, 2019** (4th Monday) **Oil Free Vegan Gathering (Esselstyn Rules)** at Buckland Lodge (not our usual lodge), 1341 Westfall Rd., Rochester, NY 14618 6 PM Vegan Potluck Dinner; 7 PM Program (Topic TBA). For the dinner, Esselstyn Rules = vegan, no oil & no high-fat plant foods: 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



ROCHESTER AREA VEGAN SOCIETY
Box 20185
ROCHESTER, NY
14602