

Our 31st year!

THE **vegan**



advocate

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A VEGAN DIET
What is it, and Why?

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

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

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

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

VEGAN BY 2030

(by Carol Hee Barnett)

A report issued by RethinkX, an independent think tank that forecasts tech-driven disruption (rethinkx.com), projects that the dairy and cattle industries will collapse by 2030, and animal meat will be replaced by "cheaper, higher quality food made from manu-factured protein." Tony Seba, one of the report co-authors, says "This is primarily a protein disruption." Catherine Tubb, also a co-author, says that "The industrial livestock industry is one of the oldest, largest, and most inefficient food-production systems in the world. Modern ingredients and foods are about ten times more efficient across the board—from land and water use to feedstock consumption and energy use."

The authors discuss "precision fermentation" (PF), which allows micro-organisms to produce almost any complex organic molecule. (Editor's note: we assume this refers to the kind of process behind the bio-engineered heme iron in the Impossible Burger; and the vegan ice cream, launched in July 2019, that is DNA-identical to dairy-based ice cream, see vegnews.com and Aug. 2019 issue of *VegNews*.) The cost of PF development and production is dropping exponentially; the authors predict that PF protein will be 5X cheaper than traditional animal protein by 2030, and 10X cheaper by 2035. "Product after product that comes from the cow will be replaced by cheaper, higher-quality modern foods, triggering a death spiral of increasing prices, decreasing demand and reversing economies of scale for the industrial livestock industry." The authors call this "disruption of the cow." "Instead of growing a whole cow to break it down into products, food will be built up at the molecular level to precise specifications."

Highlights of the authors' predictions: By 2030 the number of cattle in the US will have declined by 50% and the dairy and cattle industries will have collapsed. By 2035, demand for cow products will fall by 80%-90% and U.S. beef and dairy industry (and their suppliers) revenues, at current prices, will be down nearly 90%. Farmland values will collapse by 40 to 80%, and other livestock industries will suffer similar disruptions. What the authors call "modern

foods" will cost 50 to 80% less than the animal foods they replace. Modern foods will also be far more efficient than the animals foods they replace: 100X more land-efficient, 10X more water-efficient, and 20X more time-efficient. Modern foods will generate dramatically less waste. By 2035, 60% of the land currently used for livestock and feed will be freed up; and if used for carbon sequestration, we could fully offset all current sources of greenhouse gases. Modern food systems will be decentralized, resulting in greater food security. And the impact on health will be positive, resulting in reduction of both chronic disease and food borne illness.

What to make of this brave new world? In many ways we would celebrate its arrival. A diet based on "modern food" would result in less cruelty, less environmental degradation, and better human health. We have a few caveats, though.

Modern foods would be " Frankenfoods," highly processed foods whose long-term effects on health would be unknown. Those that are genetically identical to animal products, like the new vegan ice cream and the "clean" or "cultured" meat that researchers are working on, would have all the deleterious effects on health that doctors and nutritionists in the plant-based movement have identified (such as the adverse effect of casein, a milk protein, on cancer risk identified by T. Colin Campbell).

Furthermore, the report—or maybe the societal trends that form the basis of the report—are based on the protein myth: the notion that only certain foods can provide us with this nutrient and need to be sought after and prized above other foods. In reality, all whole plant foods, with the exception of fruit which should be eaten for other reasons, contain protein in a quantity and quality which is perfect for our needs.

Maybe we can arrive at the same desirable end state—less waste, decentralization, food security, better human and planetary health, compassion for animals—by moving towards a vegan world centered on organic, locally grown whole plant food. That would be a true utopia.

Gratitude for this story idea to **JoAnn Farb**. Email feastlawrence@gmail.com to subscribe to her newsletter.

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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.

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

Join us for our vegan activities and programs as we move into fall and winter!

RAVS MEETINGS/PROGRAMS

In August we had a lovely picnic on the Erie Canal thanks to the generous hosting of **Kimber Gorall!** In September, **Robbie Schiff**, who appeared as VegHedda at the Ask-a-Vegan booth at VegFest, gave the RAVS program on the topic of how to incorporate Dr. Greger's Daily Dozen into your meals and snacks. In October, **Dr. Mylan Engel** talked about his journey from hunter to vegan, and reminded us how our own values point us towards being vegan.

At the Oil-Free Vegan Gathering in August, **Ian Cramer** gave a presentation on "Overfed and Undernourished." In October, **David Buckner** spoke movingly of his plant-based journey.

UP AND COMING EVENTS: Program on environment and diet in November, party in December, visit from Mockingbird Sanctuary (tentative) in January.

RAVS OUTREACH: In the last 3 months we staffed tables at the following:
 -Ginna Power Plant (**Carol Barnett**)
 -Phyllis Wheatley Library (**Deb Kiba** and **Darren Mrak** did a food demo)
 -Latimer Funeral Home (**Carol Barnett**)
 -Renaissance Academy (**Carol Barnett**)
 -Lori's Harvest Festival (**Carol Barnett, Kimber Gorall**)

-The 3rd **ROCHESTER VEGFEST** was RAVS's biggest outreach event of the season! Thanks to all those who helped set-up, break down, or staff the table for RAVS, Rochester Lifestyle Medicine, or Ask-a-Vegan. (This doesn't include the league of general VegFest volunteers.) Thanks to: **Beth Garver Beha, Linda Benjamin, Deborah Chielli, Katherine DaCosta, David Daunce, Jane Dorsey, NP, Carol Hope, Wanda Miller, Darren Mrak, Donna Patrick, Harry Patrick, Bruce Pollock, Byron Rubin, Sandy Rubin, Noreen Salerno, Barbara Savedoff, Robbie Schiff, Dan Seeley, Janet Siegel, Lisa Svengsouk, Ren vanMeenen, Julie**

Yoon, MD, Carol Barnett, and Ted Barnett, MD. Many thanks to organizers **Bob Franki, Kimber Gorall, Tina Kolberg** and **Bubbie Staron**. We thank anyone we may have left out!

TESTIMONY IN SUPPORT OF PLANT-BASED On July 11, 2019, **Ted Barnett, MD**, RAVS Co-Coordinator, testified in Washington DC at hearings before the Dietary Guidelines Advisory Committee (DGAC). The DGAC recommends the nutritional standards, issued every 5 years, which affect labels on food packages as well as official dietary guidelines. About 1/4 of the speakers recommended plant-based diet, and they included such vegan luminaries as Michael Greger, MD, Amie Hamlin, and Milton Mills, MD, all of whom have spoken in Rochester.

DONATE WHEN YOU BUY from Amazon by placing your purchase through the Amazon Smile program. Designate RAVS which is a participating charity.

VEGAN FOOD LOCALLY

Allah's is a new vegan restaurant at 382 Jefferson Ave., Rochester, NY 14611, (585) 355-4700, allahskitchen.com. Open Tuesday-Saturday. Menu items include the Wisdom Bowl, the Knowledge Bowl, and the Understanding Bowl (the latter contains Red Rice and Beans, Beyond Meat plant-based ground meat, zucchini, beets, and other veggies).

Grass Fed Rochester is a new vegan butcher located at 1115 E. Main St, Suite 148, Rochester, New York 14609. Selected items are available to order and pick up.

Lucca Kitchen and Cocktails at 425 Merchants Road (North Winton Village neighborhood) is vegan friendly: e.g., offers vegan meatballs and one menu item, the Monticello, is grilled tofu with roasted heirloom tomatoes accented with a balsamic glaze. *Democrat and Chronicle*, 9/27/19; *City Newspaper*, 10/23/19.

The Mad Hatter at 176 South Goodman St. (corner of Park Ave. and Goodman) has Scrambled Tofu on the menu. Open 7 days a week and breakfast available all day, 7 AM - 3 PM.

Sweet Pea Plant-Based, which offers prepared vegan meals for pick-up or delivery, now has items like the Mushroom-Black Bean Burger on the menu at Marty's (on Park), Compagnie in Fairport, and Pittsford Pub, as well as in the café and on the inpatient menu at Highland Hospital. sweetpeaplantbased.com

VEGAN FOOD FOR KIDS is offered at **The Children's Center of Brighton** daycare center.

DEAF VEGAN WORKSHOP RAVS sponsored its 2nd annual Deaf Vegan Workshop on Saturday 10/12/19. **Brenda Palmigiano** was the organizer and chef; nutritionist **Sandria Graham** gave a comprehensive presentation on the benefits of whole-food plant-based nutrition. Brenda gave a cooking demo on collard wraps.

The workshop was supported, for the second year in a row, by a grant from the **Nalith Foundation**. Donations were received from **Abundance Coop, Lori's Natural Foods**, and **Wegmans** and our vegan restaurants contributed gift cards: **Eden Café and Bakeshop, Natural Oasis, Red Fern, and Sweet Pea Plant-Based**. Thanks to the many volunteers: **Kimber Gorall, Ellie Kidder, Sharon Kocher, Daryl Ochner, Dani Stoskopf**, with special thanks to **Joseph Allman** who cooked with Brenda all day Friday! Thanks to all who participated or supported this event in any way. As with last year's Deaf Vegan Workshop, we hope that we brought many attendees into the plant-based camp; and we are sure that we spread vegan information and skills.

HAPPY ANNIVERSARY! Autumn 2019 is the **Rochester Area Vegan Society's 30th Anniversary!** In October 1989, the first RAVS (at that time, Rochester Area Vegetarian Society) meeting was held, led by founders **Rhoda** and **Stan Sapon**. In 2014, on our 25th anniversary (also the 70th anniversary of the use of the word "vegan" by the UK's Vegan Society), we changed our name to Rochester Area Vegan Society, to better convey what we had been recommending and practicing since the group was founded.♦

We welcome the following: **New Members:** Andrea Battisti (Contributing Level), Marta Bermudez, Patricia Brogan, Cathy & Steve Buchman, Cathy & Paul Dahler, Thomas Doyle, Maria Fantozzi, Timothy Geen, MD & David Marshall, Carol Graham, Cecelia Horwitz, Samira Khera, MD, Darrell Killingsworth, Amy Kotlarz-Knapp, Joanne Mitchell, Kathie & Lenny Palermo, Jessica & Jon Perez (Patron Level), Karen Sarosky, Laura & Richard Smith, Lisa Svengsouk (Patron Level), Patrick Tobin (Patron Level).

Membership Renewals: Shelley Adams, Elizabeth Berens, Walter Bowen, Felicity & Gerald Brach, Peggy Weston Byrd, Margie Campaigne, Janet Chaize, Glennnda Dove-Pellito, Sharon & Ray Dumbleton, Joel Freedman, Molly Giles & Terry Boothman (Patron Level), Bunny Goldsmith, Joanne & Christopher Hee, Carol Hope, Ingrid Hunte & Charles Hernandez, Gail Keemer, Tina Kolberg, Dvorah & Simeon Kolko, Eileen Kuchta (Contributing Level), Audry Liao, Walt McBurney, Maureen McDonald & Steve Mickle, Megan Meyer, Wanda Miller & Joseph Dulski, DDS, Jim Minor, JoBeth & Noel Nichols (2-year renewal), Sue O'Leary, Mary Parson, Jill Pearce & Terrance Bellnier (Contributing Level), Audrey Perry, Fred Peters (Patron Level), Helen Presberg & Saul Presberg, MD, Rhonda Rittenhouse-Norton & Keith Norton, Janice Rivenburg, Mike Rudnick, Nina Sikand, Donna Silverman, Kathy & Kevin Skerrett (2-year renewal), Bubbie & Debora Staron, Sharon Sweeney, Marilyn Thaler (Contributing Level), Ester Mass Tobochnik, Elizabeth Tyson (Patron Level), Maureen & Steve Van Buren, Jeff Vincent, Julie Yoon, MD & Paul Gosink, MD (Patron Level), Miriam Zaffrann (Patron Level).

Thank you for your support! This list is current through about 10/25/19. Send questions to rochesterveg@gmail.com or (585) 234-8750.

IN THE NEWS

PLANT-BASED MEATS:

Their Time Has Come

The last several months have seen an explosion of offerings of vegan meats that approximate ever more closely the taste and texture of meat from animals.

Those of us who have been vegan for a while have long enjoyed foods like Field Roast sausage; Tofurky cold cuts and sausage; Lightlife Tofu Pups and Boca Vegan Burgers. (That's not a complete list. Also, always read labels. Sometimes companies get acquired and the new owners sneak in animal products. Some of these companies, such as Boca, make products that are not all vegan.)

The recent competition, though, is to make products that will be dead ringers for animal foods and that will break into the mainstream. We have the Impossible Burger in the form of the Impossible Whopper at Burger King (ask the server to hold the mayo), and McDonald's will be offering the Beyond Burger. Once those two big burger chains offer plant-based menu items, a huge percentage of the market will be covered and other smaller chains or restaurants will be likely to follow suit. Already Hettie's Delites (Rochester Public Market), the Distillery, and Schooner's Riverside Pub have been offering the Impossible Burger; TGI Friday's offers the Beyond Burger as does The Playhouse/Swillburger at 820 S. Clinton Ave. (they also serve their own homemade veggie burger). Some recent news items:

"The Hottest Thing in Food Is Made of Peas, Soy, and Mung Beans" This profile of Beyond, Impossible and other vegan meat makers appeared in Bloomberg on 8/21/19. bloomberg.com At the time, McDonald's was the big prize for product placement that was up for grabs, but that market seems to have gone to Beyond. In September, McDonald's started testing the Beyond burger, which it plans to use in a menu item called "P.L.T." (plant, lettuce, tomato). usatoday.com, 9/26/19. Thanks to Kimber Gorall for this news tip.

Dunkin' Donuts announced that it would offer a sausage made by Beyond Meat (7/23/19) and KFC announced nuggets and wings, also made by Beyond Meat (8/26/19).

"Nestlé Develops Completely Plant-Based Bacon Cheeseburger," adding PB bacon and cheese to its Awesome Burger. Nestlé has plans to sell in the US and Europe next year, thus "carving out a space for itself in the rapidly expanding plant-based market," as reported by station KTLA in Los Angeles (ktla.com). "Plant-based alternatives to meat use significantly less water and release far fewer emissions than animal products," and making these

products will help Nestlé reach its stated goal of zero emissions by 2050. The article goes on to note that US retail sales of plant-based foods have grown 11% in the past year, according to a July 2019 report from trade groups the Plant Based Foods Association and the Good Food Institute. Thanks to Kimber Gorall for this news tip.

"Tyson, America's Biggest Chicken Producer, Now Makes a Chickenless 'Nugget'": The food section of the *Washington Post* reports on Tyson's new chickenless nugget called "Raised and Rooted." The reporter had a panel of tasters try the Tyson product as well as Morningstar Farm Chick'n Nuggets and Quorn Meatless Nuggets. One taster found the Tyson breading "nice and peppery," most found the Tyson product "pretty good," and Quorn was the "breakout star." *Washington Post*, 10/22/19

"The New Makers of Plant-Based Meat? Big Meat Companies" The *New York Times* reported on this trend 10/14/19. Although exclusively plant-based start-up companies like Beyond and Impossible have considerable market share, major food companies like Hormel, Nestlé, Perdue, Smithfield and Tyson have plant-based products or are developing them. Though many people hail this as an inroad into mainstream markets, others are suspicious of motives or worry that small ethically-motivated companies will be bought up. [Ed. note: Sometimes when a small company is acquired, a vegan product can become non-vegan under its new owner; always check labels, and write the company to complain if they add animal products to a once-vegan product.] But: "Any time a plant-based product is added to the grocery aisle is a victory for the movement, many advocates say, regardless of what motivates the company that made it." nytimes.com; thanks to Kimber Gorall.

"What's Meat Got to Do with It?" Plant-based companies such as Tofurky and Upton's Naturals are fighting laws that prohibit them from calling their products "meat." Tofurky has sued in Arkansas, and both Tofurky and Upton's have sued in Mississippi and Missouri, with the support of the advocacy groups the Good Food Institute and Plant Based Foods Association. The same trend is occurring with vegan producers using the words milk and cheese. Miyoko Schinner, maker of nut-based vegan dairy products, started directly using the word "cheese" in early 2018, as an act of civil disobedience. Vegan companies argue that attempts to "own" words like meat, milk and cheese lead to absurdities, so that calling a tomato "beefsteak" could violate the law. Monica Stoutenborough, the owner of a vegan café in St. Louis, says she doesn't expect vegan progress to stop: "What people eat on this planet is

changing." And as one commenter on the article said: "I don't see vegan products packaged in such a way that they are trying to trick people who are trying to buy the animal product. Vegan products tend to be upfront about what they are because that is their selling point. They are alternatives, not imposters." nytimes.com, 7/25/19

"Getting Your Protein from Plants May Help You Live Longer." In a prospective study of more than 70,000 Japanese people, "those who ate the most plant protein, which is abundant in such foods as spinach, broccoli and legumes like lentils, soy beans and chickpeas, had a 13 percent lower all-cause mortality rate than those who ate the least." The study was published in *JAMA Internal Medicine* and reported on in the *NY Times* (9/3/19, updated 9/9/19).

OTHER VEG NEWS

RED MEAT AND BREAST CANCER RISK A prospective analysis of more than 42,000 women in the *International Journal of Cancer* found that eating red meat is associated with an increased risk of breast cancer. *NY Times* 8/12/19; Physicians Committee's *Good Medicine*, Winter 2019

KETO: MORTGAGING LONG TERM HEALTH? An essay in *JAMA Internal Medicine*, reported on in the *New York Times*, argues that, while a keto diet (a meat-based diet high in protein and fat) can induce weight loss (though not necessarily for the long haul), it is not superior to low-fat diets in bringing about blood sugar control, and can induce constipation, fatigue, and an increase in LDL (bad) cholesterol. Because it restricts complex carbohydrates, the study authors write: "The greatest risk of the ketogenic diet may be the one most overlooked: the opportunity cost of not eating high-fiber, unrefined carbohydrates. Whole grains, fruits and legumes are some of the most health-promoting foods on the planet. They are not responsible for the epidemics of Type 2 diabetes or obesity, and their avoidance may do harm." nytimes.com, 8/20/19

WHOLE GRAINS PROTECT AGAINST TYPE 2 DIABETES according to a study published in the *Journal of Nutrition* and reported on in *Good Medicine*, Winter 2019. [More news on p. 7]

Metro Justice's Annual Alternative Fair!

Friday, December 6th, 5 pm to 9 pm
Saturday, December 7th, 10 am to 4 pm

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

Homemade Veggie Food!
Free Child Care!

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

FRENCH LENTIL SOUP WITH SMOKED PAPRIKA (Dreena Burton, *Let Them Eat Vegan*)

French lentils, sometimes called Le Puy lentils, hold their shape nicely, a little more than brown (green) lentils do. They are lovely in this soup, which has deep, smoky, and earthy flavors yet is very quick to prepare and cook. [Ed. note: You can also use Goya Pardina lentils.]

Splash water
 1½ cups diced onion
 1 cup carrot that has been cut in disks
 4 to 5 medium to large cloves garlic, minced
 1½ teaspoons dried thyme
 ¼ to 1½ teaspoons smoked paprika
 1 teaspoon Dijon mustard
 ¾ teaspoon sea salt
 Freshly ground black pepper
 2 cups French lentils rinsed (see note)
 2 cups vegan vegetable stock
 5 cups water
 ¼ cup tomato paste
 1 bay leaf
 1½ tsp freshly squeezed lemon juice (optional, but nice)
 2 tsp chopped chives for garnish (optional)

In a large pot over medium heat, combine the water, onion, carrot, garlic, thyme, paprika, mustard, salt, and pepper. Stir, cover, and cook for 6 to 8 minutes, stirring occasionally, until the onion starts to soften. Add the lentils, stir, then add the vegetable stock, water, tomato paste, and bay leaf. Increase the heat to bring to a boil, then lower the heat to medium-low, cover, and cook for 30 to 35 minutes, or longer if needed, until the lentils are fully cooked through. Remove the bay leaf. Add the lemon juice, if using, stir, and serve, sprinkling with chopped chives if desired. Serves 4-5.

Kid-Friendly Tip: Your little ones might like the smoky flavor, but if you aren't sure, ease off on the smoked paprika, starting with just ¾ to 1 teaspoon. You can also add precooked pasta shapes to this soup, for packing in lunches.

Savvy Subs and Adds: If you can't find French lentils, brown (green)

lentils substitute nicely. Red lentils do not substitute well as they do not have a similar texture.

Serving Suggestion: Serve with crostini or baguette slices with vegan cheese.

RED LENTIL SALSA SOUP (adapted from Brandi Doming, *The Vegan 8*)

(featured in "10 Plant-Based Soup Recipes to Warm Your Soul," *Washington Post*, 9/16/19)

1¼ cups dried red lentils, rinsed
 4 cups water
 ½ packed cup diced red bell pepper (from ½ large pepper, seeded)
 1¼ cups smooth/pureed red salsa (with your preferred heat level)
 1 tbsp chili powder
 1 tbsp dried oregano
 1 tsp Spanish smoked paprika (pimentón: sweet or hot)
 ¼ tsp freshly ground black pepper
 ¾ cup frozen sweet corn
 Salt (optional)
 2 tbsp fresh lime juice, plus lime wedges for garnish
 ¼ cup chopped fresh cilantro leaves and tender stems, plus more for garnish
 Flesh of 1 ripe avocado, sliced

Combine the lentils, water, bell pepper, salsa, chili powder, oregano, smoked paprika and black pepper in a large pot over high heat. Bring to a boil, then reduce the heat to medium-low, partially cover and cook until the lentils are barely tender, 10-15 min.

Stir in the corn; cook until heated through, 1 to 2 minutes. Taste and add salt, as needed. (Depending on the salsa you used, you might not need salt.) Stir in the lime juice and ¼ cup chopped cilantro.

Divide among individual bowls and top with sliced avocado and cilantro. Serve hot, with lime wedges.

CANNELLINI BEAN, KALE, AND ORZO SOUP (Carla Christian, forksoverknives.com)

1 medium onion, chopped (1 cup)
 2 stalks of celery, chopped (1 cup)
 2 carrots, chopped (1 cup)
 5 sprigs fresh parsley
 2 sprigs fresh thyme*
 2 bay leaves

3 cloves garlic, minced
 ½ teaspoon sea salt, plus more for seasoning
 1 cup whole wheat orzo pasta
 1 15-oz. can no-salt-added cannellini (white kidney) beans, rinsed and drained
 1 cup stemmed and chopped kale
 1 tsp finely snipped fresh oregano*
 1 lemon
 Freshly ground black pepper, to taste

In a 5- to 6-qt. Dutch oven, combine the first eight ingredients (through the ½ tsp. salt) and 8 cups water. Bring to boiling; reduce heat. Simmer, covered, 20 minutes. Stir in orzo. Simmer, covered, 10 minutes more, stirring occasionally. Remove and discard parsley and thyme sprigs and bay leaves. Stir in beans, kale, and oregano. Return to boiling; reduce heat. Simmer, covered, 5 minutes more. Meanwhile, squeeze 2 tbsp juice from lemon. Before serving, stir lemon juice into soup. Season with the remaining salt and the pepper to taste. [*Ed. note: A smaller amount of dried herbs should work as well.]

AFRICAN JOLLOF (happyherbivore.com)

5 tbsp tomato sauce, divided
 ¼ cup vegetable broth
 1 small onion, diced
 Dash of cinnamon
 ½ tsp cumin
 ½ tsp chili powder
 ¼ tsp mild curry powder
 2 cups mixed frozen vegetables
 1½ cups cooked brown rice
 Dash of hot sauce (optional)

Pour 4 tbsp tomato sauce into a pot, then add broth so liquid completely covers the bottom. Add onions, a dash or two cinnamon, cumin, chili powder, and curry powder, then sauté over high heat until translucent, about one minute. Turn heat down to low and add frozen vegetables, stirring to warm them. Continue to cook over low heat and stir frequently until vegetables are warm. Add cooked rice and stir to completely combine. As you are stirring, the rice should take on a dark coloring. Add one more tbsp tomato sauce, plus salt and black pepper to taste. For a spicier dish, add hot sauce to taste.

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

CHEATERS PEA AND MUSHROOM RISOTTO (cookingwithplants.com)

- 1½ tbsp cornstarch
- 1 cup plant milk
- 1 small onion, sliced
- 3 large portobello mushrooms, sliced thickly
- 1 cup frozen peas
- 1 tbsp dried mixed Italian herbs
- ½ tsp salt
- ½ tsp vegetable stock powder
- 1 cup cooked rice

Put a non-stick fry pan on medium-high heat. Mix the cornstarch and plant milk together in a screw top jar or in a mixing bowl until well combined. Set aside. Add sliced onion into the heated pan. Stir until golden. Use a teaspoon of water if it sticks too much. Add the sliced mushrooms and stir through. Add the peas and stir through again. Add the herbs, sea salt and stock powder and continue to stir through to combine all of the flavors and ingredients thoroughly. Add in the rice and stir through to heat it. Turn heat down to low-medium, then add the cornstarch/plant milk mixture to the pan. Stir until well combined and mixed together. Turn heat off and let it sit on the residual heat for 5 minutes before serving. Grind some fresh black pepper over the top to taste.

CHICKPEA TOMATO RAGÙ (Brandi Doming, thevegan8.com)

- 2 15 oz cans fire-roasted crushed tomatoes, slightly puréed
- ½ packed cup diced red onion
- 4 medium carrots, diced ¼ inch thick (you'll need 1½ cups)
- 1 cup diced celery
- ½ teaspoon salt
- 4 large cloves garlic, minced
- ½ cup dry red wine, like Cabernet Sauvignon or Merlot (see note)
- One 15 oz can low-sodium chickpeas, drained and rinsed
- 1 teaspoon dried basil
- ¼ teaspoon ground pepper

½ tsp red pepper flakes (optional for a delicious kick!)

Note: While I strongly recommend the red wine for the most amazing classic flavor, if you avoid wine, then replace it with low-sodium veggie broth and a ½ tsp dark balsamic vinegar. If at the end of cooking you want a stronger flavor, add a bit more vinegar, but the tomatoes do put out a lot of flavor as well.

Before beginning, add the tomatoes to a blender or food processor. I do not like chunks of tomato in my sauces, so I like to blend them into a thick sauce consistency, just a few seconds. This makes for a more ragù sauce and helps flavors to combine as well. Set aside. [Ed. note: Ragù is sauce with minced elements such as meat, carrots and celery. Here the chickpeas are the “meat.”]

Add ½ cup water to a large pan with the onion, carrots, celery and the ½ tsp of salt over medium heat. Bring to a simmer and cook for about 5 minutes until just tender. Add the garlic and stir constantly for another minute or two. Add the red wine and cook another 5 minutes until it mostly cooks down. Add the tomatoes, chickpeas, dried basil, pepper and red pepper flakes (if using). Stir well and let it come back to a simmer. Then reduce to low heat, and cook for 20 minutes covered. The sauce should have greatly reduced to a nice thick texture. If you would like a more minced version, you can mash up some of the chickpeas. If you use the vinegar option (instead of wine), taste and add more if desired. Serve over spaghetti or preferred pasta shape. Top with extra red pepper flakes if desired.



Want to go vegan?

We can help!

rochesterveg.org

ALMOND NOODLES

(*China Study Quick & Easy Cookbook*,
nutritionstudies.org)

- 1 pound whole grain spaghetti
- ½ cup almond butter
- ¼ cup water
- ¼ cup rice wine vinegar
- 2 Tbsp low-sodium soy sauce or tamari
- 2 Tbsp Thai red curry paste
[Ed.: Use with caution! Start with very small amount.]
- Chopped fresh cilantro for garnish

Cook the spaghetti according to package instructions. While the spaghetti cooks, combine the almond butter, water, rice vinegar, soy sauce or tamari, and Thai red curry paste in a large bowl and whisk together. Add the cooked spaghetti to the sauce and toss to mix well. Serve garnished with the chopped cilantro.

PEANUT BUTTER COOKIES (with GF Option) (Carol Barnett)

- 1 cup whole wheat flour plus
- 1 cup unbleached white flour, or:
- 2 cups whole wheat pastry flour, or
- 2 cups gluten-free flour, any type
- 1 tsp baking soda
- 1 cup natural peanut butter
- ½ cup maple syrup
- Small amount of plant milk if needed

Preheat oven to 350 degrees. In a large mixing bowl, stir together the flour and baking soda. Add the peanut butter and maple syrup and blend, using a pastry blender or fork, until crumbly. Add a very small amount of plant milk if needed to make the dough hold together somewhat, so it can be formed into a ball or a few smaller balls. Refrigerate for an hour if possible but not necessary. Assemble two cookie sheets (no need to oil them). Using the bowl of the tablespoon from a teaspoon measuring set, form each cookie by filling the bowl and gently dislodging it with a knife. If you want, you can make a larger number of very small cookies, by using the ½ tsp measure. Bake 350 degrees for 10 to 12 minutes.♦

MORE VEG NEWS

VEGAN BABIES A judge in Australia ruled that a couple had severely malnourished their daughter on a vegan diet; however, they fed their child mostly nuts and berries. In commenting on the case, Physicians Committee (pcrm.org) and Vegetarian Resource Group (vrg.org) affirmed, as do the mainstream nutrition organizations and government panels, that a vegan diet can be healthy and optimal for all age groups, if carefully planned. The article went on to say that: "According to a [report](#) published by Global Data, 6 percent of American consumers claimed to be vegan in 2017, up from 1 percent in 2014."

EAT PLANTS NOT PIGS (EPNP) is an organization that aims to spread awareness of veganism into cycling and the wider sporting world. From the website: "When you choose to embrace veganism as an ethical position you can help end the unnecessary suffering and death of millions animals each year and get fitter and healthier than ever before in the process too." EPNP is affiliated with British Cycling and was motivated by attending Manchester Pig Save Vigils. eatplantsnotpigs.org

WHAT IF WE ALL ATE A BIT LESS MEAT? was the title of the 8/21/19 issue of a *NY Times* weekly newsletter

called "Climate FWD." The article, by Jillian Mock, asked what would happen if everybody in the United States ate less meat. Basing her figures on a study published in *Scientific Reports* on 8/8/19 (nature.com), Mock says that cutting meat consumption by 1/4 would reduce greenhouse gas emissions by 82 metric tons yearly, result in a savings of 1%. It "would also free up about 23 million acres of high-quality land, an area roughly the size of Indiana. Some of that land could be converted to more efficient food production, like growing high-protein lentils, or could be turned into forestland, which absorbs and stores carbon dioxide. Both would be crucially important as we try to feed a rising global population and to simultaneously mitigate the effects of climate change, according to a recent report by the United Nations." ("Climate Change and Land," download at ipcc.ch). The *NY Times* article goes on to say that eating less meat would also "probably be good for your health"(!), citing the report of the EAT-Lancet commission: eatforum.org. As the abstract of the study in *Scientific Reports* says: "While widely replacing meat with plants is logistically and culturally challenging, few competing options offer comparable multidimensional resource use reduction." You can say that again!

STOP MOCKING VEGANS! In this opinion piece in the *NY Times* on 8/28/19, Farhad Manjoo, a non-vegan, writes: "I want to urge you to give vegans a chance—to love and to celebrate them instead of ridiculing them. We need more vegan voices, because on the big issues—the [criminal cruelty of industrial farming](#); the [sentience and emotional depth of food animals](#); the [environmental toll of meat](#) and the [unsustainability of its global rise](#)—vegans are irrefutably on the right side of history. They are the vanguard. [Climate scholars say](#) that if we are ever to survive a warming planet, people will have to consume far fewer animals than we do now. We will all have to become a little more vegan — and if we are to succeed in that, we will have to start by saluting vegans, not mocking them."♦

HAIKU by Bruce Ross

November night:
the dark piles of raked leaves
at the curbside

winter nightfall . . .
out of the hazy penumbra
a few light flakes

winter moon—
in the shallow new snow
a tiny squirrel print

APPLICATION FOR MEMBERSHIP IN THE ROCHESTER AREA VEGAN SOCIETY

P.O. BOX 20185, ROCHESTER, NY, 14602-0185
(585) 234-8750, rochesterveg.org, rochesterveg@gmail.com

Membership in the **Rochester Area Vegan Society** is open to all vegetarians, as well as to those who support the goals of vegan living and the society. You do not have to be vegan to join our group. You just have to eat like one when you are with us. Members are entitled to admission to monthly events, and discounts on the purchase of books and other material available from RAVS. Members receive *The Vegan Advocate*, published four times a year, plus periodic notification of events. Members are eligible for half-priced membership in the **North American Vegetarian Society** which includes a subscription to the *Vegetarian Voice* and in the **Vegetarian Resource Group** which includes a subscription to the *Vegetarian Journal*.

Name (s): _____ Date: _____

Address: _____

Phone(s): _____ email: _____

- \$20/year Individual Membership
 \$35/year Joint membership, one address
 \$10/year Student/Fixed income
 \$17/year Joint fixed income
 \$50/year Contributing membership
 \$75/year Sustaining membership
 \$100/year Patron
 \$7/year *The Vegan Advocate* only
 I am/we are willing to volunteer to help RAVS

Amount enclosed \$ _____. Any amount over basic membership is tax deductible. Please make check payable to **Rochester Area Vegan Society**.

- I follow a vegan diet
 WFPB (no oil) diet or Esselstyn diet
 I am an ovo/lacto vegetarian.
 I am not yet a vegetarian.

Primary interest in vegetarianism:

- Environment
 Animal Rights
 Health
 Other:

Rochester Area Vegan Society upcoming meetings and events of interest:

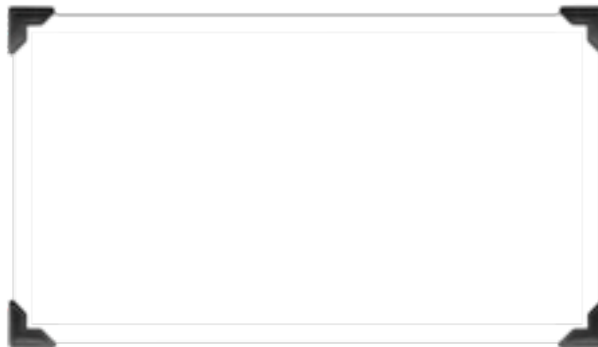
- **November 17, 2019** (3rd Sunday)* **Fork This! How to Combat Climate Change with Your Fork** with **Kathy Pollard**, sustainablediet.com
- **December 7, 2019** (Saturday) - **December 21, 2019** (Sat.) Rochester Lifestyle Medicine Institute (RLMI) 15-Day Whole-Food Plant-Based Jumpstart program. For a full schedule of upcoming Jumpstarts and other RLMI programs, visit roclifemed.com
- **December 15, 2019** (3rd Sunday) 5:30 PM **Winter Solstice Gathering and Celebration** at 1600 East Avenue, in the ground floor Media Room. Parking in lot behind building; enter back door closest to lot and follow signs! If no parking in lot, park on side street off East Ave., use front entrance, go downstairs to Media Room. Call 330-7238 if having trouble entering. Bring a vegan dish, preferably finger foods, a serving utensil, and a place setting. Also bring instruments and voices for optional merry-making!
- **January 11, 2020!** (Saturday) - **January 25, 2020** (Saturday) RLMI Jumpstart
- **January 19, 2020** (3rd Sunday)* **The Story of Mockingbird Sanctuary** (tentative) mockingbirdfarmny.com
- **February 16, 2020** (3rd Sunday) **The Lost Ark of Human Health** with **Julia Inglis, PhD, RD**. Dr. Inglis is a cancer researcher at the University of Rochester Medical Center.
- **February 22, 2020** (Saturday) - **March 2020** (Saturday) RLMI Jumpstart
- **February 24, 2020** (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, 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



14602
ROCHESTER, NY
Box 20185
ROCHESTER AREA VEGAN SOCIETY