

Our 31st 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. ♦

HEAL THE PLANET AND YOURSELF WITH A VEGAN DIET

(by Carol Hee Barnett)

In an editorial published on 1/16/19, the British medical journal *The Lancet* declared 2019 to be the "year of nutrition." This announcement coincided with the launch of the EAT-Lancet Commission, focused on healthy diets from sustainable food systems. The commission made planetary health central to its message, and sought "to illustrate the ways that food production and consumption, perhaps more so than any other human activities, inextricably link the earth's natural systems and human health." (thelancet.com)

The EAT-Lancet Commission suggested some concrete changes in food choices. An article in the British newspaper *The Guardian*, also published on 1/16/19 ("New plant-focused diet would 'transform' planet's future, say scientists"), gave the outlines of the new recommended "planetary health diet," which was largely plant-based but not completely vegan.

Globally, the diet recommended that red meat and sugar consumption be cut by half, while vegetables, fruit, legumes and nuts should double. Advice was also tailored to specific parts of the world. North Americans were told to eat 84% less red meat but six times more beans and lentils. The suggested drastic cuts in meat consumption arose from the fact that "Industrial agriculture is ... devastating the environment, as forests are razed and billions of cattle emit climate-warming methane." According to the commission, the diet was a "win-win": it would save at least 11 million people a year from deaths caused by unhealthy food, while preventing the collapse of the natural world that humanity depends upon.

The renowned Walter Willett, one of the scientists, said: "We are not talking about a deprivation diet here; we are talking about a way of eating that can be healthy, flavorful and enjoyable." The amount of meat allowed might sound small to Americans but not to "the very large part of the world's population that already consumes about that much or even less. It is very much in line with traditional diets." Another scientist on the commission, Marco Springmann of Oxford University, said: "It

so happens that if you put all that evidence together you get a diet that looks similar to some of the healthiest diets that exist in the real world."

The EAT-Lancet report said: "Achieving this goal will require rapid adoption of numerous changes and unprecedented global collaboration and commitment: nothing less than a Great Food Transformation." And the authors of the *Lancet* editorial said that such global changes were essential: "Civilisation is in crisis. ... If we can eat in a way that works for our planet as well as our bodies, the natural balance will be restored."

On this side of the Atlantic, the *New England Journal of Medicine* published a review article on the human health effects of climate change, on almost the same day, 1/17/19: "The Imperative for Climate Action to Protect Human Health." The authors said that climate change is expected to increase the world-wide burden of climate-sensitive health outcomes; and that if we don't reduce greenhouse gases over the coming decades, climate change will result in "substantial increases in morbidity and mortality."

Like the editors of *The Lancet*, these authors acknowledged the connection between animal agriculture and climate change. They wrote: "Reductions in environmental effects [are] generally proportional to the magnitude of the reduction in animal-based food." The authors said that eating less meat would help human health by reducing climate change, but as a happy additional effect, would also reduce the incidence of disease, because of "the inverse association ... between the consumption of fruit and vegetables and the risks of ischemic heart disease, stroke, and some types of cancers." nejm.org

Where are we a year later? Both of these studies recognized that a plant-based diet improves human health both directly by preventing disease, and indirectly by easing the burden on the environment. Global commissions and mainstream publications may stop short of recommending a vegan diet; but they are coming ever closer to a full-throated endorsement of a 100% plant-based diet as the best way to preserve human health, as well as the health of the planet we all share. ♦

IN THIS ISSUE

Vegan for the Planet	p. 1
Contact Info & Meeting Tips	p. 2
Vegan Society Update	p. 3
In the News	p. 4
Whole-Food Vegan Recipes	pp. 5-6
More Veg News	p. 7
Calendar	p. 8

Rochester Area Vegan Society

Coordinators:

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

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Deb Kiba	

RAVS Staff:

Treasurer:	Kimber Gorall
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

Join us as the vegan/plant-based movement grows into spring.

RAVS MEETINGS/PROGRAMS

In November, **Kathy Pollard** of sustainablediet.com spoke on the impact of diet on the environment. In December we had a lovely winter solstice gathering at 1600 East Ave., courtesy of resident hosts **Ellie Cherin** and **Sharon Yates**. In January, our meeting was canceled due to wintry weather, but planned speaker **Jonell Chudyk-Belcher** of **Mockingbird Farm Sanctuary** will speak another time in 2020!

UPCOMING EVENTS: The key to good nutrition in February; diet and cancer in March. In April, we'll have our annual vegan seder (Passover dinner), and our annual fund raiser, at the Lodge.

Oil-Free Gathering will feature a testimonial in February, a local plant-based cardiologist in April. See calendar page 7.

RAVS OUTREACH: In recent months we did the following:

—In November, **Ted Barnett, MD** and **Carol Barnett** provided the nutrition session for a teacher training at Grounded By Yoga, a studio in Bloomfield and Canandaigua.

—In December we participated in the Metro Justice Alternative Fair, Dec. 6-7: Thanks to staffers **Shelley Adams, Carol Barnett, Bruce Manuel, Carol Manuel, Daryl Odhner, Donna Patrick, Harry Patrick, Noreen Salerno, Barbara Savedoff, and Ren vanMeenen**. Thanks also to those who prepared and donated vegan baked goods for sale: **Katherine DaCosta** and **Noreen Salerno**.

—In February, RAVS co-sponsored with **Rochester Lifestyle Medicine Institute** and **Cinema Theater** (an all-vegan business!) a free screening of "The Game Changers." This powerful new film shows the connection between plant-based diet and athletic performance. **Abundance, Lori's** and **Sweet Pea Plant-Based** had tables; **Ted Barnett, MD; Erin Campbell, MD, MPH; Ian Cramer, the Plant-Based Cyclist; and Kerry Graff, MD** fielded questions after the film.

ROCHESTER LIFESTYLE MEDICINE INSTITUTE (RLMI)

RLMI's medically-supervised **15-Day Whole-Food Plant-Based Jumpstart** program is scheduled monthly throughout 2020. For information and to register for this program or other RLMI programs, visit roclifemed.com or call (585) 484-1254.

RLMI's **Plant-Based Diet** course was given for the 20th time, in January and February at Highland Hospital. Look for this course to be given again in the fall.

VEGAN SOCIAL MEDIA

Rochester has three **vegan Facebook groups:** RAVS, Rochester Vegans, and Rochester Vegan for the Animals. There's also a Rochester Vegetarian Meetup group!

VEGAN FOOD LOCALLY

ALL-VEGAN RESTAURANTS: Rochester boasts the following: **Allah's, Eden** (in Batavia), **Misfit Doughnuts, Natural Oasis, New Ethic Pizzeria, and The Red Fern**.

VEGAN INGREDIENTS AND MEALS (pick-up or delivered, to supplement your home cooking): **Kitchen Verde, 777 Culver Rd. (230-8942)** (kitchen-verde.com): oil-free vegan ingredients and meal kits for pick-up; also does catering, and supplies plant-based entrées to local restaurants. **Sweet Pea, 630 East Ave. (800-561-7608)** (sweetpeaplantbased.com): oil-free vegan meals for pick-up or delivery, and vegan catering. **Flour City Nut Grind (643-4164):** artisanal vegan cheeses, creams and sauces: **Grass Fed Rochester, 1115 E. Main St., Suite 148:** vegan "meats" for pick-up.

Full information on these vegan businesses can be found at <https://rocvegfest.org/guide/>

PAWS of Rochester is a youth education center that is focused on a compassionate relationship to animals. PAWS has a new location at 632 Hollenbeck St. The center will be 100% vegan, and will provide after-school programs for city students, among many other things. pawsofrochester.org

VEGAN FOOD IN OMNI RESTAURANTS: Tips from members about places to feed the vegan appetite.

Char Broil, 2450 Monroe Ave. in Brighton offers the Beyond Burger.

Grandpa Sam's, an Italian restaurant at 138 S. Union St., Spencerport, is very accommodating to vegans.

James Brown's Place, 1356 Culver Rd.

Max of Eastman Place, 25 Gibbs St. (near RPO) has a "Vegetable Orchestration."

Midtown Athletic Club, 200 E. Highland Dr. (Chef Laurie Taillie) offers a special vegan meal one day/month at a very reasonable price. The regular menu has vegan options such as tofu substitutions. No need to be a member to dine there.

Sabra Grill, 1855 Monroe Ave. (244-2211). Kosher; many vegan salads and other options. Vegan black bean burgers!

Stromboli's at 130 East Ave. has a separate vegan menu!

Volo, 90 S. Clinton Ave., has Fire-Roasted Cauliflower and other vegan or "modifiable to vegan" items.

VEGAN SAVINGS: **The Roc Vegan Savings Card** can be purchased at Lori's and online at rocvegfest.org. The \$10 cost can easily be recouped during 2020!

VEGAN APPAREL COMPANY **Stairway to Vegan** was formed by a friend of a RAVS member. Browse and buy online!

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

HAPPY ANNIVERSARY! Autumn 2019 was 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.

THANK YOU to local vegan soy products company **Northern Soy (SoyBoy brand)** for generously donating delicious Tofu-Lin marinated tofu for us to serve, in celebration of RAVS's big anniversary.♦

We welcome the following: **New Members:** Lou Alano, Peggy Cagle, Deborah Chielli, Darlene Creswell, Linda & Hans Irmer, Mayumi Kubota & Vinny Sharkey (Contributing Level), Betty Mann, Sherrill Olivas, Natasha Sodhi, MD & Harp Deol, DDS (Contributing Level). **Membership Renewals:** Lois & Greg Baum, Selma Berger, Don Burns, Mary & Gary Christo, Paul Clark, Jane Dorsey, NP (Sustaining level), Meredith Drake, Laurie Gunther Fellows, Margaret & Jeff Fellows, Wendy Fredericks, Pam Gabryel (2-year renewal), Karen Genett, NP, Lorri Goergen, John D. Griffith, Patricia & Robert Kraus, Dagmar Langlois, Darcie Johnson Merritt, Donna & Harry Patrick, Bruce Pollock, Lee Rosenthal (Patron Level), Noreen Salerno (Patron level), Robert Salerno (Patron Level), Ron Schneider (3-year renewal), Dan Seeley, Meredith & Adam Smith, Susan Stoll, Tricia & Charles Wright. **Newsletter Subscription:** Carol Ann Britt (2-year renewal).

Thanks to Walter Bowen for buying a gift membership for a friend.

Thank you for your support! This list is current through about 1/25/20. Send questions to rochesterveg@gmail.com or (585) 234-8750.

IN THE NEWS

CLIMATE DIET On 12/31/19, the *New York Times* unveiled “A New Year’s Climate Diet.” And in its January 2020 issue, *National Geographic* presented “Putting the Planet on a Diet,” which grappled with the question of how to feed 10 billion people without destroying the planet. According to both articles, not all foods are created equal. The global diet emphasizes plant-based foods and limits animal products, which often have environmentally harmful production practices and are linked to chronic disease. But neither article outright prescribes a vegan diet. The author of the *NY Times* article, Paul Greenberg, says he is a vegan and “If we switched to a [vegan diet](#), we could cut our carbon dioxide emissions by 0.3 to 1.6 metric tons per person per year.” But Greenberg doubts that we could persuade everyone to take this step, and steers readers towards eating chicken and fish, which have a somewhat smaller carbon footprint than other animal foods.

Perhaps it’s too much to expect publications like these to make an across-the-board recommendation of a diet which many people think of as radical. In this area, as in so many others, it will be up to the grass roots—dozens and hundreds and millions of individuals making the change—to persuade the mainstream that a plant-based diet is for everyone.

DAIRY GIANT BORDEN FILES FOR BANKRUPTCY Borden, the dairy company founded a century and a half ago, has filed for Chapter 11 bankruptcy, “[the latest victim](#)” of an industry battered by declining prices, rising costs and changing tastes.” Two months ago, Dean Foods, the largest dairy producer in the US, also filed for bankruptcy. Consumption of fluid milk has declined 40% since 1975, and “dairy alternatives like milks from soy, oats, almonds and other sources have been on the rise.” *NY Times*, 1/6/20

CAPITALISM GOES VEGAN “Capitalism, Red in Tooth and Claw, Goes Vegan.” This article, published in *Bloomberg Opinion* in May 2019, was trending on Twitter in December 2019. The author writes: “Veganism is an idea whose time has come, partly due to individual lifestyle and health concerns but mostly because of the environmental damage caused by animal agriculture. ... Meatfree food is all the rage.” The number of Americans identifying as vegan climbed sixfold from 2014 to 2017. Thanks to Kimber Gorall for this tip.

GOLDEN GLOBES GOES VEGAN The meal served at the Golden Globes ceremony was entirely vegan (not just an option!), including Chilled Golden Beet Soup and Wild Mushroom Risotto. Actor

Joaquin Phoenix, accepting his Best Actor award onstage, thanked the Hollywood Foreign Press Association, which hosts the event, “for recognizing and acknowledging the link between animal agriculture and climate change.” *Washington Post*, 1/6/20.

ACTRESS SHOPS VEGAN Character actress Jennifer Coolidge (“Legally Blonde,” “Best in Show”), who is trying to follow a vegan diet, was profiled in New York City patronizing trendy shops and restaurants that carry vegan delights. *NY Times*, 1/17/20

VEGANS PROTECTED FROM DISCRIMINATION IN UK “Ethical veganism” is a protected class akin to religion under a law designed to shield people from discrimination in the workplace and other settings in Great Britain. A spokesperson for People for the Ethical Treatment of Animals called the ruling “a significant step toward a kinder future for all of us.” *Wash. Post* 1/17/20

PLANT-BASED PORK Impossible Foods, maker of the Impossible Burger, debuted Impossible Pork at a tech conference in Las Vegas on 1/6/20, and planned to roll out its Impossible Sausage at Burger King later in January, served in BK’s Impossible Croissan’wich. CNN Business 1/7/20, [cnn.com](#)

LEGUMES BOOST HEART HEALTH According to a scientific review study co-authored by Hana Kahleova, PCRM’s Director of Clinical Research, beans and other legumes reduce the risk of cardiovascular disease and high blood pressure. Those who consumed the most legumes reduced their incidence of these diseases by as much as 10%, compared to those with the lowest intakes.

“Beans and other legumes benefit cardiovascular health because they are high in fiber, plant protein, and ... micronutrients, and are low in fat, free of cholesterol, and low on the glycemic index.” US Dietary Guidelines recommend that we eat at least 3 cups a week, but the average American eats only ½ cup a week. PCRM’s *Good Medicine*, Winter 2020.

PLANT-BASED DIET FOR KIDNEY HEALTH In a review published in *Current Opinion in Nephrology and Hypertension*, researchers found that use of plant-based diets in treatment of kidney disease showed comparable results to oral medications, with a positive side effect of improvements to blood pressure, weight, and other health outcomes. *Good Medicine*, Winter 2020.

PLANT-BASED DIET FOR RHEUMATOID ARTHRITIS (RA) A scientific review published in *Frontiers of Nutrition* found that a plant-based diet can reduce inflammation and improve symptoms associated with RA. In one study, patients who had been on the diet just

four weeks experienced significant improvements in morning stiffness, pain, joint tenderness, and joint swelling. Plant-based diets also promote healthy gut bacteria, which some studies suggest may play a key role in RA and inflammation. *Good Medicine*, Winter 2020.

VEGAN SCHOOL LUNCHES MORE NUTRITIOUS In a case study published in *The Journal of Child Nutrition & Management*, vegan lunches served in a DC school were superior to standard meals. The vegan entrées had more fiber, less fat, less saturated fat, no cholesterol, and more fiber, calcium, and vitamins A and C. Vegan entrées offered to the students included sesame tofu, three-bean chili, BBQ tofu bits, Southwest veggie burgers, sloppy joes, and pasta with chickpeas.

A bill before the New York legislature, S1472/A1624, would provide plant-based options upon request to students in all NY state public schools. *Good Med.*, W 2020.

NEW YORK MAKES PB HOSPITAL MEALS THE LAW! A law passed by the NY legislature and signed by Governor Cuomo in Dec. 2019 requires hospitals to offer healthful plant-based options at every meal, and to list them in all written materials and menus. *Good Med.*, W 2020

GOING MEATLESS CUTS MEDICAL COSTS A Taiwanese study published in *Nutrients*, comparing Buddhist omnivores with Buddhist vegetarians, found that the vegetarians had 15% lower total medical expenditures than the omnivores, and 25% lower than Taiwan’s general population. *Good Med.*, W 2020.

PB NEWS SOURCE For vegan news, visit <https://www.plantbasednews.org> On the day your editor wrote this column (1/27/20), the top news item was that Brooke Goldner, MD, the doctor who reversed her lupus with a plant-based diet, had testified at a meeting of the US Dietary Guidelines Advisory Committee. Dr. Goldner, who was diagnosed with lupus at age 16, went to medical school and was chief resident: but “All I’ve ever learned never helped me with my health.” Goldner was sick for 12 years, but then when she adopted a plant-based diet “within three months the lupus was gone.” That was 15 years ago.♦

SAVE THE DATES!

Saturday, September 12, 10am-4pm
Rochester VegFest

Wednesday, September 16, evening
Neal Barnard, MD on book tour
“Your Body in Balance” (about hormones)

Friday, September 25, evening
Michael Greger, MD on book tour
“How Not To Diet”

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

BEAN SOUP (Serves 6) (adapted from drmcDougall.com)

This is a basic soup recipe that can be made with any type of dried beans. Great Northern beans are a good choice, but you can use any other beans, including heirloom varieties. Vary the seasonings to suit your own tastes. Beans and vegetables make this a stick-to-your-ribs meal.

2 cups dried beans
8 cups water
2 onions, chopped
2-4 stalks celery, chopped
2 bay leaves
½ tsp sage
½ tsp oregano
2 tbsp low-sodium soy sauce

Place all ingredients in a large pot and bring to a boil. Reduce heat, cover and simmer for 3-4 hours until beans are tender. (In a slow cooker/Crock-Pot, this will take about 8-10 hours on high.)

AFRICAN KALE AND YAM SOUP (happyherbivore.com) (Serves 2)

1 whole red onion, small
2 cups vegetable broth
1 whole yam, diced
5 cups kale, chopped
2 tsp chili powder
1 tsp cumin
1 tsp garlic powder
¼ tsp red pepper flakes
1 tsp mild curry powder
1 tbsp yellow miso paste or soy sauce
¼ tsp cinnamon

Slice red onion into thin slices. Line a medium pot with ¼ cup of water and cook onions over high heat until translucent, about 3 minutes. Add broth, yam, and ¾ cup water, and bring to a boil. Once boiling, reduce to medium and cook until potatoes are almost fork tender, about 3 minutes. Immediately add kale and remaining ingredients and cook, stirring frequently, until kale is dark green and soft, about 3 more minutes. Set aside for 5-10 minutes, allowing flavors to merge. Serve in bowls.

ITALIAN ROASTED VEGETABLE AND WHEAT BERRY BUDDHA BOWL (forksoverknives.com) (Serves 4)

1½ cups wheat berries*
4 cups torn fresh kale
1 cup sliced onion
Sea salt
Freshly ground black pepper
2 cups Brussels sprouts, trimmed and sliced
2 cups cherry tomatoes
1 zucchini, halved lengthwise and sliced ¼ inch thick
1 cup yellow bell pepper strips
2 tbsp balsamic vinegar, plus more for serving
1 cup marinara sauce, warmed**
¼ cup pine nuts, toasted
¼ cup snipped fresh basil

Bring 5 cups water to a boil in a 4 quart Dutch oven or large pot. Stir in the wheat berries. Return to a boil; reduce heat. Simmer, covered, for 45 minutes. Stir in the kale and onion. Simmer, covered, for 15 minutes more. Drain off any excess liquid. Season with salt and pepper.

Meanwhile, preheat the oven to 425°F. Line a baking sheet with foil or a silicone baking mat. Spread the Brussels sprouts, tomatoes, zucchini, and bell peppers on the baking sheet and drizzle with vinegar. Roast vegetables for 20 minutes or until tender. Season with salt and pepper.

Divide wheat berry mixture among shallow bowls. Top with marinara sauce and roasted vegetables. Sprinkle with pine nuts and basil. Drizzle with additional vinegar.

*Find wheat berries in bulk at a natural food store.

**Jarred marinara sauce usually contains oil and sometimes is not vegan. For a vegan, oil-free alternative, use canned tomato sauce.

ROOTIN' TOOTIN' RATATOUILLE (ieatplantsforlife.com) (Makes 7 cups)

1 large white onion
3 cloves garlic
¾ to 1 tsp dried thyme
1 cup previously cooked mushrooms
2 14 oz. cans diced tomatoes (no salt added), undrained
½ lb. zucchini (½ inch diced)
¾ lb. purple eggplant (unpeeled, ½ inch diced)
Crushed red pepper to taste

Dice the onion and put into a wok or large pot with some water or vegetable broth, and sauté for about 5 minutes. Then, add the garlic and let it sauté for a couple minutes more. Add the canned tomatoes, mushrooms and thyme. Stir and cook for a couple of minutes over a slow simmer. Add the remainder of the ingredients and cook, covered, with a slow simmer for 20 to 25 minutes until everything is softened to your liking. Stir occasionally and test the veggies for tenderness.

Add salt and pepper to your taste when serving. Serve over cooked brown rice or other grain. Enjoy !!!

VARIATION: For a little bit of heat, you could substitute Ro-Tel Tomatoes with Green Chilies for the regular diced tomatoes.

BROCCOLI SALAD WITH APPLES AND BLUEBERRIES (theculinarygym.com)

½ cup unsweetened non-dairy milk (such as WestSoy Unsweetened Plain soy milk)
1 tbsp flax or chia seeds
2 tbsp nutritional yeast
1½ tbsp apple cider vinegar
1½ tbsp stoneground mustard
1 garlic clove
¼ tsp black pepper
2 apples (divided)
1 lb. broccoli, chopped into bite-size pieces (2 large heads)
¼ red onion, thinly sliced
1 cup blueberries
¼ cup sliced or chopped almonds

In a blender, combine the non-dairy milk, seeds, nutritional yeast, vinegar, mustard, garlic clove, black pepper, and ½ of an apple. Blend until creamy. Add the chopped broccoli, red onion, and blueberries to a large mixing bowl. Dice the remaining 1½ apples and add them to the bowl. Pour the dressing over top and toss well. Place the bowl in the fridge to chill until you're ready to serve it. Add the almonds just before serving.

If raw broccoli turns you off, you can briefly blanch or very lightly steam the broccoli first. If you do, chill the broccoli right after cooking it, to prevent it from becoming too soft.

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

EASY VEGETABLE FAJITAS (Jennifer Reilly, RD at pcrm.org) (Serves 6)

- ¼ cup vegetable broth or water
- 1 onion, sliced into strips
- 3 bell peppers (red, yellow, green, or a combination), seeded and sliced into strips
- 2 15-oz. cans black beans, drained and rinsed
- 6 whole-wheat tortillas*
- 1 cup salsa

Heat broth or water in a nonstick skillet. Add onion and cook until translucent. Add cumin and bell peppers. Cook over medium heat until peppers are tender. Heat beans in microwave for 1 minute. Place tortilla in a large skillet over medium-low heat. Add ½ cup of heated black beans and ½ cup of the onion and pepper mixture. Fold tortilla in half, over the beans and vegetables, and cook for 3 minutes. Remove from heat and garnish with salsa. Repeat this procedure with the remaining 5 tortillas.

*Ed. note: Be careful, as some whole wheat tortillas contain animal products (the Wegmans product contains fish oil). Wegmans' Gordita-style burritos have two varieties that are vegan: the Spinach, Garlic & Pesto and the Tomato & Basil. These are somewhat larger than the average tortilla, so the bean-vegetable mixture may fill only 4 of them.

PEANUTTY SOBA NOODLES WITH BBQ TOFU AND BROCCOLI (adapted from Switch4Good, found at nutritionstudies.org)

- 1 package soba noodles
- 1 package firm tofu
- 1 tbsp miso*
- 1 tbsp soy sauce
- 1¼ tsp hot sauce
- 2 cups broccoli
- ½ tsp onion powder
- ½ tsp granulated garlic or garlic powder
- 1 tbsp barbecue sauce
- 2 tbsp chopped peanuts (optional)

Peanut Sauce:

- ¼ cup peanut butter
- ¼ cup water
- 2 tbsp soy sauce
- 2 tbsp lime juice
- 2 tbsp rice vinegar
- 1 tsp hot sauce
- 1 tsp vegan Worcestershire sauce (optional)

- 1) Preheat the oven to 375°F.
- 2) Drain the tofu and press the excess water out using a tofu press. Or, wrap the tofu in paper towels and place something heavy (a few cookbooks) on top to squeeze the water out.
- 3) Prepare the noodles according to the package instructions. Drain and set aside.
- 4) Meanwhile, prepare the tofu marinade by mixing the miso, soy sauce, and hot sauce.
- 5) Cut the tofu into cubes and toss with the marinade to coat.
- 6) Place the tofu on a parchment-lined or lightly oiled baking sheet, and bake in the oven for 15-20 minutes until the tofu turns light brown.
- 7) In a large bowl, prepare the peanut sauce by whisking together the peanut butter, water, soy sauce, lime juice, rice wine vinegar, hot sauce, and vegan Worcestershire sauce. Add water to thin if necessary.
- 8) Chop the broccoli into small florets and steam for 3-5 minutes. Remove from steamer and place on a parchment-lined baking sheet. Sprinkle with onion powder, granulated garlic, barbecue sauce, and peanuts. Bake in the oven, cooking until the edges of the broccoli start to crisp, about 5 minutes.
- 9) Toss the soba noodles in the peanut sauce. Add broccoli and tofu, and toss once more. Serve immediately.

*Find miso in a natural food store, or in the natural foods or international section of your supermarket.



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

SOUTHWEST POTATO HASH (plantbasedgabriel.com) (Serves 2)

- 3 cups frozen diced potatoes
- 1 cup cooked black beans
- 1 cup frozen chopped onions and peppers
- 1 tsp garlic powder
- 1 tsp onion powder
- ¼ tsp black pepper

Preheat oven to 425°F.

Put all of the ingredients into a large bowl. Mix together so that the spices are well distributed. Place onto a lightly-oiled baking sheet or one covered with parchment paper. Bake for 20 minutes at 425°F. Take the hash out of the oven and mix. Bake for another 20-30 minutes or until the hash begins to crisp up. Enjoy!

OIL FREE FRENCH DRESSING (monkeyandmekitchenadventures.com) (Makes 1 1/3 cups)

- 1–3 tbsp organic maple syrup (+/-)
- ½ cup water
- 3 tbsp distilled white vinegar
- 1 tbsp + 1 tsp apple cider vinegar
- 3 tbsp tomato paste
- 1 tsp tamari or other soy sauce
- 1 tbsp almond butter or other nut butter
- 1 tbsp red onion, chopped
- 1 tsp onion powder
- 1 tsp garlic powder
- 2 tbsp dried minced onions
- 1 tsp sweet paprika
- ½ tsp ground mustard powder**
- Pinch celery seeds (optional)
- ½ teaspoon sea salt (+/-)
- Pinch black pepper (+/-)

Place all the ingredients into a high-speed blender, blend and emulsify until smooth. Taste test the dressing and add more seasonings, if needed.

**You can substitute 1½ tsp prepared (wet) mustard for the ground mustard.

Ed. note: If you don't have a high-speed blender, you can make this dressing by hand with a whisk. Whisk the nut butter with a little water first, then add in the other ingredients.

This dressing would be good on green salad, grain salad, or any bean/grain/veggie bowl. ♦

MORE VEG NEWS

EXPOSÉ OF RED AND PROCESSED MEAT STUDY

In fall of 2019, the *Annals of Internal Medicine*, a prestigious journal, published a review study purporting to show that there is no need to reduce red and processed meat consumption for good health, and that most people could continue to eat those foods at average consumption levels.

On 10/14/19, an article in the business section of the *Washington Post* stated that the the research group conducting the study failed to reveal its ties to a program partly backed by the beef industry.

On 1/7/20, the *Post* reported that the *Annals* had issued a correction in reference to this study, based on the failure of the authors to disclose “a key conflict of interest” by not stating their ties with AgriLife Research, an arm of Texas A&M University that is partially funded by the beef industry. Bradley Johnston, the chief author of the study, was required to amend his conflict of interest statement to show that he had received funding from AgriLife within the 36-month reporting period imposed by the committee of medical journal editors that monitors conflict of interest.

Incidentally, Dr. Johnston similarly published a study in 2016 concluding that

people did not need to reduce sugar consumption, and was later forced to disclose his ties to the sugar industry.

The *Post* reported that it was Dr. Neal Barnard of the Physicians Committee for Responsible Medicine (PCRM) who “launched the campaign for a printed correction.” The *Post* also observed: “Red and processed meat are increasingly seen as a major culprit in [lifestyle diseases](#) as well as greenhouse gas emissions.”

EFFORTLESS ENVIRONMENTALISM
Margaret Renkl, a columnist for the *New York Times*, wrote an article on 1/13/20 listing easy and even pleasant steps that one can take to “live more lightly on the earth.” Renkl includes the following prescription: “**Eat better.** Agriculture accounts for about a third of greenhouse gas emissions, primarily through deforestation, the use of petrochemical fertilizers and methane production by livestock. To mitigate its effects, eat less meat and fewer dairy products.”

Renkl had previously written a column on 12/16/19 called “Burgers for a Better Planet,” reporting that her 91-year-old father-in-law happily eats plant-based burgers. It all started when Renkl read a chapter called “Meat Hooked” in the 2019 book, *The Fate of Food*, where she learned that meat production is responsible for 15% of greenhouse gases, more than all

forms of transportation combined, and also monopolizes water resources and causes massive de-forestation. Demand for meat has doubled worldwide in the past 30 years, and is expected to double again by 2050. Renkl quotes from [a brilliant piece for The New Yorker](#) by Tad Friend: “Razing forests to graze cattle turns a carbon sink into a carbon spigot.”

Renkl reports on the mostly enthusiastic responses of her family members to plant-based meat. She is most inspired by her elderly FIL’s reaction when she first old him what he had just eaten for dinner: “Really? But it’s so good!” As Renkl concludes: “the food landscape is undergoing a radical change. And that can be only good news for the real landscape.”♦

HAIKU by Bruce Ross

full of fury
he scolds me for it
winter chickadee

how still they are
in this cold
pigeons on a curved lamppost

approaching rain—
the solitary sparrow
on a telephone wire

APPLICATION FOR MEMBERSHIP IN THE ROCHESTER AREA VEGAN SOCIETY

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

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

Name (s): _____ Date: _____

Address: _____

Phone(s): _____ email: _____

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

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

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

Primary interest in vegetarianism:

- Environment
 Animal Rights
 Health
 Other:

Rochester Area Vegan Society upcoming meetings and events of interest:

- **February 16, 2020** (3rd Sunday) **The Lost Ark of Human Health** with **Julia Inglis, PhD, RD** at Brighton Town Park Lodge (directions below). Dr. Inglis is a cancer researcher at the U of R Medical Center. 5:30 PM Vegan Potluck Dinner; 7 PM Program
- **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: **How a Strict Vegan Got Cardiac Disease!! Testimonial by Lois Baum.** Esselstyn Rules = vegan, no oil & no high-fat plant foods, i.e., no, nuts, peanuts, olives, avocados, coconut.
- **March 15, 2020** (3rd Sunday) **Diet and Cancer: How Plant-Based Diet can Prevent, Arrest and sometimes Reverse this Disease** with **Milton Mills, MD.** Brighton Town Park Lodge (directions below). 5:30 PM Vegan Potluck Dinner; 7 PM Program
- **April 9, 2020** (Thursday) **27th Annual RAVS 2nd Night Seder** (shared event with Beth Haskalah, Jewish Humanist Group) at Brighton Town Park Lodge, 777 Westfall Road. Doors open 5 PM, Service 6:00 PM followed by vegan share-a-dish dinner. Special food rules: vegan (no animal products) + no wheat except matzoh. Please reserve at 234-8750 or at rochesterveg.org
- **April 19, 2020** (3rd Sunday) **RAVS Fund Raiser Dinner** catered by **Cinelli's Restaurant** and RAVS Board members. 6:00 PM Dinner. Brighton Town Park Lodge, directions below. Go to rochesterveg.org to buy tickets; if you don't have computer access, call 234-8750 and we will register you for the event.
- **April 27, 2020** (4th Monday) **Oil-Free Vegan Gathering (Esselstyn Rules)** at Buckland Lodge (not our usual lodge), 1341 Westfall Road. 6 PM Vegan Potluck; 7 PM Program. **Plant-Based Diet for Cardiovascular Health** with cardiologist **Simone Bailey-Brown, MD.** For dinner, Esselstyn Rules = vegan, no oil & no high-fat plant foods, i.e., no nuts, peanuts, olives, avocados, coconut.
- **May 17, 2020** (3rd Sunday) **Presentation by Dr. Jonathan Balcombe, Topic TBA** Brighton Town Park Lodge (directions below). 5:30 PM Vegan Potluck Dinner; 7 PM Program Dr. Balcombe is a well-known ethologist (expert on animal behavior) and we look forward to his presentation!

Regular meetings are held on the 3rd Sunday of the month at the Brighton Town Park Lodge, 777 Westfall Rd., Rochester, NY 14620. **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." Oil-Free Vegan Gatherings are on the 4th Monday, every other month, and are held at the Buckland Lodge, further east on Westfall Rd.

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