

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. ♦

VEGAN CHOICES AND COVID SURVIVAL

We all need to be humble, flexible, patient, cautious, and compassionate in the face of coronavirus and COVID-19, the disease it causes. We have so much to learn about this virus. We don't know if following a plant-based diet has benefits in resisting or surviving the virus, but we devoutly hope so.

World-renowned plant-based expert **T. Colin Campbell, PhD**, co-author of *The China Study* and author of *Whole*, has issued a paper entitled "**Our Most Important Defense Against COVID-19: Finding Hope through Scientific Evidence**" which was posted at plantpurecommunities.org Dr. Campbell points out that most people who become very ill with the disease, or die from it, have underlying chronic conditions which are in large part the result of a meat- and dairy-based diet. Here is an extended excerpt from the article:

We find ourselves in this difficult place because for years industry, government, and academia have suppressed the most important truth of health, which is that there is credible evidence that a diet of whole, plant-based foods (vegetables, fruits, whole grain cereals, legumes and nuts) can create more health than all the pills and procedures combined. The supporting evidence for this bold statement refers to the ability of this diet to not only prevent so-called chronic degenerative diseases (cardiovascular diseases, diabetes, stroke, cancer, etc.) but also to treat many of these same diseases, a response that can be seen in days.

But the story gets even more compelling, especially concerning our current crisis. In my opinion, good evidence exists to show that the beneficial effects of a whole food,

plant-based (WFPB) diet also applies to viral diseases like COVID-19. ...

WFPB diet can 1) prevent, perhaps even reverse, the chronic degenerative diseases which make older individuals more susceptible to COVID-19 while 2) simultaneously increasing immunity by inactivating the COVID-19 itself. Consuming this diet does not mean we won't get infected by the virus, but it should increase our defenses to avoid the worst effects from the infection, and in so doing, help to flatten the curve of hospitalizations.

The immune strengthening effects of a plant-based diet is not surprising when you see nutrition through a wholistic rather than a reductionist perspective. Consuming the right diet optimizes our health, period. Nature would not have created a nutritional effect for chronic degenerative diseases opposite that for viral diseases.

So, if you have time, and as you are house bound awaiting the passing of the COVID-19 threat, spend some of this time learning about this remarkable nutrition effect. There is no greater form of education than experience, so I also suggest you consider going on a plant-based diet, if only for 10 days, to experience its health benefits. There are food options available that make this easier than it used to be, and of course, if you are willing to cook, there are many recipes available in cookbooks and on the internet.

You can read Dr. Campbell's entire paper at the PlantPure website. To learn more about plant-based diet and the connection between the food we eat and the current pandemic, visit: <https://plantpurecommunities.org/defense-against-covid-19/> ♦

IN THIS ISSUE

Vegan Choices and COVID	p. 1
Contact Info & Meeting Tips	p. 2
Vegan Society Update	p. 3
RAVS Statement of Purpose	p. 4
Lifestyle and COVID	p. 4
Whole-Food Vegan Recipes	pp. 5-6
RAVS Response to COVID	p. 7
Calendar	p. 8

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

As I write this newsletter, we all are unified by our joint experience of the coronavirus epidemic. We don't know how the next weeks and months will unfold; we don't know how this epic event will change our organization and our lives over the long run. We can only face each day with all the energy and courage we can muster, as we try to foster and sustain life: our lives and those of all we encounter.

The epidemic has had an effect on our organization, and is likely to do so for some time to come.

RAVS MEETINGS/PROGRAMS

In February, **Julia Inglis, PhD, RD** spoke to us on the importance of fiber, found only in plants, to good health. This meeting was ASL interpreted for the deaf. Our March meeting was canceled due to the virus, but **Milton Mills, MD** came to Rochester and filmed his lecture on diet and cancer before a small group; this talk is now on Youtube. Our April meetings were cancelled. We hope to have Zoom meetings, with **Jonathan Balcombe, PhD** in May and with **J. Morris Hicks** in June (2nd Sunday). The July picnic is still uncertain. See calendar page 8.

RAVS OUTREACH: In February, we did the following outreach:

—Presentation at Messiah Lutheran Church in Greece by **Ted Barnett, MD** with support from **Carol Barnett**

—Table at Sustainable Living Fair at St. John Fisher College with **Carol Barnett**

Spring is usually a very active season for outreach, but our other events were cancelled due to the coronavirus.

ROCHESTER LIFESTYLE MEDICINE INSTITUTE (RLMI)

RLMI is actively transforming its programs and events to be available **online** to promote health and to support all of us during this difficult time.

RLMI offered a free webinar on “COVID and Lifestyle Medicine,” which was given live with Q&A twice, once with ASL signing. Both sessions are posted on

RLMI's website. Another webinar on “Love in the Time of Coronavirus” is posted as well. Also visit roclifemed.com and find “Blogs and Moments” on the toolbar for Daily Moments of Joy.

RLMI now offers the **Lift Project**, a 10-week program to build happiness using the pillars of Lifestyle Medicine. It's perfect any time but especially in these times.

RLMI offers the **CHIP** program online via Zoom and with ASL interpretation. Check roclifemed.com for dates.

RLMI offers a new online version of the **15-Day Whole-Food Plant-Based Jumpstart** called **Community Jumpstart**, starting Saturday May 16!

For information and to register for these programs, visit roclifemed.com or call (585) 484-1254 (callback within 48 hours).

VEGAN FOOD LOCALLY

Here are Rochester's ALL-VEGAN restaurants which remain open for take-out or delivery during the epidemic.

Eden Café & Bakeshop, 109 Main St., Batavia NY 14020 (inside Eli Fish Brewing Co.) (585 815-4487)

The Natural Oasis, 288 Monroe Ave., Rochester (325-183) Ethiopian buffet for lunch, and gourmet (but very reasonably priced) tasting menu at dinner. Juice bar.

New Ethic Pizzeria, 545 Titus Ave., Rochester, NY 14617 (623-8231).

Rochester's ALL-VEGAN meal and meal prep businesses are:

Kitchen Verde (kitchen-verde.com), 777 Culver Rd. (230-8942): oil-free vegan ingredients and meal kits for pick-up; also does catering, and supplies plant-based entrées to local restaurants. **Sweet Pea** (sweetpeaplantbased.com), 630 East Ave. (800-561-7608): 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.

For the duration of coronavirus measures, please contact these businesses before patronizing them to make sure of availability and hours.

CONDOLENCES to Beth Garver Beha, husband Brian and daughter Tabetha on the loss of Beth's father Philip Garver, who died on Feb. 21 at the age of 94, after a long and active life.

CONDOLENCES to Ruth Goldberg and Mitch Ehrenberg and family on the loss of their daughter Edith on March 27.

MOVING WITH THE TIMES Scott Wagner was shown broadcasting a class live on the Exercise Express Facebook page. The photo accompanied an article in the *D&C* called “Virtual gatherings on the rise as Rochester adjusts to the coronavirus,” 3/23/20.

SUPPORTING PLANT-BASED In an article in “In Good Health” (Feb. 2020) called “Heart Healthy: Is It Hype or Helpful?” **Simone Bailey-Brown, MD** advocates “sticking with whole, plant-based foods like fruits, vegetables, nuts and legumes to support heart health.” **Susan Friedman, MD, MPH** was profiled in “Meet Your Doctor” in the same issue!

VEGAN PIZZA *City Newspaper* (March 18-24, 2020) profiled **New Ethic Pizzeria**, now offering curbside and in-store pick-up and delivery in some zip code areas. Open Wed.-Sat. 4:30 - 8 or 8:30 PM.

SUBSTITUTING FOR EGGS AND DAIRY is all the rage during the COVID epidemic, as people struggle to make do with infrequent shopping trips. The *Democrat & Chronicle* had articles on how to sidestep these animal foods, on 3/27/20 and 4/3/20.♦

SIX WAYS TO REDUCE INFLAMMATION (from *Lifelines*, newsletter of Toronto Vegan Assn., Fall '19)

1. Eat colorful vegetables and fruits.
2. Limit sugar, refined carbohydrates, and processed foods.
3. Load up on omega-3 (“it's important to get them from foods like walnuts, hemp seeds, chia seeds, and flax seeds”).
4. Incorporate anti-inflammatory spices like ginger and turmeric.
5. Get enough sleep.
6. Practice deep breathing, meditation or yoga.

We welcome the following: **New Members:** Laurie & Don Felice, Janet Graves-Wright, Catherine & Jack Morrissey (Patron Level), Donna Prince, Barbara Pudiak, Joe Walters, Matthew Zahn.

Membership Renewals: Sandy Baker & Albert Brock, Carol Barnett & Ted D. Barnett MD, Juliana Bass, Beth Garver Beha & Brian Beha (Contributing Level), Eileen Brophy (2-year renewal), David Buckner, Jeanette Burke & Todd Tarzia, Vernon Cain (Patron Level), Jo Cappella, Ellie Cherin (Sustaining Level), Allan O'Grady Cuseo (Patron Level), Sue Czapranski, Denise Eshenaur, Linda Isaacson Fedele (2-year renewal, Contributing Level), Marcia & David Gann, Kimber Gorall (Patron Level), Ruth & Bill Grace, Kerry Graff, MD (Patron Level), Stephen Heffron, Laura Howell, Pat Hysert, Julia Inglis, PhD, RD, Meryl Israel & Robert Israel, MD, Cheryl Kelley, DMD & Steve Melcher (Patron Level), Audrey Kramer & Alex Chernavsky, Andrew Leoni, Liz Mazza & Jon Parker (Patron Level), Ann McCulloch, Gerry & Tim Miner, Dee & Darren Mrak (Contributing Level), Maggie Odhner, NP & Daryle Odhner (Contributing Level), Elaine O'Neil, M. J. O'Neill, Linda Pulhamus, Sandy & Byron Rubin, Connie & Tom Specht, Abby Stern & David Stern, MD, Martha Sullivan (Patron Level), Lisa Vanderhof, Laurie & Jim Vangellow, Evelyn Zyla. **Thank you for your support!** This list is current through about 4/20/20. Any questions, contact rochesterveg@gmail.com or (585) 234-8750.

ROCHESTER AREA VEGAN SOCIETY: Who We Are

The **Rochester Area Vegan Society** (RAVS) is a membership group with a large penumbra of interested persons who participate in our activities because they wish to learn about a vegan way of living or share in its benefits.

RAVS was formed in 1989 as the Rochester Area Vegetarian Society. It changed its name to the Rochester Area Vegan Society in 2014, on the occasion of its 25th anniversary (also the 70th anniversary of the word “vegan” and of the first vegan society in England). From the very beginning, RAVS has been completely vegan in its rules, recommendations, policies and practices.

RAVS has monthly meetings on the 3rd Sunday which consist of a vegan potluck or share-a-dish dinner, usually followed by an informational program. Meetings are held in the centrally located and accessible Brighton Town Park Lodge. In some months, events are somewhat different, such as a holiday party or summer picnic at a different site, so be sure to check our website rochesterveg.org, or email rochesterveg@gmail.com to ask to be put on our notification list. Non-members are always welcome at our events, but we ask that they pay a small guest fee. RAVS has an additional health-based meeting, the Oil-Free Vegan Gathering, every other month on the 4th Monday at a different lodge in Brighton; information on this meeting is also on our website and sent out by email.

RAVS also conducts a robust outreach effort to inform the community about the why and how of a plant-based diet, and staffs dozens of information tables in the Rochester community throughout the year. Along with Animal Rights Rochester, RAVS is one of the co-sponsors of the annual Rochester VegFest, which takes place in September: rocvegfest.org.

RAVS has a vital connection with the Rochester Lifestyle Medicine Institute, which offers programs to educate and support people who wish to adopt a plant-based diet in order to reverse

chronic disease and achieve optimal health. Programs include the 15-Day Whole-Food Plant-Based Jumpstart, the Complete Health Improvement Program (CHIP), and the 6-week nutrition course, “A Plant-Based Diet: Eating for Happiness and Health.” Information and registration at roclifemed.com

Rochester, New York is a community with many plant-based assets, of which RAVS is only one.

RAVS has a Facebook group but there are others such as Rochester Vegans. There is a Rochester Vegan Meetup group. As of this writing in early 2020, Rochester has five vegan restaurants and vegan options at many others, and there are at least two vegan meal prep services, Kitchen Verde, kitchen-verde.com and Sweet Pea Plant-Based, sweetpeaplantbased.com.

RAVS welcomes the participation in its events of anyone interested in the life-giving benefits of a plant-based diet, regardless of whether you are a member. We are an all-volunteer, non-profit, and tax-exempt organization, and we are open to persons of every race, religion, political party, gender, and gender orientation. Our goal is to expand the circle of compassion to encompass all persons, all sentient beings, and the beautiful planet we all share.♦

“A Lifestyle Medicine Approach to COVID-19”
(roclifemed.com, “Blogs & Moments”)

Nutrition – Move as far toward a whole-food, plant-based diet as you can. In particular, eat lots of leafy greens, vegetables and fruits across a rainbow of colors, and eliminate animal products. This will help develop a healthy microbiome, reduce inflammation, and give you a spectrum of micronutrients to maximize health.

Activity – Exercise daily, aiming for at least 30 minutes of moderate activity per day. Make sure that you work up a sweat. This virus has the highest impact on people’s hearts and lungs, so you want to make sure that they are in as good shape as possible if you get the virus.

Substances – Avoid smoking, vaping, or inhaling any substance, which can be toxic to the lungs.

Sleep – Sleep is critical for your immune system. Aim to get 7-8 hours of sleep nightly, and to wake up rested. Go to bed at a regular time. Make sure your room is cool, dark, quiet, and comfortable. Avoid screens at least 90 minutes before bedtime. Develop a “wind down” ritual, like listening to soft music, writing in a journal, or reading a book.

Stress – This is a stressful time. Managing stress is important to reduce cortisol levels and optimize your immune system. Some things to consider in reducing stress: talk with friends and family; practice mindfulness and meditation; do deep breathing exercises. If you find that your stress is becoming unmanageable, seek help sooner rather than later.

Relationships – This is an important time to support and be supported by the people you love. Be kind; listen to each other; express your feelings and listen to the feelings of others. Call friends. Try to help neighbors or others who may need a hand.

Time outdoors – Being outside is calming. And you can walk with a friend and still maintain physical distancing! (Just stay 6 feet away.) Try to get outside every day, especially during the middle of the day.

Meaning and purpose – This is a time for reflection, as well as a time for action. Reach out to others, to see if there is a way you can help. If you are religious, use the power of prayer.

Positive emotions / finding joy – There is a saying that “It’s better to light a single candle than to sit and curse the dark.” Be that candle. Find the moments of joy and light, even if they are few and far between. Think about all the things you are grateful for. Smile and laugh when you can. Your immune system will thank you!♦

Rochester Lifestyle Medicine has transformed its offerings to keep you safe and offer support during this pandemic. See more on p. 3 or visit roclifemed.com.

HAIKU by Bruce Ross

how it settles
into the curved branch—
the crow at dusk

deep night . . .
at the roof’s edge
wind in the ivy

sleepless night
the space between
two stars

COOKING VEGAN FROM YOUR PANTRY

Here are some healthy recipes that you can make from ingredients that last well in your pantry, on your countertop, or in your refrigerator.

PERFECT LENTIL SOUP WITH MASHED POTATOES (Serves 6-8) (adapted from Vicki Brett-Gach of Main Street Vegan Academy; found at drmcDougall.com)

1 large Vidalia onion, chopped
4 celery stalks, chopped
2 cups dried lentils, rinsed
9 cups vegetable broth
14 ounce can chopped or crushed
tomatoes
1 tsp cumin
½ tsp curry
½ tsp garam masala
1 tsp kosher salt
½ tsp coarsely ground black pepper
1 bay leaf
¼ cup freshly squeezed lemon juice

Stovetop Instructions:

Combine all ingredients in a large soup pot, except the lemon juice and mashed potatoes. Bring to boil. Once boiling, reduce heat to simmer. Cover, and cook for one hour and 45 minutes, or until lentils are tender and begin to cook down to a smooth creamy soup.

Carefully remove the bay leaf. Use an immersion blender to create a slightly creamier texture, if desired. Stir in fresh lemon juice. Serve hot, with scoops of mashed potatoes.

Slow Cooker Instructions:

Combine all ingredients in a large slow cooker (Crock-Pot), except the lemon juice and mashed potatoes. Cover and cook on high setting for 6 hours or until lentils are tender. (All slow cookers have their own personality; older ones may take longer, newer ones may take less time.)

Carefully remove the bay leaf. Use an immersion blender to create a slightly creamier texture, if desired. Stir in fresh lemon juice. Serve hot, with scoops of mashed potatoes.

WHITE BEAN & CAULIFLOWER ALFREDO (Serves 4 to 6) (adapted from simple-veganista.com)

Alfredo Sauce (makes approx. 4 cups)

1 can cannellini beans (15 oz),
drained and rinsed
1 small head cauliflower
1¼ cups unsweetened non-dairy milk
2 tbsp dry vermouth, white wine, or
sherry
1 large shallot or ½ onion, diced
¼ teaspoon nutmeg
Salt & pepper to taste
1 or 2 tbsp nutritional yeast, optional

16 oz. pasta, any type (used penne)

Optional side of veggies

5 – 6 kale leaves, stems removed and
chopped
1/3 cup sun-dried tomatoes
8 oz mushrooms, sliced
Generous pinch red pepper flakes, to
taste

Alfredo Sauce: Remove any leaves and core the bottom of the cauliflower. Cut cauliflower into large florets and place in pot of boiling water. Cook for about 20 minutes, or until soft; drain. While cauliflower is cooking, heat 2 tbsp of dry vermouth in sauté pan over medium to medium high heat, add shallots and cook until soft and lightly browned.

Place cooked cauliflower in blender/food processor along with beans, plant milk, shallots and nutmeg. Blend until creamy. Taste for flavor adding salt, pepper and any other spice you might like. Also, if sauce is too thick, add a splash or so more plant milk as needed, blend again.

Pasta: Cook according to package instructions.

Veggies: In same sauté pan you cooked the shallots, heat 2 tbsp dry vermouth over medium heat. Add mushrooms, kale, sun-dried tomatoes and red pepper flakes. Sauté kale until it has sweated down, approx. 5 min. You could use a cover to help. Turn off heat when done.

To assemble: Place cooked pasta back in the same pot it was cooked in, add as much sauce as you like. Stir gently to coat. Either add the veggie mix to the pasta and mix, or leave to serve on the side. Turn heat to low and cook until warmed through, adding a splash or so of milk if needed to keep from drying out. Keep it moist and creamy.

To store: Keep remaining sauce or any leftovers in an airtight container in the fridge. Will last up to a week. When reheating, add more non-dairy milk to maintain creaminess if needed.

SWEET POTATO SOUP WITH GINGER AND VANILLA (Serves 6 to 8) (adapted from isachandra.com)

¼ cup dry vermouth or white wine
1 medium yellow onion, diced
2 tbsp chopped fresh ginger
½ tsp red pepper flakes
3 lb. garnet yams, peeled and cut into
1 inch chunks
4 cups vegetable broth
½ tsp salt
1 vanilla bean, split and scraped (tip
to use a steak knife)
1 tbsp pure maple syrup
2 tbsp fresh lime juice (1 lime)

In a 4-quart soup pot over medium heat, sauté the onions in dry vermouth with a pinch of salt for about 3 minutes, until translucent. Add ginger and red pepper flakes, and sauté another minute or so. Add yams, veggie broth and salt. Cover and bring to a boil. Once boiling, lower heat a bit to a slow simmer and cook until potatoes are tender, about 5 minutes.

Once tender, add the vanilla beans or dash vanilla. Use an immersion blender to purée the soup until smooth, or transfer the soup in batches to a blender or food processor to purée (be sure to let the steam escape in between pulses, so it doesn't build up and explode). Transfer the soup back to the pot. Add maple syrup and lime and taste for salt. Thin with a little water, if necessary. Serve hot.

Serve garnished with lime, if you like, or with an optional swirl of coconut milk.

MORE VEGAN RECIPES**EASY PASTA PRIMAVERA**
(Kate Kasbee) (adapted from wellvegan.com) (Serves 3-4)

8 oz. dry pasta (or gluten-free pasta)
 Dry vermouth/white wine as needed
 5 cups chopped vegetables (I used zucchini, summer squash, grape tomatoes, broccoli, frozen peas, and asparagus)*
 Salt and black pepper, to taste

For the sauce:

2 tbsp dry vermouth/white wine
 1 large shallot, minced*
 2 garlic cloves, minced
 ½ teaspoon lemon zest
 ⅓ cup hummus
 ½ cup vegetable broth
 1 tablespoon lemon juice
 Pinch of salt
 Few twists of black pepper

Cook the pasta according to the box or bag directions. Drain and set aside.

To make the sauce, pour 2 tbsp of dry vermouth or white wine in a large, deep skillet. Add the shallot, garlic, and lemon zest and sauté over medium-low heat for 2 minutes. Scoop the hummus into the skillet and add the vegetable broth and lemon juice. Whisk to blend the hummus into the broth. Turn the heat to low and simmer for 5 to 7 minutes, until the sauce thickens a bit. Season with salt and black pepper, to taste. Transfer the sauce into a bowl and set aside.

Add more dry vermouth or wine to the skillet. Add the sturdiest veggies first (broccoli, asparagus, peas) and sauté for 2 to 3 minutes. Then add the softer vegetables, like mushrooms, summer squash, and zucchini, and sauté for a minute more. If using tomatoes, add those in the last 30 seconds of cooking. Whatever vegetables you use should end up brightly colored and slightly tender, but not mushy. Remove from heat.

Add the cooked pasta to the veggies. Pour in the sauce and stir to gently coat. Finish off the vegan pasta

primavera with another squeeze of lemon and a few twists of black pepper. Enjoy warm.

[*Ed. note: This recipe is more pantry-friendly and versatile if you feel free to use frozen vegetables, which are easy to store and nutritionally equivalent to fresh vegetables. Frozen veggies may take much less time to cook than fresh, so watch carefully if you want a crisp result. Also, you can use onion instead of shallot if that's what you have.]

BLACK BEAN SOUP

(Serves 4 to 6) (by Claryn; adapted from hellyeahitsvegan.com)

¼ cup dry vermouth, white wine, or sherry
 3 ribs celery, diced
 1 large onion, diced
 2 medium carrots, sliced into half-moons
 3 cloves garlic, minced
 1 tsp cumin
 ¼ tsp thyme
 1 lb. dried black beans (about 2 cups), rinsed and picked over
 4 cups vegetable stock
 4 cups water
 ¼ tsp liquid smoke, plus more to taste
 1 tsp salt, plus more to taste
 ½ tsp black pepper, plus more to taste

- 1) In a large, heavy-bottomed soup pot, sauté celery, onion and carrot in vermouth or wine until onion is translucent.
- 2) Stir in garlic, cumin and thyme and sauté another 30 seconds, or until fragrant.
- 3) Add stock, water, and black beans.
- 4) Bring to a boil, then reduce heat and simmer, covered, about 2½ hours, or until beans are tender.
- 5) Using an immersion blender, purée about half the soup.
- 6) Season with liquid smoke, salt, and pepper.
- 7) Serve hot.



Want to go vegan?

We can help!

rochesterveg.org

THE BEST VEGAN CHILI
(Serves 6-8) (adapted from whereyougetyourprotein.com)

1 (15 oz) can black beans
 1 (15 oz) can kidney beans
 1 (15 oz) can pinto beans
 1 can vegan refried beans (like Old El Paso Fat Free)
 1 (14 oz) can diced tomatoes
 1 (14 oz) can fire-roasted tomatoes (with green chilies if possible)
 One medium onion
 One small green bell pepper
 One small red bell pepper
 1½ cups vegetable broth
 ¼ cup wine, beer, or water
 1 heaping tbsp chili powder
 1 tbsp ground cumin
 2½ tsp garlic powder
 ½ tsp salt or to taste
 1 tsp onion powder
 1-2 jalapeño pepper(s), diced (opt.)

Start by draining and rinsing the canned beans (not the refried beans). Now, add the liquid, onion, and bell pepper to a large dutch oven or stockpot. Sauté until they begin to soften, about 8 minutes. Toss the remaining ingredients into the pot. Give everything a good mix until it's well combined and the refried beans are fully dispersed. Heat the chili over medium heat until it begins to come to a boil. Lower the heat to a simmer. Cover and simmer for about 20-30 minutes or until the peppers and onions are cooked. Periodically stir the chili to keep it from scorching the bottom of the pot. Allow the chili to rest for 10-15 minutes before serving. Serve this hearty vegan chili topped with diced avocado, fresh cilantro, and optional jalapeño slices.

PANTRY TIPS: Storage

Cabbage and carrots last a long time (a week or more) in the refrigerator. Sweet potatoes, onions and garlic last a long time on the counter. Potatoes last a long time in a dark pantry.

Apples and oranges can last a week or so on your counter or in a dark pantry; even longer in the fridge if you have room. ♦

.RAVS: Where do we go from here?

The current pandemic is affecting all of us, widely and deeply. Until we have good testing, good treatments, and a vaccine, people will be very wary of get-togethers. Having the first wave pass through Monroe County will be no guarantee that the virus won't return in successive waves.

We are resisting the temptation to plan too far into the future. There are too many uncertainties and contingencies. Here is a game plan for the 3 months covered by this newsletter.

—The April meetings have been cancelled. No seder, no fund raiser dinner, and no Oil-Free Gathering for April.

—For our May meeting we had scheduled Jonathan Balcombe, the renowned ethologist (animal behavior scientist). We are planning a Zoom meeting with him at the date/time that he would have lectured to RAVS. This will be a free event that you sign up for

online to get a link to the event. Viewers/listeners will be able to submit questions via Chat.

—For our June meeting, we will have a Zoom meeting with J. Morris Hicks, co-author of *Healthy Eating, Healthy Planet*. Again, anyone will be free to sign up online, receive the link, and watch/listen. Viewers/listeners will be able to participate by Chat.

—We have a host for the July picnic. We haven't given the venue because we want to decide closer to the date whether it is safe to hold this event. You will receive notice of this event on the website, on the RAVS voicemail, by email and by Facebook. Those who don't have a computer will receive a phone call notifying them of the picnic if there is one.

We realize that what we have to offer over the coming months will be of most benefit to those who have computers. There is no way around this. We'll try to find a way to make this fair and equitable as the months pass, but we are limited in what we can do.

We would like to extend the Board terms of the current RAVS Board members by one year. Right now, putting together a ballot seems an unwanted task, and there is much carryover from one year to the next anyway. However: (1) Anyone who doesn't wish to continue serving may of course stop serving; and (2) Anyone who wants a higher level of participation in RAVS, or who has ideas to share, please email rochesterveg@gmail.com. Our board meetings are open to the public (though we don't know when the next physical board meeting will be).

Finally, RAVS still needs your membership and support, and we do not easily drop someone from the membership rolls. This has always been the case and it remains so now.

You can call with questions any time, to (585) 234-8750; this is a voice mailbox and you will receive a call back.

Sincerely,
Carol and Ted Barnett,
RAVS Coordinators

APPLICATION FOR MEMBERSHIP IN THE ROCHESTER AREA VEGAN SOCIETY

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

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

Name (s): _____ Date: _____

Address: _____

Phone(s): _____ email: _____

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

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

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

Primary interest in vegetarianism:

- Environment
- Animal Rights
- Health
- Other:

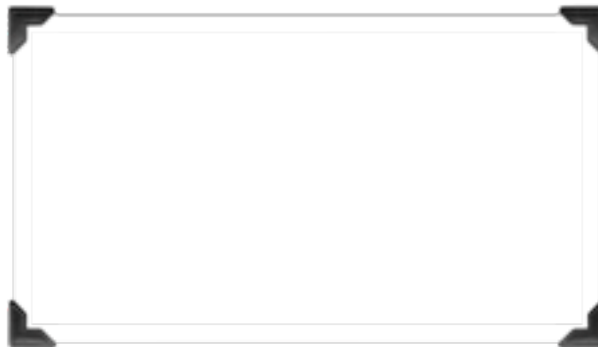
Rochester Area Vegan Society upcoming meetings and events of interest:

- **May 17, 2020** (3rd Sunday) **SPINELESS but not MINDLESS: Surprising Insects** with **Jonathan Balcombe, PhD**
7:00 PM Zoom call with opportunity to participate by Chat. Dr. Balcombe is a well-known ethologist (expert on animal behavior). Go to rochesterveg.org and click on “Events” to sign up for this free event and receive link.
- **June 14, 2020** (2nd Sunday) **Long-Term Survival: Silver Lining of the Coronavirus** with **J. Morris Hicks** 7:00 PM
Zoom call with opportunity to participate by Chat. Go to rochesterveg.org and click on “Events” to sign up for this free event and receive link.
- **July 1-5, 2020** (Wednesday- Sunday) **Vegan Summerfest** at has been CANCELLED. Note: Some people might attempt to arrange an online version of this event. You can always check the NAVS website periodically to see if that has happened. Search “Vegetarian Summerfest” (<https://summerfest.navs-online.org>).
- **July 19, 2020** (3rd Sunday) **2:00 PM Summer Picnic** We’ll let you know by July 5 whether this event will take place and, if so, where. Notification on website and phone line, by email and Facebook. Those not online will receive a call.
- **September 12, 2020** (Saturday) **4th Annual Rochester VegFest! 10:00 AM to 4:00 PM.** At Martin Luther King, Jr. Memorial Park. Visit rocvegfest.org for status of this event.
- **September 24 - October 29, 2020** (Six Thursdays) 6:15 PM-8:30 PM **A Plant-Based Diet: Eating for Happiness and Health.** Course given at Unity Hospital Education Center. 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. Visit roclifemed.com for information, to register, and to check the status of this event.

Usually our 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 certain months of the year, 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



14602
ROCHESTER, NY
Box 20185
ROCHESTER AREA VEGAN SOCIETY