

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 FOR THE EARTH

Eating more plant-based food is one of the easiest ways to reduce greenhouse gas emissions and help shape a better future for our planet—and every meal makes a difference. Raising animals for meat, eggs, and dairy is responsible for a staggering 14.5 percent of human-induced greenhouse gas emissions.

By swapping animal products for tasty plant-based foods, we can cut our greenhouse gas emissions from food in half.

Raising so many animals—nearly 10 billion land animals in the United States alone—generates not only huge amounts of climate-altering greenhouse gas but tons and tons of waste, commonly stored in massive open-air "lagoons." Factory farmers pump liquid waste from these pits and spray it onto crop fields, often with high-pressure guns, creating a mist that drifts into nearby communities, sickening residents. Runoff from factory farms can also contaminate rivers and groundwater, damaging ecosystems and endangering people, companion animals, and wildlife.

And as factory farming pollutes our planet, it devours precious resources. Animal agriculture accounts for 8 percent of all human water use, takes up 33 percent of the world's cropland, and is a leading driver of deforestation.

Plant-based foods, on the other hand, are much kinder to the environment. They require less energy, water, and land, and are responsible for far less pollution. For example, a satisfying plant-based Beyond Burger generates an incredible 90 percent fewer greenhouse gas emissions than a beef burger!

[The above excerpt is taken from the Summer 2020 issue of *Compassionate Living*, the magazine of Mercy for Animals (MFA), mercyforanimals.org.

In the week leading up to Earth Day 2020, MFA released a video outlining the heavy environmental toll of animal agriculture, and launched a campaign, PlantPledge.org, asking people to fight climate change from their homes by pledging to eat plant-based, once a week or every day. ♦

On Oct. 22, 2020, the *NY Times* ran an article called "Belching Cows and Endless Feedlots: Fixing Cattle's Climate Issues," on the devastating effect of cattle operations on the environment. Ranchers seek to address the problem by changing the animals' diet or treating their waste, and the article is devoted to "mitigation strategies." But plenty of readers could see through to the real problem. One reader said: "Change what they eat? How about we change what WE eat." Another said: "If you are serious about battling climate change, if you want to restore habitat for wildlife, if you want to protect our water and air from the ravages of livestock production and you want results now (or in time to make a difference), there is only one option - move to a plant-based diet. If there is no market for meat: livestock production and the gas emitting animals, the CAFOs, the enormous pools of waste, the misuse of lands to feed these animals and the mistreatment and slaughter of sentient beings will go away without them. It is a win for the environment, as well as for your conscience." Another wrote: "My family's been reducing our meat consumption, and articles like this only encourage us further. Warehousing animals in ways to fatten them up faster is grotesque. The environmental harm only strengthens our resolve. The article doesn't mention the clearing of rain forests to make way for more animals and crops to feed them and the havoc that is already wreaking.... [We are] not the smartest species on the planet." Or the kindest. ♦

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Rochester Area Vegan Society

Coordinators:

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

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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

As I write this newsletter, we continue with “face, hands, space”: wearing masks, washing hands, and keeping our distance. Please continue to stay safe and well!

MEETINGS/PROGRAMS

In September, two vegan luminaries spoke “in” Rochester: **Neal Barnard, MD**, author of the new *Your Body in Balance*, pcrm.org; and **Michael Greger, MD** of nutritionfacts.org, author of the new *How Not To Diet*. In October, RAVS brought **Milton Mills, MD** to speak, in a groundbreaking lecture on “The Impact of Historical Racial Bias on the Health Profiles of Communities of Color.” Later in October, **Lisa Smith, MBA**, Executive Director of the Plant-Based Nutrition Support Group, spoke on normalizing plant-based living in communities of color. She is author of *The Plant Based Foodie* and founder of the “P.H.A.R.M to Table” course.

In November, **Jen Nguyen, RD** of **Sweet Pea Plant-Based** will present a program on using plant-based meals to move towards your health goals. See p. 8 for a robust line-up of presentations to get you through the winter! Details /registration at rochesterveg.org or roclifemed.org (some events will be cross-listed).

ROCHESTER LIFESTYLE MEDICINE INSTITUTE (RLMI) Helping You Find Your Best Health

RLMI has not let the pandemic get in the way of helping people take charge of their own health. Since the advent of COVID-19, RLMI has converted its programs into virtual, Zoom-based events. There’s still lots of opportunity for interaction and mutual support, and now participants are joining these programs from all over the world.

RLMI’s signature program is its **15-Day Whole-Food Plant-Based Jumpstart**. Jumpstart has participants make a change in their eating habits all at once so they can see positive changes in just two weeks. Most people improve their lab values and other clinical measures, and many show dramatic improvements, as shown by results from over 600 people who have taken the program.

RLMI also offers an in-depth lifestyle intervention, the **Complete Health Improvement Program (CHIP)**. CHIP has been helping people turn their health around since it was introduced in Loma Linda, California in 1988, as demonstrated by a number of peer-reviewed studies. In addition, RLMI offers a new interactive program to boost mood, called the **Lift Project**. RLMI’s sister organization, the Rochester Lifestyle Medicine Group, offers one-on-one medical consultations to those seeking individualized guidance and support.

For medical practitioners, RLMI has introduced a continuing medical education (CME) course to teach them the fundamentals of plant-based nutrition and Lifestyle Medicine. Doctors and other health professionals taking the course will watch 12 hours of lectures on whole-food plant-based diet and other principles of Lifestyle Medicine. They’ll also take RLMI’s Jumpstart as part of the course, so they can experience its beneficial effects and learn how to support patients embarking on a plant-based way of eating.

RLMI’s Director of Clinical Studies, **Susan M. Friedman, MD, MPH**, recently published an article in the *American Journal of Lifestyle Medicine* called “Lifestyle Medicine in the Midst of a Pandemic” <https://journals.sagepub.com/doi/full/10.1177/1559827620957272>. The article makes the case that following healthy behaviors to reduce the risk of chronic disease is the best defense against bad outcomes from COVID-19. Eating a healthy plant-based diet is one of the most powerful of those behaviors.

VEGAN FOOD LOCALLY

Rochester’s ALL-VEGAN restaurants which are open during the pandemic:

Allah’s Kitchen, 24 Hinchey Rd. Rochester, NY 14624 (623-8781) <https://allahskitchen.com> Take-out and delivery.

Eden Café & Bakeshop, 109 Main St., Batavia NY 14020 (inside Eli Fish Brewing Co.) (585 815-4487) <https://www.carrotogcafe.com> Open for take-out and indoor dining w/ COVID measures.

The Natural Oasis, 288 Monroe Ave., Roch., NY 15607 (325-1831) <https://www.naturaloasisny.com> Ethiopian buffet for lunch, and gourmet (\$5/plate) tasting

menu at dinner. Juice bar. Open for take-out and indoor dining with COVID measures.

New Ethic Pizzeria, 545 Titus Ave., Rochester, NY 14617 (623-8231) <https://newethicpizza.com> Take-out and delivery.

The Red Fern, 283 Oxford St. Roch. 14607 (563-7633) <https://www.redfernrochester.com> Take-out and delivery.

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

Kitchen Verde (kitchen-verde.com), 777 Culver Rd. (230-8942). **Sweet Pea** (sweetpeaplantbased.com), 630 East Ave. (800-561-7608). **Flour City Nut Grind** (643-4164). **Grass Fed Rochester**, 1115 E. Main St., Suite 148.

Please contact these businesses beforehand to check availability and hours.

VEGAN IN ROCHESTER

The website apartmentguide.com came up with a listing of best American cities for foodies. Rochester came in 4th, behind Miami; Berkeley, California; and Pittsburgh. The website mentioned **The Red Fern**, one of Rochester’s vegan restaurants (see above). *Democrat and Chronicle*, 10/2/20.

The D&C profiled six new food trucks serving Rochester, and carried a photograph of a vegan portobello burger served at the **Left-Handed Spatula** food truck. 9/4/20.

VEGAN CINEMA The D&C ran a front-page story about movie theater re-openings, with a photograph of **Alex Chernavsky** and **Audrey Kramer**, owners of **The Cinema Theater** at 957 S. Clinton Ave., an all-vegan business! The Cinema re-opened with the sci-fi comedy “Save Yourselves!” about a planet under siege. D&C, 10/23/20.

THANK YOU to longtime RAVS member **Honey Bloch** for a donation to RAVS in memory of Marjorie Relin.

THANK YOU to **Walter Bowen** for renewing RAVS membership for a friend.

THANK YOU to **Jennifer Raymond**, vegan advocate and author of the classic cookbook *The Peaceful Palate*, for her generous donation to RAVS.

THANKS TO EVERYONE who continues their support of a vegan ethic and a vegan world in these challenging times. The vegan message is needed now more than ever!♦

We welcome: **New Members:** Cherie Hamed (Contributing Level), Jean and Scott (Franco) MacArthur, Barbara Zacks. **Membership Renewals:** Lou Alano, Juanita Ball (2-year renewal), Peggy Weston Byrd, Mary & Gary Christo, Paul Clark, Catherine & Paul Dahler, Jane Dorsey, FNP (Sustaining Level), Glenda Dove-Pellito, Maria Fantozzi, Mike France, Wendy Fredericks, Tim Geen, MD & David Marshall (Patron Level), Molly Giles & Terry Boothman (Patron Level), Carol Graham, Tina Kolberg, Eileen Kuchta, Megan Meyer, Jim Minor, Jessica & Jon Perez, Helen Presberg & Saul Presberg, MD (Patron Level), William Privett, Mike Rudnick, Noreen Salerno (Patron Level), Yardena & Yonathan Shapir (2-year renewal), Bubbie & Debora Staron, Elizabeth Tyson (Patron Level), Jeff Vincent. **Thanks for your support!**

Dr. Greger Speaks “In” Rochester!

On October 24, Rochester Lifestyle Medicine Institute (RLMI) brought to Rochester **Michael Greger, MD**, the creator of nutritionfacts.org, a treasure trove of videos and articles on diet and health, with more than 2,000 topics covered and new videos added daily. He’s also the *NY Times*-bestselling author of *How Not to Die*, *How Not to Die Cookbook*, and most recently *How Not to Diet*, the subject of a lecture first given in 2019 which was streamed for the Rochester audience. Watch it on Youtube to avail yourself of Greger’s wealth of information and over-the-top humor: <https://nutritionfacts.org/video/evidence-based-weight-loss-live-presentation/>

How Not to Diet delivers the message that the best diet for weight loss features foods that contain lots of water, lots of fiber, and lots of nutrients per calorie (nutrient-dense): namely, a **whole-food plant-based diet (WFPB)**, made up entirely of plant foods with nothing bad added and nothing good taken away, in as close to their natural state as possible. Greger says this is the “safest, cheapest way to eat for the longest, healthiest life.” It can take some getting used to, but is full of delicious surprises. There’s no portion control and you can always be full and satisfied.

After the video stream, Greger appeared for the crowd via Zoom and took questions. Some topics he addressed:

Prebiotics vs probiotics: All that fiber in plant foods doesn’t just keep you regular; it makes its way to your large intestine where beneficial gut bugs, your microbiome, feast on it and produce substances that benefit every organ system, including your cognition and immune response. No need for probiotic supplements!

Bloating on WFPB diet: if necessary, start slow to give your “microbial machinery” time to adapt. There are “a few [beneficial bacteria] down there desperately waiting” for plant foods, but they need a little time to scale up!

Protein powder from plants is like oil and table sugar, a fractionated

food. “Why would you do that?” Get protein from whole plant foods where it’s packaged with fiber and other beneficial nutrients. You can easily get enough protein on a WFPB diet; more than enough is too much, and is associated with early aging. (Hint: Greger’s next book is *How Not to Age*, due out in December 2022).

TMAO (bad): Your body takes carnitine in meat and choline in eggs, seafood and poultry and turns them into TMAO, associated with cardiac events and kidney failure. Also watch out for carnitine added to sports drinks!

Sulforaphane (good) in broccoli: A recent study showed beneficial effects on autism symptoms from eating a few spoonfuls of broccoli sprouts a day. Forget about sulforaphane supplements: grow your own broccoli sprouts for pennies a day! The vegetable broccoli also has some, though not as much as sprouts: chop your broccoli 45 minutes before cooking to develop the sulforaphane.

Thylakoids: the most valuable food substance you never heard of. These sacs in green plants where photosynthesis takes place act as fat-blockers in the body. If you make green smoothies, sip them as slowly as it would take you to chew the fruits and vegetables unblended.

Greens for your eyes: The egg industry is touting egg yolks for lutein and zeaxanthin, carotenoids important for eye health. But egg-laying chickens get these nutrients from eating greens and so can you: one single spoonful of spinach has as much lutein as nine eggs.

Vitamin K2 is not a concern for plant-based eaters: Your “gut bugs” make it from the vitamin K1 in leafy greens, so eat lots of those.

Artificial sweeteners and low-calorie natural sweeteners like stevia don’t help with weight loss or with blood sugar control over the course of the day. Don’t try to fool Mother Nature! Better to dial down your taste for super-sweetness by cutting unnaturally sweet foods and drinks out of your diet.

Tea: Three cups of tea a day is associated with a 25% decrease in all-cause mortality or 2 to 3 years of added life. Both green and black are

healthy; green tea may be slightly better (but no caffeine after 4 PM to protect sleep). Herbal teas can also be great. Two cups of strong hibiscus tea every morning (found in “zinger” teas) can be as powerful as an ACE inhibitor at reducing blood pressure. Just rinse your mouth afterwards and wait a half hour before brushing your teeth: the natural acids have an enamel-softening effect that needs to wear off.

How to stick with the switch to a WFPB diet? Keep animal foods and junk food out of the house!

Another way to start and stay on a WFPB diet? Take RLMI’s **15-Day Whole-Food Plant-Based Jumpstart!** Go to roclifemed.org and click on “Programs/Courses”!♦

RED AND PROCESSED MEATS INCREASE KIDNEY DISEASE RISK according to a study published in the *Journal of Renal Nutrition*. Those who consumed the most red and processed meat increased their risk for disease by 73% and 99%, respectively, when compared with those who ate the least. PCRM’s *Good Medicine*, Autumn 2020.

PLANT PROTEIN FOR LONG LIFE A meta-analysis published in the *British Medical Journal* looked at 32 studies involving more than 715,000 participants, to compare animal- vs. plant-based protein intake and mortality from cancer, heart disease, and all causes. The study found that for each additional 3% of calories from plant protein, such as legumes, grains or soy products, the risk of dying decreases 5%. The authors suggest replacing animal protein with plant protein for longevity. *Good Med.*, Autumn ’20.

HAIKU by Bruce Ross

autumn chill—
yellow chrysanthemums
in a sunless garden

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

country road—
the silence of fallen
crab apples

COOKING VEGAN FROM YOUR PANTRY

ARTICHOKE TAPENADE (plantplate.com)

This dip is great to serve at parties, or to snack on with raw veggies between meals. Once prepared, it will keep in an airtight container in the fridge for 3-4 days.

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

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

Editor's notes:

- (1) The author notes that this recipe will be suitable for the McDougall Maximum Weight Loss Program if you leave out the tahini. It would also be suitable for RLMI's Jumpstart.
- (2) Liquid from canned artichokes is tasty. Reserve to use in a soup or stew.
- (3) The recipe calls for 1½ tsp red pepper flakes. This is a lot! Follow your own taste preference for adding "heat" to a dish, and we suggest that you start small.

EASY BLACK BEAN DIP (aplantifulpath.com)

1 can black beans rinsed and drained
½ cup salsa
1 tablespoon lime juice
1 tablespoon chili powder (more or less to taste)
½ teaspoon cumin
¼ teaspoon salt optional

Blend all ingredients in a food processor or with an immersion blender until smooth.

Recipe author's notes: Different chili powders vary in degree of spice. Adjust the amount of chili powder to your taste preference. A dash of chipotle chili powder would also be great in this dip! If desired, you can heat this dip in the microwave or in an oven safe dish in the oven.

SHEPHERD'S PIE (adapted from Jennifer Raymond, *Peaceful Palate*)

4 large potatoes
½ - 1 cup soy milk, plant milk, or water
¼ tsp salt
¼ cup wine, dry vermouth, or water
1 onion, chopped
1 large bell pepper, diced
2 carrots, sliced
2 stalks of celery, sliced
2½ cups sliced mushrooms (½ lb)
1 14.5 oz can crushed or diced tomatoes
1 15-oz can kidney beans, or 1½ cups cooked lentils*
½ tsp paprika
½ tsp black pepper
1 tbsp soy sauce

Scrub (peel if desired) and dice the potatoes, then simmer in 1 cup of water until tender, about 15 minutes. Mash them without draining them, then stir in enough plant milk or water to make them smooth and spreadable. Mix in salt and garlic powder and set aside.

Add ¼ cup wine to a large pot and add the onions. Cook 3 minutes over medium heat, then add the pepper, carrots, and celery; cook 5 minutes. Add the mushrooms, turn down heat slightly, cover the pan and cook an additional 7 minutes, stirring occasionally. Add the tomatoes, kidney beans or lentils, spices and soy sauce. Cover and cook 15 minutes.

Preheat oven to 350 degrees. Transfer vegetables to a non-stick or lightly oiled 9 x 13 inch baking dish and spread the mashed potatoes evenly over the top. Sprinkle with paprika.

Bake 25 minutes, until hot and bubbly.

Editor's note: If you use lentils, start with ¾ cup brown lentils. Add 2 cups water. Bring to a boil, lower heat and cook 25-30 minutes, checking occasionally to make sure there's enough water in the pot.

LENTIL ARTICHOKE STEW (kickstart.pcrm.org) (Serves 6)

¼ cup vegetable broth
1 onion, chopped
2 large garlic cloves, minced
2 tsp ground cumin
1 tsp ground coriander
1½ cup dry (uncooked) red lentils
(4½ cups cooked)
1 bay leaf
2 cups water
Juice of 1 lemon
2 24-oz cans chopped tomatoes, pref. fire-roasted, undrained, or 6 cups chopped fresh tomatoes plus 1 cup tomato juice
1½ cups quartered artichoke hearts (one 9-oz frozen package or one 15-oz can)
¼ tsp crushed red pepper (optional)
¼ tsp salt, or to taste
¼ tsp black pepper, or to taste

Heat broth in a large saucepan. Add onion and sauté on medium heat for about 5 minutes, until golden. Add garlic, cumin, and coriander and cook for 2 minutes, stirring frequently. Add dried lentils, bay leaf, and water to pan and bring to a boil. Lower heat and add lemon juice, tomatoes and their liquid, artichokes, and crushed red pepper, if using. Simmer for about 20 minutes, until the lentils are tender. Remove and discard the bay leaf. Add salt and black pepper, or to taste. Good served alone or over brown rice or pasta.

Editor's note:

Using fire-roasted tomatoes is not essential, but they will give the stew a delicious smoky flavor.



Want to go vegan?

We can help!

rochesterveg.org

BUFFALO CAULIFLOWER WINGS (adapted from theveganpact.com)

- 1 head cauliflower, broken into florets
- 3/4 to 1 cup almond or other plant milk, or water
- 1/2 cup chickpea flour* or other flour
- 1 tbsp arrowroot starch or cornstarch
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp each garlic powder and smoked paprika
- 1 to 2 tbsp mild hot sauce such as Frank's, or a hotter variety if that is what you like

*Chickpea (also called besan or gram flour) is available in the bulk section of the health food store or bagged on the gluten-free shelf at the super-market. Other flours will also work.

Preheat oven to 450 degrees. In a large bowl, whisk together the almond milk with the other ingredients, starting with the smaller amount of liquid, till you get the right consistency for coating the cauliflower. Dredge the cauliflower florets in the flour mixture by dumping the florets in the large bowl and stirring thoroughly (this is easier than individual dredging). Place onto a lightly oiled or nonstick 9 x 13 inch casserole dish or cookie sheet (you may need more than one dish/sheet) and bake for 20 minutes. Remove from oven and serve hot with salsa, hot sauce or ketchup.

MARSALA MUSHROOM SAUCE (adapted from drmcDougall.com) (Makes 3 1/2 cups)

- 2 leeks, sliced (white and light green part only) (clean carefully)
- 3/4 pound fresh mushrooms, sliced
- 3 1/2 cups water
- 1/2 tsp leaf oregano
- 1/2 tsp leaf sage
- 2 tbsp soy sauce
- 1/8 cup Marsala wine
- 3 1/2 tablespoons cornstarch mixed in 1/4 cup cold water

Place leeks and mushrooms in a pot with 1/2 cup of the water. Cook, stirring occasionally, for 5 minutes. Add the remaining water, the

oregano, sage, soy sauce and wine. Bring to a boil, reduce heat and simmer uncovered for 8 minutes. Add the cornstarch mixture and cook and stir until thickened.

Hint: This delicious sauce may be used as a topping for grains, potatoes or vegetables.

ONE-POT LENTIL BOLOGNESE PASTA (Taavi Moore, nutritionstudies.org)

- 1/2 white onion, thinly sliced
- 4-6 garlic cloves, minced
- 16 oz canned whole tomatoes
- 1 tbsp fresh oregano, finely chopped (or 2 tsp dried)
- 1 tbsp nutritional yeast
- 1/2 tsp black pepper
- 12 oz spaghetti, or pasta of your choice
- 1 cup halved cherry tomatoes
- 3/4 cup lentils, soaked in hot water for 10 minutes
- 1 tbsp sun-dried tomatoes, chopped
- 1/2 tsp salt
- 1 cup packed, fresh basil leaves
- Pinch of red pepper flakes
- 2 1/2 cups water

Add all ingredients into a large pot. Stir frequently while bringing to a simmer over medium-high heat (to ensure pasta doesn't stick together). Cover and cook for 10-12 minutes or until noodles are *al dente*. Season with salt, if desired.

Serve with torn fresh basil leaves, a sprinkle of red pepper flakes, and freshly ground black pepper.

CHICKPEA TENDERS WITH FLAXSEEDS (nutritionstudies.org)

- 1 can of chickpeas
- 1/2 tsp of cumin
- 1/4 tsp of cayenne pepper
- 2 tbsp reduced-sodium soy sauce
- 1 heaping tbsp of nutritional yeast
- 1/4 tsp of onion powder
- 1/4 tsp of black pepper
- 1/2 tsp of curry powder
- 1/4 tsp of chili powder or paprika
- 1 tsp of garlic, minced
- 1/2 tsp of salt-free poultry seasoning
- 1/4 cup of ground golden flax seed

Preheat oven to 375 degrees F. Add all the ingredients to a food processor (or use a potato masher) and process (or mash) until mixed. You should get

a crumbly consistency with everything combined.

Line a baking sheet with parchment paper. Shape the mixture into tenders or nuggets. Bake until extra crispy for 20-22 minutes, flipping gently halfway through. Let them cool a bit before serving.

Tips: These go great with ketchup, barbecue sauce, and many other favorite condiments. Increase the cayenne pepper to 1/2 tsp if you like it really spicy: warning, they'll be hot! These tenders can be frozen.

PUMPKIN PIE (chickpeaandbean.com)

Rich and creamy vegan pumpkin pie! Easy to make. Pure and delicious with no crust, no added oil, no added refined sugar, no soy, and it's also gluten free!

- 1 15-oz can pumpkin (not pumpkin pie filling)
- 1/2 cup smooth, no oil added almond butter
- 3/4 cup real maple syrup
- 2 3/4 tsp pumpkin pie spice
- 1 tsp vanilla extract
- Dash salt

Preheat oven to 400 degrees F. Blend all ingredients in a blender until smooth. Pour mixture into a glass or silicone pie dish, using a rubber spatula to scrape out the creamy goodness. There is no need to grease the glass or silicone dish.

Put pan in preheated oven and set timer for 15 minutes. When timer goes off after 15 minutes, leave the pie in the oven and lower the oven temperature to 350 degrees F and bake for an additional 25-30 minutes. The pie is done when it looks slightly darker.

Remove pie from oven and let it cool down to room temperature, then transfer pie to refrigerator and chill for at least 2 hours before serving.

Editor's note: You might try making this with less maple syrup, as little as 1/2 cup. ♦

MEAT AND CLIMATE CHANGE:

On 8/30/20, the *NY Times* ran this article: “Think You’re Making Good Climate Choices? Take This Mini-Quiz.” The article explored people’s misconceptions about what lifestyle changes would result in the most benefit to the environment. The authors say having fewer children packs the most punch. “The next three are living car-free, avoiding air travel, and eating a vegetarian diet. (Eating vegetarian, for example, is **eight times** more effective than upgrading lightbulbs.)” It’s clear to this reader (your editor) that dietary change is at once powerful and painless (painless because its other effects, like saving animals and improving health, are all positive). The writers seem to agree. They conclude: “Turning your heat down a couple of degrees in winter or cutting down on meat can have a big impact on your carbon footprint, but won’t require a complete overhaul of your daily routine.” Imagine the effect when you give up animal products altogether!

VEGAN MEAT On 8/24/20, the *New York Times* carried an article called “Charcuterie with All of the Smoke but

None of the Meat.” Charcuterie is a French term for prepared meat. Rich Landau, a Washington, DC-based chef profiled in the article, said: “Our goal is not to replicate meat, but to give vegetables some of the flavors that carnivores love. Our menus may be vegan, but 95 percent of our clientele are omnivores.” Chefs are creating these delicacies for all the right reasons. Landau, who became vegetarian at 16, says: “I gave up meat for ethical reasons. I hated how the animals are treated. And the meat industry wreaks havoc on the environment.” Landau also cares about the health risks of eating meat: “I didn’t want to become a widow-maker. But I still crave those deep smoky flavors to satisfy my meat-loving palate.” Jeremy Umansky, another chef profiled, says: “Climate change and sustainability are the most important issues facing humanity.... I don’t want my daughter to grow up and resent my generation for not doing anything about it.”

VEGAN TACOS On 9/15/20 (updated 9/26), “The Perfect Moment for Vegan Tacos” appeared in the *NY*

Times. It profiled a number of *taqueros* (Spanish for taco makers/sellers) in Los Angeles, offering delicious and sought-after vegan tacos during the pandemic. Some are inspired by health reasons: one chef started making vegan tacos after her father’s second cancer diagnosis, another moved toward vegan food to help manage his diabetes. But COVID has had the biggest impact, with the dangers facing slaughterhouse workers and the resulting fluctuations in the supply and price of meat. These culinary artists use a variety of ingredients: unripe jackfruit “stained with a paste of achiote seeds and chiles, soaked with orange and pineapple juices, generously seasoned and crisped in a cast-iron pan”; “Napa cabbage, mushrooms, eggplant and onion, immersed in ... recado negro [a Mayan spice paste]”; shaved and grilled seitan (wheat protein); “vegan chorizo . . . made not from meat but from walnuts, lentils and a variety of raw nuts and seeds”; “pumpkinseed pâté modeled on a traditional Mayan dish”; and “Oaxacan-inspired cashew cheese.”♦

RAVS 24 HOUR VOICE MAIL:
(585) 234-8750

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:

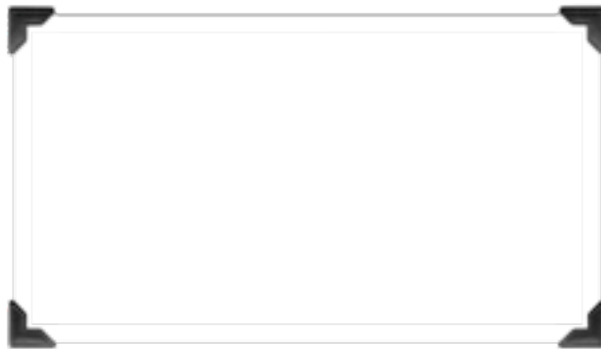
Rochester Area Vegan Society upcoming meetings and events of interest:

- **November 22, 2020** (3rd Sunday) **WFPB for Health** with **Jen Nguyen, RD** of **Sweet Pea Plant-Based**
- **December 5-19, 2020** (Sat. to Sat.) **15-Day Whole-Food Plant-Based Jumpstart**. Zoom-based program with medical supervision, cooking class, and virtual potluck. For medical practitioners: a 22-credit CME (professional education) program is available based upon Jumpstart. Info at roclifemed.org
- **December 7** (Monday) **7:00 PM Healthy at Last: How a Prominent Public Servant Reversed his Diabetes** with **Eric Adams, Brooklyn Borough President**. Info at roclifemed.org
- **January 9-23, 2021** (Sat. to Sat.) **15-Day Whole-Food Plant-Based Jumpstart**
- **January 14, 2021** (Thursday) **8:00 PM Whole-Food Plant-Based during COVID** with **Susan Friedman, MD, MPH**. Jewish Veg series. Info at roclifemed.org
- **January 24** (Sunday) **7:00 PM Dr. Darren Morton** speaks on **The Lift Project!** Info at roclifemed.org
- **February 6-20, 2021** (Sat. to Sat.) **15-Day Whole-Food Plant-Based Jumpstart**
- **February 9, 2021** (Tuesday) **8:00 PM Plant Pathways** with **Ted D. Barnett, MD** Jewish Veg series. Info at roclifemed.org
- **February 21, 2021** (3rd Sunday) **Parallels between the Civil Rights Movement and the Vegan Movement** with **Milton Mills, MD** (tentative)

*Usually our meetings are held on the 3rd Sunday of the month at the Brighton Town Park Lodge, 777 Westfall Rd., Rochester, NY 14620. During the COVID epidemic we have been unable to meet in person. For the time being, we will have virtual/Zoom-based meetings to replace some of our events, and we will resume regular meetings when it is safe to do so. Thank you!

Stay well and safe! Eat plant-based to improve your overall health, and to improve your chances of avoiding the worst outcomes should you contract COVID.

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



ROCHESTER AREA VEGAN SOCIETY
Box 20185
ROCHESTER, NY
14602