

Our 32nd year!

THE **vegan**



advocate

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A VEGAN DIET
What is it, and Why?

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

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

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

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

**GOING VEGAN:
THE NEXT BIG THING?**

In an article that appeared in Austin [Texas] Monthly in September 2020, Summer Anna Burton asked whether the era of COVID will be a launching pad for veganism.

Burton became a vegetarian on her own steam (no family encouragement) at the tender age of 12, and became vegan in 2013 when she was living in New York City. Contrary to some stereotypes about Texans: "My omnivorous Texan friends are enthusiastic about vegan food—never rude or close-minded—and as we all experience the various far-reaching impacts of the coronavirus pandemic, I sense a desire to re-examine individual priorities, lifestyles, and the impact of our choices."

Burton points out that COVID is a zoonotic disease, i.e., it was passed from animals to humans; and while COVID was probably derived from wildlife sold for food, most zoonotic disease come from livestock. "According to the CDC, three out of every four new and emerging infectious diseases are zoonotic. Many of the infectious diseases that have made headlines in our lifetime, such as anthrax, the H1N1 influenza virus (or swine flu), and mad cow disease" can be traced back to the "production" of the animals most Texans, and most Americans, eat.

Burton points out that slaughterhouse workers are especially vulnerable to animal-borne illnesses. Before the pandemic, poultry workers were already five times more likely to experience workplace-related illness than the national average. Under COVID, at the time that Burton wrote the article, 33,000 cases of COVID had been linked to meatpacking plants. [Ed. note: "Successful Farming," an industry publication, reported on 11/24/20 that

6-8% of early COVID cases were tied to meat plants. At that rate, based on the US case total, the meat industry could be responsible for 1.6 million US COVID cases.]

Burton writes: "If the next few zoonotic diseases leave humanity intact, we'll still be facing the ongoing global climate crisis. Here, our current course of accelerating factory farming and global meat consumption is proving untenable. The United Nations estimates that 15 percent of human-caused greenhouse gas emissions come from livestock. Nearly a third of the land on earth (41 percent in the U.S.) is devoted to producing meat and animal products, from the industrial pig farms in North Carolina whose stench permeates the air in nearby Black communities to the rainforests burned down in Brazil to make room for cattle grazing."

Burton initially became vegetarian for the animals and did not give much thought to the environment: "I could hardly imagine a crueler place for any sentient being to live and die than the cramped, painful conditions that make cheap meat possible." But she now knows the environmental reasons to go vegan are just as pressing.

Burton ends with the hope that a widespread turning to veganism could come out of the terrible tragedy of COVID. "Living through a pandemic isn't exactly hopeful ... but aspects of recent months have granted me an unfamiliar optimism. The shock of seeing the coronavirus unfold has many of us questioning what we thought we knew about our future, and the scale of our grief has us asking what we can learn so this never happens again. As we all imagine a better future and our place in it, I hope that more folks ask themselves whether the taste of meat is worth the cost." ♦

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Rochester Area Vegan Society

Coordinators:

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

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RAVS Staff:

Treasurer:	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**.

RAVENOUS ROCHESTER

by Kimber Gorall

Gone are the days when vegan food at a restaurant meant a tossed salad. Plant-based eating is a growing trend nationwide, and Rochester now has more options than ever to satisfy your desire for all manner of vegan food. The following list is by no means exhaustive. Most eating establishments, particularly ethnic restaurants, have plant-based items or can veganize existing menu items. In this list, EV indicates exclusively vegan, BO is black-owned, and WO is woman-owned.

Meals

Allah's Kitchen (EV BO) is a WFPB (whole-food plant-based) business located at 24 Hinchey Road, off I-390 in Chili. Their menu features a number of combo plates, customizable vegan burgers, soups, and sides. Many of the items are soy and/or gluten-free. 623-8781

DogTown Hots, 691 Monroe Avenue near Oxford, bills itself as a hot dog joint. It has a canine-themed menu. It is open Monday through Saturday from late morning till late evening, making it a popular stop for diners after a show or movie. DogTown consistently wins local awards and was named one of the top 10 hot dog joints in America. A vegan hot dog can be substituted in any of its menu items. DogTown also has vegan sausage and house-made vegan burgers. Every Thursday, they offer a vegan lunch special. 271-6620

Eden Vegan Café & Bakeshop (EV WO) is worth the drive to Batavia. Located inside the Eli Fish Brewing Company at 109 Main Street, Eden offers appetizers, burgers, salads/bowls, and desserts. Their signature creation is a roasted carrot dog with a variety of toppings. Currently open for dinner Tues. - Sat. plus takeout. 815-4487

James Brown's Place (WO), located at 1356 Culver Rd. near Merchants, is a well-established neighborhood diner. The restaurant recently changed ownership and has created a separate vegan breakfast menu. Has vegan versions of such standards as pancakes, omelets, sandwiches, and combo plates. Open 7 days a week, 6 am - 2 pm for seating and takeout. 288-4250

John's Tex-Mex, 426 South Avenue in the South Wedge neighborhood, is a Tex-Mex kitchen and bar. Both tofu and house-made "UnBeef" are available, as are black and

refried beans and vegan cheese quesadillas. In addition, John's features a vegan dinner special every Monday. 232-5830

Natural Oasis (EV BO) is a vegan and gluten-free café and store located at 288 Monroe Avenue. It offers an Ethiopian lunch buffet on weekdays. Wednesday through Saturday, for dinner, Natural Oasis features a menu of small plate items sold à la carte. The menu items are international in scope and substantial in size. In the store-front, you can find herbal supplements, books, teas, and essential oils. Currently takeout only. Phone: 325-1831

Owl House at 75 Marshall Street is situated in a converted house, giving it a comfy ambiance. It features an eclectic menu of food and drinks. Most items are or can be made vegan and there are plenty of gluten-free options. The bar offers wine, craft beer, and the Owl's signature alcoholic beverages. Currently open for takeout Thurs. through Mon. evenings. 360-2920

Red Fern (EV WO) is a cozy all-vegan eatery on the corner of Park Avenue and Oxford Street in Rochester. The menu includes appetizers, soups, entrees, sandwiches, and salads. Weekly specials, beer and wine, and a selection of desserts made in-house round out the offerings. Red Fern donates a portion of profits to a chosen charity each month. They are open for takeout only at this time. 563-7633

Tucked away in a small plaza at 439 Monroe Avenue, **Voula's Greek Sweets** (WO) is an authentic vegetarian Greek café that is open seven days a week. They have a variety of brunch, lunch, and dinner fare with plenty of vegan options. There's also a dessert case with pastries and cookies made on premises. 242-0935

Bagels

Among the many bagel shops in our area, **Balsam Bagels** stands out for its extensive vegan menu items. Their bagels are made by hand on premises, and they offer both name brand vegan cream cheeses and their own varieties. Balsam Bagels have made the effort to develop items such as vegan lox, a vegan breakfast sandwich, and a vegan bagel dog. Many of their homemade soups are vegan, and they have vegan knishes and samosas. They regularly offer vegan quick breads, muffins, and cookies. Phone: 242-0935

Pizza

Cinelli's Pizzeria and Italian Kitchen recently relocated to 741 Maiden Lane in Greece. Extensive menu of pizza and classic Italian pasta dishes. A substantial portion of the menu is vegan optional, with mock meats and vegan cheeses. 287-5458

New Ethic Pizzeria & Café (EV), in the Titus Mall at the corner of Titus and Hudson Avenues in Irondequoit, is a reflection of the owner's commitment to vegan ethics and his experience in the pizza business. The restaurant has a menu of traditionally-baked signature pizzas, calzones, subs, wings, and plates. New Ethic is currently open Wednesday through Saturday for takeout. 623-8231

A number of pizzerias have come on the scene that use high-heat brick ovens to bake a pizza in less than 10 minutes. These include **Create-a-Pizza** (WO BO) (766 Monroe Avenue), **Pi Craft** (100 Market-place Dr. in Henrietta and 401 Commerce Dr. in Victor), **Pizzeria Favo** (3400 Monroe Ave.), **Rebel Pi Global Pizza** (2496 W. Ridge Rd. in Greece), **Blaze Fast Fire'd Pizza** (1100 Jefferson Rd.), and all local **Wegmans** pizza stations. The pizzas are completely customizable, allowing the customer to choose crust, cheese type, sauces, toppings, and finishes. All restaurants have the option of vegan cheese, and some offer vegan sausage, meatballs, etc.

Sweets

Get Caked (WO), in Village Gate Square, is a dessert shop that offers traditional as well as vegan and/or gluten-free cakes, cookies, filled cupcakes, and other desserts. Phone: 319-4314

Golden Harvest Bakery and Café in Scottsville is not a vegan business, but deserves a mention for their vegan Bismarck-style filled doughnuts and hand pies, which are available on Fridays and Saturdays. They also make vegan tortillas, quesadillas, and burritos. 766-5332

Misfit Doughnuts and Treats (EV WO), located at 133 Gregory St., is a strictly vegan establishment. Misfit offers a changing lineup of decadent vegan doughnuts, cheesecakes, and cookies. Their menu has expanded to include a number of sandwich items and vegan chicken wings. Currently open for takeout on Saturdays and Sundays. 271-1233 [cont. on p.4]

RAVENOUS ROCHESTER (cont.)

At **Scratch Bakeshop** (WO), 41 Russell Street, you can get custom-made cakes, in addition to vegan cookies, brownies, cupcakes, muffins, granola, and doughnuts. 360-4844

Sweet Mist, located in the Win-Jeff Plaza in Henrietta, offers ice cream and shakes made to order using liquid nitrogen. Vegans can choose coconut milk or sorbet for a base, then add any of a wide variety of flavored syrups, fresh fruit, nuts, dessert toppings, and sauces. Sweet Mist is open seasonally. Phone: 413-3512

Taste of Supreme (BO) is a bakery located in the Rochester Public Market. The bakery features a full range of baked goods; all are gluten-free, and many are vegan. Among the unique offerings are pies made with beans or butternut squash fillings. The focus is on creating healthful baked goods using clean, natural ingredients. 285-5496

The global pandemic has been especially hard on food service businesses. At least one local vegan-friendly restaurant has closed as a result, and others are struggling to stay afloat. We are very fortunate to have so many wonderful places to satisfy our hunger when we don't feel like cooking. They support the vegan community. Let's all support them!

VEGAN COOKING WEBSITES**WFPB cooking websites (oil-free)**

aplantifulpath.com
brandnewvegan.com
cearaskitchen.com
chickpeaandbean.com
cookingwithplants.com
dreenaburton.com
drmcDougall.com
eatplant-based.com
eattolivedaily.com
fatfreevegan.com
fatmanrants.com
forksoverknives.com
happyherbivore.com (Lindsay Nixon)
healthygirlkitchen.com
ieatplantsforlife.com
kickstart.pcrm.org
monkeyandmekitchenadventures.com
myplantbasedfamily.com
nutriplanet.org
nutritionstudies.org
plantbasedgabriel.com

plantbasedrecipe.com
plantbasedu.com
plantpurechef.com
plantstrong.com
potatostrong.com
pureandplantbased.com
rishshinecook.ca
shaneandsimple.com
simpledailyrecipes.com
simplyplantbasedkitchen.com
straightupfood.com/blog/
sustainablediet.com
theculinarygym.com
thevegan8.com
veganrunnereats.com
veggiesfordinner.com

PB cooking websites (not all oil-free)

AllysonKramer.com (gluten free)
avirtualvegan.com
badmanners.com
badtothebowl.com
beautifulingredient.com
Bestofvegan.com
CadrysKitchen.com
CearasKitchen.com
ChefChloe.com (Chloe Coscarelli)
ChooseVeg.com
contentednesscooking.com
Cowgirlsandcollardgreens.com
cupfulofkale.com
Deliciouslyella.com
delightfulvegans.com
feastingonfruit.com (desserts)
Findingvegan.com
frommybowl.com
GreenEvi.com
HealthyGirlsKitchen.com
healthyhappylyfe.com (Kathy Patalsky)
hellyeahitsvegan.com (adapts classic dishes)
hotforfoodblog.com
iamtabithabrown.com
Ilovevegan.com
intelligenteating.org
itdoesnttastelikechicken.com
itslivb.com
JazzyVegetarian.com
jessicainthekitchen.com
karissasvegankitchen.com
KeepinitKind.com (Kristy Turner)
lisaprojectvegan.com
lovingitvegan.com
maplespice.com
Mywholefoodlife.com
NoMeatAthlete.com
ohsheglows.com (Angela Liddon)
Onegreenplanet.org
oneingredientchef.com
ordinaryvegan.net/recipes/
Passtheplants.com

Picklesnhoney.com
PlantBasedDietitian.com
plantbasedkitchen.com
plantbasedmealplan.com
plantbasedonabudget.com
plants-rule.com
rachelama.com
Robinrobertson.com
simpleveganblog.com
simple-veganista.com
sproutingzen.com
staceyhomemaker.com
Sweetpotatosoul.com
TheFlamingVegan.com
Thefullhelping.com
thehiddenveggies.com
thenutritionprofessor.com
theppk.com (Isa Chandra Moskowitz)
thestingyvegan.com
TheVWord.net
thrivingonplants.com
TryVeg.com
vega-licious.com
vegan.com
VeganBaking.net
VeganChef.com
VeganChickpea.com
VeganCoach.com
VeganCooking.com
VeganCookingwithLove.com
vegandollhouse.com
veganheaven.org
veganlatina.com
vegannie.com
Vegan-Nutritionista.com
veganosity.com
VeganOutreach.org/vegan-food/
Veganricha.com
veganroadie.com
veganvigilanteblog.com
veganyummy.com
veggieinspired.com
VeggiesDontBite.com (gluten-free)
veggiessavetheday.com
VegKitchen.com (Nava Atlas)
VegWeb.com
Wellvegan.com
wheremyprotein.com
wholefoodplantbasedrd.com
yummyplants.com
ZsusVeganPantry.com ♦

—Forks Over Knives: free weekly emails: www.forksoverknives.com

—Dr. Greger's Daily Dozen: nutritionfacts.org/video/dr-gregers-daily-dozen-checklist/

—Physicians Committee for Responsible Medicine (PCRM) free 21-day kickstart: kickstart.pcrm.org/en

VEGAN COOKING ADVENTURES

(thanks to Byron Rubin and Kimber Gorall for these recipes)

VEGAN ITALIAN SEITAN SAUSAGES (Sam Turnbull, itdoesnttastelikechicken.com)

Easy to make with oil-free option. Perfect for the grill, BBQ, to toss on pasta, pizzas, salads, soups, on a bun, or to use anywhere you like!

Recipe adapted from Robin Asbell, [Plant-Based Meats](#).

- 2 tbsp olive oil (see notes for oil-free version)
- 1 yellow onion, chopped
- 3 cloves garlic, minced
- ¾ cup [vegetable broth](#)
- ¼ cup tomato paste
- ¼ cup [white miso paste](#)
- ¼ cup sun-dried tomatoes (the kind in oil), finely chopped
- 2 tbsp [nutritional yeast](#)
- 1 tbsp dried basil
- 2 tsp brown sugar
- 2 tsp fennel seeds
- 1 tsp dried rosemary
- ¾ tsp salt
- ½ tsp crushed red pepper flakes (optional for spice)
- ¼ tsp [liquid smoke](#)
- 2 cups [vital wheat gluten](#)

1. Heat the olive oil in a medium frying pan or skillet over medium heat and when hot add the onions and garlic. Sauté until the onions turn translucent and begin to brown, about 5 min. Remove from heat and set aside.
2. In a large bowl whisk together the vegetable broth, tomato paste, and white miso paste until smooth. Now add the sun-dried tomatoes, nutritional yeast, dried basil, brown sugar, fennel seeds, dried rosemary, salt, crushed red pepper flakes, liquid smoke, and all of the sautéed onions and garlic along with any oil left over in the pan, and stir to combine. Lastly, add the vital wheat gluten and combine to make a dough. Knead the dough to make sure it's all combined, but once combined, stop kneading. The more you knead the tougher the sausages will get, so only do as much as is needed to incorporate the vital wheat gluten.
3. Cut the dough into 6 equal-sized pieces. Take one of the pieces of

dough and place it on a sheet of aluminum foil. Shape the dough into a rough sausage shape, but don't worry about making it look pretty or neat. Some pieces of onion and sun-dried tomato may fall out but just tuck them near the dough and it will all incorporate and shape up nicely as it cooks. Roll the sausage up loosely in a piece of aluminum foil then twist the ends closed. Repeat with the remaining pieces of dough to make 6 sausages.

4. Add several inches of water to a large pot with a steamer basket and bring to a boil. Once boiling, add the sausages to the steamer basket and steam for 40 minutes. After steaming remove the sausages from the steamer and allow to cool completely in the fridge; overnight is best. The logs will have puffed up in the foil and become tight. Once cooled, remove the foil and they are ready to enjoy as is or you can fry, grill, slice, or enjoy them any way you like.

Notes

Oil-free: Sauté the onions and garlic in water or broth instead of oil. Use the sun-dried tomatoes (the dry kind, not in oil), but soften them before adding them to the mixture by soaking them in hot water, and draining the water once they are softened.

Aluminum foil alternative: if you prefer, roll the sausages up in parchment paper, then roll the wrapped sausages up in cheesecloth and tie the ends closed.

Freezing tips: once cooled completely in the fridge, you can freeze these in an air-tight freezer container. Before using, allow them to thaw completely and then cook with them as you like.

Vital wheat gluten is essential to this recipe, and there is no substitute. Therefore this recipe cannot be made gluten-free (GF). For a vegan GF chicken inspired recipe try my [Baked Tofu Bites](#) recipe.

Steaming tips: I recommend getting a [steamer pot](#) if you plan to make seitan often, or you can use a [DIY method](#) if you do not have a steamer.

Cleaning tips: vital wheat gluten is very sticky and can destroy dish brushes and cloths. I like to save old clothes, sheets, or towels and cut them into rags to use for clean up.

CHICKPEA OMELETTE (thehiddenveggies.com)

- ¼ cup [chickpea flour](#)*
- 1/3 cup water
- 1 tbsp [nutritional yeast](#) (optional)
- ¼ tsp salt (black salt for a more egg-like flavor) (kala namak)
- ¼ cup vegetables of choice
- 1 tbsp oil for frying
- Shredded vegan cheese (optional)

*You can find chickpea flour in bulk at the health food store, or on the shelf in the international/Indian section or natural foods section (Bob's Red Mill).

Mix chickpea flour, nutritional yeast, salt and water and stir until there are no lumps. Dice up whatever veggies you want to add to your omelette. (about ¼ cup of veggies per omelette).

Add oil to a well-seasoned iron skillet or a non-stick frying pan and sauté the veggies on medium-low for about 3-5 minutes until they become tender. Remove the veggies, add them to the batter and give the batter another stir.

Turn up the heat to medium and pour the batter in the skillet like you would a large pancake and cook for about 5 minutes until the top of the omelette no longer looks wet. (You can put a lid on the frying pan for a minute or two to help it cook evenly.)

Carefully loosen up the omelette with a spatula and flip the omelette to the other side and cook for 3-5 more minutes until it is no longer soft in the middle. (Make sure there is no wet batter left in the center). Top with cheese, if using, and fold over so that the cheese is in the middle.

Notes

- This recipe is for 1 omelette; adjust the number of servings to the number of omelettes that you want to make.
- Make sure to use a well-oiled pan to avoid sticking. [Or use non-stick pan.]
- Chickpea omelettes tend to stick to the pan, so be sure to use enough oil, allow the omelette to cook until it becomes solid, and loosen it from the bottom of the pan before flipping.
- Cover the frying pan with a lid for a minute or 2 while cooking to help it cook more evenly.
- Raw chickpea flour tastes terrible! Don't eat it until it's fully cooked! ♦

Vegans and Bone Fractures: New Findings and Best Practices for Keeping Bones Strong

by Ginny Messina, MPH, RD,
11/27/20; posted at theveganrd.com
[Note: Ms. Messina will be the RAVS
speaker in May; see calendar p. 8]

New findings from the EPIC-Oxford study in the U.K. have raised questions about vegan diets and bone health. In this study, which included around 55,000 (mostly white) subjects, vegans had a 43% higher risk of fractures overall compared to nonvegetarians, as well as higher risks of hip, leg, and vertebral fractures.

The biggest difference was for hip fractures; vegans were more than twice as likely as people who ate meat to break their hip. Vegetarians and pesco-vegetarians (their diets include fish but no other meat) also had a higher risk of hip fracture, although not as high as vegans. Among the vegans, risk for fracture seemed to be greatest in women, especially post-menopausal women.

The average lower body weights of vegans was part of the explanation. More fat tissue can help cushion bones during a fall and is also associated with higher levels of estrogen, which is beneficial for bone health. It also creates a heavier load on the skeleton which may stimulate bone formation, although this depends on physical activity. But even when the researchers controlled for BMI, vegans had a higher risk for fracture in some BMI categories.

The vegans in this study had lower intakes of calcium and protein, two factors that are crucial for healthy bones. But again, lower intakes of these nutrients explained the findings only in part. When the analysis considered only subjects with calcium intakes that were at least 700 mg per day and protein intakes of at least 0.75 grams of protein per kg body weight per day, vegans were still more likely to experience a fracture.

As the authors of this study pointed out, estimation of calcium and protein intake by questionnaire is likely to

involve some error. And the analysis didn't include calcium supplements. Finally, the study did not look at the relationship of vitamin D or vitamin B12 intake to fracture risk. Low intakes of both these nutrients are linked to poorer bone health.

Even if we don't have all the answers about why vegans in this study were at higher risk for fracture, we can make recommendations about what vegans (and non-vegans) can do to protect bone health. It's tempting to embrace the popular principle that vegans will automatically meet all nutrient needs by consuming a varied plant-based diet, but it's not true. Some nutrients require attention in vegan diets. And sometimes, eating fortified foods is helpful. Here is what you can do to protect your bones on a plant-based diet.

Get plenty of protein. The old studies suggesting that fracture rates are more prevalent in countries with higher protein intakes tells us much more about culture, ethnicity, and geography than about diet. Protein is good for bone health. Higher protein intake enhances calcium absorption and is associated with stronger bones and lower risk of fracture. Vegans should aim for at least 3 servings per day of legumes (beans, soyfoods, peanuts/peanut butter). If you're older, and especially an older woman, it's not a bad idea to strive for more.

Get adequate calcium. In [Vegan for Life](#) we recommend a simple approach: consume at least 3 cups per day of some combination of plant foods that are good sources of well-absorbed calcium. These include cooked leafy greens in the cabbage family (kale, turnip greens, bok choy, mustard greens, broccoli, and collards), calcium-fortified plant milks, calcium-fortified juices, and calcium-set tofu. If you consistently fall short of this goal, consider a small calcium supplement, maybe 300 mg per day or so. If you track your calcium intake, be aware that consuming spinach, chard and beet greens can make it look like your diet is high in calcium. But because of

their high oxalate content, most of the calcium in these foods isn't absorbed.

Get adequate vitamin D. For almost everyone, this means taking a supplement providing 600 to 1,000 IUs vitamin per day.

Eat plenty of fruits and vegetables. These foods are sources of nutrients and compounds that are associated with improved bone health.

Take a vitamin B12 supplement following the guidelines [here](#). (But you're already doing this, right?)

Be moderate with alcohol intake. For those who do not have alcoholism, a glass of red wine with dinner is fine, but high intakes are associated with bone loss.

Stay physically active and especially do weight bearing exercise.

For more information about this study, see [this article from the Vegetarian Resource Group](#).

Source: Tong TYN, Appleby PN, Armstrong MEG, et al. Vegetarian and vegan diets and risks of total and site-specific fractures: results from the prospective EPIC-Oxford study. *BMC Med.* 2020;18(1):353.

RED AND PROCESSED MEATS INCREASE KIDNEY DISEASE RISK according to a study published in the *Journal of Renal Nutrition*. Those who ate 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.

HAIKU by Bruce Ross

icy dawn . . .
the sparkling window frost
in the unused room

the sparrow leaps
and its shadow too
lightest snow . . .

spring snow
one, two, three crows
walk a branch

Vegan Society Update

As the pandemic continues, the expert advice remains the same: continue with “face, hands, space,” i.e., wearing masks, washing hands, and keeping our physical distance.

MEETINGS/PROGRAMS

In November, **Sweet Pea Plant-Based** presented a program on using plant-based meals to achieve health goals. Sweet Pea provides whole-food plant-based meals for pick-up or delivery! In January, we enjoyed **Rochester Lifestyle Medicine Institute (RLMI)**’s program with **Darren Morton**, star of the CHIP program and creator of The Lift Project. For information on taking CHIP or Lift with RLMI, please visit rochesterlifestylemedicine.org.

In February, we enjoyed the **Jewish Veg** event which was co-sponsored by RLMI, featuring our own **Ted Barnett, MD** and **Susan Friedman, MD, MPH** offering help with keeping “Positively Plant-Based.”

GOING FORWARD

With the February newsletter, RAVS will return to mailing out the paper copy of the RAVS newsletter to all members unless they have indicated they don’t want to receive it. You can email rochesterveg@gmail.com to opt out, but remember, if you receive the paper newsletter you can share it with others after you’ve read it.

We hope to return to something like normalcy soon. Meanwhile, we have a dynamite roster of spring events listed on the calendar on p. 8!♦

ALL-VEGAN RESTAURANTS

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

Eden Café & Bakeshop, 109 Main St., Batavia NY 14020 (585 815-4487) <https://www.carrotdogcafe.com> Indoor & takeout.

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. Takeout.

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

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

Also: **Sweet Pea** (sweetpeaplantbased.com), 777 Culver Rd.(800-561-7608). WF vegan meal prep service, pick-up or delivery!

We welcome: **New Members:** Jill Marcus, Mark Zawacki. **Membership Renewals:** Selma Berger, Walter Bowen, Sue Czapranski, Meredith Drake, Laurie Gunther Fellows, John D. Griffith, Linda & Hans Irmer (Contributing Level), Sarah Keenan (Patron Level), Pat & Robert Kraus (Patron Level), Audry Liao, Betty (BJ) Mann, Gerry & Tim Miner (Contributing Level), Dee & Darren Mrak (Contributing Level), Donna & Harry Patrick, Fred Peters (Patron Level), Sandy & Byron Rubin (Patron Level), Barbara Savedoff, Nina Sikand, Meredith Smith, Abby Stern & David Stern, MD, Marilyn Thaler (Sustaining Level), Tricia & Charles Wright, Miriam Zaffrann (Contributing Level). **Thank you for your support!** This list is current through about 2/5/21. Any questions, call (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:

- **February 21, 2021** (3rd Sunday) **7:00 PM Parallels between the Civil Rights Movement and the Vegan Movement** with **Milton R. Mills, MD**. Sign up at rochesterveg.org
- **March 6-20, 2021** (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 24-credit CME (professional education) program is available based upon Jumpstart. Info at roclifemed.org
- **March 16, 2021** (Tuesday) **7:00 PM Let's Reverse Lifestyle Disease** with Lifestyle Medicine and CHIP Health Expert, **Dr. Sal Lacagnina** Rochester Lifestyle Medicine Institute (RLMI) event, info at roclifemed.org and rochesterveg.org
- **March 18, 2021** (Thurs.) and **March 22 (Mon.) 2021, 6:30 PM** Free CHIP Info Sessions.
- **April 10-24, 2021** (Sat. to Sat.) **15-Day Whole-Food Plant-Based Jumpstart**. See write-up for March 6.
- **April 18, 2021** (3rd Sunday) **7:00 PM Debunking Keto, Paleo, and Other Low-Carb Diets** with **Brenda Davis, RD**, co-author of *Becoming Vegan* and *Nourish* (2020). Sign up at roclifemed.org
- **May 1-15, 2021** (Sat. to Sat.) **15-Day Whole-Food Plant-Based Jumpstart**. See write-up for March 6.
- **May 16, 2021** (3rd Sunday) **7:00 PM A Plant-Based Diet and Bone Health** with **Virginia Messina, MPH, RD**, co-author of *Vegan for Her* and *Vegan for Life* (2nd ed. 2020). Sign up at roclifemed.org

*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