

Our 32nd year!

THE **vegan**

ROCHESTER AREA



VEGAN SOCIETY

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 DIET TO
SAVE THE PLANET!**

In July 2020, then-candidate Biden announced a \$2 trillion climate plan, and in April 2021 his administration held an Earth Day climate summit. While the White House was accused of limiting meat consumption, it did no such thing. However, the facts do show that animal agriculture is one of the largest sources of greenhouse gases, in addition to being a disastrous waste of resources—what's been called a "food factory in reverse."

The Physicians Committee for Responsible Medicine highlighted these facts and recommended strong action, both governmental and personal, at its Plant-Based Climate Summit in April 2021.

Meat and dairy production produce greenhouse gases which trap heat, leading to global warming and climate change. By various official estimates going back to 2006, animal agriculture is responsible for 18% of greenhouse gases, more than all forms of transportation combined ("Livestock's Long Shadow," UN Food and Agriculture Organization, 2006) to as much as 51% of greenhouse gases (Worldwatch Institute 2009).

One of the speakers at PCRM's summit, Leslie A. Durham, PhD, a professor of environmental studies at Southern Illinois University, used everyday comparisons to bring home the environmental impact of meat eating. A calorie of meat requires 11 times more fossil fuel to produce than a calorie of plant protein. If every American ate no animal products for one day a week it would be like taking 7.6 million cars off the road. A quarter-pound hamburger, in addition to generating greenhouse gases, requires 460 gallons of water and 64.5 square feet of land. Another speaker at the summit, Ocean Robbins of the Food Revolution Network, said that if we grew crops for human consumption instead of feed for animals, we could feed 4 billion more people.

The Physicians Committee recently petitioned the White House to update its climate crisis executive order, issued on

January 27, 2021, to include policy changes that promote a plant based diet.

While Americans notoriously don't like to be told what to do, least of all what to eat, the federal government already inserts itself into private buying and consuming decisions by a complex set of recommendations, guidelines, supports and incentives that favor meat and other animal products. PCRM asks the government to shift its influence more towards supporting the consumption of plant foods for the betterment of all.

Specifically, PCRM petitioned Secretary of Agriculture Tom Vilsack, who oversees the nation's agricultural and nutrition programs, to shift federal subsidies from animal products to plant products (beef to beans); to take into account the climate benefits of a plant-based diet in its upcoming 2025-30 Dietary Guidelines for Americans; and also to take into account the climate impact of commodity foods used in federal food programs such as the National School Lunch program.

We all can make the personal decision to protect the planet and our own health with plant-based diet choices; but we need to be supported by the kind of changes at the governmental level that PCRM is advocating. To watch the Plant-Based Climate Summit, go to PCRM.org/Environment. ♦

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HAIKU
by Bruce Ross

silence
the tree's still shadow
on the yellow roof

approaching rain—
the solitary sparrow
on the telephone wire

a field mouse
on a crinkly elm leaf
breathing

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 *whley* 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

MEETINGS/PROGRAMS

In May, **Virginia Messina, MPH, RD** gave a wonderful talk on how to support bone health on a plant-based diet. In June, we visited the kitchens of three RAVS members who demonstrated favorite recipes for us, including kale soup, peanut butter-banana wraps, and “chicken” salad: thanks to **Sandy Baker, Renee Bell,** and **Peg Haust-Arliss** and their partners. Links to the videos of these meetings, as well as the slides from Ms. Messina’s talk and the June recipes, are at rochesterveg.org or contact rochesterveg@gmail.com In August, RAVS member **Kimber Gorall** graciously offered her canal-side home for our first in-person event in 18 months. Thank you!

In September (4th Sunday), we welcome **Milton Mills, MD** to give us a talk on the microbiome. In October, **Neal Barnard, MD** will talk about plant-based diet (especially soy) and menopause; in November, **Caldwell Esselstyn, MD** will talk about heart attack proofing (both Zoom talks). On the 3rd Sunday of November we’ll gather at the Lodge again. Details p. 8. Notice that we have two in-person events planned for autumn. At this time, COVID is still going strong because of

the Delta variant. We will follow the official recommendations and public health consensus at all times. We will confirm each event by email, website and Facebook as the date draws closer. Any questions, go to rochesterveg.org, or contact us, rochesterveg@gmail.com or (585) 234-8750, for an update. We do ask that everyone who attends our live meetings be vaccinated.

Please continue to stay safe, follow all public health directives, and support your health with a vegan diet!

CONGRATULATIONS to Rochester Lifestyle Medicine Institute (RLMI), <https://rochesterlifestylemedicine.org/> The RLMI team, headed by **Susan M Friedman MD, MPH**, had an article accepted for publication in *American Journal of Lifestyle Medicine* on the clinical results from almost 400 Jumpstart participants. Read it here: [Jumpstarting Health With a 15-Day Whole-Food Plant-Based Program](https://www.ajlmed.com/publications/2021/06/01/jumpstarting-health-with-a-15-day-whole-food-plant-based-program). Information on RLMI programs is included in the calendar on p. 8.

PLANT-BASED ADVOCATE **Pearl Cole Brunt** is running for Pittsford Town Council. She also is an ardent plant-based advocate. She has been doing vegan cooking demos at the Pittsford Farmers Market all summer. Pearl’s plant-based food advocacy program is called Le Twisted Spoon! pearlbrunt.com

GRASS-FED ROCHESTER, a vegan butcher, is located at 980-982 Monroe Avenue. Grass Fed’s offerings, which include tofu chicken cutlets and seitan gyro sandwiches, appear on the menu at New City Café, Misfit Treats, Red Fern, and Living Roots Wine & Co. <https://www.rochesterfirst.com/food-and-drink/grass-fed-the-only-vegan-butcher-shop-to-re-open-in-rochester/>

ALL-VEGAN RESTAURANTS

Allah’s Kitchen, 24 Hinckley 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.carrotogcafe.com> Indoor & takeout. Undergoing kitchen expansion; call to check.

Misfit Treats & Eats, 133 Gregory St., Rochester, NY 14620 (271-1233) <https://www.misfitdoughnuts.org> Now has sandwiches, doughnuts, and ice cream treats.

The Natural Oasis, 288 Monroe Ave., Roch., NY 14607 (325-1831) <https://www.naturaloasisny.com> Ethiopian buffet for lunch, and gourmet (\$5/plate) tasting menu at dinner. Indoor and 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.redfermrochester.com> Take-out and outdoor seating.

Grass Fed Rochester, Monroe Ave., a vegan butcher. <https://www.grassfedrochester.com>

Sweet Pea, 777 Culver Rd. (800-561-7608) <https://sweetpeaplantbased.com>. WF vegan meal prep service for pick-up or delivery.

We welcome the following:

New Members: Suellen Antkowiak, Allison Austin, NP (Contributing Level), Donna Fling, Peg Haust-Arliss & Craig Arliss, Jean Pauk, Dave Plante, Carolyn Phinney Rankin, Renée Sawka, PA & Brian Sawka (Contributing Level), Melody Tanza.

Membership Renewals: Ed Austin, Judy Babbitt, Sandy Baker & Albert Brock, Donna & Dan Barski, Renee & Brian Bell (Contributing Level), Susan Boland (Patron Level), Milt Braverman (Contributing Level), Cindy Brickley (2-year renewal), Jill Brooks, RN, DC, Bill Bross, Peggy Weston Byrd, Jo Cappella (2-year renewal), Janet Chaize, Ellie Cherin (Sustaining Level), Mary C. Ciulla, Katie & Matt Comeau (Patron Level), Sue & Jim Conner, Diego Mejia Cordova, Mary & Father Patrick Cowles (Patron Level), Allan O’Grady Cuseo (Patron Level), Katherine DaCosta & family, Margie Driscoll, Jeff Feldman (Patron Level), Phyllis Fleischman, Aaron Frazier, Joel Freedman, Karen Genett, NP (2-year renewal), Carol Graham, Janet Graves-Wright, Nancy Hallowell & Winton Brown (Contributing Level), Linda Heeler (Contributing Level), Nancy Herbst, Sandy Hicks (Patron Level), Carol Hope, Pat Hysert, Marilyn Israel & Robert Israel, MD, Linda Kilbourne (Contributing Level), Carol & Bruce Manuel, Karen Mayes, Walter McBurney, JoBeth & Noel Nichols (Patron Level), Yetta Panitch & David Daunce (Patron Level), Mary Parson, Charlie Peterson, Karen & Carl Petite, Naomi Pless, MD, Bruce Pollock, Russell Roberts, Dan Seeley (3-year renewal), Kathy & Kevin Skerrett, Linda Sorensen & Allen Glenn, Bubbie & Deb Staron, Sue Taylor, Bill Teschke & Susan Schirm Teschke (Contributing Level), Maureen & Steve Van Buren, Julie Yoon, MD & Paul Gosink, MD (Patron Level).

Generous donations received from Sharon Yates, and from anonymous donors through Network for Good and Tisbest. Thank you for your support! This list is current through about 8/15/21. Questions: (585) 234-8750 or rochesterveg@gmail.com

Virginia Messina, MPH, RD, “**Plant-Based Diet and Bone Health**,” talk given to RAVS and RLMI on 5/16/21

Though bones may seem to be static, Messina says they are in fact dynamic, continuously breaking down and rebuilding. In our mid-30’s we reach peak bone mass; and by our late 40’s, bone metabolism shifts in the direction of breakdown, especially for women after menopause without the hormonal support of estrogen. Loss of too much bone mass can increase the risk of fracture.

Studies of the bone mass of vegans yield conflicting results. A meta-analysis of 9 studies revealed that vegans have slightly lower bone mineral density (BMD) but not to a degree that is clinically relevant, i.e., it is not likely to lead to fractures. The EPIC-Oxford study, conducted in the UK (2009), studied 65,000 health-conscious subjects of whom 4% were vegan. The vegans had higher rates of fracture, but only if they had an intake of less than 525 mg of calcium, a level readily achievable with vegan foods. The 2020 EPIC-Oxford study showed that the vegans had a higher rate of fracture, but only when they had low body weights.

The Adventist Health Study II (2021), a study of 96,000 health-conscious subjects of whom 8% were vegan, found that the vegans had a lower calcium intake and higher fracture risk, but there was no difference in fracture risk if the vegans supplemented with calcium and vitamin D (<https://pubmed.ncbi.nlm.nih.gov/33964850/>).

Messina says that bone health is a big issue for everyone, not just plant-based eaters. Protective factors for bone health are calcium, vitamin D, protein, vitamin B12, fruits and vegetables, fat, and physical exercise. Damaging factors are sodium, alcohol, low body weight, and sedentary lifestyle.

CALCIUM Most people associate calcium with dairy, but some studies find no risk reductions from consuming dairy. Messina says the nutrients in dairy foods are also in plant foods and there is “nothing special about milk.” Our early human ancestors got huge amounts of calcium in their diets, all from plant foods, and we also can get calcium from leafy greens. Calcium from many (but not all) greens is well-absorbed, including bok choy, broccoli, and collard greens; less well absorbed is the calcium in spinach, chard, beet greens and other high-oxalate greens (still wonderful foods, just not good sources of calcium).

Absorption of calcium is only 30% from cow’s milk and much higher from leafy greens in the cabbage family, including bok chow (53.8%), kale (58.8%) and turnip greens (51.6%), making a serving of one of these an excellent source of calcium. Messina says we need 3 cups per day of

well-absorbed calcium, such as calcium-set tofu, fortified plant milks, fortified juice, and leafy greens from the cabbage family (cruciferous). Other plant sources of calcium are almonds, sesame seeds, figs, oranges, and beans.

Messina says a small calcium supplement is okay (e.g. ~300 mg), but try to get the bulk of your calcium from foods. Other foods and factors boost the absorption of calcium from foods, such as protein, fat, and higher BMI in the person consuming it (i.e., carrying a little extra weight). Another factor in the absorption of calcium is vitamin D. The body makes vitamin D upon exposure to sunlight, but smog, sunscreen, darker skin, advanced age, and weaker sunlight in high latitudes (e.g., Rochester, NY) can keep this from being an adequate source. Messina recommends supplementing with vitamin D, at least 2000 IU daily. There are two forms, D2 and D3. D2 is always vegan, D3 is not. There is some indication that D3 is better at reversing a deficiency, so if you prefer to take D3, there are some brands of vegan D3 such as Vitashine.

Protein and bone health: Decades ago it was thought that too much animal protein caused depletion of calcium. Messina says this connection has been debunked, and that actually protein is conducive to bone health—but plant protein is perfectly adequate for this task. Messina says that protein promotes bone health in 3 ways:—it improves the absorption of calcium— it is needed for the architecture of bones— it promotes muscle formation which supports and protects bone

Beans and even veggie “meats” are good sources of protein.

Is plant protein complete? We need protein for its amino acids, some of which we can synthesize ourselves; but 9 amino acids are essential, meaning we need to get them directly from food. Greens, vegetables, nuts, seeds, and legumes contain all the essential amino acids, though these foods are usually low in one of the 9. We used to think it was necessary to combine foods to get complete protein, but current thinking is that, if one’s calorie needs are being met from whole plant foods, you don’t need to combine foods to meet protein needs. However, because plant sources of protein are slightly less digestible than animal sources, vegans have a modestly higher protein requirement (56 grams for a 140 lb vegan vs. 51 grams for a 140 lb meat eater).

Importance of legumes: Legumes are the only good source of lysine, which is the amino acid in short supply in other plant foods, making soy foods, beans, peas, lentils, and peanuts an important part of every vegan diet. Young and middle-aged adults should get 3 servings daily, adults 50 and older should get 4 servings a day, and persons who are losing weight should get 4

servings a day, to counter muscle and bone loss. A serving would be 1/2 cup beans, 1 cup soy milk, or 3 oz vegan meat. If this seems overwhelming: consider that you could satisfy the requirement with: a breakfast smoothie made with soy milk; a bean burrito for lunch; a snack with hummus or lentils; and dinner pasta with peanut sauce.

Important of vegetables and fruits: they are high in vitamin C, which is involved in the formation of collagen, as well as magnesium, potassium and vitamin K, all necessary to bone health. Messina says that healthy fat in the diet can increase vitamin K absorption.

Vitamin B12 sufficiency, so important for neurological health and reduction of chronic disease risk, is also necessary to bone health, and deficiency is linked to higher fracture risk in older adults. Messina recommends supplementing with a small amount (25 to 100 mcg) daily or 1000 mcg, two or three times a week.

Excessive intake of sodium and caffeine is associated with increased fracture risk. Moderate alcohol intake of alcohol is associated with bone health in post-menopausal women, but excessive use is associated with bone loss as well as risk of falling!

Messina says to STAY ACTIVE. Exercise is important to maintaining bone health, especially weight-bearing exercise and resistance training. This includes walking, jogging, climbing stairs, tennis, and working with weights. There is some evidence that yoga can increase bone health. The Kripalu Center has a series of poses to reverse osteoporosis: <https://kripalu.org/resources/12-pose-method-reverse-osteoporosis> Balance exercises to prevent falling are useful as well.

Low body weight and weight loss are associated with bone loss, and carrying a little extra weight can protect your bones. If you are attempting to lose a significant amount of weight, eat lots of protein-rich foods (four servings of legumes daily) and get ample exercise, to protect your muscle and bone mass.

Messina is a moderate when it comes to recommendations for dietary fat. She is in favor of including avocado (1/4 a day) and nuts and seeds (1/4 cup a day) in the diet, and even would not be averse to 1 tsp of olive oil on one’s salad. Nuts and peanuts in particular are associated with heart health.

Medications for gastric problems (such as Pepcid) can interfere with calcium absorption, so try to wean yourself from them.

Messina’s talk can be viewed here: <https://www.youtube.com/watch?v=JvhZsUcmfs4> The PDF of her slides is posted at rochesterveg.org ♦

WHOLE-FOOD VEGAN

PEA AND TOFU CURRY (Marc Ramirez, chickpeaandbean.com)

One 14 oz. package firm or extra-firm tofu, drained and cubed
 2 cups frozen green peas
 3/4 cup onion, roughly chopped
 1 tbsp fresh ginger, chopped, or substitute 1/4 tsp ground ginger
 2 cloves garlic
 2 tsp jalapeño, chopped, or a dash of cayenne pepper
 1/2 cup tomato sauce
 1 tsp ground cumin
 1 tbsp peanut butter (omit if nut-free)
 1 tbsp poppy seeds or sesame seeds
 1/2 tsp turmeric
 2 tsp ground coriander
 1/2 cup vegetable broth
 1 1/2 cups water
 2 tbsp plain, unsweetened nondairy milk
 Salt if desired
 Black pepper if desired
 Cilantro for garnish if desired

Drain tofu, cube, and spread on towel. Roll towel gently and allow the tofu to sit while you prepare the other ingredients.

Place chopped onion, ginger, garlic, jalapeño, tomato sauce, cumin, peanut butter, poppy or sesame seeds, turmeric, and coriander in a blender or food processor. Blend until it becomes a paste.

Add 2 tbsp of vegetable broth to a large, nonstick pot. Add the tofu cubes to the pot and cook over medium heat until lightly browned. Add vegetable broth a spoonful at a time to prevent tofu from sticking and stir occasionally. This will take about 8 minutes. Put tofu cubes on a plate and set aside.

In the same pot, add 2 more spoonfuls of vegetable broth. Add onion mixture and cook over medium-low heat for about five minutes. Add more broth by the spoonful if necessary to stop mixture from sticking.

Add the 1 1/2 cups of water to the pot and bring to a boil. Add peas and tofu cubes to the pot. Bring to a boil again and then reduce heat to low and

simmer, uncovered, for 10 minutes. Add 2 tbsp of nondairy milk and stir. If the curry is too thick, add a little water to thin it out.

Taste test and add salt, black pepper, or cayenne pepper if desired. For an optional garnish, sprinkle cilantro leaves on top.

[Ed. note: This would be good served on cooked brown rice or other grain.]



SUSHI SALAD (Kim Campbell, plantpurechef.com)

This hearty rice-and-vegetable dish has many of the unique ingredients you find in sushi, including sweet vinegar and the traditional nori seaweed, without all the fuss.

4 1/2 cups cooked short-grain brown rice
 1/2 cup rice vinegar
 1 tbsp pure maple syrup
 2 tbsp low-sodium tamari sauce
 3 green onions, sliced
 2 medium carrots, shredded
 1 cucumber, peeled and diced
 1 cup frozen edamame or peas, thawed
 2 nori sheets, torn or cut into 1-in pieces
 1 avocado pitted, peeled, and sliced
 2 tbsp black sesame seeds

Combine all ingredients except avocado and sesame seeds and toss gently. Top with avocado and garnish with the sesame seeds.

Variations: Try adding red or yellow peppers, celery, or even water chestnuts for different colors and textures. You can also use different varieties of rice to fit your own personal preference.

NOTE: For a guide to veganizing recipes, go to “Plant-Based Substitutions 101” at plantbasedchef.com: <https://www.plantpurechef.com/post/plant-based-substitutions-101>

VEGAN LENTIL MEATBALLS (plantifulkiki.com)

2- 15 oz cans lentils drained and rinsed, or 3 cups cooked lentils
 1/2 cup red onion finely minced (if it's diced too big the balls won't stick together)
 4 garlic cloves finely minced
 4 tbsp vegan Worcestershire*
 2 tsp Italian herbs
 2 tsp garlic powder
 1 tsp onion powder
 1/4 tsp ground black pepper
 1 tsp smoked paprika
 1 tsp salt or to taste
 2 tbsp tomato paste
 2 tbsp vegan egg replacer or 2 tbsp ground flaxseed (make 1 “egg”)
 1 cup bread crumbs (can use gluten free)
 1/2 cup parsley finely chopped

Heat a nonstick pan to medium high heat. Sauté the onions and garlic until onions are translucent.

Make the “egg” by combining 2 tbsp of either vegan egg replacer or ground flaxseed with 4 tbsp of water and let it sit for 5 minutes.

Add the lentils and the rest of the ingredients including the onions and garlic to a food processor. Lightly process the mixture to combine it all but do not allow it to become a paste. You want the mixture to still have some texture.

Take a tbsp and scoop out the lentil mixture 1 tbsp at a time and form the balls. Brown them in a nonstick pan over medium high heat, or bake them for 15 minutes at 375, flipping them over halfway through.

After they are browned or baked, you may enjoy them alone or on some pasta. I also like to simmer them, after I brown them, in marinara for 10 minutes and then serve over pasta.

*Brands are Annie's Naturals, and The Wizard's (Edward & Sons). Or you could make your own using apple cider vinegar, soy sauce, brown sugar, mustard, and spices. Here is a recipe: <https://www.karissasvegankitchen.com/vegan-worcestershire-sauce/>

VEGAN SOUPS!

SPANISH TOMATO SOUP (C. Barnett)

¼ cup water or dry vermouth
½ medium onion, chopped
1 to 2 cloves garlic, minced
One red bell pepper, seeded and chopped*
One 28-oz can diced or crushed tomatoes*
One can garbanzo beans, drained
½ tsp salt
1 tsp ground cumin
1 tsp smoked paprika
¼ cup coconut milk or other plant milk (optional)*
1 cup frozen green peas

½ to ¾ cup toasted ground almonds
Fresh coriander or Italian (flat) parsley (optional)

*See alternative option below.

I make this recipe in late summer when I have more tomatoes than I know what to do with, but you can use canned tomatoes.

In a large pot, sauté the onions and garlic in water or dry vermouth until the onions become transparent. Add the peppers and sauté until soft. If you prefer, you can use roasted red peppers from a jar (use the equivalent of one whole pepper).

Add one can of crushed or diced tomatoes; or if you have garden tomatoes, add about 4 cups of fresh tomatoes, either just diced or previously cooked. If the tomatoes have already been cooked down, just add them to the pot; if you are adding cut-up fresh tomatoes, leave time for them to cook down a bit; should take about 10-15 minutes.

At this point, if you want a smoother soup, you can blenderize all or part of the mixture. An immersion blender makes it possible to keep the soup in the pot while you blend it.

Add the drained garbanzo beans and the salt and spices. Cook the soup for another 10 minutes. If using, add the coconut milk towards the end. If you don't have coconut or other plant

milk on hand but want a creamy texture, whisk 1-2 tbsp of tahini with water and then add to the soup. Add the green peas just before serving and give them just enough time to heat through, but stay green.

Serve the soup hot with toasted chopped almonds. (You can toast them in a 200 degree oven for about 5 minutes.) Serve garnished with fresh coriander or parsley if you wish.

MEXICAN OATMEAL SOUP (adapted from Y. Y Tarr, *NY Times Bread & Soup Cookbook*)

This is a great soup to make when you have a bumper crop of tomatoes. Add more tomatoes than called for in the recipe if you have them—you can't overdo it.

1½ cups regular oatmeal (rolled oats)
1 onion, diced
2 or more cloves of garlic, minced
5 cups water (can include some vegetable broth)
2 to 4 large fresh tomatoes, chopped
¼ to ½ tsp salt, or 1 tsp "chicken" bouillon or seasoning*

Toasting the oatmeal

Place the oatmeal in a dry skillet and turn the heat to high. Watch the toasting process carefully and do not burn the oats! As soon as you can smell the oats toasting, it's time to turn off the heat completely, and let the residual heat toast the oats while you stir them constantly. The oats will get slightly golden and will smell delicious! Set aside.

In a large pot, sauté the onion and garlic in water, white wine, or vermouth until softened, 3 to 5 minutes. Add 5 cups of water and the chopped tomatoes and reserved oatmeal, bring to a boil then lower to simmer and cook about 10 minutes.

*If you use a vegan "chicken" broth or seasoning, it will contain salt, so no need to add any other salt. One brand is Better than Bouillon "No Chicken" Base, found in a jar in Wegmans Nature's Marketplace, but be very careful; this brand also makes real Chicken Base.



TOMATO-CORN CHOWDER (adapted from <https://www.veggieinspired.com/spicy-summer-corn-soup/>)

¼ cup water, white wine or dry sherry
1 onion, diced
1 clove garlic, minced
4 cups water or veg broth or combination
1 bell pepper, diced (any color)
1 jalapeño, ribs and seeds removed, diced (optional, or use a small part of the pepper as desired, if you don't like much "heat")
½ tsp cumin
½ tsp smoked paprika
Kernels from 3-4 ears cooked fresh corn (about 2 to 3 cups) (or use frozen corn)
2 or more chopped tomatoes—fresh or frozen/thawed, OR use one 15-oz can diced tomatoes

Lime or lemon juice
Salt and pepper to taste
Hot sauce (optional)
½ cup soy milk or other plant milk, added at the end (optional)

Optional garnishes: cilantro, chopped scallions, etc.

In a large pot, sauté the onion and garlic in the liquid until it starts to be translucent, about 2 to 3 minutes. Add the water or veg broth, peppers, spices, corn, and tomatoes. Bring to a boil, then lower heat and simmer for 20 minutes. If you want a creamier soup, let it cool slightly, then blend the soup partially with an immersion blender. Adding plant milk at the end also adds creaminess.

Before serving, add some lime or lemon juice, salt and pepper.



IN THE NEWS

POTATO MILK: The Next Big Thing? As a raw material for plant milk, potatoes have a more modest footprint than almonds, soy, and even oats. And potato milk tastes good! It's not yet available commercially in the US. Dug, the company that makes it, ships only to the UK; but you can make it at home. <https://news.yahoo.com/potato-milk-thing-now-cant-155738122.html>; <https://amp.theguardian.com/food/2021/jul/27/smash-hit-is-potato-milk-the-ultimate-vegan-option>. Here's a recipe: <https://thegreencreator.com/potato-milk/>

ELEVEN MADISON PARK: A NY Times article dated 5/3/21 announced that the new menu of this upscale NYC restaurant was going entirely vegan. This decision results from a re-evaluation of typical meat-based offerings by Chef David Humm for "environmental and social reasons." With a typical meal costing \$335 per person, the restaurant won't be available to everyone; but its influence is widespread on restaurants all over

the country. Food guru Ruth Reichl said: "A restaurant like Eleven Madison Park is basically a teaching institution." What's more, the restaurant website says: "Every dinner purchased at Eleven Madison Park provides five meals to New Yorkers experiencing food insecurity." Here's a short news video: <https://www.youtube.com/watch?v=8DbZUhi21g>

HAPPY 60TH BIRTHDAY! Former President Barack Obama celebrated his 60th birthday with a lavish bash, but kept it sustainable with a plant-based menu featuring a Hawaiian dish, Spam Musubi, made with Impossible Foods vegan meats, and also Eat Just's plant-based eggs. Even if you weren't invited to Obama's party, you can buy Impossible products at many supermarkets, including Wegmans, and can find them on the menu at Burger King and Wendy's. Eat Just, formerly called Hampton Creek, can be found at Kroger's and Walmart, and many restaurants. [https://www.businessinsider.com/obama-](https://www.businessinsider.com/obama-birthday-menu-60th-meat-free-plant-eat-just-impossible-2021-8)

[birthday-menu-60th-meat-free-plant-eat-just-impossible-2021-8](https://www.foxnews.com/politics/obama-birthday-meat-free-marthas-vineyard); <https://www.foxnews.com/politics/obama-birthday-meat-free-marthas-vineyard>

VEGAN BURGERS AT WEGMANS Wegmans offers 3 vegan burgers in its own product line: Black Bean Veggie Burgers fresh in the produce dept. (gluten-free); Garbanzo Bean Veggie Burgers fresh in the produce dept. (GF); and Grain and Seed Medley Veggie Burgers (GF) in frozen foods.

SOY MYTHS DEBUNKED! New research addresses the myths surrounding soy consumption and finds, after a review of 417 reports based on human data, that isoflavones—the phytoestrogens found in soy—do not adversely affect thyroid function, estrogen levels, ovulation in women or sperm counts in men. Soy should not be considered an endocrine disruptor and actually has a protective effect: soy products are associated with reduced risk of breast and prostate cancer. PCRM's *Good Medicine*, Summer 2021. ♦

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:

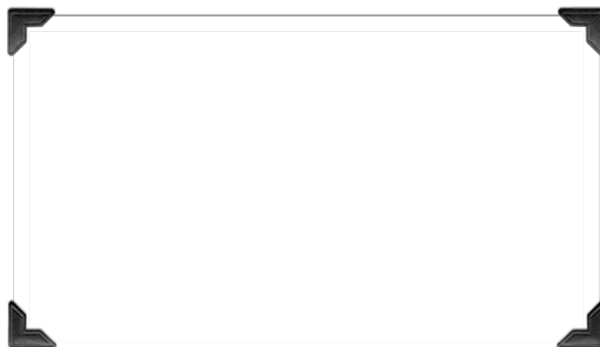
- **September 9, 2021** (Series of Thursdays) **6:30-8:30 PM Complete Health Improvement Program (CHIP). Zoom-based intensive lifestyle change program.** Sign up at roclifemed.org
- **September 11, 2021** (Sat. to Sat.) **1-3 PM 15-Day Whole-Food Plant-Based Jumpstart. Zoom-based program** with medical facilitation, cooking class, and virtual potluck. For medical practitioners: a CME (continuing medical/professional education) program is available based upon Jumpstart. Info at roclifemed.org
- **September 26, 2021** (4th Sunday) **5:30 PM Vegan Share-a-Dish; 7:00 PM Program*** both in person and streamed. **Vegan Diet and Microbiome** with **Milton R. Mills, MD.** Sign up for Zoom at rochesterveg.org
- **October 5, 2021** (10 Tuesdays) **7:30-8:30 PM Lift, a Zoom-based program** to increase happiness. Info at roclifemed.org
- **October 9, 2021** (Sat. to Sat.) **1-3 PM 15-Day Whole-Food Plant-Based Jumpstart.** See write-up for September 11.
- **October 12, 2021** (Tuesday) **7:00 PM via Zoom.** Lifestyle as Medicine Lecture Series. **Plant-Based Diet and Menopause** with **Neal Barnard, MD.** Sign up at roclifemed.org
- **November 2, 2021** (10 Tuesdays) **6-7 PM Lift, a Zoom-based program** to increase happiness. Info at roclifemed.org
- **November 14, 2021** (2nd Sunday) **7:00 PM via Zoom.** Lifestyle as Medicine Lecture Series. **Plant-Based Diet to Reverse Heart Disease** with **Caldwell Esselstyn, Jr., MD.** Sign up at roclifemed.org
- **November 21, 2021** (3rd Sunday) **5:30 PM Vegan Share-a-Dish; 7:00 PM Program*** both in person and streamed. Program to be announced on website, rochesterveg.org, by email and Facebook, and in November RAVS newsletter.

*In person meeting will be held at Brighton Town Park Lodge, 777 Westfall Rd., Rochester, NY 14620. 5:30 PM Vegan Share-a-Dish Dinner followed by 7:00 PM Program.

Brighton Town Park Lodge is at 777 Westfall Rd., on the south side of Westfall between E. Henrietta Rd. (15A) to the west, and S. Clinton Rd. to the east. Look for the "Brighton Town Park" sign. The driveway leading to the Lodge is called "Haudenosaunee Trail."

PLEASE NOTE: We always welcome new people at our meetings. You may attend just the dinner, just the program, or both; there is no need to reserve for either. If you attend the dinner, we ask that you pay a \$3 Guest Fee **in addition** to bringing a vegan dish to pass. See box on p. 2 for information about preparing a vegan dish. The Guest Fee will be subtracted from 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



14620
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ROCHESTER AREA VEGAN SOCIETY