

Our 32nd 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. ♦

ROCHESTER, NY
Vegan Haven, Vegan Heaven

An article recently posted on vegnews.com, "Why Rochester NY is the Best Small City in America for Vegans," starts off: "What if I told you there was a vegan-friendly city located in an area of the country where long-term climate change projections were relatively promising, everything you needed was a ten-minute drive away (or a short walk, depending upon your neighborhood), and houses were still comparatively affordable? . . . The plant-based heaven I speak of is Rochester, NY—the third-largest city in the Empire State (pop. 205,000). Also known as "Lilac City," due to a massive annual Lilac Festival that blankets the town in bright purple, Rochesterians love this place for its tight-knit community, surprisingly bustling nightlife, and stunning green spaces."

The article, by Jasmin Singer, gives 13 reasons why Rochester is the best small city for vegans. Those reasons are (boldface added):

- Vegan & vegan-friendly restaurants
- Vegan food service
- Rochester Area Vegan Society!**
- Vegan-friendly policymakers
- Rochester Lifestyle Medicine!**
- Long-term climate change projections
- Strong activism scene
- Access to nature, beaches, & festivals
- Gay bars, nightlife, and culture
- No brain-drain here.
- Relative affordability
- Close proximity to airport, Amtrak,
- & many big cities
- People are kind!

Here is what Ms. Singer has to say about RAVS: "Not only does Rochester have vegan food options everywhere you turn, but it also boasts the iconic [Rochester Area Vegan Society](http://RochesterAreaVeganSociety.org) (RAVS), which has been around for more than 30 kale-infused years. RAVS features regular events—both online and in-person—as well as a variety of different types of potlucks, picnics, and publications (oh my!). Some of the highfalutin' go-to plant-based experts on the itinerary include notable MDs Neal Barnard

and Caldwell Esselstyn. Get your beans ready and tune in." [RAVS was founded in fall of 1989, so we are about to begin our 33rd year! Neal Barnard, MD spoke in October 2021, and Caldwell Esselstyn, Jr., MD spoke in November 2021.]

Here is what Ms. Singer has to say about restaurants: "There are a small handful of vegan restaurants here serving 100-percent plant-based fare. Stand-outs include [Red Fern](http://RedFern.com), boasting a 'Compost Plate' that is the ethical alternative to the city's iconic 'Garbage Plate' (traditionally containing a cacophony of various types of meat with dairy-laden side dishes); [New Ethic Pizza](http://NewEthicPizza.com) (it also has a spin on a garbage plate featuring Beyond burgers); [Allah's Kitchen](http://AllahsKitchen.com) (the Culture Bowl is basically a better version of a soul food plate); [Natural Oasis Cafe](http://NaturalOasisCafe.com) (for next-level Ethiopian food); and the brand-new bakery, [Hollycake House](http://HollycakeHouse.com) (consider your croissant cravings met, vegans). There's also a vegan butcher shop (yes, you read that correctly) that will fool both you and your meat-eating uncle. Mom-and-Pop shop [Grass Fed](http://GrassFed.com) is redefining plant-based meats with its small-batch selections made from all plant-based ingredients. With kosher offerings including everything from brisket to butter chicken and even pâté, this shop boasts an old-school flair (think Lower East Side, 1930s), complete with an adorable deli scale to measure your pastrami slices. On top of those all-vegan mainstays, the vegan-friendly options abound in this town—with standouts including the always-charming [Voula's Greek Sweets](http://VoulaGreeksweets.com) and, for a date night, romantic [Owl House](http://OwlHouse.com)."

In the category of vegan food service, Singer gives a shout out to [SweetPea Plant-Based Kitchen](http://SweetPeaPlantBasedKitchen.com): "Rotating specials include Gigante Beans 'Oreganata' with Tomato and Broccoli Rabe, BBQ Beetloaf with Red Flannel Hash and Cabbage Slaw, and Chick n' Jack Salad Pita."

Many thanks to *VegNews* and Jasmin Singer for helping us put Rochester, NY on the vegan map! ♦

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Rochester Area Vegan Society

Coordinators:

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

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The Vegan Advocate Staff:

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Contributors:

Poetry	Bruce Ross, Ph.D.
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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

As we learn to live with COVID, we are making tentative steps towards in-person activities. Please have patience as we try to work out the best way to serve you, to carry out our mission of advocating a vegan lifestyle, and to keep everyone who attends RAVS events safe and secure.

MEETINGS/PROGRAMS.

In September, **Milton Mills, MD** gave us a wonderful talk on the microbiome. View the talk here: <https://youtu.be/uQdGMdfVwRo> Because of the Delta variant, we paused autumn live events after September. In October, **Neal Barnard, MD** talked about plant-based diet (especially soy) and menopause, and in November, **Caldwell Esselstyn, Jr., MD** talked about protecting heart health with a vegan diet (both were Zoom talks). Contact us to get links to recordings of those talks.

On the 3rd Sunday of November we'll gather at the Lodge for a screening of the film "**PlantWise.**" We will NOT have the usual share-a-dish dinner; instead, there will be appetizer offerings with attendees circulating or sitting in spaced chairs. We ask that everyone who attends our live meetings be vaccinated, though we do not check, and that you wear a mask unless you are eating. Any questions, go to rochesterveg.org, or contact us,

rochesterveg@gmail or (585) 234-8750. Please stay safe and support your health with a vegan diet!

For winter there are many online/Zoom events for those with computer access. See p. 8. We will notify you if any live events are added.

CONGRATULATIONS to **Rochester Lifestyle Medicine Institute (RLMI)**, <https://rochesterlifestylemedicine.org/> RLMI's **15-Day Whole-Food Plant-Based Jumpstart** has been certified by the American College of Lifestyle Medicine. This is a huge honor, as there are only two other certified programs for English-speaking participants, CHIP and Lift (both offered by RLMI). Jumpstart is offered every month, usually Saturday to Saturday; in 2022 it will be offered Sunday to Sunday some months (January, March, July, and October). Through a grant from Dr. Michael Greger's Nutrition Facts, nutritionfacts.org, medical students across the US can take Jumpstart.

The RLMI team had an article on Lifestyle Medicine and COVID published in 2020 which received an award in 2021 from the Rochester Academy of Medicine (see p. 4). Another article by the RLMI team will soon appear in the *Journal of Family Practice*, on the "cycle of culture change," in which doctors learn about and benefit from plant-based diet and share it with their patients. As RLMI says, "Onward!"♦

ALL-VEGAN RESTAURANTS

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 (585 815-4487) <https://www.carrotogcafe.com> Dine in, take-out and delivery.

Hollycake House, 300 Main St., Suite 25, East Rochester, NY 14445 (Entrance off East Elm St.) (585 310-7728) <https://www.hollycakehouse.com> Café and bakery. Bakery items for order with 48 hours notice.

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

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

The Red Fern, 283 Oxford St., Rochester 14607 (563-7633) <https://www.redfernrrochester.com> Dine in and take-out.

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

Sweet Pea Plant-Based, 777 Culver Rd., Roch. 14609 (800 561-7608) <https://sweetpeaplantbased.com>. WFPB vegan meal prep service for pick-up or delivery.

MEMBERSHIP UPDATE: We welcome the following:

New Members: Erika Au (Contributing Level), Patti Barricelli (Patron Level), Barb Cook, Kate Frangos, Farzaneh Hulan, Ryan Rush, Renée Watkins.

Membership Renewals: Lou Alano, Honey Bloch, Walter Bowen, Mary & Gary Christo, Paul Clark, Catherine & Paul Dahler, Laurie Gunther Fellows (2-year renewal), Margaret & Jeff Fellows (3-year renewal), Gloria & Steven Foster (Sustaining Level), Mike France, Wendy Fredericks, Molly Giles & Terry Boothman (Patron Level), Carol Graham, Ingrid Hunte, Tina Kolberg, Julia Lederman, June & Phil MacArthur, Betty Mann, David Meyer (2-year renewal, Patron Level), Megan Meyer, Jim Minor, Glenda Dove Pellito, Helen Presberg & Saul Presberg, MD (Patron Level), Mike Rudnick, Yardena & Yonathan Shapir, Camden Simmons, Bubbie & Deb Staron, Ariane & Lawrence Taplin (Patron Level), Marilyn Thaler (Sustaining Level), Elizabeth Tyson (Patron Level), Laurie & Jim Vangellow, Jeff Vincent.

Newsletter Subscription: Jennifer Yollin (2-year subscription).

Thanks to Maria Fantozzi for a generous donation, and to Walter Bowen, Carol Ann Britt, and Audry Liao for donating memberships. Thank you for your support! This list is current through about 11/10/21. Questions: (585) 234-8750 or rochesterveg@gmail.com

PLANT-BASED DIET AND COVID

Do you hope that your vegan diet will help protect you against harms from COVID-19? Two recent studies suggest that it might do precisely that.

“Plant-based diets, pescatarian diets and COVID-19 severity: a population-based case-control study in six countries” by Hyunju Kim and others was published in the *British Medical Journal (BMJ) Nutrition, Prevention and Health* in June 2021. The researchers studied about 3,000 health care workers with substantial exposure to COVID-19, from 5 European countries and the USA, in order to “evaluate the association between self-reported diets and COVID-19 infection, severity, and duration.” Diet did not seem to be associated with infection rates or duration of the illness in those infected, but it was associated with difference in severity of illness in those infected. “Compared with participants who reported following ‘plant-based diets’, those who reported following ‘low carbohydrate, high protein diets’ had greater odds of moderate-to-severe COVID-19 ...” The study concluded: “In six countries, plant-based diets or pescatarian diets were associated with lower odds of moderate-to-severe COVID-19. These dietary patterns may be considered for protection against severe COVID-19.”

Also in *BMJ*, “Diet quality and risk and severity of COVID-19: a prospective cohort study” by Jordi Merino and others was published in *Gut*, 2021;70:2096-2104 (first published 9/6/21; online issue published 10/7/21). The researchers studied almost 600,000 participants in the “smartphone-based COVID-19 Symptom Study. Diet information was collected for the prepandemic period using a short food frequency questionnaire, and diet quality was assessed using a healthful Plant-Based Diet Score ...” Study participants were also evaluated in terms of socio-economic deprivation. The researchers found that people

with the highest diet quality were 10% less likely to contract COVID and 40% less likely to fall severely ill from the infection than those who scored the lowest on diet quality. They also found that the joint association of low diet quality and increased deprivation on COVID-19 risk was higher than the sum of the risk associated with each factor alone. The “new findings” of the study were listed as follows:

- A dietary pattern characterized by healthy plant-based foods was associated with lower risk and severity of COVID-19.
- We found evidence of a synergistic association of poor diet and increased socio-economic deprivation with COVID-19 risk that was higher than the sum of the risk associated with each factor alone.
- The beneficial association of diet with COVID-19 risk seems particularly relevant among individuals living in areas of higher socioeconomic deprivation.

An analysis of the *Gut* study at [verywellhealth.com](https://www.verywellhealth.com) speculates on the underlying mechanism for these advantages: “While scientists don’t fully understand the connection between plant-based diets and COVID-19, gut microbes might play a role in the immune system. ‘This community of microbes— called the microbiome—actually interact on a daily basis with the immune cells in our gut to keep our immune system primed against infection,’ says Tim Spector, professor of genetic epidemiology and director of the TwinsUK Registry at Kings College, London, and co-author of the study.” <https://www.verywellhealth.com/can-plant-based-diet-reduce-covid-19-risk-5201793>

A news item at the website of the Harvard School of Public Health highlights a discussion sparked in September 2020 when John Mackey, the CEO of Whole Foods, said that Americans’ poor eating habits,

defined here as lacking adequate fruits and vegetables, were partly to blame for high death rates from COVID. “Some public health nutrition experts say that Mackey is partially right, but argue that it’s wrong to focus on poor individual choices because racial disparities and lack of access to healthy food also play a big role in people’s health.” The connections between socio-economic deprivation and health are multiple and mutually reinforcing: bad diet and social deprivation are independent risk factors, but social deprivation also causes the financial constraints and limitations on access to healthy food, which in turn cause the chronic health problems (obesity, heart disease and diabetes) that lead to poorer outcomes from COVID.

The Physicians Committee has an analysis of findings that a plant-based diet reduces the risk of infection from COVID and can help prevent severe cases. Listen to the podcast [here](#).

Rochester Lifestyle Medicine Institute published an article soon after the onset of the pandemic on the connection between lifestyle and COVID outcomes: “Lifestyle Medicine in the Midst of a Pandemic,” Susan M. Friedman, MD, MPH, FACLM lead author, *American Journal of Lifestyle Medicine (AJLM)*, September 2020. This paper was selected by the Rochester (NY) Academy of Medicine as the 2021 winner of The Robert L. Berg, M.D. Community Health/Health Care Crisis Award.♦

HAIKU by Bruce Ross

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

under the mallard’s
careful step
breaking ice

winter moon—
in the shallow new snow
a tiny squirrel print

WHOLE-FOOD VEGAN

VEGAN ASIAN SAUCE AND
BUCKWHEAT NOODLES
(from Annie Oliverio, *Crave, Eat
Heal*, found at thevegan8.com)

Sauce:

4 tbsp natural almond butter
1 tbsp white miso paste
2-4 tbsp low-sodium broth
¼ cup rice vinegar
¼ tsp garlic chile paste
Juice of 1 lime
2 tbsp tamari, soy sauce or liquid
aminos
2 tsp pure maple syrup
1 tsp fresh ginger, grated or minced
3 cloves garlic
Pinch of ground black pepper

Noodles:

6 ounces buckwheat noodles (or
brown rice noodles)

Veggies:

2 cups asparagus, cut into 1 inch
pieces
2 cups snow peas
1 small zucchini, cut into ¼ inch
rounds
¼ cup red onion, chopped
1 cup grated carrot
½ cucumber, seeded and chopped
Fresh mint
Chopped roasted peanuts

Fill a large pot with water and bring
to a boil. Lightly cook the asparagus,
snow peas and zucchini for about 3
minutes. You want the vegetables to
retain their crunch and bright color.
Using a slotted spoon, remove the
vegetables and rinse with cool water,
or if desired, place the vegetables in a
water/ice bath for a few minutes.
Drain thoroughly and set aside.

Now add the buckwheat noodles to
the boiling water and cook according
to package directions. Drain and set
aside.

To make the sauce, place all of the
sauce ingredients (starting out with
just 2 tablespoons broth) in a blender
or food processor and process until
very smooth. If desired, thin out the
sauce with additional vegetable broth
or water.

Combine the sauce with the noodles,
the cooked vegetables and the red
onion, carrot and cucumber, and top
with cilantro, mint and peanuts.

**VEGAN BOLOGNESE SAUCE
WITH PASTA**

(Holly Yzquierdo,
myplantbasedfamily.com)

8 ounces pasta (your choice of pasta)
Yellow onion (finely chopped)
4 cloves garlic (minced)
¼ cup water
1½ tsp oregano
½ tsp salt
¼ tsp red pepper flakes
1 cup dry red lentils (rinsed)
2 tbsp tomato paste
3 cups veggie broth
1 cup tomato sauce
2 tbsp balsamic vinegar (divided)

Cook pasta according to package
directions. Eight ounces makes about
4 servings. (Make more for easy
leftovers.)

In a pot over medium heat, add the
onion, garlic and water. Cook until
the onion begins to soften and the
water evaporates. Add the oregano,
salt and red pepper flakes and cook
for an additional minute.

Stir in the lentils and tomato paste.
Add the vegetable broth, tomato
sauce and half the balsamic vinegar
and stir to mix well. Bring the sauce
to a gentle boil, then reduce heat and
simmer for about 30 minutes or until
lentils are very tender.

Stir in the remaining balsamic vinegar
and continue to simmer for 2 to 3
minutes more. Season with additional
salt if needed and enjoy.

Notes

Leftovers: Refrigerate in an airtight
container for up to five days.

Serving Size: One serving is
approximately one cup of sauce.

More Flavor: Use your favorite
marinara sauce instead of tomato
sauce. Add freshly chopped basil or
oregano at the end.

Additional Toppings: Top with extra
red pepper flakes, dried or fresh
oregano, or nutritional yeast.

How to Use: Serve over potatoes,
veggie noodles, pasta noodles, or dip
fresh bread in it.

**POTATO ARTICHOKE
CASSEROLE**

(Mary McDougall, drmcDougall.com)

8-oz. package frozen artichoke hearts,
thawed
1/3 cup vegetable broth
2 cups red potatoes, cubed
1 cup onion, chopped
1 cup red bell pepper, thinly sliced
¼ cup Kalamata olives, pitted and
halved
½ cup silken tofu, pureed
1 tsp parsley flakes
½ tsp basil
½ tsp oregano
1/3 cup whole wheat bread crumbs

Preheat oven to 350 degrees.

Thaw the artichoke hearts in a
colander for several hours, OR drop
into boiling water and cook until just
thawed. Drain and set aside.

Place the vegetable broth in a large
non-stick frying pan. Add the potatoes
and onions, cook stirring frequently
for about 10 minutes, until liquid has
evaporated and onions are beginning
to stick to the bottom of the pan. Add
bell pepper and garlic and continue to
cook and stir for another 2-3 minutes.
Remove from heat and transfer to a
large mixing bowl. Add artichoke
hearts, olives, silken tofu, parsley,
basil and oregano. Mix gently until
well combined. Turn into a casserole
dish. Sprinkle with the bread crumbs.
Cover and bake for 15 minutes,
uncover and bake for an additional 15
minutes. Serve hot.

Hints from Mary McDougall: This
may also be made with different kinds
of potatoes. Fingerling potatoes are
especially good. Green pepper may be
substituted for the red pepper, if
desired. I have also tried this with
canned artichoke hearts and sliced
black olives, but the results were not
as tasty as with the frozen hearts and
the Kalamata olives, so keep that in
mind.



Want to go vegan?

We can help!

rochesterveg.org

VEGAN PASTA!**“FAVORITE MEAL” (Pasta with Tofu and Broccoli)**

3/4 lb whole-wheat macaroni
 ¼ cup white wine (more as needed)
 plus 1 tbsp soy sauce
 1 onion, diced
 1 - 2 cloves garlic, minced
 6-8 mushrooms, sliced
 1 bunch broccoli, cut up
 Other green vegetables such as
 zucchini or green beans
TAHINI-MUSTARD SAUCE
 (recipe below)

Dulse seaweed, powdered or
 chopped (optional)
 Part or all of a batch of **ROASTED
 MARINATED TOFU**

Sauté the onion, garlic and
 mushrooms in white wine or dry
 vermouth until softened and onions
 are transparent. In a separate pot,
 steam the broccoli till fork-tender. If
 you want to add other green
 veggies, either steam with the
 broccoli or add to the sauté with the
 onions and mushrooms.

Cook 3/4 lb of macaroni or other
 small pasta to *al dente* doneness.
 Toss the pasta with the sauce (recipe
 below), then add the veggies, tofu
 (recipe below), and dulse if you are
 using it, and mix to combine. Serve
 hot. Sprinkle the dulse on top or
 serve it at the table, depending on
 whether you think everyone will
 like it. (Dulse is a seaweed even
 confirmed seaweed haters can love.)

TAHINI-MUSTARD SAUCE

1/3 cup tahini (sesame paste)
 2 tbsp Dijon or spicy brown mustard
 ½ tsp dried oregano
 1/3 cup water
 1 tbsp rice vinegar or mild vinegar

Whisk together all ingredients.

**ROASTED MARINATED
 TOFU**

1 lb firm or extra-firm tofu (not
 silken)
 1 or 2 tbsp soy sauce
 1 or 2 tbsp rice vinegar or cider
 vinegar

½ tsp garlic powder
 1 tsp toasted sesame oil

Dice the tofu or cut it into strips.
 Lay the tofu on a lightly-oiled or
 nonstick cookie sheet. In a separate
 small bowl, mix together the sauce
 ingredients, and pour them over the
 tofu. Preheat oven to 350 degrees.
 Bake the tofu 10-12 min. on each
 side, turning once.

**HUNGARIAN GOULASH WITH
 PASTA (adapted from J. Raymond,
The Peaceful Palate)**

¼ cup water, dry vermouth or white
 wine
 1 large onion, thinly sliced
 3 cups sliced cleaned mushrooms
 1 green bell pepper, diced
 1 red bell pepper, diced
 1 28-oz can crushed tomatoes, all or
 part
 1 tbsp tomato paste
 3/4 cup sauerkraut
 8 oz diced seitan or tofu
 1 to 2 tsp mild paprika
 ½ tsp dried basil
 ¼ tsp black pepper
 1 to 2 tbsp tahini, whisked with 1/3
 cup water
 1 tsp toasted sesame oil (optional)
 8 oz pasta any type, prepared *al
 dente*
 Chopped fresh Italian (flat) parsley
 for garnish

In a large pot, sauté the onion and
 garlic until just soft, about 5 min.
 Add the mushrooms and bell
 peppers. Lower the heat, cover and
 cook another 5 minutes, stirring
 occasionally. Add about ½ the can
 of tomatoes (reserve the rest for
 another use), tomato paste,
 sauerkraut, seitan or tofu, and herbs/
 spices. Cover and simmer 10 min.
 Cook the pasta in a separate pot
 according to package directions.
 Add the whisked tahini and the
 toasted sesame oil (if using) to the
 goulash, before combining it with
 the cooked, drained pasta. Serve hot
 and garnish with parsley.

**PASTA TORNADO**

3/4 lb whole-wheat or brown rice
 pasta any type (farfalle/bow ties,
 fusilli/rotini or penne
 recommended)
 24 to 30 Kalamata olives
 1 can artichoke hearts, drained
 (reserve liquid from can)
 1 onion, chopped
 2 to 3 cloves garlic, minced
 8 to 10 mushrooms, sliced
 1 or 2 bell peppers, any color,
 chopped
 Chopped fresh Italian parsley
 (optional)

Tornado Sauce

½ to 2/3 cup cashew butter or tahini
 About ½ cup artichoke juice
 ½ to 2/3 cup roasted red peppers
 from a jar
 1 tbsp rice vinegar or white wine
 vinegar

Slice the olives. Drain the
 artichokes and reserve the liquid
 from the can; halve the artichoke
 hearts. In a sauce pan, use water, dry
 vermouth, or white wine to sauté the
 onion, garlic, mushrooms and
 peppers for about 5 minutes. In a
 food processor or blender, combine
 sauce ingredients and blend until
 smooth. You may need to add more
 liquid to get the consistency you
 want.

Cook pasta according to package
 directions. Toss with the sauce; add
 the veggies, olives and artichokes.
 Garnish with parsley.

OIL-FREE SPAGHETTI SAUCE
 (from Rochester Lifestyle Medicine
 Institute's Jumpstart Guide; [https://
 rochesterlifestylemedicine.org/
 about-jumpstart/](https://rochesterlifestylemedicine.org/about-jumpstart/))

Make your own by heating canned
 tomato sauce, crushed or diced
 tomatoes (check the can for no
 added sugar or oil; salt-free is good,
 too). Add some garlic or onion
 powder, herbs and spices. You can
 also add sautéed oil-free veggies
 like onion, garlic, mushrooms and
 peppers. Additional veggies to add
 for variations are: eggplant,
 zucchini, squash, spinach, broccoli,
 and cauliflower. ♦

IN THE NEWS

VEGAN MAYOR OF NEW YORK!

Eric Adams, who is vegan and committed to promoting a plant-based diet, is the new Mayor of New York City. Mr. Adams credits a vegan diet with saving his life, as he reversed his type 2 diabetes along with downstream symptoms including vision loss. Mr. Adams spoke to Rochester audiences in 2020: a link to the recording is [here](#). During the campaign, Mr. Adams had a heart-warming exchange with his opponent Curtis Sliwa; view it [here](#).

A WEEK WITHOUT BEEF

At the recent 2021 American College of Lifestyle Medicine conference, which was held online/by Zoom for the 2nd year in a row, Dr. David Katz, as part of a panel on global nutrition, gave a full-throated endorsement of the environmental reasons for going plant-based. Dr. Katz says that the global demand for hamburgers drives deforestation, loss of diversity, and climate change; it's "incontrovertibly bad." Katz says we "can't unbundle our health and planetary health." Dr.

Katz's True Health Initiative, <https://www.truehealthinitiative.org>, is planning a Week Without Beef, tentatively January 8-15, using consumer demand (non-demand) to do an end-run around industry and governments, which have not had the spine to work for lowering meat consumption. Katz ended by saying: "My hope is plant-based."

VEGAN DIETS CHEAPER

An Oxford University study has shown that switching to a meatless diet can help reduce food costs by up to one-third. Vegan diets came out on top as the cheapest, with ovo-lacto vegetarians in 2nd place, followed by flexitarians and pescatarians. Vegan diets had food costs that were between 25 and 29 percent lower than the average. Dr. Marco Springman, one of the researchers, said: "We think the fact that vegan, vegetarian, and flexitarian diets can save you a lot of money is going to surprise people. When scientists like me advocate for healthy and environmentally friendly eating, it's often said we're sitting in our ivory towers promoting something

financially out of reach for most people. This study shows it's quite the opposite. These diets could be better for your bank balance as well as for your health and...the planet." plantbasednews.org

PLANT PROTEIN PROMOTES LONG LIFE According to a meta-analysis published in *British Medical Journal*, which looked at 32 studies with more than 715,000 participants, each additional 3% of calories from plant protein such as beans, grains and soy products reduces risk of dying by 5%. Consuming animal proteins did not reduce risk of death. The authors suggest replacing animal protein with plant protein for longevity. PCRM's *Good Medicine*, Autumn 2020.

PLANT-BASED STARTER GUIDES In addition to the well-known vegan starter guides available from PCRM, Animal Outlook (formerly Compassion Over Killing), and Mercy for Animals, there are several mainstream health and news sources, not themselves vegan, which offer PB starter guides, including [Eating Well](#), [healthline.com](#), and [Women's Health](#) magazine. ♦

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:

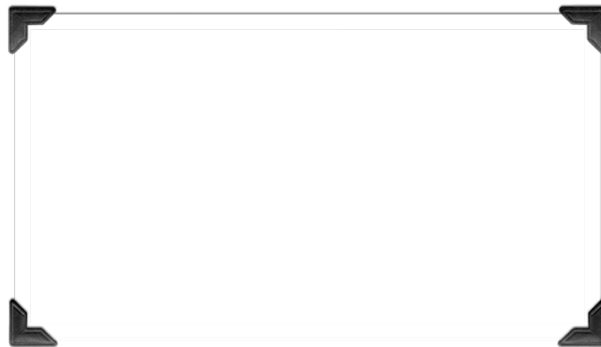
- Environment
 Animal Rights
 Health
 Other:

Rochester Area Vegan Society upcoming meetings and events of interest:

- **November 21, 2021** (3rd Sunday) **6 PM** Vegan Appetizers; **7:00 PM** Program. Screening of the new film **PlantWise**.
***Brighton Town Park Lodge**, address and directions below.
- **November 23, 2021** (Tuesday) **6:30-8 PM Free Jumpstart Info Session**. Info at roclifemed.org
- **December 4, 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
- **December 7 and 9, 2021** (same session) **Free CHIP Info Session. 6:30-8:30 PM by Zoom**. Info roclifemed.org
- **December 16, 2021** (Thurs.) **Free Jumpstart Info Session. 6:30-8 PM by Zoom** Info at roclifemed.org
- **January 6, 2022** (18 Thursdays and Tuesdays) **6:30-8:30 PM Complete Health Improvement Program (CHIP). Zoom-based intensive lifestyle change program**. Sign up at roclifemed.org
- **January 9, 2022** (Sun. to Sun.) **1-3 PM 15-Day Whole-Food Plant-Based Jumpstart**. See write-up for Dec. 4.
- **January 19, 2022** (Wednesday) **Free Jumpstart Info Session. 6:30-8 PM by Zoom** Info at roclifemed.org
- **January 2022: Lifestyle as Medicine Lecture by Zoom TBA; Live meeting at Lodge if conditions permit TBA.**
Look for a Zoom event based on the film **“Breaking Boundaries”** (Netflix), which sets forth 4 steps to address climate change, with diet as one of the steps.
- **February 5, 2022** (Sat. to Sat.) **1-3 PM 15-Day Whole-Food Plant-Based Jumpstart**. See write-up for Dec. 4.
- **February 7, 2022** (10 Mondays) **7:30-8:30 PM Lift, a Zoom-based program** to increase happiness. Info at roclifemed.org

***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.”

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



14602
ROCHESTER, NY
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ROCHESTER AREA VEGAN SOCIETY