

Our 33rd 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, call us at (585) 234-8750, or visit our website, <https://rochesterveg.org>. You will find us helpful and welcoming. ♦

**A VEGAN DIET**  
**FOR ONE HEALTHY WORLD**

**"Plant-Based for the Planet's Health"**  
(PCRM's *Good Medicine*, Winter 2022)

Mounting evidence...shows that a global shift to a plant-based diet is healthiest for the planet. A recent study found that 57% of global greenhouse gas emissions from food production come from meat and dairy products. Beef contributes the most global greenhouse gas emissions, according to the study, which looked at more than 200 countries, 171 crops, and 16 animal products. Just 29% of food-related global greenhouse gas emissions come from plant-based foods.

But a shift from meat and dairy products to plant-based foods will improve the health of the planet and people. A 2019 report commissioned by the United Nations has already called for reducing meat consumption to benefit the climate and human health. A previous UN report says that "animal products, both meat and dairy, in general require more resources and cause higher emissions than plant-based alternatives."

The 2019 EAT-Lancet report, which brought together 37 scientists from across the globe, concluded that a dietary shift toward plant foods and away from animal products is vital for promoting the health of our planet. The report states that projections for the future show that "vegan and vegetarian diets were associated with the greatest reductions in greenhouse-gas emissions."

**ONE HEALTHY WORLD**

In January 2022, the Physicians Committee for Responsible Medicine (PCRM) launched its "One Healthy World" program in four languages spoken by billions of people worldwide (English, English for an Indian

audience, French, Mandarin, and Spanish), to provide a master class on why and how to start a vegan diet, whether for health, the environment, or the animals. The six weekly classes were led by doctors, dietitians, chefs, food experts, and people who have transformed their own health with a vegan diet. Classes included topics ranging from heart health and weight loss to meal planning and dining out; cooking demonstrations; panel discussions; and responses to comments and questions.

PCRM President Neal Barnard, MD, FACC said: "We know that a plant-based diet—paired with our proven learning format and lots of support—can dramatically improve class participants' health in a matter of weeks. The One Healthy World program has the potential to save millions of people's lives worldwide, in addition to the obvious benefits for animals and the planet."

According to the Global Burden of Disease Study, which evaluated the major foods and nutrients consumed in 195 countries, an unhealthy diet kills more people globally each year than tobacco smoking. The study found that 11 million deaths annually—10 million from cardiovascular disease; 913,000 from cancer; 339,000 from type 2 diabetes—are associated with poor nutrition, including the lack of plant-based foods and overemphasis on meat and dairy products.

The "One Healthy World" classes have been recorded, and are available to watch on demand, on the PCRM website: <https://www.pcrm.org/onehealthyworld>. Watch the classes, increase your plant-based knowledge and skills, and join the thousands of people saving animals' lives while improving their own health and ensuring the health of the planet, with a plant-based diet. ♦

**IN THIS ISSUE**

<b>Vegan for a Healthy World</b>	p. 1
<b>RAVS Contact Info</b>	p. 2
<b>RAVS Update</b>	p. 3
<b>Plant-Based Lecture &amp; News</b>	p. 4
<b>RAVS Recipes!</b>	p. 5
<b>RAVS Calendar</b>	p. 8

## Rochester Area Vegan Society

### Coordinators:

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

### Board of Directors:

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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 *whhey* 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

Welcome to summer and time outdoors. Stay well, everyone.

### MEETINGS/PROGRAMS

**Past:** In late January, RAVS participated in a screening of the new environmental film "Breaking Boundaries" (now on Netflix) with a breakout session on the benefits of plant-based diet to the environment. Also, Carol Barnett staffed an outreach table at a Great American Meatout event at University of Rochester in March, and in April she attended the Climate Solutions Accelerator's Earth Day Summit on behalf of RAVS. On April 14, RAVS had its first live in-person meeting in many months, at the Brighton Town Park Lodge. Though the turnout was small, the vegan food was delicious and attendees were eager to share how they had fared during COVID.

**Upcoming:** RAVS will have an outreach table at the Penfield Employees Wellness Fair in June, and at the Nature in the City event at the Rochester Public Market in July. Also in July, the Barnetts will speak about plant-based diet and environment to a discussion group at the First Universalist Church. RAVS plans at least one picnic in the summer, and we hope to return to our regular meeting schedule in the fall. See the schedule of events on page 8.

**NEW VEGAN GROUP.** **Barb and Jim Cook** have formed the Plant Based People Group, which meets on a regular

basis at the Branchport Library. For information, contact

[barbiem2714newlife@outlook.com](mailto:barbiem2714newlife@outlook.com)

### VEGAN TO UNDERSERVED:

**Maggie and Daryl Odhner** have started providing a plant-based meal once a month for 8-10 people at the downtown Grace of God Recovery House, a residence and meeting place for men working through addictions.

### JUMPSTART FOR THE DEAF

Rochester Lifestyle Medicine Institute (RLMI) is providing a special Jumpstart in June for the deaf and hard of hearing. This session is full, but for future deaf Jumpstarts, check or inquire at <https://rochesterlifestylemedicine.org>

### NEW VEGAN RESTAURANT

**Anyone's Café** is at 133 Gregory St. Serving Lilac Latté with plant milk for a limited time! See a list of all-vegan establishments in sidebar to the right.

**THANKS** to RAVS member **Renée Watkins** for creating recipes for this newsletter. See page 5 and following.

### CONDOLENCES:

**Donna Silverman's** mother Norma Silverman died on February 14, 2022 at the age of 94. Norma grew up during the Depression, and was married to Donna's father Walter for 72 years, until his death in 2020 at age 98.

**Laurie Militello**, who worked for many years as Director of CME and Programs at the Rochester Academy of Medicine, died in April. Laurie was always a great friend and supporter of both RAVS and RLMI, and will be sorely missed.♦

### ALL-VEGAN

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

**Anyone's Café and Bakery**, 133 Gregory St. (510-6209) Wed. - Sun. 7AM - 3PM. Dine-in and take-out.

**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 & bakery. Order bakery items 48 hr. notice.

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

**Grass Fed Rochester**, 980-982 Monroe Ave., Roch., NY 14610. Vegan butcher. <https://www.grassfedrochester.com>

**Spirit and Abundance**, Hungerford Bldg., 1115 E. Main St., Suite #148. <https://www.spiritandabundance.com> Vegan nut-based cheeses and treats. Pick up Fridays 4-6 PM. (585 420-5551)

**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:** Sheryl Coleman, Deborah and Peter James (Contributing Level), Linda Johnson-Davis, Mackenzie Lammela, Rhea Parsons, Christine Volk.

**Membership Renewals:** Donna & Dan Barski, Lois & Greg Baum (Contributing Level), Liz Berens (Patron Level), Honey Bloch (Contributing Level), Eileen Brophy, Vernon Cain & family (Patron Level), Anita Cassano & Ivy Shelby, RN, FNP, Ellie Cherin (Patron Level), Deborah Chielli, NP, Mary C. Ciulla, Janet Clarke-Hazlett, Bonnie Crawford (Contributing Level), Allan O'Grady Cuseo (Patron Level), Sue Czapranski, Denise & Brian Eshenaur, Phyllis Fleischman, Nancy Fox, Marcia & David Gann (Contributing Level), Ruth & Bill Grace, Margaret & Jack Hurley (Sustaining Level), Pat Hysert, Steven Jarose & Marvin Ritzenthaler, Linda Kilbourne (Contributing Level), Audrey Kramer & Alex Chernavsky, Mayumi Kubota & Vinny Sharkey (Contributing Level), Jill Marcus, Margaret Odhner, NP & Daryl Odhner (Contributing Level), Sherrill Olivas, Elaine O'Neil, Yetta Panitch & David Daunce (Patron Level), Karen & Carl Petito (Contributing Level), Dave Plante, Linda Pulhamus, Russ Roberts, Norman Sacks, Susan Stoll, Martha Sullivan (Contributing Level), Susan & Bill Teschke, Lisa Vanderhof, Joseph Walters, MD, Sharon Yates (Contributing Level), Evelyn Zyla.

Thank you for your support! This list is current through about 5/20/22. Any questions, contact us at (585) 234-8750 or [rochesterveg@gmail.com](mailto:rochesterveg@gmail.com).



Melissa Sundermann, DO,  
“Moving Mountains: The Power  
of Movement in Nature to  
Reach the Peak of Well-Being”  
Lifestyle as Medicine Lecture,  
February 8, 2022

In this lecture, Dr. Sundermann made a persuasive case for being sure to check the box for exercise, as well as being a glowing example herself of the benefits you can accrue from regular physical movement, especially outdoors in nature.

Dr. Sundermann said that movement is one of the six lifestyle pillars identified by the American College of Lifestyle Medicine—along with plant-based diet, stress reduction, restful sleep, relationships, and avoidance of toxins. She reminded us that mainstream groups, such as the CDC (Centers for Disease Control) and American College of Sports Medicine, recommend 150 minutes per week of aerobic exercise of moderate intensity (brisk walking, running), as well as strength training 2x a week.

The health benefits of exercise—improvement in sleep quality; decrease in anxiety; reduction in blood pressure; lowered risk of heart disease, type 2 diabetes and stroke; lowered risk of cancer; healthier body mass index (BMI); better bone health; and reduced risk of dementia—are such that we can confidently say that “Exercise is Medicine.”

Dr. Sundermann also made a case for spending time outside in nature on a daily basis, as an “unofficial 7th pillar” of lifestyle medicine. She quoted Hippocrates who said: “The physician treats but nature heals” and also “Nature itself is the best physician.” Sundermann discussed the concept of *biophilia*, a term introduced by the psychologist Erich Fromm in 1973, which can be understood as a passionate love of life and all that is alive, or the innate emotional connection of human beings to other living organisms. If we can tap into that innate tendency to connect, we will experience such benefits as enhanced immune system

function, stress reduction, improved learning ability and concentration, and antimicrobial effects. Dr. Sundermann even cited studies to show the effects of nature on the microbiome, including a [study](#) by the scientist Tanja Sobko, which showed the effect of time in nature on 54 preschool-age children: after 10 weeks of structured play, they showed a reduction of stress levels and positive changes in their gut microbiome! Dr. Sundermann also mentioned a meta-analysis showing that, as physical activity level increases, the microbiome improves in stepwise fashion.

Movement, especially movement outside in nature, will lower your blood pressure and stress level, will enhance your immune function, will lower anxiety and raise self-esteem. And now that the time of year makes it easy to get outside, do what Dr. Sundermann does, and recommends to everyone: Go outside and move around!♦

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UN REPORT: The UN’s Inter-governmental Panel on Climate Change (IPCC) issued a recent report, “Climate Change 2022,” recommending the switch to a plant-based diet as the single most important shift individuals can make to halt the course of climate warming and prevent the most catastrophic impacts. See this [discussion](#) at <https://awellfedworld.org>

WHITE HOUSE NUTRITION CONFERENCE: In September, the White House will host a Conference on Hunger, Nutrition and Health, the first such conference in more than 50 years, which is bound to be quite influential. Visit [plantbasednews.org](http://plantbasednews.org) [here](#) for a discussion of evidence to support plant-based diets, and attempts by organizations like Mercy for Animals to prevail upon the White House to support plant-based diets at the September conference.

TRADING BEEF FOR LENTILS In 2019 the conservation nonprofit Rare analyzed an array of climate-change mitigation strategies, to see which were the most powerful, and found that reducing food waste and

adopting a plant-based diet were at the top of the list. “Roughly three-quarters of [the world’s farmland](#) is used to pasture livestock or raise crops to feed that livestock... Trading your rib eyes and cheesesteaks for lentils and tofu is one of the best things you can do as a consumer for the environment... Our diets are cooking the planet ...” The results were [written up](#) in *Atlantic*, 4/6/21.

LAB GROWN MEAT is sometimes posed as an antidote for the suffering that accompanies meat consumption and animal agriculture. In an article in *American Vegan*, **Sarina Farb** points out that lab grown meat would undercut years of vegan advocacy: “Since lab-grown meat is biologically ‘real’ animal flesh, it doesn’t matter that it’s grown in a lab and not from a slaughtered animal—it will contain animal protein. Animal protein is inflammatory, carcinogenic, and causes disease when consumed by humans. Lab-grown meat will do nothing to address our epidemic of chronic illness whereas plant-based foods can help.” For more of this discussion visit Ms. Farb’s website: <https://www.bornvegan.org/blog/lab-grown-meat>, and visit the American Vegan Society website, <https://americanvegan.org>

STEAKS FROM PEA PROTEIN have the same marbling as real meat but the marbling, made from an oil-and-water emulsion, is lower in fat and “is healthier than the animal-based original, as well as more ethical.” Read about it [here](#) in the *Daily Mail* online, 3/31/22.♦

HAIKU  
by Bruce Ross

brighter  
than my thoughts  
the morning stars

sunny trail  
lifting at my every step  
dragonflies

steady mist  
the red quince blossoms  
center the day

## RAVS Original Menu, Recipe and Picnic Ideas (Renée Watkins)

As we spring into summer in Upstate NY, it's just so darned easy and fun to head to the public market, farm stand, a local CSA, your backyard garden...

Celebrate what's trending in seasonally-local ingredients, then welcome these simple, delicious, well-balanced vegan meals to the table delighting the palate, energizing the body, and satiating the soul. The following recipe ideas are weekend-perfect for whipping up a few substantial dishes in a flash. Toss in a gathering of friends and family, set the table, fling open the windows, and dig in.

Another option, pack a picnic! Use the Summer Picnic Menu Planner for both food tips and ideas on how to pack up and go. Consider making your next outdoor destination one of our many great local attractions; the Rochester area is overflowing with options. Parks, trails, museums, beaches and boating, the Genesee River cutting through the middle, the Erie Canal making a west to east swath across the state, Lake Ontario to the North, the Finger Lakes and Wine Country to the South, and nearby Naples, Canandaigua, Corning, and Geneva all offer enticing day trips. There's something for everyone.... including the delicious whole food/whole grain good eats you brought in your own basket. Tell the ants 'no sharing' and enjoy!

### Weekend Breakfast:

#### Overnight Nut'n but Fruit & Oats

Make ahead in one big bowl or store in individual grab'n go bowls for a fresh, filling, nutritional powerhouse breakfast served at the table or on the run. Mix and match your own spices, fruits, and nuts; here's a basic recipe.

Combine in one large bowl and mix well until all ingredients are wet. Cover tightly, chill overnight – ingredients will thicken into a thick

muesli. Makes 4 servings. We suggest a large spoon.

1 cup rolled oats  
1/8 cup wheat germ  
1/8 cup chia seed  
6 finely chopped dates  
1/2 tsp cinnamon  
1/2 tsp allspice  
1/4 tsp finely ground cardamom  
1 1/2 cup unsweetened vanilla almond milk  
3/4 cup apple cider  
1 tsp vanilla or almond extract  
1 cup fresh fruit, e.g., chopped, grated, skin-on apple and/or pear; banana  
1/4 cup walnuts or pecans, roughly chopped

### Weekend Lunch: Asian-inspired 'Pizza' with accompanying side salad

In less time than it takes to order delivery, without yeast, this whole wheat, thin cracker-type crust is a no brainer. And that side-salad? It's flavored to complement! The special flavoring ingredient that makes this pizza awe-inspiring is 'hoisin sauce.' Hoisin means "seafood sauce" in Chinese. But hoisin SAUCE is made from a combination of soya beans, vinegar, sugar, garlic, and other spices. It's truly vegan. Purchase it by the jar or make your own; its umami flavor profile is one you'll return to again and again.

#### For the cracker crust:

2 1/4 to 2 1/2 cups whole wheat flour  
3 tsp baking powder  
1 tsp thyme  
1 tsp salt  
3/4 cup water (plus more by the tsp if needed)  
1 tbsp oil (omit for oil free)

In a large, sturdy bowl, combine all dry ingredients: the flour, baking powder, thyme and salt. Whisk together. Add to the bowl the water and oil, and mix to combine. Using hands, knead to incorporate and form a ball. Be prepared to either add a bit more flour or water to make the dough soft but dry, not sticky. Lightly flour your work area, use your hands and a rolling pin to make a thin 14-inch circle. Transfer the dough to a greased baking pan (non-stick pan works fine) lightly sprinkled with corn meal (to assure nonstick) - a large baking tray will also work well.

Under broiler setting LOW, set pan on the top rack and bake for 2-3 minutes watching for light brown doneness and to avoid burning. Then, remove from oven, and using a large spatula, flip over to cook on the cornmeal side. Again bake under broiler until dough is very firm and light brown. Remove from oven, turn crust back over, and with a pastry brush, spread 5-6 TBS hoisin sauce over the crust. It will soak in – this is fine!

Top with your choice of: thinly sliced sweet onion, green squash, red pepper, mushroom, scallion, baby corn, black olives, and don't forget the chunked pineapple and crushed red pepper. Cook under broiler moved up to HIGH – 2-plus minutes until vegetables shrink and show char marks. Remove from oven, top with vegan cheese (optional) and put back under the broiler until cheese has melted – 45 seconds. Slice, eat, repeat. PS – save the liquid from the can of olives to use in dressings (see below) or in soup stock.

Garden-fresh Salad: Out of the garden mixed greens including lemony sorrel, herbs, and veggie crunch should be cold water rinsed and blotted dry. Your choice: salad greens, fresh herbs (mint, thyme, dill, fennel) and plenty of thinly sliced celery and radish crunch (add in those radish greens too!) for the body of the salad. Diced scallions, a handful each of dried cranberries and roasted hulled pumpkin seeds, toss with a drizzle of sesame oil, rice vinegar, soy sauce, red pepper flakes, and pepper to taste. Delicious!

### **Dinner:**

#### Loaf of Lentil

Serve hot or cold with the mushroom gravy, a side vegetable of sweet and savory cooked carrots, and multigrain bread or whole grain. Conserve energy and pop the loaf, grain (think brown rice, millet, bulgur, barley) and the recipe below for a rhubarb/blueberry crisp dessert in the oven at the same time; it all can cook together in a 350-degree temperature. If you'd

prefer a bread, cook the grain anyway; cool and save to make into a salad for lunch tomorrow. This lentil loaf slices incredibly well for a picnic or the next RAVS potluck. Start with: 1 cup uncooked lentils, boiled 45 minutes (or until soft) in 4 cups water with a bay leaf (optional). Will amount to approximately 3 cups hydrated. Drain, saving any remaining liquid for soup stock.

Combine:

3 cups cooked lentils  
 ½ cup ground, uncooked quinoa  
 ¼ cup wheatgerm  
 1/8 cup ground flax  
 ½ cup ground walnuts  
 ½ cup finely chopped onions  
 ½ cup finely chopped celery  
 ½ cup finely chopped mushrooms  
 ½ cup finely chopped parsley  
 6 oz can tomato paste  
 1 tbsp hot sauce  
 3 tsp poultry seasoning (just a name, this is a vegan spice mixture)  
 ¼ tsp salt or celery salt  
 ¼ tsp pepper

Press down firmly into a 10"L x 5" W x 3"H (or equivalent) loaf pan treated with oil, a non-stick pan, or use parchment. Bake at 350 degrees for 45-50 minutes until firm and lightly browned on top. This loaf will need to stand 20 minutes to finish firming up before turning out on a serving plate and slicing. Serve with additional hot sauce for extra zip... a tomato-based sauce... or better yet, here's a mushroom-based gravy that's not only a tasty over the Loaf of Lentil but also great covering a potato, sweet potato, kamut, quinoa, rice, or pasta.

#### Over-Anything Mushroom Gravy:

On the stove top, sauté in liquid until soft and fragrant, stirring frequently. Retain any liquid.

2 cups portobello mushrooms (whole or sliced)  
 1 each small (total three) sliced sweet, cooking, and red onion (or use 3 small or one large onion of any type if that's what you have)

½ cup chopped fresh herbs such as parsley  
 ½ tsp salt

Remove from pan and spoon directly into food processor. To hot mushroom/onion/parsley add:

½ to ¾ cup vegetable broth and/or wine (I like a mixture of both)  
 1 heaping tbsp tahini  
 2 tsp your-choice seasoning mix (if it includes salt, don't use salt while cooking mushrooms)  
 1 tsp of vinegar-based hot sauce (more to suit)  
 ¼ tsp ground black or white pepper

Pulverize to smooth in processor. Now measure in 1 tbsp starch such as sweet potato or arrowroot; add in additional starch 1 tsp at a time until desired consistency. This gravy will thicken more as it cools. If you like a more textural sauce, toss in a few sliced mushrooms and top with more fresh chopped parsley for chew before enjoying spooned over your favorite base.

#### Stove-top Cooked Carrots

Cut carrots into desired shapes/sizes and add a small amount of water to pot. Cover, bring to boil for 5 minutes. Test for fork-softness. Drain and reserve any remaining liquid for a soup stock. To the pot with the dry carrots, drizzle walnut oil, maple syrup, fresh squeezed lemon, salt and pepper (white pepper, in particular, brings out more of the carrot's natural sweetness).

#### **Dessert:**

##### First-up Rhubarb/Blueberry Crisp

Starring rhubarb, the vegetable that wants to be a fruit. Made with whole grains and natural date sugar – enjoy hot with plant-based ice cream or yogurt, or just out of the fridge the next day for breakfast.

Use a 9" x 9" square pan.

In large bowl, combine:  
 2 cups diced fresh rhubarb stalks (avoiding the green top leaves, they're poisonous)  
 2 cups fresh or frozen blueberries  
 ¼ cup fresh squeezed lemon juice and its zest

4 tbsp date sugar  
 2 tbsp arrowroot, sweet potato or cornstarch

For the topping, grind in food processor until a wet paste is achieved:

8 large soft, dried figs or pitted dates  
 ½ freshly cored medium-sized apple with peel  
 2 tbsp coconut oil or nut butter  
 2 tsp cinnamon  
 Pinch salt

While wet ingredients are still in the processor, add these dry ingredients and with quick, light pulses, whirl only to incorporate the dry ingredients, maintaining the texture of oats:  
 1 c rolled oats  
 ¼ cup whole wheat flour

Use a non-stick pan or oil to grease your pan, put in the fruit mixture, and spoon or grab-and-squeeze to form topping clumps over the rhubarb and blue berries. Bake 350 degrees for 40-45 minutes until bubbly around the edges. Bake, eat, enjoy!

#### Summer Picnic Menu Planning:

Start with inedible musts including: a table covering, non-breakable plates, serving plates/utensils, cooking utensils, plasticware, trash bags, paper napkins, and wet-wipes for easy clean up. Sunscreen and bug spray are highly recommended to avoid unwanted consequences.

Favorite drinks: please include water to extinguish the hot grill when you are done. And kindly gather all recyclable cans and bottles for proper return.

Foods: Remember prepackaged vegan 'hot dogs,' 'sausage,' and veggie 'burgers' are convenient grab-and-go for-the-grill foods. For public grills, BYO aluminum foil on which to cook to avoid any cross-contamination. And keep that foil handy for wrapping potatoes, sweet potatoes, corn, plantains, and apples. Put these wrapped veggies and fruits directly on the coals to cook while you get everything else ready.

Round out your picnic fare with: salads, rolls, crackers/dip, assorted sliced vegetables/salsa, hand-held watermelon triangles, condiments including large whole pickles, your favorite brand of chips, and of course, dessert.

Here's an easy, quick, one-bowl, good-for-you, picnic-worthy moist frosted dessert cake:

### Chocolate Bak'n Take Cake

Try on your next dish outing...or anytime. In a food processor add the following and pulverize until smooth:

2 large ripe bananas  
1 medium cored apple, with peel on  
10 pitted prunes  
¼ cup almond butter  
½ cup almond or other unsweetened plant-based milk  
½ cup water  
2 tsp vanilla  
1 tsp apple cider vinegar  
1 tsp salt

Add in the dry ingredients and twirl until just combined. Do not over mix.

1 cup whole wheat flour  
1 cup ground oat flour  
¾ cup cocoa powder  
2 tsp baking soda

Remove the blade; w/ spatula, mix in:  
1 cup sweetened coconut flakes  
1 cup vegan chocolate chips

Grease a 9" x 9" square pan; add batter smoothing out the top. Bake immediately starting in a COLD oven, on the bottom rack. Set temperature to 350 degrees and set timer to take cake out in 25 minutes. Remove and immediately cover in glaze.

### Best Ever Stove-Top Chocolate Glaze:

In small pan on lowest heat, combine all ingredients except vanilla, whisking until smooth and thickened, scraping sides of pot often.

1 tbsp coconut oil or tahini  
½ cup unsweetened almond milk  
½ cup confectionery sugar  
¼ cup cocoa powder  
Pinch salt

When glaze thickens, remove from heat, and add in ½ tsp pure vanilla.

Pour over top of cake using a soft spatula to cover completely. Enjoy warm now or, for greater chocolate goodness, let flavors meld overnight.

For a fast take-along salad dressing:

### Every-option Blender Salad Dressing

For the dressing: No measurements needed – it's all to-texture and to-taste. In a blender or food processor, puree a fist-full of green onions or scallions, a half cup or so of raw or roasted sunflower seeds (or tahini works well), sweet or spicy mustard, balsamic vinegar, salt and pepper - you're making a paste. No oil needed. Use the water from the canned olives (the same ones used as a topping for the Asian pizza) to thin until your desired consistency is achieved. At the picnic, shake well and then toss together with your greens; consider throwing in a small handful of roughly chopped dried fruits such as apricots, raisins, pineapple, mango. And don't forget the nuts. This is one of the best all-around dressings for all seasons and every reason - give it a try!♦

## 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:

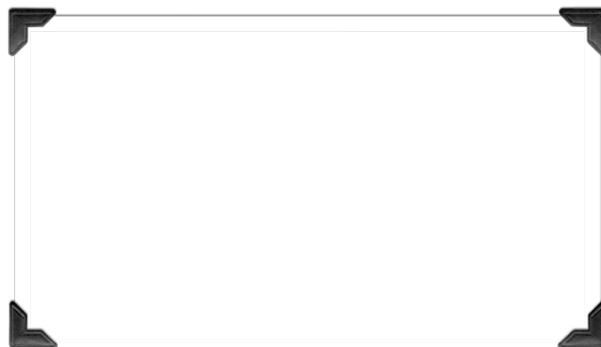
- Environment  
 Animal Rights  
 Health  
 Other:

**Rochester Area Vegan Society upcoming meetings and events of interest:  
All times given are Eastern Daylight Time (EDT)**

- **June 5, 2022** (Sun. to final Sat.) **2-4 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. Sign up [here](#) or at [roclifemed.org](http://roclifemed.org)  
**Note:** final day of this Jumpstart is on Day 14/June 18/Saturday to avoid conflict with Father's Day.
- **June 13, 2022** (10 Mondays) **6-7 PM Lift**, a **Zoom-based program** to increase happiness. Sign up [here](#). There are also Lift programs scheduled to begin on **July 12** (Tuesdays) and **August 2** (Tuesdays). Information [here](#).
- **June 21, 2022** (Tues.) **7:30 PM Lifestyle as Medicine Lecture by Zoom: Jeff Novick, RD on A Lesson in Label Reading**. Sign up [here](#).
- **June 23, 2022** (Thurs.) **6:30-8 PM Free Jumpstart Info Session by Zoom** Sign up [here](#).
- **July 10, 2022** (Sun. to Sun.) **1-3 PM 15-Day Whole-Food Plant-Based Jumpstart**. See write-up for June 5 but time is different. Sign up [here](#).
- **July 16, 2022** (Saturday) **2:00 PM Summer Picnic** at the home of Kimber Gorall, 15 Peachtree Lane, Pittsford, NY 14534. **Live outdoor event!** Bring a **vegan** dish to pass, a place setting for yourself, and a folding chair if you have one. If rain is threatened, call 234-8750 10 AM or later; or go to [rochesterveg.org](http://rochesterveg.org) for an update.
- **August 13, 2022** (Sat. to Sat.) **1-3 PM 15-Day Whole-Food Plant-Based Jumpstart**. See write-up for June 5 but day and time are different. Sign up [here](#).
- **September 8, 2022** (19 Thursdays and Mondays) **6:30-8:30 PM Complete Health Improvement Program (CHIP)**. **Zoom-based intensive lifestyle change program**. Ends Mon. 11/14. Sign up [here](#).

PLEASE NOTE: Live links are given for those reading the newsletter online. Those reading the paper newsletter can go to [rochesterveg.org](http://rochesterveg.org) or [roclifemed.org](http://roclifemed.org) for info or to register for events, or can call 234-8750 for assistance. If more events, either live or by Zoom, are added to the schedule, notification will be given on the RAVS or RLMI website; by Facebook; and by email, to those in the RAVS database. Those w/out computer access will receive notice by phone.

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



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ROCHESTER AREA VEGAN SOCIETY