

Our 33rd year!

THE **vegan**



advocate

Volume XXXIII, Number 3



August 2022 - October 2022



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. ♦

**VEGAN DIET:
SELF CARE, EARTH CARE**

Excerpts from a blog by Sailesh Rao, founder of Climate Healers, <https://climatehealers.org>

Rao starts off the 5/29/22 post telling how his 4-year old granddaughter persuaded him to take her to see "Cinderella," the new Disney movie starring Lily James. Rao is inspired when the Cinderella character says: "Have courage, be kind and all will be well." Rao says: That, in a nutshell, captures what is called for in these troubled times. It takes courage to be kind when cataclysmic violence is normalized all around us through war, school shootings, dead birds falling from the skies, animals dying of heat stress and people dying of hunger in the streets." He goes on to cite instances of institutional madness, such as European Union subsidies of meat and dairy conglomerates, and International Finance Corporation/World Bank support in the sensitive savannah biome of Brazil of feed crops for animal agriculture.

Rao says: "Our food system is a microcosm of the entire system and it is failing us, along with our political system, our social system and our economic system. Gasoline prices, food prices and rents are through the roof as more people join the ranks of those living in tents on sidewalks every day in the 'richest country in the world in human history.'

It is time to turn this around.

Earth care starts with self care. Therefore, a new, health-promoting, whole-foods plant-based Vegan food system is the foundation of Earth care. As in the oxygen mask rule on airplanes, it's best to put on your own mask before helping others.

Heal yourself, heal your fellow humans and simultaneously, you will help heal the earth and its climate because whole-foods, plant based vegan living is the single biggest way to reduce our environmental impact, fight global warming and meet UN sustainable development goals.

A healthy vegan diet also helps you become spiritually aligned with our ongoing transformation from a predator species (Homo Sapiens) to a caretaker species (Homo Ahimsa). The turbulence that is going on today can be seen as the birth pangs of this transformation.

It takes courage to assume our responsibilities as a caretaker species, while we are so used to asserting our rights as a predator species.

It takes courage and discipline to embark on a journey of self-care, when we are bombarded with messages to indulge ourselves and get sick.

Finally, it takes courage to be kind to all life, starting with your self-care. ...

Self-care. You can do it. You are amazing, but you have been systematically suppressed and made to feel less than who you are. That's all changing, now that we know better. Please join us. Let's make this greatest transformation in human history happen sooner rather than later.

- Eat plants.
- Plant trees.
- Love animals.
- Heal the planet.

All the best, Sailesh Rao on behalf of Vega, Cow and Climate Healer and the Climate Healers team." ♦

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Rochester Area Vegan Society

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

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| 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 *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

We hope you are enjoying the beautiful late summer and hint of fall.

MEETINGS/PROGRAMS

In July, we had a lovely picnic at the home of **Kimber Gorall**. Thanks to our gracious hostess! For August we are planning a new kind of event for us, a bird walk at Mendon Ponds Park. In September and October we will return to regular meetings at the Brighton Town Park Lodge, with a program on living with non-vegans in September, and **Milton Mills, MD** speaking on flowers in October! See calendar on page 8.

OUTREACH

In June, **Carol Barnett** staffed a table at the Penfield Employee Wellness Fair, and in July at the East Rochester Town Wellness Fair. On July 1, RAVS had a table at the Nature in the City art fair at the Rochester Public Market: thanks to staffers and helpers **Maryann Connolly, Kimber Gorall, Janet Graves-Wright, Deb Kiba, Daryl Odhner, Sue Stoll, Ren vanMeenen, Jeff Vincent, Renée Watkins**, and **Carol Barnett**. And in early August, **Carol Barnett** staffed at table at the Latimer Funeral Home Healing & Wellness Fair. Carol and **Ted Barnett, MD** gave a presentation on Plant-Based Diet and the Environment to a study group of the First Universalist Unitarian Church: thanks to **Shelley Adams** and **Lois Baum** for this connection.

VEGAN EVENTS!!!

Saturday, Sept 3, 6-9 PM! **Eat Plants, Save the Planet:** Vegan chili and cornbread for only \$15, gathering at Kings Bend Park outdoors, fund raiser for Our Hen House and hear Jasmin Singer and Mariann Sullivan speak. Includes showing of "Milked." Preceded 4:30-5:30 by VIP book signing with vegan wine, cheese, and charcuterie, Chloe & Kin's all-vegan gift shop, 50 State St. Bldg C, Pittsford.

Tuesday Sept. 27 from 4-8 PM! **Vuture Food** is a vegan food truck that came to Fairport on 8/6 and will return to Fairport Brewing Company, 1044 University Ave. on 9/27.

IN MEMORIAM

We mourn the passing of faithful RAVS member **Ann McCulloch** on 7/5/22. There was no one kinder, more generous, conscientious or compassionate. Ann was a high school social studies teacher, and a supporter of Genesee Country Museum. She was a life member of the Freedom from Religion Foundation; was active in the Democratic Party and at one time served on the Batavia City Council. She'll be missed by all of us, including her dear friend Walt McBurney.

Our love and condolences to Deb and Bubbie Staron on the passing of Bubbie's mother, **Pauline Bartholomay**, on 7/26/22. ♦

ALL-VEGAN

Allah's Kitchen, 24 Hinchey Rd., Rochester, NY 14624 (529-5888) <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, new location 242 Ellicott St., Batavia NY 14020 (585 815-4487) <https://www.carrotdogcafe.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> Sunday 11AM-5PM, Mon-Fri 12-6PM

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

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: Trudy & Tim Arsenault (Patron Level), Susan Charland, John Karahalis, Margaret Ricotta.

Membership Renewals: Judy Babbitt, Hal Bauer, Felicity & Gerry Brach, Jill Brooks, RN, DC, Bill Bross, Mary Callaway, Janet Chaize, Sue & Jim Conner, Diego Mejia Cordova, Mary (Handy) & Father Patrick Cowles (Patron Level), Margie Driscoll, Aaron Frazier, Joel Freedman, Chris Giordano, Lorri Goergen, Nancy Hallowell & Winton Brown, Linda Heeler (Contributing Level), Nancy Herbst, Sandy Hicks (Patron Level), Linda & Hans Irmer, Marilyn Israel & Robert Israel, MD, Deb Kiba, Dagmar Langlois & Rick Mearns, Karen Mayes, Walter McBurney, Joanne Mitchell, JoBeth & Noel Nichols (Contributing Level), Elaine O'Neil, Mary Parson, Jean M. Pauk (Contributing Level), Jill Pearce & Terrance Bellnier (Sustaining Level), Naomi Pless, MD, Bruce Pollock (Contributing Level), Kathryn Pridey & Ed Lewek, Selma Saks, Renee Sawka, PA & Brian Sawka, Yardena & Yonathan Shapir (Sustaining Level), Ruth Sheldon (3-year renewal), Maureen & Steve Van Buren, Abishek Yesanta Venkata, Robert Victor (Sustaining Level), Miriam Zaffrann (Patron Level).

Thank you for your support! This list is current through about 8/10/22. Any questions, contact us at (585) 234-8750 or rochesterveg@gmail.com.

PLANT-BASED DIET AND HEALTH

Can a Plant-Based Diet Help with Rheumatoid Arthritis?by Hope Cristol, webmd.com

[Neal Barnard, MD of the Physicians Committee for Responsible Medicine, pcrm.org, did a [study](#) on using plant-based diet to help control the symptoms of rheumatoid arthritis (RA). The main-stream website webmd.com, has this report on plant-based diet and RA.]

Can a plant-based diet help you manage your rheumatoid arthritis (RA) symptoms? Researchers have studied this question for years. The answer: Possibly. But there are some important things to think about.

Some studies suggest that plant-based diets—specifically vegan diets—can help control RA symptoms. The basic theory is that when you go vegan, you stop eating animal products, and your RA symptoms get better.

The facts are more complex than “plants good, animals bad,” though. Vegan diets tend to include more healthy foods in general. Non-vegans tend to eat more saturated fats (think burgers, cheese, and butter), which can trigger inflammation.

Before you switch to a vegan or other plant-based diet to help ease RA pain, know this: You can be vegan and still eat plenty of foods that are bad if you have RA. For example, sugar and french fries, which both come from plants, can trigger inflammation.

[We skip here the section of the website which gives definitions of “plant-based,” “vegan,” and “vegetarian,” partly because we disagree with some of what is said. The website says “plant-based” can include animal products when, in fact, the emerging consensus is that “plant-based” means exclusively plant-based. Notice how “plant-based” is used in the section on “Weight Loss.”]

Why Going Plant-Based May Help Ease RA

There are a few science-backed theories about why plant-based diets can help with RA symptoms.

Inflammation-fighting foods. A healthy, plant-based diet will give you plenty of vegetables, fruits, and whole grains. Nutrients in these foods may help ease inflammation and fight RA pain. One small [study](#) found that 4 weeks on a low-fat vegan diet improved RA joint pain, stiffness, and swelling.

Better gut health. New research suggests that a healthy gut may keep inflammation in check. Your gut should naturally have many different types of “good” bacteria, but many people with RA don’t have this. Fiber, found in plant foods, can help change that. Great sources of fiber include:

- Raspberries
- Green peas
- Barley
- Whole-wheat spaghetti
- Black beans
- Lentils

Weight loss. A healthy, plant-based diet can lead to weight loss, even if you don’t track calories or hit the gym. You could get even better results if you follow a vegan or vegetarian diet. A few reasons weight loss can help you manage your RA: Excess fat releases chemicals that cause inflammation. Extra pounds put added pressure on your joints, which boosts inflammation. Being overweight makes it harder to get your RA into remission.

How to Start a Plant-Based Diet

Whether you want to try a vegan or vegetarian diet, or simply make plants the focus of your meals, you’ll be doing your joints a favor. Research also suggests that cutting back on animal protein may protect you from some inflammatory types of arthritis. These tips can help you get the nutrition you need from a plant-based diet, without going hungry.

Fill up on protein. Protein helps you feel full and keeps your skin, bones, muscles, and organs healthy. To get enough of this nutrient on a plant-based diet, eat different sources throughout the day. You can try:

- Soy products, including tofu
- Meat substitutes
- Legumes
- Lentils
- Nuts
- Seeds

Fall in love with veggies. You don’t need to fill your plate with boring, steamed veggies at every meal. Find veggie-centered recipes with flavors that make you look forward to eating. Think sweet butternut squash, spicy gazpacho, or creamy guacamole.

[We skip here the paragraph that says you can eat meat occasionally. You’ll do better if you don’t]

Discover new whole grains. Don’t rely on brown rice or oatmeal as your only sources of whole grains. Try others to keep meals interesting, like quinoa, buckwheat, and barley -- sweet or savory, for breakfast, lunch, or dinner.♦

RISKS OF PROCESSED MEATS: A recent *NY Times* article (6/29/22) on processed meats is a stark reminder of the many health risks they pose. In 2015, the World Health Organization [announced that processed meat was “carcinogenic to humans,”](#) and said that there was “sufficient evidence” to show that it causes colorectal cancer. In the same document, WHO also said that unprocessed red meat is “probably carcinogenic.”

Marji McCullough, senior scientific director of epidemiology research at the American Cancer Society, said that the substances used in preserving processed meat—nitrites and nitrates—can create carcinogenic chemicals, as can the cooking at high heat which is often done with both processed and unprocessed meats (i.e., barbecue). Processed meats have also been linked with higher risk of developing type 2 diabetes and [dementia](#). Processed meat increases inflammation in the body, in part by altering the gut microbiome. As one doctor interviewed for the article said: “A plant-based diet will be much more preventive at reducing risk.”♦

**WHOLE-FOOD PLANT-BASED
RECIPES**
from favorite websites

HEARTY VEGAN LENTIL SOUP
(simple-veganista.com) (Serves 6)

¼ cup water or 1-2 tsp olive oil
1 medium onion, diced
2 – 3 carrots (about 1 cup), diced
2 celery ribs, diced
3 cloves garlic, minced
1 cup (6 oz) green beans, cut into 1 inch pieces (fresh or frozen)
1 can (14 oz) diced tomatoes with juices, or 2 – 3 Roma tomatoes diced
1 lb. baby potatoes, diced
1½ cups dried brown or green lentils
1½ teaspoons paprika
½ teaspoon cumin
½ teaspoon curry powder
6 cups water or low-sodium broth, + more as needed
2 handfuls of baby spinach or kale
Juice of 1 lemon
½ cup parsley, chopped
Salt and pepper to taste

Stovetop method:

Sauté: In large dutch oven or pot, heat water/olive oil over medium heat. Add onion, carrots, celery, and garlic, sauté for 5 minutes. Add the paprika, curry, and cumin, saute 1 minute, or until fragrant.

Simmer: Add the green beans, tomatoes, potatoes, lentils, and liquids, give a good stir and bring to a boil, turn heat to low, cover askew and simmer for 30 – 35 minutes, stirring occasionally.

Add greens: 5 minutes before soup is done, stir in the greens. Add more water if needed, maybe up to 1 cup. Add lemon juice and season with salt and pepper.

Serve: Ladle into soup bowls and top with a sprinkle of fresh chopped parsley and squeeze of lemon juice for an extra touch of brightness. Pairs great with homemade vegan cornbread, vegan naan or artisan bread.

Store: Leftovers will keep in the refrigerator for 4 – 5 days. store covered. To keep longer, store in the freezer in freezer-safe containers for 2 – 3 months.

NOTES

Lentils: If using green lentils, they tend to take a little longer to cook, add another 5 – 10 minutes on the stovetop and 2 minutes in the Instant Pot (see this option below).

Herbs: For a different flavor profile, try substituting for the cumin and curry powder, 1 tsp. of thyme, Italian seasoning, or Herbes de Provence.

Potato: Sub for regular potatoes with sweet potatoes or butternut squash for variation.

Night-Shade Free: Omit the diced tomatoes, paprika, and curry. In place of the cumin, try another flavor profile by adding 2 – 3 teaspoons of Italian seasoning, herbs de Provence, or any combination of thyme, rosemary, oregano, basil, etc.

Make this recipe prep-friendly by subbing most of the fresh veggies with 3 – 4 cups of a frozen vegetable medley. Sauté the onion and garlic, add the frozen veggies with the lentils and continue as directed.

Instant Pot: Add the ingredients, except the leafy greens and water/oil, to the bowl of your pressure cooker. Place the lid on the Instant Pot and set the release valve to the SEALED position. Press the MANUAL button and set the timer at 15 minutes. Once finished, set valve to quick release or let it release pressure on its own (takes about 20 minutes). Remove lid, stir in the greens. Season with salt and pepper to taste.

Slow Cooker: Add the ingredients (except the leafy greens) and water/oil, to the bowl of your crock pot. Cover with lid. Set on HIGH for 4 – 5 hours or LOW for 8 – 10 hours. Add greens, let them wilt. Season with salt and pepper to taste.

SPINACH PESTO FETTUCCINE
(Mary McDougall, drmcDougall.com)
(Serves 6)

14 ounces dried spinach fettuccine
Two 6-ounce bags triple-washed baby spinach
1 cup packed basil, coarsely chopped
2 cloves garlic, chopped
12.3 ounce package silken tofu
¼ cup water
¼ tsp salt
Freshly ground black pepper to taste
1½ cups cherry tomatoes, halved

Bring a large pot of water to a boil. Drop in the pasta and stir well to separate strands. Cook until pasta is just barely tender, then add the spinach and cook until wilted, about 1 minute. Remove from heat and drain.

Meanwhile, place the basil and garlic in a food processor and process briefly. Add the tofu, water and salt. Process until very smooth, stopping several times to scrape off the sides of the processor bowl. Add pepper to taste. Set aside.

Place the pasta and spinach in a serving bowl. Pour tofu mixture over the pasta and toss well to mix. Add the cherry tomatoes and mix again.

Hint: The tofu mixture may be prepared ahead and reserved until the pasta is cooked. Refrigerate if holding for longer than 1 hour. To spice up this dish add a few drops of hot pepper sauce to the tofu mixture while blending.♦

HAIKU
by Bruce Ross

starless night
there is only this
pulsing crickets

morning rainstorm
the sparrows listen also
to the thunder

my emptiness
a dark cloud covers
the harvest moon

VEGAN BAKING

“A Baker’s Guide to Vegan Substitutes: Turn Traditional Baking Recipes Into Plant-Based Recipes”
by Paige Bennett at ecowatch.com

<https://www.ecowatch.com/vegan-baking-substitutes.html>

Vegan, dairy-free, and egg-free baking is booming, but for the occasional home baker who wants to make more sustainable treats, finding the right substitutions isn’t always easy. Sure, you could swap in some applesauce or your favorite plant-based butter, but baking is scientific — even a minor change can leave you with rock-hard cookies, soggy pies, or dry cakes. Before you grab the mixing bowl and a whisk, check out some of the top plant-based alternatives for ingredients like eggs, butter, and buttermilk, and learn how to make savvy swaps that won’t sacrifice taste or texture.

Substitutes for Milk in Baking

These days, there’s an abundance of milk substitutes on the market. Thankfully, in baking, they can almost always be used as a one-for-one replacement. If a recipe calls for 1 cup of milk, simply add your preferred dairy-free alternative, like almond, oat, pea protein, cashew, soy, hemp, rice, or even banana milk. Just remember to consider the flavor of the milk and how it will work with the recipe. Save sweetened dairy-free milks or banana milk for desserts, and choose a more neutral milk alternative, like almond or soy, for savory baking recipes.

Substitutes for Buttermilk in Baking

Extra-fluffy biscuits and pancakes need a little bit of buttermilk, but this isn’t a product you can easily find veganized and ready to purchase. That means you need to get a little scientific in the kitchen and make your own vegan buttermilk for recipes that require this ingredient. There are a few different ways to make a plant-based buttermilk:

—For each cup of non-dairy milk, add one tablespoon of lemon juice. Let the mixture sit for a few minutes, and it will begin to thicken up.

—Follow the same measurements above, but instead of lemon juice, use any type of vinegar (such as white vinegar, red vinegar, or apple cider vinegar).

—Combine each cup of non-dairy milk with 1.5 tablespoons of cream of tartar. Let it sit to thicken and curdle.

If you’re not confident in your abilities to make your own plant-based buttermilk, you can also substitute in your favorite store-bought plant-based yogurt. The results might not be quite as fluffy as the homemade buttermilk, but it’ll still add some height and moisture to the final product.

Substitutes for Cream in Baking

Cream makes for indulgent desserts, or, when whipped, a delightful topping for all types of treats. One common swap for cream is full-fat coconut cream, but be aware that the strong coconut flavor may influence the final taste of the baked good (if you love the taste of coconut, then there shouldn’t be a problem!). Another option is to soak cashews in water, then blend them into a thick, creamy substance that can work as a dairy-free alternative to cream. This has a more neutral taste compared to coconut cream. You can also use a silken tofu and blend it into a creamy texture to swap in for cream in many baking recipes.

Substitutes for Eggs in Baking

Like butter, eggs can add moisture and help bind ingredients in baked goods, but they aren’t always the most intuitive product to swap for vegan alternatives. It’s not as difficult as it seems.

—Bananas: Swap one egg for about ½ of a large-sized or one whole small- or medium-sized mashed banana. This may influence the final taste though, so save this swap for sweeter recipes.

—Applesauce: Swap one egg for about ¼ cup of applesauce. Again, this is a swap to use for sweet, not savory, baked goods.

—Aquafaba: Can be substituted for whipped egg whites added to a batter for fluffiness or baked to make meringues. The liquid leftover in a can of chickpeas is an ideal substitute for egg whites, and even whips up into a lovely meringue. Use about 3 tablespoons per egg called for in a recipe.

—Flaxseed: One of the most popular egg alternatives that works for sweet or savory recipes is to mix about 3 tablespoons of ground flaxseed with one tablespoon of water. The mixture becomes gelatinous and will substitute one egg.

—Egg replacers: There are also store-bought vegan egg replacers if you’re not feeling confident in trying to swap eggs for mashed fruit or flax eggs. Bob’s Red Mill and Ener-G make some of the most popular and widely available egg replacers for baking.

Substitutes for Butter in Baking

Butter is essential in most baking recipes. It can help bind ingredients, add richness and moisture, and adds the final flavor (buttery biscuits, anyone?). Good news — there are some very convincing, baking-friendly butter alternatives available at grocery stores today. If you’d rather use something you already have on hand, opt for oils. Vegetable, avocado, or olive oils work in place of melted butter. For recipes that require chilled butter, go for solid coconut oil or try vegetable shortening, which is easy to refrigerate and can make for perfectly flaky pie crusts. For cookies, try margarine. Just check the label closely. Most margarines are vegan-friendly, but some may contain animal products like whey.

Substitutes for Honey in Baking

Honey can be a controversial ingredient, but most people do consider this an animal-based product that isn’t vegan-friendly. Honey is easy to replace in baked goods, and you may already have some [vegan honey alternatives](#) on hand. For honey, substitute maple syrup, agave nectar, rice syrup, sorghum syrup, or barley malt syrup. (See Chocolate next page!)

Substitutes for Chocolate in Baking

Whether you're sprinkling some chocolate chips into cookies or banana breads or melting chocolate into icing or for brownies, this ingredient is important for many sweets. If you love dark chocolate, you're in luck. Most dark chocolate bars or dark chocolate chips are vegan, but as always, double-check that label to make sure there aren't any animal-derived ingredients. Dark chocolate can be too bitter for some palettes, but there are dairy-free "milk" chocolates available these days, too. E.g., Trader Joe's offers both almond- and oat-based chocolates that taste like the real deal, and you can simply chop these bars into smaller chunks for cookies or other recipes that require chocolate chips.!

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. Physicians Committee for Responsible Medicine (PCRM) submitted a [statement](#) urging the

government to recommend and support plant-based diet.♦

VEGAN OPTIONS FOR SERIOUS BIKERS IN ROCHESTER courtesy of **Fred Peters**. Please note day and time will be a factor. Destinations with an asterisk* are totally vegan; location and contact info in box on p. 3.

Taking REI at 450 E. Henrietta Rd (good for any bicycling needs) as a starting point, you can reach the following:

- 2.2 miles to Pi Craft in Henrietta, 100 Marketplace Dr., Roch 14623
- 3.9 miles to The Red Fern*
- 3.9 miles to Natural Oasis*

Other destinations:

- Allah's Kitchen*: .5 miles from towpath in Gates
- Anyone's Cafe*: 3.0 miles north of towpath at Route 25 (aka West Henrietta Road)
- Grass-Fed Rochester*: 2.9 miles north of towpath & S. Clinton Ave.
- Hollycake House* 3 miles from Towpath and Route 153, S.Washington Street

- Grandpa Sam's, 138 S. Union St Spencerport: has vegan options but must ask for them; right off towpath in Spencerport
- "Route 31," 3349 Monroe Ave., Roch 14618: 3 miles east of Route 65, Clover St., head north on bike trail, 1.2 miles to the restaurant
- Simply Crepes, 7 Schoen Place, Pittsford 14534: just off the canal
- Thali of India, 3259 S. Winton Rd., Roch. 14623: 0.8 Mi south of the canal on Winton Road

CONNECTIONS! Local public radio WXXI devoted the second hour of the 8/18 show "Connections" hosted by Evan Dawson, to a panel of local vegan and animal rights activists **Joseph Allman, Andrew Dunning, and Lisa Medina**. Listen [here](#).

MAY 2023: [Vegan Climate March](#)
On Saturday May 6th, 2023, cities around the world will rally and march to call for a societal vegan paradigm shift that normalizes non-violence, sustainability, and collective liberation through development of and transition to a plant-based *veganic* food system.♦

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:

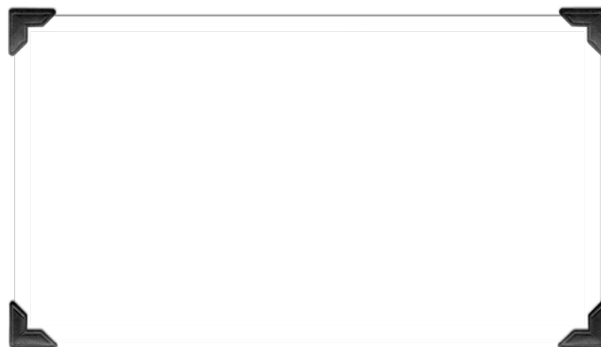
- Environment
- Animal Rights
- Health
- Other:

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

- **August 27, 2022 (Saturday) 7:30 AM Bird Walk in Mendon Ponds Park** led by Ted Barnett and other birders. Meet in parking lot at Pond Road entrance.
- **September 3, 2022 (Saturday) 6-9 PM Eat Plants, Save the Planet** fundraiser, Kings Bend Park, \$15 per person. Preceded by tasting/book signing with limited seating. <https://www.letwistedspoon.com/events>
- **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](#).
- **September 8, 2022 (Thursday) 7:30 PM Lifestyle as Medicine Lecture** by Zoom: **Natasha Sodhi, MD** on **Mindfulness and Self-Compassion** Sign up [here](#).
- **September 10 (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. Sign up [here](#) or at roclifemed.org
- **September 18 (3rd Sunday)* Living with Non-Vegans (panel) 5:30 PM Vegan Potluck, 7 PM Program**
- **October 4, 2022 (10 Tuesdays) 7:30-8:30 PM Lift, a Zoom-based program** to increase happiness. Sign up [here](#).
- **October 9, 2022 (Sun. to Sun.) 1-3 PM: 15-Day Whole-Food Plant-Based Jumpstart.** See write-up for Sept. 10 but different dates and days of the week. Sign up [here](#).
- **October 16, 2022 (3rd Sunday)* Flowers and the Human Intellect** with **Milton Mills, MD; 5:30 PM Vegan Potluck, 7 PM Program**
- **November 1, 2022 (10 Tuesdays) 6-7 PM Lift, a Zoom-based program** to increase happiness. Sign up [here](#).
- **November 5, 2022 (Sat. to Sat.) 1-3 PM: 15-Day Whole-Food Plant-Based Jumpstart.** See write-up for Sept. 10 but different days. Sign up [here](#).
- **November 20, 2022 (3rd Sunday)* Raising a Vegan Family 5:30 PM Vegan Potluck, 7 PM Program**

*Indicates a regular meeting. Unless otherwise indicated, regular meetings are held on the third Sunday of the month at the Brighton Town Park Lodge, 777 Westfall Rd., Rochester, NY 14620. 5:30 PM **Vegan Share-a-Dish Dinner**, 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."

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



14602
ROCHESTER, NY
Box 20185
ROCHESTER AREA VEGAN SOCIETY