



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. ♦

NOVEMBER IS WORLD VEGAN MONTH!

World Vegan Month traces its history back to November 1944 (the dark final days of World War II), when Donald Watson coined the word "vegan" and, with other founding members, formed the British [Vegan Society](https://vegan.org.uk), now the world's oldest vegan charity. "The first World Vegan Day was created to mark the 50th anniversary of the society, held on 1 November 1994. This was later extended to become World Vegan Week and World Vegan Month. Every November, World Vegan Month is celebrated around the world as a time to shine a light on the vegan movement." This designation is acknowledged widely, and even has a write-up on [Wikipedia](https://en.wikipedia.org/wiki/World_Vegan_Month)!

It isn't just November. If you haven't already, you might want to join the ranks of vegans in January 2023 as part of the Veganuary movement, which started in January 2014 with only 3,000 people, and grew year by year, to reach 629,000 participants in January 2022. Since 2017, [Veganuary](https://veganuary.com) has also been encouraging people to try going vegan for 31 days at any time of the year, without waiting for the next January.

Of course, being vegan is an all-year-round thing, not to be practiced or celebrated just one month of the year.

Every day we move closer to a vegan world. Seventy percent of Britons feel guilty when they eat meat. There is a Burger King franchise in Great Britain which is entirely vegan! These news items and others can be found at plantbasednews.org, along with this recipe, which uses sushi rice to thicken the sauce; that ingredient can be found in most supermarkets, including Wegmans in Rochester and elsewhere.

FETTUCCINI ALFREDO (<https://crowmoonkitchen.com/>)

2 cups water, more as needed
 ¼ cup sushi rice (needs to be sushi rice)
 8 cloves garlic, minced
 2 tablespoons nutritional yeast
 1 tablespoon light miso paste (not red)
 2 teaspoons lemon juice
 ½ teaspoon salt
 4 tbsp vegan butter, e.g. Earth Balance
 2 tbsp roasted cashews
 1 pound fettuccini or other noodle
 ¼ cup pasta water (see directions)

Melt the butter and add the roasted cashews. Allow to soak while you prepare the remaining ingredients. In a large sauce pot bring the water to boil, add the sushi rice, and once it returns to a boil, reduce heat to medium. Cook uncovered for 10 minutes. Add the garlic and cook for 5 minutes.

Transfer rice and water to a blender and add in the nutritional yeast, miso, lemon juice, salt, and the butter-soaked cashews. Blend until smooth. Leave the sauce in the blender until the pasta is finished cooking. Add more water if it's too thick; it should be on the thinner side because gloopy Alfredo is gross.

Cook your noodles in salted water. It makes a huge difference because the noodles are salted from the inside out, rather than just flavored with salt. Once your noodles are cooked to *al dente*, reserve ¼ cup of the water. The starchy and salted water adds flavor as well as a sheen to the sauce.

After draining the noodles, return them to the pot and pour in the Alfredo sauce. Gently turn the noodles to mix and allow to rest in the sauce for 5 minutes before serving. Top with fresh cracked pepper and enjoy!

Note: This recipe uses vegan butter, so is not WFPB. The recipe author says the cashews are optional, but not the vegan butter! ♦

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Rochester Area Vegan Society

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

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Contributors:

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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 *whely* 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 these crisp fall days and the approach of winter.

MEETINGS/PROGRAMS

In August we had a new event for us, a bird walk at Mendon Ponds Park. In September, RAVS members **John Karahalidis, Rebecca Kelly, and Walt McBurney** participated in a panel on a fascinating and important topic: "Living with Non-Vegans." Equally fascinating and important was the talk given by **Milton Mills, MD** in October on "Flowers and the Human Intellect."

In November, we welcome a presentation on what it's like raising a vegan family, with **Brook and Tim Chisholm**. December brings our traditional holiday party! For these and other events, including a number of programs on Zoom, see the calendar on page 8.

OUTREACH: August saw the return of the Ginna Health and Safety Fair, staffed by **Carol Barnett**.

ROCHESTER LIFESTYLE MEDICINE INSTITUTE (RLMI) has a YouTube [channel](#) where it posts all the recorded events in its Lifestyle as Medicine lecture series as well as the Lifestyle Medicine Grand Rounds (hear what the docs say among themselves!). Visit this storehouse of plant-based enlightenment!

VEGAN FOOD OPTIONS

Welcome to the new all-vegan and all-gluten-free bakery, **The Little Brownie**, a woman- and minority-owned business. See listing in box to the right of this page, along with Rochester's other all-vegan eateries and food vendors.

TOP SPOT: Voula's Greek Sweets, a Greek bakery and café at 439 Monroe Ave. with many vegan options, is in the top 5 of the Top 25 Places to Eat. *Democrat & Chronicle*, 7/22/22.

Other restaurants in Rochester with vegan options: **Addis Ababa** (Ethiopian), 752 S. Goodman (near Cinema Theater); **Create A Pizza**, 766 Monroe Ave.; and **Polska Chata** (Polish), 32 Vinedale Ave. Also visit **Cleo and Kin** in Pittsford (box to right).

LOCAL VEGAN ACTIVIST Pearl Brunt was profiled in the Summer/Fall 2022 issue of [Lake Affect Magazine](#). So were Rob and Nora, owners of Grass Fed (box to right). Lake Affect is the beautiful creation of editor [Michelle Cardulla](#). Learn more about Pearl Brunt at [Le Twisted Spoon](#).

IN MEMORIAM

We will dearly miss **Kevin Mabee**, who passed away on 8/22/22. Kevin was a dedicated vegan who always had a smile and an offer of help. He leaves behind his loving fiancée Laurie Conrad, his daughters, and her sons. Donations in his memory may be made to Farm Sanctuary.

Sherry Colb, a brilliant law professor who taught at Cornell Law School including courses on animal rights, passed away on August 25, 2022. Sherry was known to those of us who attend Vegan Summerfest, and spoke to RAVS in January 2017. She is mourned by all of us and especially her husband Michael Dorf, also a law professor at Cornell, and their daughters Meena and Amelia. To read postings by and about Sherry, visit Michael's site, [Dorf on Law](#). ♦

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 Little Brownie (585 727-7391), online bakery, 48-hr. notice, Tues.-Sat. pick-up at location near you. Vegan & GF.

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.redfermrochester.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.

Also: **Cleo and Kin**, 50 State St., Bldg. C (585 698-4621) All-vegan [boutique](#).

MEMBERSHIP UPDATE: We welcome the following:

New Members: Joyce Joseph, Annie Robinson, Tiffany Tate

Membership Renewals: Ed Austin, Peggy Weston Byrd, Margie Campaigne, Mary & Gary Christo, Barbie & Jim Cook, Katherine DaCosta & family (Contributing Level, 2-year renewal), Catherine & Paul Dahler, Linda Isaacson Fedele (Contributing Level, 2-year renewal), Karen Genett, NP, Molly Giles & Terry Boothman, Janet Graves-Wright, Carol Hope (Patron Level), Rebecca Kelly, RN, CHWC & John Kelly (Contributing Level), Tina Kolberg, Julia Lederman, Audry Liao, Jean & Scott Franco MacArthur, Betty Mann, Megan Meyer, Glennda Dove Pellito, Jessica & Jon Perez, Helen Presberg & Saul Presberg, MD (Patron Level), Mike Rudnick, Noreen Salerno (Patron Level), Carol Schleigh, Nina Sikand, Donna Silverman, Camden Simmons, Kathy & Kevin Skerrett, Bubbie & Debora Staron, Sharon Sweeney, Sue Taylor, Liz Tyson (Patron Level), Laurie & Jim Vangellow

Thank you for your support! This list is current through about 11/5/22. Any questions, contact us at (585) 234-8750 or rochesterveg@gmail.com.

Whole-Food Plant-Based (WFPB) Diet: Optimal for Human Health

A plant-based (PB) diet uses no animal products: no meat, poultry, fish, eggs, or dairy. On a plant-based diet, you eat from these four food groups: beans, grains, vegetables, and fruits, with moderate addition of nuts and seeds, and you should take a regular vitamin B12 supplement. See [PCRM's Power Plate](#). There is growing evidence that a plant-based diet that also excludes bottled oil, refined grains and sweeteners, and other processed foods is most healthful. This is a **whole-food plant-based (WFPB) diet**: eating a variety of plant foods in as close to their natural state as possible. Some lightly processed foods can be regarded as whole foods, such as 100% whole-grain bread, whole-grain pasta, and rolled oats.

Is a WFPB Diet Safe? The Academy of Nutrition and Dietetics (formerly the American Dietetic Association) released a [position paper](#) on vegetarian diets in 2016, stating that a completely plant-based diet is adequate for human health, and that “Vegetarians and vegans are at reduced risk of certain health conditions, including ischemic heart disease, type 2 diabetes, hypertension, certain types of cancer, and obesity”—the diseases that kill most Americans.

A WFPB diet can help you:

- Prevent, arrest, and even reverse chronic diseases such as heart disease, type 2 diabetes, obesity, and some auto-immune diseases
- Lower cholesterol, blood pressure, and blood glucose
- Lose weight in a way that supports health, without calorie counting or portion control
- Lower cancer risk and slow the progression of some cancers
- Eliminate heartburn and GERD
- Promote gut health
- Promote sexual health
- Strengthen your immune system
- Reduce inflammation
- Reduce medication and drug costs
- Improve sleep, energy levels, and mood

Preventing and Reversing Disease with WFPB

Heart Disease: A plant-based diet can reverse heart disease, with results that are quantifiable with imaging such as angiograms and PET scans.

Diabetes: A plant-based diet can reverse type 2 diabetes.

Cancer: A plant-based diet may halt the progression of early-stage prostate cancer.

Cognitive Decline: A plant-based diet is good for brain health

Jumpstart Your Health!

Programs such as Rochester Lifestyle Medicine's [15-Day Whole-Food Plant-Based Jumpstart](#) help you launch your WFPB diet with social and medical support. And it's fun and engaging!

For more information on plant-based diet, visit:

<https://www.forksoverknives.com>

<https://nutritionfacts.org>

<https://nutritionstudies.org>

<https://www.pcrm.org>

<https://plantpurecommunities.org>

Sources:

Cancer: <https://pubmed.ncbi.nlm.nih.gov/16094059/>

Diabetes: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2677007/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5466941/>

Heart Disease: <https://jamanetwork.com/journals/jama/fullarticle/188274>; <https://pubmed.ncbi.nlm.nih.gov/25198208/>

Weight Loss: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3701293/>

Overall health benefits from plant-based diet: <https://www.downstate.edu/about/community-impact/plant-based/documents/evidence-summary-august-2021.pdf>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3662288/>

Key Websites:

brendadavisrd.com (Brenda Davis, RD)
doctorklaper.com (M. Klaper, MD)
dresselstyn.com (C. Esselstyn, Jr., MD)
drmcDougall.com (J. McDougall, MD)
forksoverknives.com
nutritionfacts.org (M. Greger, MD)
nutritionstudies.org (TC Campbell, PhD)
pcrm.org (Physicians Committee)
plantpurecommunities.org
plantstrong.com (Rip Esselstyn)
theveganRD.com (V. Messina, MPH, RD)
veganhealth.org (Jack Norris, RD)
vrg.org (Vegetarian Resource Group)

Some WFPB Cooking Websites (Whole-Food Plant-Based, Oil-Free)

brandnewvegan.com
cearaskitchen.com
chickpeaandbean.com (M. & K. Ramirez)
cookingwithplants.com
dreenaburton.com
dresselstyn.com
drmcDougall.com
eatplant-based.com
fatfreevegan.com (Susan Voisin)
fatmanrants.com (Tim Kaufman)
happyherbivore.com (Lindsay Nixon)
ieatplantsforlife.com
monkeyandmekitchenadventures.com
myplantbasedfamily.com
nutriplanet.org
nutritionstudies.org
pcrm.org/recipes
plantbasedcooking.com
plantbasedgabriel.com
plantbasedu.com
plantifulkiki.com
plantbasedrecipe.com
plantplate.com
PlantPure Kitchen (Kim Campbell)
potatostrong.com
powerhungry.com
pureandplantbased.com
riseshinecook.ca
shaneandsimple.com
straightupfood.com/blog/sustainable-diet.com
theCulinaryGym.com (Chef Katie Mae)
thevegan8.com
unrefinedvegan.com
veganrunnereats.com

WHOLE-FOOD PLANT-BASED RECIPES

Over the years, Mary McDougall has contributed hundreds, if not thousands of recipes to books by her husband, John McDougall, MD. We recommend all of these books.

We celebrate the shared plant-based legacy of Mary and John McDougall with these recipes from <https://www.drmcDougall.com/>

INCAN BOWL

1½ Cups Uncooked quinoa
3 Cups Water
6-8 Cups Assorted chopped vegetables (see hints below)
1-2 Cups Sautéed tofu cubes (see hints below)
1½ Cups Cooked beans of your choice (optional)
Sauce of your choice (see hints below)

Rinse the quinoa well and place in a pot with the water. Bring to a boil, reduce heat, cover and simmer for about 15 minutes until all liquid is absorbed. Steam the vegetables just until tender. Remove from heat and place in a bowl. To serve, place a scoop or two of the quinoa in a medium bowl (or on a plate). Layer some of the vegetables over the quinoa, followed by the tofu (and beans, if you wish). Top it all off with a couple of tablespoons of sauce of your choice.

Hints: This can be made with any variety of quinoa. Try the red one for a beautiful presentation. Chop the vegetables into similar-sized pieces so they steam in about the same length of time. Try broccoli, carrots, snow peas, snap peas, broccolini, asparagus, and don't forget the kale. Top this with a couple of tablespoons of sauce, such as an [Asian Ginger Sauce](#), [Peanut-Hoisin Sauce](#), [Thai Peanut Sauce](#), [BBQ Sauce](#), [Szechwan Sauce](#) (recipes in [Dressings & Sauces](#)) or your favorite oil-free salad dressing. Lately our favorite variety of this is red quinoa, steamed asparagus, snow peas, Lacinato kale, and [Asian Marinated Tofu cubes](#) (recipe in [Entrees](#)), topped with Peanut-Hoisin Sauce.

ASIAN MARINATED TOFU

20 Ounces Extra firm tofu
2 Tbsp Rice vinegar
2 Tbsp Light miso
1 Tbsp Soy sauce
1 Tbsp Tahini
1 Tbsp Agave nectar
2 Tsp Mirin

Drain the tofu and cut into small cubes. Place the remaining ingredients in a small bowl and whisk until smooth. Pour over the tofu and toss to coat well. Let rest for at least 30 minutes, mixing occasionally to make sure the tofu is well covered with the marinade. Turn the tofu and the marinade into a large non-stick sauté pan. Dry fry for about 10 minutes, turning occasionally with a spatula to make sure the cubes are well browned on all sides.

PEANUT-HOISIN SAUCE

½ Cup Natural chunky peanut butter
½ Cup Water
2 Tbsp Hoisin sauce
1 Tbsp Soy sauce
½ Tbsp Agave nectar
2 Tsp Chili garlic sauce
2 Tsp Tomato paste
1 Tsp Lime juice
½ Tsp Fresh grated ginger

Place all ingredients in a food processor and process briefly until well combined but not smooth. Pour into a covered container and refrigerate until ready to use. May be heated before serving, if desired. Serve over grain or noodle dishes, or as a topping for potatoes or vegetables.

Hint: For the peanut butter you can substitute PB2, by Bell Plantation, which is powdered peanut butter with 85% of the fat removed. You mix it with water, and use as you would regular peanut butter. [Ed. note: There are other brands of powdered peanut butter. Some have sweetener added, so you may want to adjust the recipe accordingly.]



PUMPKIN MUFFINS

Dry Ingredients:

1 Cup Whole wheat pastry flour
¾ Cup Unbleached white flour
½ Cup Brown sugar
1/8 Tsp Salt
1 Tsp Baking soda
½ Tsp Baking powder
1½ Tsp Cinnamon
1 Tsp Nutmeg
½ Cup Chopped walnuts
¼ Cup Raisins

Wet Ingredients:

1 Cup Canned pumpkin puree
½ Cup Prune puree
¼ Cup Molasses
¼ Cup Non-dairy milk
2 tsp Ener-G egg replacer mixed in 4 tbs warm water

Preheat oven to 375 degrees. Combine all dry ingredients in a large bowl and set aside. Combine all wet ingredients in a medium bowl and mix well until smooth. Pour wet over dry ingredients and mix well (do not over-mix). Spoon batter into muffin cup (fills 12) and bake for 30 minutes. This may also be made in a square or round baking pan, and may take a bit longer in the oven. Test for doneness by inserting a toothpick into the center.

Hint: Use a whisk when mixing the egg replacer with the water, and beat until frothy. Then add to the other wet ingredients. Ener-G egg replacer is a flour product, available in natural food stores, used for leavening and binding. It does not make anything resembling scrambled eggs. We do not recommend Egg Beaters which are made from egg whites and additives.♦

HAIKU by Bruce Ross

a swayback shed
filled with old farm tools
first snow

near the bridge
a few old thistles
collect the snow

frozen Quaker Pond—
even between the dry hummocks
deep silence

VEGAN HOLIDAY RECIPES

(from “15 Turkey Alternatives for your Thanksgiving Meal,”
Washington Post, 10/30/22)

[Note: These recipes use oil. You can adapt to be whole-food plant-based by using sherry, white wine, or aquafaba (liquid from canned beans) to coat or sauté the vegetables.]

ROASTED CAULIFLOWER WITH CITRUS TAHINI SAUCE

(Adapted from *Modern Flavors of Arabia* by Suzanne Husseini)

6 tbsp olive oil
1 whole head cauliflower (1 to 1½ pounds)
Sea salt
Fresh juice of 2 lemons (~ ½ cup)
Grated zest and juice of ½ orange
1 cup water
¾ cup tahini
2 medium onions, sliced thin
2 cloves garlic, mashed
½ cup pine nuts, toasted, for garnish (see NOTE)
¼ cup slivered or coarsely chopped pistachios, for garnish

Preheat the oven to 425 degrees. Use half of the oil to grease a rimmed baking sheet.

Discard the green leaves of the cauliflower, leaving the core intact. Cut the head into 4 equal, thick slices and lay them on the baking sheet. Turn to coat with the oil and season both sides lightly with salt. Roast for about 10 minutes or until the edges are crisp, then carefully turn the slices over and roast for 10 minutes or until the cauliflower slices are lightly browned. While the cauliflower is in the oven, combine the lemon juice, the orange juice and most of the zest, all of the water and the tahini to form a well-blended sauce. (The remaining zest will be used as a garnish.)

Heat the remaining 3 tablespoons of oil in a large sauté pan over medium heat. Add the onion and garlic; stir to coat, then cook for about 8 minutes, until softened and lightly colored. Pour the citrus-tahini sauce over the onion mixture. Once the sauce starts

to bubble at the edges, stir until smooth, slightly thickened and well combined. Taste, and adjust the seasoning as needed. Transfer the cauliflower to a serving platter. Spoon the sauce and onion evenly over the slices. Garnish with the toasted pine nuts, pistachios and reserved orange zest.

NOTE: Toast pine nuts in a small, dry skillet over med-low heat until fragrant and lightly browned, shaking the skillet a few times so the nuts don't burn. Watch carefully so they don't burn!

MUSHROOMS BOURGUIGNON

(Adapted from “15 Minute Vegan Comfort Food,” by Katy Beskow)

2 tbsp extra-virgin olive oil
1 lb 5 oz cremini mushrooms, brushed clean and halved (quartered if large)
6 shallots, halved lengthwise
1 carrot, scrubbed well, cut in coins
1 clove garlic, crushed
½ tsp dried thyme
½ tsp dried rosemary
Sea salt
Freshly ground black pepper
1 tbsp flour
1½ to 1¾ cups red wine, pref. Zinfandel or Cabernet Sauvignon
1 tbsp ketchup

Heat 1 tablespoon of the oil in a large skillet over medium-high heat. Add the mushrooms and cook for 10 minutes, stirring occasionally, until softened and fragrant. Transfer the mushrooms to a bowl. Add the remaining oil to the pan, then add the shallots and carrot; cook for 4 minutes, until the carrot begins to soften. Add the garlic, thyme, rosemary and a generous pinch each of the salt and pepper. Cook for 1 minute more, then sprinkle in the flour, stirring to coat. Pour in 1½ cups of the wine and the ketchup, stirring to incorporate. Cook until thick, 2 to 3 minutes. Spoon the cooked mushrooms and any juices into the saucepan and cook briefly, just to warm through. If the sauce has thickened too much, stir in up to another ¼ cup of wine to keep it loose. Taste, and add more salt and/

or pepper as needed. Serve warm with mashed potatoes.

MORE WINTER HOLIDAY RECIPES from PCRM

“Sweet potato latkes, cashew tofu lasagna, stuffed peppers with squash, and sweet potato and pumpkin seed casserole are a few of our favorites. For good luck in the new year, don't miss our Hoppin' John Salad or Black-Eyed Peas with Sweet Potatoes and Greens! Looking to bake holiday treats? Try our iced gingerbread bars, chocolate almond macaroons, or cranberry-orange-pear granola crisp!” Here's a sample recipe:

SWEET POTATO PUMPKIN SEED CASSEROLE (pcrm.org)

(10 servings) (Inspired by and adapted from oldwayspt.org)

Sweet potatoes (3 pounds)
Maple syrup (1 tbsp.)
Orange juice (3 tbsp.)
Ground cinnamon (½ tsp.)
Ground ginger (½ tsp.)
Ground allspice (½ tsp.)
Orange zest (½ tsp.)
Chopped unsweetened apricots (1/3 cup)
Chopped pumpkin seeds, raw or roasted (¼ cup)
Thinly sliced green onions (green and/or white parts) (3 tbsp.)

Preheat the oven to 400 F. Pierce the potatoes several times with a fork and bake in a baking dish for 50 to 60 minutes until the potatoes are tender to the touch. Remove the potatoes from the oven and let them cool for 10 minutes. Scoop the flesh from the sweet potatoes into a mixing bowl, discarding the peels. Gently mash with a potato masher until smooth yet slightly lumpy. Add the syrup, orange juice, cinnamon, ginger, allspice, orange zest, and apricots to the sweet potatoes and stir. Transfer the mixture into a casserole dish or 9-by-13-inch baking dish and sprinkle with the pumpkin seeds. Bake for about 20 minutes until the seeds are golden. Remove the dish from the oven and sprinkle with the sliced green onions. Serve immediately.♦

IN THE NEWS

FIBER AND CANCER TREATMENT: “Eating fiber alters the microbiome. It may boost cancer treatment, too.” The title of this [article](#) in the *Washington Post*, 11/8/22, carries much of its message. The composition of the microbiome appears to influence whether immunotherapy for cancer treatment is successful; “scientists believe that giving patients a fiber-rich diet of fruits, vegetables, beans, nuts and whole grains to nourish the microbiome might improve the odds that the cancer treatment is effective.” A clinical trial testing the theory is currently underway at the University of Texas MD Anderson Cancer Center in Houston, the largest cancer center in the U.S.

TOXINS IN MEAT. In the August 2022 issue, Consumer Reports (CR) raises the question “Is Our Meat Safe to Eat?” CR explains why ground meat is especially risky, because micro-organisms from a single cut of meat can infect an entire large batch.

Salmonella in chicken is also a huge problem, with 23 of 75 packages (more than 30%) testing positive. CR offers several tips for handling and cooking meat to avoid problems, but fails to offer the only real solution: to avoid meat altogether.

TOXIC FOR THE PLANET TOO “Devouring the Rainforest,” an [article](#) in the *Washington Post* on April 29, 2022, sets forth the grim fact that cattle ranching is responsible for most of the deforestation in the Amazon rainforest. The United States bears much of the blame since it lifted a moratorium on Brazilian beef in 2020; more than 320 million pounds were imported in 2021. An accord signed with Greenpeace in 2009, which was to have prevented deforestation, has merely pushed it further from sight with a practice known as “cattle laundering.” This long and sad account points to the conclusion that we must dry up the demand for beef and other animal products.

INFLATION SHOULD MAKE US ALL VEGETARIANS! An Op-Ed [article](#) by Annaliese Griffin in the *New*

York Times on June 2, 2022 points out that inflation of food prices has been much higher for animal products than for other foods: food prices rose 10.8% over the previous year, but meat, poultry, fish and eggs rose 14.3% in the same period. The author states that climate considerations have made people think about consuming more vegetables, grains, and legumes, and inflation may be the added push that they need: “Inflation has the potential to drive welcome change for the planet” Food choices are more flexible than other spending decisions and almost completely in the control of the individual: “our food spending can be modified more easily than what we pay at the gas pump ... we could adjust what we eat to save both our pocketbooks and our planet.” She concludes: “Freed from having meat in every meal and with a world of recipes at our fingertips, what will the delicious culinary legacy of this inflationary period be?”

LISTEN to this [interview](#) with Cory Booker, the vegan U.S. Senator from New Jersey!♦

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:

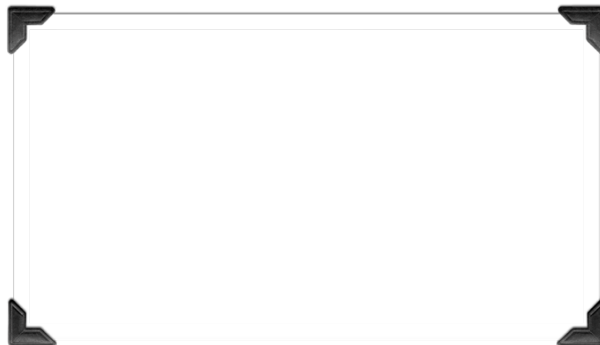
- ☐ Environment
- ☐ Animal Rights
- ☐ Health
- ☐ Other:

Rochester Area Vegan Society upcoming meetings and events of interest (Times are ET)

- **November 20, 2022 (3rd Sunday)* Raising a Vegan Family: Rewards and Challenges** with the **Chisholm family**. 5:30 PM **Vegan Potluck**, 7:00 PM **Program**
- **November 21, 2022 (Monday) 6:30 PM FREE Jumpstart Info Session**. Learn what it's all about! Sign up [here](#).
- **December 3, 2022 (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
- **December 6, 2022 (Tuesday) 7:30 PM Lifestyle as Medicine Lecture** by Zoom: **Ted Barnett, MD** on **Changing Medical Paradigms and Plant-Based Diet**. Sign up [here](#).
- **December 11, 2022 (2nd Sunday) 5:00 PM Winter Solstice Gathering and Celebration** at 1600 East Avenue, in the ground floor Media Room. Park in lot behind building; enter back door closest to lot. If no parking available in lot, park on side street off East Ave., use front entrance & go downstairs to Media Room. Call 330-7238 if you have trouble entering. Bring a vegan dish, pref. finger foods, as we may have limited space to sit. Bring instruments, music and voices for optional merry-making!
- **January 8, 2023 (Sun. to Sun.) 1-3 PM 15-Day Whole-Food Plant-Based Jumpstart**. See write-up for Dec. 3, but different dates and days of the week. Sign up [here](#).
- **January 9, 2023 (Monday evenings) and January 23 (Mondays midday)**: Tentative start dates for two different cohorts of **Pivio**, a new program offered by RLMI which replaces CHIP. Check roclifemed.org or call (800) 710-7564.
- **January 10, 2023 (Tuesday) 7:30 PM Lifestyle as Medicine Lecture** by Zoom: **Chef AJ** on **Eat Up, Slim Down, Get Healthy! Demystifying Calorie Density**. Sign up [here](#).
- **January 10, 2023 (10 Tuesdays) 7:30-8:30 PM Lift**, a **Zoom-based program** to increase happiness. Sign up [here](#).
- **February 4, 2023 (Sat. to Sat.) 1-3 PM 15-Day Whole-Food Plant-Based Jumpstart**. See write-up for Dec. 3 but different dates. Sign up [here](#).
- **February 7, 2023 (10 Tuesdays) 6:00-7:00 PM Lift**, a **Zoom-based program** to increase happiness. Sign up [here](#).
- **May 21, 2023 (3rd Sunday)* SAVE THE DATE: Sarina Farb** (bornvegan.org) on **The Vegan Van Tour!**

*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



ROCHESTER AREA VEGAN SOCIETY
Box 20185
ROCHESTER, NY
14602