



### 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 SAVES BOTH HUMAN AND ANIMAL LIVES

More and more people know that a vegan diet and lifestyle saves lives in so many ways:

- Saves human lives by preventing, treating and reversing chronic disease such as type 2 diabetes and heart disease: [pcrm.org](http://pcrm.org); [forksoverknives.com](http://forksoverknives.com)
- Saves animal lives by eliminating the need to breed, confine and slaughter billions of animals yearly: [chooseveg.com](http://chooseveg.com); [vegansociety.com](http://vegansociety.com)
- Saves the planet by using a fraction of the resources (land, water, air) needed to raise animals and by generating less pollution and greenhouse gases: [climatehealers.org](http://climatehealers.org); [cowspiracy.com](http://cowspiracy.com)

A new film, "The End of Medicine" (2022), whose producers include Keegan Kuhn, Joaquin Phoenix, and Rooney Mara, makes a powerful case that eliminating animal agriculture will save human lives by warding off two dire threats: further pandemics, and antibiotic or antimicrobial resistance.

**Pandemics:** One-half of infectious diseases that affect humans are zoonotic (arise in non-human animals), as are 3/4 of emerging infectious diseases. COVID-19 may well have originated in wildlife markets where humans are close to animals in unsanitary conditions. The COVID threat continues (378 people died of COVID the day I am writing this). According to the World Health Organization, avian or bird flu (H5N1) has killed 135 people since 2003, with an astonishing case fatality rate of 56%. Bird flu is still circulating and mutating, and the CDC predicts that the next bird flu outbreak could have a lethality rate of 40%. The film states: "Eventually there might come a time when such a virus can't be contained."

During COVID we socially distanced; but the film points out that the farmed animals that breed diseases that can infect humans

are never distanced and in fact are cruelly confined in close quarters. Factory farms are a "ticking time bomb" and a "crucible" for pathogens. And it's not just infectious diseases, but also foodborne illnesses like salmonella and E.coli that can be fatal. A recent study of ten large retailers found that 60-70% of beef and pork, and 92% of chicken, tested positive for E.coli.

**Antimicrobial resistance:** Professor Sally Davis, who was formerly the senior medical advisor to the British government, fears that antimicrobial resistance (AR) will kill us before climate change does. Because antibiotics are routinely used not just to treat illness but to boost growth in farmed animals, microbes have a huge petri dish in which to mutate and develop resistance to those antibiotics, which are then ineffective to help humans infected with the same microbes. Professor Davis predicts a "post-antibiotic apocalypse" where we will be positioned as we were before the era of penicillin, and will "run out of ways to safely kill" pathogens that infect humans.

Factory farms also adversely affect the health of those who live near them, with the spread of aerosolized endotoxins, chemical pesticides, ammonia, and fecal bacteria. These farms are more likely to be placed close to communities of color, and many activists are attempting to address this social injustice.

The solution is to move at scale and at a rapid pace towards a vegan world. Dr. Andrew Cunningham, Professor of Wildlife Epidemiology at the London Zoo, says we would free up billions of acres for wildlife "if we just ate what we grew" instead of feeding it to animals. He says: "Obviously, we should all be vegan." It may be "contentious to say that, but that's where the science tells us we ought to go."

So: for our own sake, to protect ourselves from both chronic disease and infectious disease; and to spare our fellow sentient creatures and help preserve our beautiful green-and-blue planet: GO VEGAN. ♦

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## Rochester Area Vegan Society

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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 *whey* 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 our relatively mild (but occasionally wild) winter.

### MEETINGS/PROGRAMS

Thank you to **Brook** and **Tim Chisholm** for their November program, sharing with us their experience raising a vegan family. We are waiting for Brook to write a cookbook! And thanks to **Ellie Cherin** and **Sharon Yates**, for again hosting a lovely December holiday party in their building! In January and February, we did not have in-person programs, but many of us took advantage of **Chef AJ's** Zoom presentation for RLMI (summary on p. 4). In February, RAVS had a Zoom gathering at which **Sandy Rubin** gave a presentation on "Optimizing a Vegan Diet," which was well-attended and much appreciated!

In March we resume in-person meetings with a presentation by Climate Solutions Accelerator. In April, the Executive Director of Farm Animal Rights Movement will speak on going vegan later in life. And in May, we'll have a visit from **Sarina Farb** on her Vegan Van Tour. While she is here, Sarina will also be speaking at the Fairport, Gates, Mendon, Penfield, and Pittsford libraries, as well as to other local groups. See the calendar on page 8.

**OUTREACH:** In January, **Carol Barnett** staffed a health fair at [Central Rock Gym](#) at 725 Averill Ave., 585 441-9002.

In March, RAVS will have a presence at the Great American Meatout event at University of Rochester, run by Student Association of Vegan and Vegetarian Youth (SAVVY).

**ROCHESTER LIFESTYLE MEDICINE INSTITUTE (RLMI)** won the Rochester Business Journal's [Health Care Heroes Award](#) in the category of Health Care Innovation, for its [15-Day Whole-Food Plant-Based Jumpstart](#).

RLMI has a YouTube [channel](#) where it posts all the recorded events in its Lifestyle as Medicine lecture series and Lifestyle Medicine Grand Rounds (hear what the docs say among themselves!). Please visit!

### VEGAN FOOD OPTIONS

NEW RESTAURANTS spotlighted in the Rochester *Democrat and Chronicle* (1/13/23) include the all-vegan restaurants **Anyone's Cafe**, which serves baked goods, breakfast, and lunch, and also provides a gathering space for community groups; and **Squatcho's**, serving salads, sandwiches, and pizza, including the Let's Go Buffalo. See sidebar for locations and hours for both.

**Crumpet's**, 441 Monroe Ave., Roch. NY 14607 has vegan options. Wed-Sun 8 - 2.

**Taste of Supreme Bakery**, 696 Winton Rd. N. (585 285-5496) Mon.-Sat., 9:30AM-7PM, Sun 9:30-4, has many vegan baked goods and a menu of vegan Mediterranean-inspired dishes called Supreme Savory. D&C 11/25/22

**Zoc's Gourmet**, 975 Chili Ave., Rochester NY 14611 (585 441-9490) Mon.-Thurs., 4-8 PM, has reopened with more vegan options. Zoc offers a hearty vegan breakfast plate with chickpea scramble, quinoa, roasted corn, sautéed vegetables, and a sauce!

Don't forget: **Cleo and Kin**, 50 State St., Bldg C, Pittsford, NY 14534 (585 698-4621), is an all-vegan [boutique](#).

## ALL-VEGAN

**Allah's Kitchen**, 200 Park Point Dr., Rochester, NY 14623 (540-7483) <https://allahskitchen.com> Take-out and delivery.

**Anyone's Café and Bakery**, 133 Gregory St. (510-6209) Wed-Sun 7AM-3PM. <https://anyonescafe.coop> Dine-in and take-out.

**Eden Café & Bakeshop**, 242 Ellicott St., Batavia NY 14020 (585 815-4487) Tues-Sat 11AM-7PM <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. Wed-Fri 8AM-2PM, Sat-Sun 9AM-2PM

**The Little Brownie** (585 727-7391), <https://www.thelittlebrownie.com/> 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) Dine in and take-out. <https://www.redfernrochester.com>

**Squatcho's**, 17 E. Main St. (corner with Exchange Blvd.) Mon-Fri, 11-2. 4-7 or 4-8 <https://squatchos585.com/>

**Grass Fed Rochester**, 980-982 Monroe Ave., Roch., NY 14610. Vegan butcher. <https://www.grassfedrochester.com> Sunday 10AM-6PM, Mon-Fri 12-6PM

**Spirit and Abundance**, Hungerford Bldg., 1115 E. Main St., Suite #148 Roch. 14609 <https://www.spiritandabundance.com> (585 420-8551) Vegan nut-based cheeses and treats. Pick up Fridays 5-7 PM. Classes.

**Sweet Pea Plant-Based**, 777 Culver Rd., Roch. 14609 (585 643-0420) <https://sweetpeaplantbased.com> WFPB vegan meal prep service for pick-up Sun 10-1 or delivery for a modest flat fee.

**MEMBERSHIP UPDATE:** We welcome the following:

**New Members:** Susan Brassett (Contributing Level), Colette F. Corbin, Paul Flansburg, Jeanne & John Morelli, KA Resnick, Jennifer Vilenski.

**Membership Renewals:** Juanita Ball (2-year renewal), Liz Berens (10-year renewal!), Selma Berger, Paul Clark, Terri Dale, Jane Dorsey, FNP-C (Sustaining Level), Meredith Drake (Contributing Level), Jeff Feldman, Mike France, Kimber Gorall (Patron Level), John D. Griffith, Sarah Keenan (Patron Level), Amy Kotlarz-Knapp (3-year renewal), Susan & Bill Labine, Jill Marcus, David Meyer (Patron Level), Gerry & Tim Minerd (Contributing Level), MJ O'Neill, Donna & Harry Patrick, Fred Peters (Patron Level), Barbara Savedoff (Contributing Level), Meredith Smith, Abby Stern & David Stern, MD, Lawrence Taplin (Patron Level), Marilyn & Jeff Thaler (Patron Level), Jeff Vincent.

Thank you for your support! This list is current through 2/15/23. Any questions, contact us at (585) 234-8750 or [rochesterveg@gmail.com](mailto:rochesterveg@gmail.com)

## “Frailty and Resilience”

**Susan Friedman, MD, MPH** gave this talk on 2/8/23, on the topic of a Lifestyle Medicine approach to aging.

Dr. Friedman painted a sobering picture: Eight in ten person over 65 have a chronic disease; 68% have 2 or more chronic diseases. Very few Americans reach older adulthood without chronic disease.

What can we do about this? As it happens, quite a lot. Dr. Friedman said that only 10% of the contribution to premature death had to do with medical care or lack thereof; and only 1/3 was attributable to genetic makeup. The biggest chunk of our health outcome is traceable to our own choices and behavior. The new science of epigenetics is revealing that “the way we live our lives impacts our genetic expression.” Or, as it sometimes said: “Your parents hand you the clay and you build the statue.”

Dr. Friedman said of Lifestyle Medicine (LM): it is evidence-based; it addresses root causes; and it seeks to treat and reverse, and not just prevent disease. LM dovetails with the foundational principle of geriatrics which is “squaring the curve”: helping people pair longevity with quality of life so that death, which is unavoidable, comes without sapping quality of life for years beforehand.

Dr. Friedman said that treatment of older patients should take into account the “why” of a person’s life, which should govern what steps are taken and how aggressively. To preserve brain health, Dr. Friedman told us about the acronym used by brain experts Dean Sherzai, MD and Ayesha Sherzai, MD: NEURO or Nutrition, Exercise, Unwind, Restorative sleep, and Optimizing cognitive activity.

Dr. Friedman reviewed the pillars of Lifestyle Medicine: Plant-based diet, Exercise, Restful sleep, Stress management, Relationships, and Avoidance of toxins. To these, Rochester Lifestyle Medicine Institute has added Enjoying Nature, Finding Purpose, and Finding Joy. Our health is in our own hands. We need to develop each of these pillars—a

plant-based diet is not enough. And we are all in this together, which makes the journey not just healthy, but also joyful.

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**“Eat Up, Slim Down (and Get Healthy)”:**  
Chef AJ gave this talk for Rochester Lifestyle Medicine Institute on 1/10/23

Chef AJ, the author of *Unprocessed* and *The Secrets to Ultimate Weight Loss*, weighed almost 200 lb. in early adulthood but was able to achieve a healthy weight and maintain it, through the power of one concept: “calorie density.” It isn’t counting calories, limiting portions, or measuring the weight of food that matters: it’s the ratio of calories per pound of food, and that can range from 100 to 4000 calories per pound of food. AJ says that if you know the average calorie density of a few food groups, you can steer your weight control success. AJ says humans eat the same amount of food per day—about 3 to 5 pounds, so the calorie density of what we choose will determine whether we gain weight, keep weight, or lose weight.

The food group which is lowest in calorie density is non-starchy vegetables at about 100 calories per lb., so the first secret of weight loss is eat more vegetables! “No one has ever gotten fat from eating too much kale.” AJ suggests eating about two lb. of vegetables a day.

Fruit is about 200 calories per lb.—“nature’s candy”—but eat the fruit whole, which will register with stretch receptors in the stomach and result in satiety sooner than the juice from that fruit. “If you want to lose weight, don’t artificially reduce the volume; we’re meant to eat food whole, rather than juiced or blended or dried.” Juice raises blood sugar more quickly than a piece of whole fruit, where the fruit sugars are buffered by fiber and absorbed more gradually.

Unrefined complex carbohydrates or starch (whole grains, starchy vegetables, and legumes) are about 400-600 calories per pound. Even at this higher average, you can eat freely: AJ says that if the average calorie density of what you eat is

567 calories per lb. or less, “you can eat as much as you want.” It’s better to eat the whole grain (wheat berries vs. whole wheat bread or pasta). Vegetable soup is great for weight loss because the high water level adds bulk and increases satiety. AJ calls potatoes “nature’s most perfect food”: studies have been done of people living on nothing but potatoes for an entire year without ill effect.

Nuts, seeds, and nut and seed butters are about 2800 calories per lb., so should be used sparingly.

Processed foods and animal foods contain 1200-1800 calories per lb., so it’s clear why we can’t eat them freely, and as AJ says, sugar is more addictive than cocaine and heroin. Oil is 4000 calories per pound but it “slips under the radar” when used in preparing food. AJ cited a study that showed that cooking with oil adds about 500 calories to a meal, without adding any satiety. One tablespoon of oil has the same number of calories as 2 lb. of zucchini.

AJ says “Train your body to crave healthy food. We develop preferences for things we habitually eat. It can take 15 tries for a food to become a preferred food.”

AJ says we should eat “not just from a plant but whole and unprocessed.” Cooking without oil (e.g., steaming vegetables) is allowed, however!

Q&A: Aren’t fats and oils good for the brain? Response: you can get fats from whole plant foods, including greens, even if you don’t eat nuts and seeds. Regarding oil: “why would a processed food be better than a whole food?”

AJ says she doesn’t calculate the calorie density of condiments, just asks you to “condiment responsibly”!

Final Q re Protein: AJ says: Where does the elephant get her protein? We need about 7-8% of calories from protein and can easily get that on a whole-food plant-based (WFPB) diet. Eating WFPB, it’s impossible to be protein deficient unless you are calorie deficient. Fact: Spinach has more protein per calorie than steak! ♦

## VEGAN RECIPES FROM JENNIFER RAYMOND

Jennifer Raymond is a long-time vegan advocate and chef, author of *The Peaceful Palate* and *Fat-Free & Easy*, as well as the recipe sections in several books by Neal Barnard, MD.

### AFRICAN BEAN SOUP (Jennifer Raymond)

*Sweet potatoes and peanuts are ingredients in many African dishes. In this colorful soup they are combined with garbanzo beans and other vegetables and served over cooked rice.*

3 tbsp reduced-sodium soy sauce  
1 onion, sliced  
2 small sweet potatoes or yams, peeled and diced (about 2 cups)  
1 large carrot, thinly sliced  
1 celery stalk, thinly sliced  
1 red bell pepper, diced  
2 cups crushed tomatoes (about half of a 28-oz can)\*  
1 quart vegetable broth or water  
1 15-ounce can garbanzo beans, undrained  
1/2 cup chopped fresh cilantro  
3 tablespoons peanut butter  
1-2 teaspoons curry powder

Cooked brown rice for serving

Heat 1/2 cup of water and soy sauce in a large pot. Add onion and sweet potatoes and cook over high heat, stirring often, until onion is soft, about 5 minutes.

Add carrot, celery, and pepper. Cover and cook 3 minutes, stirring occasionally.

Add crushed tomatoes (reserve the rest of the tomatoes for another use, or freeze), vegetable broth, garbanzo beans, including liquid, cilantro, peanut butter, and curry powder. Stir to mix, then cover and simmer until vegetables are fork tender, about 10 minutes.

To serve, place about 1/2 cup of cooked brown rice in a bowl and top it with a generous ladle of soup.

### CURRIED MUSHROOMS AND CHICKPEAS (Jennifer Raymond, *The Peaceful Palate*)

1/2 cup sherry, white wine or dry vermouth  
1 large onion, chopped  
1 or 2 cloves garlic, minced  
1 pound mushrooms, sliced  
1 28-oz can crushed tomatoes (all or part of can)\*  
1 can chickpeas or garbanzo beans, drained  
1 tbsp whole cumin seed, ground in spice/coffee grinder OR 1 tsp ground cumin\*  
1 tsp ground coriander  
1 tsp turmeric  
1/8 tsp cayenne or to taste\*  
1/2 tsp ground ginger\*  
1/4 tsp salt

In a large pot, pour in the sherry, then add the onions, garlic and mushrooms and sauté over medium heat for about 5 minutes until the onions are translucent and soft, and the mushrooms have given up some of their liquid and are reduced in size. Add the tomatoes, garbanzo beans, cumin, and other spices. Bring to a simmer and cook over medium-low heat until the flavors are well blended. Serve over brown rice or other grain.

**\*NOTES:** The recipe calls for a whole 28-oz can of crushed tomatoes but you can use less and reserve the rest for another recipe.

If you use ground cumin seed, you can dry-toast it separately for added flavor. The original recipe calls for 1/2 tsp cayenne, which is a lot; be guided by your own taste and tolerance for "heat." If you have fresh ginger on hand, feel free to mince some and add it with the final group of ingredients.

You can make this recipe easier by substituting 1 - 2 tsp curry powder for all of the spices.



### NEAT LOAF

(Jennifer Raymond, *The Peaceful Palate*)

2 cups cooked brown rice  
1 cup walnuts, finely chopped  
1 cup chopped mushrooms  
1 onion, finely chopped  
1/2 medium bell pepper, finely chopped  
2 medium carrots, shredded or finely chopped  
1 cup each wheat germ and rolled oats  
1/2 tsp each marjoram, sage, thyme  
2 tbsp soy sauce or Bragg's Aminos  
2 tbsp Dijon mustard  
Barbecue sauce or ketchup

Preheat oven to 350 degrees.

Combine all ingredients except BBQ sauce or ketchup, and mix 2 minutes with a large spoon. Pat into a lightly oiled or nonstick loaf pan and top with BBQ sauce or ketchup. Bake 60 minutes and let stand 10 minutes before serving.

Note: In order for the mixture to hold together, the vegetables should be chopped as finely as possible. You can do this with a food processor.

Leftovers make great "meatloaf" sandwiches!

### HAIKU by Bruce Ross

the crow pauses  
for the sun to pass  
behind a cloud

cold April drizzle . . .  
a little sparrow by itself  
on the wire

spring dusk  
two kittens stare out the window  
into it



## SHEPHERD'S PIE

(Jennifer Raymond, *The Peaceful Palate*)

4 large potatoes

$\frac{1}{2}$  - 1 cup soy or other plant milk, or water

$\frac{1}{4}$  tsp salt

$\frac{1}{4}$  cup water or vegetable stock

1 onion, chopped

1 large bell pepper, diced

2 carrots, sliced

2 stalks of celery, sliced

$2\frac{1}{2}$  cups sliced mushrooms (~  $\frac{1}{2}$  lb.)

1 14.5 oz can crushed or diced tomatoes

1 15-oz can kidney beans or  $1\frac{1}{2}$  cups cooked lentils

$\frac{1}{2}$  tsp paprika

$\frac{1}{2}$  tsp black pepper

1 tbsp soy sauce

Scrub (peel if desired) and dice the potatoes, then simmer in 1 cup of water until tender, about 15 min. Mash, without draining them, then add enough plant milk or water to make them smooth and spreadable. Mix in salt and garlic powder and set aside.

In another large pot, pour in  $\frac{1}{2}$  cup water or vegetable stock. Add the onions and cook 3 minutes over medium heat. Add the pepper, carrots, and celery; cook 5 minutes. Add the mushrooms, turn down heat slightly, cover the pan and cook an additional 7 minutes, stirring occasionally. Add the tomatoes, kidney beans or lentils, spices and soy sauce. Cover and cook 15 min.

Preheat oven to 350 degrees.

Transfer vegetables to a non-stick or lightly oiled 9 x 13 inch baking dish and spread the mashed potatoes evenly over the top. Sprinkle with paprika. Bake 25 minutes, until hot and bubbly.

## PASTA WITH LENTILS AND TOMATOES

(Jennifer Raymond, *The Peaceful Palate*)

*Lentils add a wonderful peppery flavor to this simple pasta dish.*

1 cup brown or green lentils

3 cups water

$\frac{1}{2}$  cup sherry, white wine, or vegetable broth

1 large onion, chopped

1 bell pepper, seeded and diced

2 cups sliced mushrooms

3 cloves garlic, minced

1 28-oz can crushed tomatoes

1 tsp each basil and oregano

$\frac{1}{4}$  tsp each thyme and black pepper

$\frac{1}{8}$  tsp crushed red pepper flakes (optional)

1-2 tbsp soy sauce

12 oz whole-grain pasta: fettuccine, spirals, etc.

Place lentils into a pot with 3 cups water, cover and simmer gently until tender, about 35 minutes. While the lentils cook, sauté the onion in sherry, wine or broth for one minute, then add the bell pepper and mushrooms and cook another 7 minutes. Stir in tomatoes, garlic, seasonings, and the cooked lentils. Simmer gently for 15 to 20 minutes.

Cook the pasta in rapidly boiling water. When tender, drain and serve topped with sauce.

Variation: Substitute cooked polenta for the cooked pasta. To cook polenta, bring 4 cups of water to a boil. Add  $\frac{1}{2}$  tsp salt. Slowly stir in one cup of polenta (whole cornmeal or corn grits). Bring to a simmer and cook, stirring often, over medium heat until thickened, about 15 minutes. Serves 6.

## HUNGARIAN GOULASH WITH PASTA

(adapted from Jennifer Raymond, *The Peaceful Palate*)

$\frac{1}{4}$  cup water, dry vermouth or white wine

1 large onion, thinly sliced

3 cups sliced cleaned mushrooms

1 green bell pepper, diced

1 red bell pepper, diced

1 28-oz can crushed tomatoes, all or part

1 tbsp tomato paste

$\frac{3}{4}$  cup sauerkraut

8 oz diced seitan, tofu, or other vegan "meat"

1 to 2 tsp mild paprika

$\frac{1}{2}$  tsp dried basil

$\frac{1}{4}$  tsp black pepper

1 to 2 tbsp tahini, whisked with  $\frac{1}{3}$  cup water

1 tsp toasted sesame oil (optional)

8 oz pasta any type, prepared *al dente*

Chopped fresh Italian (flat) parsley for garnish

In a large pot, sauté the onion and garlic until just soft, about 5 min. Add the mushrooms and bell peppers. Lower the heat, cover and cook another 5 minutes, stirring occasionally. Add about  $\frac{1}{2}$  the can of tomatoes (reserve the rest for another use), tomato paste, sauerkraut, seitan or other "meat," and herbs/spices. Cover and simmer 10 minutes. While the goulash simmers, cook the pasta in a separate pot according to package directions. Add the whisked tahini, and the toasted sesame oil (if using) to the goulash, just before combining it with the cooked, drained pasta. Serve hot and garnish with parsley. ♦



## IN THE NEWS

**AN EVEN DEADLIER PANDEMIC**  
A *NY Times* [article](#) (2/3/23) by Zeynep Tufekci warns that if bird flu becomes more easily spreadable to humans, it could be even more deadly than COVID, as the fatality rate in humans known to have contracted it is 56%. (By comparison, COVID only killed 1-2% of those infected.) Bird flu could become more transmissible if it is carried by migratory birds and then infects animals which more readily transmit disease to humans than birds do, such as minks and pigs.

**DRUGS OR DIET?:** “What is Ozempic?” is a *NY Times* [article](#) (11/22/22) about the off-label use of Ozempic (Wegovy is similar), an injectable drug used to lower blood sugar in diabetics, by people seeking to lose weight. Ozempic mimics a satiety-triggering hormone and indirectly causes weight loss. It costs about \$15,000 a year; side effects

include nausea, dehydration, fatigue, diarrhea, and constipation, as well as increased risk of pancreatitis. Here was our comment: “With the right food choices, people can eat whenever they are hungry and lose weight gradually and safely, as well as experience improvement in basic health measures (cholesterol, blood sugar, blood pressure) in most cases. People can eat to satisfaction and be optimally healthy on a plant-based diet.”

**WANT TO LIVE A LONGER LIFE?** asks a *Washington Post* [article](#) (2/14/23). The four recommended habits, derived from the Blue Zones where inhabitants have extraordinary longevity, were:

- Eat a cup of beans, peas, or lentils every day.
- Eat a handful of nuts daily.
- Eat breakfast like a king, lunch like a prince, and dinner like a pauper.
- Eat meals with your family

Dan Buettner, author of the Blue Zone books, interviewed a centenarian from

Okinawa, one of the Blue Zones, who said: “Eat your vegetables, have a positive outlook, be kind to people, and smile.”

**FOOD, MOOD AND MICROBIOME:** A *Washington Post* [article](#) (1/31/23) reports on a study published in December 2022, showing that the gut microbiome, made up of trillions of bacteria in the intestinal tract and largely created by what we eat, influences our mood and mind-set. The article says: “Research is slowly illuminating exactly how bacteria talk to the brain.” The best food for a good mood is “[plenty of fruits and vegetables and not so much excess sugar](#).” Fiber is key to a good mood, and fiber is found only in plants.

**MEAT AND DIABETES:** A new [study](#) of middle-aged women showed that those who ate meat were more likely to have diabetes or uncontrolled blood sugar than vegetarians. PCRM’s *Good Medicine*, Winter 2023. ♦

## 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)

- **March 15, 2023** (Wednesday) **6:30 PM FREE Jumpstart Info Session.** Learn what it's all about! Sign up [here](#).
- **March 19, 2023** (3rd Sunday)\* **Collaborative Climate Action in the Genesee-Finger Lakes Region** with **Brady Fergusson** of **Climate Solutions Accelerator** **5:30 PM Vegan Potluck, 7:00 PM Program** (in person)
- **March 23, 2023** (Thursday) **7:00 PM Lecture** by **Dr. Alan Goldhamer** on **Diet and Fasting** Sign up [here](#).
- **March 28, 2023** (10 Tuesdays) **8:00 - 9:00 PM Lift**, a **Zoom-based program** to increase happiness. Sign up [here](#).
- **April 13, 2023** (Thursday) **6:30 PM FREE Jumpstart Info Session** for May and later sessions. Sign up [here](#).
- **April 15, 2023** (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 on Jumpstart. Sign up [here](#) or at [roclifemed.org](http://roclifemed.org)
- **April 16, 2023** (3rd Sunday)\* **Old Dog New Tricks: Going Vegan Later in Life** with **Eric Lindstrom, Exec. Director, Farm Animal Rights Movement** **5:30 PM Vegan Potluck, 7:00 PM Program** (in person)
- **April 24, 2023** (Monday and Thursday evenings) **6:30 PM Pivio** (formerly CHIP). Sign up [here](#). FREE info sessions on **Thurs. April 6** and **Mon. April 17**: sign up [here](#)
- **April 25, 2023** (10 Tuesdays) **6-7:00 PM Lift**, a **Zoom-based program** to increase happiness. Sign up [here](#).
- **May 6, 2023** (Sat. to Sat.) **1-3 PM 15-Day Whole-Food Plant-Based Jumpstart.** See write-up for April 15 but different dates. Sign up [here](#). FREE Jumpstart Info Session Wednesday **April 13**: sign up [here](#).
- **May 10, 2023** (10 Wednesdays) **7:30-8:30 PM Lift**, a **Zoom-based program** to increase happiness. Sign up [here](#).
- **May 18, 2023** (Thursday) **6:30 PM FREE Jumpstart Info Session** for June & later sessions. Sign up [roclifemed.org](http://roclifemed.org)
- **May 21, 2023** (3rd Sunday)\* **Normalized Violence: The Global Impact of Our Daily Choices** with **Sarina Farb** on her **Vegan Van Tour**. **5:30 PM Vegan Potluck, 7:00 PM Program** (in person). We may have a meet-and-greet with Sarina at the Lodge before dinner: look for a notice by email and Facebook, and posting on our website.

\*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