



### 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. ♦

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### VEGAN: "The Plant-Based Path to Health and Vitality"

This piece summarizes a lecture delivered by **Robert Breakey, MD** at Vegan Summerfest on 7/7/2023.

US health care spends \$4.3 billion yearly with mediocre results—more per capita than any other developed country. Eighty percent of that amount is spent on chronic disease care, which in large part is preventable. Health care costs threaten to bankrupt society and, as Dr. Breakey says: "we are in trouble."

Dr. Breakey reviewed some of the landmark studies demonstrating the benefits of a plant-based diet. Dean Ornish, MD, using plant-based diet and other lifestyle interventions, showed a 91% decrease in frequency of angina (heart pain on exertion) in his study subjects, compared to a 186% increase in the controls who were not on the program. Caldwell Esselstyn, Jr., MD, followed 24 patients with severe coronary artery disease over 12 years; the 18 patients who followed the low-fat plant-based diet he recommended had no coronary events (one died from a non-heart-related cause), while all the dropouts from the dietary program had died. Dr. Esselstyn showed, as he says, that heart disease is a "benign food-borne illness."

Plant foods score well in a nutritional comparison with animal foods, and have some benefits entirely lacking in animal foods. Plant foods are much higher in antioxidants, phytonutrients and fiber; plant-based diets are alkaline, cholesterol-free, and have an optimal balance of healthy nutrients (fat, protein and carbs). When it comes to inflammation, "real whole natural plant foods come with a fire extinguisher."

As for fiber, the average American gets 15 grams daily, when the optimal level is 60-100 grams: Breakey says fiber is "the

greatest nutrient deficiency in our country." Fiber feeds the beneficial microbes in our gut (the microbiome). These microbes confer numerous benefits, and not just to digestive health: they produce and absorb nutrients and signal satiety, helping with weight control; they support the immune system, cognition, and hormonal balance; and they help control inflammation. Their workings are only beginning to be understood.

Animal foods often carry contaminants: one study showed that a Quarter Pounder contained 100 million bacteria. Even without that added risk, animal foods inherently contain fat and protein, but no carbohydrates, except for milk sugars (lactose and galactose), all of which are problematic: animal fat, animal protein, and milk sugars are all associated with increased risk of disease. Plants, on the other hand, contain healthy fats; an optimal level of highly usable protein (see page 4 of this newsletter); and complex carbohydrates, which are a slow-burning fuel for the body carrying lots of fiber and a multitude of micronutrients. Dr. Breakey says a whole-food plant-based diet offers our "best chance for health support."

What's stopping us? Dr. Breakey says we need to work on both the why and the how. (1) Solidify your "why": why is it worth it to you to change your diet to improve health and live longer? (2) Find foods that you love that also love you back. (3) Whether you transition slowly or go cold turkey, make the change. Take advantage of resources like Forks Over Knives, PCRM, or RLMI's Jumpstart! (4) Create a supportive environment, both with things (food in the house) and persons (friends and family) who are on your side. (5) Be patient when it comes to health results in terms of numbers—it can take time to reverse the damage of an animal-based diet. (6) Incorporate all 6 pillars: in addition to plant-based diet, get exercise, sleep, and social support; reduce stress and eliminate toxins. (7) Finally, make sure your plant-based diet is whole-food plant-based: WFPB. Good luck! ♦

## Rochester Area Vegan Society

### Coordinators:

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

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### The Vegan Advocate Staff:

Editors: Carol and Ted Barnett

### Contributors:

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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 *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

Welcome to the approach of autumn! This column attempts to catch up with 6 months of RAVS activity (our last newsletter contained only recipes). In March, we had a program by **Brady Fergusson** of Climate Solutions Accelerator; in April, **Eric Wilcox** of Farm Animal Rights Movement spoke. In May, **Sarina Farb**, [bornvegan.org](http://bornvegan.org), came to us on her Vegan Van Tour, and spoke at 5 area libraries in addition to the May RAVS meeting. We had a lovely picnic in July at the home of **Kimber Gorall**; and in August, we met for a bird walk in Mendon Ponds Park.

In September, we will welcome **Harold Brown**. See his story in "Peaceable Kingdom: The Journey Home"; view it free at <http://www.peaceablekingdomfilm.org/> In October, **Jonell Chudyk** will tell us about Mockingbird Farm Sanctuary.

**OUTREACH:** In August, **Carol Barnett** staffed a table at the Wellness Fair held at Latimer Funeral Home.

**IN MEMORIAM:** We sadly report the deaths of several RAVS members. On January 29, 2023, **John Atwater** passed away. He was the widower of Regina Atwater, leader for many years of Rochester's animal rights organization. On May 17, 2023, **Winton Brown**, partner of Nancy Hallowell, passed away. On May 23, 2023, **Merilyn Israel**, wife of Robert Israel, MD, passed away. And on July 30, 2023, **Walter McBurney** passed away. Walt was a longtime member of the RAVS Board of Directors. He was also a dedicated volunteer at the Genesee Country Museum.

All of these members and friends of RAVS will be dearly missed.♦

**MEMBERSHIP UPDATE:** We thank the following (February-August 2023):

**New Members:** Elecia Almekinder, Cindi Clarke, Shannon Dowling, Patty Heppenstall, Debi Holt, Diane & Mark Kaminski, Jessica & Eric Knaak (Patron Level), Margie Lasiewicki, Steve Procopio (Patron Level), Lisa & David Rizzo, Jami Sassone, Kayla Slater, RD & Michael Green, Max Wales.

**Membership Renewals:** Shelley Adams, Trudy Arsenault, RN & Tim Arsenault (Patron Level), Ed Austin, Sandy Baker & Albert Brock, Donna & Dan Barski, Lois & Greg Baum (Contributing Level), Renee & Brian Bell (Contributing Level), Felicity & Gerry Brach, Milt Braverman (Contributing Level), Jill Brooks, RN, DC, Eileen Brophy, Bill Bross, Vernon & Brenda Cain and family (Patron Level), Jo Cappella, Janet Chaize, Ellie Cherin (Patron Level), Deb Chielli, NP (Contributing Level), Mary C. Ciulla, Sue & Jim Conner, Diego Mejia Cordova, Mary & Father Patrick Cowles (Patron Level), Bonnie Crawford (Contributing Level), Sue Czapranski, Margie Driscoll, Denise & Brian Eshenaur, Karen Evans, Phyllis Fleischman, Gloria & Steven Foster (Patron Level), Nancy Fox, Aaron Frazier, Marcia & David Gann (Contributing Level), Chris Giordano, Nancy Hallowell (Contributing Level), Kathryn & Lee Hankins, Peg Haust-Arliss, MSW & Craig Arliss (Contributing Level), Linda Heeler (Contributing Level), Nancy Herbst, Sandy Hicks (Patron Level), Carol Hope (Patron Level), Meg & Jack Hurley (Contributing Level), Pat Hysert, Deborah & Peter James (Contributing Level), Steve Jarose & Marvin Ritzenthaler, John Karahalas, Gail Keemer, Linda Kilbourne (Contributing Level), Audrey Kramer & Alex Chernavsky, Eileen Kuchta (Sustaining Level), Julia Lederman, Jean Longchamps, Carol & Bruce Manuel, Wanda Miller and Joseph Dulski, DDS, JoBeth & Noel Nichols (Contributing Level), Maggie Odhner NP & Daryl Odhner, Sherrill Olivas & Norman Sacks, Yetta Panitch & David Daunce (Patron Level), Mary Parson, Karen & Carl Petito, Naomi Pless, MD, Bruce Pollock (Contributing Level), Kathryn Pridey & Ed Lewek, Linda Pulhamus, Russell Roberts, Mike Rudnick, Robert Salerno (Patron Level), Ron Schneider, Camden Simmons, Bubbie & Deb Staron, Susan Stoll, Martha Sullivan (Contributing Level), Sue Taylor, Susan Schirm Teschke & William Teschke, Elizabeth Tyson (Patron Level), Maureen & Stephen Van Buren, Laurie & Jim Vangellow, Christine Volk, Joseph Walters, MD, Sharon Yates (Contributing Level), Miriam Zaffrann (Patron Level), Evelyn Zyla.

**Newsletter Subscriptions:** Carol Ann Britt (3-year renewal), Staysha Spiller (2-year renewal).

This reflects dues received through 8/31/23. Thank you! Thanks also to Liz Berens for her generous donation, & to John Karahalas for donating vegan restaurant cards.

## 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.

**B+Healthy Fresh Food Market**, 442 Genesee, Rochester NY 14611 and 1508 Dewey Ave., Roch. 14615 (664-9639) Mon - Fri 7am - 6pm, Sat 9am - 5pm <http://www.bhealthyfreshfoods.org/home.html>. Smoothies, juices and veggie wraps.

**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 & gluten free.

**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>

**Soulistic Sweets**, Hague St., Rochester, NY 14611 (481-4103) Bakery; pickup and delivery. Hours Tues., Thurs., Sat.-Sun. <https://www.soulisticsweets.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 service for pick-up Sun 10-1 or delivery for a modest flat fee.

Also: **Cleo and Kin**, 50 State St., Bldg C, Pittsford, NY 14534 (585 698-4621), is an all-vegan [boutique](https://boutique).

## Plant Powered Protein

On June 13, 2023, **Brenda Davis, RD** spoke to Rochester Lifestyle Medicine on the topic of her 2023 book.

The frequent question, “Where do you get your protein?” shows the strong cultural bias towards assigning importance to protein. Historically, nutrition studies focused on diseases of deficiency and based recommendations on studies of baby rats. But in modern-day America, diseases of deficiency are rare, and we have an epidemic of overconsumption which is actually the #1 form of malnutrition globally. Diseases of overconsumption are linked to, or responsible for, 70% of deaths worldwide.

Davis said that a well-designed plant-based diet provides adequate nutrition and minimizes the risk of disease. Until recently, plant-based experts and eaters ran up against the notion that, while plant foods have ample protein, it’s not good quality protein. Davis says that could not be further from the truth. Food sources of so-called “high quality” protein are associated with higher rates of mortality and chronic disease, such that “it is time for science to redefine protein quality.”

**Completeness:** Davis says that there are nine essential amino acids (EAAs), “essential” meaning that your body can’t make them. Animal foods are more likely to contain all the EAAs. However, animals don’t make EAAs, they get them, either directly or indirectly, from plants. All plants contain all 9 EAAs, though sometimes with varying proportions or levels of the individual EAAs. Does this mean we have to combine plant foods to get complete protein? NO. Excess amounts of individual EAAs are stored in protein pools in your body; your body is smart about linking up EAAs that you consume over the course of a day; and “regularly eating legumes helps insure needs are met.”

**Digestibility:** Some people argue that various substances in plants (fiber, phytates, lectins) interfere with the digestibility of plant protein, so it is not well absorbed. Davis says common methods of preparing beans

and grains (pulverizing wheat, soaking, sprouting, fermenting, leavening, cooking) increase the digestibility of the protein. The protein in peanut butter is 92-96% digestible, comparable to animal foods.

Can you get enough and the right kind of protein from plants? YES. The protein requirement is based on your healthy body weight, and the RDA (Recommended Daily Allowance) is set at 25% above that estimate. There is no separate RDA for plant eaters, so if you have concerns about digestibility/availability of the protein you consume, you can set your goal at 10% above the RDA. This may not be needed for those who use products like tofu and nut or seed butters.

It’s not hard for plant-based athletes to meet their protein requirements, assuming they eat whole foods, simply because they consume so many calories. What about the much-vaunted “branched chain amino acids”? You can get those from legumes, seeds, and gluten. “Plant protein is as good as animal protein to build and maintain muscle mass.”

Seniors also don’t have a separate RDA, but they need higher intakes of protein due to lowered ability to absorb protein. This presents a special challenge, as seniors may have reduced energy/calorie needs. It means that plant-based seniors should focus somewhat on protein and make every calorie count, since adequate protein can help maintain bone and muscle.

Where do plant-based eaters get their protein? Davis lists foods like beans, edamame, peas, tofu, tempeh, nuts, seeds, and intact whole grains. Per serving, beans and grains provide protein comparable to meat, eggs, and cheese. Only starchy vegetables and fruits sometimes fall below the goal of 10% calories from protein; and they’re compensated for by plant foods that score well above that %.

Soy products will not give men breasts or cause infertility; and soy is likely protective against breast cancer in women and eases the transition of menopause. Plant protein reduces

morbidity and mortality: a study in *JAMA Internal Medicine* (2016) showed that replacing 3% of calories from animal protein with the equivalent in plant protein was associated with a 10% reduction in mortality.

How can you ensure that you get enough protein on a plant-based diet? Davis says: Get enough calories. Eat a wide variety of foods. Get one protein-rich food source per meal. Include some lower-fiber choices in your meal, such as tofu. Aim for three or more servings of legumes daily. And get inspired by cultures that rely on legumes as staples.

Plant foods provide many benefits: better circulatory health, lower inflammation, less oxidative stress, healthier microbiome, and leaner body weight. That’s why those who tout the “better quality” of animal protein have it wrong: plant sources are of higher quality, because they provide sufficient protein and it’s packaged with other things that support health. Plant foods are higher in protective nutrients like fiber, complex carbs, healthy fats, and antioxidants; and lower in harmful substances like saturated fat, endotoxins, and pro-oxidants, which are found mainly or exclusively in animal foods. And, plant-based protein is less hard on the kidneys.

Legumes are consistently associated with lower mortality. All of the Blue Zones (regions with high average longevity) are characterized by eating beans. Beans protect the microbiome; they lower cholesterol, blood sugar, weight, inflammation, and oxidative stress. The World Health Organization says food should come “mainly from plants,” as does the UN’s Food and Agriculture Organization and the EAT-Lancet Commission.

There are benefits beyond better health to getting protein from plants: it leaves a smaller carbon footprint and spares animals. 200 million land animals are slaughtered daily and 70 billion yearly, for food that harms us and harms the planet. Davis says there is “both an ecological and an ethical imperative” to eat plant-based: for us, for the animals, and for the planet. ♦



## RAVS RECIPES

The following are recipes for dishes that were brought to recent meetings. We hope you enjoy them!

### BEST AND EASIEST VEGAN SPINACH ARTICHOKE DIP ([noracooks.com](http://noracooks.com))

1½ cups raw cashews  
4 cloves garlic  
1 small onion, diced  
1½ cups unsweetened non-dairy milk  
¼ cup nutritional yeast  
1 small lemon, juiced (2 tablespoons)  
1 to 1½ teaspoons salt  
4 cups loosely packed fresh spinach  
Two 14-ounce cans artichokes,  
drained & rinsed  
Optional: Vegan Parmesan Cheese for  
serving

Preheat the oven to 425 degrees F.

Soak the cashews: Heat up about 3 cups of water in a tea kettle or small pot. Pour the boiling hot water over the cashews and let them soak for 5 minutes. Drain them when ready to blend.

In a small pan, sauté the garlic and onion for 2-3 minutes using either olive oil or water, until the onion is slightly translucent. Set aside. In a high powered blender such as a Vitamix, add the soaked, drained cashews, unsweetened milk, nutritional yeast, lemon juice, and one teaspoon salt. Blend until very smooth. Now add the cooked onions/garlic, spinach and artichokes. Pulse a couple of times, but do not blend. You want to leave quite a bit of chunky texture! Taste for salt, add more to taste.

Transfer to an oven safe dish such as a 9-inch pie dish, and bake for 20 min. or so until warm, bubbly and golden brown on top. Sprinkle with vegan parmesan, if desired, and serve with a sliced baguette, pita chips, tortilla chips or vegetable sticks. Enjoy!

### JACKFRUIT CRABLESS CAKES (Denise Eshenaur) (Makes 24 to 32 small crab cakes)

#### Dill Aioli Sauce

1 cup vegan mayo\*  
1 tbsp dried dill weed  
2 tbsp dill relish  
2 tsp lemon juice  
Salt/pepper to taste

#### Crabless Cakes

Two 20-oz cans young green jackfruit  
in water  
One 15-oz can chickpeas, liquid  
reserved  
½ cup onions, finely chopped and  
lightly sautéed in water or veg  
broth  
2 tbsp finely chopped garlic (add to  
onions at end of sauté)  
½ cup finely chopped celery  
¼ cup chopped parsley  
½ cup oat flour or other flour  
¼ cup vegan mayo\*  
1 tsp ground mustard or prepared  
mustard  
1 tbsp Old Bay seasoning  
1 nori sheet toasted or 1 tbsp kelp  
granules  
1 tsp vegan Worcestershire sauce  
1 tbsp lemon juice  
½ tsp black pepper  
Up to ½ cup chickpea liquid to  
achieve desired consistency to form  
cakes  
1 cup whole wheat breadcrumbs

In a small mixing bowl, combine the aioli ingredients and refrigerate until ready to serve. If you like a smoother sauce, use an immersion blender or omit the relish.

Preheat oven to 400 degrees F. Line a baking sheet with parchment paper or silicone mat.

Place jackfruit into a food processor and pulse 6 - 8 times, just until the pieces are broken, resembling crab meat. Place the jackfruit in large mixing bowl.

Add the chickpeas and chickpea liquid to the food processor and pulse until finely chopped and lumpy (do not

process into a paste). Add the chick-pea mixture and the remaining ingredients, except the bread crumbs, to the mixing bowl with the jackfruit. Form patties and lightly press the patties into the bowl of bread crumbs until thoroughly coated. You should have 24-32 small patties.

Place the patties onto the prepared baking sheet and bake for 15-18 minutes or until patties are golden brown. Place cakes on a bed of fresh spinach and serve immediately with the Dill Aioli.

\*You can use homemade vegan mayo for both parts of the recipe. Here is a recipe from Forks Over Knives:

#### VEGAN MAYO ([forksoverknives.com](http://forksoverknives.com))

1 12-oz. pkg. extra-firm silken tofu,  
drained  
3 tablespoons red wine vinegar or  
white wine vinegar  
1 teaspoon dry or prepared mustard  
½ teaspoon onion powder  
½ teaspoon garlic powder  
½ teaspoon sea salt, or to taste

Combine all ingredients in food processor until smooth and creamy. Spoon into clean airtight container. Keeps in fridge for 5 days.



#### HAIKU by Bruce Ross

late summer chill--  
the wasp's shadow moves  
on a leaf

morning frost--  
the first autumn leaves  
in the tree's shadow

country road--  
the silence of fallen  
crab apples

## Recipes from Mollie Katzen

Mollie Katzen, who hails from Rochester, NY, is one of the best-selling vegetarian cookbook authors of all time. Her books include *Moosewood Cookbook*, *The Enchanted Broccoli Forest*, and *Still Life with Menu*. Many of her recipes are vegan, and many others can be adapted to be vegan. Enjoy!

### GYPSY SOUP

(Adapted from *The New Moosewood Cookbook*)

1/2 cup sherry, white wine or veg broth  
2 small onions, diced, about 2 cups  
2 cloves garlic, minced  
1 sweet potato, peeled and diced, about 2 cups  
1 stalk celery, diced  
1 carrot, diced  
1 tsp dried basil  
1 tsp paprika  
1 tsp turmeric  
1/2 tsp salt  
Dash of cayenne (optional)  
Dash of cinnamon  
1 bay leaf  
3 cups water or vegetable stock  
1 can chickpeas, drained and rinsed  
1 bell pepper, seeded and diced, any color  
1 can diced tomatoes, with juice

Sauté the onion, garlic, sweet potato, celery, and carrot in the liquid for about 10 minutes, stirring occasionally. Add the basil, paprika, turmeric, salt, cayenne (if using), cinnamon, bay leaf, and water or stock. Bring to a simmer, cover, and cook until everything is soft, about 15 minutes.

Add the chickpeas, bell pepper, and tomatoes. Simmer another 10 minutes or so, until all the vegetables are as tender as you like them.



### LENTIL-WALNUT BURGERS

(Adapted from *Moosewood Cookbook*)  
(Makes 4-6)

3/4 cup dry brown or green lentils  
1 1/2 cups water  
2 tsp cider vinegar  
1/4 cup water, dry vermouth, or white wine  
1 cup minced\* onion  
1 to 2 cloves garlic, minced (finely chopped)  
10 large mushrooms, minced  
1 stalk celery, minced  
1/2 cup ground walnuts  
1/2 tsp salt  
1 tbsp sherry (optional)  
1/2 cup wheat germ or flour, any type

Bring lentils and water to a boil in a saucepan. Lower the heat and simmer, partly covered, for 30 minutes until lentils are soft and liquid is gone. Place in large bowl, add vinegar, and mash.

Sauté veggies in water or wine over medium-low heat for 10-15 minutes or until all is tender. Add to the mashed lentils along with the walnuts and seasonings and wheat germ or flour, and mix well. Chill for about one hour before forming patties.

Place on lightly oiled or nonstick baking sheet and bake at 350 degrees F. for about 10-12 minutes each side. Uncooked burgers may be individually wrapped and frozen; cooked burgers may also be frozen.

### HOT TOFU AND SESAME NOODLES

(Adapted from *The Enchanted Broccoli Forest*)

Peanut Sauce: (whisk together)  
3/4 cup natural peanut butter  
1 1/4 cup hot water  
3 tbsp cider vinegar  
1 1/2 tbsp soy sauce or Bragg's Aminos  
1 to 2 tbsp toasted sesame oil  
A little lime juice (optional)

### Roasted Marinated Tofu:

1 lb firm or extra-firm tofu (not silken)  
1 or 2 tbsp soy sauce or Bragg's Liquid Aminos\*  
1 or 2 tbsp rice vinegar or cider vinegar  
1/2 tsp garlic powder  
1/2 tsp ground ginger (optional)  
1 tsp toasted sesame oil (optional)

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

### Instructions for Overall Recipe:

Cook about 12 oz of noodles\* (Asian noodles; brown rice noodles or whole wheat spaghetti/linguine) according to package directions until firm but done. Toss noodles with the Peanut Sauce. To the saucy noodles, add any or all of the following:

- Roasted Marinated Tofu
- Steamed broccoli
- Cucumber slivers
- Sliced scallions
- Raw or lightly steamed red bell pepper strips
- Chopped toasted peanuts (optional)
- Sesame seeds
- Chopped fresh coriander (optional)

You could add other vegetables, raw or steamed; and could substitute another nut butter like tahini for all or part of the peanut butter.

The key to this recipe is that it calls for a generous amount of the sauce, so when the pasta absorbs some of the sauce it doesn't get too dry.

\*For a gluten-free dish, use Bragg's Aminos or another gluten-free soy sauce; and use a brown rice noodle or other gluten-free noodle/pasta. ♦

## IN THE NEWS

**MEAT AND UTI'S** A recent study found that about 8% of urinary tract infections in the US were caused by bacteria strains present in, and consumed through, meat. And, **PLANT-BASED DIETS REDUCE RISK OF OSTEOPOROSIS IN OLDER ADULTS**, according to a study published in the journal *Osteoporosis International*. People who ate a healthy plant-based diet had higher bone density than those eating animal foods. Both of these studies are reported on in PCRM's *Good Medicine*, Summer 2023.

### HIGH ANTIOXIDANT FOODS

A listing of 20 common foods with high antioxidant levels was made up entirely of plant foods, all readily found in a supermarket, and most of them inexpensive. The highest ranking foods were small red bean, wild blueberry, red kidney bean, pinto bean, and blueberry. Cranberry, artichoke, blackberry, prune, and raspberry followed closely. The [ranking](http://nakedfoodmagazine.com) is in [nakedfoodmagazine.com](http://nakedfoodmagazine.com)

### FRUIT AND VEGETABLE

**PRESCRIPTIONS.** A recent study showed that when doctors gave out "produce prescriptions," patients ate more fruits and veggies, lost weight, and lowered their blood pressure. *Washington Post*, 8/29/23.

### PLANT-BASED MEALS IN

**HOSPITALS** In New York City, Mayor Eric Adams has spearheaded an initiative to offer plant-based meals in five public hospitals. The default option is plant-based, and so is the alternative offering, though patients may order meat if they wish. A dietitian at Sodexo, the food services company providing the meals, said that "nine times out of 10, patients accepted the dishes, and ... the satisfaction rate was above 90 percent." The article points out that this new regime also serves as a way of cutting carbon emissions. *NY Times*, 8/31/23.

### PLANT-BASED ON AMTRAK: RAVS

Coordinator Ted Barnett recently got the following dinner on Amtrak: Kofta Kebabs with Plant-Based Protein, Spiced Basmati Rice, and Curried Cauliflower.

**A SOURCE OF MEANING:** *NY Times* columnist Ross Douthat recently bemoaned the decline in church attendance, and said people should go to church even if they don't believe. RAVS Coordinator Carol Barnett wrote this to the editor: "I have someplace people can go on Sunday, at least in Rochester, NY: to a gathering of the Rochester Area Vegan Society. There's no metaphysical uncertainty, intellectual inconsistency, or hypocrisy about showing reverence for life: the human lives who are healed of chronic disease by a healthy vegan diet; the animal lives that are spared; and the planet that is protected by those who eat low on the food chain, use fewer resources, and generate less greenhouse gas. Choosing a vegan way of life is entirely evidence-based, but gathering with a community of vegans has some of the benefits of churchgoing referred to in the article: 'class mixing, intergenerational bonding, dating markets, cross-partisan solidarity and really good music.' And as we like to say: You don't need to be vegan to join us, as long as you eat vegan when you are with us." ♦

## APPLICATION FOR MEMBERSHIP IN THE ROCHESTER AREA VEGAN SOCIETY

P.O. BOX 20185, ROCHESTER, NY, 14602-0185

(585) 234-8750, [rochesterveg.org](http://rochesterveg.org), [rochesterveg@gmail.com](mailto: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)

- **August 26, 2023** (Sat.) **7:30 AM Bird Walk, Mendon Ponds Park** led by Ted Barnett. Pond Rd entrance.
- **September 11, 2023** (Monday and Thursday evenings) **6:30 PM Pivio** (formerly CHIP). Sign up [here](#).
- **Sept. 12, 2023** (Tuesdays) **8 - 9 PM Lift**, a **Zoom-based program** to increase happiness. Sign up [here](#).
- **September 12, 2023** (Tuesday) **7:30 PM Lifestyle as Medicine** lecture with **Nelson Campbell** of **PlantPure Communities** (PPC). Sign up [here](#). Watch PPC's new film, "From Food to Freedom," [here](#).
- **Sept. 14, 2023** (Thursday) **6:30 PM FREE Jumpstart Info Session** for Oct. and later sessions. Sign up [here](#).
- **September 17, 2023** (3rd Sunday)\* **From Cattle Farmer to Animal Liberation Advocate: How on Earth did that happen?** with **Harold Brown**. **5:30 PM Vegan Potluck, 7:00 PM Program**
- **October 3, 2023** (Tuesdays) **6 - 7 PM Lift**, a **Zoom-based program** to increase happiness. Sign up [here](#).
- **October 7, 2023** (Saturday) **7:30 AM Bird Walk in Mendon Ponds Park** led by Ted Barnett. Meet at parking area near [Lookout Shelter](#) off Pond Rd. (NOTE this is a different location than the August bird walk.)
- **October 8, 2023** (Sun. to Sun.) **1-3 PM 15-Day Whole-Food Plant-Based Jumpstart**. **Zoom-based program** with medical facilitation, cooking class, and virtual potluck. For medical practitioners: CME (continuing medical/professional education) credit is available for taking Jumpstart. Sign up [here](#)
- **October 15, 2023** (3rd Sunday)\* **The Story of Mockingbird Farm Sanctuary** with **Jonell Chudyk** of [Mockingbird Farm](#). **5:30 PM Vegan Potluck, 7:00 PM Program**
- **Oct. 18, 2023** (Wed.) **6:30 PM FREE Jumpstart Info Session** for November and later sessions. Sign up [here](#).
- **November 4, 2023** (Sat. to Sat.) **1-3 PM 15-Day Whole-Food Plant-Based Jumpstart**. See write-up for October 8 but different dates. Sign up [here](#) or at [roclifemed.org](#)
- **November 19, 2023** (3rd Sunday)\* **Update on the Coalition for Healthy School Food** with **Amie Hamlin**, Executive Director. **5:30 PM Vegan Potluck, 7:00 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



ROCHESTER AREA VEGAN SOCIETY

Box 20185

ROCHESTER, NY

14602