

Our 34th year!

THE vegan



advocate

Volume XXXIV, Number 4



November 2023 - January 2024



Rochester, NY USA

A VEGAN DIET What is it, and Why?

If you are not a vegetarian or a member of the Rochester Area Vegan Society (RAVS), this column is for you. Here are some of the basics.

A *vegetarian* is someone who eats no animal flesh: no meat, poultry or fish. A *vegan* is a vegetarian who goes further and eats no animal products at all: no eggs, cheese, milk, or honey. RAVS recommends a vegan diet as the optimal diet.

What are the reasons to go vegan? It comes down to these: for your health, for the animals, and for the planet. Every day there are new findings that a plant-based diet is best for health. The standard American diet (SAD), which revolves around meat and animal products, results in poor health for people, suffering for animals, waste of resources, and devastation for the environment. But changing your diet can be hard, and people who want to change often need help.

If you want to move in this direction, RAVS can help you. We are here to provide information and support. You do not need to be a vegetarian or vegan to give us a call, to attend our meetings, or to join our group. And you don't need to be a member to attend our meetings: guests are always welcome, and you don't have to reserve beforehand. You only need to follow our "vegan rule" for the dinner meetings (see box on p. 2 for a full explanation), and there is a \$3 guest fee for non-members. Come to a meeting, call us at (585) 234-8750, or visit our website, <https://rochesterveg.org>. You will find us helpful and welcoming. ♦

IN THIS ISSUE

Vegan Month/Veganuary	p. 1
RAVS Contact Info	p. 2
RAVS Update	p. 3
Adapting Recipes to Vegan	p. 4
RAVS Recipes	p. 5
George Eisman Recipes	p. 6
In the News	p. 7
Calendar	p. 8

VEGAN DAY, VEGAN MONTH, VEGAN YEAR, VEGAN LIFE

November 1st is World Vegan Day! The first World Vegan Day was celebrated on November 1, 1994, on the 50th anniversary of the coining of the word "vegan" by Donald Watson and of the formation of the British Vegan Society by Watson and others. World Vegan Day was later extended to become World Vegan Week and World Vegan Month, which is seen as an opportunity to "shine a light on the vegan movement." <https://www.vegansociety.com/>

The Farm Animal Rights Movement [says](#) that World Vegan Month is "a time to recognize how far the vegan movement has come, to highlight how accessible and beneficial a vegan lifestyle is and to encourage the veg-curious to adopt veganism by sharing advice, recipes and ideas. ... [It is] a month of compassion and understanding of veganism. Whether you're considering going vegan for your health, the environment, or the animals, this one important lifestyle choice saves hundreds of lives every year. For more advice, visit LiveVegan.org."

Here is a [resource](#) by vegan activist Marla Rose with ideas for celebrating each day of Vegan Month: "Thirty Days of New Vegan Tips for World Vegan Month."

It isn't just November! Every January offers a fresh opportunity for people to try being vegan as part of the [Veganuary](#) movement. Veganuary started in January 2014 with 3,000 people, and has grown year by year. Veganuary broke all previous records in 2023, with 706,965 participants—probably an underestimate, as many more people follow the program without signing up online.

Since 2017, Veganuary has also been encouraging people to try going vegan for 31 days at any time of the year, without waiting for the next January. The website says: "Our vision is simple; we want a vegan world. A world without animal farms and slaughterhouses. A world where

food production does not decimate forests, pollute rivers and oceans, exacerbate climate change, and drive wild animal populations to extinction."

A half-year survey by Veganuary found that almost 30 percent of participants who were not vegan when they signed up for Veganuary 2023, were still eating a plant-based diet six months later. Eight in 10 participants maintained a dramatic reduction in their animal product consumption. When asked their reasons for staying plant-based, the most popular answer (34%) was "learning more about veganism," validating the educational mission of the Veganuary movement. The next most popular answer, at about 30%, was that "being vegan was easier than I expected." Improved health was the third most popular reason for staying plant-based, at 16%. However, even if that was not the most popular reason, nearly two-thirds (62%) of Veganuary participants who stayed vegan for a full 6 months experienced health improvements, including increased energy (58%), improved mood (57%), better skin (51%), and desired change in weight (43%). And, of those who did the program but didn't stay plant-based, 96% say they are likely to try again. <https://plantbasednews.org/>

A vegan diet also saves animal lives and protects the planet. Toni Vernelli, Veganuary's Head of Communications, says: "Cutting out meat and dairy is the best way to cut our carbon footprint. ... There is simply no downside to signing up for Veganuary!" You can sign up now for January 2024, or encourage someone you know to sign up, at <https://veganuary.com/>

Being vegan can be not for just one month, but for the whole year and for a whole life (in every sense of the term). As one Veganuary participant said in responding to the survey: "I have become more centered, calm, and happy with my life choices. I have balanced more elements of my life too as a result." Here's to a centered, calm, happy and balanced vegan life! ♦

Rochester Area Vegan Society

Coordinators:

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

Board of Directors:

Shelley Adams	Deb Kiba
Carol Hee Barnett	Byron Rubin
Ted D. Barnett	Sandy Rubin
Ellie Cherin	Barbara Savedoff
Kimber Gorall	Joy Vandling
Nancy Hallowell	

RAVS Staff:

Treasurer:	Kimber Gorall
Website:	Ted Barnett
Social Media:	Kimber Gorall

The Vegan Advocate Staff:

Editors: Carol and Ted Barnett

Contributors:

Poetry	Bruce Ross, Ph.D.
Logo Design	Bern Berg

The Rochester Area Vegetarian Society, now the Rochester Area Vegan Society, was founded in 1989 by Rhoda and Stan Sapon, two dedicated activists who worked hard to embody their vision of a compassionate, non-violent world in a local community promoting vegan values: the idea that animals have a right to their own lives and don't exist to provide food or to be exploited by us in any way.

RAVS is a non-profit, tax-exempt, non-sectarian, all-volunteer educational organization dedicated to promoting the joy, compassion and life enhancing possibilities of a vegetarian lifestyle. We are an educational resource for those interested in any aspect of vegetarianism. We provide support to our members through social events that include monthly gatherings with a shared meal and programs on topics important to our members. Membership in RAVS is open to vegetarians and non-vegetarians alike, as long as they support the goals of the organization.

DUES: Individual Membership, \$20 per year; Joint Membership, \$35 per year; Student/Fixed Income Membership, \$10. Membership includes receipt of *The Vegan Advocate* and free attendance at our monthly dinner meetings. A membership application can be found at the back of this issue.

Contacting RAVS:

- P.O. Box 20185, Rochester, NY 14602
- E-mail: rochesterveg@gmail.com
- Website: www.rochesterveg.org
- 24 hour voicemail and events calendar:

(585) 234-8750



RAVS RULES FOR SHARE-A-DISH MEALS

All dishes must be completely **vegan**. They may *not* contain any *meat, poultry, fish, eggs, dairy products* or *honey*. Please watch out for *gelatin* (a meat by-product) and *hidden milk products*, such as *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 colder months after a long and beautiful late summer and autumn.

MEETINGS:

In September, we welcomed **Harold Brown**, who talked about his transformation from animal farmer to animal activist. His story is in "Peaceable Kingdom: The Journey Home" at <http://www.peaceablekingdomfilm.org/>. In October, **Jonell Chudyk** inspired us with the story of Mockingbird Farm Sanctuary.

In November, we'll hear from **Amie Hamlin** of the [Coalition for Healthy School Food](http://www.coalitionforhealthyschoolfood.org/). December will be a holiday party. And **Michael Greger MD** will usher in January 2024 with a talk about "How Not To Age" for the Rochester audience.

OUTREACH:

In September, **Carol Barnett** staffed outreach events held for Town of Penfield employees, and for students and family members at Nazareth University's Naz Weekend.

VEGAN FOOD AND MEALS

You can get bulk orders from **Azure**, "Focusing on Organic, non-GMO and Earth-Friendly Products." Azure schedules delivery drops for efficiency. Tell them Sherrill Olivas and Norm Sacks referred you! Visit: <https://www.azurestandard.com/>

Busy Bean Café, at 10 East Main St. in Victor, will open a second location at 2157 Penfield Road (Wegmans Plaza) in mid-November. Busy Bean offers a full gluten-free menu and several vegan dishes. The same menu will be offered at the new location. *Democrat & Chronicle (D&C)* 10/20/23.

Hydra Coffeehouse, 701 Monroe Ave., is a new business run by the owners of Dogtown at 691 Monroe Ave., which reliably offers vegan options including a vegan Veggie Plate. Hydra is open daily from 7:00 AM to 4 PM and offers a vegan breakfast sandwich! *D&C*, 9/22/23.

Soulistic Sweets, 1252 Latta Road, just had a grand opening at its new location! Thanksgiving goodies 11/22, 11am-3pm!

PLANT-BASED EDUCATION, COMMUNITY SUPPORT & RESEARCH **Rochester Lifestyle Medicine Institute** (RLMI) regularly offers its 15-Day WFPB Jumpstart; The Lift Project to increase happiness; a free lecture series; coaching and cooking classes; an Alumni Group which gathers monthly; a positive online platform [One Pale Blue Dot Earth](http://www.onepaleblue.dothome.com/); and free [educational programs](http://www.educationalprograms.org/) for health professionals. RLMI team members just returned from the annual conference of the American College of Lifestyle Medicine, where RLMI won first prize for its medical poster showing that the online Zoom-based Jumpstart is as effective as the pre-COVID in-person program. Visit roclifemed.org ♦

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, 1252 Latta Road, Rochester, NY 14612 (481-4103) Bakery; pickup and delivery. Thurs., Fri., 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](http://boutique.com).

MEMBERSHIP UPDATE: We thank the following :

New Members: Patricia Dorland, Don Felice, David Harrison, Charles Hernandez, Heather McLennan, Lynda McPartland (Patron Level), Gail & Richard Wilder.

Membership Renewals: Jeanette Burke & Todd Tarzia (Contributing Level), Peggy Weston Byrd, Paul Clark, Barb & Jim Cook, Catherine & Paul Dahler, Paul Flansburg, Molly Giles & Terry Boothman, Lorri Goergen, Nancy Hallowell, Ingrid Hunte, Linda Johnson-Davis, Rebecca Kelly, RN & John Kelly, Tina Kolberg, Julia Lederman, June & Phil MacArthur, Megan Meyer, Dee & Darren Mrak, Glennda Dove Pellito, Helen Presberg & Saul Presberg, MD (Patron Level), Annie Robinson, Carol Schleigh, Tiffany Tate, Marilyn Thaler (Patron Level).

This reflects dues received through 11/1/23. Thank you for your participation and support! Thanks also to John Karahalas for donating packets of vegan restaurant cards, available at every RAVS meeting. ♦

Adapting Recipes to Vegan!

On October 10, 2023, **Brittany Jaroudi** gave a Lifestyle as Medicine lecture on “Transforming Family Recipes into Health-Promoting, Plant-Exclusive Versions.”

Ms. Jaroudi, who is 33 years old, started her plant-based journey at age 26. She “had health issues really young”: at 4 ft. 11 in., she weighed 185 pounds the last time she dared to weigh herself; was on statins; and was on two blood pressure medications. She had slight chest pain, avoided hills, and was not physically active. Then Jaroudi, a middle school teacher, watched “Forks Over Knives” on her spring break and “it was speaking to me.” Jaroudi’s mom was a 3-time breast cancer survivor and her dad had heart issues. She says she was “looking into my future of having issues” and was thrilled to think she had control over her destiny. She went vegan “cold turkey.”

Her husband “jumped on board.” Her mom did too, but tragically died of breast cancer at age 55. Her father refuses to eat plant-based, despite a stroke, another heart attack, and stents in his eyes from diabetes.

Jaroudi’s own health rebounded. She went off medications; her cholesterol went from 242 to 150; and her CRP (a marker of inflammation) went from 16 to .5 (i.e., 1/2). Jaroudi says that discovering plant-based diet is “the biggest blessing I’ve ever, ever had” and “any time you discover this, it’s just a blessing.”

Jaroudi says that she loves the food, and loves everything it’s given her and her husband. She says “finding your why” is important, and helps you carry this way of eating over a lifetime. And even though Jaroudi hasn’t won over her entire extended family yet, “you never know who you are going to inspire and whose life you are going to change.”

You can find a wealth of resources at Brittany Jaroudi’s website, <https://www.thejaroudifamily.com/>. What follows is one of her most popular recipes.

HAMBURGER HELPER (The Jaroudi Family)

Ingredients:

Base

16 oz whole-wheat, gluten-free, or bean pasta (cook as per directions on packaging)

Filling:

1 cup sun-dried tomatoes (soaked in hot water and drained)
1 medium head of cauliflower
½ cup raw walnuts
1 tsp white miso paste

Seasoning:

2 tbsp Italian seasoning
1 tsp dried parsley
¼ tsp black pepper

Cheese Sauce:

1/2 cup raw cashews
1/4 cup water - ** (if blender is having trouble, double this) **
1 large piece of roasted red pepper (1/2 cup chopped)
3 Tbsp nutritional yeast
1 tsp miso
1 tsp rice vinegar
2 tsp smoked paprika
1/2 tsp garlic powder
1/2 tsp onion powder

For the sauce: Blend in a high-speed blender until smooth. [Editor’s Note: if you substitute cashew butter for cashews, you can do this in a food processor.]

Overall Directions:

In a food processor combine cauliflower florets, soaked sun-dried tomatoes, raw walnuts, white miso, and seasoning. Spread the mixture out on a parchment-lined baking dish. Bake at 350 for 30-35 minutes until browned.

Put filling mixture into a large bowl with cooked pasta and cheese sauce. Serve warm.

Notes: Swap out the pasta for any whole grain or a lettuce cup!

Watch the [video](#) for this recipe at TheJaroudiFamily.com.

Plant Based News

Visit plantbasednews.org for up-to-the minute news on every aspect of plant-based living, as we all work towards a vegan world! You can find an article on “25 Cheese Recipes that are Warming, Comforting, and Completely Vegan.” Try this one:

AVOCADO MAC AND CHEESE (Lee Funke)

1 cup raw cashews
8 oz. macaroni elbow noodles
2 medium avocados
1/4 cup nutritional yeast
2 tsp garlic powder
1 tsp apple cider vinegar
1/2 cup vegetable broth
1/4 tsp salt

Flash boil cashews by bringing a small pot of water to a boil. Remove from heat and add cashews. Set aside and let cashews soak for at least 15 minutes.

Next, bring a large pot of water to a boil. Add noodles and cook until noodles are *al dente*. Strain noodles and set aside.

Next, make avocado “cheeze” sauce. Pit avocados and then scoop the flesh of the avocado out of the skin with a spoon. Place into a high-powered blender along with the soaked cashews, nutritional yeast, garlic powder, apple cider vinegar, vegetable broth, and salt. Blend until smooth. Depending on how thick you want your sauce, opt to add more vegetable broth.

Finally, place noodles and avocado sauce into a large saucepan and heat over medium heat until warm. Stir frequently until all noodles are covered in sauce.

Top with red pepper flakes and enjoy!

What to serve with your vegan mac and cheese?

You can pair this vegan avocado mac and cheese with a variety of plant-based main dishes including:

- [Baked Tofu](#) [Ed. Note-see next p.]
- [Vegan Chicken](#)
- [Vegan Burger](#) ♦

RAVS RECIPES

for dishes brought to meetings
(One recipe lacks precise ingredient measures or full instruction but may inspire you nonetheless!)

ROASTED MARINATED TOFU*

1 lb firm or extra-firm tofu (not silken)
1 or 2 tbsp soy sauce or Bragg's Liquid Aminos (use Bragg's for gluten-free)
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)

Dice the tofu or cut it into strips. Spread 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. Bake the tofu 10-12 min. on each side, turning once.

*NOTE: This tofu could be the "Baked Tofu" to serve with the Mac and Cheese recipe on p. 4, or the tofu in the Lo Mein recipe on this page.

CHICKPEA SALAD

Dressing:

1/2 cup cashews
1/2 cup water
3 tbsp lemon juice
2 tbsp yellow or Dijon mustard
2 tsp apple cider vinegar
3 - 4 cloves garlic

Salad:

Two 15 oz cans chickpeas, drained and rinsed
3 ribs celery, chopped
1/2 medium red onion, diced
1 pint cherry tomatoes, quartered
Black pepper

Place all of the dressing ingredients into a high-speed blender and blend until smooth. In a large mixing bowl, mash the chickpeas with a potato masher, leaving a chunky texture. Throw in the celery, onion, cherry tomatoes and dressing and stir thoroughly. Sprinkle on some black pepper to taste, and enjoy!

TOFU VEGETABLE LO MEIN

3/4 to 1 lb whole wheat or brown rice linguine or spaghetti
1/2 lb firm or extra-firm tofu
Your choice of vegetables, steamed (e.g., broccoli, zucchini, green beans)
1/4 cup sherry, veg broth or water
Onion or scallions
Garlic
Bell pepper (any color)
Fresh ginger (optional)
Mushrooms (optional)
1 tbsp soy sauce or Bragg's Aminos
1 tsp toasted sesame oil (optional)
Vegan oyster sauce (optional)
Sesame seeds (optional)

This dish always disappears at RAVS meetings. It is very flexible! Cook the pasta according to package directions to *al dente* doneness. Steam some veggies to your desired degree of crispness. Sauté some onions, garlic, and bell pepper in sherry or water, adding fresh ginger and mushrooms if you have them on hand. Toss the pasta and veggies with some diced tofu (either as is or Roasted Marinated Tofu, this page), soy sauce, and optional other flavors. Enjoy!

SWEET POTATO BROWNIES

(plantbasedonabudget.com)
(Gluten-Free and Oil-Free)

1 pound of sweet potatoes
1/2 cup + 2 Tablespoons of cocoa powder
1 cup all-purpose flour
1/2 cup maple syrup

1/3 cup vegan chocolate chips
1/2 cup creamy peanut butter (optional, highly recommended)
1/4 cup walnuts
Plant-based milk as needed

Roast, steam, or boil potatoes (skin on or off according to your preference) until softened.

Preheat oven to 350 degrees F. Process cooled, softened potatoes in a food processor until smooth, then add in flour, maple syrup and cocoa powder. Process until smooth; batter shouldn't be runny, it will be a thicker batter (add almond milk 1 tablespoon at a time if too thick). Finally, add vegan chocolate chips and process for only a few seconds to mix them in.

In a greased or lined 8x8" pan, pour brownie batter in and bake for 25 to 30 minutes. Remove from the oven and spread about a half cup of creamy peanut butter over the top. It helps to do this when the brownies are still warm, as the PB will spread more easily.

Pop the final product in the fridge and slice when completely cooled. Store in the fridge for 3 to 5 days or freeze for a longer lifespan.

NOTES:

1) Brownie batter is rather thick. If it feels too thick, add almond milk one tablespoon at a time until it reaches a thinner consistency.

2) Drizzled peanut butter: For a drizzled look, thin the peanut butter out with a bit of warm water and place in a pastry bag with a fine tip (or plastic sandwich bag with the corner cut) and drizzle over the top.

3) Storage: Vegan sweet potato brownies must be stored in the refrigerator. ♦

Recipes from George Eisman

George Eisman, RD said all the reasons to go vegan are good ones. It's not selfish to want to be healthy so you can live long and not be a burden on your family and community. George cared about humans, the animals, and the planet; his book *The Most Noble Diet* makes the case that if we eat vegan, people all around the world are more likely to have good food to eat as well.

This hero of the vegan movement passed away in 2017, and is dearly missed. ♦



These recipes are taken from *The Most Noble Diet* (4th ed. revised, with Anne Green & Matt Ball)

OAT BURGERS

2 cups rolled oats
2 cups water
2 tbsp tamari, soy sauce, or Bragg's Aminos
1 small onion, chopped
1/2 tsp garlic powder
2 tbsp sunflower seeds or chopped walnuts
2 tbsp sesame seeds

Combine first three ingredients in saucepan and bring to a boil. Reduce heat and simmer 5 minutes. Let stand until cool. Add remaining ingredients. Form into patties, place on nonstick cookie sheet, and bake at 325 degrees for 35 minutes. Turn them over after the first 20 minutes.

TWICE-BAKED POTATOES (Serves 2)

2 large Idaho potatoes
1/2 cup water
1 medium onion, chopped
1/2 tsp ground cumin
1/4 tsp curry powder (or more to taste)

1½ tbsp nutritional yeast
2 tbsp soy sauce
Paprika

Bake potatoes at 400 degrees for about 1 hour. Make sure to pierce them in a few places with a fork before baking. (HINT: Baked potatoes keep well in the fridge, and are good for lunches. Make a double or triple batch while you have the oven on.)

Sauté onions in a little water, add cumin, curry and yeast. Stir in remaining water, and soy sauce. Bring to a boil to dissolve all seasonings. Set aside.

Cool potatoes slightly. Roll on a counter with the palm of your hand to loosen pulp. Cut lengthwise and scoop out pulp into a mixing bowl. Try not to break skins.

Add onion mixture to potato pulp. Mix with a hand blender. Spoon filling into potato skins and sprinkle with paprika. Broil for 5 minutes. Serve!

THAI NOODLE SALAD (Serves 4)

4 oz dried thin rice noodles (or other noodles)
2 carrots, shredded
1/2 medium cabbage, finely chopped
4 cloves garlic, minced
1 tbsp minced fresh ginger
3 green onions, chopped
1/2 - 1 tsp toasted sesame oil
1/2 - 1 tbsp raw sugar or other natural sweetener
Juice of 1 lime
2 tbsp low-sodium soy sauce
1 - 2 tsp chili powder
1 tbsp tomato paste or ketchup
2 tsp chopped peanuts (optional)
2 tbsp chopped fresh basil, mint, or cilantro leaves (optional)

Place noodles in a heat-proof bowl. Pour boiling water over them to cover completely. Let noodles soak for 7 minutes, then drain

thoroughly. (Or follow package directions for whatever noodles you use.) Grate carrots and finely shred cabbage into a large bowl. Set aside.

In a large, heavy saucepan, sauté garlic, ginger, and green onions in sesame oil, tossing frequently, for about 2 minutes. Whisk in sugar, lime juice, soy sauce, chili powder, and tomato paste or ketchup. Bring to a boil, then reduce heat and simmer for about 4 minutes. Remove from heat and let cool to room temperature.

Add noodles and sauce to carrot-cabbage mixture. Toss well and place on a serving platter. If desired, garnish with peanuts and basil, mint or cilantro leaves.

BALSAMIC VINAIGRETTE

1/3 cup balsamic vinegar
1/4 cup apple cider vinegar
1/4 cup water
1 tbsp Dijon mustard
1 tbsp each minced fresh garlic and parsley
1 tsp apple juice concentrate (could substitute ½ tsp agave or maple syrup)

Whisk together all ingredients in a small bowl. Enjoy over a vegetable salad of your choice. ♦

HAIKU by Bruce Ross

without fragrance
these faded roses
in the cold air

morning snow ...
the starlings settle
on the upper branches

December frost
the shadow of a dry leaf
on its side

IN THE NEWS

DECLINE IN MEAT A recent article in the *Wall Street Journal* (10/9/23) reported that meat operations in the United States are in decline: "Meat processors are closing plants across the country in response to what they say is slackening consumer demand and persistently high costs for livestock, feed, and wages." Thanks to Liz Barnett for this tip!

HIGH-END VEGAN DINING: From the restaurant's website: "Eleven Madison Park is an award-winning fine dining restaurant located in the heart of New York City. The restaurant overlooks Madison Square Park, one of the most beautiful parks in Manhattan, and sits at the base of a historic Art Deco building on the corner of East 24th St. and Madison Ave. Eleven Madison Park has evolved significantly ... earning several accolades, including 4 stars from the *New York Times* and 3 stars from the Michelin guide." After the pandemic, Eleven Madison Park reopened as a completely plant-

based restaurant and in 2022 became the first and only vegan restaurant to receive a three-star rating in the Michelin Guide. Thanks to JoBeth Nichols for this tip.

SQUID STORY A recent *NY Times* opinion piece (10/22/23) tied the popularity of squid to adverse impacts on fish stocks as well as human abuse by suppliers. I (Carol Barnett) made this online comment: "We can feed everyone and reduce suffering all around--to humans, to animals, and to the planet--by eating a plant-based diet. It's delicious! Watch this video--only 12 minutes, it's easy to watch in every way, and anyone can watch it (i.e. kids). "A Life Connected" made by Nonviolence United: <https://www.nonviolenceunited.org/veganvideo.html>"

OVERFISHING Another recent *NY Times* article (9/14/23) used the story of a Montauk fisherman facing prison for outsized hauls, to discuss the negative impacts of over-fishing: "The world's oceans are under punishing stress. ... Fisheries ... are becoming

depleted as sea creatures are harvested faster than they can replace themselves." The sustainability of the world's fishing stocks has plunged, from 90% in 1974 to 65% in 2019. One online commenter said "If only humans could survive without eating food derived from killing animals, birds, and fish." I responded: "They can. Visit <https://www.forksoverknives.com>; <https://nutritionfacts.org>; <https://www.pcrm.org>."

MEAT AND DIABETES: The *NY Times* reported (10/20/23) on a study showing that "the more servings of red meat that people ate, the more likely they were to develop diabetes." My online comment: "Here's what the Physicians Committee has to say about using a plant-based diet to tackle type 2 diabetes: <https://www.pcrm.org/health-topics/diabetes> And here's a 15-day program which brings down blood sugar, as well as cholesterol, blood pressure, and weight, on a plant-based diet: <https://rochesterlifestylemedicine.org/about-jumpstart/>"♦

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 15, 2023** (Wed.) **6:30 PM FREE Jumpstart Info Session** for Dec. & later sessions. Sign up [here](#).
- **November 19, 2023** (3rd Sunday)* **Taking Care of Kids in Our Community: Healthy School Food** with Amie Hamlin, Executive Director, [Coalition for Healthy School Food](#). **5:30 PM Vegan Potluck, 7:00 PM Program**
- **December 2, 2023** (Sat.-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: CME (continuing medical/professional education) [credit is available](#) for taking Jumpstart. Sign up [here](#)
- **December 12, 2023** (Tuesday) **7:30 PM** Lifestyle as Medicine lecture with **David Neubauer, MD** on **Sleep and Wellness**. Sign up [here](#).
- **December 13, 2023** (Wed.) **6:30 PM FREE Jumpstart Info Session** for Jan. & later sessions. Sign up [here](#).
- **December 17, 2023** (3rd Sunday) **4:30 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, preferably finger foods, as we may have limited space to sit. Bring instruments, music and voices for merry-making!
- **January 6, 2024** (Sat.-Sat.) **1-3 PM** and **January 15** (Mon.-Mon.) **6:30-8:30 PM: 15-Day Whole-Food Plant-Based Jumpstart**. See write-up for December 2 but different dates. Registration for both sessions is [here](#).
- **January 17, 2024** (Wednesday) **6:30 PM FREE Jumpstart Info Session** for February and later sessions. Sign up at [roclifemed.org](#) February Jumpstart runs February 3 - 17 (Saturday to Saturday).
- **January 26, 2024** (Friday) **8:00 PM** Lifestyle as Medicine lecture with **Michael Greger, MD** on **How Not To Age**. Sign up [here](#)!

*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