

Our 35th year!

THE **vegan**



**advocate**

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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 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); there is also 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: BACK TO THE FUTURE!**

Some people say it's hard to go vegan, even when you really want to. But maybe you already are vegan.

What do I mean by that?

Some vegan experts think that, underneath it all, we're vegan. Milton Mills, MD gives a talk called "Are Humans Designed to Eat Meat?" and the answer is a resounding No: our anatomy and physiology are those of an herbivore. For those who follow a biblically-based religion, the food of humans before their fall from grace was plants. The book of Isaiah prophesies a time when the lion will lie down with the lamb, and that certainly sounds like a future in which we are all eating plants, not raising and killing animals for food.

Those who look to anthropology and history will find that most traditional cuisines are fundamentally vegan. But, you may protest, haven't humans always eaten meat too?

It's true that humans can eat meat, whether it's road kill or the kill from hunting. Humans are opportunistic meat eaters: able to ingest and digest animal products when they come across them. This comes with being a successful species that has been able to span the globe. Unlike the panda who will starve if it can't have bamboo, humans can eat just about anything, to enable them to live long enough to reproduce and keep the species going.

But what enables humans to flourish? It's always been the plant foods at the foundation of every ethnic cuisine: barley, rice, wheat, millet, lentils.

At Vegan Summerfest 2024, I heard Raquela Karamson, an Israeli vegan

activist, speak on "Back to the Future: Embracing Cultural Veganism." Israel has the highest percentage of vegans of any country—10%—and has some of the most advanced substitutes for animal products. But the key, Karamson argues, is not in manufacturing but in agriculture. Karamson says Jewish culture was plant-based before the Jews "left the land," and became a people in exile.

Karamson did a whirlwind tour of countries and cultures whose cuisines are deeply rooted in plant foods, including India, Ethiopia, Japan and Jamaica. Often the reliance on plant foods is consistent with a religious tradition. In India, the Hindu, Buddhist and Jain traditions all support non-violence to animals. Ethiopia is influenced by Ethiopian Orthodoxy, Japan by Buddhism and Shojin Ryori, and Jamaica by a tradition of earth preservation and Rastafarianism. All of these cultures—and many others including Greece, Egypt, Aztec, Mayan, and indigenous North American—have respect for the environment, ethical considerations, and traditions of communal farming and eating, all of which are conducive to plant-based diet.

This brings to mind what Dr. John McDougall says: that all successful human societies throughout history have relied on plants for the bulk of their calories. Sadly, Dr. McDougall died in June of this year and we miss him greatly. Let's honor him by carrying forward his message, that humans thrive best on a vegan diet because ... that's what we've always eaten.

So ... Go Vegan Now. You're already almost there! ♦

*Nothing is as powerful as an idea whose time has come. —Victor Hugo*

**Rochester Area Vegan Society**

**Coordinators:**

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

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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. Check out these organizations:

**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

**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: *Vegan Journal*

These are both excellent groups, and both have a wealth of information on their websites.

Another not-so-tangible benefit of your membership in RAVS is that you help others; 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 we hope that we do. ♦

**IF YOU ARE NOT A MEMBER OF RAVS** but would like to receive 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**.

**HAIKU**  
by Bruce Ross

a hawk perched  
on a dead gray branch  
...late summer grass

country road -  
the silence of fallen  
crab apples

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

## VEGAN SOCIETY UPDATE

by Carol Hee Barnett

### MEETINGS:

In May we welcomed **James LaVeck** and **Jenny Stein** of **Tribe of Heart** who shared footage of their upcoming film about what social justice movements have in common. In July we had a lovely picnic at the home of **Kimber Gorall**. We look forward to the return of VegFest in August on Saturday 8/24 and a special meeting of RAVS on Sunday 8/25.

In September our guest speaker will be **Amie Hamlin**, Executive Director of the Coalition for Healthy School Food. In October, **Pearl Brunt** will speak on how to be a persuasive vegan, and in November **Robbie Schiff** will give a presentation on *How Not to Diet*.

### VEGAN SUMMERFEST:

**Ted Barnett, MD** gave presentations on changing medical paradigms and Jumpstart, and he and **Carol Barnett** moderated a panel on how to run a veg society! Ted gave bird walks on three mornings and played the sax at the Saturday night entertainment.

Rochester was well represented at Summerfest. In addition to the Barnetts, these people attended: **Jane Dorsey, Sandra Duell, Bob Israel, Martin Janda, Sherrill Olivas, Bruce Pollock, Norm Sacks, Camden Simmons, Tiffany Tate, Kim Taylor, Sue Taylor, Ren VanMeenen, and MacClurg Vivian.**

### ROCHESTER VEGFEST

VegFest is returning! After a several-year break for COVID, Rochester VegFest will be **Sat. August 24** at Parcel 5 in downtown Rochester. **J. Morris (Jim) Hicks**, author of *Healthy Eating, Healthy World*; **Kerry Graff, MD**, author of *4Leaf Guide to Vibrant Health*; and Sarina Farb will be speakers. See more details at <https://rocvegfestny.org/>

ROCHESTER LIFESTYLE MEDICINE INSTITUTE (RLMI) regularly offers its 15-Day Whole-Food Plant-Based Jumpstart; Lift for happiness; a free lecture series; coaching; cooking classes; an Alumni Group which meets monthly; and free credits for health professionals. New offerings are group coaching, and Lifestyle as Medicine for the Planet lectures. RLMI is offering a 6-week group coaching series on the topic of "Boosting Brain Health Naturally," starting September 10. [roclifemed.org](http://roclifemed.org)

### NEW COURSE: "Going Plant-Based"

RLMI offers this FREE online course covering topics like Optimizing a Plant-Based Diet, Building a Pantry, Meal Planning, Social Challenges, and Ethical Reasons to Go Plant-Based. The course is made up of 8 recorded presentations by Carol Barnett, plus access to course materials and links to resources. This course is available with a subscription to [Pale Blue Dot Community](http://PaleBlueDotCommunity.com), which has a one-month free trial. ♦

MEMBERSHIP UPDATE: We thank the following :

**New Members:** Juliet Sternberg (Contributing Level), Matt Tatum

**Membership Renewals:** Elicia Almekinder, Trudy Arsenault, RN & Tim Arsenault (Patron Level), Sandy Baker & Albert Brock, Lois & Greg Baum (Contributing Level), Renee & Brian Bell (Contributing Level), Cindy & Jim Brickley (2-year renewal), Jill Brooks, RN, DC, Eileen Brophy (2-year renewal), Bill Bross, Margie Campaigne, Janet Chaize, Joan Chapman (Contributing Level), Elizabeth & Brian Conheady, Sue & Jim Conner, Maryann Connolly, Colette Corbin, Diego Mejia Cordova, Aaron Frazier, Marcia and David Gann (Contributing Level), Kathryn & Lee Hankins, Peg Haust-Arliss, LCSW-R & Craig Arliss (Contributing Level), Sandy Hicks (Patron Level), Debi Holt, Steve Jarose & Marvin Ritzenthaler, Cheryl Kelley, DMD & Steve Melcher (2-year renewal, Patron Level), Linda Kilbourne (Contributing Level), Audrey Kramer & Alex Chernavsky, Carol & Bruce Manuel, David Meyer (Patron Level), Joanne Mitchell, Yetta Panitch & David Daunce, Mary Parson, Karen & Carl Petito (Contributing Level), Naomi Pless, MD, Kathryn Pridey & Ed Lewek, Margaret Ricotta, Russell Roberts, Susan Schirm Teschke & Bill Teschke, Maureen & Steve Van Buren, Christine Volk, Sharon Yates (Contributing Level), Miriam Zaffrann (Patron Level).

This report reflects dues received through approximately 8/1/24. Thank you for your participation and support! ♦

### ALL-VEGAN

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

**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.carrotdogcafe.com> Dine in, take-out and delivery.

**Hollycake House**, 300 Main St., Suite 25, East Rochester, NY 14445 (Entrance off East Elm St.) (585 310-7728) <https://www.hollycakehouse.com> Café & bakery. 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>

**Simply Love Bakery** Vegan and allergen-free; available at Lori's and by custom order. <https://www.simplylovebakery.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).

## VEGAN SUMMERFEST 2024 HIGHLIGHTS

### **Robert Breakey, MD**, “Dr. Bob’s 8 Keys for Health and Success”

Dr. Bob’s first key is “Eat for Health.” Eat food high in anti-oxidants, phyto-nutrients, and fiber; food that is alkaline, anti-inflammatory, and cholesterol free. This points toward consuming a whole plant food diet: we “evolved like our closest relatives to be herbivores.” People ask if it’s okay to eat a little meat or other animal food. Dr. Bob says: Every bite is a vote for health...or not! The Adventist Health Study provides valuable insight comparing vegans with ovo-lacto vegetarians and meat eaters, because all are significant sub-groups of Seventh Day Adventist culture. That study shows that vegan diet is best of all: when measuring BMI or prevalence of type 2 diabetes or other chronic disease, the progression is step-wise, with ovo-lacto vegetarians doing better than meat eaters and vegans doing best of all. Dr. Bob says it’s now known that the chronic disease risk from animal foods is comparable to the risk from smoking. And, it’s never too late to go vegan!

Dr. Breakey’s 2nd key is Drink Water! It’s the preferred beverage, and make sure you get enough of it. His 3rd key is: Avoid Cow’s Milk. Risks include a harmful sugar in milk that induces aging and increases risk of cataracts; and bovine estrogen that increases risk of reproductive cancer. Bovine leukemia virus, found in cows’ mammary tissue, is implicated in as many as 37% of human breast cancer cases.

Dr. Breakey’s 4th key is Eat Fiber—in other words, not just plant-based, but whole-food plant-based. Fiber in every bite of whole plant food contributes to a healthy microbiome and reduces the risk of cancer and type 2 diabetes. Many phytonutrients are attached to the fiber and are only released in the gut when fiber is metabolized: if plant foods are refined, you lose the nutrient with the fiber.

Dr. Breakey’s 5th key is Be Active — get exercise doing what you like, and “take the scenic route.” His 6th key is Your Environment Matters—reduce toxins by not smoking anything, by avoiding recreational drugs, and by keeping alcohol to a minimum. Limit toxins in your home environment. And remember, by eating plant-based, you are eating low on the food chain, and

that minimizes toxins, even more so if you eat organic. The 7th and 8th keys are Sleep Well, and Make Time to Relax, Play and Connect with Others. After all, chronic loneliness increases the risk of stroke by 56%!

### **Neal Barnard, MD**, “Processed Foods: Animals as Biological Factories”

How many times have you heard meat eaters say that their steak is superior to your highly processed Beyond Burger? In this talk, Dr. Barnard makes the revolutionary claim that whole animal foods are actually processed foods.

Dr. Barnard says that an animal eating and metabolizing plant food is a factory: a mechanical factory, a chemical factory, and a biological factory. When an animal eats corn, it turns a food which is 14% saturated fat into flesh which is 30 - 50% saturated fat. It alters and rearranges the amino acids. For many decades, we believed that the amino acids in animal flesh provided superior food for humans, but we now know that isn’t true and instead, animal protein is associated with higher mortality. See this [study](#) by M. Song in *JAMA Internal Medicine* (2016), showing that replacing animal protein with plant protein reduces risk of mortality. Plant protein is adequate and actually optimal for human nutrition: see this [webpage](#) “What About Protein?”: <https://gamechangersmovie.com/food/protein/>

Those who eat animal foods also ingest hormones, including estradiol in cow’s milk. One [study](#) shows the more cow’s milk you drink, the higher your risk of breast cancer: Fraser, G, *International Journal of Epidemiology*, 2020.

To compare a processed meat product with a processed plant product: Jimmy Dean sausage contains 13 grams (g.) of fat per serving, 4 of them saturated; Morningstar Farm vegan sausage contains 3 g. of fat and 0 g. of saturated fat. Oscar Meyer wieners contain 10 g. of fat and 3.5 g. of saturated fat; Oscar Meyer vegan dogs contain 7.6 g. of fat and .8 g. of saturated fat.

But remember, even “whole” animal foods are processed. The biological “factory” transforms plant food: it rearranges the proteins; alters and increases the fat; adds cholesterol; and discards the beneficial fiber. Meat, in other words, is “a massively processed food.”

### **Raquela Karamson**, “Veganism and Mental Health”

Mental health affects physical health: those with depression have a 40% higher risk of cardiovascular disease and metabolic syndrome. And what you eat affects your mental health: a meat-based “Western diet” is associated with depression and anxiety. A meat-based diet affects cardiac health both directly, and indirectly through mental health.

Karamson talked about the “Gut-Brain Axis.” The GI tract is rich in neurons, with the most complex neural network outside your brain. The bacteria in your gut have neurotransmitters that communicate with the brain and other organs and systems: this gut-brain connection impacts cravings, digestion, mood, stress level, cognitive function, and immunity. Fiber feeds the helpful bacteria, nourishes the gut lining, and prevents inflammation.

Animal foods, OTOH, reduce the levels of beneficial bacteria in your gut and generate harmful metabolites which can damage the delicate lining of the gut, impair the integrity of the gut barrier, and lead to leaky gut; this, in turn, increases the likelihood of auto-immune disease when unprocessed animal protein enters the bloodstream and triggers an inflammatory response. Arachidonic acid, contained in animal fats, can cause a cascade of negative chemical reactions in the body.

Plant foods, on the other hand, have a beneficial effect. A study in the UK of 43,000 women followed over a decade found that the fewer inflammatory foods they ate and the more fruits and vegetables, the less depressed they were. Apples, berries, onions and green tea contain the phytochemical quercetin which acts as an MAO inhibitor, functioning in a way similar to some anti-depressant drugs.

Studies show that subjects on a plant-based diet have fewer negative emotions and more vigor. Consumption of fruits and vegetables is associated with feelings of engagement, meaning, and purpose in life. A study of 50,000 Britons showed a relationship between fruit and vegetable consumption and life satisfaction; a study of 300,000 Canadians showed lower depression, distress and anxiety. In June of 2024, a [study](#) authored by Dean Ornish, MD showed that a plant-based diet paired with other lifestyle factors can slow and even reverse cognitive impairment in patients with early Alzheimer’s. So queue up the plant foods!♦

## EASY PLANT-BASED RECIPES!

### AZTEC SALAD (Jennifer Raymond, *The Peaceful Palate*)

2 cans black or red beans, rinsed and drained  
2 cups frozen corn, thawed  
1 red or green bell pepper, finely chopped  
1 tomato, diced  
½ cup finely chopped red or Vidalia onion (optional)

Dressing: 2 tbsp cider vinegar, juice of 1 lime or lemon, 1 garlic clove, minced or ½ tsp garlic powder, 1 tsp ground cumin, ½ tsp ground coriander, ½ tsp dried oregano, ½ tsp salt, cayenne powder (optional).

Combine salad ingredients in large bowl. Whisk together dressing ingredients and add to salad, stirring to mix.

### LENTIL OR SPLIT PEA SOUP

Start with 2 cups dried lentils or split peas, any color. Sort through for stones; rinse in colander; place in large pot and add 10 cups water, chopped onions and garlic and veggies (diced carrots, celery, bell pepper) along with herbs of choice (dried basil, oregano, thyme, etc.). Bring to a boil; reduce heat, partially cover and simmer until done, about 1 hour (less time for red lentils), checking frequently and adding water as necessary to prevent sticking or burning. If you would like to add diced potatoes, or greens like spinach, cabbage or kale, wait till the final half hour of cooking. Add ¼ tsp. salt to the pot after cooking.

### BUILDING A BOWL

Start with a grain or a starchy vegetable such as potatoes, sweet potatoes, or winter squash. Add beans. Add vegetables (any kind, but aim to eat lots of dark, leafy greens). Add oil free condiments and flavorings including mild vinegars, such as balsamic vinegar (either white or red), rice vinegar, mustard, ketchup, soy sauce, salsa or hot sauce. Finish your meal with a piece of fruit!

### Sample Big Bowl:

Start with cooked brown rice (follow recipe on package; frozen cooked brown rice is available in freezer section). Open a can of black beans or kidney beans, drain and rinse. Pile beans on rice. Add some cooked frozen corn or cooked frozen mixed vegetables. Add your favorite salsa and/or hot sauce. Choose the level of heat that you like, mild to hot. Have a green salad on the side or on top.

### RED BEANS AND BROWN RICE

1 medium onion, any color  
3 cloves fresh garlic  
1 14.5 oz can diced tomatoes (no- or low-salt preferred)  
1½ cups chopped spinach  
1 tablespoon nutritional yeast  
¼ tsp cayenne pepper (or less if you don't like "heat")  
1½ cups or 1 can kidney beans (drained and rinsed)  
1½ cups cooked brown rice

Sauté onion and add crushed garlic as the onions are cooked. (Use med-low heat with liquid in any pan or high-heat dry sauté in stainless steel). Add the diced tomatoes, spinach, nutritional yeast and cayenne pepper. Simmer for 5 minutes. Add the beans and bring to a slow simmer. Serve over rice.

### PASTA FAGIOLI

1 large onion, any color  
3 cloves fresh garlic  
1 14.5 oz. can diced tomatoes (no or low salt preferred)  
½ tsp dried oregano  
½ tsp dried basil  
3 cups chopped broccoli  
1 cup chopped kale  
1½ cups or 1 can cannellini or pinto beans (drained & rinsed)  
2 cups cooked whole wheat spaghetti noodles

Sauté onion and add crushed garlic as the onions are cooked. (Use med-low heat with liquid in any pan or high-heat dry sauté in stainless steel). Add the diced tomatoes and herbs. Simmer 5 min. Add broccoli, kale and beans. Simmer 5 more min. Serve with spaghetti.

### LENTIL ARTICHOKE STEW (Serves 6) ([kickstart.pcrm.org](http://kickstart.pcrm.org))

¼ cup vegetable broth  
1 onion, chopped  
2 large garlic cloves, minced  
2 tsp ground cumin  
1 tsp ground coriander  
1½ cup dry (uncooked) red lentils (4½ cups cooked)  
1 bay leaf  
2 cups water  
Juice of 1 lemon  
2 24-oz cans chopped tomatoes, preferably fire-roasted, undrained, or 6 cups chopped fresh tomatoes plus 1 cup tomato juice  
1½ cups quartered artichoke hearts (one 9-oz frozen package or one 15-oz can)  
¼ tsp crushed red pepper (optional)  
¼ tsp salt, or to taste  
¼ tsp black pepper, or to taste

Heat broth in a large saucepan. Add onion and sauté on medium heat for about 5 minutes, until golden. Add garlic, cumin, and coriander and cook for 2 minutes, stirring frequently. Add dried lentils, bay leaf, and water to pan and bring to a boil. Lower heat and add lemon juice, tomatoes and their liquid, artichokes, and crushed red pepper, if using. Simmer for about 20 minutes, until the lentils are tender. Remove and discard the bay leaf. Add salt and black pepper, or to taste. Good served alone or over brown rice or pasta.

Note: Using fire-roasted tomatoes is not essential, but they will give the stew a delicious smoky flavor.

### JANE'S DANCING DRESSING (Jane Esselstyn)(Makes about ½ cup)

“Go ahead, give this dressing a go. I bet you will keep dancing right back to it.”

3 tbsp balsamic vinegar  
2 tbsp mustard  
1 tbsp pure maple syrup or less  
1 tbsp fresh lemon juice  
Chopped fresh dill (optional)

Combine ingredients except dill in a bowl and whisk until uniformly mixed. Add dill if using.

Serve over a green salad, cooked greens, or a bean or grain salad.♦

## MORE EASY PB RECIPES

### ITALIAN FUSILLI WITH SUN-DRIED TOMATOES AND ARTICHOKE HEARTS

(Robyn Webb, from *Get Healthy, Go Vegan* by Neal Barnard, MD) (Serves 4) (slightly adapted) ([pcrm.org](http://pcrm.org))

1/2 cup sun-dried tomatoes  
 1/4 cup vegetable broth  
 1 medium onion, coarsely chopped  
 3 garlic cloves, minced  
 1 14-oz can artichoke hearts, drained (reserve the liquid) and quartered  
 1/2 cup dry white wine  
 Iodized salt and black pepper  
 2 tsp fresh oregano, chopped  
 1/4 cup loosely packed fresh basil, thinly sliced  
 3/4 lb. fusilli pasta, preferably whole wheat

Cover the sun-dried tomatoes with boiling water in a small bowl and let stand for about 10 minutes to soften. Drain and slice tomatoes into thin strips. Set aside.

Heat the broth over medium-high heat. Add the onion and garlic and sauté for 3 to 5 minutes, until softened and translucent. Add the tomatoes, artichoke hearts, wine, salt, and black pepper. Lower heat and simmer for 5 minutes. Stir in the oregano and basil.

Meanwhile cook the pasta according to package directions until *al dente*. Drain. Toss the pasta with the artichoke mixture. If the finished pasta needs more liquid, add some or all of the artichoke “juice,” which is quite flavorful when added to soups or stews.

Re the following recipe: One fan, Reid Branson of Seattle, made a batch every week and ate it for lunch almost every workday for more than 15 years. Don't skip the clean zing of lemon, which makes it sing.

### GREEK LENTIL AND SPINACH SOUP WITH LEMON (Makes 12 cups; serves 8)

Adapted from *Dairy Hollow House Soup & Bread* by Crescent Dragonwagon (1992). Featured in column by Joe Yonan in the *Washington Post*, 3/7/20.

1 pound brown or large green lentils, rinsed and picked over  
 10 cups vegetable broth or water  
 1 jalapeño pepper, stemmed, seeded and chopped  
 2 teaspoons whole coriander seeds  
 1 1/2 teaspoons cumin seeds  
 2 1/2 teaspoons dried oregano  
 2 bay leaves  
 2 medium Yukon Gold, russet or red potatoes (1 1/4 pounds total), scrubbed or peeled and cut into 1/2-inch dice  
 10 ounces baby spinach, chopped  
 1 small butternut squash (1 pound), peeled, seeded and cut into 1/2-inch dice (3 cups)  
 1 large yellow onion (12 ounces), chopped  
 2 tbsp olive oil or 1/4 cup sherry  
 2 ribs celery, with leaves, sliced  
 3 large cloves garlic, finely chopped  
 1/2 tsp salt  
 1/2 teaspoon freshly ground black pepper, or more to taste  
 2 lemons  
 1/3 cup fresh lemon juice

Step 1: In a large pot over medium-high heat, combine the lentils, stock or water, jalapeño, coriander, cumin, oregano and bay leaves. Bring to a boil, then reduce the heat to low. Simmer, partially covered, until the lentils are tender, about 30 minutes.

Step 2: Add the potatoes, spinach and butternut squash, re-cover and cook until the potatoes and squash are tender, another 15 to 20 minutes.

Step 3: Meanwhile, in a large skillet over medium heat, heat the olive oil or sherry. Add the onion, and cook, stirring, until it starts to soften, 3 to 4

minutes. Add the celery and garlic and cook, stirring often, until they soften, 3 minutes. Add the mixture to the soup, deglazing the skillet with a little bit of the broth from the soup, then add the deglazed contents back to the soup pot. Season with the salt and pepper, taste, and add more if needed. Discard the bay leaves.

Step 4: Thinly slice one of the lemons and cut the other into wedges. Just before serving, stir the lemon juice into the soup. Serve the soup hot, with a lemon slice floating atop each bowl. Pass lemon wedges at the table.

4-BEAN SALAD (Cathy Fisher, found at [drmcDougall.com](http://drmcDougall.com))

2 15-oz cans cooked green beans, drained or 3 cups fresh green beans cut into 1-inch pieces and boiled or steamed until tender  
 15-oz can cooked black beans, drained and rinsed  
 15-oz can cooked kidney beans, drained and rinsed  
 15-oz can cooked garbanzo beans, drained and rinsed  
 1 1/2 cups cooked green peas (rinse and thaw first if frozen)  
 1 1/2 cups raw or cooked corn kernels (rinse and thaw first if frozen)  
 1/2 medium onion, finely chopped

Dressing:

1 medium tomato, chopped  
 1/3 cup apple cider vinegar  
 2 tbsp mustard  
 1 large clove garlic, finely chopped  
 1 tsp cumin

Add all of the salad ingredients to a large bowl. Add all of the dressing ingredients to a blender, and blend until smooth. Stir the dressing into the bowl of salad ingredients.

Notes: A little finely chopped fresh parsley or basil is also nice in this salad. If you're feeling decadent, add 1/2 to 1 avocado, chopped. ♦

## DIET AND CLIMATE

On July 30, 2024, the *New York Times* ran an article by Aaron Timms called “Fine Dining Can’t Go On Like This,” one in a series on “What to Eat on a Burning Planet.” The article starts off identifying what is called “water guzzlers”: “thirsty crops such as almonds, pistachios, artichokes, figs, cherries, apples and tomatoes” which are beloved by chefs at fine restaurants like Alice Waters at Chez Panisse.

Here is my comment which was published online:

“The first paragraph of this article refers to ‘the water guzzlers.’ The real guzzlers are the animals. About 40% of water used in agriculture goes to animals yet they only provide about 18% of calories. <https://www.openaccessgovernment.org/devastating-water-footprint-animal-agriculture/163485/> Plant-based eating can drastically cut water usage, reduce fossil fuel use, and address climate change.

We need widespread adoption of a plant-based diet, and soon. Fortunately, in the internet era, that's a possibility! Once people learn that the same way of eating is good for their own health, the

animals, and the planet, it's easier to make the change, and it's delicious, too!

For those who would like help in starting a plant-based diet: The 15-Day Whole-Food Plant-Based [Jumpstart](#) offers tons of information and support. More than 2500 people in 44 states and 9 countries have taken this Zoom-based program.”

Here is a wonderful comment by “Michele, a Culinary Health Coach”:

“An article about the use of water in agriculture, and you’re not mentioning the cow in the room?”

It takes 660 gallons of water to make one quarter pounder with cheese, which is the quantity you’d use showering every day for two months.

Current Beyond Burger production has >99% less impact on water scarcity than 1/4 pound of US beef.

Even looking at dairy milk, 1 liter of cow milk uses 628 liters of water, while almond milk, one of the higher users of water, takes 371 liters. Soy milk uses 28 liters of water.

Globally, 83% of farmland is used to rear animals, yet animals account for just 18% of global calories (switching to regenerative farming would require more land than intensive farming and is not a climate solution).

Shifting to a plant-based diet would enable us to reduce food-related greenhouse gas emissions by about 49% and reduce land use by 76%, enabling us to rewild vast quantities of land to act as carbon sinks.

The topic of the use of animal agriculture on our water and our planet’s ecosystem needs to be brought up and brought to the forefront so people are aware of the impact of their food choices and options that are available to them.

Switching to a plant-based diet is the biggest step any one individual can make to reduce their climate impact, much more so than buying an electric car or using low-flow shower heads.”♦



## 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)**

- **August 24, 2024** (Saturday) **10 AM - 4 PM Rochester VegFest** at Parcel 5 in Rochester. Be there to enjoy vendors, nonprofits, speakers, food demos, and much more! <https://rocvegfestny.org/>
- **August 25, 2024** (Sunday) **RAVS Meeting** at East Lodge in Mendon Ponds Park 2:00 PM Picnic; 5:00 PM **Vegan: More Than a Boycott** with **Sarina Farb** of **Born Vegan**
- **September 7, 2024** (Sat.-Sat.) **1:00-3:00 PM 15-Day WFPB Jumpstart**. ONLY \$99 IN SEPTEMBER! Orientation Wed. Sept. 4 at 6:30 PM **Zoom-based program** w/ medical facilitation, cooking class, virtual potluck. Sign up [here](#). Professional education/CME **credit is available** for health practitioners.
- **September 10, 2024** (Six Tuesdays) **6:30 - 7:30 PM** Group Health Coaching, [Boosting Brain Health Naturally](#) Supported by new research by Dr. Dean Ornish.
- **September 10, 2024** (Tues.) **8:00 - 9:00 PM Lifestyle as Medicine Lecture** with **Tim Kaufman**: "How to Get Started and Stay in the Game." A story of dramatic health improvement on a WFPB diet!
- **September 15, 2024** (Sunday)\* **RAVS Meeting: 5:30 PM Vegan Potluck, 7:00 PM Program** with **Amie Hamlin, Executive Director** of **Coalition for Healthy School Food**
- **September 16, 2024** (Mon.) **6:00-7:30 PM Cooking Class** with **Bubbie Staron, PB Meal Planning**
- **October 20, 2024** (Sunday)\* **RAVS Meeting: 5:30 PM Vegan Potluck, 7:00 PM Program** with **Pearl Brunt** on **How to Be a Persuasive Vegan**
- **November 17, 2024** (Sunday)\* **RAVS Meeting: 5:30 PM Vegan Potluck, 7:00 PM Program** with **Roberta Schiff** on the topic of **Dr. Michael Greger's How Not to Diet**

\*Indicates a regular meeting. Unless otherwise indicated, regular meetings are held on the third Sunday of the month at the Brighton Town Park Lodge, 777 Westfall Rd., Rochester, NY 14620. 5:30 PM **Vegan Share-a-Dish Dinner**, 7:00 PM Program.

**Brighton Town Park Lodge** is at 777 Westfall Rd., on the south side of Westfall between E. Henrietta Rd. (15A) to the west, and S. Clinton Rd. to the east. Look for the "Brighton Town Park" sign. The driveway leading to the Lodge is called "Haudenosaunee Trail."

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



14602  
ROCHESTER, NY  
Box 20185  
ROCHESTER AREA VEGAN SOCIETY