

Our 35th year!

THE **vegan**

ROCHESTER AREA



VEGAN SOCIETY

**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. ♦

**VEGAN: More than a Boycott**

Here's a summary of a talk given by **Sarina Farb** of [Born Vegan](#) at Vegan Summerfest 2024, and again at a RAVS meeting on Sunday, August 25.

Ms. Farb (Sarina) was born and raised vegan. Her first forays into persuading people to be vegan had mixed results. Sometimes, on hearing of the suffering caused by eating animal products, people just didn't care, or at least didn't change. Still, Sarina, like many of us, kept trying to persuade people and could not avoid "attachment to the outcome."

Over the years, the evidence has mounted of the damage (to the environment) and suffering (to animals and humans) that results from eating animals. Animal agriculture is a major driver of climate change, species extinction, food insecurity, and pollution of the water, land, and air. Seventy billion land animals and countless sea animals are killed for food every year around the world. (If we killed humans at this rate, there would be none left after two weeks.)

Those who know the connection can't help thinking that, if they make vegan choices and persuade others to do so, it will reduce the damage and suffering. Unfortunately, it isn't always true. As a case in point, when demand for dairy goes down, government spending to buy the surplus goes up, thus taking away the power of the market to change what is produced. In 2018, 42% of dairy revenue came from tax dollars. The US Department of Agriculture (USDA) bought \$120 million worth of milk in 2020; \$29 billion of the COVID farmer bailouts went in direct payments to dairy. Fully 92% of farm subsidies go to animal agriculture. Sarina says, if we focus solely on measuring outcomes,

what we do—our vegan living—doesn't make a difference.

Sarina shifted her focus to the 70 billion sentient beings and more who are slaughtered yearly. We have the obligation to do our best to live without inflicting harm and suffering on them. If we do this, there may not be immediate results—it may not be an effective boycott. But, as Sarina says, it's "more than a boycott." It's bearing witness, and it's doing the right thing.

Sarina then explored the idea that individual change can lead to systemic change. She used phrases like ripple effect, tipping point, and paradigm shift to convey the idea that individual choices can have dramatic and widespread effect. Though this may not happen immediately, it can "take off" after a certain percentage of people join in the choice.

In short, Sarina says, change has to start with us doing the right thing and sharing information with others: "We are all walking billboards for our values." Paradoxically, by not focusing too narrowly on outcomes, we may contribute more to those outcomes, as the power of our example grows.

Sarina says that this approach can bring the solace we need: to align our actions with our values and then let go, which can bring "great peace and hope." She ended with the words of Thich Nhat Hanh: "Our own life has to be our message."

Many thanks to Sarina for offering a rationale to find joy in our vegan values regardless of how much change we've been able to bring about—even as we never stop working for that change. ♦

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

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**Rochester Area Vegan Society**

**Coordinators:**

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

**Board of Directors:**

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**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. 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**.

**LEAF HAIKU**  
by Bruce Ross

November night:  
the dark piles of raked leaves  
at the curbside

one at a time  
the yellow leaves drift  
to the ground

morning silence . . .  
at the corner of the window  
the last yellow leaves

## VEGAN SOCIETY UPDATE

by Carol Hee Barnett

### MEETINGS:

In August, we welcomed back Rochester VegFest with a highly successful event at Parcel 5. The next day we had a special RAVS meeting at Mendon Ponds Park with speaker **Sarina Farb** (see summary of her talk on p. 1). In September our speaker was **Amie Hamlin**, Executive Director of the [Coalition for Healthy School Food](http://www.coalitionforhealthyschoolfood.org), who talked about progress in getting plant-based food into schools and into the kitchens of families. In October, **Tim Kaufman** spoke about his astonishing and inspiring health journey, and the dramatic health improvements and insights he had along the way.

Coming up: In November, **Robbie Schiff** will give a presentation on *How Not to Diet*. In December we'll have a Winter Solstice Party at the home of a member. See calendar on page 8 for details.

### ROCHESTER VEGFEST

VegFest, on **Sat. August 24** at Parcel 5 in downtown Rochester, was a huge success.

Thanks to all the volunteers at the Rochester Lifestyle Medicine Institute, Ask-A-Vegan, and Rochester Area Vegan Society booths: Brian Bell, Susan Brassett, Jill Brooks, David Cherelin, Iracema Collaço, David Daunce, Jane Dorsey, Phyllis Fleischman, Bob Franki, Kerry Graff, Janet Graves-Wright, Rebecca Kelly, Linda Kilbourne,

Deb Klee, Claire Li, Daryl Odhner, Sherrill Olivas, Margaret Ricotta, Sandy Rubin, Barbara Savedoff, Kayla Slater, Susan Stoll, Lori VanDerlinde, Ren vanMeenen, Ted Barnett and Carol Barnett. Special thanks to Robbie Schiff, who traveled all the way from Rhinebeck dressed as Veghedda, to staff the Ask-A-Vegan booth! Thanks also to the people who organized VegFest, many of them involved in planning from Day One. These were: Elise Banfield, Brandi Bangle, Carol Barnett, Renee Bell, Pearl Cole Brunt, Kimber Gorall, Ingrid Hunte, Rachel Ingutti, Tina Kolberg, Darren Mrak, Bruce Pollock, Jami Sassone, Bubbie Staron, Deb Staron, and Amber Walker.

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. [roclifemed.org](http://roclifemed.org)

NEW COURSE: **"Going Plant-Based"**  
RLMI offers this FREE online course covering Optimizing a Plant-Based Diet, Building a Pantry, Meal Planning, Social Challenges, and Ethical Reasons to Go Plant-Based. The course has 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://www.paleblue.com), which has a one-month free trial.♦

MEMBERSHIP UPDATE: We thank the following:

**New Members:** Elise Banfield, Kristen Barrett, Alexis Feidler, Lee Insinga, Anne Schepp, Juliet Sternberg & Kristine Young, DVM (Contributing Level).

**Membership Renewals:** Ed Austin, Patti Barricelli (Patron Level), Felicity & Gerald Brach, Peggy Weston Byrd, Mary & Gary Christo, Catherine & Paul Dahler, Patricia Dorland, Glenda Dove-Pellito, Margie Driscoll, Susan Friedman, MD, MPH & Bob Paine, Molly Giles & Terry Boothman, Linda Heeler (Contributing Level), Charlie Hernandez, Carol Hope (Patron Level), Ingrid Hunte, Linda Johnson-Davis, John Karahalis, Gail Keemer, Rebecca Kelly, RN & John Kelly (Contributing Level), Jessica & Eric Knaak (Patron Level), Julia B. Lederman, Heather McLennan, Lynda McPartland (Patron Level), Megan Meyer, Dee & Darren Mrak, JoBeth & Noel Nichols (Patron Level, 2-year renewal), Bruce Pollock (Contributing Level), Helen Presberg & Saul Presberg, MD (Patron Level), Marsha Raines & Steve Gersz (Patron Level), Annie Robinson, Mike Rudnick, Noreen Salerno (Patron Level), Donna Silverman, Camden Simmons, Linda Sorensen, Bubbie & Deb Staron, Tiffany Tate, Sue Taylor, Liz Tyson (Patron Level), Laurie & Jim Vangellow, Julie Yoon, MD & Paul Gosink, MD (Patron Level).

This report reflects dues received through approximately 11/1/24. 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://www.cleoandkin.com).

## THE ETHICAL CASE FOR GOING PLANT-BASED (C. Barnett)

There's a powerful argument for adopting and promoting a plant-based diet: widespread adoption of a plant-based diet could singlehandedly turn around our environmental problems.

### Eat a Plant-Based Diet for the Environment

Eating a plant-based diet, by which we mean a completely plant-based or vegan diet, is the most powerful thing a person can do to address climate change and other environmental damage. Changing to a plant-based diet is the one piece of environmental activism that can be done without legislation, without permission, and without upfront investment. It also has the advantage of being completely in your control, AND it happens to be better for you and more delicious than what you are already eating. For evidentiary support that a plant-based diet is better for you, email [rochesterveg@gmail.com](mailto:rochesterveg@gmail.com)

### Why don't more groups advocate for Plant-Based diet?

Why don't more mainstream environmental organizations advocate a plant-based diet? To shine some light on this question, watch the movie "Cowspiracy." In the first 20 minutes you will see environmental groups back away and go silent when asked why they don't urge their members to go vegan.

In a similar story, Sailesh Rao, PhD, a systems engineer, was on Al Gore's team doing analysis for "An Inconvenient Truth." When Dr. Rao became aware of the diet-environment connection and asked for a meeting with Gore, Gore's reaction was the cold shoulder. And in the 320 pages of Gore's book, *An Inconvenient Truth*, there is not a single mention of diet, or index entry. Glen Merzer tells this whole story in his own book, *Food Is Climate* (2021).

The potential of diet to save the environment: it's a hot potato, a sacred cow, the elephant in the room—pick your metaphor. Nobody wants to talk about it. And why is that? I think there are at least 3 reasons.

1) People are very attached to the way they eat: it is tied to memory, tradition, culture, and their deepest pleasure centers. They think they will suffer a terrible loss if they give up their way of eating.

2) People avoid the suggestion that they should change what they eat because it implies a criticism of the way they have been eating for their whole life. The idea that their way of eating could have been deeply wrong—harmful not just to them but also to animals and the environment—is too painful for them to consider.

3) Thirdly: people's blindness to, and society's willful indifference to the implications of eating animal products is part of an unspoken compact to validate the killing and eating of some animals, while we love and cherish other animals. One philosopher, Melanie Joy, calls this agreement—this shared societal unknowing—Carnism. When we advocate a plant-based diet, we unearth what has been buried, speak what is unspoken, and, above all, make people uncomfortable.

### How can we break through the vow of silence? Here are some resources:

Sailesh Rao left Al Gore's orbit and formed Climate Healers, which holds out the hope of a vegan or largely vegan planet by 2026. Ted Barnett gave a keynote address at the Climate Summit on April 27-28, 2024: <https://trello.com/b/MoRE7BLp/vegan-convergence-of-the-peoples>

Glen Merzer's book *Food Is Climate: A Response to Al Gore, Bill Gates, Paul Hawken, and the Conventional Narrative on Climate Change* (2021) is a great resource to share. It has under 60 pages of text and is an easy read; the rest of the book is recipes.

Watch & share films like "Cowspiracy," "Seaspiracy," "PlanEat," "Eating Our Way to Extinction" (narrated by Kate Winslet), and "Breaking Boundaries"

There are many books. Check out Richard Oppenlander's *Comfortably Unaware* and J. Morris Hicks's *Healthy People, Healthy Planet*. And there's the Plant Based Treaty.

### Plant Based Treaty

An organization trying to get everyone on board—individuals, nonprofits, businesses, and government entities, including cities and countries—is Plant Based Treaty. If people and organizations sign the treaty and take other steps, we can address this as a grass roots issue.

### Why is this a grass roots issue?

Plant-based diet can't be a political issue at the national level yet. Because of reasons 1, 2, and 3 previously given,

politicians are reluctant to challenge their constituents about what they eat. And politicians may feel very exposed and vulnerable when they embrace plant-based diet or veganism. It's a perfect thing for the other side to make fun of. The most you will see, for a while, is people like Senator Cory Booker going vegan and admitting to it but not emphasizing it.

On the state level this can be a hard issue for politicians to address, as there is always a stakeholder who would be disadvantaged by a move towards plant-based eating—for example, the dairy industry in NY state (NY state is one of the top 5 dairy states). Local politicians have even less inclination or opportunity to weigh in on this issue.

Like it or not, plant-based advocacy needs to start with us. We have to demand that government level the playing field by eliminating government subsidies and industry-influenced dietary recommendations that give animal foods an unfair advantage. We have to demand stricter environmental regulation of animal operations; otherwise they are able to externalize the environmental costs while they internalize (i.e. pocket) the profits.

### Is this a social justice issue?

Yes. Eating animals demonstrates the final "ism"—speciesism. We should refrain from treating animals as we would not want to be treated—raising them and killing them for food. Adding to the injustice, there is a connection between speciesism and racism, as people of color are over-represented in those who work in the slaughterhouse industry with high rates of injury, and in those who live near polluting factory farms. There is also a connection with sexism: the female animals who provide eggs and milk are among the farmed animals who suffer the most.

### But isn't it okay to take eggs from chickens and milk from cows? No.

Laying hens and dairy cows always are killed and eaten after their productiveness falls off. Furthermore, there is cruelty all along the way in the process of bringing these animals into being. Laying hens, even your neighbor's backyard chickens, come from a sexing process that destroys the "useless" male chicks by suffocating them in garbage bags or putting them alive into a meat grinder. Dairy cows are separated from their babies soon after birth, and their cry is heartrending. Veal calves—babies—are kept in dark crates in preparation for early slaughter. In fact, many people not especially familiar with

[continued on page 7]

## PLANT-BASED RECIPES!

VEGAN DEVEILED EGGS (Danielle Brown, [healthygirlkitchen.com](http://healthygirlkitchen.com))

### Ingredients:

- 15 small Yukon gold potatoes
- 3 tbsp yellow mustard
- 2 tbsp vegan mayo (sub almond milk if you're oil-free)
- 1.5 tsp apple cider vinegar
- 1 tsp salt
- 1/2 tsp turmeric
- Smoked paprika garnish
- Fresh or dried dill garnish

### Instructions:

- Bring a large pot of water to a boil.
- Boil potatoes whole for 25 minutes or until completely cooked. You should be able to push a toothpick through with ease.
- Strain and add into a bowl with ice and water to cool them down. Strain again after 5 minutes. Cut in half.
- Scoop a well into the center of each half with a teaspoon. Add the extra potato into a bowl to make the filling.
- To make the filling use the scooped out potato, mustard, mayo or almond milk, apple cider vinegar, salt and turmeric. Mash and mix until completely smooth. Add more mayo or almond milk if it's too thick.
- Add the filling into a piping bag or ziplock with the end snipped off. Fill each potato well with the filling.
- Garnish with smoked paprika, salt and dill.
- Enjoy! Keep refrigerated.



VEGAN SPINACH & ARTICHOKE CASSEROLE (Caitlin Shoemaker, [frommybowl.com](http://frommybowl.com))

### Ingredients:

- 1 13.5-ounce can of full-fat coconut milk (1 3/4 cup)
- 1/2 cup vegetable broth (vegetable or vegan chicken-flavored)
- Juice of 1 lemon (3 to 4 tablespoons)
- 2 tablespoons nutritional yeast
- 1/2 tsp sea salt
- 2 15.5-ounce cans of Great Northern, Navy, or Cannellini beans (~2.5 cups cooked beans)
- 8.5 ounces artichoke hearts, roughly chopped (1 can)
- 1 10-ounce bag of frozen spinach, thawed and drained
- 1 large shallot, diced
- 3 cloves garlic, minced
- 1 cup dry white rice
- Optional: vegan parmesan or other dairy-free cheese, for serving

### Instructions:

- Preheat the oven to 375F and set a 9×13" or similar pan.
- Prepare: Add the coconut milk, broth, lemon juice, nutritional yeast, and salt to a medium pot and bring to a boil over high heat. While the liquid heats, add the beans, artichoke hearts, drained spinach, shallot, garlic, and uncooked rice to the casserole dish. Mix them around and spread evenly across the bottom of the casserole with a spatula.
- Bake: Once the liquid comes to a boil, carefully pour it over the casserole and cover with a layer of parchment paper (optional) followed by a layer of aluminum foil (not optional). Place in the middle rack of the oven and bake for 45 minutes.
- Serve: Remove the casserole from the oven and let sit for 5 minutes, then uncover. Divide into serving bowls and top with vegan parmesan, or as desired. Leftovers will last in the fridge for up to 5 days, or can be frozen for up to 2 months.

PUMPKIN QUINOA WHITE BEAN CHILI

(Allyson Kramer) (8 servings)

### Ingredients:

- 1 large onion, diced
- 3 cloves garlic, minced
- 1 red bell pepper, diced
- 1 tbsp olive oil [or use 2 T sherry or wine for WFPB version]
- 1/2 teaspoon salt
- 3 to 4 teaspoons chili powder
- 2 teaspoons cumin powder
- 1 teaspoon smoked paprika
- 1/2 teaspoon allspice
- Dash nutmeg
- 1/4 teaspoon cinnamon
- 1 cup shredded carrot
- 1 or 2 cans (15 ounces each) pumpkin purée (solid packed)
- 4 cups vegetable broth
- 3 cups cooked cannellini beans
- 1/2 cup canned coconut milk [or coconut extract]
- 1 1/2 cups cooked red quinoa
- 1/2 cup scallions, chopped
- 1 avocado, diced
- 1/2 cup minced fresh cilantro

### Instructions:

Place the onion, garlic, and red pepper along with the olive oil or sherry and salt into a large stock pot and sauté over medium-high heat until the peppers are tender, about 10 minutes. Stir often to prevent burning.

Add in the spices, carrot, pumpkin purée and vegetable broth and simmer over medium heat for 11 minutes. Stir in the cannellini beans, coconut milk and quinoa and simmer an additional 5 to 10 minutes, or until heated through and thickened slightly. Let cool about 15 minutes before serving; the chili will thicken while standing. Fold in the scallions and then top each individual serving with ample avocado and cilantro. ♦



## MORE PB RECIPES

### MUSHROOM BARLEY SOUP (adapted from Devorah Bowen) ([bestofvegan.com](http://bestofvegan.com))

#### Ingredients:

- 1½ tbsp Avocado Oil\*
- 1 Onion, diced
- 2 ribs Celery, diced
- 2 medium Carrots, diced
- 16 oz. Mushrooms (baby bella or white button)
- 1 tbsp fresh Thyme, chopped (or 1 tsp dried)
- 6 small Red or Yellow Potatoes, peeled and diced
- 3 cloves Garlic, minced
- 1 tbsp Miso Paste
- 1 cup dry Pearled Barley\*\*
- 2 Bay Leaves
- 6 cups Vegan Beefless Broth
- 1 cup Kale, chopped
- 1 tbsp Red Wine Vinegar
- Salt & Pepper to taste
- Up to 2 cups water if needed

\*Editor's Note: to make this recipe WFPB, substitute 1/4 cup sherry or white wine for the oil. Sherry would work especially well with this recipe.

\*\*Editor's Note: Pot barley or hulled barley, available in health food stores in bulk, is less refined than pearl barley, and is a better choice for health if you can find it.

#### Instructions:

In a large pot on medium heat add the oil [or sherry] and sauté the onions for 5 minutes. Add in the celery and carrots and continue cooking for another 5-6 minutes. Add in the sliced mushrooms and thyme and cook for 5-7 minutes or until the mushrooms have released their water and started to brown. Add in the diced potatoes and cook for another 5-7 minutes. Add in the garlic and miso paste. Mix until the miso has dissolved or it coats all of the veggies.

Add in the barley and bay leaves and mix through. Add in the broth, mix and cover. Lower the temperature to medium low and simmer for 30-40 minutes stirring occasionally. As the barley cooks it will absorb the broth so you may need to add additional water. Add a cup at a time if needed.

Once the barley is cooked (it will plump) and vegetables are tender, add in the chopped kale and vinegar. Cook for another 15 minutes, check for seasoning and add salt & pepper if needed. Serve with a piece or two of hearty bread.

### SMOKEY VEGETABLE CHOWDER (2 servings) ([maplespice.com](http://maplespice.com), adapted)

- 1/4 cup sherry, white wine, or veg broth
- 2/3 cup heaped sliced leeks
- 2 bay leaves
- Freshly ground black pepper
- 1 Tbsp flour
- 1/2 tsp smoked paprika
- 1/4 tsp smoked sea salt
- 1/8 tsp ground turmeric
- 2 cups unsweetened almond milk
- 1 tsp veggie bouillon powder or paste
- 1 cup peeled and diced potato
- 2/3 cup heaped, sliced and halved carrot
- 1 cup heaped, frozen corn

Whisk the milk with the flour, stock powder, paprika and salt in a bowl or jug and set aside.

Add the sherry or other liquid to a medium saucepan, then add the leeks, bay leaves and some freshly ground black pepper. Sauté gently until just soft, 2-3 minutes should do. Pour in the milk mixture and add the carrots and potato. Bring to a boil then reduce the heat to low, cover and simmer until the potato is tender, and the broth has thickened slightly, about 15 minutes. Stir it now and again and don't worry if you see little white dots of flour or milk. They should go away by the end. :-)

When there is 6 minutes left, add the corn, turn the heat up to maximum to bring it back to a boil as the frozen corn will bring the temperature down. When it's at a boil again, reduce to a simmer. Check that the potato is tender then turn the heat off, take the lid off and let it sit for 5 minutes. This helps cool it down a bit and thickens the chowder a little more. Check the seasoning then remove the bay leaves and serve.

This chowder is hearty enough on its own, but as with all soups, great with some crusty rolls or French bread.

Editor's note: The recipe calls for smoked sea salt. If you don't have that, I wouldn't worry, as the smoked paprika will lend a smoky flavor. You could add a dash of Liquid Smoke if you use that. Also, the recipe calls for unsweetened almond milk. Any unsweetened plant milk should work fine.

### POTATO RADISH SALAD (brought to October RAVS meeting)

- 2 lb very small potatoes
- 4 cups spring mix
- 10 radishes, sliced
- 1 small English cucumber, sliced
- 1/4 cup snipped chives or sliced scallions

#### Dressing ingredients:

- 1/4 cup lemon juice
- 1/2 tsp lemon zest
- 1 tbsp olive oil (optional)
- 1 clove garlic, minced
- 1 tsp dried thyme
- 1/4 tsp each salt and pepper

Boil the potatoes for 15-20 minutes or until completely cooked (test with fork or toothpick). Combine in a large bowl with the other ingredients. Whisk together the dressing ingredients in a small bowl, and add to the potatoes. Stir to mix. ♦

[continued from page 4]  
farmed animal issues know about the cruelty to veal calves and will specifically avoid eating veal. But you can't have dairy without veal.

### But can't meats, eggs and milk be raised humanely?

No. Whenever a creature's body becomes a profit source, it is going to be abused and exploited. Farms that bill themselves as humane still follow practices that are cruel or willfully blind to cruelty. Some links:

Humane Facts: <https://humanefacts.org/>  
Humane Myth: <https://www.humanemyth.org/>

Even if it were possible to raise some animals humanely, this cannot possibly solve the diet-environment problem because animal agriculture is still hard on the environment (e.g., cows belch and fart methane, and their waste emits greenhouse gases).

Here are some links on so-called regenerative ranching:

- "How Big Ag Bankrolled Regenerative Ranching"
- "The Comforting Lie of Regenerative Ranching"

Most importantly, we can't feed the huge appetite for meat and eggs with small "humane" farms. It's not sustainable for our country and certainly not for the world. Instead, we need to shift our food choices.

### Action steps:

Both individuals and groups should support a plant-based diet and sign the [Plant Based Treaty](#).

**If you do only one thing:** Watch "[A Life Connected](#)." 12 minutes, 4 each on health, environment, animals

Watch "Cowspiracy." Watch "The Game Changers" (about plant-based athletes). In case you are worried about protein, visit this webpage: <https://gamechangersmovie.com/food/protein/>

Look at "Food Math" from The Plantrician Project: <https://plantricianproject.org/food-math-101>

Thank you for your attention. Thanks for becoming vegan for your own health, the animals, and the planet. ♦

### IN THE NEWS (from [pcrm.org](http://pcrm.org)):

**VEGAN DIET & BRAIN HEALTH**  
A study by Dean Ornish, MD found that a plant-based diet, along with other life-style measures, improved signs of brain function in 71% of individuals with early-stage Alzheimer's disease. Meanwhile, 68% of those in the control group had worsened cognitive functioning. The results compared favorably to those from pharmaceuticals, and were accompanied by additional benefits such as a weight loss and improved heart health.

**TYPE 2 DIABETES AND MEAT**  
A meta-study pooling data from nearly 2 million people and 31 studies found that eating more meat was associated with increased risk of diabetes.

**VEG DIETS AND COVID**  
A study published in *BMJ Nutrition Prevention & Health* found vegetarian diets were associated with 39% lower risk of getting COVID and reduced severity in those who contracted it.

**VEGAN DIETS AND LONGEVITY**  
A study of 7 countries in the *American Journal of Clinical Nutrition* found that shifting to a healthy vegan diet could increase life expectancy by 5-7 years. ♦

## 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:

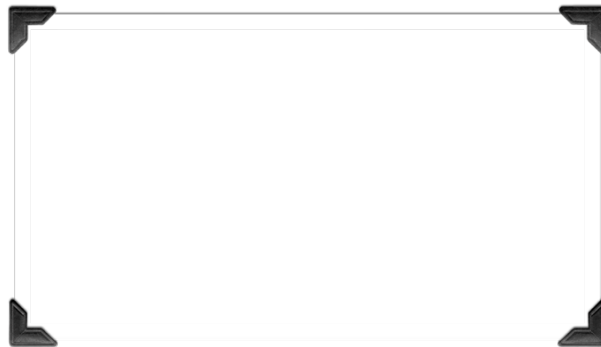
**Rochester Area Vegan Society upcoming meetings and events of interest (Times are ET)**

- **November 12, 2024** (Tues.) **7:30 PM [Lifestyle as Medicine Lecture](#)** with **Jill Nussinow**: “Herbs and Spices: Beyond Trendy, and Perfect for Holiday Meals!”
- **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***
- **November 18, 2024** (Mon.) **6:00 - 7:30 PM [Cooking Class](#)** with **Danielle Medina**, “**Thankful and Nourished: A Plant-Based Thanksgiving Cooking Class**”
- **November 21, 2024** (Thurs.) **630 PM FREE Jumpstart Info Session**. Sign up [here](#) (scroll down).
- **December 4, 2024** (Wed.) **Last day to register for 15-Day WFPB [Jumpstart](#)**; Orientation **Wed. Dec. 4 at 6:30 PM. Day One on Dec. 7, 2024 (Sat.), 1:00-3:00 PM** (runs Sat.-Sat.) New sliding scale “Pay What You Can” fee structure starts with this Jumpstart! **Zoom-based program** w/ medical facilitation, cooking class, virtual potluck. Sign up [here](#). Professional education/CME **[credit is available](#)** for health care practitioners.
- **December 10, 2024** (Tues.) **7:30 PM [Lifestyle as Medicine Lecture](#)** with **Milton R. Mills, MD**: “Vaccines: The Science behind Immunization”
- **December 15, 2024** (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. 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. Bring instruments and voices for music!

\*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