

Our 36th 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 In a Time of Crisis

As I write this in early February 2025, I think most of us would agree we are experiencing a period of crisis.

If you do a search on "vegan in a crisis" you will get hits relating to the COVID epidemic, and how being vegan helped us get through it and increased our likelihood of surviving. All of which was true.

Today we are going through a different kind of crisis, as a new political administration takes over power in Washington. It would be foolish to think that everyone who is vegan, or who belongs to this vegan community, stands on the same side of the political divide. That is far from true. I think one thing we can agree on is that the country is polarized; and that we live in an unstable, divided era, close to violence. That in itself is worrisome.

I posit the following: no matter where you stand in politics, being vegan will help you, the country and the world. This is because veganism is, in its essence, radical nonviolence.

One of my favorite plant-based heroes is the dietitian Ginny Messina, who combines expertise on nutrition with a vegan core. In a blog post called "Defining Veganism (And My Dinner Date with a Big Game Hunter)," she talks about how her unlikely dinner partners were surprised that she had a solid ethical foundation for eating the way she does. "[I]n a society that doesn't pay much attention to the rights of animals, the whole concept of veganism can sail right over people's heads. It's such a powerful concept and we lose a little bit of that power when we reduce veganism to 'a diet' that is strictly about us and the state of our bodies."

Messina says: "In its simplest terms, veganism rejects the commodity status of animals. Vegans avoid animal derived foods, but it doesn't end there.... Veganism is a stance for justice and fairness for non-human animals."

In her essay, Messina recalls the founding of The Vegan Society in England in 1944. Here's how they define veganism: "Veganism is a philosophy and way of living which seeks to exclude—as far as is possible and practicable—all forms of exploitation of, and cruelty to, animals for food, clothing, or any other purpose"

When RAVS decided in 2014 to change its name from the Rochester Area Vegetarian Society to the Rochester Area Vegan Society, it was on the 25th anniversary of RAVS's founding and on the 70th anniversary of the founding of The Vegan Society in November 1944.

I find myself imagining what it must have been like to be in England at that time in 1944, during some of the darkest days of World War II, when victory over fascism was not assured. It must have been a source of comfort and strength to have a philosophy based upon reverence for all sentient beings, when your country was waging war against a death cult.

Back to today. We are living in hard times, frightening times. No matter how you see or understand these times we live in, it's hard not to feel rocked to your core. So in this time of crisis, hold fast to your vegan values and your vegan practice. When you look into the eyes of another living creature—whether one in your presence, one you see in a photo or film, or one of the legion of creatures you can imagine, farmed animals that you want to set free—you can say as Franz Kafka did: "Now I can look at you in peace; I don't eat you any more."

Before I made the commitment, my friend Fran Borghere told me that she was vegetarian because she wanted to live a nonviolent life. It took me a while to wrap my head around that. Now it's the foundation of my existence.

These are challenging times. Hold your veganism close: it will serve you well.

C.H. Barnett



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Rochester Area Vegan Society

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Logo Design	Bern Berg

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

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

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

Contacting RAVS:

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

(585) 234-8750



RAVS RULES FOR SHARE-A-DISH MEALS

All dishes must be completely *vegan*. They may *not* contain any *meat, poultry, fish, eggs, dairy products* or *honey*. Please watch out for *gelatin* (a meat by-product) and *hidden milk products*, such as *whey* in cookies, crackers, bread and margarine and *casein* or *caseinate* in so-called “non-dairy” soy cheese, coffee creamer and whipped topping. Be alert for *eggs* in baked goods, mayonnaise and salad dressings, and *honey* in breads, pastries and preserves.

This “vegan rule” embodies our mission of showing how abundant and delicious a vegan meal can be. It also means that members and guests who are vegan can freely partake of everything. If you mistakenly bring a dish that is non-vegan, you will be very welcome to stay for the meal, but we will not be able to serve your dish. Please understand that no offense is meant by this.

Please prepare a card with your name, the name of the dish, and a list of all ingredients. If possible, write the recipe on the back of the card and indicate where the recipe came from or if it was original. Prepare enough to serve a crowd. Please bring your own table setting as well as a serving utensil. If you are not able to cook, you may bring fruit, cider, tortilla chips and salsa, green salad, fruit salad, etc. Non-members, in addition to bringing a dish, must pay a \$3 Guest Fee, which will be applied to your membership if you join that day.

IF YOU ARE NEW TO RAVS

You don't need to be a vegetarian, or a member of RAVS, to attend one of our events.

And you don't need to reserve or notify us beforehand (with the exception of restaurant events). We do ask that you follow the “vegan rule” at our dinner meetings. The box above, and the calendar and directions on the back page of the newsletter, tell you what you need to know in order to attend a meeting. Call 234-8750 if you have further questions.

MEMBERSHIP BENEFITS

Membership in RAVS entitles you to receive *The Vegan Advocate* (4 times a year) and any other mailings, usually notices of upcoming events. It also entitles you to free admission to monthly events (except restaurant meals); others pay a \$3 Guest Fee. 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

hazy winter morning
the thistles so distinct against
the whitewashed barn

still winter day . . .
the motionless shadow
of the fence

how still they are
in this cold
pigeons on a curved lamppost

VEGAN SOCIETY UPDATE

by Carol Hee Barnett

MEETINGS:

In November, we welcomed **Robbie Schiff** for a presentation on Dr. Michael Greger's *How Not to Diet*. In December we had a holiday party; many thanks to our hostess **Sharon Yates**.

Early 2025 brought a short break from meetings. In March, **Pearl Brunt** will talk about how to be a persuasive vegan. In April, we will hear from **Dr. Milton Mills** on the question of what are normal lab values for vegans—it may not be the same as for the mainstream! In May we will hear from **Dr. Zachary Burns**, who works with Dr. Michael Klaper on the mission of bringing plant-based information to medical students.

See calendar on page 8 for details.

OUTREACH: RAVS will table at a Health Fair at Nazareth University on April 1.

Save the Date for ROCHESTER VEGFEST VegFest will take place on **Sunday August 24**, for the second year in a row at Parcel 5 in downtown Rochester. Thanks to all who volunteered or attended last year: we look forward to your participation again in 2025.

VISIT **MetroPops** for a guide to local vegan and sustainable organizations, events, and resources: <https://metropops.com/>

ROCHESTER LIFESTYLE MEDICINE INSTITUTE (RLMI) regularly offers its [15-Day Whole-Food Plant-Based Jumpstart](#); Lift (for happiness); lecture series; coaching; cooking classes; and an Alumni Group which meets monthly. Recently, RLMI's groundbreaking [Lifestyle Medicine Grand Rounds](#) was opened to the public—now you can learn how doctors use lifestyle change to solve health issues. roclifemed.org

EASIER TO TAKE JUMPSTART
RLMI's Jumpstart now has a more flexible **Pay It Forward** pricing structure. And this spring RLMI will offer its new **Jumpstart On-Demand** with flexibility in scheduling. See details page 4.

FREE COURSE [“Going Plant-Based”](#) is RLMI's online course with nutritional and practical guidance for going and staying plant-based. Available if you subscribe to [Pale Blue Dot Community](#), which has a one-month free trial.

IN MEMORIAM

RAVS extends heartfelt condolences to **Debi Holt**, whose wife Kathy Krenzer passed away on January 13, 2025. Kathy was a retired teacher; beloved coach, mentor, and friend; and avid birder, hiker, and lover of the outdoors. RAVS sends love to Kathy's large family and equally large circle of friends, former students, and colleagues. She will be missed. ♦

MEMBERSHIP UPDATE: We thank the following:

New Members: Benjamin Drexler, Sherry Gilchrist (Newsletter Only), Katie Malarkey and family (Contributing Level), Madeleine Pingitore, Donna Prince.

Membership Renewals: Juanita Ball (2-year renewal), Honey Bloch (Contributing Level), Susan Brassett (Contributing Level), Don Burns, Justine Cipura, Paul Clark, Iracema Collaço, Katherine DaCosta and family (Sustaining Level, 2-year renewal), Jane Dorsey, FNP (Sustaining Level), Meredith Drake (Contributing Level), Lorri Goergen, Kimber Gorall (Patron Level), John D. Griffith, Lyn Hamilton, David Harrison, Sarah Keenan (Patron Level), Amy Kotlarz-Knapp (2-year renewal), Susie & Bill Labine, Audry Liao, Betty (BJ) Mann, Heather McIntyre, Liz Munoz, MD, Sherrill Olivas & Norm Sacks, Donna & Harry Patrick, Jessica & Jon and Kairi Perez, Robert Salerno (Patron Level), Barbara Savedoff (Contributing Level), Carol Schleigh, Deb Scott, Yardena & Yonathan Shapir (Sustaining Level), Nina Sikand, Meredith Smith, Abby Stern & David Stern, MD (Contributing Level), Lawrence Taplin (Patron Level), Marilyn & Jeff Thaler (Patron Level), Jennifer Vilenski, Jeff Vincent, Mark G. Zawacki.

Thank you to Carol Ann Britt for a generous donation.

This report reflects dues received through approximately 2/1/25. 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. 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>

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](#).

OPTIMUM NUTRIENT RECOMMENDATIONS

From Dr. Michael Greger's [NutritionFacts.org](https://nutritionfacts.org)

<https://nutritionfacts.org/optimum-nutrient-recommendations/>

Vitamin B12 Recommendations

At least 2,000 mcg (µg) cyanocobalamin once each week, ideally as a chewable, sublingual, or liquid supplement taken on an empty stomach; or at least 50 mcg daily of supplemental cyanocobalamin (you needn't worry about taking too much) or servings of B12-fortified foods three times a day (at each meal), each containing at least 190% of the Daily Value listed on the nutrition facts label (based on the new labeling that started January 1, 2020—the target is 4.5 mcg three times a day).

Those over 65 years of age should take at least 1,000 mcg (µg) cyanocobalamin every day.

Tip: If experiencing deficiency symptoms, the best test is a urine MMA (not serum B12 level).

Vitamin D Recommendations

Depends on latitude. Note: Rochester, NY is at latitude 43.15.

Between latitude 40 degrees and 50 degrees, these are the recommendations:

From March through October:

15-30 minutes of midday sun (15 for those with lighter skin; 30 for those with darker skin) or 2,000 IU supplemental vitamin D

From November through February:

2,000 IU supplemental vitamin D

Calcium

At least 600 mg daily via calcium-rich plant foods—preferably low-oxalate dark green leafy vegetables, which includes all greens except spinach, chard, and beet greens (all very healthy foods, but not good calcium sources due to their oxalate content).

Omega-3 Fatty Acids

Consider 250 mg daily of pollutant free (yeast- or algae-derived) long-chain omega-3's (EPA/DHA).

Iron

All menstruating women should increase their absorption by combining foods rich in iron and vitamin C at meals and should get checked for iron-deficiency anemia every few years. Men should be checked for an iron overload disease before any attempt to increase intake.

Iodine

For those who don't eat seaweed or use iodized salt, a 150 mcg daily supplement.

The sea vegetable hijiki (hiziki) should not be eaten due to high arsenic levels.

Kelp should be avoided as it tends to have too much iodine.

Selenium

Northern Europeans may need to take a supplement. ♦

RLMI's 15-DAY JUMPSTART

Since 2018, over 2500 participants from 44 states and 9 foreign countries, including Canada, Mexico, and the UK, have taken [Jumpstart](#). Given on Zoom. Most participants achieve substantial improvement in cholesterol, blood sugar, blood pressure, and weight, and they report greater well-being and better quality of life. [RLMI's peer-reviewed study](#) demonstrating the power of this short lifestyle intervention appeared in the *American Journal of Lifestyle Medicine* in 2021.

To make Jumpstart accessible to more people, RLMI has made two recent changes.

RLMI has designed **Jumpstart On-Demand**, which allows the participant to choose the date and time of starting the program, and to get Jumpstart learning and support without attending Zoom meetings. Jumpstart On-Demand allows those who want to try a plant-based diet to experience the full benefit of the Jumpstart program on their own schedule.

To help address the cost barrier which keeps some people from taking Jumpstart who otherwise would like to, RLMI has a new **Pay It Forward** system which offers pricing as low as \$99, and asks others to pay the regular price of \$299, or even a higher price, to help those who are financially struggling to have the opportunity for a healthier life.



PLANT-BASED RECIPES!

HOPPIN' JOHN BOWL WITH RED HOT TAHINI

(adapted from Isa Chandra Moskowitz, theppk.com)

This is a New Year's dish, but you don't have to wait that long. It also doesn't have to be "red hot" unless you want it to be!

For the Hoppin' John:

1 1/2 cups dried black-eyed peas, soaked in water overnight
3 bay leaves
1 tsp liquid smoke
1/2 tsp salt

For the Tomato Parsley Salad:

2 cups diced tomatoes
1/3 cup finely chopped parsley
1 cup finely sliced green onion
1-2 celery stalks, finely chopped (optional)
2 tablespoons red wine vinegar
Several dashes fresh black pepper
Dash salt

Also:

Brown Rice (recipe next col.)
1 pound steamed greens, such as Tuscan/lacinato/"dinosaur" kale

To Make the Hoppin' John:

Drain the soaked beans, and place them in a 4 quart pot. Submerge in water, with water coming about 2 inches above the beans. Add bay leaves and liquid smoke. Cover and bring to a boil. Once boiling, bring the heat down low, and let simmer for about 20 minutes. Check often so that they don't overcook. When beans are still firm, turn the heat off and uncover. They will continue to cook in the hot water, so turning the heat off ensures that they don't overcook. Add the salt.

To Make the Tomato Parsley Salad:

Toss all ingredients together in a medium mixing bowl. Taste for pepper and vinegar.

To Assemble: Place greens and rice side by side in a large bowl. Top with black-eyed peas. Drizzle with Red Hot Tahini and top with the tomato salad. Serve immediately and prosper!

BROWN RICE

1 cup brown rice
2 cups water

In a large pot, bring the rice and water to a boil; lower the heat to "Low," cover, and cook about 45 minutes. (If you have an electric stove, cover partially until temperature lowers, then completely cover pot.) At the end of the cooking time, if the rice sticks to the pan, take the pot off the heat, add 1/2 cup water, and cover. In a few minutes, the rice will spoon easily from the bottom of the pan. You can cook 1 1/2 cups of rice with 3 cups of water to make a larger batch.

RED HOT TAHINI

1/2 cup tahini
1/3 cup Louisiana Hot Sauce (like Frank's Red Hot), or a lot less to taste
1/4 cup water (plus more as needed)
2 tbsp lemon juice or light vinegar or a mix
2 tablespoons nutritional yeast
1 clove garlic

Blend everything; if you add the water gradually, you can whisk by hand. Add more water to thin as needed. Taste for salt and spiciness.

JERK VEGETABLE SKILLET (Caribbean) (adapted from Robin Robertson)

Chop or cube a variety of vegetables in sizes so that they will all cook at approximately the same rate. Suggested vegetables are: bell peppers (any or mixed colors), zucchini, red onion, grape tomatoes, green beans, cauliflower, and broccoli. If you use root vegetables like carrots or potatoes, you might want to parboil

them first, or maybe dice them and start cooking them 5 minutes before the other vegetables.

Braise/steam the veggies in sherry or other liquid, switching to water whenever you wish. Beer, even leftover flat beer, is a good liquid to steam the veggies in.

When the veggies are nearly tender, add a meaty ingredient like chopped seitan, tofu or tempeh; you could also use beans. If you use 1/2 a package of seitan, tofu, or tempeh, freeze the rest to use another time. If you use tempeh, first give it the Tempeh Treatment (p. 6).

When the vegetables are tender, remove from heat. Add some of the Jerk Sauce to the veggies and stir to coat them evenly. Serve with Brown Rice (this page) or potatoes (if there are no potatoes in the vegetable mix), with extra sauce at the table.

JERK SAUCE

2 to 3 scallions, sliced, white and green parts
1/2 bunch cilantro, rinsed and chopped
1 clove garlic
Fresh ginger (1/2 inch, finely chopped)
2 tbsp soy sauce or liquid aminos
1 tbsp cider vinegar or other light vinegar
Juice of 1 lime
Juice of 1/2 orange (optional)
1/2 tsp allspice (if available)
1/2 tsp dried oregano
1/2 tsp dried thyme
1/4 tsp ground cumin
4 to 6 tbsp tahini plus some water
1 jalapeño pepper or less, minced (highly optional; use only if you like "heat")

Combine all ingredients in a food processor or blender and set aside. Editor's Note: Jerk sauce is usually spicy-hot. Instead it can be deliciously fresh and green, but serve with hot sauce at the table, for those who want heat.

MORE PB RECIPES

GODDESS NOODLES WITH TEMPEH AND BROCCOLI

(influenced by Robin Robertson, and Megan Sadd, *30-Minute Vegan Dinners*)

One head of broccoli
 8 oz tempeh
 One red bell pepper (or other color), seeded and sliced
 2 scallions, white and green parts, sliced
 2 cloves garlic, minced
 1/2 to 1 inch fresh ginger, minced
 One batch Goddess Sauce
 8 oz brown rice noodles or other whole grain pasta (fettuccine or linguine/noodle-shaped is preferred; no egg or egg whites)

This dish has 5 “pieces” to assemble at the end.

Broccoli piece:

Chop 45 minutes before steaming to maximize nutrition. Steam to desired doneness but should still be bright green. Or, sauté with the red bell pepper.

Bell pepper piece:

In a small saucepan, briefly braise the pepper, scallions, garlic, and ginger in sherry, white wine, or water. The red bell pepper (or other colored pepper) should still be bright.

Tempeh piece:

See Tempeh Treatment (next column)

Sauce piece:

One batch Goddess Sauce

Noodle piece:

Cook noodles according to package directions.

Assemble all the “pieces.”

GODDESS SAUCE

1/2 cup tahini
 1/2 cup warm water
 3 tbsp lemon juice
 1/2 tsp salt
 1 tbsp nutritional yeast
 1 clove garlic, minced
 1 tsp toasted sesame oil (optional)

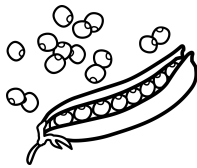
Whisk together all ingredients by hand.

TEMPEH TREATMENT

One 8-oz package tempeh plus 1 cup water and 1 tbsp each soy sauce and mirin (sweet rice wine) or rice vinegar (in Asian aisle or with vinegars).*

In a saucepan, gently simmer the tempeh in the liquid until it’s absorbed (about 20 minutes). Watch carefully so tempeh does not burn.

*For the Goddess Noodles recipe only, add 1 tbsp blackstrap molasses, preferably organic, to the steaming liquid. The result after cooking should be that the tempeh is “dark and sticky.”



BROCCOLI SOBA WITH PEANUT PUMPKIN SAUCE

(adapted from Beverly Lynn Bennett)

8 oz package of soba noodles
 3 cups or more of broccoli florets
 One batch Peanut Pumpkin Sauce
 Chopped peanuts for serving (optional)

Cook soba noodles according to package directions and drain in colander when done. In a separate pot, steam the broccoli to desired

doneness, about 5-6 minutes, preferably leaving it still bright green.

Toss the drained noodles with the sauce, then add the broccoli florets, reserving a few, and toss again. Decorate the top of the pasta with the remaining broccoli florets. Garnish with chopped peanuts, if desired, or serve them at the table.

VARIATION: Add red bell pepper strips. They can be added for the last couple of minutes that you steam the broccoli.

Soba noodles are delicious buckwheat-based noodles. You can substitute another noodle if you wish, but soba makes this dish special.

Whether or not you add hot sesame oil to the sauce (recipe below), this dish is very good with a little hot sauce.

PEANUT PUMPKIN SAUCE OR SPREAD

1/2 cup water (more as needed)
 1/3 cup natural, salt-free peanut butter
 1/2 cup canned or cooked pumpkin or winter squash (plain pumpkin, not with pie spice)*
 2 tbsp soy sauce or liquid aminos
 2 tbsp rice vinegar or cider vinegar
 1/8 tsp hot pepper sesame oil (optional)

Blend the sauce ingredients in a food processor until smooth and creamy. This sauce is also great on tofu or tempeh, grains and/or steamed veggies, or as a dip with crackers and crudités.

*Editor’s Note: If you only use part of a can, spoon the rest into a freezer-safe container, and freeze it for the next time you want to make this dish. ♦

IN THE NEWS

PLANT-BASED DIET AND BREAST CANCER: Tom Campbell, MD, Erin Campbell, MD, MPH, and others conducted a study on plant-based diet in a group of women with metastatic breast cancer. Eating plant-based had a beneficial effect on the women's weight, hormonal balance, and cardiac risk factors, and they enjoyed it! There was also improvement in their cancer progression markers but that change was not statistically significant. The study was published in *Breast Cancer Research and Treatment* in June 2024.

PLANT-BASED DIET AND DIABETES "Acute changes in insulin requirements in response to plant-based dietary interventions" is the title of a study done by the Campbells and other colleagues, published in *Annals of Family Medicine* in November 2024. The study found that whole-food plant-based (WFPB) diet can result in significant, rapid changes in insulin requirements, insulin sensitivity, and related markers in individuals with insulin-treated type 2

diabetes, with larger dietary changes producing larger benefits. WFPB diet worked better at restoring insulin sensitivity than the DASH diet, which is commonly considered healthful but includes "lean protein" (meat without visible fat) and low-fat dairy.

VEGAN DIETS PROTECT AGAINST HEART DISEASE According to a review published in the *American Journal of Preventive Cardiology* in 2024 (Landry M et al.), vegan and vegetarian diets are associated with significantly lower risk of developing cardiovascular disease or dying of it. A vegan diet was also associated with improvement in cardiovascular disease risk factors, including blood pressure, cholesterol, and BMI. From Physicians Committee for Responsible Medicine (PCRM)'s *Good Medicine*, Winter 2025.

GOING VEGAN COSTS LESS According to research by PCRM published in *JAMA Network Open*, a low-fat vegan diet cuts food costs by \$1.80 per day or about \$650 per year. *Good Medicine*, Winter 2025.

SOY MILK BEATS COW'S MILK FOR HEART HEALTH A meta-analysis of 17 clinical trials found that replacing 2 cups of cow's milk with 2 cups of soy milk significantly lowered LDL (bad cholesterol), blood pressure, and C-reactive protein, a marker of inflammation. Erlich MN, *BMC Med.* 2024; *Good Medicine*, Winter 2025.

WALNUTS LOWER CHOLESTEROL The #1 protein food to eat to help lower cholesterol is walnuts. One study found that eating 1-2 oz of walnuts daily for 2 years lowered total cholesterol and LDL (bad cholesterol) by 4% (Rajaram S, *Circulation* 2021). Walnuts are naturally high in fat, but low in saturated fat (which raises cholesterol); they are high in fiber which tends to reduce cholesterol levels; they are loaded with antioxidants and they support gut health. eatingwell.com



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)

- **February 13, 2025** (Thurs.) **6:30 PM FREE Jumpstart Info Session** on Zoom. Sign up [here](#).
- **February 24, 2025** (Mon.) **6:00 - 7:30 PM Zoom Cooking Class** with **Bubbie Staron** on **Food for Fitness**
- **February 27, 2025** (Thurs.) **Last day to register for 15-Day WFPB Jumpstart; Orientation Thurs. February 27 at 6:30 PM. Day One on March 2, 2025 (Sun.) 1:00-3:00 PM** (runs Sun.-Sun.) **Zoom-based program** w/ medical facilitation, cooking class, virtual potluck. New sliding scale “Pay It Forward” fee structure. Sign up [here](#). Professional education/CME **credit available** for health care practitioners.
- **February 27, 2025** (Thurs.) **6:00 - 7:30 PM Zoom Cooking Class** with **Danielle Medina** on **Cozy Winter Comforts: Nourishing Plant-Based Recipes**
- **March 11, 2025** (Tues.) **7:30 PM Zoom Lifestyle as Medicine Lecture** with **Melissa Sundermann, DO** on **Optimizing Brain Health with Lifestyle Medicine**
- **March 16, 2025** (3rd Sunday)* **RAVS Meeting** (live in-person): **5:30 PM Vegan Potluck, 7:00 PM Program** with **Pearl Brunt** on **How to Be a Persuasive Vegan**
- **April 27, 2025** (4th Sunday to avoid Easter)* **RAVS Meeting** (live in-person): **5:30 PM Vegan Potluck, 7:00 PM Program** with **Milton R. Mills, MD** on **What are Normal Lab Values for Vegans?**
- **May 18, 2025** (3rd Sunday)* **RAVS Meeting** (live in-person): **5:30 PM Vegan Potluck, 7:00 PM Program** with **Zachary Burns, DO** on **Plant-Based Nutrition for Social Justice**

*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