

Our 36th 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 FIRST

by Carol Hee Barnett

"Vegan First: How Hard Is That?" is the title of a climatehealers.org blog post dated January 20, 2025.

Vegans have long been aware that the most powerful thing you can do to save the planet is to go vegan and to work towards the widespread adoption of veganism. In fact, in his book *Food Is Climate* (2021), Glen Merzer makes the point that we can't solve the climate crisis without making this dietary change; and if we make this dietary change, the other measures will fall into place.

Sailesh Rao makes a similar point in this blog post while presenting a fact that was new to me: fossil fuels, while they heat the planet, also release gases which have a cooling effect. For this reason, Dr. Rao argues, we should advance most vigorously on the dietary front and then, more gradually, transition away from fossil fuels. (It's my observation that these things always take longer than you want, but according to Dr. Rao that's not bad in this one area.)

Dr. Rao cites a Newsweek article giving what he considers a low estimate of the amount of greenhouse gases generated by animal agriculture. He is skeptical both on the basis of the author's credentials (a graduate student) and the inherent bias of the expert used as a source of facts (the US Dept. of Agriculture, headed at the time by Tom Vilsack, a former dairy lobbyist). Dr. Rao quotes Daniel Patrick Moynihan who famously said, "Everyone is entitled to their own opinion, but not to their own facts." Rao says "History is unlikely to be kind to all those who are conspiring to suppress the fact that animal agriculture is the leading cause of climate change."

Dr. Rao reminds us that in 2009, scientists at the Worldwatch Institute revised the already grim figures in the 2006 United Nations Report, "Livestock's Long Shadow." The 2006 report stated that animal agriculture was responsible for 18% of emissions, more than all forms of transportation combined (13%). Rao writes:

"Back in 2009, Goodland and Anhang had estimated that animal agriculture is responsible for at least 51% of greenhouse gas emissions annually. They arrived at this estimate by correcting miscounted emissions in the UN Food and Agriculture Organization (FAO)'s 2006 Livestock Long Shadow report and including uncounted emissions of the animal agriculture sector.

Coincidentally, Gerard Wedderburn-Bishop has now shown that animal agriculture has caused 1.32 W/m² or 51% of the anthropogenic global warming of 2.6 W/m² from 1750 to 2020.

In contrast, fossil fuels and industry have caused just 0.64 W/m² or 25% of this global warming. This is mainly because fossil fuel combustion also results in the emissions of cooling gases such as sulphur dioxide (SO₂), which have contributed 1.27 W/m² of global surface cooling from 1750 to 2020. If we eliminate fossil fuel combustion precipitously, then that will increase anthropogenic global warming by nearly 50%, from 2.6 W/m² to 3.87 W/m² in a matter of weeks, since these cooling gases have a half-life of a few hours to 3 weeks in the atmosphere.

Therefore, the safest way to address climate change is for the world to urgently go Vegan first and then take a nuanced approach to reducing fossil fuel combustion over the next 2-3 decades, as we showed in the Climate Bathtub model."

Dr. Rao is disappointed that many mainstream environmental groups like the Climate Reality Project, 350.org (Bill McKibben), and Union of Concerned Scientists don't know the importance of eliminating animal agriculture or won't express it. It may be as we learned in the film "Cowspiracy": these organizations are reluctant to suggest a dietary change that they think people will dislike. All the more reason for those of us in the vegan movement to step up our advocacy of delicious plant-based living. ♦

Rochester Area Vegan Society

Coordinators:

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

Board of Directors:

Shelley Adams	Deb Kiba
Carol Hee Barnett	Byron Rubin
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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
(two years \$35)
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

the quietness
only one frog comes out for it
morning rain

steady mist
the red quince blossoms
center the day

brighter
than my thoughts
the morning stars

VEGAN SOCIETY UPDATE

by Carol Hee Barnett

MEETINGS: In March, **Pearl Brunt** spoke about how to be a persuasive vegan. In April, **Milton Mills, MD** spoke on the natural diet for humans (100% plants) and its bearing on how we interpret clinical lab results.

In May we will hear from **Zachary Burns, DO**, who works with Dr. Michael Klaper on the mission of bringing plant-based information to medical students. Dr. Burns will talk about how plant-based diet promotes social justice. We'll have a large number of **books for sale** at that meeting, so bring cash or checks; we also take Venmo.

July will bring our summer picnic and August brings **Rochester VegFest**: see calendar page 8 for details.

OUTREACH:

RAVS Coordinator **Ted Barnett, MD** taught plant-based nutrition as part of the teacher training program at Grounded by Yoga in Bloomfield on March 22; and he gave a presentation on Diet and Environment at Brighton Library on March 31 as part of Color Brighton Green. **Carol Barnett** helped welcome guests and answer questions. Carol also tabled at the Nazareth University annual Health Fair on April 1, and at a Wellness Fair for Highland Hospital employees on May 9.

Plan to attend ROCHESTER VEGFEST VegFest will take place on **Sunday August 24, 10 AM - 4 PM** at Parcel 5 in downtown Rochester. Attractions include Adam Durand, Drs. Erin and Tom Campbell (one or both),

Dr. Jim Loomis ("the Doc and Chef"), a panel of vegan entrepreneurs, and musical artist ROB.DOE. There will be cooking demos by the Doc and Chef, SweetPea Plant-Based, and Anthony Miller; as well as vegan food items to purchase from many participating vendors. Don't miss it! 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 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); a lecture series; coaching; and a monthly alumni group meeting. Recently, RLMI's groundbreaking [Lifestyle Medicine Grand Rounds](#) was opened to the public. Other new developments include **Jumpstart On-Demand** (start when you want); new **WFPB Support Group** open to all Pale Blue Dot Community (PBDC) subscribers; and Office Hours/Q&A with the RLMI team including Dr. Barnett ("Dr Veggie"), also open to all subscribers. Go to roclifemed.org for details. PBDC has a one-month free trial.

VEGAN PARMESAN! Find **Panacheeza**, made with just 5 ingredients (cashews, nutritional yeast, garlic powder, Himalayan sea salt, and apple cider vinegar powder) at Abundance Coop, 571 South Avenue, and at Whole Foods Market.♦

ALL-VEGAN

B+Healthy Fresh Food Market, 442 Genesee St. Roch NY 14611 (664-9639); 14 Franklin St., Rochester, NY 14604 (270-5499) Mon - Fri 6am - 7pm, Sat 8am - 6pm. Smoothies, juices and veggie wraps. Hours may vary with location.

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](#).

MEMBERSHIP UPDATE: We thank the following:

New Members: Heidi Beutler, Blanca Lapizco Encinas (Contributing Level), Graham Home (Contributing Level), Julia Kimmel, Melinda Knapp, Betty Redifer & Daniel Greifenberger.

Membership Renewals: Donna & Dan Barski, Peggy Cagle (Patron Level), Vernon Cain (Patron Level), Margie Campaigne, Ellie Cherin (Patron Level), Katie & Matt Comeau (Patron Level), Sue Czapranski, Denise & Brian Eshenaur, Jeff Feldman (Patron Level), Phyllis Fleischman, Nancy Fox, Basya (Bess) & Kevin Herbert, Deborah & Peter James (Contributing Level), Nancy Hallowell, Pat Hysert, Diane & Mark Kaminski, Deb Kiba, Tina Kolberg (2-year renewal), Pat and Robert Kraus, Gerry & Tim Miner (Contributing Level), Joanne Mitchell, Margaret Odhner, NP & Daryl Odhner, Linda Pulhamus, Russell Roberts, Ron Schneider (2-year renewal), Deb Scott, Kathy & Kevin Skerrett (Contributing Level), Susan Stoll, Rodney Allen Young (Sustaining Level), Evelyn Zyla.

This report reflects dues received through approximately 5/1/25. Thank you for your participation and support!♦

OPTIMIZING BRAIN HEALTH

Melissa Sundermann, DO (who says the DO stands for “Doctor Outdoors”) gave the Lifestyle as Medicine lecture on Tuesday 3/11/25, on “**Optimizing Brain Health with Lifestyle Medicine.**”

Dr. Sundermann started out with some sobering facts: Six of 10 Americans have chronic disease, four in 10 have 2 or more chronic diseases. Some 38% will get cancer during their lifetime, 1 in 2 have heart disease, 1 in 2 have pre-diabetes or diabetes. 72% are overweight or obese. The US spends \$4.3 trillion annually on health care, 90% of which is used to treat chronic disease. 70% of deaths are from preventable causes. 90% of type 2 diabetes, 80-90% of heart disease and 40 to 70% of cancer is preventable.

Regarding brain health, 6.5 million adults in the US have dementia; 1/3 of them are 85 or above. Dementia increased by 145% from 2000 to 2019. By 2050 it is estimated that 13.8 million Americans will have dementia.

There are five brain-healthy lifestyle factors:

- High-quality plant-predominant diet
- Physical activity
- Cognitive activity
- Not smoking
- Light to moderate alcohol consumption (or none)

Those who have 2 or 3 of these factors have a 37% lower risk of dementia. Those with 4-5 have 60% lower risk.

Nutrition

The US average is only 12.5% of the diet from unrefined plant food (should be at least 50%). But whole plant food nourishes the gut microbiome where 70% of the immune system resides, and where 90% of the serotonin and 50% of the dopamine is produced. Fiber is the key to health, and while average daily consumption is 15 grams, we need between 35-40 grams daily for good health.

Is soy risky to reproductive health? To the contrary. Regular consumption reduces the risk of breast cancer, the risk of recurrence of breast cancer, and the risk of prostate cancer, all by about 30%.

A 2015 [study](#) by Morris et al. in *Alzheimer's & Dementia* showed that strict adherence to the MIND diet (“plant-forward” but not completely plant-based) resulted in 53% lower risk of dementia, while moderate adherence resulted in 35% lower risk. The 2024 Ornish dementia [study](#) put 51 subjects on a plant-based diet with other positive lifestyle factors: they showed significant improvement in 3 cognitive tests.

During the Q&A Dr. Sundermann pointed out that Alzheimer’s Disease is sometimes referred to as type 3 diabetes, as both diseases have the same risk factors and both are inflammatory diseases.

Exercise

The CDC recommends 150 minutes of moderate intensity exercise every week. Exercise improves mood; it increases

confidence, connections between nerves and neuroplasticity as well as increasing BDNF or brain derived neurotropic factor which is, as Dr. Sundermann put it, “Miracle Grow for your brain.”

Sleep

Sleep is important for energy restoration, memory consolidation, maintenance of brain connectivity, and waste clearance. There is a negative association of sleep duration with incidence of dementia: one study showed that adults aged 50-60 who persistently get less than 6 hours of sleep have up to 30% increase in risk of dementia —so make sleep a priority!

Alcohol, Stress, Social Connection

Dr. Sundermann said flatly that there is no level of alcohol consumption that does not increase the risk of dementia. Loneliness increases all-cause mortality and can be the equivalent in damage to health of smoking 15 cigarettes a day; it’s associated with about a 25% increase in risk of dementia. Greater social engagement results in more robust gray matter!

Nature and Fresh Air

Hippocrates said “The physician treats but nature heals.” A 2022 [JAMA article](#) found that exposure to green space was associated with reduced risk of neurodegenerative disease. Forest bathing or any kind of immersion in greenery increases natural killer cell activity!

What’s good for the brain, including whole-food plant-based diet, is good for overall health! ♦

PLANT-BASED RECIPES!

These recipes are taken from “11 Brain-Boosting Vegan Recipes” at plantbasednews.org.

MUSHROOM AND WALNUT RAGU

Ingredients:

- 1 onion peeled and cut in large chunks
- 1 carrot peeled and cut in large chunks
- 2 garlic cloves peeled
- 1 1/4 cup chopped mushrooms
- 1/2 cup walnuts
- 2 tbsp of olive oil or 1/4 cup sherry, white wine or water
- Salt and pepper
- 1 tsp miso
- 1 tsp tomato paste
- 1-2 bay leaves
- 1/2 cup tomato passata
- 1 tbsp soy sauce
- 1 tbsp oregano
- 1/3 tsp chili flakes (optional)
- 1/2 tsp garlic granules
- 1 1/2 cup veggie stock
- Fresh parsley

Instructions:

In a food processor, add the onion and carrot chunks and the garlic cloves and blitz for few seconds, then set aside the mixture.

Then blitz the mushrooms and set them aside in a separate bowl. Then blitz the walnuts and set aside too.

In a pan, add the olive oil or sherry, and the onion-carrot mixture with a pinch of salt and sauté for few minutes. Then add the minced mushrooms, and sauté until all the water of the mushrooms has been evaporated.

Then add the walnuts, and sauté for a minute or two, before you add the tomato and miso paste, all the spices, and sauté for 1-2 minutes.

Then add the tomato passata and soy sauce, stir through; add the veggie stock, lower the heat and simmer for 15-20 minutes, stirring occasionally.

Serve with

- Pasta
- Grated plant-based cheese (optional)

**Editor's Note:* Passata is an uncooked tomato purée that has been strained of seeds and skins. Passata can be found jarred or in an aseptic package. Pomi is a well-known imported brand, but you can also find others, including store brands.

Use passata if you can find it, but you can use any kind of canned tomatoes (such as crushed or purée) or fresh cooked tomatoes, as long as you have the right volume and amount of liquid. The end result will be somewhat different but still delicious.

From giadzy.com: “The uncooked nature of [passata] gives it a fresh, vibrant flavor.”

IKARIAN LONGEVITY STEW

Ingredients:

- 2 onions
- 3 cloves of garlic
- 2 carrots
- 2 leeks, carefully cleaned*
- 1 1/2 to 2 cups chopped broccoli
- 1 1/2 cups kale
- 1 can black beans
- 1 can chickpeas
- 1 can cooked lentils
- 2½ quarts vegetable stock
- 1/3 to 1/2 cup dry whole-grain pasta such as fusilli
- 1 24-oz container of tomato passata** or two 14.5 oz cans of chopped tomatoes
- 1/2 cup tomato purée***
- 2 tbsp tamari or soy sauce
- Salt to taste
- ½ tsp black pepper
- Chili flakes to taste (optional)

Instructions:

Prepare your vegetables

- Peel and finely dice the onions and garlic. Slice the carrots and cut the leeks into thin rounds. Cut the broccoli into small florets and finely

chop the stalk, making sure to use it as well. Separate the kale leaves from the stalks, and finely chop both leaves and stalks. Drain and rinse the black beans, chickpeas and lentils.

Sauté the onions

- In a large pot over a high heat, add the diced onions. Cook for 3-4 minutes, stirring regularly. If they begin to stick, add 2 tablespoons of water or vegetable stock to deglaze the pot.

Cook and sweat the vegetables

- Add the leeks, carrots, broccoli, kale stalks and a generous pinch of salt to the pot. Cook for 2 minutes, stirring regularly.
- Add 1/4 cup of vegetable stock, cover with a lid, reduce the heat to low-medium and let the vegetables sweat for about 10 minutes, stirring occasionally.

Add the remaining ingredients

- To the pot, add the black beans, chickpeas, lentils, pasta, tomato passata, tomato purée, tamari, the rest of the vegetable stock and the kale leaves. Stir to combine. With the lid on, bring the stew to a boil. Then reduce the heat to low and let it simmer for 10 minutes. Stir occasionally.

Taste and season

- After simmering, taste the stew and adjust the seasoning with salt and black pepper. If you prefer a spicier stew, add some chili flakes to your liking.

Editor's Notes:

*Use the white and light green parts of the leek. The dark green parts can be used later to make vegetable stock.
**See Note to previous recipe re passata.

***Rather than open a whole can of another tomato product, you probably can leave out the purée, and add more tomatoes or liquid as needed.

MORE PB RECIPES

Recipes by two of our favorite cookbook authors!

SPICY TEMPEH AND BROCCOLI RABE WITH ROTELLE (Isa Chandra Moskowitz, *Veganomicon*) (adapted)

3/4 lb pasta, rotelle or similar shape
8 oz. tempeh, cubed*
Bunch of broccoli rabe (also known as broccoli raab, rape, or rapini)

To cook the tempeh: 1/2 cup vegetable broth, 1 tbsp soy sauce, 1 tbsp tomato paste, 1 tbsp fennel seeds (crushed or ground), red pepper flakes, 1 tsp oregano, minced garlic, 1 tsp red wine vinegar

To cook the broccoli rabe: 2 tbsp sherry or white wine, minced garlic and onion, 1/4 cup white wine or veg broth, 2 tsp red wine vinegar or balsamic vinegar, 1/4 tsp salt, ground pepper

Braise the tempeh in 1/2 cup or so veg broth whisked with those other ingredients; cook it until it has absorbed the liquid, watching it carefully so it does not run out of liquid and burn. Separately, cook the pasta; and in another pan, sauté the onion and garlic in 2 tbsp of sherry or white wine, then add the broth or more wine (or use water) and the vinegar and sauté/steam the broccoli rabe in that mixture until it is done. Toss together the three parts: the pasta, tempeh, and broccoli.

*Editor's Note: The recipe calls for 15 oz. tempeh, which I think is too much; besides, most tempeh comes in 8 oz packages.



CLASSIC VEGAN CAESAR WITH AVOCADO AND CHICKPEAS (I. C. Moskowitz, theppk.com)

For the Dressing:

1/4 cup tahini
1/4 cup water (more for thinning)
2 tsp fresh grated garlic (see note)
2 tbsp nutritional yeast flakes
2 tsp dijon mustard
1/4 teaspoon salt

For the Salad:

8 oz romaine (2 hearts), chopped
Handful of baby arugula
15 oz can chickpeas, rinsed/drained (about 1 1/2 cups)
1 avocado, diced
Fresh black pepper to taste

Stir together the dressing ingredients in a small bowl, or a coffee mug. Use a fork to blend smooth. Add additional tablespoons of water to thin, as needed. Taste for salt and seasoning. It should be slightly salty, because the saltiness will subside when you dress the salad.

In a large mixing bowl, toss the greens with the dressing. Add the avocado and chickpeas. Serve with fresh black pepper sprinkled on top.



GARLIC CAESAR DRESSING (Robin Robertson, *How Not to Die Cookbook*)

2 garlic cloves, crushed
2 tbsp nutritional yeast
1 tbsp almond butter
1 tbsp blended peeled lemon
1 tbsp white miso paste
1 tbsp minced fresh parsley
1 tsp stone-ground mustard or Dijon mustard
1/4 tsp ground turmeric
1 tsp Savory Spice blend (recipe follows)

SAVORY SPICE BLEND (Robin Robertson)

2 tbsp nutritional yeast
1 tbsp onion powder
1 tbsp each dried basil and dried parsley
2 tsp dried thyme
2 tsp garlic powder
2 tsp dried mustard (mustard powder)
2 tsp paprika
1/2 tsp ground turmeric
1/2 tsp celery seeds

Combine all the ingredients in a spice grinder or blender to mix well and pulverize the dried herbs and spices. Transfer to shaker bottle or jar with tight-fitting lid. Store in a cool, dry place.

ARTICHOKE-SUNFLOWER SPREAD (adapted from Robin Robertson, *Vegan Planet*) Makes about 1 1/2 cups.

1/2 cup hulled raw sunflower seeds
One 9-oz package frozen artichoke hearts, cooked and drained, or one can artichoke hearts, drained (reserve can liquid*)
2 garlic cloves, peeled
1 tsp minced fresh oregano or 1/4 tsp dried
Tabasco sauce (optional) and no more than 1 tsp salt

Soak the sunflower seeds in warm water to cover, for several hours or overnight. Drain the sunflower seeds, then process in a food processor until smooth. Add the artichoke hearts and garlic, and process until minced. Add the oregano, and Tabasco and salt to taste, and process until well blended. Serve at once or refrigerate until ready to serve. Best eaten the day it is made. This flavorful spread can be used on crackers, with warm pita bread, or to top crostini. ♦

BONUS RECIPE!

PASTA W/ SUN-DRIED TOMATOES AND ARTICHOKE HEARTS (April Potluck Recipe!)

1/2 cup sun-dried tomatoes,
reconstituted in 1/2 cup hot water
1/4 cup vegetable broth
1 medium onion, chopped
14 oz can artichoke hearts, drained
with liquid reserved*
1/2 cup white wine
Salt and pepper to taste
Fresh basil and oregano if available
12 oz pasta (farfalle or fusilli are
recommended) (can be gluten-free)
Olive oil (omit for WFPB)

Roughly chop the sun-dried tomatoes
when they are soft enough. In the
broth, sauté the onions till transparent.
Add the artichoke hearts, white wine,
and sun-dried tomatoes and warm
through. Cook the pasta *al dente*
according to package directions and
toss with the sauce, adding the fresh
herbs at the end if you have them.

*The artichoke can liquid is delicious.
Save for soup or stew; or use in place
of the broth and wine in this recipe.

IN THE NEWS

**VEGAN DIETS AND MUSCLE
MASS** A new study in the *Journal of
Nutrition* found that vegan diets are
just as good as omnivorous diets for
building muscle in older adults
(average age 72), and they result in
significant improvement in levels of
total cholesterol and LDL (bad)
cholesterol. PCRM's *Good Medicine*,
Spring 2025

EGGS AND HEART ATTACK RISK
Your pocketbook isn't the only place
you pay for eggs. A study in the
*Journal of the American Heart
Association* found that eating the
amount of cholesterol in 1/2 of a large
egg daily increased the risk of
myocardial infarction (heart attack) by
5%. *Good Medicine*, Spring 2025.

**VEGAN GUT MICROBIOME
CORRELATES W/ HEART HEALTH**
A recent study of 20,000 people found
that vegans and those who ate an
abundance of plants had microbiomes
that correlated with heart health, while
omnivores had microbiomes that

correlated with poor heart health.
Good Medicine, Spring 2025

PLANT FOOD REDUCES REFLUX
A recent study showed that plant foods
such as legumes, nuts and seeds were
associated with a lower risk of gastro-
esophageal reflux (GERD), while
animal-based foods were associated
with an increased risk. *Good Medicine*,
Spring 2025

**PLANT MILK: NEW KID ON THE
BLOCK!** Now you can get chia milk
with Benexia's Seeds of Wellness
Chia Milk. Benexia's micro-milling
process [preserves](#) the plant's original
nutritive value which is high in
healthy omega-3 fatty acids. Chia is a
drought-friendly plant which does not
require regular watering, a plus in our
current era of extreme and volatile
weather. [cooldown.com](#). Thanks to
Kimber Gorall for sharing this tip!♦



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 meetings and events of interest (Times are ET)

- **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.** Books for sale!
- **May 21, 2025 (Wed.) 6:30 PM FREE Jumpstart Info Session** on Zoom. Sign up [here](#).
- **June 4, 2025 (Wed.) Last day to register for 15-Day WFPB Jumpstart; Orientation June 4 (Wed.) at 6:30 PM. Day One on June 7, 2025 (Sat.) 1:00-3:00 PM (runs Sat.-Sat.) Zoom-based program w/ medical facilitation, virtual potluck, lessons and support.** Sign up [here](#). Professional education/**CME credit available** for health care practitioners.
- **June 7, 2025 (Sat.) 8-10 AM Bird Walk** at Hundred Acres Nature Park in Rush. Info and directions [here](#).
- **June 10, 2025 (Tues.) 7:30 PM By Zoom: Beyond Sustainability: Veganism is the Key to Healing the Planet** with **Sarina Farb** of **Born Vegan**. Ms. Farb is also an RLMI facilitator and creator! Sign up [here](#).
- **July 9-13, 2025 (Wed-Sun) Vegan Summerfest**, Johnstown, Pennsylvania. A combination conference and festival. Weekend package available. <https://summerfest.navs-online.org/>
- **July 20, 2025 (Sunday) 2:00 PM Summer Picnic** at the home of Kimber Gorall, 15 Peachtree Lane, Pittsford, NY 14534. **Live outdoor event!** Bring a **vegan** dish to pass, a place setting for yourself, and a folding chair if you have one. If rain is threatened, call 585 234-8750 after 10 AM, or go to rochesterveg.org to check on status of event.
- **August 24, 2025 (Sunday) 10 AM - 4 PM Rochester VegFest** at Parcel 5 in Rochester. Be there to enjoy vendors, nonprofits, speakers, vegan food, food demos & kid attractions! <https://rocvegfestny.org/>

*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