

American

Vegan

Ahimsa Lights the Way

Second Series: Volume 9 Number 3

WINTER 2010

Carol Githens talks to
**CHRISSIE
HYNDE**
Compassionate
Rocker

Carol: You became a vegetarian when you were 17. Did you know any other vegetarians at that time? What was your motivation? Do you think your sensitivity as an artist made you more empathetic towards the feelings of animals? How long have you been vegan?

Chrissie: When I first heard the word 'vegetarian'—that's all I had to know. If there's enough growing to eat then I can't justify killing and eating an animal.

Continued on page 6



Chrissie
Hynde

INSIDE:

- Cancer Prevention
- Dating Vegans
- Chef Tal Ronnen
- Vegan Bakery
- Optimum Nutrition
- Vegan Cheese
- Raw Foods
- Ginger Cat B&B
- School Lunches
- Climate Change
- Sea Shepherd

AHIMSA

THE COMPASSIONATE WAY

AHIMSA is a Sanskrit term meaning non-killing, non-injuring, non-harming.

AVS defines it in daily life as Dynamic Harmlessness, spelled out at right.

THE AMERICAN VEGAN SOCIETY is a nonprofit, non-sectarian, non-political, tax-exempt educational membership organization teaching a compassionate way of living by Ahimsa (see above) and Reverence for Life.

VEGANS—pronounced VEE-guns—live on products of the plant kingdom, so exclude flesh, fish, fowl, dairy products (animal milk, butter, cheese, yogurt, etc.), eggs, honey, animal gelatin and broths, all other items of animal origin.

VEGANISM ALSO EXCLUDES animal products such as leather, wool, fur, and silk, in clothing, upholstery, etc. Vegans usually try to avoid the less-than-obvious animal oils, secretions, etc., in many soaps, cosmetics, toiletries, household goods and other common commodities.

AN EDUCATIONAL CONVENTION is held each year, at Malaga or elsewhere.

INDIVIDUAL MEDICAL ADVICE is not given; AVS educates on ethical, ecological, aesthetic, healthful, economic aspects of vegan living in general.

KNOWLEDGE AND OPINIONS in articles (or books, tapes, etc., listed or reviewed in *American Vegan*) represent the views of the individual authors, not necessarily those of the society or *American Vegan*.

CONFIDENTIALITY: AVS' membership list is never rented or given out for commercial use or solicitations.

NO PAID ADVERTISING: any notices printed are for informational value to our readers, and unpaid.

ARTICLES or items may be submitted for possible publication.

AMERICAN VEGAN SOCIETY Since 1960

Founder: H. Jay Dinshah
AVS Council Members & Officers

- *Freya Dinshah, Malaga, NJ
—President/Treasurer/Editor
- Roshan Dinshah, Malaga NJ —1st Vice President
- *Rosemary O'Brien, Woodbridge NJ
—2nd Vice President/Secretary
- *Anne Dinshah, Wellington FL —Assistant Editor
- *Andy Mars, Los Angeles CA
Daniel J. Dinshah, Malaga NJ —Assistant Treasurer
- *Gabriel Figueroa, Austin TX—Assistant Editor
- *Council Website hosted by VegSource

ABSTINENCE from Animal Products
HARMLESSNESS with Reverence for Life
INTEGRITY of Thought, Word, and Deed
MASTERY over Oneself
SERVICE to Humanity, Nature, and Creation
ADVANCEMENT of Understanding and Truth

American Vegan

Volume 9, Number 3— Winter 2010

ISSN: 1536-3767 ©2010

Contents

Chrissie Hynde Interview	1, 6
Veganism: Purest Form of Animal Rights.....	3
Book Review: The Conscious Cook	4
Photographing Tal's Recipes @ VegiTerranean	5
Recipe: Twice-Baked Fingerling Potatoes	8
Dating Vegans: Meet Rusty and Kim	9
Recipes, Notices.....	10, 11
Michael Klaper, MD	12
Ginger Cat B&B	13
Brenda Bruner: Raw Foods.....	14
AVS 50th Anniversary.....	16
Book Reviews: Eating Animals.....	
Why We Love Dogs, Eat Pigs, & Wear Cows	16
New Books.....	17
Food for Life Classes.....	18
The Cancer Project.....	19
Cancer Project Recipes	20
Foods for Cancer Prevention	21
Pattycake Vegan Bakery	23
A New Vegan Cheese	25
Healthy Eating.....	26
Better Than Fish Oil	26
Optimum Nutrition Recommendations 2009...	26
Climate Change, School Lunches, Notices.....	27
Intervening to Defend Whales	28
Events & Conferences	30
AVS Membership/Subscription.....	31

Front Cover Photo: Mary McCartney
Back Cover Photo: Adam Lau/Sea Shepherd
Inside photos as credited, or by AVS
Assistant Editor and Graphics: Carolyn Githens
Technical Assistance: Scott Depew
Printed by GraphiColor Corporation, Vineland NJ

Request our Book & Video/DVD Catalog.
Order from AVS!

www.americanvegan.org

Sign on to E-Alert

Webmaster: Curt Hamre

Guest Editorial by M. “Butterflies” Katz (Vegan Poet)

VEGANISM: The Purest Form of Animal Rights Activism

One can't logically be for animal rights while paying someone to rape, enslave, and kill nonhuman animals. On a daily basis, non-vegans (including vegetarians) pay someone to do just that. For those who want to be animal rights activists—become vegan! Vegans actively protest the shocking behavior of humans towards other animals—24/7.

Some people claim to be vegan, but they “cheat”. Cows are exploited—enduring successive pregnancies, their calves taken away from them just after birth so people can collect the milk. “Cheating vegans” should consider this before they have a little cow-milk-cheese pizza. Living a vegan lifestyle is a moral statement—especially for those who are an inspiration to others. Some activists work to save the whales, while they contribute to the persecution of cows. People want to punish others for *their* “cruelty to animals”, while they are cruel to animals every day by consuming animal products. As members of an evolving human race, it's our obligation to change—in order to advance human consciousness.

It makes much more sense to spend our time, money and resources to promote non-violent vegan living than working on bettering the conditions within a system that should simply be abolished—a system that stems from a misinformed culture. Enslaving others must be stopped; veganism protests all slavery. We must unite and work for empty cages, not better cages. I don't believe in extending “a pat on the back” to institutionalized exploiters because they enlarged the prison stalls where they hold innocent animals captive, or because they agreed to use cage-free eggs. It makes more sense to change the mindsets of people—the purchasers, who are creating the demand for animal products.



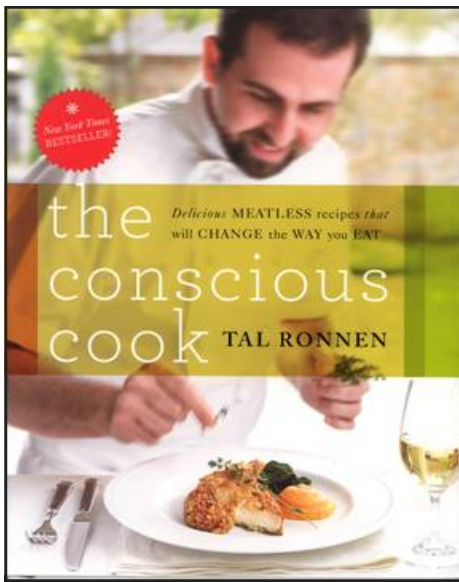
M. “Butterflies” Katz, a passionate vegan for 25 years, is a professional vegan chef, writer and gardener, living in New Zealand and Hawaii.
www.veganpoet.com

Veganism is the purest form of animal rights activism; and not a “wavering”—“when it's convenient” sort, as some espouse. They are lowering standards to the point that they are replacing the word “vegan” with “vegetarian” (which has come to mean dairy and egg consumption). The demands on dairy cows are such that they are worn out in a few years and sent to slaughter. Humans are so out of touch with their natural feelings of empathy and compassion that they are complicit in crimes against bovines. We cannot rise to who we are meant to be if we inflict (or pay someone else to inflict) misery on others. We free the animals and our own higher nature by being vegan.



If there were no factory farms, most vegans would still be vegan. Veganism is a protest against a speciesist society that believes nonhuman animals were put here for our use, to be our property, to be subjugated by us. There is no such thing as “humane” enslavement, exploitation, or murder. There is nothing humane involved in farming animals, even if a product is labeled “humane”. These labels are merely marketing tools to make people feel good about their choices—while they directly support cruelty. So called “humanely-raised” animals have a number of torturous practices inflicted on them. “Free-range” farmed animals are still subjected to excruciating mutilations without painkillers. They are still slaughtered in the same violent way as factory-farmed animals. These sentient beings are filled with fear as they are prodded down a narrow chute. They can hear and smell what is happening to those before them. They desperately try to turn around, but can't; then it's their turn to be brutally slaughtered.

The whole abysmal system must be abolished and that is the only solution worth working for. Let's bring about a gentle world; where no one lives in fear. **o**



Book Review:

THE CONSCIOUS COOK: Delicious Meatless Recipes that will Change The Way You Eat by Tal Ronnen

Oprah's favorite vegan cookbook. Vegan dishes with flair and creativity to satisfy the most devoted meat-eater.

70pp full-color photos by Linda Long.

2009, 239pp 7³/₄x10" \$29.99.

Order from American Vegan Society

THE CHEF

Chef Tal Ronnen waited until he had vast experience with the vegan culinary industry before writing this book that is incredibly user-friendly and tremendously informative to anyone interested in food preparation.

Ronnen is the founder of Veg Advantage, a nonprofit organization dedicated to helping food-service operators integrate vegetarian options into their menus (www.vegadvantage.com).

A graduate of the Natural Gourmet Institute for Health and Culinary Arts (New York City), he has worked at top vegan restaurants: Sublime in Fort Lauderdale, Madeleine Bistro in Los Angeles, and Candle 79 in New York City; and conducted master vegetarian workshops for major culinary schools. He assisted Chrissie Hynde of *The Pretenders* rock band in opening her restaurant, **VegiTerranean** in Akron Ohio, in 2007.

Chef Tal Ronnen was an avid meat-eater, and when he became vegan he cooked for taste and satisfaction. He was determined to change the perception that meat-like products are not healthy because of the ingredients needed to

attain facsimiles. Ronnen has produced excitingly authentic and healthy products under the *Gardein*TM label, a word that combines garden and protein (www.gardein.com). *Gardein* products are used in recipes to simulate chicken as in scaloppini, piccata, and "chicken" salad dishes, as well as a "steak" sandwich. He currently serves as Vice President of Culinary Innovation for Gardein Protein International.

THE BOOK

There was great demand for a book from this chef who cooked plant-based events for so many luminaries (Oprah, Ellen DeGeneres, Arianna Huffington) and the first vegan dinner at the U.S. Senate. It is not just about *his* amazing food. He generously invited some other vegan chefs who are making their own mark on the vegan culinary scene to join him: Chef Scot Jones, (www.thevegiterranean.com), Whole Foods Market® Global Team's Chef Chad Sarno (www.rawchef.com); Chef and Culinary Educator Dave Anderson (www.madeleinebistro.com), and Pastry Chef Serafina Magnussen—who often joins Chef Ronnen at major events.

The Conscious Cook recipe chapters are divided into typical meal service chapters but there is nothing typical about the recipes and the layout. The book begins with "Why Vegan?", then, vegan myths, followed by Tal's favorite plant proteins. He describes his kitchen tools, and lists what he has in his pantry as staples. He shares techniques and tricks.

Since *Cashew Cream* is such a star in many of the recipes, and even makes some recipes possible, he offers two pages entitled "Meet Cashew Cream". After the recipe section he provides seasonal dinner party menus, and a list of his 13 favorite vegan restaurants in the United States—which is just as enticing to read as the foreword by Kathy Freston (author of *Quantum Wellness*).

All this, and a two-page cooking chart for preparing various beans and grains, make this a must-have cookbook—not only for vegans, but especially for meat-eaters.

Reviewed by Linda Long

Linda's photos exquisitely capture Ronnen's elegant presentations.
-AVS Editors

Photographing Tal Ronnen's Recipes in Akron Ohio

All I just wrote (on page 4) should not be dismissed because I was lucky enough to photograph the recipes for the book. (The beautiful ingredients photos were taken by Nathan Sayers, and styled by Roscoe.) We photographed in Akron Ohio, at **VegiTerranean** where Chef Ronnen could cook with his friends, headed by Chef Scot Jones, and where he had helped establish the menu and train the staff in 2007.

It was the best of all worlds—even in zero Akron weather, quite wonderfully warm inside! Located in a new industrial-styled and ultra-modern building with expensive condos above, it became the perfect space since the food could be cooked in the kitchen and promptly brought upstairs to a model condo unit for final plating and photographing. This way we could work for days, shoot about seven dishes a day, and not have to break down the set. We only had to lock the door and be ready in the morning.

The producers of the book, Melcher Media, were on-set most of the two weeks we photographed which helped with the great end result. To work with Chef Ronnen and Chef Jones was a delight as they showed their love of food preparation with every gesture. Assembled was a very focused and like-minded team—we were all devoted to furthering in others the love and passion we have for anything vegan. The best part of the shoot for me was to sample the food afterward...even if stone cold; I suppose that is a *really* good test of great food!



Chef Tal Ronnen, Pastry Chef Serafina Magnussen, Chef Scot Jones, and Linda Long relax at day's end at **VegiTerranean's** lighted bar.

Photo: Linda Long

Inside VegiTerranean

The Bar

When the seventh shot of the day was done, it was time go downstairs and have one of **VegiTerranean's** very creative drinks. Their version of a Bloody Mary seemed so much healthier and fresher, as we sat at the white Plexiglas bar lit from within. What great lighting for the complexion! I just know I looked younger sitting there. I have not met Chrissie Hynde, but I surely think she was wise in allowing such a design for the bar area.

The Restaurant

I loved the high-tech approach for the rest of the restaurant. No color. Stainless steel tables soften the black and white throughout of the black chairs and stools, white walls, white plates, and white linen napkins—which are always in place. Black and white headshots of famous vegetarians are on the walls. Softening this highly contrasting approach is perfect lighting, a lovely glow on the tabletops from focused over-

head lights. One wants to linger and talk and relax; this is the place to be! Very cool, very chic.

Dining

We sat at a big round table to eat. Every night, from the beginning when nobody could decide what to order as we wanted everything, Chef Jones ordered the “menu” and we ate family style. I have heard about something being like “going to heaven”, and this was truly one of those feelings! I eventually stopped hiding food after shooting a dish as I knew I was going to be well-fed in just a few hours!

Do not miss the *Hot Italian Banana Peppers Stuffed with Fresh Herb Risotto and Soy Mozarella, with Fresh Basil Lime Sauce* (Page 81). We had it every night for two weeks and could barely wait for it to come to the table. Certainly wish I had some right now. I guess it is time to open the book and cook!

—Linda Long
Food Photographer
and Journalist, NYC

CHRISSIE HYNDE

Compassionate Rocker

(Continued from page 1)



I've had a thousand stupid questions thrown at me—“what if...” type things. If you find me starving to death on a barren rock one day and there's not a corn on the cob in sight, ask me then, and I'll tell you what I think about snarling a bird. I stopped eating dairy products a few years ago when it occurred to me that I was buying from the meat industry. If I could get milk from a small family concern—that would be a different story. I believe, as in the Indian Vedic tradition, that cows are sacred and milk is the highest form of food for humans. In that respect I differ in my beliefs from other vegans. [American Vegan Society declares cow milk as not suited for humans, and impossible to obtain without collateral harm.-Ed.] My work is what in

this Vedic tradition would be called “cow protection”. Generally, whatever the issue, I side with the animal. Having said that, if one was trying to kill me, I'd like to think I could kill it first.

Carol: Your new CD, *Break Up The Concrete*, has received a lot of attention. How successful has the YouTube/PETA promotion of your song, “Boots of Chinese Plastic” been? What message are people getting from the song? What do you want them to feel?

Chrissie: I don't know how successful the PETA promotion is going, but the last I heard, it was pretty slow. In that song, what I'm trying to say is, “Let's dance”.

Carol: The popularity of your band has given you a platform for your opinions. Are you more ridiculed or influential?

Chrissie: I don't know that I've been ridiculed, but then that's not something that is always done to one's face. Don't know if I'm influential either—why would anybody want to be like me or value my opinions? Don't know.

Carol: When you are on the road, where is the best place to find vegan food? Are other members of *The Pretenders* vegan? Do you take your own chef along?

Chrissie: One of the pleasures of being on the road is seeking out local restaurants. I've found some good ones. We don't always have time to do that and then we hope for good catering at the venue. It usually is, and everybody appreciates it. As far as the rest of the band, they seem to be vegetarian as far as I can tell. I try not to talk about it too much (you can believe that or not) because I think the only thing worse than a meat-eater is a bore. If people are genuinely interested, it's an inexhaustible subject, but I live in fear of being caught in one of those “preaching to the choir” scenarios. Ugh!

Carol: What are the most popular items on the menu at your vegan restaurant, the *VegiTerranean*? What are your favorite things to eat? Are you a good cook, or did you need a place to eat? Why did you open the restaurant? What type of clientele does it draw? Besides vegetarians, does it draw a lot of your meat-eating fans? It seems like it's a good way to introduce meat-eaters to vegan foods.



Chrissie with Matt Prescott at a PETA protest.

Photo: Jason Baker

Chrissie: We get all sorts at the restaurant. I like everything on the menu. From my extensive research on the subject, eating in so many veg places over the years, I think it's the best of its kind. People are generally shocked when they try one of our *Biker Burgers*, for example. I love them and I never even liked burgers... I was more of a brown rice hippie. But if that's what people want, better no cows are being killed.

Carol: How has veganism influenced your fashion choices?

Chrissie: My fashion style?? Ha—that's a good one. I buy non-leather and have been phasing out wool although I'd be lying to say I have a cruelty free wardrobe—just look at me.



Chrissie Hynde

Photo courtesy of Gailforce Management Ltd.

Carol: How do your children feel about veganism?

Chrissie: I think they are vegan for the most part. They have always been vegetarian, of course.

Carol: Are you doing anything special in November for *World Vegan Day*?

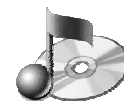
Chrissie: Didn't know there was one. I doubt it. What's there to do that I'm not already doing? I'm not going to a mountain top to give a sermon.

Carol: What do you think is the most effective thing a person can do to influence others to become vegan?

Chrissie: Tell them that if they become vegan they will never get sick or die!

Carol: What else would you like to say to our readers?

Chrissie: Come to one of our shows!



March 30 2009

A Chrissie Hynde Moment by Sally Andersen



Chrissie Hynde. Photo: Simon Fowler

In fall 2007, when handbag designer Hogan created a pony skin leather purse and named it “the Chrissie” after *Pretenders*’ lead singer and PETA activist Chrissie Hynde, she successfully sued.

In a recent interview with her Ohio hometown *Akron News*, Chrissie talked about her vegan restaurant, the **VegiTerranean**, and why she is a vegan: “For me it’s about [the animals] health. If I get any [nutritional] benefits from not killing them, I guess that’s a bonus.”

Hynde’s restaurant is making the news a lot lately as her Executive Chef Scot Jones is making a name for himself in the vegan-health-food world. When he’s not working up new

creations at the **VegiTerranean**, he’s been writing for vegan cookbooks and developing recipes for Oprah’s 21 Day Vegan Cleanse.

Ironically, this master veg chef isn’t even vegetarian, let alone vegan. But since his life is increasingly saturated with all things veg, he has been incorporating more vegan food into his regular diet.

The cookbook that Jones wrote for, published Fall 2009, is *The Conscious Cook*. Chef Tal Ronnen, founder of Veg Advantage, a nonprofit organization that helps restaurants put vegetarian items on their menus, is the main author of the book.

o

For more information about Chrissie and her shows, visit: www.thepretenders.com.

TWICE-BAKED FINGERLING POTATOES WITH CRISPED DULSE

(From *The Conscious Cook* by Tal Ronnen)

Yield: 24 pieces: 12 servings. Prep time: 45 minutes

This is an upgrade of a very easy, old-fashioned recipe—the twice-baked potato. In this version, you get the richness from cashew cream spiked with horseradish and the sea vegetable dulse. If you're not a fan of horseradish, skip it and fold in fresh herbs instead.

“These are tiny treats—two bites each, savory and delicious. You can use the same recipe for Yukon golds, or new potatoes.”

12 fingerling potatoes,
cleaned and dried
2 tsp. prepared horseradish
1 Tbsp. vegan mayonnaise
2 Tbsp. regular *Cashew Cream* (see recipe)
sea salt
black pepper, freshly ground
1 Tbsp. *Earth Balance*®
paprika
2 Tbsp. fresh chives, minced
dulse, crisped (see recipe)

Preheat the oven to 350°F. Place the potatoes on a baking sheet coated with spray oil and bake for 20 minutes, or until tender.

Meanwhile, in a small bowl, stir together the horseradish, vegan mayonnaise, *Cashew Cream*, and salt and pepper to taste.



Fingerling Potatoes
with Crisped Dulse
Photo: Linda Long

Being careful not to burn your fingers, cut the cooked potatoes in half lengthwise, then scoop the pulp from each potato with a teaspoon, leaving a thin shell. Place the potato pulp in the bowl with the horseradish mixture and *Earth Balance*. Mash together, then fill each potato half with the mixture, mounding slightly. Put the potato halves, filling side up, on the baking sheet.

Sprinkle the potatoes with paprika, return to the oven, and bake for 10 minutes. Garnish with the chives and *Crisped Dulse*.

Good at room temperature, so you can make them a bit ahead of time.

CRISPED DULSE

Yield: 12 sprigs

1 tsp. canola oil
1 or 2 small pieces of dulse

Heat the oil in a small nonstick pan over medium heat. Add the dulse and cook, turning once or twice until crisp—1 to 2 minutes. Watch closely so that it doesn't burn. Remove the dulse to paper towels, let cool, and break into pieces (sprigs).

CASHEW CREAM

Yield: about 3½ cups regular cream

Prep time: 10 minutes, plus overnight soak

2 cups whole raw cashews (not pieces, which are often dry), rinsed well under cold water.

Put cashews in a bowl and add cold water to cover them. Cover the bowl and refrigerate overnight. Drain the cashews, and rinse.

Place in a blender with enough fresh cold water to cover them by 1 inch. Blend on high for several minutes until very smooth. (If you are not using a professional high-speed blender such as a *Vita-Mix*®, which creates an ultra smooth cream, strain the cashew cream through a fine-mesh sieve.)

As vegans socialize with non-vegans, our food choices can be a source of frustration or an opportunity for positive interactions and fun festivities. This series of articles provides ideas to improve dating experiences.

Recipes for Relationships

Dating Vegans

by Anne Dinshah *Series*

Meet RUSTY GARDNER and KIM JOHNSON

“RESPECT is absolutely essential for any relationship to work. If you respect someone you show them that they are okay just the way they are. You love them as they are, not how they’d be after you fix them,” Kim Johnson explained.

In 1991, a friend introduced her to Rusty Gardner. “I believe in the concept of chemistry. It’s not necessary, but if it’s there it’s worth pursuing. I had an immediate attraction to Rusty,” Kim remembered.

They didn’t start dating until a year after they met. Kim dated someone else, but couldn’t forget Rusty. She had a dream about Rusty, and got in touch with him. On their first date they went ice skating and had dinner at a local bar. She ate a shrimp salad sandwich; he had crab cakes—traditional Maryland fare. It was a slow start, but it worked. They were married in 1997. Neither was interested in veganism at that time.

Kim, an avid reader, is a book production editor with Johns Hopkins University Press. She loves mystery books and always has a book in her purse. In 2004, after reading some stories on



Rusty and Kim make a mixed marriage work.

Photo by Rusty

slaughterhouses in the *Washington Post*, Kim began checking for more information on factory farming, primarily on the Internet. She looked at many animal rights and animal protection websites and did a lot more reading. What really clinched it for her was reading about the battery hens and seeing pictures of those poor, wretched birds.

On a bus trip to New York with Rusty’s sister Billie Gardner—who has been vegan for over twenty years—Kim asked Billie about the practical aspects of eating vegan. Kim expected it to be complicated, but the way Billie described her diet, it started to seem pretty simple.

Like the Gandhi quotation, “Be the change that you want to see in the world,” Billie set an example of vegan life that Kim wanted to follow. Kim was comfortable asking Billie questions such as what she ate on a daily basis, how she got her protein and calcium, and her favorite meals. Billie’s favorite foods are pinto beans and broccoli.

Now Kim is vegan. Rusty is not vegan. “Life is too short to let minor differences create major

problems. Don’t let small things get in the way of having a relationship if the two of you are really drawn to each other,” Kim says.

Billie says, “They make it work. It’s wonderful. Kim doubled the number of vegans I know.” Billie describes Kim as genuine, kind, generous, and very smart.

Kim and Rusty have changed through the years. “Love changes you, but you change because these are things you want to change in yourself. We should allow people to change in the way they want to. I can pursue veganism. He supports my choice,” Kim says. “He likes to play golf. So he should golf.”

I asked Rusty what he first thought about Kim becoming vegan. “It’s her choice. It’s nothing to do with me,” Rusty replied, although he has made significant changes in his personal eating habits to accommodate Kim’s vegan decision.

The couple eats together a weekly average of three to four homemade meals, two meals at a restaurant, and one carryout meal. Supporting Kim’s choice to be vegan, Rusty enjoys eating vegan dinners, and he cooks vegan meals on occasion himself. Two of Kim’s favorite creations are *Kim’s Really Fast After-Work Pasta* and *Sautéed Greens*, while Rusty is the expert at making *Chili-Mac* (see recipes).

Asked what he thinks of vegan food, Rusty replied, “It’s okay. I don’t need to have meat.” Kim clarified Rusty’s definition of “okay” to mean he likes it, but maybe does not love it.

Rusty is a film and video technician, working long hours when a movie is in production. He works 12- to 16-hour days with catered food. Rusty eats meat and dairy products at work.

When Kim and Rusty eat out, sometimes he eats vegetarian, sometimes not. He will order what most appeals to him on the menu. He does not want to become vegan because he likes dairy products: milk, ice cream, and cheese. In their house they do keep milk, ice cream, honey, and cheese; the first two are Rusty’s mainstays.

Happily married couples continue dating. It is a way to remember to share quality time with each other beyond the dinner table at home. One of their favorite typical date nights is Saturday

dinner at The Mango Grove, a vegetarian Indian restaurant in Columbia Maryland. There are three bookstores within a couple miles of the restaurant. They browse books for hours. Kim buys a stack while Rusty prefers to return home unencumbered. Both enjoy the relaxing evening together.

Kim and Rusty have a variety of personal leisure activities they enjoy. Kim makes earrings that she donates to an annual fundraiser for a domestic violence shelter. She also gives earrings as gifts to the women at the shelter, and makes bracelets and key tags for the kids. In her free time, she likes to read, hunt for vintage jewelry on eBay, fiddle around with wire and beads, and play *solitaire* or *FreeCell* on the computer.

In addition to golf, Rusty likes to feed the birds. He has several feeders going throughout all the seasons. He does most of their cat care, including grooming and litter boxes for three cats. He plays electric guitar, watches TV, and does some gardening.

Rusty expressed his opinion on the key to successful dating and marriage, “Acceptance, tolerance, willingness, honesty, and open-mindedness.” Well said from a meat-eating man who married a meat-eating woman and now accepts, tolerates, and honestly supports Kim’s choice to be a vegan. Rusty exhibits the willingness to understand her with an open mind. He eats vegetarian [he puts cheese on otherwise vegan foods] at home, keeping companionship and sharing as the focus of meals.

Meanwhile, Kim appreciates Rusty’s support for her compassionate choice. The battery hens

RECIPES



Kim’s Really Fast After-Work Pasta



Yield: 4 servings
1 lb. of your favorite pasta
water

2 28oz.-cans marinara sauce
12 to 16 oz. meatless balls or meatless sausage crumbles*
15oz.-can mushroom pieces

Cook pasta in water according to package directions; drain and set aside.

Put sauce, meatless balls, and mushrooms in a large pot; cook on medium heat until very hot. (Kim likes to mash up the meatless balls once they’re warm, but you can leave them whole.)

Ladle sauce over pasta on plates. Serve with spinach (use fresh or frozen), a salad, or other greens.

*Kim uses *Trader Joe’s® Meat-less Meatballs*, and likes lots of sauce.

For a **Mediterranean Pasta**, Kim cooks, in 2 Tbsp. olive oil; garlic, artichoke hearts, drained (15-oz can); ¼ cup Greek olives; and a few capers; then adds canned plum tomatoes (2 28-oz cans). This is tossed with cooked angel hair pasta. Looks yummy in a big pottery serving bowl.

and other creatures appreciate Kim’s choice. **o**

Sautéed Greens

This recipe incorporates ingredient ideas from several different veg cookbooks.

- 2 large bunches of greens (Chard, kale, mustard, and spinach cook down substantially; collards hold their size better.)
- 2 cups water
- 1 Tbsp. olive oil
- ¼ tsp. minced garlic (optional)
- ⅓ cup yellow raisins or dried cherries
- ⅓ cup pine nuts or toasted broken walnuts*
- salt, to taste
- fresh pepper, a few grinds
- 1 Tbsp. balsamic vinegar or raspberry vinegar (optional)

Boil water in a large pot.

Wash the greens thoroughly, cut out the stems, and tear leaves into pieces.

When the water boils, put in the greens; cook for a couple of minutes or until the greens are bright green.

Drain the greens.

In the pot, heat the olive oil. When it's hot, add the garlic, fruit, and nuts; mix well. Cook and stir 30 seconds or until the pine nuts brown and raisins plump.

Add the drained greens, salt, pepper and vinegar; mix well.

Cook about 5 minutes on low heat, stirring frequently. Serve.

*To toast walnuts, put the pieces in a non-stick skillet on medium heat. Stir them around for a couple minutes, until you start to smell the toasty aroma.

Rusty's Chili-Mac

Yield: 8 to 10 servings

- 1 lb. elbow macaroni
- water
- 3 Tbsp. canola oil
- 1 yellow onion, chopped
- 1 red bell pepper, chopped
- 4 cloves of garlic, minced
- 2 Tbsp. chili powder
- cumin, to taste (optional)
- 1 lb. ground meat substitute*
- 2 28-oz. cans diced tomatoes, with juice
- 1 40-oz. can dark red kidney beans, rinsed
- 2 Tbsp. sugar
- 1 Tbsp. salt
- 1 tsp. Tabasco® sauce
- 1 tsp. black pepper

Cook macaroni in water according to package directions; drain; set aside.

Heat oil in a large Dutch oven or soup pot. Sauté onion, red pepper, and garlic until just barely soft. Add the chili powder (and cumin, if desired); mix well. Add ground meat substitute, tomatoes, and beans; mix. Add sugar, salt, Tabasco, and pepper; mix.

Simmer for at least 30 minutes. Stir occasionally. If it begins to stick as it thickens, reduce heat and stir more frequently. Stir in the macaroni; continue cooking another 5 minutes with frequent stirring.

Serve with cooked greens or a salad. Cornbread makes a nice addition.

*Rusty uses *Morningstar Farms® Meal Starters™* or Textured Vegetable Protein (TVP).

VEGFAM feeds the hungry without exploiting animals

VEGFAM % Cwm Cottage
Cwmynys, Cilycwm,
LLandoverly, Carmarthenshire
SA20 0EU, WALES, U.K.
www.vegfamcharity.org.uk

Checks to
American Vegan Society
designated *projects only* or
projects & administrative costs,
and marked for *overseas relief*
will be forwarded in £s.

Or Vegfam's online giving facility
<https://charitychoice.co.uk/vegfam>
can be used from the U.S.

HELP AVS SPREAD OUR VEGAN MESSAGE!

GoodSearch.com and **GoodShop.com** are search engines that donate half their revenues to the charities their users designate. You use them just as you would any search engine, and they are powered by Yahoo!, so you get great results. Go to www.goodsearch.com or www.goodshop.com. Enter **American Vegan Society** as the charity you want to support.

Like to Cook?



VEGAN
COOKING CLASS
Listings

www.americanvegan.org



Michael Klaper MD

Welcomed into California Practice

November 14 2009, Santa Rosa California:

TrueNorth Health Center announced that Michael Klaper MD is joining their staff, becoming part of a diversified and experienced group of doctors offering conservative diagnostic and treatment services.

TrueNorth Health operates a residential, and outpatient, health education center in Santa Rosa California. Director Alan Goldhamer, DC, founded the center in 1984. Its beautiful new facility, as of October 2007, offers water-only fasting, fresh juice fasting, healthful eating, and exercise. Learn about their approach in *The Pleasure Trap*—a book, and DVD, by Goldhamer and Douglas J. Lisle PhD.

TrueNorth Health Center

1551 Pacific Ave, Santa Rosa CA 95404 • 707-586-5555 • www.healthpromoting.com

Dr. Klaper's return to the United States follows nearly three years in New Zealand. His prior home was in Maui Hawaii. For the last fourteen years he has practiced "urgent care" medicine, while maintaining his work on The Vegan Health Study (www.veganhealthstudy.org), and promoting the value of healthful living to corporate leaders.

Dr. Klaper, a perennial student of medicine and healing, spent several months of 2009 on a U.S. tour, conferring with health educators about current initiatives.

He was honored at a reception on August 11 hosted by Linda Long at Candle 79 in New York City. Heather Mills interviewed Dr. Klaper on her *Air America* show, broadcast from New York on August 13.

Klaper's diet and lifestyle have been vegan since 1981. I first met him in 1984 at a World Vegetarian Congress in Baltimore Maryland, and have been looking up to him ever since!

Dr. Klaper wrote the easy-to-understand *Vegan Nutrition: Pure and Simple* and *Pregnancy, Children and the Vegan Diet* (editions printed from 1987 to 1997, now out of print). His nutritional guidance and assurances throughout the years strengthened vegans and the vegan cause.

Dr. Klaper has headlined many vegan conventions, and is a much-loved figure. His DVD, *A Diet for All Reasons*, is still relevant, in demand, and available, as is ADFAR *The Family Health* audio album.

Dr. Klaper graduated from the University of Illinois at Chicago, College of Medicine, in 1972. As his medical career progressed, he began to realize that many of the diseases his patients brought to his office—clogged arteries



Heather Mills interviewed Dr. Klaper in New York.

(atherosclerosis) high blood pressure (hypertension), obesity, adult onset diabetes, and even some forms of arthritis, asthma, and other significant illnesses—were made worse, or actually caused, by the high-fat, high-sugar, overly processed Standard American Diet (S.A.D.).

Dr. Klaper is a gifted teacher, benefiting his patients, doctors and other health professionals, and the public.

—Freya Dinshah



Dr. Klaper greeting Freya Dinshah as Rosemary O'Brien looks on. Freya is president, and Rosemary a trustee, of the American Vegan Society.

HAPPY VEGAN GETAWAY with Debbie Bortz



Bed & Breakfast



View from the deck at the Ginger Cat B&B

On Friday October 23 2009 we arrived in Rock Stream New York, and checked in at the **Ginger Cat**. The nice owner, Gita, had vegan chocolate cake waiting in our room!

This Bed & Breakfast, a few miles northwest of Watkins Glen, is on 15 acres of land. So very quiet and relaxing, you feel right at home, and are invited to visit with Gita's cats.

The room was cozy—we slept like babies, and woke up to a hearty brunch on Saturday morning. We started with a parfait that had soy yogurt, cereal, and fresh fruit. Next, came a vegan sausage casserole with roasted Brussels sprouts, peppers, and brown rice topped with *Daiya* cheddar*—vegans everywhere are going crazy over this vegan cheese. We also had a selection of home-made breads. It was a fantastic meal.

If you are planning to visit the Watkins Glen area, check out the Ginger Cat. You will be glad you did, and don't forget to visit Farm Animal Sanctuary, also.

*See article on page 25.

Photos courtesy of Ginger Cat

Gita Devi, owner of the Ginger Cat, volunteering at Farm Sanctuary after the Iowa pig rescue.

Versatile and talented, she does her own renovations and gardening at the B&B, and also website design.



Debbie and Dean Bortz's Story

My husband Dean and I became vegans a year ago. We were shopping at our local Wegmans store and started talking to the couple behind us in the checkout line. We learned they were vegans, and they got us started, and we never looked back.

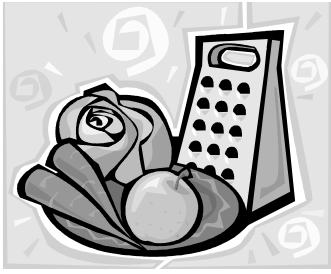
We feel good about what we are doing for our health, the animals, and the environment. We grow a lot of our own vegetables here in Pennsylvania, and store some of the produce for the winter months. I am fortunate that I can stay home and tend to the three gardens. We have

a multi garden, a corn garden, and a strawberry patch.

I wish we could get everyone to eat the way we do because it would be a kinder world. We have three cats—Maggie, Chelsea and Annabelle that we spoil a lot.

—Debbie

The Ginger Cat Bed & Breakfast • 2475 Altay Rd, Rock Stream NY 14878
Phone: 607-535-9627, www.gingercat-bb.com



BRENDA BRUNER Teaches Raw Foods

By Anne Dinshah

When Brenda Bruner left New York State in January of 2005, she felt a bit lost knowing she and husband Roy were leaving all their vegetarian friends, and the vegetarian society with which they were so actively involved. They had chosen a quiet lifestyle in sunny central Florida.

Brenda and Roy met a couple who had just returned from Hallelujah Acres to become health ministers. Brenda shared with these newfound friends her love of raw vegan food preparation. Before she knew it, Brenda had invited Wilma and two of Wilma's friends to her home to show them how to prepare her favorite salad dressing and vegan cheese.

Each week, by word of mouth, the class size grew. Brenda's new kitchen, with a large L-shaped counter and adjoining dining area, could easily accommodate the smaller five-person classes or to up to 22 eager-to-learn ladies, and sometimes men! Brenda says, "More people need to learn how to incorporate raw foods into their diet. I share basic information about food preparation and how to get healthy. I have worked with people who have cancer,

diabetes, allergies, and various other issues. Watching their progress is so rewarding."

For two years, Brenda held weekly classes. In the summer of 2008 she changed to monthly, which allows her to keep it exciting. Classes run from two to three hours. She typically prepares two to four dishes per class. Some of the steps such as dehydration or freezing are done ahead of time, but are also prepared in class to show each step along with the finished dish. All of the participants are given the recipes and enjoy generous samples of everything that is prepared. During class Brenda also shares some health tips, where to find the best organic produce, and demonstrates some of her favorite kitchen "toys" such as her Vita-Mix®, food processor, and v-slicer.

In addition to the classes, Brenda arranges special outings for class participants and their spouses such as raw-food potlucks in the local state park when the park is featuring live music. She has planned visits to raw food restaurants in West Palm Beach, Tampa, Lakeland, and Sarasota, and tries to incorporate other activities for the day, such as visiting the Hippocrates Institute or large health food stores.

Brenda's group has also enjoyed gatherings for Thanksgiving, and Christmas—complete with a gift exchange and carol-

ing! She hosted a dinner for 40 people and arranged for speakers to share their success stories since incorporating raw foods into their lifestyles.

"Teaching people something new and healthy is not work to me; it's exciting!" says Brenda. Her booklet for class participants, *My Rawsome Recipes*, has over 115 recipes for side dishes, soups, salads, main dishes and desserts, and her friends are already asking her to come out with volume 2 to include all of her newer wonderful recipes.

Brenda became vegan in 1997 after reading Howard Lyman's *Mad Cowboy* (available from AVS). She had already eliminated red meat, but after reading Howard's book, she eliminated fish, chicken, and dairy "cold turkey." Dairy substitutions were easy because she was lactose intolerant and was able to come up with a healthy alternative to anything she desired. In 2002, she switched to predominantly raw foods and found the new challenge in the kitchen fun and very satisfying. Her husband Roy has been very supportive of the food changes.

Brenda is happy in Florida: "I joke about not wearing a watch because we are still on vacation. I love the beautiful flowers and sunshine, and, every morning when we take our walk, I tell Roy that it's just another day in paradise."





Brenda's Recipes

Cinnamon Breakfast Cakes

2 cups flax seeds, ground
1 Tbsp. cinnamon
¾ tsp. Celtic sea salt
½ cup agave syrup

Combine everything in food processor and process until well mixed. Remove from container and form into several "pancake" shaped rounds, about ¼ to ½" thick or as desired and about 3" around. Place on serving plate.

Top with *Berrylicious Sauce*, a handful of fresh berries, and about 2 Tbsp. hemp seeds. Refrigerate any leftovers.

Berrylicious Sauce

Yield: 1 cup

2 or 3 Medjool dates, pitted
1 cup of fresh berries: strawberries, raspberries, blueberries, or any combination
1 tsp. pure vanilla

Place dates in food processor and process until fairly smooth. Add berries and vanilla and process again until smooth. Turn into small serving bowl. This makes a pretty presentation.

Minty Green Goddess Smoothie

Yield: two 16-oz. servings

1½ cups greens, leaves only, packed (Swiss chard, spinach, beet greens, kale)
½ cup fresh mint, packed
2 to 3 large bananas
2 Tbsp. agave syrup
2 tsp. kelp powder
2 cups coconut water, plus pulp, from young Thai coconut (if not available, use distilled water)

Combine everything in blender and blend smooth.

Pasta Marinara

Yield: 2 generous servings

2 small zucchini, run through "spirooli" to make spaghetti-like strands, or make thin strips by using a peeler.

For the Fresh Marinara:

¾ cup sun-dried tomatoes, soaked 30-60 minutes, save soakwater
4 Deglet dates, soaked (with sun-dried tomatoes, above)
1 medium tomato
1 large clove garlic
1½ tsp. Celtic sea salt
2 Tbsp. extra virgin olive oil
⅓ cup fresh basil, packed

Combine everything, except the basil, in food processor and process until well blended. Add fresh basil and process again. Add up to 1 cup of the soak water, a little at a time, to desired consistency; not runny!

Place zucchini spaghetti on serving platter, spoon all of the marinara over zucchini. Garnish with fresh chopped tomatoes, diced sweet onion, diced red bell pepper, and minced fresh basil.

Avo Wraps

Yield: 2

1 medium Haas avocado, diced
1½ tsp. fresh rosemary, minced
1½ Tbsp. fresh mint, minced
1½ Tbsp. sweet onion, minced
2 Tbsp. red bell pepper, minced
½ tsp. Mexican seasoning
¼ tsp. cumin
¼ tsp. kelp powder
1 Tbsp. fresh lemon juice
¼ tsp. Celtic sea salt

Combine everything and stir to mix well.

Spread on leaves, add cut and shredded raw vegetables, and roll.

Strawberry Ice Cream Cake

1 cup walnuts
¼ cup shredded coconut
2 Medjool dates, pitted
⅛ tsp. sea salt

Combine nuts and coconut in food processor and process until you get a small pebble-like consistency. Add dates and sea salt and process until finely ground. Press onto the bottom of an 8 or 9-inch spring-form pan lined with a circle of parchment paper. Put in the freezer while you prepare the filling.

Filling:

2 cups cashews, soaked 12 hours
½ cup agave or maple syrup
½ cup water, or as needed
½ tsp. pure vanilla
pinch of Celtic sea salt

Place cashews in food processor and grind finely. Transfer to blender and add the rest of the ingredients. Blend until smooth. Turn into a bowl and set aside.

1½ pints strawberries, hulled
½ cup maple syrup
1 tsp. pure vanilla

Place in blender; blend smooth.

To assemble 4 layers: Spread half of the cashew mixture over the nut crust, followed by half of the strawberry mixture, the remaining half of the cashew mixture, ending with the remaining strawberry mixture. (*Tip:* Freeze each layer for 15 minutes before adding next layer.) Freeze solid.

To serve: Release the sides of the pan from the cake, remove parchment paper and turn out onto serving dish, decorate with fresh fruit or shredded coconut.

This is delicious, rich; and impresses anyone new to raw foods!

American Vegan Society 50th Anniversary

The American Vegan Society was incorporated on February 8 1960. Our 50th Anniversary will be celebrated at our Annual Meeting and Garden Party on



Anne Dinshah

Sunday May 30 2010, in Malaga New Jersey. Join us for a day at AVS HQ: lunch buffet, speakers, bookroom, exhibitors, music.

Emcees of the day will be Anne Dinshah, rowing coach, author "Dating Vegans", and Barata El, NJ corrections officer --retired sergeant, poet.



Barata El

What does vegan living mean to you? Send messages, testimonials, and forecasts to us by March 1 2010.

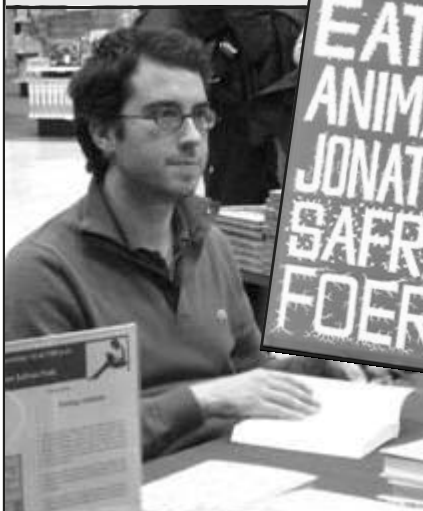
Obituary

John L. Grauer died November 6 2009. A member of AVS nigh on 30 years, his letters brought suggestions, critical comment, and praise. At his retirement home in Indiana Pennsylvania, he enjoyed boating, gardening, and simple cooking.

Birth:

Eve Lynn Fox 2:00 pm, Sunday, October 11 2009, 3rd generation vegan, to parents Heidi and Daniel Fox of Little Falls New York. Grandparents: Sharon and Brian Graff; Lorene Cox, Mitch Darer.

Book Reviews



Jonathan Safran Foer signing his book, *Eating Animals*, at an appearance and talk at the University of Penn Bookstore on December 15 2009.

www.eatinganimals.com

EATING ANIMALS

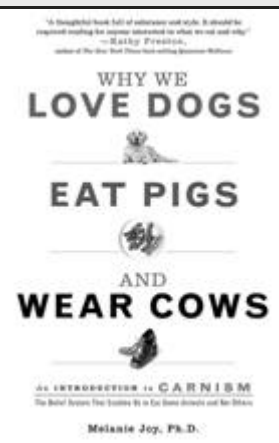
—Jonathan Safran Foer.
2009, 349pp 6¼x9½"
hard \$25.99.

What is meat, where does it come from, how is it produced and treated? What are the economic, social, and environmental effects of eating animals? Foer, an award-winning novelist, and sometime vegetarian, turned to objective journalism to examine an issue that took on urgency when he contemplated approaching fatherhood and the responsibility of feeding his son.

The public conscience has been pricked by reviews of this book and interviews of Foer, and can no longer plead ignorance—only indifference—to what happens in factory farms and slaughterhouses. With a moral ferocity, Foer takes himself and readers on the path away from eating animals.

WHY WE LOVE DOGS, EAT PIGS, AND WEAR COWS: An Introduction to Carnism, The Belief System That Enables Us to Eat Some Animals and Not Others —Melanie Joy, PhD. 2010, 205pp 5¾x8¾" hard \$19.95.

A study unusual for its depth and range, on the psychology and social systems surrounding the entrenched and largely not chosen ideology and practice of eating meat; contrasted with the mostly consciously-made choices to not eat or wear any animal. Melanie Joy demystifies thought mechanisms.



She is not confrontational to those who eat meat, but instead provides an open contemplation of insightful information, explaining why people eat meat—not just why they should not. Reading it will allow vegans to better talk with meat-eaters/carnists, and vice versa. Everyone gains from this amazing book, already a brisk seller.



Order from:

American Vegan Society, PO Box 369, Malaga NJ 08328
Phone: 856-694-2887, Fax: 856-694-2288

Free shipping by media mail within the U.S.
20% DISCOUNT TO AVS MEMBERS ON ALL BOOKS!
30% DISCOUNT FOR ORDERS OF 10 OR MORE BOOKS!

Complete catalog at www.americanvegan.org.

New Books

100% VEGAN COOKBOOKS:

The KIND DIET: A Simple Guide to Feeling Great, Losing Weight, and Saving the Planet * –Alicia Silverstone; fwd: Neal D. Barnard, MD. Actress and activist Silverstone presents the benefits of a plant-based diet. Because changing lifelong dietary habits is a process and each person progresses at a different pace, the book encompasses three separate levels: Flirting, Going Vegan, Superhero. 96 full-color photos. 2009, 319pp 7½x9½" hard \$29.99.

SHORT-CUT VEGAN: Great Taste in No Time –Lorna Sass. Updated version of her popular cookbook with exciting recipes truly quick and easy to prepare. 2008, 174pp 7¾x8" \$19.99.

The TROPICAL VEGAN KITCHEN: Meat-Free, Egg-Free, Dairy-Free Dishes From the Tropics –Donna Klein. Easy, yet authentic, tropical combinations with ingredients available at any supermarket. 2009, 185pp 7½x9¼" \$18.95.

The URBAN VEGAN: 250 Simple, Sumptuous Recipes from Street Cart Favorites to Haute Cuisine –Dynise Balcavage. Recipe themes include café culture, breakfast at the diner, soup kitchen, the melting pot, house party, just desserts, saucy vegan, happy hour, and urban garden. Icons signify low-fat, fast, omnivore-friendly, kid-friendly, and frugal. Gives essential tips and an overview of the vegan pantry. 2010, 228pp 7½x9¼" \$16.95.

VEGAN SOUPS AND HEARTY STEWS FOR ALL SEASONS –Nava Atlas. Now vegan, Atlas revised her vegetarian soup book to give us recipes international in scope and ranging from elegant to homey. 8pp color plates. 2009, 173pp 8x9" \$17.95.

NEARLY-VEGAN COOKBOOKS:

The INDIAN VEGAN KITCHEN: More Than 150 Quick and Healthy Homestyle Recipes –Madhu Gadia, MS, RD. Complete with nutritional analysis, notes on serving, history, and variations. (Optional ghee) 2009, 234pp 7½x9¼" \$18.95.

VEGANISM:

The MISSING PEACE: The Hidden Power of Our Kinship with Animals –Tina Volpe and Judy Carman. A collection of life-altering stories encouraging us to take a deeper look at our own dietary and lifestyle choices, the book also examines the spiritual, scientific, and historical reasons for changing our views towards animals. 2009, 231pp 5½x8½" \$16.95.

ANIMAL OPPRESSION:

FAQS ABOUT THE USE OF ANIMALS IN SCIENCE: A Handbook for the Scientifically Perplexed –Ray Greek and Niall Shanks. Offers readers who are not extensively educated in science a balanced critique of the practice of using animals in scientific research. 2009, 17pp 6x9" \$28.00.

*New York Times Bestseller
www.thekindlife.com

THE TROPICAL VEGAN KITCHEN

MEAT-FREE, EGG-FREE, DAIRY-FREE DISHES FROM THE TROPICS



alicia silverstone

thekindlife
A Simple Guide to Feeling Great, Losing Weight, and Saving the Planet

The URBAN VEGAN
250 Simple, Sumptuous Recipes from Street Cart Favorites to Haute Cuisine

TINA VOLPE & JUDY CARMAN
THE MISSING PEACE

The Hidden Power of Our Kinship with Animals

RECIPES

CHICKPEA BURGERS

(Yield: 6 patties)

Chickpeas have a delicious nutlike taste and texture and are a great source of protein. You can prepare the mixture quickly if you use canned beans and chop the ingredients in a food processor. Serve burgers on whole-grain buns, with all the fixings.

- 2 Tbsp. raw sesame seeds
- 1 small onion, finely chopped
- 1 small carrot, finely chopped
- 1 celery stalk, finely chopped
- 1 garlic clove, minced or pressed
- 1½ cups cooked or canned chickpeas, rinsed and drained
- ½ cup cooked bulgur or brown rice
- 1 tsp. ground cumin
- ½ tsp. salt
- ½ tsp. ground coriander or cardamom
- 1 Tbsp. soy sauce (optional)
- 1½ tsp. curry powder (optional)
- 1/8 tsp. cayenne (optional)
- ¼ cup potato flour, as needed

Place sesame seeds in a heavy skillet. Cook and stir over medium heat for 2 to 3 minutes, until the seeds become fragrant and begin to pop. Grind them in food processor or blender and transfer to a mixing bowl. Add the onion, carrot, celery, and garlic.

Place the beans in a food processor and pulse until chopped. Alternatively, coarsely mash the beans with a potato masher, leaving some chunks. Add chopped beans to vegetable mixture along with the cooked bulgur, cumin, salt, coriander. Add soy sauce, curry powder, and cayenne, if using. Mix thoroughly.

Stir in just enough of the potato flour to form a stiff dough.

Knead for 30 seconds; form into 6 patties.

Lightly mist a nonstick skillet with vegetable oil spray. Cook the patties in skillet over medium heat for about 2 minutes, until bottoms are lightly browned. Turn the patties over and cook for 2 minutes longer, until lightly browned. Serve hot.

Stored in a covered container in the refrigerator, leftover *Chickpea Burgers* will keep for up to 3 days.

HOME-STYLE SQUASH AND PINTO BEANS

(Yield: 4 servings)

Vegetables, rice, and beans make this all-American dish a welcome repast after a hard day. Serve with a salad and fruit wedges.

- ¼ to ½ cup vegetable broth, as needed
- ½ cup onion, diced
- 2 tsp. jalapeno chile, seeded and minced
- 2 garlic cloves, minced or pressed
- 1 cup sliced yellow squash (½-inch-thick slices)
- 1 cup sliced zucchini (½-inch-thick slices)
- 1½ cups cooked or canned pinto beans, rinsed and drained
- 1 can (14.5 ounces) diced tomatoes, undrained, or 1½ cups fresh tomatoes, chopped
- ½ cup tomato juice, water, or vegetable broth
- ½ cup fresh/frozen corn kernels
- 3 fresh thyme sprigs
- 2 cups cooked brown rice, couscous, or pasta, kept hot

Heat the vegetable broth in a large skillet over medium-high heat. Add the onion, chile, garlic; cook and stir for 2 minutes.

Add in the squash and zucchini; cook and stir for 2 minutes. Add the beans, tomatoes and their liquid, corn, and thyme sprigs.

Lower the heat, cover, and simmer for 10 minutes.

Remove and discard the thyme sprigs. Serve over the hot rice.

Stored in a covered container in the refrigerator, leftovers will keep for up to 3 days.

BREAKFAST SCRAMBLE

(Yield: 6 servings)

This is a low-fat, cholesterol-free way to enjoy scrambled “eggs.” Using tofu instead of eggs provides healthful plant protein. Turmeric gives the scramble an appealing golden color.

- 1 pound low-fat tofu
- 1 tsp. dried parsley flakes, lightly crumbled
- ½ tsp. ground turmeric
- ¼ tsp. salt
- ¼ tsp. ground black pepper
- 2 Tbsp. vegetable broth, or more
- ½ medium onion, chopped
- 2 garlic cloves, minced
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 1 medium zucchini, diced

Press a block of tofu to remove excess liquid. Combine the parsley, turmeric, salt, and pepper in a small dish. Heat the vegetable broth in a medium skillet. Add the onion and garlic; cook and stir until they are tender. Add the bell peppers and zucchini; cook and stir until they are soft. Crumble the tofu into the skillet and sprinkle with the parsley mixture. Cook and stir over medium heat until hot.

Stored in a covered container in the refrigerator, these leftovers will keep for up to 2 days.

Recipes with
nutritional analyses are at
www.cancerproject.org.

FOODS FOR CANCER PREVENTION

Of the many diseases that affect people these days, cancer is among the most feared. But despite a wealth of scientific data, most people remain unaware of how they can reduce their risk of developing cancer. According to the National Cancer Institute, as much as 80 percent of all cancers are due to identified factors, and thus are potentially preventable. Thirty percent are due to tobacco use, and as much as 35 to 50 percent are due to foods. It is easy to control these and other risk factors.

What Is Cancer?

Cancer begins as a single abnormal cell that begins to multiply out of control. Groups of such cells form tumors and invade healthy tissue, often spreading to other parts of the body. Carcinogens are substances that promote the development of cancerous cells. They may come from foods, from the air, or even from within the body. Most carcinogens are neutralized before damage can occur, but sometimes they attack the cell's genetic material (DNA) and alter it. It takes years for a noticeable tumor to develop. During this time, compounds known as *inhibitors* can keep the cells from growing. Some vitamins in plant foods are known to be inhibitors. Dietary fat, on the other hand, is known to be a promoter that helps the abnormal cells grow quickly.

Fiber Fights Cancer

In 1970, British physician Dennis Burkitt observed that a high-fiber diet reduces diseases of the digestive tract. He observed

that in countries where diets are high in fiber (that is, plant-based diets), there were fewer cases of colon cancer. Around the world, this has proven true. The highest fiber intakes are found in non-industrialized nations where meat is scarce and plant foods fill the menu. Animal products contain no fiber. The U.S. and other Western nations whose diets are based upon animal products have the highest rates of colon cancer.

While no one is certain exactly how fiber protects against digestive tract disorders, there are several possibilities. By definition, fiber cannot be digested by humans early in the digestive process. It moves food more quickly through the intestines, helping to eliminate carcinogens. It also draws water into the digestive tract. The water and fiber make fecal matter bulkier, so carcinogens are diluted.

Bile acids are secreted into the intestine to help digest fat; there, bacteria can change the acids into chemicals which promote colon cancer. Fiber may bind with these bile acids and evict them from the intestines.¹ Also, bacteria in the colon ferment the fiber creating a more acidic environment which may make bile acids less toxic.

Fiber is also protective against other forms of cancer. Studies have shown that stomach cancer and breast cancer are less common on high-fiber diets.^{2,3} Fiber affects levels of estrogens in the body. Estrogens are normally secreted into the intestine, where the fiber binds with the hormone and moves it out of the body.⁴ Without adequate fiber, the estro-

gen can be reabsorbed from the intestine into the bloodstream. High levels of estrogen are linked to a higher risk of breast cancer.

In the U.S., the average daily fiber intake is 10 to 20 grams per day. Experts recommend 30 to 40 grams per day. The best sources of fiber are whole grains, beans, peas, lentils, vegetables, and fruits. Foods that are closest to their natural state, unrefined and unpeeled, are highest in fiber.

Fat Raises Cancer Risk

Cross-cultural studies have revealed that the populations with the highest levels of fat consumption are also the ones with the highest death rates from breast and colon cancer. The lowest rates are in groups with the lowest consumption of fats.⁵ Migration studies help to rule out the influence of genetics.⁶

Many studies indicate that fat in foods increases one's risk for cancer, and it may also adversely affect breast cancer survival rates for those who have cancer.⁷

Although the total amount of fat one eats is of concern, there is evidence that animal fat is much more harmful than vegetable fat. One study noted a 200 percent increase in breast cancer among those who consume beef or pork five to six times per week. Dr. Sheila Bingham, a prominent cancer researcher from the University of Cambridge, notes that meat is more closely associated with colon cancer than any other factor.⁸ Meat and milk are also linked to both prostate and ovarian cancers.⁹



Jane making Berry Applesauce with Vita Mix blender. Photo: Tom Kmetzo



In 1976, I was at Hippocrates Health Institute in Boston because I wanted to learn more about an intriguing idea—that disease might be prevented and possibly reversed through diet. Now I am an instructor with **The Cancer Project (TCP)**.

I had given my first food demonstrations (on sprouting) as an intern with the American Vegan Society (AVS); I was 20. I went on to study at Wildwood Lifestyle Center (Georgia) and with other health-education programs—gaining certification in nutrition, nutrition therapy, and cooking instruction. From 1999 to 2006, I worked for Dr. Hans Diehl's Coronary Health Improvement Project (CHIP), presenting vegan nutrition workshops in Rockford Illinois.



It's Breakfast Scramble. Photo: Larry Sirignano

FOOD FOR LIFE

Nutrition & Cooking Classes

Jane Sirignano

When I heard about **The Cancer Project**, I sent in my application which included a requisite five-minute video. Accepted, I attended training, and then contacted venues in my local area of northwest Connecticut to find out if there was a possibility of conducting classes at these sites. For four years, I have enjoyed conducting classes part-time at a cancer center, several community centers, a community college, Osher Lifelong Learning Institute, and a number of senior centers. As a TCP cooking instructor, I am autonomous, bringing to the cooking class site the cookware, blender, induction burner, extension cords, foods to prepare, and other class items. *Saladmater*® and *Vita-Mix*® sponsor TCP classes so I have beautiful equipment for demos. My husband, Larry, provides invaluable help with load up at home, unload at the site, audio-visual assistance, and clean up afterwards.

I usually schedule eight two-hour classes in a weekly series, for 10 to 35 people. The information starts to sink in and make sense by about the fifth class. During the series, the attendees begin to buy the new foods they have learned about and try new recipes at home. I usually make three or four recipes and might bring something like a wrap, cracker, or chip to talk about too. Most people are surprised at how good all the food tastes.

I introduce attendees to bok choy, collards, brown rice, quinoa, and legumes. Most recipes are cooked on a stove top. TCP's healthy cooking method sautés

with water or vegetable broth. Some recipes are raw. All recipes are gluten free or easily adaptable. It's like a foreign language to many people and learning can be difficult. After eight weeks, attendees become comfortable with the ideas that have been presented.



Using Saladmaster's 10 qt. roaster, Jane cooks over an induction burner.

Photo: Tom Kmetzo

When a neighboring cable TV station contacted me about taping six half-hour cooking class segments, I was happy to accept. Larry and I worked as a team for that project. We also did a food booth at the Connecticut Children's Medical Center's *Cycle of Life* event for pediatric cancer survivors and their parents. From the moment we had the food ready to serve, our booth was a hit. We served fruit smoothies, chickpea burgers on whole wheat pita bread, hummus, baked corn chips, and watermelon. **o**



The Cancer Project (TCP) is a 501(c)(3) nonprofit organization in Washington DC dedicated to teaching the power of nutrition in cancer prevention and survival.

TCP conducts **Food for Life Nutrition and Cooking Classes** throughout the U.S., reaching over 8000 people per year. Each class

includes a nutrition video by Neal Barnard (the medical doctor who founded the program), a live cooking demonstration, and naturally delicious food samples from the recipes—which are all vegan.

Classes are open to cancer survivors, friends, family, and anyone interested in cancer prevention and healthy eating. The class topics are great for promoting a healthy weight, and also help in the prevention and survival of chronic illnesses such as diabetes and heart disease. Visit the website www.cancerproject.org for resources such as the *Cancer Survivor's Guide*, recipes, and a listing of current cooking classes. Information about becoming a cooking instructor can also be found online—openings occur on a regional basis. The process is highly selective; few applicants are accepted as new instructors—about six out of 200.

Comments on Jane's Food for Life Classes

“Jane...motivated me to make one of the most momentous changes this year. As a ‘vegan,’ I have not eaten meat or dairy products for nearly six months and my cholesterol numbers and ratio have improved significantly. With no effort, I’ve lost weight and am truly enjoying the taste (yes, taste!) of vegan food.”

“Thank you SO MUCH for your fabulous classes. I learned so much. It is truly life transforming for me. Everything was great. The DVD's, your demonstrations and the ability to sample them were so helpful. If you had just talked about the recipes, I never would have made them. There was so much valuable information. Thank you for your tremendous knowledge and skills and all the work you and your wonderful husband do to prepare all the food and cart all of the stuff back and forth. You are a blessing to many of us and have truly saved many lives. I've lost 15 pounds since your course began. I am determined to continue to reach a ‘normal’ weight and reverse the type II diabetes.”

“We learned SO MUCH in your class—more than any other nutritional (or cooking) class we've ever

attended (there were several). You (personally) and your class have had such a positive impact on us, I just cannot say how much we appreciate it. We are always passing on the information we learned from you to other people. And many of your vegan dishes (and our own creations, thanks to you!) are favorites with our family, including our meat-eating men! (Who have also cut way down on animal product consumption.) Even our primary care physician was impressed with the changes we've made (we have the same doctor).”

“Had cancer in the family, watched the video and it made sense to change. Now I have better health, lower cholesterol (down 40 points), IBS symptoms are greatly reduced, and a bonus in weight loss—down two sizes! I liked everything Jane made, especially the chocolate mousse. I was so impressed I bought four videos and workbooks for family members.”

One man lost 25 pounds and was able to get off insulin after 30 years. On the June 2007 class evaluation, he wrote, “We do not eat any animal products.” So I recently called to find out how he was doing. In order to “enjoy life,” he resumed eating animal products, such as hamburgers. He has gained eight pounds back and needs insulin daily.

Jane's Advice

At the classes I tell people, “If you are healthy, you can be more liberal with the dietary guidelines. If you are fighting cancer or other health conditions you need to stay on the stricter side of the guidelines—it may be a lifesaver for you.”

“The bottom line is your health: if it's not getting better, or your numbers aren't improving, you need to eat less processed, packaged foods and animal products. Eat more whole, natural, plant foods.”

The American Cancer Society admits that one-third of cancers are caused by tobacco use, and one third of cancers are related to diet and lifestyle. So I tell attendees, “If you are healthy, you may be thinking, ‘I'll wait to put these ideas into practice.’ But why wait? Waiting may cost you. One in three women will develop cancer and men's odds are worse - one out of two will be diagnosed with cancer. One out of four people will die from cancer.

“There is something you can do. You don't have to wait to begin to eat better. With the information you learn, you can take action at your very next meal!”

RECIPES

next page →

How Fat Affects Cancer Risks

Fat has many effects within the body. It increases hormone production and thus raises breast cancer risks. It also stimulates the production of bile acids which have been linked to colon cancer.

The average diet in the U.S. is about 37 percent fat. The National Cancer Institute suggests that people lower that percentage down to 30 percent; however, studies have shown that fat intake should be well below 30 percent to have an anticancer effect. Ten to 15 percent is more likely to be helpful.

The Importance of Vegetables

Not only are vegetables low in fat and high in fiber, they also contain many cancer-fighting substances. Carotenoids, the pigment that gives fruits and vegetables their dark colors, have been shown to help prevent cancer. Beta-carotene, present in dark green and yellow vegetables, helps protect against lung cancer and may help prevent cancers of the bladder, mouth, larynx, esophagus, breast, and other sites.

Vegetables such as cabbage, broccoli, kale, turnips, cauliflower, and Brussels sprouts contain flavones and indoles which are thought to have anticancer activities.

Vitamin C, found in citrus fruits and many vegetables, may lower risks for cancers of the esophagus and stomach. Vitamin C acts as an antioxidant, neutralizing cancer-causing chemicals that form in the body. It also blocks the conversion of nitrates to cancer-causing nitrosamines in the stomach.

Selenium is found in whole grains and has the same antioxidant effects as vitamin C and beta-carotene. Vitamin E also has this effect. Caution is advised in supplementing selenium, which is toxic in large doses.

Alcohol

Excessive intake of alcohol raises one's risks for cancers of the breast, mouth, pharynx, and esophagus. When combined with smoking, these risks skyrocket. It also raises risks for stomach, liver, and colon cancers.¹⁰

Vegetarians Are Better Off

All the evidence points to a low-fat, high-fiber diet that includes a variety of fruits, vegetables, whole grains, and beans, as being the best for cancer prevention. Not surprisingly, vegetarians, whose diets easily meet these requirements, are at the lowest risk for cancer. Vegetarians have about half the cancer risk of meat-eaters.¹¹

Vegetarians have higher blood levels of beta-carotene. They consume more vitamin C, beta-carotene, indoles, and fiber than meat-eaters. Vegetarians also have stronger immune systems. German researchers recently discovered that vegetarians have more than twice the natural killer cell activity of meat-eaters.¹² Natural killer cells are specialized white blood cells that attack and neutralize cancer cells. Also, vegetarians tend to eat more soy products than meat-eaters. Soybeans contain many substances that are anticarcinogens, including lignans and phytoestrogens. A diet that is rich in soybeans may be one reason for the lower incidence of breast cancer in Asia.

Conclusion

A cancer prevention diet is one that is high in fiber, low in fat (especially animal fat), and includes generous portions of fruits and vegetables. It also minimizes or excludes alcohol. The best diets are pure vegetarian diets.

References

1. Kritchevsky D. *Diet, nutrition, and cancer: the role of fiber.* Cancer 1986;58:1830-6.
2. Risch HA, Jain M, Choi NW, et al. *Dietary factors and the incidence of cancer of the stomach.* Am J Epidemiol 1985;122:947-59.
3. Lubin F, Wax Y, Modan B, et al. *Role of fat, animal protein and dietary fiber in breast cancer etiology: a case control study.* J Natl Cancer Inst 1986;77:605-12.
4. Goldin BR, Adlercreutz H, Gorbach SL, et al. *Estrogen excretion patterns and plasma levels in vegetarian and omnivorous women.* N Engl J Med 1982;307:1542-7.
5. Lan HW, Carpenter JT. *Breast cancer: incidence, nutritional concerns, and treatment approaches.* J Am Diet Assoc 1987;87:765-9.
6. Minowa M, Bingham S, Cummings JH. *Dietary fiber intake in Japan.* Human Nutr Appl Nutr 1983;37A:113-9.
7. Wynder EL, Rose DP, Cohen LA. *Diet and breast cancer in causation and therapy.* Cancer 1986;58:1804-13.
8. Bingham SA. *Meat, starch, and non-starch polysaccharides and bowel cancer.* Am J Clin Nutr 1988;48:762-7.
9. Rose DP, Boyar AP, Wynder EL. *International comparisons of mortality rates for cancer of the breast, ovary, prostate, and colon, and per capita food consumption.* Cancer 1986;58:2363-71.
10. Breslow NE, Enstrom JE. *Geographic correlations between cancer mortality rates and alcohol-tobacco consumption in the United States.* J Natl Cancer Inst 1974;53:631-9.
11. Phillips RL. *Role of lifestyle and dietary habits in risk of cancer among Seventh-day Adventists.* Cancer Res 1975;35(Suppl):3513-22.
12. Malter M. *Natural killer cells, vitamins, and other blood components of vegetarian and omnivorous men.* Nutr and Cancer 1989;12:271-8.

Reprinted with permission from:

Physicians Committee for Responsible Medicine

5100 Wisconsin Ave NW # 404
Washington DC 20016

Ph: 202-686-2210, Fax: 202-686-2216

www.pcrm.org

pattycake *vegan bakery*

A novel way to propose marriage: send a *Marry Me Blueberry Muffin*. Available at **pattycakeveganbakery.com**, muffins can be shipped anywhere in the 48 contiguous states. This muffin was named because it is so good you want to marry it. Legend has it a man actually used the muffin to propose to a woman. For those not looking for such commitment, cookies, cupcakes, whoopie pies, and other muffin flavors are also shippable. Delectables arrive in a recycled cardboard box. *pattycake* environmentally-conscious owner, Jennie Scheinbach, uses entirely biodegradable packaging, even vegan glue.

The most popular cookies are a vegan modification of the classic *Toll House® Chocolate Chip Cookie* recipe, using organic *Sucanat®*, walnuts, and lots of chocolate chips. The second best-selling cookie is whole-grain

Everything Oatmeal with pecans, chocolate chips, cranberries, and coconut. *Chocolate* is the most popular cupcake.

Anyone in Columbus Ohio can order cakes for pickup from an elaborate selection beginning with standard favorites: chocolate, vanilla, or lemon, with options for no gluten or no sugar. Fifteen other tantalizing flavors such as *Banana Magic* and *Pistachio Rosewater* (pictured) intrigue the palate. Or customers can request their own favorite combinations with twenty frosting flavor choices from *Whipped Raspberry* to *Peppermint Chocolate*.

Anything *pattycake* makes can be purchased daily at the bakery located at 3009 North High Street. Cookies and muffins are also available at many local coffee shops—delivered weekdays by bicycle in a 10-mile radius of the bakery. Outside of the radius, or the I-270 loop, desserts are delivered by van.

pattycake products are a delicious find for anyone looking for healthier baked goods. They taste old fashioned, like grandma's used to taste. *pattycake* uses pure organic non-hydrogenated oils. Customers comment that the desserts have no weird greasy taste and they feel better eating them than



common hydrogenated-oil-laden desserts. Others say they do not have spikes and drops in blood sugar because *pattycake* uses more natural sugars.

“The first time I came here and ate this stuff it was awesome, amazing, and better than any other bakery's items. It doesn't taste vegan,” said Sarah Bryant. “People can go, ‘Wow! This tastes like mom could make.’ Veganism has a stereotype that things aren't going to taste as good. In this case they're right. It tastes better!”

Sarah has been vegan over four years. She already had a job she loved at an organic foods store, but when she saw *pattycake* was hiring, she applied and is now the manager. She responds to emails, runs the *pattycake* Facebook, MySpace, and Twitter pages, and assists Jennie. Most of Sarah's day is spent packing wholesale orders. “I get the papercuts instead of the flour all over me.” Sarah loves working at *pattycake*. “It's wonderful when you come here and grow into your job and grow as a person. Jennie cares about us outside of work, not just in the bakery.”

Her coworker, Lauren Damon, echoes Sarah's enthusiasm for *pattycake*. “I love it because it really doesn't feel like work. It feels more like going in to play.”



Jennie Scheinbach enjoys a delicious vegan cheesecake.

pattycake grew from Jennie's own love of desserts. Her dad was a good baker so she watched him in the kitchen from age five, and gradually learned to help. She took baking classes at the local rec center and read recipes for fun. Her dad preferred salty snacks, so when Jennie wanted sugary treats, she had to bake them. Chocolate soufflé became her specialty by age eight.

Jennie was working as a waitress the week after graduating college when she began the bakery business by baking one kind of cookie (*Peanut Butter Chocolate Chip*) to sell at the local food co-op. "I'd like to work for myself, but can't quit my job. I'll do a little on the side and see if it works," she thought. She added cupcakes, and additional varieties were requested. In two months, she became the major baker for the co-op. Her daughter was four months old and Jennie had no interest in the corporate world.

Six months later she got the contract with *Cup O Joe*, a chain of coffee shops in Columbus, to supply cookies to all eight locations. Jennie became full-time self-employed and baked from 7am to midnight, 18 cookies at a time, 300 cookies per day, filling orders for hundreds of cookies to each location every week. For a year and a half the business consumed the bottom part of her house. She needed to move *pattycake*, or quit.

Often a business starts with the model plan for attracting investors and jumping into a huge undertaking with fancy marketing. That was not Jennie's approach. *pattycake* grew

sustainably. She began with only wholesale goods until people called and asked, "Hey, can you make us a cake?" She added the retail component. It grew incrementally and safely, which fit her personality. Jennie never risked taking out a big loan and having the business not work. She preferred the pay-as-you-go model. After Jennie saved \$20,000, she moved the bakery out of the house. She also received family gift/loans of \$15,000, and for a total of \$35,000 moved *pattycake* to its current storefront site.

Jennie was resourceful. The bakery case was formerly a restaurant case purchased for \$100. Jennie purchased the bakery oven unit from the co-op for \$400. The bottom oven does not work and the gauges are not accurate. They use this oven to bake cookies until "they look like this," not by time and temperature. A major capital expenditure will be a good oven.

A big consideration in setting up a vegan bakery is being aware of the local health department rules. The biggest expense was getting the required exhaust fan over the oven. Since then the health department rules have changed; the fan is no longer required with some ovens.

pattycake uses a 40-quart mixer and would like a 60-quart mixer. Ingredients are measured by weight, not volume. Cookie dough is measured out with an ice cream scoop. Nothing is automated. Everything is done completely from scratch and by hand—about 700 items per day.

Jennie arrives at *pattycake* around 8:30am on a typical day. She inventories all of the pro-

ducts and looks at the wholesale and retail order sheets. She updates the baking list for the next couple of days. The baking list must be in specific order to keep the bakery efficient. The baking times need to be coordinated so the oven is always full. Cakes need time to cool before icing and pickup. Then Jennie looks at emails or managerial computer work. Jennie and Sarah pack the wholesale orders. Jennie's workday ends around 6pm.

"I am working on eating better. Moderation is good. I started the bakery because I have a sweet tooth and a sugar addiction," said Jennie as she ate a bite of raw *Creamy Cashew Cheesecake* topped with strawberries. "I have a great support system. I'm "Captain Perfectionist", but I'm learning to ask for help. Everyone is happier when they have some control." *pattycake* employees (four full-time, six part-time) love their work creating delicious products.

pattycake vegan bakery

3009 N High St
Columbus OH 43202
Phone: 614-784-2253
pattycakeveganbakery.com
info@pattycakeveganbakery.com

- Vegan
 - Handmade • Organic
 - Minimally refined sugars
- (Whole grain and 100% whole grain selections available.)



Story & Jennie's photo by Anne Dinshah. Other photos from *pattycake* website.

Product Review:

There's a New VEGAN CHEESE in Town...



Photo: Bobby Rock

So many of our social traditions are built around food, from barbeques to Thanksgiving dinner. Fortunately, as vegans, we've been able to find delicious plant-based alternatives for most of the animal-based dishes that typically accompany these occasions. However, one tradition that's been a bit lacking for us is the good ol' fashioned pizza party. This is mainly due to the fact that true vegan soy cheese (which does not contain casein) runs hot and cold. Now don't get me wrong. We've seen real progress in this department through the years, perhaps most notably with *Follow Your Heart's*® ex-

cellent varieties. But one of the biggest problems with all vegan cheese – especially where pizza is concerned – is that it doesn't melt very well or at least not like the pizza cheese with which many of us grew up...until now.

Yes, friends, there's a new vegan cheese in town, and it's called *Daiya*. This is the real deal...the panacea to all of life's problems...the answer to our collective prayers (especially those of us who love pizza!). Plus, *Daiya's* unique combination of cassava, tapioca and/or arrowroot flours offer us some welcome variety, considering how many of our vegan "substitute" foods are already made with soy.

While they've yet to launch *Daiya* as a retail item, there are a number of restaurants that are starting to offer it. A recent case in point was an informal pizza party organized by fellow vegan activist, vegan kids' camp director, AVS Board Member, Andy Mars—held at a local LA pizzeria called Z Pizza. He sent out an invitation through Facebook, and I was expecting a nice quiet gathering of 10 to 15 of us. Instead, a whopping 46 people showed up, all unabashedly in ecstasy over the most incredible vegan pizza ever. A month later, he did it again and there were 57 in attendance. His next Vegan Pizza

Party will likely have even higher attendance. He literally takes over the joint—as long, gooey strands of this *Daiya* cheese stretch and pull all around us, right up until closing time. This is a feast for the ages.

Kudos to Andy by the way. He was the one who persuaded the folks at Z Pizza to start offering *Daiya*, and he's been a tireless supporter of them ever since, getting a bunch of people to drop by and try it. They have now become the official pizza of his newly-open vegan school. After all, doesn't every school need to have a pizza party now and then? Andy is bringing being vegan into the mainstream. This is true activism, folks. It's one thing to encourage a vendor to carry a vegan product, but it's equally important to support that vendor in actually selling the product so they'll continue to carry it. Thanks, Andy.

Check out *Daiya* Foods at www.daiyafoods.com.

Reviewed by Bobby Rock, a blogger, activist, and pizza enthusiast based in the LA area. Bobby is a drummer who has traveled with noted bands. He is a health and fitness specialist. Bobby is active in animal and environmental causes. For info about Bobby, visit www.bobbyrock.com.



Vegan Activist, Minoo Rahbar

Photo: Andy Mars

Whole Foods Market® HEALTHY EATING

John Mackey, CEO of Whole Foods Market®, and WFM's global office, have introduced a new core value: educating WFM stakeholders on healthy eating. To enable WFM team members to model this value, in October 2009, employees from stores across the U.S. went to Princeton NJ for a Health and Wellness Immersion Program with Joel Fuhrman, MD. Food for the course was catered by Princeton's Whole Foods Market. Chef Chad Sarno demonstrated recipes.

Fuhrman's *Eat Right America* program is based on eating nutrient-dense foods, identified using Fuhrman's ANDI scoring system—which will be used in WFM stores to encourage shoppers to make health-sustaining purchases. See www.eatrightamerica.com.

Better Than Fish Oil

An article published in the *Canadian Medical Association Journal* March 17 2009 asked if dietary recommendations for the use of fish oils are sustainable, and drew attention to contaminants present in fish such as methyl mercury, PCBs, and dioxins—which are higher in farmed fish.

It advocated development of supplies of alternative long-chain omega-3 fatty acids — derived from plant, algae, yeast or other unicellular organisms. Docosahexaenoic acid is currently produced from the algae *Cryptocodinium cohnii* for use in infant formula to promote brain development.

<http://www.cmaj.ca/cgi/content/full/180/6/633>

Are dietary recommendations for the use of fish oils sustainable?

David J.A. Jenkins, MD DSc, John L. Sievenpiper, MD PhD, Daniel Pauly, Dr rer nat, Ussif Rashid Sumaila, Dr Polit, Cyril W.C. Kendall, PhD and Farley M. Mowat, OC DLitt

Optimum Nutrition Recommendations: 2009

The balance of scientific evidence suggests that the healthiest way to eat is a vitamin B12-fortified diet of whole plant foods.

For optimum nutrition, be sure to include in your daily diet not only an array of whole grains, beans, nuts, seeds, fruit, and as many vegetables as you can eat, but also specifically dark green leafy vegetables, berries, and green (or white) tea. If applicable, attention should also be paid to these micronutrients.

To your health, Michael Greger, MD

Vitamin B12

At least 2000mcg (µg) once each week, ideally as a chewable, sublingual, or liquid supplement or at least 100mcg daily of supplemental B12 (you needn't worry about taking too much) or at least 2 servings daily (with a minimum of 6 hours between servings) of B12-fortified foods, each containing at least 20% "Daily Value" as listed on its label, such as a cup of fortified soy milk

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

Calcium

At least 600mg 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 healthful foods, but not good calcium sources due to their oxalate content), fortified foods, and/or supplements.

Vitamin D (daily recommendations for those in Northern Hemisphere)

Below approximately 30° latitude (Los Angeles/Dallas/Atlanta/Cairo):
15-30 minutes* of midday sun or a 4,000 IU supplemental vitamin D

Between 30° latitude (sample cities above) & 40° latitude (Portland/Chicago/Boston/Rome/Beijing):
From February through November
15-30 minutes* of midday sun or 4,000 IU supplemental vitamin D
From December through January
4000 IU supplemental vitamin D

Between 40° latitude (sample cities above) & 50° latitude (Edmonton/London/Berlin/Moscow):

*15 minutes for those with lighter skin; 30 minutes for those with darker skin.

Omega-3 Fatty Acids

250 to 500mg daily of algae-derived DHA

Iodine

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

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.

Selenium

Northern Europeans may need to take a supplement or eat about 20 Brazil nuts a month.

Per *Latest in Clinical Nutrition 2009* DVD—Greger, MD, 3 hours, \$20.00. Available from AVS.

Copenhagen Summit on Climate Change

Quotes excerpted from interviews at guardian.co.uk December 2009:

“There really is no reason why we shouldn’t get science driving politics. There is always a lag between people understanding a particular issue and then being willing to act on it.. Science will have to drive decisions not only at the top but also at the bottom of the social ladder. **The only way out of this is for people to get active through grassroots action, and for them to clearly convey to their elected leaders that they expect them to take clear and forward-looking action to deal with climate change.**” —Rajendra Pachauri, Chair of the Intergovernmental Panel on Climate Change—on Dec 17

Impossible Goals? She’s Got the Answer!

“More than 80% of the destruction of the Amazon is by cattle rearing. To preserve the Amazon, we need to lessen or to stop eating meat. **[Brazil’s government representatives here] are saying they want to lessen/mitigate emissions by about 40%... But at the same time, they are saying they want to double the exportation of meat. This is not possible! You can do one thing, OR do the other thing.**” —Marly Winckler, sociologist, president, Brazilian Vegetarian Society (SVB), Copenhagen, December 15 2009. [Marly and SVB had hosted the 12th International Vegan Festival, July 22 to 25 2009 in Rio de Janeiro Brazil. Attended by 400 from 13 countries, the program included academic presentations, a nutrition intensive, fashion show, food demonstrations, poster display, and cultural exhibits.]

PRODUCT NEWS

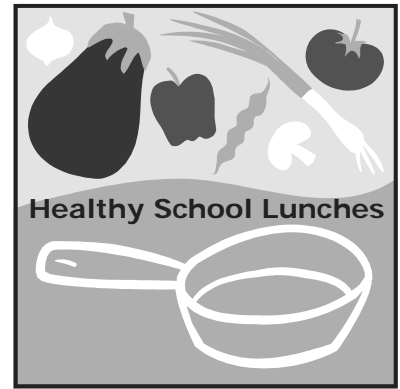
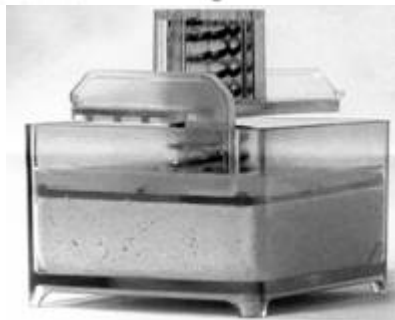


Vegans will welcome these travel-sized single-serving packets of soy-creamer powder (30 per package)—to carry in purse or car. Our tasters found it adequately improved the taste of black coffee (real or roasted-grain substitute) but prefer liquid soy creamers for general use.

Singer and electronic music artist Madison Park’s *Opus One* video influenced Ruth Arotzky (of CT Lasers) to campaign with Madison against factory farming, and produce (out of personal need) their first food product. *SoyGo*™ may be ordered at www.savingopusone.com, or phone 203-215-3320; also from vegetarian/vegan mail-order suppliers.

Dutchess County New York Restaurant/Café (seats 60), modern and fully equipped, ground floor of major office building, facing courthouse, seeks experienced-chef tenant to offer health-sustaining vegan menu. Rental fee negotiable. Contact: Mark Pastreich, PO Box 488 Poughkeepsie NY 12602 Office: 845-454-1122 Cell: 845-380-9655

TofuXpress



The Physicians Committee for Responsible Medicine’s **Healthy School Lunches** campaign is dedicated to helping 30 million American students eat healthier school lunches. Join the more than 100,000 students, parents, teachers, and community members who have signed our petition asking Congress to reform the Child Nutrition Reauthorization Act in 2010 to help schools provide students with daily vegan meal options, more vegetables, fruits, and healthful non-dairy beverages.

www.HealthySchoolLunches.org

Physicians Committee for Responsible Medicine

5100 Wisconsin Ave NW # 400
Washington, DC 20016-4131
Phone: 202-686-2210
Web site: www.pcrm.org

TofuXpress® squeezes water out of tofu, so it will better absorb other flavors when marinated. The spring-operated press is the invention of Marie Kraft, and more convenient than the old way of using plates, towels, and a can of beans (weight).

Built of food-grade thermoplastic and stainless steel, it converts to a marinating dish, and can be used in the refrigerator. All parts fit together for convenient storage. Accompanying instruction booklet, with recipes. Worth getting. MSRP \$39.95. Order from 610-209-2090.

→ TofuXpress, LLC
PO Box 331, Ambler PA 19002
Sales@TofuXpress.com
www.TofuXpress.com



Captain Paul Watson, Feb 21 2009 in Hobart Australia, upon his return from the Southern Ocean.

Photo: Adam Lau/Sea Shepherd

The International Whaling Commission (IWC) was formed (1946) "to provide for the proper conservation of whale stocks and thus make possible the orderly development of the whaling industry", pursuant to the International Agreement for the Regulation of Whaling (1937), and its protocols (1938 & 1945).

In 1985/6 IWC adopted and put into effect a moratorium on all commercial whaling. But since then, more than 30,000 whales have been killed by commercial, and "scientific" whalers (Norway, Iceland, and Japan—which are expanding their annual kills). Other dangers to whales are from fishing nets and gear, ship strikes, pollution, depleting food supplies, and climate change. IWC created the Southern Ocean Whale Sanctuary in 1994.

Further information: www.iwcoffice.org and its links to member countries Australia and United Kingdom.

Intervening to Defend Whales

Janet "Shicana" Allen

Paul Watson is no ordinary sea captain, and the *Steve Irwin* is no ordinary ship. As a result of the hit television show *Whale Wars*, his organization—the Sea Shepherd Conservation Society—has catapulted the animal rights and vegan causes far past the clichéd fifteen minutes of fame. A full eighteen hours of high seas adventure has aired on *Animal Planet* in the first two seasons alone (plus scores of reruns). Captain Watson and his fearless crew are the newest reality show heroes, riding the frigid waters of Antarctica as they aim to stop the massive killing of whales in the Southern Ocean Whale Sanctuary, 2,000 miles from land.

The antagonist is the Japanese whaling fleet, headed by the sinister *Nishin Maru*—a slaughterhouse with a hull—and its supporting cast of henchmen: a floating posse of relentless harpoon vessels. Now slated for a third season, *Whale Wars* is the second-best performing series in the network's history, averaging over a million viewers per episode. In addition, *Whale Wars* received an Emmy nomination in the category of "Outstanding Cinematography for Nonfiction Programming".

Captain Watson is a seasoned activist who has devoted his life to protecting animals since the age of eighteen. A former fireman, Watson was trained in maritime navigation as a member of the Canadian Coast Guard, then continued to voyage all the earth's oceans with assorted foreign merchant marines.

In 1972 he co-founded Greenpeace, which he left in 1977 to pursue a more aggressive agenda.

Since Sea Shepherd's maiden voyage in 1979, the Captain and his devoted volunteers have been taking direct action to save marine wildlife of all kinds. Prior to *Whale Wars*, they were perhaps equally famous for their campaigns to stop the brutal clubbing of those adorable baby harp seals by Canadian hunters.

Paul Watson has aired his convictions on prominent media outlets including CNN's *Larry King Show*, NBC's *Late Night with Carson Daly*, the ABC-produced *Focus Earth* hosted by Bob Woodruff, and was the butt of satire on *South Park*. Watson asserts that Japanese ships are targeting endangered, protected whales in the Southern Ocean Whale Sanctuary. This is in violation of a 1986 global moratorium on commercial whaling, established by the International Whaling Commission (IWC). They're also in contempt of the Australian federal court which has prohibited whaling in Australian territorial waters.

The annual Japanese quota is currently 1,000 Minke whales, 50 endangered Fin whales, and (recently added) 50 of the endangered Humpback. On *Carson Daly*, Watson explained, "There's no difference between a Japanese whale hunter in the Antarctic and an elephant poacher on the plains of the Serengeti—absolutely none. These people are operating illegally. We're simply upholding

international law to stop them.” When newsman Woodruff asked directly if he is an eco-terrorist, Watson replied, “We go against criminal operations. We’re really an anti-poaching organization. I think in the world today, anybody who does anything somebody else disagrees with, they just dismiss it as terrorism.”

Captain Paul Watson and several of his Sea Shepherd crew attended Farm Animal Rights Movement’s annual Animal Rights Conference (July 2009 in Los Angeles), where Watson delivered the keynote speech. An eloquent speaker, Watson attracts worldwide audiences with his informative, yet entertaining, pres-

British Royal Navy vessel, serves purely vegan fare from its galley.

Next time, we’ll speak further with Paul Watson, and venture into the floating galley where chef Laura Dakin and her staff create vegan meals for the ship’s 50-person, all-volunteer crew. Until then...Bon Voyage!

Follow Sea Shepherd’s 2009-2010 Operation Waltzing Matilda at www.seashepherd.org.



Yushin Maru No. 2 crosses Steve Irwin bow . December 19 2008
Photo Adam Lau / Sea Shepherd

What does Japan say in its defense? Explained crew member Shannon Mann during an appearance on *Larry King*, “They actually do it under the guise of scientific research...but they get back to shore with packaged-up whale meat.” Chimed in helicopter pilot Chris Aultman: “It’s a profit motive. At the end of the day, all that meat goes home and winds up in the marketplace or in deep-freeze waiting to be eaten.” With *Animal Planet* cameramen by his side, Aultman played a critical role in obtaining valuable aerial footage of bloody whale slaughters: brutal exploding harpoons, and the slow, agonizing deaths of these magnificent creatures.

entations. He can have you sobbing in one moment, rocking with laughter in the next. In private, he is equally relaxed, personable, and—not surprisingly—highly intelligent. Watson doesn’t mince words, scoffs at controversy, and cares not what others think... except, of course, for the animals he saves. “Our clients are whales and sharks and seals...Find me a whale that disagrees with what we do, I’ll listen to it.”

This man sees the big picture, seamlessly linking animal issues with environmental challenges, global warming, human overpopulation, and, of course, the meat-centered diet. His ship, the *Steve Irwin*, a 62-meter former

While **Japan** originally subscribed to IWC’s moratorium on all commercial whaling, it soon found a loophole for scientific whaling. Its agenda includes “social and scientific studies on utilization of whales”. Japan’s Institute of Cetacean Research (ICR) considers its activities sustainable and culturally acceptable. See www.icrwhale.org.

Japan’s large (5,000 tons) stockpile of frozen whale meat belies demand. Whale meat is not now a staple on dinner tables, and is eaten by only 5% of the population. It is served in restaurants; provided for school meals; sold canned and, allegedly, as pet food, and misnamed meats.

Sea Shepherd’s crew uses highly contentious divertive tactics to hinder whaling. Japan protests “violent and dangerous” harassment of its ships, but reciprocates: hence *Whale Wars*.

Japanese records indicate that nearly a third of adult female whales harpooned in the Antarctic during 2008 were pregnant. Four lactating mother whales were also killed—a practice that was banned even in archaic rules when commercial whaling was allowed.

In a 2008 survey, 71% of Japanese respondents supported an end to whaling.

EVENTS & CONFERENCES in U.S.A.

CALIFORNIA

4th International Green Lifestyle Film Festival, Friday March 19 to Sunday March 21 2010, Los Angeles CA. Sustainable choices and healthy joy-filled living. Ph: 310-854-2078 and 310-928-7689, info@greenlifestylefilmfestival.com, www.greenlifestylefilmfestival.com.

FLORIDA

VegOut 2010, Thursday March 25 to Sunday March 28 2010, Clarion Hotel Airport Conference Center, 2101 Dixie Clipper Rd, Jacksonville FL. A retreat celebrating animals, people, and the earth. Health and nutrition workshops, cooking demos, animal rights discussions, and more. Florida and national presenters. Information: VegEvents at 386-454-4341 or chasmoe@windstream.net, www.vegevents.net.

NEW JERSEY

American Vegan Society celebrates 50th Anniversary at Annual Meeting Garden Party, Sunday May 30 2010, AVS HQ, 56 Dinshah Ln, Malaga NJ 08328. Ph: 856-694-2887, Fax: 856-694-2288. See page 16. Details TBA. Watch www.americanvegan.org.

PENNSYLVANIA

36th Annual Vegetarian Summerfest, Wednesday July 7 to Sunday July 11 2010, Johnstown PA. North American Vegetarian Society, PO Box 72, Dolgeville NY 13329. Ph: 518-568-7970, Fax: 518-568-7979, www.vegetariansummerfest.org.

VIRGINIA

Animal Rights National Conference, Thurs July 15 to Mon July 19 2010, Hilton Mark Center, Alexandria VA. Contact: FARM, 10101 Ashburton Lane, Bethesda MD 20817. Ph: 888-FARM-USA (327-6872), info@arconference.org, www.arconference.org.

CALIFORNIA

National Health Association Healthy Living Conference, Thursday August 19 to Monday August 23 2010, Flamingo Conference Resort & Spa, 2777 4th St, Santa Rosa CA. Educational lectures, all-vegan meals, talent show, book table, and more. Ph: 800-848-8300, lgrudnik@healthscience.org, www.healthscience.org.



INTERNATIONAL EVENTS

CARIBBEAN

Holistic Holiday at Sea™ VII, A Voyage to Well-being, Sunday March 21 to Sunday March 28 2010. A 7-night Eastern-Caribbean Cruise that includes lectures, workshops, and cooking classes. Enjoy gourmet, healthful, natural, vegan meals and desserts. Onboard: T. Colin Campbell, PhD (author and research scientist), Neal Barnard MD (PCRM), Christina Pirello (TV cooking show, author), Yogi Amrit Desai, Marilu Henner, Joel Fuhrman MD, Chef Bryant Terry, and other teachers. Presented by A Taste of Health and Physicians Committee for Responsible Medicine. Holiday at Sea info: Ph: 828-749-9537, www.atasteofhealth.org. For reservations, call: 800-496-0989 (in the US). If outside the US, please call 828-749-1959 or email the reservation manager at: janbelleme@charter.net.

39th IVU World Congress 2010, Friday October 1 to Thursday October 7 2010, Jakarta-Bali, Indonesia, sponsored by the International Vegetarian Union. Info:www.ivu.org/congress/2010.

See AVS' website: www.americanvegan.org. Check for updates throughout the year.

Subscribe to *American Vegan* & receive 20% or greater discount on books purchased from AVS. Make payments to American Vegan Society

Enclosed:\$20 per year\$10 Student/Low IncomeNew subs.Renewal
\$200 Life Membership\$500 Life Patron\$1000 Life Benefactor
I'm learning about vegan living.I am a new vegan.I have been veganyears.

Remarks:

Name, Address, City, State, Zip-plus 4:

Phone, e-mail

Send to: American Vegan Society, PO Box 369, Malaga NJ 08328
 Ph : 856-694-2887 or Fax: 856-694-2288

*Sign-up for E-Alerts online at
www.americanvegan.org*

AV 9-3

Your Address Label
 Above your name is the year
 of your membership expiration.
 If you are a Life member, you
 will see "Life". If you have in-
 quired but not yet joined, "Inq"
 appears above your name.

DEFINITIONS

VEGAN: Uses no animal-source food or clothing.

TOTAL VEGETARIAN: Uses no animal-source food, vegan in diet only; still using some animal items such as leather, wool.

VEGETARIAN: Uses no flesh, fish, fowl (products of slaughter), still using milk or dairy products. (lacto-vegetarian), or eggs (ovo-vegetarian).

AMERICAN VEGAN SOCIETY MEMBERSHIP

BASIC MEMBERSHIP is open to all: vegan, vegetarian, or non-vegetarian. **ADVANCED Membership** (voting, office holding) is open to vegans practicing Ahimsa (send for application form).

MEMBERSHIP/SUBSCRIPTION is \$20 per calendar year (3 print issues & website). (\$10 student/low-income within U.S.A). Join before midyear, receive back issues, or join later and you're on to end of next year. Pay by check/money order/credit card (Visa, MasterCard, Discover, or American Express).

LIFE MEMBERSHIP is \$200; Life Patron \$500 or more; Life Benefactor \$1000 or more. Each type includes lifetime (your or AVS, as the case may be) *American Vegan* subscription. Each type payable at one time or in installments, normally completed within two years.

IRS REGULATIONS permit tax-deductibility for all *actual contributions* (including Life Membership donation *beyond the first \$100*—due to the value of the lifetime *American Vegan* subscription). **FEES** paid for annual membership, or books, tapes, conventions, etc. are paid for value received so are not tax-deductible according to IRS regulations.

CANADA: Please remit in \$U.S. only, by International Postal Money Order, or Bank Cashier's Draft on account in a U.S.A. bank. Or use credit card.

OVERSEAS: U.S.\$25 air mail. As above; or United Kingdom personal check in £ Sterling at current exchange rate.

American Vegan Society

Together we explore and apply compassionate living concepts, and reflect on the beauty of life.

We learn: How to save the animals. How to revere the Earth. How to care for ourselves.

Learn to live in harmony, creating a better world for all.

People follow a vegan lifestyle for ethical reasons, for health, for the environment. A vegan diet is an adventure in taste offering an amazing variety to please the palate. Vegetables, grains, fruits, and legumes are the basics from which delicious meals are made. Foods from plants best provide for all people in the world.

American Vegan

Published by

The American Vegan Society
A NONPROFIT EDUCATIONAL ORGANIZATION

56 Dinshah Lane PO Box 369

Malaga NJ 08328-0908

Ph: 856-694-2887 Fax: 856-694-2288

www.americanvegan.org

CHANGE SERVICE REQUESTED

Nonprofit org.
U.S.
POSTAGE
PAID
VINELAND NJ
Permit No. 38

Permit can only be used by
Publisher at Vineland P.O.

DATED MATERIAL

Paul Watson & Sea Shepherd story page 28.

Japanese factory whaling ship, the *Nisshin Maru* (right), hauls a newly caught minke whale up its slipway, while harpoon ship the *Yushin Maru No. 2* sails close behind, and a Sea Shepherd helicopter flies overhead.

