

The Flying Carrot



April 2019

Health and nutrition, lifestyle issues, recipes, animal rights, compassionate living, Earth stewardship, and more!

Newsletter for **VEGANEARTH**

VeganEarth teaches and supports ways to eat and live that are **healthful, sustainable, and compassionate toward animals, people and the Earth.**

Editor: Susan Huesken

To subscribe to the *The Flying Carrot* newsletter e-mail swimchessveg@gmail.com

We never share our mailing list! Ask your friends, who might be interested in a healthful lifestyle, if they'd like to be added to the mailing list. It's a free newsletter...what have they got to lose?

VEGANEARTH MEMBERSHIP

Please become a member now. **\$100+ - Founder**

\$45 - Family membership

\$35 - Low income family membership

\$30 - Individual membership

\$20 - Low income individual membership

Send your check to VeganEarth,

520 Flatt Terrace, Cincinnati, Ohio 45232-1708

513-929-2500

VEGAN-FRIENDLY RESTAURANT GUIDE

You can find this guide listed on the home page of VeganEarth's website at veganearthus.org. It is a work in progress. If you know of any vegan friendly restaurants that you like that are not on the list, please let me know at swimchessveg@gmail.com.

**NEXT VEGANEARTH POTLUCK /
PROGRAM SUNDAY, APRIL 21 AT 2 PM
AT CLIFTON UNITED METHODIST CHURCH
3416 CLIFTON AVE., CIN., OHIO 45220
SEE FLYER NEXT PAGE**

CINCINNATI'S 1ST VEGAN EARTH DAY
will take place on the 50th Earth Day,
Monday, April 22, noon to 8 PM
at the Burnet Wood Park bandstand circle.
See flyer on 3rd page.



CINCY VEGFEST 2019

May 18, 2019 @ Burnet Woods Bandstand

At the Cincy VegFest, there will be a variety of talks, classes, and workshops with national and internationally known presenters, musicians, authors, artists, and chefs, unfolding a path to a more peaceful world through compassionate plant-sourced vegan living. Delicious and diverse plant-sourced meal choices are exquisitely prepared and offered by a variety of our exhibitors. Be inspired by an assortment of presenters while enjoying a day of live music, mouth-watering food, and connecting with community.

FREE event!

Location: Burnet Woods in Clifton

<http://www.xn--hert-moa.com/cincy-vegfest/>

VeganEarth
presents

Were you at last months meal? With an exciting idea, our own Bill Messer has proposed a Vegan Earth Day! Loa be lovin' it. The City of Cincinnati's Office of Environment & Sustainability has joined as co-sponsor aiding in permit approval & fees. With only 5 weeks to bring this event to fruition we need your help to assist with: calls, food, music, speakers, participating groups, info/advertising, set up/down, etc. Please join us now (sign up outlook.com link) & in a final organizational meeting before the event.

Vegan Earth Day Volunteer Meeting

Sunday April 21, 2019

Potluck 2:00 pm Final Details 3:00 pm

Clifton United Methodist

3416 Clifton Ave. Cinci. 45220



enter & park off Senator Place



Please bring a vegan dish of at least 10 servings using vegetables, fruits, grains, beans and/or nuts (no animal derived ingredients: no dairy, eggs, casien, honey, etc.) Please put your name and a list of ingredients with your dish. Please bring your own items home if not compostable.

www.VeganEarthUs.org VeganEarthUs@outlook.com 513.929.2500

VeganEarth teaches and supports ways to eat and live that are healthful, sustainable and compassionate toward animals, people and earth.

Absolutely Everybody Welcome!

Saving the Planet...with your Fork!

Come Celebrate Cincinnati's First

Cincinnati, the first city in the world to recommend eating less meat and dairy to curb climate change (2008)

In 2019 we recognize the 50th Earth Day with an event to benefit all life on the planet.

Vegan Earth Day

Monday April 22, 2019

Burnet Woods



Preston Bell
Charles III

Off Clifton Ave @ the Bandshell

Noon-8:00pm

Meatfree Funday



Growing Sound

Live Music



David Kisor &
Andrea Cefalo

LIVE FOOD



LIVING FUN

Interested in getting involved? Contact
William Messer at wfm@fuse.net, ph. 513-221-368
Loa Beinit at veganearthus@outlook.com, ph. 772.261.7581

Be it a philosophy, ethic, life choice, act of compassion or personal health decision, going 'V' is amazing 'V' is thriving 'V' is life

Co-sponsored by the City of Cincinnati's Office of Environment and Sustainability & VeganEarth

**CINCINNATI'S FIRST VEGAN EARTH DAY
50TH EARTH DAY**

“Saving the Planet...with your Fork!”

Cincinnati's first Vegan Earth Day will take place on the 50th Earth Day, Monday, April 22, noon to 8 PM at the Burnet Woods Park bandstand circle. The purpose of the event is to celebrate Earth Day by acknowledging the increasing awareness of the beneficial impact food choices can have on climate change and other issues affecting the health of all life on the planet. There will be vegan food to eat and preparation demonstrations, live music, speakers and information sharing, petition signing, activities for children, etc. It is intended as a gathering of the like-minded and the open minded. Its slogans are “Fighting Climate Change with Diet Change” and “Saving the Planet...with your Fork!”

Vegan Earth Day is the idea of William Messer, former member of the City of Cincinnati's Environmental Advisory Council and chair of the Green Cincinnati Plan's Food Task Team as well as a longstanding member of VeganEarth/EarthSave Cincinnati. Charged with assembling the food trucks for this year's Greater Cincinnati Earth Day at the Summit Park in Blue Ash, Messer found 18 of over 90 trucks he contacted willing to go entirely vegetarian for Earth Day. Unfortunately the event's organizers decided their attendees would be disappointed not to be able to obtain meat from the food trucks, Earth Day notwithstanding. So Messer handed over the trucks and decided create a Vegan Earth Day in Cincinnati, on the actual Earth Day.

In 2008 Cincinnati became the first city in the world to recommend eating less meat and dairy to curb climate change, inspiring other cities around the country and the planet to follow suit. That recommendation called for just a 15% reduction in meat and dairy consumption, the equivalent of a Meatless Monday, yet still had potentially "greater impact than any of the Plan's 80+ other recommendations, short of Duke Energy ceasing to use coal altogether," according to then Office of Environmental Quality director Larry Falkin. Messer was the author of the resolution. The following year World Bank ecologists issued a report published in

Worldwatch asserting that meat and dairy production were responsible for an incredible 51% of anthropogenic (human caused) climate change. It went on to state, “As environmental science has advanced, it has become apparent that the human appetite for animal flesh is a driving force behind virtually every major category of environmental damage now threatening the human future—deforestation, erosion, fresh water scarcity, air and water pollution, climate change, biodiversity loss, social injustice, the destabilization of communities, and the spread of disease.” That's a lot to chew on, let alone digest.

Human health was on the table too. The American Dietetic Association wrote “Not only is mortality from coronary heart disease lower in vegetarians than in nonvegetarians, but vegetarian diets have also been successful in arresting coronary heart disease. Scientific data suggest positive relationships between a vegetarian diet and reduced risk for... obesity, coronary artery disease, hypertension, diabetes mellitus, and some types of cancer.” At that time vegan diets were hardly considered; they are now.

Messer reached out to Cincinnati's Office of Environment and Sustainability director Larry Falkin who assisted in obtaining the City's support in facilitating the permitting process and OES becoming a co-sponsor of the event. Additionally Messer brought the idea to VeganEarth and found an enthusiastic supporter in Loa Bennett, who has since become the event manager for Vegan Earth Day, and VeganEarth is also a co-sponsor. “The event's name echoes and reminds the role VeganEarth (and its progenitor EarthSave) have played in creating awareness of the interdependency of our diets and the health of all life on the planet,” Messer says. “Using our land, water and energy resources to grow food to feed (mostly) cows and then eating the cows instead of eating the food we grow is an extraordinarily inefficient way to live and a major contributor to starvation on the planet. The single most efficient, effective, least expensive action individuals can take to curb climate collapse and advance environmental justice is simply to eat less meat and dairy. It's also the least often considered

and may be more difficult to achieve than persuading people to stop smoking (even Al Gore, whose family raises beef, finds it an inconvenient truth to address). It seems the elephant in the room is a cow.” They’re even looking for a rescued cow to be part of Vegan Earth Day, hopefully from a nearby animal sanctuary, “for people to appreciate the size of the animal as well as the sentient life within it” and for an art class to draw and paint.

There is increasing urgency about the role of plant-based diets. The livestock industry is the single largest producer of methane and nitrous oxide, with, respectively 30 and 296 times the GWPs (global warming potentials) of CO2. But while CO2 remains in the atmosphere over 100 years, methane cycles out in less than ten years. Reducing methane emissions quickly can have a larger and more immediate impact than focusing on CO2. All it takes is for people to eat less meat and dairy.

Recent studies in Sweden and the UK have concluded the only chance humanity has to remain below the UN’s 2° C threshold beyond which climate breakdown will become irreversible and catastrophic must involve eating little or no ruminant meat (esp. cows), what the Johns Hopkins Center for a Livable Future calls “urgent and dramatic shifts towards plant-based diets.”

Messer hopes that Vegan Earth Day in Cincinnati will become an annual event and that younger people will take it on as their own. He cites a recent poll in which one in four Americans under the age of 35 now identify as vegetarian or vegan, plus a five-part documentary by Newsweek which titles its Part Four “Is the Future Vegan?” and The Economist proclaiming 2019 “The Year of the Vegan.” Cincinnati’s Vegan Earth Day is the second in the US he knows of, the first being last year in Berkeley, CA (and a decade ago in Kyoto, Japan). Loa and he are looking for more participating groups, vegan/earth focused musicians and presenters, and volunteers to help with all aspects of making the event happen. Toward this end, the next potluck meeting of VeganEarth at the Clifton United Methodist Church, Sunday, April 21 (Easter, and the day before Earth Day), will be an orientation gathering of interested

volunteers to help make Cincinnati’s first Vegan Earth Day successful.

For more information or to offer funds, food, or other forms of participation, contact Loa Bennett at bennettbeinit@outlook.com, ph. 772.261.7581.

VEGAN GOURMET

**A 4 Course All-Vegan Dinner for Earth Day
at Brown Dog Cafe,
1000 Summit Pl. Ste 100, Blue Ash, Ohio 45242
Date: April 22nd, 2019 Time: 7-9pm**

This year in honor of Earth Day the Brown Dog Cafe is hosting a 4 course Vegan Dinner to show that a vegan diet can also be gourmet prepared. We hope that you will enjoy this vegan treat with us!

Sign up now for this dinner at this web address:
<https://www.thebrowndogcafe.com/vegan-gourmet-a-4-course-all-vegan-dinner-for-earth-day/>

Hippocrates Institute's Brian Clement speaking in Cinci on April 9th

Date And Time:

Tue, April 9, 2019
6:00 PM – 9:00 PM EDT

Location

College Hill Recreation Center
5545 Belmont Ave.
Cincinnati, OH 45224

Go here to register for free (or pay \$10 at the door)

<https://www.eventbrite.com/e/vibrant-health-in-a-stressed-world-tickets-59059923822>

LOS ANGELES TIMES ARTICLE ABOUT ANIMAL ACTIVISTS AND PIGS

On the front page of today's, Tuesday March 5, Los Angeles Times, above the fold, we see a photo of a pig snout poking through a hole of a slaughter truck to lap at a water soaked sponge offered by an activist. The headline reads, "In the Year of the Pig, offering some comfort to the doomed." The subheading explains, "Outside Vernon plant, activists soothe hogs in final moments."

Reporter Gustavo Arellano and the Los Angeles Times give stunning coverage to the twice weekly pig save vigil. The article reads like a handbook for effective activism. It opens with a description of the recurring action:

"Maya Benperlas stood in the middle of busy Vernon Avenue on a chilly Sunday night as a big rig hauling pigs slowed to a halt just outside the gates of Farmer John.

"Her hand shot into the air and she flashed a peace sign. "Two minutes!" Benperlas shouted. "Two minutes!"

"The 18-wheeler's driver listlessly stared ahead as about 60 animal-rights activists, who had silently amassed across from the huge slaughterhouse, swarmed his double-decker livestock trailer.

"Baby boomers and millennials, black-clad anarchists and Patagonia-sporting Westsiders pushed water bottles through the trailer's grates to the startled hogs. People with pump-action sprayers splashed the upper deck. Two men lighted everyone with floodlights as others recorded the action, took photos or offered gentle massages to doomed 250-pound Yorkshires.

"The pigs lapped up the water and offered satisfied grunts. 'Good baby!' said a woman to one as it suckled on a bottle. 'All for baby!'

"For two minutes, the scene played out like a day at a petting zoo or county fair. Then Benperlas stepped away from the semi-truck, and Farmer John opened its gates.

"The driver revved his engine as the activists sprayed some last mists of water at the pigs. The animals jostled to the rear of the trailer and stuck out their snouts. And then they were gone.

"Inside, the trucker would unload his cargo, a small fraction of the 7,000-plus pigs Farmer John butchers every day. Outside, beyond the company's colorfully pastoral mural of farm life and cavorting pigs, the activists waited for the next truck."

We read: "Despite the strong feelings involved, the events defy the stereotype of uncompromising animal-rights protests. They're not overtly militant affairs, and there is no aggressive proselytizing. Just as strangely, perhaps, they have the blessing of the Vernon Police Department and Farmer John.

"They're respectful of the city, and they're respectful of Farmer John," said Officer Marissa Velez. She confirmed that some of her fellow officers had turned vegan thanks to the vigils."

That tone leads to front page coverage with quotes from activists like this: "They're three times smarter than dogs, and we worship dogs," And "It's a sad reality check. This is your bacon here, scared."

Please check out the full article and share it widely. It is online at <https://www.latimes.com/local/california/la-me-col1-farmer-john-vigil-la-animal-save-20190305-story.html> OR <https://tinyurl.com/yywvmpke>

Please help make sure the Los Angeles Times gets beautiful feedback for this fantastically animal friendly and animal activist friendly coverage, making whatever point you wish to make about our relationship with other species. The Los Angeles Times takes letters at <https://latimes.wufoo.com/forms/q551jhv1q4b3rh/>
From Karen Dawn of DawnWatch <https://DawnWatch.com>

PLACES TO CHECK OUT

Einstein Bros bagels (271 Calhoun Street) in Clifton is test marketing Daiya cream cheese option. Let's show them that there is a demand for cruelty free !!!!!

Dusmesh Indian Restaurant 944 Ludlow Avenue (Clifton) 221-8900, has a daily lunch buffet. They have become much more vegan friendly as now their rice is made vegan (unlike several other local Indian Restaurants whose addition of dairy to their rice makes it very difficult to eat at their establishments) and Dusmesh now actually labels their vegan dishes on the buffet with a big "VEGAN" !

TEMPEH MEATBALLS

Kichadi is an ancient Indian dish that is synonymous with healing. It's meant to rebalance the body by supporting digestion and stimulating digestive fire. This dish was surprisingly good and easy. I doubled the recipe.

AYURVEDIC KICHADI

- 1 cup dried mung beans**
- 1 tablespoon virgin coconut oil**
- 2 bay leaves**
- 1/2 teaspoon turmeric**
- 1/2 teaspoon cumin seeds**
- 1/2 teaspoon coriander**
- 1/2 teaspoon sea salt**
- 1/2 cup diced yellow onion**
- 2 teaspoons minced peeled ginger root**
- 1/2 cup short-grain brown rice**
- 2 carrots, peeled and chopped into 1-inch pieces**
- 2 celery stalks, chopped into 1-inch slices**
- 1/2 cup cut up sweet potato or butternut squash**
- 4 cups water or broth**
- 1 cup de-stemmed and chopped kale**
- 1/4 cup chopped fresh cilantro**

Soak the mung beans in a bowl of water for 8 hours. Use enough water so that the beans are covered. After they have soaked, drain and set aside.

Place a large pot or Dutch oven over medium heat and add the oil. Once the oil is hot, stir in the bay leaves, turmeric, cumin seeds, coriander, and salt, and toast for 1–2 minutes. You'll know the spices are toasted when you start to smell them and some of them pop. Add the mung beans and mix with the spices. Cook for about a minute.

Add the onions and ginger to the pot and sauté for 5 minutes.

Add the rice, carrots, celery, sweet potatoes, and water or broth and stir to combine. Bring to a boil and then reduce to a simmer. Cover and simmer for 1 hour on low heat.

After 1 hour, stir in the kale and allow it to steam in the pot for a few minutes.

- 1 lb. soy tempeh**
- 1 cup of water**
- 1 tablespoon tamari**
- 1 tablespoon olive oil**
- 1 onion**
- 1 clove of garlic**
- 1 tablespoon miso**
- 1 tablespoon tomato paste**
- 2 teaspoons Italian seasoning (oregano + marjoram + thyme + basil + rosemary + sage)**
- 1/2 teaspoon salt**
- 1 cup breadcrumbs**
- 1 tablespoon fresh chopped parsley, optional**

Break up the tempeh in crumbles. They don't have to be too fine, just so that the block is broken up. Add to a pot along with the water, tamari, and olive oil. Mix it all together to try to coat the tempeh with the tamari and oil. Bring to a boil and then reduce to a simmer and cook until the water is absorbed, about 20 minutes. Every few minutes go in with a wooden spoon and break the tempeh up even more.

Let the tempeh sit and cool. In the meantime, dice an onion into a small dice and mince the garlic. Place in a pan and water or oil sauté until soft. In a small bowl, mix together the miso and tomato paste. Add it to the tempeh along with the onions and garlic, the Italian seasoning, salt, breadcrumbs, and parsley if using. Mix well.

Preheat the oven to 350 and line a baking sheet with parchment paper. Form balls by really packing the mixture together, rolling the mixture between your palms. I usually get 24 but it will depend on the size of your balls.

Place the meatballs on the baking sheet and bake for 30 minutes. Let cool completely.

At this point, you can store in the refrigerator and/or the freezer. When ready to serve, heat a small amount of high heat oil on a cast iron skillet. If you don't have one, a nonstick pan will do. Once the oil is hot, add the balls and roll them around, coating the whole ball with oil. Cook for a few minutes until heated through.

Serve over spaghetti or as a hoagie sandwich.