

The Flying Carrot

SEPTEMBER 2010

Newsletter for

EARTHSAVE CINCINNATI VEGAN EARTH

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

EarthSave Cincinnati and VeganEarth Present

Everyday Outreach for People Who Care
with Rae Sikora

Come learn how to help co-create the compassionate world we would all like to live in! Introverts, extroverts and everyone in between will learn simple outreach tools that yield big results. Whether you have almost no spare time or nothing but time, you will leave this program with exciting ideas you can implement immediately.

Rae Sikora has been a full-time spokesperson for other species for over 30 years. Rae is co-founder of Plant Peace Daily, Vegfund and the Institute for Humane Education. She leads compassionate living and ethical consumerism programs for diverse audiences ranging from schools and prisons to businesses and universities.

Sunday, October 17th, 2010
4pm: potluck 5pm: program

Clifton United Methodist Church
3416 Clifton Avenue 45220

Please bring a vegan dish to share – vegetables, fruits, grains, beans, seeds, nuts (No animal derived ingredients: no dairy, eggs, casein, honey, etc.)

And please bring your own compostable or reusable plates, cups, personal and serving utensils
Remember to take home everything you brought that is not compostable

For more information and food tips call:
513-929-2500

Visit: <http://cincinnati.earthsave.org>

Email: earthsave@fuse.net

EARTHSAVE CINCINNATI'S NEW FOCUS

There was an EarthSave Cincinnati core group meeting on August 21 and the group decided to put more emphasis on promoting a plant-based diet from the compassionate aspect and using the word vegan.

VeganEarth was the name chosen to be used instead of EarthSave Cincinnati because **EarthSave International** has decided not to support local chapters. The group still will have presentations about the environmental and health benefits that come from following a vegan diet, and will also become more activist oriented.

Below is a definition of Veganism from Wikipedia.

Veganism is a philosophy and lifestyle whose adherents seek to exclude the use of animals for food, clothing, or any other purpose. **Vegans** endeavor not to use or consume animal products of any kind. The most common reasons for becoming a vegan are human health, ethical commitment or moral conviction concerning animal rights or welfare, the environment, and spiritual or religious concerns. Of particular concern to many vegans are the practices involved in factory farming and animal testing, and the intensive use of land and other resources for animal farming.

Properly planned vegan diets are healthful and have been found to satisfy nutritional needs, and offer protection against heart disease, cancer, and other diseases. Various polls have reported vegans to be between 0.2% and 1.3% of the U.S. population, and ranging from 0.25%-0.4% to 2% of the UK population.

History

The Vegan Society was founded in 1944 by Donald Watson and Elsie Shrigley in order to organize vegetarians who did not consume dairy or other animal products. The first vegan society in the United States was founded in California in 1948 by Dr. Catherine Nimmo and Rubin Abramowitz and was subsequently incorporated into the American Vegan Society after its founding in 1960 by Jay Dinshah. In 1984, a "breakaway" group from the Vegan Society, the Movement for Compassionate Living, was founded by former Vegan Society secretary Kathleen Jannaway to promote sustainable living and self-sufficiency in addition to veganism. Today, there are many vegan societies worldwide, including national societies in Australia, India, New Zealand, and South Africa. In 1993, the advocacy organization which would become Vegan Outreach was founded by Matt Ball and Jack Norris

Absolutely Everyone Welcome!

FARM SANCTUARY'S WALK FOR FARM ANIMALS

Join us for Farm Sanctuary's annual *Walk for Farm Animals* in Cincinnati. Be an advocate for change that helps animals, safeguards the environment and protects human health.

Cincinnati

Date: Sept. 25

Location: Eden Park

Registration Time: 10:30 a.m.

Walk Time: 11 a.m.

Local Walk Coordinators: Mike and Shon Chaffee

cincinnati@walkforfarmanimals.org

859-586-8503

<http://www.farmsanctuary.org/>

Notes: Meet at the gazebo by the lake

Special Attractions: There will be vegan snacks and a literature table. Dogs are welcome on leash.

WORLD PEACE & YOGA JUBILEE

Join yogis, activists, musicians, environmentalists & foodies from across the globe this October for the **World Peace & Yoga Jubilee!**

October 21-24, 2010

Loveland, Ohio (just outside of Cincinnati)

www.worldpeaceyogajubilee.com

peace@worldpeaceyogajubilee.com

513-300-9642

Environmentalists: For the earth lover in you come & enjoy cutting edge classes, teachers & conversations to understand & make the connections between our economy, global warming, pollution & poverty in the world & what we can do about it.

Foodies: For the Vegan in you come enjoy delicious world class Vegan food while dining with well known Vegan authors, speakers & friends and learn about cooking, nutrition, gardening, music and more. Follow this link for the World Peace Sample

Menu:http://www.worldpeaceinc.com/home/wpyj_menu.html

Animal Lovers: For the animal in you come enjoy conversations with other like-minded & kindred souls and learn with inspired teachers about the connection between animals and the environment, world peace, compassionate living, sacred activism and more.

Yogis: For the guru in you get activated on & off the mat by yoga masters teaching the pure essence of yoga, including asana, chakras & meditation.

COLUMBUS, Ohio — A deal struck between The Humane Society of the United States, Ohioans for Humane Farms, Ohio agriculture leaders and Ohio Gov. Ted Strickland will lead to major animal welfare improvements in Ohio on a raft of issues, reforming industry practices and improving prospects for adoption of critical legislation in other areas. The agreement puts a hold on a planned factory farming

initiative on the fall ballot. The agreement includes recommendations from all of the parties for the Ohio Livestock Care Standards Care Board, the Legislature, and the Governor to adopt the following provisions:

- **A ban on veal crates by 2017, which is the same timing as the ballot measure.**
- **A ban on new gestation crates in the state after Dec. 31, 2010. Existing facilities are grandfathered, but must cease use of these crates within 15 years.**
- **A moratorium on permits for new battery cage confinement facilities for laying hens.**
- **A ban on strangulation of farm animals and mandatory humane euthanasia methods for sick or injured animals.**
- **A ban on the transport of downer cows for slaughter.**
- **Enactment of legislation establishing felony-level penalties for cockfighters.**
- **Enactment of legislation cracking down on puppy mills.**
- **Enactment of a ban on the acquisition of dangerous exotic animals as pets, such as primates, bears, lions, tigers, large constricting and venomous snakes, crocodiles and alligators.**

"Ohioans should be proud that our state will be implementing these meaningful animal welfare reforms, and I am extremely grateful to all the Ohio animal advocates who gathered signatures to make this day possible," said John Dinon, executive director of the Toledo Area Humane Society and president of the board of directors of Ohioans for Humane Farms. "Although I am a bit disappointed that action on battery cages will be delayed due to the compromise reached today, I still consider this a great victory for Ohio's animals and animal advocates."

Ohio is one of only 11 states that do not have a felony law against cockfighting. The relatively meager penalties have made the state a safe haven for cockfighters from nearby states, and hampered law enforcement efforts to crack down on the illegal activity. The legislation, H.B. 108, passed the House and is awaiting a vote in a Senate committee.

The HSUS reached the agreement with the Ohio Farm Bureau and other agricultural commodity groups on the same day Ohioans for Humane Farms would have delivered more than 500,000 signatures to the Secretary of State. The group gathered enough signatures to put an anti-factory farming measure before Ohio voters in November.

"We are grateful to the Ohio volunteers who put tremendous energy towards the effort to gather enough signatures to place the measure on the ballot," said Pacelle. "Their effort led to this agreement that moves the ball forward on all those reforms while leading the state to address other serious animal welfare concerns and avoiding a costly and contentious campaign."

NEW VEGAN "CHEESE"

Susan Huesken

Tom Meinhardt wants all the Carroters to know about a new vegan cheese. It is called DAIYA Cheddar and Mozzarella Style Shreds, check out their website at daiyafoods.com

Daiya Cheddar Style Shreds are making the impossible, possible. Now everyone can enjoy a bowl of comforting mac & cheese, a crispy grilled cheese, or a plate of yummy nachos. Daiya Mozzarella Style Shreds are giving a whole new meaning to the word "pizza"!

Daiya is a deliciously dairy free vegan product that has an irresistible melt, stretch and taste. Daiya is a healthy alternative that you and your family can enjoy in any of your favorite meals and recipes at home.

List of ingredients: Filtered water, tapioca and/or arrowroot flours, non-GMO expeller pressed canola and /or non-GMO expeller pressed safflower oil, coconut oil, pea protein, salt, inactive yeast, vegan natural flavors, vegetable glycerin, xanthan gum, citric acid (for flavor), annatto. You can buy this "cheese" at:

Park + Vine

1202 Main Street (opening soon at this location)
Cincinnati, OH 45202
513-721-7275

Whole Foods Cincinnati

2693 Edmondson Rd., Cincinnati, OH 45209
513-531-8015

Lucky John - See following article for info

VEGAN CATERING (DAYTON, CINCINNATI) GREEN EARTH GRILL

Would you like to celebrate your special occasion with delicious, healthy, plant based cuisine? Green Earth Grill licensed, vegan, seasonal foodservice operation located in Springboro, Ohio is now offering catering. *Weddings * Birthdays * Bat/Bar Mitzvahs * Christmas Parties * Office Parties * Meetings * Memorial Services/Funerals * Any occasion deserves healthy, sustainable food!

Please call Eve Gotch 513.368.3334 or email info@greenearthgrill.com for pricing and availability. Also visit our website www.greenearthgrill.com/catering for more info.

MEAT-BASED DIETS INCREASE BLADDER CANCER RISK

Meat consumption increases the risk of bladder cancer, according to a new study presented at the American Association for Cancer Research's annual meeting. Researchers studied the diets of 884 participants with bladder cancer and 878 controls and found that those who ate the most meat were up to 58 percent more likely to develop bladder cancer. Eating well-done meat was linked to an almost twofold increased risk of bladder cancer. Cooking meat at high temperatures produces carcinogens called heterocyclic amines. Study participants who consumed the most bacon, pork chops, fried chicken, and fried fish also had a higher risk.

.Lin J, Wang JM, Grossman BH, et al. Red meat and heterocyclic amine intake, metabolic pathway genes, and bladder cancer risk. Report presented at: American Association for Cancer Research 101st Annual Meeting; April 17, 2010; Washington DC

LOW-CARB, HIGH-ANIMAL PROTEIN DIET LINKED TO HIGHER RISK OF MORTALITY

A low-carbohydrate diet based on animal food sources increases mortality risk, according to a new study funded by the National Institutes of Health. The study included 85,168 women from the Nurses' Health Study and 44,548 men from the Health Professionals' Follow-Up Study with an average of 23 years of follow-up. Researchers found that a high-animal-food, low-carbohydrate diet was linked with higher all-cause mortality, including a higher rate of cancer deaths. A high-vegetable-food, low-carbohydrate diet was associated with lower mortality, especially reducing the risk of death from cardiovascular events.

Fung TT, van Dam RM, Hankinson SE, Stampfer M, Willett WC, Hu FB. Low-carbohydrate diets and all-cause and cause-specific mortality: two cohort studies. *Ann Intern Med.* 2010;153:289-298.

NEW VEGETARIAN STORE AND RESTAURANT
LUCKY JOHN SLOW MARKET & CAFE

Lucky John Slow Market
2550 Woodburn Ave. Cincinnati, OH 45206
513 979-4829 • john@luckyjohnmarket.com

Is Your Neighborhood Alternative with Local Produce and Products. Lucky John carries nearly all your natural necessities and specializes in many of the newest products and shelf trends.

Enjoy a Healthy Lifestyle through the way we Live and the Food we eat.

We are Open Tuesday Through Sunday.

Tuesday: 10:00 am – 7:00 pm
Wednesday: 10:00 am – 7:00 pm
Thursday: 10:00 am – 7:00 pm
Friday: 10:00 am – 6:00 pm
Saturday: 10:00 am – 6:00 pm
Sunday: 12:00 Noon – 5:00 pm



August 2010

cool summer gazpacho w/ cilantro and pepitas \$6

"Karmie Nachos" chorizo tofu, black bean, vegan cheese and olive

"Tim's Salad" hand picked lettuces daily garden selections and Korean vege

"raw detox salad" nuts & seeds Thompson raisins, oil free lemon soy vin

reuben sandwich, pastrami seitan, non dairy cheese,
sauerkraut and thousand island on rye \$8

peanut butter banana coconut sandwich on whole grain bread

chickpea and spinach wrap paneer, roasted peppers and seasonal f

BLT "bacon" heirloom tomatoes hand picked lettuce black peppe
and garlic mayo on oat nut bread \$8.50

"Bhodi Burger" cheeze, assorted pickles, fresh sprouts, and Lumbini g
on a whole wheat bakery bun (contains tree nuts) \$8.75

roasted sweet potato quesadilla Upton's marinated seitan, chee
roasted peppers, sweet onions, \$8

"Sloppy John" Upton's ground beef seitan and smokey bbq sauce on savo

"Bev's Bi Bim Bop" multi grain rice, vegetable quintet, soy bean el
with a fried farm egg \$9
(limited availability)

you may have dairy cheese or Dairy non dairy products. **just ask**



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Chelsea Clinton's Extraordinary Vegan Wedding

Excerpt from Annie Hartnett July 30, 2010 from change .org

Chelsea Clinton, former first daughter, is getting married this weekend in Rhinebeck, New York. The affair has been called "**The Wedding of the Decade.**" The *New York Daily News* reported that this is no ordinary celebrity wedding, because it "includes world leaders and well, Oprah."

"It's bigger and more important than a celebrity wedding," said Diann Valentine, an event planner. "It will certainly be the most influential of setting trends." The \$3 million dollar celebration is a "highly secretive affair," but one thing is for sure: the menu will contain vegan and vegetarian options. Chelsea Clinton has been a vegetarian for over a decade, and she is currently a vegan. Chelsea also has a gluten allergy, so the wedding cake will be both vegan and gluten-free. Clinton's wedding won't be all vegan, however, there will be organic grass-fed beef on the menu. In the past, other vegan celebrities have gone whole hog with their wedding celebrations.

Ellen DeGeneres and Portia de Rossi were married in 2008 in an all-vegan wedding. They served a vegan red velvet cake. Casey Affleck and Summer Phoenix wed in Savannah, Georgia in 2006. Their more famous siblings, Ben Affleck and Joaquin Phoenix, both attended the vegan celebration. The Phoenix siblings have been vegan since early childhood.

And in my favorite celebrity wedding of all time, Alicia Silverstone married Christopher Jarecki in Lake Tahoe in 2005. Both vegan, Silverstone and Jarecki served an organic plant-based menu.

Chelsea Clinton's wedding might not be an all-vegan affair, but if it's truly the wedding of the decade, other brides are likely to copy Clinton's menu and choose to leave animals off their guests' plates. Gone are the days of only two menu choices at weddings, chicken or steak, and vegan weddings are likely to increase in popularity over the coming years. I'm so glad to see that Chelsea Clinton is making weddings a friendlier place for animals.

MEAT OPTIONS AT A VEGAN WEDDING?

Excerpt of article by Joel Luks -August 3rd, 2010 at 12:48 PM

Given that it is customary to have vegetarian options at most formal events, some may argue that vegans must reciprocate and satisfy omnivores by offering meat and dairy dishes. However, no one would expect a kosher wedding to allow bacon-wrapped shrimp as an option as the practice extends beyond taste and personal choice.

Vegan diets and lifestyles are rooted in beliefs and lifestyle whether spiritual, personal, and for some, religious.

As long as you provide delicious good eats, why would anyone care?

FORBIDDEN RICE MAY RIVAL BLUEBERRIES AS ANTIOXIDANT SOURCE

By Stephen Daniells, 27-Aug-2010

The anthocyanin content of black rice may rival that of the blueberries and blackberries, and be available for a fraction of the cost, suggests new data from Louisiana.

Black rice, or 'Forbidden Rice' as it was known in ancient China, is a rich source of anthocyanin [antioxidants](#) and could offer food manufacturers an alternative to berries for a range of products, including breakfast cereals, beverages, cakes, cookies, and other foods. The results were presented at the 240th National Meeting of the American Chemical Society (ACS)

"Just a spoonful of black rice bran contains more health promoting anthocyanin antioxidants than are found in a spoonful of blueberries, but with less sugar and more fiber and vitamin E antioxidants," said Zhimin Xu, Associate Professor at the Department of Food Science at Louisiana State University Agricultural Center in Baton Rouge.

"If berries are used to boost health, why not black rice and black rice bran? Especially, black rice bran would be a unique and economical material to increase consumption of health promoting antioxidants," added Dr Xu.

Market potential

Data from Leatherhead Food International (LFI) shows that the world functional antioxidants market is increasing year on year by around 3 per cent, and was valued at US\$ 400 million in 2004, and US\$ 438 million in 2007. Europe, the US, and Japan account for 90 per cent of this market.

With flavonoids and polyphenols reported to be 45 per cent of this functional antioxidant market, equivalent to almost US\$ 200 million,

Black rice

Dr Xu and colleagues analyzed samples of black rice bran from rice grown in the southern United States, and found that, in addition to high contents of gamma-tocotrienol (vitamin E), and gamma-oryzanol antioxidants, black rice bran possess higher level of [anthocyanins](#) antioxidants, which are water-soluble antioxidants.

Dr Xu noted that farmers in Louisiana have already expressed an interest in growing black rice and that he would like to see people in the country embrace its use.

Structure is key

Polyphenols, and flavonoids in particular, are not all created equal. For example, scientists from The Ohio State University reported that the structure of anthocyanins, the

antioxidant pigments from a range of fruit and vegetables, is key to the cancer fighting abilities.

According to findings published in the *Journal of Agricultural and Food Chemistry* (doi: 10.1021/jf8005917), certain types of anthocyanins have greater activity against colon cancer than others.

"The chemical structures of anthocyanins do have a significant impact on their biological activity, and data suggest that non-acylated monoglycosylated anthocyanins are more potent inhibitors of colon cancer cell growth proliferation," wrote lead author Pu Jing.

The researchers cautioned that more research is necessary to explore the role of anthocyanin structure and the chemoprotective effects.

YOU TOO CAN HAVE A VEGGIE CAR

Susan Huesken

Cincinnati vegan Jayn Meinhardt is so excited about being able to display a message that also adds a sporty look to her car and does it in a tasteful way.

Tom at AAA Signs says that he will install racing stripes with a message like **GOVEG.com** on small cars for just \$100 (for both sides of car). For larger cars and/or more letters like **VEGAN EARTH** please contact him at 761-9706 to get a price.

Jayn thinks that he is giving a good deal because his wife is a vegetarian and she wonders if after doing a dozen veg cars, maybe he'll go veg too.

These stripes add a classy attention-grabbing message.



VEGAN RECIPES

CREAMY MACARONI AND CHEESE

8 ounces gluten-free or regular pasta, any shape
3 cups Daiya style Shreds
3 tablespoons vegan butter
2 cups unsweetened (soy / rice) milk product
1 tablespoon nutritional yeast
¼ teaspoon black pepper
½ cup gluten-free bread crumbs
¼ teaspoon paprika
¼ cup vegan parmesan cheese (optional)

Cook pasta according to package instructions. Drain thoroughly when done. Preheat oven to 350°F. Prepare the cheese sauce while oven is warming. In a small pot melt the butter. When melted, add the pepper and nutritional yeast. Stir in the milk or cr me product. Add the cheddar, and cook over low/medium heat for about 2-3 minutes, stirring frequently to prevent burning. Stir in the macaroni and mix together. Transfer to an 8x8 casserole dish. Top with the bread crumbs and paprika. Bake for 15 minutes uncovered, or until the cheese is bubbling and top is starting to brown. Remove from oven and top with the parmesan just before serving.

VEGAN COOKIE BARS

Serves about 20 bars

Ingredients:

½ cup vegan margarine like Earth Balance soy-free non-hydrogenated Buttery Spread
2 cups graham cracker crumbs like Health Valley Graham Crackers and pulse them into fine crumbs in the food processor. You can use any vegan graham cracker or wafer cookie.
1 cup canned coconut milk
¼ cup agave or maple syrup
1 teaspoon pure vanilla extract
1/8 teaspoon sea salt
2 tablespoons arrowroot
1 1/2 cups shredded sweetened coconut
1/2 cup chopped walnuts, toasted (optional)
2 cups non-dairy chocolate chips

Procedure:

1. Preheat oven to 350 degrees F.
2. Melt margarine in microwave or over stove and pour into a 9x13" baking pan. Swirl around until the bottom of the pan is completely coated.
3. Sprinkle graham cracker crumbs evenly into pan until bottom of the pan is completely coated in crumbs. Pat down lightly with your hands.
4. In a small bowl, whisk together coconut milk, agave, vanilla, salt, and arrowroot. Drizzle this mixture evenly over the graham cracker layer.
5. Sprinkle the shredded coconut into the pan, then layer the

optional nuts, then the chocolate chips. With the palm of your hand, gently pat the top of the cookie pan so that the chocolate chips get cemented into the rest of the cookie.

6. Bake for 20-30 minutes, or until center looks thick and slightly bubbly with very lightly browned edges.

7. Let cool then refrigerate for a couple hours or overnight. Cut into even bars. The textures and flavors of this cookie really work best after refrigeration.

VEGAN RAW MEDITERRANEAN PESTO TORTA

(This is a very good pesto recipe by itself)

Marinated Onions

- 1/2 red onion
- 2 Tablespoons extra-virgin olive oil
- 1 Tablespoon tamari or Bragg's Liquid Aminos
- 1 Tablespoon apple cider vinegar
- Pinch sun-dried sea salt

Pesto-Olive Tapenade

- 2 cups walnuts
 - 2 cups fresh basil leaves
 - 1 cup parsley leaves
 - 2 cloves garlic
 - 1/2 cup pine nuts
 - 1/2 cup pitted black olives
 - 1/2 cup pitted green olives
 - 2 Tablespoons extra-virgin olive oil
 - 1 Tablespoon apple cider vinegar
 - 2 Tablespoons white miso
 - 2 Tablespoons nutritional yeast
 - Pinch sun-dried sea salt
 -
 - 4 cups sliced zucchini
 - 1 1/2 cups chopped artichoke hearts
 - 2 tomatoes, sliced across the seeds
1. To marinate the onions: Thinly slice onion. Marinate with olive oil, tamari, apple cider vinegar, and sea salt. Allow to stand for 20 minutes until savory and softened.
 2. To make the pesto-olive tapenade: Soak walnuts in 3 cups fresh water for 1 hour. Drain and rinse.
 3. In a food processor, finely chop basil, parsley, and garlic. Add walnuts and pine nuts and chop into a fine meal. Add olives, olive oil, apple cider vinegar, and miso and blend until smooth. It may be necessary to scrape the sides of the food processor with a rubber spatula and continue to blend until smooth. Add nutritional yeast and blend until smooth. Season with sea salt. In a bowl, fold the zucchini slices into the tapenade.
 4. To assemble the torta: Press the pesto-olive tapenade mixture into the bottom of a pie or torte pan or a casserole dish. Alternatively, press the mixture into a circle or square on a platter. Spread the artichoke hearts evenly over the tapenade. Layer the tomato slices on top of the artichoke hearts and gently press.
 5. Drain the marinade from the onions. The marinade can be saved for other recipes, if desired. Layer the marinated onions on the tomatoes. Garnish with chopped herbs.
 6. Allow torta to set for at least an hour in the refrigerator to set and serve well. Slice and serve with a spatula. It keeps fresh for several days, and the flavors are more mature the day after it is prepared. *Serves: 6 Per Serving: 493 Calories; 42g Fat (68.*

