

The Flying Carrot



JUNE 2019

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

Newsletter for VEGAN EARTH

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?

VEGAN EARTH 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 Vegan Earth

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.

VEGAN EARTH POTLUCK / PROGRAM
SUNDAY, JUNE 23 AT 2 PM
AT CLIFTON UNITED METHODIST CHURCH
3416 CLIFTON AVE., CIN., OHIO 45220
See Flyer on next page

MEMORIAL SERVICE AND RECEPTION
FOR MARY ANN LEDERER
SUNDAY JULY 14 AT 2PM
CLIFTON UNITED METHODIST CHURCH

VEGFESTS EVENTS IN 2019

VegFests are annual vegetarian food festivals held in cities around the world to promote veganism and vegetarianism, healthy lifestyles, compassion for animals and conservation of the environment. Check out all the .VEGFESTS that are happening in the United States and around the world in 2019 at www.happycow.net/events

FREE VEGAN QUARTERLY MAGAZINE

usaveganmag.com

The USA Vegan Magazine is a free magazine with the best tips and tricks about vegan and vegetarianism, with news about health, travel, food, planet, lifestyle and vegan eateries, stores, products and services.

Originally founded in 2015 and based in Miami, Florida, USA Vegan Magazine was created with the sole purpose of guiding, informing and educating our readers about the many benefits of adopting a vegan lifestyle and the negative impact that the consumption of animal products has on our health and the planet, and the cruelty behind it.

For years, our team has been committed to raise awareness about healthy food, climate change, health, disease, animal compassion, etc. Now, we want to share our insight and opinion on how, just by changing our eating habits, together we can make the world a better place for all of us. While our staff comes from many different cities, we're all united in our passion for health, for the planet and for the animals.

Every quarterly issue of USA Vegan Magazine is FREE and it features news, articles, recipes, events, interviews, coupons, a directory and a lot more. Bringing you the latest information and content related to America's vegan lifestyle. Our print magazine can be found at a variety of local businesses in many cities across the U.S. An online version is available on our website and by e-mail subscription. Check out usaveganmag.com

VeganEarth
Presents

Change of date: 4th Sunday
instead of normal 3rd Sunday in Honor of Fathers Day.

Michelle Dillingham "Social Worker of the Year" by Ohio chapter of National Association of Social Workers (NASW). She served on several boards that help people with disabilities and in need of affordable housing, handled projects for the Freestore/Foodbank, oversaw education programs for the Greater Cincinnati Coalition for the Homeless, chaired the Food Policy Council, and acted as chief of staff and legislative liaison for former Vice Mayor David Crowley. For the past decade Michelle has served on the community council of Kennedy Heights. Since 2015 she's been the CEO of Community Shares of Greater Cincinnati, the past five years led the Cincinnati Educational Justice Coalition while also an adjunct instructor at the University of Cincinnati Blue Ash.

"Excuse me, could you spare a little social change?" Local Politics, Environmental Justice, Food Policy & more

Sunday, June 23, 2019

Clifton United Methodist

3416 Clifton Ave Cincinnati 45220

2:00pm Potluck- 3:00 pm Presentation

Absolutely Everybody Welcome!

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

Please bring a vegan dish of at least 10 servings using vegetables, fruits, grains, beans, seeds and/or nuts (no animal derived ingredients; no dairy, eggs, casein, honey, etc.) or a monetary donation. Please put your name & list of ingredients with your dish.

www.VeganEarthUS.org (513)929-2500 veganearhus@outlook.com

DOES EATING MUSHROOMS PROTECT BRAIN HEALTH?

By Maria Cohut *From MedicalNewsToday.com*

Mushrooms are a much-loved ingredient in cuisines around the world. They are nutritious and especially rich in antioxidants, which protect cell health. Researchers are now asking whether mushrooms can also protect against cognitive decline.

Mushrooms are fascinating. Although some are edible and grocery stores sell them in their "vegetable" aisles, they aren't actually vegetables. They are actually fungi, a kingdom all of its own, alongside those of plants and animals in biological classifications.

Edible mushrooms — both cultivated and wild species — contain a high amount of dietary fiber, antioxidants, and protein, as well as vitamins and minerals.

New research has found that people who integrate mushrooms into their diets — even if they only consume them in small portions — appear to have a lower risk of mild cognitive impairment (MCI), which often precedes Alzheimer's disease.

In MCI, a person may experience some symptoms characteristic of Alzheimer's disease — such as poor memory and issues with language and spatial orientation — but in a much subtler way that does not prevent them from continuing to lead a fully functional life.

Researchers at the National University of Singapore (NUS) near Clementi hypothesized that eating mushrooms could help preserve cognitive function in late adulthood. So, they conducted a new study to see whether they could find any evidence in this respect.

Their findings — which now appear in the *Journal of Alzheimer's Disease* — suggest that the mushrooms common in Singaporean cuisine may help reduce the risk of MCI. The study lasted 6 years, from 2011 to 2017, and it included 663 participants aged 60 and older at baseline. The researchers recruited them through the Diet and Healthy Aging project.

The investigators focused on the consumption of some of the most common mushrooms that people in Singapore eat: golden mushrooms, oyster mushrooms, shiitake mushrooms, white button mushrooms, dried mushrooms, canned button mushrooms.

The team defined mushroom portion sizes as three-quarters of a cup of cooked mushrooms per portion, weighing about 150 grams, on average.

To gauge the association between eating mushrooms and MCI risk, the researchers also measured the participants' cognitive abilities.

According to first study author Lei Feng, who is an assistant professor at NUS, "People with MCI are still able to carry out their normal daily activities. So, what we had to determine in this study is whether these [people] had poorer performance on standard neuropsychologist tests than other people of the same age and education background."

"Neuropsychological tests are specifically designed tasks that can measure various aspects of a person's cognitive abilities. In fact, some of the tests we used in this study are adopted from a commonly used IQ test battery, the Wechsler Adult Intelligence Scale," he adds.

The team also conducted targeted interviews and asked the participants to undergo a series of tests measuring aspects of physical and psychological functioning. "The interview," Feng states, "takes into account demographic information, medical history, psychological factors, and dietary habits."

Then, he continues, "A nurse will measure blood pressure, weight, height, handgrip, and walking speed." Participants "also do a simple screen test on cognition, depression, anxiety." Finally, the team conducted 2-hour assessments of each person's neuropsychological health and rated them on a dementia symptom scale.

The researchers' analysis revealed that eating more than two portions of cooked mushrooms per week could lead to a 50 percent lower risk of MCI. Feng says that "[t]his correlation is surprising and encouraging."

"It seems that a commonly available single ingredient could have a dramatic effect on cognitive decline."

This is only a correlative observation, but the team believes that there may be a causal relationship involved.

Study co-author Dr. Irwin Cheah notes that the scientists are "very interested in a compound called ergothioneine (ET), [...] a unique antioxidant and anti-inflammatory which humans are unable to synthesize on their own."

However, "it can be obtained from dietary sources, one of the main ones being mushrooms." The idea that ET may have a direct effect on the risk of cognitive decline, Dr. Cheah explains, came from a previous study that appeared in the journal *Biochemical and Biophysical Research Communications*.

That research found that people with MCI had lower blood levels of the compound than healthy peers of the same age. Also, the researchers note, mushrooms contain many other substances whose exact role in brain health is not yet clear.

These include hericenones, erinacines, scabronines, and dictyophorines — a series of compounds that could contribute to the growth of neurons (brain cells).

Substances derived from edible mushrooms could also inhibit the production of beta-amyloid and phosphorylated tau, two toxic proteins whose over-accumulation in the brain coincides with the development of Alzheimer's and other forms of dementia.

In the future, the researchers would like to conduct a randomized controlled trial testing the effect of ET and other plant-derived compounds on brain health — specifically verifying their protective role against cognitive decline.

WANT TO LIVE LONGER? EAT THIS SNACK 3 TIMES A WEEK

From Agingdefeated.com

Research now shows you can improve your health and increase your chances of living longer with a snack that doesn't cost much, and is already popular for good reason: it's delicious.

This goes against the widespread belief that the foods that help you get healthier are dull and tasteless. Ice cream, alas, does not appear on any list of health foods I've seen, but this is almost as good.

Nuts— one of my all-time favorite munchies — have proven again and again to help the body fight off illness, improve your brain and increase your life expectancy.

It doesn't even seem to matter what type of nuts you like best. The combinations of nutrients found in all sorts of nuts deliver huge benefits.

According to researchers in Spain, the nutrients in these little wonders make them important components of a healthy diet. They're a good source of fiber, minerals (potassium, magnesium and calcium), unsaturated fatty acids and vitamins like folate and vitamin E.

Plus, nuts contain bioactive substances like polyphenols that are natural antioxidants, and phytosterols — plant chemicals that improve heart health.

Among the more than 7,000 people involved in the five-year Spanish study, those who ate three or more servings of nuts per week enjoyed a 39 percent reduced risk of dying while the study was in progress, compared to folks who rarely ate any nuts at all.

A wide range of research has found that eating nuts improves your digestive health. The digestive benefits stem from the fact that nut nutrients nurture beneficial bacteria that live in the intestines.

For instance, a study at the University of Illinois shows the fiber in a nut like walnuts helps probiotic bacteria break down the compounds in food and enables us to digest more nutrients from our meals.

This analysis demonstrated that walnuts help decrease what they call microbial "proinflammatory derived secondary bile acids" — substances that can inflame the intestinal walls. Along with that, the walnuts reduce the amount of LDL cholesterol — cholesterol vulnerable to harmful oxidation — circulating in the blood.

Nuts can also help delay the progress of cancer in the digestive tract, and thereby help you live longer.

An investigation at Yale reveals that people treated for stage III colon cancer who regularly munch on nuts enjoy a significantly reduced risk of having their cancer recur and also are less likely to die from the disease.

This six-and-a-half year study involved more than 800 cancer patients who had undergone surgery and

CINCINNATI BANS EXOTIC ANIMALS IN CIRCUSES

Maia Anderson, Cincinnati Enquirer

chemotherapy. The people who ate at least two one-ounce servings of nuts each week – and that’s not much – were 46 percent more likely to survive with no cancer recurrence during the years of the study.

In this test, peanuts did not help. As you may know, peanuts are not true nuts – they’re a relative of beans. But what are called tree nuts – almonds, hazelnuts, cashews, walnuts and pecans – do help keep cancer at bay.

There are plenty of other impressive reasons to eat nuts. Some of the most important effects include:

Cuts risk of diabetes: Research at UCLA found that people who eat walnuts regularly have about a 50 percent reduced risk of diabetes compared to non-walnut eaters. And according to this study, people who ate three tablespoons of walnuts daily had a further 47 percent reduced risk compared to those who only ate 1.5 tablespoons every day.

Lowers the risk of being overweight: A study at Loma Linda University shows that nuts can help keep weight off. The study didn’t find a huge advantage for nut eaters, but the difference was big enough to be significant.

Improves brain function: Tests in which participants ate nuts and then had their brain waves measured showed that nuts can strengthen brain wave frequencies, indicating better brain health. In this study, pistachios increased gamma wave response, which is linked to learning and perception. Peanuts (I know, they’re not really nuts) helped with delta response, which is associated with immunity and deep sleep.

Supports a healthy heart rhythm: Research in Sweden tracked people’s health for 17 years. The study found that eating nuts once or twice a week lowers the risk of atrial fibrillation by 12 percent. If you up that to three or more times weekly, you can expect to shrink the risk by 18 percent compared to folks who rarely eat nuts.

I have to admit that even if there wasn’t all this medical research on the benefits of nuts, I’d probably still snack on them. But these tests show that they’re a guilt-free treat.

Cincinnati City Council voted 7-1 to ban exotic animals from circuses.

The city already restricts people from owning or displaying wild or potentially dangerous animals. It exempts certain organizations from this rule, including zoos and, until now, circuses.

Councilman Chris Seelbach introduced the ordinance, concerned over what he believes is inhumane treatment of the animals.

“In order to stay profitable, circuses must tour so intensely,” said Jon Harmon, Seelbach’s chief of staff. “The moment the show is over animals are returned to their cages, which are so small, and put on a train and are traveling so long that they go out and do the show and go right back into the cage.”

Several states and cities have passed legislation to prevent circuses from using exotic animals in their shows, including New Jersey and Hawaii. California also voted recently to outlaw use of circus animals.

Seelbach said his legislation does not ban all circuses from Cincinnati, just the ones that use animals. Cincinnati Circus, a Golf Manor-based local entertainment company that features circus acts, does not use animals in their shows.

Backers of the ban say the circus animals should be treated with the same respect and care as humans.

"These animals are majestic creatures," said Stacy Adkins, 49, of Corryville. "They're reduced to nothing more than spectacles. These are living beings that have feelings."

Councilwoman Amy Murray was the only member to vote no on the ban. Vice Mayor Christopher Smitherman was absent. The new ordinance makes the use of exotic animals in a circus act a misdemeanor in Cincinnati.

UniverSoul, a circus that features performers from various minority groups and promotes cultural diversity, has performed in Cincinnati every year since 1999 and uses exotic animals. The circus released a statement on their website asking Cincinnati citizens to call council members and ask them to vote no on Seelbach's ordinance.

"UniverSoul Circus animal acts have top tier caretakers and trainers, are regularly examined by several independent licensed veterinarians, seen by multiple animal health & welfare inspectors, meet the requirements of dozens of city, county and state agencies across the country, and are properly licensed by the United States Department of Agriculture (USDA)," the statement said.

The council decided to allow the use of camels and zebras in circus acts until 2020, giving UniverSoul time to change their act to allow them to continue their annual performances. UniverSoul agreed to this deal, but according to social advocate Iris Roley, they do not support the ban on the animals.

"What people don't know is when the circus comes to the city all the jobs that are offered, interactions with children and the police, all of the services that come to the city," Roley said. "It's more than just animals and animal acts in the circus."

Editor's note: This is great news and as a circus protestor for over 30 years it is wonderful that in Cincinnati exploiting wild animals for entertainment has finally been stopped. Maybe someday farm animals will not be abused and killed for their flesh.

VEGANS HAVE A HEALTHIER BIOMARKER PROFILE

By *Tim Newman* www.medicalnewstoday.com

A recent study examined how dietary choices affect the levels of beneficial biomarkers in the body. The team was particularly interested in the impact of a plant-based diet. Does eating a vegetarian diet leave traces in the tissues of the body?

Over recent years, vegetarianism and veganism have experienced a boost in popularity.

Although people might switch to a plant-based diet for a range of reasons, many choose this path for its health benefits.

For instance, there is some evidence to suggest that a diet that includes fewer animal products reduces the risk of colorectal and prostate cancers.

Also, vegetarianism appears to reduce the risk of diabetes and help control the condition for those who already have it.

There is also evidence to suggest that adopting a vegetarian diet can boost weight loss.

Scientists are steadily unpicking how plant-based diets can improve health. It is clear that there are many factors involved.

One obvious place to start is that vegetarians and vegans do not eat red meat or processed meat products, both of which experts consider to increase the risk of cancer.

As well as choosing not to eat meat, people who follow a plant-based diet also tend to consume more vegetables, fruits, and nuts. With this increase in plant matter comes a similar increase in nutrients, fiber, and other potentially beneficial compounds.

Vegetarians and vegans also typically have higher levels of compounds with anti-inflammatory and antioxidant activity, such as carotenoids and flavonoids, in their bodies. According to the team behind the new study, these chemicals protect against cell damage and chronic diseases.

Also, vegetarians are likely to have higher levels of lignans and isoflavones in their blood serum; experts believe that both of these can protect against cardiovascular disease and cancer.

Recently, a group of researchers at Loma Linda University School of Public Health in California took a detailed look at the metabolic changes that a vegetarian diet can bring. They published their findings in *The Journal of Nutrition*.

GREEN BEAN CASSEROLE WITH CRISPY ONIONS

TO MAKE THE CASSEROLE:

3 cups thawed frozen (or fresh trimmed and cut in half) green beans
3 cups chopped Cremini mushrooms
1 whole onion
4 garlic cloves
1 1/2 cups non-dairy milk
3 tablespoons chickpea flour
2 tablespoons nutritional yeast
2 teaspoons oregano
1 teaspoon sea salt
1/2 teaspoon black pepper
1 tablespoon coconut oil

TO MAKE THE CRISPY ONIONS:

2 onions
1/3 cup chickpea flour
1 teaspoon sea salt
1 teaspoon black pepper
1 teaspoon turmeric (optional)

To make the crispy onions, thinly slice the onions into rings and soak them in the milk for 10 minutes. While the onions are soaking, mix dry ingredients in a separate bowl – chickpea flour, salt, pepper, and turmeric.

Preheat the oven to 400°F and lay a baking sheet with baking paper.

Remove onion slices from the milk (save the milk – you can use it for casserole). With your hands, toss and coat the onions with spiced chickpea flour mixture. Spread the onion rings on the baking paper, put into the oven and bake for 10 to 15 minutes until lightly golden. They burn easily so keep an eye on them! If there are any burned and black parts, remove them.

To make the bean casserole, heat a large pan to medium heat, add coconut oil. Finely chop onion and garlic and sauté in the pan for 2 minutes. Add salt, pepper, and oregano. Mix in well. Add chopped mushrooms and sauté for 4 minutes. Add chickpea flour to the mushrooms and stir to coat for 1 minute. Then slowly start to add milk while continuously stirring.

Add nutritional yeast, salt, and pepper. Stir well to get rid of any lumps. When the chickpea flour fully dissolves, the sauce should be thick and creamy.

Add thawed green beans. If you're using fresh green beans, lightly cook them in boiling water for 3 to 5 minutes until tender-crisp. Then add them to the casserole. Stir well until all beans are covered with the sauce. Sauté everything for 2 more minutes – and then it's ready!

Sprinkle crispy onions on the casserole – you can do it directly in the pan or when serving the dish.

5 INGREDIENT CREAMY MANGO PUDDING

1 medium mango
1/2 cup cashews
1/3 cup dates
1/2 teaspoon vanilla bean powder
1 cup ice/water mix

Put everything into a high-speed blender and blend until smooth.

Serve immediately or store in the fridge for up to 5 days.

DARK CHOCOLATE AVOCADO TRUFFLES

1 ripe avocado
5 ounces dark chocolate
2 tablespoons brown sugar
1/4 teaspoon vanilla extract
1/2 teaspoon salt
2 1/2 tablespoons unsweetened cocoa powder (separated)

Pit the avocado and mash the flesh until completely smooth and lump free.

Melt the chocolate in either the microwave or on the stove, taking care not to burn it. Once melted, stir in the mashed avocado, brown sugar, vanilla extract, salt, and 1 1/2 tablespoons of the cocoa powder until thoroughly combined.

Place the truffle mixture in the fridge for 30-40 minutes and let cool until partially set.

Use a small ice cream scoop to make the truffles and form balls with your hands (makes 12). Roll in the remaining 1 tbsp of cocoa powder.