

The Flying Carrot



SEPTEMBER 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.

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CRITICAL VEGAN EARTH MEETING THIS OCTOBER 20TH AT 2PM

VeganEarth/EarthSave Cincinnati has been going for 25 years now. Our monthly potlucks and holiday parties, and excellent programs, have brought together a diverse community of people from around the area to learn about and share the benefits of a vegan diet and meet like-minded others. We've presented nationally known speakers, including Will Tuttle, Brian Clement, Nathan Runkle, etc. as well as prominent local leaders like Larry Falkin, director of Cincinnati's Office of Environment and Sustainability; John Sniegoki, professor of ethics and peace and justice studies at Xavier University; SAEN's Michael Budkie; Permaculture's Braden Trauth; LoveForce's Aaron Suttchenko; Turner Farm's Peter Huttinger; documentary filmmaker Andrea Torrice...and just this summer, Michelle Dillingham, Cincinnati Community Shares' CEO, addressed us. We've also participated in numerous

festivals throughout the years, including the original CompassionFest in 2002, VegFests, locally and regionally, and just this April produced Vegan Earth Day 2019 Cincinnati, just the third Vegan Earth Day worldwide.

25 years ago the word vegan was like a foreign word; few people understood what it was and even fewer followed the diet. Now nearly everyone has heard of it (even if some still are confused as to its exact meaning, or even how to pronounce it), many restaurants show vegan options on their menus and a significant percentage of the population consider themselves vegans. There are so many websites, national organizations and articles online about the benefits of the diet and how to do it with literally thousands of recipes, and buying foods that are vegan is easy compared to 20 years ago.

As an organization we are at a crossroads. Just teaching/sharing ways to eat that are healthful is not what is really needed at this time. Because of climate change the sustainability issue of a vegan diet is crucially important, and of course the issue of compassion to animals will always be relevant until the time comes when we stop killing them for food. Unfortunately, many of the people who were so instrumental in keeping VeganEarth going are no longer with us or no longer able to devote the time they used to. If we are to continue having a VeganEarth group we need to have new, active members to help lead the group with new ideas and goals.

Some of those of us who continue involvement would like to see VeganEarth become a more activist group. No more potlucks? We also can do projects like planting fruit trees as we recently did in Burnet Woods (we received \$300 towards those and additional plantings). There are many ways we can promote veganism in Cincinnati.

So this meeting in October is for people who want to actively get involved with promoting veganism in the Cincinnati area. If you feel strongly about this, and want to play an active role and perhaps even take a leadership position in a group that is established, is a non-profit organization in the State of Ohio, has a small bank account, a lovely newsletter (*The Flying Carrot*) and website, and is ready to assume its next vital incarnation, *please come to this meeting.*

WHO IS RESPONSIBLE FOR THE AMAZON FIRES

By Dr. Will Tuttle

It's difficult to overstate the seriousness of the devastation being wrought on our planet by the tens of thousands of fires now raging in the Amazon. What is clear is that the fires are directly caused by ranchers and farmers who have been clearing the primordial rainforest primarily to grow genetically-modified soy as livestock feed for export to markets in Europe, China, and North and South America, as well as to graze cattle. Animal agribusiness operators cut down the forests to expand their farms and ranches, and then set fire to the piles of logs they've created—thousands and thousands of fires.

This is not new. Researchers and environmentalists have been decrying the cutting and burning of the Amazon, which has been going on at the rate of about an acre per second or acre every several seconds, for the last few decades. They have been warning that eventually the Amazon rainforest will completely disappear, which will have a calamitous impact on the entire planet's biosphere. Part of the problem is that when the destruction reaches a critical mass—when about forty to fifty percent of the forest is left—it won't be large enough to attract and create the large-scale ongoing rainfall that makes the whole system possible, and the entire forest will collapse and disappear, leaving a dry and deserted wasteland. This is because rainforest soil is very thin, with most of the biomass in the canopy.

This Amazon destruction is catastrophic. Not only is the Amazonian rainforest an essential part of the global climatic system, it's also called the lungs of the planet, creating about a quarter of atmospheric oxygen, as well as being home to most of the genetic diversity of animal and plant life on land. Mainstream media has never reported on this because it is not in the interest of the primary advertisers (fast-food, pharmaceutical, chemical, petroleum, and banking industries) for the public to be aware of this serious ongoing problem. That might result in people questioning their primary food choices, which would be harmful to corporate profits.

What is new is that the media is now for the first time reporting on the cutting and burning of the Amazon, and of course this destruction is now more

intense and widespread under the new Bolsonaro regime in Brazil. So of course many fingers are being pointed at President Jair Bolsonaro, whose regime is closely allied with Brazil's powerful and wealthy ranching industry, because it's obvious that the somewhat minimal protections afforded the Amazon's trees, wildlife, and indigenous populations in prior administrations have been abandoned, and ranchers are being allowed to profit immensely from the short-sighted destruction and exploitation of an irreplaceable global treasure of unimaginable value. So some blame Bolsonaro.

Others blame the United States, which they allege orchestrated the impeachment of Brazilian president Dilma Rousseff in 2016, and engineered the regime-change which brought Bolsonaro into power in January of 2019, basically as a U.S. puppet. We have seen this happen in many countries over the years. Regimes in countries that attempt to protect their people and environment—and not allow free access by U.S. corporations, financial institutions, and military installations—are targeted economically, politically, and in the media, and replaced with more “democratic” (pliable) ones.

Looking even deeper, others blame capitalism itself. As a system that directly emerged from animal agriculture, as I discuss in *The World Peace Diet*, capitalism is based on reducing animals to commodities (capita meaning “head”) and the consequent exploitation of the weak by the strong as it has evolved through the centuries. Contemporary transnational corporate capitalism reduces animals, ecosystems, and human beings to mere objects to be exploited by immortal organizations with such wealth and power that they influence and control governments on virtually every level, including that of the United States. These are the corporations that profit from the destruction of the Amazon: the fast food, chemical, pharmaceutical, medical, petroleum, and agricultural industries. Beyond the corporations, there are the big banks who invest in, direct, and profit from the transnational corporations. Controlling the big banks is a handful of typically invisible financial holding companies. Now we're looking at a relatively small number whose wealth and power control the institutions and narratives that shape our world. Much has been written about how they operate through politicians and political parties, through media, film, and

technology, and through most of the avenues of education, religion, science, government, finance, and culture. This has evolved over time and is accomplished through the compartmentalization of institutions so that people only see what they're allowed to see. The capacity of the general population to comprehend what is actually happening is shut down by relentlessly supplying disempowering fictional narratives that get embedded within the individual consciousness of virtually everyone.

So, how do we respond to the Amazon fires, and to the larger crisis of which they are a part? Who is responsible for the fires? Or better put, who is response-able? Each one of us is responsible, not just because our collective actions and thoughts create our reality, but also because we are able to respond, and we can do so in a variety of ways. Some of us are signing online petitions urging President Bolsonaro to impose penalties on the agribusinesses cutting and burning the rainforest. Some, like Greenpeace, have created an online petition calling on the management of KFC, McDonald's, and Burger King to stop sourcing their burgers and the feed for their imprisoned cows and chickens from Brazil. Obviously, these are merely ineffectual band-aids because they fail to address the root of the problem, which is animal agriculture itself. The inescapable and gross wastefulness of feeding animals rather than eating plants directly is the driving fury causing deforestation, as well as ocean destruction, aquifer depletion, air and water pollution, species extinction, and the proliferation of disease and conflict.

It would be far more interesting and relevant if Greenpeace called on meat, dairy, and egg consumers to stop purchasing these products completely, and to move to a plant-based way of living and to encourage others to do the same. In fact, we see that Forbes magazine reports that KFC just debuted its plant-based chicken, called Beyond Fried Chicken, in Atlanta a few days ago and totally sold out in just five hours. Some people at least are obviously making the connections, and responding, which is inspiring.

Thankfully, each one of us can respond to the Amazon fires, and to the deeper cultural and ethical malaise of which they are a manifestation. We can

do our best every day to bring our lives more fully into alignment with our values of caring for the Earth, animals, and each other by moving to a whole-foods, organic, plant-based way of eating and living, and by helping to share the many benefits of this with others. We can take other direct actions to share this message with others, and to influence policy, as we are guided. And importantly, we can make ongoing efforts to question the narratives—both external and those that have been internalized—that are propagated by media and education channels that promote materialistic explanations of reality, that divide and separate us from nature and each other, and that rationalize harming and exploiting those who are vulnerable, especially animals and children. We can make our life an expression of caring and of self-inquiry, and do everything we can to contribute to solutions, rather than being part of the problem.

The planet was burning when we landed here, fueled by the greed and exploitation inherent in animal agriculture. Though we've been wounded and indoctrinated by the prevailing narrative, we can heal our wounds, awaken from our indoctrination, and help put out the fires. Vegan living brings physical, cultural, and spiritual harmony by helping us question the burning insanity of abusing animals and ecosystems, and guiding us back home to respect, kindness, and being responsible co-creators on this magnificent Earth.

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.

Check out this review of Harmony Plant Fare

<https://www.happycow.net/reviews/harmony-plant-fare-cincinnati-121045>

KROGER CUTS TIES WITH ORGANIC DAIRY AFTER INVESTIGATION EXPOSES ANIMAL ABUSE

by Anna Starostinetskaya VegNews

The retail chain suspends its partnership with Natural Prairie Dairy after undercover footage reveals workers shoving wounded, feces-covered cows with shovels and screwdrivers.

This week, major grocery chain Kroger issued a statement that it would sever ties with its organic raw milk supplier, Texas-based Natural Prairie Dairy (NPD), until an audit by Farmers Assuring Responsible Management (FARM) is conducted. The move comes after an undercover investigation by animal-rights group Animal Recovery Mission (ARM) revealed horrific abuse at the 25,000-cow dairy farm. At NPD—which also supplies raw milk to Target and Albertsons—ARM found workers abusing animals with shovels and screwdrivers, along with many cows living in squalid, feces-ridden conditions with open flesh wounds, scrapes, and untreated eye infections. “Natural Prairie Dairy has had a history of violating organic guidelines,” ARM founder Richard Couto said. “Once again, they’ve been caught by the Animal Recovery Mission.”

In June, ARM released undercover footage it gathered at Indiana’s Fair Oaks Farms—a supplier for the Fairlife milk brand that bills itself as a “humane” company owned by NPD owner Donal De Jong. ARM found workers routinely kicking, stabbing, and beating calves, which led many Fairlife retail partners—such as Tony’s Fresh Market, Family Express, and Jewel-Osco—to remove the Coca-Cola distributed brand from its shelves. “ARM thanks Kroger supermarkets for making the right and ethical decision in stepping aside from Natural Prairie Dairy,” Couto said. “We are still hopeful that they will make the right decision in discontinuing relations with Fairlife brands.”

ARM’s recent investigations have focused on dairy farms that make “humane” and “organic” claims, both labels that ARM has demonstrated do not translate to animal well-being. “There’s no such thing as happy cows in the dairy industry,” Couto said.

HEALTH BENEFITS OF CHIA SEEDS AND HOW TO EAT THEM

Ocean Robbins

If your mind immediately goes to “Ch-ch-ch-chia!” when you think of chia seeds, you’re not alone (and I realize I’m dating myself by saying that). Chia Pets, which came into popularity in the 1980s, were the first way that many in my generation were introduced to these seeds.

Today, of course, chia seeds come to us in a very different form. In recent years, they’ve become a popular health food.

Chia seeds are tiny, round seeds of the *Salvia hispanica* plant. They’re typically black or white, with no significant nutritional differences between the two colors. If you see brown seeds, they are not fully mature.

This plant, related to mint, is native to the deserts of Mexico and Guatemala. Today, chia seeds are grown in various parts of the United States, as well as Argentina, Australia, Peru, and Bolivia, with around 80% of the world’s supply coming from South America. However, the U.S. is the largest chia seed consumer, importing around 15,000 tons annually.

Even though chia seeds are still fairly new to the mainstream health community, native people have used them for thousands of years. In fact, they’ve been used for medicinal, religious, and culinary purposes throughout history.

Chia seeds have traditionally been ground into flour, pressed for oil, and mixed into drinks. The ancient Aztecs saw them as sacred and used them in sacrificial ceremonies. The traditional Mayans believed chia seeds had supernatural powers, and they were used to provide travelers with energy for long journeys.

Today, members of the Mexican Tarahumara tribe — known for being long distance runners — drink a mixture of chia seeds, lemon, and water called “Iskiate.” They believe chia seeds provide them with the strength to run hundreds of miles. (Their whole foods, plant-powered diet probably doesn’t hurt, either.)

The word “chia” is derived from the Aztec word “Chian,” which means oily. While you can press chia seeds for oil, “oily” isn’t what comes to mind when I think about eating them, although admittedly I’m not Aztec.

The main fats in chia seeds are mostly omega-3s — especially alpha-linolenic acid (ALA), which accounts for three-quarters of the total — and some omega-6s. ALA is an important omega-3 fat and a precursor for your body to make DHA and EPA, two other very important omega-3 fats.

As small as they are, chia seeds pack a lot of nutrition. In every 1 tablespoon of seeds, you'll find 2.1 grams of ALA, 4 grams of fiber and 2 grams of protein. They're also a rich source of vitamins and minerals, especially calcium, phosphorus, and zinc.

You can eat them raw, or mix them into baked goods, puddings, or other dishes, where they add a mild, crunchy, nutty flavor.

Today, you can buy chia seeds at a wide range of both mainstream and health food grocery stores. You can find them dried and in the bulk foods section.

1) They support your digestive health.

Chia seeds are an excellent source of fiber, especially insoluble fiber, which is an important nutrient for your digestive system. Insoluble fiber acts like a broom for your digestive tract, cleaning it out and keeping it healthy.

Eating enough fiber can reduce your risk for many digestive diseases, such as colorectal cancer.

The fiber from chia seeds also serves as a needed nutrient for the beneficial bacteria in your microbiome, which in turn reduces inflammation throughout your body.

The recommended minimum amount of daily fiber intake is 25 grams for women and 38 grams for men, and only a small percentage of people actually meet that daily minimum. But adding a couple of tablespoons of chia seeds to your routine will get you well on your way to meeting and — with the help of some fruits and vegetables — even surpassing that daily minimum.

2) They're good for your brain.

A 2018 study published in the *Global Journal of Health Science* divided German college students into two groups: a control group and a group that consumed 5 grams of chia seeds daily for 21 days. Researchers found that those who ate chia seeds performed significantly better on an academic test than the control group.

Coincidence? A total of 34,600 college students participated in this study, so probably not. My bet would

be on the omega-3 boost their brains got. Why? Omega-3 fats, like the ALA in chia seeds, are essential for brain function and improved cognition.

3) They help keep your bones strong.

Chia seeds are a good source of many minerals, including calcium, phosphorus, and magnesium, that are needed for bone strength. The dairy industry likes to portray milk products as necessary for strong bones. But plant-sourced calcium has been proven to be effective in increasing bone density.

4) They can reduce inflammation.

The ALA in chia seeds has an anti-inflammatory effect. Chronic inflammation can promote various diseases in the body, such as autoimmune diseases, infectious diseases, heart disease, type 2 diabetes, and certain cancers. Research has shown ALA to be particularly effective in reducing inflammation among people with metabolic syndrome (high blood pressure, high cholesterol, high blood sugar, excess abdominal fat) and related diseases.

5) They keep your blood sugar stable.

The high fiber content in chia seeds helps to keep your blood sugar stable. Fiber slows digestion, preventing blood sugar from spiking after a meal. Fiber also promotes satiety, or the feeling of fullness after a meal. This has been demonstrated specifically with the addition of chia seeds to people's diet.

6) They're good for your heart.

The ALA in chia seeds can also protect your heart. A 2012 meta-analysis looked at 27 studies, which included over 250,000 participants, to see if there was a relationship between ALA intake and heart disease risk. Researchers found that people who consumed a high amount of ALA experienced up to a 10% lower risk of heart disease.

Another study of 3,638 people found that those who consumed around 18 grams of ALA per day had a 39% lower risk of heart disease than those who consumed less ALA. Chia seeds can also benefit your heart by helping to lower your blood pressure.

7) They may help lower your risk for certain cancers.

The ALA in chia seeds may also have cancer-preventing properties. A 2013 *in vitro* study published in the *Journal of Molecular Biology* demonstrated the ability of ALA to slow the growth of breast and cervical cancer cells. It also promoted cell death of cancer cells while not affecting the healthy cells. While more research is

needed to apply this to humans, other studies have shown a similar effect of ALA on liver cancer cells.

8) They can help keep your skin healthy.

Chia seeds are full of antioxidants that are known to be protective against the skin damage caused by free radicals. A 2014 study published in the *Journal of Chromatography A* found that chia seeds had much higher antioxidant capacity than previously thought. In the study, chia seeds inhibited up to 70% of free radical activity.

9) They can fuel your endurance.

Remember the Mexican Tarahumara tribe runners I mentioned earlier? They appear to be onto something with their use of chia seeds to fuel their runs. A 2011 study published in the *Journal of Strength and Conditioning Research* found that chia seeds are an effective option for fueling endurance exercise, while avoiding the sugar that's found in Gatorade and other traditional sports drinks.

Potential Downsides to Chia Seeds

Chia seeds are a highly nutritious food, but there are some things to keep in mind if you choose to eat them.

They might cause an upset stomach. Too much fiber can cause bloating, gas, and abdominal pain, especially if you aren't used to eating much of it. If this happens to you, the best answer may be to work your way up slowly.

They may interact with certain medications. Chia seeds can significantly reduce blood sugar, a generally healthful outcome that nonetheless could be dangerous for those taking medications designed to do the same thing. Chia seeds can also lower blood pressure, so if you're taking blood pressure medication, it may be wise to monitor your blood pressure while adding chia to your diet.

While not common, there are a few people who have a chia seed allergy. Some people have experienced anaphylaxis and dermatitis after eating chia seeds. People who have any sensitivity to thyme, mustard, oregano, or sesame seeds may want to be cautious with chia seeds.

You may be aware that in order to increase absorption and get the most nutritional value from flaxseeds, they should be ground before you eat them. Is this also true for chia seeds? A 2012 study published in the *Journal of Alternative and Complementary Medicine* helps answer that question.

The study involved 62 overweight women, with no known diseases, between the ages of 49-75 years. They ate two tablespoons of whole chia seeds per day for ten weeks, at which point they saw no change in their blood omega-3 levels. However, when they ate the same amount of chia seeds — but in ground form — their blood omega-3 levels increased significantly after another ten weeks. Levels of alpha-linolenic acid (ALA) increased by 58% and levels of eicosapentaenoic acid (EPA) increased by 39%.

It turns out that many people don't chew whole chia seeds enough to break them down fully. As a result, they can go "in one end, and out the other." Grinding them is a good way to ensure that you're getting their full nutritional value.

My dad likes to use a coffee grinder to do this.

Chia seeds, whether ground or not, are a versatile food to have on hand. You can add them to salads, to hot oatmeal, and to many other dishes. If you're making pancakes or muffin, you can mix them into the batter. You can also add ground chia seeds to smoothies and other blended foods. Or you can sprinkle ground chia seeds on just about any savory dish (and some sweet ones, too!).

Did you know you can also use chia seeds to replace eggs in baking? The basic recipe is 1 tablespoon of chia seeds to 2 ½ tablespoons of water. Gently stir together the seeds with the water, and let the mixture sit for about five minutes. Just as you would use eggs as a binding agent in baking, chia seeds will form a gel that keeps your recipe together. (The gel will last in your fridge for about two weeks.)

Chia seeds may be tiny, but it's clear that they're nutritional powerhouses with a lot to offer. Packed with fiber, protein, healthy fats, vitamins, and minerals, chia seeds are a convenient way to add a lot of benefits to your diet.

And in case you were wondering, Chia Pets do still exist. (People would buy terracotta figurines to sprout chia seeds. The chia sprouts grow within a couple of weeks to resemble an animal's fur or hair.) Some people may enjoy Chia Pets, but I think chia seeds are far more useful when you eat them as the highly nutritious food that they are.

MEATLESS LOAF

1 medium sweet potato
1 medium onion
2 ribs celery
1 medium carrot
2 cloves garlic minced
1 15- ounce can cannellini beans or other white beans drained and rinsed
14 ounces extra-firm tofu or an additional can of white beans
2 tablespoons soy sauce or coconut aminos
2 tablespoons tomato paste
1 tablespoon spicy brown or whole-grain prepared mustard
1/4 cup fresh parsley chopped
1/2 tablespoon rubbed sage
1 tablespoon thyme leaf
1/2 tablespoon dried rosemary crushed
1 1/2 teaspoon salt or to taste
1/2 teaspoon black pepper
1 teaspoon smoked paprika
2 tablespoons nutritional yeast
1/2 cup chopped walnuts
3/4 cup quinoa flakes or quick oatmeal

Wash a medium sweet potato (about 7 ounces), pierce it several times with a fork, wrap it in a paper towel, and microwave until done, 4-5 minutes. (Alternately, bake or steam the sweet potato.) Allow to cool enough to handle and then peel and set aside.

Mince the onion, celery, and carrot. You can do this quickly by cutting each vegetable in quarters and then pulsing in a food processor until finely chopped.

Heat a large, non-stick skillet. Add the minced vegetables, including garlic, and cook, stirring regularly, until they become tender, about 6-10 minutes. Add water by the teaspoon if necessary to keep the vegetables from sticking or becoming dry. Once they're softened, add the drained beans and mash them lightly with a slotted spoon or spatula.

Place the peeled sweet potato into the food processor along with the tofu, soy sauce, and all seasonings, including nutritional yeast. Process until fairly smooth. Add the walnuts and pulse a few more times. Scrape the tofu mixture into a large

mixing bowl and add the quinoa flakes and the cooked vegetables. Stir well.

Preheat oven to 375F. If you have a silicone baking mat (recommended) place it on a baking sheet. Otherwise line the baking sheet with parchment paper or spray with non-stick spray. Spoon the tofu mixture onto the prepared baking surface, using dampened hands to shape it into an oblong or oval loaf about 2 1/2 inches high. Bake for 25 minutes or until the top is evenly browned. Loosely cover with aluminum foil and cook for 20 more minutes. Check to make sure that the center is firm; if not, give it a little extra time. (You can also remove the foil and cook for 5 more minutes for a crunchier crust.) Remove from oven and allow to stand for 10 minutes before slicing and serving.

BIG BARBECUE BURGERS

1-1/2 cups cooked black beans, drained
1/2 cup cooked rice
2 garlic cloves, sliced
2 drops liquid smoke
1/2 teaspoon salt
1/2 cup shredded beets
3 tablespoons barbecue sauce
1-1/4 cups almond meal
2 tablespoons olive oil
buns and toppings

1. Preheat oven to 350 degrees. Line a baking sheet with parchment paper or a silicone baking mat. In a food processor, combine beans, rice, garlic, liquid smoke, and salt. Pulse until combined, but do not allow mixture to turn into a paste.

2. Transfer mixture into a bowl and add beets and barbecue sauce until mixed. Gently fold in almond meal. Using hands dusted lightly with flour, shape into 5 large patties, about 2-1/2 to 3 inches in diameter.

3. Brush each side of patties with oil and place onto prepared baking pan. Bake for 40 minutes, flipping over halfway through. Let cool briefly before placing on buns and adding your favorite toppings. For extra barbecue flavor, top each patty with a dab or two of barbecue sauce along with condiments.