

# The Flying Carrot



## May 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](mailto: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 VeganEarth,**

520 Flatt Terrace, Cincinnati, Ohio 45232-1708  
513-929-2500

#### VEGAN-FRIENDLY RESTAURANT GUIDE

There is a new website just for vegan-friendly restaurants: <https://www.veganporkopolis.com>  
The VeganEarth website's restaurant list is being updated. In the next few weeks it will have about 150 listings. Check it out at [veganearthus.org](http://veganearthus.org)

**NEXT VEGAN EARTH POTLUCK /  
PROGRAM SUNDAY, MAY 19 AT 2 PM  
AT CLIFTON UNITED METHODIST CHURCH  
3416 CLIFTON AVE., CIN., OHIO 45220**

*SEE FLYER NEXT PAGE*

#### **CINCY VEGFEST 2019**

*May 18, 2019 @ Burnet Woods Bandstand  
from 11 a.m. – 8 p.m.*

On May 18, VegFest returns to Cincinnati for the first time since 2012, for what organizers are planning as an annual local event. This year's Cincy VegFest will take place at the Burnet Woods Bandstand in Clifton and run from 11 a.m.-8 p.m. There is no admission charge.

On its website, Cincy VegFest is described as "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." Several vendors will offer "plant-sourced meal choices" for attendees and the day will be filled with live music from artists like Indie Folk singer/songwriter Nicholas Penn, World/Folk/Rock ensemble HuDost, Cincinnati duo Ancient News (featuring Andrea Cefalo and David Kisor) and others, as well as various other attractions (including kid-friendly ones).

Yogis and environmentalists will also be on hand for Cincy VegFest, as will several chefs.

The event has been held for the past five years in Cleveland; in 2018, it attracted more than 13,000 attendees, according to a press release. Cleveland's 2019 VegFest will also be held May 18. The first VegFest in Cincinnati in 2012 was held in conjunction with the University of Cincinnati.

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

*VeganEarth*  
*presents*

Vegan Earth Day was wonderful & we shall thank those individuals that assisted in making this event possible. Of course VED could not have been so successful without the great attendees, thus you are also welcome. For that matter this group is so inclusive if you missed the event but want to check out some amazingly delicious plant based meals please join us.

with



# Volunteer Appreciation & Honor of Mary Ann Lederer Sunday, May 19, 2019

Potluck 2:00pm- Party to 4:00pm

Clifton United Methodist  
3416 Clifton Avenue, 45220

**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.). Please put your name and a list of ingredients with your dish. Please bring your own compostable or reusable plates, cups, personal and serving utensils. & remember to take home everything you brought that is not compostable.

(513)929-2500 [www.VeganEarthUS.org](http://www.VeganEarthUS.org) [VeganEarthUS@outlook.com](mailto:VeganEarthUS@outlook.com)

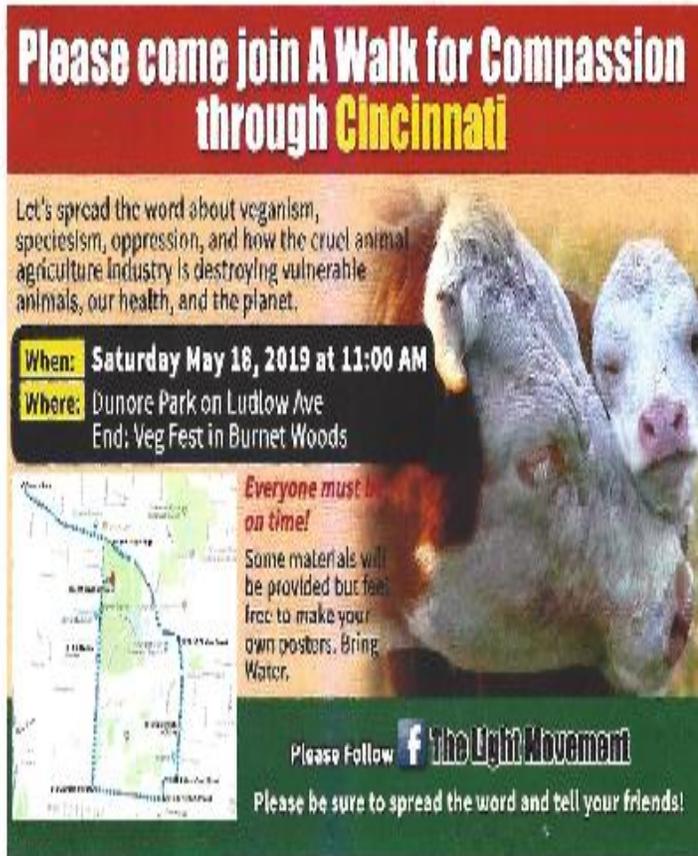
Mary Ann Lederer passed away Easter Sunday April 21, 2019 @ 7:30pm @age of 77. MaryAnn gave her life force to this organization for many years. A full celebration is planned for July.

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

***Absolutely Everybody Welcome!***

## COME TO WALK FOR COMPASSION FOR FARM ANIMALS

Before the Vegfest is a walk for farm animals on May 18<sup>th</sup> at 11am, see flyer below. Dunore Park is on Ludlow Ave. just down the hill from Morrison Ave. Up the hill from Cincinnati State on the other side of the street.



**Please come join A Walk for Compassion through Cincinnati**

Let's spread the word about veganism, speciesism, oppression, and how the cruel animal agriculture industry is destroying vulnerable animals, our health, and the planet.

**When:** Saturday May 18, 2019 at 11:00 AM  
**Where:** Dunore Park on Ludlow Ave  
End: Veg Fest in Burnet Woods

**Everyone must be on time!**  
Some materials will be provided but feel free to make your own posters. Bring Water.

Please Follow  **The Light Movement**

Please be sure to spread the word and tell your friends!

## IN MEMORY OF MARY ANN LEDERER THE POWERFUL FORCE OF EARTHSAVE CINCINNATI AND VEGANEARTH

*By Bill Messer*

Mary Ann Lederer, An appreciation, read at Vegan Earth Day 2019, Burnet Woods Park, adapted from A Biographical Sketch of Mary Ann, by Elizabeth Farians, Ph.D., and a 2011 CityBeat article by Gail Silver.

Yesterday, Easter Sunday, the principal moving force of VeganEarth for so many years, and before that EarthSave Cincinnati, Mary Ann Lederer,

passed away at Cedar Village Nursing Home. She was 77. You cannot think of EarthSave/VeganEarth and not think of Mary Ann, and it will be difficult to think of it without her.

Mary Ann and my sister were classmates at Walnut Hills High School in the 1950s; that became a touchstone for our relationship, that and art. As a young woman Mary Ann had been very active in many causes including peace, civil rights and welfare rights. Hoping to be an influence in improving conditions especially for low income people, Mary Ann got a Master's Degree in Community Planning. A few years later a home intruder shot her twice in the back and left her a paraplegic. During a year-long recovery she learned how to take care of herself, including zipping around in her wheelchair and getting in and out of her car, now refitted so that she could drive with hands alone. She began to work for the disabled and was the first disabled person to work on behalf of the disabled at U.C., setting up many innovative programs (this was well before the Americans with Disabilities Act). As the years passed, however, her body began to crumble, her health deteriorated and she became seriously ill. She saw dozens of doctors but nothing stopped the decline. Just a sneeze could break a rib; most of her ribs did break, her leg broke, and her spine began to bend so she could barely sit up; even breathing became difficult and she was in constant pain.

That's when she found Dr. Irene Barbasch, a naturopath doctor, osteopath and chiropractor, who believed that her job was to teach her patients how to be their own doctors. For the next 20 years, Barbasch taught Lederer during weekly visits to her patient's home and countless hours on the phone. Among Barbasch's nutritional teachings: eat an almost all plant-based diet, whole foods and no processed or sugary foods. There was juicing, supervised fasting and exercise programs.

As her health improved, Mary Ann became involved with EarthSave Cincinnati (later called VeganEarth), to share what she was learning from Barbasch and to learn more about the environment, health and animals. Later she confessed that she first tried to stop eating animals in order not to upset the people she was learning with and from. But soon, shocked to learn how animals are treated in the food production system, she became strongly

motivated by compassion for how much the animals feel and suffer to become food for humans. She saw it as a natural extension of her fight for human civil rights. “And someday [people] won’t scoff at the idea that animals also have the right not to suffer,” she told Gail Silver for an article about her in CityBeat in 2011.

Mary Ann always credited the nutritional theory of Dr. Irene Barbasch with saving her life and prolonging it. Dr. Irene’s death in 2008, at the age of 93, complicated Mary Ann’s continuing ability to find appropriate medical care.

Everyone in the peace and justice community knew Mary Ann. She had been active in so many projects and organized many events. Even though increasingly most of the time she could no longer attend meetings or protests, her influence was in evidence. As an accomplished artist, she generously donated her art work and talent as fund raisers, for posters and program covers, and everyone came to her to make protest signs for the social justice movement. She has made hundreds, many for Mac, Reverend Maurice McCrackin. And she called hundreds of members of various organizations of the peace and justice community to activate them about meetings or events and additionally held many meetings in her tiny apartment. At EarthSave and VeganEarth she never wanted to be core group president but always wanted to be a guiding influence, for decades the soul of the group. As a programmer for the monthly potlucks she even found internationally known speakers. (Many members remember, for example, the talk by Howard Lyman, a.k.a. “The Mad Cowboy,” who influenced Oprah Winfrey to give up eating meat and so advocate the diet change on her TV program, prompting the meat and dairy industry to sue her, with the result that she was never again able to mention giving up eating animals.)

One of the things about Mary Ann which was very noticeable when one met her was her empathy for the poor and downtrodden. She herself lived in low income housing and tried to help her neighbors, especially the children, as much as she could. For example, every year she collected hundreds of books to give to the children. She was a pen pal to numerous prisoners, some on death row. She was active in such groups as Justice Watch, Contact Center, Nuke Watch, Peace Works, Inter-

Community Peace and Justice Center and EarthSave/VeganEarth.

Amid all this activity and illness Mary Ann was not content solely to foster the ideas of others in the peace and justice community. She read and studied and meditated and came to some firm conclusions of her own. One of her main theses was about nutrition. She was firmly convinced that what we eat affects not only physical health but also psychological health, notably tendencies toward violence, depression and stress. She tried to get this message taught and understood, especially among the poor. To exemplify her concern about nutrition she fed anyone who came to her house and offered nutritional counseling and vegetarian cooking classes to anyone interested. She also sought solutions to the difficulty of everyone's having a good diet.

Another thesis which Mary Ann taught was about the community of all beings. She was actively aware of the community of life in which we all share and she saw that we humans are just a part of a wider community with none higher nor lower. She cherished the diversity of life and had a meaningful appreciation of it; this led her to a deep compassion for all beings.

In her later years Mary Ann saw the interconnected animal-human-earth movement is the most exciting development happening on the planet. For the last weeks of her life, along with her paintings, Mary Ann had a Vegan Earth Day 2019 poster on her wall of her room in Cedar Village. I have to believe she recognized in it a kind of fulfillment of her own legacy in educating so many people about the role of plant-based eating in sustaining the planet and all life on it.

Here is a small paragraph of writing by Mary Ann that speaks more eloquently than I can about her beliefs and feeling.

THE GARDEN: by Mary Ann Lederer

One day in late spring my friends lifted me from my wheelchair and set me in my vegetable garden. Usually they do all the gardening for me. As I sat with my arms near elbow deep in soil, a great spirit took hold my hands and pulled me close, injecting me with life force, connecting me with all humanity

and to all life forms. I could hear the earth calling me to care for every living and natural thing, every leaf and herb, insect and rock. That day I think I first loved insects, and maybe I needed to love insects in order to love humankind all the more. How incredibly unique and in balance is Nature when left alone. What power the earth holds for us who let it. How wonderful it is to rub the hands in soil. There is magic in the soil!

### **NEW IMPOSSIBLE BURGER AT WHITE CASTLE**

The "new new" Impossible Burger and bun are vegan at White Castle; just request no cheese but extra yummy pickles and onions! Trial basis at White Castles! Help to show demand for vegan foods ! Success here will help to encourage other fast food restaurants!! See this map for locations: <https://impossiblefoods.com/locations/>

### **NEW VEGAN VENDOR**

Wholistic Brands selling homemade granola and cookies at [wholisticbrands.com](http://wholisticbrands.com) 513-238-3409

### **ANOTHER GREAT ARTICLE ABOUT VEGAN LOVING HUT RESTAURANT YOU'LL FALL IN LOVE WITH THIS PLEASANT RIDGE PLANT-BASED CAFÉ**

City Beat By Baihley Gentry -February 27, 2019

The only real theme at Loving Hut is vegan: Culinary offerings run the gamut from smoothies and raw foodist-friendly dishes to Mexican-, Asian-, and American-inspired eats, and the decor is about as cheerfully hippy-dippy as you may imagine (the eatery's tagline is "Be vegan, make peace," and the walls are dotted with photos of celebrities who eat plant-based.)

As vegans everywhere rejoice, don't let that deter you, carnivores. The food is delightful, and there's a reason you'll regularly find a line practically out the door. Try the Mexican Wrap, a savory Chipotle-size burrito loaded with spicy "meat" crumbles, smoky vegan cheese, homemade salsa, and vegan sour cream; or the fan-favorite Grilled CK Sandwich,

with vegan cheese and mayo, mustard, sweet pepper-eggplant pesto, and slices of the café's signature "CK" faux chicken.

If you're looking for a lighter lunch, the soups—excluding the traditional Vietnamese pho, which is perfectly umami with a delicate kick—don't quite hit the mark. Instead, pair the generously sized house salad, loaded with avocado, sunflower seeds, and creamy house made "ranch," with a cup of gooey mac and cheese or freshly grilled organic dumplings (don't forget to deep dive into the house sweet-and-sour sauce!).

The diverse menu staples are boosted by new offerings—including the hard-to-find Impossible Burger, a veggie protein-based patty that even meat-eaters swear tastes like the real deal—listed on a dry erase-board by the register. Can't decide what to try? The always-friendly staff will gladly give recommendations, including suggesting off-menu tweaks.

Loving Hut, 6227 Montgomery Rd., Pleasant Ridge, (513) 731-2233, [lovinghut.us/cincinnati](http://lovinghut.us/cincinnati). Lunch and dinner Tues–Sat.

### **ROLLIN' BOWLS FOOD TRUCK DOES VEGAN** *Sami Stewart April 5, 2019 City Beat*

A plant-based food truck just rolled into town and Monica Meier is in the driver's seat.

Last February, Meier quit her nine-to-five job and bought a small bus. Out went the vinyl-covered bench seats and in came the flat-top grill, stainless steel workstation and a fridge stocked with veggies. By September, Meier embarked on her journey to nourish the Cincinnati-area out of the window of her new banana-colored bus by focusing on wholesome meals and "letting the goodness roll."

While she developed the concept for Rollin' Bowls and perfected her plant-based menu, she spent time working in other food trucks, serving everything from empanadas to crepes, to get a feel for the flow of a condensed kitchen on wheels. But before she dedicated her days to chopping veggies, steaming rice and prepping bowls in an old school bus, she helped establish and grow a truck driving program at Gateway Community & Technical College in Florence, Kentucky, where students can earn their commercial driver's license and advance their

employment in the transportation field, even without a high school diploma.

Meier was lovingly referred to as “mother trucker” at Gateway for heading up the CDL program. “I’m still a mother trucker,” she says. “Just now I have a food truck instead.”

She says it was bittersweet to leave a job where she could truly help people improve their lives, but she finds her new digs even more rewarding.

“When someone eats your food and says, ‘This is really good. Thank you for being here.’ Wow, it makes me feel so good,” she says.

Her palate was nurtured by the cuisine her Norwegian parents were accustomed to. Growing up, she had boiled fish and veggies for dinner while the neighbors next door were slopping gravy on pot roast. But just four years ago she made the switch to living a fully plant-based lifestyle.

“I started playing with all these ingredients and my health started changing rapidly,” she says. “Plant-based really does make you feel good.”

She says her energy and muscle tone went up and her cholesterol went down, and that was inspiring enough to convince her to take a sharp left turn in her career path.

“I wanted to share that plant-based food can taste great with people who believe the myth that plant-based food tastes awful,” she says.

She took inspiration from the assembly line-style and veggie-heavy options at Bibibop Asian Grill and integrated a similar concept into her business.

While the menu consistently offers whole, plant-based nutrition, the meals coming out of the bus window change depending on seasonal sourcing availability and the crowd she’s serving. She says it’s unlikely she’d serve salad at a brewery, but she likes experimenting with more “off-the-wall options” where they apply, like at the upcoming Vegan Earth Day in Burnet Woods. Meier will have a chance to let her plant-based cuisine shine by whipping up options that cater more to folks who commit to a vegan lifestyle.

The most popular menu item and Meier’s personal favorite, she says, is the Dynamite Bowl — a crunchy and colorful blend of veggies keeps it refreshing and teriyaki-marinated soy tenders offer meat-free heartiness over a bed of fluffy long-grain rice. It’s finished off with

a thick drizzle of vegan yum yum sauce made from scratch.

Homemade is the standard when it comes to sauces. Meier skips the shortcuts and sources local, organic produce from vendors like What Chefs Want!, formerly Creation Gardens, as often as possible and invests in compostable bowls and utensils.

Beyond the bowls, Meier serves quesadillas and tacos, soups and sandwiches, including a plant-based version of the Big Mac, featuring an Impossible Burger, and an open-faced Eggless Salad Sammy. She carries Hen of the Woods kettle chips to offer a complementary crunch with lunch and Grateful Grahams for dessert, Newport’s homegrown vegan graham cracker treats. The menu items coming out of her bus window range from \$6 to \$12 and portions change whether she’s serving during lunch or dinner hours.

Meier recognizes that not everyone lives a plant-based lifestyle and she strives to make it accessible to everyone, no matter their eating habits.

“I like to vegan-ize comfort foods,” she says. It’s as simple as replacing coconut milk for heavy cream and achieving that creamy texture in soups with an immersion blender rather than a dairy fat-based emulsion.

As food truck season approaches, Meier says her summer schedule is already starting to stack up. She’s booking gigs well into the end of this year, from breweries to workplace parking lots to farmers markets and everything in between.

To find out where Rollin’ Bowls will be parked next, use the Street Food Finder app or visit their Facebook page at [facebook.com/rollinbowlstruck](https://www.facebook.com/rollinbowlstruck).

## 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](http://www.happycow.net/events)

## **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 a 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.

## **LENTIL-BEET BURGERS**

**1/2 onion, chopped**  
**4 cloves garlic, chopped**  
**1 1/2 tablespoons ground cumin**  
**1 1/2 cups shredded red beets**  
**1 1/2 cups cooked green lentils**  
**1/2 cup walnuts**  
**1/2 cup ground quinoa**  
**1/4 cup ground flax seed**  
**2 tablespoons lemon juice**  
**1/2 teaspoon liquid smoke (optional)**  
**1/2 teaspoon ground black pepper**  
**Salt to taste**

Preheat the oven to 350° F. Lay a piece of parchment paper on a baking sheet

Place a sauté pan over medium heat and add the onion, garlic, and cumin. Cover and sauté for a few minutes until onions are translucent. Stir occasionally.

Add all of the ingredients, including the onion and garlic, to the food processor. Pulse the processor a few times to chop and mix the ingredients. Process to your desired consistency. My preference is for a chunkier consistency, which leads to burgers with more texture.

Transfer the burger mix to a bowl, and use your hands to form it into patties that are about 3/4 to 1-inch thick and 4 inches in diameter.

Place the patties on to the prepared baking sheet. Bake for 15 minutes, flip patties and bake for another 15 minutes.