



Vegetarian News

"For Health and Humanity"

Fall Issue 2010

WORLD VEG FESTIVAL

Saturday & Sunday

October 2nd & 3rd from 10 a.m. – 6 p.m.

San Francisco County Fair Building, 9th Avenue at Lincoln Way, inside Golden Gate Park, San Francisco

\$7 suggested donation. Children, Students, Seniors FREE.

Everyone free to 10:30 a.m. both days.

Everyone is welcome to attend the 11th Annual Award Winning Veg Festival. Over the years, the event has won national acclaim from The North American Vegetarian Society and VegNews Magazine for the best veg event in the country. This is a wonderful opportunity for vegetarians/vegans to get together and celebrate. It is also a great opportunity to bring non-vegetarian friends and family to enjoy a non-threatening entertaining yet educational experience. The Gallery and Courtyard will be filled with exhibitors and food vendors with delicious vegan cooked or raw food for sampling and for sale. There will 29 outstanding speakers in many fields including 2 medical doctors with the latest nutritional information for optimum health. Additionally, there will be 12 demos, raw & cooked, to help newcomers learn how to prepare nutritious meat free dishes as well as assist veteran vegans to add to their repertoire. Our entertainers will add to the enjoyment of the occasion.

In addition to our Children's Corner, some new exciting features have been added: Vegan Speed Dating 25 to 40 and Over 40 with Moderator Kristen Miles, A Meet Up Teen Forum with Facilitator Nora Kramer, and a Vegan Fashion Show by Karine Brighten Events. Please note that our classes are starting earlier 10:30 a.m. and have been extended with 2 speakers and 1 demo 6 to 7 p.m.: Dr. Michael Klaper in Auditorium, Dr. Steve Blake in Garden Club Room, Kristin Doyle, Therapeutic Recipes with Cara Saunders, Herbalist, in Recreation Room. Check our calendar insert, website: www.sfvs.org, or hot line 415-273-5481 for updates or more information.

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Speakers include: Emcee Bob Linden of Go Vegan Radio (GREEN 960 AM Sundays, 3 p.m.); Ken Williams, Vegan Body Builder; Dr. Steve Blake (ScD); Colleen Patrick-Goudreau, Compassionate Cooks; Dr. Joel Fuhrman (MD); Rory Freedman, Skinny Bitch; Dr. Adiel Tel-Oren (MD); Dr. Carl Myers (MD); John Robbins The New Good Life; Dr. Michael Greger (MD); Dr. Milton Mills (MD); Roberta Schiff (MS); Dr. Anteneh Roba (MD); Dr. Michael Klaper (MD); Jack Norris, Vegan Outreach; Vaidya Pryanka, Ayurvedic Living; Azalea Blalok, GreenSoul; Hope Bohanec, In Defense of Animals; Dan Brook, PhD; Art Konrad, Lauren Ornelas, Food Empowerment; Rhio.

Demo presenters include: Robin Silberman®, Lisa Books-Williams®, Miyoko Schinner, Martine Lussier, Antonio Magana, Vaidya Priyanka, Patricia Allen-Koot, Barry Horton, Jennifer Cornbleet®, Meredith McCarty®, Shanta Sacharoff, Kristin Doyle. (Raw demos ®.)

Entertainers include: Turning Point Jazz with Rob Schaaf on Sax, Jim Jacobs on Guitar, Juli Stewart, Vocalist; Wayne Huey of Red Panda Acrobats, Al-Hambra Tribal Dancers, and an added attraction: Yoga on the Lawn with Dee Benefield.

Organic Vegan Dinners: \$20 6:45 p.m. in Auditorium Saturday (limited seating)

Get your tickets as soon as you arrive from the SFVS information table in the Gallery as it sells out quickly.

Cooked Menu by Seth Pasternack of Convergence Catering: Mixed Green Salad with tangy Red Bell Pepper or Sesame Ginger Dressing; Quinoa Tabouli; Autumn

SUMMARY OF EVENTS >>>

Oct 2 & 3	World Veg Festival, SF
Oct 6, 13, 20, 27	Vegan Dinners, Opera Plaza, SF
Oct 9	Tri-Valley Potluck & Lecture, San Ramon
Oct 9	SFVS Potluck & Lecture, SF
Oct 10	Easy Cooking Class, SF
Oct 15	Bollywood & Buffet, Maharani, SF
Oct 16	Farm Animal Walk, Oakland
Oct 29	Halloween Potluck Party, Alameda
Oct 31	Lecture at Unitarian Church, SF
Oct 31	KFC Leafleting & Lunch at Golden Buddha, SF
Oct 31	Kindness Kitchen, Maharani, SF
Nov 13	SFVS Potluck & Lecture, SF

The Calendar is posted on our web site, www.sfvs.org, or call (415) 273-5481 for information.

San Francisco Vegetarian Society
For Health and Humanity

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Murti, Joyce Thornton

Vegetarian News is published by the San Francisco Vegetarian Society (SFVS), a nonprofit, non-sectarian group dedicated to educating the public about the benefits of a vegetarian diet, for health and humanity. SFVS was founded in October 1968 and is one of the oldest vegetarian organizations in North America.

Members are encouraged to submit articles, announcements, reviews, recipes, etc. to the editor. Deadline for submissions for next newsletter is November 1st, 2010. Please contact Dixie

Vegetable Cobbler with Spelt Flour Crust; Spiced Apple Cake; Hibiscus Cooler. Celebration Roast from Field Roast Company.

Raw Menu by Lisa Books-Williams of ThriveHolistic: Hibiscus Flower & Berry Cooler; Peach & Heirloom Tomato Soup with Chipotle; Southwest Spiced Sprouted Quinoa with Mango Salsa, Cashew Sour Cream, & Avocado Coulis in Romaine Lettuce Boat; Texas Cole Slaw with Almond Onion Mayonaise; Not-So-Cheese Dipping Sauce with Jicama Fries, Corn Pepper Hemp Chips, Vegetables & Nacho Kale-itos, "Pumpkin" Custard Tartlet with Pecan Praline Crust & Candied Pumpkin Seeds.

Sponsors: Thanks to our sponsors for their extra support: Principal Sponsors: Varnashram Inc. & VegNews Magazine; Major Sponsor: Karine Brighten Events; Associate Sponsor: In Defense of Animals; Supporting Sponsors: Common Ground & Friends of Animals; and Contributing Sponsor: Om Foundation.

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Dangers of Low-Carb, High Protein Diets

From Dixie Mahy, President SFVS

Dr. Fuhrman's Newsletter September 8, 2010 Issue

www.DrFuhrman.com.

Dr. Joel Fuhrman will be speaking at WORLD VEG FESTIVAL on Saturday, Oct 2., 2010, 1:00 & 8:00 p.m.

The low-carb fad has had its peak, and although it is declining in popularity, the myth persists that eating lots of meat and little or no "carbs" is a great way to lose weight.

Plenty of studies have established that low-carb diets are moderately effective for weight loss over periods of 6 months to 2 years 1-3, though much of the weight lost initially is typically regained. This may be a better option than the processed food-soda diet many other Americans consume, so of course they are moderately effective - the number of calories consumed decreases as refined carbohydrates are eliminated from the diet. Low-carbohydrate diets cause people to some lose weight but at what cost? The short durations of these studies meant that they could not determine whether the diets are sustainable for long-term health. The current state of the medical literature would suggest that they are not - there is abundant data associating high meat consumption with adverse outcomes: weight gain, cardiovascular disease, cancer, diabetes, and all-cause mortality, just to name a few. I have been warning for years that the long-term outcome of meat-based diets would not be favorable.

A long-term observational study of low-carbohydrate diets has finally been published this Tuesday in the Annals of Internal Medicine, and the results are intriguing. This study by researchers from the Harvard School of Public Health is the nail in the coffin of the low-carb, high-protein myth. The article details data from a prospective study in which 130,000 total participants provided information about their eating habits and were followed for a minimum of twenty years - this is true long-term data. At baseline, none of the participants had heart disease, cancer, or diabetes. The researchers classified the participants' diets according to degree of adherence to the following dietary patterns: overall low-carbohydrate, animal-based low-carbohydrate, and high-

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vegetable low-carbohydrate. They then compared death rates between the highest and lowest adherence groups for each pattern.

The authors' conclusions: A low-carbohydrate diet rich in animal foods was associated with a 23% increased risk of death from all causes (14% increased risk of death from cardiovascular disease). In contrast, a low-carbohydrate diet rich in vegetables was associated with a 20% decreased risk of death from all causes (23% decreased risk of death from cardiovascular disease).

The low-carb proponents had one thing right: the avoidance of refined carbohydrates – white flour, white rice, white pasta, added sugars, etc. are disease-promoting foods. However, the protein sources emphasized in most low-carb diets are micronutrient-poor animal products rather than micronutrient-packed plant products. The current study suggests that plant sources of protein (for example vegetables, nuts, beans, and seeds) promote longevity, whereas high protein animal foods have the opposite effect. This data supports the essential nutritional concept I illustrate with my health equation: **Health = Nutrients / Calories**. Micronutrient density determines the quality of one's diet, and since animal products are deficient in micronutrients, they should be minimized. The authors agree that their results likely reflect the lack of protective fiber, minerals, vitamins, and phytochemicals in animal products.

Many proponents of meat-based diets argue that the refined carbohydrate rather than the meat content of the American diet is to blame for our skyrocketing rates of chronic disease. However, too many studies contradict this opinion – and this study clearly demonstrates that choosing plant foods instead of animal foods, even within the context of minimal refined carbohydrate, promotes longevity.

There really should not be any controversy anymore about the health effects of low-carb, high-protein diets. This study (among others) confirms that the current amount of animal-source foods within the American diet should be reduced, not increased, and that meat-centered diets promote premature death; and that diets based predominantly on whole plant foods are lifespan-enhancing.

The “nutritarian” diet I recommend is unique because it focuses on consuming more of the highest micronutrient containing vegetation, as it reduces animal products to a condiment or minimal role held to less than 10 percent of total calories. **Vegetables Rule!** (The numbers at the end of sentences refer to references. Check his website for that information.)

Salmonella & Factory Farms

From Dixie Mahy, SFVS President

Article by Luther Lathley from thetowntalk.com

Several hundred people have come down with Salmonella

enteritides poisoning, leading to the recall of 380 million eggs from 17 states by the Wright County Egg Company of Galt, Iowa.

www.washingtonpost.com/wp-dyn/content/article/2010/08/18/AR2010081805682.html

According to the Centers for Disease Control, more than 100,000 Americans suffer from egg-borne Salmonella infections each year. Common symptoms include diarrhea, abdominal cramps, and fever.

Salmonella infection is only the most publicized health effect of egg consumption. An average egg contains loads of fat and 213 mg of cholesterol, key factors in the incidence of heart disease, stroke, cancer and diabetes.

Incidentally, those 380 million eggs were the product of nearly 1,500,000 birds suffering for a year in tiny wire-mesh cages that cut their feet and tore out their feathers. Their waste was dumped into a nearby stream, contributing to massive pollution of the Mississippi River, and eventually, to a “dead zone” in the Gulf of Mexico three times the size of the BP oil spill. (On August 30, 2010 KGO Radio quoted an API report that these Factory Farms were infested with live maggots and rodents with tons of manure piled up within the facilities. DM)

The good news is that our local supermarket offers a number of healthful, eco-friendly, delicious egg replacers. More details are available at:

www.chooseveg.com/vegan-substitutes.asp

The Town Talk August 22, 2010 reference:

<http://www.thetowntalk.com/article/201100822/OPINIONNo3/8220323>

Egg Recall Heats Up Debate

From Scott Munson

Article by Carolyn Lockhead from Chronicle Washington Bureau

A recall of a half-billion eggs from two mega-farms in Iowa is stoking a fierce controversy over whether factory farming is inherently unsafe - and a battle in California over a 2008 voter initiative banning the standard industry practice of packing hens so tightly in battery cages that they cannot spread their wings. Voters passed Proposition 2 overwhelmingly in 2008 after animal welfare activists released horrific undercover videos of strangled, deformed and mummified hens in battery cages. It will take effect in 2015. Animal welfare activists are linking battery cages to the Iowa salmonella outbreak, saying they are not just cruel to animals but a threat to food safety.

“Proposition 2 requires cage-free treatment of laying hens, and the evidence is very clear that caging laying hens increases the risk of salmonella,” said Paul Shapiro, head of the Humane Society of the United States’ Factory Farming Campaign. But Arnie Riebli, a Petaluma chicken farmer and president of the Association of California Egg Farmers

whose family runs Sunrise Farms, a million-hen operation, insisted cages are safer...

The bird battle is raging on three fronts – Animal rights activists and egg farmers, usually arch enemies, came together behind a law signed by Gov. Schwarzenegger last month that will ban all eggs coming from outside the state that fail to comply with the battery-cage ban. The new law could save the state's egg farmers and spread Prop. 2 nationally. California egg farmers no longer face the threat that cheaper battery-cage eggs from the Midwest will put them out of business. Other states that want to sell in California could be forced to pass their own cage bans. Some states already have passed varying types of bans. — As the California ban promises to spread, it is escalating a national fight over whether factory farming itself is to blame for large outbreaks of food poisoning. San Francisco Chronicle August 27, 2010

U.S. Study: Vegetarians May Be Happier

From Dan Brooks, PhD & SFVS Member

Article by Louise Infante

Vegetarians report considerably less negative emotion than omnivores in psychometric tests conducted at Arizona State University.... While fish may serve as the major dietary supply of the long-chain omega-3s eicosapentaenoic acid and docosahexaenoic acid, which has been shown to be essential in supporting brain health, low intake of eicosapentaenoic acid and docosahexaenoic acid in vegetarians will not adversely affect mood, based on a new research.

A study team from Arizona State University conducted a cross-sectional study to check the mood of vegetarians who never eat fish with the mood of healthy omnivorous adults. An overall total of 138 Seventh Day Adventist adults residing in Arizona and California (64 vegetarians and 79 non-vegetarians) were enrolled in the study and completed a health history questionnaire, food frequency questionnaire and two psychometric tests, the Depression Anxiety Stress Scale and also the Profile of Mood States.

Vegetarians had significantly lower mean intakes of eicosapentaenoic acid, docosahexaenoic acid and also the omega-6 arachidonic acid; they had higher intakes of the omega-3 alpha-linolenic acid and the omega-6 linoleic acid. "Seed oils are the richest sources of ox-linolenic acid, notably those of rapeseed (canola), soybeans, walnuts, flaxseed (Linseed oil), clary sage seeds, perilla, chia, and hemp."

However, the vegetarians also reported considerably less negative emotion than omnivores in psychometric tests. Mean total psychometric cores were positively associated with the mean intakes of eicosapentaenoic acid, docosahexaenoic acid and arachidonic acid, and inversely related to alpha-linolenic acid and linolenic acid intake.

The study team noted there is also the possibility that vegetarians may make smarter dietary choices and may generally be healthier and happier.

Article from Ynet News, 7/20/10

<http://www.ynetnews.com/articles/0,7340,L-3867352,00.html>

Choosing Healthy Foods a Mental Disorder

From Jeff & Sabrina, VegSource Newsletter

In its never-ending attempt to fabricate "mental disorders" out of every human activity, the psychiatric industry is now pushing the most ridiculous disease they've invented yet: "Healthy eating disorder."

This is no joke: If you focus on eating healthy foods, you're "mentally diseased" and probably need some sort of chemical treatment involving powerful psychotropic drugs. The Guardian newspaper reports, "Fixation with healthy eating can be a sign of a serious psychological disorder" and goes on to claim this "disease" is called orthorexia nervosa – which is basically just Latin for "nervous about correct eating." But they can't just call it "nervous healthy eating disorder" because that doesn't sound like they know what they're talking about. So they translate it into Latin where it sounds smart (even though it isn't). That's where most disease names come from: Doctors just describe the symptoms they see with a name like osteoporosis (which means "bones with holes in them").

Getting back to this fabricated "orthorexia" disease, the Guardian goes on to report: "Orthorexics commonly have rigid rules around eating. Refusing to touch sugar, salt, caffeine, alcohol, wheat, gluten, yeast, soya, corn and dairy foods is just the start of their diet restrictions. Any foods that have come into contact with pesticides, herbicides or contain artificial additives are also out."

Article from Guardian, UK:

<http://www.guardian.co.uk/society/2009/aug/16orthorexia-mental-health-eating-disorder>

Look and Feel Better at Any Age

By Vaidya Priyanka, Ayurvedic Holistic Health Practitioner, Marma Therapy Healer and Speaker and Demo Presenter at World Veg Festival October 2 & 3, 2010

My life, thus far has been a beautiful, eventful journey and continues to be so...from the magic and masalas of India to the preservation of the magic and the 'maya' of masalas, here in the United States. Over the years, I have lived in many cities, the world over. I imbibed several of their cultures, traditions, charms, flavors and colors into my daily routines and habits but there is one aspect of my life that stayed consistent and that is my love and practice of the Ayurvedic Vegan Lifestyle (AVL).

Just as in every health care routine or protocol, please ask your health care practitioner for advice before you try any part of the below mentioned.

I believe that the proper practice of the AVL can make you not only look much younger than you already do but it can make your brain function optimally longer and give you the kind of energy that most people only dream about. Let us discuss some aspects of aging and some quick and easy suggestions that have worked for my clients to turn back the clock on aging. Aging is something we all do, have no control over (or do we?) but understand very little about. Anti-aging is just about maintaining good health for longer and enjoying the journey. Irrespective of how old you are, good health is always good health and it is your birthright to be healthy in every way possible.

There are several different aspects of aging:

1. Cellular Aging: Cells age based on the number of times they have replicated. A cell can replicate around 50 times before the genetic material can no longer be copied accurately. The more damage to your cells (through free radicals and other factors), the more your cells need to replicate.

2. Hormonal Aging: Without a doubt, hormones play a big factor in aging, especially in childhood growth and adolescent maturity. Hormone levels change through life, leading to menopause and other age-related changes. This is true for both genders.

3. Metabolic Aging: As you go through your day, your cells are turning food into energy, which produces by-products that can be harmful. This process of metabolizing and creating energy results in damage to your body over time. Some believe that slowing the metabolic process (through practices such as calorie restriction) may slow aging in humans.

Here are some suggestions to embrace everyday:

1. Stay Hydrated.

Make sure you drink 2.5 liters of water a day. There is no substitute in this world for good, pure water for your daily fluid needs.

Water is essential if you want to preserve the suppleness and elasticity of your skin. Moreover, water helps clearing the skin and supports the elimination of waste products.

2. Food Habits

Do not eat any dairy, meat, fish, eggs, stale food, preserved food, canned food or food preservatives, dyes/colors.

It is also a good idea to try to be gluten-free as well. (If not every day. At least for 1 week every month)

Ensure the proper nutrients for your skin by eating the right foods. If you follow an AVL not only will you increase longevity but you will optimize your body to function at its best. If you want to benefit from healthy skin, you have to include a lot of fruits and vegetables in your meals. Always eat seasonal, local and organic. Eat steamed greens at least 5 times a week as part of your lunch. At least 1 clove of garlic a day. A handful of nuts as a snack mid afternoon.

3. Walking and Exercise

Make sure you walk 10,000 steps a day. (Use a trusted brand pedometer). Establish an exercise routine. Besides the good it does to your heart and body, exercising also brings an increased amount of oxygen and nutrients to the skin. It helps the body produce sebum, a natural moisturizer.

4. Meditation and Yoga

When you quiet your mind and go deep within at least for about an hour every day, you will notice the changes from the inside out. The practice of yoga is one of the best ways to keep your flexibility blooming and there are other benefits that include glowing health. At least 6 hours of yoga a week is recommended.

5. Stop Smoking and Avoid Alcohol

Apart from the complex damage these vices contribute to the deterioration of the nervous, circulatory and respiratory systems, smoking also destroys the Vitamin C supply in our bodies, affecting the elastic tissues, which keep the skin tight. Alcohol leads to an expansion of blood vessels, causing itchiness and red spots on the skin and extensive damage to the liver and kidneys.

6. Body Treatments

Make sure you find therapists who you trust and get at least 3 body treatments a month. Therapies may include acupuncture, massage, marma, facials, exfoliating scrubs etc. Please make sure that you do a self-abhyanga (ayurvedic massage) everyday before you shower.

7. Supplements

I have seen nutritional supplements work ‘magic’ on my clients along with lifestyle and food changes.

Make sure you get recommendations from a practitioner whom you share excellent energy with and have faith in. Remember, each person is different and suggestions offered in magazines may not be good for you.

8. Clean and Organized Home

Believe it or not! Keeping a tidy environment keeps your nerves calm. Make sure that you do not have clutter in your environment. Let go of articles that you do not use or need or those that are associated with a memory that you would much rather forget.

I “spring” clean several times a year and it really keeps the “spring” in your stride.

9. Rise in Love

We have become so familiar with the concept of “falling” in love. For me, the ways we use our words have always been important. I would much rather ‘rise’ in love. The feeling of comfort that love brings into your life is the best drug there is and the best part is that there is no prescription involved.

10. Socially active

It has been researched and concluded that people who had an active social life seldom had memory issues, depression or obesity. Make sure you do something wonderful for your neighborhood and your environment. Bring people together for good and noble causes.

We will all have to age someday but let us do it with grace and dignity and on our terms.

It will be wonderful to hear from all of you, please email me: vaidya.priyanka@gmail.com



SFVS President Dixie Mahy and Vaidya Priyanka

RECIPES

Vegan Cheese

By Miyoko Schinner, author Now & Zen Epicure

Following is a vegan cheese recipe that was quite a hit at the Pool Side Fund Raising Party at the home of Miyoko Schinner. She will be presenting a Vegan Cheese Demo at the WORLD VEG FESTIVAL on Saturday, Oct. 2nd at 1:00 p.m.

Here is her story:

I don't know about you, but I have found few vegan cheese substitutes that truly satisfy. Daiya comes the closest for grilled cheese sandwiches and pizza, but their two flavors, cheddar and mozzarella, come only shredded. I did have a Caprese salad featuring a raw nut mozzarella at Cafe Gratitude once that was excellent, but while the cheese was delicious, it really didn't look nor have the texture of Mozzarella. Overall, my preference for vegan cheeses is for ones made of nuts, not only because of the richness and flavor, but because of the probiotic content. But aside from the cheeses at Cafe Gratitude and the all-too short-lived Roxanne', most raw nut cheeses I've experienced are all too reminiscent of incense and hippiedom. Recently, I've been spending a lot of time in the kitchen in my quest to create truly divine vegan cheeses,

and recently tested three varieties on unsuspecting guests— "Gruyere," "Brie" and "Boursin". Next on my list was buffalo mozzarella, especially at the prodding of my 14-year-old, who kept mentioning that she'd like to have some Caprese salad. In fact, she was instrumental in helping me analyze the difference between dairy cheeses and some recipes for vegan alternatives by pointing out that the real thing has a bite or sharpness, not a tangy-ness that comes from the lemon juice that is so often used in vegan cheese recipes.

What I came up with is the following. It is indeed a raw nut cheese, but the finishing touches are what make it look and taste so remarkably close to the real thing. I've served it as part of a Caprese salad now to several people and they say they can't tell the difference. Probably a real connoisseur would be able to tell, but it's pretty damn close. It works well in a panini or a sandwich with roasted vegetables and pesto. On a pizza, you'll want to add a quarter cup of oil to the mixture to help soften it - it doesn't get stretchy and gooey, but it does have that melted consistency.

Fresh Mozzarella di Buffalo a la Cashews

2 cups raw cashews, soaked for several hours in water
 1/2 cup Rejuvelac
 pinch of sea salt
 1/2 – 3/4 tsp. Xanthan gum
 optional: 4 Tablespoons canola or refined coconut oil (for meltability purposes - not needed if using for Caprese salad or otherwise serving cold)
 2 Tbs. Agar agar flakes (increase to 5 Tbs. if adding oil)
 2/3 cup water

Step 1. In the morning (or the day before):

Drain the cashews and place in a blender with the Rejuvelac and salt. Blend, stopping to push down and scrape as necessary, until absolutely creamy and smooth. Add 1/2 teaspoon of the xanthan gum and reprocess until it thickens and looks gooey. Place in a bowl, cover, and allow to sit at room temperature for 8 – 24 hours, depending on the temperature of your room. Mozzarella has a mild flavor, so be careful not to let it sit out too long lest it develop a tang. You want it to develop some flavor and depth, but still be mild.

Step 2. In the evening or the next day:

Place the cheese back in the blender. Dissolve the agar agar flakes by mixing with the water in a small pot and bringing to a boil; allow to simmer, stirring with a whisk, for several minutes until completely dissolved. Pour the agar agar into the blender and blend until completely incorporated. To achieve a "stretchier" consistency, add an additional quarter to half teaspoon of xanthan gum.

Step 3. Forming the Balls:

Have ready a bowl filled with a quart or so of cold water

San Francisco Vegetarian Society
for Health and Humanity
P.O. Box 2510
San Francisco, CA 94126

**NOTE: If your membership is about to expire (see date on label),
then we urge you to renew now!**

JOIN US AT WORLD VEG FESTIVAL OCTOBER 2 & 3!

From Jeff & Sabrina, VegSource Interactive
Bill Clinton, 42nd President of the United States, revealed he has been eating a plant-based diet since May (though he includes occasional fish, ala Dean Ornish MD program). Clinton says he has been inspired by the work and writings of T. Colin Campbell PhD, Caldwell Esselstyn MD, and Dean Ornish MD. He cites Dr. Esselstyn's work documenting that a low-fat plant-based diet can reverse serious heart disease. Clinton says he is "experimenting" to see whether he can achieve the same results as participants in the studies of these plant-strong Mds. To watch a video of Clinton talking about his diet, click on: <http://bit.ly/dvowMY>

Discount List

These are additions to our SFVS Discount List (check our website for the entire list: www.sfvs.org.)

Welcome to new participants:

Nature's Express, 1823 Solano Avenue at Colusa Avenue, Berkeley, CA 94707, 510-527-5331, www.natures-express.com. 10% off menu. They have a great variety of fast food vegan style with tasty healthy French fries and a great variety of veg burgers. They will have a food booth at WORLD VEG FESTIVAL and their owner/founder medical doctor, Dr. Carl F. Myers will be speaking at WVF on Sunday, 11:45 a.m. He founded a string of fast food veg restaurants to counteract McDonald's and its ilk.

VEGAN LOCAL LOVE is a catering company founded by Barry & Jennifer Horton, 510-917-0190, e-mail: localloveservices@gmail.com, website: www.localloveservices.com. 10% off meal planning orders over \$100. Chef Barry will be doing a cooking demo on "Comfort Foods: Converting our Family Favorites into Vegan Dishes" on Sunday, October 3 at 1:00 p.m.

Linda Riebel's The Earth-Friendly Food Chain with forward by John Robbins
www.earthfriendlyfoodchain.com
20% discount on online purchases by first e-mailing to: info@earthfriendlyfoodchain.com for authorization. At events, members can pay 1/2 special price. Linda is a speaker at WORLD VEG FESTIVAL at 1:00 p.m. on Saturday, October 2. Her book is a concise, practical guide to healthy, sustainable food, packed with inspiring facts and true stories of the people who are building a safer food world. Against the background of the flawed industrial food system, the book highlights positive changes and the power of citizens to help save the earth with their food choices.

GreenSoul Massage, 420 15th Street, between Franklin & Broadway, Oakland CA 94612, 510-715-5615
www.greensoul.ecrater.com or healthythrunature@yahoo.com. 15% discount on reflexology, acupressure, lymph drainage massage, iridology, organic vegan products, herbal consulting. Services available by scheduled appointments. GreenSoul Massage owner Azalea McCoy has worked on healing people for over 13 years. her natural healing studies come from the rainforest of Dominca West Indies & Beyond. She combines acupressure, organic aromatherapy, African, Indian, Dance therapy & Ancient healing. Part of the proceeds from these services go toward a natural ecovillage, merging youth with elders, nature, & community. See: <http://www.grensoul.webs.com/>

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