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The mission of the Mid-Hudson Vegetarian Society, Inc. is to promote the vegetarian ethic in the Mid-Hudson region, educate the community and aid anyone in the pursuit of a totally vegetarian [vegan], cruelty-free, healthful lifestyle. Vegetarian Viewpoints is the quarterly publication of the Mid-Hudson Vegetarian Society.
 www.mhvs.org 845-876-2626



Vegetarian Viewpoints

Supporting a compassionate, healthful, sustainable lifestyle

Health & Well-being

Vol. 12, No. 1

Winter 2007

The Health/Vegetarian/Vegan-Connection Goes Mainstream [Almost]

by Constance Young

The vegetarian and vegan diet and lifestyle have been on the upsurge, resulting in books and a slew of articles in major news outlets. Leading the list is the December 15, 2006 report in the prestigious *British Medical Journal* about a study of some 8,200 men and women with a startling conclusion: Kids with the highest IQs were more likely to become vegetarians as adults, also possibly lowering their risk of cardiovascular disease. "Brighter people tend to have healthier dietary habits," said the researcher and author Catherine Gale, PhD. Dr. Gales' team gathered data on a group of 30-year olds whose IQs had been tested when they were 10-years old. According to Dr. Gale, "children who scored higher on IQ tests at age 10 were more likely than those who got lower scores to report that they were vegetarian at age 30." [Let's not say, "We could have told you so.]



Eating vegetables is gathering adherents. They look beautiful, too.

Also recently, the *New York Times* ran several vegan-friendly articles. In the January 11, 2007 article in the Style section called "Uncruel Beauty," they write extensively about vegan fashions, also including favorable mentions of "cruelty-free" diets and stores like "Whole Foods," and eco-minded labels like Novacas [no cows]. A week later, on January 24th, the Times ran a long and flattering article with vegan recipes in the Dining and Wine Section, called "Strict Vegan Ethics, Frosted With Hedonism." In it, they interview vegan chef, Isa Chandra Mowkowitz.

Also in January 2007, the venerable *New Yorker* and trendy Internet magazine *Salon* wrote long and extensive reviews of Tristram Stuart's recent book, "The Bloodless Revolution: A Cultural History of Vegetarianism from 1600 to Modern Times." The *New Yorker* reviewer wrote, "Stuart is of the opinion that vegetarians have long had the best intellectual arguments."

And, there's much more. In my regular column in the trade publication, *Nurse Practitioners Word News*, I wrote about several recent medical reports of health benefits from a

plant-based diet. Among these was a study of middle-aged vegetarians on a diet relatively low in protein and calories. The researchers reported in December 2006 in the *American*

Journal of Clinical Nutrition that the low-protein group had lower blood levels of several hormones and other substances tied to certain cancers than people eating the typical meat-based American diet. [Here's your answer to the proverbial, "Where do you get your protein?"] In another cancer study in the November 2006 issue of *American Journal of Clinical Nutrition*, Washington University researchers reported that those staples of the vegetarian diet, onions and garlic, have a lower cancer risk. The researchers analyzed eight Swiss and Italian

studies and concluded that older people with the highest onion and garlic intakes had the lowest risks of certain cancers [particularly colon, ovarian and throat cancer]. Other research also found that garlic and tomatoes may have "synergistic" cancer-fighting effects when taken together.

Vegetables also fared well against a common eye disease that can lead to blindness called age-related macular degeneration. A study in the *Archives of Ophthalmology* (August 2006) looked at 1,787 women and found that this disease may be prevented with a diet high in lutein plus zeaxanthin, which are plant pigments [called carotenoids] that are found in leafy green vegetables, corn, squash, broccoli, and peas.

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President's Message

How do you think most people define vegans?

1) Is it as protein-deficient, tofu-tinged beings who have arrived by dead of night from the planet Vega to take over the bodies of earthlings, all the while ranting against consuming meat and dairy foods?

2) Or, is it as earthlings who have given up the joys of burgers, Buffalo Wings and cheese-topped pizza, and want the rest of the planet to suffer along with them [and, moreover, to wear weird shoes]?

In truth, a vegan is very likely an ordinary person of any size and shape who has decided to live with compassion for *all* life; to walk gentler on the earth; and to eat health-promoting foods our bodies were designed to eat. Presenting ourselves in this way is a challenge because old myths die hard. Joan Zacharias -- who before she moved to Tampa, Florida, was a staunch member of MHVS -- inspired me to write about this subject because she claims that I interact well with meat eaters. While living in Hudson, Joan and her husband Tom Lyons participated in and organized many MHVS activities. In Tampa, Joan founded "New Tampa Vegans."

At Joan's suggestion, I started thinking about how I communicate my beliefs. First, I strongly believe that we can't just "run off at the mouth" -- the best way to communicate with uninformed people is to give them a taste of our foods. So whenever I am invited to speak, I always bring food along for people to try. This might even mean getting up at 2AM to make hummus or tofu-no-egg salad while still half asleep-- and without taking Ambien. I also frequently invite people who are not vegan to my house for meals and snacks.

Currently I am testing recipes for a cookbook containing only vegan foods that I am writing together with Roberta Kalechofsky, who was our speaker in January of 2006. [Check Kalechofsky's website www.micahbooks.com.] I also have been traveling and use that opportunity to convey the vegan message. In November, I visited friends and family in Northern California; and in December I visited Lawrence, Kansas and Kansas City. During these visits I frequently cooked vegan meals or prepared party foods, making sure to explain that the dishes have "no cholesterol and no cruelty." Rather than pontificating at length, I prefer to deliver short sound bytes, which often elicit questions that I always answer directly.

If you are in a similar situation, I urge you to keep your answers factual and interesting -- but short. By all means, don't preach. Here's an example:

Q "Where do you get your protein?"

A. "From many sources. Tofu, tempeh and beans are very good non-animal sources of concentrated protein. All foods -- except refined sugars -- contain protein. Plants are composed of cells -- and cells must contain proteins. Thus grains, vegetables and fruits have protein too."

You might ask if they know of anyone who has a protein deficiency. Then -- stop. This simple, but powerful, thought is sufficient to convey your message.

Here's some more advice: When preparing food for meat-eaters, lean towards appetizers and desserts. People are much more willing to try new foods in these formats. When

invited to dinner, tell your host that you are vegan and offer to bring a dish to share. Ask what dishes they will be serving, and if appropriate you might suggest that they prepare salads and vegetables without butter or cheese. Say this in advance to save the host the embarrassment of preparing something he or she thinks you may not enjoy -- without knowing that dairy is not used in vegan cooking. You can be fairly certain that the main course will be off limits, so leave that issue alone. You might also bring a quart of Soy Delicious ice "cream" to share. When people ask questions about your food choices at dinner, defer your answers until after the meal.

When dining out, taking your companions to vegetarian or vegetarian-friendly restaurants both ensures there is something you can order, but also introduces your dinner guest to some new foods. A cousin was ready to take me to a steak house until I asked if there was a Thai restaurant nearby. We choose one she liked and she realized for the first time that they had a vegetarian section on their menu.

Many people are still uninformed about the connection between diet and disease. The books on this subject that I recommend include "The China Study" and "The Cancer Prevention Diet." MHVS has both books and can get any relevant book in print at a good discount, which we resell for about 75% of the cover price. You might also want to carry fliers for our events to distribute to friends and acquaintances as well as copies of "101 Reasons Why I am a Vegetarian," by Pamela Rice (our speaker in July of 2006) and the pamphlet "Why Vegan?" from Vegan Outreach. Need some copies? Call the office.

I recently bought the book "The Complete Idiot's Guide to Vegan Living," which I find to be well-written and comprehensive. Another unintended advantage -- the book's title on the cover is very readable from a distance. One day on the subway I had the book with me and a young woman stopped me, told me she is studying to become a registered dietitian, and asked me about the book. Again, on a bus, someone asked me about the book who said her sister was a vegan and she was also making some changes.

Perhaps the most important advice for those of us who are articulate and knowledgeable is to write Letters to the Editor. You might write in response to articles about global warming, hunting, fishing, foie gras -- or the lack of vegan recipes in the food sections of newspapers. If the *New York Times* doesn't print your letters, most assuredly the *Poughkeepsie Journal*, *Daily Freeman* or other local papers usually will.

Finally, when you are out and about, smile and be an example of a happy, healthy person who enjoys living the vegan lifestyle.

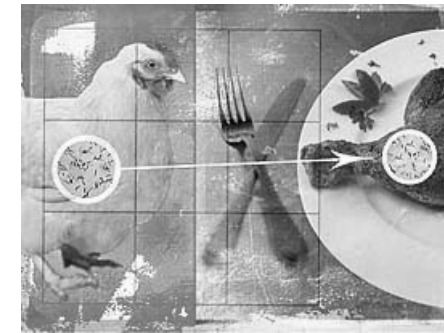
Check the calendar of events on page 3 and join us for upcoming events, bringing friends, neighbors, or family members. If you are a member, offer to help people who are ready to make changes. Don't hesitate to call the office and ask for our help. If you are a paid member, you may also attend board meeting. When being vegan is an important part of whom you are, it will influence others.

-- Roberta Schiff, President

All membership dues are now payable. It is wasteful of our limited funds to send invoices out separately, so please use the form found on page 8. We would appreciate your current e-mail address (if you have not been receiving our e-mail notices). We use your address only to inform you of MHVS events and we never give it out. Anyone can be on our e-mail list but we are only able to mail the newsletter to paid members. Extra copies, which you can get at our events, are available for you to give to friends or family.

News & Opinions

U.N. and Consumer Reports "Fess-Up"



In November 29, 2006, the United Nations clearly admitted that animal agriculture contributes more global warming gases than all transportation combined. In a press release, they call animal agriculture "one of the most significant contributors to today's most serious environmental problems [see www.fao.org/newsroom/en/news/2006/1000448/]. *Consumer Reports* also "comes clean" and reveals that 83% of chickens are contaminated with the dangerous bacteria *campylobacter* or *salmonella*. "Even 'premium chicken' are infected, they add. [see www.consumerreports.org/cro/food/chicken-safety-1-07/overview/0107_chick_ov.htm]

Sorry Dr. Atkins: Thin People Eat More Carbs

With no apologies to Dr. Atkins, a new four-nation study of more than 4,000 men and women aged 40 to 59 has a stunning conclusion -- *The thinnest people on Earth eat the most carbohydrates*. Even more surprising, the Northwestern study, found that "Without exception, a high-complex-carbohydrate, high-vegetable-protein diet is associated with low body mass," said Dr. Linda Van Horn, who led the study, in a Reuters report. Also notable, the more animal protein that was consumed, the higher the person's weight.

Rolling Stone Mag "Disses" Pig Farming

The December 14, 2006 edition of *Rolling Stone* includes an outstanding article, entitled "BossHog" with the subhead, "American's top pork producer churns out a sea of waste that has destroyed rivers, killed millions of fish and generated one of the largest fines in EPA history. Welcome to the dark side of 'the other white meat'." An accompanying photo shows a large pile of pig carcasses with the caption, "Pork producers generate millions of tons of hog waste each year including millions of dead pigs." The article focuses on Smithfield Foods, the largest and most profitable pig processor in the world, which killed 27 million hogs in 2005 alone.

International Restaurant Guide

The Dutch publisher Greeny Pig Media has produced a worldwide guide for vegetarians, giving an overview of restaurants throughout the world where vegetarians can have a good meal. Check it out at www.veggiesontheroad.com.

Animal and Human Rights

by Roberta Schiff

[Roberta Schiff wrote this for the newsletter of Shir Chadash Synagogue in Poughkeepsie. Think about the organizations in which you are involved and if an opportunity presents itself [or you can create one], take the time to write a short article. This one is less than 500 words.]

Each January we celebrate Martin Luther King Day when we focus on human rights. I have often been asked, "Why don't you concentrate on human rights rather than animal rights?" Are they that different?

Those of us who are aware of the terrible cruelty that animal agriculture causes -- both in the raising and slaughtering of ten billion animals per year (just in the USA); and who know how animals are treated in laboratories and circuses, generally do not ignore issues of poverty, lack of healthcare, child abuse, or discrimination. Francis Bacon said, "The more noble a soul is, the more objects of compassion it has." Human and animal rights are not two different causes -- they are both part of the Jewish principle of *Tikkum Olam*, which means "Repair of the World;" or in other words, making the world a better place for all living things. Rabbi Daniel Polish wrote an outstanding editorial printed in the *Poughkeepsie Journal* on Martin Luther King Day. He stated that rather than concentrating on his own achievements, Dr. King would "point out the unpleasant truths that we would just as soon avoid. But sometimes in our own complacency we cannot bring ourselves to act upon, or even speak about the events that plague our national life. In his eloquence, he would admonish us for our silence."

There is one major difference between humans speaking out for good causes and animal rights. Namely, the animals can not speak for themselves. Dr. King was able to inspire Americans of all races and backgrounds to speak out against and act out against injustice. As a result, transportation and public accommodations were integrated, voters were registered. It became quite acceptable to be against discrimination. Surely, it is part of the healing and repair of the world to speak for those who have no voice. Many of the world's problems have solutions that are difficult for individuals to take part in. However, each time we choose what to eat, we can make a difference. A veggieburger rather than a beef patty; tofu rather than chicken; chili without meat (the taste is in the seasoning); or hummus rather than cream cheese.

It took me a long time to complete this journey, so I do understand "not bringing ourselves to act." For those of you who would like to learn more, there is much information out there. We have a lot to share, just ask.

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Health/Vegetarian/Vegan

From page 1.

While there have been many studies showing positive health benefits from vegetarian foods, a great many studies show an opposite, negative effect, from animal foods. Most recently, researchers at Harvard Medical School found that in a long-running study of 90,659 women, those women who were premenopausal and ate more red meat had a higher risk of getting hormone receptor-positive breast cancers.

The impetus for all of these and other studies and for the growing press coverage is undoubtedly influenced by the fact that vegetarianism and veganism appears to be inching up statistically in the U.S. The 2006 Statistical Abstract of the United States found that during the 20 years between 1980 and 2003, the per capita consumption of red meat fell from 126.4 pounds to 111.9 pounds. In contrast, fresh vegetable consumption rose from 338.4 to 416.6 pounds and fresh fruits from 105.1 to 126.7 pounds. [Certain disease rates are also down, and statisticians have yet to make the connections.]

How many vegetarians are there? Polling data differ. In a 1994 Roper Poll of 1,978 men and women 18 years and older, 6 % said they never eat meat (compared with 75% who said they eat everything). An earlier Gallup Poll in 1991 conducted for the National Restaurant Association found that about 20 % of the population looks for a restaurant with vegetarian items when they eat out. Compare this to a 2000 report by the market research firm Opinion Research for the leading producer of refrigerated foods called Lightlife, which conducted a random sampling of 1,000 American adults. They found that 44 % of Americans now eat vegetarian foods as part of a daily diet "because they know how healthy vegetarian food is for them."

Among teens and college students. The market research series "The U.S. Market for Wellness Foods and Beverages" published in August 2003 by *Packaged Facts*, claimed that a growing percentage of teens are calling themselves vegetarian or are open to it. Among college students, a 2004 survey conducted by a company specializing in food services for schools found that nearly 25% of students said that finding vegan meals on campus was important to them.

Compare all of the above to a 1977 U.S. Department of Agriculture Nationwide Food Consumption Survey of 37,135 people in which only 1.2 % answered "yes" to the question "Are you a vegetarian?" The Vegetarian Resource Group (www.vrg.org), in the previously mentioned Jan. 11th New York Times article claims there are an estimated 4.8 million vegetarians in the U.S., one-third to one-half of whom are vegan. "That number has nearly doubled since 1997," they report.

"Why is it generally considered ridiculous to point out that each and every one of those animals killed [for food] had a mother, almost all had siblings, and surely some were mourned by a parent or missed by a friend? Even though they were bred to be killed, their emotional capacities were not altered by such breeding."

*By Jeffrey Moussaieff Masson,
in "The Pig Who Sang to the Moon."*

Unhappy Meals

Michael Pollan, author of the acclaimed book, "The Omnivore's Dilemma," and numerous articles in the *New York Times* that are passionately critical of agribusiness, has done it again. His January 28, 2007 essay in the *New York Times* magazine called, "Unhappy Meals -- Eat food. Not too much. Mostly plants." has a good overview of the fallacies of nutritional science, the press, and food producers -- who are largely in cahoots.

As in Jennifer Van Alstine's piece describing her own vegan journey on page 4 of this newsletter, Pollan urges eating *real* food. Forget about Kellogg's "Healthy Heart Strawberry Vanilla cereal bars," which, like other similar foods with superlatives on the label, are heavily processed. While Pollan is not a vegetarian, he does lay down some excellent principles in the article. In short, basic questions about what to eat have gotten too complicated and the "institutional imperatives of the food industry, nutritional science -- and journalists." His long essay boils down to a few simple rules:

Eat food. This is not easy, so he suggests: "Don't eat anything your great-great-grandmother wouldn't recognize as food," and...

"Avoid even those food products that come bearing health claims because they are apt to be heavily processed and the claims dubious at best." He points to margarine, which was "one of the first industrial foods to claim that it was more healthful than the traditional food it replaced, and turned out to give people heart attacks."

Member benefit

Current card-carrying members of the Mid-Hudson Vegetarian Society receive discounts (typically 10%) from many veg-friendly businesses, including:

Nature's Pavilion, Kingston	845.340.4561
Rhinebeck Health Foods, Rhinebeck	845.876.2555
Red Hook Natural Foods, Red Hook	845.758.9239
Rosendale Café, Rosendale	845.658.9048
Luna 61	845.758.0061
Massage & Acupressure, Santha Cooke	845.266.5679
Seligman & Seligman (attorneys), Kingston	845.338.4100
North American Vegetarian Society	
(50% off membership)	518.568.7970
MHVS (all books in stock), Rhinebeck	845.876.2626

Calendar of Events

Members and non-members, and their friends, are welcome. To RSVP for all events (unless otherwise noted) call 845.876.2626 or rsvp@mhvs.org

February 11, Sunday 5 PM - MHVS is providing vegan refreshments after the Rhinebeck Chamber Music Society as part of our community outreach. We need volunteers to make appetizers or desserts and to help set up.

February 17, Saturday 5 PM - Vegan dinner [five courses] at Cafe Gabriel in Kingston. \$27.50 per person. You may bring your own wine. Seating is limited, so reserve now.

March 11, Sunday 4:30PM - "The Great American Meatout" -- at the Church of the Messiah in Rhinebeck. As usual this will be a vegan potluck dinner. This year's guest speaker is Michael Greger, MD. (see box below for details)

March 24-25, Saturday and Sunday. United Poultry Concerns is sponsoring a 2-day forum called "Inadmissible Comparisons" to be held at NYC Law School in NYC. \$75 if you register by March 15. Find out more at www.upc-online.org, or call Roberta at the MHVS office for more information. Support the excellent work UPC's Karen Davis is doing to raise awareness of the cruelty involved in the raising and slaughtering of chicken, turkeys, ducks and geese.

April 21, Saturday, 10 AM to 3 PM. MHVS annual meeting and activity day at Milan Town Hall. Free - for paid members only. In addition to annual reports and election of officers, we will have a yoga session, cooking class, and more..

May 20, Sunday 1:30 PM - Vegan Italian lunch at C.J.'s in Rhinebeck. See MHVS website for details.

The following are the dates of **Board meetings**: All paid members are welcome, please RSVP.

Sunday, February 11, 1:00 PM in Rhinebeck. This meeting is starting earlier than usual so we can set up for the Rhinebeck Chamber music concert's refreshments. [See above.]

Sunday March 4 - 1:30 PM in Palenville

April 21 - Annual Meeting - [see above]

May 13 - 1:30 PM in Kingston

The Great American Meat-Out

This is a premier event each year, with a fabulous potluck dinner and renowned speaker.

This year's guest speaker will be Michael Greger, MD of the Humane Society of the United States. Dr. Greger, who is an exceptional scholar and speaker, will talk about preventing bird flu and touch on other vegetarian health issues and answer your questions. Learn more about Dr. Greger's new book, "Bird Flu: A Virus of Our Own Hatching" at his website www.birdflubook.com. We hope to see many of you and your guests attending this timely talk.

\$10 per person with a vegan dish to share, \$25 without a dish. Please bring your own plates and utensils along with your recipe or ingredient list. RSVP to the office 845.876.2626 or 845.338.8225.

Vegetarian Viewpoints

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Organizational meetings are held every month on a Sunday at 1:30 pm at alternating locations. All members are welcome to attend.

Going from "Junk-Food" Vegan to Health Food Vegan

by Jennifer Van Alstine

I have always loved preparing and eating good food. Ten years ago when I first changed from meat eating to vegetarianism, I began exploring new and different ways of cooking. Some five years later I became vegan and once again searched for still other ways to prepare food.

These days I find it easy to be a vegan. The many choices of prepared vegetarian and vegan foods almost equal the choices available for meat-consumers. Walk through any health food store and look in the frozen food section to see an almost endless array of frozen "faux-meat" products. Until recently I have relied heavily on faux meat products in preparing meals, so doing consuming large amounts of soy and wheat gluten. In many ways, I considered myself a "junk-food" vegan.

Now as my body changes with the advancing years, I am again examining my food choices with an emphasis on improving my overall health. Sure, I could continue to shop for and prepare faux meat foods -- or I could try to resist the temptation and most of the time prepare healthier meals using fresh foods

Back to the Basics

I have gone back to the basics, and so doing have asked myself, "What foods are most beneficial to eat regularly?" I am also looking at foods I should eliminate or cut back on.

Choosing carbohydrates. Choosing high-quality carbohydrates and eating the right kinds of food along with the carbohydrates is important for a healthy vegan diet. The major natural sources of carbohydrates are grains, beans and root vegetables.

- **Whole grains** are good sources of B-vitamins, fiber, and minerals and are the staple of many diets worldwide. Grains keep their vitamins within them for long periods, until hulled, roasted, or ground. Quinoa and amaranth in particular also have high protein content. On the other hand, breads other than those with freshly ground flour, should be consumed sparingly because of the extra processing and fermenting process that lessens the amount of vitamins and nutrients available from the grains.
- **Root vegetables** such as sweet potatoes and yams are less sugary than other potatoes. Carrots, beets, turnips, and Jerusalem artichoke have high starch content and can replace grains as the main carbohydrate for a meal.
- **Beans** also are largely starch and can take the place of grains or roots as the carbohydrate for a meal. Although it is a bean, soy is an exception and falls into its own category of high protein food.

Putting it All Together

Grains should be the foundation for every meal, and this change has been one of the changes I have made in my diet.

I have grains for breakfast, grains at lunch and grains for dinner. For breakfast, I usually eat oatmeal. Sometimes I mix the oatmeal with amaranth, millet, or buckwheat. Of course, I add berries or other fruit and ground seeds, along with a supplemental oil such as flax or evening primrose. It is easy to sneak in the fruit, seeds, and oils at breakfast, and it is so good for my digestive system.

For lunch, I usually eat something left over from dinner the night before.

For dinner, I start with brown rice and mix in another grain such as quinoa. I think of how I want to season the rice and the meal with the recommended spices and herbs. I begin by deciding if I will use a garlic, onion, or ginger base. Then I use fresh vegetables and some form of protein such as beans, tempeh, or tofu. I also again mix in the seeds and supplemental oils with my dinner. Eating this way has so many benefits for me. Not only does dinner (and lunch the next day) taste so good, but it is exactly what my body wants and needs. Oh yes, and I also include a salad with each dinner, where I can sneak in more fresh garlic and essential oils in my homemade salad dressings.

Getting basic entails using more spices, herbs, and oils than I had previously been accustomed to. I buy a little at a time. But once my kitchen is fully stocked, it is easy to prepare meals from fresh high-quality foods.

Spice it Up

If you are interested in following along with me, here is how I began. My kitchen is always stocked with fresh garlic, onions, and ginger.

Next, essential spices include sea salt (in moderation) which is vital to the flavor and absorption of foods; curry which contains powerful antioxidants and anti-inflammatory benefits, cumin, black/chili pepper or paprika, which 'wake up' your digestive tract; and sweet spices such as cinnamon, ginger, nutmeg, and allspice, which add flavor and other health benefits to most meals.

Following this, herbs that are high in antioxidants and digestive stimulants include basil, oregano, parsley, rosemary and thyme.

Lastly, oils for cooking include olive, sesame, coconut, peanut, or other nut oils. Other oils to include as supplements are flaxseed, borage, evening primrose, and hempseed.

Although these healthy basics seem simple to me now, it took me many years to arrive at this point of awareness. Of course, I will always have moments of weakness when a veggie burger and fries is the simpler and more convenient choice for dinner. However, for my overall health, I prefer my food choices to be the basics: whole grains, beans/soy, fresh vegetables, essential oils, seeds (or nuts). I feel healthier, have actually lost some weight, and my body thanks me for it.

Smothered Cabbage (Bandh Gobhi Ki Sabji)

Submitted by Santha Cooke, MS, LMT,
Certified Holistic Health Counselor
of Whole Foods - Whole People
(serves 6-8)



You can purchase ghee, asafetida, and other special ingredients for this dish at an Indian grocery store. This dish can be made several hours ahead and reheated just before serving.

1 small cabbage	1 large tomato, chopped
2 T oil (or ghee)	2 t coarse salt
1 ½ t cumin seeds	1-2 T chopped fresh coriander leaves
¼ t ground asafetida (optional)	juice of ½ lemon
½ t ground turmeric	
1 T grated fresh ginger root	
1 to 2 jalapeño chilies, seeded and minced, or ¼ t dried red pepper (more or less to taste)	

- Cut cabbage in quarters and remove the stem. Cut quarters into ¼" shreds.
- Prepare seasonings and spices and place them near the stove.
- Seed and mince chilies, chop tomato, clean and chop coriander leaves.
- Heat the oil or ghee in a large, heavy-bottomed pan with a lid. When it is hot, add cumin seeds and cook for 10-15 seconds, until the seeds turn dark brown. Then add asafetida powder, ginger, and chilies. Stir and cook for a minute or two. Add more oil or ghee if needed.
- Add the cabbage, sprinkle with turmeric and stir again. Sauté, turning and tossing, until the cabbage is wilted (about 5 minutes). Add the salt and tomatoes and cook for a couple of minutes. Then add ½ to 1 cup of hot water, reduce heat to medium low, cover, and cook until cabbage is tender and water is absorbed – about 20 minutes. Check and stir often to prevent burning.
- Fold in the chopped coriander leaves and the juice of ½ lemon. Check for salt and serve.

Cabbage ...

- contains more vitamin C than oranges
- helps lift depression and irritability, and helps...
- heal the common cold
- rejuvenate the digestive tract
- treat constipation
- heal ulcers
- ease arthritis
- destroy parasites
- purify the blood



Michael Hague's Vegan Oat Bran Muffins

(adapted from Bob's Red Mill Baking Book)

Makes 12 muffins

1/4 cup unbleached white flour
1/4 cup whole wheat flour
1/4 cup rolled oats
3/4 cup unsweetened bran flakes
1 teaspoon baking soda
1/2 teaspoon baking powder
1/2 teaspoon salt
1/4 cup raisins
1/4 cup dried apricots, chopped
1/4 cup flax seeds
Use egg replacer to substitute for one egg in recipe
2-1/2 tablespoons agave or maple syrup
3/4 cup soy milk
1 tablespoon cider vinegar
1/4 cup vegetable oil

Preheat oven to 375°F. Oil or butter a 12-cup muffin tin or line with muffin tin liners.

Combine the flours, oats, bran, baking soda, baking powder, salt, raisins, apricots and flax seeds in a small bowl. In a separate bowl, beat the sweeteners (agave or maple syrup) with egg replacer and oil until well blended. Then whisk in the dry ingredients.

Spoon the batter into the prepared muffin tin and bake for 17 minutes, or until a tester comes out clean. Let the muffins rest for minutes, then turn them out onto a wire rack to cool.

(Eat with strawberry jam. Store any leftovers in a plastic bag to keep them moist.)