



The Flying Carrot

April 2011

Newsletter for

VEGAN EARTH

Editor: Susan Huesken

Mission: VeganEarth teaches and supports ways to eat and live that are healthful, sustainable, and compassionate toward animals, people and the Earth.

VEGAN EARTH POTLUCK AND PROGRAM

VeganEarth
presents

Networking for Sustainability

With Mark Keillor

Mark Keillor is co-founder of OneVoice4Change, a Cincinnati-based social network focused on the world-wide sustainability movement. His program will illustrate how the vegan lifestyle integrates with the big picture of sustainability, demonstrate the integral role of networking to advance plant-based diets, show how this will help achieve a healthy and sustainable world community and let you in on his vision for Cincinnati's role in all things healthy and green.

Sunday, May 15, 2011
3:30 p.m. Potluck 4:30 p.m. Program
Clifton United Methodist Church
3416 Clifton Avenue 45220

Please bring a vegan dish to share – **vegetables, fruits, grains, beans, seeds, nuts** (no animal-derived ingredients: No dairy, eggs, casein, honey, etc.). Please list the ingredients with your dish. And please bring your own compostable or reusable plates, cups, personal & serving utensils. Remember to take home everything you brought that is not compostable.

513-929-2500 VeganEarth@fuse.net www.VeganEarthUS.org
OneVoice4Change.com

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

Become a VeganEarth member. Event donations help pay our rent.



Absolutely Everybody Welcome!

VEGAN EARTH PLANNING MEETING

The next meeting to plan the future events and programs of VeganEarth will be on Saturday, May 7 at 12 noon. If you would like to come please contact Mary Ann Lederer at 591-3003. This meeting is a potluck so bring a vegan dish to share.

DRUG-RESISTANT BACTERIA COMMON IN MEAT ACROSS NATION

Nearly half of all meat and poultry products in United States grocery stores are contaminated with a type of bacteria linked to human disease, according to a new study. Of those products infected with *Staphylococcus aureus*, 52 percent had a drug-resistant strain of the bacteria. Researchers collected samples from 80 different brands in 26 retail grocery stores in Chicago, Washington, D.C., Los Angeles, Fort Lauderdale, Fla., and Flagstaff, Ariz. The bacteria were most common in the turkey samples, followed by pork, chicken, and beef.

Waters AE, Contente-Cuomo T, Buchhagen J, et al. Multidrug-resistant Staphylococcus aureus in US meat and poultry. Clin Infect Dis. Published ahead of print April 15, 2011;doi:10.1093/cid/cir181.

INCREASED ANIMAL PRODUCTS IN DIET LEADS TO INCREASED CATARACT RISK

Eating animal products increases the risk of cataracts, according to a new study published in the *American Journal of Clinical Nutrition*. Based on findings from 27,670 participants in the European Prospective Investigation in Cancer and Nutrition (EPIC-Oxford) study, meat intake was positively associated with risk of cataracts. The participants were divided into six diet groups: highest meat consumption, mid-range meat consumption, least meat consumption, fish-eaters, vegetarians, and vegans. Compared with those who ate the most meat, the risks for developing cataracts after adjusting for multiple confounders including age and smoking were as follows: mid-range meat consumption participants decreased their cataract risk by 4 percent, least meat consumption group by 15 percent, fish-eaters by 21 percent, vegetarians by 30 percent, and those who followed a vegan diet by 40 percent.

Appleby PN, Allen NK, Key TJ. Diet, vegetarianism, and cataract risk. Am J Clin Nutr. Published ahead of print March 23, 2011. doi: 10.3945/ajcn.110.004028.

OHIO LIVESTOCK CARE STANDARDS BOARD REVERSES DECISION ON VEAL CRATES

By Gene Baur - Farm Sanctuary

Despite last year's agreement with agribusiness interests in Ohio to ban and phase out certain cruel factory farming practices, the Ohio Livestock Care Standards Board (OLCSB) voted in favor of veal crate confinement. The board was supposed to end this inhumane practice in Ohio for good; however, during a March 1 meeting, they voted to remove the provision requiring that calves have enough room to move, proposing to allow their confinement in tiny crates for the first 10 weeks of their lives and violating the agreement.

But while the OLCSB tried to go back on their word, animal advocates across the state banded together to say, "no way!" United against cruelty, they joined together to let the OLCSB know that all calves, regardless of their age, deserve the right to turn around and lie down comfortably. With more than 4,000 public comments decrying the board's decision, and more than 100 advocates showing up at the next meeting, the board was compelled to reconsider.

Today, I am happy to report that on April 5, the OLCSB voted unanimously to reverse their decision, and to phase out the use of veal crates in Ohio.

SENTIENTCINNATI.COM

By Susan Huesken

The website sentientcincinnati.com is a wonderful web site to visit and its purpose is to be an independent source for news on the human-animal community. *Sentient Cincinnati* seeks to provide accurate news and non-dogmatic analysis of the ideas, policies, and relationships that bind us animals to each other.

Fabien Tepper provides content for the site. She is a freelance journalist and artist living in Cincinnati, Ohio. She holds an *M.S. in Animals and Public Policy* from Tufts University, and a B.A. in Studio Art from Swarthmore College.

She is very dedicated to this site, and I have come in contact with her as she was filming and interviewing people at different animal-related events in the past year. I saw her at a PETA Valentine's Day event in Northside, a circus demonstration downtown, and she also was at the recent Ohio Livestock Care Standards board meeting held at the Ohio Department of Agriculture near Columbus. Over 200 people (many from Humane Ohio, the group that petitioned last year

for improvements to how animals are confined and slaughtered) came to a meeting where the board was to vote to determine if veal calves would be able to turn around in their cages. (*see previous article*). Her goal is to report events accurately, and it seems that she must do this because the Ohio Livestock Care Standards Board seemed to trust her. She has also attended all of their meetings and has it seems developed a working relationship with them.

Fabien Tepper provides a detailed report of the Livestock Standard Care Board meeting with even a transcribed report of what was said at the meeting. I have included below a very moving statement made to the Board by Shane Lampman during the public comment period at the meeting. It is from her website.

Shane Lampman, New Albany, Ohio: "We may think, 'they are only animals,' but they don't have the luxury of thinking that way. They are stuck in their own consciousness, and within that consciousness they are clearly having a very real experience of suffering, a suffering that they are unable to rationalize away as the 'mere suffering of an animal.'

"It is common to confine animals to living conditions that we would never accept for ourselves, because we understand that they have a less complex consciousness, a smaller intellect, than we possess. But in fact, this probably makes the experience far worse for them, because they are stuck in the moment.

Animals are far more sensitive to their surrounding environment than we are. They cannot let their minds wander to find comfort in things like religion, philosophy, spirituality, or even hope. They cannot strive to find a purpose for their suffering, or accept it as part of God's plan, or think back to better times, or hope for a better future. They cannot reflect upon the suffering of others or find a reason to be grateful for their own blessings. All the methods we use to cope with our own suffering are unavailable to these animals, and so they must sit and suffer, and believe that they will always suffer unless someone chooses to understand their suffering and alleviate their anguish."

BUILDING STRONG BONES THE VEGAN WAY

March 17, 2011 by Ginny Messina MPH, RD

Our earliest ancestors didn't drink milk and didn't need to worry about calcium at all. Milk didn't appear in human diets until around 10,000 years ago, and even then it was common only in certain population groups. But anthropologists speculate that the diets of early humans were rich in calcium—with intakes higher than today's RDA (Recommended Daily Allowance) for this nutrient—because they dined on calcium-rich greens.

Many of the wild greens they ate are lost to us now, but we still have a variety of calcium-rich veggies plus wonderful plant-based foods that are fortified with this nutrient. Calcium is only part of the story, of course. Strong bones depend on a variety of diet and lifestyle factors. By following a few guidelines—which apply to anyone on any kind of diet—it's easy to keep bones strong and healthy on a vegan diet.

Aim for 1,000 milligrams of calcium per day—the recommended calcium intake for adults—from foods with well-absorbed calcium. Foods like legumes and whole sesame seeds contain calcium, but it's attached to other compounds in the food and isn't absorbed well into the blood. The same is true for a few vegetables like spinach, beet greens, and Swiss chard. However, calcium is very well absorbed from kale, collards, mustard greens, turnip greens, bok choy, broccoli, fortified plant milks, fortified juices and firm tofu made with calcium sulfate—all good sources of this mineral.

Eat enough protein. The old thinking was that protein leached calcium from bones. Newer research suggests that this isn't true—and as long as your calcium intake is sufficient, protein is good for your bones. Include at least 3 servings a day of legumes (cooked dried beans, peanuts, or soyfoods) in your diet. Nuts, whole grains and vegetables also provide protein. Soy products like tofu, tempeh and fortified soymilk do double duty in this regard since they provide both calcium and protein.

Eat plenty of fruits and vegetables. These foods help keep blood more alkaline which protects bone health. They also contain nutrients—vitamin K, vitamin C, potassium, magnesium and boron—that are important for healthy bones. Diets that are packed with fruits and veggies are associated with stronger bones.

Get adequate vitamin D. Whether they are vegan, vegetarian or meat-eaters—most people depend on sunshine or fortified foods or supplements to meet vitamin D needs. Very few foods are natural sources of this nutrient. Even cow's milk is a poor source of vitamin D unless it's fortified. If you live in a sunny area and spend 10 to 20 minutes (the darker your skin, the more exposure you need) during midday on a day when sunburn is possible, you should be set. If not, consider adding a supplement of at least 600 IUs to your daily intake.

Make time for weight-bearing exercise. Exercise that stresses your muscles (like weight lifting) or creates an impact (like jogging) is best for keeping muscles strong. Being sedentary is one of the worst things you can do for your bones.

Watch out for bone thieves: Too much salt and alcohol can sap the strength from your bones. So can fast weight loss.

Here are some super bone-building foods to include in your vegan diet:

Plant Foods High in Calcium - cooked

<u>Food</u>	<u>Serving</u>	<u>Ca (mg)</u>
cow's milk (for comparison)	1 C	300
typical calcium supplement	1 tablet	300-500
soymilk, fortified	1 C	200-300
tofu (if 'calcium-set')	1/2 C	120-300
orange juice, fortified	1 C	250
blackstrap molasses	1 T	187
sesame seeds	2 T	176
collard greens	1/2 C	133
veg baked bean	1 C	128
navy beans	1 C	128
kale	1/2 C	90
tahini	1 T	64
broccoli	1/2 C	50
almonds	2 T	50

VEGAN EARTH MEMBERSHIP

Please become a member, Ten dollars of your membership pays for your subscription to American Vegan magazine

- \$100+ - Founder
- \$45 - Family membership
- \$35 - Low income family membership
- \$30 - Individual membership
- \$20 - Low income individual membership

Send your check to VeganEarth, 2310 Williamsburg Dr., Suite B, Cincinnati, OH 45225.

By Susan Huesken

For those who want more detailed information about calcium and vitamin D intake or about vitamin B12 and many other issues related to vegan health and food, I highly recommend that you visit: VeganHealth.org.

It is done by Jack Norris R.D. and he is co-founder of Vegan Outreach (a group that leaflets with the pamphlets "Why Vegan", "Even If You Like Meat", "Compassionate Choices", "Guide to Cruelty-Free Eating." These can also be viewed on the *Vegan Outreach* website. Jack will be in Cincinnati and will be giving a nutritional talk on August 11 at Unity Church in Walnut Hills.

He became a dietitian for the sole purpose of helping people be healthy vegans. He saw a real need to give accurate nutritional information that has science behind it, not just pro-vegetarian promotion. If a study shows some aspects of a vegan diet that we need to pay attention to such as B12 levels and studies concerning D2 (vegan) and D3 (fish oils) he lets you know. He wants people to stay vegan, so providing them with the most up to date nutritional information is important.

EASY VEGAN RECIPES

GEE WHIZ SPREAD

From *The Uncheese Cookbook* © J. Stepaniak, 1997

- **1 15 1/2-oz can Great Northern beans (about 1 1/2 C), rinsed well and drained**
- **1/2 C pimiento pieces, drained**
- **6 T nutritional yeast flakes**
- **3 T fresh lemon juice**
- **2–3 T tahini**
- **1/2 tsp onion granules**
- **1/2 tsp prepared yellow mustard**
- **1/2 tsp salt**

Process all the ingredients in a blender until completely smooth. Transfer to a storage container

TOFU BREAKFAST SCRAMBLE

- **1 lb firm or extra-firm regular tofu, crumbled**
- **2 T vegan margarine or vegetable oil**
- **1/2 C nutritional yeast**
- **2 tsp onion powder**
- **1 tsp garlic powder**
- **1 tsp parsley flakes**
- **1/2 tsp turmeric**
- **salt & pepper, to taste**

In a large frying pan, sauté crumbled tofu in margarine for 2 to 3 minutes. Add remaining ingredients; mix well. Cook over medium heat for 5 to 10 minutes, stirring often.

Serve with traditional breakfast sides such as toast, potatoes, and veggie bacon or sausage.

Variations: Add sautéed vegetables (onions, mushrooms, peppers, etc.) and/or top with melted vegan cheese. For breakfast burritos, wrap scramble in tortillas and serve with salsa.

BEAN SOUP

- **1 medium onion, chopped**
- **2 tsp minced garlic**
- **2 T oil**
- **2 C vegetarian broth or salsa (or a combination)**
- **1 15-oz can diced or crushed tomatoes**
- **1 15-oz can red kidney beans, rinsed**
- **1 15-oz can vegetarian refried beans**
- **1 15-oz can black beans, rinsed**
- **1/2 tsp cumin**
- **salt and pepper, to taste**

In a large pot, sauté onion and garlic in oil. Add all other ingredients and bring to a boil. Reduce heat and simmer for about 10 minutes.

