

# The Flying Carrot

## MARCH 2014



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 join the VeganEarth e-mail list and also receive *The Flying Carrot* newsletter, email [VeganEarth@RoadRunner.com](mailto:VeganEarth@RoadRunner.com); to receive *The Flying Carrot* only, 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. You receive a 10% discount at Park + Vine with VeganEarth membership card.

\$100+ - Founder

\$45 - Family membership

\$35 - Low income family membership

\$30 - Individual membership

\$20 - Low income individual membership

Send your check to VeganEarth,

2508 Williamsburg Dr., Cincinnati, OH 45225,

513-929-2500

### MERCY FOR ANIMALS LEAFLETING

Mercy for Animals actively promotes a vegan diet by passing out quality literature that is well researched. Contact **Kevin O'Connor**, the Cincinnati Outreach Coordinator, if you are interested in leafleting **513-403-6048**. Or check out the latest scheduled leafleting opportunities at:

<http://www.mercyforanimals.org/events.aspx?state=OH>

VeganEarth  
presents

## Chris Seelbach

Environmentalist, lifelong vegetarian, Smart Car driver, Cat Lover, "Dancing of the Stars" champion, White House "Champion of Change", only child and first openly gay member of Cincinnati City Council.



Sunday, March 16, 2014  
2 p.m. Potluck 3 p.m. Program  
Clifton United Methodist Church  
3416 Clifton Ave., Cincinnati, OH 45220



Please bring a vegan dish to serve at least 10 people.

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

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



**Absolutely Everybody Welcome!**

### USED PRINTER CARTRIDGES

Please bring any used printer ink cartridges to VeganEarth potlucks for recycling, to help offset our printing costs.

### VEGETARIAN SUMMERFEST

THE 40<sup>TH</sup> ANNUAL CONFERENCE OF THE NORTH AMERICAN VEGETARIAN SOCIETY

<http://www.vegetariansummerfest.org/>

July 2 - 6 at the Conference Center at Pitt-Johnstown, on the picturesque campus of the University of Pittsburgh at Johnstown, PA. The campus is a 650-acre mountaintop wildlife preserve with 40 acres of hiking trails.

FULL PACKAGE: July 2 - 6 (five days, four nights).

WEEKEND PACKAGE: July 4- 6 (three days, two nights).

**Cutting-edge educational sessions:** Health and nutrition, lifestyle issues, cooking, recipes, exercise and fitness, animal rights, compassionate living, Earth stewardship and more.

Over 700 attendees of all ages, from beginners to seasoned vegetarians; singles, couples and families. Social gatherings offer the ideal setting for building lasting friendships!

**Great vegan meals:** There will be delicious vegan meals designed to meet a variety of diets, including gluten free and raw food prepared under the direction of Chef Mark Reinfeld of Vegan Fusion.

*Register by March 14<sup>th</sup> for the best prices!*

**JEREMY RIFKIN APPEARING  
AT XAVIER UNIVERSITY CINTAS CENTER**

*Energy Justice:  
Leading the Way to a Third Industrial Revolution*

**Date: Monday, March 10, 2014**  
**Location: Cintas Banquet Center**  
**Contact: [bertaux@xavier.edu](mailto:bertaux@xavier.edu)**  
**7:00 PM until 8:45 PM**

**This event is free and open to the public**

The conjoining of Internet communication technology and renewable energies is giving rise to a “Third Industrial Revolution” (TIR). In the 21st Century, hundreds of millions of human beings will be generating their own green energy in their homes, offices and factories, sharing it with one another across an Intergrid — just as they now create their own information and share it on the Internet.

As with the First Industrial Revolution in the 19th Century, and the Second Industrial Revolution in the 20th Century, the Third Industrial Revolution will change every aspect of the way we work and live.

Jeremy Rifkin is president of the Foundation on Economic Trends, advisor to the European Union, and author of 19 books on the impact of scientific and technological changes on the economy, the workforce, society, and the environment. His books are used in hundreds of universities, corporations and government agencies around the world.

This talk is part of the 2013-14 Energy Justice academic theme sponsored by the Xavier University Sustainability Committee. Co-Sponsored by: The Eigel Center for Community-Engaged Learning, Xavier University’s Senior Administrative Fellow for Sustainability and Environmental Imagination, Philosophy Politics and the Public Honors Program at Xavier University, The Sierra Club.

**NEW LAWSUIT BY ORGANIC FARMER  
MAY FINALLY PROVE  
MONSANTO IS NOT ‘INVINCIBLE’  
[www.onegreenplanet.org](http://www.onegreenplanet.org)**

In the on-going battle between Monsanto and farmers across the globe, Monsanto has reigned king in most every case. According to Daily Finance, since 1997, “[Monsanto] has filed 145 lawsuits against farmers who’ve improperly reused its patented seeds, or on average about one lawsuit every three weeks for 16 straight years.” And in these suits, Monsanto hasn’t lost a single case.

This trend may finally be beginning to change, though.

Steve Marsh, an organic farmer in Western Australia, found in 2010 that “his harvest had been contaminated by his neighbor’s genetically modified canola/rapeseed crops planted with Monsanto Roundup Ready seed.” As a result, Marsh “subsequently had 70% of his farm’s organic status for produce stripped from him causing severe financial harm, some \$85,000 in earnings.” Because of this, Marsh is now suing his neighbor for the financial loss incurred in a first-of-its-kind lawsuit that has people talking.

If Marsh is able to defend his property rights in the case, it will produce a “disincentive for farmers to use GM seeds if they know they will be held liable for the equivalent of ‘polluting’ a neighbor’s property. Just as a company can be held liable for toxic runoff that contaminates an adjacent piece of land, this lawsuit seeks to hold GM farmers liable for their ‘runoff’ that ruins a neighbor’s livelihood,” says Daily Finance.

In the event Marsh is victorious, Monsanto would not be impacted directly, per se, but the win would show that Monsanto isn’t invincible after all.

“Because Monsanto requires farmers to sign non-liability clauses when they purchase seeds from the biotech, it’s insulated from being a party to the lawsuit directly, though it demurred when specifically asked whether it was providing financial assistance to the defense. But a win by Marsh could show there is indeed a chink in Monsanto’s armor of invincibility,” Daily Finance reports.

We will keep you posted on the results of this case – in any event, it’s great to see talk that Monsanto, with its highly-financed, seemingly unshakable coat of armor, could be taken down in one of these cases.

## STRAWBERRIES SHOW SIGNIFICANT HEART HEALTH BENEFITS

By Stephen DANIELLS , 27-Feb-2014

**Daily consumption of strawberries may improve blood lipid levels and platelet function in healthy subjects, says a new study from Italy that supports the heart health benefits of the fruit.**

One month of eating 500 grams per day of the Alba cultivar of strawberries resulted in significant reductions to total cholesterol of almost 9%, LDL cholesterol of about 14%, and triglycerides of almost 21%, according to findings published in the *Journal of Nutritional Biochemistry*.

Improvements also were recorded in antioxidant status of the 23 healthy volunteers, while levels were reduced of 8-hydroxy-2'-deoxyguanosine (8-OHdG), a marker for oxidative stress, wrote the researchers.

*“Through the present study we added new favorable evidence of the effects of strawberries after 30-days consumption on the overall improvement of the plasma antioxidant status, highlighting a potential beneficial role on biomarkers of antioxidant status, lipid profile and platelet function,”* they wrote. *“Moreover, the potential effect of strawberry intake in improving the RBC antioxidant status and protection against oxidation was confirmed.*

*“The findings presented here are interesting, because they may partly explain the protective role of a diet rich in fruit and vegetables in preventing CVD and other chronic diseases mediated by oxidative stress.”*

### Strawberry science

The study adds to the potential heart health benefits of strawberries and their extracts. In 2009, researchers from Oklahoma State University reported that eight weeks of supplementation with a freeze-dried strawberry powder was associated with a reduction of LDL-cholesterol levels of 11% in obese people (*Nutrition Research*, Vol. 30, pp. 462-469).

A study in overweight women a year earlier reported that freeze-dried strawberry powder may reduce total and LDL cholesterol levels by 5 and 6%, respectively (*Nutrition Journal*, 8:43).

### Study details:

Led by José Alvarez-Suarez from Universita Politecnica delle Marche in Ancona, Italy, the researchers recruited 23 healthy volunteers with an average age of 27 to participate in their study. All participants had an initial 10 day period with no strawberries and a diet that was low in polyphenols. This was followed by 30 days of strawberry supplementation (500 grams per day) to their habitual diet, and then a further 15 days of washout where they avoided strawberries again.

Results showed that strawberry consumption produced beneficial effects on blood lipid levels, while also significantly decreasing markers of oxidative stress, including malondialdehyde (31% reduction), urinary 8-OHdG (30% reduction), and isoprostanes levels (28% reduction).

Daily strawberry consumption was also associated with significant decreases in the number of activated platelets, compared to control values.

The benefits were attributed to the high vitamin C and anthocyanin content of strawberries, along with the fiber content. Indeed, the strawberry dose was found to contribute about 0.17 g/day and 307.59 mg/day of vitamin C and anthocyanins, said the researchers. Strawberries are reported to contain 2 grams of fiber per 100 g.

*“The findings supported the hypothesis that a strawberry-enriched diet may significantly improve the markers of oxidative stress, by decreasing lipid peroxidation oxidation and protecting cells against DNA,”* they said.

Source: *Journal of Nutritional Biochemistry*  
March 2014, Volume 25, Number 3, Pages 289-294. doi:  
10.1016/j.jnutbio.2013.11.002

*“One-month strawberry-rich anthocyanin supplementation ameliorates cardiovascular risk, oxidative stress markers and platelet activation in humans”*

Authors: Alvarez-Suarez JM, Giampieri F, Tulipani S, Casoli T, et al.

## LAIKA NEW VEGAN MAGAZINE CALLED

Check it out at [laikamagazine.com/](http://laikamagazine.com/)

Laika is a source of things inspiring and vegan, and a collection of extras. It is a quarterly vegan lifestyle magazine, a clear assertion that a full, vibrant, exciting, interesting and satisfying life can be had — without ever having to inflict harm on another.

## WORLD'S BIGGEST WHALE SHARK SLAUGHTERHOUSE BUSTED IN CHINA

From [www.thedodo.com](http://www.thedodo.com)  
By Jenny Kutner 27 January 2014

WildLifeRisk, a Hong Kong-based conservation group, has discovered a factory that processes approximately 600 endangered whale sharks each year, following a four-year-long undercover investigation of the plant. According to the group, the south China factory is the world's largest slaughterhouse for whale sharks, whose livers contain oil commonly used in health supplements.

"How these harmless creatures, these gentle giants of the deep, can be slaughtered on such an industrial scale is beyond belief," Paul Hilton and Alex Hofford, WildLifeRisk's directors, wrote in a report. "It's even more incredible that this carnage is all for the sake of non-essential lifestyle props such as lipsticks, face creams, health supplements and shark fin soup."

In WildLifeRisk's undercover footage, the factory owner -- identified only as Li -- said the plant also processes blue sharks and basking sharks, producing nearly 220 tons of shark oil from the three species each year. Investigators also learned that Li exports whale shark skins and dried fins to European countries such as Italy and France, where they are used in Chinese restaurants. In one segment of the video, Li says he has to "smuggle" the skins out of China, as exports of the creatures are monitored by authorities.

WildLifeRisk is calling on China to shut down Li's operation, as whale sharks are classified as endangered on both the IUCN Red List and the United Nations CITES Appendix II, to which China is a signatory. While it is unclear if mainland authorities will comply with the group's petition to close the factory, Hilton expressed optimism about the possibility of a shutdown. He says that China's recent decisions to crush over 6 tons of ivory and ban shark fin soup at official banquets indicate a more positive attitude toward conservation on the mainland.

## AVOCADO WITH LUNCH MAY HELP WITH WEIGHT MANAGEMENT

by Honor Whiteman

**With more than 35% of the US population classed as obese, it seems there is a need for new weight loss strategies. Now, new research suggests that one-half of a fresh avocado with lunch may satisfy hunger in overweight individuals, reducing their need to snack after a meal. This is according to a study published in the *Nutrition Journal*.**

The research team, led by Dr. Joan Sabaté, chair of the Department of Nutrition at Loma Linda University in California, says their study also suggests that avocados may help regulate blood sugar levels - a finding which could have important implications for **diabetes** sufferers.

The avocado is a fruit from a tree native to Mexico and Central America. The fruit is commonly used in salads, and is the main ingredient in guacamole - a Mexican dip.

According to the Hass Avocado Board (HAB), which funded the study, a whole fresh avocado contains around 250 calories and 23g of fat. Although the fat content of avocados is high, they contain naturally good fats. One in particular is monounsaturated fat. Studies have shown this type of fat can reduce levels of bad **cholesterol** in the blood, as well as reduce the risk of **stroke** and **heart disease**.

Eating half of a fresh avocado with lunch increased satiety in healthy, overweight individuals, and reduced their need to snack for up to 5 hours after their meal.

*Medical News Today* recently reported on the health benefits of avocados. Previous research has linked avocados to better weight management and lower body mass index (BMI), and has even suggested the fruit may protect against **cancer**.

For their study, the researchers wanted to see how avocado consumption impacted a person's satiety, blood sugar and insulin response, and food consumption following a meal.

The investigators recruited 26 healthy, overweight adults. Over five sessions, participants were required to eat their normal breakfast followed by one of three lunch test meals. These were:

- A standard lunch with no avocado
- A lunch containing avocado (the avocado replaced other foods), or
- A standard lunch with half of a fresh avocado added.

Half a fresh avocado “reduced food consumption and increased satiety.”

**Results of the study revealed that participants who ate half of a fresh avocado with their lunch reported a 40% decreased desire to eat during the 3 hours after their lunch, and a 28% decreased desire to eat 5 hours after, compared with individuals who ate a standard lunch with no avocado.**

The group who ate half of a fresh avocado also reported feeling 26% more satisfied after their lunch, compared with those who ate no avocado.

Furthermore, the researchers note that although adding avocado to lunch increased participants' calorie and **carbohydrate** intake, they showed no increase in blood sugar levels compared with those who ate a standard lunch with no avocado.

"This leads us to believe that avocados' potential role in blood sugar management is worth further investigation," says Dr. Sabaté.

Nikki Ford, director of **nutrition** at the HAB, says these findings provide support for emerging health benefits for avocados. She adds:

"These results further complement our research efforts in weight management and diabetes, as well as our continued work to explore the many benefits that fresh avocados have to offer when consumed in everyday healthy eating plans."

The research team notes that although their study provides positive results for avocado consumption, further research is needed to determine whether their findings are applicable to the general population.

## VEGAN BROCCOLI MUSHROOM ROTINI CASSEROLE

**1 cup/150 grams of broccoli**  
**8 oz. sliced mushrooms**  
**1 medium onion, peeled and quartered**  
**3 large cloves of garlic**  
**16 oz. whole wheat rotini, elbows or spirals**  
**1/4 cup panko bread crumbs**  
**1/2 tsp dried basil**  
**1/2 tsp dried oregano**  
**Paprika to garnish**  
**White pepper to garnish**  
**Herbamare or salt to garnish**

### Cheezy Sauce

**2 cups almond milk**  
**1/4 cup cashews**  
**1 large clove of garlic**  
**1/3 cup nutritional yeast**  
**5 tsp miso paste**  
**1 tbsp cornstarch**  
**1 tsp smoked paprika**

Preheat oven to 350 F.

Bring a large pot of water to a boil. Add salt if desired. Cook rotini or spirals for about 6 minutes just until al dente. (Do not overcook)

Pulse broccoli, mushrooms, onions and garlic separately in a food processor (unless you have a very large one) until broken into tiny pieces. Add to a large wok or sauté pan and cook for 7 minutes until soft. Add a little water or vegetable broth as necessary to cook.

Blend cheezy sauce ingredients in a blender and taste test. Adjust seasonings if desired with salt and pepper or more smoked paprika.

Drain rotini and add to sauté pan and pour sauce over (or combine in a large pot if you don't have a lot of room). Toss to coat.

Pour into a large casserole pan. Top with panko breadcrumbs and smoked paprika.

Bake for 20-25 minutes.

## RAW VEGAN CREAMY CHEESE LOGS

### VEGAN CAESAR SALAD WITH WILD CAPERS & HEMP SEEDS

For the dressing:

**1 cup extra-virgin olive oil**  
**¼ to 1/3 cup filtered water**  
**2 tablespoons fresh lemon juice**  
**1 tablespoon apple cider vinegar**  
**1 ½ teaspoons sea salt**  
**1 teaspoon vegan Worcestershire sauce**  
**1 ¼ teaspoons Dijon or spicy mustard**  
**½ teaspoon ground black pepper**  
**½ tablespoon ground chia seeds**  
**3 cloves fresh garlic, crushed**  
**4 tablespoons vegan parmesan cheese, grated**

For the salad:

**4 to 6 small heads of romaine lettuce (preferably baby romaine)**  
**½ cup wild or organic capers**  
**¼ cup raw hemp seeds**  
**¼ cup vegan parmesan cheese, grated**  
**¼ cup dulse flakes or shredded nori sheets (optional)**  
**Sprinkle of ground black pepper**

To make the salad dressing, put all ingredients into blender and process on high speed for 20-30 seconds until very smooth and creamy. If need be, add a slight amount of additional lemon juice or water to thin to your desired consistency. Set aside.

Wash the heads of romaine lettuce and dry with a kitchen towel (do not break apart the individual leaves – leave the heads fully composed). Cut off the hard base of the stems and make a small, lengthwise base cut on the underside of the lettuce heads so that they can lie flat on a plate without rolling or tipping over. Liberally drizzle the dressing over the top of each romaine head and top with capers, hemp seeds, vegan parmesan cheese, dulse flakes and ground black pepper. Serve immediately.

**1/2 cup macadamia nuts**

**1/2 cup cashew nuts**

**1/2 cup + 2 tbsp pure water (or just enough to cover all the nuts when in blender)**

Optional: herbs and spices

Blend everything together. If you are not using a high speed blender, you may need occasionally to stop and scrape the mixture off the sides back onto the blade. Pulse from time to time, making sure there is always some mixture touching the blades. Make sure the nuts are well ground and the mixture is creamy.

Place a colander on a plate (this will stop the liquid, which will be strained out in the process, from making a mess on the table). Place cheese cloth inside the colander.

Pour the mixture onto the cloth. The consistency is blobby, not liquidy.

Place the bag inside another one, or if you only own one, try turning it over itself, just as long as no mixture can escape when placing a weight on top.

Place whatever you decide to use as a weight on top and put the stack in a place away from drafts.

Walk away for 24 hours. Transfer to the fridge for half an hour to harden, shape into logs and then roll into any herbs or spices you like such as black pepper, red pepper, paprika, dried herbs like thyme, marjoram, parsley, oregano, sage and basil.

## SWEET POTATO ICE CREAM

**1 1/4 cups frozen banana**

**3/4 cup vanilla soy yogurt**

**1/2 cup agave syrup**

**1 cup mashed cooked sweet potato**

**2 tsp vanilla extract**

**1 tsp maple extract**

**1 tsp ground cinnamon**

**1/4 tsp ground nutmeg**

**1/4 tsp ground allspice**

Puree all the ingredients in a blender or food processor until smooth.

*Note:* For a frozen dessert, freeze the purée in an ice-cream machine following manufacturer's instructions. If you don't have an ice-cream machine, add 1 1/2 teaspoons of vegan gelatin for every 1 1/3 cup of sweet-potato mousse above.