



FEAST LAWRENCE NEWS NOVEMBER 2015



Food Enlightenment And Sustainability Teachings

The Happy Meat and Dairy of Kaw Valley

In high school, I taught science workshops to young children that included dissecting animals. As an undergrad in microbiology, I was paid to cut into rat's tails to get blood for a research study. I was so indoctrinated by my education, and my important human relationships that sanctioned what I was doing, that I was completely blind to how my behavior was inconsistent

with my view that we should not unnecessarily hurt animals.

In the critically acclaimed book, *The Immortal Life of Henrietta Lax*, author Rebecca Skloot, describes how in the 1950s, three Jewish doctors at a large research hospital were the only ones to refuse to follow orders from superiors to implant cancer cells in all the hos-

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World Vegan Day

4 pm, Sun Nov 1

Celebrate at the Lawrence Library

Join me for a **FREE** celebration of World Vegan Day at the Lawrence Public Library.

At 4 pm there will be an open house with a sampling of delicious vegan foods. Then at 4:30 pm I will present my power point "What Really Matters". Bring your friends and take home recipes and health information. Get inspired to live healthier, more sustainably and to end unnecessary violence towards other beings. Meet kindred spirits, and sample delicious foods (all gluten free too!)



JoAnn Farb is the author of Compassionate Souls — Raising the Next Generation to Change the World, and Get Off Gluten. She teaches cooking classes at the Community Mercantile, speaks nationally on health, nutrition and parenting, and is a former microbiologist with Merck and Co Inc. Visit her website for more information: www.JoAnnFarb.com

Troubled by how animals are treated on industrial farms? Then you may appreciate reading about the small local farms I visited on the Kaw Valley Farm tour:

www.joannfarb.weebly.com/blog/the-happy-meat-and-dairy-of-kaw-valley

Why Plant Crops Do NOT Kill More Wildlife than Pasturing Animals

When longstanding traditions that maintain established privileges for the powerful, are challenged, there is no shortage of clever justifications to rally support for the status quo.

One of the more popular arguments I've heard that attempts to cast doubt about veganism being more compassionate and less violent than intentionally killing and eating animals, is the one that claims that **MORE** small animals are harmed by industrially grown plant crops than by

grazing animals. Even if in fact this were true (which we now have some science suggesting it's not.) There would still be less total loss of life of creatures, by eating plant foods directly—since most plant crops grown, are grown for animal feed. It is far more efficient (using less land, water and energy) to eat the plants directly rather than putting them through an animal's body first. Furthermore, the harms are from **INDUSTRIAL** farming methods that use large ma-

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Beans Blunt Glycemic Effect of Other Foods

Did you know that beans not only blunt the glycemic effect of things like rice or bread (if eaten at the same time) but in fact, researchers have found what they call the "second meal effect" where if you eat beans for dinner, and then the next morning you eat a doughnut, that doughnut will not spike your blood sugar as much as if you had **NOT** had beans the night before. You can read more fabulous facts about beans at:

www.nutritionfacts.org/video/beans-and-the-second-meal-effect/

Quinoa Stuffing W/ Sweet Potatoes Apples & Walnuts

Ingredients:

- 2 cups cooked quinoa
- 2 sweet potatoes washed and diced
- 2 large Granny Smith apples cut into large pieces
- 1 TBS Lemon Juice
- 1/4 cup maple syrup
- 1 TBS Olive Oil
- 1/8 tsp cinnamon
- 1/8 tsp ginger
- 1 TBS thyme
- 1 cup chopped walnuts
- 1/2 cup fresh cranberries
- 1/4 tsp stevia extract
- 1 TBS water

(Directions on back of page)



...Happy Meat and Dairy cont.

pital's patients — *without their knowledge*, arguing that this was no different than what Nazi doctors did. The three Jewish docs were marginalized by the rest of the medical staff as being, "Overly sentimental" due to being Jewish, and the Holocaust having just happened. Today we look back with disbelief that so many otherwise decent people could have failed to recognize what is (to us now) such an obvious injustice. This is a common theme in our history. The Trail of Tears, Tuskegee, women denied the vote, internment of Japanese Americans, child labor, and various forms of discrimination, are but a few of far too many examples of how good people, just like us, failed to object to — or sometimes to even recognize, terrible injustices happening right in front of them. The lesson for me, has been to appreciate that often it is the minority

voice — who can see, because of THEIR unique life experiences, injustices that the rest of us have been taught is "normal, natural and necessary" to our way of life, and thus not to be questioned. This is exactly the place Lawrence Kansas is at right now, regarding the ethics of what we eat.

If you find industrial methods of raising animals for food disturbing, then you may really appreciate reading my blog post about the recent Kaw Valley Farm Tour, where I toured several small local farms. You can read it here:

<http://joannfarb.weebly.com/blog/the-happy-meat-and-dairy-of-kaw-valley>

For some unknown reason, this blog will NOT be found via Google — but when you search, "Happy Meat and Dairy of Kaw Valley" my blog is the first to come up on Duckduckgo.com Ixquick.com and Yippy.com.

A Vegan Taste of the Merc Class November 4, 7-9 pm at The Merc,

It's easier than ever to reduce your carbon footprint and make compassionate choices with fewer calories and more taste. We'll showcase the Merc's best with these super easy recipes anyone can make quickly. We'll use rice paper wrappers and Beyond Meat to make Grab and Go Lettuce Wraps; and use Hilary's Burgers in a creative sandwich alternative. A believable Tuna-free Tuna Salad; and Vegan Nachos will round our demos, then we'll sample a selection amazing frozen desserts. A gluten and dairy free cornucopia! Registration closes on Nov 3, you can sign up online at: WWW.TheMerc.coop, click the "classes" tab. (\$18.00) and then click, "Nov 4" There have been problems with the Merc's sign up— if it tells you the class is not available — CALL THEM — there may still be openings.

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FeastLawrence@hotmail.com

and you will be added to my email list. I plan to send out just one or two emails each month and I will never intentionally share your email address with anyone else.

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AMAZING TED TALK

Do you like hearing new, progressive ideas delivered by polished inspiring speakers? Are you secure enough in yourself that you are willing to question what we've all been taught? Would you like to "unblind" yourself to common injustices that future generations will consider "self-evident" — but which most of us can't see right now — just like previous generations "could not see" that discrimination based upon sexuality was unjust?

This 14 minute TEDx Talk by Canadian attorney Lesli Bisgould is fantastic — check it out for yourself!

tedxtalks.ted.com/video/It-s-Time-to-Re-Evaluate-Our-Rel;TEDxUofT

...Plant Crops (from front)

chinery. So if one really believed animals were being inadvertently dying via grain harvesting and wanted to minimize their contribution to this, the best alternative would be to eat foods grown using manual methods. It is disingenuous for those seeking to undermine veganism to compare industrial plant production to non-industrial animal farming.

<http://freefromharm.org/common-justifications-for-eating-animals/why-plant-crops-dont-kill-more-wildlife-than-pasture-raised-animals/>

Directions for Quinoa Recipe (Continued from Front)

- 1) Toss apples with lemon juice in a large bowl.
- 2) Preheat oven to 400 degrees.
- 3) Add sweet potatoes to bowl with apples and drizzle with maple syrup, olive oil ginger, cinnamon and thyme. Transfer to an oiled baking dish and roast in center of oven for 35 minutes.
- 4) Return roasted sweet potatoes and apples to large bowl. Stir stevia into water and drizzle over the vegetables. Stir in quinoa and walnuts. Garnish with Cranberries and serve.