



Vegetarian News

“For Health and Humanity”

Summer Issue 2009

How to Prevent & Reverse Osteoporosis

By Dixie Mahy, SFVS President

Dr. Amy Joy Lanou, Ph.D, and co-author of *Building Bone Vitality*, presented some amazing statistics at a special lecture to SFVS June 25th. The secret to preventing osteoporosis is not drinking more milk, eating more dairy foods, and taking calcium supplements as every major U.S. health agency has been recommending to us, including Centers for Disease Control and Prevention, the National Institutes of Health, and the Osteoporosis Foundation. In fact, the countries that consume the most milk, dairy foods, and calcium supplements suffer the most bone fractures. Osteoporosis causes 1.5 million fractures a year in the U.S., making it the nation’s leading cause of broken bones. It is not just because our population is getting older since the studies have been age-adjusted. It is such a serious problem that the U.S. government declared 2002-2011 the National Bone and Joint Disease Decade.

Countries with Highest Bone Fractures

Osteoporosis causes millions more fractures worldwide. Since 1975 computer studies have been compiled and published documenting osteoporotic hip fractures from around the world. These are the four major studies: Mayo Clinic Researchers of 1985; Yale Researchers of 1992; University of California, San Francisco, Researchers of 2000; and Tehran University Medical School Iran, Researchers of 2006. Dr. Lanou cites more than 1,200 studies in her book. Synopses of the studies that are in Chapters 3 through 5 in her book are listed in the appendices of her book and in the website: www.BuildingBoneVitality.com. Abstracts of all studies are free from the National Library of Medicine www.pubmed.gov. Although the studies took different approaches, their results are very similar. The highest rates of hip fracture cluster among Western countries: North America, Europe (especially northern Europe), Australia, and New Zealand. Hip fracture is much less of

a problem in Africa, Asia, and South America. The question arises, what causes the differences?

Countries with Highest Dairy Consumption

The countries that consume the most milk, dairy foods, and calcium supplements suffer the most fractures. That is just the opposite of the widely accepted theory. According to the Food and Agriculture Organization of the United Nations, Americans and Western Europeans consume much more milk and dairy than Asians and Africans. A typical American diet includes milk, yogurt, pizzas, cheeseburgers, ice cream, cheese found in Italian food, and all the variations of cheese. Meanwhile, most people in Asia consume little or no milk after weaning. Many Asian cuisines – Chinese, Japanese, Thai, and Vietnamese – contain no milk or dairy products. Hip fractures in the elderly in these countries should be sky high. Yet, their rates are amongst the world’s lowest. In other words, the total calcium consumption among women in China, Peru, Sri Lanka, and many other non-Western countries is only about 500 milligrams a day, but the fracture rates are very low. Calcium consumption in the U.S. and Western Europe is close to 1,000 milligrams a day, but in these countries older women face an epidemic of osteoporotic fractures. After comparing all the various studies, genetics, race, vitamin D, and even exercise were not as much a causal factor as diet.

SUMMARY OF EVENTS

- August 4 Cooking Demo, SF
- August 4, 6, 8 Veg Cuisine of India Cooking Classes, SF
- August 5, 12, 19, 26 Vegan Dinners, Red Vic, SF
- August 8 Out-Reach, Asian Health Fair, SF
- August 8, 9 Out-Reach, Filipino Parade & Festival, SF
- August 22 Cooking Class, Oakland
- August 23 Mad Hatter Tea Party Fund-raiser, SF
- August 29, 30 Out-Reach, Eco-Green Festival, San Ramon
- August 30 Potluck & Free Lecture, San Mateo
- August 30 KFC Leafleting & Lunch, SF

See the enclosed Veg Calendar for a description of events hosted by the Society, as well as other “veg” happenings in the Bay Area. The Calendar is posted on our web site, www.sfv.org and you can always call (415) 273-5481 for information.

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For Health and Humanity

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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 August 15th, 2009. Please contact Dixie Mahy at 415-885-2251 or dixiemahy@gmail.com.

ADVERTISE WITH US and reach more veg'ns! Is there a restaurant or store we should know about? Have them contact us.

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The Staggering Toll of Osteoporosis in the U.S.

*Currently 10 million Americans over age fifty have osteoporosis – 8 million women and 2 million men. Another 34 million have osteopenia, bone mineral density below normal but not low enough to be diagnosed as osteoporosis.

*Every year 1.5 million Americans, overwhelmingly women, suffer an osteoporotic fracture. (Every year osteoporosis causes 300,000 hip fractures; 700,000 vertebral fractures; 250,000 wrist fractures; and 300,000 other fractures.)

*Currently, 40 percent of white women over age fifty suffer a hip, wrist, or vertebral fracture at some point. Currently, one woman in six – 17 percent – fractures a hip during her lifetime. That risk is as high as women's risk of breast, uterine, and ovarian cancer combined. Six percent of older men suffer hip fractures – more than develop prostate cancer.

*Osteoporotic fractures result annually in 800,000 emergency room visits, 500,000 hospitalizations, and 2.6 million doctor visits. By themselves, osteoporotic fractures are rarely fatal. But they often trigger a downward spiral of deteriorating health that soon results in death. Compared with people with intact hips, during the three months after an osteoporotic hip fracture, risk of death quadruples. During the year after a hip fracture, 25 percent of people die. Only one-third of people who break a hip because of osteoporosis ever regain their independence. Those who survive hip fractures often become disabled. Almost half require canes or walkers.

*A broken hip is a leading cause of placement in nursing homes. Within a year of hip fracture, 20 percent of people – one in five – must move to a nursing home. Osteoporosis accounts for 180,000 nursing home placements per year.

*In 2002, in the United States alone, medical care for osteoporotic fractures cost \$18 billion. That figure is so large that it's difficult to imagine. As the 77 million Americans of the baby boom generation grow older, the osteoporosis epidemic is predicted to grow. By 2020, experts predict that osteoporosis will increase 40 percent to 14 million Americans and that half of Americans over fifty will have weak bones at serious risk for fractures. By 2040, the number of hip fractures could double to 600,000 per year.

*It is not just a woman's disease. Italian researchers estimate that men suffer 25 percent of all osteoporotic hip fractures. Australian researchers analyzed every fracture in one small city over a five-year period in people over age sixty. Approximately one-third of the fractures occurred in men. After osteoporotic hip fractures, men's death rate is higher than women's.

Women Suffer more Osteoporosis than Men

Men do get osteoporosis; however, women tend to get it at around a 3 to 1 ratio. There are several reasons for this:

Longevity. Women live longer than men. Osteoporotic fractures are most prevalent among the oldest people. Compared with men, many more women live past eighty. Even if men and women over eighty suffer fractures at the same rate, the population of women is much larger, so many more fractures occur in women.

Genetics.

In all racial and ethnic groups, men have greater bone mineral density (BMD) than women.

Hormones. The female sex hormone estrogen suppresses bone loss. After menopause, estrogen declines and bone loss increases. That's why osteoporotic fractures become common after menopause. Compared with women who experience normal menopause, those who enter menopause early (usually because of ovary removal or chemotherapy) experience earlier bone loss and fractures at younger ages.

Exercise. Men tend to be more physically active than women. Exercise builds and strengthens bone.

New Theory for Prevention of Osteoporosis – Alkaline Balance

Dr. Lanou presented a new explanation of osteoporosis in her lecture and in her book that has been hiding in plain sight in the medical literature for forty years. Since 1968, hundreds of studies have called the conventional dietary wisdom on osteoporosis into serious question. Dr. Lanou stated that although many researchers consider low-acid eating and daily exercise the best, most cost-effective way to strengthen bones and reduce fractures, none of the information seems to be getting to the general public. (A thorough bibliography of all of these and other studies is available in the appendices of her book.)

Blood pH and Osteoporosis

The bloodstream plays the key role for strong bones. The blood's composition is constantly changing as oxygen, nutrients, hormones, and other compounds enter it and as wastes, hormones, and other compounds depart. In order for the blood to function properly, it must maintain a constant balance between acid and alkaline. The letters pH stand for "potential of hydrogen." It seems that hydrogen ions determine acidity. As hydrogen ions increase, the blood becomes more acidic. The pH scale ranges from 0 to 14. A neutral solution (basic) has a pH of 7. The blood should be slightly alkaline to function properly, between 7.45 and 7.35. If the blood's pH falls below 7.35, it is acidic. The body miraculously expends considerable energy keeping the pH within its normal range.

Excessive Protein Robs Calcium from Bones

Proteins make the blood acidic. Proteins are combinations of 20 amino acids. Digestion breaks proteins into their component amino acids and sends them into the bloodstream. The more protein in the diet, the more amino acids enter the bloodstream causing the pH to fall below 7.35 and become acidic. The body takes steps to raise the blood pH to normal by drawing calcium compounds out of the bone. Bone contains three calcium compounds: calcium carbonate, phosphate, and hydroxide. Although the process is complex, the bottom line is the body obtains these acid-neutralizing calcium compounds from the bones which contain 99 percent of the body's store of calcium. Calcium compounds neutralize the amino acids but, in the process, more calcium is drawn than is needed. The kidneys then

filter the excess calcium from the blood, return some to the blood if needed, then incorporates the rest into the urine. The more protein in the diet, the more calcium is excreted. We are literally flushing our bones down the toilet when eating excessive protein. According to the National Academy of Sciences, one gram of dietary protein increases urinary calcium excretion by 1 to 1.6 mg. Although it may not sound like much, consider this, a four-ounce serving of chicken or beef contains about twenty grams of protein causing a loss of twenty to thirty milligrams of calcium. Over a lifetime, if that calcium is not returned to the bones, the loss can add up to bone loss and eventual osteoporotic fractures.

Urinary Acidity and Protein

In addition to pulling calcium out of the blood, the kidneys process excess amino acids into ammonia, which is acidic and toxic to the central nervous system. The liver converts the ammonia into urea, also acidic, and then incorporates it into urine, increasing urinary acidity.

Animal Protein vs. Vegetable Protein

The vast majority of foods contain protein. However, some foods acidify the urine more than others. Red meats, poultry, fish, eggs, and dairy foods contain higher concentration of protein than fruit and vegetable sources thus introducing much more acid into the blood and urine. The exceedingly high protein diet of most Americans makes urine even more acidic thus robbing the bones of calcium. Most fruits and vegetables are alkaline, even fruits that seem acid. For example, oranges high in ascorbic acid metabolize as alkaline. Dried fruits are the most alkaline plant foods because water has been removed. Grains, rice, breads and pastas also acidify the urine and blood, but less than most animal foods and they contain alkaline buffers.

Alkaline Buffers for Neutriling Acidity

Most foods contain alkaline nutrients and minerals, like potassium and magnesium, that neutralize the blood's acidity. The alkaline nutrients completely buffer the acids and the body does not have to draw calcium compounds from the bones. However, meat does not contain enough alkaline material to neutralize all the acids it introduces into the bloodstream. Milk and dairy foods are also high in animal protein and low in alkaline nutrients. Even though they are high in calcium, more calcium is being pulled out of the bone than is going in. They flood the bloodstream with amino acids but don't buffer them. Fruits and vegetables are different – low in protein and high in alkaline nutrients. This answers the reason why those countries eating less meat and dairy have the least amount of bone fractures.

Other Nutrients

Bones are not just made up of calcium; otherwise, they would be chalk. It takes seventeen other nutrients to build strong bones: boron, copper, fluoride, magnesium, manganese, phosphorus, silica (silicon), zinc, 'Vitamins A, C, B6, B12, D, K, folic acid, essential fatty acids, and protein.

Hormone Replacement & Osteoporosis Drugs

For years public health officials and osteoporosis experts routinely recommended (HRT) – estrogen alone or estrogen plus progestin/progesterone. Unfortunately, it turned out that its cost (deaths from heart attack, stroke, and breast cancer) outweighed its benefits (fewer fractures and less colon cancer). At the height of HRT's popularity, American doctors wrote eighty million prescriptions a year. In order to determine once and for all, whether HRT was helpful or harmful, the National Institutes of Health launched the Women's Health Initiative involving more than 90,000 women. The study was supposed to last eight years, but in 2002 it was terminated because the group taking HRT suffered less colon cancer and 40 percent fewer fractures but increased heart disease, stroke, and pulmonary embolisms with the conclusion that it caused more harm than good. Today, the most widely prescribed osteoporosis drug is Fosamax. The fracture rate in the real-world study in Italy was considerably higher than in the clinical trials. It seems to be helpful with vertebral fractures but it is too soon to know if the benefits outweigh the negatives. Other drugs are detailed in Chapter 16 of Dr. Lanou's book for those who would like more information. However, she still prefers a natural diet of fresh fruits and vegetables to popping pills.

Calcium Balance

It does not matter how much calcium you consume if you are excreting it in your urine. If you are not eating animal and dairy protein, you do not need as much calcium as recommended by U.S. health authorities which is 1,000 milligrams a day. The World Health Association recommends 500 milligrams a day for adults, an amount that can easily be consumed on a plant based, vegan diet.

Calcium Sources

Americans think that milk is the only source of calcium (promoted by the dairy lobby, DM). Yet, calcium is very available on a plant-based diet. The best sources are – greens and beans. For example, 1 cup tofu, 506 mg, 1 cup collards 356 mg, 10 dried figs 269, 1 cup canned white beans 192 to list a few. Even more importantly, the body absorbs more of the calcium. About one-half to two-thirds of the calcium in dark green leafy vegetables gets absorbed; they are alkaline; and they contain other beneficial nutrients. The best sources of calcium absorption are: brussel sprouts at 64%, mustard greens at 58%, broccoli at 53%, turnip greens at 52%, and kale at 40-59%. On the other hand, dairy calcium containing little calcium buffers draws more calcium from bones than is added

Calcium Supplements

Dr. Lanou does not think supplements are a good source of calcium (as proved in the studies previously mentioned). A variety of fresh fruits and vegetables are a better source of all vitamins except Vitamin B12 (cobalamin), which she recommends for vegans. She suggests that taking one-a-day vitamin as a form of nutritional health insurance just in

case something is missing would be all right since soils differ greatly. However, isolated supplements cannot possibly take the place of whole foods. There are various components found in plant food and these components work together synergistically and in the proper proportions. Too much of one supplemental nutrient can interfere with the metabolism of others. For example, it would be difficult to ingest bone-harming high levels of vitamin A but it would be easy to overdose on vitamin A from supplements. It is best to stick to whole fresh fruits and vegetables.

Vitamin D

Until recently, scientists believed vitamin D was not available from plant foods. A few studies have been published that seem to indicate mushrooms have a substantial amount. It is not known at this time, however, if it is enough to supply our human needs. Vitamin D is the one bone-building nutrient that we can make in our own bodies provided we are exposed to ultraviolet sunlight. To make healthy amounts it takes fifteen to twenty minutes of sun on the face, neck, and arms three times a week with the sun forty-five degrees above the horizon. Sunscreens interfere with vitamin D synthesis and are found in some cosmetics. After age fifty, the body's ability to make vitamin D declines. Some geographical areas and the winter season make it difficult to get sun. In the U.S. the line of demarcation is 40 degrees north latitude. North of this line – roughly from Philadelphia through Columbus, Ohio, Topeka, and Denver, to Sacramento – vitamin D can be a deficiency problem in winter. Taking a vitamin D supplement may be considered in these cases. The standard recommendation is 400 to 800 IU a day. Be careful not to take more than 2,000 IU a day. Check your one-a-day vitamin to make sure you are not overdosing if you are taking vitamin D by itself.

Recommendations for Preventing Osteoporosis:

Simple low-cost diet and lifestyle changes will strengthen bone and reduce fracture risk. Eat at least five daily servings of fruit and vegetables, preferably six to nine. Eliminate animal foods, and go easy on rice, cereals, breads, and pastas. Pair this with walking or other weight-bearing exercise for at least a half hour a day from childhood to old age and the risk of osteoporosis fractures plummets by 50 percent, a decrease most osteoporotic drugs cannot match. Low-acid (low animal protein) eating helps prevent osteoporosis but also helps prevent many other degenerative diseases like, cancer, stroke, diabetes, Alzheimer's, and heart disease. Low-acid (low protein) eating paired with daily walking keep calcium in bones. That's the key, choose a dietary pattern and lifestyle that allows bone to absorb and retain dietary calcium.

Dr. Amy Joy Lanou's book, *Building Bone Vitality*, printed by McGraw Hill, should be available at book stores or you may order from PCRM Marketplace: www.PCRM.org/shop or call 800-695-2241.



Dixie Mahy with Dr. Lanou, by Carmen Lee

Osteoporosis Protection for Life DVD

From Dr. Joel Fuhrman (MD)

This informative DVD contains information on dietary causes of bone loss, high-risk medications, and bone and muscle building exercises to do anywhere with a 15 minute workout. It is available for \$20 from SFVS at meetings or for \$24.95 from Dr. Fuhrman, 4 Walter E Foran Blvd., Suite 408, Flemington, NJ 08822, info@drfuhrman.com.

Misleading Anti-Vegetarian Study Advertising Passed Off As Research Confuses the Public Again

*Excerpts from *John McDougall News Bulletin*

Vegetarian diet “Weakens Bones” (worldwide headlines July 2, 2009)

A joint Australian-Vietnamese *meta-analysis* of 9 observational studies of 2,749 people found that vegetarians had bones five percent less dense than meat-eaters and vegans six percent weaker. However, the results were of such little significance that the authors ended their paper by saying: “In conclusion, the results of this meta-analysis suggest that there is a modest effect of vegetarian diets, particularly a vegan diet, on BMD, **but the effect size is unlikely to result in a clinically important increase in fracture risk.**”

This article was released ahead of scheduled publication in the *American Journal of Clinical Nutrition* giving the public the perception that the news was so important that it could not wait. Yet, the same authors gave favorable results for a vegan diet and bone health published in the April 2009 issue of the journal *Osteoporosis International* with the conclusion “although vegans have much lower intakes of dietary calcium and protein than omnivores, veganism does not have (an) adverse effect on bone mineral density (BMD) and does not alter body composition. Although the favorable report was discussed in the McDougall June 2009 newsletter, it received little press worldwide.

The unfavorable highly publicized study showing negative effects of a vegan diet was a meta-analysis- selected compilation of similar studies. This kind of analysis is notorious for showing bias and is easily manipulated by the choice of studies included or excluded in the research paper. This is one of the worst studies ever published in a respected journal.

Their original research found 922 studies, but after applying exclusion criteria, there were only 9 studies left, which included 2,749 individuals. 5 studies were of Asians, populations where osteoporosis-related fractures are much lower because of their healthier diet and greater physical activity, than Westerners. This analysis found no correlation between dietary calcium intake or protein intake and BMD. The results comparing diets of vegetarians and omnivores with BMD were considered clinically insignificant by the authors. Furthermore, BMD is a poor predictor of future fracture risk.

Why did the article condemning eating a vegan diet get so much attention?

The flawed research telling people worldwide that vegan diets are bad for the bones was funded by the AMBER alliance incorporated in Malaysia, which owns Amber F&B Nutrition Sdn Bhd, a dairy products producer and wholesaler. This company’s **business** is the “manufacturing of sweetened condensed milk, evaporated milk and dairy products.” Once a study is published then the public relations department of the industry takes over and sends “Press Releases” to the media worldwide. Because people love to hear “good news about their bad habits (eating beefsteaks, fried chicken, cheese, and ice cream),” the press and the public revel in this good news, even when the conclusions are untrue as in this case. You might think there would be at least one curious reporter who would read the research before spreading the lie.

You can write the authors at: tuan.nguyen@unsw.edu.au and ask your questions about the two studies and why the one funded by a dairy industry showing no relevance to a person’s choice of a vegan diet and the risk of fracture received so much worldwide attention.

*McDougall Announcement online:

<http://www.drmcDougall.com/misc/2009other/news/0907404news.htm>

Doctors Warn: Avoid Genetically Modified Food

*By Jeffrey M. Smith, Culture Change

On May 19th, the American Academy of Environmental Medicine (AAEM) called on “Physicians to educate their patients, the medical community, and the public to avoid GM (genetically modified) foods when possible and provide educational materials concerning GM foods and health risks. “(1) They called for a moratorium on GM foods, long-term independent studies, and labeling.

AAEM's position paper stated, "Several animal studies indicate serious health risks associated with GM food," including infertility, immune problems, accelerated aging, insulin regulation, and changes in major organs and the gastrointestinal system. They conclude, "There is more than a casual association between GM foods and adverse health effects. There is causation, "as defined by recognized scientific criteria. "The strength of association and consistency between GM foods and disease is confirmed in several animal studies."

More and more doctors are already prescribing GM-free diets. Dr. Amy Dean, a Michigan internal medicine specialist, and board member of AAEM says, "I strongly recommend patients eat strictly non-genetically modified foods." Ohio allergist Dr. John Boyles says "I used to test for soy allergies all the time, but now that soy is genetically engineered, it is so dangerous that I tell people never to eat it." *Complete article, including extensive citation index: <http://culturechange.org/go.html?432>

Kenya for Vegetarians

*By Carmen Lee, SFVS Discount Program Coordinator

East African food tends to be plain but filling: rice and *ugali* (stiff porridge made of cornmeal or cassava) are staples, eaten with *nyama choma* (roasted meat) or sauces (*mchuzi*) containing meat, beans or greens.

Spice trade

The exception to this blandness is found in East Africa's Indian Ocean coast (called sawahili in Arab), which had several ports of call on the lucrative spice trade from Asia. Spice plants are limited in supply because they are cultivated in specific areas only and demand high as people relied on spices' medicinal, preservative and aromatic qualities. Since the 9th century, Arab traders sailed the monsoon winds from the Arabian peninsula to trade in ivory, slaves and spices. (Prophet Muhammad, whose first wife Khadijah was a spice-trading widow, used spice trading to spread Islam in the Arabian subcontinent.) In East Africa, Arab merchants introduced Islam and married into indigenous clans producing the Swahili culture. Imported from Southeast Asia in the early 1800s, cloves brought prosperity to the Coast and led to the introduction of other spices such as cinnamon, cumin, nutmeg, cardamom, ginger and black pepper. Swahili cuisine represents a blend of culinary influences from the Indian subcontinent, Arabian peninsula, African mainland and Europe.

Swahili home-cooking

While volunteering in Tanzania in 2006, I got my first exposure to Swahili culture during a weekend trip to Zanzibar (Spice Islands). I loved the Old Town atmosphere, which resembles the medinas of North Africa – a maze of narrow alleys, bustling bazaars and cool stone buildings. I especially loved the spicy fusion food, which reminded me of South Africa's Cape Malay cuisine.

When I returned to East Africa's coast in 2008, I was fortunate to stay with a Swahili family in Mombasa, Kenya. Each day began and ended with mouth-watering, home-cooked Swahili dishes such as *maandazi* (similar to Portuguese malasadas); *pilau* (spiced rice); chapati; samosas; beans or vegetables cooked in onions, chili peppers, tomatoes, coconut milk; batter-fried potatoes with chili peppers.

Kenyans demonstrate hospitality by offering *chai* (sweetened milk tea) and food, which is served on a communal platter and everyone eats using their right hands. Seafood and chicken are common on the Coast, which has a sizeable population of Arabs (Muslim: no pork) and Indians (Hindu: no sacred cows, Jain: no animals). Though Kenya's official language is English, I was often in communities where English was not spoken so I found the following Kiswahili phrases useful: *Nakula mboga tu* (I'm vegetarian) or *Mimi sili nyama* (I don't eat meat).

Microfinance

During the day, I worked at K-REP Development Agency (KDA) to deliver microfinance services to low-income communities, mostly groups affected by the HIV/AIDS epidemic. KDA's group lending program required members to set aside weekly savings before being eligible to apply for loans to start their self-employed businesses. We often visited 3 different sites per day, taking public transit and snacking on bananas, dried mangoes, cassava crisps and baobab seeds.

Until the early 1950s, the British colonial administration did not allow Africans to access existing formal credit systems. The earliest credit schemes aimed to expand commercial cash crops and to assist poor farmers to modernize farming methods. Land was communally owned and registration not finalized by the early 1980s to allow owners to use deeds as securities for credit. Few people who live in cash-only economies ever progress beyond basic subsistence.

I had envisioned working with Kenyans to market their local products and I met a few who sold charcoal. Mostly I worked with Kenyans selling second-hand clothes from the U.S. (but mostly made in China), cosmetics from Dubai, handbags from Uganda. I was surprised to learn one entrepreneur sold onions and bananas from Tanzania. While working with clients on developing a family budget, I appreciated learning that most could afford to eat meat only once or twice a week. *Sukuma wiki* ("stretch the week" in Kiswahili), made of sauteed greens with tomatoes and onions, was more commonly eaten.

Land to grow your own food

With 75% of Kenya's workforce engaged in agriculture, land has been the basic means of making a living, yet land distribution has been unfair. During one weekend, I attended the Mau Mau Film Festival, sponsored by Kenya

finely chopped cauliflower stalks, in oil and margarine for 5 minutes until softened.

*Add rice, stir and fry for 2 minutes, until opaque. Add 1/2 cup wine.

*In another saucepan, bring broth to gentle boil and add the very small cauliflower florets.

*Ladle broth only into rice, one ladleful at a time, stirring frequently, after each addition. Wait until broth is almost completely absorbed before adding more.

*After about 10 minutes, when rice is half done, add softened cauliflower florets to rice mixture and gently squash each floret into rice as it is added. Continue to add broth when necessary.

*After about 20 minutes in total when all broth is absorbed, take rice off heat and let sit without stirring for 1 minute.

*Serve on plates and top with toasted bread crumbs made from whole grain bread that has been toasted in the toaster oven.

Herbed Couscous p. 57

Couscous is pasta, not a grain.

Serves 6

1 teaspoon vegetable stock granules or 1 teaspoon

crumbled vegetable bouillon cube

1 1/2 cups water

1/1/2 cups couscous

1/1/2 cup finely chopped parsley

1/2 cup finely sliced scallions

2 tablespoons olive oil

salt

Preparation:

*In a small saucepan, combine 1 1/2 cups water and vegetable stock granules. Bring to a simmer, then remove from heat, and stir to dissolve granules. Add couscous,

cover and set aside until water is absorbed, about 10 minutes

*Fluff couscous with a fork. Mix in parsley and scallions and add oil, working it through with a fork to mix well. Season with salt to taste, and serve.

Norman Seaton Memorial

On March 20, 2009 Norman Seaton, PhD, passed away at 87. He was one of the founders of the San Francisco Vegetarian Society in 1968 and served as its first Vice President for two years. He gave many lectures and consultations on nutrition and health in the early years. He had received his doctorate in physics from UC Berkeley. He founded his Laboratory for Science, where he invented and manufactured lasers for scientific institutions, such as universities, NASA, and Lawrence Livermore Laboratory, on the condition they could not be used for military purposes. His lasers were so exacting, they were used to test the accuracy of other lasers. He testified at hearings on alternatives to animals in research, the harmful effects of sonar on marine life, and served as a crew member on one of Greenpeace's first excursions to save the whales. Those who would like to pay tribute to him may send a donation in his memory to SFVS. He is survived by his wife and companion of 39 years, Virginia Handley Seaton of Animal Switchboard, where she has dedicated her life to lobbying in Sacramento on behalf of animals.

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MAD HATTER TEA PARTY FUNDRAISER August 23rd!

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

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