

# Boston Vegetarian Food Festival

## 2005 Speakers

Saturday, October 22, 2005

All attendees will be offered a free program/recipe booklet containing the recipes from the following classes, plus more. There will be free sampling of the foods demo'd by our chefs!

**All presentations are free!**

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**10:45 a.m. Cooking Demo and Nutrition Discussion:  
"Vegetables—Phytochemicals on Your Plate: Yes, They Taste Great!"  
— Jill Nussinow, MS, RD**



Combining the talents of a cooking teacher with delivery of no-nonsense nutrition information as a Registered Dietitian, Jill Nussinow will explain the benefits of eating food in season. She will also show you how to prepare great tasting vegetables any time of year. Jill will be demonstrating recipes from her new cookbook, *The Veggie Queen: Vegetables Get the Royal Treatment*.

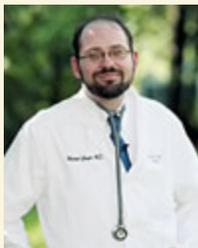
Phyto (plant) chemicals are the natural compounds found in plant foods that work to protect against disease. Jill's talk will include a discussion about how phytochemicals can positively impact your health, and teach you how to easily include a variety on your plate. This translates into beautiful looking food that's also good for you.

Jill Nussinow is a Registered Dietitian and holds a Masters Degree in Dietetics and Nutrition. She has been teaching nutrition and vegetarian cooking for twenty years, and writes for magazines and newspapers. For three years, Jill was in charge of nutrition and cooking a no-fat added vegan diet for The McDougall Program. She comes to us from California, where she is an active member of the Sonoma County Culinary Guild and teaches culinary classes at Santa Rosa Junior College as well as for groups around the United States.



Jill's new cookbook expresses her lifelong love affair with vegetables. It contains more than 100 seasonal and sumptuous recipes that will surely elevate the status of vegetables on your plate. Come let Jill nourish and entertain you. A tasting and book signing will follow Jill's presentation.

**12 Noon "Stopping Cancer Before It Starts: Cancer Proofing Your Body with Plant Superfoods"  
— Michael Greger, MD**



At least 70% of all cancer cases are preventable. In this fascinating and engaging presentation, Dr. Michael Greger reveals the top dozen whole plant superfoods that may block and even reverse the four steps of tumor formation. Learn what free radicals and antioxidants really are and exactly how they work to protect your body from the ravages of aging, cancer and other chronic degenerative diseases. Profiling specific cancers such as breast and prostate, Dr. Greger shows how a phytonutrient rich vegan diet may be our best protection against the cancer epidemic.

Michael Greger, MD, is an author and physician specializing in vegetarian nutrition and a nationally recognized speaker on important nutrition and public health issues. He is a graduate of Cornell University and Tufts Medical School. One of the most entertaining medical speakers you may ever hear, Dr. Greger will keep the air waves crackling with

this talk, jam packed with valuable information, presented with great clarity, and offered in a lively and entertaining presentation style.

Following the presentation, there will be a signing of Dr. Greger's *Cancer Prevention* and *Mad Cow Disease* DVDs and his book, *Carbophobia*.

### **1 p.m. — Bob and Jenna Torres**

Bob and Jenna Torres, podcasters of banter and witty witticisms on vegan life, and authors of the new book *Vegan Freak*, will share advice on living as vegetarians in an omnivorous world. Some funny, some serious, their advice is aimed to help people navigate in this not-yet-veggie world. They will include tips and advice for new vegetarians and vegans that will help you thrive as a happy, healthy, and sane veg'n.



Bob holds a PhD from Cornell University in Development Sociology. Currently a professor of sociology at a liberal arts college in upstate New York, his primary teaching and research interests center around globalization, political economy, research methods, and international development.

Jenna received her PhD from Cornell University in Romance Linguistics. She is currently a visiting assistant professor of modern languages at a liberal arts college in upstate New York, where she teaches classes on the Spanish language.

### **2 p.m. "Boost Your Brain Power: Lifestyle Strategies for Optimum Brain Health" — Paulette Chandler, MD, MPH**



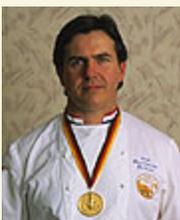
Dr. Chandler is a graduate of Princeton University, Duke Medical School, and Harvard School of Public Health. She practices internal medicine at Brigham and Women's Hospital. She is an instructor in medicine at Harvard Medical School. In addition, she is director of Natural Healing Pathways, Inc., a not for profit organization committed to providing a wholistic approach to helping people with chronic diseases such as heart disease, cancer, diabetes, and obesity through the union of mind, body, and spirit.

You must protect your most valuable asset, your brain. Learn how managing stress and daily exercise can boost brain power. Learn how fruits, vegetables, nuts, and whole grains nurture and nourish the over stressed nervous system. Meals should increase mental clarity, energy, and health rather than produce lethargy, confusion, and irritability.

At birth, the infant's brain is the most primitive organ in the body. Life experiences create robust tree-like neural networks in the brain, or prune delicate saplings of neuronal activity resulting in chaotic signals. The life of the brain is in the blood. Lifestyle habits determine the nutrients your brain receives through the blood.

What type of fuel do you give your brain? Are toxic emotions sabotaging your brain power? Pressure at home, work, and on the road! Lower stress levels encourage better memory and learning because nerve cell expansion is greatly inhibited in the presence of chronic stress. What is good for the heart is also good for the brain.

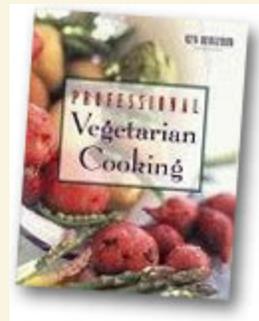
### **3 p.m. Olympic Gold Medal Cooking Demo: "Making Vegetable Nori (Sushi) Rolls" — Ken Bergeron, Certified Executive Chef**



Some foods can be as enjoyable to make as they are to eat out. Vegetable Nori Rolls are one such food. Good nutrition, great eye appeal, and fun to make are qualities all rolled into one creative dish. Making Vegetable Nori Rolls offers a great new dinner idea that also can be a fun party activity.

Nori Maki Rolls, a staple of Japanese Sushi Bars, are often made with vegetables instead of fish. Some popular fillings include avocado,

cucumbers, asparagus, and shiitake mushrooms. Having the right tools for the job is helpful in preparing these rolls. Chef Ken Bergeron will explain the items needed and how to substitute in a pinch. Chef Ken will also provide examples of, and preparation instructions for, the needed condiments such as wasabi. In a departure from rolls typically served in restaurants, our filling will be brown rice in place of white to increase the nutrient content.



You will learn about some interesting ingredients that may be new to you, and how to roll traditional style Vegetable Nori Maki Rolls. You will also learn to use other fillings, including examples of some Raw Foods Rolls. Whether for an appetizer or attractive party treat, a healthy side dish or a tasty take-along meal for the road, you will find Vegetable Nori Rolls a wonderful addition to your food repertoire.

Vegan Chef Ken Bergeron is a Gold Medal winner at the International Culinary Olympics. His book, Professional Vegetarian Cooking, was awarded "Best Professional Book in English" at the 1999 World Cookbook Fair, Versailles, France. He was chosen Chef of the Year by the Connecticut Chefs' Association, and won the 2002 Gold Medal for All Raw Foods Platter at the Connecticut Chefs' Association Culinary Salon. He is currently writing a new cookbook, Half-Fast Vegetarian Cooking.

#### **4 p.m. "Choosing Vegetarian: A How-to Guide for Eating Healthier"** — Michael Greger, MD

Choosing to eat vegetarian can be fun and easy! You've decided that the "whys" of a plant-based diet make sense, and now you need the "hows." Dr. Michael Greger will give a lively and entertaining multimedia presentation, packed with practical advice on how to eat vegetarian or vegan. He will cover meal planning and nutrition as well as the personal and social aspects of making the transition. Whether it's for you, your loved ones, the animals, or the Earth, Dr. Greger will show how vegetarian living is now easier than ever.

Dr. Greger's bio and photo are at his 12 noon presentation. A book and DVD signing will follow his presentation.

#### **5 p.m. "Taking Action for Animals"** — Wayne Pacelle, President and CEO, Humane Society of the United States



Wayne Pacelle is the President and CEO of The Humane Society of the United States (HSUS), one of the largest animal protection charities in the world. The HSUS is dedicated to creating a world where our relationship with animals is guided by compassion, and where animals are respected for their intrinsic value.

Wayne has an accomplished background in government and legislative affairs. He has directed more than 15 successful statewide ballot campaigns to protect animals, and worked to pass a host of state and federal animal protection laws and statutes. Since becoming the head of HSUS in June, 2004, he has added emphasis to farm animal campaigns. HSUS recently had a lead role in the largest pet rescue operation in U.S. history in the wake of Hurricane Katrina.

Pacelle's work on animal issues has been featured in thousands of newspapers and magazines, and he has appeared on almost all of the major network television programs. His writings have appeared in dozens of publications, and he has contributed chapters in numerous books dealing with animal issues.

Pacelle is also chairman and founder of Humane USA, the non-partisan political arm of the animal protection movement. He has a degree from Yale University in history and environmental studies.