



## 2006 Boston Vegetarian Food Festival Speakers

*All presentations are free!*

Recipes for the cooking demos will be printed in the Festival program to be distributed for free on site. Tasting samples of the recipes taught will be provided at the end of each class.

Authors will do book signings just outside the speaker room (second floor) following their presentations. Their books will be available for purchase at the book signing, and throughout the day in the exhibitor room. Most tables can take cash or checks only.

### 10:45 AM — Cooking Demo: Comforting Food *Chef Sualua Tupolo, Certified Vegetarian/Vegan Chef*

Chef Sualua Tupolo will teach the making of vegan moussaka because it is a great comforting food. It includes diverse components and techniques that can be used in other applications and recipes. You will learn preparation of eggplant, bulgar wheat beef crumbles, mockarella cheese, almond sesame parmesan, and cream sauce - all with no animal ingredients.

Born in American Samoa, Chef Sualua Tupolo has served as an exclusive chef for three governors of American Samoa, preparing meals for special government functions, legislators, and heads of state. He also has held chef positions with prestigious hotels and fine restaurants in the U.S. and American Samoa.



In 2000 he was called to study, teach, and practice a vegan life style. He studied at the Living Light Culinary Arts Institute and the world renowned Weimar Institute's Culinary Arts program. He is currently Executive Chef and Director of Culinary Arts and Food Service at Atlantic Union College in South Lancaster, MA, which boasts an all vegetarian campus and a Vegan Culinary Arts program. He also teaches Vegan Culinary Arts for the Cancer Project based in Washington, DC, a program for cancer prevention and survival.

Chef Sualua recently presented vegan cooking classes before the U.S. House of Representatives for members of Congress and their staffers. He has traveled throughout the U.S. and the Pacific Islands sharing his expertise and passion for the plant-based diet. He loves teaching how to prepare dishes that nourish the body while delighting the eye and the taste buds. His presentations include tips on nutritional and medicinal benefits of plant foods.

Tasting samples will be offered of the dishes made.

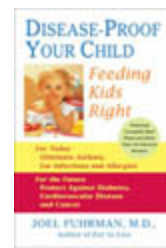
### 12 Noon — Disease-Proof Your Child: Feeding Kids Right *Joel Fuhrman, MD*

Dr. Fuhrman is a board-certified family physician who specializes in preventing and reversing disease through nutritional and natural methods. This presentation, and his book of the same title, are aimed at parents who are concerned about offering optimum nutrition for children, preventing childhood illnesses, and learning how childhood diets can prevent or cause adult cancers.

Dr. Fuhrman is a graduate of the University of Pennsylvania School of Medicine. He provides nutritional education to other physicians, and is a guest lecturer at Cornell University Graduate Program in Human Nutrition. He is the author of the acclaimed book, *Eat to Live*. His TV appearances include *Good Morning America*, *The Today Show*, *America's Talking*, Food Network, CNN, and the Discovery Channel.



A dynamic speaker, Dr. Fuhrman is also a former member of the U.S. World Figure Skating Team (who placed third in the world in pairs figure skating in 1976). He has a dedicated interest in sports medicine and fitness and is an advisor to world class athletes.



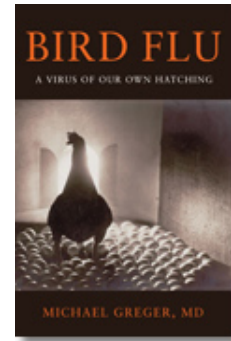
Following Dr. Fuhrman's talk, he will do a book signing. His books will be available all day at his table in the exhibitor room.

**1 PM – Surviving the Pandemic: Bird Flu and Other Emerging Infectious Diseases  
Michael Greger, MD**



Known as one of the most entertaining medical speakers of our time, Dr. Greger takes the sobering topic of his just-off-the-press book and delivers a presentation that is described as "riveting" and "spellbinding" by recent audiences, and "brilliantly sprinkled with humorous asides."

Leading public health authorities now predict as inevitable a pandemic of influenza, triggered by bird flu and expected to lead to millions of deaths around the globe. The influenza virus has existed for millions of years as an innocuous intestinal virus of wild ducks. What turned a harmless waterborne duck virus into a killer? In a thrilling multimedia presentation, Dr.



Michael Greger traces the human role in the evolution of this virus. In the face of the coming pandemic, Dr. Greger reveals what we can do to protect our families and what human society can do to reduce the likelihood of such potential catastrophes in the future.

Michael Greger, MD, is a physician, author, and internationally recognized speaker on nutrition, food safety, and public health issues. He has lectured at the Conference on World Affairs, the Bird Flu Summit, the National Institutes of Health, and universities, medical schools, and conferences around the world. He is a graduate of Cornell University School of Agriculture and Tufts University School of Medicine and is Director of Public Health and Animal Agriculture at The Humane Society of the United States.

Following the presentation, Dr. Greger will sign his new book, *BIRD FLU: A Virus of Our Own Hatching* (2006). His book, *CARBOPHOBIA: The Scary Truth Behind America's Low Carb Craze* and his nutrition and cooking DVDs will also be available for signing, and for sale all day at his table in the exhibitor room.

**2 PM – The Power of Diet, Exercise, and Compassion  
Kenneth G. Williams**



Kenneth G. Williams is a professional vegan bodybuilder, bodybuilding champion, and animal advocate. He made sports history at the 2004 Natural Olympia in Las Vegas – the most prestigious natural bodybuilding competition in the world – by finishing third out of more than 200 competitors from 37 nations and becoming America's first vegan bodybuilding champion. He is an educator on diet, sports nutrition, exercise, compassion, and the treatment of animals in modern agriculture.



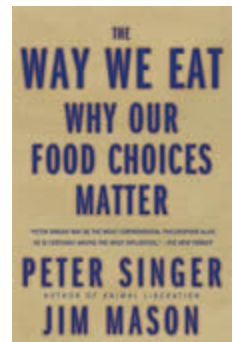
Kenneth's personal story is an inspiration as his life combines success as a professional vegan athlete with a deeply rooted sense of compassion for all beings. He illustrates that animal products are not necessary to attain super-strength and exceptional health. He hosts a new half-hour television program, *Undercover TV* (UTV), for In Defense of Animals. Kenneth comes to us from San Francisco.

Following his presentation, Kenneth will sign posters and T-shirts, offered for free.

**3 PM – The Ethics of Eating: Why Our Food Choices Matter  
Peter Singer**



Peter Singer is Ira W. DeCamp Professor of Bioethics at Princeton University and author of *THE WAY WE EAT: Why Our Food Choices Matter* (2006 with Jim Mason), *Practical Ethics*, and a host of other best selling books. The publication in 1975 of his book *Animal Liberation* is credited with launching the modern animal rights movement worldwide. It opened the eyes of millions of people to the shocking institutionalized abuses of animals that take place away from public view. His works have been published in more than 20 languages.



In 2005 *TIME* magazine named Peter Singer one of the 100 Most Influential People, saying that he "is a man whose reasoning merits consideration by everyone. There are few philosophers, living or dead, about whom that can be said." Arguably the world's leading ethicist, *The New York Times Book Review* says of Professor Singer, "No other living philosopher has had this kind of influence."

A native of Australia, Peter Singer holds degrees from University of Melbourne, where he is Laureate Professor, and from University of Oxford, where he has also taught.

In *THE WAY WE EAT*, the writers trace the food purchases of three families back to the production process, and examine with thought provoking lucidity the ethical issues that arise and the impact food choices have on people, animals, and the environment. In the process we learn how difficult, if not impossible, it is for consumers to know, despite packaging claims, how the animals, both land and sea, are raised in today's industrial food chain.



Peter Singer will do a book signing following his presentation. His book will be on sale all day at the BVS book table in the lobby at the entrance to the exhibitor room. Cash or checks only.

**4:10 PM – Nutritional Recommendations for Disease Reversal: Autoimmune, Diabetes, Heart Disease**  
**Joel Fuhrman, MD**



This seminar teaches the nutritional and environmental cause for chronic disease and gives precise dietary and supplemental protocols for intervention and reversals of disease, lessening and in most cases eliminating the need for medications. Conditions such as, high blood pressure, diabetes, heart disease, obesity, food addiction, autoimmune disorders, skin disorder, digestive disorders, headaches and many more are discussed. Food supplements and fasting are covered, including the misuse of such therapies and alternative medicine myths.

See 12 Noon presentation description for [Dr. Fuhrman's bio](#) information.

Following Dr. Fuhrman's talk, he will do a book signing. His books will be available all day at his table in the exhibitor room.

**5 :10 PM – Recipes from the Post Punk Kitchen: Roots and Rolls: Making the Most out of Fall and Winter Produce**  
**Isa Chandra Moskowitz and Terry Hope Romero**



New York City's hottest TV cooking show comes to Boston! Isa Chandra Moskowitz and Terry Hope Romero have been cooking vegan food since their teen years. Together they host the NYC cable access show *The Post Punk Kitchen* in Isa's tiny Brooklyn kitchen. They will share two of their exquisite recipes, "Autumn Rice Paper Rolls with Cranberry Dipping Sauce" and "Rutabaga and Brussel Sprout Curry".



Learn the secrets to rolling perfect rice paper rolls combining unexpected seasonal ingredients with traditional Asian ones. These rolls are sure to please your guests at any holiday event. Afterwards cozy up to the fire (or the video of a yule log as the case may be) with a cozy coconut curry that highlights some of the fresh local ingredients that the Northeast has to offer.

Isa and Terry are the authors of the new cookbook, *Vegan Cupcakes Take Over the World*, as well as a future release that is as yet untitled. Isa is the author of the top selling cookbook, *Vegan with a Vengeance: Over 150 Delicious, Cheap, Animal-Free Recipes That Rock*.

Tasting samples will be offered of the dishes made. Plus, they will be giving away free cupcakes after the class! Treat your eyes to their [cupcake photos here](#).

Isa and Terry will be signing their cookbooks following their presentation. Their books will be available all day at the BVS book table in the lobby at the entrance to the exhibitor room.



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### [2005 Speakers List](#)