



## 2007 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: Building the Perfect Soup Chef Cathi DiCocco



It is fall and thoughts of soothing, hot soups jump to the front burner. Beans and root veggies are the star players in this lively demonstration of building two soups that call upon different techniques, *Thai Sweet Potato Stew* and *Tuscan Beans and Greens Soup*. Making stocks, layering flavors, "creaming" soups (vegan), freezing for future meals, and an overview of bean cookery will be covered. Tasting samples of recipes taught will be offered.

Cathi DiCocco is the Chef/Owner of *Café DiCocoa-Food for the Soul* and the adjacent *DiCocoa's Market-Bakery* in Bethel, Maine. Opened in 1996, the 28-seat vegetarian Café is on Main Street in a Victorian farmhouse. It plays host to the feeding and

education of multitudes of people through food tasting workshops, "Gentle Dining" dinner parties, in-house cooking classes, community soup kitchen, and the Summer Cooking Camp for Kids.



Cathi's passion for food began as a child, practically raised in the kitchen of her Dad's Italian restaurant. She earned a degree in Vocational Home Economics Education from Florida State University, and became a Peace Corps Volunteer in Jamaica, working with the Ministry of Agriculture as an extension agent teaching nutrition and food education. She presented "Healthy Eating" workshops for child care providers throughout New England, a chance to teach those who influence children's eating habits.

Cathi has taught Natural Foods Cooking Classes, provided food and education for John Robbins' Youth for Environmental Sanity camps, and has done cooking demos at national conferences and appeared on Delicious TV's cooking show.

### 12 Noon – Health Food vs Healthy Food Jeffrey Novick, MS, RD, LD, LN

In this talk, Jeff Novick will take us on an eye-opening and often hilarious walk down the grocery store aisles. He will demonstrate how to tell the difference between "health food" and healthy food, how to really understand food marketing and food labels, and why this is so important to your health. You will learn a simple system that will help you identify the healthiest foods.

Jeff Novick is Director of Nutrition at the world-renowned Pritikin Longevity Center in Florida, where he instructs in the prevention, management, and reversal of disease through nutrition and lifestyle



modification. Jeff is known for his insightful, humorous workshops that have audiences laughing and learning. He is a Registered Dietitian and holds undergraduate and graduate degrees from Indiana State University in Food and Nutrition and in Exercise Science. He combines this with a background in Culinary Arts.

Jeff has taught nutrition at Indiana State University, Indiana University Medical School, and at the University of Miami Medical School. In Indiana, he developed, implemented and taught the Nutrition Education Initiative, a nutrition and preventative medical curriculum for medical doctors, residents, and medical students. Indiana's governor awarded him the Indiana State Public Health Excellence in Health Science Award, and Indiana State University awarded him the Graduate-of-the-Last-Decade Award. He has been vegetarian for over 30 years, and vegan for the last 24.

## 1 PM – Saving Animals and the Planet with Your Fork

**Erin Williams**



Erin Williams is co-author of the new book, *Why Animals Matter: The Case for Animal Protection*, which has been reviewed with high critical acclaim. "Rationalization and arguments about history, necessity, and overpopulation don't stand up to the heavily footnoted studies and points made here... *Why Animals Matter* ends with a manifesto for compassion and decency toward all living things, but remains a difficult look at America's heart of darkness," says BookPage about this work. It is enlivened and personalized with case studies in a readable and compelling narrative, co-authored with Margo DeMello.

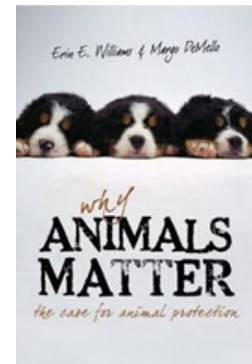
Erin Williams is Communications Director for the factory farming campaign of the Humane Society of the United States, the nation's largest animal protection organization. Her concern for animals was sparked by her childhood years on her family's dairy farm in Illinois.

She has been active for over a dozen years with animal protection and environmental organizations, as a wildlife rehabilitator, a campaign director, a shelter director, and as founder of an environmental nonprofit focusing on factory farming. Erin is a graduate of University of California, Berkeley, and has a masters of nonprofit administration.

Erin's presentation will discuss the effects of our food choices on animals and the environment. Each year, nearly 10 billion animals are raised and killed in order to satisfy our nation's appetite for meat, eggs, and dairy. Animals routinely endure terrible abuses in factory farms and slaughterhouses, and raising animals for food is a leading cause of environmental destruction.

Happily, there has never been a better time to make compassionate food choices, and Erin will describe simple steps we can take to help animals and save the planet at each meal!

Erin Williams will do a book signing following her talk, and throughout the day at her table in the exhibitor room.



## 2 PM – The Latest in Human Nutrition

**Michael Greger, MD**

A Boston Vegetarian Food Festival exclusive, Dr. Greger has scoured the world's scholarly literature on clinical nutrition and pulled together this brand-new talk of the latest in cutting-edge research. Focusing on studies published just over the last year in peer-reviewed scientific nutrition journals, Dr. Greger offers practical advice on how best to feed ourselves and our families to prevent, treat, and even reverse chronic disease.

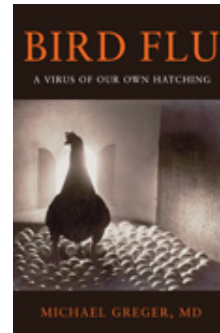
Known as one of the most entertaining medical speakers of our time, Michael Greger, MD, is a physician, author, and internationally recognized speaker on nutrition, food safety, and public health issues. He has lectured at the Conference on World Affairs, the Bird Flu Summit, the National Institutes 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.

Dr. Greger's presentations are described by audiences as "riveting," "spellbinding," and "brilliant," and you can always count on great wit and humor. He is author of

the books *BIRD FLU: A Virus of Our Own Hatching*, and *CARBOPHOBIA: The Scary Truth Behind America's Low Carb Craze*, and has produced nutrition and cooking DVDs.



Following the presentation, Dr. Greger will do a book signing. His books and his nutrition and cooking DVDs will be available all day at his table in the exhibitor room. All proceeds go to charity.

**3 PM – The Joy of Vegan Cooking and Baking: Cozy Comfort Food for Chilly Nights**  
**Chef Colleen Patrick-Goudreau**



Colleen Patrick-Goudreau is founder and director of the California-based organization Compassionate Cooks, through which she teaches cooking classes, is a favorite speaker at national conferences, and writes extensively. She is a columnist for *VegNews Magazine* and a contributor to National Public Radio. Colleen hosts the popular podcast, *Vegetarian Food for Thought*. She has appeared on The Food Network and produced a vegetarian cooking DVD, *Vegetarian Cooking with Compassionate Cooks*.

With cold weather approaching, Colleen's presentation will feature dishes that scream "comfort." Her Saffron-Spiked Moroccan Stew with Quinoa will warm you from the inside out, blending exotic North African flavors with nutritious ingredients served over the protein-rich, flavorful grain quinoa. Follow this with her to-live-for Oatmeal Raisin Cookies, a dairy and egg-free flavor sensation. She will distribute some treats featured in her cookbook, and tasting samples of

the dishes demonstrated will be offered.

Colleen's just-released cookbook, *The Joy of Vegan Baking: Compassionate Cooks' Traditional Treats and Sinful Sweets* makes its east coast debut at this Festival. Featuring full-color photos and 150 familiar favorites – from cakes, cookies, and crêpes to pies, puddings, and pastries – this book will show you just how easy, convenient, and delectable baking without eggs and dairy can be.



Following her presentation, Colleen will sign copies of her cookbook, which will be for sale along with her cooking DVD all day at her table in the exhibitor room.

**4:10 PM – Going Nuts!: The Facts On Fats**  
**Jeffrey Novick, MS, RD, LD, LN**



Are all fats created equal? Is olive oil a health food? Is the Mediterranean diet the healthiest diet? Are nuts and seeds good for you? Every day the headlines are filled with conflicting information about fats, oils, nuts and seeds. Are you "Going Nuts" trying to understand all the controversies? Find out the real "facts on fats" regarding all these issues and more.

See Jeff Novick's bio [above](#) at 12 Noon.

## 5:10 PM – Thrive On A Plant-Based Diet: Whole-Food Nourishment for Whole-Body Health

*Robert Cheeke*



Robert Cheeke is a champion bodybuilder who is considered one of the most recognized vegan athletes in the world. He illustrates that animal products are not necessary to attain super-strength and exceptional health. He became vegan at age 15, ran cross country for Oregon State University, then developed an interest in competitive bodybuilding. He is a graduate of the Utah College of Massage Therapy and had a career as a massage therapist. He is Founder and President of Vegan Bodybuilding & Fitness, a company dedicated to promoting the vegan fitness lifestyle, empowering vegan athletes, and living by the words, "healthy food defines you."

Robert has a long involvement in community activism, working on environmental issues, animal advocacy, and feeding free vegan meals to the public. Robert comes to us from Portland Oregon, where he has organized events including Vegan Vacation and the Vegan Holiday Festival, and represents Vega, a line of vegan whole-food products. In 2006, Robert was selected as one of VegNews Magazine's 15 most influential vegan athletes. He has been featured in more than 20 magazines from the US, Canada, Denmark, Germany and the United Kingdom. Robert produced the DVD documentary, *Vegan Fitness Built Naturally*.

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[2006 Speakers List](#)