

# Boston Veg Food Fest

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## 2010 Boston Vegetarian Food Festival Speakers

**All presentations are free! The Speaker Room is on the 2nd floor.**

Authors will do book signings just outside the speaker room following their presentations.

Their books will be available for purchase there throughout the day.

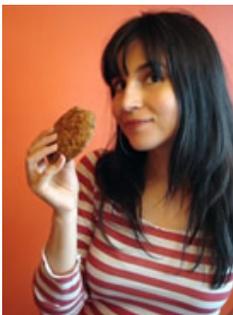
[Saturday Speakers](#)

[Sunday Speakers](#)

### Saturday Speakers

#### 10:45 Cooking Demo: Vegan Black Bean Sweet Potato Tamale Explosion

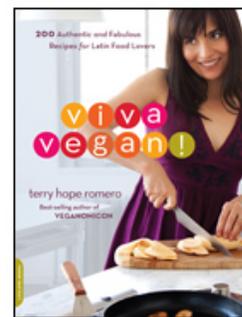
**Terry Hope Romero, Vegan Latina!**



As co-author of best selling cookbooks *Veganomicon*, *Vegan Cupcakes Take Over the World*, and *Vegan Cookies Invade Your Cookie Jar*, Terry Hope Romero has long been one of the most popular vegan chefs around. Now in her first solo cookbook, Romero celebrates her Venezuelan roots and opens the world of Latin flavor to vegans and foodies alike. *Viva Vegan! 200 Authentic and Fabulous Recipes for Latin Food Lovers*, is the ultimate guide to both classic and inspired new Latin cuisine. Terry will demonstrate how to make hearty and festive vegan tamales stuffed with the crowd-pleasing combination of black beans and sweet potatoes.

Terry co-hosted the public access vegan cooking show "The Post Punk Kitchen," and is a "Hot Urban Eats" columnist for *VegNews Magazine*. She

lives, cooks and eats in New York City.



Tasting samples of the tamales will be offered at the class. Terry will do book signings just outside the speaker room following her presentation. Her books will be available for purchase there throughout the weekend.

#### 12:00 The Environment and Animal Agriculture

**Martin Rowe**



Which is more destructive to the environment—what you eat or what you drive? What's more effective in slowing global warming, eating local or eating fewer or no animal products? The answers may surprise you. Martin Rowe, senior fellow at New York-based policy "action tank" [Brighter Green](#) offers compelling evidence of how animal agriculture is at the root of a host of environmental problems, including deforestation in the Amazon, desertification, and climate change. It's also a key element in achieving global food security and equity. At the same time, however, meat consumption is soaring as McDonald's, KFC, Burger King and huge "protein producers" like Tyson and Cargill expand into markets in Asia, Latin America, and even Africa. It's not all doom and gloom, however. Just as we

can develop alternatives to fossil fuels, we can also change our agricultural practices and eating habits. It all comes down to recognizing the true costs of our lifestyles and adjusting policies and practices accordingly.

In 1994, Martin Rowe co-founded the monthly magazine [Satya](#), and was its editor for five and a half years. In 1999, he co-founded [Lantern Books](#), a publisher of books on vegetarianism, animal advocacy, spirituality, and natural healing, and is its Director of Publishing. Rowe is editor and publisher of [The Way of Compassion: Vegetarianism, Environmentalism, Animal Advocacy, and Social Justice](#), and author of [Nicaea: A Book of Correspondences](#).

Martin Rowe was born in England and educated at Oxford University. He came to the United States in 1991 and completed a master's degree at New York University.

*Lantern Books publications on vegetarianism, animal advocacy, and environmentalism will be available at their table in the exhibitor room all weekend along with information from Brighter Green.*



## 1:00 Constructing the Optimal Diet

**Brenda Davis, R.D.**

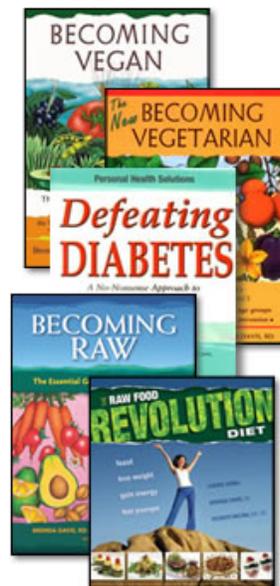


Brenda Davis, Registered Dietitian and Nutritionist, is a leader in her field and one of its most authoritative and acclaimed speakers. She has worked as a public health nutritionist, clinical nutrition specialist, nutrition consultant and academic nutrition instructor. She currently works on a diabetes intervention research project in the Marshall Islands, where she spent eight months in 2006, and returns for 4-6 weeks once or twice a year. Brenda will speak on Sunday on Defeating Diabetes.

Saturday's presentation addresses the most up-to-date knowledge about diet and health. Davis will teach practical ways to modify our diets to minimize disease risk and maximize our protection. Dietary components that pose the greatest threat to health will be discussed, and the greatest protectors highlighted. Attendees will leave with specific guidelines for constructing the optimal diet for health and wellness.

Brenda is a past chair of the Vegetarian Nutrition Dietetic Practice Group of the American Dietetic Association. She is co-author of seven nutrition books, best-selling classics *Becoming Vegan*, *Becoming Vegetarian*, *The New Becoming Vegetarian*, *Defeating Diabetes*, *Dairy-free and Delicious*, and the newly released, *Becoming Raw* and *Raw-food Revolution Diet*. Brenda comes to us from British Columbia, western Canada.

*Brenda's books will be available for sale and signing after her presentation, and in the exhibitor room at Book Publishing Company all weekend.*



## 2:15 By Any Greens Necessary

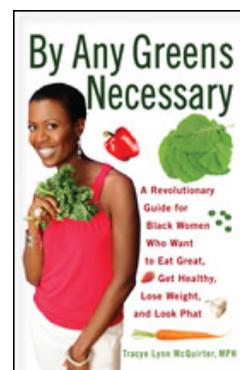
**Tracye McQuirter, M.P.H**



Public health nutritionist and author Tracye McQuirter, M.P.H., is passionate about helping people achieve extraordinary health through better food choices, while also helping the planet. A vegan of 20 years, Tracye recently released *By Any Greens Necessary: A Revolutionary Guide for Black Women Who Want to Eat Great, Get Healthy, Lose Weight, and Look Phat*. This inspiring and practical book guides readers to be healthy, hippy, and happy by eating plenty of delicious and nutritious plant-based foods.

Tracye directed the nation's first federally funded and community-based vegan nutrition program, which targeted low-income DC residents, and was a policy advisor working to improve federal nutrition policy. Tracye is a graduate of Sidwell Friends School, Amherst College, and New York University, where she received her master's of public health nutrition. She lives in her hometown of Washington, DC.

*Tracye will do book signings just outside the speaker room following her presentation. Her book will be available for purchase there throughout the weekend.*



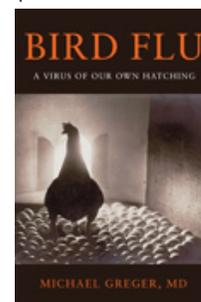
## 3:15 The Latest in Human Nutrition 2010: Part I

**Michael Greger, MD**



A perennial hit speaker at our Festival, Dr. Greger will use an engaging interactive quiz show format that lets us test our nutrition knowledge with some surprising outcomes. Dr. Greger has scoured the world's scholarly literature on clinical nutrition and developed 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 feedourselves 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*, His latest nutrition DVD has just been released and highlights 99 of the hottest topics in nutrition science.



Dr. Greger will give Part II of this presentation on Sunday. There is no overlap in his two talks and each part stands on its own.

Following the presentation, Dr. Greger will do a book and DVD signing. His books and new nutrition DVDs will be available all weekend at his table in the exhibitor room. All proceeds go to charity. He will be doing free cholesterol screenings at his table!

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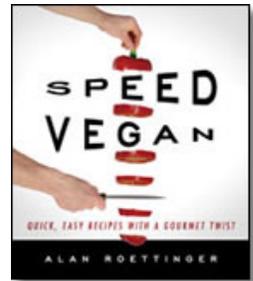
#### 4:30 Cooking Demo: Speed Vegan – Quick, Easy Recipes with a Gourmet Twist

##### Chef Alan Roettinger



Alan Roettinger has been a private chef for over 30 years, serving clients in the United States, Europe and Australia. Raised in Mexico City, where the food literally explodes with flavor, he acquired a taste for exotic food early on. Subsequently as a world traveler, he absorbed elements from many cuisines to synthesize a unique creative style of his own.

Chef Alan has cooked in private homes and catered parties for a broad spectrum of high profile clients, from entertainers to presidents. In an engaging presentation style, he will share his inspiring experience of transforming to vegan just a year or so ago, and the benefits he feels. Chef Alan will teach two inventive and scrumptious recipes that anyone can make at home -- Mexisraeli Salad and Nutty Chocolate Balls.



His new cookbook, *Speed Vegan: Quick, Easy Recipes with a Gourmet Twist*, shows that it is possible to whip up something fresh and fun, that will kick your taste buds into another world. It is a treasure of stunning dishes that anyone—even a kitchen newbie—can concoct in half an hour or less, that pair combinations of textures and flavors to create food that thrills the palate. Chef Alan comes to us from Colorado.

Samples of the recipes taught will be distributed to the class. *Speed Vegan* will be available for sale and signing after the presentation, and will be on sale all weekend at the Book Publishing Company table in the exhibitor room.

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#### 5:30 Nutrition Q & A

Bring your nutrition questions to our esteemed panel of nutrition experts! Bios for our panelists can be found above at their talk descriptions.



Brenda Davis, R.D.



Michael Greger, M.D.



Tracye McQuirter, M.P.H.

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### Sunday Speakers

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10:45 – Music Video: *Animals (Oh Why?)*

## 11:00 The Discerning Brute: Fashion, Food & Etiquette for the Ethically Handsome Man

**Joshua Katcher**



Joshua Katcher is a Brooklyn-based artist, writer, [self-taught vegan chef](#), businessman, activist, television producer, and green-living guru. In 2008 he founded [The Discerning Brute](#), a resource for men who want to make ethical, informed decisions concerning their lifestyles. With style, wit and savvy, Katcher shows us that we don't have to make sacrifices when choosing to live discerning lives — being good is hot.

Katcher spreads the word about compassion with amazing, delicious food, cool clothes and fun activities, believing that it is shocking how easily and enjoyably we can all make lifestyle changes that help. Joshua surveys the fashion world and finds the many designers who are doing amazing things from shoes, to accessories, to denim, to outerwear, showing that it is pretty easy to avoid animal products in fashion, and he can help us see how. He will use powerpoint and "various computer-related shenanigans" to illustrate his talk. Joshua will host a vegan fashion showcase at a festival in Paris this fall.

Katcher is earning rising vegan star status for combining a straightforward sense of justice with cruelty-free fashion sense, green living, and an enjoyment of the pleasures of food, style, and feeling good about how we live our lives. Read his [recent article](#) on the current state of the fashion industry when it comes to compassion and sustainability.

Joshua will speak on *Fashion & Animals: Decoding and harnessing the dialect of fashion culture to help animals*, a topic with relevance to animal advocates, animal lovers, and anyone who wants to understand our current culture better.

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## 12:00 Defeating Diabetes

**Brenda Davis, R.D.**



Brenda Davis, Registered Dietitian and Nutritionist, is a leader in her field and one of its most authoritative and acclaimed speakers. She has worked as a public health nutritionist, clinical nutrition specialist, nutrition consultant and academic nutrition instructor. She currently works on a diabetes intervention research project in the Marshall Islands, where she spent eight months in 2006, and returns for 4-6 weeks once or twice a year.

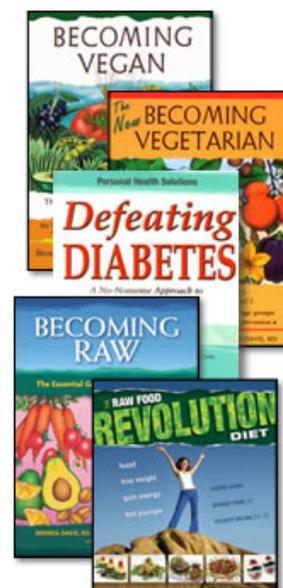
This presentation partners with Brenda's book, *Defeating Diabetes*. It examines the epidemic of type 2 diabetes, and how individuals can make the diet and lifestyle choices that will give them the best possible chance of defeating this disease. This discussion challenges many of the

commonly held beliefs about diabetes, including the optimal quantity and sources of carbohydrates, fiber, protein and fat, including essential fatty acids.

Brenda will share from her research project in the Marshall Islands, which, like many other Pacific Islands, are riddled with type 2 diabetes. Brenda's team is working to reverse this epidemic using diet and lifestyle intervention. Learn about the project, the people and their inspiring health transformations.

Brenda is a past chair of the Vegetarian Nutrition Dietetic Practice Group of the American Dietetic Association. She is co-author of seven nutrition books, best-selling classics *Becoming Vegan*, *Becoming Vegetarian*, *The New Becoming Vegetarian*, *Defeating Diabetes*, *Dairy-free and Delicious*, and the newly released, *Becoming Raw* and *Raw-food Revolution Diet*. Brenda comes to us from British Columbia, western Canada.

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## 1:30 Cooking Demo: Who Knew Vegetarian/Vegan Cuisine Could Taste this Good?

**Chef Tal Ronnen**

Celebrity Chef and New York Times bestselling cookbook author Tal Ronnen is one of the most acclaimed vegan chefs working today. He became known nationwide as the chef who prepared meals for Oprah Winfrey's 21-day vegan cleanse, and appeared again on Oprah at the release of his cookbook. He has since catapulted to fame, catering Ellen DeGeneres and Portia de Rossi's

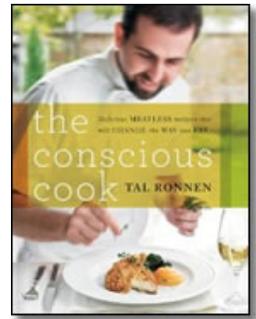


vegan wedding, Arianna Huffington's party at the Democratic National Convention, and the first vegan dinner at the U.S. Senate.

Ronnen applies his training in classical French technique to create plant-based dishes that are appealing to non-vegetarians and vegetarians alike. A graduate of the Natural Gourmet Institute, Chef Tal has worked at the top vegan restaurants in the United States. He conducts master vegetarian workshops for students and staff at Le Cordon Bleu College campuses nationwide. As part of his mission to bring vegan cooking into the

mainstream, he has worked with major hotels, corporate dining halls, and

universities to bring plant-based options to their menus. Chef Tal divides his time between Los Angeles and British Columbia, western Canada.



Chef Tal will teach recipes from his award-winning cookbook, *The Conscious Cook; Delicious Meatless Recipes that will Change the Way you Eat*. Featured recipes will be Celery root soup with granny smith apples, and Gardein "chicken" scaloppini with shiitake sake sauce, braised pea shoots, and crispy udon noodle cakes.

*Tasting samples of the soup will be offered to all attendees, and several lucky people will try the scaloppini entree. After his talk, Chef Tal will sign his book at the book table outside the speaker room. His book will be available there all weekend.*

### 3:00 The Latest in Human Nutrition 2010: Part II

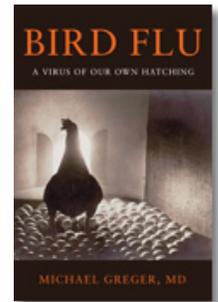
**Michael Greger, MD**



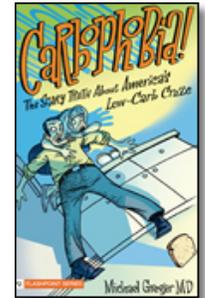
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### [2009 Speakers List](#)

Presented by the [Boston Vegetarian Society](#) • (617) 424-8846 • [info@BostonVeg.org](mailto:info@BostonVeg.org)

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