

Boston Veg Food Fest

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2012 Boston Vegetarian Food Festival Speakers

Organized and presented by



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.

[Saturday Speakers](#)

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Saturday Speakers

11:15 Uprooting the Leading Causes of Death: Part I

Michael Greger, MD

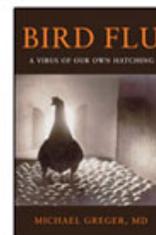


A perennial hit speaker at our Festival, Dr. Greger has scoured the world's scholarly literature on clinical nutrition and developed this brand-new presentation of the latest in cutting-edge research. Focusing on studies published just over the last year in peer-reviewed scientific medical journals, Dr. Greger offers practical advice on how best to feed ourselves and our families to prevent, treat, and even reverse chronic disease in an engaging interactive quiz show format.

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 been published in numerous esteemed scientific journals, and 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 nutrition DVDs highlight the hottest topics in nutrition science. Dr. Greger's current nutrition work can be found at NutritionFacts.org.



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 his presentation, Dr. Greger will do a book and DVD signing. All proceeds go to charity.

12:30 Cooking Demo: All-American Classics

Chef Laura Theodore, Host of the Jazzy Vegetarian Cooking Show on National Public Television

Laura Theodore will share her jazzy tips on how to make classic American fare into classic plant-based fare. She will share some traditionally inspired recipes and full menu plans for creating mouth-watering meals that satisfy and nourish, from main dishes to tempting treats. The focus is on easy-to-prepare recipes that incorporate local produce when possible, and ingredients that are available at your supermarket. She will show how it is fun and easy to create healthful, delicious meals that will please omnivorous dinner guests or finicky family members.

Laura Theodore, the Jazzy Vegetarian, is a popular television personality and radio host, vegan chef, compassionate cookbook author and award-winning jazz singer and actor. She is the author of *Jazzy Vegetarian: Lively Vegan Cuisine Made Easy and Delicious*. Laura is the host and co-producer of Jazzy Vegetarian, a cooking show on National Public Television, now in its second season, and host of the weekly show, Jazzy Vegetarian Radio. She has appeared on ABC, NBC, CBS, USA, the Insider,



Entertainment Tonight Online, News 4-NBC, Better TV and CBS Radio. Laura has been featured in the *New York Times*, *USA Today*, *New York Daily News*, *New York Post*, *VegNews*, *Family Circle*, *PBS Food*, *Vegetarian Times Online*, *JazzTimes*, *Variety*, and *Time Magazine*.

Tasting samples will be offered of the recipes taught.

Following her presentation, Laura Theodore will do a book signing outside the speaker room. Her books will also be available throughout the weekend in the exhibitor room at The Book Publishing Company table.



1:30 Basics of Plant-Based Nutrition

Pam Popper, PhD, ND



The main concept is easy – eat less (or no) animal food, and eat more plants. But many people have questions about adopting a plant-based diet -- what and how much to eat for a well-balanced diet, questions about fats and oils, natural sweeteners, protein, calcium, supplements, and other issues. Dr. Popper will provide the science supporting a plant-based eating plan, and deliver an easy-to-understand blueprint for dietary change that addresses these issues and more.

Pam Popper, PhD, is a naturopath and an expert on nutrition and public health policy. She is the author of several books; her most recent are *Solving America's Healthcare Crisis* and the soon-to-be released *Food Over Medicine*. She is the Founder of The Wellness Forum Foundation, which offers

programming in schools to improve children's health through better nutrition.



Dr. Popper is featured in the documentary *Processed People*, appears in the film *Forks Over Knives*, and is a co-author of the companion book which is on the *New York Times* bestseller list. She is part of Dr. T. Colin Campbell's nutrition team at eCornell, teaching in a certification course on plant-based nutrition.

She is Executive Director of The Wellness Forum, a chain of licensed health and wellness centers throughout the U.S. which assist individuals to change their health outcomes through improved diet and lifestyle, and educates health care professionals about how to use diet and lifestyle to prevent, reverse, and stop the progression of degenerative disease.

Following her presentation, Dr. Popper will do a book signing outside the speaker room.

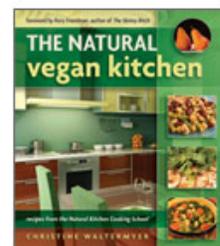
2:45 Cooking Demo: Glorious Grains!

Chef Christine Waltermeyer, Founder & Director, Natural Kitchen Cooking School

Grains are nutrition champions. Join Chef Christine Waltermeyer and learn how to prepare some delicious grains that may be new to you that will add variety to your meals and deliver healthy protein and a bounty of minerals in every bite. Chef Christine will demonstrate two recipes using unusual rice varieties, Italian Carnaroli Rice and Black Forbidden Rice, whose flavorful deep purple grains are very high in health-promoting antioxidants. She also will discuss how to prepare millet, buckwheat, kamut, spelt, quinoa, rye berries, amaranth and teff.



Christine Waltermeyer is the Founder and Director of The Natural Kitchen Cooking School, which offers a Natural Chef Training Program that is entirely plant-based at locations in Manhattan and Princeton, NJ. She is the author of *The Natural Vegan Kitchen* cookbook. Christine has developed recipes for Dr. Joel Fuhrman's book *Super Immunity*, as well as Dr. Neal Barnard's book *Power Foods for the Brain*. Christine has taught cooking classes for the Cancer Project and co-taught a workshop with legendary natural-food leader, Michio Kushi at The Kripalu Center.



Christine is a graduate of the Kushi Institute and the Institute for Integrative Nutrition and is a certified wellness coach specializing in prenatal nutrition and diets for children with special needs.

Tasting samples will be offered of the recipes taught.

Following her presentation, Chef Christine will do a book signing outside the speaker room. Her books will also be available throughout the weekend in the exhibitor room at The Book Publishing Company table.

3:45 The Tippy Vegan Tells All

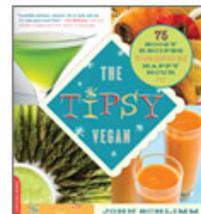
John Schlimm, Author of *Grilling Vegan Style* and *The Tippy Vegan*



John Schlimm, named one of the “Vegan Men We Love 2012” by *VegNews Magazine*, will tell his unique story growing up as the son of a butcher and former deer processing business owner from a rural small PA town that is enveloped in the hunting and meat-eating culture.

An award-winning author of non-vegetarian cookbooks, John came out on *The Ellen DeGeneres Show* as a pro-meatless, pro-vegetable loving kind of foodie. John will share how he transitioned to a plant-based lifestyle in his personal life and in his professional life, authoring two vegan cookbooks, all to promote the sentiment he expressed on *Ellen* that “no living being, human or animal, should ever go through this life unloved.”

A member of one of the oldest brewing families in the U.S., John put a new twist on his boozy roots by writing *The Tippy Vegan* to much critical acclaim. To further his mission of blasting through vegan stereotypes, John followed up with *Grilling Vegan Style*, which launches vegans as the new pioneers of flame on the grilling circuit. *Publishers Weekly* named it one of the “Top 10 Cookbooks for Spring 2012” and *VegNews* named it one of 2012’s “Top 10 Must-Buy Vegan Cookbooks.” John has a Masters in Education from Harvard, and has authored 12 books; the most recent two, written since his transition to vegan, carry this dedication: *To All the Animals ~ So you know that you have not passed this way unloved.*



Following his presentation, [John](#) will do a book signing outside the speaker room. His books will be available all weekend at the Boston Vegetarian Society book table in the lobby by the exhibitor room.

4:30 Vegucating Your Community: Creating Reel Change through Film

Three recent exciting film projects are advancing the motion towards a healthy, happy, compassionate, and delicious way of living! Hear the film producers and subjects tell their stories and see a clip from each of these projects that so effectively use the power of visual media to help change the world.

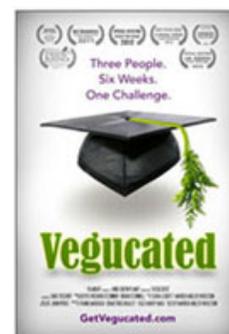
Getting Vegucated

Demetrius Bagley, Producer



Seven years in the making, *Vegucated* is a bright concept -- like *Super Size Me* in reverse. Part sociological experiment and part adventure comedy, *Vegucated* follows three meat- and cheese-loving New Yorkers who agree to adopt a vegan diet for six weeks, during which time they uncover the hidden side of animal agriculture.

Producer Demetrius Bagley has a background in project management, event production, and marketing, all to promote vegetarian living. He received the Committee for Effective Leadership’s 2010 Award, plus New York City, NY State and US Senate accolades.



From Goat Farmer to Sanctuary Founder: Evolution to a Peaceable Kingdom

Cheri Ezell-Vandersluis, Co-Founder, Maple Farm Sanctuary



Peaceable Kingdom: The Journey Home is based on the premise that society can be awakened and transformed through the gentle power of storytelling, and presents the accounts of ordinary people struggling for justice and truth. One of the film subjects is Cheri Ezell-Vandersluis, whose journey began with her life-long love of animals, but included jobs where she witnessed the horrors of animals testing, the desperation of confined sea mammals, and then work as a goat milk farmer where she and her husband Jim raised goats and then sent

them to slaughter. The film tells of her transformation to an [animal rescuer](#) and educator.



Vegan Mashup: 3 Entertaining Chefs. Good Fun. Real Food.

Betsy Carson, Creator/Producer



Holding a firm belief that if people have more tasty, cruelty-free menu options they will choose to eat more green, Betsy Carson created Delicious TV, a progressive media company that produces vegetarian television and new media podcasts since 2003. *Vegan Mashup* is her latest project, bringing great vegan food to a more general public. The first season of six lively episodes covers breakfasts, cooking for teens, healthy on a budget, holiday classics, Mediterranean favorites, and party foods. The series is available to public television stations nationwide beginning October 2012.



These three DVDs will be available for purchase outside the speaker room following the presentations.

5:30 Nutrition and Food Preparation Q & A

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



Dr. Pam Popper



Laura Theodore



Christine Waltermeyer

Sunday Speakers

10:45 Why We Love Dogs, Eat Pigs, and Wear Cows

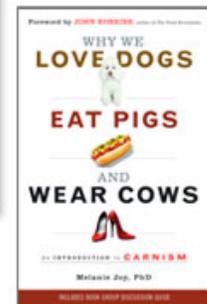
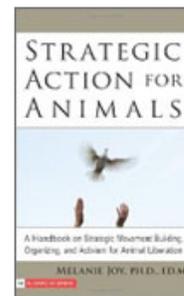
Melanie Joy, PhD, EdM



In this captivating presentation, Dr. Melanie Joy, a social psychologist, explains carnism, the invisible belief system that shapes our perceptions of the meat (and eggs/dairy) we eat, so that we love some animals and eat others without knowing why. Joy describes how carnism, like other isms (sexism, racism, etc.), is most harmful when it is unrecognized; and it is sustained by complex social and psychological mechanisms. Using powerful imagery, thought-provoking analyses, and a compelling narrative, Joy explains the ways in which carnism conditions us to unknowingly act against our core values, our own interests, and the interests of others. By illuminating the invisible mechanisms of carnism, Joy helps us become more informed consumers and empowered citizens.

Melanie Joy, PhD, EdM is the founder and president of Carnism Awareness & Action Network. Dr. Joy is a Harvard-educated psychologist, professor of psychology and sociology at the University of Massachusetts, Boston, celebrated speaker, and the author of the award-winning primer on carnism *Why We Love Dogs, Eat Pigs, and Wear Cows*. She has written articles on psychology, animal protection, and social justice and she has been featured on programs including the BBC, National Public Radio, PBS, ABC Australia, and Good Morning Croatia, and in Slovenia's *Jana*, the Austrian *Der Standard* and the Italian *Le Scienze*. She is also the author of *Strategic Action for Animals*.

Following her presentation, Dr. Joy will do a book signing outside the speaker room.



12:00 Diet and Disease

Pam Popper, PhD, ND

Degenerative diseases are food-borne illnesses – people eat their way into these conditions, but the good news is that much of the time they can eat their way out of them as well. Dr. Popper will provide an overview of the science on the connection between diet and some of the most common health conditions. She will explore the growing body of evidence showing how diet can stop and even reverse

many common degenerative illnesses.



Pam Popper, PhD, is a naturopath and an expert on nutrition and public health policy. She is the author of several books; her most recent are *Solving America's Healthcare Crisis* and the soon-to-be released *Food Over Medicine*. She is the Founder of The Wellness Forum Foundation, which offers programming in schools to improve children's health through better nutrition.



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1:00 Cooking Demo: Eating Clean & Living Well

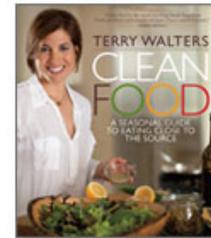
Chef Terry Walters



Your good health made quick, easy and delicious! Join bestselling author Terry Walters for a cooking demo that is guaranteed to inspire you to make healthy changes and enjoy every bite along the way. Recipes will be gluten free and will feature a bounty of fresh, locally grown seasonal produce. Learn about the health benefits of various ingredients, cooking techniques used, and helpful tips for purchasing, storing, preparing and healing with a variety of different foods.

Terry Walters is recognized as one of the foremost leaders of the eat clean, eat green, eat close to the source movement. She is the author of two highly acclaimed cookbooks—the bestselling *CLEAN FOOD*, and *CLEAN START*, a James Beard Foundation Award finalist and recipient of the Nautilus Gold Book Award. Terry's philosophy is to eat minimally

processed, nutrient-rich foods in a rainbow of colors and a full spectrum of tastes, and she applies this to creating recipes that are quick, easy, nutritious and delicious. Her focus is on the foods we all need to eat more of – no matter what else we are eating.



Terry has spoken all over North America, has been featured on television, radio, print and Internet media, and is the author of the popular blog Eat Clean Live Well. She trained at The Institute of Integrative Nutrition.

Following her presentation, Chef Terry will do a book signing outside the speaker room.

2:00 Main Street Vegan: Healthy Eating and Compassionate Living as the New Normal

Victoria Moran



Taking a leap to a new way of living can be challenging, and people may have many questions. Whether you are an aspiring vegetarian, or considering the vegan life, or you're vegan already and wish everybody were, this funny, inspiring, and content-packed presentation will answer your questions and cheer you on.

Victoria can speak to the Main Street majority who aren't veg, and show that making the change isn't nearly as hard as it may seem. This presentation will help you go veg, stay veg, and inspire others to feel compassion and live vibrantly. It will also help you know without a doubt that you are a vital part of ushering in a "new normal" of respect for all beings that you can share with family, friends, and coworkers simply by the way you live your life.

Victoria Moran has been a Main Street Vegan for almost 30 years. She is the bestselling author of eleven books, including *Creating a Charmed Life* (in 30 languages) and the plant-based weight loss classic, *The Love-Powered Diet*. Her college thesis became *Compassion the Ultimate Ethic: An Exploration of Veganism*, originally published in 1985 and the first work on vegan philosophy and practice to come from a major publisher. Victoria is also an inspirational speaker, corporate spokesperson, certified holistic health counselor, certified life coach, and founder and director of Main Street Vegan Academy, training and certifying vegan lifestyle coaches.

Victoria appeared twice on The Oprah Winfrey Show. Her articles have appeared in many notable national magazines, and her work has been cited in major newspapers and national publications. She was named Vegan of the Year 2012, sharing that honor

with male counterpart and BVFF speaker Michael Greger, MD.

Following her presentation, Victoria Moran will do a book signing outside the speaker room.

3:00 Uprooting the Leading Causes of Death: Part II

Michael Greger, MD



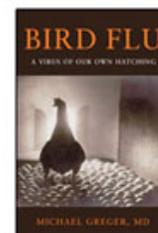
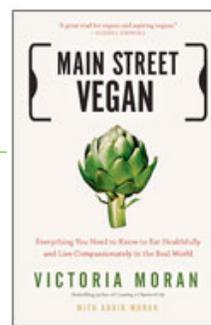
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Known as one of the most entertaining medical speakers of our time, Michael Greger, MD, is a physician, author, and internationally recognized speaker on nutrition, food safety, and public health issues. He has been published in numerous esteemed scientific journals, and 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.

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Following his presentation, Dr. Greger will do a book and DVD signing. All proceeds go to charity.



2011 Speakers List

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

This site, the Boston Vegetarian Society, and the Boston Veg Food Fest do not provide medical or nutritional advice and are for information purposes only. Medical and/or nutritional information offered by speakers or exhibitors at the festival or any BVS event, or by any BVS representative or associate, and in any article in any BVS publication or advertisement, or on the BVS website, or in any social media posting, is not intended to be a substitute for professional medical or nutritional advice, diagnosis, or treatment. Always seek the advice of a qualified health provider.

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