

Boston Veg Food Fest

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2013 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.

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Saturday Speakers

11:00 Cooking Demo: Bewitching Beans and Enchanting Slow Cookers

Kathy Hester



Kathy Hester will share some of her best bean secrets with you. See legumes like you never have before as Kathy shows you how to use beans in baked goods, like Lemon Coconut Chickpea Muffins, and demonstrates how to make beans (and a few grains) turn into a vegan chorizo that will amaze you. You will get tasting samples of these recipes, and also learn to make Kathy's famous homemade chai. There's no talk that doesn't come around to her love of slow cookers and she'll let you in on her favorite tips and tricks. After all, it's Kathy's favorite way to cook dry beans.

Kathy Hester has a passion for teaching people how to eat better with less effort. She has been a vegetarian since 1983, when even tofu or tempeh were hard to find in her native North Carolina grocery stores. Kathy spends her free time

gardening veggies, entertaining, writing her blog [Healthy Slow Cooking](#), teaching cooking classes, and developing delicious meatless recipes that the whole family will love. If you want to get more greens, whole grains, and varied plant proteins into your diet while also keeping costs down, you will want to learn Kathy's innovative methods for fitting scrumptious, healthy, whole foods meals into your busy schedule. Kathy comes to us from Durham, North Carolina.

Just released this summer are Kathy's books *The Great Vegan Bean Book*, and *Vegan Slow Cooking for Two or Just for You: More than 100 Delicious One-Pot Meals*. Her first book is *The Vegan Slow Cooker: Simply Set It and Go with 150 Recipes for Intensely Flavorful, Fuss-Free Fare Everyone Will Devour*.



12:00 Uprooting the Leading Causes of Death

Michael Greger, MD

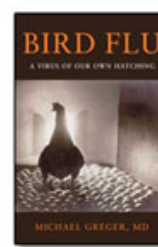
A perennial hit speaker at our Festival, Dr. Greger scours the world's scholarly literature on clinical nutrition. In this talk, he will go through the list of the 15 leading causes of death, exploring the role diet may play in preventing, arresting, and even reversing our top 15 killers. Focusing on 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.

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, a free service that brings short, informative nutrition videos and articles to your Inbox daily.



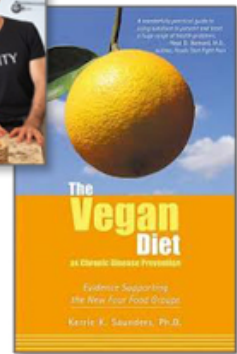
1:15 Diet as Disease Prevention
Kerrie Saunders, MS, LLP, PhD



Americans eating the Standard American Diet (SAD) today have a 1 in 2 chance of dying of a heart attack, and a 1 in 3 chance of dying from cancer. Research from around the world tells us that there is a way to make a dramatic difference in these statistics, by changing lifestyle factors that are within our control. We'll look at cancer, blood sugar disorders, heart attack, stroke, and obesity from a whole new angle, and get practical advice on how to make the switch to a cutting-edge, health promoting food and fitness plan.



Dr. Saunders has presented to audiences from Hawaii to Toronto, and her book on diet as disease prevention is a publisher's bestseller. She recently co-produced two cooking DVDs, *When Bachelor Meets Homemaker*. She writes a popular advice column, "Dear Dr. Kerrie," in *VegNews* magazine, and guest lectures at several universities and hospital/health systems. She has been promoting plant-based eating since 1996, and serves as Coordinator of the E2 Michigan Firefighter Challenge. Dr. Saunders served as one of four Global Diabetes Moderators for the Physicians Committee for Responsible Medicine and is credentialed by them as a Cancer Project and Diabetes Food for Life Instructor. Dr. Saunders comes to us from Michigan.



2:15 Cooking Demo: Healthy Food Preparation for the Busy Non-Cook
JL Fields

This super-practical presentation and demo will be full of tips, trips and techniques to eat a balanced, compassionate diet. Learn to make a nutritious, quick and easy (six ingredient) Creamy Kale Miso Soup that may become a regular in your household. Learn also the versatile Vibrant Pistachio Lime Crunch Bars – so nutritious and so delicious, they can be a healthy breakfast on the go, or drizzled with dark chocolate they become a decadent dessert, layered with the flavors of zesty lime, creamy salty pistachios, sweet dates, and the crunch of a supergrains cereal. Tasting samples of both recipes will be offered.

JL Fields is a vegan cook, lifestyle coach and educator – certified by the Main Street Vegan Academy – at Go Vegan with JL. She is co-author of *Vegan for Her: The Woman's Guide to Being Healthy and Fit on a Plant-Based Diet*. A devoted culinary student, JL has studied at the Natural Gourmet Institute, and completed the Intensive Study Program at The Christina Pirello School of Natural Cooking and Integrative Health Studies.



Fields speaks on plant-based food and vegan activism, fitness and body image, making big changes post-40, blogging, and nonprofit management. JL shares plant-based education, recipes and cooking techniques, as well as animal advocacy information and resources, on the popular blog JL Goes Vegan: Food and Fitness with a Side of Kale, and writes freelance pieces on health, wellness, and career. JL holds an M.S. degree and has 25 years' experience in higher education and the nonprofit sector, and is owner of JL Fields Consulting. JL comes to us from Colorado Springs, Colorado.



3:15 Be a Happy Healthy Herbivore - 8 Tips to Guarantee Success
Virginia Messina, MPH, RD

Staying happy and healthy on a plant-based diet is easy when you know just a little bit about nutrition and about how to maximize the joys and meet the challenges of this rewarding way of life. In this presentation you will hear eight simple tips for



meeting nutrient needs, conquering cravings, keeping meal-planning fast and simple, and finding the best resources to support you.

Ginny is a registered dietitian with a master's degree in public health from the University of Michigan. Ginny is co-author of two books on vegan nutrition, *Vegan for Life* and *Vegan for Her*. She co-authored the first vegetarian textbook for health professionals, *The Dietitians' Guide to Vegetarian Diets*. Her papers on vegetarian and soy nutrition have been published in scientific and medical journals, and she has twice co-authored the Academy of Nutrition and Dietetics Position on Vegetarian Diets. She writes two columns on current research findings

for a newsletter published for vegetarian RDs, and serves as a technical adviser in the development of vegetarian nutrition materials.

Ginny taught nutrition to dietetics students at Central Michigan University, was a dietitian for the Physicians Committee for Responsible Medicine, and was director of nutrition services for the George Washington University Medical Center in Washington, DC. She blogs at TheVeganRD.com and is TheVeganRD on Twitter and Facebook. Ginny comes to us from Port Townsend, Washington State.



4:15 Will Tavel for Vegan Food

Kristine Lajeunesse



In late 2011 Kristin Lajeunesse left her 9 to 5 life and a wonderful Boston-based job behind, sold her belongings, and set out to pursue her passions for food and travel. With the goal of dining at and writing about every single vegan restaurant in the continental United States, Kristin spent eighteen months living out of a renovated sports van, and driving up and down the entire country. She lived off donations from a successful Kickstarter that grabbed the imagination of followers who could vicariously enjoy her travels via her lively blog posts, food photos and descriptions. After 48 states, 500 restaurants, 35,000 miles, and a sold-out end-of-journey bash in NYC, Kristin shares her uplifting journey filled with risk, laughter, love, heartbreak -- and daily explorations of vegan food.



5:00 Words and Animals: Poems from Kind

Gretchen Primack



Gretchen Primack is a poet, editor and teacher, a vegan and a passionate advocate for animals. Her animal poetry is described as powerful and poignant, able to crystallize our feelings about animals and humanity, the sort of art that changes people. It leaves us pondering questions about the dynamic between humans and animals in our time, and what it is like to be a person who cares. It urges us to see a world where kindness is central.

Gretchen is the author of two poetry collections, the recently released *Kind*, and the forthcoming *Doris' Red Spaces*, and a chapbook, *The Slow Creaking of Planets*. Her poetry publication credits include *The Paris Review*, *Prairie Schooner*, *Ploughshares*, *FIELD*, *The Massachusetts Review*, *The Antioch Review*, *New Orleans Review*, *Rhino*, *Tampa Review*, *6x6*, and many others, and her work has been chosen for several anthologies, including *Best New Poets 2006*. Gretchen co-authored *The Lucky Ones* with Jenny Brown. She attended Oberlin College and has an MFA from Sarah Lawrence.

Gretchen has been a union organizer, a working women's advocate, and a professor and administrator for a college program in a maximum-security men's prison. She comes to us from New York's Hudson Valley.



5:30 Nutrition Q & A

Bring your nutrition questions to our experts in this informal session. Bios for our panelists can be found above at their talk descriptions.



Virginia Messina, MPH, RD



Kerrie Saunders, MS, LLP, PhD

Sunday Speakers

11:00 Cooking Demo: Exploring International Vegan Foods

Brian P. McCarthy



Drawing inspiration from the exotic flavors of international cuisines, Chef Brian McCarthy will demonstrate two easy-to-follow, delicious recipes from his recently released *The Global Vegan Family Cookbook*. Learn to make -- and taste samples of -- Thai Pineapple Salad and Jamaican Coconut Bean Soup, great dishes that bring a spectrum of flavors to your family table, or enliven a meal for guests.

Chef Brian McCarthy has been a professional cook/chef since 1982. In 1995 he turned to a vegan diet for its health benefits, and began to explore the world of vegan cooking as a chef for Bon Appétit. Cooking in Oregon, he ran the Intel vegetarian/vegan international station and prepared dishes for catered events attended by CEOs, mayors, house representatives, senators, and the newly elected President Barack Obama. Brian moved to Massachusetts in 2012 to be a chef at MIT, and also became an instructor for The Cambridge School of Culinary Arts. Brian is a culinary arts graduate of Clark

College in Vancouver, WA. Brian is the author of *The Lantern Vegan Family Cookbook*, *The Global Vegan Family Cookbook*, and has contributed cooking videos to Everyday Dish TV. Learn more about Brian on his [blog](#).

12:00 The Transition Kitchen - How To Go From 0 to Veg in One Day!

Kerrie Saunders, MS, LLP, PhD

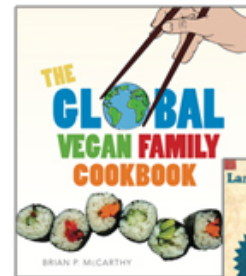
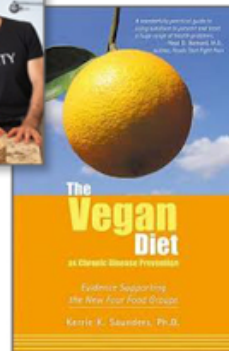


So you have decided to make a big change in your life and ditch the animal foods, but now what do you eat?! Learn unbelievably simple ingredient substitutions that can help make the transition to a healthier lifestyle quick and easy. Lots of new products and brands will be discussed that you can use in your own home; Kerrie will name names!

Dr. Saunders has presented to audiences from Hawaii to Toronto,

and her book on diet as disease prevention is a publisher's bestseller. She recently co-produced two cooking DVDs, *When Bachelor Meets Homemaker*. She writes a popular advice column, "Dear Dr. Kerrie," in *VegNews* magazine, and guest lectures at several universities and hospital/health systems. She has been promoting plant-based eating since 1996, and serves as Coordinator of the E2 Michigan Firefighter

Challenge. Dr. Saunders served as one of four Global Diabetes Moderators for the Physicians Committee for Responsible Medicine and is credentialed by them as a Cancer Project and Diabetes Food for Life Instructor. Dr. Saunders comes to us from Michigan.



1:00 Plant-based Diets and Weight: Finding Health and Happiness Beyond the Scale

Virginia Messina, MPH, RD

Will a plant-based diet help you lose weight? Whether it does or not, making this change brings benefits that go far beyond the scale. Plant-based diets can improve your health at any weight and give self-esteem a boost, too. This presentation explores the



current science on weight management, the relationship of plant foods to satiety, and the ways in which herbivorous diets promote healthy relationships with food and improvements in body image.

Ginny is a registered dietitian with a master's degree in public health from the University of Michigan. Ginny is co-author of two books on vegan nutrition, *Vegan for Life* and *Vegan for Her*. She co-authored the first vegetarian textbook for health professionals, *The Dietitians' Guide to Vegetarian Diets*. Her papers on vegetarian and soy nutrition have been published in scientific and medical journals, and she has twice co-authored the Academy of Nutrition and Dietetics Position on Vegetarian Diets. She writes two columns on current research findings

for a newsletter published for vegetarian RDs, and serves as a technical adviser in the development of vegetarian nutrition materials.

Ginny taught nutrition to dietetics students at Central Michigan University, was a dietitian for the Physicians Committee for Responsible Medicine, and was director of nutrition services for the George Washington University Medical Center in Washington, DC. She blogs at TheVeganRD.com and is TheVeganRD on Twitter and Facebook. Ginny comes to us from Port Townsend, Washington State.



2:00 Pillars of Health

John Pierre

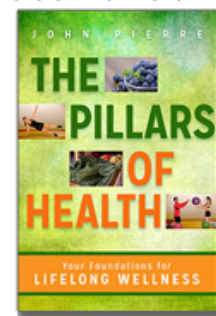


John Pierre is a nutrition and fitness consultant who has compassion as the foundation of his teaching. He has devoted over a quarter century to speaking the message of plant-based nutrition, peace, and a compassionate lifestyle which contributes to the well being of people, animals, and the environment.

John has worked in the field of geriatrics and improving cognitive function and mental acuity. He is a trainer and leads fitness boot camps, working with Hollywood celebrities, Fortune 500 execs, and military personnel, and advocates "5 minute activism" to help animals and change the world every day.

John's new book *The Pillars of Health* introduces four principles that provide a foundation for vibrant and lasting health: nourishment from real food, creative

stimulation for the mind, enjoyable physical movement, and a spiritual philosophy focused on compassion, love, and peace.



3:00 Combating Common Diseases with Plants

Michael Greger, MD



In today's talk, Dr. Greger will run through the top dozen reasons people visit doctors to highlight some of the latest research on how a healthy diet can affect some of the most common medical conditions. (This is a different talk from Saturday.) 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.

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, a free service that brings short, informative nutrition videos and articles to your Inbox daily.



2012 Speakers List

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

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