

Boston Veg Food Fest

Google Custom Search go

[Food Fest Home](#)

[About the Festival](#)

[Reviews](#)

[Sponsors & Exhibitors](#)

[Speaker Schedule](#)

[Directions & Lodging](#)

[Contact](#)

2014 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](#)

[Sunday Speakers](#)

Saturday Speakers

11:00 The Real Paleo Diet: Redefining and Reclaiming "Paleo" for Vegans

Ellen Jaffe Jones



Ellen Jaffe Jones has a background as a TV investigative reporter, anchor and producer for 18 years in Miami and St. Louis, winning two Emmys and the National Press Club First-Place Award for Consumer Journalism.

Ellen developed the concept for *Paleo Vegan* after seeing too many running friends adopt the meat-heavy paleo diet, and more troubling, a few vegans who said they were doing it too. Ellen found that much evidence exists that shows early humans were way more gatherers than hunters. Guided by her life-long questions, "What did Mother Nature intend, and what did our ancestors really do?" Ellen shares guidelines that allow you to support your primal instincts with

the unprocessed and diverse beauty of a vegan lifestyle. The approach unites the health-supporting plant-based essentials that have made both diets popular, while still remaining 100% vegan. A recent National Geographic cover story agrees with Ellen's conclusions, saying the current meat-paleo books are "a stew of misconceptions."

Ellen is a Certified Personal Trainer, Certified Running Coach, a marathon runner, a nationally ranked sprinter, and a vegan cooking instructor. She is author of her publisher's current best seller, *Eat Vegan on \$4 a Day*, and her new book *Kitchen Divided*, written for vegans who are sharing a kitchen and a household with an omnivore. Now with *Paleo Vegan*, she examines both vegan and paleo dietary approaches, culling myth from reality. Ellen redefines and reclaims the popular paleo diet for vegans. Amazon chose *Paleo Vegan* as one of the hot new releases in all cookbooks. It has dominated even the meat-heavy "paleo" category.

Following her presentation, Ellen will do a book signing outside the speaker room. She will be signing books near the Book Publishing Company table in the exhibitor room all weekend.



12:00 Cooking Demo: Enter the Salad Samurai!

Terry Hope Romero, *Vegan Latina*

Learn from this award-winning cookbook author to make her outrageously delicious, bold and protein-packed "Backyard Buffalo Ranch Ceasar Salad" and her top easy, all-around-delicious creamy "Back at the Ranch Dressing," both from her new smash hit book,

Salad Samurai!

Terry Hope Romero has been teaching and pleasing hungry crowds the world over with informative and lively cooking demos at events in Paris, New York City, Toronto, Boston (that's us!) and many more. In her latest cookbook, *Salad Samurai* (2014), Terry makes protein-rich, nutrient packed salads the hearty and satisfying main course. In *Vegan Eats World* (2012) she presents a



culinary tour of delectable international dishes that add plant proteins to the building blocks of spices, herbs and grains. In Terry's first solo book, *Viva Vegan!* (2010), Terry called upon her Venezuelan heritage in creating authentic Latin American recipes, vegan style.

Terry is co-author with Isa Chandra Moskowitz of bestselling vegan cookbooks *Veganomicon* (2007), *Vegan Cupcakes Take Over the World*, *Vegan Cookies Invade Your Cookie Jar*, and *Vegan Pie in the Sky*. She and Isa hosted the highly popular public access vegan cooking show *Post Punk Kitchen* and were featured in the *New York Times* and on National Public Radio. Terry writes the Hot Urban Eats column for *VegNews Magazine*. She is in the *Vegan Mashup* cooking series made for public television. She holds a certificate in Plant Based Nutrition from Cornell University.

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

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



1:00 Animal Protection is Human Protection, Too

Aysha Akhtar, MD, MPH



Aysha Akhtar, MD, MPH, is a double Board-certified neurologist and public health specialist for the Office of Counterterrorism and Emerging Threats of the Food and Drug Administration, and serves as Lieutenant Commander in the US Public Health Service Commissioned Corps. She is author of the book, *Animals and Public Health: Why Treating Animals Better is Critical to Human Welfare*. She is a Fellow of the Oxford University Centre for Animal Ethics.

Dr. Akhtar will explore diverse topics including infectious disease epidemics and the health consequences of factory farming. She will explain how many of our most urgent and pressing public health threats are connected with how animals are treated, and the mutual benefit to both humans and animals when animals

are protected.

Dr. Akhtar is a regular blogger for the Huffington Post, addressing topics such as the root causes of ebola, and fundamental issues of medical research and animal agriculture. She is on the Leadership Council of the Classy Awards, and contributed a TEDx talk entitled "Do animals hold the key to your health?"



As Dr. Akhtar works for the government, we must provide this disclaimer: *The opinions expressed are solely those of Dr. Akhtar and do not represent the official position of the U.S. Food and Drug Administration or the U.S. government.*

2:00 A Serious Misunderstanding of the Science of Nutrition: The Problem

T. Colin Campbell, PhD



T. Colin Campbell, PhD, is a world-renowned nutritional biochemist and director of the esteemed China-Oxford-Cornell Diet and Health Project, the largest population study in world history of the effects of diet on health. He is the Jacob Gould Schurman Professor Emeritus of Nutritional Biochemistry at Cornell University.

Dr. Campbell is the author of over 300 research papers on nutrition and health, and has a particular scientific interest in the causation of cancer. He has served on numerous national and international expert committees to develop food and health policy positions. He is the author the *NYTimes* best-selling book *Whole: Rethinking the Science of Nutrition* (2013), and *The China Study* (2005, co-authored with his son Thomas Campbell, MD) which became one of America's best-selling books about nutrition. His most recent release is the smaller book *Low Carb Fraud* (2014) which reveals how treating all 'carbs' as created equal has major consequences for our nutritional well-being.

Dr. Campbell is the author of over 300 research papers on nutrition and health, and has a particular scientific interest in the causation of cancer. He has served on numerous national and international expert committees to develop food and health policy positions. He is the author the *NYTimes* best-selling book *Whole: Rethinking the Science of Nutrition* (2013), and *The China Study* (2005, co-authored with his son Thomas Campbell, MD) which became one of America's best-selling books about nutrition. His most recent release is the smaller book *Low Carb Fraud* (2014) which reveals how treating all 'carbs' as created equal has major consequences for our nutritional well-being.

Dr. Campbell was trained at Cornell (PhD, MS) and MIT (Research Associate.) He is featured in the documentary, *Forks Over Knives*. He founded the nonprofit T. Colin Campbell Center for Nutrition Studies which, in partnership with Cornell University,

offers an online certificate program in Plant-Based Nutrition.

Dr. Campbell will speak again on Saturday at 5pm. There is no overlap in his two talks and each part stands on its own.

Following his presentation, Dr. Campbell will do a book signing outside the speaker room.

3:00 Cooking Demo: Quick and Easy Autumn Soups

Chef Del Sroufe



Chef Del will share his favorite recipes and cooking tips for making great tasting, nutritious soups. Learn to make Smoky Black Bean Bisque, Creamy Poblano Corn Chowder, and Navy Bean Soup with Lemon and Rosemary, and enjoy some tasting samples.

Del Sroufe is Executive Chef with The Wellness Forum in Ohio, and author of the *New York Times* best-selling *Forks Over Knives-The Cookbook*. Chef Del specializes in proving that the healthiest diet can also be the most delicious. He worked for one of Columbus' premier vegetarian restaurants, opened a vegan bakery, and began and ran a vegan meal delivery service, serving eclectic plant-based cuisine to Columbus residents. During this time, he developed a very popular cooking class series. In 2006, Chef Del joined Wellness Forum Foods as co-owner and chef, where he continued the tradition of delivering great tasting, plant-based meals to clients in Columbus and throughout the continental U.S.

His latest cookbook, *Better Than Vegan*, is described as a treasure trove of recipes, a philosophy of eating, and a compelling life story wrapped in with a stunning compilation of vibrant food photos. His book to be published in 2015 is *The China Study Quick & Easy Cookbook: Cook Once, Eat All Week with Whole Food, Plant-Based Recipes*.

One of our members highly recommended Chef Del saying, "I have taken part for a few years in his cooking conference calls through The Wellness Forum. He's GREAT, dynamic and just plain fun."

Following his presentation, Chef Del will do a book signing outside the speaker room.



4:00 Effective Vegan Advocacy 101

Jon Camp



Jon Camp is possibly the most prolific leafleter for any cause in human history. He is the Executive Vice President for Vegan Outreach, an animal advocacy organization which prints and distributes booklets advocating a vegan lifestyle. Jon has spent the last ten years traveling throughout the country reaching out to college students with Vegan Outreach materials. In this time, Jon has personally handed out over a million Vegan Outreach booklets. His thoughts on advocacy have been featured in various books and documentaries. Jon was this year's inductee into the Animal Rights Hall of Fame.

Applying the latest studies on effective activism and his years of experience traveling throughout the country, Jon will give a humorous and educational presentation on how each one of us can make a world of difference for farm animals through effective vegan advocacy.

5:00 A Serious Misunderstanding of the Science of Nutrition: The Solution

T. Colin Campbell, PhD



T. Colin Campbell, PhD, is a world-renowned nutritional biochemist and director of the esteemed China-Oxford-Cornell Diet and Health Project, the largest population study in world history of the effects of diet on health. He is the Jacob Gould Schurman Professor Emeritus of Nutritional Biochemistry at Cornell University.

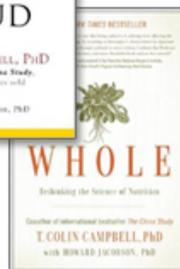
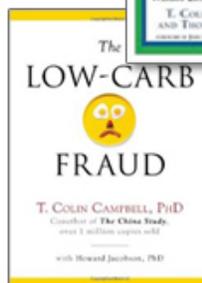
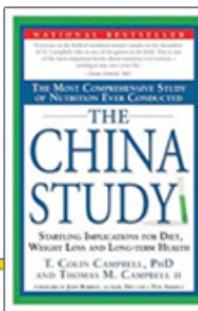
Dr. Campbell is the author of over 300 research papers on nutrition and health, and has a particular scientific interest in the causation

of cancer. He has served on numerous national and international expert committees to develop food and health policy positions. He is the author the *NYTimes* best-selling book *Whole: Rethinking the Science of Nutrition* (2013), and *The China Study* (2005, co-authored with his son Thomas Campbell, MD) which became one of America's best-selling books about nutrition. His most recent release is the smaller book *Low Carb Fraud* (2014) which reveals how treating all 'carbs' as created equal has major consequences for our nutritional well-being.

Dr. Campbell was trained at Cornell (PhD, MS) and MIT (Research Associate.) He is featured in the documentary, *Forks Over Knives*. He founded the nonprofit T. Colin Campbell Center for Nutrition Studies which, in partnership with Cornell University, offers an online certificate program in Plant-Based Nutrition.

Dr. Campbell is also speaking on Saturday at 2pm. There is no overlap in his two talks and each part stands on its own.

Following his presentation, Dr. Campbell will do a book signing outside the speaker room.



Sunday Speakers

11:00 Vegan Athletics and Fitness

Ellen Jaffe Jones, Giacomo Marchese, Dani Taylor



Learn about using a plant-based diet to excel in both endurance sports and strength based sports.

Ellen Jaffe Jones is a Certified Personal Trainer, Certified Running Coach, a marathon runner, and a nationally ranked sprinter. She is also a popular vegan cookbook author (see her writeup at Saturday 11am) and cooking instructor, and an Emmy Award-winning former TV investigative reporter and anchor. Her fourth book, in production, will be on fitness.

Dani Taylor is an AFAA Certified Personal Trainer, Nutritionist, and 1st place Figure Competitor. Giacomo Marchese is a Bodybuilding and Physique Competitor, Nutritionist and Personal Trainer. They each hold a Certificate in Plant Based Nutrition from Cornell, and value being vegan as a compassionate way of life to avoid causing harm to animals. They are co-founders of VeganProteins.com and PlantBuilt, the largest group of strength based athletes, who also compete together annually. Their team consists of bodybuilders, cross fitters, and powerlifters from around the world, who all lead by example to dispel the myth

that vegans cannot build muscle. Dani and Giacomo have a mission to show that you can be strong and build muscle without eating animals.



12:00 What About Fish?

Mary Finelli

Cooking Demo: New England Fish-free Chowder

Nate Fanara



Often when people eliminate other types of meat they replace it with fish, poultry, eggs and/or dairy products. These are not healthful replacements and, ironically, they actually result in even greater animal suffering. Fish are the largest category of animals exploited for food, yet they receive the least protection or consideration. Many people even doubt that fish feel pain, although science has shown that they do. We will consider the admirable qualities of fish, the ways they are exploited, and the ethical and environmental problems caused by it. We will examine the health hazards of fish (and fish oil) consumption, look at the many marvelous vegan alternatives, and learn to make a creamy and scrumptious New England Fish-free Chowder.



Mary Finelli has a B.S. in Animal Science, and has been active in animal advocacy for three decades, primarily focusing on farmed animal issues. She has worked for a number of animal protection organizations, produced the on-line news digest *Farmed Animal Watch*, and co-wrote a chapter of *In Defense of Animals: The Second Wave*. In 2013 Mary founded Fish Feel.



Nate Fanara is a native of Cape Cod, an ex-Marine who became very interested in the healing nature and preventative health benefits of a vegan diet. As a vegan, he trained for and completed an Iron Man Triathlon, one of the most physically challenging events in the world. Pursuing a new career, Nate attended a plant based culinary school in Austin, Texas, sharpened his food skills, tested new recipes, and brought it all back to Cape Cod, opening Green Lotus Café in Hyannis. Nate will teach his fabulous vegan New England Chowder, with sampling.



1:00 The World Peace Diet: Eating For Spiritual Health And Social Harmony

Will Tuttle, PhD



Dr. Will Tuttle, author, educator, pianist, and composer, has lectured and performed widely throughout North America and Europe. His book, *The World Peace Diet*, reached Amazon's #1 best seller spot. He is editor of the forthcoming book, *Circles of Compassion: Connecting Issues of Justice*.

His PhD from the University of California, Berkeley, focused on educating intuition and altruism in adults, and he has taught college courses in creativity, humanities, mythology, religion, and philosophy. A former Zen monk, he is a 30+-year vegan, devoted to cultural healing and awakening.

Dr. Tuttle's talk will explore the connections between our meals and our broad range of problems—psychological, social, spiritual, environmental, as well as our relationship to animals. He will offer powerful ways we can experience healing and peace and contribute to a positive evolution of human consciousness.

2:00 Cooking Demo: Tips & Techniques for Vegan Desserts - Chocolate Torte to Live For
Fran Costigan



Fran Costigan, the "queen of vegan desserts," will share some of her best vegan dessert techniques with you - straight out of the Costigan Vegan Baking Boot Camp Intensive®. Learn what makes sugar and chocolate vegan and ethical and how to choose the best kind for a particular recipe, the differences between the types of cocoa powder and flours, and why following "Fran's Rules" ensures your desserts come out perfect every time using no eggs or dairy. Fran will demonstrate the glories of versatile and delicious Ganache. Keep a jar in your refrigerator and you've got basis for velvety smooth truffles, the glossiest cake glaze, chocolate crostini, limitless beverages, and the best topping for ice cream sundaes. She'll show you why Whisk - Dip - Sweep

matters, as she makes a Chocolate Torte to Live For.

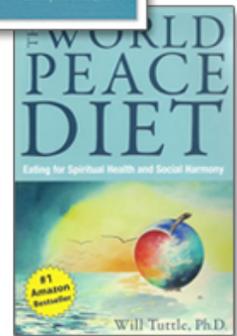
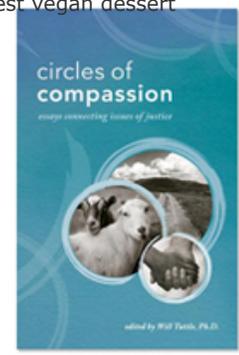
You will taste samples of recipes and learn why Fran says, "Eat your grains, greens and beans and then save room for an excellent vegan dessert!"

Chef Fran Costigan is an internationally recognized culinary instructor, author, and consultant whose innovative recipes marry healthy eating with sumptuous tastes. Fran uses organic and minimally processed ingredients to make rich moist cakes, flaky piecrusts, delightful cookies and bars, creamy puddings and more. All are free of white sugar, trans fat and cholesterol, and are absolutely delicious.

Fran's cookbook, *More Great Good Dairy-Free Desserts Naturally* is a complete course in exceptional desserts that satisfy vegans and omnivores alike. Her latest book is *Vegan Chocolate: Unapologetically Luscious and Decadent Dairy-Free Desserts*.

A graduate of the New York Restaurant School and the Natural Gourmet Institute, Fran worked as a pastry chef in both traditional and vegan kitchens, before moving into the teaching kitchen over 20 years ago. She teaches in New York City and at events throughout North America and Europe.

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



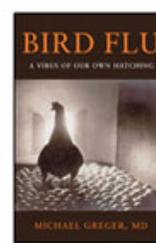
3:00 Combating Disabling Diseases with Food
Michael Greger, MD

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 leading causes of disability, exploring the role diet may play in preventing, arresting, and even reversing our top disabling diseases. 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 disabling

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.

2013 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.

© 1995 – 2019 Any page on this site may be reproduced for non-commercial use if left intact with credit given to the Boston Vegetarian Society and linked to www.bostonveg.org.