

# Boston Veg Food Fest

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## 2017 Boston Veg Food Fest Speakers

Organized and presented by



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

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

**Also on floor 2: Visit the 46 Million Turkeys Art Show opposite the Speakers Room!**

**The Kids' Activity Room - Kids and their guardians can take a break and have some fun!**

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### Saturday Speakers

#### 11:30 - Cooking Demo: Vegan For One

- *Ellen Jaffee Jones*



Discover essential strategies for the single vegan cook, including how to set up the kitchen for one, plan exciting meals and menus, shop for fresh produce, choose the right tools and equipment, trim prep time, and save money. Both neophytes and experienced cooks will benefit from the valuable tips for extending the shelf life of produce, determining which canned goods and packaged items to buy, and transforming leftovers into appetizing meals. Cooking solo doesn't mean cutting corners when it comes to flavor and satisfaction. Come learn to make -- and sample -- some great home-cooked dishes that slash costs, maximize nutrition and prevent wasted food.

Ellen Jaffee 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. She was a Wall Street investment consultant at Smith Barney for five years, specializing in socially responsible investing.

Ellen is a Certified Personal Trainer, Certified Running Coach, a marathon runner, a nationally ranked sprinter, and a vegan cooking instructor. She is the author of *Paleo Vegan*, *Kitchen Divided*, *Vegan Fitness for Mortals*, *Vegan for One*, and the classic *Vegan on \$4 a Day*. Ellen comes to us from Florida.

*Ellen will be signing books outside the Speakers Room following her talk, and throughout the weekend at the Book Publishing Company's table in the Exhibitor Room.*



#### 12:30 - What a Fish Knows: The Inner Lives of Our Underwater Cousins

- *Jonathan Balcombe, PhD*

Arguably the least understood, and certainly the most exploited vertebrates on Earth, fishes have been predominantly viewed by us in two contexts: as a source of food, and as a source of recreation. It is as if they didn't have lives of their own! Modern science shows otherwise. Combining science and story-telling, this presentation explores startling discoveries of fishes' colorful lives that will raise eyebrows and drop more than a few jaws. In this companion to Balcombe's latest book, the New York Times bestseller *What a Fish Knows*, you will learn how fishes experience pain and pleasure, can use tools and create mental



maps, recognize individuals (including humans), deceive others, plan, keep accounts, parent, woo, collaborate, communicate with gestures, problem-solve, and show virtue.

Jonathan Balcombe is a biologist and author, with a PhD in ethology (animal behavior) from the University of Tennessee, where he studied communication in bats. He has published over 50 journal articles and book chapters ranging from turtle nesting behavior to the ethics of animal dissection. His book *Pleasurable Kingdom* is the first in-depth examination of animals' capacity to enjoy life, followed by his books *Second Nature*, *The Exultant Ark*, and *What a Fish Knows*.



Balcombe is Director for Animal Sentience with The Humane Society Institute for Science and Policy, based in Washington, DC. He is a founding editor of *Animal Sentience*, the first scholarly journal of animal feeling. He has appeared on NPR's *Fresh Air* with Terry Gross, BBC, National Geographic Channel, several documentaries, and his ideas have been in *The New York Times*, *The Washington Post*, *The Wall Street Journal*, *Nature*, and other publications. Jonathan comes to us from Florida.

*Dr. Balcombe will do a book signing outside the speaker room following his talk.*

### 1:30 - HOW NOT TO DIE: The Role of Diet in Preventing, Arresting, and Reversing Our Top 15 Killers

- Michael Greger, MD



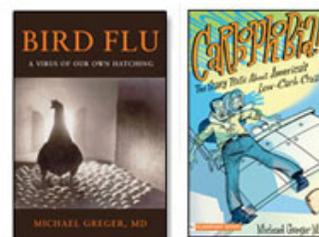
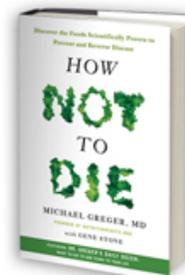
Dr. Greger has scoured the world's scholarly literature on clinical nutrition and developed this new presentation based on the latest in cutting-edge research exploring the role diet may play in preventing, arresting, and even reversing our leading causes of death and disability. Focusing on studies published in peer-reviewed scientific medical journals, Dr. Greger offers practical advice on how best to feed ourselves and our families.

Known as one of the most entertaining medical speakers of our time, Dr. Greger is a physician, *New York Times* bestselling author, and internationally recognized speaker on nutrition, food safety, and public health issues. He has been published in numerous esteemed scientific journals, testified before Congress, 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 is a founding member and Fellow of the American College of Lifestyle Medicine. He is the author of three books, and his latest book, *How Not to Die*, became an instant *New York Times* Best Seller. His nutrition DVDs highlight the hottest topics in nutrition science. Dr. Greger has videos on more than 2,000 health topics at [NutritionFacts.org](http://NutritionFacts.org), a free service that brings new short, informative nutrition videos and articles to your Inbox every day.

*Dr. Greger will do a book signing outside the speaker room following his talk.*



### 3:00 - Two Ways to Simplify Your Healthy Cooking: Air Frying and Pressure Cooking

- JL Fields

Whether you are new to plant-based food preparation and looking for cooking shortcuts, or you are a long-time vegan in a dietary rut, the air fryer and pressure cooker come to the rescue! JL will show you simple ways to add flavor and texture to plant-based foods that cook up in minutes. Learn a healthier way to enjoy deep-fried flavors, as JL teaches her recipe for Fried Mashed Potato-Kale Nuggets. JL will explain how to use the two devices, and discuss how easy it is to eat and cook delicious vegan food. The recipe also can be made without either device!



Tasting samples will be distributed. BONUS: At the conclusion of the class, JL will give away a pressure cooker AND an air fryer! Class attendees are entered to win, just for being there!

JL Fields is the Founder and Culinary Director of the Colorado

Springs Vegan Cooking Academy. She is a Master Vegan Lifestyle Coach & Educator, a certified Food for Life instructor, chef instructor in the culinary program at the University of New Mexico-Taos, radio host, newspaper columnist, personal chef, career coach, and a corporate consultant offering wellness training, brand representation, and strategic planning services. She studied at the Natural Gourmet Institute and The Christina Pirello School of Natural Cooking, and holds a Master of Science degree.



JL is author of *Vegan Pressure Cooking*, and *The Vegan Air Fryer*, and co-author of *The 3-Month Real World Vegan Meal Plan*, *The Main Street Vegan Academy Cookbook*, and *Vegan for Her*. JL comes to us from Colorado.

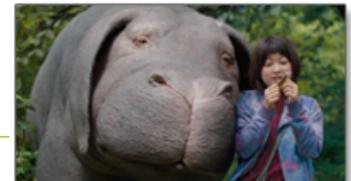
*JL will do a book signing outside the speaker room following her talk.*

**4:00 - No Animals Were Harmed: Hollywood's Complicated History and Hopeful Future with Animals**  
- Noah Gittell

As long as cinema has existed, filmmakers have been telling stories about animals. In this talk, vegan film critic Noah Gittell will take you on a tour through Hollywood history, from the short documentary of the death of Topsy the elephant in 1896 to the recent "Planet of the Apes" trilogy, including movies with an underlying pro-veg message like the current film OKJA and the film classic Babe. He will discuss how, as our relationship with the animal kingdom has evolved, so has their depiction and treatment in film.



Noah Gittell is a film critic and reporter whose work has appeared in The Atlantic, BBC, The Guardian, Slate, L.A. Review of Books, and many others. He has lectured at the Smithsonian Institute and is a regular guest on the Our Hen House podcast.



**5:00 - Turkey Talk and the Art Project that Honors 46 Million Individuals**  
- Cheryl Miller and Val Giguere



Like the companion animals we know, turkeys experience pleasure and suffering, and have desires and preferences. Each one is a unique individual. Yet each year, 46 million turkeys are bred and killed for Thanksgiving dinner. Inspired by her experiences working at a farm animal sanctuary, and her own tradition of painting a turkey portrait each Thanksgiving day, artist Cheryl Miller launched an ambitious project to create artistic remembrances to honor each of those 46 million birds. She engaged community participation to do so, drawing an outpouring of original turkey art from around the globe.



The 46 Million Turkeys Art Project, initiated by Cheryl Miller in 2013, promotes appreciation for turkeys as distinct individuals. Come learn about the project, the amazing artwork, the road trip in planning, -- and how close they are to the 46 million turkey portrait goal.

Then get to know turkeys from someone who has spent time getting to know them! Val Giguere will share what she learned about these sweets birds while caring for the animals at Peace Ridge Animal Sanctuary. Val served on the board of a Maine farmed animal sanctuary and currently serves as a board member of the Maine Animal Coalition.

The 46 Million Turkeys Art Project will be on display in the second floor Dance Studio. Stop in and make a drawing to contribute to the project. Turkeys are friends, not food!



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## Sunday Speakers

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### 11:30 - Vegan Love: Dating and Partnering as a Vegan

- **Maya Gottfried**



For anyone seeking insights on how to better navigate dating and romantic relationships as a vegan in a not-yet-vegan world, this is the talk for you. Author Maya Gottfried has interviewed 35 notable vegans from various walks of life, and some of their partners, about relationships. From these interviews and her own experiences, Maya offers their collective wisdom on such questions as: When do I tell my date that I'm vegan? Can I turn my partner vegan?, and What are the benefits of dating a fellow vegan? Come to a fun session for guidance on spreading the vegan love, and maintaining a cruelty-free lifestyle in the dating realm.

Maya Gottfried is the author of the new book *Vegan Love: Dating and Partnering for the Cruelty-Free Gal*. Her two children's books, *Our Farm: By the Animals of Farm Sanctuary*, and *Good Dog*, received

numerous awards and honors. She has contributed to outlets including VegNews, People online, The Huffington Post, and Lilith magazine. She lives in New York's Hudson Valley with her partner, Dietrich and their rescued cats, Gandalf, Bunny, and Lucian.

*Maya will be signing books outside the Speakers Room following her talk, and throughout the weekend at her table in the Exhibitor Room.*



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### 12:00 - Vegan Fitness for Mortals

- **Ellen Jaffe Jones**



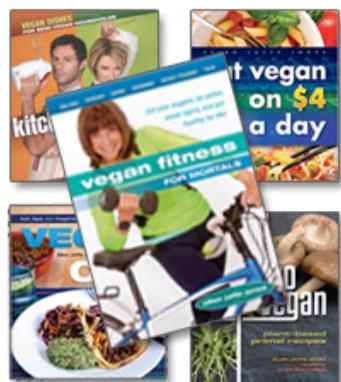
Acclaimed athlete, trainer, and nutrition consultant Ellen Jaffe Jones will discuss how to develop basic routines for walking, running, biking, swimming, weight lifting, and yoga. She also explains how and why to incorporate warm-up and cool-down exercises into a workout, gives advice on which gadgets and gear will help improve performance, and shares important tips on how to stay injury-free. She offers additional ideas for utilizing the everyday environment—from walls to furniture—to instantly fit in exercise anywhere, anytime.

Jones overcame serious health challenges by becoming a runner and adopting a plant-based diet. She makes a powerful case for why eating plant-based can augment the benefits of exercise and help prevent

exercise-related injuries.

Ellen is a Certified Personal Trainer, Certified Running Coach, a marathon runner, a nationally ranked sprinter, and a vegan cooking instructor. She is the author of *Vegan Fitness for Mortals*, *Vegan for One*, *Paleo Vegan*, *Kitchen Divided*, and the classic *Vegan on \$4 a Day*.

Ellen 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. She was a Wall Street investment consultant at Smith Barney for five years, specializing in socially responsible investing. Ellen comes to us from Florida.



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## 1:00 - Five Simple Ways to Eat Vegan in the Real World

- **JL Fields**



What does "real world" mean? It means that most of us don't eat 21 meals at home every week, and we don't cook every meal from scratch. JL's talk is for the veg-curious, the vegetarian, the new or seasoned vegan, who has some time to cook at home each week, but could use some ideas to get delicious food on the table fast. She will share tips to help you navigate dining out, travel, social situations, grocery shopping, and storing food.

JL also will speak a bit about the many ways that people come to veganism -- for animals, the environment, health, people, and more. Vegans come in all shapes, sizes, and abilities, and JL will examine how the diet itself should not be viewed as a magic cure-all that automatically brings skinny/ disease-proof/ now-you're-an-ultra-marathoner results for everyone.

One of the country's most admired, accomplished, and captivating educators on vegan living shares her approach to eating and living vegan in the real world.

JL Fields is the Founder and Culinary Director of the Colorado Springs Vegan Cooking Academy. She is a Master Vegan Lifestyle Coach & Educator, a certified Food for Life instructor, chef instructor in the culinary program at the University of New Mexico-Taos, radio host, newspaper columnist, personal chef, career coach, and a corporate consultant offering wellness training, brand representation, and strategic planning services. She studied at the Natural Gourmet Institute and The Christina Pirello School of Natural Cooking, and holds a Master of Science degree. JL comes to us from Colorado.

JL is co-author of *The 3-Month Real World Vegan Meal Plan*, *The Main Street Vegan Academy Cookbook*, *Vegan for Her*, and author of *Vegan Pressure Cooking*, and *The Vegan Air Fryer*.

*JL will do a book signing outside the speaker room following her talk.*



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## 2:00 - Maintaining a Healthy, Happy, Thriving Family

- **Sid Garza-Hillman**



Sid Garza-Hillman operates on the premise that health and happiness are inextricably linked, and that a family is the sum of its parts. Thus, he focuses on the individual, offering steps that will bring wellness and harmony to the person, and as a result, to the whole family. With humor and skill, he talks about the struggles and obstacles, and offers a small steps approach to making healthy living the norm in your household, even while juggling a busy work and family life. Learn communication strategies and get some fun, practical advice to help achieve the healthy family life you deserve.

Sid Garza-Hillman is the author of *Approaching the Natural: A Health Manifesto*, and *Raising Healthy Parents: Small Steps, Less Stress, and a Thriving Family*. He graduated from UCLA with a BA in Philosophy, and is a public speaker, podcaster and YouTuber, certified nutritionist, and Small Steps Coach—teaching people around the world his unique Small Steps approach to healthy living at [smallsteppers.com](http://smallsteppers.com). He is the Wellness Programs Director at the Stanford Inn Eco-Resort, an ultra runner, and Race Director of the Mendocino Coast 50K trail ultramarathon. Sid lives on California's Mendocino Coast with his wife and three children, horse, dog, and two cats.



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## 3:00 - Cooking Demo: Recipes from the Heart of Oasis Vegan Veggie Parlor

- **Jahriffe MacKenzie, Nahdra Ra Kiros, and Chesterfield Coppin**

Boston's newest vegan spot is offering healthy deliciousness to the Four Corners neighborhood of Dorchester. Such satisfying fare as vegan mac and cheese, lentil stew, and chickpea stew are on a rotating menu, along with a wide selection of fresh-squeezed juices, smoothies, and teas. Proprietors Jahriffe MacKenzie and Nahdra Ra Kiros will teach two of their popular recipes, with



tasting samples.

Jahriffe and Nahdra have run a side catering business, and Nahdra owns a clothing and accessory retail business, The House of Nahdra. Jahriffe, who was trained in agriculture by the Urban Farming Institute, owns Lawn and Beyond Organic Landscaping, and leads the reggae band Jah-N-I Roots.

At Oasis they are building a loving environment for partaking of their healthy food. BONUS: Class participants will get a half price discount coupon for the purchase of the "OVVP Everything Plate," which contains everything on the hot buffet of the day.

Oasis says: Let's get ready to Create Healthy Yummy Greatness...one tummy at a time!

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### **2016 Speakers List**

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