

Mark Mathew Braunstein

Public Speaker on Veganism & Animal Rights

www.MarkBraunstein.Org/cv

updated August 2026

All talks on this page are accessible online

VIDEO – while these two are about *Medical Marijuana*, they are listed here because both are so recent, the first is so short, and the second is with a celebrated former network TV talk show host

2024 – *Power of the Plant*: 8-min author interview: www.youtube.com/watch?v=Bm3aWLMbEkk

2023 – *Let's Be Blunt with Montel Williams*, 50-min author interview (host always is frowning)

- <https://letsbebluntmontel.com/episodes/health-tips-for-canna-consumption-mark-braunstein>
- Instagram 3-minute clip at: www.instagram.com/reel/DKHWmATgx8g

RADIO TALK SHOWS & PODCASTS about *Veganism & Animal Rights*

2026 – *Here's to Your Health*: 29-min, also on Spotify & SoundCloud, June 2026, Episode 571,

- this most recent talk is about my own dietary transitions as a vegan since 1970:
<https://herestoyourhealthwithjoshlane.com/portfolio-item/mark-mathew-braunstein-author-radical-vegetarianism-sprout-garden-microgreen-garden/>
- YouTube: <https://youtu.be/TEkD6RN85v8?si=sj330DpvjKmWNuUA&t=1104>

2026 – *Here's to Your Health*: 24-min interview also on Spotify & SoundCloud, Episode 550:

<https://herestoyourhealth.libsyn.com/website/ep-550-heres-to-your-health-wed-14-jan-26>

- YouTube: <https://youtu.be/wETPfDWKHqc?si=4R2JMAgQaAeMBZbK&t=1589>

2023 – *Here's to Your Health*: 18-min interview, March 14, radio & Spreaker podcasts:

<https://herestoyourhealthwithjoshlane.com/portfolio-item/mark-mathew-braunstein-author-radical-vegetarianism/>

2017 – *Here's to Your Health*, KCAA-FM Los Angeles, <http://podcasts.kcaastreaming.com/josh/#>

- about my book *Radical Vegetarianism*, Feb 27, 2017, minutes 45-57
- <https://podcasts.kcaastreaming.com/josh/20170227.html>

2016 – *Beyond 50 Radio*, 35-minute author interview about my book, *Microgreen Garden*:

- <https://youtu.be/tXWWSPBgOvQ>

2013 & 2012 – *The Victoria Moran Podcast*

- October 9, 2013, my segment begins at 11:11: <https://music.amazon.es/podcasts/46fa481c-9eb4-4455-9afa-d78d73803e38/episodes/eb23e6e5-c56f-4881-8e86-087d301e075c/the-victoria-moran-podcast-meetings-with-remarkable-women-microgreens-and-other-wonders-with-mark-mathew-braunstein>
- August 8, 2012, my segment begins at 43:30: <https://music.amazon.com/podcasts/46fa481c-9eb4-4455-9afa-d78d73803e38/episodes/042177b5-9802-43b0-b4bd-ca7db15487c4/the-victoria-moran-podcast-meetings-with-remarkable-women-mark-braunstein-author-of-radical-vegetarianism>

Additional TALK SHOWS

☉ *FM radio interviews:*

Allan Colmes Show, WPIX-FM, NYC; *Buddy Cianci Show*, WHJJ-AM, Providence; *Time for a Change*, WBAI-FM, NYC; *Wayne Pacelle Animal Rights Show*, WPKT-FM, Bridgeport, CT; *Lewis Harrison Show*, WIOX-FM, upstate NY; *Vegan World Radio*, KPFT-FM Austin, TX; & many more

☉ *Cable TV:*

Nationally-syndicated *Animal Rights*; CT-based *Environmental Forum*; and several more

CONFERENCES

☉ Compassionfest, New Haven, CT; 5th annual in 2019; 4th annual in 2018

- www.compassionfest.net/content/demos-and-workshops

☉ Whole Life Expos, Boston & NYC, 1983 & 1984 & 1985 & 1986

☉ Vegan Summerfests, North American Vegetarian Society (NAVS) 5-day-long conferences, most years 1981-95, then only 2011, 2019 & 2024 <https://summerfest.navs-online.org>

☉ New England vegetarian conferences, single day events, CT 1994 & RI 1996

☉ Farm Animal Rights Movement (F.A.R.M.) National Conference, 1981 & 1982 & 1983 www.arconference.org

☉ International Compassionate Living Festival, Raleigh, NC (research for my slideshow lecture was funded by a grant from the Culture and Animals Foundation), 1992

☉ Animals as Food, Providence, RI, 1998

GRASSROOTS LOCAL GROUPS

NYC, mostly Manhattan, NY (20X); Chicago, IL (2X); Boston, MA (3X); Providence, RI (6X); Long Island, NY (2X); Hartford, CT (4X); New Haven, CT; New London, CT; Willimantic, CT; Colchester, CT (2X), Fairfield, CT (2X), Philadelphia, PA; Columbia, SC; St. Louis, MO; Montreal, Canada

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COLLEGE CAMPUS TALKS as guest lecturer

- ⊙ Yale University, New Haven, CT
- ⊙ New York University (NYU), Manhattan, NYC
- ⊙ Brown University, Providence, RI (2 times)
- ⊙ Rhode Island School of Design (RISD), Providence (3 times)
- ⊙ University of Connecticut (U-Conn), Storrs
- ⊙ Trinity College, Hartford, CT
- ⊙ University of Rhode Island, Kingston (2 times)
- ⊙ North Carolina State University, Raleigh
- ⊙ Binghamton University, NY
- ⊙ Connecticut College, New London, CT (more than 10 times)
- ⊙ Wesleyan University, Middletown, CT (2 times)
- ⊙ University of Hartford, CT

GROWING MICROGREENS & SPROUTS WORKSHOPS

- ⊙ Microgreens: Mystic Garden Club, 2019
- ⊙ Microgreens: 4th Annual Compassionfest, 2018, scroll down to 2018:
www.compassionfest.net/content/demos-and-workshops
- ⊙ Microgreens: Connecticut College Arboretum, spring 2011 & fall 2011
- ⊙ Microgreens to 70 participants: NAVS Vegetarian Summerfest, summer 2011
- ⊙ Connecticut Vegetarian & Healthy Living Festival, 2009
- ⊙ Microgreens, 2010-18, at my home (4X) and many local venues, including Fiddleheads Food Coop, Colchester Vegetarian Society, New London Viva Vegetarian Society
- ⊙ Sprouting workshops 1989-2007, too many to list

Mark Mathew Braunstein

Published Writings on Veganism & Animal Rights

www.MarkBraunstein.Org/cv

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BOOKS

2013 – *MICROGREEN GARDEN: Indoor Grower's Guide to Gourmet Greens*

- ⊙ with 70 photos, including on front and back covers, all by the author
- ⊙ Book Publishing Company (a/k/a Healthy Living Publications)
- ⊙ over 18,000 copies sold, publisher's webpage: www.bookpubco.com/the-book-publishing-company-store/p/microgreen-garden-indoor-growers-guide-to-gourmet-greens
- ⊙ Google Books with *Preview*: <http://books.google.com/books?isbn=1570672946>
- ⊙ Amazon with *Sample*: www.amazon.com/dp/1570672946
- ⊙ book review: www.spiritofchange.org/microgreen-garden-indoor-growers-guide-to-gourmet-greens
- ⊙ Library of Congress: <https://lcn.loc.gov/2013002999>
- ⊙ all of my photos in the book: www.instagram.com/mark_mathew_braunstein
- ⊙ Spanish translation: *El Jardín de las Microverduras*, Ediciones Obelisco, 2019
 - ⊙ Amazon at: www.amazon.com/dp/8491114211
 - ⊙ Google Books, with *Preview*: <http://books.google.com/books?id=Gd3BwAEACAAJ>
- ⊙ German translation: *Microgreen Küchengarten*, Silberschnur Verlag, 2020
 - ⊙ Amazon Germany with *Sample* at: www.amazon.de/dp/3898456129
 - ⊙ Amazon USA at: www.amazon.com/MicroGreen-Küchengarten/dp/3898456129/

1981 & revised 1993 & 2010 – *RADICAL VEGETARIANISM: A Dialectic of Diet & Ethic*

- ⊙ Lantern Books, revised edition, 2010, royalty reports indecipherable, so untold copies sold
- ⊙ Panacea Press, revised edition, 1993, 2,200 copies sold
- ⊙ Panjandrum Books, 1981, three printings, over 6,500 copies sold
- ⊙ *Google Books* with *Preview*: www.google.com/books/edition/Radical_Vegetarianism/-cDMLDn2pj8C
- ⊙ Amazon: www.amazon.com/dp/1590561511
- ⊙ Library of Congress – 2010 edition: <https://lcn.loc.gov/2009024467>
- ⊙ Library of Congress – 1981 first edition: <https://lcn.loc.gov/81004724>
- ⊙ all the artworks in the book: www.instagram.com/mark_mathew_braunstein
- ⊙ author's webpage for this book: www.markbraunstein.org/radical-vegetarianism
- ⊙ 2-page book review in February 1982 *Vegetarian Times*, pages 71-72 on *Google Books*

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BOOKS, continued

1993 & revised **1999** – *SPROUT GARDEN: Indoor Grower's Guide to Gourmet Sprouts*

- ⊙ with front and back cover photos by the author
- ⊙ Book Publishing Company (a/k/a Healthy Living Publications)
- ⊙ after its 8th printing and more than 43,000 copies sold, out-of-print as of 2024
- ⊙ Google Books, with *Preview*: <http://books.google.com/books?id=pK21I-CC7tsC>
- ⊙ Amazon with *Sample*: www.amazon.com/dp/1570670730
- ⊙ Library of Congress: <https://lccn.loc.gov/99014286>
- ⊙ all of my photos in the book at: www.instagram.com/mark_mathew_braunstein
- ⊙ Hungarian translation: *Csirkert a konyhában*, Bioenergetic Kiado, Budapest, 2014
- ⊙ Mexican translation: *El Jardín de los Germinados*, Panorama Editorial, 1995
- ⊙ Spanish translation: *Germinados*, Ediciones del Serbal, Barcelona, 2012
 - ⊙ Amazon at: www.amazon.com/dp/8476286880
 - ⊙ Google Books: <https://books.google.com/books/about/Germinados.html/7LXfBAAQBAJ>
- ⊙ author's webpage for this book: www.MarkBraunstein.org/sprout-garden

BOOK ANTHOLOGY contributions

2012 – *The Animal Anthology Project: True Tails*, edited by Christine Catlin

- ⊙ *My Wildest Dreams* – essay chapter contributor to *Part 5: Other Critters*
 - ⊙ Amazon with *Sample*: www.amazon.com/dp/1479707481

1981 – *Life in the 21st Century*

- ⊙ 21st Century Publications, edited by Viktoras Kulvinskas
- ⊙ *Into the Ate-ies; & Fasting, Chlorophyll and Color* – 2 essay chapters contributor
- ⊙ Library of Congress: <https://lccn.loc.gov/81184786>

Issue Editor for PERIODICALS

1990 – *The Trumpeter: Journal of Eco-Philosophy* – Fall 1990, Volume 7, Number 4

- ⊙ Twelve-article anthology of *Wild Life & Human Life* – guest editor
 - ⊙ web reprint: <http://trumpeter.athabascau.ca/index.php/trumpet/issue/view/51>

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MAGAZINE ARTICLES *listed in reverse chronological order*

2025 – Compulsive Reader – “Reviews of books”

- ⊙ Book review of *Age Like a Yogi* by Victoria Moran
 - ⊙ April 17, 2025
 - ⊙ <https://compulsivereader.com/2025/04/17/a-review-of-age-like-a-yogi-by-victoria-moran/>

2025 – Animals 24-7

- ⊙ Book review of *Madness: Lessons from My Family Farm* by Jim Mason
 - ⊙ www.Animals24-7.org/2025/09/02/madness-the-deep-driver-of-our-climate-crisis-by-jim-mason

2025 – Main Street Vegan

- ⊙ Vegism 101 – June 24, 2025 guest post
 - ⊙ <https://mainstreetvegan.com/vegism-101-a-guest-post-by-mark-mathew-braunstein/>
 - ⊙ reprinted July 22, 2025 in *All Creatures* newsletter
 - <https://all-creatures.org/lifestyle/lifestyle-vegism-101.html>

2023 – Grow: The Cannabis Horticulture Magazine

- ⊙ *Why to Grow Your Own: What’s Hiding in Your Weed?*
 - ⊙ pages 12, 104-108, Spring 2023, Volume 8, Issue 1, photos by the author
 - ⊙ entire issue web reprint at: www.growmag.com/digital-issues/
 - ⊙ article reprint at: www.growmag.com/grow-files/why-to-grow-your-own/

2025 – CT Examiner (Connecticut Examiner) – Reviews of Vegetarian & Vegan restaurants

- ⊙ Food & Drink: *Bloodroot Vegetarian Restaurant to Celebrate 50 Years in Bridgeport*
 - ⊙ October 11, 2025, photo by the author
 - ⊙ <https://ctexaminer.com/2025/10/11/bloodroot-vegetarian-restaurant-to-celebrate-50-years-in-bridgeport/>
- ⊙ Food & Drink: *Life Bowls Café Celebrates a Tenth Year in Madison*, July 5, 2025
 - ⊙ <https://ctexaminer.com/2025/07/05/life-bowls-cafe-celebrates-a-tenth-year-in-madison>
- ⊙ Food & Drink: *Ninth Square Caribbean Style in New Haven*, April 19, 2025, photo by author
 - ⊙ <https://ctexaminer.com/2025/04/19/ninth-square-caribbean-style-in-new-haven/>
- ⊙ Food & Drink: *Heirloom in Danielson Caters to Niche Diets with Delicious Food*,
 - ⊙ March 22, 2025, photo by the author
 - ⊙ <https://ctexaminer.com/2025/03/22/heirloom-in-danielson-caters-to-niche-diets-with-delicious-food>
- ⊙ Food & Drink: *A Thai Restaurant in Middletown, with No Fish in the Fish Sauce*, March 1, 2025
 - ⊙ <https://ctexaminer.com/2025/03/01/a-thai-restaurant-in-middletown-with-no-fish-in-the-fish-sauce>
- ⊙ Food & Drink: *A Place Dedicated to Vegans and the Gluten Free in Westbrook*
 - ⊙ January 17, 2025, photo by the author
 - ⊙ <https://ctexaminer.com/2025/01/17/a-place-dedicated-to-vegans-and-the-gluten-free-in-westbrook/>
- ⊙ Food & Drink: *A Vegetarian Staple Since 1975 in New Haven*, January 8, 2025, photo by author
 - ⊙ <https://ctexaminer.com/2025/01/08/a-vegetarian-staple-since-1975-in-new-haven/>

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MAGAZINE ARTICLES, continued

2017 to 2022 – Spirit of Change Magazine: Holistic New England

entire issue reprints at: www.spiritofchange.org/Issue-Archive/

- ◎ *Confessions of a Vegan Food Purist* – pages 18-19, Spring 2022, Vol 35, No.146
 - ◎ web reprint at: <https://www.spiritofchange.org/confessions-of-a-vegan-food-purist/>
 - ◎ & at: https://issuu.com/spiritofchange/docs/soc_spring_summer2022_web/s/14889861
- ◎ *When Good Vegans Make Bad Neighbors* – pages 22-24, Fall 2020, Vol 33, No.143
 - ◎ web reprint at: www.spiritofchange.org/when-good-vegans-make-bad-neighbors
 - ◎ reprinted in *Neighbors*, October 2020
- ◎ *Distracted Eating* – pages 26-28, Fall 2017, Vol 31, No.137
 - ◎ web reprint at: <http://www.spiritofchange.org/Fall-2017/Distracted-Eating/>
- ◎ *Hungry in New England* – pages 26-27, Spring 2017, Vol 30, No.136
 - ◎ web reprint at: <http://www.spiritofchange.org/Spring-2017/Hungry-In-New-England/>

2010 to 2016 – Healing Our World: The Magazine of Hippocrates Wellness

entire issue at: <http://hippocratesinst.org/magazine-enews>

- ◎ *Meat: The Anti-Longevity Diet* – 3 pages, Winter 2015-16, Vol 36, Issue 1
- ◎ *Growing Older Slower by Rolling in the Clover: Phytonutrients as Keys to Longevity* – 4 pages, Fall 2015, Vol 35, Issue 4, with photo-collage by the author
- ◎ *The Raw Truth* – 1 page, Fall 2013, Vol 33, Issue 4
- ◎ *Sunlight and Sustenance* – 3 pages, Spring 2013, Vol 33, Issue 2, with photo by author
- ◎ *Fish: the Other Fright Meat* – 3 pages, Summer 2012, Volume 32, Issue 3
- ◎ *How to Grow Microgreens* – 4 pages, Fall 2010, Volume 30, Issue 4, also my 3 photos

1985 to 2014 – Vegetarian Voice: North American Vegetarian Society

- ◎ *Tribute to Rynn Berry, Jr. (1945-2014)* – 2 pages, Spring 2014
- ◎ *Microgreens: How to Grow Tender and Flavorful Leafy Vegetables at Home* – 5 pages, Winter 2011, includes cover photo and all other photos by the author
- ◎ *Sprouts* feature article – 4 pages, Spring 1990, includes photos by the author
- ◎ *What is the Vegetarian Movement?* – 1 page, Summer 1987
- ◎ *Milk: Utter Truth & Utter Nonsense* – 2 pages, Summer 1985

2022 to 2025 – Neighbors Paper: The Inhabitants & Environment of Connecticut & Beyond,

entire issues: <https://neighbors.pageflip.site/publications/NeighborsPaper/archives>

- ◎ *A Quiet Café in the Quiet Corner* – March-April 2025, photo by the author
- ◎ *Vegan Food Snob Mini-Guide to Restaurants in the Quiet Corner* – November-December 2024
- ◎ *Confessions of a Vegan Food Snob* – July 2022, photo by the author

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MAGAZINE ARTICLES, continued

1990 – The Trumpeter: Journal of Eco-Philosophy

- ⊙ "The Beast in the Belly" in Fall 1990

- ⊙ web reprint: <http://trumpeter.athabasca.ca/index.php/trumpet/article/view/470/784>

- ⊙ reprinted in **Berkeley Ecology Center News** March 1991

1984 to 1990 – Natural Health (formerly called **East West**)

- ⊙ *Symphony of Sprouts* in March 1984, includes photos by author

- ⊙ Book review: *Breatharianism* in March 1985

- ⊙ *How Our Food Choices Affect Wild Animals* – feature article in Feb 1990

1988 – Backpacker Magazine: The Magazine of Wilderness Experience

- ⊙ "Walking on Water" about fasting while hiking, in May 1988, Vol 16, No.3

1988 – Animal Issues: The Magazine of the Animal Protection Institute

- ⊙ *Roadkill: Driving Animals to their Graves* – cover story, Fall 1998, with photos by author

- ⊙ web reprint: <http://www.culturechange.org/issue8/roadkill.htm>

1979 to 1983 – Vegetarian Times

- ⊙ *Letter from Dachau* in Sept-Oct 1979

- ⊙ *The Future of Vegetarianism* in Jan-Feb 1980

- ⊙ *On Being Radically Vegetarian* in March 1980

- ⊙ *Vegetarianism in Art* cover story in Sept 1980; reprinted on *Google Books*

- ⊙ Book reviews: *Total Vegetarianism* and *Ahimsa* in March 1982

- ⊙ Book review: *Judaism and Vegetarianism* in June 1983; reprinted on *Google Books*

- ⊙ *Discover the Sprouting Life* feature article in Aug 1983, includes photos by author

1988 to 1991 – Animals' Agenda: International Magazine of Animal Rights & Ecology

- ⊙ Book review: "Criminal Prosecution and Capital Punishment of Animals" in Dec 1988

https://ocr.lib.ncsu.edu/ocr/mc/mc00351_129416_20250814_198388/mc00351_129416_20250814_198388.pdf

- ⊙ Poetry book review: "On Speaking Terms with Earth," page 54 in February 1989

https://ocr.lib.ncsu.edu/ocr/mc/mc00351_129417_20251124_210515/mc00351_129417_20251124_210515.pdf

- ⊙ Poetry book review: "Recipes for Flesh," pages 53-54 in Jan 1990

https://ocr.lib.ncsu.edu/ocr/mc/mc00351_129418_20250814_198448/mc00351_129418_20250814_198448.pdf

- ⊙ Book review: "Famous Vegetarians," page 53, in April 1991

https://ocr.lib.ncsu.edu/ocr/mc/mc00351_129419_20250814_198513/mc00351_129419_20250814_198513.pdf

1985 – Between the Species: A Journal for the Study of Philosophy and Animals

- ⊙ "On Becoming Vegetarian" in Fall 1985, reprinted in **Vegetarian Voice**

- ⊙ web reprint: <http://digitalcommons.calpoly.edu/bts/vol1/iss4/11>

- & <https://doi.org/10.15368/bts.1985v1n4.9>

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MAGAZINE ARTICLES, continued

Auto-Free Times: Revolutionary Ecology & Economics

- ⊙ "Driving Animals to their Graves" (Roadkill) in Spring 1996 – includes photos by author
 - ⊙ reprinted in **Satya** in June 1996 & in **Whole Life Times** in April 1998
 - ⊙ web reprint: www.culturechange.org/issue8/roadkill.htm

Country Connections: Plain Talk for Interesting Times

- ⊙ "Slowing to Fast: On Fasting" in Aug 1995
- ⊙ "Why and How to Wean from Cow" in Sept 1995
- ⊙ "Confessions of a Hunt Saboteur: A Real Sab Story" in Nov 1995
 - ⊙ web reprint: <https://abolishsportshunting.org/journals/confessions-of-a-hunt-saboteur-a-real-sab-story/>

Health Science: The American Natural Hygiene Society

Full issue downloads at: www.healthscience.org/health-science/

- ⊙ "How to Select Fruit" & "Banana" in March 1986
- ⊙ "Avocado" in May 1986
- ⊙ "Magnificent Mango" in July 1986
- ⊙ "Perfect Persimmon" in Sept 1986

The Mystic Muse: Tales for the New Age

- ⊙ "Famine throughout the Land: Six Palatal Parables" in Spring 1987

Lomakatsi: Life in Balance

- ⊙ "The Raw Facts" in Spring 1988
- ⊙ "Avant-Gardening (for Wildlife)" in Spring 1989, includes photo by author

SproutLetter

- ⊙ "A Sproutarian Seminarium" in Summer 1984; "Superlatively Radical" in Summer 1989;
- ⊙ "A Mung among Us" in Fall 1989; "Pioneers along the Sprout Route" in Winter 1990

21st Century Journal

- ⊙ Book reviews: "Confessions of a Medical Heretic" & "Megasyntesis" in Jan 1983
- ⊙ "Three Vege-Tales of Karmic Debt" & "Utter Truth & Udder Nonsense" in March 1984
- ⊙ Book reviews: "The End of the World" & "The Eighth Night of Creation" May 1984

BIOGRAPHICAL LISTINGS

- ⊙ *Wikipedia* (for which I provided input only by updating the Articles listing)
https://en.wikipedia.org/wiki/Mark_Mathew_Braunstein

- ⊙ *Google Scholar*
<https://scholar.google.com/citations?user=6HgoSNIAAAAJ>