



# Vegan News Letter

## for Hull and District



[http://homepages.nildram.co.uk/~mevans/veg\\_hull.htm](http://homepages.nildram.co.uk/~mevans/veg_hull.htm) e-mail: [veg\\_hull@merrydown.nildram.co.uk](mailto:veg_hull@merrydown.nildram.co.uk)

Issue 2 July 1998

## Welcome to another issue

Firstly apologies for the lateness of this issue. It is the intent to produce a news letter every month but holidays, etc got in the way.

Hopefully from now on the letter will be produced once a month, normally towards the end of each month.

Well this months news letter has an article on B<sub>12</sub>.

This is the one vitamin we cannot get without meat, allegedly!

I also have a vegan Mars bar recipe. If you try it let me know what they taste like plus if you have anything similar then I would love to hear from you.

...and a big thank you to all who help out at the Rainbow festival (June, Brian, Maggie, Carol and me!) and to all of you that bought something.

## Vegan "Mars Bars"

Here is a recipe that came with an animal rights newsletter I received recently (thanks East Berkshire Animal Aid).

### Nougat:

2/3 cup Soya milk  
3oz Soya margarine  
8oz sugar  
2tsp Vanilla essence  
2oz ground wheat germ  
4oz dried Soya milk

### Toffee:

4oz sugar  
4oz Soya margarine  
150ml Soya cream  
1tsp golden syrup

**Coating:** 1lb Vegan chocolate

## Instructions:

**Nougat base** - put milk, margarine and sugar into a thick saucepan and heat without stirring on a low heat until it bubbles all over. Keep at this heat for 2 minutes. Allow to cool. Add vanilla essence, wheat germ and dried Soya milk and beat until creamy. Pour into tray roughly the size of 12 Mars bars and freeze for 1 hour.

**Toffee** - put all ingredients into a thick bottomed pan and heat until it bubbles. Keep at this temperature for 4-5 minutes and stir constantly. Pour toffee over the nougat base and freeze for an another hour. Cut into Mars bar size pieces and refreeze until toffee is solid (apparently this can take a couple of days!).

**Coating** - Melt the chocolate and coat the frozen bars, then place them on a greased tray. Refreeze. Thaw a bit and enjoy.

## The Vitamin B<sub>12</sub> Debate

The vitamin everyone seems to quote as being deficient in a vegan diet. However deficiency is almost always due to an inability to absorb the vitamin especially in pernicious anaemia.

The daily requirement is minute

**Infants (0.3ug-0.4ug/day)**

**Aged 1-10 years (0.5ug increasing to 1ug/day)**

**Teenagers & adults (1.2-1.5ug/day)**

**Breast-feeding women (2ug/day)**

Note that these quantities are in micrograms (a microgram is a millionth of a gram). This is an incredibly small amount. A whole lifetime's requirement of B<sub>12</sub> adds up to a 40 milligram speck of red crystals, about one-seventh the size of an average tablet of aspirin!

In addition the body can store supplies for upto four years, we don't need to eat it everyday.

Taking large doses of the vitamin by mouth is pointless because 3ug is the most that can be absorbed at any one time.

It is stated that all plant foods contain no vitamin B<sub>12</sub> but various foods are now supplemented with it, such as yeast extracts, soya milks, veggie burgers, and some cereals.. Another source, although small, is in plant products resulting from fermentation, such as beers (especially stout), wines and miso.

**What is vitamin B<sub>12</sub> needed for?** It has a role in the synthesis of several enzymes, in the production of the genetic material of cells, the red blood cells in bone marrow, assists in utilising folic acid, and carbohydrates in the diet and in the functioning of the nervous system.

Whether to supplement vitamin B<sub>12</sub> remains an issue. Many vegans haven't done so and state they remained healthy. Anyway, the sources above seem a much more preferable way to ensure an adequate intake!

### Sources of B<sub>12</sub> (Amount of B<sub>12</sub> in brackets)

**Yeast extracts (Between 2-50ug/100g)**

**Margarines (5.0ug/100g)**

**Granovita Sojagen (soya powder) (5.0/100g)**

**Plamil concentrated soya milk (3.2ug/100ml)**

**Plamil ready to use soya milk (1.6ug/100ml)**

**Breakfast cereals (0.8ug/100g)**

**Unisoy Gold soya milk (1.6ug/100ml)**

**Soya mince/chunks (see labels)**

# Forthcoming Events

## July

### Saturday 25<sup>th</sup> Picnic in the Park

Hopefully the weather will be nice and we are thinking of having a picnic at Pearson Park. The idea is that everyone should bring something to eat and drink and we all have a share for a complete picnic. Starts at 3pm.

This will be followed by tea (and maybe some cake!) and a screening of the Vegan societies video at Mark's place.

If you're interested phone Mark to organise food and for meeting information.

## August

### Tuesday 11<sup>th</sup>, Peruvian Meal at Hitchcocks

I've never eaten Peruvian vegan food but I am looking forward to it. If you're interested call Maggie.

### Monday 31<sup>st</sup>, Fair

After the Rainbow festival another one is here already and our group will have a stall. If you'd like to help, donate bric-a-brac (anything as long as its not anti-vegan), please call Mark.

## September

### Saturday 12<sup>th</sup>, Blackberry Picking and Picnic at Maggie's Allotment

From 3pm onwards. A session picking blackberry's and then a picnic (everyone brings something different). Call Maggie to arrange.

By the way if anybody would like to pick some blackberry's call Maggie to arrange it.

## In the distance

### World Vegan Day, 1<sup>st</sup> November

It is a Sunday this year. Should we do something special to spread the Vegan ethic. All ideas welcome.

Can you think of any good events (Bringalongs, restaurants, barbecue, wine tastings, party nights, visits to Vegan(ish) places, public promotion)? Then let us know. We always need new events and it is easier if we share the organising. So if you think it would be good to do something then get in touch!

## Membership of our little group

In case you haven't guessed our group is very informal and there are no fees (we make a bit of money from the festivals which pays for the odd bits and pieces).

If you would like to receive a news letter just get in touch with Mark (see contact information) or Maggie.

Please try and come to some of the events as this makes organising them worthwhile and if you would like to help out a bit too then that would be great.

Look forward to seeing you soon.

# Event Reports

## Bringalong

On 23rd May we had a bringalong at Mark's flat. As a slight variation this consisted of bringing food and drink plus a game.

A jolly good time was had by all with plenty to eat, lots to drink and several very challenging games (and one or two not so challenging!).

The evening ended with a game of trivial pursuits, which showed us that maybe the next event should involve some swatting on history, geography and pop culture!

## Rainbow Festival

Sheltering from the wind under a tent (thank's June!) and with leaflets protected under a sheet of plastic, we were ready to promote veganism at this years Rainbow Festival. And there was a lot of interest shown - we distributed information leaflets (obtained from the Vegan society), the most popular being the recipe sheets. You only need to look at the list of forthcoming events to realise that vegans love their food!

A tombola was set up to raise some funds but more importantly to show people the range of vegan foods now readily available - there were a few raised eyebrows to see pot noodles, Belgian chocolate spread, wines (hope you enjoyed yours Geoff!) and other such delights on display.

There were lots of questions and queries, various discussions - and those who wish to join us at some of our events.

# Contact Information

**Mark Evans** 6 Hymers Avenue, Hull. Tel 444158  
The news letter, Vegan Society info, Animal Rights (loan of magazines, books, video's etc)

**Maggie** Tel 444435

**Hitchcocks** 1 Bishops Lane, Hull. Tel 320233  
Great Vegetarian restaurant but with a strong Vegan offering. The charge is £8 waged / £7 unwaged for our get togethers (£10 and £9 normally).

**Hull Foods (aka Mike's Shop)**

Lots of Veggie and Vegan supplies. Princes Avenue (Near the Jet garage)

**Vegan Society**

Donald Watson House, 7 Battle Road, St Leonards-on-Sea, East Sussex, TN37 7AA.  
Tel 01424 427393

**Vegan Village**

(for any Vegan requirement)  
14 Wynford Grove, Leeds, LS16 6JL.  
Tel 0113 293 9385  
info@veganvillage.co.uk  
http://www.veganvillage.co.uk