



Vegan News Letter

for Hull and District



http://homepages.nildram.co.uk/~mevans/veg_hull.htm e-mail: veg_hull@merrydown.nildram.co.uk

Issue 3 August 1998

Welcome to another issue

In this months issue we have a Welsh recipe for Blackberry Bread Pudding to go along with the blackberry picking event in September. There is also a mini food review on a new luxury ice-cream product from the Linda McCartney range

World Vegan day (November 1st will soon be upon us. We are having a meal at Hitchcocks during the evening but if you have any ideas for a day time activity then please speak up!

And remember if there is something you want to have in print in this newsletter then please let us know. The article can be anything connected with Veganism, food health or animal rights. For example we have previously had articles on genetically modified foods and on vitamin B₁₂.

Don't worry about presentation etc. Good old ink on paper will do.

It could be you!

It would be nice to win the lottery wouldn't it? Think what you could do for the world with all that money. Well there ain't much chance is there plus there reasons why you may not want to give money to an organisation such as Camelot.

Well there is an alternative. The Vegan Society Lottery! True it probably won't change your lifestyle if you win (typical first prize is £50 per month) but all profits will go to helping a good cause.

It costs £1 per go per month and you enter for multiples of 3 months. Half the money is given back as prizes the rest is used by the Vegan Society.

For more info contact the Vegan Society directly or ask me (Mark Evans).

Membership of our 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.

Forthcoming Events

September

Saturday 12th, 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.

Saturday 26th, Bantin and Kingman Demo

A demonstration against a supplier of vivisection animals. See elsewhere on this newsletter for more information.

October

Meal at Hitchcocks, Thursday 8th October

This time the theme is West African. What will Bruce have instore for us this time!

If you would like to come please call Mark or Maggie.

November

World Vegan Day, Sunday 1st November

Meal at Hitchcocks to celebrate World Vegan Day. The theme? Food from all over the world (anything goes!).

The Vegan Society would like you to bring a friend to introduce them to the delights of Vegan food.

Call Mark or Maggie if you're interested.

Saturday, 21st November

Benjamin Zephaniah at the Hull Truck Theatre. Benjamin is a committed Vegan who does a lot of work for the Vegan society. So if you fancy a cultured event of moving poetry then please try to attend (don't worry there will be some funny bits too!). If you're interested give me a call (Mark) as we might be able to get a discount if there are enough of us.

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 shout!

Event Reports

Picnic in the Park

The sun struggled to shine but a few still gathered at Pearson Park for a picnic some Saturdays ago. Little Beth definitely had the most energy--the rest of us sat and chatted--and all tucked into yet another wonderful selection of home made goodies. Salads made from home grown vegetables, tasty flans, mega-filled sandwiches. Definitely worth repeating the next time we have a fine day!

Food Review

You may have seen advertised the new range of Linda McCartney goods--frozen desserts and yoghurts. We tried the vanilla toffee "ice-cream" in anticipation but were somewhat disappointed. Comments included that the taste was too much of soya and too watery. Although sold as a luxury product it tasted like the cheaper soya ice-creams. In our opinion Swedish Glace is better even though it costs less. And if its luxury you're after Toffutti is definitely the one to go for (about the same price as Linda McCartney's). Luxury Belgium Chocolate is particularly recommended.

Obtaining Vegan Goods

If there is something you want why not ask Mike at Hull Foods. It may not be on display but he probably has it out back or failing that will get it for you.

Blackberry Bread Pudding

8-10 slices thin, day-old bread, crusts cut off

Juice of 1 orange

2-3 tablespoons water

4-6oz(100-150g) caster sugar

1 tablespoon blackcurrant cassis liqueur

11/2lb (750g) blackberries

(See our event on 12th September for a good source of Blackberries!)

1. Rinse a 1 1/2 pint (900ml) pudding basin with cold water. Cut a circle of bread to fit the bottom of the basin and some wedge-shaped pieces to fit around the sides; press bread firmly to line the basin so that there are no gaps. Keep a few slices of bread to cover the top.

2. In a small saucepan, heat the orange juice, water and sugar; stir to dissolve. Add the blackberries and cook for a few minutes. Take off the heat and strain off about 1/4 pint (150ml) of the fruit juices into a jug and keep.

3. Pour the fruit and remaining juices into the bread-lined bowl. Arrange the remaining bread over the fruit and cover with a saucer that fits snugly into the top of the bowl. Place a weight (tin of baked beans?) on top of the saucer and leave overnight.

4. Next day turn the blackberry pudding out onto a large serving dish. Add the cassis to the reserved blackberry juices in the jug and pour over.

5. Serve and enjoy!

Copied from Tastes of Wales by Gilli Davies (bet you didn't think us Welsh could make such tasty deserts did you!?!).

Help Needed --

Bantin and Kingman Demo

Bantin and Kingman are a large supplier of beagles and small animals for vivisection. Most of their "product" is sent abroad for "research". So not only do they spend an awful life when they get to the laboratories but also have to endure long journeys in cramped conditions. Bantin and Kingman are located in Grimston on the B1242 Hornsea to Withernsea road.

The next demonstration is on Saturday, September 26th.

If you're interested in giving a few hours please meet in the car park next to Hull Railway Station opposite Debenhams at 12.30pm or at Grimston at 1.00pm.

For more info / car share contact Ann at the Zebra shop (see contact information) or me (Mark Evans).

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

Applewoods

Ground Floor, Princes Quay

An excellent selection of Vegan cosmetics (not all are Vegan but the staff are very knowledgeable and helpful). You can even try their soaps using their in-store washbasin.

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

Zebra Shop

Princes Avenue
Alternative gift shop selling lots of interesting items! If you're stuck for a pressie try visiting Zebra's.