



# Vegan News Letter

## for East Riding Vegans



[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 4 October 1998 (well a bit later--sorry!)

## Welcome to another issue

Welcome to the October issue of our news letter with the new modified (and correct!) title "Vegan News Letter for East Riding Vegans"

Observant readers will note that there wasn't a September issue--sorry. A mixture of hassle, work and illness.

The main push this news letter is to promote World Vegan Day, the major event of the Vegan calendar. So far we have had a record number of people asking to come so make sure you're not disappointed book now and remember to try and bring a non Vegan friend.

We also have our last selling event of the year on November 28<sup>th</sup>. These events raise money for the bits and pieces we need to run our group without charging you! So if you can donate some bits and pieces it would be much appreciated. If it needs collecting call Mark.

## Why are we called Vegans?

Vegan is a word invented by Donald Watson in the 1940's. Donald's comment on the name was:

"'Vegetarian' and 'Fruitarian' are already associated with societies that allow the 'fruits' of cows and fowls, therefore.. we must make a new and appropriate word... I have used the title 'The Vegan News'. Should we adopt this, our diet will soon become known as the Vegan diet and we should aspire to the rank of Vegans."

And that is why we are called Vegans!

## News for Cyclists

On Saturday I discovered [Blazing Saddles](#). This is a place in Hull town centre where you can leave your bike in secure hands. It costs £1 per day but I have some vouchers giving you 50p off--ask if you want one. While your bike is there they can also clean it, repair it etc but this is at extra cost although a safety check is free.

Blazing Saddles is at 6 Saville Street, tel 620806 and is open from 8am until 5.45pm. By the way this is the scheme supported by The Beautiful South.

## Going on Holiday?

Recently Lynne went to Vancouver in Canada.. Now Lynne isn't a Vegan but she is alright, so we provided her with a list of good places to eat which apparently were very good. If you are going away and would like some places to eat, Vegan friendly places to stay etc then ask Mark and we will see what we can do!

## Forthcoming Events

### November

#### World Vegan Day, Sunday 1<sup>st</sup> 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, 21<sup>st</sup> 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.

#### Friends of the Earth Fair, Saturday, 28<sup>th</sup> November

The last fair of the year for the benefit of FoE. We will have a stall so if you could either; a) give us something to sell, b) buy something from us, c) give some time it to help out it would be greatly appreciated.

The FoE fair will be at Princes Avenue Methodist Church between 11am and 4pm.

#### International Christmas, Monday, 21<sup>st</sup> December

To celebrate the festive season in the company of good friends there will be an international Christmas meal at Hitchcocks. This also happens to be my birthday but I'll celebrate anyway! Carol is inviting lots of people from work. She is putting it forward as an alternative Christmas meal (compared to the usual expensive rip off in a packed restaurant with conveyor belt service). Maybe you could get a few work mates to come along too so that we can fill Hitchcocks.

Call Mark or Maggie if you're interested.

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!

# Tai Coconut Soup

A recipe from “**A Taste of Vitality**” by Mark Foy

## SOUP

1/4 teaspoon dark (toasted) sesame oil  
1/2 pound mushrooms, quartered  
1 small leek, sliced thin  
3 medium carrots, sliced thin  
1 medium red bell pepper, cubed  
4 garlic cloves, minced  
1 heart fresh lemon grass, minced  
(white part only - use rest for the broth)  
3 1/2 cups kombu-ginger broth (see NOTES)  
14 ounces coconut milk  
1/2 teaspoon sea salt  
1 tablespoon miso  
4 tablespoons fresh basil, chopped fine  
Makes 8 servings and takes about 1 hour 10 mins to make

## GARNISH

4 tablespoons cilantro, chopped fine  
(coriander leaves we are told!)  
3/4 cup green onions, chopped fine (about 6 stalks)

Heat a large pot over medium-high heat and add oil. Add mushrooms and saute. Add leeks, carrots, red bell pepper, garlic, and white part of lemon grass, all at once, and saute for about 4 minutes.

Add the broth, coconut milk, and salt to the soup and simmer for 5+ minutes.

Before serving, stir in miso (making sure it all dissolves) and basil. Garnish each bowl with cilantro and green onions.

## NOTES:

- To make Kombu-Ginger Broth, simmer a 1 inch piece of kombu, a 1/2 inch piece of fresh ginger (sliced), and the part of the lemon grass stem not used in the stew, in 4 cups water for 20 minutes.

## Nutritional Analysis

Calories	151
Calories from fat	103
Total Fat	12.4g
Saturated Fat	10.5g
Cholesterol	0mg
Sodium	221mg
Carbohydrate	10.2g
Dietary Fibre	2.0g
Protein	3.0g
Vitamin A	147.2%
Vitamin C	55.9%
Calcium	44.7%
Iron	11.3%

\* Percent Daily Values are based on a 2,000 calorie diet.

## Electronic Recipe Book

If you have access to a computer and would like a free Vegan recipe book entitled “A Taste of Vitality” then let Mark know.

It is an excellent electronic book and includes a full nutritional breakdown of each meal. All recipes are Vegan, gluten free, whole and unprocessed and nutritionally dense.

You will need a computer which can view Adobe Acrobat files (PDF). If your not sure about this please ask Mark and he'll see what he can do.

If you don't have access to a computer but would like to see a copy then I can show you the contents and you can let me know which recipes you want paper copies of.

## Green Power?

As you are probably aware the electricity market is now open and we recently spotted an advert for South Wales Electricity which allowed you to purchase electricity exclusively from renewable sources (mostly wind power I think). I am pursuing this myself but if you are interested let me know so that I can add a bit more weight.

## Contact Information

**Mark Evans** 24 Chester Avenue, Beverley, HU17 8UQ.  
Tel 886029

The news letter, Vegan Society info, Animal Rights (loan of magazines, books, video's etc)

**Maggie** Tel 444435

Bookings, Anything to do with gardening.

### 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 with their 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)** Princes Avenue  
(Near the Jet garage)

Lots of Veggie and Vegan supplies. Remember to ask Mike if there is something you want because he can get most items.

### 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.