



# Vegan News Letter

## for East Riding Vegans



<http://homepages.nildram.co.uk/~mevans/ervegans.html> e-mail: [ervegans@merrydown.nildram.co.uk](mailto:ervegans@merrydown.nildram.co.uk)

Issue 8 : August 1999

### Welcome to another issue

We are now about to start the busiest time of the year for events. There are lots of eating events coming up as well as several festivals. Please try to attend as many as you can., tell others about them (including non-vegans) and enjoy yourself!

The festivals are important because this is how we generate the revenue to run our group. If you can help out at the festivals or have any brick-a-brack or books you can give us to sell then we would be very grateful.

### Organic Food

The bodies licensed to certify organic food in the UK are overseen by the UK register of Organic Food Standards (UKROFS). However, due to another of John Gummerts legacies, anyone can apply for a license and most here are run privately as commercial enterprises. Therefore it is a good idea to look out for the Soil Association or the Biodynamic Agricultural Association standards as these exceed the UKROFS legal minimum.

Recent studies by Elm Farm Research Centre in Berkshire have found that supermarkets are washing ready-to-eat organic salad in sodium hypochlorite--once highlighted the European Commission has given a deadline for the end of 1999 to find an alternative. These are available but the problem is with the plastic packaging which encourages bacteria to breed. In the meantime buy Mikes fresh lettuce with that bit of fresh soil still on which you can wash off using ordinary water!

**Some More Facts:**

- 70% of organic food in Britain has been imported
- each kilogramme of pesticide costs £7.57 to clean up - we pay for this through water bills.
- hay and wildflower meadows have declined by 95% since 1945
- wind can carry maize pollen hundreds of kilometres a day and bees will fly up to 9km for nectar. Yet zones between GM and non-GM crops (intended to prevent cross contamination) have to be only 200m
- the Soil Association is presently working on developing organic standards and certification for health and beauty products

This article was written based on an item in The Observer.

### Forthcoming Events

#### August

**Saturday 14<sup>th</sup> --BBQ/Picnic at Maggie's Allotment**

The last one was a great success so we thought we'd have another. Just bring your self and some organic food and drink to share with everyone. Call Maggie if you would like to come and she'll tell you how to get there. Starting 3:30pm and going on until late.

**Sunday 15<sup>th</sup> - National Vegan Festival**

The 2<sup>nd</sup> National Vegan Festival will be held at the Camden Centre, Bidborough Street, London (near St Pancras Station). The doors are open between 10am and 7pm and entrance is £1.

There will be stalls, food, a bar, discussions, speeches and much more.

If you have internet access you can get more information at [www.veganvillage.co.uk/festival](http://www.veganvillage.co.uk/festival) or you can ask Mark for it.

**Saturday 28<sup>th</sup>- Picnic at Pearson Park**

A very informal gathering in Pearson Park somewhere near the Victoria Monument from 2pm onwards. Everyone brings some food and we all share. Please call Mark or Carol if you're interested.

**Monday 30<sup>th</sup> (Bank Holiday)- Life in the Park**

This is a festival held in West Park and aimed at raising funds for Aids Action. Entry will be from 11am - 6pm and ER Vegans will have a stall there so please come along and support us.

#### September

**Thursday 2<sup>nd</sup> -- Vegan Summer Gathering at Hitchcocks**

Each year there is a week long vegan summer gathering in the UK. This year it is in Exmouth but for people who can't make it ER Vegans will be having their own summer gathering at Hitchcocks. Starts at 8pm.

If you'd like to come please contact Maggie and book your place.

#### In the distance

**1<sup>st</sup> November - World Vegan Day**

**27<sup>th</sup> November - Green Fair**

# Event Reports

## BBQ at Maggie's Allotment

At the end of May we had a barbecue at Maggie's allotment.

Food was put on the barbecue and we all had a good talk while waiting for it to cook. While eating more food was cooked and more talk engaged in before tucking in once again. This talking and eating cycle went on till very late afternoon and it was definitely the way to spend a relaxing summer day (almost).

## Picnic at Pearson Park

Washed out! We won't be beaten though and will be organising another event soon.

## Feast of Theano at Hitchcocks

Theano is the patron of Vegetarians / Vegans and to commemorate Theano day we had a feast in her honour at Hitchcocks. Theano was an ancient Greek living in the 5th century BC but since ancient Greece encompassed much of Turkey, parts of Italy the theme was Mediterranean.

The food was very colourful as you would expect and although we didn't learn too much about Theano (because most of her work, like other Pythagoreans, has not survived) the evening was a great success with a large attendance of both ER Vegans and others so Bruce and his crew were happy although busy!

Please note that our Hitchcock events are getting very popular so it is important to let us know in advance that you're coming.

## Tofu Ice Cream

Tofu ice cream is a really unexpected treat to whisk out of the freezer. It is really easy even without an ice cream machine. The following makes 4-6 servings.

- 8 oz (225g) tofu (use soft or medium)
- 2 teaspoons natural vanilla essence
- 2 tablespoons vegetable oil
- 3 oz (75g) raw cane sugar
- 6 floz (150ml) organic soya milk

1. Blend all ingredients to a smooth consistency
2. Put into an ice cream machine or place in a bowl in the freezer and stir thoroughly every 10 minutes until completely frozen.

## 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 or Maggie (see contact information).

Look forward to seeing you soon.

## Arthur Street Trading Company

This is a workers co-operative selling organic produce via a direct to door veg box delivery scheme. Standard boxes are priced £3, £5, £7 and £10 but you can have your own customised one if desired.

Where possible goods are delivered via a solar powered milk float and they will even collect your recyclables providing you separate them.

Contact details are:

23 Arthur Street, Hull, HU3 6BH

Tel: Hull 212871 / 576374

<http://come.to/arthursorganics>

e-mail: [arthursorganics@hotmail.com](mailto:arthursorganics@hotmail.com)

## Vegan Wines and Organic Fruit & Vegetables in Beverley

You can now get a reasonable selection of vegan wines in Beverley at Country Wise Organics (Lairgate). The wines are supplied by Vintage Roots and are not cheap most being above £5 but are of good quality.

Also available is a small but varied selection of organic fruit and vegetables.

Note! This shop also sells horse supplies which may put off some of you.

## Vegan Wine Lists

We now quite a good list of vegan wines available from supermarkets and off-licenses. If you would like a copy please contact Mark or Carol.

## Contact Information

### Mark Evans and Carol Nicholson

24 Chester Avenue, Beverley, HU17 8UQ. Tel 886029  
ER Vegans membership, the news letter, Vegan Society info, Animal Rights info etc

**Maggie** Tel 444435

Bookings, Anything to do with gardening.

**Hitchcocks** 1 Bishops Lane, Hull. Tel 320233

Great Vegetarian restaurant but with a strong Vegan offering. Cost 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

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

**The Zoo** 80b Newland Avenue. Hull  
A café offering a great range of vegetarian and vegan food. Open from 10am to 6pm Mon to Sat. Great to pop into after browsing the shops!