

Activities

The Encyclelopedia try-out show

Discover life beyond the mountain bike, and ride the practical alternatives to the car at the Encyclelopedia Try-Out Show: folding bikes, city bikes, child-carrying cycles, transporter cycles, touring bikes, recumbents, tandems, tricycle, special needs cycles, electric assist.

Discover bikes which can change your life, but which you don't often find in bike shops. All on the biggest try-out track the UK has ever seen. Meet the makers, quiz the impartial experts, enjoy the music, clowns and children's rides.

The Encyclelopedia Try-Out Show is at The Knavesmire Exhibition Centre at York Racecourse from Saturday 27th May to Monday 29th May (a bank holiday). 10am till 6pm
Adults: £7, Children: £3.50, Families: £13 (Note we have a £2 off voucher if anyone is interested)

Vegan Camp - 29th July to 12th August at Snettisham

This years camp will be at the Diglea Caravan and Camping Park, Snettisham, Norfolk.

What is Vegan camp? "Well for the past 19 years each summer a group of Vegans (and those willing to be Vegan for at least the duration of the camp) have met at numerous venues around the country.

We are a diverse group but what is consistent is the friendly, helpful and fun atmosphere which you will find at these camps. Children are very welcome with many organised activities for them.

We often have communal meals (sometimes with a talent show), outings, and just general lounge about. We draw on the talents and enthusiasm on those attending to put on events such as circus skills workshops (not lion taming), first aid lessons, rock climbing, surfing, meditation and we would welcome other events.

Many people have made friends that extend outside the camp and it may be that in future years there will also be shorter camps at other times during the year.

People stay for a period varying from day visits to the full period of two weeks. Most people stay on site itself but some stay at nearby accommodation such as hotels and guest houses and visit for a day."

Bookings must be via vegan camp organiser to obtain the special prices (about £3 per person per night): Vegan Camp, 11 Borderside, Slough, SL2 5QT Tel 07967 361 510

Local Vegan Suppliers

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

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

Arthur Street Trading 23 Arthur Street. Tel 212871

Home or work delivery of organic produce and collection of your separated recyclable goods.

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 and 11am to 4pm on Sunday. Great to pop into after browsing the shops!

The winter is over so now they are open on Sundays too.

Zebra Shop Princes Avenue, Hull and 87 Paragon Street, Hull

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

ER Vegans Contact Information

Mark Evans and Carol Nicholson

*** 140 Victoria Avenue, Hull, HU5 3DT. Tel 471119 *** **New Contact Details**

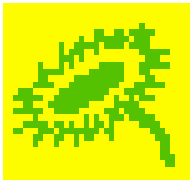
ER Vegans membership, the news letter, Vegan Society info, Animal Rights info etc

Maggie Tel 444435

Bookings, Anything to do with gardening.

Vegan Society Donald Watson House,

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



Vegan News Letter

for East Riding Vegans



<http://homepages.nildram.co.uk/~mevans/ervegans.html> e-mail: ervegans@merrydown.nildram.co.uk

Issue 10 - March 2000

Welcome to our first issue of 2000

Well firstly apologies for the lateness of this newsletter but it has been a very hectic time for us recently. There has been a house move, several bouts of flu and the "proper job" interfered too. This newsletter has been a bit of a rush but we felt we needed to get something out. Hopefully we will be back to our usual slick selves by the next issue!

Secondly you may have noticed the new format of newsletter. No real reason to change it other than it is slightly easier to handle and it is better for displaying in shop windows (the events and contacts are on the same side). As usual any comments would be much appreciated.

Anyway we hope you enjoy our news letter and more importantly you come to some of the events as that gives us an indication that we are doing things right. So onwards into the new Millennium, or is that next year?

Forthcoming Events

March

Wednesday 29th - Bring-a-Long at Arthur's house

Arthur has kindly offered his house for one of our very popular and informal get togethers. The event starts at 7:30pm and is an excellent opportunity to bring along non-vegan friends. There is no theme, just bring a favourite food and drink to be shared with all. Can you also bring your own crockery and cutlery for the night.

Please contact Arthur if you are interested on 445053 or 345842.

April

Wednesday 19th - Garlic Night at Hitchcocks 8pm

Believe it or not there is a national garlic day and to celebrate this most important vegetable we have decided to have a meal at Hitchcocks where every dish (probably not the deserts though!) will have a good dose of garlic in it. Carol has suggested you warn your work colleagues in advance!

If you are interested please contact Mark / Carol or Maggie to book your place.

May

Thursday 11th - Bob Marley Night at Hitchcocks 8pm

Back by popular demand we will be having a night to celebrate the man of music and compassion. The theme will be Jamaican which was probably the most talked about style from last year.

If you are interested please contact Mark / Carol or Maggie to book your place.

In the Distance

June - World Environment Day

June 4th is World Environment Day organised by the United Nations. More info on 0171 630 1981.

June / July - National Vegetarian Week

June 26th - July 2nd has just been announced as National Vegetarian Week. The theme this year is "veggies on the move" so if your work involves travel in any way they would like to hear from you.

July - Red Hot Fiesta Day

This was a great success last year and a very well organised event (by the local council) so we have decided to attend again. If you have any bric-a-brac we could sell to raise funds it would be much appreciated. We can collect it and store it until the day if you want it out of your house.

News

ER Vegans Now Official!

We have now been recognised by the Vegan Society and Carol has been appointed as the local contact. This has taken some time because the Vegan Society require more than someone volunteering, they want some evidence of commitment. We think this is very reasonable.

As part of our becoming legitimate the Vegan Society have given us some supplies including a free book and video which you are welcome to borrow.

Soundbites is a celebrity vegan video : Wendy Turner(junk vegan), Benjamin Zephaniah(easy vegan), Dr.Vernon Coleman(healthy vegan),Judith Shakeshaft(sporty vegan) and Karen Samuel(gourmet vegan) all star.

The book “Vegan Nutrition” gives a comprehensive overview of vegan diets, looking at all the essential nutrients with a section on vegan mothers and children.

East Riding Vegans will now be listed in the vegan magazine which will hopefully lead to more enquiries from interested people.

...and we are on the councils list

We are also included on the local societies list at City Info.

Yorkshire Electricity Green Tariff--Is it still Vegan?

We have just been informed by Yorkshire Electricity that they intend to burn bone meal to produce green electricity. Previously all the green electricity was generated by wind power. Clearly this is no longer a vegan acceptable form. We will investigate and let you know which suppliers are available for green, animal-friendly electricity in future issues.

Bits and Pieces

Iceland Food with no artificial colours or flavours

Iceland supermarkets has announced that all artificial colours and artificial flavours have been removed from its own brand foods. Earlier this year they announced that their own brand foods were GM free.

Vegan Easter Eggs at Mike's (Hull Foods)

Mike has a stock of vegan Easter eggs that are also fairly traded at his shop. Can't say what they are like because I am not allowed to eat mine yet!

New edition of the Animal Free Shopper

The publication of this much eagerly awaited update has unfortunately been delayed - we will let you know if we hear any further information.

Event Reports

Tibetan Night at Hitchcocks

Hitchcocks seems to go from strength to strength and always rises to the challenges presented. Our choice of Tibetan night was a first for them but yet again it was a “taste buds” delight. The spicy soup resulted in a chorus of “Mmms” from along the table and lots of discussion around what ingredients were coming through. This was followed by a buffet of curries and vegetable dishes and the usual array of mouthwatering desserts. What more can we say.

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 / Carol (see contact information) or Maggie.

Look forward to seeing you soon.

Things to Try

Char-Flavoured Curried Potatoes and Green Beans

This one is a favourite in our house. It is easy to assemble and once started can be left to its own devices other than the odd check. Indeed once you reach the gently boil stage (step 2) you must not stir this dish. This is one of the techniques that makes these dishes unique to the Bengali region.

Preparation time: (after assembling ingredients): a few minutes. Cooking time: about 30 minutes.

Serves: 6-8

Ingredients:

- 2 medium-sized tomatoes, peeled, seeded and chopped
- 6-8 curry leaves, preferably fresh
- 5 medium-sized waxy boiling potatoes (1 1/4 pound/570 g), peeled and cut into 1-inch (2.5 cm) cubes
- 2 1/2 cups (600 ml) trimmed green beans, cut into 1 1/2-inch (4 cm) pieces (about 1 pound/455 g)
- 3 sprigs fresh basil
- 1-2 dried whole red chilies
- 4 sprigs fresh coriander
- 1/2 teaspoon (2 ml) turmeric
- 1/4 teaspoon (1 ml) yellow asafetida powder (hing)*
- 1 1/4, teaspoons (6 ml) salt
- 1/8 teaspoon (0.5 ml) freshly ground pepper
- 6 tablespoons (90 ml) ghee or vegan margarine
- 2 2/3 cups (630 ml) water

Directions:

1. Place all of the ingredients in a heavy-bottomed 3-quart/litre non stick pan, starting with the tomatoes and ending with the water. Bring to a boil over moderately high heat, then reduce the heat to moderate and boil for 5 minutes.
2. Reduce the heat again and gently boil, partially covered, for 20-25 minutes. From time to time, peek at the dish and check that the water is not disappearing too fast. You may have to adjust the heat, and perhaps add more water to see that the vegetables are just tender when the water is fully absorbed.
3. To finish the dish, raise the heat to moderately high and fry quickly, without stirring, to allow the crust to form and just begin to char. When you are satisfied with the texture, remove the pan from the heat and set aside, covered, for 5 minutes. Gently stir the crust into the tender vegetables before serving.

Good with vegan breads or just on its own.

Chocolate Raspberry Mocha Layer Cake

People are always asking us how to make vegan cakes so here is another one.

Ingredients:

- 2 cups unrefined sugar
- 3/4 cup oil (substitute applesauce to lower fat content)
- 1/4 cup water
- 2 tsp vanilla
- 3 cups flour
- 1 cup cocoa
- 2 tsp baking soda
- 1/4 tsp salt
- 2 cups soymilk
- 1 shot of espresso or very strong coffee
- 1/4 to 1/2 cup fruit-sweetened raspberry jam

Directions:

Blend the sugar and oil. Add the water and stir well. Add vanilla extract. In a separate bowl, mix flour, cocoa, baking soda, and salt. In another bowl, measure out soymilk and espresso or coffee. Add the flour mixture gradually to the oil and sugar mixture, alternating with the soymilk. Pour batter into two oiled 9" pans and bake 40 minutes at 350 degrees.

When cake is baked, remove from pans and cool on a wire rack. When cool to the touch, spread the top of the bottom layer with raspberry jam. Top with second cake layer and frost with your favourite vegan chocolate frosting. Enjoy!