

Events organised by others...

We don't have room for full details so if you would like more information please ask.

July

8th - 14th World Vegetarian Congress, Edinburgh

This year the World Vegetarian Congress is a bit closer to home and we are told that all the food will be vegan! To find out more call on 0161 925 2000, email via congress@vegsoc.com or go to their website at <http://www.vegsoc.com/congress>

13th Viva End Factory Farming March--London and other regions

Viva are holding marches in London and other regions (Manchester is the closest for us). They are looking for people to march and to help organise. Tel 01273 777688, email rally@viva.org.uk, website <http://www.factoryfarming.org.uk>

August

3rd - 17th Vegan Camp, Cumbria

This year at Park Foot Caravan and Camping Park, Howtown Road, Pooley Bridge, Penrith, Cumbria.

Local Vegan Suppliers

Arthur Street Trading 23 Arthur Street, Hull. Tel 212871

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

The Co-Op, several places including Chanterlands Avenue and Greenwich Avenue (Hull), Market Place (Hedon) High Street (North Ferriby).

The Co-Op now marks its vegan products as "suitable for vegans" so it is easy to find stuff. And its not only food items but cosmetics, toiletries and cleaning products.

Hemp Union 24 Anlaby Road, Hull. Tel 225328 e-mail: sales@hemp-union.karoo.co.uk
internet: <http://www.hemp-union.karoo.net>

The UK's biggest selection of ethically produced, environmental products, made from cannabis hemp the worlds most valuable & versatile crop.

Hitchcocks Vegetarian Restaurant 1 Bishop Lane, Hull. Tel 320233

Great Vegetarian restaurant but with a strong Vegan offering. Cost is £10 waged / £9 unwaged for our get togethers (£12 and £11 normally).

Hull Foods (aka Mike's Shop) 79 Princes Avenue, Hull. Tel 446929
<http://freespace.virgin.net/hullfood.com/index.htm> e-mail: hullfood.com@virgin.net

Best place for your vegan food supplies in Hull and now with a website. Remember if you can't see it Mike can normally order it and its normally there the next week.

Grain Whole Foods Newland Avenue, Hull. Tel 448680

Good selection of veggie and vegan foods also supplements and remedies.

The Natural Healing Centre 55 Beverley Road, Hull. Tel 222089

Run by John Andrews this centre offers herbal, iridology and natural health based consultations. John is fully qualified and a graduate of the College of Herbs and Natural Healing and since he is a vegan you know the treatment you get will be good for you and the animal world.

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.

The Zoo 80b Newland Avenue. Hull Tel 494352

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!

ER Vegans Contact Information

Mark Evans and Carol Nicholson

140 Victoria Avenue, Hull, HU5 3DT. Tel 471119 e-mail: ervegans@merrydowncontrolware.co.uk
ER Vegans membership, the news letter, Vegan Society info, Animal Rights info etc.

Maggie Tel 444435 Anything to do with gardening.

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



Welcome

Bruce and Jane are now back from their well earned holiday so Hitchcocks is back in business. You have probably noticed how busy Hitchcocks gets these days, which is not that surprising given the quality, value, atmosphere and superb hospitality offered by Bruce, Jane and the rest of the crew. To ensure we get the dates we want we have booked meals for the rest of the year. We haven't listed them all here due to space restrictions but as the time approaches we will let you know, just keep Thursday evening, 19th December free!

We recently had a soiree night at the Zoo Vegetarian Restaurant in Newland Avenue, Hull. It was a great success and everyone commented on how much they would like another one soon so we have pulled our finger out and booked a date (see events). Again many thanks to Heather, Pauline and Helen for a great night.

We have also set a date and venue for our mini-vegan camp. This is the first time we have attempted such an event and we are deliberately keeping it low-key and its a bit ad-hoc for the moment--please bear with us. If it proves popular we will organise a bigger and more active event next year. So if you fancy a night out under canvas please get in touch soon so we can work it all out.

ERVegan Events

Please book all events with Mark or Carol on Hull 471119.

June

Peruvian night at Hitchcocks - Wednesday 12th June 8pm

July

Pacific Islands night at Hitchcocks - Thursday 18th July 8pm

(No taro please - for those of you that haven't had the delight of tasting this staple from Samoa, don't worry, you haven't missed much - Carol)

Summer meal at The Zoo - Saturday 27th July 8pm

Again for those who wish to join us do let us know and we will get the menu to you nearer the time to make your selection. There will be a choice of three starters, main courses and desserts, all vegan and delicious.

August

Thai meal at Hitchcocks - Tuesday 13th August 8pm

Continuing our trip around the world with another summer destination.

ERVegan camp in North Yorkshire - Saturday 17th August

Our first ever camp out! Not intended to rival the official Vegan Camp but as a fun day/night out with vegan friends. The site we have chosen is The Lion Inn, Blakey Ridge, Kirkby Moorside, North Yorkshire (tel 01751 417320) which has basic facilities for campers for only £2 per person per night and is listed in the Vegan Travel guide. This site is not too far away, we don't have to book as there is always space there and it is very reasonable. No full details yet as we need numbers and your thoughts-please get in touch soon. We thought it might be nice for us to cook a big pan of Mark's Special Curry which we can all tuck into.

News

Free Samples

Have you tried the Vegan Coffee Creamer yet? Call The Green Elephant on 01633 252060 or email mail@thegreenelephant.com for your **FREE SAMPLE**.

Calling all Writers, Cartoonists and Designers

Vegan designs, cartoons and magazine articles needed for Farmed Animal Campaign Group. Ideally around the live export theme, veganism, farmed animal issues, etc. They can't afford to pay you but your work will be credited! Please send to tinavegan@yahoo.com or get in touch with ERVegans and we will forward them on.

Remember ERVegans are always interested in your articles about veganism, especially your own thoughts about our lifestyle. They don't need to be typed up or anything fancy like that, hand-written on a piece of paper will do!

Vegan Camp Full Details Announced

We now have full details for the vegan camp 2002 including booking forms. If interested in this mega vegan event (very family friendly too) please get in touch either with the organisers or with us. Typical prices are £2.25 per tent per night plus £3 per adult per night. People who have been have told us this was a great event and this years itinerary certainly looks good; lots of activities for children, communal meals, entertainment and lots of lounge-about! This years site has its own beach, tennis courts and it is beside Lake Ullswater just right for that 6am dip before breakfast! There are also lots of great places to visit in the area.

Please let us know if you are going and would like to lift share etc so we can let other interested people know.

A Vegan Community in Wales?

It's looking very hopeful. A vegan community is in the process of buying a large house and two acres of land in the outskirts of Swansea with space for six or seven vegans. They already have a second smaller house nearby which will also form part of the community. If you're interested contact Malcolm Horne, 01395 270280- see the News section of the Vegan Views magazine website (<http://www.veganviews.org.uk>) for the full story.

Balanced nutrition!

We have had more than several conversations with people recently over ensuring a balance of nutrients in a vegan diet - are we able to get enough of the essential fatty acids, all the vitamins and minerals, enough energy to fulfil our needs? The answer is undoubtedly yes but there are some things to consider.

- our diet has to include a variety of foods to meet our nutritional needs - limiting dietary intake of certain foodstuffs, eating only a restricted range of foods, eating the same foods each day, will diminish the nutrients available to us.
- with such a range of foods there is no requirement for supplementation, not negating that when ill this cannot be beneficial.
- vitamin B12 is often cited as a cause for concern but you will find that a lot of breakfast cereals, soya milks and margarines are fortified and more than fulfil our needs.

In case you need further persuasion or reassurance, I have increasingly noticed in magazines and books that the vegan diet and seeking vegan alternatives to common foodstuffs such as dairy produce, is being advocated. And this is for both physical and mental health problems, from Irritable Bowel Syndrome to stabilising mood.

For example, Michael van Straten, a renowned naturopath, listed the following as The 10 Best Superfoods....not an animal product among them. Apple, avocado, banana, cabbage, carrot, garlic, oats, onion, pasta and potato. (1)

And in their book "The Food Doctor - Healing foods for body and mind", Vicki Edgson and Ian Marber list their top 100 health foods. Of these 91 are foodstuffs that are vegan - all packed with energy, nutrients and taste. (2)

I have found too that although food and what we eat, how we eat, the pleasure we get from food is a large part of our overall health, if we are feeling somewhat under par then before resuming a compromised diet it may be worth asking some questions of ourselves about other aspects of your lifestyle. Are we drinking enough water; getting enough, but not too much, exercise; getting out into the fresh air; having fun, laughing, seeing or at least talking to good friends; are our thoughts positive and uplifting rather than negative and draining; have we got that stress balance

right??? (3) Feeling unwell, stressed and tired is not always as a result of our diet - we are not only what we eat but also how we live.

When I look around at the meals we have I see a group of healthy and vibrant people - that in itself is testament to the benefits of being vegan. Maybe these thoughts will stimulate more discussion over the table. I look forward to it.

Article by Carol

References

1. Article in the Guardian Weekend May 12th 2001 - Michael van Straten
2. Edgson, V. and Marber, I. The Food Doctor - Healing foods for mind and body 1999
3. Waterhouse, D. From Tired To Inspired - 8 energising ways to overcome female fatigue 2001

Some nutrient packed recipes for summer(all serve 4 people)

All recipes taken from "The Food Doctor - Healing foods for mind and body" V.Edgson and I.Marber

Ruby tofu smoothie

- ◇ 3 tablespoons sunflower seeds
 - ◇ 1 1/2 tablespoons pumpkin seeds
 - ◇ 500g of either strawberries, raspberries or blackcurrants, or a combination of the three
 - ◇ 400g organic tofu, drained and diced
 - ◇ 1 1/2 litres rice, oat or soya milk
1. Grind sunflower and pumpkin seeds in a food processor.
 2. Add rest of the ingredients and blend until smooth.
 3. Serve immediately.

Chickpea, pepper and pine nut salad with creamy basil dressing

1. Combine chickpeas, pepper, tomato and spring onions.
 2. Pour 'milk', together with the rest of the ingredients, except pinenuts, into a food processor and blend until thickened.
 3. Pour this mixture over the chickpea mixture and toss well to combine.
 4. Serve on lettuce leaves, sprinkled with the pine nuts.
- ◇ 300g cooked, or canned, chickpeas
 - ◇ 1 red pepper, cut into strips
 - ◇ 1 tomato, chopped
 - ◇ 2 spring onions, cut into strips
 - ◇ 2 tablespoons oat, rice or soya milk
 - ◇ 1 tablespoon lemon juice and lemon pulp
 - ◇ 1 tablespoon white wine vinegar
 - ◇ 1 tablespoon olive oil
 - ◇ 1 chopped clove of garlic
 - ◇ 1 tablespoon pine nuts
 - ◇ 2 tablespoons fresh basil

Iced mango mousse

- ◇ 2 mangoes, stones removed, peeled and sliced
 - ◇ 1 small banana
 - ◇ 3 ice cubes made from peppermint tea
 - ◇ 75g soya yoghurt (or with vanilla soya ice cream if it is served straight away? - I will try that and get back to you-it works!!!)
1. Place all the ingredients in a blender and mix until smooth.
 2. Scoop mixture into dishes and serve with a sprig of mint.

