

Events organised by others...

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

August

3rd - 17th Vegan Camp, Cumbria

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

November

1st World Vegan Day

Events all over the country.

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. Even their wine is labelled if suitable for vegans!

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.

Note Hull Foods will be moving in about 6 weeks time back to the original Hull Foods shop on Princess Avenue (just a few doors along). Initially there may not be the full range of goods available because of work that needs to be done in the new location. It might be an idea to stock up before the move with all the non-perishable stuff that you need.

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

Hello to our July issue and a big welcome to all the people who contacted us recently asking to receive a newsletter. We hope you like it and we look forward to meeting you soon.

The ERVegan camp details are now finalised. For full details see inside. This camp is intended to be a very basic event this year lasting just one day but if its successful and you all want to we can look at doing a more substantial event next year. If you want to come please get in touch soon so that we can do all the organising (cars, food etc).

We have just had another great night out at the Zoo Vegetarian Café where we were spoilt by Heather and Pauline with a fantastic 3 course meal. This is our second night at the Zoo this year. Everyone enjoyed it and asked for more. We will try to arrange another night out in the coming months.

Any ideas for next years theme at Hitchcocks? If you do please let us know. However there are plenty of countries we haven't tried yet so we could always go round the world again.



Courtesy of Vance Lehmkuhl's The Joy of Soy

ERVegan Events

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

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. Full details inside this newsletter.

September

Moroccan Night at Hitchcocks - Thursday 12th September 8pm

To the north coast of Africa for our September meal at Hitchcocks.

October

Mongolian Night at Hitchcocks - Tuesday 8th October 8pm

In October we will sample the delights of Mongolian cuisine at Hitchcocks.

November

World Vegan Day - Friday 1st November 8pm

To celebrate world vegan day there will be a meal at Hitchcocks with Bruce's favourite dishes from all over the world. Please note because its a Friday this event will be very popular so book extra early!.

News

Everything seems a bit quiet this month!

Birthday Wishes to the Father of Veganism

Donald Watson will be 92 in early September. Anyone wishing to send thanks and wishes to the man who invented the word vegan and founded The Vegan Society in 1944 should send cards c/o The Vegan Society, 7 Battle Road, St Leonards on Sea TN37 7AA by 3rd week in August.

Vegan Views now available on-line free of charge!

Up to VV92 (Spring 2002 issue) Vegan Views magazine was produced by old-fashioned methods which involved gluing typed-up articles onto A3 sheets of paper. This worked well and gave the magazine a bit of a rough-round-the-edges radical feel, but things have to move on. From the VV93 issue, Vegan Views is being produced on a computer and is available free via

<http://www.veganviews.org.uk/vvmagslist.html>

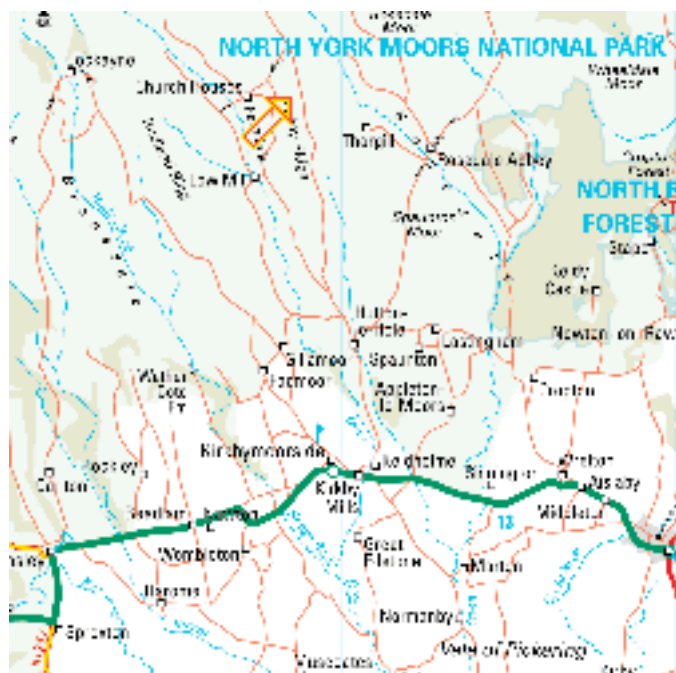
Vegan Views is a UK magazine that is independent of the Vegan Society but shares its aims. It was started in 1975 by a group of vegans who wanted to make contact with others interested in creating a more harmonious way of living based on veganism, and to communicate more informally than could be done in the official journal of the Vegan Society. It realises that many vegans feel isolated from society and appreciate contact with, and news and opinions of, other vegans.

ERVegan Camp Details

Details for the first ever ERVegan camp are now finalised and if you are interested in coming please get in touch with Mark or Carol as soon as possible.

The ERVegan camp will be in a field belonging to the The Lion Inn near Kirkby Moorside on Saturday 17th August for one night. Our intention is to arrive there sometime in the afternoon, set up the tents and generally get aquatinted with the area.

Getting there



The Lion Inn
Blakey Ridge
Kirkby Moorside
North Yorkshire
tel 01751 417320

The site is about 60 miles from Hull and probably will take about 1 3/4 hours to drive there. For those wishing to cycle there is some room in vehicles to take tents, sleeping bags etc to lighten your load a little. It is possible that there may be room in vehicles to take people. Could everyone get in touch soon with their intentions and we will try and sort everything out. We will also provide more detailed instructions of how to get there.

The cost

Camping: £2 per person per night plus a donation if it is decided that we provide the main meal.

What you will need

Basically you will need something to sleep in, something to sleep under and some money to pay for the camping ie a sleeping bag, a tent and £2 per person per night.

There are very basic facilities at the camp site and it is quite remote so also bring some bits to eat, and drinks. If anyone has any camping equipment that they think would be useful (for example cookers, water containers, lights) we would be grateful if you could bring them. Please get in touch with details.

Based on the number of people who said they would come it is our intention to make a big pan of curry (Mark's Creamy Curry!) and bring that with us. We will heat this up and everyone will sit around helping themselves throughout the early evening. We will also bring rice and breads to accompany the food. There will be a nominal charge for this.

If you would like to bring along bits and pieces to eat with the curry please feel free. Of course you will need to bring along food for breakfast the next morning and for any other times you want to eat. Note we will bring along soya milk for use in cereals etc to save everyone bringing their own 1 litre container!

The Weather Question

Having said all this we are at the mercy of the weather. If it looks like its going to be dry we will go ahead, if it looks like its going to rain we won't. Ofcourse you can still go if you want to. If the rain does stop play then we will try to reorganise the event but this might be difficult to do this year.

If you are indoubt give us a call on the Friday night when we should know for definite.

Recipes

Italian-Roasted Vegetable-Rice Salad

A great summer recipe idea from Mark Foy's A Taste of Vitality. A Taste of Vitality is an electronic vegan recipe book that is free! If you would like a copy (it is a PDF file) please ask us.

BEAN

- ◇ 1 1/2 cups white beans, cooked

GRAIN

- ◇ 1 1/2 cups brown basmati rice, washed
- ◇ 3 cups water
- ◇ 3/4 teaspoon sea salt

ROASTED VEGETABLES

- ◇ 1 medium onion, slivered
- ◇ 1 large red bell pepper, cut into 1" pieces
- ◇ 4 celery stalks, sliced 1/4" thick
- ◇ 1/2 pound button mushroom caps (about 3 cups)
- ◇ 2 small courgettes squash, sliced 1/4" thick
- ◇ 2 small yellow squash, sliced 1/4" thick
- ◇ 1 tablespoon olive oil
- ◇ 1/4 teaspoon sea salt

MARINADE

- ◇ 1/2 tablespoon olive oil
- ◇ 3 tablespoons balsamic vinegar
- ◇ 1/4 teaspoon sea salt
- ◇ 4 garlic cloves, minced
- ◇ 1/2 cup fresh basil, chopped

1. In a pot (appropriate for cooking rice on the stove top) add rice, water, and sea salt. Cover and bring to a boil. When boiling, turn heat to low and simmer for 55 minutes (or as per rice cooking instructions).
2. While rice is cooking, combined all cut vegetables in a large bowl, and add oil. Toss gently with hands to coat all vegetables with oil. Add salt, and toss gently again. Place on a large baking sheet (it should not need to be oiled since the vegetables are oiled), and broil in an oven (no need to reheat the oven) until roasted (browned). Mix on sheet as needed so all sides get evenly browned/roasted (and not burnt).
3. For the marinade, while vegetables are roasting, whisk olive oil, balsamic vinegar, and sea salt together in a large bowl. Stir in garlic and basil.
4. When vegetables and rice are done, add the beans to the oil/vinegar mixture, turning gently to coat all beans with the marinade. Then add the rice and do the same. Lastly, add the vegetables and finish by gently turning the vegetables into the mixture.