

## Recipe

### Chuck's barley-mushroom winter borscht

#### Ingredients

- ◇ 1 cup barley
- ◇ 1/2 cup mixed beans and lentils
- ◇ 1 tblsp olive oil
- ◇ 6 cups water
- ◇ 2 tblsp miso
- ◇ 1 onion (large) (chopped)
- ◇ 5 turnips (peeled and cubed)
- ◇ 2 carrots (sliced 1cm thick)
- ◇ 1/2 lb mushrooms (sliced)
- ◇ 3 garlic (minced)
- ◇ 1/2 tsp pepper
- ◇ 2 tsp marjoram
- ◇ 1 tsp rosemary
- ◇ 1/3 cup tamari
- ◇ 3 tblsp vegan margarine

#### Method

1. Sauté the garlic and onion in olive oil on medium heat until the onions are translucent.
2. Combine the barley, bean and lentil mix, miso, and water with the onion/garlic, and bring to a boil. Add the turnips and carrots, reduce heat to medium-low, and simmer for about 1 1/2 hours, stirring occasionally.
3. Add the mushrooms, spices and tamari and continue cooking on a low heat for another hour.
4. Add the butter or margarine, let sit for a few minutes, and serve. If cooking the night before, you might want to add 1 cup of water and heat again just before serving; the barley tends to absorb water, and if you omit this extra water you end up with a tasty gruel.

*Recipe c/o Chuck Narad - [narad@nudibranch.asd.sgi.com](mailto:narad@nudibranch.asd.sgi.com)*

## Other Organisation Watch

While searching the internet (what did we do before!!) I came across a website for the vegetarian housing association and I thought you would be interested in who they are and what they do.

### The Vegetarian Housing Association

The Vegetarian Housing Association enables vegetarians and vegans to live their later years in peace and comfort, in homes provided specially for them. Conventional retirement homes offer neither the special dietary needs nor the companionship of like-minded people.

Formed in 1962, the VHA is a non profit-making organisation with charitable status. Residents of the homes pay a rental charge which includes all services. As nursing care is not provided, residents must be able to look after themselves.

As with all charitable organisations they are always looking for donations and volunteers. What kind of volunteers? Well all sorts really. If you can do something useful around the house then you will be useful to the VHA. They especially need gardeners.

Although none of us like to think about getting older it is great to know that there are organisations out there for us. If you are interested please contact them at: The Vegetarian Housing Association, Chancery House, St. Nicholas Way, Sutton, Surrey SM1 1JB

<http://www.veghousing.org.uk>

Tel: 020 8652 1934 Fax: 020 8652 1916 Email: [office@veghousing.org.uk](mailto:office@veghousing.org.uk)

## New Contact Information

### Hulls local contact for Viva! is Melissa

Contact by phone on 01482 473106 or via e-mail: [melisbee@jeffp.karoo.co.uk](mailto:melisbee@jeffp.karoo.co.uk)

Please quote HACT (Hull Against Creature Torment) when contacting Melissa.

Melissa is willing to attempt to answer any questions regarding creature abuse and would be grateful if anyone has knowledge to share with her.

## ER Vegans Contact Information

### Mark Evans and Carol Nicholson

140 Victoria Avenue, Hull, HU5 3DT. Tel 471119 e-mail: [ervegans@merrydowncontrolware.co.uk](mailto:ervegans@merrydowncontrolware.co.uk)

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

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



## Welcome...and a happy new year to all

Well its been a long time since the last newsletter but fortunately it detailed lots of ERVegan events for you to come to and I must say that they were all well attended and we had plenty of stimulating conversation, interesting opinions and quite a few laughs. Oh and lots of delicious vegan booze and grub too! Thank you all for making 2002 really successful and here's to an even better 2003.

Several people have been asking us about postage for newsletters - up till now we have had enough money to cover this from that raised from stalls and some donations. We do envisage over the next year, however, having some small fund raising events - this will enable us to continue with our informal, no membership fee approach to the group. Mentioning fund raising don't forget to get your quiz entries in for a chance to win that voucher for the Zoo Vegetarian Café.

Another idea, which I will organise over the Christmas period, is to have a list of relevant books which people can borrow for a small charge, say 20 pence. We do have a collection of books with which to start this, but if anyone has any others which they would be willing to donate to our 'library' that would be appreciated. I will be keeping a record of where books are so they do not go missing as we want them to be available for as many as possible.

We have removed the Local Suppliers section because we were running out of room for articles. The list will still be maintained and is available on request plus we will send out a copy with all new requests for the newsletter. If there are any changes we will report them.

## ERVegan Events

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

### February

#### (late!) Chinese New Year - Wednesday 5th, 8pm at Hitchcocks

ERVegans didn't have a conventional December 31st New Years party so we thought we would celebrate the Chinese new year instead. Unfortunately we can't get the actual day at Hitchcocks (February 1st) so we went for this date instead.

### March

#### Welcome home Andy (Indian Night) - Saturday 15th, 8pm

Andy is a ERVegan that likes to travel as a traveller not a tourist. He likes nothing better than to be wandering around some exotic land for a couple of months with just a pack on his back. To welcome him home we are having a meal at Hitchcocks to which you are all welcome.

### April

#### Buddhist Feast - Tuesday 8th, 8pm at Hitchcocks

8th April is Buddha's birthday and since we thought a Buddhist feast would be a great night out we organised it.

### May

#### Bob Marley Night - Saturday 10th, 8pm at Hitchcocks

Apart from our Christmas bash this is the most popular ERVegans night out and with wonderful Caribbean cuisine and Bob's songs in the background you can see why.

### On the cards...

#### Soiree at the Zoo

We will organise another soiree at the Zoo sometime in in the Spring. Let us know if there any good / bad dates.

#### Fancy going to a Leeds Vegans do?

If there is interest we will organise a trip to a vegan event organised by our friends in Leeds. Again anyone who is interested please let us know.

## News

### Vegan Treats!

I just have to tell you about some new discoveries on the sweet line, obtained from Veganstore this week (<http://www.veganstore.co.uk>), for research purposes you do understand!! Well the peanut chews, like a mini snickers bar, or marathon for those of us that remember the originals, are exactly that, chewy, caramelly and nutty. I've never found a vegan combination of these before and really enjoyed it - the only one problem is that word mini but that is overcome to some degree by the fact that they are sold in packets of sixes.

The other discovery, yet to be tried, is a vegan 'bounty bar', a coconut bar surrounded by dark chocolate. Sounds good. I will report in due course.

### New Animal Free Shopper Out

The vegan society has just announced that the sixth edition of the animal free shopper is now available.

This is the bible for vegan consumers and lists just about every product that is animal free that can be bought in the UK. As they say "don't leave home without it!".



### Were you a vegan in the 80's?

On the vegan village notice board is someone seeking people who have been vegan since the mid 80s to ask them some questions about how convenience food and eating out was different (in Britain) in those days. This is for a book about the history of Veggie Catering Campaign (which was founded in '84) and the growth of the vegan movement in the UK.

If this applies to you, please email [ronny.garlic@blueyonder.co.uk](mailto:ronny.garlic@blueyonder.co.uk) or tell ERVegans and we can forward your information on.

### Hull osteoporosis study needs volunteers

Hull NHS are doing a study into how eating soy products impacts on osteoporosis in women and they need some volunteers. We don't have a lot of details yet but if anyone is thinking of volunteering please get in touch with us and we will get you full info.

### Why vegans were right all along

*A reprint of an article by George Monbiot in The Guardian that presents the argument that "Famine can only be avoided if the rich give up meat, fish and dairy"*

The Christians stole the winter solstice from the pagans, and capitalism stole it from the Christians. But one feature of the celebrations has remained unchanged: the consumption of vast quantities of meat. The practice used to make sense. Livestock slaughtered in the autumn, before the grass ran out, would be about to decay, and fat-starved people would have to survive a further three months. Today we face the opposite problem: we spend the next three months trying to work it off.

Our seasonal excesses would be perfectly sustainable, if we weren't doing the same thing every other week of the year. But, because of the rich world's disproportionate purchasing power, many of us can feast every day. And this would also be fine, if we did not live in a finite world.

By comparison to most of the animals we eat, turkeys are relatively efficient converters: they produce about three times as much meat per pound of grain as feedlot cattle. But there are still plenty of reasons to feel uncomfortable about eating them. Most are reared in darkness, so tightly packed that they can scarcely move. Their beaks are removed with a hot knife to prevent them from hurting each other. As Christmas approaches, they become so heavy that their hips buckle. When you see the inside of a turkey broiler house, you begin to entertain grave doubts about European civilisation.

This is one of the reasons why many people have returned to eating red meat at Christmas. Beef cattle appear to be happier animals. But the improvement in animal welfare is offset by the loss in human welfare. The world produces enough food for its people and its livestock, though (largely because they are so poor) some 800 million are malnourished. But as the population rises, structural global famine will be avoided only if the rich start to eat less meat. The number of farm animals on earth has risen fivefold since 1950: humans are now outnumbered three to one. Livestock already consume half the world's grain, and their numbers are still growing almost exponentially.

This is why biotechnology - whose promoters claim that it will feed the world - has been deployed to produce not food but feed: it allows farmers to switch from grains which keep people alive to the production of more lucrative crops for livestock. Within as little as 10 years, the world will be faced with a choice: arable farming either continues to feed the world's animals or it continues to feed the world's people. It cannot do both.

Again anyone who is interested please let us know.

The impending crisis will be accelerated by the depletion of both phosphate fertiliser and the water used to grow crops. Every kilogram of beef we consume, according to research by the agronomists David Pimental and Robert Goodland, requires around 100,000 litres of water. Aquifers are beginning the run dry all over the world, largely because of abstraction by farmers. Many of those who have begun to understand the finity of global grain production have responded by becoming vegetarians. But vegetarians who continue to consume milk and eggs scarcely reduce their impact on the ecosystem. The conversion efficiency of dairy and egg production is generally better than meat rearing, but even if everyone who now eats beef were to eat cheese instead, this would merely delay the global famine. As both dairy cattle and poultry are often fed with fishmeal (which means that no one can claim to eat cheese but not fish), it might, in one respect, even accelerate it. The shift would be accompanied too by a massive deterioration in animal welfare: with the possible exception of intensively reared broilers and pigs, battery chickens and dairy cows are the farm animals which appear to suffer most.

We could eat pheasants, many of which are dumped in landfill after they've been shot, and whose price, at this time of the year, falls to around £2 a bird, but most people would feel uncomfortable about subsidising the bloodlust of brandy-soaked hoorays. Eating pheasants, which are also fed on grain, is sustainable only up to the point at which demand meets supply. We can eat fish, but only if we are prepared to contribute to the collapse of marine ecosystems and - as the European fleet plunders the seas off West Africa - the starvation of some of the hungriest people on earth. It's impossible to avoid the conclusion that the only sustainable and socially just option is for the inhabitants of the rich world to become, like most of the earth's people, broadly vegan, eating meat only on special occasions like Christmas.

As a meat-eater, I've long found it convenient to categorise veganism as a response to animal suffering or a health fad. But, faced with these figures, it now seems plain that it's the only ethical response to what is arguably the world's most urgent social justice issue. We stuff ourselves, and the poor get stuffed.

<http://www.monbiot.com>

## **Jam sandwiches (no butter) and hummus**

There is nothing wrong with jam sandwiches or hummus per se, but when people think this is the limit of our wonderful diet is it surprising that we are constantly asked "but what do you eat?". Earlier this year we caught a programme on television about two vegans doing investigative work into fur farms - great work admittedly. But they then focused in on them having a well earned breakfast with the commentator, in very cynical tone, telling that this consisted of jam sandwiches, with no butter, and black coffee. We then that night went to a party, including buffet, where a worried host told us that they had such problems finding something for us to eat, but that there was some hummus. We came home to make a late night curry. We know that our diet is not one of restriction, of missing out, but I feel there is yet a lot more work to do on promoting veganism and the vegan diet, and what this can include to friends, family and others out there - and it is up to us. Some suggestions :

- Bring them to one of our meals
- Offer to cook for them
- Take work colleagues some goodies to have with their coffee - always a winner
- Buy vegan presents eg. toiletries, chocolates, wine. With the choice now available we have no excuse not to.
- Pass on newsletters, Vegan and other magazines for people to read.
- Don't be afraid to talk to others about being a vegan, snatch the opportunities that come up - most people are curious and often respect us for the decisions we have taken.
- Talk to chefs when out for meals in non vegetarian restaurants - vegan meals are not only suitable for vegans.

## **Why the Co-op?**

You may have noticed that we speak a lot about goods available in the Co-op. Firstly vegan goods are easily identified as they are labelled as such, which does make things a lot easier. Secondly out of the various supermarkets, the Co-op comes out way ahead in terms of its ethical policies (reference - "Ethical Shopping" by William Young and Richard Welford).

This means that the Co-op has:

- a published comprehensive code of conduct
- independent inspectors of factories for compliance with code of conduct
- a comprehensive public reporting system detailing number of factories/suppliers in developing countries and results of inspections.
- has own fair trade scheme for all or some products.