

Local Supplier Update

Lush is open in Hull!

Hull now has a Lush store located in Whitefriar Gate near WH Smiths and opposite Marks and Spencer. Lush sell soaps, shampoos, conditioners and lots of other stuff to make you clean and smelling nice.

Lush isn't exclusively vegan but we thought about 70% of their goods were suitable according to their magazine. However it may be the case that Lush's definition is not the same as everyone else's so, as always, be careful out there. We will investigate this and inform you next time.

Cava (Spanish "Champagne") at Co-op

The Co-op is now stocking a rather nice white Cava wine. This is a traditional Spanish type and is made using a similar technique to champagne. In addition to the white they also have a red Cava which is very unusual but is also very nice.

One World Shop

The One World Shop in Hull now has a website at <http://www.oneworldhull.com>. For those of you that don't know the One World Shop is Hull's Fairtrade shop where you can buy goods of all sorts that you can be sure haven't been made by an exploited workforce.



Original Source products

Last issue we mentioned Original Source toiletries and the fact that you could get them from Superdrug. Well last time we were in there they didn't have any. However we have spotted a good range of Original Source products at both Sainsbury's and Morrison's. Note most products are vegan but look for the vegan logo on the back to be sure.

Is it veggie (vegan)?

A relatively new website letting you know what is and isn't vegan has recently expanded into a very useful resource. <http://www.isitveggie.com> lists by supermarket and major manufacturer goods suitable for vegans (and veggies and those on dairy free diets). It includes all the supermarkets in the Hull area, except for Morrisons.

It also some health related information and will soon have a guide to vegan places to eat.

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Ethical Wares new products

Ethical Wares now stocks lots of other products in addition to their famous shoe selection. Products include jackets, jewelry and soft furnishings.

Ethical Wares are on the web at <http://www.ethicalwares.co.uk> and can be reached by phone on Caegwyn, Temple Bar, Felinfach, Lampeter, Ceredigion, SA48 7SA, Wales, UK
Phone +44 (0)1570 471155, fax +44 (0)1570 471166, email: vegans@ethicalwares.com

Vegan Store

Have lots of stylish new shoes available. Most are on a pre-order basis for delivery in September. Vegan Store are at <http://www.veganstore.co.uk>.

ER Vegans Contact Information

ERVegans

run by Mark Evans and Carol Nicholson
140 Victoria Avenue, Hull, HU5 3DT. Tel 471119
e-mail: ervegans@merrydowncontrolware.co.uk

web: <http://www.merrydowncontrolware.co.uk/ervegans>

Vegan Society

Donald Watson House, 7 Battle Road, St Leonards-on-Sea, East Sussex, TN37 7AA. Tel 0845 4588244 (local rate number), e-mail: info@vegansociety.com, web: <http://www.vegansociety.com>



Welcome

What a glorious summer we have had; fine weather and fantastic food at Hitchcocks and the Zoo. Our choice of more exotic food cultures at Hitchcock's has really got Bruce's creative skills going and he has created some amazing dishes that were full of flavour and colour. My personal favourite has been the Trinidad and Tobago night although I know a lot of you preferred the Persian night. What everyone seems to agree on though is that sampling exotic cultures is very enjoyable. I will get my thinking cap on and see what I can come up with next.

And what about that meal at the Zoo! All the choices of first course were terrific, the main courses were delicious and as for that chocolate cake. To those of you that weren't there let's just say that it wasn't just the women who were drooling. Infact if Heather wasn't already spoken for I think there would have been a few proposals that night. Yes the chocolate cake was that good.

One of the ideas generated while sitting outside at the Zoo and partaking in our fayre was an ERVegans Junk Food night. We don't think we will be able to fit one in this year but we will try early on in the next year. Please let us know if you are interested.

As you know ERVegans has no membership fees. We have paid for our existence with sales of donated items in the past and monetary contributions from members. I would like to take this opportunity to thank the ERVegan member who recently gave us a financial contribution and to remind you donations are always appreciated. It need not be money, stamps are just as appreciated. And if you have any A5 or A4 envelopes (used are fine), particularly the ones without the plastic window, these are always useful.

Mentioning donations we have a couple of copies of the previous Vegan Shopper available. They are in good condition plus we have the updates on separate paper. If anyone would like to offer a donation (any amount appreciated) they are welcome to them.

ERVegans Events

Please book all events with Mark or Carol on Hull 471119. Note that the Friday and Saturday events are very popular so please book early.

September

Polish Night - Thursday 18th, 8pm at Hitchcocks

Another offering of fine food from a cuisine ERVegans have not tried before.

****Provisional** Soiree at the Zoo - Saturday 27th**

Due to the tremendous response at the recent Zoo Soiree we have organised another one in September. Date is provisional but please let us know if you are interested.

October

Pakistan Night - Friday 17th, 8pm at Hitchcocks

As the cooler nights start to take a grip we thought we'd warm you up with a Pakistan Vegan offering from our favourite restaurant.

November

World Vegan Day - Saturday 1st, 8pm at Hitchcock's

A celebration of World Vegan Day with food from all over the world.

On the Cards...

Winter Soiree at the Zoo - Saturday, 6th

ERVegans Christmas Party - Tuesday 23rd December at Hitchcock's

News

Vegan Shopper Updates

You can now get regular updates to the vegan shopper by sending an email to afs-updates-subscribe@anyware.co.uk. No subject is necessary.

Vegan solution to osteoporosis (more evidence that dairy is the problem)

An article in the Daily Mail (1st July 2003) features an extract from a new book called 'Understanding, Preventing and Overcoming Osteoporosis' by Jane Plant and Gill Tidey.

Plant and Tidey believe that cutting out dairy foods, rather than boosting one's intake, is the answer to fending off osteoporosis. They claim to have devised a diet that 'maintains the acid-alkaline balance in the body', pointing out that the most acid-forming, and therefore the most bone-damaging foods, are those such as cheese, egg yolks and, to a lesser extent, canned and processed meats.

'Go Vegan and cut cholesterol, say scientists'

The Independent (Wednesday, 23rd July) reports that scientists have devised a special vegetarian diet that has been found to dramatically lower cholesterol levels. Human studies conducted by Professor David Jenkins at the University of Toronto concluded that changing to a vegan diet based on foods such as soya, high-fibre cereals and fresh fruit and vegetables was as effective in reducing cholesterol levels as anti-cholesterol drugs. The authors of the study suggested that the success of the diet could be explained by the fact that humans are adapted by evolution to high fibre plant-based diets. Cholesterol related heart disease is one of the UK's biggest health problems, killing 50,000 people every year in England and Wales.

Online Vegan Personals

A new vegan personals site has been set up by eco-centric, <http://www.eco-centric.co.uk>. The site allows you to contact alternative lifestyle people all over the country. There are filters to narrow down your searches including a vegan option.

The site is evolving, so any criticism, feedback, or problems encountered is appreciated.



Other Vegan Events

Vegan Summer Gathering 2003 (Swansea) 30 Aug - 6 September

10th Vegan Summer Gathering at Mumbles on Swansea Bay at the gateway to the beautiful Gower Peninsula. Accommodation in self-catering houses (single/twin/double rooms). Approx. cost per adult £80 for the week (excluding food), or £90 if booked after 1st July. Up to 50% reduction if unwaged or low income. Discussions, talks, trips out (to coast and countryside), communal evening meals and very good company! About 60 people of all ages usually take part. Day visitors welcome. SAE for details to Malcolm Horne at Brynderwen, Crymlyn Road, Llansamlet, Swansea SA7 9XT. Full details on the new Vegan Summer Gathering website: <http://www.veganviews.org.uk/vsg>. Details: Malcolm Horne 01792 792442 (after 8pm preferably). Email vegancom@btinternet.com.

Ancient Woodlands Project Volunteer Week (near Scarborough) 1 - 8 September

Free camping on the woodland and subsidised vegan food in exchange for help on the woodland. Details: Louisa 01723 514525 or 07748 101117. Email: Ancientwoodlands@aol.com. Web: <http://www.woodlandproject.org.uk>

National Vegan Festival (London) 14 September

Music, International Speakers, Food & Drink, Campaigning & Rescue Groups, and the best Ethical Suppliers. Stalls include: Arkangel, Farm Animal Rescue Sanctuary, Farmed Animal Action, Greyhound Action, Honesty Cosmetics, Hunt Saboteurs Association, London Vegans, Nature's Suncooked Organic Treats, Pitfield Brewery/Beer Shop, Plamil Foods, Poppyseeds, Redwood Foods, Stop Huntingdon Animal Cruelty, Uncaged Campaigns, Vegan Bodybuilding, Vegan Organic Network, Vegan Society, Vegan Store, Vegan Views magazine, Vegetarian Guides, Veggies Catering, Viva!, ... and many more. 10am to 5pm at Conway Hall, Red Lion Square, London WC1, England (nearest underground station: Holborn). Admission £1, under 16's free. Web: <http://www.veganfestival.freeserve.co.uk>.

French Ski trip March 2004

Sophie Fenwick of Reading posted this item on the World Vegan Day forum...

"Want to ski dairy free next year, whether or not you've tried it before? If you are interested in joining our totally vegan chalet holiday in France, with seriously gorgeous vegan food at the start

and end of the day, that even your non-vegan friend will glow about, then contact me / reply to this posting asap as places will be limited. This is all because we want to ski and eat well on our holiday, and think others might like to do the same. Likely to be 1-2 weeks in March 2004. "

Sophie can be emailed via sofworldvegan@hurricanehub.com

Best Vegan Chef in the World Competition

The search is on for chefs around the world to participate in a vegan cooking competition at Hotelympia, London, UK a major international event for caterers.

The renowned Le Salon Culinaire International de Londres, which attracted 1,200 chefs in 2002, will be featured once again at Hotelympia 2004. Le Salon Culinaire is the ultimate stage for chefs both seasoned professionals and young, enthusiastic beginners, showcasing culinary skill at its best and they have a vegan category (PL11).

30 minutes will be allowed to prepare, cook and present 2 plated portions of a main course dish that complies with Vegan Society criteria. Competitors to supply all ingredients. Recipes and brief method must be enclosed with entry.

More details and entry form see <http://www.hotelympia.com> , mailto:catering@vegansociety.com.

Leeds Veggies and Vegans Events

Our friends at Leeds organise a good selection of events. If you would like to go please contact Natalie on 0113 248 4044 or email Natalie@tharraleos.freeseve.co.uk.

August: Sunday, 24th - Shared potluck lunch at Philippa's

August Saturday, 30th Stall at Chapel Allerton Arts Festival;

September: Tuesday, 9th Curry night at Gurjurati restaurant;

October: Tuesday, 14th General social and quiz night.

Recipe - Aubergine and Lentil Stew

Here is a simple Mediterranean recipe that has fantastic flavours. It is from "A vegan taste of the Middle East " by Linda Majzlik

Linda has written many cook books all of which are based on a particular cuisine. We have several of them and each one is well researched and contains clear instructions for a whole variety of dishes from starters through to desserts. They are all highly recommended but this one and our "A vegan taste of India" are definately our favourites.

Like all of Linda's books this one is good value at £6 or less. It is available from the Vegan Society or you can order it at your local bookstore (ISBN 1-897766-77-7).

Ingredients

- ◇ 450 g Aubergine (diced)
- ◇ 175 g brown lentils
- ◇ 50 g dried dates (finely chopped)
- ◇ 1 onion (peeled and chopped)
- ◇ 2 garlic cloves (crushed)
- ◇ 1 small red chilli (finely chopped)
- ◇ 4 tsp olive oil
- ◇ 1 tsp ground cumin
- ◇ .½ tsp ground cinnamon
- ◇ black pepper
- ◇ chopped walnuts

Method

1. Soak the lentils in water for 12 hours. (or use a tin of lentils and skip to step 3).
2. Drain and put in a pan with fresh water. Bring to the boil, cover and simmer briskly for 20 minutes.
3. Drain, keep the cooking liquid and make this up to 550ml with water, if necessary.
4. Heat the oil in a large pan and gently fry the aubergine, onion, garlic and chilli for 10 minutes.
5. Add the lentils, cooking liquid (or water), dates, cumin and cinnamon and season with black pepper.
6. Stir well and bring to the boil.
7. Cover and simmer for about 25-30 minutes, stirring occasionally, until tender.

The above recipe will provide enough for 4 people when served with a savoury rice dish or breads.

*Harmlessness is the
only religion.*

Jain maxim