

## Local Vegan & Vegan Related Groups

To ensure you have the latest contact information here is a quick roundup of the local groups you might be also interested in.

### Hull Veggies

Organised by Jeff Tallerman on 01482 876222. Hitchcock's Meals; 22nd Jan-Oriental, 25th Feb-Greek, 23rd March-German/Balcon, 21st April-Indian.

### Hull Animal Rights

Organised by Ray, PO Box 43, Hull, HU1 1AA.

### Viva Local Contact

is Melissa. Contact by phone 01482 473196 or email: [melisbee@jeffp.karoo.co.uk](mailto:melisbee@jeffp.karoo.co.uk) quoting HACT - Hull Against Creature Torment.

### Friends of the Earth

Meet at 8pm on the first Tuesday of each month at 78 Lambert Street, Hull. Contact Sue Jolliffe at 47 Kingsway, Cottingham, HU16 5BB. Tel: 01482 845958 e-mail [Sue@jolliffe.karoo.co.uk](mailto:Sue@jolliffe.karoo.co.uk)

### Organic Gardeners

Contact Tony on 01482 212759.

### Leeds Vegans and Vegetarians

Contact Natalie Tharraleous on 0113 248044 or email: [natalie@tharraleos.freeseve.co.uk](mailto:natalie@tharraleos.freeseve.co.uk).

### Doncaster Vegans and Vegetarians.

Contact Vivien Dean at 11 Cumberland Close, Goole, DN14 6UP. Tel: 01405 769730 e-mail: [kesterdean@supanet.com](mailto:kesterdean@supanet.com).

## Local Supplier Update

### Soya milk at McCoy's Coffee Emporium

McCoy's now have soya milk on the premises to make any of their fantastic coffee drinks. So if you are in the centre of Hull and fancy a soya cappuccino or a soya latté then pop into McCoy's.

### New owner at the Zoo / New menu items

Heather and Pauline have recently sold the Zoo Vegetarian Café and handed the reins over to Chloe. Have no fear though, the Zoo is staying vegetarian. It still serves the same range of excellent coffee drinks and all are available with soya milk. Classic favourites such as the veggie burger (vegan of course) are still on the menu but Chloe is making her own mark already with her brand of cooking and presentation. Already established as an ERVegans favourite is her vegan orange cake. -- absolutely fantastic. If you are in the vicinity why not drop in. It shows that we don't need to miss out on any of the good things in life.

I am sure you will join us in thanking Heather and Pauline for all the wonderful meals they have made for us over the years and wish them all the best in their future ventures.

## National Supplier Update

### Bournville Chocolate Warning

Cadbury has contacted The Vegan Society to warn that Bournville plain chocolate will no longer be vegan when the production is moved to a new site. There will be older-style stock available for a while but do read the ingredients list.

## 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](mailto: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](mailto:info@vegansociety.com), web: <http://www.vegansociety.com>

## Welcome

A happy new year to all and congratulations to the Vegan Society which is 60 years old this year. There should be some special events organised which we will inform you about as we get to know. ERVegans will make sure that there is a extra special celebration for World Vegan day when it comes round in November.

A new year means we need to think up new themes for our Hitchcock's nights. This year we have chosen ancient cultures so expect some new and unusual flavours on the table. We like to give Bruce a challenge! There is no meal in January as Bruce and Jane are taking a well earned rest. However there is a Vegetarian Group meal on 22nd January, theme is Oriental, if you cannot wait for our first meal. Contact Jeff Tallerman on 01482 876222 if you are interested.

And now a bit of a grumble. It has been noted that a number of people are consuming non-vegan food at our Hitchcock's meals. Our group is run on a very inclusive basis but one of our few rules is that you must consume only vegan food at our events. Please could you ensure that you and any friends you bring stick to this rule. Thank you.

## 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.

### February

#### **Roman Feast- Wednesday 18th, 8pm at Hitchcock's**

To start the year off we have organised a Roman feast. The Roman's were responsible for introducing many of the dishes and flavours we enjoy in Britain today, and we are not talking pizza here!

### March

#### **Celtic Celebration Meal - Thursday 18th, 8pm at Hitchcock's**

March is an important month for Celts; St David's Day, St Patrick's Day and Spring Equinox, so we thought we would have a Celtic meal to celebrate spring and the rebirth of nature.

### April

#### **Native American Night- Wednesday 14th, 8pm at Hitchcock's**

As a special request from Ray we have come up with a real challenge for Bruce, a native American night. I think I can safely say this will be a new one for all of us.

### May

#### **Bob Marley Night- Tuesday 11th, 8pm at Hitchcock's**

Excluding Christmas our annual homage to Bob Marley is our most popular night at Hitchcocks. Full of fantastic tastes from the Caribbean and Bob's music playing gently in the background it is a night all ERVegan members look forward to.

### June

#### **Aztec Adventure - Saturday 19th, 8pm at Hitchcock's**

To celebrate the long days we have organised a meal from one of the sun worshiping peoples of the world.

## On the cards

### **Visit to Bean There at Bridlington**

## News

### Thinking of setting up a food co-op?

Fruity Nutters is a vegan food co-op setup in Southampton by two friends. It has been going for 4 years and looks to be well run and to be very useful to the 60-ish customers it serves.

What the founders have done is to write an excellent article for the Vegan Views magazine that outlines how they run their co-operative. The article includes lots of practical tips, supplier advice and the amount of time for each of the activities required.

If you are thinking of setting up a food co-op I would strongly recommend that you read this article. It is available via <http://www.veganviews.org.uk/vv98/vv98foodcoops.html> but ask ERVegans if you don't have access to the internet.

### Vegan Mobile Catering

Purple Penguin are an organic, vegan festival café with a marquee that allows them to travel anywhere. They appear at festivals such as Buddhafield but can do catering for more private parties too. They are based in the Yorkshire area over winter where they are looking for work.

Details: Emma 07786 262864 or George 07967 270722. <http://www.purplepenguin.org>.

### The Meatrix

The Meatrix is an animated film attacking the big agro companies that dominate our food production, obviously a parody of the film with the similar name.



It is very well made and is worth a look even if you don't have a clue what the Matrix original is all about (like me!). The film lasts about 3 minutes.

<http://www.peta.org/feat/meatrix>

### Animal Aid Playing Cards

Released to mark the start of the new shooting season on 1st October, Animal Aid's special pack of playing cards uses sharp wit to reveal the sordid reality of pheasant rearing and shooting. They are available from Animal Aid for £4. Animal Aid has recently added lots of new products to its website and all the items it sells are suitable for vegans. In addition there are some very good information resources on their excellent website.

Animal Aid, The Old Chapel, Bradford Street, Tonbridge, Kent, TN9 1AW. tel 01732 364546, fax 01732 366533, email [goods@animalaid.co.uk](mailto:goods@animalaid.co.uk), web <http://www.animalaid.org.uk>

### Other Vegan Events

#### Vegan Skiing - 3 places left

Stephen Paul & Sophie Fenwick have organised a totally vegan ski week for March 2004. It is a not-for-profit adventure and there are only 3 places left for the second week (27th March). ERVegans wish them well for a great holiday and congratulate them on their "if no one else is going to offer us a vegan service we will do it ourselves" approach.

For more info visit their website: <http://www.makeessense.co.uk/veganskiing/index.html>

## Food and Mood

As vegans we cannot become complacent about what we eat - yes we have chosen not to eat meat, fish and dairy, but what of our other food choices? Are we eating the best foods for our physical and mental health? More research is now being conducted, and more evidence accumulated, on the links between food and drink and our health.

Below are some thoughts on this, for reflection and discussion. If you then wish to pursue the issue further there are some references given.

### The link between mood and food can work in two ways

The impact of the food we eat on our mood, and/or our mood influencing the food and drink choices that we make. For example, are you a person that reaches for a cup of coffee or some chocolate when you are tired or feeling flat in order to get a bit of a lift? Or for a thick slice of toast when you feel stressed or in need of comfort? Or, on the other side of the coin, do you find that after drinking that cup of coffee you are alert, able to concentrate better, or do you get the symptoms of anxiety? Or do you find that bread leaves you feeling bloated and lethargic?

### From experience I have seen how blood sugar levels can alter mood

If your blood sugar is low do you find that you become irritable, tearful, withdrawn and tired?

"Highs and lows in mood and energy can be linked to highs and lows in blood sugar levels. Blood sugar is affected by the food we eat and drink, particularly sweet, sugary and starchy foods. We may

eat these foods because we enjoy the taste or need the high of almost instant energy they provide. Unfortunately these highs can be followed by lows in mood and energy...." (The Food and Mood Handbook) By changing the type of foods you eat and your patterns of eating, you may find that your blood sugar levels and moods become more stable.

## **The chemistry of the brain is complex and as yet not fully understood**

But it has been found that brain chemicals do influence mood and a sense of well being. For example the neurotransmitter (chemical messenger in the brain) called serotonin has been associated with enhancing mood and promoting sleep. Serotonin is produced in the body from the amino acid tryptophan, found in protein foods such as beans, oats and nuts. Ready-made serotonin is found in avocados, bananas and plums.

## **So what can we do?**

These are a few suggestions : Try to choose brown over white foods Eat regularly throughout the day, so as to maintain blood sugar levels - eat snacks between meals if necessary Eat a varied diet, rather than being reliant on a limited number of foods Carry food with you if out - especially important as a vegan where there may be no options available Eat plenty of fruit and vegetables Cut down (not necessarily omit altogether) stimulants such as coffee, chocolate and alcohol Enjoy the cooking and tasting of great vegan food

## **Some examples of good mood foods**

- Jacket potato - perfect for the coming winter months
- Flapjack - make your own with dried fruit instead of sugar
- Fruit Nuts eg. almonds, brazil nuts Dried apricots
- Hummous with oatcakes - this has to be a vegan staple!
- Natural soya yoghurt with fruit Guacamole with raw vegetables
- Homemade vegetable soup

The above only scratches the surface on the issue of food and mood, but it will hopefully allow you to begin to recognise the influences in yourself of what you ingest on a daily basis. Everyone is different - what impacts on your mood and health may not be apparent in someone else. Only you can make that link and make the changes. Above all remember that our choice of vegan foods is there to be enjoyed and to promote a healthy and fulfilling lifestyle.

If you want to read further the following books, although not vegan, have lots of practical information.

- The Food and Mood Handbook by Amanda Geary
- The Food Doctor - Healing foods for mind and body by Vicki Edgson and Ian Marber

## **Recipe - Orange Root Soup**

To accompany the article on food and mood here is a recipe from The Food Doctor, an excellent resource for recipes to improve your well being.

This recipe contains both carrots and pumpkins, which are both rich in beta-carotene and antioxidants, important in cancer prevention. The added ginger gives it a zest, as well as being an excellent detoxifier and calming to the digestive tract.

To make a more filling and substantial soup, you can add before cooking 50gm or macrobiotic red rice. This is rich in B vitamins, zinc and selenium to give added antioxidant power.

### **Ingredients**

- ◊ 2 tblsp olive oil
- ◊ 1 onion (peeled and chopped)
- ◊ 1 bay leaf
- ◊ 2 tsp soy sauce or tamari
- ◊ 25 g fresh root ginger (washed and grated)
- ◊ 450 g butternut squash or pumpkin (peeled and diced)
- ◊ 450 g carrots (peeled and chopped)
- ◊ 1 l water

### **Method**

1. Heat the olive oil in a heavy-based saucepan. Add the onion and cook gently for 3-4 minutes until transparent.
2. Add all other ingredients, and simmer for 30-35 minutes until vegetables are soft.
3. Remove bay leaf and put into a blender. Blend thoroughly until smooth.
4. Add pepper to taste and reheat if desired.