

Local Supplier Update

New Co-Op on Princess Avenue

A new Co-Op store will be opening on Princess Avenue sometime in August. I think it is just up from The Zoological pub. This should greatly assist vegans in the area as they clearly mark up all their own branded vegan goods.

National Supplier Update

Vegan Cat / Dog Food Supplier



VeggiePets.Com is a new supplier for vegan (and veggie) foods for dogs and cats. They have a range of products and lots of useful looking information.

You can contact them via; Tel: 02392 699 859, email info@veggiepets.com

VeggiePets.com, 254 Queens Road, Portsmouth, Hampshire, PO2 7NQ.

Note! ERVegans are not making any comment about how you should feed your four footed friends, we are just supplying the information.

New Vegan Society T-Shirts



The Vegan Society have produced 2 new T-shirts; one with the slogan "Vegan 4 the Animals" and the other "Vegan for the Planet". Both types are available in unisex or woman's fit for £10.99 each. ERVegans have a catalogue with all the merchandise in if you would like to have a better look or you can contact the Vegan Society directly.



Visiting a City in Europe?

We recently looked at having a short break to one of the cities in mainland Europe. Obviously part of the enjoyment of a trip is the eating so we used the Happy Cow website to ensure we were going to be well served by vegan delights. The results surprised us. Countries such as Spain seem to be very veg*n friendly food wise and France doesn't seem to be as bad you would think.

Anyway here are the numbers. R indicates a restaurant, cafe or other eating type place, HF is a health food store. Happy Cow is at <http://www.happycow.net>.

Austria 20 Listings inc
Vienna R=14 HF=3

Czech Republic 7 Listings
Prague R=6 HF=1

France 42 Listings inc
Paris R=14 HF=5
Toulouse R=7 HF=1

Germany 53 Listings inc
Berlin R=6 HF=13
Cologne R=6
Munich R=6

Iceland 5 Listings
Reykjavik R=5

Italy 26 Listings inc
Bologna R=4
Florence R=7 HF=1

Norway 14 Listings inc
Oslo R=5 HF=8

Poland 22 Listings inc
Warsaw R=4

Portugal 19 Listings inc
Lisbon R=11
Porto R=3

Sweden 41 Listings inc
Gothenburg R=6
Stockholm R=14 HF=12

Spain 83 Listings inc
Alicante R=5
Barcelona R=16 HF=3
Madrid R=10 HF=4
Valencia R=5

Have you visited anywhere recently
and would like to comment on its
vegan suitability?
Let us know.

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>

ER Vegans

Vegan News Letter

for East Riding Vegans

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

e-mail: ervegans@merrydowncontrolware.co.uk

Issue 25 - June 2004

Welcome

The nice weather has finally arrived. Well it was nice when I started the newsletter and set dates for the picnics. Typically it has now changed and the rain is descending on us but hopefully the picnic days will be bright and sunny. Hopefully many of you will be able to come and enjoy eating alfresco, chatting with like minded people and enjoying the music at the Jazz Festival. Even if it is a washout don't despair. We have some cracking nights coming up at Hitchcock's Vegetarian Restaurant.

Thinking about joining the Vegan Society? Its worth the £21 (£14 concession) per year fee.



For that you will get a very good magazine 4 times a year delivered to your home plus you get a discount at many establishments both around the country and here in Hull (for example Hitchcock's give a £2 discount). Of course you will also be helping a very worthwhile organisation. And now is the best time to join as there is a bit of competition on for who can recruit the most new members. So if you are thinking of applying please get in contact with ERVegans first so that we can give you my (Mark)

membership number. The person who gets the most new members will win £500 courtesy of Yahoo - purveyors of groovy hemp products (<http://www.yaoh.co.uk>) plus there are other cash prizes too. If we win any money it will be donated to the ERVegans fund box to support your local vegan group.

Why this big drive for members? Well 2004 is the diamond jubilee of the Vegan Society and the increase in membership is but one of the special activities. Others include the Vegan Week awards, a special jubilee dinner dance in London, publication of a "Why Vegan?" booklet and lots of other activities around the country. For more information on these events or a voting form for the Vegan Week Awards visit the Vegan Society website or ask ERVegans.

The Vegan Society council elections take place in October and there are 4 positions that you can stand for. Please get in touch with the Vegan Society for more details.



1944 - 2004

ERVegans Events

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

July

Pharaoh Food - Tuesday 20th, 8pm at Hitchcock's

Continuing our tour of ancient cultures brings us to Egypt and the cuisine of the Pharaohs who ruled the land in those times. We certainly give Bruce some challenges and so far he has always succeeded. Expect a mix of unusual flavours to delight your taste buds.

Jazz Festival Picnic - Saturday July 31st, from 12:30pm Queens Gardens, Hull

As part of the Hull Jazz festival there is a free concert at Queens Garden in Hull at which Picnics are welcome so we thought we'd have an ERVegans picnic there. Its likely to be popular but we will try and get there early and reserve a couple of spaces.

August

Inca Night - Wednesday 18th, 8pm at Hitchcock's

On to Peru circa 1100-1530 and the culture that brought quinoa to the world.

September

Polynesian Night - Thursday 16th, 8pm at Hitchcock's

For a very colourful night of cuisine from Oceania.

News

Volunteers for help with veggie stall at Womad Festival (Reading)

Thames Valley Vegans & Vegetarians are organising a veggie stall at the Womad Festival in Reading this year (23rd - 25th July). It'll be vibrant and exciting. It is officially backed by the Vegetarian Society, the Vegan Society and Viva! Can you help? With props, costumes, ideas, Internet research, or volunteering a few hours of your time to set up, take down or man the stand... Contact us as soon as you can via www.makeessense.co.uk/womad.

VEGAN Mailing List

VEGAN Mailing List is a support for vegans in maintaining a vegan lifestyle. It is a safe haven for ALL vegans. The atmosphere is friendly, polite, and respectful of the values of others. While VEGAN Mailing List is not a place for "in-your-face" confrontations, we do value learning about the diversity of views within the vegan community. Those interested in learning about veganism are also welcome. www.vegan-info.com/vml.html.

Delia Smith's Website has a Vegan Section

Delia has added a vegan section to her website. Although not vast it does contain some good recipes (mashed black-eyed bean cakes with ginger onion marmalade, Tuscan bean and pasta soup, Crunch roast potatoes with Saffron to name but three) and it is good to see her doing a bit for veganism. To get to the vegan page go to Delia's website and search for "Vegan" and the recipe link should appear. <http://www.deliaonline.com/>



Other Vegan Events

July 4th - National Vegan Festival (London)

Kensington Town Hall, Hornton Street, London W8 (underground: High Street Kensington). 10am - 7pm, £1 entry (under 16 free). Stalls selling vegan products, campaigning groups, speakers, vegan food & drink, bar, music, children's workshops and more. Sponsored by: The Vegan Society, Veganstore.co.uk, Redwood Foods, Plamil Foods, Veggies, London Animal Action and Total Liberation (non-leather footwear). Web : www.veganfestival.freeseve.co.uk Email: calf@alrob.freeseve.co.uk. Organised by Campaign Against Leather & Fur (CALF).

July 10th-25th - Brynderwen Visitor Fortnight (Swansea)

Come for a few days or a week. Meet other vegans, go on trips out, maybe help with cooking or gardening, etc. Brynderwen is a vegan community on the outskirts of Swansea, with attractive sea and countryside nearby. Accommodation in or near Brynderwen, also a little camping space. Small donation to cover costs. Local Swansea Vegans meeting is on Monday 19th. Ring Malcolm 01792-792442. Web: www.veganviews.org.uk/brynderwen.

August 7th-21st - Vegan Camp

This year it will be held at Longhorsley in Northumberland. All Welcome. Come for a long stay or a short stay. More details from Veggies Catering Campaign, Sumac Centre, 245 Gladstone Street, Notts NG7 6HX. Web: www.veggies.org.uk/vegancamp.

September 12th - Festival of Life (London)

10 a.m. - 9 p.m. £4 (concessions £2, under 16s free). Celebrating sustainable, compassionate, raw/living-food & holistic lifestyles. www.festivaloflife.net. Conway Hall, Red Lion Square, Holborn, London WC1. Nearest underground station: Holborn.

Totally Smoothie

I recently read an excellent article by Ginger Carlson on the internet. Entitled "Totally Smoothie" the article explained how Ginger gets her 3 year old to eat a fantastic variety of fruit and vegetables without ever knowing. This got me thinking that this approach may not be just for young children. There are plenty of us big kids that keep coming up with excuses for not getting variety.

In the hectic world we live in it can sometimes be difficult to get the variety of foods we need particularly if you have to dash off early in the morning. Additionally preparing something with a "bit-of-this" and a "bit-of-that" can seem an onerous task especially if it is for only one or two people. However throwing bits in a blender and whizzing it is a no hassle way to get a good supply of nutrients in to your body. The resultant smoothie will not taste of any one individual ingredient but will be a blend of all the parts, only the colour may give a clue to what's in there. Smoothies also have a similar effect to real juices, they can be very exhilarating and you will

certainly be set for the day ahead after having one. Of course there is the added benefit that there is no cooking to do and only a bit of washing up!

So what exactly is a smoothie? It is just a blend of fruits and/or vegetables to which you can add extras including tofu and peanut butter to boost protein levels, flax seeds for essential fatty acids. In fact another great thing about smoothies is after you have made them a couple of times you don't really need a recipe book. Just look around your kitchen and throw bits into that blender.

Traditionally smoothies are a summer food but there is no real need not to eat them even in the depths of winter. And because virtually anything works in a smoothie you can use seasonal ingredients.

To make the smoothie you will need a blender. Many people will already have one or have a blender attachment for one of their kitchen gadgets. Fortunately blenders are not too expensive to buy especially when compared to the cost of decent juicing machines. Typically they are about £15 but there are often sales where they can be bought for less. Look in the window of Stamps on Newland Avenue as they often have excellent deals on such items and their service is far better than any of the big chains. Also available are hand blenders which are generally cheaper but I am not sure of the results obtained with these. Perhaps someone could give it a go and let us know.

Preparation of the ingredients couldn't be simpler. Just remove anything inedible such as stalks or skins and chop into suitably sized pieces for your blender. There is no need for chief quality chopping here, it's all getting whizzed.

Put the ingredients into the blender and whizz it until you have a smooth-ish looking treat.

I have only ever thought of using fruit and vegetables in a smoothie but as Ginger points out anything goes really. Adding tofu, nut butters or avocado is a great way to increase the protein in a smoothie and slipping in spinach and other green leafy veg will up your intake of iron and other important nutrients. Use of a small amount of maple syrup or molasses will sweeten the flavour if it is not quite to your taste but sometimes just adding a small amount of beet or carrot juice or vanilla flavoured soya milk will be enough.

Ginger Carlson's article was aimed at getting young children to eat the "good for them" food items. She made the point of getting them involved and trying to appeal to their liking for weird, bright colours.

The full article is at <http://www.vegfamily.com/vegan-cooking/totally-smoothie.htm> from which most of the following recipes were reproduced (except were noted).

Fruit Fusion

- ◊ 2 bananas
- ◊ 1/2 cup of frozen raspberries, blackberries or strawberries
- ◊ 1 cup fresh or frozen peaches or mango pieces
- ◊ 1 cup orange or pineapple juice
- ◊ juice from half a lime

In a blender, whirl together all ingredients until thick and smooth.

Chopper's Raw Salsa

- ◊ 2 large tomatoes
- ◊ 1/2 red pepper
- ◊ 1/4 red onion
- ◊ 1 chili
- ◊ 8-10 cherry tomatoes
- ◊ 1/2 stick celery
- ◊ 1/2 clove garlic
- ◊ Juice of 1 lime
- ◊ small bunch of fresh coriander

In a blender, whirl together all ingredients until thick and smooth. Serve as a dip or a side dish.

Recipe courtesy of <http://www.ukjuicers.com>

Protein Power

- ◊ 1/2 cup soy milk
- ◊ 1-1/2 cup papaya pieces
- ◊ 1 cup strawberries
- ◊ 1/2 of an avocado
- ◊ 1/3 cup soft tofu
- ◊ 2 Tablespoons nut butter (optional)
- ◊ Add maple syrup to taste

In a blender, whirl together all ingredients until thick and smooth.

Being Green

- ◊ 2 cups fresh spinach or kale
- ◊ 1 grated cucumber, carrot or zucchini
- ◊ 2 bananas or 1 banana and 1/3 cup fruit of your choice
- ◊ 1 orange
- ◊ Juice of 3 apples

In a blender, whirl together all ingredients until thick and smooth.