

Local Supplier Update

New Piano Bar in Newland Avenue (Nearly!)

A very nice sounding piano bar is shortly to open in Newland Avenue on the site where Pools Corner was. It will be called Zest and should be open by the middle of October. It will feature table service and Mediterranean cuisine with vegan offerings. We will let you know more when we have tried it!

Waitrose in Hull (Nearly!)

As part of the Morrisons takeover of Safeway some of the stores had to be sold to Waitrose and the Willerby branch is one of them. It will open on the 21st October.

Waitrose is useful to us because they stock a good range of vegan items all of which are listed in the Animal Free Shopper.

Shuka Organic Hair Care

I discovered the Shuka shop recently while in Hull town. Apparently its been there about 2 years but I was unaware of it. Shuka supply lots of hair care products and other toiletries and best of all they are not tested on animals and contain no animal ingredients.

Shuka is in the Paragon Arcade just off Paragon Street (near Segals Jewelers).

National Supplier Update

Vegan sandwich at Starbucks

All Starbucks now offer a vegan falafel & houmous flatbread with tomato, cucumber slices and mixed leaves. Cost is £2.95 take away, £3.45 to eat in.

Its quite tasty and filling and it accompanies one of their soya milk cappuccinos beautifully.

Café Nero has soya milk

Following Starbucks lead Café Nero now offers soya milk at its branches so you can enjoy a cappuccino or latte in more parts of the UK. The nearest Café Nero is at Saturday Market, Beverley.

Free newsletter

Realfood publishes a monthly online vegan magazine, full of news, reviews, recipes, and details of their campaigns. To subscribe free to the magazine contact them at news@realfood.org.uk. This months edition contains the Holy Grail of vegan cooking - vegan meringue!

Vegan Store new products

Vegan store have updated their ranges with the following interesting new offerings;

- Glucosamine Tablets
- Vizulize All in one contact lens solution (for soft contact lenses)
- Loads of new shoes and boots

Vegan Store are at <http://www.veganstore.co.uk>.

Sale at Animal Aid

Lots of chocolate goodies on sale at discount prices on Animal Aids website, <http://www.animalaid.org.uk>.

Other Local Groups

Arthur Wood is forming a food education / social group to share peoples experience and knowledge of food combining and preparation needed for a healthy mind and body. The group will be called **FEAST - Food Education and Social Transition** and they will organise meals and talks to inform, educate and entertain.

Anybody interested please call Arthur on Hull 348645 or email hurrrat4me@anserve.com.

ER Vegans Contact Information

ERVegans

run by Mark Evans and Carol Nicholson

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Vegan Society

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4588244 (local rate number), e-mail: info@vegansociety.com, web: <http://www.vegansociety.com>



Welcome

I write this as the weather is definitely turning and winter is not too far away. For sure there won't be any more picnics this year! Unfortunately we only managed one picnic in 2004 which is a shame because they are easy to organise and what could be better than sitting around in the sun in the company of good folk and stimulating conversation. Hopefully 2005 will be more productive on this front.

Coming up though are two of our big events of the year. The first is World Vegan Day, officially the day when the world should think about veganism and at least consider it. It is also the opportunity for the Vegan Society to get its message out in a collective push. We are having our traditional meal at Hitchcock's. The second is our Christmas party which we try and get all like minded groups to book tables at too. Hull Veggies will be there and we are working with others. Needless to say you will be treated to the best vegan Christmas meal in Hull but it is popular so book early!

There are also a number of other celebration type holidays coming up; Halloween and Bonfire night to name but two. While none of these have any particular vegan significance we can still enjoy them and join in the celebrations of such event. Indeed I would argue that one of the best ways of promoting veganism is to participate in "normal life" as much as you can to show the world out that we are not weird or from another planet and it possible to live and enjoy life in this world without exploiting animals.

With this in mind I have included several recipes and ideas for food for Halloween and Bonfire night celebrations. Why not organise a get together and invite some of your non-vegan friends around for some fun before the onset of winter.

There was an interesting article on the BBC website recently.

Entitled "**Hungry world must eat less meat**" it was a report on the World Water Week Conference in Stockholm. Although we all know that a vegan diet consumes the least water resources it is great that organisations such as the BBC are actually presenting this as a scientific argument for a change in diet. Basically they could have said "Go vegan and feed the world!"

Another interesting fact that I learnt this week is that **Animal rights extremism** isn't just a recent issue: the first riot took place in 1906 when medical students attempted to destroy a statue erected by anti-vivisectionists in honor of "Little Brown Dog", an animal who had been used in research.

ERVegans Events

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

Tuesday November 2nd International Night

Venue: Hitchcock's Vegetarian Restaurant, Hull; Time: 8pm for 8:30

Our annual event to celebrate world vegan day with everyone else on the planet. Bruce will be cooking all his favourite dishes from around the world so there should be at least a couple of your favourite dishes on offer. Actually world vegan day is of course the 1st November but this was the closest we could get!

Thursday December 23rd Christmas Party

Venue: Hitchcock's Vegetarian Restaurant, Hull; Time: 8pm for 8:30

If you fancy celebrating Christmas the animal friendly way book yourself in for this great celebration night where we are often joined by other groups who care for animals and people. By popular demand we have requested the theme be Yorkshire Christmas since it was so enjoyable last year. **Please book soon to avoid disappointment.**

WATER AND FOOD

A kilogram of grain-fed beef needs at least 15 cubic metres of water

A kilo of lamb from a sheep fed on grass needs 10 cubic metres

A kilo of cereals needs from 0.4 to 3 cubic metres

News

New Vegan Recipe Books

Two new titles in 'The Vegan Taste of' series are now available.....

'A Vegan taste of Thailand' and 'A Vegan taste of Eastern Europe' price £5.99 each - available post free from Jon Carpenter Publishing, Alder House, Market Street, Charlbury, Oxford, OX7 3PH. Credit card orders can be phoned or faxed to 01689 870437 or 01608 811969

Veggie Students Uk

At www.freewebs.com/veggiestudents there is a website for all you Veggie students out there, maybe you want to find other students in your area, or maybe you have some useful tips, then this is the site for you. We also have a contact list and forum. (The website is currently only available to support uk students.)

Good web resources for veg*n places



I stumbled across two good web sites for finding veg*n restaurants. Both of them have excellent search facilities and I particularly like the ability to search by post code.

The first is Veggie Places. It is a website dedicated to helping you find a suitable eating place in the UK. Hitchcock's and the Zoo are there but they need someone to write reviews for them so please visit <http://www.veggieplaces.co.uk/index.html> and tell them what you think.

The second is <http://www.vegout.info> which is a very professional site but make sure you select the countrywide-search option for places other than London. Again our two favourites are there but this time with a nice write up for each.

Vegan Society Challenge

The Vegan Society is challenging chefs, teachers, doctors, shop keepers, manufacturers, publicans, journalists, fitness trainers, nurses and the man in the street to make a difference to health, people, animals and the environment. To rise to the challenge visit see their website (sorry for the long web address!);

<http://www.worldveganday.org/html/modules.php?name=Sections&op=viewarticle&artid=8>



Vegan Kids help needed

I also stumbled across this website; http://www.geocities.com/tracy_ryan/vegan_kids.html In it Kathy who is 10 writes "Calling all VegKids around the world! I have had the great idea of starting a kids' Veggie magazine. If you are interested please email me at the address under contacts. The mag would be called VeganWorld. And there would be a different issue every week. Please, if you are a veggie kid who is interested in writing, making games, that sort of stuff, please email me. I would be the editor and people could have their own columns."

Events

Vegan Families Autumn Gathering

Vegan families are invited to meet up for the Vegan Families Autumn Gathering, Sunday 17th October, 1 o'clock, Snakes and Ladders Indoor Adventure Playground, Syon Park, Brentford, TW8. www.snakes-and-ladders.co.uk for further details of entrance fees, etc. Call on 020 8861 1233 or email Lesley@vegan4life.org.uk if you need to ask about anything.

East Midlands Vegan Festival (and free food fayre)

Saturday 11th December, Nottingham Council House, Market Square. 11am-5pm. Sales goods, free samples, information, recipes, fun! For more info, email us, or phone 0845 458 9595. veganfestival@veggies.org.uk

Vegan Recipes for Halloween

Sometimes we all get a bit serious about our particular eating habits and there are many out there who think veganism doesn't sound a barrel of laughs. Well show them this Halloween that vegans can have fun too with these ideas from the Vegan Society website;

- ◇ Try Potatoes cut into bat shapes, soaked in beet root juice and baked in the oven.



- ◊ Make bat shapes out of mushrooms, falafel or vegan soymix and bake them.
- ◊ Make mini vegan pizzas (use Redwoods new melting dairy free cheese, vegan cream cheese, or vegan mayonnaise for topping) and top with a bat shaped slice of beet root.
- ◊ Cut pumpkin faces out of large slices of carrot.
- ◊ Make eyeballs out of almond marzipan, filled with jam, with blueberries for a pupil and chocolate for iris.
- ◊ Make a gory pudding with vegan red fruit jelly with chopped licorice laces and passion fruit in it.
- ◊ Get VEGAN Marshmallows instead of the gelatin based ones

Hocus Pocus Patatas Bravas

This is not only warming on cold nights but potatoes and parsley are a good source of vitamin C.

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Ingredients for 4 servings

- ◊ 1 tablespoon groundnut oil
- ◊ 675g / 1 1/2 lb cooked cubed potatoes
- ◊ 1 onion, finely chopped
- ◊ 1 teaspoon chili powder
- ◊ 2-3 tablespoons tomato purée
- ◊ 1 tablespoon chopped parsley, to garnish

1. Heat the oil in a non stick frying pan.
2. Gently fry the potatoes, onion and chili powder together for about 10 minutes until the vegetables are golden.
3. Stir in the tomato purée.
4. Serve the potatoes as a side dish, garnished with chopped parsley.

Boozy Baked Apples and Flambé Bananas

from <http://www.vegsoc.org>

Ingredients for 4 servings

- ◊ 4 large cooking apples
- ◊ 4 large bananas
- ◊ For the apple filling:
 - ◊ 4oz / 100g mixed dried fruit
 - ◊ 2oz / 50g chopped walnuts
 - ◊ 1 tsp cinnamon
 - ◊ 2 tblsp brandy
 - ◊ 1 tblsp soft light brown sugar
- ◊ For the banana topping:
 - ◊ 1 1/2oz / 40g vegan margarine
 - ◊ 1 tblsp brown sugar
 - ◊ 1 tsp cinnamon
 - ◊ 4 dessertspoon rum
 - ◊ soya cream / ice cream to serve

1. Wash and core the apples. Score around the middle with a sharp knife to prevent bursting during cooking.
2. Mix together or blend in a food processor the dried fruit, nuts, cinnamon and brandy.
3. Stuff the mixture into the apples.
4. Place the apples in an ovenproof dish, add 1/4in of water and bake at 180°C/350°F/gas mark 4 for 40 minutes or until golden, soft and fluffy.
5. Slice the bananas in half lengthwise.
6. Melt the vegan margarine in a skillet or frying pan over a gentle heat.
7. Add the sugar and cinnamon, stir well and add the bananas.
8. Cook gently on either side for 3-5 minutes.
9. Add the rum to the pan, allow to heat up for a few minutes then flambé briefly by lighting the rum with a match.
10. Serve immediately with the baked apples and soya cream or soya ice cream.

Bonfire night Parkin

from Chris' Yorkshire Yummies at <http://www.dacha.freeuk.com/cook/index.htm>. There are 11 other vegan parkin recipes there, this one is No 5.

- ◊ 6 oz medium oatmeal
- ◊ 6 oz plain flour
- ◊ 3 oz sugar
- ◊ 1 1/2 teaspoons ground ginger
- ◊ 1 teaspoon baking powder
- ◊ 1 flat teaspoon bicarb of soda
- ◊ pinch of salt
- ◊ 3 oz soya margarine
- ◊ 8 oz syrup or treacle
- ◊ 1/2 pint soya milk.

1. In a pan melt, without boiling, margarine, treacle and milk.
2. Mix all dry ingredients together.
3. Add them to the pan and fold in.
4. Line and grease a tin.
5. Put the mixture in the tin.
6. Approx 1 hour at 375 degrees F or Gas Mark