



## Welcome

to our March issue written not long after another fantastic night at Hitchcock's for a Cumbrian night. Boy did Bruce, Jane and the team do us proud. With vegan versions of Cumberland Sausage, shepherds pie, mushroom pie and terrific roast potatoes to name but a few of the delicious items on offer. We are very fortunate to have such a great place to eat right on our doorstep.

Since our last newsletter we attended a very good food and drink festival in Hull. Although not actually a vegan event there was plenty there for us to sample and buy with several of the companies being Hull based. There was even a demonstration of vegetarian cooking that gave me a few ideas. It was pleasing to be part of a mainstream event where vegan products were readily available and it re-enforced my belief in that we should be an active part of society and not shut ourselves away in our own world. We need to be out there creating demand for vegan items and to show the world we enjoy life and want to be part of society. We just don't want to cause suffering to get what we want.

I was very pleased at the sight of new shop on Princess Avenue selling organic vegetarian (mostly vegan) food. Its called The Good Life and ERVegans wishes them every success - read more in the local supplier news and remember if you spot something new that is relevant to vegans let us know.

## 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.

### April

#### **Vietnamese Night - Thursday 21st, 8pm at Hitchcock's**

Another first for ER Vegans, not sure about Bruce though as he seems to have done most themes now. If you would like to come to this feast of Vietnam get in touch and we will book you a place

### May

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

Excluding Christmas our annual homage to Bob Marley is our most popular night at Hitchcock's. 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. .

**Please book early for this one!**

### June

#### **Lebanese Night - Tuesdsay 14th, 8pm at Hitchcock's**

A taste of the middle east that we have not had for a few years but I seem to remember was commented on very favourably.

### July

#### **Cornish Night - Tuesdsay 12th, 8pm at Hitchcock's**

Another in our line of classic British cuisine with a vegan twist.

## On the cards...

#### **June / July - White wine tasting**

Following on from the success of the red wine a similar event will be organised but with white wines.

*"No one really needs a mink coat in this world ... except minkš, Glenda Jackson*

## News



### Veggie Vision is here!

Fed up with the rubbish on normal TV? Well tune into Veggie Vision via the internet to view vegan entertainment and education films.

Currently there are videos titled "**Why Vegan**", "**Hopefield**" (an animal sanctuary), "**World Vegan Day**", "**Pulse Café**" (a veggie café in Essex), "**Discovery**" (Karin Ridgers explains how and why she became vegan - Karin runs Essex Veg\*ns) plus an interview with Juliet Gellatley of Viva. More are in the pipeline and they welcome contributions. If anybody wants to make a film get in touch with them. If you need help transferring it from video to them ERVegans can probably help with that bit.

For more information and to watch the films go to <http://www.veggievision.co.uk>.

### The Vegetarian Society Awards 2005 - Vote Now!

The Vegetarian Society Awards aim to highlight to the nation those companies striving to improve the choice and range of vegetarian products and services to the UK's 3 million vegetarians.



You can go to their web site and vote in each of the categories for one of the currently nominated entries or you can nominate a new establishment or product. Categories exist for best place to eat, best product and best nearly vegetarian product. This last category is an attempt to get manufacturers to slightly modify their ingredients and come about the bandwagon.

**Closing date for nominations: 30th June 2005**

### Shop Mate requires mobile phone volunteers



Shop-mate is an application for your mobile phone that helps in all sorts of ways when shopping for vegan products. It has been created by vegans, for vegans. Shop-mate takes the headache out of shopping by conveniently providing up-to-date product information when you need it and where you need it.

They need volunteers to test out the system. So if you have a mobile and fancy trying it out go to <http://www.isitvegan.info>.

### Fiona Oaks - Running for the animals

Last issues article on Fiona Oaks (dedicated vegan who runs Animal Sanctuary, is a good marathon runner and a retained fire fighter!) caused much admiration amongst ERVegans. I thought you would like to know that she is running in this years London Marathon and she would be very grateful if you would raise money for the sanctuary by getting sponsors for her - from your work mates, friends, etc. The forms are available at <http://www.artforarksake.ukart.com/fiona.html> (or ask us for a copy) and you can read more about Fiona and her sanctuary at <http://www.towerhillstables.com/>

## Other Local Group News

### Leeds Vegetarians and Vegans - Dates for your diary

**Tuesday 12th April Indian head-massage with Pat and Steve**- a taster session with a brief introduction to the history of IHM followed instruction in a simple routine that can be used to ease tension in the shoulders, neck and scalp and improve the condition of the scalp and hair. At Shipley, Bradford Email: [Atma@trasi.fsnet.co.uk](mailto:Atma@trasi.fsnet.co.uk) Tel: 01274 598455 **Sunday 1st May. Walk in Bluebell Wood, Ilkley** - Come and see a dazzling display of bluebells in some ancient woods on the side of Ilkley Moor. Followed by a 'Magical Food' pot-luck lunch at Patrick's, Tel: 01943 600597 email: [patmcguck@hotmail.com](mailto:patmcguck@hotmail.com) **Sunday 8th May Hope Sanctuary Open Day** - Stalls, Refreshments, Face painting, Raffle Draw, Tombola and Games, Childrens entertainment. Vegan Refreshments will be available ~vegan cake/biscuit donations are welcome! See above for contact details **Tuesday 24th May. Natational Vegetarian Week Celebration Meal** - Trip to Prashad's Indian restaurant (Bradford). Please let Natalie know if you're coming by May 10th with a £5 deposit. **Tuesday 14th June Raw-food Supper and Tarot readings**- Have a go at creating a lovely summery raw food dish to share and experience tarot reading....or bring your own tarot pack of favourite form of spiritual guidance! ,West Park, Leeds LS16 Tel: 0113 2756463

## Local Supplier News

### New organic food shop - The Good Life Princess Avenue, Hull

A new organic food shop has opened on Princess Avenue in the premises of what used to be Mississippi's, opposite the Old Zoological pub. It is just getting it self sorted but has a good selection of Suma products plus a range of organic fruit and veg. They also have a chill cabinet.

The shop is open from 10am-6pm Monday through Saturday except Tuesdays if I remember correctly. So its perfect for dropping in during the day or calling in on the way home from work for some fresh organic food. Next time you are in the area pop in and have a browse.

### Juice Bar in York

Actually this has been there a while but it is a bit tucked away so I thought I would point out that there is a very good juice bar in York called The Juice Place at 28 The Shambles. Open 8am-5pm during the week and slightly shorter hours on weekends it offers many fantastic juices and smoothies including a hot juice that Carol thinks is fantastic. In addition they grow wheat grass and use this in several of their drinks. Well recommended as a pick-me-up after an eventful day!

### The Fieldgate Centre, Fishlake, nr Doncaster

Is a four acre vegan organic smallholding with a café, shop, conference room, caravan site, and bed and breakfast facilities. It opened in 2004 but I have not heard of it until seeing it on Vegan Village so I thought it worth a mention. If you fancy visiting or volunteering (people to help with gardening type chores are very welcome) their web site is <http://www.fieldgatecentre.org>.

## National & International Events

### Join Peta for Anti Bullfight Protest in Spain--Running of the Nudes!

July sees the annual running of the bulls event in Pamplona, Spain. This is a particularly cruel ritual that involves an all day torture in various ways of bulls in the name of entertainment. PETA recognise that cultural festivities are a good thing but that animals should not be used so a few years ago they starting a running nude parallel event and they are after volunteers! There will be a bus leaving London to take you to a campsite on 3rd of July returning you on the 7th. The only things you will need to bring are a pillow and a sleeping bag. There will be a vegan barbecue when you arrive at the site and a celebration after the run (actually its more of a fast walk, lasts about 10 minutes and you can where as little or as much as you want). All they ask is that you raise a minimum of £25 in sponsorship to help cover the cost of the trip. For more info see <http://www.runningofthenudes.com> or contact Sean Gifford, PETA Europe email: [SeanG@peta.org.uk](mailto:SeanG@peta.org.uk), tel +44 (0)20 7357 9229, ext. 226.

### A visit to the Hull Festival of Food & Drink

Hull recently hosted its first food and drink festival and although not a vegan event we decided to visit to see how much they had to offer. We were pleasantly surprised so read on for more about our experiences.

Firstly the number of people who attended was staggering. One of the participants later told us that it was estimated that over 3,000 people had attended on each of the two days. When went on the Sunday and as we left at around 2pm there was a very long queue waiting to get in.

Another aspect that pleased us was the organisation was really good. Plenty of stewards to look after us and show us where to go, well laid out stalls with good access and areas of space to get away from the hustle and bustle.

After a quick walk around all the stalls it was time to take our seats for the **vegetarian cookery demonstration** given by a lecturer from East Riding College. This was a well attended event with probably around 200 watching the demonstration. Two dishes were prepared and cooked before our eyes with many a tip thrown in from the expert while he worked. The first dish was a mushroom parcel starter which would have been vegan apart from the glaze he used but easy to use an alternative. The second dish was a lasagne but instead of pasta he used aubergine slices. This looked very appealing and was a great dish to try for those who want to avoid pasta. Again the dish was vegan apart from some cheese sprinkled on the top, easily avoidable.

After the cooking demonstrations we wondered around the stalls, this time looking in detail at what was on offer. As you can image my attention was quickly drawn to **Splash Wines**, makers of country wines. On questioning the man on the stand who turned out to be the boss we found out that all their wines were OK for us selective types and he was just waiting for the paperwork from the Vegan Society before he could use their logo. After samples of his entire repetoir we customers and looking forward to some nice weather when fruit wines really come into their own.

Another stand that surprised us was **Humdinger Limited**. They sell prunes and make prune juice, fruit bar snacks and dairy-free chocolate. All products were OK for vegans and they are based in Hull. Again I was forced to taste-test things on your behalf and it was another winner especially as the prices were discounted for the show. Their chocolate bars were especially good.

Next stop was the **Black Sheep Brewery** stand. I was informed that their bottles were vegan OK but their draught bitters used inappropriate fining material. Interestingly the bloke on the stand noted that the bottles used a clay based clarifier which is made from shells which are technically an animal product although this process happened many of millions of years before man was on the scene. My philosophy considers this to be OK but it was good to see someone so on the ball. A few tastes but none of these were to my liking. Don't let me put you off though as I am not a big fan of this kind of beverage.

**Catherines Choice**, makers of relishes, preserves, fruit cheeses, chutneys and the like were also impressive with all their products being vegan. In a similar vein were **Raydale Preserves** who had a fantastically delicate but tasty rosemary jelly for accompaniment of your roast vegetable dishes. Another impressive stand was **Rebori** who make food dressings. Not all were vegan but those that were had a great taste. Another Hull based company was **Aarhus United**. I have tried their tapenades before but they also had bruschetta toppings which will shortly be on the shelves. These were very, very nice. Their products are sold under the Chalice brand.

Very noticeable was that all of these companies made great tasting products with few, if any, extras such as preservatives or flavourings in their products. Hopefully these sorts of company will make even greater inroads in the future so that we get more food and less additives on our plates.

We thoroughly enjoyed our few hours at the festival and hope that it will be repeated next year. There are other food festivals around the area in the coming months so why not go to one of them and trumpet the vegan customer demand.

The companies mentioned above can be contacted directly as follows;

**Aarhus United** - King George Dock, Hull. Tel 01482 701271, <http://aarhusunited.com/uk>. Tapenades, dressings and bruschetta toppings.

**Black Sheep Brewery** - Wellgarth, Masham, Ripon. Tel 01765 6892277. Brewers of beer, with a visitor centre.

**Catherines Choice** - 59 Westbourn Road, Broomhill, Sheffield. Tel 0114 267 0576. Relishes, preserves, fruit cheeses, mustards, vinegars, marinades, chutneys and liqueurs.

**Humdinger Limited** - Gothenburg Way, Sutton Fields Industrial Estate, Hull. Tel 01923 8211510. Prunes, prune juice, dried fruit, fruit snacks, nuts, snacks and dairy-free chocolate.

**Raydale Preserves** - School House Farm, Stalling Busk, Leyburn. Tel 01969 650233.

**Rebori** - Wold House, York Road, Fridaythorpe. Tel 01377 288416, <http://rebori.co.uk>. Make high quality food dressings.

**Splash Wines** - 16 Briar Avenue, Meltham, Holmfirth. Tel 01484 323814, <http://www.splashwines.co.uk>. Producers of English Fruit Wines including elderberry, elderberry and many more.

## Can you find 15 fruit?

## Contact Information

### East Riding Vegans (ERVegans)

run by Mark Evans

140 Victoria Avenue, Hull, HU5 3DT.

Tel 01482 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>

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