



No36 June 2007

# The Vegan Newsletter

for East Riding Vegans

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

## Welcome ...

to our June newsletter .

We have now booked up our Hitchcock's events until the end of the year plus there is a picnic and an event at our house. We will hopefully add some more picnic events throughout the year as we try to guess what the weather is going to be like!

Next year will be the 10<sup>th</sup> anniversary of ERVegans in its current form and it would be nice to do something special. Our first ever event was a Japanese night at Hitchcock's on 30<sup>th</sup> April 1998 so I would appreciate suggestions for what we could do to mark the occasion.

Carol and I have just come back from a very nice holiday in St Ives. We stayed in the Making Waves apartment (Making Waves is the vegan B&B in St Ives). We found plenty of places to eat including the world famous vegan Cornish pasties and a fantastic meal at the Porthminster Café. Originally we thought that their menu didn't even have a veggie offering but we spotted one on a table and noticed that it identified which meals were vegan or could be made vegan. Apparently you have to ask for the veggie/vegan menu! Shame they don't advertise more because they cook great vegan food and even have a vegan wine. If anyone would like more vegan info on St Ives please get in touch. Although it is a long way from Hull it is a great place to spend time and is vegan friendly.

## ERVegans Events

Here is a list of our forthcoming events. You do not have to be a strict vegan to attend but you must agree to behave as a vegan at the event and eat only the vegan options. Please book all events with Mark on Hull 471119 or email:

[ervegans@merrydowncontrolware.co.uk](mailto:ervegans@merrydowncontrolware.co.uk). If you do email ensure that you are emailed back as confirmation of your booking.

## July

### Sunday 1<sup>st</sup> – Drinks and nibbles at our place (Avenues open garden day)

Sunday 1<sup>st</sup> July is one of the Avenues open garden days. We thought after wandering around the lovely and varied gardens in the Avenues area you might like to drop in for a drink and a bite to eat at our place (our garden is nowhere near the other garden standards). We will be "open" from 3pm to 6pm and although there will be no charge we would appreciate a small donation to raise funds for the vegan society . **If you would like to come please let us know in advance so we can make sure we have enough stuff.**

Note we are not part of the open gardens and this is not a free invitation for all! We can only cater for the ERVegan members and it is intended as a drop in point for ERVegans to have a drink, something to eat and a chat in a very informal setting. Come along even if you don't go to the open gardens.

**Obviously this event is weather dependent and if its raining we will have to call it off.**

For details of the Avenues Open Gardens see <http://www.avenuesopengardens.co.uk> – you will need to buy a ticket costing £3 to view the gardens. It is well worth it.

### Thursday 19th - Hong Kong night at Hitchcock's

Another new theme for us at Hitchcock's but I am sure it will be one we will enjoy.

### Sunday 29<sup>th</sup> – Picnic in the Park (Pearson Park)

Weather permitting we will be meeting near the Victoria Monument at 2pm. Please bring vegan food to share.

## August

### Tuesday 14th - Sicilian night at Hitchcock's

A taste of an Italian island is our August meal. Italian is a favourite booking at Hitchcock's but lets see what the Sicilian twist adds to the food.

## September

### Wednesday 20th - Fijian night at Hitchcock's

What Fijian delicacies will Bruce conjure up for our September night?

## Further ahead

and an early reminder about our Christmas event....

### ERVegans Christmas meal – Saturday 22<sup>nd</sup> December

## News & Events

### Hull and around vegan map

Google has added a new feature that allows you to create your own maps and routes. We have used it to create a map of the vegan friendly places in Hull and the surrounding area. Go to our website and click Hull Guide to see it.

### Vegan school speakers

The Vegan Society is now looking for enthusiastic speakers to go into UK schools to present veganism to children. If you fancy an exciting challenge and the chance to inform young people about veganism, contact Rob Jackson at the office on [robj@vegansociety.com](mailto:robj@vegansociety.com) or phone: 0121 523 1738.

Experience giving presentations would be a great advantage, but confidence and relevant knowledge are more important! There will be training and support.

Initially they are concentrating on the Birmingham area but are hoping to spread the scheme UK wide soon.

### Photography Holidays with vegan food

Would you like to go on a photography holiday in Europe and have peace of mind that the place you are staying in for the course caters 100% for Vegetarians and Vegans? Then Jenny Potter could be the person you are looking for. Jenny is a Vegan and her joint business venture will be running photography holidays for beginners and professionals in Europe. There are only 10 places on each course with a variety of dates for next year. Please contact Jenny giving details of which month you are interested in attending a course. Information packs will be sent out shortly. Jenny Potter can be contacted via email [jennypotterP@aol.com](mailto:jennypotterP@aol.com).

### Vegan-organic network 2007 visits to stockfree-organic farms

Unmissable opportunities to experience the best of commercial stockfree-organic growing. VON's extremely popular farm visits are combined with VON get togethers, but open to all, an opportunity for us to meet and socialise, combined with a tour of the site, discussion, the chance for you to have your own vegan-organic gardening questions answered and light refreshments. For more details contact [p.a.white@ukgateway.net](mailto:p.a.white@ukgateway.net) or see the VON website <http://www.veganorganic.net>.

### Some soft drinks are not vegan (actually they are not vegetarian!)

Whilst checking something out at [www.isitvegan.com](http://www.isitvegan.com) I found the following article ...

*"Unfortunately we have been told that Coca Cola who make Fanta orange (and light), Lilt pineapple & grapefruit (and light), Alive Orange Cascade, Kia-ora Orange & Pineapple (and no added sugar) are not suitable for vegans due to the fact that fish gelatine is used as a carrier for the Beta Carotene. We checked with the company and it is true.*

*This report is a warning that Is It Vegan does not trust that any of the soft drinks with Beta Carotene included are suitable for vegans. Companies do not need to put the inclusion of gelatine on the can as it is legally not an ingredient. They also do not need to print that the product is suitable or not suitable for veggies or vegans. However it is unlikely that a company will print on a product that it is suitable for veggies if it wasn't – a few mistakes do happen but not much."*

Which surprised me. Just go to show how vigilant we need to be and that animal ingredients can appear in any product. So if a drink with beta carotene doesn't state it is vegan it probably isn't.

### Plants for a future

While searching for something I found the "Plants for a Future" website at <http://www.pfaf.org>. Plants For A Future is a resource centre for rare and unusual plants, particularly those which have edible, medicinal or other uses. They practise vegan-organic permaculture with emphasis on creating an ecologically sustainable environment based largely on perennial plants. It is an excellent website with a great database behind it.

### Want to ski in 2008?

I know its early but veggie snow has really taken off and if you want to secure a place for 2008 you have to think about booking now. Go to <http://www.veggiesnow.org>.

### Vegan search engine

There is now a Google vegan search engine available. It has been created by Stephanie Williams and returns vegan results from 85 different UK vegan websites. The URL is a bit long winded (there is a link on the ERVegan website under links). <http://www.google.com/coop/cse?cx=005737359717822374125%3A25ajs2mwuzw>.

## Local Supplier News

### Astonish cleaning products at the pound shop on Newland Avenue

A recently opened pound shop on Newland Avenue near the Indian and Continental store has a good range of Astonish cleaning products. In case you didn't know all Astonish products are vegan..

### Cuckoo's bagel restaurant

I spotted a new place called Cuckoo's opposite the Princess Quay shopping centre (just down from McCoy's coffee house). It is a bagel bar and specifically advertises that its bagels are dairy free plus many of the fillings looked vegan or I would image could be vegan-ised. Next time I am in town I will check up but it may be worth popping in to check them out.

## Majestic Wine Warehouse vegan list

On a visit to Majestic Wine Warehouse in Beverley we were given a listing of veggie and vegan wines. It is not the easiest format to use and I have enquired if we can have an electronic copy so I can make it vegan format. There are quite a good selection (well over 200 I estimate) that are OK and Majestic have some excellent deals on wine.

Majestic Wine Warehouse is at 18 Norwood, Beverley, HU17 9EY. Telephone 01482 868 050, email [bev@majestic.co.uk](mailto:bev@majestic.co.uk).

## National Supplier News

### Mr. Tumees Gumees Vitamins now stocked at Green Valley

Green Valley is pleased to announce that they now stock Mr. Tumees Gumees vitamins for children (or discerning adults!). These "jelly baby" like gumees taste great and contain a multivitamin & mineral formula with added natural fruit & vegetable extracts & fibre too. Check them out at [www.gvtc.co.uk](http://www.gvtc.co.uk).

### Vegan bodycare products - new company in Leeds

If you are looking for vegan bodycare products then there is a new company, Scentsus Limited, based in Leeds that may be worth checking. Except for the handcream and lip balm all their products are suitable for vegans.

In addition to selling such products Scentsus offer two other services; the ability to become a stockist of their items and a production management facility to produce products to your specifications.

Go to [www.scentsus.co.uk](http://www.scentsus.co.uk) for more info.

### Waitrose vegan list online

Waitrose now have a vegan filter for their goods on their website. It is not straight forward unless you go to their delivery website at <http://www.waitrosedeliver.com>. Select groceries and then select a category along the top of the page eg bakery and patisserie. You will now be given a list of all the items for sale in the category. If you look down the left hand side you will see a suitable for vegans link. Click this and you only get the vegan items. There are a surprising number of items suitable.

### New online site - NoCows!

There is another online shopping site for us. Called NoCows it is endorsed by the Vegan Society and sells a range of cosmetics, homeware (including soy wax candles) and wines. In addition to their shop they appear active in the promotion of veganism. See their website at <http://www.nocows.com>.

## The ERVegans 2007 Project - Update

The project is going well. We have produced our questionnaire which has been proof-read by Natalie and by Jeff (thanks very much) and I have started visiting establishments in the Newland Avenue area – if there are any volunteers for other locations please speak up! The online database has also been set-up and preliminary results should start to be available soon.

Also note that there is a vegan caterers page under the project link. This has lots of information primarily aimed at helping caterers but it may be of interest to you too.

## Articles

### Mars bars are not veggie / oh yes they are!

I was going to write about Mars bars (amongst other similar products) becoming not even vegetarian and I was going to make the point about keeping on our guard and not assuming that producers won't make a backward step and products that are vegan now may not always stay that way. Well Mars have changed their mind after a well orchestrated campaign by the Vegetarian Society and lots of individual protests. It goes to show that sometimes organisations can be influenced.

True it might have been the financial argument they suddenly saw but this also goes to show that veggies have a strong financial impact on the market now and while us vegans don't have quite the same financial clout we should use what we have effectively. Also we need to remember the ever increasing market for dairy free products caused by allergies and/or people choosing to be dairy free. One clear example of this is Swedish Glacé ice-cream. It used to be very difficult to find but now most supermarkets stock at least the vanilla flavour. However judging by the stocks in the freezer it is selling really well to people choosing it for a variety of reasons.

I think the key to the success of the Mars campaign was it was a non-aggressive campaign of clear aims backed with good facts. We should remember this and choose our persuasion tactics carefully when embarking on similar campaigns.

## Questions

### Good sources for vegan recipes

I am often asked where I get my vegan recipes from. Basically they are from many sources; friends, cookbooks, magazines, and increasingly the internet. I also "veganise" non-vegan recipes and sometimes I just have a go with a few ingredients. I will write more about those in the next newsletter but for now I will share my favourite vegan cookbooks and internet sources with you. Remember to check out libraries and charity shops for vegan cookbooks. A quick search of Hull libraries revealed that they stock 9 different purely vegan cookbooks (there are over 140 veggie ones) and I often see vegan/veggie books in the charity shops on Princess Avenue and Newland Avenue.

**The cookbooks** I like and would recommend are;

**Linda Majzlik "A vegan taste of..." books**

Linda is very prolific and has produced versions of her "A vegan taste of..." series for many of the world's cuisines. The books are reasonably priced (around £6 each) and offer a lot of recipes in a no fuss style. These are good for basic vegan cooking and range from dishes that take only a few minutes to prepare to full on main courses. The only criticism may be that several of the books are similar in their content although I guess if the cuisines are similar so will the recipes.

Probably our favourite recipe is the one for cassata (a very fancy vegan ice cream that is quite easy to make). We also use the recipes for the Indian thali dishes quite often.

## Rainbows and Wellies (The Taigh na Mara Cookbook)

A great cookbook written by Jackie Reading and Tony Weston which only near the last page mentions that it is a vegan cookbook. It is organised as 14 complete menus and the recipes are of Scottish influence: every one we have tried has been very good (it's where we got our orgasmic chocolate mousse recipe from!). The recipes are clearly described and there are many alternative suggestions.

Apart from the orgasmic chocolate mousse the Fannich faggots with mustard and whisky gravy are rather nice!

## The Artful Vegan

This is the cookbook of The Millenium Restaurant in San Francisco and each recipe is very accurately described, beautifully illustrated and complete with a nutritional breakdown. The recipes are gourmet standard and can be a bit time-consuming but for a special occasion they are hard to beat.

We have only tried a few recipes so far but the asparagus-rhubarb cannelloni with turmeric-orange sauce was very good and the pear-huckleberry trifle was divine.

**As for the internet** well there are thousands (millions?) of vegan recipes on the internet but the ones that I like either because I have used them successfully or I find interesting are;

## Parsley Soup

A beautifully designed website that is easily navigated. Concentrates mainly on the staple type dishes but presents them with clear instructions and normally has a picture of what you should produce. Additionally has some seasonal ideas (Christmas, Valentine) and even has a recipe for a chocolate hedge-hog cake (supposed to be for kids but I think I would like one!).

<http://www.parsleysoup.co.uk>

## The Vegan Chef

The website of vegan chef and writer Beverly Lynn Bennett has a great range of recipes covering all meal types. It is more simply presented than the other sites listed here without pictures but some may prefer this more direct style.

<http://www.veganchef.com>

## Vegalicious

This is actually a blog and so it continues to grow almost every day. A vast range of recipe ideas that can be searched by type or ingredient. Many of the recipes produce beautiful looking dishes and the photos show you the best way to serve these delicious recipes. <http://www.vegalicious.org>.

## Vegan Coach

Concentrates on the nutrition aspect of the vegan diet but has some great ideas that are fast and involve the minimum of cooking. Also a nutrition test questionnaire for you to try. <http://www.vegancoach.com>

## A taste of vitality / Desserts of vitality

These are two complete cookery books that you can download for free from the internet (they are in PDF format). The presentation of the recipes is excellent and each recipe comes with a picture and a nutritional breakdown. The books cover the entire range of cooking and encompass many different styles (for example we use the Thai sauces as our basis for Thai dishes). These books are ideal if you know what you want to make but you want a vegan recipe for it.

## East Riding Vegans (ERVegans)

a local group organising events and providing support for vegans and supporters in Hull and the surrounding area.

Run by Mark Evans

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I have just found out about the desserts book and that looks a fantastic addition. At 242 pages it covers everything I think you would need to know about making vegan deserts.

If you have a computer but no internet access ERVegans can download these books for you onto a floppy diskette etc. The website is <http://www.vitalita.com/cookbooks.html>.

## 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>

*"I did it for political, moral reasons, thinking that I was making this great sacrifice, but it was absolutely necessary; I was not going to contribute to the violence in the world anymore."*

**Alicia Silverstone**