



## Welcome ...

Believe it or not ERVegans (in this form) is 10 years old in 2008 and we produced our first newsletter in April 1998. Looking back at that edition we don't seem to have changed a lot: we still eat regularly at Hitchcock's, we have a welcoming policy towards non-vegans and we have stayed focused on veganism. I think the fact that we are still going strong says a great deal about how we initially set up ERVegans and what a great pool of vegans we have in Hull. We are a very successful group and we should be proud of it. BTW did you know we email the newsletter to 55 people, post it to 7 and hand deliver to a further 9 which means we are distributing over 70 newsletters. Of-course this consistency doesn't mean we are not open to change and if anybody has any ideas we welcome hearing them and discussing them.

We have seen much change to the vegan establishments in Hull over the last 10 years. Unfortunately Hull Foods is no longer with us but Grain Whole Food has been there for us and recently has undergone a bit of a transformation making it an even better place to pick up your vegan goods. The Zoo is still going strong and offering vegans a place to eat on Newland Avenue. The Chance Café has opened in recent years and offers a good place to have a hot drink, snack or meal and sells several vegan food items including vegan beer and wine.

Nationally the situation has improved too. Many of the supermarkets use a vegan mark on their goods to help us shop and most now don't look at you as if you are an alien when asking for a vegan option! The vegan suppliers have also got their goods more into the mainstream making it much easier to shop. Even vegan shoes and clothes are now fairly easily obtained and they have moved on from being only functional to being quite fashionable.

So thanks to all you for continuing to make ERVegans a success and here is to another 10 years.

## 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 e-mailed back as confirmation of your booking.

This year we have asked for vegan favourites and we have a vary varied itinerary for you. We will be slipping in other events; picnics, parties, other places so look out in future newsletters.

### March

#### Tuesday 18<sup>th</sup> – Vietnamese night at Hitchcock's

Apparently Vietnam is now the place to holiday and their cuisine is booming around the world. So book yourself a place and find out why. Bruce is really good at doing the more subtle flavours and Vietnamese should be right up his street.

### April

#### Wednesday 16<sup>th</sup> – Pakistan night at Hitchcock's

Pakistan food offers a tasty variation on the more traditional Indian cuisine.

### May

#### Wednesday 14<sup>th</sup> – Bob Marley night at Hitchcock's

Believe it or not this will be our 9<sup>th</sup> Bob Marley night. It is a night of great food, good music and friendly company. If you want to come please book extra early for this one as it can fill up quickly.

### June

#### Thursday 19<sup>th</sup> – Sri Lankan night at Hitchcock's

Sri Lankan is also a night we have done a few times but it is always enjoyed by all. Sri Lankan cooking is rather unique in still and is full of colours, fragrance and subtlety.

### July

#### Wednesday 16<sup>th</sup> – Roman night at Hitchcock's

A few years ago we had an ancient cultures theme and the Roman was obviously popular because we have been asked to do it again. So get your togas out and we will see you at Hitchcock's.

## News & Events

### Vegan Society Election Results

The society elections took place at the AGM on the 24<sup>th</sup> November. There were 11 motions to vote on plus 4 positions on the council to elect. I won't list the motion details here but I can give you the results if you are a member of the Vegan Society. The elected councillors were George Rodger (re-elected), Graham Neale and Jagdeesh Singh. Jules Howliston (ne Farrar) was also elected but resigned. Alex Bourke and Laurence Main did not attain enough votes to be elected. At the end of the AGM there were a number of resignations; Ian Nicoll, Sophie Fenwick-Paul, Vanessa Payne, Janet Pender and Chris Childe.

I think this means that the council is now composed wholly of people from one side of the divide that has blighted the council somewhat in recent years. Whatever your point of view this means that the council should now be more focused on the job in hand – promoting veganism. We look forward to what the new council achieves in the next year.

### Bristol Vegan Fayre 08 – Dates confirmed

The dates have been confirmed for the World's largest Vegan Event! Sat May 31<sup>st</sup> and Sunday June 1<sup>st</sup> are booked for this massive vegan extravaganza in the heart of Bristol by the waterside in the Amphitheatre! Will WonderPig be there this year? See <http://www.bristolveganfayre.co.uk> for full details.

### Voting for the Vegan Environmental Awards 2008 has started

Bristol Vegan Fayre is also where the Vegan Environmental Awards are announced and you can start voting for your choices each month starting now at <http://www.bristolveganfayre.co.uk/awards.htm>. There are all the usual categories plus there is best vegan entertainer and this year WonderPig has made the short list so get voting now!

### Vegan Camp 2008

Vegan Camp 2008 has also finalised its details. This year it will be at Austwick in the Yorkshire Dales National Park on Saturday August 2<sup>nd</sup> to Saturday August 16<sup>th</sup> which is obviously very accessible for ERVegans. There are normally between 60 and 110 people on any given day at the site and you can go for 1 day or the full 2 weeks. You will even be able to get a fully cooked vegan breakfast there. Full details are at <http://www.veggies.org.uk/vegancamp> or you can send an email to [gforrest@tiscali.co.uk](mailto:gforrest@tiscali.co.uk), or send sae to 9 Seymour Street, North Shields, Tyne and Wear NE29 6SN asking for a booking form.

### Photography holidays in France

Jenny Potter has organised another opportunity to improve your photography skills, eat great food and meet other vegans in France this summer. The holiday is based at Chambon which is near La Rochelle. For details see <http://www.photographyfrance.co.uk>

### The Incredible Veggie Roadshow, Northampton, England, 22 March 2008

Viva have a roadshow on Saturday the 22<sup>nd</sup> March at Northampton between 10:30am and 4:30pm. Its at The Guildhall, St Giles Square, Northampton NN1 1DE. Lots of great stalls and information and its free entry. For details of this and other Viva Roadshows see [www.viva.org.uk/events.php](http://www.viva.org.uk/events.php)

### Ecover no longer have the vegan mark (because of their animal testing policy)

Further to the last newsletter and the comments made about the statement I printed out, I can confirm that Ecover are no longer allowed to use the Vegan Society mark on their products because they carry out tests on animals. I am unsure what the status is regarding the other marks their products carry but the Vegan Society has taken the strict line (and rightly so) that no animal testing means no testing on any animal. Fortunately there are lots of other makes of products (Bio-D being widely available).

### Vegan Ice Cream recipe book

While reading the excellent Vegan Lunchbox website (<http://veganlunchbox.blogspot.com>) I found a reference to a book that I haven't heard of but I would love to see a copy of. Its called Vice Cream by Jeff Rogers (ISBN 1587611996) and includes 70 recipes to make Vegan Ice creams. I think you would need an ice-cream maker to use the recipes but if anyone has seen it I would appreciate a review.

### Skinny Bitch follow up book

The book Skinny Bitch which showed you how to achieve your desired weight on a vegan diet in a fun way has achieved phenomenal world-wide success. Well the authors are following it up with a book with the snappy title "Skinny Bitch in the Kitch: Kick-ass Solutions for Hungry Girls Who Want to Stop Cooking Crap (and Start Looking Hot!)". If anyone has seen a copy and wants to offer a review or comment please get in touch.

### Vegan Society Youth Programme

The Vegan Society is having great success with their Youth Programme. Hundreds of schools have already claimed their free copy of the the Vegan Society CD-ROM. Why not encourage your local school to get theirs by contacting the Vegan Society (details at the end).

## Vegan Society Catering pack for Hospitals and Care Homes

The Vegan Society have also produced a catering guide specifically aimed at hospitals and care homes. Its free to download and contains great advice.

## Vegetarian Guide Updates

If any of you have one of the Vegetarian Guide books (I know of Vegetarian London, Vegetarian Britain, Vegetarian France and Vegetarian Europe) then you can get free updates via their website at <http://www.vegetarianguides.co.uk> and clicking on Guide Updates. These are great books and are very useful to have when travelling but like all travel books they do date a little as things change. By periodically checking the updates you can keep your book useful for much longer.

## Local Supplier News

### Its here in Hull – Booja-Booja stuff in a tub!!!

Yes that delicacy that all vegans in Hull have been waiting to try is here in our very own Grain Whole Foods on Newland Avenue. A complete re-layout has allowed the new owners to fit a freezer in and amongst many other frozen items are all 5 flavours of Booja-Booja dessert (aka stuff in a tub). The 5 flavours are Vanilla McGorilla, Hunky Punky Chocolate, Coconut Hullabaloo, Popompous Maple and Pecan and Feisty Winjin Ginger.

It is made from very few ingredients (around 4) and how they can make something taste so good with such few ingredients is definitely beyond me. If you have tasted their truffles you will know that this company makes seriously good products. It is not cheap at around £5 for a 500 ml tub but because it is extremely rich you only tend to eat a small amount in one go (I wait to be corrected on this!!!).

Booja-Booja emphasise this is not an ice-cream replacement (as per Swedish Glace – which is still very, very good). It is something completely new on the dessert front. I have to agree with them to a point. It is very creamy and smooth but does not taste like an ice-cream would at all.

We have tried all 5 and our favourite is....well they are all good but the Feisty Winjin Ginger is the one we liked best. It doesn't taste of ginger initially but then the flavour floods out. Which one is your favourite? I know Phil has tried the chocolate and the coconut and he liked them a lot – he didn't say if Amina got to have a taste!

Interestingly enough it says on the Booja-Booja website that they won't sell to supermarkets as part of their commitment to the local shops – nice touch (<http://www.boojabooja.com>).

### Grain Whole Food range increases

As noted above Grain has changed quite a lot. In addition to the freezer which has lots of vegan items there is a greater range of food items (they have reduced the range of supplements they sell). If you haven't been in for a while why not see what vegan goodies they have got.

Note they are no longer open on Sundays (that was a Christmas thing) but they do open later during the week (till 5:30pm). Grain Whole Foods, 25 Newlands Avenue, Hull. Tel Hull 448680.

### Vanilla Black, York – closed moving to London

Unfortunately Vanilla Black have closed their York restaurant and will be re-opening in London in the spring. We have had some really good meals there and I will miss the place. By the way Vanilla Black recently won a best place to eat category in the Times healthy restaurant class.

### Bean There, Bridlington has new owners

An ERVegan member recently went to Bean There and found that new owners have taken over. The outlook for vegans is not too favourable with a now limited choice of vegan options. However, this may be due to underestimating the vegan demand so if anyone is in the area and can pop in to show the need for vegan options it would be appreciated.

## National Supplier News

### Vegan Wellies and Boots

VeganLine now have a range of Wellington and other style boots (including Mucker style gardening boots) suitable for vegans. See their website at <http://www.veganline.com/wellingtons.htm> for full details.

### Sainsbury's naan bread

Sainsbury's now do mini-vegan naan breads (with coriander). They are about the size of a saucer and come in packs of 6 and are part of their “be good to yourself” range. It clearly states suitable for vegans on the front so you can't miss them. We picked ours up from the one on Chantlerlands Avenue so you should be able to get them anywhere. There maybe other varieties too – let us know if you spot any. By the way they are pretty good. Nice and soft and great for mopping up a curry.

## The ERVegans 2007 Project - Update

Well I didn't manage much progress on this really. However I still think its worth pursuing as the feedback I got from Dazal was great and we have had several delicious vegan meals there (you need to give them a couple of days notice). I shall continue with the project and rename it.

## Eat food not food products!

There was an article that caught my eye in the Sunday Times about new book called "In Defence of Food" by Michael Pollan. Its not a pro-veg\*n book although it does state that plants should form the bulk of our diet. However, what made me read on was his point against something he calls "nutritionism": eating nutrients rather than food. By this I think he means that people are increasingly looking for ingredient X or Y in a food or avoiding food with W or Z in without looking at the actual food itself. He attributes this mostly to the American food lobby which "prevented" politicians from mentioning specific items or brands and instead they used general terms like "fat", salt etc. So instead of a politician saying eat fewer burgers they were told to cut down on fat. The industry was then able to sell low fat versions which were still high in fat but lower than before – people were fooled or so Pollan claims. He cites another example of an increase in people asking for food which was still junk but low in salt.

Now while this book has a strong American slant (as well as not being a vegan book) I still think it brings up a number of interesting points. At ERVegans we always try to promote enjoyable eating, that is eating a varied vegan diet of food you enjoy and where possible in the company of friends and family. Eating should be a pleasure not just a necessary task to top you up.

## Vegan London

We recently had a very enjoyable time in central London with really good vegan meals. If any of you are down in the big city I can thoroughly recommend the following;

**Carnevale** (135 Whitecross Street London EC1Y 8JL – near the Barbican)– a Mediterranean vegetarian restaurant and deli (take-away too). Meals were very nicely cooked and well presented in an intimate atmosphere.

**Beatroot** (96 Berwick Street, London W1F 0QQ – not far off Oxford Street, Tottenham Court Road end) – a vegetarian take-away and small cafe. They do a number of hot dishes and salads from which you can select. The cakes are very good. Good value for money too.

**Vita Organics** ( 74 Wardour Street, Soho, London W1F 0TE) – a completely vegan restaurant serving food on a "scoop" basis: so much for 2 scoops, a bit more for 3 scoops and so on. You can mix and match what you fancy and with lots of organic and raw offerings too there is a great choice. They also do some great juices and the cakes are amongst the best I have every tried. On top of that its very good value for money.

We obtained lots of good info at the Vegan London website (<http://www.veganlondon.co.uk/eat/index.htm>). If anybody is planning a trip to London and would like some help on where to eat please get in touch and we will share our information. One place we wanted to try but didn't get around to is Root Master (<http://www.root-master.co.uk>). Root Master is a restaurant housed in an old London bus. Don't think this means its a bit rough though as the pictures on the website show they have made a cracking job of converting it to a mobile restaurant. It is normally fixed in east London but some of you may have seen it at the various vegan shows around the country which it visits occasionally. If any of you have tried it please let us know.

## Vegan book list

Last time I wrote a short item about the vegan books available at Hull Libraries. Well while looking at Amazon I found someone called Jeb1212 has created a list of the best cookery books for vegans (search under listermania on Amazon). A selection of the list is;

*"The New Vegan: Fresh and Exciting Recipes for a Healthy Lifestyle"* by Amanda Grant, *"Easy Vegan Cooking: Over 350 Delicious Recipes for Every Occasion"* by Leah Leneman, *"Rainbows and Wellies: Taigh Na Mara Cookbook"* by Jackie Redding, *"The Art of Tofu: Celebrated Vegetarian Recipes from Around the World"* by Akasha Richmond, *"Nonna's Italian Kitchen: Delicious Homestyle Vegan Cuisine"* by Bryanna Clark-Grogan ( Jeb1212 adds *"All those creamy cheesy italian recipes that you've been craving, yet with out the dairy!"*) and *"The Voluptuous Vegan: More Than 200 Sinfully Delicious Recipes for Meatless, Eggless, and Dairy-Free Meals"* by Myra Kornfeld

### 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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We actually have "Rainbows and Wellies..." and The Voluptuous Vegan..." which are both great because they have been written to create really good vegan meals and dishes and are not simply replacement ingredient type books. If the other books on the list are of a similar standard it could be well worth trying to seek them out.

### Vegan Society

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