



No 44 October 2010

The Vegan Newsletter

for East Riding Vegans

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

Welcome

To the September issue of our newsletter. Sorry there has been a bit of a gap and I can't promise to get the next newsletter out until next January - hopefully, this will be enough for you but as always if you have any vegan related questions please ask.

I have now included all our events until the end of the year. If you would like to come to the Christmas meal please book as soon as possible - it will be very busy and spaces may be limited. It will, as always, be a lot of fun though so, hopefully, many of you will make it.

The early December event is on a Friday. I have included one Friday as a request from the people who start work early - this allows them to enjoy a full night out at Hitchcock's. The cost is higher for a Friday night event but it is still a very reasonable price for what we get.

Any ideas for themes for next years meals? Some of the themes previously used to get you thinking were countries of famous veg*ns, ancient cultures and of course countries beginning with S! Let me know if there is a theme you would like and we will try to accommodate it.

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 follow the vegan principles at the event and eat only the vegan options. Please book all events with Mark on Hull 471119 or email: ervegans@merrydowncontrolware.co.uk. If you do email ensure that you are e-mailed back as confirmation of your booking.

October

Wednesday, 6th October - Cameroon Night

Cameroon is a country who's cuisine has been influenced by many others leading to a very colourful and eclectic range of dishes.

November

Tuesday, 2nd November - International Vegan Night

The traditional celebration of international vegan day with dishes from all around the world. Why not bring a non-vegan friend to help join in the fun and help "create" a few more vegans for the night.

December

Friday, 3rd December - Portuguese Night

To round off the year before the big one one, of the great Mediterranean cuisine's. Portuguese food is rich in colour and flavour.

Please note that this night will cost £15 per head (because it is a Friday).

Wednesday, 22nd December - British Christmas Night

Our ever popular Christmas night will be the traditional British theme. It will be very full in Hitchcock's but I guarantee you a great night with the traditional appearance of my vegan Baileys plus the other Mark's sloe gin if you are lucky!

Please note that this night will cost £15 per head (because its a Christmas week) and if you want to come **please book as early as possible**.

Local suppliers

Seasalt and Passion Café Bridlington catering business

Seasalt and Passion café at Bridlington have create a website to promote their catering offerings see vegetarian-vegan-catering.moonfruit.com for details or call 01262 671117.

Several of you have told me they have visited the café recently and you all seem to thoroughly recommend it. So if you are out and about in Brid. why not call in? The café is at 22 West Street, Bridlington, YO15.3DX. Tel: 01262 671117.

National suppliers

Another new vegan fashion supplier

I have discovered yet another new online vegan women's fashion supplier - www.fashion-conscience.com.

They stock only fair-traded, vegan items and have a wide range including boots and shoes. Let me know if you use them and like their products.

Another vegan footwear supplier

And here is a footwear supplier that I have not heard of before. They have a wide and trendy range including trainers with heels - when do you wear these?. To see what they have on offer see www.Meelka.com

Mr Tumee vegan children's supplements -

Green Valley now stock the entire range of Mr Tumee vegan children's supplements from the USA. The range includes children's formulations of Calcium & Vitamin D, and Vitamin C alongside the ever-popular Multivitamin & Mineral formulations. Created especially for children and certified as vegan. For full details please go to www.gvvc.co.uk/mrtumee.html?

Spend And Save At Veganstore!

Veganstore have introduced their own loyalty scheme which means you can earn points when you purchase from them. If you have an online account you will earn 10 points for every £1 you spend on goods online. In the next few weeks Veganstore will be introducing a wish list option and a recommend to a friend button. So keep an eye out for changes afoot! www.veganstore.co.uk

Co-Op Wine

The Co-Op has introduced a range of premium quality wines, many of which are vegan (they are all labelled). I have tried one or two and so far they are rather good.

News

Vegan Society revamp their website

Why not have a look at www.vegansociety.com . You can sign up for a newsletter and read about the activities taking place for World Vegan Month (November).

Cookery school opens at Halifax.

Not an exclusively vegan cookery school but I thought I would mention it as I find it very interesting that a new swanky cookery school has opened in Halifax and actively promotes vegan cookery classes along side their other less desirable offerings. Their website has all the details www.thecookingschool.co.uk/ or phone on 01422 383192.

The cost is around £140 for a days leisure course. If a cookery course does interest you there is always the Vegetarian Societies Cordon Vert cookery school at Altringham in Lancashire. They have more choice and a similar course would be around £112. Cordon Vert can be viewed at www.cordonvert.co.uk or call 0161 925 2014 email: jane@cordonvert.co.uk. And if your are 16-25 and want to do a course see the next item.

Vegan Venture - free cookery course for vegans aged 16-25

This one day vegan workshop has been especially designed for young vegetarians between the ages of 16 and 25. As it is fully funded by the Vegetarian Charity places are available free of charge including travel costs (subject to successful applications).

The recipes taught are quick and easy vegan dishes that not only taste wonderful, but won't break the bank either! With mouth watering recipes like mushroom and butter-bean stroganoff, spicy lettuce and sweet corn soup and apple and blackberry with crunchy nut topping and custard, you'll be spoilt for choice.

There is an application form to fill in at the Cordon Vert website www.cordonvert.co.uk or directly via this link www.seedlingshowspace.com .

I have only just spotted this and its too late for this year but hopefully, they will continue this scheme next year.

What's wrong with soya? Nothing!

There is a very good article in the Guardian highlighting a few of the hidden interests and fallacies in those that announce soya as a good food. See...

www.guardian.co.uk/commentisfree/2010/jul/01/anti-soya-brigade-ignore-scaremongering

Animal Aid's Northern Compassionate Christmas Fayre, Sheffield, Yorkshire, England, 6 November 2010

Saturday 11am-4pm at Victoria Hall Methodist Church, Norfolk Street, Sheffield, S1 2JB. Free entry, voluntary donations welcome.

Ethical traders, speakers, vegan food and information. Vegetarian Guides writers Alex Bourke and Ronny Worsey (also a top vegan chef) will have a stall there with the latest Vegetarian Guides including the new North of England and Scotland guides, Ronny's classic Scoffer recipe books and some of her vegan cakes for you to scoff, a presentation about eating out in Sheffield and beyond, and Alex and Ronny can answer any questions about travel worldwide and how to veganise any recipe. www.animalaid.org.uk.

Lincoln Veggie Fayre

Will be on Saturday 6th November at Trinity United Reformed Church, Garmston Street, Lincoln, LN2 1HZ. See www.veganlincs.co.uk/news/4579.html for full details.

Well done Fiona

Fiona Oakes whom I have mentioned before as a very inspirational vegan, won the women's mass race of the Great North Run. Well done Fiona. To read more about Fiona and the great efforts of the other members of Team Vegan in the GNR see veganrunnersuk.blogspot.com/2010/09/great-north-run-briefing.html .

The Parsnipship - 21st Century Vegetarian Cuisine

I stumbled across an advert for the Parsnipship and, although its vegetarian rather than exclusively vegan, I thought it was such an interesting idea I would share it with you. I am not sure if you could do this as a vegan exclusive but if you are interested in starting a new business why not get in touch with them. Full details at www.theparship.co.uk.

The Parsnipship produces and sells unique and original Vegetarian food, sold direct - primarily at Farmers' Markets. Their aim is to create the finest vegetarian and vegan food, using locally sourced seasonal ingredients, with style!

You can join them too - they are looking for vegetarian cooks the length and breadth of the country, to run their own businesses, working from home, cooking and selling the best vegetarian & vegan food at Farmers' Markets and beyond!!!

The Parsnipship is establishing a network of cooks, with training provided by seasonal cookery schools, to create amazing food that changes the perception of vegetarian & vegan cooking in this country. 80% of their customers are not vegetarian or vegan, but they are buying and we are changing their eating habits from carnivore at least a couple of times a week!

This started off in Cardiff (a great place BTW) and have spread from there. There are no stalls near us yet but maybe if we have some budding entrepreneurs who knows what will happen.

Pure website

I stumbled across the Pure website (makers of dairy free spreads). In addition to product promotion they have quite a good list of recipes, all of which need a Pure product of course. Amongst the deserts are "Brandy Snap Baskets with Rum & Raisin Ice Cream ", "Dairy & Egg Free Buns" and "Oven Roasted Nectarines"

See www.puredairyfree.co.uk/index.php for details.

Visiting London?

On our last visit we found a new place in London that serves very good vegan meals. It is called ZilliGreen and is located in Soho. The restaurant is quite small but the food is very good and I can especially recommend the vegan tiramisu. See www.zillirestaurants.co.uk/green for full details.

Meat Free Monday's in Parliament?

Manchester MP John Leech has responded to Manchester Friends of the Earth campaigners by submitting a parliamentary Early Day Motion (EDM) calling for catering authorities at the Houses of Parliament to go "meat-free" on Mondays. (its EDM 669 if you are interested in finding it).

The "Meat Free Monday" campaign is being promoted in Manchester by Manchester Friends of the Earth, and by environmental campaigners and other groups and bodies right across the UK. It encourages local authorities, schools and other public and private bodies to provide an animal-free menu at least one day per week to help tackle environmental and diet-related health problems.

Although this is only a proposal to have one meat free day per week I think we should support it and you may want to encourage your MP too. So far I can't see any of our local MPs signed up - the nearest is Fabian Hamilton, Labour MP for Leeds north east.

The reason why I think we should support it because, as I have mentioned before, it can be easier to encourage seven people to go vegan one day a week than it is to persuade one person to be a full time vegan. However, the impact on the number of animals used is similar in both cases.

Another benefit which I have mentioned previously is that this kind of action skews the food industry into supplying more and better quality options for us and because the demand is higher this is likely to have a financial benefit too.

I suspect it will also have a "door ajar" effect (OK so it has not been passed but I am being optimistic!): if people realise it is not too difficult to go a whole day without meat, hopefully, some of them will try 2 days, maybe 3 and perhaps even more.

So encourage your MP and why not encourage a friend or relative to adopt meat free Mondays (make it a vegan Monday of course though!).