Breastfeeding and Dairy

Vegan Delivery Service

India Travels

Lemon Pepper Chikn Nuggets Recipe

Creating Garden Habitats

Delicious autumn recipes!
Hi everyone and welcome to the new look magazine of the Vegan Society Aotearoa NZ! After much soul searching and what seemed like endless email discussions the Vegan Society board finally came up with our new name Green for Life which we hope will encourage more non members to pick up our magazine from stores :-)

A small word of introduction from myself, I have been involved in the vegan movement for many years, volunteering for the environment and our animals in fact for a few decades now! Gosh how time flies! I became vegan in 2000 and have been an active member of the Vegan Society since 2011, becoming a board member in February 2014. I am the media spokesperson and manage the Facebook page for the Society. I have been writing and proof reading articles for the magazine since 2011. I am excited to be helping take the magazine to the masses and am looking forward to seeing our movement grow with leaps and bounds this year.

To that end we are going all out to get as many non vegans to adopt a more plant based lifestyle, we are here to offer advice, information and support to all those who are keen to jump on the vegan bandwagon. To this end the magazine will be more outward looking, focussing on the “how to” of a plant based lifestyle. We are still committed to our three keywords Ethics, Environment and Health we will continue to offer stories of how others have done it, how you can help and lots of delicious recipes, from the easy one pot wonders to the fancy dinner party meals. With regular columnists on health and nutrition, gardening without animal inputs, vegan parenting, our fabulous beauty spot, the youth perspective and more we are hoping there will be something for everyone.

With veganism becoming more mainstream with every passing month, it seems, there has never been a better time to join in the cruelty-free lifestyle. Veganuary had it’s best ever year, Feb-no-dairy is looking strong and those who choose to remove animal products for these months, may find they don’t end up going back to them!

So whether you are vegan for the animals, for the planet or for your own health, we hope you will enjoy this new look magazine and mention it to your friends and family, let’s get more printed, read and acted upon!

Claire Insley

Letters to the Editor

If you have thoughts to share on what you read in Green for Life or some other vegan topic, please send a letter to editor@vegansociety.org.nz.

Guidelines

Letters should be 300 words or less (or consider submitting an article). Letters may be edited for sense, style, brevity, or suitability. The Vegan Society reserves the right to abridge or withhold correspondence.

Cover photo by Mila Arena, raw strawberry cake made by Katie

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Vibrant vegan food from V on Wheels photographed by Mila Arena, see more on page 6

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Veganism has been breaking news worldwide with a massive increase in the number of vegans, particularly in the younger age range and more females than males. Social media such as Instagram have been credited with helping to increase this trend.

It’s been an exciting year for vegan ice-cream as mainstream brands step on the vegan bandwagon. Häagen-Dazs has introduced four non-dairy ice cream flavours to market earlier this year in the USA. The vegan flavours are Peanut Butter Chocolate Fudge, Coconut Caramel, Chocolate Salted Fudge Truffle and Mocha Chocolate Cookie. Ben & Jerry’s introduced almond milk-based flavours to the US and UK, Chunky Monkey, Chocolate Fudge Brownie, Peanut Butter and Cookies and Coffee Caramel Fudge. Meanwhile we’re still waiting on these shores to taste either.

Award-winning director and vegan environmentalist James Cameron has executively produced a vegan documentary The Game Changers. The film’s debut at the 2018 Sundance Film Festival sold out all screenings and received standing ovations. The Game Changers features one man’s journey to inform the world on the dangerous myth that you need meat for protein! He meets a wide array of elite athletes, special operations soldiers, scientists, cultural icons and everyday heroes who are thriving on a plant-based diet.

A group of vegan activists stormed an Australian restaurant to protest against cruelty to animals. Chanting slogans and waving posters about animal suffering, the 35 demonstrators made their presence felt in Melbourne’s Rare Steakhouse. Video of the protest shows the activists, from Direct Action Everywhere Melbourne and Melbourne Cow Save, as they enter the two-storey restaurant. Catch it on YouTube and expect to see more of these types of protest this year.

Vegan food startups are taking over London as entrepreneurs and investors see profit in wellness. Experienced entrepreneurs are spotting opportunities in the burgeoning vegan food market, especially those looking to make money while being socially and environmentally responsible. We have noticed that there is a massive increase in food trucks here in NZ, as well as new vegan-only cafes too in our 3 main cities.

It has been hailed as the most changemaking vegan-themed documentary ever, What the Health debuted on Netflix this year, changing the landscape of plant-based food for good. The film explores the connections between disease, the consumption of animal products and the pharmaceutical industry. It was an awesome year for vegan docs and films on Netflix, joining Forks Over Knives, Okja, Cowspiracy, Vegucated, Fat, Sick and Nearly Dead, Food Inc and of course, don’t forget Babe.

McDonald’s has launched the McVegan burger across Finland and Sweden. The McVegan burger was first offered on a trial basis in Tampere, Finland between October 4 and November 21. However, the fast food chain received such a positive response from their consumers that they’ve decided to make it a permanent fixture on the menu. While it is exciting that McDonald’s is making great efforts to make their menu more inclusive, some are keen to hear when the McVegan burger will appear in branches worldwide.
An Interview with Julia Feliz Brueck, Editor of Veganism in an Oppressive World

by Adrian Hatwell

Adrian Hatwell: Can you tell our readers a little bit about yourself?

Julia Feliz Brueck: I was born and raised on the island of Puerto Rico. I’m a mom of two little vegans and I’ve been vegan for 10 years. My professional background is in science and art. I have undergrad and graduate degrees in biology (marine science, plant ecology and conservation). I’m also a published author and illustrator, which is how I became a vegan book publisher under Sanctuary Publishers, which was founded last Spring (2017). As a mum, most of my work gets done during nap times, in the evenings and late into the night. I recognised that I had an ability that I could use to further causes and raise the voices of marginalised groups, so this is what my activism looks like at this point in time after decades of trying different types of advocacy.

How did you know it was the right time to put together Veganism in an Oppressive World?

I find myself really isolated where I live, as I am in a foreign country where I just don’t really fit in. Therefore, most of my contact with the outside world and back home happens through social media. I became frustrated that my experiences in mainstream vegan spaces were ones in which I was silenced or exposed to racism, as well as other ‘-isms’, but at the same time, I also became frustrated that people of colour used “white veganism” (mainstream veganism) as a reason to disregard animal rights as part of the social justice platform because mainstream veganism is so riddled with racism, classism and other -isms, which make it unsafe for marginalised groups to be in, even as vegans. Mainstream veganism doesn’t seem to recognise that the majority of people on the planet are people of colour. Many communities of colour live in areas without food access or basic necessities. Others struggle every day under systemic oppression related to the colour of their skin, gender, sexual orientation, etc. When we choose to live vegan, we can’t just leave all those oppressions behind because they dictate every aspect of our lives. I realised that there are many vegans of colour like myself out there, but we are very much drowned out by the mainstream voices, which tend to be white, cis and male. Therefore, I decided that a book like this one was something I could take on to help bridge the vegan majority and communities of colour. Primarily, the book is a how-to guide for mainstream veganism to understand why consistent anti-oppression is vital if it is going to win the fight for non-human animals. The aim was also to get many voices from as many communities of colour that wanted to participate to speak about their own communities and about veganism from their own unique lens.

Mainstream veganism has a tendency to react defensively to these kinds of messages, how do you deal with that?

I believe the biggest concern behind that defensiveness is that embracing a consistent anti-oppressive movement means decentering non-humans; however, that could not be further from the truth. The oppression of non-human animals and marginalised humans is interlinked. Just as vegans use their (white) privilege to speak against human supremacy and oppression, humans with privilege must use their privilege over other human groups to ensure that veganism is safe and accessible for all humans, not just the most privileged.

What’s the first step for those looking to make veganism a more inclusive movement?

Of course, read the book! Research the cited works of all those vegans of colour referenced throughout it. Work within your own local community to see where marginalised humans need the most help and make the time to research, ask and follow the lead of vegans from those communities. Only they know how to reach their own and what may be keeping their own from being able to understand or even access veganism. You can’t advocate veganism to certain groups of people that don’t even have access to healthy foods or basic necessities. Therefore, part of veganism must include addressing root issues.

When you visualise a veganism that is really for everyone, what do you see?

I see a movement that takes an open stance to root out all oppression. I see a movement that recognises that yes, it is a movement with non-humans at the centre but can also be one where vegan racists, classists, sexists, transphobes, homophobes, ableists, etc. would not be tolerated in the same way that the movement does not tolerate animal abusers to remain in vegan spaces without consequence or putting in the work to change. Otherwise, what you get is a movement that fails at being against oppression and is only safe for oppressors.

You can’t expect people that struggle with their own oppression in their everyday life to protest next to people that call for their murder because of the colour of their skin, gender, or sexual preference in the name of non-human animals. It doesn’t even have to be that level of oppression or hate either; you can’t expect marginalised humans to expose themselves to the same oppression they are trying to survive day in and day out in spaces where we are supposed to be working together towards a common goal under so-called justice and compassion. You can’t expect people that are neurodivergent to want to be in spaces where neurotypical people continuously disregard their experiences and existence or throw ridiculous claims about being “cured” through eating broccoli and going out for walks in forests. And the list goes on…

How do you fight off burnout, despondency, pessimism, and all those negative feelings that can come with the struggle?

Cat snuggles, bunnies and toddler kisses help, ha ha. Although as someone with ADHD and who is passionate about working against injustices, as well as an ever optimist, my brain just never stops thinking of ways to solve issues.
My self-care, in a way, is the work that I do because I have been silenced for so long but now have the privilege to be able to say, “NO MORE. I will no longer be silenced”, and I will not let others be treated in the ways that I have been.

This work does take tremendous emotional energy, as a woman of colour myself. Therefore, I am having to learn how to self-care in other forms than always being full-on though. Limiting who I converse with in certain spaces and ensuring that I am using my time as efficiently as possible and making sure to support my own communities are ways that I am trying to avoid complete burn-out. Learning to draw lines and not let people cross them is also important. Working on projects that will raise the voices of non-humans and other marginalised groups is also an important way to feel like we can actually create change, which gives me hope.

Every book sold by Sanctuary Publishers helps support marginalised communities — how does that work?

Every book itself will help speak up for a marginalised community or issue affecting marginalised communities, including non-human animals. Funds raised from the sale of the books are reinvested into publishing more books and they also help support individuals, groups, or organisations working on consistent anti-oppression vegan work. For example, the Baby and Toddler Vegan Feeding Guide helps support the amazing vegan organisation, Chilis on Wheels, while Veganism in an Oppressive World helps support the Food Empowerment Project.

V on Wheels

The story of a Tauranga based vegan food delivery service

by Mila Arena
The first time I heard about veganism was in 2009. Even though I grew up in a family where nutrition facts were part of our daily life, thinking about cutting out animal products was a bit surreal back in those days. The statements “we need meat for iron and protein” and “kids need milk to develop strong bones and teeth” were irrefutable. Even more in Argentina, the ‘beef kingdom’, where I come from.

My friend told me about “Forks over Knives” and that documentary sowed a seed in me. The idea was on my mind for a while until I decided to step completely into a meat-free life. I became vegetarian just after I came to New Zealand, 6 years ago. I think when you start knowing exactly where your food comes from and how the animal industry actually works, you get to a point when meat is not appetising anymore. Veganism makes total sense.

Veganism is the most beautiful human expression to ourselves and to all our surroundings. It’s pure compassion. It’s a proven fact that living a compassionate life makes us happier, increases life satisfaction and reduces depressive symptoms. It’s also been proven to decrease your phobias, decrease migraines and emotional tension, and increase grey matter in the brain. Love is compassion in action and your actions don’t have to be big or life-changing. Every little thing counts for someone.

I always wonder why tradition is stronger than our own instinct. I liked James Aspey’s words: “When we see a hurt animal, an injured bird or cow suffering, all we want is to help them. It is our nature to feel compassion. The biggest reason why we eat them is just tradition...” I agree.

Since I came to New Zealand in 2012, I worked in hospitality for a few years and as a vegetarian, it was hard to cook meat for others. That was probably the biggest reason why I created my business.

‘V on wheels’ came to life in 2016 as a vegetarian and vegan meal delivery service and it was then when I started little by little to cut more animal products from my diet. After several months I turned the business to fully vegan and it resonated better with me. I realised there was no point on adding dairy products to my meals if they were totally replaceable. “When you ‘veganise’ food convincingly, people can enjoy a healthier, better version of their traditional favourites. And if you know that food won’t hurt your body or the environment and it didn’t cause any suffering to an animal, why wouldn’t you choose it?”

Going vegan is definitely helping people to improve their health. Its helping the environment and it has the most beautiful philosophy and way of living which seeks to exclude all forms of cruelty to animals. A well-balanced vegan diet is beneficial for weight management, cardiac health, provides lots of fibre and promotes regular digestion. However, like I heard before: “You can eat chips and drink sodas everyday and be vegan”. Vegan doesn’t necessarily mean healthy. Some people know how to make up for what they don’t get in animal products, but that’s not always the case when people go vegan just because of the trend. We need to educate ourselves as these mistakes can destroy the beauty of the vegan movement too. I strongly believe that health means balance and moderation. Nobody can be happy and enjoy life eating like a bird either. We can enjoy chips and sodas, but don’t make your diet based on it.

The whole point of nutrition is making us feel good. Just following a balanced plant-based diet gives more energy to the body than an omnivorous one, because the simple fact that digesting plants is easier and faster than meat. Therefore, the body uses that extra energy to heal, lose extra weight, get in balance, cleanse and detox.

We are so lucky! Nowadays it’s so easy to access to all kinds of nutritional information, recipes and even social media can be such a great inspirational cooking source. We can find photos of amazing, delicious meals online. That’s very motivating to get in the kitchen and prepare our meals. On the other hand, for those who have no time to cook: I’m here ;)

I’m happy to say that ‘V on wheels’ is the first fully vegan meal delivery in NZ. Every week I create a different menu with healthy plant based meals and I deliver them to people’s houses. All meals are fresh frozen, ready to heat straight from the freezer with no cooking required. It’s not just for vegans, it’s food for everybody!

I’m based in Tauranga but anyone interested on trying my food, can go to www.vonwheels.com or www.facebook.com/vonwheels and order the meals online. Deliveries are daily, Monday to Friday afternoon around the Bay, Waikato and Coromandel Peninsula, once a month I deliver to Auckland too.

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I’ll start with a confession. When I recently went to India for the first time, I was not sure what to expect. Actually, I was a little worried. I was worried about the cleanliness of the food, its hygienic preparation and whether I should eat any raw vegetables, fruits, or even ice in drinks. I was a little fearful that I might get ill from eating street food or that I might find the dishes way too hot and spicy, laced with burning chilies. And, let’s face it, I was worried that I would go hungry and be uncomfortable in a very foreign land.

How wrong was I? I needn’t have fretted. For anyone who prefers meat-free and wants to maintain a cruelty-free diet, visiting India is surprisingly easy, though there are a few challenges for strict vegans. I found travelling in India did challenge some of my assumptions about India and food – perhaps you have similar misconceptions. The first is that I thought most Indians are vegetarian and some are vegan for religious reasons. I found that while many Indians ate vegetarian dishes, many weren’t vegetarian, except for religious festivals.

The second is that I assumed most Indian food would be way too spicy for my Western ‘Kiwi’ taste buds. I found all the dishes, including local street food, weren’t too hot and if more heat was required, additional spicy condiments were available.

The third misconception was that I figured half the time I would be suffering from the dreaded ‘Delhi Belly’. During my two-week trip, I didn’t feel ill once, even though I ate from roadside shacks and tried food from places which didn’t seem to meet many healthy kitchen requirements.

My colleague on this trip, Michael, who established the first vegan bakery in Australia, was unwell after eating at a ‘fine dining’ pure vegetarian restaurant ranked in the top 150 of 3,000 in Jaipur. My itinerary took me to the classic Indian Golden Triangle, taking in the capital New Delhi, Agra with its famed Taj Mahal, and the fortress and heritage city of Jaipur, where we attended the annual Jaipur Literary Festival and were hosted by Rajasthan Tourism.

The good news for vegans is that everywhere, in villages, towns, cities, even at train stations, there are always many vegetarian options available. In Jaipur, the tallest building, Om Tower, has a vegetarian restaurant that revolves as diners sample delights from the region and around the country. How great is that? Imagine Auckland’s Sky Tower going vegetarian?

Perhaps a third of the nation’s population is vegetarian. The Prime Minister of India, Narendra Modi, is a strict vegetarian and something of an ambassador for vegetarianism when he travels overseas, often accompanied by a vegetarian chef. There’s widespread labelling of foods, with green dots inside green squares indicating vegetarian food. In fact, vegetarianism is seen as the norm and the reference point. Restaurants which serve meat are marked ‘non-veg’. Many Indian’s refrain from meat during religious festivals; and from fancy restaurants through to one-person street stalls, you can find vegetarian food and snacks from dawn to the early hours of the morning. What’s more, because meat-free living is widely accepted, you’ll never encounter strange looks if you say you’re vegetarian or be asked how you get your protein.

However, if you are strict vegan, there’s a challenge, because most of India’s nearly 400 million or so vegetarians are lacto-vegetarian with a liking for dairy products. Yoghurt lassi, paneer cheese, cow’s milk in chai tea, cream in curries, sweet desserts made from milk, and bowls of curd or raita, as well as clarified butter (known as ghee) used for cooking and smeared on bread, means mass consumption of dairy products is on a par with New Zealand.

How do we account for this avoidance of meat yet love of cow’s milk? Can you be compassionate towards animals yet use the milk from cows? Well, in India over the centuries, they have. In the past, most families had their own cow and it wasn’t regarded as cruel to have a cow and use its milk. Cows are still seen as sacred in Hindu culture and milk is seen as healthy and like a medicine for well-being.

Quest for Vegan Food in India

by Keith Lyons

Keith Lyons is a New Zealand writer, who has travelled extensively in China, Thailand, and Myanmar. His investigative story for an American animal welfare magazine on a Chinese theme park with live animal fights led to its closure. His most recent publication is ‘Opening Up Hidden Burma’, a collection of travel stories.
"I was worried that I would go hungry and be uncomfortable in a very foreign land. How wrong was I? I needn’t have fretted."

For visitors to India, you can request vegan food and may need to spell out what you can and can’t eat. Instead of milk, you may find coconut milk as a substitute in the south and there is now tofu available in some places to replace paneer. The best places to eat for vegans are signposted as ‘pure vegetarian’, with some establishments and sweet shops also adding the ‘eggless’ label.

India is a vast nation, impossible to cover in one trip, so you can make it easier for yourself by going to the more vegetarian-friendly states in the north including Gujarat, Rajasthan, Haryana and Punjab – my favourite, Rajasthan, has the highest number of vegetarians, at around 75%. More coastal places have less than 2% of the population who adhere to a vegetarian diet. Even Kerala, a popular destination in the south of India, was 97% non-vegetarian.

While vegetarianism is an ancient concept in India, there is a growing awareness about the health benefits of less animal products and the animal cruelty associated with food, clothes and shoes made from things like leather and silk. The best way to be vegan (sakahari is the Hindi word) in India is to show by example.

There’s another thing about travel to less developed nations such as India. It affects people, some quite markedly. When some see the condition and treatment of animals, they decide to be meat-free on their India trip. Others, worried about food safety, also give up meat during their travels. It is kind of ironic, given that in the West factory farming is largely hidden away from view, whereas the public nature of life in India exposes people to the realities of the human-animal relationship, even though much of the farming across India is more in harmony with nature.

One of the joys of travel in India is that you get to try delicious food that you would never see on the vegetarian menu of your local Indian restaurant. Fond food memories are very much one of the reasons you might travel to India.
If you had told my meat-loving, cheese-scoffing husband 18 months ago that he would soon become vegan, he would never have believed it. Not in a million years. But life for Gareth and me has changed so much since then.

ON THE ROAD
First, we sold our house in the holiday hot-spot of Whangamata and embarked on a permanent life on the road. We had absolutely no experience and had never even set foot in a motorhome, but that didn’t deter us. All we knew was that we wanted to live somewhere else. But where? That was what we had to find out. So, we sold or gave away pretty much everything we owned and packed what was left of our two-storey house into a Mazda Bongo van called Ken. I won’t lie – it was the scariest thing we have ever done! But as we quickly discovered, it was also the best. Every day is a new adventure, and we have travelled from one end of New Zealand to the other. We love living on the road and wouldn’t change a thing.

THE FOOD JOURNEY
When we first set off on our travels, I was vegetarian and Gareth was omni. We quickly learned this was both expensive and impractical. We were buying two different lots of food, and with no decent storage or refrigeration we were throwing half our food away before we could use it. To make things easier, I went back to eating meat, but I never really enjoyed it that much. I often felt sluggish, and as the months passed I felt really unhealthy. I was always feeling ill and had very little energy.

My decision to become vegan was both sudden and unexpected. My friend Robyn has been vegan for over 25 years. Despite being vegetarian on and off since I was 13, I’d never thought about going vegan. It all sounded too hard and far too extreme for me - they only ate berries, didn’t they? Not to mention they were all ‘extreme’, like Robyn. She was always posting things on Facebook that upset me – photos of animals or petitions or support for some cause or other. It started to really get to me, and I thought seriously about unfollowing her. I mean, I didn’t want to see any of that stuff!

SEEING THE LIGHT
I can’t remember what it was she posted that finally reached me, but that was it. I decided then and there I couldn’t ignore the facts any longer; I couldn’t ignore what was going on in the world. I didn’t want to be part of it anymore, and I stopped eating all animal products from that day forward. Gareth was totally supportive, although he had no desire to do the same. Over the next few days, I began cooking new dishes for myself and learning as much as I could. I joined vegan beginner groups on Facebook, and it was there I first learned about ‘What the Health’ and ‘Forks Over Knives’. I watched documentaries like these voraciously. While I watched at one end of our little van, Gareth played computer games at the other. He wasn’t watching – but he was listening and was amazed and shocked at what he heard. Just five days later he also became vegan and we haven’t looked back. So, if you ever feel down, or that nobody listens or cares when you speak out or share posts on social media, take heart. I listened because of Robyn, Gareth listened because of me and others have listened and continue to listen because of us.

WE’RE COOKING!
From day one, our change in lifestyle opened up a new passion for plant-based food. Now cooking is a big part of our lives. We love experimenting with new recipes and the array of dishes we cook is amazing! We even have our own recipe page on Facebook, called Camper Van Kitchen, where we delight in showing just how easy it is to be vegan. We’re living proof that you don’t need a huge kitchen or a lot of fancy gadgets to cook great food. The difference in our health and energy levels is enormous, and we never get sick now, which is a big bonus when you live in a van!

VEGAN EASY PEASY
While the health benefits are well-known, we have found that life on the
road in general is so much easier now we are vegan. For example:

1. Cleaning up is a lot easier and faster. No fat splashes or mess all over the place, no awful meat juices or packaging to wipe up and dispose of. Vegan mess is clean mess!

2. We can do most of our dishes without needing to use hot water, and the water we dispose of is so clean and free from contaminants, we hardly ever need to use our grey water tanks but can simply use it to water the plants.

3. You don’t have to worry about contamination or nasty bugs like salmonella.

4. No more yucky smells. As we all know, meat and dairy products can get seriously whiffy, especially in the warmer months. But we no longer have to worry about stinky rubbish bins or things ‘going off’. And the smell of cooking no longer lingers in the van either.

SIMPLE KIND EATING
Becoming vegan has brought about a whole new level of calm and contentment for us both. Our lifestyle was already simple; we consumed very little, bought even less and were kind to the environment wherever possible. Now we cook and eat kindly too. The only downside is, we constantly meet people who ask to try our food and end up losing half our dinner. Maybe we need to think about turning our camper van into a vegan food truck!

Recipe: Very Yum Tom Yum

Or as we call it – Tum Yum! I LOVE Asian food and Tom Yum soup is my very favourite. I have tried many variations over the years and have dabbled in several home-made versions but this one, developed by myself and an Asian friend has been voted the best! I adapted it years ago from a Tom Yum Gai recipe to include more vegetables and while it may not be truly authentic, it is truly delicious and healthy too! This makes a spicy soup which I love, however if you find it is too spicy for your taste, you can cool it down by adding a little coconut cream. Part of the beauty of this recipe is it’s so adaptable, you can throw in whatever vegetables you have on hand or need using up. I have made it when I have literally nothing to put in it except courgette, cabbage and tomaties - not even an onion - and it’s still as good as always!

Ingredients:

- 2 tbsp peanut oil (you can use any oil but I do find peanut makes a difference to the flavour)
- 1/2 onion, finely chopped
- 2 spring onions, chopped
- 2 tomatoes, chopped (or if you’re slack like me just throw in a tin!)
- 4 cups water
- 2 - 3 mushrooms, chopped
- 2 stalks lemongrass (or 1 tsp if using a jar)
- optional 1 tsp ginger, crushed or finely chopped
- 2 tbsp Tom Yum paste - check to make sure it is vegan, some contain fish
- Extra vegies, whatever you have (I usually use silverbeet/spinach, capsicum, courgette and broccolli)
- Decent splash of lime juice
- Lemon juice to taste
- Fresh coriander to serve
- Pinch of chilli flakes (optional, for a bit of zing)

Instructions:

1. Heat the peanut oil in a large pot. Add the onion, spring onion, lemongrass if using and ginger and cook for a couple of minutes, stirring, so it doesn’t stick.

2. Add the water, Tom Yum paste and all the vegetables. Add the lime juice and chilli flakes, then bring to the boil and simmer for 10 - 15 minutes.

3. Add lemon juice to taste if required, then stir in a few sprigs of fresh coriander just before serving. Done!

4. You can enjoy this in several ways; either on its own, with cooked rice, or my favourite, with Udon noodles. Either way it’s delicious!

by Jackie Norman
I am now a parent to a vegan 2 year old and running a vegan lunchbox service for Christchurch schools called Yumbo, it’s secretly vegan and you can find it here www.yumbo.nz. I also write a blog, from which this piece is taken: www.ewyum.com

I had a really hard time breastfeeding my daughter. It hurt like hell for weeks, then just a little for months and months. On top of that I suffered from a little-talked-about condition where my hormonal response to milk let down was backwards, causing a wave of sadness to come over me every time I fed my baby – which is a massive downer when you’re feeding all day and night! But as the months passed I almost started Not hating it. By 10 months I almost even enjoyed it.

By the time my daughter was 1 year old – the point where I was sure I would stop breastfeeding – I had actually started to savour our feeds. She fed far less and could happily skip a feed or take a bottle of plant-milk, so I was officially released from my ‘breastfeeding prison,’ and I could finally say that I understood why people are ‘into’ breastfeeding.

But along with that understanding came an increased bafflement that any lactating human woman on Earth could possibly drink milk from a cow.

Boom. There it is. I don’t intend to attack - I am simply baffled. When one understands the hormones, the relationship, the science and the spirit of breastfeeding one’s child, how does someone willingly deprive another mother and child of that experience simply to sate a desire for cheese?

I want to mention at this point that this is not about breastfeeding vs formula. If there were decent plantmilk formulas available in NZ I ABSOLUTELY would have stopped breastfeeding prior to now. Without good alternatives, cow or goat milk formulas are often necessary. And I honestly have not an ounce of ‘see, I hung in there and it got easier’ smugness… only ‘thank Christ this isn’t awful anymore’ relief. This conversation is purely about seeing your own body create milk and then downing a big ol’ glass of breast milk from another species.

I do understand the cognitive dissonance people use daily to consume meat, to buy cheap clothes or throw plastic bags into the landfill, but when you’re a mother, particularly when breastfeeding, how do you mentally disconnect from the reality of what cow milk is and who it is really intended for?

"I would go so far as to say that the consumption of dairy products is entirely anti-motherhood."
taken from me, and being hooked up to a milk pump every day is literally my idea of the worst kind of hell.

Mothers Against Dairy expresses it well: “At its core, animal agriculture is based on sexual violation, reproductive subjugation and exploitation, and on the objectification and violent domination of vulnerable bodies. It is also based on the destruction of animal families.”

After almost 20 years of veganism, I have become exhausted and mostly private in my activism. I tend to promote vegan food and ‘set a good example’ these days because outrage, anger, aggression and debates can feel futile and even counterproductive. But this is one topic I have felt compelled to challenge people on since becoming a mother. It feels personal. It literally makes me feel sick in the stomach and heart.
Book Review: Veganism in an Oppressive World

By Adrian Hatwell

There can be little doubt the vegan movement is currently undergoing a boom phase. Awareness is high, it’s become increasingly mainstream as a ‘food trend’ and more people than ever before are adopting veganism as a diet. However to maintain integrity as a legitimate movement for change, the vegan community needs to learn how to leverage this popularity bump into real education, advocacy and justice — to turn excited new recruits into committed activists against oppression. Not an easy job but one made to seem more accessible, manageable and enjoyable courtesy of the new book, Veganism in an Oppressive World.

Dubbed a “Vegans of Colour community project”, the publication asks pressing questions of the movement as it crests on this current wave of popularity; how do we move forward? How do we reach more people than ever before? And why are we already leaving people behind, even as the community swells? Edited by Julia Feliz Brueck, the book invites a handful of writers of colour to address, each in their own fashion, their experiences with veganism as individuals who are impacted daily by multifarious forms of persecution and maltreatment.

Doing a deep dive on weighty subjects like intersectionality — examination of the way various forms of systemic oppression interact with each other — can seem an intimidatingly academic prospect for those not used to immersing themselves in the radical literature of activism and social transformation. Through a format combining creative writing in the form of poetry, short personal reflections, pithy essays and interviews, Veganism in an Oppressive World is as equally effective in examining our complex world as it is in painting an intimate, accessible vision of resistance for the layperson.

The book has several key audiences in mind. For vegans who come from marginalised communities, who are often ignored or dismissed in mainstream vegan organisations, the book is an opportunity to hear voices like their own ring loud. Various contributors share their experiences trying to reconcile their advocacy for non-human animals with mainstream vegan organisations that often perpetuate the human oppressions they struggle with in everyday life, through the lens of myriad social divisions such as ethnicity, culture, gender, sexuality, religion and ability. The effect of these often stirring reflections is a visualisation of a veganism that is truly inclusive and diverse.

Another important demographic for the book is the existing vegan, most often white and primarily focused on the vegan cause. For this audience, the book is an invitation to broaden views on liberation and deepen a personal understanding of what a truly anti-oppressive veganism might be. Accepting your own complicity in the suffering of others is not an easy pill to swallow (and a clear illustration of privilege in refusing to swallow it), but to the open minded existing vegan, this book opens the door to fixing problems plaguing popular vegan organisations, and conceiving of a movement that works towards justice for all animals, human and otherwise.

With its community-focused format, the book offers a chorus of nuanced views of the world as it is, in all its problematic complexity. The co-option of spirituality by yoga mat toting health enthusiasts; the ignorance of expecting disadvantaged communities to go vegan without access to cheap, abundant, healthy food options; a hypocritical focus on ‘cruelty free’ products that ignore the suffering of workers and injustices of the systems that create them. They are difficult issues to grapple with, but the book takes the reader by the hand and leads them — with warmth, conviction, and humour — safely through the prickly material.

Veganism in an Oppressive World should be required reading for any vegan organisation that values real inclusiveness. Vegans of colour, or from other marginalised backgrounds, will find a welcome refrain of concerns, challenges, and anecdotes that speak to experiences all too often ignored. Any individual with a true passion for anti-oppressive activism should welcome the chance to have their worldview enriched by this compelling collection of clear, thoughtful and incisive voices.

Book Giveaway


Details of all the contributors can be found here: www.sanctuarypublishers.wordpress.com/2017/11/19/new-release-veganism-in-an-oppressive-world

If you are as inspired as I was to read this or would like to give a copy to a friend, why not buy it from Amazon?

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tonetimes I look at my garden and despair that it’s not all pristine and tailored to aesthetic perfection and then I spy someone like this hanging out in the garden and I feel just fine leaving wild undisturbed places as much as I can; it’s really a matter of changing my perspective.

I now approach my garden design as food producing and habitat design, and when I look on a newly mowed immaculate lawn I tend to see a lack of life, instead of visual order. One of the key things I ponder when planning is planting for a variety of species, both animal and plant, and then leaving areas where humans just stay out of the way!

BEES, BEES AND MORE BEES

The first animals we often consider in our garden is of course the humble bee. So often we tend to focus on the honey bee; although not a native, its ability to produce honey and pollinate many plants has captured human imagination for millennia. But in NZ there are 28 native species of bees and they are important for our native plants. Interesting to note this number appears to still be open to debate and there may be between 27 and 30 endemic species.

New Zealand’s native bees are small solitary beings who don’t have a sting and present in the way many of our natives do in dark colours; browns and black. You can support them in your garden with a variety of native trees including manuka and flax, but there are so many options and we found the white flowering koromiko, as well as brightening the garden, was well visited by bees. I am also fairly certain there were also native bees in the mix pollinating our plum trees and the very early blossom of the almonds, but observation will be needed to be sure next spring. Also consider leaving a patch of bare undisturbed ground in your garden as some native bees nest in the ground.

Another consideration for our bees is to try to plan your planting so you have a succession of flowers for bees both native and exotic. This year we planted a mass of phacelia mixed with clover. The phacelia we were using as a green manure digging in before flowering, however by leaving some to flower we provided for many visiting bees. Once these finished flowering the clover blossomed providing the double role of nitrogen fixing for future plants and providing food for pollinators.

Another good way to provide a habitat with plenty of bee nourishment is to leave some of your winter greens to go to flower. Broccoli, kale, silverbeet can all be left to flower on. Then things like poppies provide early spring colour and bees love them.

OTHER INSECTS

The garden is a realm of competing interests and the human species is not alone in competing for space and food. Hall and Tolhurst describe how Stock-free organic growing involves recognising the basic premise that diversity creates stability and spreads risk. Creating diversity in the New Zealand garden is about recognising the crossover of our native and introduced plant species and animals and insects.

To provide for beneficial insects such as hoverflies and parasitic wasps you need to provide habitat and food sources. Phacelia is a great plant to have as well as the added advantage of course is that many of these plants play a number of different roles. For instance, buckwheat can be dug in prior to flowering for green matter but you can also leave some to grow on for flowers for beneficial insects and habitat. Alyssum is a great one to intercrop with and provides flowers suited to predator insects.

LIZARDS

You may not see them, but lizards can also be hanging out in our gardens. We have excitedly spied a couple and are hopeful we have more. Again keeping spaces where humans don’t go is helpful for the lizard. Woodpiles and thick plantings all help lizards find somewhere to go and to feed. For more information on creating a place for your lizard the Department of Conservation has some great hints here: www.doc.govt.nz/get-involved/conservation-activities/attract-lizards-to-your-garden

BIRDS

One of the advantages of increased habitat is increased birdlife. Keeping the
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bird life rich is easily supported with a diverse tree planting but keeping the seed and fruit eaters off newly sown seed beds and ripe fruits is always a challenge. Sometimes, though, there is an unforeseen benefit. This year we were concerned with the huge amount of rain and damp conditions encouraging so many snails and slugs into our gardens. However, as the months went on we started to find many empty snail shells, we thought perhaps hedgehogs… until one day a thrush was spied eating snails and the mystery was perhaps solved! Over time the population of snails has gradually settled to a more manageable level. So, although not native, a diversity of birds can be highly beneficial.

I have only touched so very briefly on each of these issues and I hope that you embrace the garden as a learning field because there is much to be learned and shared in veganic gardening that is specific to New Zealand conditions, plants and animal life. The urban and rural garden both play a key role in providing habitats for many.

² www.blog.forestandbird.org.nz/native-swarm
⁴ www.kingsseeds.co.nz/Tips++Techniques/Bees+Bugs++Butterflies/Beneficial+Insects+in+Your+Garden.html
⁵ www.kingsseeds.co.nz/shop/Field+Selection/Wildflowers/White+Alyssum+for+Orchards-5635.html

Story by John Early, published 24 Sep 2007
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2018 marks the 75th Anniversary of the New Zealand Vegetarian Society. Although the Christchurch Vegetarian Centre always has something exciting going on - such as Vegan Camp, Film Fest, and of course the Vegan Expo - we wanted to think of something special that we hadn’t done before, in order to celebrate this milestone.

We had heard about the popularity of ‘The Vegan Ball’ up in the North Island, so, with the help of organiser Kayla Hutchinson, we decided to collaborate and host our very own Ball, here in Christchurch.

We were lucky enough to secure the brand-new Mount Pleasant Community Centre to host the event, with its modern architecture, views over the water and our ‘under the stars’ theme, it is set to be a truly magical venue.

Catering is being provided by Berkano, an up-and-coming, plant-based company, run by two local chefs, who really know what good vegan food is!

We will be entertained with music from the incredible Puree band, a dance performance from a local Christchurch troupe, and speeches from special guests Hans Kriek, Ambassador and ex-CEO of SAFE and Yolanda Soryl, who runs the Christchurch Vegetarian Centre.

We also have a raffle with some fantastic prizes up for grabs, with proceeds going to CVC and the Black Sheep Sanctuary; who generously donated enough money for us to run our second vegetarian expo all the way back in 2008!

Join us for a night to remember on March 24th 2018. Tickets are available at www.theveganball.nz

By Amy O’Brien

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Recipe: Raw Kale and Silverbeet Salad

By Gerrard O’Keefe, T.H.E. Executive Chef

**Almond Spinach (Quenelles)**
- 50g almonds
- 5ml agave
- 200g spinach
- 20g cashew nuts
- 30g sunflower seeds
- 10g turmeric

**1.** Cut cherry tomatoes in half and mix with chopped tarragon and verjuice, season with salt and pepper. Marinate these before starting the rest of the salad.

**2.** Remove stems from silverbeet, roll and chop up super fine, toss with small torn baby kale. Slice carrots about 2mm thick then julienne or grate if its easier. Cut the chilli lengthways and remove the seeds, julienne. Mix all together

**3.** For the spinach quenelles, blend the baby spinach until smooth, add the almonds and cashews, then season with salt and pepper. Continue this until it is a thick stodgy consistency. (Doesn’t sound appealing but its not finished) Refrigerate until set then shape using two spoons into quenelles (rugby ball shape). Blend sunflower seeds and turmeric into a powder and use this to coat the spinach quenelles.

**4.** Blend the sesame oil, soy sauce, garlic, ginger and chilli together until emulsified and dress the salad with it, be generous. Place into a bowl with marinated tomatoes on top and place 3 to 4 quenelles on top. Enjoy.
For many years now, the Christchurch City Mission has run a free Christmas lunch for those who want a bit of company and a nice meal on Christmas Day. Volunteers at the Christchurch Vegetarian Centre (CVC) have often wondered how vegetarians and vegans fare at the lunch, and so in 2017, proposed making a vegan option available. CVC volunteer Lisa Phelan contacted the Mission, who were very receptive and it was agreed a small number of vegan lunches - including dessert - would be cooked by the CVC volunteers and made available on the day for those who wanted it. Lisa rounded up volunteers to cook the food and serve it.

One of the challenges of the event was figuring out how to let the people who might be interested in having the vegan lunch know about it. It was likely that vegans and vegetarians who might want to have lunch at the Mission would assume there would be nothing there for them, and decide not to go. Messages were put on Facebook, but in the end it was a case of ‘doing it anyway’ and seeing what happened. There was a lot of interest on the day, with many being surprised to see a vegan option available. As it turned out, only one person wanted the meal – she was very happy to have the vegan option as she had assumed there would be nothing there for her. The rest of the meals were eaten by the Mission volunteers as some of them were vegan and likewise had assumed there would be nothing they could eat that day. Despite the low take up – it was the first time doing it. It might take some time before the word gets out that everyone can be catered for at the Mission lunch and that it is possible to celebrate a day of peace with peace on the plate.

Thanks to Lisa for organising and cooking, the others who volunteered to cook and also Neve and Rosemary Soryl who gave up their Christmas Day to deliver and serve the lunch.

2017 CITY MISSION VEGAN LUNCH MENU
- Cashew nut roast with herb stuffing
- Roast potatoes and carrots
- Salad
- Savoury gravy
- Plum pudding
- Fruit crumble
- Meringues
- Fruit salad
- Custard
Recipe: Make Your Own Non-Dairy Butter

By Kristin McKee

Non-dairy butter is not only easy to make at home, but also has a number of advantages over commercial margarines. It doesn’t contain palm oil (the production of which destroys forest habitats) or unhealthy hydrogenated oil, which almost every store-bought margarine contains. Non-dairy butter will also keep in the fridge for at least two weeks, limited only by the lifespan of the non-dairy milk. To ensure it keeps as long as possible, it is important to ensure that the pot, all the utensils and the storage jars are completely clean before use. Here’s a tip: if you store the butter in two 1 cup jars, one can be stored in the freezer until the first is finished!

The recipe below contains variations depending on what ingredients you have on hand at home and explanations for the use of each ingredient option.

INGREDIENTS:

• 3/4 cup coconut oil (not virgin coconut oil or fractionated coconut oil)
  Coconut oil is used to create a semi-solid consistency. Ensure the coconut oil is regular rather than virgin coconut oil, which has a noticeable coconut taste. To avoid fractionated oil, use regular, solid coconut oil, rather than the liquid at room temperature oil. For a firmer butter, a higher proportion of coconut oil to liquid oil can be used.

• 3/4 cup mild virgin oil such as avocado or a neutral tasting oil - such as light olive oil
  Use either a neutral tasting oil such as light olive oil or a healthy, virgin cold pressed oil. Avocado oil is a mild tasting, nutritious oil to use. Try The Village Press brand for a mild, super fresh oil (harvested summer 2018).

• 1 teaspoon liquid lecithin or 1/2t powdered
  The recipe uses liquid or powdered lecithin. If you don’t have this on hand, use a milk containing protein such as soy or almond milk, or you can make it without milk. If lecithin is not available locally, it can be bought online at iHerb.com.

• 3 Tablespoon unsweetened oat, soy or almond milk (not rice milk, as it is too sweet)
  Regular dairy butter contains around 80% milkfat, 18% liquid and 1-2% salt; to make non-dairy butter the proportion of oil/fat to salt is kept roughly the same. Non-dairy milk can be added to create a creamy texture, but in a lesser proportion than the liquid in dairy butter - using as much as 18% would make the butter too soft.

• 1/2 teaspoon powdered salt
  The recipe calls for powdered salt for a more even distribution through the butter. Salt can be powdered in a mortar and pestle or spice grinder, or regular salt can be used if the milk is heated a little and the salt dissolved in it.

• Pinch of turmeric powder
  The turmeric is added for colour; a very small pinch is all that is required and the colour will develop more as it cools.

INSTRUCTIONS:

1. Melt the coconut oil over gentle heat until just melted.

2. Add the liquid oil and lecithin and whisk to mix. Add the milk, salt and turmeric and whisk again.

3. Cool in the fridge until it starts to set. Once semi-solid (but still mixable) whisk again, as it is likely to have separated.

4. Put into 2 small jars and cool in the freezer or fridge until solid. If not using milk the mixture can be poured into jars without the need to cool it to a semi-solid consistency.
Recipe: Pumpkin Fritters (GF)

By Jana Kastner

These gluten-free pumpkin fritters make a delicious starter, side-dish or lunch box surprise. A high-quality non-stick frying pan is essential if you wish to use less oil. They also taste great with a little drizzle of sour cashew cream. Makes up to 10 fritters (depending on size).

**Fritters:**
- 1 Tablespoon psyllium fiber husk
- 1/4 cup water
- 1 1/2 densely packed cups (300g) grated pumpkin
- 1 tablespoon corn flour
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon salt

**Cashew Sour Cream:**
- 1/2 cup cashews, soaked
- 1/4 cup water
- 1 tablespoon apple cider vinegar
- 1 teaspoon mustard

**Instructions fritters:**
1. Mix psyllium fiber husk with 1/4 cup water and mix. Let sit until the psyllium has soaked up the water and has a jelly texture.
2. Transfer the rest of the ingredients into a bowl and stir to combine. Add psyllium-water mix to the bowl and mix well.
3. Grease frying pan very lightly and preheat on low heat. Form fritters with your hands and gently place in pan, cook each side until golden brown.

**Instructions sour cashew cream:**
1. Blend all ingredients in a powerful mini-blender until smooth.
2. If you have leftover cashew cream, store it in air-tight container in the fridge.

Recipe: Apple Crumble (GF)

A delicious apple based sweet treat for those cooler autumn days. Enjoy warm, perhaps with a dollop of vanilla ice-cream on top. Makes 2 (300ml) ramekins.

For the filling:
- 200g finely diced apple (preferably a sour variety)
- 2 tablespoons coconut sugar
- 2 tablespoons rice flour

For the crumble:
- 2 tablespoons rice flour
- 1 tablespoon buckwheat flour
- 2 teaspoons coconut sugar
- 2 tablespoon almond butter
- 1-2 tablespoon water

**Instructions:**
1. In a bowl, mix finely diced apple with coconut sugar and let sit for at least 30 minutes.
2. Preheat the oven to 180°C (top-/bottom heat).
3. Add rice flour to the bowl with the apple mixture and stir to combine. Scoop into ramekins.
4. For the crumble, whisk all dry ingredients in a small bowl. Add almond butter and water stir until crumble form.
5. Place crumble on top of apple mixture. Bake covered* for approx. 25 minutes, or until the crumble turns golden brown. Enjoy!

*I place an empty tray into the rack above the ramekins to shield them from direct heat.
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WetnWild have released an amazing set of vegan brushes. Their ‘Pro Brush Line Set’ has a wonderful rose gold chrome finish, with cruelty free bristles and easy to hold brush grips.

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Oasis Beauty have been working hard to bring you 3 amazing new vegan products. The first, my personal favourite, is their ‘Organic Aloe Vera & Cucumber Skin Healing Gel’. If you’ve been naughty in the sun without your slip, slop and slap, then your skin will benefit from this cooling gel.

With a longer summer we need more protection and thankfully Oasis has the whole family covered. Try their original ‘SPF 30 Sunscreen’ or buy either of their newly released ‘SPF 40 Dry-Feel Sport Sunscreen’ and ‘SPF 50+ Ultra Protection Sunscreen’.

For the entire list of vegan-friendly Oasis products, check out the Demelza’s Delights Facebook page.

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Trilogy Skincare recently celebrated 15 years of beauty in New Zealand.

A long-standing achievement for, back then, a small company created by kiwi sisters. Although their products are now sold in over 20 countries worldwide, their ethics remain the same and they continue to create and make the products locally. You must try their latest ‘Limited Edition No.15 Beauty Oil’ made from 15 of the best super-seed oils. Enriched with rosehip, cherry and baobab oils to repair and protect, this super serum smells amazing!

I also love their ‘Rosapene Radiance Serum’ which doubles as a wonderful light make-up primer. My skin feels soft and deeply moisturised after using it.

RRP from $29.99. Available at pharmacies or online from www.trilogyproducts.com

If you’ve ever needed a helping hand from day to day, then try the new range of ‘Apothecary Sniff Pots’ from Matakana Botanicals.

Years ago, when working in a highly stressful job, I found the ‘Recovery Sniff Pot’ in a local gift store. I found myself taking the time to stop and take deep breaths of the pleasantly scented aromatherapy tub and knew this would be helpful for daily stresses. I’m pleased to see they have since released four more blends. Sleep, Focus, De-Stress and Energise, for all times of need.

Keep in your handbag, it’s the perfect size for teens to take to school and speaking from experience, it’s great on your desk in the office.

RRP from $9.90. Available in selected pharmacies or online from www.lesfloralies.co.nz

Georgette Jackson is a dedicated cruelty free and vegan blogger. Her Facebook page Demelza’s Delights features recipes, giveaways, stockist info and the latest reviews of vegan cosmetics. Check her out on Instagram and YouTube, where she demos products and creates easy to follow tutorial videos. Georgette is also the ambassador for the SAFE – Cruelty Free Cutter App.

@demelzasdelights  Demelza’s Delights

SAFEshopper Cruelty Free NZ
The Vegan Society of New Zealand aims to raise the profile of veganism, as well as support new and existing vegans. We facilitate a vegan lifestyle and plant-based eating by creating a vibrant, visible, and influential community, and by providing information and resources.

We offer individual and business memberships. Go to our webpage www.vegansociety.org.nz and choose Join to sign up today!
Follow us on Instagram to get a sneak peek of what’s on offer for our Meat Free Mondays

hectors_restaurant

Each Monday the menu will be available in Hectors Restaurant from 5:00 pm for that evening. $45 per person, bookings essential*

The Chefs menu creation for our Meat free Mondays dining will be posted every Friday.

Hectors Restaurant - The first hotel restaurant in New Zealand to be approved by the New Zealand Vegetarian Society.

Heritage Auckland
35 Hobson Street, Auckland
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WWW.HERITAGEHOTELS.CO.NZ/HECTORS