The Great NZ Vegan Cheese Review

Bali Travels

Let Them Eat Cake

Growing Potatoes

Plant-based Maori

Delicious spring recipes!
Spring is a great season, with all the life growing up from the ground, the deciduous trees regaining their greenery and of course plenty of rain! Hopefully you are staying dry and getting out into your garden on the sunny days. Perhaps you are thinking about what food you can grow this year? Our gardening column discusses the surprising nutritional value of potatoes and how to you can get the best from your crop.

This issue sees interviews with young millennials, determined to help make veganism easier for everyone; a dairy farmer turns vegan and runs a vegan cafe instead, a Maori becomes plant-based and can still get enough protein (yes, of course!) and the director of Kangaroo tells of her experiences in making the film.

Our magazine is also packed full of delicious recipes, reviews of the new still to reach us in NZ plant-based clean meats, the best of vegan cheeses in NZ, and Vystopia, a book describing what it’s like to be vegan in a non-vegan world (no, you’re not going mad, you are experiencing normal symptoms)! All those times when you feel like your heart is breaking because someone you love is eating someone you love, just know that you are not alone in that. Is there a cure? Only a vegan world but each month that passes seems to offer more great vegan products on the supermarket shelves. It seems the vegan bandwagon is getting bigger so keep encouraging your friends and family to join it and us!

Our parenting piece shows you easy ways to get those veggies into your kids and Philip McKibbin tells us why he feels Maori must lead the way forward to a sustainable world. It’s never easy being vegan, no matter what your heritage but there is no reason why anyone in good health cannot do so. For many in poor health a vegan diet can really improve or even cure their condition.

One thing is for sure and that is that vegans are not going away. The trend is increasing and the even better news is that it is young people who are rapidly joining our ranks. A growing number out of environmental concerns, after all with the United Nations having recommended a vegan diet globally since 2006, there is much research to support the ongoing sustainability of a vegan world.

In the end it does not matter what made you try vegan, it matters only that you did. We are here to help you continue that path. Those of us who are already vegan can be assured that we are pioneers to a new paradigm, a world in which everyone is more compassionate to all, the future is vegan and it’s only a matter of how quickly.

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.
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Our quarterly round up of what’s big in vegan news worldwide. The rise of veganism has affected most countries and it is great to see that even the big chains and corporates are responding to this.

The latest UK supermarket to produce own brand products is the budget freezer company Iceland. Happy to get into the lucrative vegan market, the company offers vegan-friendly versions of chorizo sausage, burgers, chicken and mince, all aimed at the 22 million omnis who are looking to reduce their meat intake. What’s more Iceland will be placing them in their own meat-free cabinet. Hot on the heels of Tesco’s veggie “steak” and commitment to Beyond Meats, Waitrose is now stocking Dutch company The Vegetarian Butcher. BOL foods are committed to stopping the use of dairy and offering 100% plant-based dishes. Even Pizza Express are re-vamping their menus to offer more vegan options.

Indian company Hangyo launched 2 coconut milk ice cream flavours last month. Working with the Indian Council of Agricultural Research and the Central Plantations Crop research Institute, the company are keen to follow the PM’s “Make in India” philosophy. With the ice cream sector growing in India, now is a great time for them to capitalise on the vegan market. Originally a milk marketing company, they branched into ice creams for the higher margins. Let’s hope the vegan ices are an even bigger success!

IKEA have announced a commitment to replacing all their vanilla soft serves with a 100% plant-based, gluten-free soy ice throughout their global stores. Malaysian stores are the first to trial the ices, with the rest of the world catching up by the (northern hemisphere) summer 2019. It’s all part of an initiative by the Swedish company to improve their environmental credentials and be as sustainable as possible. They also launched a vegan hot dog throughout their European stores, which has gone down very well. The real trial for these of course is the US where they plan to roll them out to all stores by autumn.

With the world’s oceans at crisis point due to massive overfishing on an industrial scale, there has never been a more well-timed product than plant-based seafood! One to watch for in the future is Good Catch, co-founders include Beyond Meats and Wicked Healthy chefs. Their products are aimed to be high quality proteins using chickpeas, fava beans, lentils and beans and sea weed. Destined to be in US stores by 2019, these products may take a while to get to us. Anyone up for a challenge? New Wave Foods already sell their vegan shrimp at a few restaurants in the US and hope to expand to larger markets very shortly.

Just 4 years ago South Korea was named one of the worst places in the world for vegans, now it has an increasing vegan population and a new style of supermarket has just opened to help cater for them. Vegan Space in the Haebangchon district of Seoul offers the usual vegan fayre of cereals, tinned goods, soaps, pasta and plant-based milks along with enviro-friendly shopping bags. There are now several annual vegan festivals, so we can expect to hear more from this area in the future.

Meanwhile there has been a plethora of vegan films and documentaries in the last 6 months and more to come! Films such as HOPE, an updated more global-looking Cowspiracy and The End of Meat, a film looking at a post-meat world, Eating Our Way to Extinction will be pushing the environmental angle. The Yoyo Effect is aimed at the weight loss industry and advocates a plant-based diet. Dominion is the Aussie Earthlings, determined to get people thinking! Taking Note is a vegan music-themed doco looking at how veganism has affected musicians.
Having always considered herself a big animal lover, it was only when a friend went vegan that Maddy reconsidered her position on consuming meat. “I remember being so confused and asking all those questions that vegans hate like ‘Where are you going to get your protein?’ I think I came home and wanted to do more research, just so I could understand it more, and the more I was reading about it—and in particular the treatment of animals in the meat, dairy, and egg industries—I couldn’t bring myself to eat those products and support those industries anymore”.

In 2016, Roy Morgan Research found the proportion of Kiwis who say the food they eat is all, or almost all, vegetarian reportedly grew to over 10%. Significantly for veganism’s future growth, the largest percentage of these meat-snubbers were aged between 14 and 34 years of age. Not only is the movement growing rapidly, but it appears vegetarianism and veganism is a young person’s game.

The young vegans and vegetarians of today are finding themselves in something of an exciting position. They are growing up in a time where veganism is putting down some very deep, very real roots, but is still ‘niche’ enough to provide ample opportunity to carve out a place within it. And that they are. One such young entrepreneur is 18 year old Aucklander Maddy McKillen, who, having recently completed high school, has created a flourishing vegan cupcake kit business; ‘Let them have cake’ (pictured).

Having now been resolutely vegan for 2 years, Maddy remains passionate about the movement. This passion meant that her product was “always going to be vegan”; she was intent on creating something to be proud of, which, for her, meant something that reflected her deeply-held beliefs.

The aim of all this hard work isn’t just to create revenue. The product serves as an encouragement, both to vegans and those who might be considering becoming one, but have reservations about potential restrictions to their diet. “I guess with my product I like to show that veganism is not a restrictive lifestyle, you can still eat all your favourite foods - just a vegan version that is kind to animals, your body, and the environment”.

In a similar vein, 16 year old Rose Kwon, another young vegan Aucklander, also found an opportunity to make the transition to veganism easier for others, this time from within the school gates. Vegan since age 11, Rose had always been very interested in food. However, lacking a robust understanding of nutrition, she often lacked energy and found that it often “didn’t go down too well”. She took it upon herself to do her own research, watching documentaries and reading about nutritional requirements.

While she noticed her health improving, Rose realised that her diet was difficult to maintain at school. She noted there were very few vegan items on offer in her school canteen, and promptly decided to do something about it. She decided her product needed to be healthy, beneficial for adolescents health, easy to eat on the go, and—you guessed it—high in protein.

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we also avoid animal products – milk, eggs, honey, and gelatin, for example.)

When asked about her future plans, Rose said that she has high hopes for her products. “My plan for the future is to get school canteens to have more vegan options as there are many schools that do not have any vegan choices for us to consume”. She now aspires to become a nutritionist, and aims to help others make healthy, ethical choices in their own lives this way.

Not only are younger generations leading the charge in adopting a vegan lifestyle, but they are also forging the way in creating innovative businesses, and developing products to future-proof the movement. Showing others that veganism isn’t scary, elitist or expensive, and most importantly, that it doesn’t mean all you’d have to eat is kale and an endless list of multivitamins, is an admirable thing.

As for advice to any young (or not so young) people who might want to take a leap of faith and create an ethical business, Madison says “I definitely encourage young people like myself to follow their passions and dreams, even though it can be a bit daunting and intimidating! I definitely have plans to continue my business and hopefully be able to grow and expand it one day”.

We at The Vegan Society wish you both all the luck in the world—a world which is a kinder place, even in a small way, because you are following your heart and creating amazing things. In the much contested words of Marie Antoinette; let them eat (vegan) cake!

Find out more about Maddy’s product at letthemhavecake.co.nz and follow her progress on Instagram: @letthemhavecakeinz

Do you have any vegan business, recipe or activism ideas? We’d love to hear about them! Send us an email at ….
Animal advocates give us another argument for taking the lead on this issue. In his book Animal Liberation, Australian philosopher Peter Singer argues that the practise of raising and killing animals for food is speciesist – it ignores the fact that animals suffer, and is, essentially, an arbitrary double-standard, in the same way that racism is. Just as it would be wrong to ignore a person’s suffering solely on the basis of her ethnicity, so it is wrong to ignore an animal’s suffering simply because s/he belongs to a different species. Unless you also oppose speciesism, Singer writes, ‘no basis remains from which you can, without hypocrisy, criticize racism or sexism.’

Like other indigenous peoples, we, as Māori, are sensitive to issues of power. We know why it’s important to stand up against oppression, and that our dignity is connected to others.’

In her book The Dreaded Comparison, Marjorie Spiegel notes that ‘any oppression helps to prop up other forms of oppression.’ She argues that the oppression of human and non-human animals is inextricably connected, and that we must dismantle both: While people are no longer branded or inspected at auction, subtler forms of oppression are still in operation which have their counterparts in animal slavery. Advances toward the goal of animal liberation will also serve to lessen the oppression of blacks and others who suffer under the weight of someone else’s power.

If we did undertake the change from animal to plant-based agriculture, we might positively influence Aotearoa’s national economy, and help to change our perception of ourselves as New Zealanders. We would once again demonstrate to ourselves that we, as Māori, can adapt to solve our problems and thrive as peoples. We might also inspire other peoples – especially indigenous peoples – in other countries to follow our example and adopt responsible practices.

You may be thinking, ‘Wouldn’t a focus on animal interests and environmentalism risk undermining our rights with respect to mahinga kai?’ This is an important consideration. We have had to fight for our identities and traditions. But traditions change – and the strongest way to ensure that we maintain control over the process is to take responsibility for changing them.

We wouldn’t be relinquishing our traditional relationships; rather, we would be altering what we do and why we do it, in response to a real and urgent problem. And the problem is urgent: sooner or later, climate change will force our hand on this. If we lose the world, we’ll lose our customary rights, too.

It could also be said that this argument constitutes another form of colonisation – that, because it asks us to change, it would further marginalise our Māori cultures. I disagree with this. A lot has changed since the arrival of Pākehā, and, although some of that change has been for the worse, we have embraced a lot of it. The choice is ours: we can do something for the good of the planet and its people (which happens to benefit animals), or we can say, ‘That’s not really what we’re about.’ It only becomes colonisation if we let other people make the decision for us.

I believe we are strong enough to lead for a more sustainable world.

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Beyond the Impossible: Next Generation of Plant-based Products

by Michal Klar, plant-based investor and entrepreneur based in Christchurch

Veggie ‘burgers’, soy ‘sausages’ and other ‘mock meats’ have been around for a while - for many vegans they are a staple. But recently a new wave of plant-based startups decided to reinvent the category. Companies like Impossible Foods and Beyond Meat are introducing products with a taste and texture much closer to the original. No longer targeting just vegans and vegetarians, they are hoping to convince omnis to reduce their animal protein consumption. During a recent trip to California, I had a chance to taste some of these ‘next generation’ products. Here are the highlights.

I started with the Beyond Sausage, a new offering from Beyond Meat, the company behind the Beyond Burger. While their burger is already available in New Zealand, the sausages are still only sold in the United States. I had it in a hot dog, and I was impressed by the texture and the taste. The experience was exactly how I remember eating a pork sausage! Smoky flavour with complex texture; some parts were chewier, some fattier and more tender. It has relatively ‘clean’ ingredients, for a processed product. Made from pea protein and coconut oil, beet juice is used for colour and an algae-based casing mimics the look and feel of pork sausage. No wheat or soy in sight. Initially offered only at selected restaurants specialising in gourmet hot dogs, it has been introduced in supermarkets just in time for the summer grilling season. Judging from social media, it was a hit with vegans, vegetarians, and flexitarians at 4th of July BBQs.

Next up was Just Egg from the company called JUST (previously Hampton Creek), known for their vegan mayo. Just Egg is exactly what it sounds to be: a 100% plant-based scrambled egg. You may ask, “why do I need one if I can simply scramble some tofu?” While I like a good tofu scramble myself, I can certainly taste the difference. I tried it served in a pan with some mushrooms and fresh herbs, and it was the closest thing to the original I’ve had. The main ingredient is a mung bean. The company tested and experimented for years before discovering how to turn it into an egg-like scramble. Though it had previously only been available in select restaurants, the company has begun to roll out the product in retail stores in the US.

Last, but not least - the (in)famous Impossible Burger. Yes, that’s the same one that caused quite a stir in NZ after being introduced by Air New Zealand on the Los Angeles-Auckland route. There is a good reason why animal agriculture folks are worried as it mimics ground beef really well. So well that some vegans who tried it actually thought it was ‘too much like meat’ and they would not have it again! The company does not care as they are after the meat-reducing omnivores.

What distinguishes the burger (and gives it a ‘bleeding’ quality) is called ‘heme’, essentially a molecule containing iron found in all living things (plant or animal). The company invented the process to produce heme from plants (roots of the soy plant, to be specific). It is not without controversy. Some critics pointed out genetically modified yeast is being used in the process, similar to how most of the insulin for people with diabetes is produced today. The Food and Drug Administration, the American regulatory body, only recently officially recognised Impossible’s heme as safe to eat. Unlike some competing products, the Impossible patty is not gluten-free (it contains wheat) and packs more sodium than most animal-based burgers. At the same time, the company points out changing each regular meat burger to Impossible saves the equivalent of emissions from 29 km of car driving as well as enough water to fill half a bathtub.

I had several different versions of the Impossible Burger at five different restaurants. Does it live up to the hype? Well, it depends. Cooking it properly requires skill. It does not yet offer the same flexibility as regular ground beef. So far it works best when prepared medium or medium rare. Some places do it better than others, not unlike traditional beef burgers, I guess. The taste varied from mediocre to amazing. I really liked the one offered at the Umami Burger chain with truffle fondue, truffle aioli, lettuce, tomato, port wine, and truffle glaze.

While none of these new products are yet available in NZ, all the companies have begun some international expansion, so we should see them at our restaurants and supermarkets in the near future. In the meantime, we can enjoy Kiwi-made Sunfed ‘chicken-free chicken’ and their soon to be released ‘no bull beef’.

What excites me the most is the pace of the innovation and progress in the plant-based food space. If the trend continues, and it shows no signs of slowing down, we should see even better products over the next few years. This means more people will eat plant-based more often - great news for the animals and the environment!
was thinking about this month's column as I was harvesting very late potatoes mid-June and decided that as a starchy vegetable staple they were worthy of their own column. Thinking along those lines I decided to contact the Dr Luke Wilson and Dr Mathew Hobbs from Two Zesty Bananas to see if they'd add in some informed nutritional science into the debate about eating potatoes as they seem to get a lot of bad press these days.

Here's what the Docs have to say about nutrition of potatoes.

The potato. Ubiquitous, versatile, humble, yet misunderstood. Despite the hype, when it comes to looking and feeling your best, potatoes are actually an ideal foundation for your diet. This has been the case historically: the Incans of South America centred their diet on potatoes, even freeze-drying them to provide a lightweight and excellent backup food source. Potatoes were eventually introduced to Europe where they also became popular, particularly in Ireland. The reason? Europeans found potatoes easier to grow and... discovered them to be nutritionally superior to other staple crops.

In fact, Dr John McDougall refers to potatoes and sweet potatoes as 'complete foods'. He contends that they are so nutritious that by eating them alone, you can easily meet your basic nutritional needs (with the exception of Vitamin B12). I encourage people to think of foods as foods, rather than a collection of various nutrients, but let's take a quick look at the breakdown. Potatoes are about 92% carbohydrate, 7% protein, and just 1% fat. Not only are they a great source of energy, but they provide enough protein that even if you were to eat only potatoes to meet your energy requirements for the day, you should get more than enough. Potatoes also contain a multitude of vitamins and minerals including vitamin C, B6, niacin, folate, potassium, manganese, magnesium, phosphorus, and calcium. Like other plant foods, they contain antioxidants and phytochemicals.

As testimony to their nutritional plentitude, we have documented cases of individuals who have decided to eat almost only potatoes for extended periods. What happened to them? In the 1920s an experiment was performed in which two healthy adults lived on a diet primarily of white potatoes for 6 months. They were described as being "...in good health..." and apparently did not tire of the diet. More recently Chris Voigt as executive director of the Washington State Potato Commission, ate nothing but potatoes for 2 months. He lost almost 10kg, and reduced his cholesterol and blood pressure. Closer to home, Australian Andrew 'Spud Fit' Taylor, after researching the 'perfect food', successfully spent 2016 eating only potatoes (with a few sweet potatoes, herbs and spices, and fat-free sauces in the mix). He lost 55kg.

Of course, I'm not suggesting you eat potatoes alone! Adding other plant-based foods and B12 is required for optimal health and avoiding eventual deficiencies (as well as being tastier and more interesting!). But potatoes are clearly looking pretty favourable for our health.

What about all those 'carbs' though? Our most recent New Zealand Nutrition Survey notes that New Zealanders fall within the recommended range of 45-65% energy from carbohydrate (at about 46.5%), and the recommendations for fat and protein are also met. Yet suspiciously, we're not particularly healthy, having some of the highest rates of adult and childhood obesity in the world, and rapidly increasing numbers of people with type-2 diabetes.

How much carbohydrate do the healthiest peoples eat? The Okinawans of Japan are one of the longest living and healthiest groups of people in the world. Their diet is 85% carbohydrate (most of which comes from sweet potato!). The Tsimane of South America have the lowest reported levels of coronary artery disease of any population recorded to date. Their diet is 72% carbohydrate. So, if anything New Zealanders would do well to increase their unprocessed 'carb' intake significantly. Fortunately, it just so happens that the good old potato provides us all with the perfectly nutritious, inexpensive, tasty, and satisfying option!

Here's my suggestions for growing them.

As the Docs say, potatoes have a long and interesting history, too long for this column, grown around the world they became such an important crop because they store so well, above and below ground, and were of nutritional value to humans. One of the reasons I grow potatoes is because with not a whole lot of love you can produce a valuable food for the kitchen. As there is already so much written about how to grow these plants I will merely add in some tips for the veganic gardener and encourage you to get some in asap.

First up is what variety to plant. Before I became vegan, as far as I was concerned a potato was just a potato and there wasn't really much difference as I smothered them with first butters and then oils. However, since adopting a wholefood plant-based diet I am finding there is a great difference between varieties, the subtler differences emerge as my palate becomes more sensitive.

When deciding what varieties to grow I would encourage you to buy specially grown disease-free seed potatoes. There is a huge range to choose from in garden centres or in farm stores for larger quantities. To get an early quick crop in the ground look for early producers such as Jersey Beanies. Jerseys don't produce as well but they are delicious in things such as potato salads.

Then, for a main producer it is worth looking for something you can store well. We buy Agria as they are great to roast and bake. But there are so many varieties to try, some which are more floury because they contain more starch, and some are more waxy and better for boiling, some are all-rounders and good if you want one variety you grow.
It’s been a busy few weeks for veganism and vegan parenting in the news. I myself spoke with Sunday Magazine and Newstalk ZB on both fronts last week, which—of course—incited predictably vile and uneducated responses in the talkback and comments sections. That’s to be expected. What’s more disturbing to me is the misinformation being spread by so-called ‘experts’. A nutritionist who followed me on Newstalk ZB made a point of explaining that feeding a child a plant-based diet responsibly would be incredibly expensive and time consuming, and probably out of reach for most parents, particularly if they have more than one child. They then went on to encourage vegan parents to pay an ‘expert’ (presumably her) for nutritional advice, thus increasing the imagined costs of said parenting.

Once you’ve bought your seed potatoes, place them on newspaper away from direct sun to ‘chit’ or grow shoots for about 2-4 weeks, but don’t let the sprouts get long and spindly. When we planted them, we used a seaweed fertiliser and then planted each potato on top of previously harvested comfrey leaves, and you’ll find a great article about the many uses of comfrey here, including with potatoes. https://www.theguardian.com/lifeandstyle/2008/dec/06/comfrey-gardens.

There is also a method of growing them in hay on top of the soil. However, I suggest that in New Zealand this would increase the risk of attracting rats and so is not something I would recommend.

Once in and covered with soil we are trialing covering the entire crop to prevent the psyllid bug, with insect or horticultural mesh. This may depend on the area you are in in New Zealand for what you need to do. As the plants grow they will push up the mesh so we need to keep an eye on it to prevent gaps appearing. As with all growing, good soil prep will also help keep the plants healthy and reduce disease and insect attacks. Getting them in early is also showing potential to reduce pests that come in the warmer time. Of course, each region has its own rewards and challenges, so asking around and seeing what other gardeners are doing is well worth it.

Good luck and happy gardening and potato eating!

*Two Zesty Bananas is dedicated to transforming the way you physically look and feel through whole plant-based food. www.twozestybananas.com
to choose a piece of steamed broccoli out of a line up (but frankly, neither am I). Plus, it never hurts to add extra vegetables to a meal in any case. These tips are based around a blender; something I consider to be the most useful piece of equipment I’ve bought as a parent. I use a Ninja Multi system thingy and found a bargain-priced one on TradeMe. I participated in a ‘Zoom’ conference recently, which covered several other (non-blender) ways of sneaking veges into kid’s meals. If you’re interested, it’s available on YouTube, titled ‘The Sneaky Green Project’. Here are some of the tips I’ve learned about how to sneak veges into your family meals using a blender:

HUMMUS
If your kids love hummus, make carrot hummus, spinach hummus, pumpkin hummus, beetroot hummus, sundried tomato hummus. If you have the time and inclination make rainbow hummus!

CREAMY SAUCES
Every time you make a creamy sauce without dairy it inevitably has sneaky veg in it, so embrace creamy sauces. Experiment with different ways of creating creaminess - white beans, cauliflower, cashews or tofu. We’re huge fans of green mac’n’cheese and pumpkin mac’n’cheese (the internet has dozens of vegan mac’n’cheese recipes—just blend your plant milk or your cashews with a vegetable before making your sauce).

GREEN LEAVES
One of the trickiest things to get kids (and adults) to eat is dark leafy greens— which we all know are super important for everyone, but particularly for people eating a plant-based diet. My toddler is still growing teeth and struggles with the texture of spinach, kale, beet tops and the like, so I almost always blend them. I throw spinach in her morning smoothies with banana, almond milk, spirulina, ground flaxseeds and coconut yoghurt. I blend kale, spinach and parsley with soy cream and nutritional yeast and use it as the base for a pasta sauce. I make mixed green pestos, which my daughter loves on bread or mixed into rice or quinoa. My husband blends carrot tops, spinach stalks and baby kale with veg stock and uses that as the liquid in risotto – voila!

- Green Risotto! Don’t be stingy with salt (for over 2-yr olds) as it helps with the bitterness. A little good quality salt won’t hurt your kid, but no leafy greens might! The key here is to make green an appealing colour—if your kid drinks a delicious, sweet smoothie that’s green or eats a creamy, cheesy (thank you Angel Foods!) pasta that happens to be green, suddenly they don’t view green as a scary colour and will try other green things. Then, as their palettes for bitterness (and molars) develop, kale salad is a potentially attractive option.

SOUPS
Blended soups are the best way of hiding every vegetable. It’s a great end-of-week go-to, as you can use up random bits of pumpkin, carrot, kohlrabi or sun choke in your fridge by throwing them into stock with onion and garlic, blending it all up and serving it with a good, heavy bread. My daughter swears she doesn’t like broccoli (she’s sadly already learned from society that she’s not supposed to) but when I make broccoli and almond soup she loves it. She knows there’s broccoli in it and even helps make the soup, it’s just that blending the broccoli transforms it in her mind to something she likes the taste of.

HOMEMADE PASTA
This is another one for people with some time on their hands. Check out ‘Salty Seattle’ on YouTube - she uses vegetables to colour pasta dough—and seriously, what kid doesn’t love pasta? To make it cruelty free in a flash, just use water instead of eggs. This concept also works for brightly coloured gnocchi, dumplings, pastry of any kind, breads… you name it. I’d love to hear your ideas for sneaky veg, so feel free to get in touch through Instagram (@flipgrater). Before my ’look how cheap plant foods can be’ series begins, let me leave you with one last bourgeois hurrah:

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Cauliflower and Black Truffle Soup

**Ingredients**
- 1 medium cauliflower, broken into large florets.
- 1/2 brown onion, finely chopped
- 2 cloves garlic, finely chopped
- 1 tsp dairy-free margarine
- 1-2 tbsps low-flavour oil such as rice bran oil
- Fake chicken stock (such as Massels, but if using a cube don’t use too much or you’ll over-salt)
- Perigord black truffle

**Instructions:**
1. Saute onion on a low heat in oil and margarine until transparent.
2. Add garlic and cauliflower and a pinch of salt, then stir for 2 minutes.
3. Add fake chicken stock (or veg stock) until the liquid just covers the cauliflower. Place a lid on the pot and leave on medium temperature for 10 minutes or so, until the cauliflower softens.
4. Blend while hot. Check the seasoning and consistency—you want it to be pourable, but comfortably thick.
5. Serve in a wide bowl and top with as much black truffle shavings as you want. Alternatively, a few drops of truffle oil when serving will work—but don’t overdo it! If you’re leaving off the truffle altogether, top with a drizzle of olive oil and a load of freshly cracked black pepper. Enjoy!
Coffee drinkers rejoice! Your teeth can stay pearly white with Zoo Nurtured Teeth Whitener. The amazing benefits of charcoal in this natural product, help to remove stains and reduce gum inflammation. Open this small pot of dark matter over your bathroom sink, to reveal your best smile. Use a clean wet toothbrush, dip into the black powder, and gently buff using small circular motions. I was quite sceptical at first, as I’m sure many of you are. But try for yourself and I promise you’ll see the difference. Once you brush black, you’ll never go back.

RRP $44.95 (with sample sizes available) Buy online from www.zoonurtured.co.nz

Sienna Byron Bay make nail polishes that are ‘7-Free’. This mean their entire range is free from Formaldehyde, Toluene, DBP, Synthetic Camphor, Formaldehyde Resin, Xylene and Tosylamide. They are also free from Benzophenone-1. And while many of you may have never heard of any of these ingredients, you can rest assured these polishes are earth-friendly, non-toxic, vegan & cruelty-free.

Their signature wooden caps are made from a destructive pest timber that is farmed for the sustainability of the native ecosystem. To remove the large use of plastic in standard nail polish bottles, Sienna Byron Bay hand-turn the wood to create the gorgeous caps adorning every single bottle.

I love their newest charity polish ‘Heartfelt Homes’ (pictured top) named after the amazing organisation providing families with accommodation, while their loved ones are in hospital. 100% of the proceeds from the sale of this stunning red colour going directly to the charity.

RRP $32.95 each available online from www.siennabyronbay.com.au and www.ohnatural.co.nz

Australis Cosmetics continue to release vegan-friendly products that are on trend and high quality. Lately it’s all about dramatic eye looks and the return of glitter on the eyelids.

I’m excited to try the new ‘Metal AF’ liquid eye shadows, available in 4 different fun shades. They apply wet, but they dry quickly, so they’re best used on top of eye shadow or an eye primer. Wearable day-to-night, from your office to the dance floor. Subtle peach tones in the shade ‘Rose Quartz’ are perfect with your everyday makeup look or go bold and use ‘Emerald’ (pictured) for your weekend party plans.

RRP $16.95 each available at Farmers Department Stores or online www.australiscosmetics.com.au
Eco Minerals have been creating vegan & cruelty-free cosmetics for the last 11 years. Their range of mineral make-up is affordable, hallelujah, with sample sizes available. They also offer a full colour match and money back guarantee! Amazingly, if you order the wrong shade, they send you the correct one for free, and this was something that caught my eye.

Their ‘White Light Mineral Illuminate’ powder is perfect for dusting on high points of your cheeks and collarbone for a dazzling glow to the skin. I also love their vegan kabuki brushes with wooden handles, a sleek addition to any vanity, counter-top or bathroom.

Earth babes rejoice, as Eco Minerals have refills, so you’ll save on money and unnecessary plastic. Keep your empty foundation jar and order from their range of eco refills. I love this idea and praise the owners for continuing to think about the planet and all animals. Finally, a brand who ticks all the boxes.

RRP ranges from $2 samples - $36 full sized products available from www.ecominerals.com.au or www.onatural.co.nz

Lush Cosmetics have released 40 new shades of foundation that are vegan, cruelty-free and zero waste. An amazing invention for this worldwide brand. Available online only (for the time being, but here’s hoping that will change), these little egg-shaped solid ‘Slap Stick Foundations’ are perfect for the eco-conscious beauty.

I like to apply mine directly to my face, holding the vegan wax seal end and swiping over the chin, cheeks and forehead. I then blend this soft product into a flawless finish using a foundation brush or make-up sponge. Coverage is easily built by adding generous amounts after your initial application.

Three different tones separate the many colours within this extensive range. C for Cool toned skin, N for Neutral, and W for Warmer skin tones. You’ll love the moisturising, organic jojoba oil and the antioxidants they’ve packed into each shade. With ingredients that smell amazing and feel even better, I encourage you to try it for yourself! RRP $29.90 each Available online from nz.lush.com

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.
The Plant-Based Māori

Philip McKibbin

Raniera Rewiri (Te Whakatōhea, Tūhoe) - also known as the Plant-Based Māori - is the founder of Tupuānuku, a vegan market stall and catering company based in Whakatāne.

‘The only reason it was Plant-Based Māori is because the Māori Vegan was taken up!’ Raniera Rewiri, who calls himself the Plant-Based Māori, certainly isn’t the only Māori vegan out there. Indeed, te ao Māori seems to be embracing veganism. Tūrangawaewae, the country’s largest marae, recently announced it was ‘going vegan’ for its people’s health. In June, Pīpīri ki a Papatūānuku saw many of us ditching meat and dairy for the sake of the environment. And on a recent visit to Orākei Marae in Tāmaki-makau-rau, I was amazed at the delicious vegan curries, salads and brownies that were prepared for our stay.

Raniera went vegan on 1 May, 2017 - but it was only supposed to be for a month. His curiosity was sparked by his best mate, Te Haunui Tuna, who was vegan for the animals. It was his integrity that won Raniera over: ‘He never forced anything on me, let alone anybody.’ So in November 2016, he decided to transition to veganism. During the winter, he’s been focusing on vegan stall to Ōhope, in Whakatāne - and he sold out. – and it wasn’t just well-received: again, he wrote out an eating plan, it sparked an idea. It related to our health, too. ‘Māori are at the forefront of everything,’ Raniera says - and one of the causes is the food choices we are making. The problem now is that we’re eating food that we don’t have any whakapapa to. ‘So if we were to eat food sources from the sea or the forest, yes there is whakapapa to these food sources as they are in the realm of Tangaroa (god of the sea) and Tāne (god of the forest). But in today’s modern context, although some Māori are gathering food in traditional ways, the majority of us are purchasing food from the supermarket.’ The result is a disconnect between us and the food we eat, he explains. ‘Māori have an holistic approach to well-being and believe in interconnectedness, so a belief that we have coming from this perspective is that when animals are suffering, living in an environment of trauma and then slaughtered to become food for human consumption, the consumer will be receiving some of what that animal experienced.’ ‘Eating a strictly plant-based diet is the pathway to become healthier in all dimensions,’ he tells me. ‘At an holistic level, there is a strong connection for Māori through whakapapa to Rongo (god of cultivated foods) and Papatūānuku (Mother Earth) who provide natural food sources which are grown from the ground. Consuming plants is all that is needed to achieve good health. Research also shows that a plant-based diet has the potential to reverse or even eliminate the risk of ever receiving an alarming illness.’

When one of his mentors asked him to write out an eating plan, it sparked an idea. His mentor wasn’t wanting to go vegan, he just wanted to be healthier - but Raniera knew that if he wasn’t willing to put, say, chicken into his body, he wasn’t going to suggest it to others. So the plan he drew up ended up being a vegan one. It was then that he realised that a plant-based diet could work for everyone. He wrote an e-book called Tupuānuku, and from there, his passion grew. His mum had imparted a knack for creativity in the kitchen, so he set up a stall and hit the markets. He took his vegan stall to Ōhope, in Whakatāne - and he sold out of everything. Next, he went to the Tūhoe Ahurei, a weekend-long festival for Ngāi Tūhoe, based around kapa haka and sports. It was the first time that sort of food had been introduced into a space like that – and it wasn’t just well-received: again, he sold out.

It was then that Raniera realised there was a market for what he was selling, so he finished up his full-time job at the local surf shop and devoted himself to Tupuānuku. During the winter, he’s been focusing on catering work in Whakatāne and Ōpōtiki. ‘At the moment, that’s my bread and Olivani butter!’ he tells me. What people see is the food, ‘but I feel that my message is stronger
than the food that I’m serving.’ What he’s really doing is helping his people to see that we can be more conscious of the food choices we’re making.

Māori are often portrayed in a negative light by the media. He and his best mate are consciously challenging these stereotypes: as well as being plant-based, he’s alcohol-free, he doesn’t smoke, he doesn’t do drugs, and he doesn’t eat takeaways. He tries to use himself as an example for others. Tūpuaŋuku, then, is a vehicle for his vegan message. ‘Not only am I sending a message, but I’m also living that in a way where people are connecting to me as a person, and are able to listen in a way that they know where it’s coming from.’

Raniera hopes that people will follow him. ‘But if they choose not to, then it’s not something I lose sleep over.’ He knows that having a positive influence over another person’s life is what will give him the greatest sense of fulfilment - and this is what motivates him. As well as managing Tūpuaŋuku, he’s involved in a lot of youth engagements.

Veganism is sometimes seen as ‘a white thing’. Raniera understands where this idea stems from - but he sees things differently. ‘This is definitely not a white thing,’ he says. ‘The first ancestor who settled in this area of Whakātāne (of Ngāti Awa), when he came over on the waka, his name was Toi-te-huatahi, and as he settled here, his name got changed to Toi-kai-rākau - so he was a vegetarian, and there are stories to back that up. So he wasn’t necessarily vegan, but he was a vegetarian.’

Because this lifestyle has had a renaissance, he tells me, people think it’s just a phase - but this way of living has a whakapapa. ‘Will veganism ever be seen as ‘a Māori thing’?’ I ask him. ‘I’ve already accepted that not everyone’s going to go vegan,’ he replies. ‘It’s about accepting what you can do as an individual and I feel that, as an individual, just trying to live my best life, but also sharing that journey, it starts to plant seeds.’ This, he says, has changed his approach to things.

He knows his target audience. ‘I don’t feel Māori are ever going to claim that we are vegan, but I think it would be cool for people just to be more conscious around what they’re eating.’

The key is to get the message right. ‘Everyone knows what’s happening to animals, but they’re just not making that connection. Everyone knows what’s happening to the environment, but they’re choosing to look at other sources. All the information is there, but it’s about, “How is the message being shared to allow people to see it in different ways?”’
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Turmeric Roasted Cauliflower And Tempeh Filo With Spinach And a Carrot Ginger Creme

by Gerard O’Keefe

Ingredients

- 1/2 cauliflower
- 2 tsp turmeric
- 1/4 cup golden raisins
- 1 pkt tempeh
- 50g baby spinach
- 50g vegan mozzarella
- 1/2 pkt filo
- 20g ginger
- 20g garlic
- 1/2 onion
- 50g Olivani
- 150ml veg stock
- 2 carrots
- 20g ginger
- 1/2 onion
- 10g garlic
- 30ml extra virgin olive oil

Sauce

1. Open the tempeh and chop up small then steam for 10 mins, cool and set aside. Brunoise (diced 2mm) the ginger and garlic. Chop the cauliflower into small pieces no bigger than 1 cm. Heat oil in a wide bottom pan, add the ginger and garlic and sweat until fragrant. Add the cauliflower and turmeric and cook out, add the veg stock here to help the cauliflower cook out, you want it moist not wet. Add the spinach and take off the heat and add the grated mozzarella. Season and cool the mix.

2. Dice the carrots, ginger and garlic then sweat in a pan until soft. Add a little water or veg stock to not quite cover the carrots and cook until carrots are very soft, keep topping up liquid as needed. Remove from heat and blend, while blending slowly pour in the oil until it becomes smooth and glossy, then add salt to season.

3. Brush a filo sheet with melted olivani and repeat three times. Like a spring roll, place the fillings at one end leaving 4 cm clear each side. Fold the sides in and roll. Brush the end of the filo and seal it, then brush the filo roll and place on a baking tray lined with baking paper. Cook at 200°C till golden, slice on the bias (angle).

From Dairying to Loving (Hut) by Bridie Chetwin-Kelly

Keith Beer was a long time dairy farmer but in the 90s he decided he had enough and made the transition to veganism. He has now been running the vegan café, The Loving Hut in New Plymouth for the last four and a half years, this is the story of his journey.

Tell me about the café you run

The café, The Loving Hut in New Plymouth has been going for 4 and half years now, there were originally 4 of us and now there are 2; 3 of us had been dairy farmers. The café is completely vegan, always has been.

What made the transition from dairy farming to this?

I’ve always had a way with animals, I would say compared to most people it’s pretty profound. I changed to a nearly vegan diet when I was still dairy farming, that was back in 1998. I was a big fan of meat and I don’t have an explanation, I just remember one day I had a steak and I was physically unable to eat it, I went instantly vegetarian. In 2007 I went fully vegan. I had no thoughts at all on changing then all of a sudden I had this viewpoint where I wanted to just not eat any animal products. The impact of changing was immediate, two or three days later I was sleeping better and by the end of the week I was bright eyed and bushy tailed. A month later someone came and worked for me that was vegetarian and I was having issues with energy levels and he helped with high nutrition smoothies. After a short time I had to really decide if I should keep farming or not. It’s something that had been bothering me for years.
My connection with animals really was what affected me wanting to stop. I would gear up to it every single year when it came to that time. You would have to get ready to see who was on the list. There was an old cow, 22 years old, her hips were going and her age was showing and she was up on the list to go on that truck and looking back now I think, if there was one cow that was to be retired it should have been her. Your conditioning is so strong though you think that is what you’re supposed to do. Those last few days before they went on the truck, they would know. Their moods would change, they would be in the wrong places, they would be distressed. Cows are quiet by nature you know? But they would completely lose order. I went to take this particular old cow on the truck, about a kilometre long walk and she ran the whole way and I was trying to slow her down. She hadn’t run in years and she just bolted, she knew something was up. She ran all the way back to the yards, I tried to get her on the truck and she just wouldn’t go on. At this point I was feeling terrible, I couldn’t do anything. She turned and stared at me for a while and then ran into the corner of the truck and buried her head. That was the last of my farming days. I just didn’t have a logical explanation to keep doing it anymore.

**Has there been much back lash from the dairy farming community?**

No not at all, but there has been a lot of misunderstanding. It really surprises me the amount of farmers that I now talk to that only have meat two or three times a week. They seem to understand now. They have started thinking I think. Usually people that come into our café are in a place of transition. If someone is hungry they could easily stop by a petrol station and get a pie but they have to intentionally decide to stop by our café that says “Vegan” on the outside. It’s a conscious choice. I really struggled as a farmer with the industry standard of farmers saying that the way they treated animals was humane and okay. In reality, as a dairy farmer, every single animal that passes through your hands is going to die. From the bobby calf that goes off to the works at a day old to whether it’s the cow that manages to stay in the herd for 8 or 9 years but by themselves, they can live for 20 years. How can you possibly call killing something humane?

**What do you think is the future of dairy farming?**

I think it’s a dying industry, the alternatives are already there. Dairy and meat are one and the same now. We are sending animals off to the freezing works in the dairy industry so how can it be any different? There’s an economic analyst in the states that has said to all their clients to not invest in meat and dairy because it’s a dying industry. There also needs to be a sense of future proofing. Sure people can still be farmers but they need to be thinking now of moving away from agriculture because it’s just not sustainable and there’s no future in it. The market is drying up and it’s not economical. I see nothing but a declining market. Not only that, the vegan population is only going up and not down. I think the reality is that the younger generation are coming through and they advocate for veganism and vegetarianism and it’s changing the attitude towards it completely.
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Newly-vegan chef, Pete Holdsworth, takes a look at the various vegan cheeses to be found in most NZ supermarkets, comparing one to the other and checks out one of our new business member’s gourmet cheese range.

Having been a chef since the 90s I have had a long love affair with cheese. I remember when my partner suggested I go vegan, my first thought was “How will I cope without cheese?” Luckily enough that is not a problem and with new plant-based cheeses turning up on the market, like Angel Foods Feta, my love affair can continue.

In our taste tests with the supermarket cheeses, we tried them with Snax crackers, baked on pizza, used in savoury muffins, on pasta and in good old cheese toasties.

My local supermarket is New World in Westport, if we can get these cheeses on the West Coast South Island, you should be able to ;-) BioCheese which came in a 200g grated style cheddar, Zenzo, a 250g block style cheddar made in NZ and Angel Foods had a 300g block style cheddar, 300g block style mozzarella, 150g block style feta, a 100g powdered style parmesan and also smoky parmesan, all made in NZ.

Our first taste test was with Snax crackers and AF Feta fast became one of my new favourite foods: soft, smooth texture, lovely and moist with a delicious saltiness that comes through. My partner has been missing feta and declared it was “bloody lush”! I then made savoury muffins using the feta, I found no difference in using this plant-based feta compared to cooking with animal-based feta. I really think omnis wouldn’t notice the difference! They tasted amazing and I shall certainly be making them again.

AF Cheddar had a nice creaminess to it, but the cheddar taste was not that strong. When grated it was a bit crumbly (grates better from frozen) but overall a great product. Melted all right on pizza but not as well as their mozzarella, which has to be the best for meltiness from AF.

Zenko cheddar had a lovely cheddar flavour, it melted well and was a great all rounder. It gave the dishes a lovely smoky flavour. Easy to cut and grate, more like you would expect from an animal-based cheese.

The BioCheese struggled in this competition, it’s grated form seemed a bit plasticy but it came into it’s own in a cheese toastie! Definitely the best use we found as it melted really well in this environment and had a slight tang of blue cheese to it. The convenience of grated cheese in a bag was totally awesome!

We also tried out both parmesans on a tomato, olive, courgette, mushroom and baby spinach pasta, each bringing their own flavour. I preferred the plain one, both had a great shelf life.

At this point I must thank the vegan cheese gods and pray that they continue to broaden their reach... I can’t wait for a plant-based blue cheese...

Now I must have been praying pretty hard, because the next day I received a delivery from Savour, a sassy nut cheese range that has enough flavours to satisfy everyone. They also make a nut-based butter. We really enjoyed tasting these awesome, gourmet, cultured, aged nut cheeses, having to sit down and taste them all in one sitting surely left us feeling very spoilt!

Each flavour was unique, all had a delightful creamy texture, very like a camembert. The cheddar had a good strong cheddar flavour and was a delight to spread on a cracker.

Seasonal Botanicals had a beautiful bouquet with a taste that lingered and left me with a feeling of satisfaction. Definitely one of our favourite flavours.

Smoky Chipotle had a garlic flavour with a touch of heat, though my partner insisted it was quite hot.
El Baracho (the drunk, in Spanish) was a beer-infused cheese and had more of a nutty flavour, was creamier and tasted very nice.

Ashed Smoky Cheddar with it’s charcoal exterior (beware if you’re wearing white!) looked very intriguing and tasted exquisite with its smoky flavour. This was my partner’s favourite, she hasn’t eaten a smoked cheddar in 20 years and really missed it: “OMG smoky lushness”, was her verdict!

Toasted Cumin and Pepper was my favourite, a delicious warmth coming from the cumin and pepper, showing up in the aftertaste, nice and sharp.

Casheta, a cashew feta was also a taste bud sensation, with a lemony saltiness laced with a rosemary hit.

This is a strong range and if you need to impress your friends with a vegan cheese and wine do, these would certainly fit the bill. I look forward to seeing them in my local store, for now they are limited to selected health stores on North Island and I shall have to wait until a trip to the Big City.

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### The Great Cheese Giveaway

Did you enjoy our review? Did it make you hungry for cheeses? Well 4 lucky winners can eat cheese at their leisure courtesy of Angel Food, BioCheese and Zenzo. Email your name and address to Editor@vegansociety.org.nz before 1st November or now, before you forget!

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### Pete’s Savoury Muffins

#### Ingredients:
- 150g all purpose flour
- 100g wholemeal flour
- 2 tsp baking powder
- ½ tsp salt
- 300ml cold water
- 1 tsp apple cider vinegar
- 75ml sunflower oil
- 1 tsp mixed herbs
- 75g Angel Foods Feta
- 12 black olives sliced
- 1 small diced onion
- 10 leaves baby spinach
- 12 cashews chopped
- 2 tbsp oil for sautéing

#### Instructions:
1. Preheat oven to 200°C. Mix flours, baking powder and salt in a bowl.
2. Whisk water, oil and vinegar in a separate bowl
3. Sauté onions til brown, add mixed herbs, cook for another minute, then add in olives and cashews
4. Pour wet ingredients into dry ingredients, stirring well, then add onions carefully
5. Fill in muffin papers (or cut up baking paper) with muffin batter
6. Crumble feta into chunks and press into every muffin
7. Bake for 20 – 25 minutes

Enjoy!
Imagine an island where cafes, cinemas and large, packed events are often vegan. That tropical dream is a reality in the island of Bali, the perfect winter escape from New Zealand. Famed for its surf beaches, rice terraces, arty villages, and ancient temples, Bali is now an international destination, attracting visitors from all over the world. Winner of the TripAdvisor Travellers’ Choice award, if you haven’t been to Bali yet, you probably know someone who has – and more than once. So, what is the fuss all about?

Bali is more than just a pretty place, a little larger than the greater Auckland region, but with a population of 4.3 million, the island is different from the rest of Indonesia. Hinduism is widely practiced, with influences from nearby Java and a mix of animism and ancestral spirit worship, the daily life of Balinese people is imbued with spirituality, reflected in the daily ritual offerings. While cows are found on the island, beef isn’t eaten by Balinese. Resident Muslims don’t eat pork. Nevertheless, the main food specialties of Bali include minced seafood saté on a stick, roast suckling pig, and crispy duck.

The good news is many Balinese and Indonesian dishes are vegan or can be made meat-free.

There are two words which might bring a vegan joy: tempeh and tofu. The protein-packed fermented soybean tempeh, which originated on neighbouring Java, is found all over Bali and is ridiculously cheap (I paid 50c for a block from my local farmer’s market). Tofu is also widely available, especially in a tasty dish slathered in peanut sauce and sold by roving street vendors. Let’s start with the local choices.

There are four Indonesian dishes which are meat-free by design, or on request:

Gado-gado - the most well-known outside the country: a dish of blanched or steamed vegetables, covered in addictive peanut sauce. Leave the prawn crackers or request no egg.

A national dish, Nasi Goreng is essentially fried rice and, if you ask for it to be ‘tanpa daging’, it won’t have any meat. Just watch out for any salted anchovies (ikan teri) on top, or request ‘tanpa daging dan tanpa ikan’.

The sister dish of Nasi Goreng is Mie Goreng: basically fried noodles, and you can ask for no eggs. Both might come with a spicy sambal on the side, made from chilies, garlic, shallots, lime, and vinegar. Be warned that fish sauce might be the secret ingredient.

While we are on the Nasi bandwagon, you can get the specialty of the area, in season, when you order Nasi Campur, which comes with a selection of small dishes on a bed, or sometimes cone, of rice.

That’s four dishes which are available everywhere. Want to be a bit more adventurous, but don’t want to experience Bali Belly? Don’t drink the tap water in Bali: bring a reusable bottle and top it up from the water dispenser at your accommodation. Another tip is to go to busy places; plenty of customers indicates tourist-friendly food and drink.
What else should you try? Tempeh Goreng or Sambal is one way of getting your maximum tempeh. And order Sayur Asem if you like the sourness of tamarind in a vegetable soup, or Sayur Lodeh if you prefer coconut milk-based soups. Locals tend to have a larger meal at lunchtime and ubiquitous local eateries, known as Nasi Padang, serve vegan items such as tempeh, tofu, corn fritters, potato cakes, and water spinach salad outside of regular mealtimes. You can eat in, or take away, a parcel with rice for NZ$2-3.

The best time to visit is outside the rainy season, so May to October is the busiest time, with peaks around school holiday periods. As Bali is hot year-round (28-32°C), be sure to drink plenty of fluids during the day, including whole coconuts, sold by roadside vendors for $1.50.

On arriving at Bali’s only airport, Denpasar, where Kiwis can enjoy 30-days visa-free, it might seem that the beach resort area of Kuta with its sunset beer bars, pestering vendors and trashy Australians isn’t the paradise you’ve flown 7,000km to see. Instead, go north to the hipster surfing beach of Canggu, where co-working spaces abound and healthy food is plentiful. My favourite is Peloton Supershop, with its superfood shots, salads, vegan snacks, and drinks.

Further north, and inland, you must go to the arty New Age town of Ubud, where at least 50 vegetarian or vegan eateries, serve a range of international food – including Mexican, Indian, and Italian – as well as local cuisine. Several establishments have all-you-can-eat vegetarian buffets for as little as $6. On Sundays, the vegan buffet at Bamboo Spirit attracts locals and tourists alike. The Earth cafe and market is worth a look, as is Paradiso, the world’s first organic and vegan theatre, with film screenings, classes, and workshops. There are many outlets selling conscious-living and cruelty-free products, and some visiting vegans volunteer at some of Bali’s dog shelters and animal welfare charities. Around the cultural center of Ubud, you can also get gluten-free options, drinks with freshly-made cashew, almond, coconut or soy milk, and green juices. At ARAK Coffee in Penestanan, you can sample the best brew, as well as a choice of three vegetarian and vegan pies ($3.50-$4) from ‘The Pie Lady Bali’. Raw food fanatics head to Seeds of Life Bali, while it is more swanky at the clean-food Alchemy.

As you can see, there is plenty on offer for vegans in Bali. Now, a word of warning. If you like coffee you may want to avoid the Kopi Luwak – dubbed the most expensive coffee in the world – which is produced by force-feeding captive civets. Also avoid the Lovina dolphin sightseeing and swimming, the Elephant Park Safari and the marine park. Visit the website of the Bali Animal Welfare Association (bawabali.com) for more guidance. If you are traveling with non-vegans, show them the stories of beach tourists unknowingly eating dogmeat saté sticks if you need another reason to avoid meat-centered places.

Bali also grows cocoa and produces its own chocolate, with dark chocolate bars the perfect vegan souvenir to take back to New Zealand. Surely, that is another great reason to consider Bali for your next overseas trip.
KANGAROO
A Love-hate Story
With Co-Directors Kate McIntyre Clere and Mick McIntyre

A challenging award winning documentary that examines Australia’s complex, often exploitative relationship with its national icon.

1) What inspired you to make this film?
Kangaroos are one of the most recognizable symbols in the world and have always held a fascination for us. We didn’t think there had been a film that had explored this icon before. We set out to make a story that celebrated this magnificent animal but soon discovered that the kangaroo was at the heart of a bitter, complex and divided situation in Australia. We were shocked to learn that millions of kangaroos are shot each year as so-called pests and sold for profit. To find out where it all started and why it still happens today, we needed to investigate the origins of an industry and government partnership, which has become the largest wildlife slaughter in the world. Where had the ideology come from that a native animal that has lived in Australia for millions of years could be a national problem? How and when did Australians start believing kangaroos were a pest and therefore must be eliminated?

2) Who did you interview for the movie and why? What is their input?
Key to the telling this story was investigating the details behind the largest wildlife slaughter in the world, to find out where it all started and why it still happens today. We knew we would have to immerse ourselves in all aspects of the story and we worked to get interviews from the many differing stakeholders. We interviewed indigenous Australians, scientists, commercial shooters, farmers, politicians, artists, wildlife carers, chefs and activists. We uncovered many people who have a strong emotional connection to kangaroos juxtaposing many different opinions on their status as wildlife and their “management” as pests.

3) How did you choose the locations to film? How long did you film and where?
To make “Kangaroo,” we travelled thousands of kilometers across the magnificent red dusty Australian outback. As kangaroos are spread across the country we filmed in many national parks and farms (300,000 acres) capturing images of the landscape and ecosystem of the kangaroo. The kangaroo themselves are shy herbivores so that took a long time and many trips to film. We were hoping to find the ‘plagues’ of kangaroos that are so often mentioned in the Australian media but after 4 years filming we never came across this. We also filmed in the largest importers of kangaroo parts, Russia who have banned importing kangaroo meat due to meat hygiene, in China where they are considering importing and California where they have a blanket ban of importing any kangaroo parts. We wanted to give the audience a comprehensive picture of what is happening to the kangaroo globally.

4) In which conditions? Was it dangerous?
For so many reasons this was an uncomfortable movie to make. To find out the mass scale on which kangaroos are hunted was definitely alarming and to witness these mass shootings was a tragedy. Witnessing first hand the treatment of joeys and the miss-shots that left kangaroos exposed and dying slow deaths was disturbing.

5) How many kangaroos die every year?
We discovered that with the growth of the commercial kangaroo industry, so-called pest mitigation, recreational and illegal shooting, as well as road-kill and other accidental / collateral death, there is still very little data collected of the number of kangaroo deaths that occur daily. Some scientists and conservationists are reporting both local and regional extinctions. Unfortunately the Australian government doesn’t know how many there are, they don’t know how many there were, and they don’t know how many are being killed, so it is difficult to understand how they can so confidently proclaim that the industry is “sustainable”.

6) What reasons do the Australian government give to consider kangaroos as pests?
When Australia was colonized by white settlers 230 years ago, the kangaroos were killed as meat for eating, but as sheep and cattle herds grew over the next 100 years, many people stopped eating them, though they were still frequently killed for sport. It didn’t take long before the white settlers began to see kangaroos as competing with their stock for feed, and damaging their crops. Later, when ecosystems collapsed from overstocking of introduced livestock, the farmers blamed the kangaroos for the damage, and decided they needed to be removed from the landscape; the Australian government facilitated this, labelling them
as noxious species, and paying out millions in bounties. The idea that kangaroos are seen as a pest has continued through to the present day.

7) Why most of the killing is taking place at night in secret?
   In filming KANGAROO we found that over time that the killing of kangaroos as so called pests had been replaced by killing millions of kangaroos for profit. The killing is government sanctioned and the shooting is done in the dead of night often miles from anywhere. As kangaroos are nocturnal marsupials they are active at night and therefore shooting them in vast numbers is easiest at this time; they are also very vulnerable to the spotlight hunting method, often turning to face the light. Permits are sought to remove kangaroos from the landscape for many reasons from agricultural, land clearing for development and other human events. Although codes of practice have been developed for farmers and shooters to reduce cruelty, in many cases this is impossible to police, and research has found that non-compliance is widespread. While filming we came across many first hand eyewitness accounts of the brutal treatment of kangaroos and their young joeys.

8) What do you hope to see happen as a result of the film?
   With breathtaking footage of kangaroos in the wild, we hope this film will give the audience an up-close experience of this unique species and bring to the table a conversation that Australians seem reluctant to have. It’s time that people in Australia and across the world know what is going on with this internationally celebrated icon and ask the question; Why is no one responding to the barbaric treatment and wholesale slaughter of this magnificent wildlife?

Business Members on The Rise

Meet our Business Members

They are supporting us to increase veganism in New Zealand and are increasing vegan options for YOU!

These businesses also offer Vegan Society members special deals and discounts. New businesses join us every month - check our website for details.

AUCKLAND

Café Viet, Vietnamese cafe with lots of vegan options - 10% discount

Carram, vegan friendly deli and cafe - 15% discount

Green Time, all day vegan cafe with raw options - First stamp loyalty card for free

Health Nut Kitchen, shakes, breakfasts, veggie bowls, coffee - 10% discount

Hector’s Restaurant, Heritage Hotel’s restaurant with vegan menu - 15% discount

High Carb Health, nutrition advice - 10% discount

Little Bird, raw wholefood shop and cafe - 10% off online orders

Lord of the Fries, vegan burgers etc - kids size fries with any big burger or hotdog

Mulan, Southeast Asian cuisine - 15% discount

Naturally Organic Mega Lifestyle store and Café Bar - 5% discount

Oomph, vegan friendly naturopath - 10% discount

Sip Kitchen, Creators of siplicious beverages and focus on fresh whole food - 5% discount

Sprout, Vietnamese Subs Salads Soups - free drink or dessert with every vegan $20 spent.

Temptation Cakes, speciality cakes - $10 discount on any cake over $100

Host your on screening of KANGAROO or find out where to see the movie at www.kangaroothemovie.com/host-a-screening

Join us on social
Facebook: www.facebook.com/kangaroothemovie
Twitter: twitter.com/KangarooMovie
Instagram: www.instagram.com/kangaroo_the_movie

The Butchers Son, 100% plant-based cafe - free glass of kombucha with every main meal

7 Siri Taste of Sri Lanka, traditional Sri Lankan Cuisine - 10% discount

WELLINGTON

Good Boy Food and Drink, cafe with lots of vegan options - $8 sandwiches, usually $9.

CHRISTCHURCH

Catnap Café, café and cat adoptions - 10% off food and drinks

Francesca’s Italian Kitchen, restaurant with vegan options – 10% discount
Green Dinner Table: meal subscription box - 10% off first box.
Miro: restaurant with vegan options – 10% discount
Shroom Room: vegetarian cafe with vegan options - 10% discount
White Heart: speciality hazlenut products - 10% discount
Yumbo: 100% vegan healthy lunch box service - first lunch is free for members!

AUCKLAND
Appearance Medicine and Wellness Centre
E-PACS: Singaporean & Malaysian vegetarian & vegan grocery plus vegan weekend cafe
Il Buco: pizza restaurant
Kaiaroha: 100% plant-based cafe
Little Lato: bespoke gelato and sorbet
Misters: healthy organic smoothies, juices, coffee, breakfast, lunch & sweets
Miro: restaurant with vegan options – 10% discount
Prans Soul Food: 100% vegan eatery
Rabbit Café: vegan and veg cafe
The Island Grocer: family-operated deli/grocery store
The Living Room: 100% plant-based cafe
Wise Cicada: whole foods shop and vegan cafe
4 Kauri Medical Centre: vegan friendly doctors :-)

SOUTH ISLAND
Loving Hut: Taranaki vegan restaurant

CHRISTCHURCH
Kirk’s Kai: vegan patties
Raw Sugar: mostly vegan cafe
Grater Goods: plant-based delicatessen-shop opening soon

DUNEDIN
Taste Nature: organic food store, eatery and kitchen
Kind Grocer: 100% plant based grocer, herbal dispensary and online store opening spring

REST OF NZ
Eat Ohakune: cafe - 10% discount
Moa Bakery and Cakery: Oamaru - 10% discount
Power plant organics: Whangarei - free herb tea with purchase over $10.
Rongo: B&B, hostel, Karamea – Dinner and B&B - 10% discount
V On Wheels: Vegan meal delivery service, Tauranga - 10% discount for online orders

ALL NZ
Second Chance Gowns - 25% discount
Flourish Accounting - 20% discount
Snazzy Shop - vegan handbags wallets with a difference-10% discount for online orders

ALL OF NZ
2nd Nature Films: independent film company

Our other valued members include

ALL NZ
Second Chance Gowns - 25% discount
Flourish Accounting - 20% discount
Snazzy Shop - vegan handbags wallets with a difference-10% discount for online orders

NORTH ISLAND
Hapi Ora: Hastings clean kai co-op and cafe
Hungry Elephant: Matakana whole food cafe, bar, grocery, eco shop

V On Wheels: Vegan meal delivery service, Tauranga - 10% discount for online orders

Are you a business wanting to join us and support our work?
There are many member benefits to be had, as we present you to a growing audience and supporter base. Please join online or contact amanda@vegansociety.org.nz to learn more.

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More information and shopping:
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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.