Green for Life

Health, Ethics, Environment

NEW ZEALAND

Plant based Diets for Health

Vegan on a Budget

World Cup Footballer

Xmas Beauty Picks

NZ Vegan Pie Awards

SUMMER 2018 | $8.50 RRP

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Summertime is here! Very hot as I sit in my off grid office, looking out over bush and sea, feeling grateful for all I have.

I am delighted to share this last magazine with you all, it has such amazing stories in it, from a young vegan man’s perspective of his vegan upbringing, to the excitement of the very first Supreme Vegan Pie Awards, which rightly takes centre stage in the magazine. Fabulous plant based diets cure medical conditions, as written by the doctor who recommended his patients try vegan.

Lots of news from Christchurch, including the story of how the new Christchurch Vegan Society was born. We have the stories of an awesome vegan business venture, the fabulous and delicious Nice Blocks, which kicked off Little Island :-) Who doesn’t love ice cream? Especially on these summer days! Ensure your local dairy store stocks your favourite vegan ice treat by asking them to stock it :-) Yes, it often is that easy! Please ensure you then go and buy it from them!

As always we are jam packed with delicious recipes, our Top Beauty Picks for Christmas, our fantastic gardening column advises us on planting your brassicas and find out who the latest business members are and what discounts you might be able to get with your Vegan Society membership card.

Saving the best for last, we are delighted to announce that the vegan certification was launched on World Vegan Day, 1st November this year. Finally you can just look for our trademark to see if a product is vegan! No more reading labels (well less label reading, anyway!), a simple glance at the packet label will tell you. Read the story at the end of the mag and make sure you know what logo to look out for!

It has been my priviledge to act as editor for the Vegan Society magazine but all good things must come to an end :-) The next magazine editor will be Georgette Jackson and if you almost recognise her name, it’s because she is none other than our Beauty writer, Demelza’s Delights. I wish her all the best with the new magazine and hope that you have all enjoyed Green for Life. I would like to thank all the tireless volunteers who help make the magazine what it is, our writers, our proofers, the mailout person, Amanda, our membership secretary, Johanna and of course our amazing layout person, Jana, without whom it would not look so awesome!

Claire Insley
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Yummy vegan food from the Kai Box - see more on page 4
Kai Box

How did The Kai Box start?

After John and I went vegan we had been thinking about doing something to help other people make the change to eating more plant based. We realised that there was a gap in the market for a vegan food box company in New Zealand, that would take all the legwork out of meal planning and shopping. So we launched the Kai Box in January 2016, not really knowing where it would take us. We started working from our home, which we eventually outgrew so we had to get a warehouse and a big chiller for all the veggies.

Tell me about the company and how you source the recipes, ingredients etc

We are a family run business, I do all meal planning, recipe developing, cooking, along with taking the food photos, etc. John deals with the logistics side and managing the website. So now we have a pretty big library of recipes that we have developed over the years, through veganising old family favourites and also experimenting with new ones that inspire me. We source our produce from our local produce market here in Auckland, and try and use NZ grown where possible.

How awesome that you deliver all over the country, do you have many rural clients?

We do have quite a few rural customers and we will deliver wherever our courier company will let us! When we first launched the business we actually did the deliveries ourselves. We would all pile into the MPV and the whole family would head out on a Sunday afternoon to do the deliveries, we got to see some beautiful parts of Auckland!

Have you been surprised by the uptake of your boxes?

Yes we have actually, we thought well there can’t be too many vegans in New Zealand, however not all of our customers are actually vegan, a few are people just wanting to limit their animal product intake whether for health or other reasons. We also see that the vegan movement seems to be growing and more and more people are adopting a plant based lifestyle, which is awesome of course!

I see you have a place for special requests, have you had any really weird or unusual ones?

The requests that usually make us laugh are the one where people don’t want coriander in their box ... I for one LOVE coriander and I know its one of those marmite type of foods that people either love or hate it!

What do you see as the future for KaiBox?

We would love to see our Kai Boxes being delivered to many more families across New Zealand, and for it to become a household name that many people will have tried at least once!

Anything else you would like to say?

We started this business as our form of activism, to help more people go vegan and to show how easy vegan can be when you have the right tools, and once you get into this new lifestyle it isn’t as daunting as some people may expect it to be. We are so grateful for all the support we have received over the years, we love all the positive feedback from our customers, its what keeps us going!

by Claire Insley

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KEEPIN’ IT PLANT BASED SINCE 2010
How do you grow a successful vegan ice cream business? Just ask James Crow, co-founder of iconic local plant-based brands Little Island and Nice Blocks. I spoke to James about his involvement in these start-ups and discovered their coconut-based ice creams now account for 25% of the “pint” ice cream market in New Zealand, a surefire sign that times are changing in our dairy-loving country - and awesome news for those who are dairy intolerant as well as vegans. What’s more, Little Island ice creams are certified organic and the company maintains strong ethics, from sourcing ingredients to employment.

It all began in 2010 when James and his mate Tommy Holden wanted ethical and delicious ice blocks for their young kids. They couldn’t find any that were Fairtrade certified, natural and organic. Not to be put off by this, the pair started experimenting with fresh organic fruit juices and coconut cream and Nice Blocks was born. The blocks sold really well and the coconut cream based flavours proved extra popular with the growing group of people looking to avoid dairy. With the coconut Nice Blocks such an instant hit, the idea of making a whole range of Little Island brand coconut milk based ice cream and chilled milks was born.

James has been vegan for over four years, joining his wife and young kids on the journey after watching inspirational films Cowspiracy and Forks Over Knives, and now some of the Little Island staff have taken up the plant-based lifestyle too. The company itself has a very strong connection with the vegan community and all employees are paid at least the Living Wage. The founders really value their employees and community as much as the importance of Fairtrade and organic ingredients, working with their suppliers to ensure high quality materials and robust work ethics from end to end.

As the interview comes to an end, James tells me how delighted he always is to see families who have been raised eating Nice Blocks and Little Island products. “It’s a great feeling to be able to be part of that wonderful creation,” he says. It’s a story he never tires of hearing and knowing that Little Island is continuing to go from strength to strength is truly heartening. Sales grow every year and they have many new and exciting flavours and products in the pipeline, determined to spread the goodness of plant-based deliciousness throughout New Zealand.

Now with ice cream, ice blocks and dairy-free milks available, what’s next? “We’ve got some really exciting things coming up in 2019 that will place Little Island in the middle of the family fridge. Keep your eyes peeled!” he says. The guys have their sights set firmly on the future and the market seems to be flowing their way with the demand for plant-based products continuing to increase, fuelled by younger generations who are seeing the damage done to our planet and realising they can do something about it. The time to go vegan, really is now!
are—in my opinion—missed. Much of the first half of the book is committed to outlining the vegan experience, explaining exactly what a vegan is and illuminating the myriad of ways a freshly ‘woke’ vegan will experience conflict in their world—from the political to the personal. For anyone unfamiliar with veganism, these chapters do a fine job of reaching out. For the vegan reader, however, they can be quite unnecessary and slightly repetitive.

The big promise of the book comes in the later half, where the psychologist affirms the suffering vegan can address their pain, and transmute it into useful energy for the cause. This, I was excited to read. However, the actual content is infuriatingly superficial; there are many ideas around self-care and good mental health, but none are probed in much depth. Furthermore, the advice is all of the kind you’ll readily find in any self-help book or blog (exercise, eat well, relax, be positive), but nothing very vegan-specific.

Outside of a neat marketing gimmick, I’m not sure the anguish, anxiety, depression or despair many vegans feel really needs its own term. But I do think the work Mann is doing, and this book only begins to do, is very necessary. Activists across the spectrum—be they fighting against sexism, poverty, ableism, globalisation, gentrification, and homophobia—take on what Mann calls the “burden of knowledge”; the awful realisation about just how entrenched and pervasive injustices are in our world. This easily and frequently leads to cases of depression, despondency, misanthropy, and various other mental health concerns. I strongly encourage anyone involved in such causes to touch base with mental health professionals, and the more closely aligned to the particulars of your struggle—as Mann is to veganism—the better.

I like the ideas Mann is dealing with and, even if the book itself doesn’t do much of the heavy lifting required, it’s heartening to know there are professionals like the author out there to help. It’s a little difficult to outright recommend the book to either a vegan or non-vegan reader, but there are certainly elements that will appeal to each (and it’s a very quick read). I wait in hopes of a follow-up that delves deeper into the psychological aspects raised here, while appreciating any work that makes being vegan even a little bit easier.

Giveaway!
We have been blessed with a copy of this to give away to one lucky person :-)

Simply send an email to editor@vegansociety.org.nz with your name and address by 1st February 2019, or NOW before you forget :-)
Having just turned 21, I find myself reflecting upon the important influences in my life. My vegan upbringing has no doubt shaped who I am as a person.

My parents, Rosemary and Yolanda Soryl, raised myself and my three siblings to be considerate of others, regardless of their race, gender, or species. Growing up with this mindset encouraged us to be conscious about the impact of our actions on the lives of others. A natural consequence of this is that we were made aware of the harm that is caused by consuming animal products. We were all raised vegan from birth.

People have asked me, “what was it like growing up vegan?” I just say it was a really good way to be raised. The best thing for me, personally, was that it taught me to think critically. We were all raised vegan from birth.

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The benefits to growing up vegan extend beyond the attitudes I adopted. New Zealand in the early 2000s could be a difficult place to be different. Given that I grew up with two mothers, and we were educated bilingually, our family was perhaps more different than most. Having something that we all shared with each other – our veganism – helped us to maintain a very strong family identity. Today, we’re all as close as ever, despite some of us living on the other side of the world.

Of course, there were some tough times when I did not have the direct support of my family. As a child, I was sometimes bullied for being ‘different’ and kids saw my veganism as a target. But bullies will always find something to zero in on. Given that these attitudes and behaviours are often rooted in larger social issues, I do not take it personally, and I never felt alone as a child with my family close by. In addition, I never felt the need to try meat or not be vegan, as one might expect considering I was raised vegan, as one might expect considering I am a person.

Many people assume children raised vegan love healthy foods and salads and delight in eating veggies. In fact, my siblings and I were the opposite. We were all pretty fussy eaters and hated most veggies. It wasn’t until I was an adult I grew to love all the healthy foods my two mums spent our childhoods trying to get us to eat! As a kid, I liked plain foods like baked beans, potatoes, white rice and veg sausages. I loved hummus and the Scheese vegan cheese which mum had posted over from the UK for us (we ate teeny tiny amounts of to make it last as long as possible). As a teen, I would eat at least one block of plain, uncooked tofu each day, dressed with a side of Wattie’s tomato sauce. Throughout childhood, we were forced to have a smoothie twice a day, which we hated, but mum said if we were going to be fussy vegans, she had to know we were getting that extra nutrition. Of course, I love smoothies now!

When we were growing up, there were very few vegan options as there are today. Funnily enough, although I can now buy an amazing range of vegan products and treats, I tend to stick to the basics of veggies, lentils, beans, tofu and brown rice. It’s cheaper and I feel good fueled by these foods.

Being raised vegan meant we could all bake a cake by the age of eight (mum said that was a life skill for all vegans and cake was a big thing in our family), could read ingredient lists, and we also learnt to delay gratification. Yes, we missed out on lots of sweets and treats that non-vegan classmates were given. Our family rule, though, was if you missed out on a non-vegan treat at school, mum would give you the vegan equivalent when you got home – and double it to make up for having to wait. Needless to say, my siblings and I are all now very good at saving money and delaying gratification. We learnt very young to wait for our treats. That life skill has served us all very well.

As my family were very involved in the Christchurch vegan community, I did have some important vegan role models outside of my family as I grew up. Jessie Duffield used to visit us when he was in town. He was cool and took me skateboarding. Hans Kriek was also someone I looked up to whom I have known since I was young. My uncle, aunty, and other close family friends helped normalise our veganism. We went to veggie family group and veggie youth group and so many vegan events (the Christchurch Vegan Expo was like Christmas for us kids!). We always felt part of a vegan community wider than just our own vegan family. I would say to anyone raising their children as vegan to make sure their kids know they are part of something bigger and that there is a strong vegan community to connect with and be part of.
Animal Advocacy Hui Held at Manurewa Marae

A report by Claire Insley

On 8th June, 66 animal advocates, including Amanda Sorrenson from the Vegan Society, attended a hui for the animals called for by Hon Meka Whaitiri, Associate Minister for Agriculture, with responsibility for animal welfare. This was an opportunity for direct and open dialogue with the Minister and for animal advocates to hear from the government.

A number of issues were covered over the day, it was more of a general discussion rather than any promises to do anything different.

A recurring theme was the need to establish an independent agency for the animals, one with regulatory and enforcing powers. Also high on the list was the need for NZ to move away from Act and treating cats as pests.

At the end of the day the Minister highlighted the key areas she would like to focus on:

- an independent body for animals;
- strengthening codes including codes of welfare (e.g. for on-farm animals, animals used in entertainment, animals in captivity, companion animals, animals used in research, testing and teaching), so they best uphold the Act;
- greater transparency across the animal welfare system, including MPI, SPCA, NAWAC, NAEAC and animal-based industries; and
- resourcing issues, including for MPI and SPCA inspectors, and animal rescue shelters

The whole day was live streamed on Radio Waatea. For more information and a full report on the day, check out the MPI site on www.mpi.govt.nz/dmsdocument/29600-report-on-animal-advocacy-hui-held-on-8-june-2018

Framework for action on animal welfare in New Zealand

New Zealand will be world leading in animal welfare

Codes are focused on lifting standards beyond the minimum, they are understood, and they are underpinned by effective monitoring and compliance.

People in charge of animals believe animal welfare matters, and have the skills and capacity to meet animal welfare standards.

- Ensure additional resources and support are available to improve animal welfare outcomes, including in relation to:
  - establishing a dedicated Animal Health and Welfare unit within MPI;
  - ensuring clear accountability for the Animal Welfare System within the MPI Senior Leadership Team;
  - the development and implementation of requirements and regulations;
  - monitoring and verification activities;
  - education and promotion of voluntary compliance;
  - animal welfare emergency response; and
  - increased recognition of high performance and good practice in animal welfare.

- An independent body for animals;
- Strengthening codes including codes of welfare (e.g. for on-farm animals, animals used in entertainment, animals in captivity, companion animals, animals used in research, testing and teaching), so they best uphold the Act;
- Greater transparency across the animal welfare system, including MPI, SPCA, NAWAC, NAEAC and animal-based industries; and
- Resourcing issues, including for MPI and SPCA inspectors, and animal rescue shelters
Vegan Footballer - Katie Rood
by Bridie Chetwin-Kelly

Katie Rood is a professional Kiwi football player based in the UK, currently playing as a forward for Bristol City. She has also played for the New Zealand U20 female team during the 2012 Women’s World Cup. In 2015 Katie went vegan after watching Earthlings and she says being a proud Kiwi who loves animals, the choice to go vegan was a no-brainer. Speaking to Bridie Chetwin-Kelly, she talks about her experience as an athlete who is vegan and how dramatically her abilities changed in a good way since the change in her diet/lifestyle.

What has your journey been like as an athlete?
It’s been turbulent as with any journey in life but one that I wouldn’t trade for the world. I always knew that I wanted to be an athlete and it fills me with pride to know that I’m following my dream. It has allowed me to travel and experience so many parts of the world and interact/bond with loads of fantastic people along the way. It is not always easy, but each challenge brings with it the opportunity to learn something new and grow.

I am currently into my second season as a professional football player, last year I played in Italy for Juventus where we won the Italian Championship (Series A). This year I find myself in England with Bristol City Women. We started the season well by getting points from matches against both Manchester City and Chelsea (last season’s champions). In November I get the opportunity to return home for a few days to join the Football Ferns (New Zealand’s national women’s team) for the World Cup Qualifying competition (The Nations Cup). We fly to New Caledonia for the tournament and the winner will go on to compete at the 2019 Women’s World Cup in France.

It’s a really exciting time to be a female footballer; I’m looking forward to pushing myself to see how far I can get and using my platform to represent the vegan movement and help spread a positive message.

Why veganism?
Why not? Everything about it makes sense to me. I get to feel vibrant and alive while limiting my damage to the environment and opting out of harmful and destructive businesses. I think empathy and compassion are emotions of strength and should be celebrated in society. I would never intentionally hurt any being and I only ate ‘meat’ in the first place because I was told from a very young age that I needed it if I wanted to be a strong athlete. After watching Earthlings, I didn’t care if I would feel depleted or ill from not consuming them, my heart just could not contribute to that suffering any longer.

How have you noticed the change in your training since going vegan?
Yes! After just a couple of weeks (especially once I dropped the dairy), I felt better than I ever had and I was absolutely flying! I didn’t realise how much pain I was constantly in until it disappeared. Going vegan changed everything for me. My recovery was incredible; I went from not being able to train for a couple of days after a game to being able to do double-sessions almost every day. I went from not playing a full season in 5 years (from
Do you have to overcompensate for a lack of anything in your diet?
No, I don’t. It was a quite a shock at first as I thought I knew a bit about nutrition, but I also thought I was healthy before I went vegan - wrong! Taking the time to learn what your body needs (not just what corporate advertisements tell you it needs) and which plants can provide those nutrients is really empowering. I try to get blood tests done every 6 months or so to keep track of where I’m at. This enables me to pay closer attention to what I’m consuming. So, I would say I’m mindful of my nutrition intake but I certainly don’t feel as though I have to overcompensate any more than the average carnivorous athlete would.

What’s it like being in the UK and eating vegan?
It’s fantastic here and not just for the food! There are so many vegan/ethical businesses around that are changing the way the game is played. Bristol, especially, is full of small businesses run by compassionate people and it’s a lovely community to be a part of, and to witness it growing as more people invest their time, money and love into creating a better system, is really heart-warming.

What advice do you have for any future vegan athletes?
I would encourage them to do plenty of research so that they can take full accountability of their own health. Being a healthy vegan can be a huge competitive advantage but there’s so much more to it than that. Showing the world that there’s a different way to live that causes less harm and enhances athletic performance is a powerful thing to do. It’s not easy living in a carnivorous society but when you set out to do your best you can inspire others along the way, then you can be a beacon of light for this movement, and so much more.

I’m a firm believer that by becoming vegan you have taken the first step in creating a better world. I think it is so important that we don’t just stop there, though, and think that it is enough. Every vegan that I have met is passionate, creative, clever and caring. I think that we all have a unique gift to offer the world and that we can unlock it with the pursuit of a dream.

Is there anything more inspiring than someone who sets out to follow their dream with the humble intention of trying to create a better world for all beings? Rich Roll, James Aspey, Fiona Oakes and Scott Harrison are major sources of inspiration for me and I just hope to be able to pass that inspiration on to others throughout my journey.

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Crowning Aotearoa’s Best Vegan Pies

Adrian Hatwell heads along to the first ever New Zealand Supreme Vegan Pie Awards to bask in that loving filling and be part of pastry history

There are few foods as synonymous with contemporary Kiwi cuisine than the noble pie. While meat- and dairy-laden pastry pockets remain most common, a groundswell of impressive vegan alternatives has begun to take up real estate in pie warmers throughout the country. From the diligent work of exclusively vegan bakeries through to some of the biggest petrol station chains in Aotearoa, the rise of the vegan pie has become undeniable. It is past time we had a culinary award programme to acknowledge this trend.

The conventional meat pie has long been honoured in this country through the Bakels New Zealand Supreme Pie Awards, a competition that has run for over 20 years. As these awards grew more prestigious, the categories developed to better reflect the diverse pie offerings available, including the inclusion of a vegetarian category. However the organisation was unprepared to give truly plant-based pies the shot they deserved, as one vegan baker discovered the hard way.

Philippa Stephenson, who runs Auckland’s fully vegan bakery, Tart, serves up convincing compassionate alternatives to pie staples — mince and cheese, steak and cheese, creamy mushroom — as well as more adventurous fare, and fancied taking a run at this year’s Bakels contest. Sadly, she was turned down, being told the competition had no room for vegan pies and the rules would not allow them to run against the meat and dairy counterparts. Luckily, her friendly national vegan organisation was prepared to come to the rescue.

Hearing of Philippa’s woes and ever ready to promote excellence in vegan baking, the Vegan Society of Aotearoa New Zealand stepped up to the plate to create a platform that would celebrate the diverse array of vegan pies in all their cruelty-free deliciousness: The New Zealand Supreme Vegan Pie Awards.

The call went out and interested bakers responded in droves. Some had been making vegan pies for years, others found this the perfect opportunity to begin a vegan line. Pies came from tiny bakeries in small towns to big brands with outlets throughout the country (and even one international company keen to get in on the action). In the end, the response exceeded the Society’s expectations by a large margin, with over 30 companies submitting some 90 vegan pies for consideration.

With such a healthy collection of pastry goodies assembled, the next step was to contract a panel of three worthy judges. To ensure the pies were put to the very strictest scrutiny, two of Auckland’s most celebrated chefs were recruited for the task, along with a celebrity vegan judge.

Gerrard O’Keefe is the executive chef at Hectors Restaurant, nestled on the ground floor of the Heritage Hotel’s swanky seven-storey atrium. The award-winning chef has developed an extensive, creative array of plant-based food for his restaurant’s alternative all-vegan menu and its ‘Meat Free Monday’ dining.

Gerrard is joined on the panel by Josh Barlow, executive chef at The Sugar Club, the elegant restaurant perched at level 53 of the Sky Tower. The internationally recognised chef recently developed a full plant-based menu for the restaurant to celebrate World Vegan Day.

Completing the judging panel and providing the important plant-based lifestyle expertise is Holly Shervey, an Auckland-based actor, writer, producer, and vegan. She stars in local television mainstay, Shortland Street, and created as well as starred in the award-winning web series, Auckward Love.

With the pies rolling in and the crew assembled it was decided that November 1, World Vegan Day, would be the perfect time to judge the entrants and announce the winners. Needing to keep the pies on ice until the big day and have them prepared to perfection for the tasting, finding the right venue was paramount. Luckily Chris Kinnel, director of Auckland’s plant-based eatery, The Butcher’s Son, was happy to lend his space, facilities and staff to this noble cause.

The competition comprised seven categories — Vegan Steak and Vegan Cheese, Vegan Mince and Vegan Cheese, Vegan Chicken, Fruit Pie, Café Boutique, Vegetable, Gluten Free — along with the top Supreme Pie Award. Each category saw pies brought out to the judges, anonymously labeled with entry numbers only, so the experts could sample and assign each a score. Each category included a detailed scoring rubric for assessing such aspects as pastry texture, filling consistency, and harmony of flavours.

Josh, not a vegan himself, enjoyed sampling the many different styles and flavours on offer, and was particularly surprised by the faithfulness of some of the fillings.

“A lot of the ‘mince and cheese’ pies really had the same texture as a real meat pie,” he says. “The quality of the pastry overall was outstanding and I was really impressed at the high standard of all the pies.”

Even Holly, who as a vegan was already...
The other champion bakery of the day was Pioneer Pie Co. from Auckland’s North Shore. Their win came from what the judges all agreed was the most difficult category of the bunch — Gluten Free. Most challenging in this arena is developing a coeliac-friendly pastry that holds its own against wheatty counterparts, a task Pioneer’s sumptuous Thai coconut curry offering was more than up to.

While there could only be a few official winners, every pie-maker to enter the competition can be proud of being part of this successful foodie first, and pastry-craving vegans now have a veritable treasure map of delicious new pies to track down throughout the country. The event also caught the attention of the mainstream media, appearing on television, radio, in print and coverage online, all in fantastically positive stories for the vegan cause.

And in a final satisfying bonus, the event caused enough of a ruckus to make Bakels New Zealand Supreme Pie Awards announce that next year they will be opening their doors to vegan pies too. However hungry vegans now know where the real main event will be: Back here in 2019 for the second annual New Zealand Supreme Vegan Pie Awards.

New Zealand Supreme Vegan Pie Awards 2018 Results

**SUPREME PIE AWARD**
Richoux Patisserie — Spiced Apple and Blueberry

**VEGAN STEAK AND VEGAN CHEESE**
**Winner:** Richoux Patisserie
**First runner-up:** Pyrony Pies
**Second runner-up:** Tart Bakery

**VEGAN MINCE AND VEGAN CHEESE**
**Winner:** Richoux Patisserie
**First runner-up:** Tart Bakery
**Second runner-up:** Pyrony Pies

**VEGAN CHICKEN**
**Winner:** Richoux Patisserie
**First runner-up:** Tart Bakery
**Second runner-up:** Timbuktu Nomadic Deli

**FRUIT PIE**
**Winner:** Richoux Patisserie
**First runner-up:** Jackson’s Bakery & Cafe
**Second runner-up:** Tart Bakery

**CAFÉ BOUTIQUE**
**Winner:** Richoux Patisserie
**First runner-up:** Timbuktu Nomadic Deli
**Second runner-up:** Pyrony Pies

**VEGETABLE**
**Winner:** Richoux Patisserie
**First runner-up:** Tart Bakery
**Second runner-up:** Goodtime Pies

**GLUTEN FREE**
**Winner:** Pioneer Pie Co.
**First runner-up:** Moa Bakery, Cakery
**Second runner-up:** Timbuktu Nomadic Deli

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Getting Ready For Winter

by Sarah Oliver

always find it a challenge to think about planting for the winter when I am at the height of harvesting summer veges. However now it’s getting to the time for planning and planting for winter. So in this issue we’re talking about cruciferous/brassica vegetables. What are these?

A quick Google search and you will find this group includes such veg superstars as broccoli, cabbage, kale and the lesser known in New Zealand but totally packed with iron and calcium, collard greens. Full of amazing health promoting properties these vegetables are well worth the effort to grow. In doing some research for this article I came across Dr Gregor’s video #1 Anticancer Vegetable1. This short video discusses the wonderful properties of these vegetables, most of them anyway it seems, except Bok Choy, which did not score so highly. I found this fascinating as in my experience the bok choy is just not the heavy feeder that the other brassicas are. Perhaps there is a connection? They are also another dietary source of calcium for vegans. ²

When growing brassicas how does a gardener, who does not want to bring in animal manures and blood and bone, grow such heavy feeders in the garden?

Firstly, think rotation planting and timing and keep a planting diary so you can see what worked and when you planted it. You will want to get your plants established before the really cold weather arrives. You may have already put in a fertility building ley; there are many recommendations about this, if you really want to build fertility you may do this for a year or two before the really cold weather arrives. You can even get a soil test done to give you an overview of what your soil is like. One thing worth checking is if your soil acidic – a home test for acidity can be useful and you may need to adjust with some lime as brassicas do not like too much acidity.

Then you need to plan to plant and care for your soil in a way to prevent fertility loss, you are playing the long-term game with your garden. Always try to keep your soil covered using plants and mulch; in summer to keep the moisture in, and in winter to prevent wind and rain leaching fertility out. You can just chop and drop plants that have not set seeds directly on the soil. Then when you are ready to plant your seedlings you can pull back your mulch and pop the plants in.

Make sure you are choosing the right variety of seed for the season you are growing in. As I am writing this in spring we are succession planting purple sprouted broccolis that do well in warmer temperatures. However, plants like kale and brussel sprouts will want the cold and it often makes them taste better. I’d recommend checking a seed catalogue and reading about what types do best when, rather than just grabbing a packet of seed and hoping for the best.

Like all gardeners we have to figure out what to do about those slugs and snails and other animals who want to sample your garden. I learnt the valuable lessons the hard way this winter. Keep your plants healthy and your gardens protected! This past winter’s garden rotation saw my brassicas go into the plot that was the most susceptible to the wind, and did I sure pay the price! After putting them in a bit late, they then got hammered by howling winds and rains and then the snails moved in and had a field day! So, for my spring planting I made sure I grew the seedlings really healthy and strong and just a little bit bigger in individual pots before planting out and kept them well protected from strong spring winds. So far this is working well and we’ve only lost one plant to slails.

Finally, once planted, you can use a foliar feed to help the plants along, perhaps -some seaweed.

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So happy planting, happy researching and remember to come and join us on Facebook to share your successes and what you are learning from your failures on NZ Veganic Gardening. Oh and once you’ve finished harvesting at the end of winter, leave some to go to flower as bees love the flowers and it is a great source of food for them.

¹ nutritionfacts.org/video/1-anticancer-vegetable
² www.pcrm.org/health/health-topics/calcium-and-strong-bones
Beetroot Carpaccio by Gerard O’Keefe

Ingredients
- 1 Chioggia beetroot
- 1 large beetroot
- 4 baby beetroot
- 30g black garlic
- 1 punnet snow pea feathers
- Avocado puree
- 1 avocado
- To taste wasabi

Pickling liquor
- 200ml white vinegar
- 50g coconut sugar
- 1tsp mustard seeds
- 1tsp coriander seed
- 1 star anise
- 1 cinnamon quill
- 1tsp caraway seed

1. Make pickling liquor using the white vinegar, mustard seed, caraway, coriander seed, star anise and cinnamon quill with coconut sugar. Bring to the boil and cool. Taste and adjust to your personal taste. I like it tart.

2. Blend the black garlic. Put in piping bag.


4. Cook baby beetroot on rock salt. Trim top and tail but keep some top for aesthetics. Cover with foil and baking paper and place in pickling liquor. Only enough for 4 portions as it will bleed out and lose color.

5. Cook large beetroot same way. Cool then slice thinly and layer into a circle overlapping until you have a full disc then using the overlap central point cut a disc and layer between baking paper until needed.

6. Slice Chioggia on the mandolin super thin and place in pickling liquor. Only enough for 4 portions as it will bleed out and lose color.

7. Keep offcuts from the galette and fold into sails to be placed on top of the galette.

8. Blend some of the beetroot offcuts, season well and add a little orange juice. Put into piping bag. Pipe into the centre of the galette then use it to anchor the offcuts. Assemble as per pic.
Top Vegan Sunscreens
by Georgette Jackson

Formulated by pharmacists, Simple as That SPF30 Natural Sunscreen, is functional yet gentle for us and planet earth. That’s what we’re all looking for, right? This lotion is suitable for the entire family and can be used on your face and body. RRP $35.00 available online from www.ohnatural.co.nz

COOLA sunscreen is certified organic, high-performing protection, using natural ingredients. If you’re searching for a spray-on sunscreen then you’ll love their range of easy to use products. Perfect for anyone with a busy lifestyle, try their Eco-Lux Sport SPF50 range. These spray bottles continue to mist, even when held upside down. Did we mention they smell amazing? For a fresh summer scent, choose their Guava & Mango infusion, otherwise their very popular unscented version. RRP $59 Buy instore at Smith & Caughey’s and selected beauty salons or online from www.smithandcaugheys.co.nz

It’s so important to have alternatives for those of us trying to avoid chemicals. The solution is to find brands who use mineral filters, but often this leads to a heavy white cream with little or no transparency on your skin. Thank goodness we’ve found Oasis Beauty and their high-quality range of sun creams.

Just in time for our warmer months ahead, we suggest their SPF40 Dry-feel Sport Sunscreen, for active teens and keen cricketers. Families will love the 500ml Jumbo Size of the SPF30 Sensitive Skin Sunscreen, or keep a handy travel size in your beach bag. RRP from $16.99 Available at selected pharmacies or online from www.oasisbeauty.com

COOLA sunscreen is certified organic, high-performing protection, using natural ingredients. If you’re searching for a spray-on sunscreen then you’ll love their range of easy to use products.

HURRAW Balms are fantastic vegan lip balms, designed to moisturise dry lips, all year round. Protecting your pucker from harmful UV rays is now even easier with their SPF 15 Sun Lip Balm. With a hint of tangerine chamomile for a fresh summer taste. RRP $7.00 available in selected health food stores and cafes or online from www.ohnatural.co.nz

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Hot days by the lake and cool nights by the campfire often include an “ouch” or two from pesky mosquitoes lurking around. While we want to repel them and keep our young children safe, most of us aren’t looking for harsh scents and sprays. So instead use the Eco Tan Organic Personal Outdoor Spray.

This clever blend combines basil, lemongrass, citronella and lemon eucalyptus among other organic ingredients to keep bugs away. This scent is the perfect mix, not too harsh on noses and the formula never sticky on your skin. RRP $19.99 from selected health stores and pharmacies or online from www.ecotan.com.au
If you’ve ever needed a helping hand from day to day, then try the new range of ‘Apot 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

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 superseed 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

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.

RRP from $16.90 available at local pharmacies or online from www.oasisbeauty.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.

Christmas Gift Guide  Under $30 by Georgette Jackson

DB Cosmetics Kaleidoscope Brush Set $29.99

The Eco Floss $6.70

Lush Cosmetics Holey Night Bath Bomb $8.90

The Eco Brush Charcoal Infused $5.00

Lush Cosmetics Sleepy Gift Set $24.90

Ethique Tip-To-Toe Shampoo & Shaving Bar $22

The Bonbon Factory Room Shakes $14.99

DB Cosmetics So Jaded Facial Roller $17.99

Lush Cosmetics Puddy Holly Bubbleroon $9.90

The Bonbon Factory Gum Drops Gelato Scrub $9.99

WetnWild Mini Liquid Lip Collection $19.99
Spicy Black Beans For Salads, Wraps, Tacos – Pretty Much Anything!

By Jackie Norman

This handy little bean recipe is SO fast to cook and prepare and is a really useful one to keep in mind when you want to jazz up a simple meal. Perfect for lunches, main meals, side dishes, you name it!

**Ingredients**
- 1 Chioggia beetroot
- 1 tsp vegetable oil
- 2 garlic cloves, minced
- Half an onion, finely chopped
- 1 x 400g tin black beans, drained and rinsed
- 1 tsp cumin
- 1 tsp chilli powder
- ½ tsp oregano
- ½ tsp ground coriander
- 1 tbsp lime juice
- ¼ cup water
- Salt, to taste

1. Heat the oil in a frying pan over medium heat.
2. Add the onion and garlic and saute for 5 minutes, until clear.
3. Add all the other ingredients to the pan, including the water and stir gently to combine.
4. Cook, stirring, until the beans are heated through and the liquid has evaporated. Remove from heat and serve.

The result? Delicious, healthy and spicy coated beans! Once cooked you can serve these over a salad, in tacos, in a wrap – whatever you like. We love them with salad accompanied by fresh chunky guacamole. They taste just as good cold too!

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Launching the New Christchurch Vegan Society

Christchurch has always been a hub of vegan activity. Since 2002, events such as the Vegan Triathlons, Vegan Camp, Vegan Film Festival and Vegan Expo, plus the running of many veg groups and services including advocacy and education, have all been organised by the Christchurch Vegetarian Centre (CVC).

The CVC was a self-funded group with its own Charitable Status. It was run by a group of dedicated volunteers with part-time paid workers running the office. Although the CVC had always been run almost wholly by vegans, in 2002, at the time of forming, there was no Vegan Society in NZ. Thus, wanting to align to a national organisation, it formed under the umbrella of the New Zealand Vegetarian Society (NZVS). In April of this year the committee of the CVC decided to leave the NZVS and form its own independent organisation. Thus, the Christchurch Vegan Society (CVS) was launched.

THE BACKSTORY

For some time we had been troubled with the issue of having the word ‘vegetarian’ in our name as we knew many vegans didn’t realise we were a vegan organisation. It was our historic name, but was it the right name in 2018 when veganism is what people are searching for? We had changed the name of our annual Vegetarian Expo to Vegan Expo in 2017 which saw a tremendous increase in numbers and interest in the event. We knew we had to address the issue. As part of the process in considering if we should rename, or perhaps even work under two names, we decided to consult the local community with discussions and Facebook polls. The results were overwhelmingly in favour of renaming to ‘vegan’.

THE CURRENT SITUATION

Having to start from scratch all over again with no money, whilst challenging, also provides an opportunity to do things differently and better. We have launched two new websites (www.veganexpo.org.nz and www.veganchristchurch.org.nz), started up our regular weekly email newsletter again with a fresh new look and started a new database. We opened for membership, gained Charitable Status have run fundraising dinners, co-hosted the Jacy Reese talk, spoken in schools and to medical students, and of course organised New Zealand’s biggest vegan event: the Christchurch Vegan Expo. We are also starting to get some basic resources together and have just launched five leaflets on vegan nutrition and five on vegan families. We have had to close our physical office and strip back some of our activities and services; but we are maintaining the important ones. There is a lot more to do but Rome wasn’t built in a day, after all!

THE FUTURE

In terms of the new Christchurch Vegan Society – it is onwards and upwards. Yes – it is hard having to start all over again with funds and assets gone. But, as we are the same people doing the same things as we did before, it is really business as usual. It feels good now to be an independent organisation. From now on, funds for veganism raised in Christchurch stay in Christchurch. We can still work in with national organisations such as the Vegan Society, but we are autonomous and self-determining.

YOU DON’T HAVE TO LIVE IN CHRISTCHURCH TO SUPPORT OR BE PART OF THE CHRISTCHURCH VEGAN SOCIETY!

Join us/ donate to us / sign up for our free newsletter www.veganchristchurch.org.nz/(all donations are tax deductible)
Buy a t shirt www.myshirt.co.nz/collections/christchurch-vegan-society
Buy our vegan baking cookbook ‘Icing on the Quake’ www.veganchristchurch.org.nz
Come to the Vegan Expos www.veganexpo.org.nz
Come to Vegan Camp in Hanmer next Easter www.vegancamp.org.nz
2018 Christchurch Vegan Expo

What started as a small vegetarian lifestyle event in an Intermediate school hall in 2007 has now evolved into New Zealand’s biggest and longest running vegan festival – the Christchurch Vegan Expo. After the event packed out Christchurch’s second biggest venue in 2017, the team moved to the only venue in Christchurch big enough to hold it: the Horncastle Arena.

Taking full advantage of the big venue, the event featured 96 stalls focusing on plant-based living plus all day cookery demos, talks, musical entertainment, films and nonstop activities for kids. The crowds loved the space, the variety of what was on offer and many commented on the ‘feel’ of the day which was friendly, community oriented and firmly pro vegan.

Yolanda Soryl, president of the Christchurch Vegan Society who organised the expo said despite the scale of the event, it was their smoothest running expo. “Although we’ve been running these expos for 12 years now, the organisation this year was the best ever,” said Yolanda. “There aren’t many community events of this size organised primarily by volunteers so hats off to the Christchurch vegan community for supporting it and for the 16 key organisers plus the 50 volunteers on the day who stepped up to make the event happen.”

Another highlight for the team organising the expo in 2018 was the co-ordination of this expo with other vegan expos held nationally. “We connected with the Whangarei and Kapiti expos and combined resources to make one stellar website for all three expos. We loan resources to each other’s expos and turn up at them too to help out. That’s vegan community in action,” said Yolanda.

Despite this possibly being the last expo for the Christchurch team due to their loss of funds when they became an independent organisation earlier this year, the team have not given up hope that it might happen again and are on the lookout for large scale sponsorship opportunities.

Vegan Expo Kapiti Debut August 2018

On Sunday 19 August the Southward Car Museum played host to the Vegan Expo Kapiti, the first of its kind to be held in the lower North Island. Kapiti was chosen as an ideal location with its supportive community, affordable venue options and its proximity to the cities of Wellington and Palmerston North.

Any concerns by the organisers that the venue would be too large were quickly forgotten with 3,000 visitors packing the hall and outside food-truck courtyard on the day. The talks and cooking demonstrations were also well patronised. 40 stallholders nourished and delighted eager folk who were on a quest for information and taste sensations. The expo goodie bags were so popular that frenzied pre-sales crashed the expo website and all were sold out before the day.

Post expo feedback was very positive with calls for another expo. Of those attending, one third travelled from Wellington, one third local with the remainder from other regions.
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Vegan Certification

by Claire Insley

How long does it take to get a vegan trademark? As a Board we first discussed the idea way back in 2014. I took it upon myself to research into how to go about it etc. There were a few different options. We tried to join the UK scheme at first, as most international companies do. However we just kept waiting without answers for a long time and it was becoming a bit of a joke at Board meetings!

I decided to contact Stephanie Lane at the NZ Vegetarian Society to see how they ran things and how it worked for them. After much discussion between the two Societies, we came to the agreement that as they already knew what they were doing, had systems in place and a person paid to do the job, it really made an awful lot of sense to collaborate with them.

The result is an easily recognised and highly credible Vegan Certified symbol that will be helpful to vegans and vegetarians, people who are dairy-free and for the many people who are looking to cut back on animal products. The scheme is going to be in huge demand and of interest to both businesses and consumers.

“The current groundswell of interest in veganism and the ever-increasing demand for vegan food and products made this a good time to launch such a programme. The new certification symbol will make simple work of finding suitable products at a time when ingredients are still very complicated and sometimes incomprehensible,” says Julia Clements, NZ Vegetarian Society President.

The certification scheme is the only one of its kind in New Zealand and has taken two years to develop. A stringent and independent audit of every ingredient in a product takes place for each applicant.

“Animal-based items such as cochineal, rennet, gelatine, bone char, chicken feathers, human hair and other oddities are often not easy to detect on product labels, but are present in a surprising number of food and ingredients, so certification is important to know what you’re really buying,” says Stephanie Lane, Certification Manager of the NZ Vegetarian Society.

The NZ Vegetarian Society has been administering the UK Vegetarian Society owned ‘Vegetarian Society Approved’ programme in New Zealand for many years, and will continue to run it alongside the new Vegan Certification NZVS programme.

“There are a dozen or so companies with products already certified, and many applicants waiting, even before public announcement of the scheme. The amount of interest in the Vegan Certification has been extraordinary prior to launching it. Though perhaps it’s not surprising given veganism is currently growing at an unprecedented rate,” continues Stephanie.

“It’s another positive step forward for the growing group of New Zealanders who want to protect animal rights, the environment and their own health by reducing their use of animal-based products. It’s also great news for businesses wanting to attract this ever-growing consumer base and wanting to show their products really are 100% vegan.”

The first New Zealand restaurant to be certified is Hectors restaurant at Heritage Auckland. “We are delighted Hectors restaurant has been Vegan Certified by the NZ Vegetarian Society. We know how thorough their process is, so it’s a huge honour to have been recognised in this way,” says Gerrard O’Keefe, Executive Chef, Heritage Auckland.

VEGAN CERTIFIED BUSINESSES:

Heritage Auckland, Hectors Restaurant & Lobby Bar - You’re Somewhere Special
Extensive vegan menu, raw vegan breakfast buffet and plant-based lobby.

Angel Food - Vegan & divine
Dairy-free: Mozzarella alternative, Cheddar alternative, Parmesan alternative, Smoky Parmesan alternative, Cheesey Sauce Mix, Feta.

Doctors Choice Bio Yoghurt - Coconut yoghurt - We take health seriously
Handmade yoghurts made with pure and simple ingredients

Proper Handcooked Crisps - Proper Handcooked Crisps & Crunch Corn

Purebread - Bread, Vegan, Paleo, Gluten Free… Vegan Grain and Vegan Young Buck (gluten free). Order online.

The Breadman Organic Bakery
Probably the only 100% vegan specialty bread bakery in Aotearoa!
The Breadman prides itself on their rye and sourdough breads made in traditional European styles using simple organic raw ingredients. Some breads and crackers are gluten free, almost everything is yeast free.

Waiheke Herbs - Artisan herbal culinary products
Herb Spread Regular & Garlic Free; Organic Herb Spread Regular & Garlic Free

Vegan wines crafted with care at a family winery in sunny Nelson.

Lothlorien Winery - Organic, from our trees, to your table
Feijoa wines, sparkling and still. Fruit juices.

Matavino Wines - A little Italian in Matakana
Barbera, Chardonnay, Dolcetto, Nebbiolo, Viognier.

Moana Park Winery - New Zealands most awarded boutique winery at the Decanter World Wine Awards
Clean wine with less additives that’s better for you.

Au Natural Skinfood - For Your Skin. For Your Planet.
Anti Aging Facial Oil, Super Fruit Concentrate Eye Serum, On The Go Mineral Powders
I spend a lot of time talking to my patients about the proven health benefits of a wholefoods plant-based diet, so it’s really gratifying when they come back with real health improvements. I thought I’d share some recent ones here. It’s what keeps me going at work!

Many people assume their blood pressure, cholesterol or other health problems are down to chance or old age. I try to gently put them right, as eating a plant-based diet has been shown to prevent and treat the majority of the conditions that I and every other doctor in the world spend our working life dealing with. They come from all ages, but more as we get older, as the problems from poor diet and lifestyle mount up over time.

1. Heart disease, Mrs KC, age 69 – raised blood pressure, cholesterol, high heart risk score, overweight

This lady was screened for heart disease with a calcium score test done from a CT scan of her heart arteries. She was put on medication to reduce her risk of heart attacks and strokes and was recommended to have an angiogram. This is a common but invasive test – it carries risks in itself including causing heart attacks and bleeding.

She wasn’t keen on this, understandably, given she felt well, and looked for other options, coming across the evidence for a plant-based diet through Dr Caldwell Esselstyn and Dr Dean Ornish’s work. These doctors did high quality studies on people with heart disease treated in one group by standard advice and the usual medications and the other with a low-fat plant-based whole-food diet. Follow-up was for 3.7 and 5 years in each study and showed a massive benefit of reduction in heart attacks of 103% and 2.5 times respectively. Anyone who has heart or stroke disease, or a family history of them, should look at these studies as they are 2 of the best ones that have been done on plant-based diets.

Other really good population studies in this area are the Adventist Health Studies, of 7th-Day Adventists in California and the EPIC Europe study (primarily on cancer but showed big heart-disease benefits). I’ve also seen recently many patients who have had mini-strokes or heart attacks, as well as patients who have had mini-strokes or heart attacks, but showed big heart-disease benefits).

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2. Crohn’s disease - age 49, Martin – a nasty Inflammatory Bowel Disease causing abdominal pain, chronic diarrhoea and bleeding.

This man had looked up the effects of diet on his condition but without help and encouragement had not got far after a relapse. I saw him while his usual doctor was away and told him about the evidence for treating it with diet. He got help from the fantastic guys at Highcarbhealth.com (see website) and went plant-based with great improvement. You have to go on a healing diet first to let the inflamed gut heal, of simple juices and simple high carbohydrate foods, then introduced more complex plant-based foods once his gut could tolerate it. He was delighted to get off all his medications for the first time in 10 years.

Inflammatory bowel disease is a quite common disease affecting young people and responds really well to a plant-based diet – a nasty inflamed bowel condition which often affects teens or twentysomethings initially and can last for decades. Conventional treatment is to use strong immune suppressant medications and often surgery. Inflammatory bowel diseases are either Crohn’s disease (affecting anywhere from mouth to anus) or ulcerative colitis (affecting just the large bowel, or colon). It makes sense that it responds well to diet, given diet is what causes a large proportion of it – inflammatory animal-product foods rubbing along the length of the gut and releasing inflammatory and carcinogenic molecules. See:

- www.ornish.com
- www.dresselstyn.com/site
- www.wholefoodsplantbasedhealth.com

3. Inflammatory arthritis (like rheumatoid arthritis), Rosie, 34, student teacher and mother of 2

Rosie’s case showed me the power of plant-based diets and also the immediate harm from eating animal-based foods it causes in some people. They say ‘genes load the gun but diet pulls the trigger’, i.e., some people have more of a genetic predisposition to diseases but it is only when this is added to by an animal-product-rich Western diet that disease might occur.

Rosie had painful swollen joints in her hands, elbows, knees and shoulders for several months, gradually worsening. Blood tests didn’t show anything significant but she had debilitating symptoms affecting her looking after the kids and studying. I told her about the benefits of arthritis with plant-based diets and the evidence for it. She told me after that she was thinking, ‘But my diet is pretty good’. A lot of people say this to me, unaware that it is the meat, eggs and dairy which cause the harm, foods which have been traditionally thought to be healthy for us. It’s actually one of the hardest parts of my job to say actually there’s a good deal of evidence to show that these foods are responsible for many of our most common diseases. I have to say it tactfully, as many people take offence at being told what they choose to eat isn’t healthy like they thought. I can only say it as the (good quality, peer-reviewed and replicated) science is there to back me up.

Rosie followed the Paddison Program, a plant-based diet which starts with simple foods again, and reported an 80% improvement in her symptoms, which delighted and was unexpected for her.

Clint Paddison, an Australian stand-up comedian who cured his rheumatoid arthritis with a plant-based diet, has an inspiring TED talk which is well worth watching. He’s now made it his life’s work to bring it to others.

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www.paddisonprogram.com

One of the most striking things she told me was that when Rosie tried eating just
some eggs after a while, her symptoms returned within a day, proving the effect of diet.

4. Multiple Sclerosis - an unpredictable serious neurological condition which relapses and remits (gets better and worse) with numbness, weakness, extreme fatigue and increasing disability over time, causing early death, Fiona age 36.

Multiple Sclerosis is diagnosed from recurrent episodes of symptoms and an MRI scan. Fiona heard about the very low-fat plant-based diet studied by Dr Roy Swank in Portland, Oregon. He was a medical pioneer with a study lasting 50 (yes, fifty) years of follow-up, where people did not get worse after adopting the diet, in comparison with those who did not adopt the diet. Professor George Jelinek from Melbourne has taken this further with his ‘Overcoming MS’ website and lifestyle education course, which includes stress reduction and high-dose vitamin D supplementation. Fiona’s own words speak for themselves:

I was diagnosed with MS in 2001 and my main symptoms were numbness, pins-and-needles in my hands and feet, extreme fatigue, balance issues and incontinence.

‘I attended the OMS retreat in Australia twice (2004 and 2014) and, after the 2014 retreat, I decided to commit to the OMS programme. This included a diet of no meat or dairy, and minimal saturated fats, although fish and sea food were acceptable. This diet, whilst initially seemed fairly restrictive is now a way of life for me and I adhere to it 100%.

‘Since being on the programme, I have stopped taking the medication beta-interferon I had been on for 12 years [which did not help] and have been drug-free for 4 years.

‘My MS has improved tremendously and I am fitter, healthier, happier and practically symptom-free since being on the OMS programme.’


So, if you know anyone with these diseases, other auto-immune conditions or, indeed, cancers (which I haven’t presented here but there is good evidence it can also put many cancers into remission or, at least, prolong survival), let them know about the proven effects of a plant-based wholefoods diet. It also helps with many less ‘serious’ conditions such as acne, painful or heavy periods, irritable bowel syndrome and so on. These success stories make what I do worthwhile and encourage me to continue to spread the word.

Please feel free to get in touch if you’d like to come and see me at Four Kauri Medical Centre, Mount Albert, or privately for a longer one-on-one consultation.

\[Image\]

**Vegan on a Budget**

by Krysta Neve - Eat Kind Programme Coordinator at SAFE

Easy, affordable and inspired food is at your fingertips with these pro tips to keep that tummy satisfied and those cravings at bay.

There have been many times throughout my life where food was not able to be a priority, from being a poor student to returning from my big OE, I have had to figure out all the beautifully crafty ways to get yummy food for cheap. I am going to share some of my secrets because everyone should be able to eat kind, delicious and healthy foods on a budget!

**PACK LUNCH!**

This sounds like a simple one but we’ve all run out the door in a craze first thing in the morning, got to work and realised that lunch is still sitting on the bench at home. The more lunches packed the easier it becomes to remember to pack it!

\[Image\]

**MAKE BIGGER MEALS FOR DINNER – LEFTOVERS ARE OUR BEST FRIEND!**

When making dinner add an extra potato in the pot, throw in some extra pasta or a tin of canned tomatoes, bulk it up! It’s easier to add more to a big meal then it is to make one from scratch! Make enough at night so there are leftovers for lunch the next day then refer back to the first tip ;)

**BUY IN BULK**

Go Big! Want rice? Buy a sack instead of a small packet, it’ll be far cheaper and you won’t need to buy it as often – BONUS!

Look for deals at the supermarket like ‘3 cans for $5’ or ‘buy 2 get 1 free’, your wallet will thank you for it. Bulk shops like Binn Inn have a huge variety of products (like seeds, nuts and grains) at a low price plus you can take your own container and save more $ while helping the planet.

**CHECK OUT YOUR LOCAL FARMERS MARKET OR GREENGROCER**

- Buying directly from the farmer reduces the price of fresh produce as there is no one clipping the ticket e.g. a supermarket. The produce can actually be a lot fresher and more diverse as supermarkets tend to want the big perfect looking fruit and vegetables which can have less taste and more sprays. Buying local also supports the community, yay!

**EAT BREAKFAST AND MAKE IT TOO!**

Breakfast is the most important meal of the day NEVER underestimate this! We want to fuel our body with delicious, healthy goodness to get us through until the next meal. Porridge is queen, seriously it can be made in a pot or a microwave and can be filled or topped with whatever treats you want. I put cinnamon, raisins and stewed apple in mine and then top it with fresh banana, chopped nuts and a sprinkle of...
coconut sugar – this is an Instagram hit. P.S oats are soooo cheap so get amongst them.

GRAB A DINING OUT DEAL
I love going out for food that I can’t make myself but if it’s going to break the bank I’d rather not have the spending guilt. Look for deals, there’s a place down the road from me that does a vegan sushi buffet fortnightly for either a medium container for $10 or a really large for $15. Some friends and I have made a thing of it and now we are regulars there!

If you’re wanting to try some new places have a look on GrabOne or other online deal sights, they often have restaurant vouchers like $10 for $20.

BE A SOCIAL BUTTERFLY AND HOST A POTLUCK
If you love hanging out with mates but don’t want to part with copious amounts of dough to do it, invite people around and ask them to bring a dish. Potlucks can be crazy fun and it’s exciting trying new foods and seeing non-vegan friends make an effort in plant-based cuisine, you’d be surprised at what they can come up with. The low-stress factor of not having to cook or provide for a bunch of people is great too.

The last thing I am going to leave you with is the more organised you are with food the cheaper it can be! Buying pre-packaged sausages, cheeses and meats are easy and convenient but by far the most expensive way to eat vegan food. Plus, wholefoods are the healthiest and freshest way to go. Eat well and prosper, the animals, the planet and your health will thank you for it.

OPT FOR A REUSABLE COFFEE CUP
A hot drink in the morning or any time of day for that matter can make the world a better place, tea is life for me, but I refuse to pay upwards of $5 for a 5c tea bag, hot water and a dash of milk. I make one in my KeepCup at home in the mornings and it travels to work with me. Same principal with coffee, it is spennies when you buy it so sub out that café kick with some freshly ground, homemade plunger coffee.

Vegan Business Directory
Meet Our Business Friends who are supporting us to grow and expand veganism in New Zealand and who are increasing vegan options for YOU.

Vegan Society members receive special deals and discounts with these member businesses. New businesses join us every month - check our website for details.

AUCKLAND

Be Good Organics - Plant-based Naturopath & Nutritionist, blog, plant based recipes, and online shop. 10% discount on line

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

Carram - Vegan friendly deli and cafe. 15% discount

Green Time - healthy breakfast, corporate lunches, romantic dinners – check website for changing offers

Gorilla Kitchen - vegan café 10% discount

Govinda’s - vegetarian and vegan Indian restaurant 10% discount

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-based approach to healing 10% discount

Little Bird - raw wholefood Shop and café- 10% discount for online orders

Lord of the Fries - Plant-based burgers and takeaways-Free kids size fries with any big burger or hotdog

Mulan - Southeast Asian cuisine- 15% discount

Naturally Organic - stores 5% discount

Oomph - Vegan friendly naturopath 10% discount

Pioneer Pie Co. - Winner of the gluten-free pie in The NZ Supreme Vegan Pie Awards 2018= 20% discount

Prans Soul Food - Vegan eatery 10% discount

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

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

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

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

The Midnight Baker - boutique bread + café 10% discount

7 Siri Taste of Sri Lanka - traditional Sri Lankan Cuisine 10% discount
Snazzy Shop - vegan handbags wallets with a difference-10% discount online

Our other valued members include

ALL OF NZ
Angel Food - Plant-based food producers
Frys - Plant-based food producers
Bennetto - All vegan, organic and fair trade chocolate
Jesters Pies - a Kiwi pie brand producing quality pies
Little Island Creamery - organic plant based coconut products
Marpen Trade - Delishu- cultured nut cheeses
2nd nature Films
Oasis Beauty - affordable products that work; no nasty ingredients
Raglan Coconut Yoghurt - hand-made coconut yoghurt
Savour - organic cultured nut cheeses
Stir - Dairy-free milk powders
Terra Nut - Cultured nut cheeses
The Goodtime Pie Co. - Nation-wide stockists mars172@gmail.com
Veggie Delights - Healthy convenient plant-based foods

AUCKLAND
Appearance - Medicine and Wellness Centre
E-PACS - Singaporean & Malaysian vegetarian & vegan grocery, + weekend vegan cafe
Il Buco - Pizza restaurant
Kiaro - 100% Plant-based cafe
Little Lato - bespoke gelato and sorbet
Misters - healthy organic smoothies, juices, coffee, breakfast, lunch & sweets
Rabbit - Cafe vegan and veg cafe
Richoux Patisserie - Winners in 6 categories in The NZ Supreme Vegan Pie Awards 2018

The Blacksmith Eatery and Bar - vegan menu
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 Family Medical Centre - Vegan Doctor

NORTH ISLAND
Hapi Ora - Hastings Clean Kai Co-op and cafe
Hungry Elephant - whole food cafe, bar, grocery, eco shop
Loving Hutt - Taranaki- vegan restaurant chain
Nga Miro - Health Centre Ngaruawahia
The Native Loom Wellington - sustainable, vegan products handcrafted in India, designed in NZ.
V1 vegan store - all vegan supplies store Wellington

CHRISTCHURCH
Kirk’s Kai - vege patties
Raw Sugar - cafe
Grater Goods - plant-based delicatessen

DUNEDIN
Taste Nature - Locally owned organic food store, eatery and kitchen
Kind Grocer - 100% plant based grocer, herbal dispensary and online store

Your favourite café or vegan business is not yet listed?

Why not ask them to join us! They can join on-line as a business member or email amanda@vegansociety.org.nz

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 on line or contact amanda@vegansociety.org.nz to learn more.
NEW ZEALAND’S 1ST VEGAN ACCREDITED RESTAURANT

Hectors Restaurant at Heritage Auckland is proud to be the first vegan accredited restaurant in New Zealand.

Try our vibrant, flavoursome, nutritious and sustainable food on our menu or celebrate Christmas with our special 6 course plant base Christmas menu.

WWW.HERITAGEHOTELS.CO.NZ/HECTORS
or call 09 979 7434