Art Auction
Walking Along NZ
Find Hidden Ingredients
Prebiotics vs Probiotics
Pork Pie Goes Vegan
I hope everyone is enjoying their late taste of hot summer afternoons as we head inexorably into the cooler autumn cooler nights and shorter days. It was definitely an odd and cool summer all around, with actual snow falling in late January in the southern mountains. The seasonal squabbles over daylight savings are popping up again, as many of us hope to cling to the perfect setting of daylight hours as long as possible.

The passing of summer also brings a bountiful vegan harvest. Perhaps some of you have gardens that are overflowing with tomatoes or squashes. While my home garden is not quite so impressive, I work with a group who puts a lot of effort into their garden preparation each year, and it shows. While we can't help but be amazed at how many gigantic tomatoes are ripening each day there, it is really no more than "reaping what was sown".

Movements like veganism are also all about planting seeds of ideas and hoping they will grow well in people’s minds.

We have many stories of inspiring vegan superpowers in this issue, including travels in NZ and overseas, veganism in the popular media, and fundraising for amazingly worthy animal causes.

Thank you for your persistence and dedication to all the improvements veganism can bring to the world.

Jessica Parsons

If you have a photo you would like to share with us, please send it with a brief description to editor@vegansociety.org.nz

Letters to the Editor

If you have thoughts to share on what you read in Vegan New Zealand 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.
The Longest Walk – Kazushi Noiri
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Travelling Vegan
Purity Fragrances
Summer in Review
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Vegan Pork Pie
The Vegan Ball
Prebiotics Vs Probiotics
Book Review
Flavours of Autumn
Top Vegan Deodorants
Essential Health NZ Review
Boquita for Veggie Mexi
Meet Kazushi Noiri, or ‘Kaz’, the Dunedin vegan who walked 2,244 kilometres from Bluff to Cape Reinga. His journey took 66 days. He is a true inspiration who proves that anything is possible.

Growing Up in Japan
Originally from Osaka, Kaz came to New Zealand at the age of 17. As a young child, he struggled with numerous allergies including eczema and sore throats. Due to these reactions, Kaz could not eat most vegetables, legumes or even grains like rice. It was ultimately very difficult for his parents to feed him anything other than meat. Fortunately, however, Kaz outgrew his allergies during his teenage years, but continued to suffer from eczema.

The Vegan Journey
It was 6 years ago, at the age of 23, that Kaz discovered the benefits of a plant-based diet through research. At the time, he decided to try out a vegan diet purely for health-related reasons. Kaz’s transition to a vegan diet was very quick. On the last day of his 7-day, vegan diet challenge he had a craving for KFC but, surprisingly, he could not finish the meal. Kaz’s body rejected the meat as he had already adapted nicely to a plant-based food regime. Kaz reports that he has not returned to KFC since. Following a vegan diet also helped to clear Kaz’s family and friends back in Japan were, however, supportive of his lifestyle choice once he had explained the negative implications that a diet containing meat has on the body and to animals.

Kaz’s veganism became part of an ethical lifestyle, not just a health-conscious dietary choice. Although Japanese food culture is largely vegetable-based, there is also a strong focus on seafood. Thus, eating out in Japan has been tricky during the times that Kaz has visited home. Not only does he face the difficulty of dealing with pressure from family and friends to eat Japanese dishes, but Kaz must also tackle the issue that many Japanese foods that appear to be vegan often contain animal products. For example, most meatless noodle soups will still contain bonito, or fish stock. Kaz’s family and friends back in Japan were, however, supportive of his lifestyle choice once he had explained the negative implications that a diet containing meat has on the body and to animals.

Planning for an Epic Quest
Planning for the walk took 12 months in itself. Otago Polytechnic helped Kaz to organise free accommodation from generous local motels and taverns, so he managed to sleep on a proper bed for 60 out of the 66 nights that it took to walk NZ. Kaz also invited the public to join him on this journey. However, despite much interest, most of the organised meet-ups were unsuccessful due to scheduling problems and a lack of cellphone reception.

The Idea
Kaz volunteers at an aged care centre in Dunedin. The elderly lady who Kaz looked after there has arthritis and through her struggle Kaz experienced first-hand the immense support that Arthritis New Zealand provides to sufferers of the disorder. He knew then that he wanted to support the cause. At the same time, Kaz learnt that exercise helps to prevent and manage arthritis. Putting two and two together, Kaz came up with a public awareness idea that also included his love for the outdoors (think tramping, surfing, triathlons). Therefore, he came up with the idea to walk the length of NZ. The walk couldn’t have started on a better day – World Arthritis Day, 12 October 2016. Kaz’s message is clear. Anyone can get arthritis, and the impact can be so brutal that sufferers do not just lose their skills, but also the ability to carry out basic everyday tasks. We can all minimise the risk of arthritis by movement and exercise, and a vegan diet certainly helps!

To cover the most distance as possible in a single day, Kaz left very early in the morning, and would arrive in town quite late. He could never guarantee what time he would arrive. In addition to this, some did not even realise that Kaz had been and gone. Sometimes he was right on schedule and other people were too late! Of the meet-ups Kaz had that were successful, the biggest highlight was the group of 20 students from Aquinas College in Tauranga who joined him for the duration of a PE session. This camaraderie was also a prime example of integration with the local community.

Training involved general walking and running daily, but most days involved 30-60 minutes of casual walking. During the university break, Kaz would also go tramping and truly experience the natural terrain of NZ. His longest training session was a 150km walk from Dunedin to Gore, which took 3 days. This training was crucial for Kaz to ascertain the daily kilometres that he could reasonably achieve on a given day. The result? A conclusion that 30kms daily is achievable, but anything above 50km will lead to complete exhaustion.

The Vegan Walker
Through this walk, Kaz has helped to spread the vegan message across NZ, literally! I expected this guy to have an enormous, rich diet to facilitate the epic journey and training that he undertook. However, you wouldn’t believe what he eats – just basic foods. Kaz is a light eater. Breakfast consists of oatmeal with soy milk and half a can of baked beans. Meanwhile, lunch includes a mixture of canned chilli beans and spices to put into a wrap. Dinner...
is nothing spectacular, either – consisting of just another can of beans with some tofu.
This all makes sense because Kaz lives in a makeshift caravan, and has done so for 2 years. So no luxurious green smoothies or potato curries! During the walk, Kaz’s food had to be unperishable and light enough to carry. Muesli bars, nuts, seeds, and rice crackers with hummus were recurrent items consumed. Kaz went past many dairies, Four Squares and petrol stations, and when he passed restaurants Kaz ate wraps and burgers.

Challenges Conquered
The first big challenge that Kaz faced was the walk from Waiouru to Turangi on the Desert Road at high altitude. The conditions were extremely harsh and unpredictable, involving hail, rain, clouds and harsh winds. For the entirety of this leg of the journey, Kaz barely saw the sunlight. On this day, he left at 4am and did not finish until 9pm, covering 64km in horrid weather conditions. This distance is, on the difficulty scale, extremely challenging! Interestingly, Desert Road was the longest street that Kaz walked through during his 66 days. Additionally, on the day before he was expected to reach Cape Reinga, Kaz was trying to find Ninety Mile Beach. The map indicated that he should turn onto a track to get there. However, the track was no longer there having been completely covered in dense bush and weeds that reached over 2 metres high. He backtracked and tried figure it out himself using an alternative route and, about 2 hours later, he realised he was exactly where he started. He’d just walked in a circle! Frustrated and heavily exhausted, Kaz knew that the beach was right there – so close and yet so difficult to reach! After deciding to go through the overgrown bush track, Kaz realized that it was almost impenetrable. The weeds were taller than him, and cut his legs as he pushed through. Kaz really thought that he would make the news that night as a missing tramper. Halfway through he almost gave up, And a feeling of doom enveloped as he remembered that there was no way out – no passing cars, no map, and no going back. But he pressed on. After about 2-3 hours of pushing through, he finally arrived at the ocean. What a relief – Kaz said that he was more excited at the sight of this beach than the sight of the ‘finish line’! I asked him how many blisters he attained during his 66 days. His answer? None. I was in shock and disbelief! The title of this article should be “66 Days of Walking and No Blisters” instead.

The Finish Line
Reaching the Cape felt incredible for Kaz. The journey had finally come to a close and he could finally relish in his satisfaction. Kaz was ecstatic and hugely relieved. You would think that he would accept offers from friends to drive him to his camping spot for the night after walking to 66 days straight. But he didn’t. Instead, Kaz embarked on a further 30min walk to get there because, in his words, it was quicker! Once there, Kaz was rewarded with great scenery yet again. A Canadian couple had joined Kaz just before reaching the Cape, providing him direct encouragement at the time, and proving to be great company for the post-walk celebrations at the campsite. Kaz is still in disbelief that he managed to walk the length of New Zealand. He says this to me whilst laughing out loud, and it becomes obvious that he’d thoroughly enjoyed the 66 days, despite the emotional rollercoaster. The positives included being rewarded with beautiful New Zealand scenery, and having fun meeting friendly people along the way. But at times harsh weather, nature and landscapes pushed him to his limits.

The Future Journey
Once Kaz graduates from his final year of nursing, he wants to work in ICU at a hospital in addition to obtaining experience in various nursing fields, namely helicopter flight nursing. Although nursing is a female-dominated field, this doesn’t bother Kaz at all. What’s important to him is the ability to take care of people throughout the entire process, from being the first person to assist a patient all the way to experiencing their recovery. Nursing doesn’t just involve the care of a patient, but of their families and friends too, an aspect that Kaz enjoys. Ultimately, Kaz sees himself in a rural nursing role in the countryside, where there are often limited resources and access routes. He also loves nature and so he would ideally like to practice in NZ once he has gained some volunteering experience in developing countries. We will no doubt hear more of Kaz in his future endeavours, and we wish him all the best.
Nonvegan Traps

Lynley Tulloch, Founder, Starfish Bobby Calf Project

My choice to go vegan was driven by one of the most straightforward, passionate and easy loves of all: that for my fellow earthlings. But the complexities of this commitment have, at least at the dietary level, proved somewhat bewildering.

Many vegans and vegetarians may be eating animal ingredients without knowing it, which is distressing given the depth of our commitment. From chips, margarine, refried beans and wine to hokey pokey dairy free ice-cream, it’s one giant food trap out there. Just when you think your diet is as pure as the driven snow, a cow, feather, egg or fish sneaks into your food.

The insidious nature of the animal industrial complex is mind boggling. Our use of animals has become embedded in the food production process to such an extent that we find traces of them in the most unexpected places.

So what are some of the common hidden animal products in food?

Fine Wine?

One of my first vegan surprises was that wine is often fined in isinglass, which is sturgeon fish bladder protein. Wine may also be fined in casein (milk proteins), albumin (egg whites) and gelatine (animal protein). Vegan wines are fined in bentonite, which is a form of clay.

Why does wine need to be fined? Wine is essentially fermented grape juice, and yeast converts the sugars into alcohol. But the result, at least in young wine, is very cloudy due to molecules resulting from this process - and most people like their wine to be sparkly clear.

It is important to note that the fining agents do not remain in the wine; rather, they are used to attract the hazy molecules and are precipitated out along with them. Nevertheless, wine that has been refined using any of these animal products is not vegan. Look for vegan-friendly wine by reading the labels or checking out vegan brands before you shop by going to this link: www.vegetarians.co.nz/articles/new-zealand-vegan-wine-list

Gelatine

Gelatine is another sneaky ingredient that seems to be everywhere. This is a gooey substance with a long history of human use in food and other products including paper and magazines. It was first used in food in medieval days when cows’ or calves’ hooves were boiled up for a variety of uses. Today it is obtained in much the same way by boiling the connective tissues, bones and skins of animals, usually cows and pigs.

Gelatine is used in food to make strong colourless and transparent gels. It is easily digested, soluble in hot water, and forms a positive binding action. It is commonly used in jellied desserts, lollies, during the preservation of fruit and in the fining of wine. Gelatine can also be used as a carrier of beta-carotene and vitamin D2 in processed foods. Gelatine even finds its way into some packaged nuts – Planters Dry
And just like that, I now don't eat chips at restaurants anymore. They're off my menu, unless they are prepared on site in vegetable oil that has not also sizzled a million poor fish. Veggie burger patties are often a no-go in fast food restaurants as well, as they may contain egg.

Refried beans are another surprisingly non-vegan food. In restaurants, the refried beans used in your tacos are often made with beef lard, as this is the traditional recipe. I was quite chilled to realise this, as it was one of my go-to restaurant foods, along with chips.

Pantry basics
Margarine – especially the cheap sort that is used in bulk by restaurants - may also contain whey, gelatine and casein (a milk protein). Sometimes margarine even has animal fat in it, so read labels carefully.

And finally, I come to sugar. This is one of my most loved foods, and yet it may have bones in it. Bone char is used to bleach and filter cane sugar during processing. Not all sugar is non-vegan (Chelsea sugar does not use any animal products), so source it carefully.

Recommendations
The list above is not exhaustive – but it gives an indication of many of the foodstuffs that once had a beating heart. It is just another reason to stay strong for the animals and commit to keeping them off your plate, in all their guises. Always read the ingredients, and do some research about what you're reading.

Roasted Peanuts are a notable example. I happily downed several tubs of Like Licks new dairy-free hokey pokey ice-cream before realising there was gelatine in the new recipe. Heads up though, after discussions with the vegan community and the Vegan Society, Like Licks are looking at removing the gelatine.

Hidden processes
There are many other non-vegan ingredients that are not obvious. Many processed foods have aids that are not vegan. For example, lactose is used to fix flavour in many crunchy products such as potato chips. Lactose is a sugar that is present in milk. Release agents such as lecithin may also lurk in bakery goods. Lecithin is produced from soy or egg yolk and is used in baking as an emulsifier and lubricant.

Other animal-derived ingredients that you need to look for on processed products include E120 which is cochineal (crimson, carmine), dye made from Dactylopius coccus beetles. E542 is another additive in food and isphosphates from bones used in the food industry.

And then there's the famous non-vegan E ingredient found in the winning vegan Z pie - E920. E920 (L. Cysteine) is a pastry conditioner, and it is made from feathers. While the ingredient was only added in miniscule proportions, and no vegans had to pick feathers from between their teeth, the principle was important. To their credit, Z station acted quickly and removed this ingredient and replaced it with a non-animal derived version.

Say, cheese?
Processed food also needs to be checked for the commonly added whey. This is the watery liquid that separates from the solids in making cheese. It is used in crackers, biscuits, protein powders and cakes. I hate to admit but I was eating products with whey in them for some months after going vegan. I just did not realise it was a milk product.

Speaking of cheese, if you are vegetarian you need to know that many cheeses are made with the use of rennet, produced in the stomachs of ruminant animals. It is an enzyme which helps young calves digest their mother’s milk. In cheese making, it is used to separate curds and whey – which should be enough to frighten Miss Muffet away.

Chips and beans
Apparently not even the classic Kiwi chip gets away with being just an innocent deep-fried potato free of dead animals. This is quite devastating as I am rather partial to this standby in restaurants have no vegan food. I recently found out that many restaurants selling fries do so using a frozen product which is pre-prepared with beef tallow and whey powder.

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Links:
www.dermnetnz.org/topics/food-additives-and-e-numbers
Travelling Vegan

Claire Insley

The UK

The UK has always had a much wider selection of vegan products available than here in NZ and at a much-reduced cost. Of course, we have to pay for the transport of foods like Gary (vegan cheese), but I am sure it is still way over the odds. I suppose that’s the price of living in paradise?

On arrival at our first stop, a Travelodge, my husband and I were pleasantly surprised to find that a full vegan breakfast was available there: Linda McCartney sausages, mushrooms, Heinz baked beans, hash browns, toast, fruit juice and coffee or tea. They supplied soy milk and sunflower spread. Totally awesome! We travelled the entire country, from Devon to Aberdeen and many places in between. Linda McCartney sausages have been taken on board by so many cafés keen to provide vegans a decent cooked breakfast, and even small towns had them.

I sadly did not find any vegan Quorn or the fabled vegan Baileys, but the cheap supply of vegan cheese was awesome. Most restaurants seemed to offer at least one vegan option, and we even found a little country pub that had a full page of vegetarian options, some of which were vegan.

The amazing Greenlife in Totnes (where I used to work) has an incredible supply of good vegan food, much of which is ready to eat straight out of the fridge.

In Bristol and many service stations throughout the country, I found vegan sandwiches off the shelf. Vegan foods were just so much more available everywhere. W.H. Smiths, many of the supermarkets and other places all had vegan sandwiches available. It was so different from when I lived there. Again, a lot has happened in eight years. Of course, have over 500,000 vegans in the UK does make a huge difference.

In Edinburgh was recently voted by PETA as the #1 city for vegans in the UK, so of course it was superb. It was even possible to order a vegan pizza delivery with chocolate cheesecake. We also scored a delicious lush vegan fudge. In Leith, there was a very enjoyable pub with a vegan menu, called The Roseleaf, which was also Alice in Wonderland themed. There were blackboards in the toilets there, so I had to write Go Vegan inside a heart.

Aberdeen, which is a fishing and oil city, surprisingly had opened a new café that offered several vegan dishes. This was convenient as it complemented the opening times of the other place to get vegan food, Owlies. There are also many Indian restaurants, so all is not lost for vegans in Aberdeen.

However, it was the southwest of England, with Totnes, Glastonbury and Bristol, that helped make our visit as vegan as possible. So please, if you do go to the UK, I urge you to check out this part of the country with its vegan pasties and excellent vegan cafés.

Shanghai

In our two days in Shanghai, the first place we ate was a Subway. Well, we knew we could at least get a Veggie Delight. We were
somewhat disappointed by the selection of veggies on offer, and they had to be asked to fill up the rolls with lettuce.

We looked up vegan food in Shanghai and found TripAdvisor to be the most helpful. There is no Facebook or Google in China. One place we visited on a Sunday had been turned into a sales market for the day. It was full of people queuing and buying stuff out of boxes, and we couldn’t even figure out what they were buying. Upstairs, we could see tables and chairs, so perhaps it was open other times.

We found a chain called Pure and Whole, with great vegan food. The menu was huge, with everything in pictures and English. Or maybe they just saw we needed an English menu when we walked in. Each dish had a list of ingredients and the calorie content. It was certainly plant-based for health, rather than vegan for the animals, but regardless, it was fantastic food. Without details like these, it was quite hard to trust anything we ate in Shanghai to be vegan.

The dark roasted side of travelling
I will warn you coffee lovers out there: NZ has the best coffee in the world, so when you leave these shores, say goodbye to decent coffee. But you don’t have to say goodbye to vegan food.

Debbie Cole is a long-term vegan from Coatesville with a passion for scents. About 15 years ago, she started to switch all her synthetic products in the house, for herself and her family. As soon as she cut out the chemicals from her life, she noticed she was not suffering from allergies anymore. She started studying aromatherapy and found that, when her mum died, certain fragrances helped her feel better.

While shopping in her local health food store, Ceres in Ellerslie, she found herself looking for a natural perfume, yet could not find a suitable one. There was no spray-on that lasted for more than a few minutes. She had been making her own essential oil fragrances, but they simply did not last either. In 2011, Ceres suggested she look into making her own natural spray fragrances, as there was clearly a gap in the market for such products. After an Easter weekend spent brainstorming, she came up with the name Purity Fragrances. In another 18 months, a trademark was formed.

She talked to a friend who was a French perfumer, and he helped her to create a lasting fragrance, with the help of a French laboratory. Working with the lab, she launched her first fragrance 3 years ago. Perfectly Me was produced from natural essential oils plus a natural hydrator, glycerin; a synthesised nature identical eco-cert validated preservative; and xanthan gum. All constituents are eco-certified and produced from plant sources. The range is vegan and made from natural products. Debbie is very passionate about that, as it was her allergies to synthetics that started her journey. This is a visible commitment, as all products are opaque, not clear, since there are no de-flocculation agents used.

There are now three different products, all available in 9 ml or 50 ml sizes. Whilst her perfumes are not gender-specific as such (men wear Perfectly Me, for instance), she is working on increasing funding for her new ideas. She is currently working on a fourth product, as well as a range for men.

She has a vision for her range to be available globally and is about to launch the range in Japan. The fragrances feel just like water going on, so refreshing and hydrating. The aromas last for a few hours. I have to say that Happily Mine did make me feel happy when I smelt it. Perfectly Me has a more citrus smell, while My Moment took me away and lost me in its beautiful scent. They all feel and smell delightful and are not drying like other eau de toilets can be.
The markets and garden go crazy with the widest range of produce available in summer. I have recently built a couple of planter boxes and have grown snow peas, tomatoes, capsicum, spring onions, coriander, apple cucumbers, radishes, beans, peas, parsley and even gooseberries. Given a little more thought and planning, I’m hoping to grow a lot more of my own produce throughout the year.

It’s a great time of year, with barbecues in the afternoon summer sun (which has been in rather short supply this season). Sharing plates are all the rage and have been a tradition with the family for as long as I can remember. My better half is always left amazed at how I can just throw things together without planning a week in advance, and I’ll let you in on a little secret: simplicity is the key. Food this good doesn’t need to be overly complicated, and ideally, let the flavours and textures talk for themselves. Here are a couple of dishes that are fairly easy, so you can substitute almost anything. In fact, I implore you to change these recipes! Have fun with them make them your own and share them with your loved ones.

Stuffed lettuce rolls w/ capsicum and cashew dip
Makes 6-8 lettuce wraps (3-4 serves)

**Ingredients**
- 1 iceberg lettuce

**Stuffing**
- 1 red capsicum
- 5 shiitake mushrooms
- 1 spring onion
- 20 g mung beans
- 1 tsp parsley
- 1 tsp toasted cumin
- 1 cup vermicelli glass noodles
- 20 sunflower seeds
- 20 pumpkin seeds

**Capsicum cashew dip**
- ¼ cup soaked cashews
- 2 tsp coriander root
- 1 tsp smoked paprika
- ½ tsp toasted cumin
- 1/2 red capsicum
- lemon

**Instructions**

**Dip**
1. Soak the cashews overnight or at least 6 hours, then drain and rinse.
2. Put in the blender with capsicum, coriander root, toasted cumin powder, smoked paprika and pulse until smooth.
3. Add a little squeeze of lemon juice and seasoning to taste.

**Stuffing**
1. Soak the glass noodles and cook as per pack instructions.
2. Drain cool, set aside.
3. Slice the shiitake and sauté in a hot pan with a little extra virgin olive oil
4. Add julienned (very thin sliced) capsicum, sliced spring onions, chopped parsley, seeds and at the last minute the mung beans and noodles.

**Wrap and serve**
1. For the wrap use only the outer leaves of the iceberg lettuce.
2. Place leaves on the barbecue to wilt or quickly dip in boiling water for a few seconds, and remove when soft
3. Place enough filling inside so you can still roll it like a spring roll
4. Serve with dip
Flatbread with charred sweetcorn, cherry tomatoes, black garlic and parsley vinaigrette
Makes 3-4 serves

Ingredients
• 3 x pita bread
• 1 sweetcorn
• 4 tbsp grapeseed oil
• 1 clove garlic
• 60 g cherry tomatoes
• Coriander
• 1 clove black garlic
• 5 capers
• 2 tbsp sherry vinegar
• ½ lemon
• 1 tbsp crispy shallot
• 1 tsp agave

• 50 ml extra virgin olive oil
• Salt and pepper
• ½ tsp smoked paprika

Instructions
(Note: as well as a hot barbecue, preheat the oven to 160°C.)
1. Peel the sweetcorn and brush with a little oil before putting it on the barbecue
2. When it has browned, remove from the barbecue and cool.
3. Remove the kernels with a knife.
4. Mince the garlic with the rest of the grapeseed oil.
5. Brush the pita bread with the garlic oil.
6. Coarsely chop the tomatoes, coriander, black garlic, capers, and mix all with the corn.
7. Place on the pita and bake until a little crispy on the edges.
8. For the dressing place the olive oil, parsley, smoked paprika, diced shallot, agave syrup and salt and pepper into the blender and pulse until emulsified. Drizzle dressing over the warm pita and serve.

Barbecued peaches with vanilla lemon agave syrup and cream
Makes 4 serves

Ingredients
• 2 peaches, cut in half and pit removed
• 60 ml agave
• ½ lemon
• ¼ vanilla pod
• 1 cup chilled coconut cream
• 2 tbsp raw coconut sugar

Instructions
1. Place the peaches on the barbecue hotplate, cover and cook.
2. In a bowl mix the agave syrup, vanilla and lemon together.
3. Whip the chilled coconut cream (in a chilled bowl) on medium speed for a few minutes before turning up to high speed, slowly adding the raw coconut sugar until light and fluffy.
4. Remove peaches from the hotplate and spoon over the agave syrup mixture. Serve with coconut whipped cream. Yum!

Kumara and carrot rosti with Harissa spiced eggplant and walnut parmesan
Makes 8-12 rosti (4 serves)

Ingredients
• 1 tsp sesame seeds
• 1 golden kumara, peeled
• 1 carrot, peeled
• 1 eggplant
• 3 walnuts
• 1 tsp Harissa spice (can be more if you like heat)
• Malden sea salt
• 1/2 tbsp rice flour

Instructions
1. Peel the kumara and carrot then grate them lengthways into a bowl.
2. Add the sesame seeds and sprinkle the rice flour over the mix to help bind it all together, not too much as you don’t want it doughy.
3. Spoon mix to about 6-8cm diameter onto barbecue hotplate with about ½ cm deep layer of extra virgin olive oil to cook them, turn when golden.
4. Slice eggplant lengthways about 1-2cm thick and place on barbecue grill, brushing with oil and seasoning.
5. Sprinkle with Harissa powder. Turn to get colour on both sides and nice dark lines. Remove from the grill and roughly chop.
6. Place the eggplant mix on the rosti and grate a little walnut over the top with a microplane.
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On 1 December 2016, Direct Animal Action hosted a fundraising event for Paws Awhile Animal Sanctuary. This exhibition 'Animals – Seeing the Sentient Being' celebrated animal sentience. The artists involved expressed this in many beautiful and creative ways. Being involved in fighting for Animal Rights, we find ourselves endlessly (but happily) organising protests, meetings and events, so we wanted an opportunity to focus on the sentient nature of the animals whom our community is fighting for. The vision was that the artworks would inspire the viewer to see animals in ways they normally wouldn’t: an unexpected encounter, with a focus on the connection and likeness between their sentience and our own.

The event was held at Allpress Studio in Freemans Bay and featured works from over 50 different artists. With a mix of established and emerging artists from different parts of the country, we displayed a varied array of intriguing media, from spray paint and acrylic, pencil, oil and wax, foil and ink to glass and ceramics. The studio was alive and vibrant with many different interpretations of animal sentience. And it looked amazing!

Paws Awhile
It was a wonderful encounter of community, artists and animal activists all working hard to raise money for animals in need. Our chosen charity, Paws Awhile Sanctuary in Raglan, is run solely by passionate animal advocate Anna Dahlberg. Paws Awhile is a home for abandoned, unwanted and abused animals. The large property is home to many different animals including miniature ponies, kunekune pigs, dogs, cats and many chickens. All the animals have been lovingly cared for and rehabilitated by Anna and the many volunteers who regularly visit the sanctuary on working bee trips.

Exhibition and auction
The exhibition ran through the end of November up until closing night, when we hosted a live auction evening. The studio
finally selling for well above the anticipated price. The winner expressed that it was all for a good cause, both parties shook hands and had a bit of a laugh; it was indeed a very fun evening.

**Results**

A month after the success of auction night (and after a bit of a rest for us!) with all proceeds tallied up, we made the trip out to Paws Awhile and gifted Anna the $9000 raised from the art exhibition and auction. Anna was amazed by the amount as it was far more than she had dreamed, and she was extremely grateful. She said that the money would go a long way in helping her finish her current infrastructure project, allowing her to take in more animals. Anna plans to build a bridge over a stream that runs through the property and fence off the waterways to ensure the animals don’t wander into them.

We couldn’t travel all that way without taking some time to also visit with the animals, many of whom immediately came running up to greet us as we entered the gates. The sanctuary homes an eclectic mix of animals, who all seem to get on like one big family, happy in each other's company in such a wonderful mix of beautiful personalities. Paws Awhile truly is a special place, and Anna is such an inspiring advocate for animals. We are happy to have succeeded in making their world a better place.

**Thanks!**

Direct Animal Action sends a massive thank you to everyone involved in making this event a success. That means: all the fabulous people who purchased art from the exhibition, the community, the artists and all the volunteers from the Direct Animal Action community who helped make the night run smoothly. The talented Tamara from Tamara Josephine Photography took all the beautiful pictures of the event. Sara Wiseman was our wonderful MC for the evening. Allpress Studio, thanks for letting us host our event in your beautiful studio. Steve Heywood, you were a vibrant and entertaining auctioneer, and Ian Cheesman did an exceptional job installing all the work in the studio.

Thanks as well to our many sponsors: Phillipa from Tart Bakery for providing all the delicious food for our lovely guests and Hell Pizza for feeding all our volunteers. Toi Toi New Zealand Wine, Kaimira Estate Wines, Lothlorien Organic Feijoa Wine, Hallertau Wines, Yealands Family Wines, Astrolabe Wines and Epic Larger kept all our guests with drinks in hand. Allpress provided us with 1kg of beautifully roasted coffee and a barista workshop to give away. Framed 2000 gave us a great deal on framing, and Artwoods provided all the packaging materials we needed. And last but not least, many thanks to the companies that provided us with experiences to include in our live auction: Solscape Eco Retreat in Raglan, Infinity Float Centre and BGT-Actors, Models and Talent NZ. Without all of you this event would not have been possible!

*Photo credit Tamara Josephine Photography*
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Vegan Pork Pie

The Invercargill Vegan Society's Jordan Wyatt digs deep and finds a movie with heart.

“Keira was in part inspired by the evolving morals of youth and their growing awareness of our dietary impact on global health. I have two teenage vegan daughters who see change as the responsibility of the individual.

- Matt Murphy (Writer / Director)”

You may not have known this about me, but I’m from Invercargill. I love our beautiful city, fairest in the New Zealand: an egalitarian paradise of working-class decency and affordability, with just the right dash of eccentric mayor and pop culture infamy. The Rolling Stones may have dubbed us “The Arsehole of the World”, but we’re best remembered as the place you steal a yellow Mini and hoon Invers-bound for love. My first house stands just a block from where the ’81 Pork Pie Mini crashed and burnt a hole in our hearts.

Vegan main character

Newly remade for a more ethical time, Goodbye Pork Pie is absolutely doused in animal rights messages. The main character Keira can’t go five seconds without demonstrating what an inspirational Animal Rights activist she is, with her vegan friends holding a big “Silence of the Lambs” rave party in a Wellington warehouse. You may recognise some of the extras; in scenes involving a Ban Live Export protest march to the Beehive, actual vegan activists were hired. All proceeds raised went towards animal sanctuaries, and the film crew later sold one of the Minis, donating a sizeable chunk towards our main national AR organisation SAFE.

Vegan pamphlets are added to fast-food takeaways, Keira clearly points to and mentions her “not your mum, not your milk” badges, and is challenged on being an “undercover vegan activist”. She stands firm, “I never hide my beliefs.” “Gotta have principles bro” agrees “Boy” star James Rolleston. Ominously, the film’s main getaway driver had a real-life car accident soon after production finished.

Radio/TV host asking if there’s any worse mistake than “going vegan” …the animal rights messages are unrelenting. This is it, our moment where the vegan movement is firmly embedded in New Zealand pop culture. Now, our most Kiwi of movies has been remade, and it’s all about veganism. It’s brilliant!

Standing up

I sat whooping all through the Invercargill premiere. As the end credits rolled, cast and crew received standing ovations. With word of the film’s animal rights activist character, I’d entered as a man on a mission. Atop all the cheering, I took out my “Go Vegan for all the Animals” sign, waving it proudly like a vegan badge of honour - not your mum, not your milk. “GO VEGAN!” I roared. The director Matt Murphy noticed, and main star Dean O’Gorman pointed and laughed. They later starred in an Invercargill Vegan Society behind the scenes film about the movie’s vegan themes, and even signed my yellow “Pork Pie” T-shirt with the creed “Go Vegan.”

Keira wants to “impact change, not a bloody lamppost”, and the watching public of New Zealand think the whole wild Mini chase is about vegans calling for the “freedom of sheep”. Our supposed vegan video goes viral, “a spike not seen since Nek Minnit or the ice bucket challenge”.

The cast make a toast to “Pork Pie”, to which our vegan hero expresses disgust. To Pork Pie hats, clarify her comrades, “and to an un-silenceable lamb.”

Instant vegan classic

Vegans of New Zealand, here is our movie. May we forever gather for midnight screenings, our animal rights version of “Rocky Horror Picture Show”. Veganism and animal rights is now front and centre like a yellow Mini speeding towards the promised land.

To the quinoa crunchers of the north: reject the bourgeois trappings of the new BMW Mini, put down your five-course degustation, and hop a Kiwirail freight train to Invercargill. There’s an animal rights movement in the south, and it is all going down!

Check out the full Invercargill Vegan Society’s review, vegan behind the scenes, and Invercargill premiere coverage at invsoc.org.nz/porkpie
I decided to hold the first Vegan Ball in 2015 in Whangarei, which only gathered around 50 people, as a way to bring vegans together at an event that would never normally cater to vegans and to raise money for NZ Animal Rights groups.

The Vegan Ball 2016 was held in November in Auckland and brought over 100 people together with delicious vegan food by The Gaya Tree and incredible sounds organised by Craig Neilson. Michael Hitchcock volunteered to create the website, and Laura Cheeseman designed our epic logo for free. It was organised by my partner Karl King and I, Shanon Hobson and Aysha Hyndman. We raised $600 each for our main charities Farmwatch and The Starfish Bobby Calf Project, and $100 each through individual raffles for our other charities, NZAVS, Go Vegan, The Animal Sanctuary, Paws Awhile Animal Sanctuary, SAFE, Direct Animal Action and The Roost.

We plan a Vegan Ball 2017 too, as it was an amazing feeling to see so many like-minded compassionate vegans together dancing, eating and having an incredible time for so many good causes! We had a representative from each organisation speak, including me. Karl, Shanon and I were running around like crazy people but it was such a satisfying feeling to see it all come together.

Michael Morris, attendee

The 2016 vegan ball was advertised as a “Spring Soiree”, like something out of the Herald society pages, and it was a chance to show off vegan sartorial style. Vegans are no longer just hippies in torn jeans or elderly ladies in sand-shoes and cardigans; we can dress and mess with the best of them.

Like Cinderella before me, I was dateless. But these days, that’s no problem. Taking advantage of 21st century social networking systems unknown to any Fairy Godmother, I found my date for the night; stunningly arrayed in a scarlet dress and with a hair style that was well worth the effort.

Dressing up is not my thing - I am to fashion what the Clintons are to world peace - so it was a relief when I found out that black tie and tails are optional. I chose smart casual, with shiny shoes bought online from Vegetarian Shoes.

My choice in dress seemed spot on for most of the guys, though the girls went all out with amazing formal outfits, suitable for a Royal Garden party. These costumes enhanced the venue from being simply a presentable community hall (not a plush ballroom as I’d imagined from the marketing).

I spent the first part of the ball catching up with vegans from around the country, showing just how far veganism had progressed since I attended my first animal rights conference in 2003. At that time, all vegan activists in the country could have fitted comfortably in my living room; last November they were spilling out of the hall into the surrounding gardens.

While we socialised and moved to the music, there were vegan hors d’oeuvres circulating, which were delectable; vegan cuisine has improved as rapidly as vegan numbers. The main meal had a hard job living up to the starters, and I’d probably already filled up.

After the meal came the auction, with paintings, food hampers and other goodies all donated by vegan businesses. The proceeds went to animal advocacy groups and animal sanctuaries. When the auction finished, there was dancing till (nearly) midnight. I had hoped the live band would play some softer romantic dance pieces or lively waltzes, reminiscent of real ballroom. Alas for my hopes, the beat was heavy and vibrated through the venue. My date enjoyed herself immensely; she had removed her shoes and was dancing like crazy with lots of other keen dancers. I withdrew to quieter surrounds of the foyer and the gardens to socialise as the evening wound down.

Choice of music notwithstanding, it was an enjoyable social occasion, showing the world that vegans are up for a good time and can party with the rest of them. I will certainly be going again this year.

Photo credits: Eric Chiu
With the ever-increasing focus on probiotic supplementation in today's society, I want to discuss what it is that helps us maintain healthy gut flora naturally. Supplementation can sometimes feel like the easy way out, but it is not always the best solution. So how do we keep the good bacteria in and the bad ones out? The answer is fibre. Fibre is a natural prebiotic that good bacteria feed on, which means that it helps us create and keep the beneficial bacteria in the gut.

Gutsy details
Let's go into a little more detail: the total surface area of our gut is about 3,000 square feet, and counting all the little folds, that is larger than a tennis court. Yet, only a single layer of cells separates our inner core from the outer chaos. The primary fuel that keeps this critical cell layer alive is a short-chain fatty acid called butyrate (pronounced BYOO tuh rate), which our good bacteria make from the fibre we eat. We feed the good bacteria in our gut, and they feed us right back. They take the prebiotics we eat, like fibre, and in return provide the vital fuel source that feeds the cells that line our colon, a prototypical example of the symbiosis between us and our gut flora.

Butyrate is a critical component of maintaining a healthy gut as it suppresses the inflammatory reaction and tells our immune system to stand down. The primary fuel that keeps this critical cell layer alive is a short-chain fatty acid called butyrate (pronounced BYOO tuh rate), which our good bacteria make from the fibre we eat. We feed the good bacteria in our gut, and they feed us right back. They take the prebiotics we eat, like fibre, and in return provide the vital fuel source that feeds the cells that line our colon, a prototypical example of the symbiosis between us and our gut flora.

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So, we evolved to have butyrate suppress our immune reaction. So, should our good bacteria ever get wiped out and bad bacteria take over, our immune system would be able to sense this and go on a rampage and destroy the invaders, and continue rampaging until there were only good-bacteria-creating butyrate to put the immune system back to sleep.

Fibre facts
Here's why this all matters. What if we don't eat enough fibre? If we don't eat enough fibre, then we can't make enough butyrate. We could have lots of good bacteria, but if we don't feed them fibre, they can't make butyrate. Sensing such low levels of butyrate, our body thinks our gut must be filled with bad bacteria and reacts accordingly. Our body can mistake low fibre intake for having a population of bad bacteria in our gut. Our body doesn't know about processed food; it evolved over millions of years getting a massive fibre intake. Even during the Palaeolithic period, 100 grams of fibre a day was typical. On fibre-deficient Western diets, when our body detects low butyrate levels in the gut, it doesn't think low fibre. As far as our body's concerned, there's no such thing as low fibre. It thinks: bad bacteria. For millions of years, low butyrate has meant bad bacteria; so, that's the signal for our body to go on the inflammatory offensive.

Irritable Bowels
This is one of the major reasons there are so many people having IBS- and IBD-type issues in modern society. The absence of fibre in our diet has meant that the body can create a significant inflammatory response.

We are currently trying to solve this problem by taking probiotics, but these are just a band-aid solution to the real issue of not getting enough prebiotics from the fibre we eat.

If you would like to know more details and references about how dietary corrections can help with health concerns, feel free to contact me via our website: www.highcarbhealth.com.
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Book Review

The Dreaded Comparison: Human and Animal Slavery by Marjorie Spiegel (Preface by Alice Walker)

Reviewed by Marie Willis

Whilst facilitating the Vegan Society stall at a festival a couple of years ago, I found myself with a copy of the original 1988 edition of this book in my hands. Perhaps it was the provocative title, or the startlingly brutal illustration on the cover (a muzzled dog juxtaposed with a muzzled and collared person with black skin) that compelled me to leap on this book and promptly hand over a donation to the Society in order to take it away.

I read the 98-page book a few days later in a couple of hours, and true to the claim of Alice Walker (civil rights activist, author and poet) who wrote the preface, I have been digesting the contents of Spiegel's thesis ever since. Part of the ‘deal’ for purchasing this book for myself was that I review it for the Vegan New Zealand magazine. Two years on, and a further reading later, I now wonder where to begin in my advocacy for this milestone book.

A good start is the discovery that, far from being an antiquated oddity found only on dusty charity shop shelves, Spiegel's book is currently available in a revised and expanded third edition. Online reviews herald it as a “seminal book in the fields of bioethics and human-animal studies”, and note it is required reading in some colleges and universities, and within law curricular in the US.

Whilst more recent editions display less shocking covers, I trust they contain the same myriad quotes and images highlighting the strikingly similar language and tools used across time to enslave and oppress both African American people (amongst other oppressed populations throughout history) and animals. Central to Spiegel's argument is the relationship between the 'oppressor' and the 'oppressed'; the reliance on the creation of an 'other', one who is inherently unfamiliar and kept at a distance by means of literal boundaries, language or through other forms of subjugation, by a person or persons who seek to oppress.

Spiegel's thesis focuses on the similarities between the introduction and enslavement of African people of black skin in the US following colonialism by white Europeans, and the enslavement of animals past and present. Throughout the text, however, she also acknowledges the oppression of other human groups framed inferior to the white-skinned male throughout history, such as women and Jews.

The book opens with an image of a slave auction in Virginia in 1861 and an image of a cattle market in Chicago in 1868, followed by a definition of ‘racism’ and then a definition of ‘speciesism’, thereby drawing the parallel between these concepts and how they manifest within society.

Oppression in History

The opening chapter, entitled 'A Historical Understanding', provides a comprehensive overview of the influences and emergence of the slavery of people with black skin by people of white skin in the US. Spiegel outlines the impact of Christian doctrine, which served to perpetuate the notion of nature as wild, dark, sinister and in need of ‘taming’. It was framed as a moral imperative for Christians to ‘civilize’ those who lived in close harmony with nature; who were regarded as ‘savages’ and often referred to as ‘non-human’, or ‘human-animals’.

Additionally, Spiegel refers to the deliberate misinterpretation of Darwin's theory of evolution, subsequently
termed ‘social Darwinism’, which served to support a perceived ‘evolutionary birthright’ of ‘superior’ humans of white skin who could dominate, enslave and use the ‘lower animals’ and the black ‘savages’ to serve their own desires.

For many years, philosophers, clergy and lawyers in the US viewed apes and people of black skin as stepping stones, preceding white-skinned human races, in a linear progression in the evolution of humankind. Thus, laws and human ancestral charts depicting the evolutionary history of humankind in this manner were long used to justify the enslavement of animals and of people of black skin, by white-skinned, pro-slavery advocates.

**Humans and Animals**

The following chapters, entitled ‘Oppression in Language and Literature’; ‘Slaves and Masters’; ‘Social Relations: The Destruction of Security’; ‘Transportation, or The Unbearable Journey’; ‘Hunting’ and ‘Vivisection’, further elaborate on the influences highlighted in the first chapter. These provide strong evidence of similarities in the treatment of animals and various groups of oppressed humans throughout time, outlining the apparent mindset of the oppressors. Spiegel underlines commonalities in language, transportation methods, the practice of familial separation, the denial of emotional capacity and even the denial of the ability to feel physical pain as pervasive beliefs influencing the infliction of violence upon animals and humans by way of torture and – the ultimate violence – taking of life by way of execution.

In a later chapter, where religious doctrine and the sway of ‘social Darwinism’ is again referenced, Spiegel succinctly states, “And, in the minds of many, we eventually saw the system of science supplant that of religion as a justifier of atrocities perpetuated upon others. The purpose hadn’t changed, only the masters.” (pg. 60, italics Spiegel).

As mentioned earlier, the pages of the book are peppered with juxtaposed images of slavery of people of black skin and of animals, alongside quotes from commentators: From slaves and slave owners to law makers, clergy, vivisectors and animal liberation authors. These provide a glimpse of the contrasting perspectives and rationales of those for and against enslavement, up until the present day. Additional quotes are included in the short ultimate chapter – before notes and further reading suggestions – entitled ‘What Others Have Said’.

**Defence and Ignorance**

In the final chapters, entitled ‘In Defence of Slavery’; ‘Secrecy: Hiding from the Truth’; ‘Profits Over All’ and ‘Power’, Spiegel contributes her own deductions regarding the prevalence and perpetration of oppression in all its guises. Whilst she recognises the driving factor of human greed for economic gain is inherently present in most forms of slavery and oppression, she ultimately concludes the desire for ‘power’ is the intrinsic motivator for all forms of subjugation.

In the chapter ‘In Defence of Slavery’, Spiegel refers to the ‘internalisation of propaganda’. While she notes that members of society commonly side-step reality by distancing themselves from directly viewing the atrocities of enslavement, she also cites examples from interviews and novels where people who are explicitly and actively involved with inflicting horrors upon others on a daily basis are “confronted with reality, yet cease to see it” (pg. 69).

In ‘Secrecy: Hiding from the Truth’, Spiegel outlines the importance of secrecy and distancing in order to protect the “profitable institutionalised cruelty to animals as it exists today” (pg. 75), and the necessity of members of society to disassociate animals (the producers) from their products. This chapter brings to mind a comment expressed in the recently released film Speciesism: The Movie (2013), whereby an enraged commenter describes his feelings about the current levels of animal cruelty and oppression as akin to “a holocaust that
is occurring everywhere, at all times, and everybody you know – your loved ones and people you hate, everywhere – they're all participating in it.” Becoming more impassioned, he questions how, once a person has “woken up” to this injustice, they could not see the world and everybody in it as “dark an' dangerous an' irrational?” (video timing:1:02:51-1:05:18).

Profit and Power

‘Profits Over All’ outlines how those in power, be it a slave-owner; farmer; hunter or vivisector, must arrive at a point whereby they view the ‘other’ as lesser than themselves, and have mentally negated their existence as an individual. Spiegel notes, however, that “oppression is carried far beyond the point of profitability and mere economic exploitation” (pg. 81). She concludes there is more than one cause for a person’s cruelty towards another, just as there is more than one manifestation of cruelty.

The following chapter, ‘Power’ re-introduces and elaborates upon Spiegel’s central argument; that a cycle of victimisation (perceived or otherwise) and oppression is what serves to perpetuate a chain of endless oppression of ‘others’. Oppression, she explains, becomes a symbol for a person or group of persons seeking to end their own experiences of oppression; a striving to destroy those who have held power over them. “Their own victims’ helpless writhings echo what they have felt, and temporarily replace them in the role of victim” (pg. 84). This cycle of oppression is succinctly expressed in a quote attributed to Frederick Douglass in the final chapter: ‘The master blamed the overseer, the overseer the slave, and the slave the horses, oxen and mules, and violence fell upon the animals as a consequence’ (pg. 94).

Referring to oppressors, Spiegel underscores:

“They have done nothing to upset the relationship which is the source of their problem: that between their master and themselves, the victims. And they are still as powerless in this regard as they were before becoming someone else’s oppressor. As long as their anger is directed at an innocent instead of at the perpetrator of their own victimization, the cycle – once started – will probably not be broken” (pg. 84).

Oppression’s Dark Side

Spiegel elaborates on one possible oppression driver as fear of the so-called ‘irrational’ part of oneself, which is denied and projected outwards onto external symbols (something or someone) considered ‘dark’, ‘wild’, ‘savage’ or ‘beastly’.

“Through violent actions towards the symbol, the oppressors unconsciously try to destroy those qualities in themselves which they find so threatening and wish to deny. And this is why the actions, justifications, and even language of oppression is so similar even when the victims are, in some ways, so very different. This is one reason why the outward expressions of the oppression of blacks and animals have been so similar; because to the powerful oppressor, all victims are all too similar: they are a part of their own self reflected back to themself. The victims are not seen as autonomous beings” (pg. 87).

In summarising, Spiegel suggests that if individuals did question our acceptance of slavery and oppression, realise that all those whom we oppress are alive, and refused to participate in the oppression, the system would collapse.

A New Hope

Spiegel’s thesis is a milestone which serves to make vividly clear for any reader the insidious cycle of victimisation and enslavement humans from many different walks of life have perpetuated upon animate beings for centuries. As Alice Walker challenges in her preface, “What do we do with our heightened consciousness, is the question.”

We may perhaps find hope and direction in the quote with which Spiegel chooses to end the last chapter:

“The emancipation of [humans] from cruelty and injustice will bring with it in due course the emancipation of animals also. The two reforms are inseparably connected, and neither can be fully realized alone.”

-Henry Salt, 1894

If you have a couple of hours to raise your consciousness and compassion this year, find yourself a copy of this book. Absorb and reflect on the reality expressed in the pages, and how you can contribute efforts to break the cycles of ‘the oppressor’ and ‘the oppressed’; for the benefits of all beings alive on this planet today, and those who will be born tomorrow.
Flavours of Autumn  Jana Kastner

Roasted Pumpkin Soup with "Cheesy" Croutons

Autumn is here! Warm up your tummy with this delicious roasted pumpkin soup. The "cheesy" croutons add some extra flavour. Makes two portions.

Ingredients
For the soup:
• 1/2 small pumpkin
• 1/2 large onion
• 1/2 bay leaf
• salt to taste
• 1.5 to 2 cups water

For the croutons & drizzle:
• 2 slices bread
• 1/2 cup cashews (alternatively macadamias), soak them in water for 4-6 hours, then rinse and drain
• 1/3 cup water
• 2 tablespoons nutritional yeast
• 1/3 teaspoon smoked paprika
• 1-2 pinches salt
• fresh, chopped cilantro for garnish (optional)

Instructions:
For the soup:
1. Preheat oven to 200°C (top-/bottom heat).
2. Peel and cut pumpkin into smaller chunks. Peel onion and cut into thirds.
3. Line baking tray with baking paper. Place pumpkin chunks and onion thirds on it.
4. Bake until golden brown and soft (approx. 30 minutes).
5. In the meantime, in a pot bring 1.5 cups water to the boil. Add roasted pumpkin and onion to the water and bring to the boil once more. Then take off the heat.
6. Remove the bay leaf. Blend smooth with a stick blender. Add a little more water until the consistency is to your liking.

For the croutons:
1. Preheat oven to 200°C (top-/bottom heat).
2. Cut the bread into cubes. Place on baking tray, lined with baking paper.
3. Bake just long enough until the bread becomes firm (not golden).
4. Blend cashews and water until smooth (a powerful mini-blender is recommended). Take a few teaspoon of cashew cream aside to drizzle over soup later.
5. Pour remaining cashew cream into a bowl. Add remaining ingredients and mix.
6. Toss in the bread crumbs and stir until well coated.
7. Place bread crumbs on lined baking tray again and bake for another 5 to 10 minutes or until golden.
8. Drizzle cashew cream over soup, then add croutons and chopped cilantro on top.

Apple Cinnamon Blissballs

Autumn time is apple time! This recipe makes use of dehydrated apples. It is super easy and very flavoursful. Makes approx. 10

Ingredients
• 1 cup nuts (soak them in water for at least 8 hours, then rinse and drain
• 1 cup densely packed dried apple
• 1-2 teaspoons cinnamon powder

Instructions:
1. Place the nuts into a high-speed blender and pulse to fine crumbles.
2. Add the dried apple pieces to the blender and blend into smaller pieces (a tamper might be needed for this step).
3. Transfer mixture into a bowl. Scoop out portions with a spoon and roll them into small balls. Place aside.
4. Sprinkle the cinnamon into a small bowl. Place one blissball at a time into the bowl. Shake the bowl so that the bliss ball gets evenly covered with cinnamon.
5. Keep chilled and eat within 3 to 4 days.

You can find more vegan & gluten-free recipes on Jana’s blog www.theveganmonster.com
Top Vegan Deodorants

Georgette Jackson

My favourite vegan deodorant is the **Eco Tan** coconut roll-on. After trying this in June last year, I’ve been hooked! It has a great unisex scent for all family members.

RRP $16.50 Available from Hardy’s Health stores, or online from www.naturalthings.co.nz

New to the market, and made in New Zealand, you must try **Herb Farm**. Perfect for throwing in your gym bag; try their ‘Active’ or ‘Fresh’ scent.

RRP $13.90 buy in store at The Cruelty Free Shop (Auckland) or online from herbfarm.co.nz

Anytime you buy a **Sukin** product, you are guaranteed 100% vegan ingredients and no parabens. This is why I love their skincare and this great spray deodorant. Perfect for traveling or for popping into your gym bag. Keep fresh and smell clean all day.

RRP $9.90 buy in store at Farmers or your local pharmacy or even from www.thecrueltyfreeshop.co.nz

As featured in last year’s ‘Best Beauty Picks’ we again applaud **Schmidt’s Natural Deodorant**. Non-greasy and dries fast. Just apply, dress and go.

RRP $19.99 available from www.myecoevolution.co.nz (be sure to check out their entire website for more vegan-friendly products)

**Nature’s Gate** has been around for many years. They are cruelty-free, non-GMO, vegan and aluminium-free. They have a great range to choose from. Look for their seasonal scents, as featured here, or others including: Marine Mist, Ocean Fresh, Grapefruit with Mandarin and many more!

RRP $14.90 buy in store at your local Unichem or Life Pharmacies or online from www.pharmacydirect.co.nz

**Natural Black Chicken** Axilla Deodorant Paste. Don’t let the name fool you, this is 100% vegan and cruelty-free. So many bloggers are raving about this wonderful paste for your pits.

RRP $23.00 Available online from www.vanillabloom.co.nz
Sometimes in life, you connect with others who are like-minded and on a very similar path to your own. You know when you meet these people that they are special and have great energy surrounding them. This is how I felt when speaking to Carmel from Essential Health NZ.

An amazing feeling swept over me as Carmel and I spoke about the range of essential oils she has on offer from doTERRA. These pure essential oils are sourced ethically from countries where growers are paid fairly for their produce. doTERRA also provides more jobs within the areas of harvest. This ensures the crops are looked after well, and there is no exploitation of workers or land. Carmel sent me a few samples of these magnificent oils to try. And here are my favourites...

**Lavender Peace** – an essential oil blend to help with sleep. I have been adding a few drops of this into my oil burner at night, to create a sweet scent for blissful dreams.

**Balance** – Includes blue chamomile flower and frankincense resin to promote whole body relaxation and to relieve anxiety. This is perfect for dropping into any oil burner or using topically on temples during the day. It has a subtle sweet fragrance which I highly recommend for anyone in a stressful office job.

The doTERRA essential oils can be bought direct from Carmel and used in many different ways! To buy the range, search for her Facebook Page: Essential Health NZ or Instagram: @essentialhealthnz.

Below is a wonderful recipe for DIY dry hair shampoo, so you can get creative at home.

**DIY Dry Shampoo**

1 Tbsp arrowroot powder
1 Tbsp cocoa powder (optional for brunettes)
5-7 drops of essential oils (recommended Ylang ylang, Lavender, Clary Sage, Patchouli or Sandalwood doTERRA essentials)
Cosmetic jar with lid

Mix together in a separate small bowl until thoroughly incorporated. Spoon into the cosmetic jar and screw on lid. Let it set for 48 hours for aromatherapy to come through cocoa. Apply generously to roots with a soft bristle round cosmetic brush as needed between hair washing.

**Giveaway!**

Enter to win by April 30 (or today before you forget!)

Carmel has generously given THREE products for our readers. Choose from:
1. Eo Spa Hand & Body Lotion
2. doTERRA Spa Moisturising Bath Bar
3. doTERRA Wild Orange 15ml essential oil

For your chance to win one, email amanda@vegansociety.co.nz with the subject line “doTERRA”.
Tell us the product you’d like to win and your postal address.

*Open to Vegan Society members only.*
The buzz of an all vegetarian/vegan Mexican restaurant opening in Wellington City was high before Boquita even opened to the public. The restaurant had successfully run a PledgeMe campaign to help them, essentially allowing their future customers to pre-order their food in exchange for providing them the capital to open the doors. Their campaign was a huge hit, with people purchasing 20, 40, or even 80 tacos!

Clean-eating sister to La Boca Loca
Wellington’s growing vegan community embraced the chance to eat in an environment in which there was no sign of animal meat being cooked or passed around. What made their announcement even more exciting was the fact that we knew we were going to get top-notch, quality tacos as Boquita is the sister-store to La Boca Loca. Owners Lucan Putnam and Marianne Elliott have been wowing Wellington with their Mexican food at the La Boca Loca restaurant in Miramar for the last four years, so the city folk were super excited about having easy access to the new location at 23 Kent Terrace.

Grand opening
Some vegan friends and I were even lucky enough to attend the opening of the doors last year in mid-December. We wanted to try EVERYTHING, and we did! We all purchased the three different tacos available that day (they change daily), which included wild mushroom and beans, chipotle braised tempeh with asparagus and peas, and roasted capsicum and red onion. Between the group, we shared multiple sides of Mexi slaw with lime, smoky potato, leafy greens with lime vinaigrette, and cauliflower ceviche with totopos (handmade chips). It was everything we had hoped it would be. We watched Lucas and his team press the taco base in front of our eyes and cook them on the grill. You could definitely taste the freshness and the clean flavours. The group’s favourite was the tempeh taco, we hope they never take it out of the menu!

What makes Boquita even more awesome is that, in addition to providing options to the vegetarians and vegans of Wellington, everything they create is also gluten-free and organic, making it the perfect spot to hang with friends with allergies.

Environmentally friendly
There is limited seating inside but we happily sat across the road on the grass under a shaded tree. Takeaway options for lunch and dinner are available, and all of their takeaway containers are made from recyclable material. Another vegan win!

What’s in the future for Boquita? They will be increasing their seating area, and adding the sale of alcohol in the coming months. Vegan wine with tacos?! Yes please! I see another group outing in my near future…

Boquita for Veggie Mexi
Kristine Bartley

| Hours: 11:30am-2:30pm and 5pm-9pm, Tuesday - Saturday for dine in or takeaway |
| Address: 23 Kent Tce, Wellington |
| Contact: hola@boquita.nz or www.boquita.nz |
The Vegan Society of New Zealand aims to raise the profile of veganism, as well as support new and existing vegans. We facilitate a vegan lifestyle and plant-based eating by creating a vibrant, visible, and influential community, and by providing information and resources. We offer individual and business memberships. Go to our webpage www.vegansociety.org.nz and choose Join to sign up today!

Show your support in one of our funky tees!

www.vegansociety.printmighty.co.nz
Our products are made from proteins which come from grains and legumes. These are complete proteins and contain all 8 essential amino acids. Our award winning secret family recipe of natural spices and seasonings make our products absolutely unique and delicious.

In the interests of trees, we prefer not to print recipe books, but have made our eCookbooks available online. Please go to www.frysvegetarian.co.nz to download yours.

Look for our green boxes in the frozen food section of leading retail outlets!