This is my last issue as editor of Vegan New Zealand, the magazine of the Vegan Society of Aotearoa, New Zealand. After six fascinating years, I’ve had to make a health and lifestyle choice to refocus my energies, and this issue reaches you entirely due to a major team effort in transition. As you enjoy your summer holidays, you’ll find inspiration in these pages: ultra-marathons and ultra-wrestling, growing your own food, politics, what you need to know to be effective in helping animals and what you need to know about nutrition to be a healthy vegan.

This magazine plays a crucial role in vegan outreach to mainstream NZ, as a visible and appealing representation of what Kiwi vegans are doing every day. Displayed in a shop rack or on your coffee table at home, it makes a proud statement. From super sports stars to dedicated animal activists, political candidates to vegan artists, and of course, all you vegan food creatives, I’ve learned so much and met so many amazing vegans during my time as editor. It’s raised my awareness of how veganism has expanded and challenged NZ culture of animal production. Thanks to all who have stepped up to contribute their stories.

I know you will all welcome and support Claire Insley, our new editor. Many thanks to Claire, who also serves on our Vegan Society board (meet her at vegansociety.org.nz/home/board) in a promotion and communication role. Our organisation thrives from the contributions of many, so in 2018, I encourage you to consider adding your strength to these efforts.

Wishing you all a very happy holiday and New Year!

Jessica Parsons

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.
As a young boy growing up, I was fortunate enough to have a home-cooked meal on the table every night. This is a tradition I've continued into my adult years, and the ease with which my staple meals (curries, stir fries, burgers and pizzas) could be veganised has made my switch simple. The tough part? Socialising and eating out. While my slide to a cruelty-free lifestyle was rapid, society's has been slower. Shared morning teas at work usually mean picking at a bowl of grapes surrounded by sausage rolls and cupcakes. Dinner with friends usually involves a few raised eyebrows and the question, "can you eat here?". While I don't enjoy being 'that guy', I've learned to take it in my stride and not judge others or be personally offended. I was once like them, unsure why anyone would restrict their diet in such a way, and it was truth, education and courage that led me on my current path.

My vegan journey

My path to veganism began through a friend who had been vegan for a few years. I had no idea what that meant, and what the difference was from vegetarianism. Like many uninformed meat-eaters, when I was told the ins-and-outs of veganism, I had no idea why anyone would do that. I mean, cows like to be milked right? It's not like we kill them – it's a symbiotic relationship, isn't it? Oh, how shocked I was when I discovered the truth.

I watched the usual documentaries, cried some man tears, and decided to become vegetarian for a month to see if it was possible. But once I discovered how to cook lentils, chickpeas, tofu etc, I found it easy. I was surprised – I had expected a tougher transition. Within a few months, I had eliminated all animal products from my diet.

When I first became vegan, I was mainly running half marathons and was nervous about the effect my change of diet could have on my performance. But, to my relief, my times improved. Not slowly, and not slightly either. Within a matter of months, I had knocked over 10 minutes off my half marathon time, and I was running a new personal best in every race I took part in.

It wasn't simply that I had removed meat, dairy, and other animal products from my diet, but I had replaced them with healthy alternatives. It was a double whammy! Fatty steak, cholesterol-filled eggs, and hormone-riddled milk had been usurped by seitan, chia seeds and bananas. Not all in the same meal, mind you.

Why ultra-marathons?

Ultra-marathons, for the uninitiated, are anything longer than a marathon, and anything but ordinary. You will find yourself navigating trails in the most scenic parts of the world, crossing rivers, getting muddy, climbing mountains, descending rocky paths, all the while being cheered on by a jovial bunch of volunteers. Ultra-marathons challenge you, both mentally and physically, while providing you with relief from the stresses of daily life through a connection with nature. They help me manage my issues with anxiety, they burn a fire within me, they have helped me begin to discover who I am and what I am capable of.

We all get swept up in the day-to-day monotony of life. We go to work, sit through meetings about meetings, sip on our soy lattes, and talk to colleagues about the weekend just been. We convince ourselves we'll work hard for another few years, just to get ahead, to buy that bigger house, that flashier car, the latest iPhone. We forget to live.

Trail running is my escape from all that, and ultra-marathons are where I prove to myself I can do things I never thought possible. There are no deadlines at the peak of a mountain, no normality when the 50km mark is the halfway point of a race, and no judgements when you slip in some mud and face plant. This is what attracts me, and many others, to such an extreme sport.
But while that may seem crazy, the only things we think are impossible are the things we never try. The Tarawera Ultramarathon was the toughest physical challenge of my life so far. But the reward at the end makes it all worthwhile. When you cross the finish line, you know you kicked butt that day, and there is a surge in confidence associated with that. That is why I will line up for more in the future, probably with a smile on my face.

Fueling up

One of the struggles I have during a race is getting enough calories on board. Your body can only store a certain amount of glycogen, and during Tarawera I burned around 12,000 calories, so you have to eat as you run. Aid stations are set up every 10-15 km and are reasonably well-equipped for vegans, with a variety of fruit being available and the odd peanut butter sandwich. Fruit is not calorie dense however, so I also carried with me around ten sports gels. Sports gels are filled with refined sugar, making them high in calories but hard on the digestive system. After four or five of these gels my stomach often sounds like an early-nineties grunge band, and it did result in me pulling out of a local race this year. Despite this, I really enjoy the difficulties involved in getting the nutritional side of things right. It’s just one more obstacle deciding whether your day will be horrible or a complete nightmare.

Being vegan is a clear advantage in running ultras, but you do have to be smart about it. Running for long periods of time puts a significant strain on your body, burning thousands of calories at a time and depleting yourself of essential nutrients. The use of whole foods in my diet becomes crucial as I seek to replace these nutrients and recover. I’m not a fan of pill supplements; rather I try to eat a wide variety of foods and get everything I need through natural sources. I’d never heard of buckwheat before becoming vegan, never tried nutritional yeast, and I thought quinoa was a South American soccer player. All that has changed for me now; buckwheat is a regular visitor for dinner, nutritional yeast is always sprinkled on my popcorn, and, well, I still don’t eat quinoa but at least I know what it is now.

Future goals

My next race is the Auckland Marathon. I set myself a goal two years ago to run a marathon in under three hours, and this will be my second attempt at doing so. It is a goal that I thought was out of reach as I am not a naturally talented runner, but I make up for that with stubborn determination and a diet that is cruelty-free and high in whole foods. Here’s hoping that is enough!
Macronutrients
What do we really need?

Shukul Kachwalla, Natural Health and Holistic Nutrition Practitioner

There is a lot of information about what is required around macronutrients for the human body. A lot of programmes advise that you need to find what is right for you. This can be very confusing as well as hard to work out. Since every human being’s digestive system is the same, it is safe to say that our macronutrient ratio requirements are also the same. In fact, world-renowned nutritional scientist T. Colin Campbell PhD (Author of The China Study) agrees with this concept. He states that the ideal macronutrient ratio for humans is 80% carbohydrate, 10% protein and 10% fat.

Protein:
Protein is the most publicised and least understood of the 3 macronutrients. Protein is required for rebuilding but not to the extent that most people think. If I use the metaphor of a house, once the house is built, do we continue to pour in all the building materials or just make repairs as needed? The same is true of the human body; once the body is built we only require enough protein to make the necessary repairs. If we have too much it will overload our body and make us sick.

The minimum protein requirements for humans are 20-30 grams per day. This is because the body is able to recycle up to 400 grams of protein via its metabolic processes. Most governments and health organisations have doubled this minimum amount to between 40-60 grams a day to build in a buffer over the minimum requirements. In fact, if you were to only eat rice or potatoes, you would get all of the 8 essential amino acids the human body requires.

Fat:
The body uses fat primarily for energy storage when no food or other immediate energy source is available. Plant foods contain adequate amounts of fat and only plants make the essential fatty acids your body needs to function. Plant foods also contain no cholesterol; the best way to lower your cholesterol levels is to not eat it.

Animal foods provide too much fat, especially the most harmful kind (saturated fat), which damages the arteries and causes heart disease and stroke. Beef derives 60% – 80% of its calories from fat; pork, 80% – 95%; chicken, 30% – 50%; and fish, 5% – 60%.

What about oils?
Even poly and monounsaturated fats – found in large amounts in vegetable oils and fish – have been shown to depress the immune system, increase bleeding and promote cancers, especially those of the colon, prostate and breast. Because all fats are easily stored by the body, too much dietary fat makes people overweight and lays the foundation for a host of other problems like heart disease, cancer and adult-onset diabetes.

Carbohydrate:
Ah Carbs, the most feared macronutrient of them all. Well here is a bombshell; carbs do not make you fat. Unless you load them with fats such as cheese, oil, butter etc. If fact they are actually a fat loss food. A recent study in Cell Metabolism showed that even when controlling for calories, reducing dietary fat results in 67% more body fat loss than reducing dietary carbs. The real truth is that the fat you eat is the fat you wear.

Carbohydrates are the body’s primary source of fuel, as they convert into glycogen. Every movement you make is based on the use of glycogen stored in your muscles. This is especially important for athletic performance, as the greater your stores of glycogen the longer you are able to train for. Once you run out of your glycogen stores, your body goes into ketosis. This is not a good thing as the body goes into an emergency mode of using fat for energy, commonly known in athletic circles as ‘hitting the wall’ or ‘bonking’.
Effective Altruism: Helping Animals Better

Catherine Low

As a vegetarian or a vegan, you most likely care a lot about reducing harm to animals. Some estimates suggest that each vegan can prevent perhaps a hundred or more animals per year from being born, farmed and killed. That really is an amazing achievement. However, it is a tiny fraction of the impact each of us can have.

The big picture

There are approximately 70 billion animals being raised and killed for food every year on this planet. The suffering of these animals can be immense, with each factory farm having thousands of animals squeezed into a single windowless building, decades of selective breeding resulting in fast growth and crippling abnormalities; factory farmed and free-range animals alike are subjected to death in a slaughterhouse at an age that is a fraction of their natural lifespan.

When I — and likely you — even attempt to conceive of the suffering that is involved in our animal agriculture, I want to help all these animals. Sadly, you and I can’t stop animal exploitation today, but we can strive to do the most good that we can, using the time and resources we have.

About effective altruism

This goal is the fundamental basis of the philosophical and social movement called effective altruism, which aims to use evidence and analysis to make the biggest positive difference that we can.

There are a lot of choices you can make when you act altruistically in your lives. Which cause should you focus on? Which charities will use your donations effectively? What career choices will help you make a significant contribution? If you don’t choose well, you risk wasting your time and money and perhaps your actions could do more harm than good. If you choose wisely, you have a tremendous chance to improve the world in a significant way.

Humans aren’t always very good at telling the difference between what works and what doesn’t, so if we truly want to seek out the very best opportunities for helping the world, we can’t trust our intuitions. Thankfully there is a growing group of people involved in effective altruism who are carefully assessing the evidence to help us make these decisions.

Choosing your action

There are many causes for us to choose from such as global poverty, social justice issues, climate change, warfare, animal rights and many more. After comparing all these issues, many people in effective altruism focus on farmed animals because the suffering of these animals is so large and relatively few people are working in this area compared to the massive scale of the harm, so each additional person working in or funding animal advocacy can make a large positive impact.

In order to find the best actions, animal advocates can take, effective altruists assess the evidence from social experiments, track records of past campaigns and knowledge from the fields of psychology and sociology. The science of helping animals is still new and much research still needs to be done, however the researchers working on effective animal advocacy have some tentative conclusions that we can act on today.

Supporting an organisation

One way that we can make a profound difference is by donating to effective charities. Animal Charity Evaluators conducts thorough research into animal charities to estimate their impact on the lives of animals. They publish an annual list of highly effective charities, based on their research. In 2017 the top three recommendations are Mercy for Animals, Humane League and the Good Food Institute.

Mercy for Animals and the Humane League conduct outreach and campaign for policy and diet changes. As an example of the impact these charities can have, Animal Charity Evaluators’ best estimate is that each dollar donated to Mercy for Animals or Humane League will result in sparing around 70 animals from being born into a life of industrial animal agriculture. 70 animals! There is large uncertainty in any such estimate, as we don’t yet have a lot of robust research on how to help animals. But these calculations suggest we can do an incredible amount of good with modest donations.

When I first saw the Animal Charity Evaluators estimates and pored through their research, it changed how I viewed money. With each dollar having the capability to prevent so much suffering, I chose to prioritise my spending, so I could donate much more to effective charities.
A good charity

The Good Food Institute is my personal favourite charity. They help develop plant-based and cultured meat alternatives to animal agriculture by providing strategic and technical support to food tech companies and campaign for policies that level the playing field for animal-free alternatives. There has already been huge progress in plant-based meats, with meat eaters reporting that they can’t tell the difference between the plant-based “impossible burger” and a real meat burger. Once these animal-free alternatives look and taste the same, are just as convenient and are just as cheap (or cheaper), most of the reasons people have for eating animal products will disappear, and diets will change without the need for mindsets to change.

Even if you don’t have money to donate, I highly recommend reading through the Animal Charity Evaluators’ website, as they have excellent evidence based advice for people advocating for animals.

However you decide to help animals, whether it’s through your career, your donations, or being an advocate, you all have an astounding opportunity to make the world better for animals. We owe it to the animals to help them as much as we can.

For more information


Catherine Low is a science and ethics teacher from Christchurch. She works for Students for High-Impact Charity, which educates young people around the world about ethics and how they can make a big impact in their lives.
What the Election Means for the Animals

By Shanti Ahluwalia

Shanti Ahluwalia hopes to be New Zealand’s first vegan MP and has been involved in many political campaigns over the years.

The election is over, but the dust is still settling. It is too early to tell exactly how things are going to shape up, but already there are some indicators as to what we can expect for animals under the new Labour government.

The good news is that some major promises have been made by the Labour Party to help animals. The bad news is that their track record on delivering results for animals has fallen short of these.

History of the major parties

Historically, more progress for animals has happened under National-led governments. The previous government banned sow stalls, and testing both cosmetics and psychoactive substances on animals. They’ve increased funding and improved the laws around enforcement, suggesting that more prosecutions may take place. The National government of 1999 also created the Animal Welfare Act just before losing power.

The previous Labour government, on the other hand, did relatively little to help animals. Like the National Party, they chose to keep the fates of animals in the hands of the Minister for Agriculture, and that Minister blocked progress whenever possible.

But until now, both governments have largely been the same. Some tinkering with animal welfare law has happened, but for the most part animals are still suffering in the same ways they have for decades. The well-being of animals has always been low on governments’ list of priorities; which is odd, considering that one of the most common topics for people to write to the government about is animal welfare!

A new hope?

All that aside, there is reason to hope that soon a Labour-led government will be making some real changes for animals.

In 2014, the Labour Party adopted a policy to end factory farming. They have repeated this stance several times over the years. In pre-election questioning, the Labour Party indicated it would act on a variety of animal issues, including rodeo. They scored a total of 14/26 for SAFE’s questions and 14.75/20 for the Animal Agenda Aotearoa.

On top of that, the Labour Party campaigned for improvements for animals during the 2012-2015 review of the Animal Welfare Act. They have delivered on standing up for animals in recent years, and even went so far as to appoint an animal welfare spokesperson before the 2014 election.

One of their governing partners, the Green Party, has a much more extensive history of standing up for animals. For years they have had a hand in almost every improvement that has taken place for animals, being a strong voice for the animals within Parliament.

Coalitions and priorities

However, NZ First may be an obstacle to some improvements for animals. NZ First is a mixed bag, in some areas taking a very strong stance for animals and in other areas failing miserably. In general, it
is likely that NZ First will prioritise farmers’ profits over animals.

The situation is further complicated by a few more issues. The Green Party is the smallest it has been in a long time. The sad reality is the negotiating power of the Greens will be limited this term, and they may be hard-pressed to use that negotiating power for the animals alongside their other goals. The Green Party lost MP Mojo Mathers, one of the most powerful advocates for animals Parliament has ever had. This will further hamstring the Greens in trying to help the animals.

Similarly, Labour has promised a lot over the years to get into government, but there is a very real chance that they will let animals fall by the wayside as they prioritise other issues. Without a strong voice in Parliament for the animals, they may be forgotten.

Against animal cruelty

For the first time ever, we have a government that has largely committed to ending factory farming and the cruellest of rodeo practices. However, it is likely this government will need some encouragement to address animal issues. If animal advocates can create a strong clamour for change, the government will have little choice but to deliver.

Technology and the economy

There is also the possibility of some help from technology. ‘Clean meats,’ or synthetically created meat grown in labs, are being researched across the globe. It is an emerging tech industry that may disrupt the current animal producing industries. Whether New Zealand likes it or not, it may have to deal with changing markets.

New Zealand has a very real opportunity to break into the industry and become an early investor. Many people do not know it, but New Zealand has a history of thriving tech companies despite the little support that is directed towards them.

Beyond simply the ‘clean meat’ sector, high-tech manufacturing presents many possibilities for New Zealand’s economy. Moving from animal farming to oddball technologies could be a win for both the economy and the animals. Surprisingly, New Zealand is already a leader in sleep apnoea technology! Investments in other ‘surprising’ technologies can pay off for a small economy like New Zealand.

The Greens, Labour, and NZ First all have various interests in growing tech industries. The Green Party and Labour Party in particular have been influenced by Sir Paul Callaghan’s book ‘Get Off The Grass.’ In his book, Sir Callaghan argues that New Zealand needs to move away from environmentally-damaging animal agriculture towards high-value, low-impact tech companies.

The future of developed economies lies in high-tech products, not low-value commodities like dairy. If for no other reason than basic economics, the government is eventually going to have to address moving our economy away from dairy and diversifying our exports.

Vegans

All of these are steps away from a dependence on exploiting animals. For the topic of veganism specifically, it is no surprise that the government is unlikely to deliver anything. There do not appear to be any vegan MPs in Parliament this time around, although at least one of them has expressed interest in becoming vegan.

However, some of the policies of this new government should excite vegans. For vegans concerned about the environmental destruction caused by animal industries, progress can be expected on curtailing the devastation being wrought upon our rivers, land, and air.

As vegans, we obviously can’t relax and expect these government MPs to become animal activists, but we can hope that our strong and consistent advocacy will transform growing public awareness of animal issues into real protection and legislation.

Healthy Food Guide Recipe Book Giveaway

In this issue we are delighted to be able to offer this great giveaway to our loyal members and readers. We are working with the Healthy Food Guide magazine to ensure as many of their recipes as possible are vegan. We are offering them advice and help with the veganising of the ones which currently are not vegan.

This great recipe book has many vegan and Make it Vegan recipes inside. For your chance to win simply email your name and address before 1st February 2018 to editor@vegansociety.org.nz. Good luck!
The Rise of Veganism

Claire Insley

With the knowledge that over the last 40 years we humans have killed off 40% of the wildlife and their habitat in order to fund our ever-increasing appetites for meat, it might seem a juxtaposition that veganism has never been more popular than now. Over 1% of US citizens call themselves vegan, over half a million in the UK, vegan supermarkets in Germany, all over the world, veganism is being noticed. So, why is this? With over 7 billion humans to feed and an ever-decreasing amount of fertile land, it really is time we got this whole “food, water, air deal” sorted. Some 45% of the planet’s land mass is used for farming livestock and their feed.

Does veganism offer a way forward?

In the last 50 years we have increased our meat consumption five-fold. As the population increases and resources dwindle, this becomes an ever-inefficient way to feed the world’s population. Back in the 70s most families ate meat maybe 3 times a week, now many eat it in every meal. This is clearly not sustainable, neither is feeding billions of animals food that could be fed directly to humans. It’s not just land use that is squandered in this way either, it is also water resources. It takes over 125,000 litres of water to produce just 500g of beef (in the US, but that figure is not so different to NZ), 2385 litres to produce 500g of eggs and 45,000 litres for 500g of cheese! There simply isn’t enough water in the world to keep that up, not at our current rates of consumption. Something has to change and many people are making veganism that change.

Why veganism?

Veganism is no longer “just” about animal rights and welfare, it is also about human health and the viability of our entire planet! Animal agriculture produces huge amounts of greenhouse gasses, which are bad for our health and for the health of our planet. Each cow produces 250 – 500 litres of methane every day! Methane is 86 times more powerful a greenhouse gas than our old friend carbon dioxide! With over 1.5 billion cows on the planet, this is a lot of methane and a lot of warming potential! Livestock and their products account for 51% of the global greenhouse gas emissions. More than anything else you can do, better than cycling to work or turning the lights off, reducing or stopping your animal consumption is the single most important controllable thing you can do.

With facts like this, it’s hard to imagine what’s stopping us all from becoming vegan.

I hear people tell me “It’s not as tasty though”, so it would seem that humans will fail to save ourselves (make no mistake, this IS about YOU!) because of their tastebuds. This seems an incredibly shallow and foolish mistake to make. To allow something that can be changed (ie you can train your tastebuds to like different things) to dictate whether we will survive this latest global crisis seems really illogical. Perhaps it’s no better than we deserve though. We have caused the extinction of so many species, it seems only fair that we also cause our own demise.

For myself I cannot condone killing a beautiful animal because it tastes nice. I really don’t need a snack that much. Many people are also coming to similar conclusions. There are also health benefits to be gained from not consuming animal products. Many cancers are known to be exacerbated by meat consumption, dairy too, google health benefits of a vegan diet and a huge amount of information comes up, some from disreputable sources but many from study-based science. The Physicians Committee for Responsible Medicine, pcrm.org, is one such source.

Taxes and subsidies

Many European countries are also starting to impose taxes on meat, instead of subsidies. For too long the meat and dairy industries have enjoyed subsidies from the government, yet the fruit and vegetable growers enjoy no such luxuries. Is it not time we turned this around? Many growers export their produce as they will gain better prices than locally, what if those subsidies could help reduce the cost of fruits and vegetables at the supermarket?

More and more countries are adapting their dietary guidelines to suggest we increase our fruit and vegetable intake, 5 a day has become 7 or 9 a day, they also suggest we reduce our meat and dairy intake. For too long, we have eaten too much of both and everyone’s health has decreased, that of our planet, that of the animals and that of ourselves. It’s time for a change.

Eat Kind

Trotsky would like you to...

EAT KIND
This January
Take the Challenge
Eat Kind.org.nz

Claire Insley

EAT KIND
Claire Insley

Veganuary
First taking a plunge into veganism and now learning to grow without industrial farming inputs has its challenges. However growing beans has been one of my learning highlights, so I have written this month’s column not as the ‘guru of beans’, but as a starter conversation on the growing of green beans and pulses in the garden.

Why grow beans?
Scarlet runner beans were the staple bean crop grown by my parents when I was a child back in the 70s in New Zealand. I remember the time taken by my Mum cutting the edges off the beans and boiling them up for us. I don’t remember a particular fondness for these beans as a child, but since taking up gardening as an adult, I have discovered a world of beans and pulses that I didn’t know existed.

2016 was the Food and Agriculture Organisation (FAO) of the United Nations International Year of the Pulse. They estimate that there are hundreds of varieties of pulses around the world⁴. In New Zealand we have many pulses and green bean varieties, and there are some great places to buy the seeds. One wonderful aspect of this is that when you buy heirloom seeds, you can seed save each year and help continue the old genetic lines of seeds for generations to come.

A number of seed companies sell a big variety of bean seeds, and you may even know gardeners who have seed saved old varieties whom you can ask for a few seeds to get your own crop going.

Beans and diversity
Last year in the Waikato we grew kidney beans, Cannellini and borlottos. This year I plan on using the saved seeds to grow a bigger crop along with tomatoes and corn, so I can make some yummy vegan Mexican dishes. This diversity of growing has the added benefit of increasing the diversity in the garden.

FAO say that “pulses should be an integral part of agro-ecosystems because they bring the agro-system into balance”. By fixing fix nitrogen and in some cases free soil-bound phosphorus the soil is improved⁵. For more in-depth information and lots of resources you can check their website www.fao.org/pulses-2016/about/en

Some key points to remember when starting
For the novice gardener I’d recommend starting with some dwarf green bush beans, and if you are short on garden space you can pot them. They don’t like the
frost, so you need to get some in quick to get the full benefit of them before winter.

Some key points to remember:
• Use a sunny spot to grow your beans
• Check out the best temperature to get your beans started. Some can go in earlier than others but plant most beans after the last frost
• I always plant seeds direct in the garden to save time, and if you are growing climbing beans, get your stakes sorted when you are planting so as not to disturb the roots once the plants are underway.
• Different beans require different spacing – I won’t go into detail, as any good gardening book or seed packet will advise.
• If you are growing green beans, harvest regularly to increase the yield.
• Remember if you’re growing other varieties to dry and store such as kidney beans don’t eat the dried beans off the vine! If you’re wondering why check out the note and link below². Soak properly and cook first.

Are beans toxic?
Phytohaemagglutinin, which the U.S. Department of Agriculture, or USDA, refers to as kidney bean lectin, occurs naturally in many other types of beans. However, the red kidney bean holds the distinction for the bean with the highest concentration of this dangerous toxin. The toxin, measured in hemagglutinating units, or hau – a measure of toxicity – falls from a high of 70,000 hau in raw beans to under 400 hau when you thoroughly cook the red kidney beans. Unfortunately, you do not have to eat very many beans to get sick, as it only takes eating four or five raw or undercooked beans before symptoms begin.

Missed the summer season?
If you have missed the window of opportunity for summer planting, don’t despair! Plant some Broad Beans (Fava Beans) during autumn through to winter. Once they are all harvested you can cut the plants off at ground level, pop them into the compost heap, and dig the roots into the soil⁵.

I’m going to give chickpeas a go this summer! I’ll share how I go on Facebook, and do let us know if you’ve had success with any particular crops. Just pop onto our Facebook group and share what you’re up to at Harakeke and Figs, New Zealand Veganic Gardening.


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NZAVS Update

- The Six-Foot Rats

Tara Jackson

The New Children’s Book Designed to Educate, Inspire and Help both Animals and Humans!

The New Zealand Anti-Vivisection Society (NZAVS) have teamed up with local artist Rebecca Gibbs to create an engaging storybook that introduces children to the scientific invalidity of animal-based research.

The Six-Foot Rats tells the story of two lab rats who realise that they are being used to find treatments for humans – not for Six-Foot Rats!

Message for kids and their families

The book aims to introduce children to the important, yet sensitive issue of animal testing in a light and engaging manner. Whilst this topic is a serious and often upsetting one, The Six-Foot Rats instead focuses on the fundamental truth (stressing the FUN), as discovered by...
the lab rats in the book: animals are not humans and it is strange and bizarre to compare the two.

NZAVS are aiming to educate as many young Kiwi minds as possible about the important issue of animal testing with this book. They plan on getting the book into all primary schools in New Zealand and as many libraries as possible, and it will be available in all good bookstores! All profits from the book will go towards funding NZAVS anti-animal testing campaigns.

Highly acclaimed

The Six-Foot Rats has already received positive reviews from Jane Goodall (Ph.D., Founder of the Jane Goodall Institute and UN Messenger of Peace), Nichola Kriek (Head of Education, SAFE) and Craig Smith (Author of The Wonkey Donkey and Musician).

The book has also been sponsored by multiple organisations and companies who also want to see an end to animal experimentation. These include LUSH, The Humane Society International, SAFE and The NZ Vegetarian Society.

The Six-Foot Rats is an important and powerful educational tool disguised as a fun and colourful children’s book!

Great for gifts!

This amusing story with its vibrant illustrations will be a hit with children of all ages (and maybe some of us adult kids as well!) — you can find out more about the book, and how to order a copy here - www.nzavs.org.nz/the-six-foot-rats

NZAVS are also inviting supporters who reside in Christchurch, and their families to attend The Six-Foot Rats book launch event on the 18th November 2017. RSVP and find out more information by emailing nzavs@nzavs.org.nz

COLOURING COMPETITION!

NZAVS are holding a colouring competition for the Six-Foot Rats. The winners will get one of our awesome ‘End Animal Testing’ prize packs includes The Six-Foot Rats book!

• Download the drawing for the competition at nzavs.org.nz/assets/images/colouring.pdf
• Send to Freepost 243173 NZ Anti-Vivisection Society PO Box 9387 Tower Junction Christchurch 8149
• Entries close 4pm, 29 January 2108

Everyone WANTS FREEDOM

[ANIMALS AREN'T LAB TOOLS]
The Royal Australian and New Zealand College of Obstetricians and Gynaecologists (RANZCOG), was planning to use live sheep to teach surgeons how to do gynaecological surgeries at their upcoming conference in Auckland, despite the existence of better and more humane methods.

After discovering this, the New Zealand Anti-Vivisection Society (NZAVS) reached out to RANZCOG to find out if they had considered using one of the many viable non-animal based methods that currently exist instead. After NZAVS sent them a well-referenced list of these other teaching methods and a letter urging them to stop their plans to use live sheep, RANZCOG sent back a very disappointing response - they weren’t going to end their outdated plans!

NZAVS then reached out to the public, asking for supportive people to send an online message and sign a petition to RANZCOG, asking them to make the right decision and end their plans to train on live sheep.

Hundreds of supporters sent a message to RANZCOG and signed a petition asking RANZCOG to make the right decision and... it worked! After being bombarded with hundreds of emails, RANZCOG announced that they are cancelling the workshop that involved using live sheep for laparoscopic training.

"Thank you so much to the many people who sent an online message and signed the petition. Enough people sent a message for RANZCOG to realise how important this is. Together we did it; we stood up for what is right, both scientifically and ethically" - The New Zealand Anti-Vivisection Society

The concerns
NZAVS were concerned for two main reasons:

1. For the well-being of future human patients
   A laparoscopic training workshop using live sheep may have a detrimental impact on the trainees due to the lack of repetition and independent assessment. There are many laparoscopic box trainers and Virtual Reality simulators that would allow trainees to attempt new surgical skills repeatedly, and these training tools can objectively assess the trainee’s performance. This data could be used to ensure the trainee is improving, and compare their performance with others in the cohort.

   The independent nature of these assessments also has the advantage of ensuring that only the best surgical techniques are conveyed throughout the training. Preventing the transmission of poor surgical practice is undoubtedly in the best interest of patients.
2. For the wellbeing of the sheep on whom RANZCOG were planning on performing surgery, the Animal Welfare Act (1999) stipulates that one of the primary purposes of this piece of New Zealand Legislation is to promote the replacement of animals with non-sentient teaching apparatuses. There are many appropriate training devices that do not use sentient beings, and researchers in peer-reviewed academic publications have illustrated why these trainers are more beneficial and suitable for laparoscopic training. We believe that human patients deserve the highest standard of care, and we also wanted RANZCOG to adhere to New Zealand Legislation to ensure their medical and ethical practices meet the highest standards! Read more here - nzavs.org.nz/sheep-teaching.

Follow NZAVS on Facebook!
Make sure you follow our Facebook page so you can help with similar anti-animal testing campaigns - facebook.com/NZAVS.

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Cauliflower and Spinach Cakes with Floral Salad and Coconut Raita

Gerrard O’Keefe T.H.E. Executive Chef

Ingredients:

• 1 large cauliflower
• 1 large onion
• 3 cloves garlic
• 1 cup nuts (I used cashews)
• 300-400g baby spinach
• 300g Mashed potato
• ½ tsp turmeric
• ½ tsp curry powder
• 300g GF bread crumbs
• 2 tsp Salt
• 3 tsp Fresh cracked pepper
• 20g oregano
• 50g Mesclun or baby cos edible flowers
• 200g coconut yoghurt
• 80g cucumber
• 10g mint
• 10g garlic

Instructions:

1. Sweat off the diced onion and minced garlic in a wide pot.

2. Add the chopped up cauliflower and continue to sweat until tender, add the chopped cashews, turmeric and curry powder at this point. Add the spinach and fold through the mix until wilted. Remove from the heat at this point.

3. Place in the food processor and pulse until the mix has turned green but the ingredients are not smooth like a paste, a little chunky is good.

4. Then you can mix in the mash potato and the bread crumbs to get a nice firm smooth consistency for making and shaping the cakes shape the cakes to your desired size and push them into a bowl of breadcrumbs then reshape.

5. At this point you can lay them onto a tray ready for cooking or freeze them and have another time. They are super handy for tasty little canapes if you make them bite size.

6. Grate the cucumber and then squeeze in a clean paper towel to remove the moisture, mix this into the coconut yoghurt with the finely chopped garlic and mint.

7. Mix the flower petals with the mesclun and place alternately between the cakes.

Hectors Restaurant is open daily from early breakfast until late. For reservations phone 09 979 7434.
Website www.heritagehotels.co.nz
Pro-Wrestling is unique in the fact that it combines the art of conventional wrestling with storytelling for dramatic effect. I always knew I wanted to be an entertainer, though I initially thought I would become a musician.

Choosing Pro-Wrestling allows me to combine my pursuit of fitness with my teenage desire to be a rock star. I’ve been training as a Pro-Wrestler for almost 3 years, and made my official in-ring debut in December 2016.

**My vegan journey**

After having been a vegetarian for many years, I became a vegan on 1 April 2016 (it just happened to be when my final tray of eggs ran out and I made the decision not to purchase more). I had heard about the documentary Cowspiracy, and after finally watching it, I knew veganism was the right path for me.

My only real struggle as a vegan was an unsupportive partner and I guess a major positive change was 92kg when I broke up with him.

**Training**

I train 7 days a week with a mixture of High Intensity Interval Training (HIIT) cardio, weights and wrestling to improve my skills and abilities. I need to keep my strength and endurance up to be able to compete without tiring out as matches can take upwards of 10 minutes.

I follow my macronutrients closely to ensure I’m getting plenty of nutrients from my vegan diet to sustain my level of activity, while allowing myself sweet treats from Tart Bakery. (My favourite food is the Hells Pride pizza with angel food cheese, or a Tart Bakery donut.)

Changing from a vegetarian to a vegan diet made me feel more energetic, which helps me to start my day at 5am in the gym and last as late as midnight.

My biggest supporters have been my trainers and manager, Sarah, Alf and Ben, and my two best friends Amber & Leilani.

**A day in the ring**

A typical day of a Pro-Wrestling event starts with loading the wrestling ring into the truck so it can be transported to the show’s location for the night. Next, we unload it all at the venue and set up the ring, stage and lighting before everyone on the show sits down with the booking...
through the curtain to a roaring crowd is exhilarating, you feel a huge rush of adrenaline hearing people yelling your name and cheering.

Every time I enter the ring, there is always the risk of an injury. On top of the usual bumps and bruises I've also burst my eardrum a number of times and had a concussion that kept me out of action for 4 months. Dealing with injuries is difficult when you are itching to get back out in the spotlight, but the support and messages from the fans is what drives me to look after myself and come back better each time I get knocked down.

**Benefits of the wrestling life**

Wrestling has allowed me to travel and perform all around New Zealand and hopefully further abroad in the future. I've met popular WWE personalities, worked with world renowned international talents and forged many new friendships – including meeting my best friends.

**Role model**

I'm proud to be a vegan wrestler and prove that mental and physical strength is not dependent on a meat based diet. I love seeing others flourish on a vegan diet in the world of sport, overcoming any preconceived vegan stereotype and slowly changing how we as vegan athletes are perceived.

To find out more about Pro-Wrestling in New Zealand you can visit www.impactprowrestling.co.nz/live-events/ and follow me on Twitter @AshleeSpencer or Facebook www.facebook.com/AshleeSpencerModel for updates on where I will be appearing next.

Photo Credits: Steph Reynolds Photography, Geoffrey Marquié Photography, Winston Gee Photography
After ten years of running the Vegetarian Expo in Christchurch, the organisers (the Christchurch Vegetarian Centre) decided it was time to ‘come out’ this year and ultimately update the expo’s name to reflect what has been a completely vegan event for many years.

**Highlights**

Despite some concerns from within the organising team that people could be ‘scared off’ by the word vegan – the opposite was true. The day saw unprecedented numbers with long entry queues, cars backed up right to the main road trying to get to the event and standing room only in the cookery demonstration and talks rooms, plus all-around packed aisles in the exhibition hall.

Drawcards included MasterChef 2013 winner Aaron Brunet, great food, stalls showcasing a wide range of products and groups of interest. Furthermore, the vegan goody bags, the string quartet, kids’ activities, films and the all-day cookery demonstrations with tasters, recipes and talks. The bargain entry fee of $5 or free for kids and volunteers made it affordable to attend.

Running a great Vegan Expo

It is exhausting to run a Vegan Expo, but running such an event is also one of the best things you can ever do as a vegan. It supports other vegans to stay vegan, it helps people decide to go vegan and it creates an understanding of our community for non-vegans, who get to discover a vegan world for a day and experience the whys and hows of being vegan.

At the end of the day it was a big job, and we are all volunteers and not professional event organisers. What has helped us over the years from starting small to where we are today is the year-by-year building on our knowledge and resources – like writing up job descriptions and procedures, building relationships with the vegan business community and other animal rights and vegan groups plus, of course, our 50 plus volunteers whom we have to thank for making the day run so smoothly (or at least look like it!)

From the ground up

By starting small and growing year on year, the event has evolved and just got better and better. It feels like we have come such a long way from the very first expo where we found ourselves begging for stallholders to come – now we have to turn many stallholders away as we can’t
accept them all and they are begging us! Another change is how much easier it has been to secure the sponsorship and funding that is necessary to put on the day. (Quick shout out to our donors and sponsors – thank you!)

If ever there was a time to run a vegan festival, the time is now. It is a lot of work running an event like this but what helps is linking up with others doing the same thing. The Christchurch Vegan Expo organisers teamed up with the Whangarei Vegan Expo organisers with benefits to all. We have shared resources such as planning documents, branding, website and a lot of experience and knowledge plus when possible, we turn up at each other’s events to help on the day.

Get in touch!

We welcome interest from vegans wanting to organise expos in other parts of New Zealand and are happy to have a chat about how you could make one happen in your town.
Recipe: Tof(ish) and Chips (gluten-free, oil-free)

A kiwi classic, but vegan, gluten-free and oil-free, thanks to Tonzu Tofu. Because this tofu is not only organic but has the perfect texture, not too soft and not too firm.

If making the tof(ish) and chips at the same time, I recommend to bake the tof(ish) on the lower rack and the chips on the top rack of the oven.

Makes 2 to 3 portions:

For the To(fish)
• 1 Tonzu Tofu
• 200ml coconut cream
• 1 teaspoon psyllium fiber husk
• 1 teaspoon kelp powder or 1 nori sheet
• 1/2 teaspoon salt (or less)
• 2-3 tablespoon flour (buckwheat or rice flour for gluten-free option)
• bread crumbs

Instructions Tof(ish):
1. Preheat oven to 200°C (top-/bottom heat).
2. Blend coconut cream, psyllium fiber, kelp and salt in a small blender. Transfer to a soup dish. Should it become too thick, add a little more coconut cream or water.
3. Place flour into another soup dish. Prepare third dish with bread crumbs.
4. Cut the tofu into two chunks and slice each chunk into three slabs.
5. Place each slab first into the flour dish and dust evenly from each side.
6. Then dip tofu slab into the dish with the coconut cream to coat evenly. Pick it up with a fork, let excess cream drip of and drop into dish with bread crumbs.
7. Cover evenly with bread crumbs. Gently place onto baking tray that has been lined with baking paper.
8. Place in oven and bake each side for approx. 10-15 minutes or until golden brown.

When serving, you sprinkle some more kelp powder onto them before drizzling with lemon choice.

For the Oil-free Chips
• 3-4 large agria potatoes
• 1 heaped tablespoon flour (buckwheat or rice flour for gluten-free option)
• 1 teaspoon paprika powder
• 1/3 teaspoon salt (or to taste)

Instructions Chips:
1. Fill a large pot half with water. Bring to the boil.
2. Preheat oven to 200°C (top-/bottom heat).
3. Wash potatoes, slice into chips.
4. When the water is boiling, add the potato chunks and parboil for approx. 1-2 minutes. Don’t let the water start to boil again.
5. Drain the water. Then sprinkle with remaining ingredients, place lid on top and vigorously shake it to coat the potatoes with the flour and spices.
6. Place on lined baking tray and bake for approx. 10-15 minutes before flipping over and baking another 10-15 minutes or until golden brown.

This and other vegan and gluten-free recipes can be found on Jana’s food blog www.theveganmonster.com

Jana Kastner

GIVEAWAY!

Three lucky readers will each win a voucher for Tonzu Tofu.

For your chance to win, email amanda@vegansociety.org.nz with the subject line “Tonzu Tofu” and your postal address (no RDs or overseas entries please). Enter to win by February 1st (or today before you forget!)

*Open to Vegan Society members only.
Recipe: Berry Vanilla Ice-Creams

Jana Kastner

This light and refreshing icy treat is perfect for hot summer days. You can use any kind of berry to create an amazing flavour combination.

Makes 6 mini ice creams

For the ice creams:
• 300ml coconut cream
• 1/4 cup water
• 1/2 cup cashews
• 4 medjoul dates
• 2 teaspoon psyllium fiber husk
• 1/2 teaspoon vanilla essence

• 3/4 cup berries
• 1 medjoul date

For the chocolate drizzle:
• 20g cacao butter
• 20g cacao or cocoa powder
• 20g coconut sugar, finely ground
• other toppings of choice (I used fresh strawberries and cacao nibs)

Instructions:
1. Blend all ingredients for the ice-creams (except the berries & one date) in a powerful mini-blender until smooth. Set aside.

2. Blend the berries and one date separately in a powerful mini-blender until it becomes a smooth texture.

3. Place a silicone muffin tray onto a small chopping board. Drizzle the blended berries into the forms. Then top up with the coconut cream mixture.

4. Place in freezer until firm (approx. 4-6 hours).

5. For the chocolate drizzle, place the cacao butter into a cup that sits in a bowl of warm water. Stir occasionally until the cacao butter melted.

6. Then add cacao powder and finely ground coconut sugar and stir to combine.

7. Take ice-creams out of the mold and turn upside down. Drizzle with chocolate sauce and toppings of your choice.

8. Let soften a bit for a few minutes before serving.

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If you’re looking for powerful natural ingredients to clean your home, be sure to head over to the SANTOSA website. I’m a huge fan of their ‘Lavender & Grapefruit Good For Everything Spray’. Shop by fragrance or choose from the gorgeous quotes on every bottle, making for unique and interesting Christmas gifts. I also love their ‘Peppermint & Eucalyptus Foaming Handwash’. A company dedicated to self-care and mindfulness, less environmental damage with refills available and chic packaging to suit every bathroom.

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For your chance to win them, email amanda@vegansociety.co.nz with the subject line “Santosa Giveaway” which prize you prefer and your postal address.

*Open to Vegan Society Members Only

NZ RAW have a wonderful website showcasing their natural skincare and cosmetics. Try their new vegan lipsticks, under the brand name Lipstick Lab NZ. Not only do they make nudes and subtle pinks, but they also have bright blue and purple tones! With 18 shades to choose from, finding stocking fillers has never been easier. If your young teen is starting to experiment with makeup, look no further.

You can rest assured knowing the ingredients are safe and no animals were harmed to create these gorgeous lippies. My current favourite is ‘1940’s Red’. The perfect shade of Santa red – perfect for kissing under the mistletoe.

RRP $25.00 each and available online from www.lipsticklabnz.com

Vixen & Co is handmade, cruelty free and NZ’s best kept secret. Hidden away in Whangaparaoa are the most delicious vegan candles and soy melts. My favourite scents are ‘Avocado & Mint’, ‘Green Tea & Jasmine’ or their newly launched ‘Caramel’. Every time I have friends over they marvel at the wonderful aromas in my home. Candles can create emotion and bring people together, so what better way to share the Christmas cheer than with a Reed Diffuser from Vixen & Co.

Try their bath melts for some ‘me time’ once the relatives have left or pamper in the shower with their vegan soaps.
Wet’n’Wild beauty products have newly launched in New Zealand. Their range of professional vegan brushes are a cult favourite amongst Youtubers and bloggers. Not all their cosmetics are vegan, but the entire range is cruelty free and all vegan-friendly items carry their easy to find V logo. Try their ‘Photo Focus Setting Spray’ for long lasting makeup, or my personal favourite ‘Colour Icon Eye Shadow Palette in Comfort Zone’. This 8pc palette has gorgeous shimmer shades, perfect for dazzling everyone at your Christmas party!


If the man in your life needs a good scrub, and you’re looking for inexpensive Christmas treats, then you’ll love The Bon Bon Factory. Made in Whakatane, their range is 100% vegan and cruelty free. Over the warmer months when we are working on our gardens, we need a product designed to turn hard callouses into soft skin. Try their ‘Mechanics Scrub’. Not only for hard working guys, but girls will love this too. Bon Bon also have a delicious range of seasonal Christmas scents, available in room sprays, lip balms, body scrubs, bath salts and more.

RRP from $9.99 available at selected salons or online from www.bonbonvegan.com

The INIKA Cosmetics Holiday Collection is delightful. Get ready for the silly season and multiple parties with their newest range of cosmetics and vegan purses. Last year I was amazed at the quality, the price and the soft feel of their vegan leather bags. This year they have released more makeup bags, with luxe brushes and gorgeous palettes.

I can’t wait to use the ‘Handbag Essentials’ kit. This includes their newest lip product - ‘Certified Organic Lip Serum’ and their ‘Certified Organic Cream Illuminisor’. Be quick to get this Limited-Edition set featuring an exclusive black evening clutch.

Holiday Kits RRP from $52. Available online from www.inikaorganic.com/nz

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

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Follow us on Instagram to get a sneak peek of what’s on offer for our Meat Free Mondays

hectors_restaurant

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

The Chef’s menu creation for our Meat free Mondays dining will be posted every Friday.