

# VEGETARIAN *Living* NZ

WINTER 2023

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**INTERVIEW WITH  
TRANSFORMATIVE  
PSYCHOLOGICAL COACH  
PAUL KING**

**DINING OUT  
AROUND THE WORLD**

**COUNTRY RETREAT ANIMAL SANCTUARY**

**BEHIND THE SCENES  
AT A VEGETARIAN  
SCHOOL**

**2023 THINK KIND  
STUDENT COMPETITION  
LAUNCHES**



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# EDITORIAL



editor@vegetarian.org.nz

With the world opening up again, I have had the opportunity to travel through Europe for the last couple of months with my husband and two children. I'm originally from Bulgaria and still have relatives there whom I hadn't seen since before Covid, so it has been incredible to reconnect and nurture those relationships. One of the real highlights of the trip has been the number of plant-based options available everywhere, including Bulgaria, but also in Germany, United Kingdom and Malta. It has been inspiring to observe the significant shift in eating habits that has occurred since the last time I visited some of these places! We are certainly moving in the right direction on a global scale but is it fast enough?

What took me by surprise was seeing snow in my hometown of Varna. It is a coastal town where it has historically rarely snowed. However, in recent years very cold weather is increasingly common and while we were there, we experienced snowfall, which is un-heard of during springtime. This for me is yet another obvious indicator of climate change. Given the unprecedented and devastating weather events that have also occurred in New Zealand recently, I think we can all

agree that now, more than ever, we need to take action. Diet plays a significant role in contributing to climate change so even though the world is heading in the right direction, more still needs to be done. I feel here at the NZVS, both staff and members, have a unique opportunity to be that voice and guide people on their journey toward a plant-based diet. We're all in this together!

In this issue, we cover more on the topic of climate change. Tristan's Corner focuses on how a vegetarian diet can help to create a more sustainable future. I also interview transformative psychological coach and therapist, Paul King. As he is a long-time vegetarian, I was interested in his views on veg-nism and how diet can help minimise the effects of climate change. On a separate note, we are thrilled to launch the Think Kind student competition for 2023 and can't wait to see all the creative entries submitted this year! Toshala Elliott also contributes a very interesting article on vegetarian school and preschool, Ficino, in Auckland, where she is the chef. We have an exciting Dining Out Around the World section featuring Georgia, Macedonia and Greece, and a book review for chef Anna Valentine's new book, *Abundance*. Lastly, we have a special Kindness Corner featuring an adorable kitten needing adoption, and Hannah Gallagher interviews Helen and Gavin from Country Retreat Animal Sanctuary on the incredible work they are doing to provide a sanctuary for animals in need. Enjoy our Winter issue!

- INA

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# NZVS News

## FAREWELL & HELLO

In March we said farewell to our National Office Manager, Hannah Gallagher. Thank you, Hannah, for all your hard work and we wish you all the very best on your next adventure!



Hannah Gallagher

We are excited to welcome Rose Bygrave to the role. An avid runner and cat lover, Rose is originally from Auckland. She has been a vegetarian for over 30 years and is excited to join our team, "I'm thrilled to be joining the NZ Vegetarian Society knowing that I will be working for an organisation that aligns with my values". **Welcome Rose!**



Rose Bygrave

## THANK YOU, PATHFINDER!

Every time someone joins the Pathfinder KiwiSaver Plan & selects our charity it goes towards an annual donation which provides us with one stream of long-term, sustainable, passive income.

This year Pathfinder has once again provided us with a significant donation, and we would like to say a big THANK YOU and show our appreciation for all the amazing work that they do.

We partnered with the team at Pathfinder because they stood out as game-changers in the ethical investing space. They aim to avoid the bad, whilst striving to elevate the good. We love that they tirelessly work to prove investing in line with your values doesn't have to mean taking a hit financially.

You could help us increase this donation next year, simply select 'NZ Vegetarian Society' as your charity partner in the sign-up form if you decide to switch!

**Thank you once again Pathfinder Asset Management!**

## JOIN OUR AUCKLAND COMMITTEE

We are looking for a member from Auckland to join our committee! Don't miss this rare opportunity to make a real difference in protecting our environment, improving human health, and reducing cruelty to animals.

**For more information, please contact us on (09) 523 4686 or email [info@vegetarian.org.nz](mailto:info@vegetarian.org.nz).**

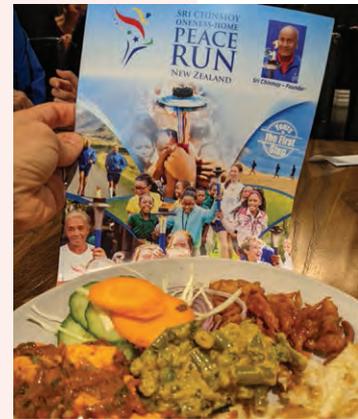
## PEACE RUN DINNER

The Sri Chinmoy Oneness-Home Peace Run is a global relay seeking to inspire the creation of a more peaceful world. As a symbol of peace and harmony, runners carry a flaming torch, passing it from hand to hand, heart to heart.

The motto of the Peace Run is "Peace Begins With Me!" – highlighting the importance of how each individual can make a positive contribution to creating a happier and more peaceful world. Since its establishment in 1987 the Peace Run has had over 7 million participants from 155 countries around the world.

Earlier this year the Vegetarian Society team had the pleasure of attending the annual Peace Run dinner where Olympian Sarah Cowley Ross received the Torch-Bearer Award. This award recognises remarkable people who have inspired their communities, their cities and nations.

We enjoyed hearing stories of the Peace Run and a delicious vegetarian dinner at The Indian Lounge in Mt Eden, Auckland. Keep up the great work Sri Chinmoy Oneness-Home Peace Run!



## 2023 AGM INVITATION

**You're invited to our Annual General Meeting!** Come and find out what the Vegetarian Society has been doing over the last 12 months, and our exciting plans for the future as we celebrate our 80th anniversary.

Enjoy a cooking demonstration by chef Anna Valentine and a delicious lunch afterwards. We look forward to seeing you there!

**WHEN:** Sunday 27th August at 11am

**LOCATION:** 4 Warborough Avenue, Epsom, Auckland  
Contact [info@vegetarian.org.nz](mailto:info@vegetarian.org.nz) for booking details

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# TRISTAN'S Corner

HOW DO YOU KNOW IF A MEAT-EATER HAS BEEN IN YOUR FRIDGE? THEY LEAVE BEHIND A HUGE CARBON FOOTPRINT!

That joke isn't meant to be a personal dig at meat-eaters, some of whom are my close friends and family. But it's not just a joke, it's a reminder.

As our concern grows about the effects of human activities on the environment, so does our awareness of vegetarianism as part of the solution. It's no secret that the farming of animals for human consumption is damaging the environment. Animal agriculture is responsible for a range of environmental issues, including greenhouse gas emissions, water pollution, deforestation, and soil degradation.

People have their own, varied reasons for being vegetarian, from individual and family to community concerns. One reason is that eating a vegetarian diet reduces our negative impact on the environment.

Although it's tricky to find the exact numbers of vegetarians living in New Zealand, mostly because the statistics come from self-reporting surveys which



ask rather vague questions (e.g., "Are you mostly or completely meat-free," the Better Futures report: 2019), it is estimated around 10 percent of the New Zealand population currently identify themselves as vegetarian or vegan.

In my household, we have three vegetarians and one meat-eater who's reducing his meat consumption. Firstly, there's me. I've been vegetarian since the 1980s. I chose to go vegetarian for personal reasons to do with the ethics of killing animals for food. However, my outlook expanded over time due to better knowledge being available to me. Now, if you asked me why I'm vegetarian, my answer would incorporate a wider world view, to include the impact on environmental issues.

If you asked my two teenage sons, who have been vegetarians their whole lives, they would be able to rattle off lots of reasons why meat consumption has a detrimental effect on the environment, and they include those reasons in their own personal beliefs about vegetarianism.

My husband is a meat eater when he's not at home, although our house is a meat-free zone. He won't mind me saying that he's from that category of people, the majority of New Zealanders, who grew up eating meat. It simply comes naturally to him. He, like many others, is aware and accepting of the evidence that vegetarians do less harm to the environment.

According to a 2013 report from the United Nations, the livestock sector accounts for around 14.5% of global greenhouse gas emissions, which is more than the emissions from all forms of transportation combined. The primary source of these emissions is the digestive process of animals, which produces methane, a potent greenhouse gas.

Animal agriculture is also a major contributor to water pollution. Not only does the process of producing meat and dairy require significant amounts of water, but the waste products from animals also contaminate water sources, which has caused water pollution and environmental damage in much of New Zealand.



Animal agriculture is also a leading cause of deforestation. In order to create farms for livestock to live in and crops to feed them, forests in New Zealand have been cleared, leading to native habitat destruction, biodiversity loss and climate change.

Intensive farming practices can also lead to soil erosion and nutrient depletion, which can result in reduced soil fertility and lower crop yields.

None of this is a secret and there's plenty of information available about the damage which animal farming practices have caused to our country. New policies have been put in place around farming and, for the most part, the farmers are trying, although it's clearly a difficult change to make for a country which has enjoyed the economic benefits of agriculture for so long. The fact remains, the amount of land required to produce one kilogram of meat is significantly higher than that required to produce one kilogram of plant-based foods.

A fact is a fact: Vegetarianism is a sustainable way of eating that can have numerous environmental benefits. The vegetarian way of life helps reduce greenhouse gas emissions, protects water resources, reduces deforestation and conserves natural habitats. More people choosing to adopt a plant-based diet, can be a significant benefit to the environment and help to create a more sustainable future.



Tristan Stensness is a writer from Hamilton. She is a vegetarian and the mother of two vegetarian sons. You can view her work at [www.tristan.nz](http://www.tristan.nz)

  
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## INTERVIEW WITH TRANSFORMATIVE PSYCHOLOGICAL COACH PAUL KING

BY INA BABIC

*Paul King is a transformative psychological coach and therapist. Holding a Master's degree in psychology, he coaches executives on a personal and business level. He is also a financial advice provider, a musician, and a talented painter. As he is a long-time vegetarian, I was interested on his views on veg~nism and how diet can help minimise the effects of climate change.*

### Q. Tell our readers a bit about you...

I'm from the United Kingdom, Hampshire. We moved to NZ primarily because we can afford to have a bit of land out here, but they don't tell you about Kikuyu in the promotional material! We had allotments in the UK and actually, the camaraderie is something we miss. We have a lifestyle block overlooking the Kaipara and farmland in rural NW Auckland, 200m up is great for views, but we get SW/West weather right in the face. I recently graduated with a Master's degree in psychology, and now coach/ provide therapy. I'm also a financial advice provider, a musician, and an artist.

### Q. Why did you decide to become vegetarian? What inspired you?

This was 1982. I'd been concerned about the health effects, and the effects of animal farming on the environment anyway, but then I saw a documentary showing experiences in the world through the eyes of a space alien. A 'cow' was hung up by its back legs and its throat cut. The idea was that the red colour, which to an alien was just red liquid, and the distress of the animal was meaningless. However, it had the opposite effect on me.

### Q. How long have you been vegetarian?

40 years.

### Q. Are you the only member of your family who is vegetarian / plant-based?

No, my wife doesn't eat meat either.

### Q. How do you feel being vegetarian?

It's been 40 years. I don't know what it's like not to be.

### Q. What are the benefits to being vegetarian? Are there any disadvantages?

Apart from not having contributed to the pain and suffering of thousands of sentient beings you mean, and not having been involved in paying for many tonnes of unnecessary greenhouse gasses? Hey look, none of us has a zero-carbon footprint; I drive a car... So, I'll give you a recent health story. I had my heart checked out recently by a cardiologist. For a brief period, I experienced what used to be called a 'flutter', which turned out to be stress-related because my heart muscles and all the tubing were in great shape, and completely clear. They put this down to my diet, plus not smoking or drinking (sober for almost 11 years, which is another story). I can't actually have a heart attack, or a stroke, which is the biggest risk with PAF (the flutter). I took steps to reduce the stress and got my exercise back on track and have had no recurrence, so 'touch wood'. I'm 57.

There are no disadvantages. How can not eating the limbs of dead animals be a disadvantage?

### Q. How or what has helped you maintain your diet and lifestyle?

It's never been a problem. I learned to cook for myself, so I have skills many don't. I've cooked for many people over the years, it's just food, but without bits of dead animals in it.

### Q. What kind of vegetarian are you, for example, do you eat eggs or dairy products?

I don't eat meat, that kind of vegetarian. I'm not vegan. I know I'm not going far enough yet, but I reckon my 40 years of not eating meat gives me a bit of grace with that.

### Q. Are there any vegetarians who have had a strong influence on you?

Sarah Brown's cookbook in the 80s, and Cranks Restaurant (an English wholefood vegetarian restaurant), David and Kay Canter and Daphne Swann. Also, the Hare Krishnas – I'm not a devotee, but I have a lot of association with them.

### Q. What do you say to people about your diet? How do you explain why you've become vegetarian?

I don't eat the decomposing muscle tissue of dead mammals. I don't need to, no one does.

### Q. What do your friends/peers say about your diet - are they supportive?

Everyone I associate with is used to it. I don't associate with childish people who think it's hilarious to poke fun at my diet.

### Q. What's your best retort to daft comments about vegetarians?

Oh, I love the one about vegetarians being weak and watery, with no energy. I stand up for this one usually. I'm just over 100 kg and a former Rugby hooker and martial artist...

It's actually more of a problem in NZ because it feels like I have to go back 20 years and have the same dumb conversations. You know the one where someone asks you why you're vegetarian so they can start an argument? If you say nothing, you're not able to "defend" yourself and are clearly "wrong". If you explain, you get the "don't ram your ideas down my throat" nonsense. Anyone who points at their canines, I point at their appendix and ask them how much grass they've eaten recently.

*Continued on page 6*

**Q. You have some amazing art pieces. What inspires you to paint these beautiful landscapes?**

Thank you. I decided I could paint only a couple of years ago. On my 55th birthday, out I went and bought an easel etc. I had found a wonderful mentor via YouTube whom I've got to know personally since, called Stuart Davies – Look up Stuart Davies Artist on social media – especially his YouTube video called “The Illusion of Detail”. It helps me with my mental and emotional balance; I have to really concentrate on colour, shape, and contrast, etc. while I'm out and about, then let that come out on the canvas.

**Q. What are your thoughts on the link between diet and climate change?**

There is no question that we can feed everyone so much easier, without the

pressure on the land, if we stop using land to grow cattle feed. That goes for grass and crops grown to feed animals. Just grow the feed we eat. Simple! Then with fewer ruminants, if any, the greenhouse gasses reduce, and we can use water to grow more water-intense food crops that we require. There are no good arguments in favour of farming animals. None! All the “what about the loss of biodiversity to grow crops for vegetarians” nonsense forgets that we just use the land used to grow meat, for food to grow us. It will also create an awful lot of jobs.

**Q. Has being a vegetarian influenced your career choice and if so in what way?**

No, just my friend choice.

**Q. How do you think we can best influence people to shift from meat consumption to a vegetarian diet on a global scale?**

Stop trying to produce meat substitutes and show how delicious food is without having to make it look like mechanised mushed-up muscle tissue. Meat is meat, let it be what it is. Produce food, if it must be processed, in ways which are very obviously NOT meat, and extol the virtue and attributes of that instead. While we're at it, use this as a way to remind people that the thing they're eating, which is delicious and nutritious, was produced on land that would otherwise have been used to end up a 0.5g of meat (or whatever the equation is).

- <https://csuitepsych.com/>
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# 2023 THINK KIND STUDENT COMPETITION

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2022 WINNER - CYNTHIA SUOLIU

The NZVS annual Think Kind student competition has officially launched! The competition encourages students from years 0 to 13 to submit a project about being kind to animals and the planet.

The winner of the competition will receive \$1,000 for their school, kindly sponsored by Cookie Time. Every entrant will receive a certificate and a Hell Pizza voucher. Entries can range from artwork, literature, film, music and anything in between!

In 2022, NZVS received entries from across Aotearoa with year 7 student Cynthia Suoliu from Murray's Bay Intermediate, Auckland, taking out

the top prize. Cynthia won with her thought-provoking artwork titled “Habitat Destruction”.

Julia Clements, NZVS President, says “It’s paramount to encourage young New Zealanders to reflect on the importance of kindness to animals, and it’s great to see how many students want to get involved. Think Kind reflects great values - healthy living, sustainability and reducing animal cruelty. Last year we had children expressing themselves through hundreds of different projects. It’s very exciting when whole communities get behind the competition, and everyone enjoys voting for their favourite project in October!”

The closing date for submissions is Sunday, 13th August 2023. After entries close, the NZVS judging panel will select the top 10 projects to present for public voting from 1st October – World Vegetarian Day - which will determine the overall winner. The top 10 projects will receive a prize pack from our sponsors. The winner will be announced on 1st November, World Vegan Day!

The competition would not be possible without the generous support of our sponsors!

**For more information, guidelines and resources, please head to the NZVS website.**

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# BEHIND THE SCENES AT A VEGETARIAN SCHOOL

BY TOSHALA ELLIOTT

While it is not widely advertised, Ficino School and Preschool in Auckland provide vegetarian food for their pupils and staff. All food is prepared from fresh ingredients on the school premises, including the bread, which is baked daily. The food ranges from vegan to lacto-vegetarian, and is from a wide range of cultures. Preparation and presentation take into consideration the different food intolerances, allergies, and religious dietary requirements that some individual children have. And how do I know this? I am the chef!

Hello, I'm Toshala. Previously I was head chef and owner of The Blue Bird Café in Auckland's Dominion Road, and have been vegetarian for more than 30 years, ever since joining the Sri Chinmoy Centre in Auckland. The change from preparing café food and short-order cooking, to making bulk food for children when I started at Ficino was a complete change in genre, and a bit of a culture shock. This was several years ago, and I have it mostly down pat now, luckily, as the school roll has almost doubled in that time, if you include the Preschool.

Every day for morning tea, the children are supplied with fruit, milk, and crackers and cheese. At least once a week they have a sweet treat – like a cookie, cake or slice (with hot chocolate in Terms 2 and 3!) – and grilled cheese (or alternative) on toast.

For lunch they have fruit, fresh bread, salad, cheese, a main item du jour (which is optional – they can make themselves a sandwich instead if they like), yoghurt, honey, milk, butter and a variety of spreads, dried fruit, and nuts\* and sunflower seeds marinated in tamari (soy sauce). Seasonal produce is used, and the menu reflects this. For instance, in the warmer terms (1 and 4) the children have fresh, warm homemade buns as the main item on Mondays, to fill with whatever they choose, and in the cooler terms, they have smaller buns and hot soup.

Pasta is a big favourite and it doesn't matter what type either - spaghetti, penne pasta, spiral basil pesto pasta, macaroni cheese, fettuccine alfredo, lasagne...the list goes on. Baked potatoes, anything with rice (e.g. Indian curries, Thai curries, sweet and sour veggies, sushi) are also big winners, along with spring rolls and vegetarian sausage rolls. But the top of the list goes to roasted vegetables, pizza, and nachos. The goal is to expose the children to as much variety as possible and, as one grateful Year 8 mum

said once, "Thanks to Ficino, my sons have been exposed to a wide variety of different foods and will now eat anything!"

*\*There is a nut-free table for those allergic to nuts.*

It takes a vegetarian to know how to properly prepare vegetarian food (and to order the right kind of cheeses and yoghurts, etc). The chef prior to me was a talented chef from the Hare Krishnas, so Ficino has been somewhat of a unifying place for different vegetarian groups.

Ficino School has been open in Auckland since 1997 (the Preschool since 2016) and, following the school's underlying philosophy of mindfulness and self-discipline, has always provided vegetarian morning teas and lunches for the children and staff. These are prepared onsite in a commercial kitchen that is registered and operated under a professional food control plan, regulated by the Auckland Council and Ministry of Primary Industries, just like any other professional kitchen.



To feed the crowds, especially young crowds, it is essential to craft the food carefully... and whatever you do, it is always necessary to make acres of it!

*We provide a wide range of salad items (more than the recommended 5+ veggies!)*



*All food is presented attractively to entice the children as much as possible.*



*Plated-up Butter Paneer and Basmati Rice with fresh salad, homemade vegan aioli and homemade vegan basil pesto.*

*The children appreciate freshly made warm buns and the smell of baking that wafts through the school, whetting their appetites!*



*A range of sweet treats are made too – at a rate of once a week.*

*Of course, it is necessary to make acres of sweets and hundreds of cookies at a time. However, all efforts are greatly appreciated!*



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SHARON ALMOG, TRADEMARK MANAGER

Winter is here. This is a time to recharge, enjoy and appreciate the simple things in life. These are not easy times for NZ – after Covid, cyclone Gabrielle, the flooding, and the financial crisis that is taking off, all of us – households and businesses – must take a deep breath, reflect, and focus on repair and rebuilding. Nature is still out there in its beauty, let's follow the sunny days. If you are lucky enough to catch the Aurora Australis's amazing sights, please share some pictures with us!



Great news from **Clinicians** – two new supplements that will keep you energetic and agile, developed especially for plant-based diets!

- **Nutrients for Vegans** has been formulated specifically for vegans and vegetarians to support their recommended daily intake of vitamins and minerals. It contains nutrients that support optimal well-being including vitamin B12 and iron for healthy energy levels. It also includes vitamins and minerals for optimal well-being, with high-quality nutrients including activated B12 and Iodine. Vegan-certified, cruelty-free, and much more sustainable.

- Magnesium is an essential mineral for the maintenance of good health. Clinicians' **Magnesium Chloride** is liquid magnesium for rapid absorption and utilization in the body. Magnesium is a mineral used by every cell in the body and supports healthy muscle tone and relaxation, healthy blood pressure, sleep, and relaxation.

This liquid Magnesium Chloride is easy to take, supports muscle relaxation after exercise and at times of stress, and helps with sleeping. It also supports cardiovascular health through healthy blood pressure and soothes tension in the head.



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BEAUTY



A huge festive bundle from **Aleph Beauty!** The Aleph **Essentials Edit** bundle provides you with your go-to kit for a flawless and adaptable complexion using just three versatile products and two professional-grade tools. I'm in love with all the Aleph Beauty nourishing makeup, enjoying, and grateful every single day!



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Angel  
FOOD

A very exciting launch from **Angel Food**, makers of tasty dairy-free cheese since 2006! Angel Food's latest product launch is a plant-based **Sour Cream** – and it's almost indistinguishable from dairy sour cream in taste and texture. Perfect on nachos and baked potatoes or swirled into pumpkin soup! I'm looking forward to our next Mexican family dinner to enjoy this yummy dairy-free sour cream!

Available from most Countdown stores and selected independent stockists. For your nearest stockist, see the store finder at [www.angelfood.co.nz](http://www.angelfood.co.nz).

Three cheers to Angel Food's founder & managing director, Alice Shopland, and her amazing team, who are constantly working hard to make Aotearoa a kinder and more sustainable place.



You will find the full list of Vegan Certified and Vegetarian Society Approved products at the end of the magazine, and you can stay up-to-date by liking our Facebook page.

Have you found a product that seems vegan or vegetarian? Why not email the producer and ask if they've considered getting it Vegan Certified or Vegetarian Approved? We can help them spread the word! Alternatively, email our Trademark Manager at: [trademark@vegetarian.org.nz](mailto:trademark@vegetarian.org.nz), and we'll get in touch with them.

# SORRY VEGANS, WE'RE SEPARATING YOU FROM EVERYONE ELSE...



Pictured: Sinister

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# DINING OUT

BY NELSON ATIGA



## GREECE REVIEW

Stepping off the plane in Thessaloniki, Greece, you're hit with a certain kind of heat. It's a dry, ancient heat – one that the people in the region have been feeling for thousands of years and the lifestyle and food reflect this.

I wanted to review a specific restaurant when visiting Thessaloniki, but I found it too difficult to single one out. Walking through the streets you're spoilt for dining options. I was in town for six days, I didn't eat at the same restaurant twice and I don't remember having one bad meal.

The standout dish for me was the chilled eggplant salad, which was a midday essential in the summer heat. This salad is made by first grilling the eggplant over charcoal then removing the skin and mashing it. After mixing in onion, garlic, and herbs it's then chilled and served cold. It was a perfect starter to share before the mains arrived, though for me it was often the highlight.

Of course, I must mention the Greek salad, although the locals call it Horiatiki which translates to village salad. The salad's beauty lies in its simplicity – tomatoes, onions, green peppers, and olives. Drizzle with olive oil and you're done. Everything you need and nothing you don't.



It's not my first time in Thessaloniki and one of my strongest memories of the place was its tomatoes. Forget everything you know about this humble little fruit. The tomatoes here pack a punch. Each bite has more flavour than a whole bag back in NZ!

As I write this, I'm already planning my next visit!



## MACEDONIA REVIEW

In August 2022 I travelled north from Greece into Macedonia with a cheery Greek taxi driver, who didn't seem to mind too much that I spoke little-to-no Greek. That didn't stop him from talking non-stop from Florina to Bitola.

Also known to some as The Republic of North Macedonia, between the Ottomans, Serbians, Bulgarians, and being a part of Yugoslavia until 1991, Macedonia has emerged as a true melting pot of history whilst still maintaining a strong sense of patriotism. This can be seen in their food and the way they eat. Food is shared everywhere. Ordering a meal at a restaurant is a communal process that is carefully considered. Not once did I order a meal solely for myself.

The food is fresh, often gathered that morning, as if there's a garden to the rear of every restaurant. As in many less commercially developed countries, the majority of what you consume is locally grown. Almost everything on your plate has come from a 20km radius of the establishment. I could taste the difference in the tomatoes from town to town, as seen in the Macedonian staple, the Shopska Salad. Consisting of chopped tomatoes, cucumber, red onion, olives and topped with grated feta, it's the perfect way to start a long lunch. The kind of lunches that linger late into the afternoon, where the food often takes a back seat to the conversations had.

Macedonians are very friendly, albeit perplexed as to how a Kiwi had ended up there. Much to my extroverted delight, I couldn't order a coffee without getting locked into a deep conversation. Macedonia has captured my heart and soul. Undoubtedly, I will be back.



## GEORGIA REVIEW

Flying into Tbilisi, Georgia, on the 26th of December I knew I was in for a cold time. Sitting at around zero degrees I quickly hailed a taxi and made my way into the city. Tbilisi is an old city in every sense of the word. People have been here since the 5th century and it hits you as soon as you come down the hill towards the Kura River which flows from the Caucasus mountains, slices the city in half and brings life to the area. From the grandeur of the extravagant Soviet buildings that line Rustaveli Avenue to the brutalist high-rise apartments scattered around the city, you can feel the complicated history.

As I walked the cobblestone streets and alleys, I instantly felt like I'd been transported back in time to some nondescript European city, but this most definitely isn't Europe. Decades under the Soviet Union has diluted the culture here and only in the past 30 years people have been able to revive many things that were once banned. As nearly everywhere I've been, the history is reflected in the food.

Visiting Georgia in winter set the perfect scene for their cuisine. Everything is hot and served in portions that make it hard to walk. Just what is needed when snow is falling outside. A highlight for me was the Khinkali, the traditional



Georgian dumpling. About the size of a tennis ball and served alongside 9 or more of its siblings, it's a delicious mission to undertake. Usually filled with meat, I had no problem finding the veg version consisting of mushrooms, potatoes, or cheese. My apologies to the vegan readers, but cheese is a staple here. I may be exaggerating but it felt like there was a little bakery filled with an army of little old ladies handing out a variety of fresh baked breads on every corner in Tbilisi. On more than one occasion I couldn't help myself but stop and pick up a khachapuri, a frisbee sized piece of bread stuffed with cheese - delicious.

After a few days enjoying what Tbilisi has to offer, I hitched a ride north to a small town called Sighnaghi. Known as the city of love, Sighnaghi is nestled right in the centre of a sea of vineyards with the Caucasus mountains as a backdrop. If anyone ever finds themselves in



this part of the world, you must visit Pheasant Tears. This was the culinary highlight. Mushrooms are my one true love, but I've never tasted them like this before.

Foraged from the local woodland areas around the town and cooked over a charcoal fire, I couldn't help myself and promptly ordered another plate. Coupled with the excellent red wine in the region, I could see myself settling in for the winter!

I would also like to offer a special mention to The Kiwi Cafe in Tbilisi, a fully vegan cafe that served an array of dishes from around the world, reimagined in a vegan way with a Georgian twist. Although I visited twice, I never did find out why its mascot was our native bird.

## ABUNDANCE - 100+ PLANT-BASED RECIPES TO SAVOUR YEAR ROUND



Anna Valentine's new recipe book, *Abundance*, is a celebration of great, down-to-earth 100+ recipes. I found myself browsing *Abundance* again and again, planning meals for family and friends, and riding a cloud of get-together fantasies. This book has a very happy vibe, with such a pleasant visual experience. The pictures are warm and cheering with a bold Mediterranean flare.

I love the title *Abundance* – this one word represents a state of mind. *Abundance* is firstly about perception, creativity, and most of all – freedom. For us, plant-powered people, this state of mind of abundance is so central to our experience of the world and the combinations and possibilities of plant-origin foods we can enjoy are endless!

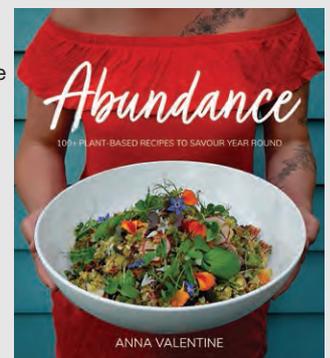
The recipes are well-designed for all levels of cooks – you can be a person who is very confident in the kitchen or just a beginner with your culinary skills – both ends would find the book informative and welcoming. All the recipes

are inclusive and playful and offer various alternatives and replacements in the same recipe – for vegetarians, vegans, and gluten-free.

I made the Tofu Laksa (p118), the Cornbread (p196), and the Sweet and Savoury Spoon Scones (p58). All three dishes were very good, with no troubleshooting! They have definitely joined my "here-to-stay" pool of recipes. The Tofu Laksa is the more advanced recipe, totally worth the wee extra effort for its rich and deep flavours. I look forward to my next trials.

Anna Valentine gives a kiss of affirmation and confidence to the reader. Whether you decide to browse for hours or go into the kitchen straight away, *Abundance* will put a smile on your face and bring you loads of joy!

**SHARON ALMOG**  
NZVS Trademark Manager



# Recipes



Anna shares some more of her creative and delicious recipes. More of Anna's recipes are available on both [www.vegetarian.org.nz](http://www.vegetarian.org.nz) and [www.theveggietree.co.nz](http://www.theveggietree.co.nz). Anna also has two recipe books available from her website (Spring/Summer and Autumn/Winter) plus her latest one, just published, *Abundance*.

## COTTAGE PIE

Comfort food at its best. This wholesome, warming cottage pie is packed with plant proteins nestled in a rich tomato sauce. The creamy, fluffy mash top is achieved by baking the potatoes whole, then scooping out the tender insides. We then turn these into crispy potato skins which are everyone's favourite and make the absolute most of your potatoes. For great crispy skins buy unwashed potatoes for the best results. For the gluten-free version, use buckwheat groats instead of pearled barley.

- 1/4 cup pearl barley or buckwheat groats
- 1/4 cup brown lentils
- 1.5 kg potatoes, unwashed agria or other floury potatoes
- 3 tablespoons extra-virgin olive oil
- 1 onion, diced
- 2 sticks celery, finely sliced
- 4 mushrooms, grated
- 1 small beetroot or carrot, grated
- 3 sundried tomatoes in oil, roughly chopped
- 3 cloves garlic, crushed
- 1 tablespoon balsamic vinegar
- 300ml jar passata
- 1 tablespoon finely chopped fresh sage, or dried
- 1 tablespoon finely chopped fresh thyme and/or rosemary, or dried
- 1 tablespoon smoked paprika
- 1 tablespoon cacao powder
- 1 tablespoon coconut sugar or brown sugar (optional)
- 1/4 cup red split lentils
- 1/2 cup roughly chopped walnuts, Brazil nuts, sunflower seeds or pumpkin seeds
- 1.2 litres water
- 1 tsp salt
- 1 tsp black pepper
- 2 tablespoons (30g) butter, plant-based or dairy
- 1/4 cup milk, plant-based or dairy
- 1 tsp salt
- 1/2 tsp black pepper
- 2 tablespoons extra-virgin olive oil



### METHOD

1. Measure the barley (or buckwheat groats) and the brown lentils into a jug and cover well with hot tap water and leave to soak while you prepare the vegetables. Preheat the oven to 180°C.
2. Scrub the potatoes, prick with a knife or fork and bake for 45 minutes to 1 hour, until a knife goes all the way through easily.
3. Heat the olive oil in a pot on a medium-high heat and add the onion, celery, mushroom, beetroot, sundried tomatoes and garlic.
4. Sauté for 5 minutes, then add the balsamic vinegar and stir through.
5. Add the passata, herbs, smoked paprika, cacao, sugar (if using), red lentils and nuts.
6. Drain the barley and brown lentils and add along with the fresh water, cover and simmer for 45 minutes, stirring occasionally. Season with the first measure of salt and pepper and pour into an ovenproof dish.
7. When the potatoes are ready, remove from the oven, cool for a couple of minutes, slice in half length-ways and scoop the potato flesh into a ricer or bowl, press through or mash together with the butter, milk, and second measure of salt and pepper.
8. Whip together with a fork. Spoon potato on top of the filling then, using a fork, spread it evenly right to the edges.
9. Drizzle with a little olive oil and bake for 45 minutes until golden and bubbly.
10. Put the leftover potato skins into a roasting tray and drizzle with olive oil and some roughly chopped rosemary, salt and pepper and add to the oven for the last 15 minutes.

# KUMARA PIE WITH GINGERNUT CRUST

A Kiwi take on a traditional American autumnal dessert. This kumara pie is smooth and velvety with warming spices and a sweet kick of ginger with a biscuity base. I used an orange/golden kumara but any variety will work just as well. I prefer a deep pie with plenty of filling to crust, but a thinner one is fine too.

## CRUST

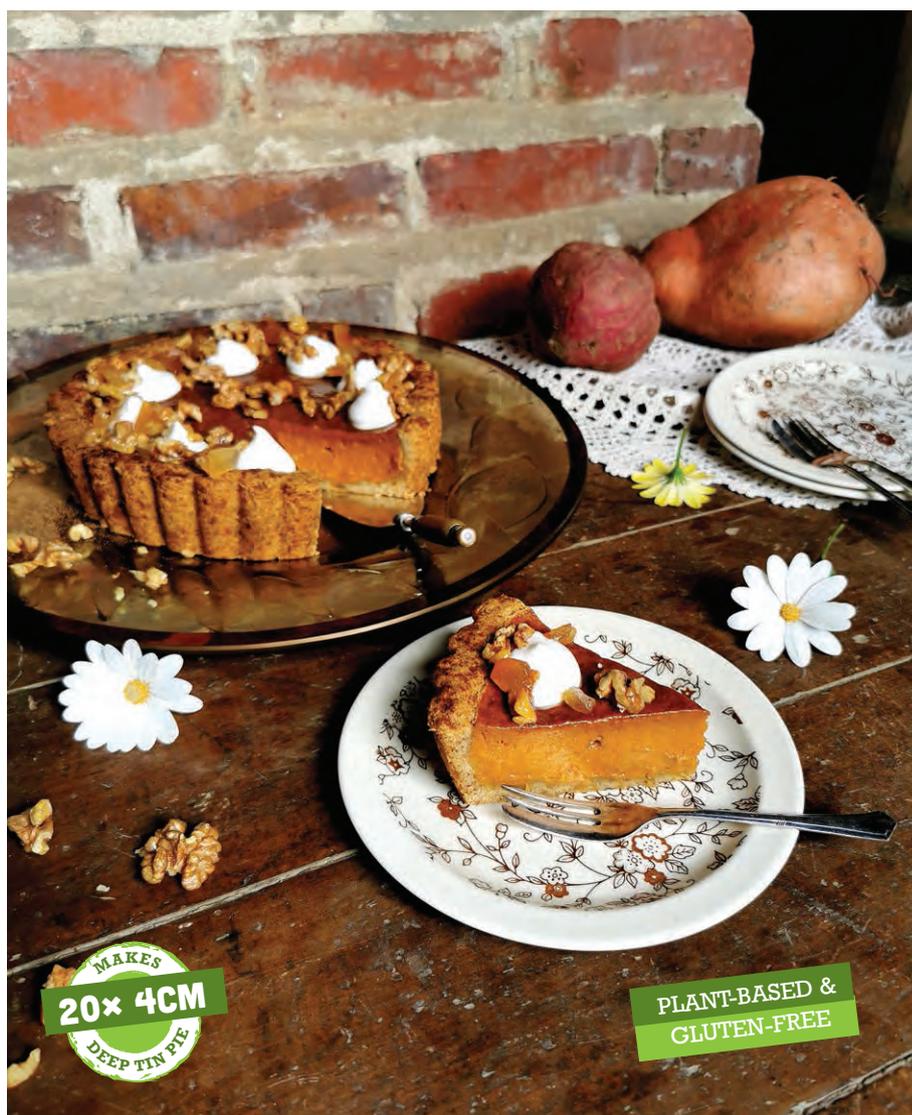
- 1 cup wholemeal flour or 3/4 cup sorghum flour
- 1/4 cup cornflour
- 180g butter, plant-based or dairy, cubed and chilled
- 2 tablespoons coconut sugar or brown sugar
- 1 tablespoon golden syrup or malted brown rice syrup 1 egg (or 1 tablespoon ground flaxseed mixed with 2 tablespoons water)
- 1 tablespoon ground ginger
- 1/4 cup roughly chopped crystallised ginger
- 1/4 cup roughly chopped walnuts

## FILLING

- 1kg kumara (2 cups of mash)
- 1 cup coconut cream
- 1/2 cup coconut sugar or brown sugar
- 4 tablespoons cornflour
- 1 tablespoon finely grated fresh ginger or 1 tsp ground ginger
- 1/2 tsp finely grated nutmeg
- 1 tsp ground cinnamon
- a pinch of salt

## TOPPING

- 1 tsp ground cinnamon
- 1 tablespoon coconut sugar
- 1/2 cup chilled coconut cream, whipped with 1 tablespoon icing sugar
- 1/4 cup walnuts, roughly chopped
- 2 tablespoons crystallized ginger, sliced



## METHOD

1. Preheat the oven to 180°C. Prick the kumara and bake until soft, about 45 minutes (depending on the size).
2. Remove from the oven and, when cool enough to handle, scoop out the flesh and mash well. You may need to put it into a food processor or push it through a sieve to remove the stringy bits.
3. Meanwhile, place all the crust ingredients in a food processor and pulse until combined.
4. Grease a tart tin with a removable base. Tip the dough into the tin and, using wet hands, push it evenly on the base and up the sides. Chill in the fridge.
5. Preheat the oven to 170°C. Whisk the kumara purée in a bowl with the coconut cream, sugar, cornflour, ginger, nutmeg, cinnamon and salt. Pour into the chilled base, sprinkle the cinnamon and coconut sugar over the top and bake for 45–50 minutes for a thick pie or 30–35 minutes for a thinner one.
6. Remove from the oven and cool completely before removing the tin.
7. Serve topped with whipped coconut cream and sprinkle with maple walnuts and crystallized ginger.
8. Store covered in the fridge.

# Kindness CORNER

BY SANDI WILSON

SEND US A PHOTO & PARAGRAPH OF WHAT YOU'VE BEEN DOING TO MAKE THE WORLD A KINDER, HEALTHIER PLACE

In January of this year, while at my brother's house in Papatoetoe, Auckland, we noticed some feral kittens playing in the garden. We set out to catch them and eventually managed to catch **eleven kittens** over the course of three months.

My journey into fostering kittens began many years ago when I was volunteering at an Auckland-based cat shelter. Initially, I got into it thinking I was just going to play with kittens, but I quickly found out that there was a lot more to it than that. Over time, I started taking on more challenging kittens to socialize. Taming feral kittens can be challenging, but it is also incredibly rewarding. It is amazing to witness kittens go from hissing little spitfires to playful balls of purrs.

What has stuck with me most from my time at the shelter and subsequent solo taming work, is the over-abundance of cats and other animals waiting in shelters and being born by non-desexed pets and strays. The shelters are maxed-out, and every year rescue organisations spend thousands of dollars working to reduce the number of cats born and abandoned, yet every year more are being bred.

Awareness of this over-population issue has led me to take action whenever I come across a feral kitten, whether it be to TNR (trap/

neuter/release) older cats or tame younger ones for adoption. Every cat desexed can have a huge impact on the number of kittens born in the next season. One female cat has the ability to produce an average of 12 kittens each year. Considering that seven out of the eleven kittens we trapped were female, not spaying could have resulted in an extra 84 kittens!

My brother has been working with a local rescue to get the mothers desexed, and I managed to find homes for all except one of the kittens. If you are looking to add a new kitty to your family, please consider adopting from a rescue or consider Ottie:

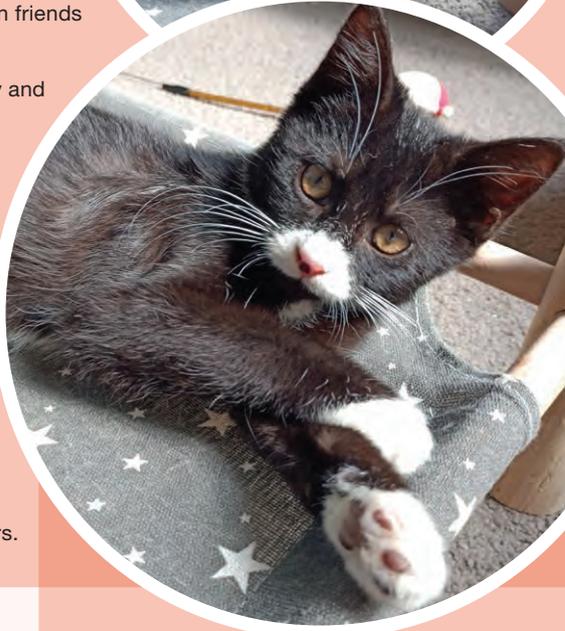
## OTTIE

Ottie is a 5 month old, gorgeous black and white tuxedo girl, with a cute little white muzzle & black chin.

Ottie has soft and silky fur that feels wonderful to touch and she really is a little sweetie, however she is unfortunately very shy with people she doesn't know and doesn't often put herself forward. This is the reason she's had to watch all her kitten friends get adopted before her.

Once she trusts someone, she's lovely and will purr her heart out enjoying gentle pats or scratches (she's never been much into rough housing). Ottie loves to sleep on the bed with her human companion and adores playtime with toys. She is looking for a home where she can be spoiled and receive the love & attention she deserves.

With her shy nature, Ottie would best settle into a calm household. She would not suit a home with robust, boisterous children under 10, but would be okay with older teenagers.



If you are interested in meeting Ottie, contact Sandi on 027 293 2697 or [sandi.wilson@gmail.com](mailto:sandi.wilson@gmail.com).

# COUNTRY RETREAT ANIMAL SANCTUARY

BY HANNAH GALLAGHER

WELCOME TO COUNTRY RETREAT ANIMAL SANCTUARY, A REMARKABLE HAVEN IN NEW ZEALAND THAT PROVIDES REFUGE FOR MISTREATED, ABANDONED, AND ANIMALS IN NEED. FOUNDED IN 2020 BY THE EMPATHETIC AND PASSIONATE COUPLE, HELEN AND GAVIN, THE SANCTUARY IS A TRUE SYMBOL OF LOVE AND CARE FOR ALL CREATURES GREAT AND SMALL.

Helen's love for animals began when she received her first Schnauzer from her Nana, despite growing up with a fear of dogs. From there, her love for animals only grew. After marrying her husband Gavin and starting a family, they then migrated to New Zealand from England in 1993 and adopted a German Shepherd cross to help their son overcome his fear of dogs.

At Country Retreat Animal Sanctuary, animals are cared for holistically, and the sanctuary runs therapeutic programs for people who need the healing benefits of spending time with animals. Helen and Gavin's approach to animal welfare is centered around full care, which extends not only to the animals but also to the emotional and technical aspects of their operation.

Despite their love for animals and the sanctuary, Helen and Gavin face many challenges. They struggle in dealing with people who neglect their animals, but they understand that education and support

are necessary to ensure animal welfare. They practice keeping calm in high-stress situations and hold each other up as best friends and partners.

The sanctuary not only provides refuge for dogs and cats but also for farm animals, which at one point included a peacock. It's a place where animals are loved and cared for, and the volunteers are considered family. In fact, the sanctuary has an open-door policy for all who need their help, and they even have a pizza night every Thursday to show their appreciation for their volunteers.

Helen and Gavin left their stable jobs to create a luxurious pet resort that supports animal rescue. With three daily dog walks and endless love for their furry guests, the resort is a hit. Give your dog or cat a much-needed break or treat them to a bougie home away from home at Country Animal Retreat - highly recommended!

Country Retreat Animal Sanctuary was recognized by South Pacific Pictures to have its own TV show, Dog House NZ. This recognition only further solidifies the love and care that Helen and Gavin put into their work. If you're inspired to help, they welcome volunteers and donations. Visit their website to see how you can join to make an impact.

**Country Retreat Animal Sanctuary**  
Charity Registration No CC57826  
countryretreatanimalsanctuary@gmail.com  
www.countryretreat.kiwi

Donations to ASB 12-3489-0052706-00



# BURGERRITO



## BURGERTARIANS. THIS ONE'S FOR YOU.

From the cooks that brought you the Rebel WHOPPER® and the BK® Chook comes a vegetarian beauty to complement our delicious range. Introducing BK's new Burgerrito\* – cooked in a non-meat fryer, this may be the next burger fix to satisfy your hungry desires.

Half burger, half burrito, it's stacked with a crispy patty made from beans, corn and Mexican spices, alongside fresh lettuce, sliced onions and juicy tomato, drizzled in habanero salsa and vegan aioli.

**IT'S MEXCELLENT.**

THE BURGERRITO IS PLANT-BASED, DAIRY-FREE, VEGETARIAN AND VEGAN FRIENDLY.

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# EVENTS *in your area*

<b>AUCKLAND</b>	<p><b>Active for Animals!</b> A fun, supportive “club” where veg kids can feel normal and meet like minded friends; enjoy games, visits from interesting speakers, cooking and eating! Open to all 8 to 13 year olds.</p> <p>Activities have been temporarily suspended - for information regarding this group, please contact the Vegetarian Society office – <a href="mailto:info@vegetarian.org.nz">info@vegetarian.org.nz</a> or ph: 09 523 4686</p> <p>Activity list of monthly events for Auckland members has been emailed out to members but is also available from <a href="mailto:info@vegetarian.org.nz">info@vegetarian.org.nz</a></p>	<b>KAWERAU</b>	<p>Offering support for those who are Vegan, Vegetarian of interested in the lifestyle. Please contact <b>Loretta Westbrook</b> on 021 236 1859 or email on <a href="mailto:lorettainnz@gmail.com">lorettainnz@gmail.com</a></p>	<b>WELLINGTON</b>   <a href="mailto:wellington@vegetarian.org.nz">wellington@vegetarian.org.nz</a>	<p>The Wellington Centre of the New Zealand Vegetarian Society is dedicated to serving the needs of members and promoting the vegetarian and vegan lifestyle within the Wellington Region.</p> <p>For information about joining, monthly dinners, other upcoming events or opportunities to help promote the veg~n lifestyle, please email: <a href="mailto:wellington@vegetarian.org.nz">wellington@vegetarian.org.nz</a></p> <p><b>Coming Events:</b></p> <p><b>VEGAN101 : Going vegan, Staying vegan : Easy! Fast!</b> A day-long workshop with cooking demonstrations, interactive Q &amp; A and discussions. For information on the next workshop, contact: <a href="mailto:wellington@vegetarian.org.nz">wellington@vegetarian.org.nz</a></p> <p><b>Wellington Centre Book Group</b> meeting every 6 weeks. For details of meeting place and dates email: <a href="mailto:wellington@vegetarian.org.nz">wellington@vegetarian.org.nz</a></p>
<b>DUNEDIN</b>	<p>Interested in vegan food? For information on pot luck dinners and other activities etc, check the Dunedin/Otepoti Vegan Society website <a href="http://dovesnz.weebly.com/">http://dovesnz.weebly.com/</a></p>	<b>MOTUEKA</b>	<p>Contact <b>Karishma</b> on <b>022 034 6354</b> for details of happenings in Motueka</p>	<b>WHAKATANE</b>	<p>For information about pot luck dinners in Whakatane, contact <b>Tara: <a href="mailto:taramurphy@gmail.com">taramurphy@gmail.com</a></b></p>
<b>HAWKES BAY / HASTINGS</b>	<p>Contact <b>Donna</b> on email <a href="mailto:donna444@gmail.com">donna444@gmail.com</a> or phone 027 588 7756 for information about activities, or join the Facebook group Hawkes Bay Veg*ns.</p>	<b>NAPIER</b>	<p>Contact <b>Donna</b> on email <a href="mailto:donna444@gmail.com">donna444@gmail.com</a> or phone 027 588 7756 for more information</p>	<b>WHANGANUI</b>	<p>Interested in meeting like-minded vegetarians in the Whanganui area? Reach out to one of our lovely members <b>Fran Arthur: <a href="mailto:arizona85037@gmail.com">arizona85037@gmail.com</a></b></p> <p>There’s also a Facebook page called Wanganui Vegans Vegetarians and Compassionate Human Animals if you’re interested.</p>
<b>INVERCARGILL</b>	<p>Details of activities available at: <a href="https://www.facebook.com/pg/INVSOC/events">facebook.com/pg/INVSOC/events</a></p>	<b>NEW PLYMOUTH</b>	<p>Calling New Plymouth/Taranaki vegetarians and vegans – let’s get together to share a meal and socialise! Contact <b>Katrina 021 749 552</b> or <b>Tessa 021 057 4011</b></p>		
		<b>PALMERSTON NORTH</b>	<p>For events and local news, please check the Palmerston North Vegans and Vegetarians Facebook group: <a href="https://www.facebook.com/groups/palmyveg.ns/">www.facebook.com/groups/palmyveg.ns/</a></p>		

**BOARDER OFFERED OWN ACCOMMODATION.** Must be able to cook European-style vegetarian food and help in home of elderly mobile couple. Please write and enclose photos and particulars to: Boxholder, PO Box 80043, Auckland 0643.

**OUR WEBSITE CALENDAR**

[www.vegetarian.org.nz/events/](http://www.vegetarian.org.nz/events/)

See what events are happening around NZ. If you’re organising a vegetarian/vegan event let us know so we can add it to our calendar.

**HELP US KEEP OUR EVENTS CALENDAR UP TO DATE & PEOPLE INFORMED!**

**THE NZVS IS A NON PROFIT. WE RELY ON DONATIONS TO HELP US CONTINUE OUR WORK & WE HIGHLY VALUE ALL FINANCIAL GIFTS.**

For further info about gifting contact: [info@vegetarian.org.nz](mailto:info@vegetarian.org.nz)



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## MEMBERSHIP



### Changed your address or email?

Remember to drop the NZVS a line and let us know.

The NZVS is inclusive of everyone on the vegetarian path, and membership is open to all, from those reducing their use of animal products through to vegans. There is a range of vegetarianism within the broad term "vegetarian" and we support all types of vegetarians and anyone considering it.

Though there is a difference between vegetarian and vegan diets, and sometimes in lifestyles as well, we are all on the same path. The NZVS helps people to make the change to vegetarianism and/or to veganism.

You can be a supporter member if you support what we stand for, even if you're not yet vegetarian yourself.

The fact that we include **all** vegetarians is one of the things that makes the NZ Vegetarian Society unique and effective.

### THE AIMS OF THE NZVS:

To spread the principles and advantages of a plant-based diet and the ideal of a humanitarian way of life and to:

- assist those who have recently become veg-n or who are considering doing so;
- build a veg-n community nationwide;
- publish and distribute informational literature;
- hold events such as shared meals, public meetings, workshops and social groups

### THE NZVS MAINTAINS THAT A PLANT-BASED DIET IS:

- More humane
- More conducive to good health
- Fundamental to resolving the world food scarcity problem
- Creates fewer demands on the environment
- More economical
- Easy to prepare

### MEMBERS AND SUPPORTERS

Find out more about a plant-based way of life, learn new recipes, receive our quarterly magazine *Vegetarian Living NZ* and the monthly informative E-newsletter, and meet like-minded people at informal meetings and social events.

Vegetarianism is the practise of living on plant-based products, with or without the use of eggs\* and dairy products but excluding entirely the consumption of meat, fish, poultry and any of their by-products. [\*preferably free range eggs]

Veganism is an extension of vegetarianism and avoids the use of animal products of all kinds in all areas of life (no eggs, milk, butter, leather, etc.)

Annual membership includes four issues of *Vegetarian Living NZ* and 12 informative E-newsletters.

**TO JOIN THE NZVS**, go to our website [www.vegetarian.org.nz](http://www.vegetarian.org.nz) and complete your details on line. Alternatively complete the application form and post to PO Box 26664, Epsom, Auckland 1344.

Annual membership includes four issues of *Vegetarian Living NZ* and 12 VegE-News e-newsletters.

A joining fee of \$5 covers the introductory New Members Pack.

## DIRECTORY

### NEW ZEALAND

**National Executive of the NZ Vegetarian Society Inc.**  
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who-we-are/wellington-centre/

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Lyneke  
lyneke@orcon.net.nz

### OVERSEAS

**The Vegetarian Society U.K.**  
Parkdale, Altrincham, Cheshire,  
WA124QG, England.  
www.vegsoc.org

**Vegetarian Resource Group**  
PP Box 1463, Baltimore, MD21203, USA  
www.vrg.org

**International Vegetarian Union (IVU)**  
IVU is a growing global network of independent organisations which are promoting veg'ism worldwide. Founded in 1908.  
<https://ivu.org/>

#### Alterations or additions to this list?

Send to:  
The Editor, Vegetarian Living NZ,  
PO Box 26664, Epsom,  
Auckland 1344  
editor@vegetarian.org.nz



# BRANDS WITH VEGAN PRODUCTS CERTIFIED BY THE NZ VEGETARIAN SOCIETY

See back page for Vegetarian Approved products

## RESTAURANT MENUS



**HELL PIZZA**  
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## HEALTH AND COSMETICS



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Clean Beauty.  
Clear Conscience.

Aleph Concealer / Foundation 1.0 / 1.5 / 2.0 / 2.5 / 3.0 / 3.5 / 4.0 / 5.0 / 6.0 / 7.5, Aleph Cheek-Lip - Ascend / Crush / Grounded / Pixie / Rêve / Sangha / Terra, Aleph Radiance - Moon / Star / Sun, Aleph Prep-Finish Pressed Powder, Aleph Serum-Primer, Aleph Mascara Jet, Aleph Hybrid Eye Pigments - Glint / Meteorite / Incense / Echo, Aleph Lip Gloss/Balm/Lucid, The One - Reset and Restore Moisture Cream



**CLINICIANS**  
Research Based

Pure Omega-3 Algae Oil 1000mg, Essential Nutrients For a Plant-Based Diet 60 vege caps, Magnesium Chloride 200ml Liquid



**GO HEALTHY**

GO GLUCOSAMINE DAILY 60 Vege Capsules, GO Mushroom Immune 60's capsules, GO Vitamin D3 120's capsules, Kava 4200 one-a-day capsules, Evening Primrose Oil 1000mg capsules, Go Hemp Seed Oil 1,100mg capsules, Go Flaxseed Oil 1,000mg/1,500mg Vege SoftGel Capsules



**GOODBYE**  
We Belong Outdoors

Goodbye OUCH Vanilla Balm, Goodbye Sandfly



**K.O. HAIR CARE**  
Healthy Hair Care

K.O. Shampoo, K.O. Conditioner, K.O After Swim Shampoo, K.O Detangle



**ORGANIC BIOACTIVES**  
Innovating From Tradition

OceanDerMX Lift & Firm, OceanDerMX Restore & Protect, OceanDerMX Balance & Brighten



**PANNA SOAPS**

Calendula & Poppy Soap, Charcoal Soap, Coffee Soap, Frankincense Soap, Gardener's Soap, Green Clay Soap, Oatmeal Soap, Pink Clay Soap, Shea Butter & Lavender Soap, Star Anise Soap, Shampoo Bar, Shaving Bar

## FOOD AND BEVERAGES



**ANGEL FOOD**  
Vegan & Divine

Dairy-Free Mozzarella Alternative, Dairy-Free Cheddar Alternative, Dairy-Free Parmesan Alternative, Dairy-Free Cream Cheese Alternative, Dairy-Free Feta Alternative, Dairy-Free Grated Cheese Alternative, Dairy-Free Grated Smoked Cheddar Alternative, Dairy free Sour Cream



**ANNIES**  
Food You Trust

Apple & Apricot Fruit Bar, Apple & Boysenberry Fruit Bar, Apple & Raspberry Fruit Bar, Apple & Strawberry Fruit Bar, Apple & Mango Passion Fruit Bar, Berry Fruit Flats, Summer Fruit Flats, Fruit Strips, Fruit Jerky



**BABICH WINES**  
New Zealand's Most Experienced Family Owned Winery

Marlborough Organic Sauvignon Blanc, Vegan Organic Sauvignon Blanc, Marlborough Organic Pinot Gris, Marlborough Organic Chardonnay, Marlborough Organic Albarino, Marlborough Organic Pinot Noir, Marlborough Select Blocks Sauvignon Blanc, Marlborough Vegan Sauvignon Blanc, Marlborough Classic Pinot Gris, New Zealand Rosé



**BLACKENBROOK**  
Inspired By Nature - Pure And Balanced

Sauvignon Blanc, Pinot Gris, Gewürztraminer, Rosé, Chardonnay



**CHASERS**  
Feel The Flavour

Bhuja Mix - Mild, Bhuja Mix - Hot, Chilli & Garlic Peas, Salted Peas



**COOKIE TIME**  
For Serious Cookie Munchers

The Original Plant Based Chocolate Chunk Cookie, Christmas Cookies - Plant Base Chocacious



**DOCTOR'S CHOICE BIO YOGHURT**

Coconut Dairy-Free Yoghurt: Plain, Passionfruit, Chocolate



**EM'S**  
Unleash Your Power!

Em's Power Cookies : Protein Hemp Cookie - Choc Brownie, Protein Hemp Cookie - Peanut Butter, Chocolate Cranberry Craze Bar

**FOLIUM ORGANICS**  
We're a Source of Good Nourishment

Organic Barley Leaf powder, Organic Wheat Grass powder, Organic Pea Leaf powder, Organic Pea Leaf powder blended 50/50 with Organic Barley Leaf powder, Organic Kale powder, Organic Carrot powder, Organic Beetroot powder, Organic Spearmint powder, Organic Quinoa, Organic Fennel powder, Organic Echinacea powder, Broccoli Sprout powder, Whole Pea powder, Manuka Leaf powder



**FOOD NATION**  
Food For All

Mexican Mince, Mushroom & Hemp Mince, Beetroot Amaze Balls, Beetroot Happy Patties, Broccoli Happy Patties, Cauli Turmeric Happy Patties, Vietnamese Balls, Mushroom & Grain Sausage



**GODNESSME**  
Good Taste, Good Intentions, Good Deeds

Fruit Nuggets: Strawberry, Raspberry & Blueberry, Orange & Mango; Fruit Sticks: Strawberry & Blueberry, Pineapple & Passionfruit, Raspberry & Blueberry; Fruit Nuggets & Sticks Mix



**HEINZ**  
Heinz Seriously Good Vegan Garlic Lovers Aioli, Heinz Seriously Good Vegan Mayonnaise, Heinz Seriously Good Vegan Aioli



**HEMPFARM NZ**  
Kiwi Hemp Seed Oil, Kiwi Hemp Hearts, Kiwi Hemp Seed Oil in Capsules, Pure Hemp Protein Powder



**HOWLER HOTDOGS**  
A New Breed Of Hotdogs  
Vegan Notdogs, Vegan Mini Notdogs



**HUNTER'S WINES**  
Sauvignon Blanc, Riesling, Chardonnay, Pinot Noir, Gewurztraminer, Pinot Gris, Rosé, Gruner Ventliner



**KILLINCHY GOLD**  
Masters of Premium New Zealand Ice Cream

Oat Frozen Dessert: Chocolate Hokey Pokey, Salted Caramel & Cashew



**LOTHLORIEN WINERY**  
Organic, From Our Trees, To Your Table

Dry Sparkling Apple and Feijoa Fruit Wine, Medium Sparkling Apple and Feijoa Fruit Wine, Reserve Sparkling Apple and Feijoa Fruit Wine, Still Apple and Feijoa Fruit Wine, Poormans Orange Juice, Apple and Feijoa Juice



**MARISCO VINEYARDS**  
Premium Wines By Marisco Vineyards

The Ned Chardonnay, The Ned Rosé, The Ned Sauvignon Blanc, The Ned Sauvignon Blanc, The Ned Pinot Noir, The King's Series The King's Favour Sauvignon Blanc, The King's Series The King's Wrath Pinot Noir, The King's Series The King's Bastard Chardonnay, Leefield Station Rosé, Leefield Station Pinot Gris, Leefield Station Sauvignon Blanc, Leefield Station Chardonnay, Leefield Station Pinot Noir, Marisco Craft Series Pride and Glory Sauvignon Blanc, Marisco Craft Series Exemplar Viognier, Leefield Station Syrah, Leefield Station Gewurztraminer



**MATAVINO WINES**  
A Little Italian In Matakana

Chardonnay, Dolcetto, Nebbiolo, Barbera, Amelia (Viognier)



**NUDAIRY**  
Plant-based creamery

Cream Cheese, Shredded Mozzarella, Sliced Cheddar, Sour Cream, Shredded Cheddar, Feta



**OSM**  
Fuel For Life

The Original Craft Bar - Roasted Hazelnut, Sesame Seed & Chocolate.  
The Original Craft Bar - Roasted Almond, Himalayan Salt and Vanilla  
OSM Everyday Nutrition - Blueberry & Blackcurrant  
OSM Everyday Nutrition - Salted Maple, Ancient Grain & Seeds  
OSM Everyday Nutrition - Crunchy Peanut Butter.  
OSM Kids Choccy Block Bar, OSM Kids Vanilla Confetti Bar



**PASTA VERA**  
New Zealand Made Pasta  
• Pesto • Lasagne

Vegan Pesto



**PAYNTERS CIDER**  
Paynter's Cider, a drink for all seasons!

Pilgrims Dry Cider



**PLAN\*t**  
Nourish you - Nurture our planet

Spanish Chorizo, Old English Sausage, Classic Hemp Burger, No meat Mince, Bologness Meal, Mexican Meal, plan\*t Nuggets, plan\*t Crispy strips, plan\*t Chick'n burger, Hemp Chick'n Natural, Hemp Chick'n Southern Fried



**PROPER CRISPS**  
Proper Hand Cooked Crisps

Marlborough Sea Salt, Rosemary and Thyme, Smoked Paprika, Sea Salt and Vinegar, Kumara, Garden Medley, Onion and Green Chives, Cracked Pepper & Sea Salt, Hand Cooked Cheeza-peno Tortilla, Hand Cooked Salted Tortilla, Free Range Sage and Onion, Barbeque Rub, Dill Pickle with Apple Cider Vinegar, Hand Cooked Pineapple Salsa Tortilla, Sweets and Beets, Kumara Pepper Onion, Tortilla Chilli and Lime

**ROUND THEORY**  
Wines for the greater good

Pinot Gris, Rosé, Sauvignon Blanc, White Field Blend



**SOLOMONS GOLD**  
For us, it is what we don't put into our chocolate that makes us special

Smooth Dark 70% Solomon's Gold 55g; Dark Nib 75% Solomon's Gold 55g; Dark Orange 70% Solomon's Gold 55g; Dark Mint 70% Solomon's Gold 55g; Dark Berry 70% Solomon's Gold 55g; Dark Caramel 70% Solomon's Gold 55g; Dark Velvet 65% Solomon's Gold 85g; Velvet Nib 70% Solomon's Gold 85g; Dark Chocolate Pieces 70% Solomon's Gold 500g; Cacao Nibs Solomon's Gold 500g; Smooth Dark 65% Solomon's Gold 55g; Dark Nib 70% Solomon's Gold 55g; Dark Orange 65% Solomon's Gold 55g; Dark Mint 65% Solomon's Gold 55g; Dark Berry 65% Solomon's Gold 55g; Dark Caramel 65% Solomon's Gold 55g; Dark Chocolate Pieces 65% Solomon's Gold 500g; Dark Mylk 45%, Dark Mylk Caramel 45%, Dark Mylk Berry 45%, Dark Mylk Orange 45%



**SURTI**  
The Traditional Taste of India

Vegetable Samosa, Vegan Samosa, Vegan Kachori



**THE BAKER'S SON**  
Vegan Mince & Cheddar Pie, Vegan Buttery Chick'n Pie



**THE BREADMAN ORGANIC BAKERY**  
Probably The Only 100% Vegan Speciality Bread Bakery In Aotearoa!

Breads: Rye Sourdough, Mountain Rye, Pumpnickel, Four Seed, Hazel & Walnut, Dinkelbrot, Buckwheat & Corn, Buckwheat & Corn with Herbs, Cassava, Cassava Fruit, Atlantis, Coconut Rice; Crackers: Crunchy Corn, Pumpkin, Herb, Mixed Seed, Cracked Pepper, Seeded Spelt, Tex Mex; Muesli



**THE COOL GARDENER**  
We Want To Make It Easy For Everyone To Enjoy Nutritious, Delicious Plant-Based Meals

Kumara Rosti, (Vegan) Feta Kumara Rosti, Cauliflower Schnitzel, Falafel, Pumpkin and Spinach Burger Pattie, Buffalo Cauliflower Burger



**THE GOODTIME PIE CO.**  
Crazy About Vegan Pies

Mexican Pie, Korma Vegetable Pie, Kumara & Cashew Pie, Chana Masala Pie, Vegan Sausage Roll, Vegan Pepper Mushroom Pie



**TRADE AID**  
Doing Good Tastes Great

Organic 55% Classic Dark Chocolate, Organic 70% Pure Dark Chocolate, Organic 85% Extra Dark Chocolate, Organic 55% Dark Raspberry Chocolate, Organic 70% Mint Crisp Chocolate, Organic 70% Salt Toffee Crisp Chocolate, Organic 55% Dark Chocolate Almonds, Organic Drinking Chocolate, Organic Cocoa Powder



**WAIHEKE HERBS**  
Artisan Herbal Culinary Products

Waiheke Herb Spread: Regular, Regular Garlic Free, Organic, Organic Garlic Free



# IS IT VEGAN CERTIFIED?

WWW.VEGETARIAN.ORG.NZ





## BRANDS WITH PRODUCTS APPROVED BY THE NZ VEGETARIAN SOCIETY

\*UK VegSoc Approved | See inside back page for Vegan Certified Products

### RESTAURANT MENUS



**HELL PIZZA**  
The Best Damned Pizza In This Life Or the Next

Pizzas: Pride, Purgatory, Limbo, Damned, Purgatory, Sinister, Veggie Saviour, Veggie Grimm, Veggie Mayhem, Veggie Pandemonium, Veggie Brimstone, Veggie Mischief and Veggie Wrath. Quorn tenders, Green Demon Pasta

### HEALTH AND COSMETICS



**FLOWMOTION**  
Enhancing The Flow Of Sexual Intimacy - Organically

Organic Lubricating Gel



**KIWIHERB**  
Effective Natural Family Healthcare

A range of natural herbal health products.



**ORGANIC BIOACTIVES**  
Innovating From Tradition

OceanDerMX Lift & Firm, OceanDerMX Restore & Protect, OceanDerMX Balance & Brighten, OceanDerMX Calm & Soothe

### FOOD AND BEVERAGES



**ANNIES**  
Food You Trust

Apple & Apricot Fruit Bar, Apple & Boysenberry Fruit Bar, Apple & Raspberry Fruit Bar, Apple & Strawberry Fruit Bar, Apple & Mango Passion Fruit Bar, Berry Fruit Flats, Summer Fruit Flats, Fruit Strips, Fruit Jerky

### FOOD AND BEVERAGES



**CHASERS**  
Feel The Flavour

Bhuja Mix - Mild, Bhuja Mix - Hot, Chilli & Garlic Peas, Salted Peas



**FOOD NATION**  
Food For All

Mexican Mince, Mushroom & Hemp Mince, Beetroot Amaze Balls, Beetroot Happy Patties, Broccoli Happy Patties, Cauli Turmeric Happy Patties



**GOODNESS ME**  
Good Taste, Good Intentions, Good Deeds

Fruit Nuggets: Strawberry, Raspberry & Blueberry, Orange & Mango; Fruit Sticks: Strawberry & Blueberry, Pineapple & Passionfruit, Raspberry & Blueberry; Fruit Nuggets & Sticks Mix



**WALTER & WILD**  
I Love Pies

Spiced Chickpea & Spinach, Vegetarian Mince & Cheese



**LET'S EAT**  
Plant-Based Deliciousness

Burger Patties, Golden Nuggets, Tasty Tenders



**LEWIS ROAD CREAMERY**  
Aiming To Create The World's Best Butters And Milks Here In NZ

Organic Single Cream, Premium Sour Cream, Premium Lightly Salted Butter, Premium Unsalted Butter, Premium Sea Salt Butter, Lewis Road Spreadable, Premium Garlic & Parsley Butter, Salted Butter



**LINDA MCCARTNEY'S\***  
Food To Come Home To

A range of vegetarian food products.



**QUORN\***  
The World's Favourite Meat-Free, Soy-Free Food

A range of vegetarian food products.



**TATUA**  
Specialised Dairy Products

Culinary & Whipping Cream, Dairy Whip Whipped Cream, Mascarpone



**THE RICHMOND FOOD CO.**  
Sweet Short Pastry, Flaky Puff Pastry



**SUSTAINABLE FOODS LTD.**  
Nourish you - Nurture our planet

Spanish Chorizo, Old English Sausage, Classic Hemp Burger, No meat Mince, Bolognese Meal, Mexican Meal, plan\*t Nuggets, plan\*t Crispy strips, plan\*t Chick\*n burger, plan\*t Vege-to-balls



**THE GOODTIME PIE CO.**  
Vegetarian Mince-atarian Mince & Cheese Pie



**THE SOY WORKS**  
NZ Tofu



**TRANZALPINE HONEY**  
100% New Zealand Certified Organic Honey

Organic Honey (Manuka, Rata, Clover, Bush, Kanuka, Kamahi)



**WAIHEKE HERBS**  
Artisan Herbal Culinary Products

Waiheke Herb Spread: Regular, Regular Garlic Free, Organic, Organic Garlic Free



**GREEN DINNER TABLE**

Eat more plants



**LINDA MCCARTNEY'S**

Food to come home to



Invest Ethically

**PATHFINDER ASSET MANAGEMENT**

Invest Ethically



**QUORN**

The world's favourite meat-free, soy-free food