

 NZ VEGETARIAN SOCIETY

VEGETARIAN

Living NZ

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RECIPES

**VEGAN AND
VEGETARIAN
PRODUCTS**

**TRISTAN'S
CORNER**

Let's Eat!
PLANT-BASED
DELICIOUSNESS

RRP \$7.90



**FOR A KINDER,
HEALTHIER
WORLD**

EDITORIAL

editor@vegetarian.org.nz



We are a quarter of the way through 2021 already! I attended a Convention early in January which had as

its theme “**Awakening Compassion – Deepening the Connection**”. The theme was explored and enlarged on by the speakers so that everyone present became more aware of how needful the world and humanity in general is of compassion today. Our knowledge of physics and the interconnectedness of not just everything on this planet Earth, but of the whole universe, was also explored and expanded. It was an enlightening and enjoyable 4 days.

The increasing interest in veg~n food and way of life encourages people to think about the interconnectedness of everything and helps them to become aware of the need for compassion in our daily lives, not only towards animals but also towards our fellow human beings.

We are very fortunate in New Zealand that we can actually grow our own food and have access to organically grown produce in most parts of the country.

In this issue, Maja shares some of her Christmas memories, and Tristan shares some of her Summer memories and recipes (pages 2 & 3); Krishna shares some photos and facts about his wedding to Manika in Hyderabad just before the first major lockdown (page 10); as well as a heart-warming story in our Kindness Corner (page 4).

There are also several new Approved and Certified products as well as new Corporate members which you can read about throughout this magazine. Snippets from many sources bring us up to date with research, reports and developments in the world of food (pages 4–5), and Briana expands on foods to boost your immunity to help avoid disease (page 11). This issue also contains several reviews of veg~n cafes around the country which members visited over the summer months. Anna has again provided some delicious and exciting recipes on pages 8 & 9 – the Rice Crackles look and sound great for lunch boxes!

Remember, if there’s something kind, compassionate and/or Veg~n related happening in your neighbourhood that you think other members would be interested in reading about, send a photo and description to editor@vegetarian.org.nz for our Kindness Corner or just for general inclusion in the magazine.

The Think Kind Competition for school students will be run again this year – look out for the official launch on the website www.vegetarian.org.nz and Facebook (@NZVegetarianSociety) and encourage students in your family, local school, and neighbourhood to take part in the competition. Taking part helps students to think outside themselves, to develop compassion and to become aware of the interconnectedness of everyone and everything.

- MARGARET



COVER PHOTO:

Let's Eat Burger Patties - P7

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(Full Directory listing inside back page)

VIGOUR AND VITALITY

Vigour and Vitality have a new website, and they're offering a **15% discount to members** when you use the coupon code 'vegetarian' at their online store.

Their nut and seed VV Mylk concentrates can be used as substitutes for other milks.

[HTTPS://VVMILK.NZ/](https://vvmilk.nz/)



VEGAN CERTIFICATION / VEGETARIAN SOCIETY APPROVED



WE HAVE LOTS OF NEW VEGAN CERTIFIED AND VEGETARIAN SOCIETY APPROVED PRODUCTS!

You might have noticed the advert for **Killinchy Gold's** new Vegan Certified Dairy Free range in our last issue. Have you found them in your supermarket yet? There are four delicious flavours - Mint Chocolate, Salted Caramel & Cashew, Strawberry & Boysenberry, Chocolate Hokey Pokey. They're made with Harraways Oats, so you know they're going to be good.

Food Nation has released a range of plant-based products - Mexican Mince, Mushroom & Hemp Mince, Beetroot Amaze Balls, and three flavours of Happy Patties. They come in funky packages, and best of all, they're Vegan Certified!

You may also have spied **Let's Eat** products in your supermarket fridge. You'll find Burger Patties, Golden Nuggets, and Tasty Tenders. They're all Vegetarian Society Approved.

Pasta Vera has released a new Vegan Basil Pesto. If you're like me, you'll love basil. If there's a better herb, I haven't tasted it!



Our favourite kombucha brand, **Good Buzz**, has two new Vegan Certified flavours - Blueberry Peach and Passionfruit Guava. I tried them at the Go Green Expo last summer. They were delicious.

Another addition to our Vegan Certified list is **Round Theory Wines**. They're sustainably sourced, climate positive, New Zealand wines. There's a Marlborough Sauvignon Blanc, Pinot Gris, White Field Blend, and Hawke's Bay Rosé.

And if you're feeling peckish, **Chasers** have a range of Vegan Certified Indian snacks - Bhujia Mix (Mild and Hot), Chilli & Garlic Peas, and Salted Peas. Yum!

Finally, a special congratulations to **Organic Bioactives**, who placed in the top 10 finalists for the L'Oreal Innovation Runway 2020 for clean green new raw materials!

A full list of Vegan Certified and Vegetarian Society Approved products can be found on the back pages of this magazine and you can stay up-to-date by liking our Facebook page.



PHILIP MCKIBBIN

Trademark Manager

E: trademark@vegetarian.org.nz

CORRECTION:

In the previous issue of *Vegetarian Living NZ*, the tag 'New Vegan Certified Product' was misapplied to a number of advertorials. We apologise for any confusion. For up-to-date lists of Vegan Certified and Vegetarian Society Approved products, please refer to the inside back & back cover.

TRISTAN'S *Corner*



I've had a wonderful summer and I hope you all have, too. We have obviously been extremely fortunate in New Zealand to have had the freedom to gather with friends and family, attend festivals and rub shoulders with people at beaches and campgrounds.

For me, food is an important part of summer. So many delicious fruits and vegetables were in season in the summer months. Feeding my family gets more exciting each year as the children get older and their palates expand, allowing me to experiment with more flavours and recipes.

I would like to take this opportunity to share a couple of recipes I made during the summer holidays, which are equally good for autumn. The smell of these meals as I cooked them, the taste of the food as I dined outdoors in the warm air, in the company of good friends and family, has characterised these recipes in my mind as happy memories which will always remind me of the summer which has just been. I hope whoever else enjoys these recipes will create wonderful memories to go with them.

The first of my "happy memories" meals is a curry. The thing I find with curry is it can be a comforting cold-weather meal, yet it is also perfect for summer, sitting around a campfire or at an outdoor picnic table, served with rice in the winter or flatbread in summer.

This coconut curry recipe is one I made a couple of times over summer using chickpeas and carrots. However, the good news is pumpkins are coming into season in autumn so I've swapped the carrots for a pumpkin, which I think is even better, as it matches so well with the chickpeas. This recipe can feed a family over a few days and, as curries do, it gets better when it sits for a while!

COCONUT CURRY RECIPE

INGREDIENTS:

- 1 pumpkin
- 4 cm piece of ginger
- 1 medium onion
- 4 cloves of garlic
- 1 fresh red chilli
- A handful of curry leaves
- A bunch of coriander
- Oil for cooking
- 1 tsp mustard seeds
- 1 tsp turmeric
- 1 x 400 gm tin of chopped tomatoes
- 2 x 400 gm tins of light coconut milk
- 2 x 400 gm tins of chickpeas



METHOD:

Chop the pumpkin into 3cm chunks and cut the ginger finely.

Pluck off the coriander leaves and finely chop the stalks.

Pour some oil into a large saucepan and put on a high heat. Add the ginger, garlic, red chilli, onions and coriander stalks and reduce to medium heat. Cook until the onion browns then add the mustard seeds and turmeric. Add the tomatoes and coconut milk.

Bring to a simmer, then add the pumpkin and chickpeas.

Cover with a lid and simmer for 45 minutes, then cook for a further 15 minutes with the lid off, to thicken the sauce. Scatter with coriander leaves and serve with rice or flatbread.

The second dish I simply must share is, "pulled jackfruit burritos." What

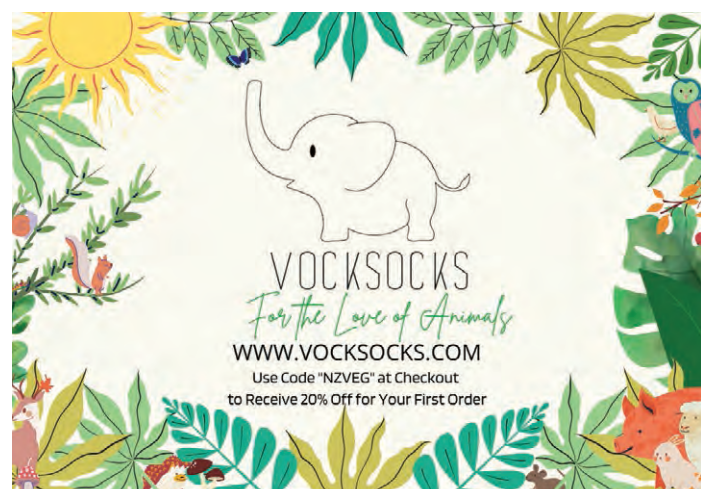
a revelation jackfruit has been! I tried a pulled jackfruit burrito at a Mexican restaurant and knew I had to try to recreate it which turned out to be surprisingly easy, especially if you buy jackfruit in a tin. One word of caution, it's usually tinned in brine so don't add any extra salty flavours to it.

All I did was drain the jackfruit from the tin, pull it apart with a fork and then fry it in a tiny bit of oil until it's sufficiently soft and golden. Then I put it out on the table with other suitable ingredients for stuffing burritos, like grated carrots, cucumber, lettuce, salsa and rice. I gave everyone a tortilla and let them pile in the fillings of their choice, fold it like an envelope and eat it. Again, this meal is perfect for a summer picnic or an autumn feast.

I will remember the end of 2020 and beginning of 2021 with awe at the goings on in the world but equally with happy memories of mealtimes with loved ones and the taste of two favourite meals.

Tristan Hooker is a full-time writer based in the Waikato. She's also a card-carrying vegetarian and mother to two bouncing vegetarian sons.

You can see more of Tristan's work at www.tristan.nz or follow her on Facebook or Instagram.



ADVOCATE for ANIMALS

MAJA SKILLING



On Christmas day a few months ago, I remember sitting down to a table that was topped with veg~n food: mushroom and walnut sausage rolls; a turkey made from tofu with a herb, onion and breadcrumb stuffing; roast vegetables with soy milk aioli; vegetable sushi, as well as a whole variety of salads. Then there was dessert: a decadent chocolate cake with a nutty base, strawberry and banana ice cream, vegan pastries filled with fruit mince and chocolate bark.

In the moment, I eagerly loaded my plate and tucked into what was probably the best Christmas dinner I had ever had. In hindsight however, it occurred to me that despite only a handful of my family being vegan there had only been one dish containing animal products on the whole table.

This was a very different picture to a few years ago when I first became vegan and had to find my one vegan dish among a myriad of meat dishes on the table.

I was interested to see how my meat-eating family members felt about a predominantly veg~n Christmas dinner, so I asked my Grandma. I felt she would be an interesting person to ask as she has had a lifetime of eating traditional meaty dishes on Christmas Day.

She told me that she thought the food was "fresh and filling" and that it was "an enticing Christmas dinner" that she "thoroughly enjoyed". "The kind of vegan dinner we had on Christmas Day was completely satisfying".

The beautiful veg~n spread that we had indulged in was in part thanks to a wonderful new cookbook that had just come on the market called "Supergood" by Chelsea Winter.

It is full of simple but delicious plant-based recipes. My mum and auntie both have copies and many of our delectable Christmas dishes came from it. The author is not vegan herself, she simply wanted to write a plant-based cookbook as she felt it was the way of the future.

It has been heartening to see how my family, who were once averse to eating veg~n food, now embrace it because it really is a wonderful way to eat.

In the same way, it is heartening to see how food writers are turning to plant based recipes as material for their books, simply because they feel as though that is what people want to eat.

It is so inspiring that the world is coming to see how amazing plant based food can be! (Supergood by Chelsea Winter is available from the Warehouse for \$35)

Maja is 16 years old, became a vegan when she was ten and has been campaigning for animal rights ever since. She writes regular articles about animal activism on her blog www.changeformanimalsnz.wordpress.com and promotes a veg~n lifestyle on her instagram page @majakir_

Are you inadvertently funding animal abuse with your KiwiSaver?

Many KiwiSaver plans invest in unethical companies. Luckily, there is a good option: CareSaver! CareSaver is issued by Pathfinder, whose **animal welfare policies are the strongest** of any KiwiSaver providers. What's more, despite the financial disruption from coronavirus, CareSaver's Growth and Balanced funds were over 5% ahead of the average KiwiSaver in the first quarter of 2020.

IT'S EASY TO SWITCH

All you have to do is to fill out a simple online form. Visit www.caresaver.co.nz where you will find a copy of the CareSaver product disclosure statement as well as their 'people, planet, principles and profit' approach. Please nominate the NZ Vegetarian Society as your chosen charity if you switch to CareSaver so we can get a donation.



Kindness CORNER

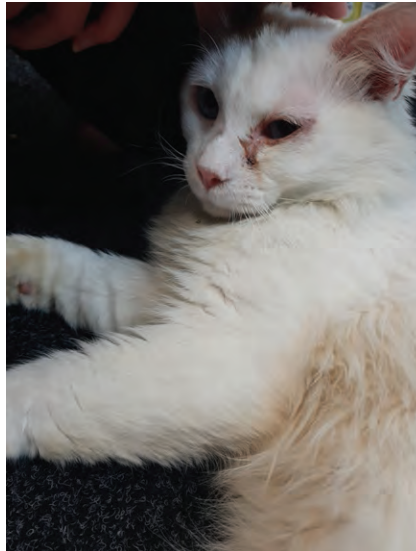
SEND US A PHOTO & PARAGRAPH
OF WHAT YOU'VE BEEN DOING TO MAKE
THE WORLD A KINDER HEALTHIER PLACE

We were happily having our dinner one night when we heard an insistent meow at the ranch slider. Glancing up we thought we saw our neighbour's cat, known to harass our cat, so we tried shooing him away, but he kept coming back.

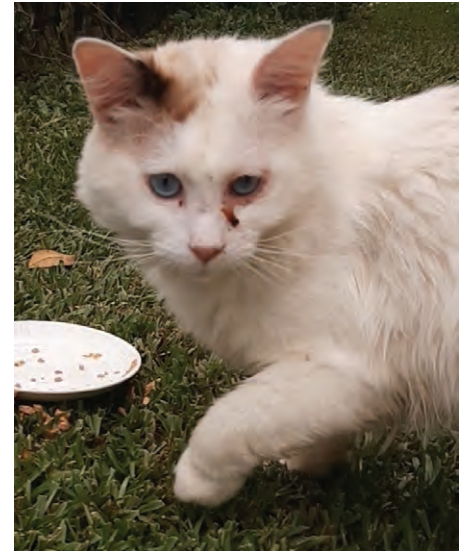
We soon realised he wasn't our neighbour's cat but must have been abandoned as his fur was matted, his eye infected and he was sneezing.

The cat gulped down the food and water we offered and responded with purring to being petted, so we decided to take him to the vets in the morning in the hope that he was microchipped and we could return him to his owner. However, how to keep him safe and not let our cat pick up infections or feel threatened? Fortunately a kind neighbor was happy to have him in her garage over night.

In the morning we gave him another big fussing and my Mum and I took him to the vets. I was really hoping he wouldn't have an owner and we could keep him, but Mum said "Only if the cat is a female", as our cat was male and very nervous (an SPCA rescue animal).



The vet looked at him straight away and to our disappointment there was no microchip; he was an un-neutered male. It was really sad to learn from the vet that sometimes people just leave their cats behind when they move or leave the country. It's not fair that beautiful animals are treated this way.



However the vet told us not to worry, "We will fix him up and find him a home," and by the end of the week he had a new forever home. The vet treated him and microchipped him all for free. So there are some good people in the world.

ZOE C.

SNIPPETS FROM ALL OVER:

PLANT-BASED MILK FACTORY

Nine months after Otis Oat Milk launched, the company has announced plans for a purpose-built factory capable of producing 25 million litres a year. Oats grown for Otis Oat Milk are grown in Gore, milled in Dunedin and then sent to a factory in Sweden to be turned into milk. The milk product is then returned to New Zealand.

Managing director Tim Ryan said that demand had exceeded their expectations so they are going to expand their productive capacity and distribution. Their plans include building the country's first processing facility for plant-based dairy alternatives in Dunedin.

"New Zealand-grown oats are especially high in beta glucan, a natural fibre, which helps lower cholesterol, improve blood sugar control, and boost the immune system", Ryan said.

"The category holds enormous potential for New Zealand farmers who'd like to shift towards producing higher-value and more environmentally sustainable products."

The company is also looking into the possibility of making other oat milk products, including ice cream and flavoured milks.

CELLULAR FOODS

Researchers are doing some really interesting and almost sci-fi stuff researching food production and its environmental impact and whole new food groups are being created. In New Zealand, Dr Laura Domigan of Auckland University is leading our cellular charge, having won funding in late 2020 from a joint Singaporean and New Zealand fund to explore aspects of scaling cellular foods. A protein biochemist by training, she initially had to focus her efforts on creating artificial corneas for eye surgery but then she secured funding for a PhD student to begin developing formulations of nutrient media to grow cell-based meat.

Then, in October 2020, a team led by Domigan won a multi-million dollar grant from the New Zealand and Singaporean governments to explore questions such as which cells are the best starting material for cultured meat, and is the nutritional profile of meat grown in a lab equivalent to the real thing. "There is so much research that needs to be done," Domigan says. And much of it is only beginning to happen, at least in any sort of transparent way.¹

SO WHAT ELSE IS OUT THERE?

Kiwi startup company Leaft Foods² could be the first in the world to develop a leaf-based protein concentrate that can be used in place of a range of foods such as eggs and other proteins. And it has already passed the complex, and very Kiwi, task of being whisked into a pavlova!

The scientifically developed process turns leafy crops grown in the Canterbury plains into a protein with high nutritional value that also has a lighter environmental footprint than either animal or grain-based sources of protein.

The process also produces a high-quality stock feed that has the potential to increase dairy and beef performance, while reducing their excess nitrogen. This could provide a viable option for farmers to reduce their environmental footprint.³

JOY FEST

Anna Valentine, from The Veggie Tree, who provides us with the delicious and adventurous recipes featured in each issue of Vegetarian Living NZ, has had a very busy start to the year after some lovely time off over Christmas and New Year. Here is 'Mr Veggie Tree' and Anna at the Far North Joy Fest on the 10th of January.

Anna writes: *Such an awesome tranquil setting for a super positive amazing festival. With yoga, healing, massages, children's activities, eco workshops, fantastic music, we served up summer pakoras, super salad and salted caramel slice which went down a treat. Dancing to Matiu Te Huki and a beautiful meditation circle to wrap up the day hosted by event organiser Hari Bans was especially amazing.*



WELCOME TO BARBARA MORAN

The Executive Committee of the NZ Vegetarian Society Inc is delighted to welcome Barbara to the Committee as its Treasurer, filling the gap left by Viki's move to Rotorua. Barbara brings a wealth of knowledge and expertise with her and when asked about her vegetarian journey, told us:

"I had been thinking of becoming vegetarian for some time but it became a reality when I undertook a detox and found I did not miss meat at all and in fact felt much better without it.

"Julia [current President of the NZVS] provided valuable information from the Vegetarian Society that showed I could get all the nutrition I needed from vegetables, fruit and nuts, etc. I have now been vegetarian for about five years.

"My background consists of running my own business for 25 years and I now hold an Admin Manager position handling the accounts for an international company.

"I feel it is so important that accurate information is out there for aspiring vegetarians and I would like to lend my support in achieving this."



BETTER FUTURES REPORT

Colmar Brunton's Better Futures report 2020 reveals almost 50 per cent of Kiwis agree we need to change our diet to reduce the impact on the environment. And with one in five Aucklanders now going meat-free (or plant-based) all or most of the time, the idea seems to be catching on.

You don't need to go full vegan or vegetarian to improve your health and the health of the planet; having just one or two additional meat-free days a week can have a big impact. For example, if all Kiwis had one more meat-free day a week, we could save over 700,000 tonnes of carbon a year, that's like driving from Auckland to Wellington five million times (in a medium sized car).

A diet centred on plant foods also lowers the risk of heart disease and benefits overall health according to information from the NZ Heart Foundation⁴, and there's a lot more plant-based meal inspiration these days.

THE FUTURE OF FOOD

An article by Gilbert Wong looking at the forces shaping the future of food and how research by the University of Auckland alumni is contributing to this, makes very interesting reading.⁵ It points out that one in ten New Zealand is going (mostly) meat free and that the future of food is likely to be driven by millenials (those born between 1981 and 1996) and then by Generation Z (those born since 1997). According to Dr Rosie Bosworth, a University of Auckland Alumna, millenials are driven by health, ethics and environment where their food is concerned. However Generation Z say that "there are new ways to produce food that don't have the environmental, ethical and sustainability baggage." So global food giants are "hedging their bets" and investing in the production of plant-based meat alternatives just in case.

The report from the Intergovernmental Panel on Climate Change covering Food production and security gives somewhat mind-boggling estimates of environmental loss (backed up by Sir David Attenborough's latest programmes on the same topic). According to the report, agriculture utilises about 70 percent of the world's fresh water; soil

on tilled fields is being lost at 100 times the rate it is being formed; about 25 to 30 percent of food production is lost or wasted. Meanwhile, two billion adults are overweight or obese and 821 million are undernourished. The main conclusion of the report is that there is a window of opportunity to reduce climate change by diversifying food production systems and what we eat.

More and more scientifically researched reports are being published pointing to the advantages of plant-based foods, and most studies conclude that a diet rich in plant-based food and with fewer animal-source foods confers both improved health and environmental benefits.

1 Outlook 19 December 2020 [www.nature.com/articles/d41586-020-03448-1]

2 www.leaffoods.com/

3 Stuff – Katy Bluett 27 Jan 2021 [www.stuff.co.nz/business/farming/agribusiness/124054241/]

4 www.heartfoundation.org.nz/wellbeing/healthy-eating/nutrition-facts/plant-based-vegetarian-vegan-diets

5 www.auckland.ac.nz/en/news/2019/11/25/the-future-of-food.html



FOOD NATION

Established in 2019, Food Nation is a NZ business founded with a clear mission of getting more plants on more plates for the health of people and the planet.

Plants take centre stage in all the products where the focus is on celebrating the taste, texture and nutrition the fresh ingredients provide. The range uses fresh mushrooms and chickpeas as a base and has no added soy, gluten or dairy.

Made in New Zealand with love, Food Nation has been celebrated globally as the Winner of the best meat alternative at the October World Plant Based Awards and domestically by FMCG Business who recently awarded them The FMCG Product of the Year.

Food Nation is an innovative new entrant whose Magic Minces, Happy Patties and Amaze Balls are not just plant based, they are jam packed full of fresh ingredients and delicious goodness you can actually see.

Food Nation is *food for all*, delivered in well known formats consumers recognise and love. Easy to use and designed for omnivores, carnivores, vegans, vegetarians and flexitarians to enjoy, the range is creating quite a stir with their on-trend ingredients that will tempt even the most avid meat lover to give them a spin on the BBQ this summer.

They are unmissable in bold, engaging packaging, that is livening up fridges across New Zealand and enticing kiwis to try a more plant-powered diet.

The products include

Magic Mince:

- Mexican Corn & Capsicum
- Mushroom & Hemp

Happy Patties:

- Beetroot, Kumara & Kiwi Quinoa
- Cauliflower, Turmeric & Ginger
- Broccoli, Pea & Hemp

Amaze Balls:

- Beetroot, Kumara & Kiwi Quinoa

www.foodnation.co.nz

Round Theory

Drink Sustainably This Summer With Round Theory Wines

The launch of Round Theory – a new range of sustainably sourced, climate positive, vegan-friendly New Zealand wines means that consumers can now make a truly good choice in the wine aisle.

“We set out to make wine that didn’t just taste good, but did good as well. Every aspect of Round Theory is consciously crafted to have a positive impact on the planet; from the sustainably grown grapes we select, to our bottles which are specifically designed to have a lower carbon footprint and an initiative that offsets at least twice the emissions we generate,” says Rowan Dean, Vice President of Commercial Development at Constellation Brands.

This makes Round Theory’s four varietals (a Marlborough Sauvignon Blanc, Pinot Gris and White Field Blend



and a Hawke’s Bay Rosé) the perfect wines for helping consumers make ecologically ethical choices.

In addition to carbon minimising initiatives, Round Theory has partnered with Kiwi company CarbonClick to offset at least twice the number of emissions produced by each bottle of wine, ensuring the product that reaches consumers is actually climate positive.

Through CarbonClick, Round Theory financially supports local and international ecology projects like conservation of the Arawera native forest in Taranaki, Yarra Yarra’s biodiversity corridor, a clean energy wind power project in India and rainforest conservation and agroforestry in Panama.

Round Theory’s distinctive bottle has been designed and produced with a focus on environmental stewardship. It uses 30 percent less glass than regular wine bottles (and between 7-10 percent less than new lightweight bottles) and the glass used has improved recyclability. Its lighter weight and shorter profile produce shipping efficiencies which in turn generate a smaller carbon footprint.

All grapes used in Round Theory’s wines are sustainably grown and sourced from Sustainable Winegrowing New Zealand (SWNZ) Accredited



vineyards. The vineyards also work towards independently audited reduction initiatives, to further reduce their environmental impact.

The increasing number of consumers adopting veganism in order to reduce their carbon footprint and contribute to the fight against climate change, can enjoy Round Theory wines knowing they are all certified animal friendly and vegan.

Round Theory’s deliciously tempting, environmentally friendly wines are designed for modern, sustainable lifestyles. They are available from leading bottle shops and supermarkets across New Zealand, with an RRP of \$21.99.

For more information about Round Theory Wines, please visit www.roundtheorywines.com. For more information about how Round Theory offset their emissions, please visit <https://rt.carbon.click/>.



LET'S EAT : VEGETARIAN FOODS EVERYONE CAN ENJOY



With the huge growth in demand for vegetarian foods, Let's Eat has recently launched a range of wheat and pea protein frozen foods, with each serve offering at least 10-13g of protein. The range includes crispy golden nuggets, delicious burger patties and tasty tenders, all made right here in New Zealand. All three products are approved by the NZ Vegetarian Society, are GMO-free, as well as having no artificial colours, flavours or preservatives.

Plant-based protein delivers the essential protein we need for healthy growth and well-being. "Increasingly, consumers are looking for food that does not require compromise. They are seeking to be adventurous whilst still wanting convenience and tastiness – Let's Eat delivers on all of this", says Matt Easton, GM Marketing & Sales for Let's Eat. Let's Eat is currently available in the freezer aisle through leading supermarkets, and other selected grocery retailers and food service outlets.

For more information, visit www.letseatplantbased.co.nz

PASTA VERA

Established in 2001, Christchurch's Pasta Vera works alongside chefs to help develop their recipes. They now not only supply the country's top eateries with fresh pasta, pesto & lasagne but are also on a mission to help Kiwis achieve restaurant-quality pasta dishes at home. Its delicious and high-quality range now extends to a new retail range, vegan options – and even a celebrity collaboration.

Sourcing fresh, local, premium ingredients it was Pasta Vera's aspiration to bring quality products to the forefront, meeting dietary requirements that everyone can enjoy for all occasions.

Pasta Vera is proud to announce that their Vegan Basil Pesto is now vegan certified. The product uses fresh NZ grown basil, adding a vibrancy in colour and flavour to the pesto as well as pumpkin kernels to keep the product nut free.

You can find Pasta Vera's products through your local distributor, supermarket, at their factory shop in Wigram, Christchurch, or directly on their website www.pastashop.co.nz

Over lockdown, Pasta Vera was extremely popular as an online delivery option, with the business often being asked for recipes. This ignited a collaboration with much-loved local celebrity chef, Jax Hamilton, to create high-quality gourmet dishes that anyone can make in under 10 minutes. These recipes feature their vegan certified Basil Pesto, for example: Vegan Hemp & Spinach Tagliatelle with Pesto, Chilli & Pumpkin. The mouth-watering recipes can be found on their website www.pastashop.co.nz



Keep up with the latest from Pasta Vera online at:

@pasta.co.nz @pasta_vera_nz www.pastashop.co.nz

Recipes



Anna Valentine has generously shared some more of her delicious recipes with us – some warmer dishes perfect for Autumn. See Anna's website www.theveggietre.com for information about classes and more recipes.



VEGAN & GLUTEN-FREE

MAKES 4-6 SERVES

TWO PEA SOUP

This is a variation on pea and ham soup. It's a real winter warmer, thick and nourishing. The minted yoghurt to finish gives it a bit of freshness and complements the pea.

1. The green split peas need a good soaking to cut down some of the cooking time, so get these soaking in the morning for the evening meal.

2. Soak for at least 2 hours:

1 cup green split peas

1.4 Litres water

3. Gather your ingredients and prepare the following vegetables:

1 onion, chopped

2 cloves garlic, chopped

1 potato, scrubbed and diced

1 plant-based sausage, sliced

1 stick celery, chopped

4. In a large soup pot melt:

5. ¼ cup extra virgin olive oil

6. Add your prepared vegetables to the pot and fry for 30 seconds, then add the split peas and the water they were soaked in. Cover with a lid and bring to the boil; then simmer until the split peas are soft and you can squash them between your fingers.

7. Add:

1 tsp vegetable bouillon stock powder

1 cup (200g) fresh or frozen peas

8. Bring back to the boil, then take off the heat to cool slightly. Blend until smooth. Add a little boiling water if it has become too thick.

9. Add:

1 tsp salt

1 tsp cracked pepper

10. Stir well and serve with minted yoghurt and a drizzle of extra virgin olive oil in each bowl.

MINTED YOGHURT

You can do this in a mortar and pestle or in a mini food processor.

1. For the food processor, just throw all the ingredients in and whizz them together.

2. If using a mortar and pestle, add the following to the mortar bowl:

1 clove garlic, peeled

4 sprigs fresh mint

½ tsp rock salt

3. Crush together, then add:

juice of 1 lemon

4 Tbsp thick yoghurt, coconut or dairy

a couple of cracks of pepper

4. Stir through and serve.

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- 'Vegetarianism doesn't cost the earth' Eco Shopping Bag



CHICKPEA & FENNEL TAGINE WITH ALMOND COUSCOUS

Tagines are beautiful to cook with and to look at, but you can use any ovenproof dish with a lid if you don't have one. Warming the dish up in the oven is essential for cooking time. To make this meal gluten-free, use quinoa in place of couscous, but you'll need to cook the quinoa first instead of just leaving it to steam. Omit eggs for a vegan option. There are still chickpeas and almonds in there for protein.

1. Heat the oven to 180°C with the tagine or ovenproof dish inside.
2. Gather your ingredients. Prepare the following:
 - 1 red onion, sliced into wedges
 - 1 x 400g can chopped tomatoes, plus 1 can water
 - 1 x 400g can chickpeas, drained
 - 6 small flat mushrooms
 - 2 cloves garlic, crushed
 - 1 lemon, sliced into thin rounds, pips removed or 1 preserved lemon skin, sliced
 - 6 dried apricots, figs or fresh figs halved

- 150g olives, pitted
 - 1 large fennel bulb, sliced into sixths
 - OR
 - 2 sticks celery, quartered
 - 6 baby carrots
 - OR
 - 1 capsicum, cored, deseeded and sliced
3. Next, toast the following seeds together then smash them up a little in a mortar and pestle or a spice grinder.
 4. Add the toasted seeds to a spice grinder or mortar and pestle to grind up.
 5. Bring the tagine from the oven and add 2 Tbsp olive oil along with all of the prepared ingredients and ground spices put the lid on and bake for one hour.
 6. Meanwhile, make the couscous. You can make this in the same bowl you serve it in. Measure into the bowl:
 - 1 cup couscous, wholemeal or regular
 - pinch of saffron (optional)



7. Now add:
 - 2 Tbsp extra virgin olive oil
 - 1½ cup boiling water
8. Cover the bowl and leave to steam for at least 10 minutes. Fluff with a fork then add:
 - ½ cup ground almonds or hemp hearts
 - 2 Tbsp sesame seeds, toasted
 - ½ tsp salt
 - a few cracks of black pepper
9. Mix these through well. Now back to the tagine - after an hour, season with:
 - ½ tsp salt
 - cracked black pepper
10. Stir through. Carefully crack onto the top:
 - 4-6 eggs (omit for vegan option)
11. Leave the eggs where you placed them and cook for five more minutes with the lid on. Remove from the oven and top with:
 - 1 tsp sumac
 - 3 Tbsp fresh fennel flowers
 - 2 Tbsp extra virgin olive oil

RICE CRACKLES

Not just a party treat, these yummy rice crackles are fantastic for lunch boxes. With the added nutritious goodies of chia, sesame seeds, amaranth, quinoa and/or millet they are sure to please adults and children alike.

1. Line a 30 x 20 cm slice tin.
2. Gather your ingredients and measure the following into a large bowl:
 - 3 cup rice puffs
 - 1 cup millet, amaranth or quinoa puffs
 - ¼ cup chia seeds and sesame seeds
 - ¾ cup desiccated coconut
3. Set aside. Measure the following ingredients into a pot:

- ½ cup butter
 - OR ½ cup coconut oil + a pinch of salt
 - 1/3 cup honey, brown rice or golden syrup
 - ½ cup unrefined cane sugar
4. On a medium high heat melt together while stirring gently, then bring to a steady boil for three minutes.
 5. Working quickly, pour the bubbling mix into the bowl with the puffs and mix well. Scrape into the lined tin and press down flat as you can with the back of a spatula. To get it really flat I like to then go over it with one of the kid's mini rolling pins.
 6. Leave to cool in the tin, then cut into bars before it's totally cold. Store in a baking tin or an airtight container.



THE VEGGIE TREE - Autumn & Winter Schedule:

1. Natural Self-Care Workshop - **Sunday 7th March 2-5pm**
2. Preserving, Fermenting & Homemade Vinegar Workshop - **Sunday 18th April 2-5pm**
3. Eat a Rainbow Kids Class Blueberry Hotcakes - **Thursday 29th April 11-1pm**
4. Winter Weeds & Sea Weeds Workshop - **Sunday 16th May 2-5pm**
5. Greek Cooking Class and Meal - **Sunday 30th May 1-5pm**
6. Sprouts Workshop - **Sunday 6th June 3-5pm**
7. Pot Sticker Dumplings from Scratch - **Sunday 27th June 3-5pm**
8. Sushi Skills - **Sunday 4th July 3-5pm**
9. Indian Thali Cooking Class and Meal - **Sunday 11th July 1-5pm**
10. Eat a Rainbow Kids Class Cauliflower Macaroni Cheese - **Thursday 22nd July 11-1pm**
11. Specialty Cakes and Decorating Workshop - **Sunday 1st August 2-5pm**
12. Master Pasta - **Sunday 8th August 3-5pm**
13. Sourdough and Easy Cheese Workshop - **Sunday 29th August 3-5pm**



Krishna & Manika - Hyderabad wedding

Pre-Covid-19 one of our valuable committee members Krishna, and his fiancée Manika, were making wedding plans in accordance with Hindu tradition. With a choice of 3 available dates they toyed with a July date but settled on 26 February 2020, proposing to return to New Zealand at the end of March. However, the coronavirus threat resulted in them changing their plans, and by good fortune they arrived back in NZ on 9th March, two weeks before the March 2020 lockdown.

Normally, wedding preparations start a few months before the actual wedding date, but as it turned out, they ended up with 12 days to organise everything, which they managed to do with the help of relatives. Typically a wedding function is held at the bride's home town (in this case North India), but for a number of reasons they decided to hold it in Krishna's South Indian home city of Hyderabad. Because there was a huge language barrier between the two families this meant both Krishna and Manika had to be involved with all the wedding preparations.

As is traditional, a **henna/mehendi** ceremony was held on the eve of the marriage ceremony with a professional mehendi artist applying mehendi to the bride's hands and feet. **Mehendi/henna** represents the bond of matrimony and is considered a **shagun** or sign of good luck signifying the love and affection between the couple and their families.

The day of the wedding is a long one with many traditional rituals and ceremonies being performed, leading up to the actual exchange of vows.

These include: **Maṅgaḷa Snānam** purifying bath; **Haldi** turmeric ceremony; **Aarti** or **Hārati** application of oil; **Snātakaṃ** ritual; Prayers to the Goddess **Gauri**; **Kanyādānam**; **Pañigrahaṇa** promise to live together and not part ways; **Jīlakarra-Bellamu** ritual signifying unbreakable bond between bride and groom; **Madhuparka** change of clothes; **Sumangali** rice and lamp symbolising abundance and light ritual; **Maṅgaḷasūtra Dhāraṇa** partition between bride and groom is removed; **Akshitalu** exchange of garlands of flowers; **Saptapadi** Bride and groom take oath of lifelong commitments; **Sthālīpākam** ring ritual; **Arundhati Nakshatram** star ritual and finally **Gṛuhapravēsam** where the bride formally leaves for her new home where she is welcomed by the groom's mother and close relatives. It was midnight by the time they left the wedding venue.

The following day they had more prayers and rituals: **Satyanārāyaṇa** ("The highest being who is an embodiment of Truth"); **Vratam** (fasting); **pooja** (prayers for blessed married life), attended by their families and relatives. There were several other rituals and prayers performed as well, as they broke their fast and had lunch with their family.

About 100 guests attended the wedding and, of course, only vegetarian food was served with around seven dishes for dinner, 2 to 3 dishes in starters, and ending with dessert.



EXPAND YOUR DIET TO INCLUDE THESE VEGETARIAN SUPERFOODS

ONE IN TEN NEW ZEALANDERS¹ WERE MOSTLY OR COMPLETELY MEAT-FREE IN 2019, ACCORDING TO RESEARCH, AND THIS NUMBER IS STEADILY INCREASING.



Many people worry that their diet will no longer be as tasty or as interesting when switching to vegetarianism, but there are numerous foods which are full of flavour to broaden your vegetarian options. Evidence also suggests that vegetarianism could help boost the immune system², provided that diet choices are healthy and nutritionally balanced. It is thought that this is due to the abundance of fruit and vegetables in the diet - but precisely which foods should you be eating more of to avoid disease?

LEAFY GREENS

Leafy greens are a staple ingredient in many meals, but you can make things more interesting by including more flavoursome greens like peppery spinach or rocket, earthy kale and sweet cabbage. Inflammation is the immune system's response to harmful substances or stimuli. Excessive inflammation is linked to heart disease³ and type 2 diabetes. Highly processed foods can contribute to an inflammatory response: for example, white bread, soft drinks and deep fried foods. However, a vegetarian diet has been shown to prevent inflammation due to the abundance of antioxidants in the foods commonly eaten. A 2015 study from *Advances in Nutrition* showed that people who had a higher intake of dark green leafy vegetables and grains had lower levels of c-reactive protein, a protein associated with increased inflammation. Additionally, consumption of green vegetables like cauliflower and broccoli has been shown to stimulate certain immune cells called IELs⁴, which enables an optimal immune response.



MEDICINAL MUSHROOMS

Mushrooms are abundantly used in Eastern medicine, and have many beneficial properties. They are richly flavoured and easy to prepare for those who are looking to add something new to their diet. Mushrooms are also rich in nutrients which help boost the immune system and fight disease such as cancer, heart disease and viruses such as influenza. Different kinds of mushroom



have different properties. The most common immune booster is the Reishi mushroom, also known as the Mushroom of Immortality. It contains polysaccharides, which balance the immune system and blood sugar levels. A 2013 study published in the *Journal of Medicinal Mushrooms* shows that the polysaccharides found in these mushrooms contribute to cancer cell death. Lion's Mane mushrooms support brain health, while Chaga mushrooms support the body's stress response. Add powdered medicinal mushrooms to teas, or cook up a tasty risotto for dinner.

SWEET POTATOES

A great source of starch, potatoes are a versatile food that can be used in a range of recipes. Sweet potatoes are full of flavour and are rich immune system. Vitamin A has various functions, including promoting growth and development, and maintaining vision. It also plays a regulatory role in the immune response. Deficiency of Vitamin A has been shown to cause a defect in the T cell and antibody responses⁵ to disease. These cells play a role in fighting infections such as viruses. The vitamin is also essential for the development of cells called Macrophages, which produce chemicals inducing the inflammatory response to infection. For a healthy immune system, add some sweet potato fries or a baked potato to your main veggie meal as a delicious side.



CITRUS FRUITS

Eating some juicy fruits can help you avoid reaching for processed foods such as snack bars and chocolate. Mostly sweet but also bitter, citrus fruits will make your vegetarian diet more versatile. They contain a source of sugar, so should also help hamper cravings. Oranges are the most common source of Vitamin C, but fruits like lemons, limes and grapefruit are also great sources. The vitamin is essential in the first immune response, and supports the epithelial cell barrier function of the skin. It also enhances the performance of key immune cells. Vitamin C also prevents respiratory infections such as pneumonia.



A 2017 review of literature in the *Journal of the Royal Society of Medicine* suggests that a boost in Vitamin C reduces the incidence of common cold⁶ in those with acute stress. It also shows that pneumonia incidences were lower in males who consumed an adequate amount of Vitamin C, particularly when combined with Vitamin E. Add some citrus fruits to your breakfast meal, or have as a snack throughout the day to add some sweetness to your diet.

HEALTHY ALMONDS

Almonds are a versatile, tasty nut that can be added to just about any meal, including nut roasts, puddings and cereals. They contain healthy fats, magnesium, Vitamin E and fibre, which all have benefits to blood sugar levels, blood pressure levels and cholesterol. Almond skins are also beneficial to the immune system, as they stimulate the production of white blood cells which fight infection and disease. A study from the *Institute of Food Research* found that the skin of almonds contains chemicals which improve the ability of white blood cells to detect viruses, and also can help the cells prevent viruses replicating.



Remember to include some rich sources of iron and B12 in your diet to promote the production of red blood cells and prevent anaemia. Supplements can help boost the immune system, but should not be a substitute for a healthy, balanced diet. If you're looking to expand your culinary horizons, cooking with immune health in mind is a great place to start.

Article researched and contributed by Briana B

- 1 Better Futures report released February 2019 (<https://www.stuff.co.nz/environment/110495348/one-in-ten-new-zealanders-mostly-or-completely-meatfree>)
- 2 Evening Report NZ 07.03.2019 (<https://eveningreport.nz/2019/03/07/eat-your-vegetables-studies-show-plant-based-diets-are-good-for-immunity-107964/>)
- 3 <https://www.heartfoundation.org.nz/about-us/news/blogs/food-and-inflammation>
- 4 <https://umbrellalabs.is/effective-immunity-boosters/>
- 5 *J Clin Med.* 2018 Sep; 7(9): 258 (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6162863>)
- 6 *J R Soc Med.* 2007 Nov; 100(11): 495-498 (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2099400/>)



CONSTANTINOPLE RESTAURANT REVIEW

– EMMA GOUGH

Since its doors opened in August 2019, Constantinople, a wonderful Turkish restaurant situated just behind Albany Village, has become a local favourite. Run by Feriza and her husband, and Meral in the kitchen, they serve authentic, delicious home cooked food that never fails to delight.

Feriza has been a chef for 14 years, since arriving in New Zealand from Northern Turkey. Having previously owned and run her original restaurant in the City, she decided to move to the space of Albany to open a

second. Adorned with beautiful hanging baskets, and with the delicious smells from the kitchen, you could easily believe that you are in the Mediterranean. Feriza has always had a focus on vegetarian and vegan food, and while they do serve meat, they find that more and more people are asking for the vegetarian and vegan dishes they have on offer. Indeed, they even have a completely separate menu for vegans which often gets requested.

Meral has been a vegan for 7 years, having grown up as mainly vegetarian in Turkey and never needing a doctor, she attributes this to her now completely vegan diet. Frustrated that she could not find vegan alternatives for Turkish favourites, she decided to try making her own. The cabinet at Constantinople now features vegan baklava, chocolate and lemon cakes, and vegan Turkish Delight made with natural fruit juices, offering a wide variety of flavours from the traditional rose, to lemon, chocolate, black grape and orange. There are no chemicals, artificial flavours or enhancers at Constantinople, all food is natural and cooked fresh.



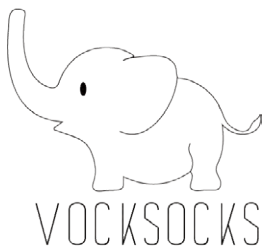
Feriza has created her own signature vegan dish 'Feriza Eggplant', grilled eggplant served with capsicum, mushrooms, onion and tomatoes and served with rice and coconut yoghurt. Other favourites are the Ottoman Pilaf, and my favourite, the vegetarian Dolma, capsicums roasted to an amazing softness and stuffed with Turkish rice, spices, pinenuts and currants and served on yoghurt, (see photo). They offer a vegan mezze platter, the traditional felafel are delicious, and there are salads and flavoursome vegan dips like babaganaoush and hummus.

Feriza and Meral can see a growing interest in the vegetarian and vegan food and sweets, with people coming back just to buy the baklava and Turkish Delight, as it's not found elsewhere.

Constantinople is open 7 days, has a lunch and dinner menu, and is growing in popularity so it's wise to book.

Constantinople Café and Restaurant
7/28 The Avenue, Albany, Auckland
09 414 7424

W www.constantinople.co.nz



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I decided to make a sock brand as socks can be fun and a useful daily item. The elephant logo I designed as I am fascinated by elephants. I love all animals, but surely most of us have

a favourite. The socks are made from organic cotton and packed in an eco-friendly recyclable box.

To celebrate the start of my tiny business, you can use the promo code "NZVEG" to receive a 20% discount on your first order. Plus, for every sale made in NZ, I will be donating \$1 to the NZ Vegetarian Society to support our community.

In the up and coming days, weeks, months, years, I will be introducing more socks, sizes, colours, designs and ideas. I hope many people will enjoy my new socks/design ideas.

VOCKSOCKS and the elephant logo symbolizes love for animals and the earth as we try our best to do what we can to make a difference.

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KAIAROHA CAFÉ, PARNELL

We visited the vegan Kaiaroa Deli and Eatery in December 2020 for an end-of-year lunch. It is a 100% plant-based Eco-Eatery in Parnell's 6 Greenstar building, 'The Rise', specialising in aged artisan vegan nut cheeses and delicatessen products.

There is an extensive offering of vegan options in the cabinet, including deli cheeses and 'meats' which you can eat on site or take home, and also an a la carte menu which changes seasonally, offering fresh ingredients and innovative vegan food. The space is bright and airy, even though it's on

the south side of the building, with the white décor softened by indoor plants climbing right up the two-stories-high walls.

Five of us decided to try different menu items so we could taste and compare some of the options on offer. We enjoyed the veganised meals such as the Field Mushroom Omellete, Reuben Grilled Cheese Sandwich, Louisiana Chickun Burger and the Peace Burger with a mushroom pattie. However, the Fush Burger with a banana blossom was not so successful. Using the whole 'blossom' meant it didn't cook through completely and still tasted of the

brine in the middle. It would work better to slice it through and only use one half.

We finished off our lunch sharing a plate of delicious vegan fudge, vowing to return and try the rest of the menu next time.

- JEANETTE B

Kaiaroa Vegan Deli and Eatery

100 Parnell Rd The Rise, Garfield street entrance, Parnell, Auckland 105

Hours: Monday to Friday 7am – 5.30pm; Saturday 7am – 4pm; Sunday 10am – 4pm

THE FOUR LEAF CLOVER VEGETARIAN RESTAURANT

A story in the Timaru Herald in November last year reported the opening of The Four Leaf Clover Vegetarian Restaurant which has its origins in The Vegetarian Grocery Store at 41 Stafford Street, Timaru.

Danny Goh, a vegetarian for 25 years who moved to Timaru from Singapore in 1999, is the restaurant manager and said that the four families behind the venture had been arranging cooking lessons since 2001 and wanted to showcase recipes from round the world.

About 80 percent of the menu is vegan, the rest vegetarian, and there are gluten-free options and Danny Goh said they make sure the ingredients in the recipes are available in Timaru to show what's around. There are also frozen and dry ingredients available to purchase from the front of the restaurant, to help people cook at home.

Hours: Tuesday to Saturday
Lunch 12pm~2pm. Takeaway or dine-in.
Dinner 5pm~8.30pm. Takeaway or dine-in.

Restaurant Buffet:
Friday night, Saturday Lunch & Dinner

Reservation: 022 078 6881

Email: timaru.vegetarian@gmail.com

www.facebook.com/TimaruVegetarian/

DUX DINE

Our friends wanted to take us out to dinner during our recent visit to beautiful Christchurch. We were delighted with their thoughtful choice, a menu suitable for our vegetarian dietary requirements and their own different requirements.

Dux is located in a magnificent restored Villa with a variety of eating spaces catering for both small and large groups. We loved the menu choices and mocktails that were on offer. The service was of a high standard and we rate it ten out of ten. Take the opportunity to dine there when you can.

- JUDITH H



Dux Dine (Seafood & plant-based Restaurant)

28 Riccarton Road, Riccarton, Christchurch 8014

Open 7 days, 9am to late

EVENTS *in your area*

**NO VEG EVENT IN YOUR AREA?
CONTACT US & WE'LL HELP
YOU GET ONE ORGANISED.**

AUCKLAND	<p>Details of events and activities are also included in the E-Newsletter emailed out each month to members and Friends of the NZVS – contact info@vegetarian.org.nz if you'd like to be added to the email list.</p> <p>Active for Animals! 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, \$7 per session for non-members, \$5 for members.</p> <p>Hey kids! Why not join us and hang out with kids who are all veg? You could also bring along a wanna-be-veg friend, so they can get a taste of veg life with us. Ask your parents to give us a ring on 523 4686 and enrol you.</p> <p>Meeting dates: Every 1st Tuesday of the month, February to November.</p> <p>Check the website for more details. www.vegetarian.org.nz/events/youth-group-a4a</p>
CHRISTCHURCH	<p>Contact christchurch@vegetarian.org.nz for more details about what's happening so you can join in.</p>
DUNEDIN	<p>Interested in vegan food? For information on pot luck dinners and other activities etc, check the Dunedin/Otepoti Vegan Society website http://dovesnz.weebly.com/</p>
HAWKES BAY / HASTINGS	<p>Contact Donna on email donna444@gmail.com or phone 027 588 7756 for information about activities, or join the Facebook group Hawkes Bay Veg*ns.</p>
INVERCARGILL	<p>Details of activities available at: facebook.com/pg/INVSOC/events</p>

KAWERAU	<p>Regular vegan potlucks which are also alcohol-free occasions. Open for all vegans, vegetarians and those who want to learn about this way of living. Want to know when and what to bring? Contact Loretta: 0212361859 lorettainnz@gmail.com</p>
MOTUEKA	<p>Contact Steph Thompson at 0211677011 or stephanie.thompson@gmail.com for details of happenings in Motueka.</p>
NAPIER	<p>Contact Donna on email donna444@gmail.com or phone 027 588 7756 for more information</p>
NELSON	<p>Monthly veggie get togethers – contact Jace on 021 051 1666 if you want to join in.</p>
NEW PLYMOUTH	<p>Calling New Plymouth/Taranaki vegetarians and vegans – let's get together to share a meal and socialise! Contact Katrina 021 749 552 or Tessa 021 057 4011</p>
PALMERSTON NORTH	<p>For events and local news, please check the Palmerston North Vegans and Vegetarians Facebook group: www.facebook.com/groups/palmyveg.ns/ Alternatively, email Helen: vegnz001@gmail.com or ph 06 358 9470, or text 021 065 0754</p>

TAUMARUNUI	<p>Events are being planned. Contact Chris on chrisbrady71@hotmail.com to get involved and to find out where to meet everyone.</p>
TIMARU	<p>The Vegetarian Grocery Store has now been converted into the Four Leaf Clover Vegetarian Restaurant at 41 Stafford Street, Timaru. Opened on 15 November with a fund raising buffet for the SPCA, contact them to find out more information about vegetarian food and try some of their delicious dishes.</p>
WAIRARAPA	<p>Members of this group meet monthly to chat and share delicious veg-n food and occasionally watch a movie. Are you interested in a lifestyle change to veg-nism and would like support? Contact Eleanor. harper@gmail.com or 027 3288518</p>
WAIUKU	<p>For information about pot luck dinners in Waiuku, contact Tara: taramurphy@gmail.com</p>

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WWW.WELCOMECAFE.CO.NZ

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.

For information about joining, monthly dinners, other upcoming events or opportunities to help promote the veg-n lifestyle, please email: wellington@vegetarian.org.nz

Coming Events:

VEGAN101 : Going vegan, Staying vegan : Easy! Fast!
A day-long workshop with cooking demonstrations, interactive Q & A and discussions. For information on the next workshop, contact: wellington@vegetarian.org.nz

Wellington VOF (Veg~ns Over Forty) Socials - Make no mistake, no matter your chronological age, this is not for "old people"! We are passionate about having fun!

Vegan Vault – First Saturday evening of every month 6-9pm Clyde Quay School, Elizabeth Street, Mt Victoria. Bring your friends and check out our Vegetarian Society stall at this night market – it's a wonderful way to try new foods and other products from all the stalls while enjoying the entertainment.

Wellington Centre Book Group meeting every 6 weeks. For details of meeting place and dates email: wellington@vegetarian.org.nz

Free mentoring: Want to find out more about a plant based diet? Get help, support and advice from a 'buddy' to try out a vegetarian or vegan lifestyle. Email as above!

Wellington Singles – Email to find out when the next singles social get together is.

Check out the Facebook page called *Wanganui Vegans Vegetarians and Compassionate Human Animals* for activities.

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DIRECTORY

NEW ZEALAND

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info@invsoc.org.nz

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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

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CLINICIANS
Research Based

Pure Omega-3 Algae Oil 1000mg



ORGANIC BIOACTIVES
Innovating From Tradition

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

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 Cheesy Sauce Mix, Dairy-Free Feta Alternative, Dairy-Free Grated Cheese Alternative, Dairy-Free Grated Smoked Cheddar Alternative

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



BB MICROGREEN
Live Well With Us!

Pea Microgreen, Radish Microgreen, Rocket Microgreen, Mustard Microgreen



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



DOCTOR'S CHOICE BIO YOGHURT
Coconut Dairy-Free Yoghurt: Plain, Passionfruit, Chocolate



DELTA ESTATE
Sauvignon Blanc



FOOD NATION
Food For All

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

GOOD BUZZ KOMBUCHA
Full Of Life



Origins, Apple Cinnamon, Lemon Ginger, Raspberry Lemon, Feijoa, Pineapple Mango, Strawberry Lime, Orange Turmeric, Blueberry Peach, Passionfruit Guava



GOODNESSME
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



HOWLER HOTDOGS
A New Breed Of Hotdogs

'Vege' Dogs, 'Vege' Mini Munchers



HUNTER'S WINES

Sauvignon Blanc, Riesling, Chardonnay, Pinot Noir, Gewürztraminer, Pinot Gris, Rosé, Gruner Ventliner



JUST FOODS
Better For You

Vegan Classic Mayonnaise, Vegan Aioli, Vegan Seafood Sauce, Vegan Honeyed Mustard Mayonnaise



KILLINCHY GOLD
Masters of Premium New Zealand Ice Cream

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



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



MATAVINO WINES
A Little Italian In Matakana

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



MOANA PARK
Lo-Fi Wines... Changing the Conversation... Naturally

Growers Collection Sauvignon Blanc, Growers Collection Orion, Growers Collection Rosé, Growers Collection Chardonnay, Growers Collection Syrah, Growers Collection Viognier, Growers Collection Merlot Malbec, Estate Grown Chardonnay, Estate Grown Cabernet Franc Merlot, Estate Grown Viognier, Estate Grown Syrah, Sparkling Blanc de Blanc, Sparkling Sauvignon Blanc, Sparkling Rosé, Estate Grown Pinot Noir, Estate Grown Albariño, Estate Preservative Free Merlot



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



PASTA VERA
New Zealand Made Pasta
• Pesto • Lasagne

Vegan Pesto



PROPER CRISPS
Proper Hand Cooked Crisps

Marlborough Sea Salt, Rosemary and Thyme, Smoked Paprika, Sea Salt and Vinegar, Kumara, Parsnip, Kumara Chipotle & Garlic, Garden Medley, Onion and Green Chives, Kumara Pepper with Onion, Cracked Pepper & Sea Salt, Hand Cooked Cheeza-peno Tortilla, Hand Cooked Salted Tortilla, Beer Crisps



PUREBREAD
Great Taste, Good Health

Vegan Grain, Vegan Young Buck



ROUND THEORY
Wines for the greater good

Pinot Gris, Rosé, Sauvignon Blanc, White Field Blend



SAINT CLAIR FAMILY ESTATE
100% Family-Owned, 100% New Zealand Wine, 100% Sustainable

Marlborough Origin Sauvignon Blanc, Pioneer Block 3 Sauvignon Blanc



MEMBERSHIP



SURTI

The Traditional Taste of India

Vegetable Samosa, Vegan Samosa, Vegan Kachori



TERRA

The Cheese Of The Future Grows On Trees

Cashew Cream Cheese: Plain, Dill & Garlic, Smokey



THE BAKER'S SON

Vegan Mince & Cheddar pie



THE BONELINE

Barebone Chardonnay, Sharkstone Chardonnay



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, Kumara Hashbrown, Kumara Chips, Cauliflower Schnitzel, Falafel, Beetroot Patties (with dairy-free feta)



THE CRAFT MEAT CO.

Spanish Chorizo, Old English Sausage, Classic Hemp Burger, Chipotle Burger, No Meat Mince, Bolognese Meal, Mexican Meal



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



VICE CREAM

Ice Cream For Everyone

Coconut Soft Serve



WAIHEKE HERBS

Artisan Herbal Culinary Products

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

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 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.



FINANCIAL GIFTS THE NZ VEGETARIAN SOCIETY WELCOMES & VALUES HIGHLY ALL FINANCIAL GIFTS

For info about gifting contact:
info@vegetarian.org.nz or
PO Box 26664, Epsom, Auckland



BRANDS WITH PRODUCTS APPROVED BY THE NZ VEGETARIAN SOCIETY

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



MOANA PARK
Lo-Fi Wines... Changing the Conversation... Naturally

Growers Collection Sauvignon Blanc, Growers Collection Orion, Growers Collection Rosé, Growers Collection Chardonnay, Growers Collection Syrah, Growers Collection Viognier, Growers Collection Merlot Malbec, Estate Grown Chardonnay, Estate Grown Cabernet Franc Merlot, Estate Grown Viognier, Estate Grown Syrah, Sparkling Blanc de Blanc, Sparkling Sauvignon Blanc, Sparkling Rosé, Estate Grown Pinot Noir, Estate Grown Albariño, Estate Preservative Free Merlot

RESTAURANT MENUS



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

Pizzas: Pride, Purgatory, Limbo, Damned, Sinister; Quorn Tenders; Green Demon Pasta

FOOD AND BEVERAGES



BB MICROGREEN
Live Well With Us!

Pea Microgreen, Radish Microgreen, Rocket Microgreen, Mustard Microgreen



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



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



LINDA MCCARTNEY'S*
Food To Come Home To

A range of vegetarian food products.



NEW WAY

Sweet Short Pastry, Flaky Puff Pastry, Just for Starters Spinach and Feta



PROPER CRISPS
Proper Hand Cooked Crisps

Marlborough Sea Salt, Rosemary and Thyme, Smoked Paprika, Sea Salt and Vinegar, Kumara, Parsnip, Kumara Chipotle & Garlic



PUREBREAD
Great Taste, Good Health

Vegan Grain, Vegan Young Buck



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 CRAFT MEAT CO.

Spanish Chorizo, Old English Sausage, Classic Hemp Burger, Chipotle Burger, No Meat Mince, Bolognese Meal, Mexican Meal



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



YOPLAIT
Taste The Bright Side Of Life

Greek Yoghurt: Natural, Lite Natural, Vanilla, Honey

HEALTH AND COSMETICS



AÚ NATURAL SKINFOOD
For Your Skin. For Your Planet.

Lip Balm; On The Go Mineral Powder: Light, Medium, Dark; Remove (BeeBio Facial Cleanser); Prepare (BeeBio Brightening Toner); Renew AM Day Serum (BeeBio Nectar V Serum Face & Neck); PM Night Crème (BeeBio Venomous Masque); BeeBio Night Crème; Super Fruit Concentrate Eye Serum; Anti-Aging Facial Oil with Harakeke Oil and 0.2% Retinol; V2 Bee Venom Mask (Sheet Mask)



AZURLIS
Balancing Science & Soul

Refreshing Facial Cream Cleanser, Jojoba & Aloe Facial Cleanser, Crystal Mist Herbal Toner, Crystal Mist Floral Toner, Hydrating Face & Neck Gel, Intensive Moisturising Day Cream, Soul & Skin Nourishing Night Cream, Balancing Eye Cream, Beautiful Skin Serum, Soothing Eye Serum



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

CORPORATE MEMBERS SUPPORTING THE NZVS



GREEN DINNER TABLE

Eat more plants



HARRAWAYS

Proudly homegrown oats



LINDA MCCARTNEY'S

Food to come home to



PATHFINDER ASSET MANAGEMENT

Invest without harm



QUORN

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



VOCKSOCKS

For the love of animals