

 NZ VEGETARIAN SOCIETY

VEGETARIAN

Living NZ

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**ADVOCATE
FOR ANIMALS**

**THINK KIND
COMPETITION
2020 WINNERS**

**NEW VEGAN
CERTIFIED PRODUCTS**

**PLANT
ENERGETICS**

RRP \$7.90



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**FOR A KINDER,
HEALTHIER
WORLD**



COVER PHOTO: THINK KIND FINALIST ENTRY

Cover Articles

- P3** | Advocate for Animals
- P4-7** | Think Kind 2020 Student Competition
- P8** | New Vegan Certified Products
- P17** | Plant Energetics

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EDITORIAL



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Here it is almost the end of the year already with more time off work coming up for a large number of people. What a strange year it has been indeed.

If you're not veg~n or you know someone who's thinking about trying a veg~n diet, why not sign up for the **21-day plant-based challenge** on the NZVS website and try it out over the holiday season. If you're already veg~n you'll no doubt enjoy Anna Valentine's recipes in this issue (pages 10-11). Check the website www.vegetarian.org.nz for other recipes, and if you're keen to take part in some inspiring cooking 'classes' look up www.theveggietree.com for Anna's upcoming classes – well worth a trip to Kaeo to take part in one!

We are farewelling Viki, our Office Manager – off to Rotorua on a new adventure with her husband, and welcoming Larisa who is starting her own 'adventure' in the NZVS office. My personal thanks go to Viki for all her help with the magazine during her time in the NZVS office and I look forward to receiving contributions from her for future magazines. Tristan and Maja share their experiences with feathered friends (pages 2 and 3), and the overall winner, finalists and runners up in this year's **Think Kind Competition** share the limelight on pages 4 to 7.

Philip gives an update on newly Approved and Certified products on pages 8 and 9, and companies with Vegetarian Society Approved and Vegan Certified products share their stories on pages 12 to 15.

People all over the world are finally waking up to the damage that has been done to this planet we call Earth, particularly with documentaries like those produced by Sir

David Attenborough. Insisting everyone should take up a veg~n diet will not instantly solve all the problems the world is suffering from.

Change has to come from within. A change of attitude and thinking, leads to a change in the way we act, what we do, how we treat ourselves and others, and how we treat the world we live in. As Mahatma Gandhi said: *"A man is but a product of his thoughts. What he thinks he becomes."* and this applies equally to all humankind.

Nature does not stand still: it is continually growing, changing, and adapting. The history of the world itself shows that it is constantly changing, through earthquakes, volcanic eruptions and what humanity calls major disasters. History has also shown that humanity can overcome or adapt to these disasters by working together co-operatively.

That hundreds of New Zealand students have taken the time to research projects for the Think Kind competition gives hope that they will make changes in the way they live and encourage those around them to also make changes to help mend the world and make it a better place for all.

"It's the action, not the fruit of the action, that's important. You have to do the right thing. It may not be in your power, may not be in your time, that there'll be any fruit. But that doesn't mean you stop doing the right thing. You may never know what results come from your action. But if you do nothing, there will be no result." Mahatma Gandhi

Give some thought to the message of joy, peace and love that is hidden behind today's commercialism around the Christmas season and I hope the new year brings at least **some** joy, peace and love into the world and into your life.

- MARGARET



Join us online! WWW.HARRAWAYS.CO.NZ   

BEGINNINGS & ENDINGS

WELCOME TO OUR NEW NATIONAL OFFICE
CO-ORDINATOR, LARISA LOGVINA.



Originally from Russia, Larisa has a degree in Linguistics and Hotel Management. Being a vegetarian for 4 years first, she made a transition to veganism three and a half years ago and has been enjoying a plant-based lifestyle since. Transitioning to a vegan diet in the middle of winter in Russia was challenging, particularly as fresh fruit and vegetables were very hard to find. However, the reasons for going vegan were so compelling, she managed it.

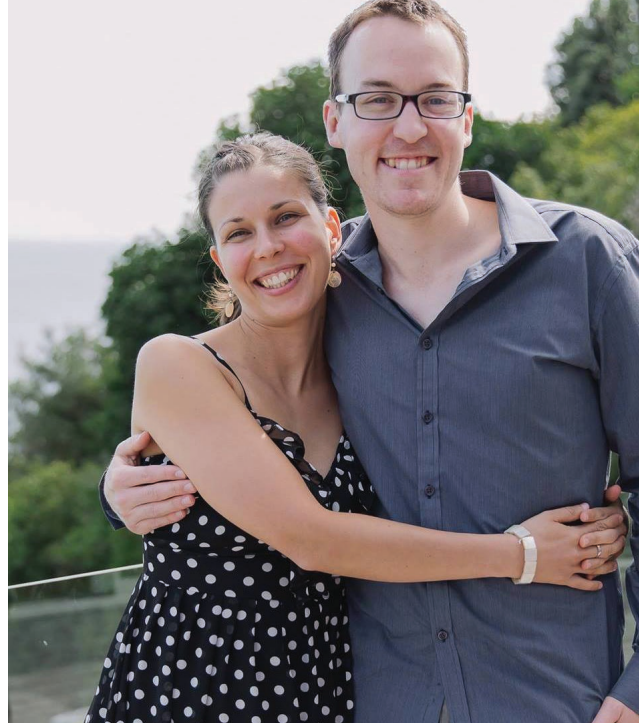
Having been raised in a family which did not support a vegetarian diet, Larisa can relate and offer help to people, especially teenagers, who are transitioning to a veg-n diet and find it challenging sometimes.

"I believe a plant-based diet is a great way to not only improve your health but also reduce our environmental impact and save animals. Even a small change goes a long way, so take your time and be patient with yourself."

And farewell to Viki, our "Go To" person in the office for the last five and a half years. Viki has been our Office Manager and Treasurer, and has contributed to the work of the Society in countless ways during her time with us: co-ordinator of volunteers, organiser of the Think Kind School competition, co-ordinator of advertising in and contributor to the *Vegetarian Living NZ* magazine, initiator and editor of the monthly E-Newsletter. She gave numerous talks on veg-nism in libraries round Auckland, organised our veg-n running team for Around the Bays, came up with innovative campaigns like the Donate Blood during iron week, and 31 recipes From Around the World to celebrate world vegetarian month. Viki also helped modernise our systems to help the Society run more efficiently and ran our social media accounts.

Our thanks, too, to her husband, Phill, who has cheerfully helped out on various stalls and supported us on many occasions.

Phill has taken on a new job in Rotorua so Viki is expanding her horizons and taking on new challenges in her new "home town". We will really miss her experience and enthusiasm in the office but we wish Viki and Phill every success and happiness and look forward to receiving updates on their adventures from time to time!



TRISTAN'S *Corner*



Oh summer, how I've missed you! 2020 has been a long year. Winter seemed to go on for an inordinate amount of time. Finally, the sunny days are getting more consistent and my favourite fruits and vegetables are coming into season.

Apparently, there's still a boom in home vegetable growing in New Zealand, which started with the Level 4 lockdown back in March. I heard a radio interview where Mathew Dolan, chief executive for New Zealand Plant Producers Incorporated, said sales of vegetable seedlings across the country went up by 50 per cent during the lockdown and remained at that level afterwards. I'm guessing once people discovered the satisfaction of growing vegetables, they kept doing it even when it didn't seem such a necessity.

I'm not particularly good at gardening but I keep trying. One thing I have done lately is put up a fence to keep the chickens away from the garden, which seems obvious, yet I resisted for a long time because I like to interact with my flock and I thought I was being a permaculture hero by working with the chickens instead of against them.

The thing which ultimately changed my

mind about the fence is that I'd really like to grow a crop of corn and there's no way my chickens would be able to resist eating it all before it's ready to harvest.

Therefore, this summer I expect to have a nice corn crop, which I'll be barbecuing to my heart's delight. The kids and I love corn. The chickens can pick over the leftovers.

The first time I saw corn being barbecued was in Mexico back in the 1990s. Street vendors would be out on the streets at night with large, portable barbecues and piles of freshly harvested corn.

You'd order a couple of cobs, pay a few pesos and the vendor would shuck the corn, roll it around in some powdered parmesan and chuck it on the hot grate, rotating it until it was just cooked, still juicy, with the cheese giving it a crisp coating. They'd smother it in chilli sauce before handing it over so you had to be quick with your Spanish if you didn't want the parmesan or the chilli.

At home I like to put my corn on the barbecue, still inside its husk, then shuck it after it's cooked. That way the kernels steam themselves inside the pod

and come out soft and juicy, which is a nice option for guests who don't like the slightly more chewy, toasted feel of kernels which have been straight on the grill. I find it takes about five minutes on a hot grate, rotating every minute or so, to cook the corn the way I like it. The husk might get a little bit burnt but that doesn't matter, since the kernels are protected.

Another favourite corn-barbecue combination at our place is corn fritters. I have a quick and simple method for preparing them: Crack one egg (or equivalent binding substitute) into a bowl. Add half a cup of flour plus a teaspoon of baking powder and mix well. Then add a 400g can of creamed corn and the kernels of one cob of fresh corn. Stir it all together and plop tablespoon sized portions onto the greased hotplate. Flip when bubbles appear.

I also hope to stop the chickens eating my capsicums and tomatoes, because I want to throw those on the barbecue, too. The poor chickens

will be peering over the fence with their beaks watering. Hopefully there will be plenty of scraps for them to pick over afterwards.

Bring on summer!

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.

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ADVOCATE for ANIMALS

MAJA SKILLING



As I put my three tiny rescue hens into a carrier cage and we drove slowly away from the animal sanctuary, I felt a deep need to protect my new babies, to mother them. I didn't know the situation they had been in before they were saved, but there was no doubt in my mind that it would have been horrific. They would have been treated as commodities. They would never have known what it is to be loved or cared for.

They had been born into an industry that sees no problem in using them as slaves and then discarding them as waste products when they temporarily stop laying eggs, and consequently cease to be of use. They had been born into an industry that will abuse them, exploit them and hurt them, if it means financial gain.

I knew enough of the suffering that goes on in factory farms for my heart to break when

I saw them huddled up in the corner of their carrier crate. They were featherless and bare in places, a result of chafing on the bars on their cages. The ends of their beaks had been raggedly cut off when they were babies and had never properly grown back. They were afraid, but timidly trusted me.

All I wanted was to take them home and show them that life was beautiful. I wanted them to feel the morning sunshine reach down and touch their backs. To be wrapped in the soft fabric of my jumper as I held them close to me. I wanted them to see the beauty and warmth of the world when all they had seen before now was the bars of their cage and darkness beyond that.

Over the next few weeks, their unique personalities began to shine through. I got to know them as individuals, in a way they would never have been perceived in their previous

life. It breaks my heart to know that every single one of the 70 billion animals killed for food each year had an individual personality, just like my rescued hens, but will never be seen as more than a statistic.

The rescued hens in my backyard were once the innocent victims of the farming industry. They were given a reprieve, and for this reason are incredibly lucky. Not all of the hens in their farm were put on the truck headed for the animal sanctuary. Most now lie dead and forgotten, having never been granted the chance to be seen as a being.

When people meet my hens they are initially surprised by how personable and friendly they are. My chickens will strut up to visitors and peck their shoelaces, fly up and sit next to them on their chair, demanding love and attention. However most people just don't know this. It's easier for us to disconnect from the animals we eat so we don't feel any remorse that living beings have to die for us.

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.changeformimalsnz.wordpress.com and promotes a veg-n lifestyle on her instagram page @majakir_

Think KIND

2020 STUDENT COMPETITION

FINALISTS

YEARS 0 - 13



The top 10 finalists in the NZVS Think Kind competition were announced on 1st October and voting for the overall winner opened.

A wide variety of entries came from students in schools all round the country, everything from colourful drawings to a fundraiser to help raise money for an animal charity to a mobile app to help reduce food waste!

The competition promotes vegetarian values like healthy living, sustainability and non-violence, but most importantly, it encourages young people to reflect on kindness to animals. This year some projects focused on what we eat, some on animal experimentation, some on unnecessary killing of animals for 'beauty' products and others thought about the effects of pollution on animals' lives.

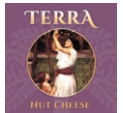
THE PEOPLE'S CHOICE WINNER IS



**Gurvir Badwal (Year 8),
Randwick Park School will
receive \$1000, generously
donated by Linda
McCartney's.**



OUR THANKS TO OUR OTHER SUPPORTERS OF THIS COMPETITION:



WE'VE DEDICATED TWO FULLPAGE SPREADS TO SHOWCASING THE TOP 10 FINALIST ENTRIES:

ANIMAL CRUELTY

Everyday is the same
Every part of my body aching with pain
Others screaming for help
Steroids in our food
We were all extremely screwed.

The amount of space we had. It was unbelievable
It's something not even an ant can comprehend
Is it money you're trying to apprehend?
Well think again my friend
You use us for money
We unknown of our outer surroundings
Machines working 24/7 got my eardrums pounding.

YOU ALL see our pain
Our sufferings, lifestyle yet you turn your backs on us for gains
Ignoring all our complains
We ask for a second chance
At least an hour out in fresh green grass

We finally let out a final sigh
As it is our final goodbye
We take a last glimpse of the world
Our cruel lifestyle was never deserved
It was my final time to comply
As I one voice, say goodbye..

GURVIR BADWAL - YEAR 8

Randwick Park School

Poem - Animal Cruelty

EXCERPTS:

Everyday is the same
Every part of my body aching with pain
Others screaming for help

Is it money you're trying to apprehend?
Well think again my friend
You use us for money

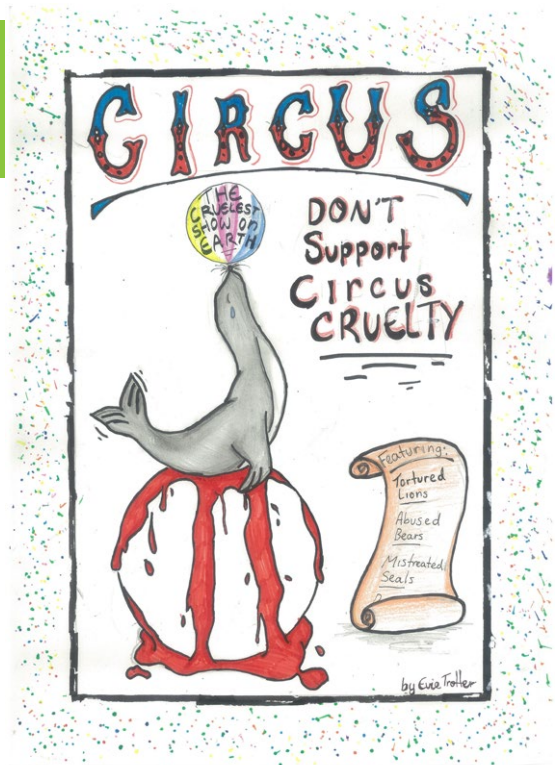
PEOPLE'S
CHOICE
WINNER!



EVIE TROTTER - YEAR 7

Springbank School

Circus poster



ZOE CLEMENTS - YEAR 10

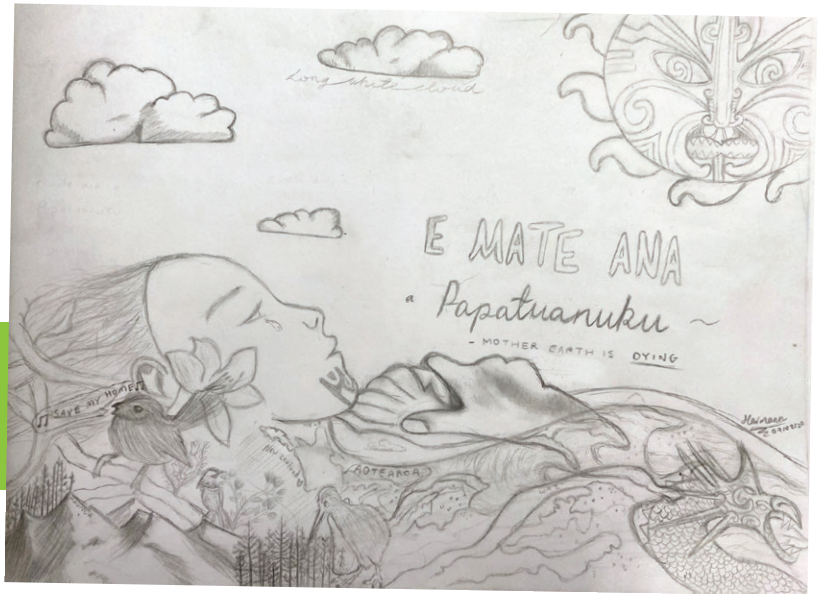
Albany Junior High School

Poster - Equal

HARMANN MAHEY - YEAR 8

Mission Heights Junior College

Drawing - E mate ana a Papatuanuku
'Mother Earth is Dying'



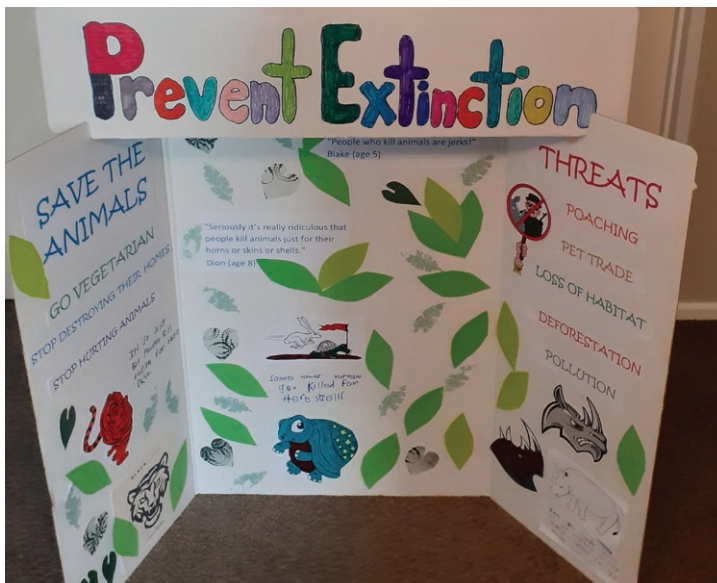
YOU CAN READ MORE ABOUT THESE FINALISTS HERE:

www.vegetarian.org.nz/vegetarian-events/think-kind/

DION & BLAKE HAMBROOK - YEAR 4 AND YEAR 1

Pinehill Primary School

Project Board - Prevent Extinction



ANIMAL CRUELTY MUST STOP!



By Lilly Hulse

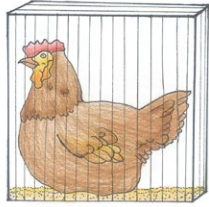
**Think
KIND**
2020 STUDENT COMPETITION
FINALISTS

LILLY HULSE - YEAR 7
Springbank School
Animal testing info poster

Animal Laboratory testing
Every year, over 100 million animals are tortured in labs! They are tortured for cosmetics, makeup, skincare, new chemicals, and drugs. Animal body parts are often burned off or carelessly removed without any pain relief.



Caged Chickens
The cage sizes vary but in each cage the hens have about as much room as the size of an A4 sheet of paper! When hens fight with each other, the farmers burn or cut off their beaks! This practice is called 'debeaking'.



Not very nutritious egg.

ANGUS WANG - YEAR 4
Smart & Aff Art Studio
Poster - Save our Ocean



IF HUMANS HAVE RIGHTS THAN ANIMALS SHOULD ALSO HAVE RIGHTS
-CHARMY GOSWAMI YEAR 8 2020.

Have you ever heard an animal cry in misery?

Over 115 million animals are killed for chemical, drug, food, and cosmetic testing every year. All this is done only for our own benefits, but what about the poor animals who suffer for us? Animal rights need to begin.

Firstly, if you believe that animals have rights, then killing them for food is just wicked. An animal that is being raised for food is being utilized by others but not appreciated for itself. We don't need to eat a lump of animal meat to survive. Even though humans have eaten meat for a very long time, some people claim that a diet consisting of animal products is actually unhealthy, because eating fatty meats can lead to health problems. The animals that we stay for food are very intelligent and sensitive creatures, and our actions cause extensive emotional pain and hardship to them.

Secondly, I would like all of you to take notice of the products, and clothes that you use and wear. I am sure that some of you have used deodorant or soap earlier today? Or maybe applied makeup and perfume. Each year truck-loads of animals are poisoned and killed in tests that are developed very cruelly. All these animals are forced to ingest or inhale huge quantities of toxic substances. Over 30 million animals are killed for their skin, yearly. Many of these animals are treated horribly and all this is done to supply the needs for the fashion industry. I expect that some of you will agree with me, that this is, definitely unfair. Did you know that millions of wild kangaroos are killed each year in Australia for skin to make soccer cleats.

Lastly, the animals that are performing in the circus, live a very wretched life and have brutal training. They are beaten, shocked, and whipped in their practice, so they can perform some illogical trick for us, which is out of their comfort zone. They are taken away from their natural habitat and are pressurized to live a miserable life. I believe that this is extremely mean and cunning, and they have the rights to explore freely. I know that none of us would like to live this type of dreadful and horrible life, then imagine what the poor animals would be feeling.

In conclusion, mistreating animals is extremely incorrect because it can cause the animals to die, or have painful life problems and traumatizing memories, which disturbs their life. Animals are a living creature and they have feelings, just like all of us. One thing I would like all of you to take from my speech today is to respect animals for who they are and encourage others to do the same because animals have the right to be treated with dignity.

As Gary L. Francione said, "Peace begins with what you eat, wear, and use."

- Charmy Goswami 2020

CHARMY GOSWAMI - YEAR 8
Mission Heights Junior College

Written and presented a speech on Animal Rights

EXCERPT:

Over 115 million animals are killed for chemical, drug, food, and cosmetic testing every year. All this is done only for our own benefits, but what about the poor animals who suffer for us? Animal rights need to begin.

Animals are a living creature and they have feelings, just like all of us. One thing I would like all of you to take from my speech today is to respect animals for who they are and encourage others to do the same because animals have the right to be treated with dignity.

As Gary L. Francione said, "Peace begins with what you eat, wear, and use."



EMILY LAWTON - YEAR 6

St Patrick's Taupo

Dog treat baking fundraiser for SAFE

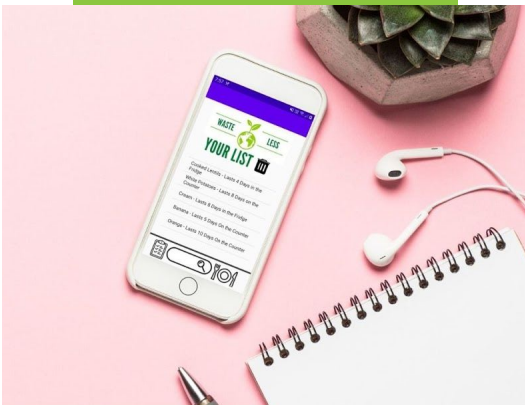


PIC•COLLAGE

LIBBY SHELEG - YEAR 8

Northcross Intermediate School

Mobile App design - Waste less



Functionality

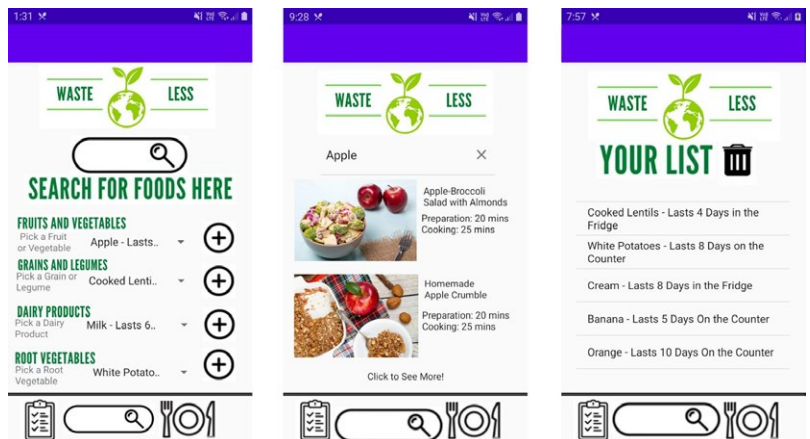
The app has three working pages in total: the first one used for the homepage and to select and add multiple food items to the list by a single click. Once an item is added, the app takes the user to the second page where they can review their list to see which item/ items are expiring and delete foods when desired. Third page contains recipe ideas so the user can utilize their nearly expired food to make into a recipe or use the recipe inspiration for a different meal.

I noticed how households all around my community (including my own) were throwing away food just because it passed the expiration date.

About 11% of all the greenhouse gas emissions that come from the food system could be reduced if we stop wasting food! I realized something had to be done about this dilemma - and that's how I began to develop my mobile app, WasteLess...

The app maker I used to develop my product is Android Studio. Before I started, I watched lots of youtube tutorials on how to code in java (which was the coding language I was using) and how to use Android Studio.

Finally, after more than 3 months, I finished my project successfully!



VEGAN CERTIFICATION / VEGETARIAN SOCIETY APPROVED



Last issue, I hinted that some exciting new products were under review. Well, here are the latest additions to the Vegan Certified and Vegetarian Society Approved lists!

Good Buzz has launched a new flavour of kombucha - Orange Turmeric. We think it's the best flavour yet! This Vegan Certified product is perfect for those hot summer days.

Our favourite crisp brand, **Proper Crisps**, has certified their newest products: Hand Cooked Cheeza-peno Tortilla, Hand Cooked Salted Tortilla, and Beer Crisps. If you haven't already tried these, where have you been? Get in there!

REVIEW: SURTI'S VEGAN SAMOSAS

We tried the new Vegan Samosas from Surti, and we loved them! They're New Zealand-made and NZVS Vegan Certified, and they're really easy to prepare. Simply pop them in the oven, and they're ready to eat in 20 minutes. We were really pleased with how they tasted – full of flavour, but not too salty! For the perfect accompaniment, check out the Sweet and Sour Chutney recipe below. You'll find the Vegan Samosas in Countdown stores nationwide, and in Farro Food.

Sweet and Sour Chutney

- 2 x cups water
- 100g seedless dates
- 1 tsp salt
- ½ tsp red chilli powder
- 2 x tsp golden syrup
- 2 x tsp lemon juice



1. Place water and seedless dates in a pot on a stove and boil for 5 minutes.
2. Leave to cool for 10 – 15 minutes.
3. Blend mixture with a stick blender or in a food processor until smooth.
4. Add salt, red chilli powder, golden syrup and lemon juice to mixture.
5. Mix well and serve with Surti's Vegan Samosas.

Angel Food has two new dairy-free grated cheeses, and they're both Vegan Certified. Best of all, they melt well, which means they're right at home right at home in a toasted sandwich or on top of a pasta bake. Looking for ideas on what to do with these? You'll find a couple of recipes on page 16 in this magazine.

Saint Clair Family Estate has added another wine to their list of Vegan Certified products, the Pioneer Block 3 Sauvignon Blanc.



Want to try something new? **The Craft Meat Co.** has launched a range of Vegan Certified meat alternatives. You could try their Spanish Chorizo or No Meat Mince. There are so many choices, you won't know where to begin.

Just Foods have added two condiments to the Vegan Certified list - you can now buy Classic Mayonnaise, Aioli, Seafood Sauce, and Honeyed Mustard Mayonnaise in Countdown stores nationwide.

Surti now have three Vegan Certified products - Vegetable Samosa, Vegan Samosa, Vegan Kachori. We reviewed the Vegan Samosa - you can read the review below.

Looking for something for the kids? **GoodnessMe** and their fruit snacks have long been on our list of Vegetarian Approved products, and now they're Vegan Certified, too! They now come in paper pouches, and their boxes have a funky new look.

Have you tried **Trade Aid's** Organic Cocoa Powder? It's milled from cocoa beans organically grown by small-scale cocoa farmers in the Dominican Republic and Peru, and it comes in a fully-compostable inner bag.

Organic Bioactives have released a range of Vegan Certified and Vegetarian Approved beauty ingredients.

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

Last but not least, I'd like to extend a warm welcome to our newest Corporate Members - **Green Dinner Table** and **Harraways**.

PHILIP MCKIBBIN

Trademark Manager

E: trademark@vegetarian.org.nz



THE CRAFT MEAT CO.™ Did somebody say BBQ?



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CRAFTY CONSCIOUS CONSUMPTION

With several years of development work just coming to fruition and new products released earlier this year, things are only just starting to ramp up at Sustainable Foods.

Having dedicated a combined 40+ years to the food sector, most recently in the New Zealand market with brand “The Craft Meat Company”, Sustainable Foods founders, Justin Lemmens and Kyran Rei, are focused on providing 100% plant based, great tasting, conscious consumption opportunity, built on the principals of nourishing you and nurturing the planet.

“From our experience as one of the few New Zealand made options, we’ve received a large amount of support from people happy about having a

locally produced option.” said CEO Justin Lemmens. “Our vision is to be a leading provider of nutrition-rich, plant-based protein options that help us eat more sustainably, whether that is our ingredient sourcing or production, establishing closed loop recycling for our packaging, or having transparent, measurable targets as set out under the UN-SDG.”

The Craft Meat Company uses innovative thinking to create ‘crafted’ plant-protein based solutions for all eating occasions, with burger patties, sausages and meals available at retailers and restaurants throughout New Zealand.

“We are passionate about pushing the boundaries of sustainable, naturally based food technology, and this is what drives us.” says Kyran Rei. “We aim to not just be New Zealand made, but New Zealand GROWN as well, which is why we are very excited to soon be releasing our NZ GROWN hemp-based alternates. Developed with our partners Green Fern Industries and The Riddet Institute, these will bring taste, nutrition and sustainability together on one plate.”

We’re proud to be New Zealand made, and rapt to have the opportunity to provide Aotearoa a conscious consumption opportunity that will, of course, be delicious.

www.craftmeat.co.nz



“At Good Buzz we take pride in brewing our Booch with real fruits and spices using local Otakiri Springs water, bottled right here in NZ. We’re pleased to say that our stuff is certified organic, gluten-free and vegan.”

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ORGANIC LIVE CULTURED SODA

Recipes



Anna Valentine has generously shared some more of her delicious recipes with us – Summer holidays are a great time for trying out new ideas and foods. See Anna's website www.theveggietre.com for information about classes and more recipes.



BLUEBERRY HOTCAKES

Light and fluffy, both versions of these hotcakes are a breakfast family favourite. It is a nice big recipe for the holiday season when guests are around, but feel free to halve it. However, I always find that no matter how many I make, they disappear pretty fast.

1. Gather your ingredients and measure the following into a large mixing bowl:

4 cups flour, sifted
1/4 cup cornflour (starch)

2. OR

4 cups gluten-free flour mix (omit the cornstarch measurement)
4 heaped tsp baking powder

3. Measure the following wet ingredients into a jug:

2 tsp vanilla extract
2 3/4 cup milk or alternative
1/4 cup maple syrup

4. Add to the jug:

yolks of 4 eggs OR 2 bananas, mashed

5. In a large clean bowl beat to soft peaks:

whites of 4 eggs OR 1 cup aquafaba
with 1/4 tsp cream of tartar

6. Add the contents of the jug to the bowl along with:

1/4 cup coconut oil (reserve 1 Tbsp for cooking) OR 60g melted butter (reserve 1 Tbsp for cooking)
250g blueberries

7. Whisk everything together, then fold in the beaten egg whites or aquafaba.

8. Heat a hotplate or frying pan to a medium high heat and add a little melted oil or butter before each batch. When the surface of the hotcakes are bubbling flip each one over and cook for 45 seconds to one minute. Flip again to ensure they are cooked through. Lightly press the top, it should bounce back; Remove from the heat to a cooling rack and repeat until all the batter is used.



MAKES 50 8CM HOTCAKES

THE VEGGIE TREE - Spring and Summer Cook School Schedule 2020-21:

1. Plant-based Christmas Class **13th December**
2. Gingerbread House Family Christmas Workshop **20th December**
3. Mexican Fiesta Class and Meal **17th January**
4. Mezze Class and Meal **28th February**

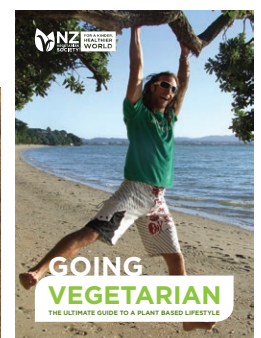
VEGETARIAN / VEGAN STARTER KIT

~~\$45~~ \$30.00

A PERFECT GIFT FOR VEGETARIANS AND VEGANS OR THOSE CONSIDERING GOING VEG.

The pack includes:

- Home Tried Favourites Recipe book – over 80 easy-to-make 100% plant-based recipes.
- Vegetarian Living, NZ magazine
- Going Vegetarian Booklet – Everything you need to know about how to go and stay vegetarian/vegan.
- Plant-based Nutrition Chart – a must-have in every vegetarian/vegan household
- 'Vegetarianism doesn't cost the earth' Eco Shopping Bag



SUMMER CURRY WITH ONION KULCHA

Utilising beautiful summer produce in this colourful curry makes it not only good looking but also really yummy. The paneer and onion kulcha are traditionally made with a leavened dough but for time saving purposes I've deviated from that. Don't scrimp on the fat options or you won't get a good golden finish

PREP

Two days before you want to make this dish, soak: 1/2 cup dried green lentils in water overnight

Next morning drain lentils through a sieve. Cover the sieve with a tea towel and rinse the beans again at night, then again in the morning until they start to sprout. They are now ready to use.

ONION KULCHA MAKES 8

1. Make the dough first so it can rest while the curry is cooking. In a medium sized mixing bowl add:

2 cups flour (naan flour is good but any will do) OR 1/2 cup of each buckwheat or chickpea, coconut flour, brown rice flour, tapioca flour

1 Tbsp psyllium husk

1/2 tsp salt

2. Mix together with a bread and butter knife, then have ready:

2 Tbsp melted ghee or coconut oil

3/4 cup milk, dairy or preferred alternative plus an extra 1/2 cup 'milk' for gluten-free recipe

3. Gradually add the liquids to the bowl until it forms lumps that stick together. Tip the dough out on to a floured bench and knead until it has formed a smooth ball. Tip the bowl upside down over it and leave it to rest. Prepare the following:

1 onion, finely sliced

300gm paneer or Easy Cheese, crumbled (optional)

4 Tbsp melted ghee or coconut oil

4. Heat a hotplate, or barbeque, cast iron pan or griddle. Dust your bench and rolling pin with flour. Cut the dough into eight pieces and shape each piece gently into rounds. Using your fingers push each piece out to about 10cm. Place a teaspoon of cheese and a pinch of onion to the center of each round. Pull in the edges all the way around so it comes together with no gaps. Pinch together and push down gently to flatten a little. Roll the parcel gently and as flat as you can without the filling bursting out, about 15cm.

5. When the hot plate is smoking put oil or ghee on and immediately add the kulcha, four at a time if space allows. Cook for one or two minutes until they are bubbled and golden on top. Add another 2 Tbsp of oil or ghee to the pan and flip. Cook for another one or two minutes. Transfer to a tea towel on a cooling rack.



RICE

6. Take a medium sized pot and add:

1 cup brown basmati rice, rinsed

650ml water

1/2 tsp salt

7. Put the lid on and bring to the boil, then turn down to simmer until you can't see the water any more approximately 25 minutes. Stir with a fork, put the lid back on, turn off the heat and leave the rice to steam for 10 minutes.

CURRY

8. Gather your ingredients and prepare the following:

1 aubergine, cubed, placed in a colander and sprinkled with 1 Tbsp salt

9. Leave the colander in the sink while you prepare:

1 onion, diced

2 cloves garlic, sliced

1 orange capsicum, cored, deseeded and diced

2 sweetcorn cobs, kernels only

5 large tomatoes, grated into a bowl, skins discarded, or 400ml passata or canned tomatoes

10. Toast the following seeds together, shaking the pan as they cook, until they become fragrant.

1 Tbsp cumin seed

1 Tbsp coriander seeds

2 Tbsp fennel seeds

1 tsp cardamom seeds

1 tsp fenugreek seeds

11. Cool slightly then grind to a fine powder. Place a heavy based pan over high heat and add:

1 Tbsp yellow mustard seeds

12. Dry fry the seeds until they pop, shaking the pan to toast them evenly. As soon as they start popping add:

1/4 cup coconut oil

1 onion, diced

13. Fry together for a couple of minutes, then add the ground spice mix and the cubed aubergine, patted dry with a tea towel. Fry for another couple of minutes then add:

1 Tbsp turmeric, fresh finely grated, or powder

2 cloves garlic, sliced

14. Stir well, then add:

prepared tomato

200ml water

2 Tbsp tamarind paste

1 Tbsp curry leaves

1/2 tsp cracked black pepper

15. Simmer the mixture for about 15 minutes until the aubergine starts to breakdown a bit. Add 1/4 cup of water if it's getting dry. Lastly add:

2 sweetcorn cobs, kernels only

16. Mix through, remove from the heat and top with:

fresh coriander or curry herb leaves
the sprouted lentils

17. Serve with steamed brown basmati rice, onion kulcha and lime pickle.

AROUND & ABOUT

New Zealand's Ministry of Health latest report – Sustainability and the Health Sector: A guide to getting started, published July 30, not only promotes a plant-based diet but also encourages people to 'reduce meat and dairy' and 'buy local and sustainable food products'.

"Diet has important consequences for health and the health sector is already committed to providing healthy food. Sustainable actions around food relate to making healthy food choices available for patients, visitors, and staff in canteens and cafes. The health sector can work with staff dieticians to develop alternative patient menus and encourage plant-based diets."

"Producing meat (particularly red meat) is resource-intensive and has a larger carbon footprint than producing plant-based protein alternatives (Harvie, 2008). Agriculture makes up nearly half (49 percent) of the country's greenhouse gas emissions (Ministry for the Environment, 2018)

The report also suggests reducing packaging by avoiding using single-use plastic items, minimizing food waste through incentives such as composting, and self-growing fruit and vegetables to 'improve local resilience and foster a sense of community'.

ANYONE FOR ASPARAGUS LETTUCE?

My Chinese neighbours handed me three of these one evening, from their garden, and showed me information about it on a highly intelligent cell phone/ translator device which says it is an "Asparagus lettuce". The translator also said something about blanching the skin off the big thick stems with boiling water. I Googled it later and found masses of web links about it, lots of photos, and also other names, including a scientific one. Also found some history on it....

It seems that this type of lettuce is grown by the millions in China. The two photos give some idea of what the plant looks like. Evidently the main attraction is the nutty flavour of the big thick core of the stem.

The second photo shows the thick stem where I cut one open and the core actually tasted nice. The green inner part of the stem is just crunchy/



juicy with no fibre, and interesting to taste – it was a fresh taste and quite new to me.... quite crisp. The leaves can be eaten like ordinary lettuce. There is quite a variety of vegetables from Asia that people are using here now, and hopefully now that we are out of all the Covid19 complications we can start looking around community gardens and learning a lot more.

ALISTAIR MACARTHUR

"KIND CAFÉ"

My cousin and I decided to catch up one day at the "Kind Café" in Morningside. The wonderful thing about this café is it is mainly vegan (with options to make dishes vegetarian and gluten free). My athletic cousin walked there but if you are going by car like I did (I'm not walking from Albany), there is a public carpark around the corner on Altham Ave, you need to know this as it is almost impossible to find a carpark near the café.

It's a nice, bright and airy café with seating inside and out. My cousin said she wasn't too hungry so would order from the cabinet (three large baked items later... but who's counting...) but I was hungry so I ordered from the extensive, mouth-watering menu.

I chose the avocado with smoked chilli peanut butter, pistachio dukkah, midnight baker toast and marinated tomatoes for \$20. The food came out quickly, even though the café was packed, and it looked really beautiful and tasted delicious.



I also ordered a bottled drink of lemonade, which cost \$6. At that point I understood why my cousin was only having the water.

All in all I really enjoyed going to the café, lovely food and lovely company.

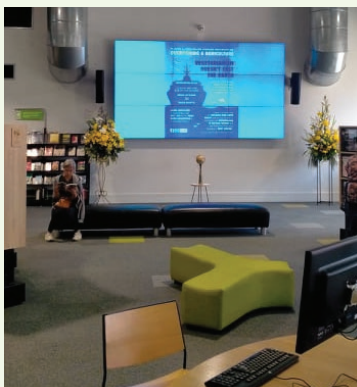
JULIA CLEMENTS

Kind Cafe & Eatery

16 MacDonald St,
Morningside,
Auckland

Hours:
7:30am to 3:30pm Mon - Fri
8am to 4pm on weekends

DIGITAL POSTER DISPLAY IN ROTORUA LIBRARY ORGANISED BY VIKI – STILL SPREADING THE MESSAGE!



GO GREEN SHOW

Larisa & Michael at the Go Green Show, not as many people attending this year but still worthwhile – thanks to all the cheerful volunteers who looked after the Vegetarian Society stand during the weekend for their time and energy!





ORGANIC
BIOACTIVES

NEW ZEALAND

INNOVATING FROM TRADITION

ORGANIC BIOACTIVES LAUNCHES OCEANDERMTM PORTFOLIO OF LUXURY NATURAL SKINCARE INGREDIENTS

Organic Bioactives, a Māori-owned ingredient maker, combines sustainable traditional harvesting practices and leading-edge skincare science to deliver a collection of multitasking patented ingredient blends to the global beauty market, addressing healthy aging, pollution protection, and more.

“Organic Bioactives proudly brings patented, clean beauty ingredients sourced from New Zealand’s diverse native botanicals to the marketplace. We’ve integrated the latest cosmetic science with time-proven indigenous Māori knowledge to create multitasking skincare ingredients with excellent sensorial profiles,” says Andrea Taimana, Founder and Chief Scientific Officer at Organic Bioactives.

The OceanDerMXTM portfolio comprises four unique ingredient blends, all built upon Organic Bioactives’ proprietary clean beauty technology, the result of six years of research, comprehensive testing, and trials: OceanDerMXTM Lift & Firm, OceanDerMXTM

Restore & Protect, OceanDerMXTM Balance & Brighten, and OceanDerMXTM Calm & Soothe.

“The OceanDerMXTM range,” says Mario Vulinovich, Commercial Director at Organic Bioactives, “is incredibly easy for formulators to work with: the ingredients do not disrupt fragrance, colour, or the aesthetics of the final product. The whole range offers excellent compatibility with traditional and, most importantly, sustainable cold-process manufacturing processes.”

“New Zealand’s clean, green, pristine, and nuclear-free reputation is praised worldwide, especially in the food, nutraceuticals, and pharmaceuticals industries,” says Vulinovich. “As a country, we are ranked first in the world for ease of doing business. We’re a stable and safe location for investing with confidence. Our remote and rather isolated geographical position along with low density spaced population is quite beneficial in the current or any future global situations.”

Additionally, “we are in control of our own harvesting, processing, and manufacturing at our own uniquely equipped facilities following strict GMP rules. And due to New Zealand’s firm environmental policies, our waters and land assets have a low exposure to human-caused environmental disasters,” says Vulinovich.

Leigh Kite, International Growth Specialist at Organic Bioactives, says, “We offer affordable volume flexibility — being able to supply in small volumes suitable for the growing Indie Beauty market as well as larger volumes for established and multinational manufacturers.”

For more information on the OceanDerMXTM range of vegan skincare ingredients, visit [OrganicBioactives.com](https://www.OrganicBioactives.com)



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.



Aú

Natural Skinfood

Au Natural Skinfood's Dr Au Anti-Aging Face Oil is sourced from avocado kernel, and is lightly fragranced with vanilla oil, meaning your skin is in for the most natural of treats.

The retinol in this oil will strengthen your skin and reduce the signs of aging, and, as with all Au Natural products, there is no compromising of the environment. Dr Au Anti-Aging Face Oil is also certified vegan.

Reuse, reduce and recycle is the philosophy behind the Au Natural Skinfood concept. "We want to help people understand that small day-to-day decisions, such as choosing eco-friendly skincare, can really have a positive impact on the environment. Making these small changes on a mass scale, will help solve the plastic pollution problem our world is facing." Says Au Natural founder, Tracy Ahern.

New Zealand-born Au Natural Skinfood has also always taken pride in 'conscious



packaging,' and Dr Au Anti-Aging Facial Oil is no different. The label is biodegradable, the glass dropper jar is reusable, the box is recyclable, and the courier bag it gets delivered in is compostable. All in all, quite commendable!

The retinol in Dr Au Anti-Aging Face Oil is plant-based and a great conditioning agent for the skin. It reduces flaking and restores suppleness, thus improving the appearance of dry and damaged skin. It is also an effective antioxidant - improving collagen production and helping smooth out those fine lines. Of course, Au Natural retinol is derived from sustainable sources of palm oil, free from

the risk of allergens, and contains no alcohol or products that have been tested on animals.

Finally, the vanilla oil plays an important role in maintaining healthy skin — the antioxidant properties of vanilla help to protect your skin from damage caused by environmental pollutants and toxins. As an added bonus, it smells delicious!

This is a light oil that deliciously sinks into the skin and is suitable for all skin types.

You can order Au Natural Skinfood's biodegradable, reusable, recyclable and compostable products, including their Anti-Aging Facial Oil, directly from their website.

www.aunaturalskinfood.com

GoodnessMe™

Vegan, sustainable packaging and an incredible flavour profile everyone can enjoy – Aotearoa, you asked, and we've delivered.

GoodnessMe is excited to launch the rebranding of our fruit snack products, inspired by good taste, good deeds and good intentions.

Good taste has always been at the core of GoodnessMe's values. This is why sourcing the best ingredients, combining them with highest quality standards and some clever natural processes, comes second to none when it comes to delivering an incredible flavour experience everyone can enjoy in their day.

We're proud to say our GoodnessMe Fruit Sticks and Nuggets range are now Vegan Certified by the NZ Vegetarian Society; because when we say we want everyone to enjoy our great tasting products, we mean it.

Good Intentions is our lead in all product development. On our journey to achieving zero waste we have assessed the amount of plastic we are putting into the environment. From October 2020

GOOD TASTE, GOOD INTENTIONS, GOOD DEEDS. GOODNESSME LEADS THE CHANGE IN SUSTAINABLE PACKAGING.



customers will see a newly improved GoodnessMe box filled with kraft paper pouches! The change is the first of many on our journey and we are proud to say this reduces our plastic use by 50%!

Our third pillar, Good Deeds, is very close to our hearts. GoodnessMe has been helping to bring communities together for a while now, where we've been proud supporters of a wide range of local events, charities, kid's sports teams, and local schools. Our unique product benefits also include fundraising opportunities, giving families the opportunity to fundraise

for their own causes, helping us to extend the good deeds we achieve through our communities.

At GoodnessMe we believe that food should make you feel good. Which is why through good taste, good intentions and good deeds, we're excited to see the positive impact our rebranded GoodnessMe products will have on our communities.

GoodnessMe's newly rebranded Fruit Sticks and Nuggets range can be found at leading supermarkets across New Zealand.

Keep up with latest from GoodnessMe via social media!

[@goodnessme_nz](https://www.facebook.com/goodnessme_nz)

[@goodnessme_nz](https://www.instagram.com/goodnessme_nz)

www.goodnessme.nz



NEW VEGAN
CERTIFIED
PRODUCT



HARRAWAYS OATS. THE LOCALLY CRAFTED, GOLD STANDARD IN PLANT BASED FOOD!

Harraway and Sons Limited is New Zealand's only remaining commercial oat mill. Its brand story began within the southern gold rushes of the 1860s. The company is still privately owned and proudly mills its locally farmed, high quality oat range from its original, Dunedin based mill-site.

The company has milled local oats in Dunedin for over 150 years.

Since the early 2000's, when market opportunities intensified for higher value wholegrains such as oats, it has 100% focused on milling oat grain. Now two decades on from this strategic decision, we see the trend to nutrition-rich plant-based foods intensifying further - as diet, wellbeing and environmental concerns continue to increase worldwide.

Harraways' local, Southland and Otago grown oats are some of the most nutritious and tasty in the world due to southern farming conditions being ideal in optimising the fibre, protein, vitamin and mineral content within them. It is all about a soil and climate mix that optimises the result.

When you add to this provenance story the local milling techniques that have been refined over 153 years, the company believes it can truly deliver a unique taste experience versus oats from other parts of the world.

Oats overall are undoubtedly one of the classic comfort foods. This point combined with a great value for money story, means that oats have been a staple plant food for countless generations.

Harraways is proud to have fuelled Kiwis through world wars, recessions and now pandemics. Having a ready supply of nutritious oats in the pantry certainly provides security and familiarity during uncertain times.

In addition, Harraways is continuing to market new ways of enjoying its oat range. For example the Harraways website showcases how to make a mushroom risotto for dinner using its 500g Steel Cut oats rather than the normal Arborio rice. For these nutritious, tasty and innovative oat food ideas head to www.harraways.co.nz ; or follow the Harraways Facebook and/or Instagram pages each day.

Whether it's looking after Kiwis' heart health with its plant sterol fortified Harraways Oat-activ® range, or getting Kiwis going with its quick cooking, easy to serve sachet range that delivers maximum flavour at breakfast time – Harraways has the homes around New Zealand covered. Harraways is indeed the complete, tasty, home-grown plant food. Harraways is truly proud to support locals from farm to plate.



KILLINCHY GOLD
SINCE 1987

At Killinchy Gold, we are relentless in our search of the mother lode. From the sun dappled region of Hawke's Bay, the spectacular forests of Hokitika, to the breathtaking fiord of Milford Sound, we are inspired by the richness that nature has to offer.

There are always new treasures to uncover. We break new grounds, seeking natural ingredients and more sustainable ways of doing things, to craft something extraordinary.

Introducing Killinchy Gold Dairy Free frozen desserts, the latest creation for your indulgence. Immerse yourself in a world of flavours with our plant-based range which artfully combines Harraway's Oats with vegan ingredients. By using oats, we are easing our carbon footprint and the environmental burden on our planet, so we may continue exploring this beautiful land for years to come.



Discover our new dairy free range in all leading supermarkets near you:

Mint Chocolate

Dig into minty oat-based decadence with nuggets of mint crisps and swirls of vegan chocolate ripples.

Salted Caramel & Cashew

Navigate ripples of salted caramel and roasted cashew bits, churned in oat-based goodness.

Strawberry & Boysenberry

Dive through sweet strawberry oat-based indulgence entwined with veins of boysenberry ripple.

Chocolate Hokey Pokey

Uncover hokey pokey crumbles scattered in creamy cocoa oat-based frozen dessert.

W www.killinchygold.co.nz/



ANGEL FOOD RECIPES

PLANT-BASED BURGER PIZZA

1 cup Angel Food Smoked Cheddar

Pizza base

1 red onion, sliced

3 gherkins, sliced

1 vegan burger patty cut into cubes

3 Tbsp tomato pizza sauce

Burger sauce

1. Preheat the oven to 200°C.
2. Prep the pizza. Get your pizza base and spread the tomato pizza sauce evenly.
3. Sprinkle Angel Food Smoked Cheddar over the sauce. Then scatter the vegan burger patty, sliced red onion and pickles over the cheese.
4. Bake for 15 minutes, or until the base is cooked and cheese melted.
5. Take the pizza out of the oven and drizzle burger sauce all over it, then serve!



CREAMY PUMPKIN & POTATO BAKE WITH SMOKED CHEDDAR

1 cup Angel Food Smoked Cheddar

1 cup cooked mashed pumpkin

5 - 6 medium potatoes, peeled and thinly sliced

1/4 cup water

1 x 400g tin crushed tomatoes

1 vegan chicken-style stock cube (or you can use vegetable)

200ml coconut cream

1 tsp salt

1 tsp dried oregano

Extra salt and freshly ground black pepper, to taste

1. This fabulous winter warmer was created by Jackie and Gareth, from the blog Camper Van Kitchen and authors of the newly released "Everyday Vegan" cookbook!
2. First cook your pumpkin until tender. How you do this is totally up to you. We like to roast ours as we find it more flavourful done this way but if you are pushed for time you can boil or microwave until soft, then drain and mash.

3. While the pumpkin is cooking, peel and slice the potatoes. You want them thin, but not too thin, e.g. don't use a mandolin, a sharp knife is fine.
4. In a large saucepan, heat the quarter-cup of water over medium heat. Put in the cooked, mashed pumpkin, along with the tin of tomatoes, stock cube, coconut cream, salt and oregano. Stir well and bring to the boil. Reduce the heat to low and simmer gently for five minutes, stirring occasionally.
5. Remove from the heat and taste for seasoning, adding salt and/or freshly ground black pepper as desired.
6. Put your oven on to heat at 180C. In a medium dish oven-proof dish, layer half the raw potato slices on the bottom. Pour over the creamy pumpkin sauce until the potatoes are covered, smoothing over so your sauce is nice and even. Layer with the other half of the potato slices. Sprinkle thickly with grated dairy-free cheese until the top is nicely covered.
7. Cover the dish with foil and pop into the centre of the oven for one hour. After one hour, remove the foil and keep cooking for another 30 minutes, until the cheese is golden and bubbly on the top. Remove from the oven and serve with steamed veggies, salad, whatever you like!

DOCTORS FOR NUTRITION : TOOLKIT FOR HEALTH PROFESSIONALS

It is not easy to find a GP who has the knowledge and understanding of veg-n diets and who can assist veg-ns when they need medical assistance.

In 2018, Doctors For Nutrition was launched - an Australian health-promotion charity led by medical and dietetic professionals dedicated to bringing food back to healthcare. Its founding directors, Lucy Stegley and Dr Heleen Roex, decided that the Southern Hemisphere needed an independent voice to champion the role

of nutrition in healthcare, which has long been overlooked and dismissed in mainstream medical practise.

The aim of the Doctors For Nutrition team is to equip healthcare practitioners, institutions and the public in the South Pacific region with evidence-based information and education on optimum human nutrition, with the goal of transforming our society and healthcare system through the life-changing power of whole plant-based food.

Doctors For Nutrition now have available a range of educational and practical resources with input from medical experts and dietitians.

The 'Plant-based nutrition and health: A guide for health professionals' toolkit aims to support clinicians to incorporate nutritional approaches into patient care. It is available via their website -

www.doctorsfornutrition.org/

So, if you think your local GP or any other health professionals could benefit from this toolkit, pass on the above website address to them!

PLANT ENERGETICS

HAVE YOU HEARD OF PLANT ENERGETICS? IT IS RELATED TO HERBAL MEDICINE AND NICK POLIZZI INTERVIEWED ETHNOBOTANIST, DAVID WINSTON, WHO FOCUSES ON HOW TO MATCH THE RIGHT HERBS WITH THE RIGHT PERSON WHEN PRACTISING HERBAL MEDICINE.

David has a multi-pronged approach to using medicinal plants and whether you are a master herbalist or just someone who is curious about how herbal remedies work, David's knowledge is amazing. In the excerpt below he gives a rare overview of the subtle system of energetics that needs to be understood in order to properly utilize the full healing potential of plants.

DAVID WINSTON:

"I teach an energetic system of herbal medicine and energetics is pretty much universal throughout the world's great systems of herbal medicine. Whether we're talking about Chinese medicine, TCM, or whether we're talking about Ayurveda, Unani-Tibb, or whether we're talking about Campo from Japan, Jamu from Indonesia, Cherokee medicine, whatever tradition we're talking about, there's usually a system of energetics and this is how you match the herb to the person.

...THERE'S USUALLY A SYSTEM OF ENERGETICS AND THIS IS HOW YOU MATCH THE HERB TO THE PERSON.

Some herbs are cooling, some herbs are warming, some herbs are moistening, some are drying, some are stimulating, some are sedating. So you match the herb to the person instead of trying to treat disease. Really good herbalists don't focus on treating disease, they treat people.

Hippocrates said more than 2000 years ago, *it's more important to know the person that has the disease than the disease the person has.* He was right.

You see things like St. John's Wort the depression herb. No, it isn't. There's more than a dozen different types of depression and St. John's Wort only works really well for about three of those. Then you hear that Black Cohosh is the menopause herb except Black Cohosh is not particularly great for

WE WANT TO LOOK AT SCIENCE, WE WANT TO LOOK AT TRADITION, WE WANT TO LOOK AT PERSONAL EXPERIENCE, WE WANT TO LOOK AT WHAT YOU MIGHT CALL INTUITIVE OR SPIRITUAL UNDERSTANDINGS.

menopausal symptomology. It is useful for menopausal and other types of hormonal depression and it does have some modest benefits for reducing hot flashes and night sweats but most women who take it are going to be underwhelmed.

In the U.S. what we see is a very allopathic approach to herbal medicine. "This herb's good for this condition." But in the world's great traditional systems of medicine, what we see is which herbs are appropriate for this specific person sitting in front of me with their specific disease patterns that they have now : that's a system of energetics.

A lot of that comes from taste. Taste is the easiest way to determine the energetic of the plant. So, for me it's always been imperative that I have a deep sense of the plant: its

taste, its action, and you know the potential adverse effects.

One of the things that I believe is really important is that there are multiple ways of understanding plants. We can understand them through science, science is an amazing tool to help us understand things. But, we don't want to limit our understanding to just science. We want to look at science, we want to look at tradition, we want to look at personal experience, we want to look

at what you might call intuitive or spiritual understandings. Many traditions in the world, their knowledge of plants comes from dreams, comes from visions. When you put that all together, then what you have is much stronger than any of the components - instead of having a narrow tunnel vision, you try to see things in multiple ways and that's where the strength is."

For more information on this subject, see the website:

www.thesacredscience.com/uncovering-the-energetics-of-plant-medicine/

NICK POLIZZI

Host of Proven: Healing Breakthroughs Backed By Science & Founder of The Sacred Science

STOP PRESS!

As we put the finishing touches to this issue of Vegetarian Living NZ we heard that the (NZ) High Court has ruled that the minimum standards and regulations for the use of farrowing crates are unlawful. Simply put – the High Court agrees that using farrowing crates to house mother pigs is a violation of the Animal Welfare Act.

Congratulations to SAFE and the New Zealand Animal Law Association who put together a case to challenge the use of cruel farrowing crates in the High Court, the first time in



New Zealand history that such a challenge had taken place. All their hard work has paid off with an historic judgement for mother pigs.

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 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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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
.....

Our Website Calendar

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

Lists events happening round
New Zealand – if you are
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 AND
PEOPLE INFORMED!**

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.

YES! I'D LIKE TO JOIN AS A FULL MEMBER OF THE NZVS*

*I am a vegetarian. I do not eat any meat, poultry or fish. **Or**

*I am vegan. I do not use or consume animal products. (**Cross out the one that does not apply*)

Signature _____ Date _____

OR YES! I'D LIKE TO JOIN AS A SUPPORTER OF THE NZVS

I am not vegetarian or vegan but would like to become a supporter of the NZVS.

Signature _____ Date _____

WHICH APPLIES TO YOU MOST CLOSELY?

- Newly Vegetarian Vegetarian for over a year Newly Vegan
- Vegan for over a year Supporter (*I am considering becoming vegetarian*)
- Supporter (*I wish to support the NZVS in its work*)

MEMBERSHIP TYPE

- \$40 per annum + \$5 joining fee*
(Please complete a separate form for each person covered by this membership)
- Under 21 / Over 65 \$25 per annum + \$5 joining fee
- DONOR MEMBER \$60 (*tax deductible*)*
- REGULAR GIVER – monthly automatic payment (*tax deductible*)
 - \$5 per month \$10 per month
 - \$25 per month \$_____ per month

INTERNATIONAL MEMBER \$60 per annum +\$5 joining fee

**Includes Family/Household membership.*

Remember we are a registered charity so your donation is tax deductible and the extra funds will help the NZVS in its work e.g. running publicity campaigns, providing educational material and nutritional information.

Mr/Mrs/Ms/Miss (*circle*) M/F (*circle*)

First name _____ Family name _____

Address _____

_____ Postcode _____

Telephone _____ Occupation _____

Email _____ Date of Birth _____ (month) _____ (year)

Yes, I'd like to receive email communication from the NZVS

Yes, I'd like to receive the monthly VegE-News newsletter

Post with payment (or advice of internet payment) to NZ Vegetarian Society, PO Box 26664, Epsom, Auckland 1344. ASB Bank 12-3045-0360126-02 – put your name and 'new' as reference.

Completed forms can be scanned in and sent to info@vegetarian.org.nz

Welcome Vegetarian Cafe & Takeaways

OVER 100 DISHES ON THE MENU
(85% vegan)

OPEN MONDAY TO SATURDAY
11.30am-2.30pm (*lunch*)
5pm to 9pm (*dinner*)
Open Sunday by prior arrangement.

Phone orders
or reservations
03 348 2630

2 Wharenui Rd,
(off Riccarton Rd)
Christchurch

WWW.WELCOMECAFE.CO.NZ

DIRECTORY

NEW ZEALAND

National Executive of the NZ Vegetarian Society Inc.

PO Box 26664, Epsom,
Auckland 1344
info@vegetarian.org.nz
Ph/Fax: 09 523 4686
www.vegetarian.org.nz

National Office

10 Warborough Avenue, Epsom
info@vegetarian.org.nz
Ph/Fax: 09 523 4686

Wellington Centre

wellington@vegetarian.org.nz
04 478 4665
www.vegetarian.org.nz/about-us/
who-we-are/wellington-centre/

Auckland Centre

Larisa Logvina
AkCentre@vegetarian.org.nz

Blenheim

Jo Irvin
joirvin@hotmail.com
021 044 0482

Christchurch

Graham French
027 220 2345
christchurch@vegetarian.org.nz

Gisborne

Geoff or Nicola Wright
06 862 5335
info@wrightswines.co.nz

Hamilton

Tristan Hooker
vegthouse@vegetarian.org.nz

Hawkes Bay

Donna Hossack
donna444@gmail.com
027 588 7756

Invercargill

Invercargill Vegan Society
info@invsoc.org.nz

Kawerau

Loretta Westbrook R.N.
Loretainnz@gmail.com

Motueka

Steph: 021 167 7011
stephanie.thompson@gmail.com

New Plymouth

Katrina Angelo 021 749 552
or Tessa Clarke 021 057 4011

Northland Centre

Kayla and Karl Hutchinson
k.hutchinson@hotmail.co.nz
021 2678 2052.

Palmerston North

Helen Peek
vegzn001@gmail.com
06 358 9470

Taumaranui

Chris and Joke Brady
chrisbrady71@hotmail.com
07 895 9082

Waiuku

Tara Murphy
taramurphy@gmail.com

Wairarapa

Eleanor Harper
027 328 8518
eleanor.harper@gmail.com

Whanganui

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

We are fundraising with FROOZE BALLS & THE REVIVE CAFÉ COOKBOOKS!

THESE POPULAR SNACKS AND COOKBOOKS ARE AVAILABLE TO US FOR FUNDRAISING!



COOKBOOK

Price: \$30 each, and includes a \$12 donation to NZ Vegetarian Society!



CHOOSE THE FLAVOUR YOU WANT! FROOZE BALL

Price: \$20 for a box of 8 packets, and includes an \$8 donation to NZ Vegetarian Society!



MIXED FLAVOUR

FUNDRAISER BOX: take to work or door-to-door or enjoy the mix of flavours at home!

Price: \$50 for 20 packs, and includes a \$20 donation to NZ Vegetarian Society!



YOU CAN PURCHASE THESE PRODUCTS ONLINE AT WWW.VEGETARIAN.ORG.NZ/SHOP

Pass on to your friends who will be able to purchase these products online in support of our organisation and have them delivered straight to their door!

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

MEMBERSHIP

Have you 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- or who are considering doing so;
- build a veg- 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.



BRANDS WITH PRODUCTS APPROVED BY THE NZ VEGETARIAN SOCIETY

*UK VegSoc Approved | See 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, Sinister; Quorn Tenders; Green Demon Pasta

HEALTH AND COSMETICS



AU 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

FOOD AND BEVERAGES



BB MICROGREEN
Live Well With Us!

Pea Microgreen, Radish Microgreen, Rocket Microgreen, Mustard Microgreen



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



ISOCREAM
Better Than Ice Cream

Dairy-Free Hemp Protein: Vanilla, Chocolate



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
Organic Tofu, Marinated Tofu, Vegetarian Herb Sausages, Vegetarian Cajun Sausages



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



BRANDS WITH VEGAN PRODUCTS CERTIFIED BY THE NZ VEGETARIAN SOCIETY

See inside back page for Vegetarian Approved products

RESTAURANT MENUS



HERITAGE AUCKLAND, HECTOR'S RESTAURANT & LOBBY BAR
You're Somewhere Special

All vegan and vegetarian menu items that carry the trademark in Hector's Restaurant and the Heritage Lobby Bar.

HEALTH AND COSMETICS



Aú NATURAL SKINFOOD
For Your Skin. For Your Planet.

On The Go Mineral Powder: Light, Medium, Dark; Super Fruit Concentrate Eye Serum; Anti-Aging Facial Oil with Harakeke Oil and 0.2% Retinol



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



BABICH

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

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



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



DELTA ESTATE
Sauvignon Blanc



GOOD BUZZ KOMBUCHA
Full Of Life
Origins, Apple Cinnamon, Lemon Ginger, Raspberry Lemon, Feijoa, Pineapple Mango, Strawberry Lime, Orange Turmeric



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, Gewurztraminer, Pinot Gris, Rosé, Gruner Ventliner



ISOCREAM
Better Than Ice Cream

Dairy-Free Hemp Protein: Vanilla, Chocolate



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)



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



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



SAINT CLAIR FAMILY ESTATE
100% Family-Owned, 100% New Zealand Wine, 100% Sustainable
Marlborough Origin Sauvignon Blanc, Pioneer Block 3 Sauvignon Blanc



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 Specialty Bread Bakery In Aotearoa!

Breads: Rye Sourdough, Mountain Rye, Pumpernickel, 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