

VEGETARIAN

AUTUMN 2022

VOL. 78, NO.3

Living

ISSN 1176-9335

NZ



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COVER PHOTO: Mila Hemera (6) Enjoying some beach rock climbing

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PRINTING 3A Copy & Design, Manukau Road, Epsom, Auckland

Vegetarian Living NZ is produced and distributed by The New Zealand Vegetarian Society Inc.

No statements or opinions in this publication may be construed as policy or as an official announcement by the Society unless so stated. We are always happy to receive contributions. All material undergoes an editing process and we cannot guarantee publication.

Vegetarian Living NZ is published in Spring (Sept-Nov), Summer (Dec-Feb), Autumn (Mar-May), Winter (Jun-Aug). Editorial copy and advertising deadlines are two months prior to publication: 1 July (Spring), 1 October (Summer), 15 January (Autumn), and 1 April (Winter).

To discuss advertising, contact the National Vegetarian Centre 09 523 4686 or info@vegetarian.org.nz

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EDITORIAL



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Welcome to our Autumn issue. Here's hoping that you and yours are safe and well – the start of 2022 has a bit of a feeling of “déjà vu” about it, but I'm sure that you will all be taking steps to make certain your immune system is strong and healthy so that your general health is also strong. How often have you heard the quote “Let food be thy medicine, and let medicine be thy food”? It is often attributed to Hippocrates and although research can't find him ever actually saying it, the original Hippocratic oath literally translated says: *“I will apply dietetic and lifestyle measures to help the sick to my best ability and judgment; I will protect them from harm and injustice.”* Food can certainly make a difference to how our bodies work and how our immune systems react to “foreign body invasion” so it's important we all do our best to eat healthily and well.

Hollie Waters, a Lead Dietitian for Doctors for Nutrition, shares advice on healthy eating during pregnancy on page 2 and you can read about the health-giving properties of carrots (page 16) and pine nuts (page 7). Anna Valentine again shares her cooking creations on pages 10 & 11, and there's some extra recipes on page 12 Sharon brings us up to date with Vegetarian

Approved and Vegan Certified products on pages 8 & 9, Nelson takes us to Ireland on our Veg~n journey round the world (pg4) and Nelson and Sharon share their thoughts on delicious food to be found in cafés in Napier and Auckland (page 12). In our Kindness Corner (pages 14-15) Susan shares her thoughts on special Vets she has found to help with her special cat.

Tristan shares some of her memories of growing up as a vegetarian (page 1) and we take a wee trip down memory lane with veg~nism through the eyes of NZVS members in each decade from the formation of the Society, starting on page 15.

I'm sure we all have memories of how it was when we started on the veg~n journey and what the reactions were of our friends and families and other people we've met on our life journey so far. If you'd like to share them with us and other members please email them to: editor@vegetarian.org.nz

In the meantime, as the Winter season approaches, let's take responsibility for our own and our family's well-being, look on the positive side of life and give our children and/or grandchildren useful habits and knowledge, and happy memories, to stand them in good stead through their lives ahead.

- MARGARET



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TRISTAN'S *Corner*



"I only eat insects by accident," said my 13-year-old son.

"I probably step on them, too," he said. "I try not to but it's unavoidable. You'd go crazy if you thought about it too much."

This was a rare insight from my eldest son who has just transitioned from child to teenager and has taken to sequestering himself in his room, only coming out for snacks. His answers to my questions have increasingly become grunts, although he talks at length to his friends about video games and suchlike. He's a lovely boy and a perfectly typical teenager.

Thank goodness I've been enforcing compulsory family dinnertime at the table ever since the boys could sit up in a highchair. Dinnertime is the one part of the day the whole family is together, checking in with each other and sharing information about our day. Sometimes dinner is over quickly and everyone gets back to what they were doing. Other times the conversation heats up and we end up sitting around the table, taking second helpings or nibbling on bits of leftovers while we continue to talk.

That was what happened on a recent evening in our new house. We'd just moved in and finished setting up the furniture in

time for our first dinner. It was a warm, sunny evening and I'd made a chickpea curry, accompanied by quinoa and a side of caramelised onions.

I thought the meal was delicious, as did my partner who isn't vegetarian (although he almost is – he only eats meat outside the home). However, the kids aren't so keen on curry. We started to talk about what kinds of foods we like best, which led to a general discussion about what it's like to be growing into the teenage years as vegetarians.

It never ceases to amaze and please me how much attitudes have changed since I was their age. Back then, there was very little diversity in the small town where I grew up in the 1980s. I used to feel awkward going to my friends' houses for dinner and have their parents panic about what to feed me. I learnt to not mention it and just try to subtly push the meat to the side of my plate.

School events were difficult, for example the time in French class when it was compulsory to eat a snail and I ended up in tears after being taunted by the teacher, and then by my classmates, for being one of the scaredy-cat girls who were too scared to eat the snail. I remember there

were a handful of girls who didn't want to eat the snails and when I said I was vegetarian the others all claimed they were as well, which didn't help my argument.

Fast forward to 2022 and it's a completely different world.

"Everyone knows what a vegetarian is," said my son. His friends and their parents are completely unfazed. They supply vegetarian food for him when he goes to their houses. The intermediate school which both my boys have been attending always asks for food preferences for school events and nobody thinks anything of it.

My eldest son started high school this year and it's a very traditional boys' high school. It will be interesting to see how that goes but I'm confident he won't have any of the issues I had being a vegetarian teenager. After all, this is 2022, not 1982.

I wonder what changes we'll see in the next 40 years...

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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ENJOYING A HEALTHY PLANT-BASED PREGNANCY.

BY HOLLIE WATERS



Hollie Waters is the WA Lead Dietitian for health-promotion charity Doctors For Nutrition and an Accredited Practising Dietitian and Nutritionist. She holds a Master of Nutrition and Dietetics from Griffith University, and a Certificate in Plant-Based Nutrition through eCornell. Hollie is a passionate advocate of the benefits of plant-based nutrition, having followed a plant-based diet herself for the past 12 years.

BODY:

There are many misconceptions concerning plant-based nutrition, and none more contentious than those relating to pregnancy. With at least 15% of New Zealanders aged 18 or older adopting a mostly plant-based, if not exclusively plant-based diet, this growing trend towards more sustainable ways of eating begs the question — is it safe to follow a plant-based diet during pregnancy?

WHAT DO THE EXPERTS SAY?

The US Academy of Nutrition and Dietetics states that a well-planned vegan diet is appropriate at all stages of life — including during pregnancy. This position is mirrored by the British Dietetic Association, who have affirmed that a vegan diet can “support healthy living in people of all ages”.

GOOD NUTRITION DURING PREGNANCY - WHY IS IT SO IMPORTANT?

Research has shown that following a healthy, balanced diet during pregnancy not only supports optimal health and development of you and your baby, but may reduce the risk of your child developing a chronic disease later in life. Your choices during pregnancy may stay with your baby into their old age.

In the more immediate term, many complications in pregnancy are linked to lifestyle diseases that are responsive to improved dietary patterns. For example, pre-eclampsia is linked with hypertension, a disease prevalent in societies with a typical Western diet. A study has shown that pre-eclampsia (where pregnant women can develop high blood pressure, fluid retention, and protein in the urine) occurred only once in 775 vegan pregnancies in subjects who avoided animal-based foods. For comparison, in Australia where the typical Western diet is the norm, the prevalence of this condition is around 1 in 33 pregnancies. Pre-eclampsia can lead to eclampsia, a complication that involves damage to other organ systems such as the kidneys, and can be life threatening for mother and child.

KEY NUTRIENTS FOR A HEALTHY PREGNANCY

There are a handful of nutrients that require a little extra attention during pregnancy, whether following a plant-based diet or not. In fact, many of those essential for the development of a healthy baby are found in abundance in plant foods.

*Folate

Folate — also known as vitamin B9 or folic acid — is crucial for healthy growth and development. Adequate intake of this B-group vitamin is especially important for women planning to become pregnant, or who are already pregnant. A lack of folate may lead to an increased risk of neural tube defects (birth defects of the brain, spine, or spinal cord) in the developing foetus.

It is recommended that women capable of becoming pregnant consume at least 400 micrograms of folate a day. This may be in the form of supplements, fortified foods, or a combination of both, along with a varied diet rich in folate-containing foods. Beans, leafy green vegetables, and oranges are particularly good sources.

*Iron

Iron is used by our bodies to produce red blood cells, which transport oxygen to our tissues and cells. During pregnancy, requirements increase dramatically as your blood volume expands and your baby grows and develops. Generally, your baby's needs will be met by your own iron stores. If these are low, or you lack reliable dietary sources, iron deficiency may occur.

To ensure adequate intake of this essential nutrient, emphasise iron-rich foods when planning meals. Good sources of dietary iron include whole and enriched grains, beans and lentils, soy products, nuts, seeds, dried fruits, green leafy vegetables, and even dark chocolate. To boost absorption, include a source of vitamin C with your meals such as citrus fruits, strawberries, tomato, sweet potato, or broccoli.

*Protein

During the second and third trimesters, protein requirements increase slightly, by around 25 grams per day — equivalent to a couple of pieces of rye toast, topped with a nut spread, banana and a sprinkle of chia seeds. This extra protein is required to support your baby's growth, as well as the increase in blood volume and enlargement of the breasts and uterus.

Proteins from plants contain all nine essential amino acids. However, some may be present in lower amounts; so eat a variety of foods throughout the day. Soy products such as soy milk, beans, tofu, tempeh, quinoa and hemp seeds contain all nine essential amino acids. Other excellent sources of plant-based protein include whole grains, lentils, beans, nuts and seeds.

*Essential fatty acids

Omega-3 fatty acids, particularly the longer-chain docosahexaenoic acid (DHA), play a crucial role in your baby's visual and cognitive development. Adequate intake and maternal body stores of DHA are especially important during the last trimester. Ensuring adequate stores may, however, be an issue for vegans and vegetarians who do not regularly eat foods fortified with DHA.

Alpha-linolenic acid (ALA) is a shorter-chain form of omega-3 found in flaxseeds, walnuts and leafy greens, just to name a few. Although the conversion rate for ALA to DHA increases during pregnancy, the rate is still low. A vegan DHA supplement (derived from microalgae) can be used to improve maternal DHA status. An intake of 300 micrograms of DHA per day during pregnancy is recommended.

*Vitamin B12

Requirements for vitamin B12 increase slightly during pregnancy, up from 2.4 to 2.6 micrograms per day. Some studies recommend a higher intake of 3 micrograms by expectant mothers. Unlike other B-group vitamins, B12 can be stored in our bodies for some time. During pregnancy, however, only newly absorbed B12 can be transported across the placenta. Therefore, all pregnant women should consume a reliable daily source of B12 throughout pregnancy.

*Iodine

Iodine is vital for the normal development of your baby's brain and central nervous system. Inadequate intake increases the risk of congenital abnormalities, as well as other poor health outcomes. Studies have shown associations between even mild maternal iodine deficiency and decreased child cognition.

Meeting your daily requirements can be easily achieved through the use of iodised salt. Three-quarters of a teaspoon is sufficient to meet the recommended daily intake (RDI) during pregnancy. If you prefer not to include added salt in your diet, a daily iodine supplement that contains 150 milligrams is recommended.

WHAT ABOUT CHOLINE?

There has been a lot of buzz around choline — an essential nutrient involved in the production of the chemical messengers used by our brain. Much of the attention has focused on pregnant women, especially those following a plant-based diet, and their potential risk of deficiency.

An adequate intake of choline is believed to be 440 milligrams per day for pregnant and breastfeeding women. Although this recommendation is slightly higher than that suggested for non-pregnant women, there appear to have been no reports of deficiency.

In fact, whole plant foods including wheat germ, soybeans, cruciferous vegetables, quinoa, and almonds are particularly good sources of this nutrient.

MANAGING MORNING SICKNESS

Nausea and vomiting, referred to as morning sickness, is a common feature during the early stages of pregnancy. Although its exact cause is yet to be identified, there are plenty of theories as to why it might occur: fluctuations in hormone levels, immune system changes, and the role of vomiting as a defence against ingesting toxins and potentially harmful microorganisms in food, have all been suggested as likely causes. If you are suffering with nausea and vomiting during pregnancy, consider:

- Eating smaller, more frequent meals to avoid an empty stomach, or low blood sugar levels.

- Eat healthy foods that are well-tolerated: choose stomach-calming foods that are rich in complex carbohydrates, such as whole grains or starchy vegetables, and plant-based proteins like beans, lentils, and tofu.
- Drink plenty of fluids in between meals to stay hydrated.
- Ask for help with meal preparation if the smell or sight of certain foods is turning your stomach.
- Cravings
- Although often considered to be a sign of deficiency, cravings have very little to do with nutritional status*. Instead, they are generally the result of changes in your hormone levels. If cravings are causing you concern:
- Avoid low blood sugar levels, which may trigger cravings, by planning for regular meals and snacks throughout the day.
- Consider the role of your emotions in your food choices - is this really a craving, or perhaps a reaction to stress or boredom?
- Think of a healthier substitute, or practice mindful eating.

**The exception to this being pica, or craving non-food items, which may be the result of iron-deficiency anaemia.*

With a bit of knowledge and planning, you can ensure that your plant-based lifestyle is providing the nutrients you require during this demanding stage of life and the very best start for your child. Feeling confident in the decisions you are making for yourself and your growing baby is central to a healthy, happy pregnancy, and beyond.

If you have concerns about the adequacy of your current diet, speak with your GP or obstetrician about a referral to an Accredited Dietitian. They can provide you with support and guidance, to ensure your diet meets your individual needs.

Established in 2018, Doctors For Nutrition is an Australian health-promotion charity, led by Australian and New Zealand medical and dietetic professionals dedicated to bringing food back to healthcare. Powerful evidence shows that a whole food plant-based eating pattern can prevent, reverse, or significantly reduce the disability caused by a wide range of diseases.

The Doctors For Nutrition team is working to equip healthcare practitioners, institutions and the public in our region with evidence-based information and education on optimum human nutrition. <https://www.doctorsfornutrition.org/>

Their goal is to transform our society and healthcare system through the life-changing power of whole plant-based food, and the DFN team has agreed to supply the NZ Vegetarian Society with articles for publication in Vegetarian Living NZ. These articles are copyrighted to NZVS and DFN.



ANGI HEMERA
- Pregnant with Archer (now 2)

VEG~NISM ROUND THE WORLD

THIS ISSUE ON OUR JOURNEY ROUND THE WORLD WITH NELSON ATIGA INTERVIEWING VEG-NS FROM DIFFERENT COUNTRIES, WE'RE TRAVELLING TO IRELAND TO MEET ÉADAIOIN.

Éadaoin is renovating a former farm in Ireland with her partner James. They share the yard with a pet pig named Wilbur and three rescue chickens: Henniifer Aniston, Courtney Cock-a-doodle-doo, and Lisa Kud 'not think of a chicken-related name' Row. Éadaoin has been a vegetarian since 2012 and enjoys horse-riding in her spare time.

WHAT IS A DEFINING MOMENT OF YOUR CHILDHOOD THAT SOLIDIFIED YOUR DECISION IN BEING VEG-N AS AN ADULT?

I don't really remember there being a specific moment in my childhood; I just remember that as soon as I was aware what meat was, I wasn't particularly keen on it. I was also never that much of a meat eater. Once I realised that I had control over my own food as an adult, I just decided to drop the meat altogether and haven't looked back!

TELL ME ABOUT YOUR CHILDHOOD PET/S?

There were a few, but the standout for me is Jessie. She was a stunning black and white Springer Spaniel that just appeared in the ditch in our garden one day when I was about eight. She had a broken leg and was missing teeth. It looked as though somebody had dumped her down our lane to die. She was absolutely petrified; it took a long time for her to come out of her shell – she didn't even bark for the first 18 months that we had her. By the time she died ten years later though, she was a very happy and confident dog. She used to sleep on my bed with me and she really was one of my best friends growing up. I still dream about her sometimes.

WHAT'S YOUR FAVOURITE ANIMAL?

Species-wise, dogs and horses have always had a special place in my heart. I've been lucky enough to have a few of each over the years, but my current favourite animal is my

pet pig, Wilbur. He

is so smart and personable, it's really amazing. He loves to 'chat' with people and adores treats of any kind.

He also enjoys a good back scratch – just like anyone else really!



LIVING A VEG-N LIFESTYLE CAN SEEM FOREIGN TO SOME PEOPLE:

What's the strangest thing you've ever been asked?

I've been asked if I would eat chicken instead of meat. I found that really odd. Not sure if the person even knew where chicken came from to be honest.

What's the thing that you're most commonly asked?

What does James (my non-veg-n partner) eat? Everyone seems to assume that he starves because of me! I wish to assure the world that he is perfectly satiated and eats whatever he likes – which often happens to be what I'm eating!

WHICH REGION OF THE WORLD DO YOU THINK DOES THE BEST VEG-N FOOD?

I would be inclined to say south Asia. I've yet to meet an Indian dish I didn't like!

WHAT TRADITIONAL DISH DO YOU LOVE TO MAKE THAT WOULD USUALLY CONTAIN ANIMAL PRODUCTS?

Shepherd's pie. I just swap out the mince for vegetarian mince. It's a really nice meal for the cold and wet weather we have at this time of year in Ireland. I usually add in extra vegetables too.

IT'S BEEN A LONG WEDNESDAY, YOU'VE JUST LOOKED IN THE FRIDGE AND DON'T FEEL LIKE COOKING. WHAT'S YOUR GO-TO TAKEAWAY MID-WEEK MEAL?

I love any kind of Asian noodle dish – the more vegetables the better. It is hard to get decent Asian cuisine where I live. The closest place I would consider as 'good' is a 35-kilometre drive. Not exactly ideal after a long Wednesday! So takeaways tend to be weekend only round here.

WHAT ARE YOU LISTENING TO WHEN YOU'RE COOKING?

It depends on my mood! Mostly, it's just my own thoughts. Cooking is often one of the few times in the day I have where I'm not working and have a bit of quiet time to myself. Other times I will be catching up on podcasts. I love music but I don't tend to listen to it while cooking – I didn't really realise that until just now.



WHERE YOU'RE FROM, HOW CONVENIENT/DIFFICULT BEING VEG-N?

It's getting better; I've really noticed a shift in the last few years with more restaurants offering a greater range of choices. There are still times we will go places and there will be literally nothing I can eat though, particularly in more rural areas. The most difficult part is probably placating older family members who insist that I must be malnourished. The Irish dinner typically consists of meat, veg, and potatoes, so anything outside of this is considered underfeeding especially by older generations. But they mean well, so I just smile and nod...!

ASIDE FROM THE ENVIRONMENTAL, HEALTH AND ANIMAL BENEFITS OF BEING VEG-N, WHAT DO YOU LOVE ABOUT THIS LIFESTYLE?

That it has opened me up to more types of food than I ever would have eaten previously. Some people seem to think that it is a very restrictive way of eating but I have found that it has really opened my mind to other sources of protein like lentils and pulses, as well as different cuisines from around the world.

BY NELSON ATIGA | NZVS OFFICE MANAGER





SNIPPETS FROM ALL OVER:

DOCTORS FOR NUTRITION TURNS ANNUAL SAUSAGE SIZZLE INTO A PLANT-BASED LUNCH

The Adelaide Medical Students Society (AMSS) usually hosts an annual sausage sizzle as part of their O'Week festivities. However, this year DFN helped transform the event into a healthy plant-based lunch, to be enjoyed by 150 students on 23 February.

DFN knows how important early awareness of nutrition's role in healthcare is, which is why the opportunity to partner with AMSS couldn't be more exciting. DFN's medical and dietetic representatives shared their expertise and DFN resources, educating students on the enormous health and environmental benefits of a whole food plant-based diet. After enjoying a tasty Cauli Kale Salad, courtesy of local meal delivery service and caterer, Plant-B Life, medical students had the opportunity to meet members of the DFN advisory council.

HEALTHY COMMUNITIES

As part of the DFN mission, working with medical students is very important - educating these change-makers on the importance of whole food plant-based nutrition will help equip them to start their career with lifestyle changes top of mind. DFN teamed up with AMSA Healthy Communities last year for their Hungry For Change webinar.

AMSA Healthy Communities is an AMSA Global Health Project which focuses on promoting a healthy lifestyle and preventing noncommunicable diseases (NCDs) on an individual, community and national level. Their work spans topics such as advocating for healthy diets and physical activity, combating substance abuse, and achieving planetary health and sustainability.

In 2022, their advocacy priorities include combating NCDs in a sustainable way such as promoting a healthy relationship with food and exercise, pushing back against fatphobia and fat-shaming in medical school and the wider healthcare profession, and advocating for Indigenous health.



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Kindness CORNER

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Pets & Vets

I used to have the perfect Vet for my cats, Mary. She was one of a kind! She specialised in cats and related to each of her clients individually, knowing all their quirks and probable reactions to things, adjusting each treatment to exactly what suited them best. Then she retired, to catch up on what she needed for her own health.

All her families of cats and their owners were devastated!



In vain have we looked for a replacement specialist equal in abilities and care, and finally have had to settle for 'kind-but-merely-ordinary'; until one night when my daughter's hen needed veterinary help. We took the poor hen to the Emergency Vet (Rosebank Rd in Avondale, Auckland) and waited in trepidation. The hen was clearly on her way out of this life. Would they even know about treating hens in the middle of suburbia? Would they merely wring her neck as a quick end?

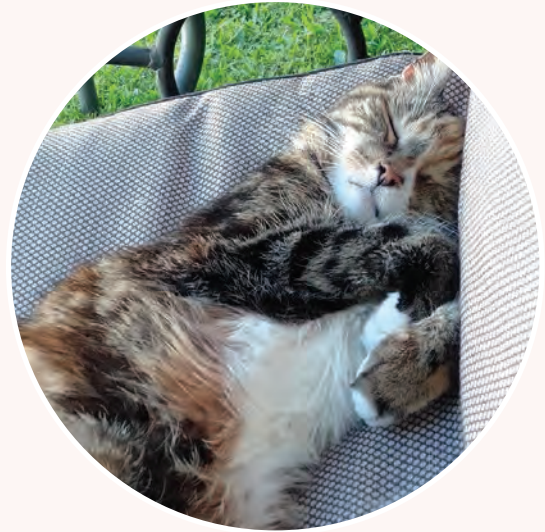
The Vet Nurse receptionist spoke with the very busy Vet, and came back to us. She offered to give the hen some gas as a preliminary to The Injection to hasten the process of dying, but apologised that only she could be in the room with the gas. She explained that the gas alone might do the job required and this was a peaceful way to go.

We agreed to this and waited while the poor, barely conscious creature was taken away. A few minutes later we were invited to sit with the hen in a room until the vet was free to come in. The Vet was equally as kind as the Vet Nurse, and treated the hen with respect and care. She listened to its heart but couldn't tell if the pulse she could hear was from her finger or the hen. She explained that there were three signals she looked for to ensure an animal had passed away, and explained to us what this meant for a hen. She wasn't satisfied that all three conditions were yet present, so left us to say our goodbyes for another five minutes.

When she returned to verify all life had departed, she was just as patient, calm and generally nice as she had been the first time she'd spoken with us, and assured us that our hen had died in a peaceful way surrounded by love. She was practical yet caring, and we left feeling supported and pleased that our pet had had such a person look after her at the end of her very stressful life – she was a rescue hen who had suffered a great deal before finding a final home where she was loved and cared for despite the enduring psychological problems created by cruel treatment for most of her life.



So when my cat developed an ear problem which affected her balance considerably, we went back to the Emergency Vet clinic, knowing the overworked people in this establishment were people worthy of taking care of our pet.



Sure enough, we were lucky enough to find a young man who actually knew Mary, respected her highly, and had worked with her at one stage of his career. Her influence on him ensured my 20 year old cat received treatment appropriate for her age and personality type, rather than the orthodox routine of just 'checking everything' which would have stressed her greatly!

We are still working on finding a cure for my cat, other than surgery, but in the meantime I know he is doing his level best to suit the cure to the cat!

Not all Vets are equal. Some stand out from the crowd with their innate care, respect and love for animals as reflected in their kindness of approach and treatment!

- SUSAN S



PINE NUTS

SMALL BUT THEY PACK A POWERFUL PUNCH!



THE TELEVISION PROGRAMME COUNTRY CALENDAR PRODUCES SOME VERY INFORMATIVE AND FASCINATING STORIES. A RECENT ONE (A REPEAT WHICH I MISSED THE FIRST TIME) TELLS THE STORY OF A FORMER FORESTRY WORKER WHO HAS SPENT OVER 20 YEARS PLANTING, CARING FOR, AND NOW HARVESTING PINE NUTS FOR LOCAL AND OVERSEAS MARKETS.

I found the programme really interesting so decided to do some research on pine nuts and the company involved (Pinoli Ltd). The orchards are planted in the Marlborough region which has a climate very similar to parts of the Mediterranean region so is ideal for growing pine nut plantations. Much long term planning has gone into the plantings - the first trees were planted in 1998 with more being planted each year. A few pine cones appeared on the oldest trees in 2005 but there were not enough pine nuts to take to the local market until 2010.

ABOUT PINE NUTS

Pine nuts are edible kernels extracted from the seed of a variety of species of pine tree. The seeds are typically thick-shelled and grow inside pine cones that look very similar to the pine cones that grow on other pines grown only for timber. Pine nuts are highly nutritious and keep well for many months if stored properly in dry, cool conditions and out of direct sunlight. They are extremely versatile in cooking due to their mild flavor, creamy and subtle when raw and richer and nuttier when lightly toasted. They add interest, flavour and texture to many sweet and savoury dishes. They are a truly natural product – essentially unchanged over many millennia – requiring no insecticides or fungicides to either grow the trees or prepare the kernels for market.

Pine nuts have been an important food source for thousands of years. Roman soldiers took them as campaign food when they raided Britain over 2000 years ago. Even before that, Greek authors mentioned pine nut trees as food producers around 300 BC, and it is thought that earlier societies used them and transplanted them throughout the Mediterranean region through to Israel and even Georgia and the Black Sea, between 6,000 and 10,000 years ago. A small group of the larger, tastier and easier-to-collect species has survived to become ‘suppliers’ to the modern world of global trade.

Pinoli Ltd have chosen to plant the European stone pine nuts (*Pinus pinea*). This is the pine nut of Mediterranean cooking from Spain, Italy, southern France, Greece, the middle east, Turkey and North Africa. They are preferred in Europe over nuts from China (one of the biggest suppliers of pine nuts to the world market) and sell for a significant premium. They are occasionally available in other regions but usually in very small packets at very high prices. European stone pine nuts are longer and more torpedo-shaped than the Chinese nuts.

European stone pine nuts take a full three years to mature on the tree, the longest maturation period of any pine species. Each year, during the growing season, a few cells in the buds at the very tips of the crown differentiate as cone-producing cells. In the following spring as the buds begin to swell, the growing conelet first becomes visible, looking like a tiny pineapple the size of a large pea. The trees also produce pollen from separate pollen “flowers” during spring of this first season and the conelets open up to trap the pollen so that the embryos tucked inside can be fertilized. If the timing of the opening of the conelet misses this pollen season, the conelet just withers and dies. Those that open at the right time and get fertilized, grow and expand to the size of a small marble by the on-set of the following winter.

During the next spring and summer seasons, the cones fill out to the size of a small plum. In the third year, they reach full size (about the size of a grapefruit) and turn from bright lime green to purple-nut brown, as the third winter sets in. That’s when they are ready to harvest - during the late winter or spring of their third year - and before the following summer conditions dry out the cones enough for them to shed their seed. They produce new cones every year but about every third year is a particularly heavy cone season, known as a mast year.

NUTRITION

Pine nuts are wonderfully healthy and nutritious food. They are rich in the kind of healthy fats now considered to be important in a healthy diet. Fatty acids found in pine nuts include linoleic acid and pinolenic acid which both are the subject of research into their role in regulating blood pressure, suppressing appetite for those trying to control their weight and preventing and treating stomach ulcers. More surprising to some is that pine nuts are very rich in protein. Some studies have found at least trace amounts of every one of the 28 amino acids needed for human metabolism.

The European stone pine nut has the highest protein content of all the nut pines at 34% by weight. As a result of the high protein content they have a lower oil content than other pine nuts (48% as against 65% for Chinese sourced nuts). They also contain antioxidants (including vitamins A, B, C, D, E and K as well as lutein) which are claimed to prevent disease and aging by eliminating free radicals. Pine nuts have almost no sodium, and contain useful amounts of other minerals such as calcium, magnesium, potassium, phosphorous and iron. And finally, they contain moderate amounts of dietary fibre.

I see from the Pinoli Ltd website that the Department of Wine, Food and Molecular Biosciences, Lincoln University completed a research project comparing the nutritional mineral content of Pinoli Premium Pine Nuts with other pine nuts from New Zealand and other countries. The mineral content of the Pinoli pine nuts is significantly better than for imported nuts bought from a local supermarket.

The full research paper is available online <http://www.mdpi.com/2304-8158/2/2/143> and Dr Savage and Mr Vanhanen are following this up with a fatty acid analysis that should also be very interesting.

Pinoli Ltd has been a Gold Medal winner In the Outstanding Food Producer Awards - Earth Category three years in a row (2019, 2020, 2021) and was also the Business Innovation Award winner in 2021 - “Creating a business adapted to climate change”.

The owners are certainly looking to the future, planting out thousands more European stone pine nut trees which could still be producing nuts 100 or more years from now.

If you’d like more information on pine nuts or on Pinoli Ltd, check out their website <https://pinoli.co.nz/> or do some internet research for yourself!



NZ
VEGETARIAN
SOCIETY
NEW
CORPORATE
MEMBER

PONGA NUI CABIN

PONGA ECO LODGE



WANT TO ESCAPE TO THE BUSH OR ENJOY SOME OCEAN BREEZES?

Ponga Eco Lodge is a proud new corporate member of the NZVS. This incredible accommodation above Hahei Beach in the Coromandel works at sustainable practices, from worm septic toilets through to recycling all coffee pods. Offering guests free locally made oat milk and macadamias covered in vegan chocolate, from a village orchard, Kym Trapski is passionate about sharing her vegan lifestyle with her guests.

Kym believes in leading by example, and encourages all guests in the main house to abstain from cooking meat or seafood. By offering delicious vegan alternatives, this host hopes to open up the door to better ways of consuming. Her ethos is simple - we need to do better. And it starts at home...

OCEAN BREEZE IN THE PONGA TREES - PONGA NUI CABIN

“Our time at the **Ponga Nui Cabin** spoiled us with the best of both worlds. One moment we were alone in our secluded hideaway, surrounded on all sides by tall green trees and dense shrubby underbrush, and a few short minutes later we would be walking along a golden coastline enjoying the waves washing over our feet.

We spent our first evening looking down on Hahei beach from the nearby lookout at Te Pare Point; enjoying the panoramic views as the sun was setting. The warm air brushed our cheeks and the beaches stretched out before us, inviting us to explore them.

It was an invitation too good to resist. Early the next morning, we joined a kayak tour and journeyed by sea to Cathedral Cove. As well as giving us a totally new perspective of the epic coastline, we learned about some of the area’s history before stopping to admire the iconic cove,” says Kristina from Riparide.

ESCAPE TO THE BUSH - PONGA ITI BUSH CABIN

There’s a certain feeling of peace and relaxation that comes from getting lost in nature - a feeling usually found at the end of a long hike deep into the bush. Rarely have we found a place capable of capturing that feeling of remote freedom until we discovered **Ponga Iti Cabin**.

“Upon arrival, we were greeted by sounds of cicadas in the trees and an outdoor kitchen awash with the golden rays of the sun filtering through the treetop canopy. A small path leading into the bush invited us in and we soon found the Ponga Iti Cabin, cradled in the grasp of the forest. We spent our evening watching the sun as it set across the horizon until the only light remaining was the single solar lamp that illuminated the cabin with a pale glow.

From sunrise to sunset we spent our weekend enjoying the outdoors, from golden sand to panoramic views. Returning to Ponga Iti Cabin was always a welcome return to the bush and after a long day; we couldn’t imagine a better place to relax, unwind and breathe in the cool air of the forest.” Kristina

Ponga Nui Cabin & Ponga Iti Bush Cabin

- two magical cabins at the Coromandel Peninsula - the home to some of New Zealand’s finest beaches and greenest forests.

FOR MORE DETAILS:

W www.ecolodgehahei.com/

I www.instagram.com/ponga_eco_lodge/



PONGA ITI BUSH CABIN



PONGA ITI BUSH CABIN



VEGAN CERTIFICATION / VEGETARIAN SOCIETY APPROVED



Autumn is here, 2022 has started with some great news from all over the world – a huge growth of consumers in the UK who prefer plant based alternatives, vegan laptops, the first vegan violin (yes!) and thousands of other plant-based initiatives. This is no longer an esoteric niche run by small groups of devoted activists - this is the future!



From the **Saint Clair Family Estate** in Marlborough we have a

newly Vegan Certified **Barrique Sauvignon Blanc 2020**. A hand-crafted wine with greater winemaker influence than Saint Clair traditional terroir driven Sauvignon Blanc. Fermented, and aged in seasoned French oak barriques. The palate is luxurious, complex, and textural with layers of roasted pear, nectarine and grapefruit with a hint of vanilla bean.



Look out for the latest Vegan Certified products from the **Cookie Time Limited** portfolio. Cookie Time recently acquired **Em's Power Cookies** – and the range now has four delicious Vegan Certified bars and cookies. Made from recipes originally developed by nutritionist and three times Coast to Coast World Multisport Longest Day champion Emily Miazga, **Em's Power Cookies** are plant-based to power up your potential. Wholesome and delicious – delivering nutritious sustenance and energy to go. Perfect for anytime you need to get a move on. The Vegan Certified products are the Cranberry Chocolate Bar, the Cranberry Chocolate Bite (in eight bite pouch); the Protein Choc Brownie Cookie; and the Protein Natural Peanut Butter Cookie.



From **Aleph Beauty** we have 2 new shades of their amazingly wonderful Aleph Concealer / Foundation 6.0 and 7.5 – that brings up the number of Vegan Certified shades to 10, for any skin tone. With the quality of the Totarol in their formulas - a compound extracted from the Totara tree which boasts antioxidant and anti-microbial properties - your skin keeps fresh and healthy.



Another Vegan Certified new product from **Hemp Farm** is **Hemp Protein Powder**. A superior plant protein that works with your body. An extremely versatile whole food supplement, you can add this nourishing plant-based protein to pretty much everything and anything, sweet or savoury. The protein powder has a nourishing formula providing all nine essential amino acids that help your body work harder and recover faster from exercise while supporting a healthy immune system, hair, skin, and nails. 5 Star Health rating!



Warm welcome to **Ponga Eco Lodge** - a new corporate member supporting the NZVS. Ponga Eco Lodge has two magical cabins at the

Coromandel. This is a special set of accommodations, nestled against the hills above Hahei Beach. Dog friendly and veg-n friendly, you can enjoy a restful stay in an incredible natural setting!



SHARON ALMOG, TRADEMARK MANAGER

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

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

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

For further info about gifting contact: info@vegetarian.org.nz

Recipes



Some more inspiration from Anna's creative kitchen. Our thanks to Anna for sharing these with us all!

See Anna's website www.theveggietree.com for more delicious recipes.



When the colder weather arrives we start to crave delicious warming comfort food. This recipe is a great one for those times when you just want to chuck the dinner in the oven and walk away from the kitchen for an hour while it cooks.

Any type of beans or lentils could be used as an alternative to the plant protein, or plant-based sausages, I use 'Frys' chicken strips.

The main tip I can give about cooking with plant-based proteins is they need fat and sauce. Plant-based proteins including beans and lentils are predominantly pure protein,

which means you need to add fat which gives you a choice of how much, and which ones you prefer to use.

Braising is a great method of cookery for juicy flavourful meals and perfect for fuss free cooking.

BRAISED VEGGIE MEAT WITH POTATO AU GRATIN

GRATIN

1. Gather your ingredients and prepare the following ingredients so you can layer them into an ovenproof dish:

4 potatoes, scrubbed and thinly sliced (I use a Japanese mandolin)

1 shallot, thinly sliced

2 cloves garlic, thinly sliced

4 sprigs fresh thyme, leaves stripped

250g Gruyère cheese or plant-based mozzarella, grated

200ml cashew or dairy cream

50ml water

2. Grease an ovenproof dish, then add a layer of potato, with the slices overlapping. Sprinkle over a third of the grated cheese, then a third of the shallot, thyme and garlic. Add a little pinch of salt and pepper. Repeat with another two layers. Pour the cream and water over the layered potato, then top with the remaining cheese. Cover and bake at 180°C for 1 hour. Test the potato is done by putting a knife in the middle; it should easily go through the potato layers.



BRAISED VEGGIE MEAT

1. Prepare the following:

2 shallots, halved

2 small red onions, halved

1 clove garlic, chopped

2 stalks celery, sliced

100g olives, pitted

1 stalk fresh rosemary, leaves stripped

2. 1. Slowly heat a heavy based frying pan or oven proof dish, then add:

3 Tbsp olive oil

3. When the oil is hot, add the shallots and onions and:

1 packet (300g) veggie meat or alternative

4. Sauté until beginning to colour, then transfer to a warmed, ovenproof dish.

5. Add the garlic, celery, olives and rosemary and:

1 x 400ml can chopped tomatoes or passata

200ml water

½ tsp salt and a few cracks of pepper.

6. Cover and bake at 180°C for 1 hour.

7. Serve with your choice of steamed green vegetables.

PEAR & CINNAMON LOAF

Lightly spiced, moist and delicious, this loaf is perfect for a tea break. Many people I know have certain food allergies and intolerances and this loaf caters for everyone. There's no need to slather it with butter as the pear gives a creamy fruitiness to every slice, but absolutely do if it takes your fancy.

1. Line a 11x22cm loaf tin with baking paper.

2. Gather your ingredients and preheat the oven to 180°C. Measure the following into a large bowl:

¾ cup brown rice flour
½ cup coconut flour
¼ cup cornflour (starch)
¼ cup ground almonds
¼ cup coconut sugar
1 tsp cinnamon
1 tsp ginger
1 tsp baking powder
1 tsp baking soda

3. Measure the following into a separate bowl:

1 banana, mashed
¼ cup honey or alternative syrup
¼ cup maple or alternative syrup
1 cup almond milk
1 Tbsp apple cider vinegar
½ cup rice bran or preferred neutral oil

4. Whisk together well then combine with the dry ingredients and whisk together well. Pour into the loaf tin and top with:

1-2 pears, peeled and sliced into 5mm slices

½ tsp cinnamon

1 Tbsp coconut sugar

5. Bake for one hour. Test it's done by inserting a skewer in the middle of the loaf, it should come out clean. Remove from the tin and cool on a rack. Store in a tin or airtight container.



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MORE RECIPES

Not sure how everyone else occupied themselves during the numerous lockdowns we've been subjected to, but among other things, I kept myself busy trying out new recipes. I re-discovered Jeremy Dixon's Revive Cookbooks and also found an old edition of the NZVS Home Tried Favourites recipe book.

So, in case you're inspired to enjoy some creativity in the kitchen after trying Anna Valentine's great recipes, here's some more recipes for you to try out - first, from The Revive Cafe Cookbook.



Moroccan Chickpeas - photo from Revive Recipe Book

MOROCCAN CHICKPEAS

INGREDIENTS:

- 1 large carrot
- 1 cup green beans (fresh or frozen)
- 2x 400g cans chickpeas, drained
- ¼ cup sultanas
- ¼ cup diced dates
- 1/4 cup garlic aioli
- 1 tsp ground cumin
- 1 tsp ground turmeric
- ½ tsp salt
- ¼ cup parsley (finely chopped)
- ½ cup date puree or 2 Tbspn honey

1. Grate carrot
2. Cut green beans into 5cm lengths with diagonal cuts
3. Assemble all ingredients in a bowl and mix well

IF YOU WANT HOME-MADE AIOLI:

- ½ cup soy or rice milk
- 1 Tbspn cider vinegar
- 3 cloves garlic
- 1 Tbspn whole grain mustard
- ½ tsp salt
- 2 cups rice bran oil
- ½ to 1 cup room temperature water

1. Put all ingredients into a blender, food processor or use a stick blender
2. Blend all ingredients except oil and water
3. Slowly add oil and then add water at end until desired consistency is reached.

DATE PUREE IS EVEN EASIER:

2 cups pitted dried dates

1. Put pitted dried dates into 2 cups of boiling water for 5 minutes to soften.
2. Put all water and dates in blender and blend well until you have a smooth paste.
3. Can be sieved if any date stones are inadvertently include.
4. Will last at least 3 weeks in an air-tight contained in the refrigerator.

Second, from the old *Home Tried Favourites* recipe book I found a delicious Spicy Apple Cake, not suitable for vegans but no doubt more experienced cooks than myself could convert it to become suitable:

SPICY APPLE CAKE

INGREDIENTS

- 1 ½ cups raw sugar
- 3 cups wholemeal flour
- 2 tsp cinnamon
- ½ tsp nutmeg
- ½ tsp allspice
- ½ cup sultanas (or cranberries)
- ½ cup walnuts, chopped
- 240g butter or margarine, melted
- 4 free range eggs (or equivalent egg replacer) (beat separately)
- 1 ½ tsp baking soda dissolved in 1 Tbsp hot water
- 2 med. apples, diced small (skins on)

1. Put the sugar, flour, spices, sultanas and walnuts into a large mixing bowl.
2. Using a wooden spoon stir in the melted butter, beaten eggs and dissolved baking soda, one at a time. Do not over-mix.
3. Lastly, lightly fold in the diced apples.
4. Put into a greased 24cm round cake tin, and bake at 150°C for about 1¼ hours, or until cake skewer comes out clean.
5. Stand 5 minutes then turn out onto rack to cool. Dust with icing sugar before serving.

If you are able to successfully convert this recipe to become eggless, please send the converted recipe in to us so we can share it with others!

And one final recipe, this one from Nick Polizzi, which turned up in my Inbox by email while I was putting this issue of the magazine together. As Nick writes, food is medicine, and he shared the following nutrient-packed, immune-boosting recipe:

CLEANSING KALE SALAD RECIPE

INGREDIENTS FOR THE DRESSING:

- ½ cup lemon juice
- ½ cup olive oil
- 1 clove garlic (minced)
- 1 tsp fresh ginger (minced)
- 1 tsp rosemary
- 1 tsp raw honey
- A pinch cayenne pepper
- 1 Tbsp salt

INGREDIENTS FOR THE SALAD:

- 2 cups kale (chopped)
- 2 cups red cabbage (shredded)
- 2 cups broccoli (chopped)
- 2 carrots (shredded)
- 1 bell pepper (diced)
- 2 avocados (diced)
- ½ cup fresh parsley (chopped)
- 1 cup walnuts
- 1 Tbsp sesame seeds

1. Add all dressing ingredients to a medium sized blender and process until the contents are fully integrated.
2. Slice up all the veggies and herbs, per the instructions above.
3. Put everything into a salad bowl and toss it together.
4. Enjoy!

This lemon ginger dressing alone is potent medicine that supports your immune response, modulates mood, and nourishes your digestive system. Throw in the nutrient-dense leafy greens and array of veggies and you get a delicious dose of vitamins and trace-minerals that will help your body function optimally.

Nick Polizzi, info@thesacredscience.com

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Entries close 1 August 2022. Overall winner announced on 1 October 2022 (*World Vegetarian Day*).

Nelson & Sharon DINING OUT

Welcome to the first restaurant review of “Nelson and Sharon - Dining out”. Each month we'll pick a different eatery and sample the vegetarian/vegan options they have on offer and share it in the monthly e-Newsletter as well as the magazine. If you have any suggestions for places to visit, don't be shy, get in touch! (info@vegetarian.org.nz)

CARMEL - ISRAELI STREET FOOD

(Established in 2017)

Nestled amongst the tall office buildings of the windy suburb of Eden Terrace, we found some of the best falafel we've ever had.

Walking into Carmel you're instantly transported to another world. Named after its Israeli owner, Carmel Davidovitch, Carmel serves up a plethora of items inspired from that region of the world. The restaurant is modern in design and the layout is reminiscent of the stylish cafes you'd find in New York or London. There is a small menu of select dishes but don't let that put you off, Carmel is the perfect summary of quality over quantity.

Both Sharon and I went with the Crispy Falafel Pita. It was a perfect medley of ingredients, the tangy Israeli style sauerkraut coupled with the Middle Eastern pickles perfectly accented the fresh tomatoes, eggplant, hummus and tahini. Garnished with a healthy serving of falafel, how could you go wrong?

You can really taste the love and care that Carmel and her husband Tomer have put into this well-balanced dish when making it.



Everything is made in-house, from the baking of the pitas to the frying of the falafel. We'll definitely be back!

Be sure to check their website as they're doing their “Pita Pop-ups” at specific times only

– www.bycarmel.co.nz

Carmel – Israeli Street Food

67b France Street South, Eden Terrace, Auckland 1010
Phone: 020 4102 0778

Hours:

Thursday	9am–2:30pm
Friday	9am–2:30pm, 5–8pm
Saturday	9am–2:30pm, 5–8pm
Sun - Wed	Closed

VEGETARIANISM THROUGH THE DECADES -

Cleaning out my cupboards during one of the lockdowns (what else was there to do?!) I came across a booklet prepared and printed for NZ Vegetarian Society's 50th Anniversary celebrations on 3rd October 1993. The Society had bravely booked the Aotea Centre in Auckland for a Healthy Lifestyle Seminar “Survival for the 21st Century”, with a full day of speakers from both overseas and round New Zealand, included talks, practical workshops and cooking demonstrations. The day finished with a sumptuous Banquet in the evening, and attracted over 100 participants, which was quite an achievement at that time.

That the NZ Vegetarian Society has reached its 79th year is a tribute to the loyalty and longevity of not only its founders but to a loyal core of volunteers who have helped with its work over the years; and when I put that booklet with the one produced in 2018 for the Society's 75th Anniversary, I began to think

about the progress members of the Society have witnessed over the years since it was formed. So, here's the first of a series looking at veg-nism through the eyes of members over the decades.

The Society was formed in 1943 and Geoffrey Hodson was one of the prime movers in its formation. He was its first President, a position he filled until his retirement 26 years later in 1969, and membership of the Society doubled in the first three years. By 1946 there were eight official Groups; one each in Hamilton, Rotorua, Hawkes Bay, Palmerston North, New Plymouth, Oamaru, Dunedin and Invercargill; and four official Branches: Auckland, Wanganui, Wellington and Christchurch, as well as numerous general members not affiliated with any of these.

Work done during the 1940s included preparing a set of Rules and a Constitution for the new Society, setting up the Combined Animal Welfare Organisation, and campaigning for the introduction of ‘humane



Brian and Roma Dunningham

killing’ at slaughterhouses culminating in the passing of the Slaughter of Stock Regulation in 1951. Moving from the 1940s to the 1950s, branches and groups flourished, arranging public lectures, cooking demonstrations, radio broadcasts etc.

HAPI ORGANIC CAFE & MAARA

(CLEAN KAI EATERY)



Leaving Auckland just after Christmas to travel to the Hawkes Bay for a few days, the all-too-common thought crossed my mind: what vegetarian/vegan options will the region offer?

I was pleasantly surprised. After enjoying a beautiful, locally-made, vegan-certified cider by Paynters Cider in Hastings, I popped into the picturesque city of Napier. Nestled amongst the beautiful art deco architecture of the centre, I found just what I was looking for.

Hapi Café is a co-operative space that offers gluten-free, dairy-free, plant-based food. With a wide menu on offer I settled on a salad which had a little of everything from their cabinet.

Starting with a bed of couscous and noodles it was topped with scrambled chipotle tofu,

creamy vegan mushrooms, a mixture of leafy greens, a hardboiled egg and a whole avocado. It was then garnished with sprouts and topped off with a beautiful vinaigrette salad dressing.

With the salad box sitting in front of me, I was worried that the strong combination of ingredients would try to overpower one another. But, forming a medley of flavours and textures that accentuated each other perfectly, I quickly realised that I shouldn't have worried in the first place. I should have let my taste buds do the judging. The biggest challenge I faced was getting a little of everything onto my fork at once!

Along with a huge selection of homemade juices, sodas and kombucha, they also have a health food store attached. After finishing my delicious salad I wandered around and was impressed by the large selection of products. So many in fact that it would give a lot of Auckland health food stores a run for their money. This little co-op is one of Napier's best kept secrets - I highly recommend stopping by if you're in town!

It's also worth noting that they offer catering and online orders. Be sure to be quick as they sell out fast.

- NELSON A.



Hapi Organic Cafe & Maara

45 Hastings Street, Napier South, Napier 4110

Phone: 027 372 5112

Or, check 'em out online:

Online: hapi.nz

Facebook: facebook.com/hapinapier

Instagram: [@hapinz](https://instagram.com/hapinz)

HISTORICAL SNIPPETS

Brian and Roma Dunningham were amongst the handful of enthusiasts who pioneered alternative lifestyles in New Zealand at a time when all but meat-and-two veg was viewed as eccentric at best and nutritionally dangerous at worst. Staunch workers in the Vegetarian Society from the 1950s onwards, Brian and Roma were interviewed for the 1993 booklet:

ROMA: Of course, when the Vegetarian Society was started, the Seventh Day Adventists had been providing a wonderful health-food service for many years through their Sanitarium stores and restaurants, but theirs was a religious motivation and so the public could enjoy their food and products without necessarily giving consideration to the ethical angle of vegetarianism.

BRIAN: Yes, the callousness involved in meat production certainly evoked small response in those days, so in our advocacy we tended to emphasize the health angle. The message of humaneness was hard to get across in a cattle breeding country, dependent on meat exports for economic stability.

WHAT WAS CAMPAIGNING LIKE

ROMA: Campaigning was challenging because so few responded. There was strong public prejudice against vegetarianism. Its acceptance and popularity increased gradually with the awareness of health principles. When the medical establishment began warning of cholesterol levels in connection with meat consumption, the way was paved. Until then we used to feature high profile vegetarians such as the Olympic swimmer, Murray Rose, in an effort to show by example that a meatless diet was nutritionally valid and even beneficial.

BRIAN: there were high points. Our association with Geoffrey Hodson in his successful campaign to introduce "humane killing" in abattoirs was satisfying and seemed a great achievement in those daysthough I expect nowadays vegetarians set nothing less than the abolition of the whole abattoir system as their goal!



Geoffrey Hodson

YOU MENTION GEOFFREY HODSON ... WHAT WAS HE LIKE?

ROMA: There are some people whose simple presence seems to uplift and strengthen. Mr Hodson was one of these. He was a compelling orator, and drew crowds to vegetarian talks and functions.... He put an immense knowledge to work in promoting the causes he espoused; he seemed to have a natural wisdom, but above all I think, he had a heart that would never let him say no to people or creatures in distress....

CONTINUES PAGE 17



CARROTS: NOT JUST RABBIT FOOD...

OFTEN LAUGHINGLY REFERRED TO AS “RABBIT FOOD”, CARROTS ARE ACTUALLY A GREAT SOURCE OF CAROTENE, FIBRE, AND IMPORTANT MICRONUTRIENTS LIKE POTASSIUM, B VITAMINS, VITAMIN C, AND VITAMIN K, AND, STUDIES TELL US, MAY BE GOOD FOR YOUR EYES, HEART, IMMUNE SYSTEM, AND BLOOD SUGAR BALANCE

ORIGINS

The wild carrot is indigenous to Europe, North Africa, and Western Asia, with the most varieties springing up in modern-day Iran and Afghanistan. Historians have found evidence of human use of carrot seeds as far back as 4,000-5,000 years ago. In Egypt, Rome, and Greece, healers prescribed carrots as a healing remedy for numerous illnesses. Originally quite a bitter flavor, during their journey across centuries and continents, countless botanists have managed to improve the composition, look, flavour and size of ancient carrots and produce the modern orange-coloured carrot that appeared first in 17th century Netherlands.¹ There doesn't seem to be a biological advantage to an orange hue for the carrot, except that that's what people seemed to like once they showed up.

The first evidence of carrot crops being grown specifically for food was in the Iranian Plateau and Persia during the 10th century. After that, they spread to Andalusia (modern-day Spain) and then to the rest of Europe. During this time, carrots were mainly purple, white, or yellow — a variety reminiscent of those rainbow packages of baby carrots you can find today in some grocery stores.

Carrots became a major player in American cuisine thanks to soldiers returning home with seeds, and more importantly, descriptions of delicious European dishes that featured them.

TYPES OF CARROTS

Domesticated carrots fall into two main categories. The first is the Eastern or Asiatic carrot, grown around the Himalayas. These types of carrots are rich in anthocyanins,

pigmented antioxidants that make them primarily purple, yellow, or black. The second is the Western carrot, which grew largely in the Middle East and Turkey. These carrots are rich in carotenoids, which give them their orange, yellow, red, or white coloring.

You can purchase seeds for the whole rainbow of carrot colours in New Zealand, from orange through to white, yellow and purple and in a variety of sizes and flavours, and grow them in your own garden - they can be sown in spring, summer and autumn.

CARROT HEALTH BENEFITS

Carrots are known for their high beta-carotene content. This carotenoid gives the most common orange and yellow varieties their color. Your body naturally converts beta-carotene to vitamin A, an important nutrient for things like eyesight and immunity. No matter what color of carrots you enjoy, you're going to get a good dose of antioxidants. For instance, yellow carrots contain lutein, red carrots contain lycopene, purple carrots contain anthocyanins, and black carrots contain phenolic compounds.

Carrots are also low in calories and fat and high in complex carbohydrates and

fibre, and they're a good source of other micronutrients, like potassium, B vitamins, vitamin C, and vitamin K1.

Carrots have been studied for a number of specific health benefits. Were you ever told as a child to eat more carrots to see better at night? Well, while they're not a miracle food for achieving superhuman night vision, carrots do certainly help, being rich in antioxidants like beta-carotene, lutein and zeaxanthin, all of which are known to help protect your eyes.

Studies have also shown that eating carrots may reduce the risk of prostate cancer, may be associated with a lower risk for breast cancer and stomach cancer, and could be helpful in improving heart health, as well as being beneficial for people with diabetes.²

CARROT CONCERNS

Carrots offer plenty of health benefits, but can you eat too many of them? Well, like pretty much anything else, you can still get too much of a good thing with carrots. Carrots, green leafy vegetables, and sweet potatoes contain provitamin A — in the form of beta-carotene and other carotenoids — that your body turns into vitamin A. But eating too many carrots could potentially contribute to vitamin A toxicity. Luckily, this is incredibly rare unless you're eating many pounds of carrots per week, and you can usually make a complete recovery if the excessive ingestion of vitamin A stops.

It's best to buy organic carrots if possible. Carrots can absorb pesticide residues from soils. And because the edible part is a root, they are fully immersed in the soil around them. When choosing carrots, look for ones that are firm, smooth, and brightly colored. The deeper the orange color, the more beta-



carotene they contain (the same goes for other colors and their respective antioxidants). Avoid carrots with excessive cracks, as well as those that are limp or rubbery.

GROWING CARROTS

Carrots need some special consideration in your garden since they're root vegetables. They need deep, loose soil and a consistent water source for the best results. If you want to grow long carrots, but don't have a deep enough layer of topsoil to allow them to grow down unimpeded, consider building raised beds. Ideally, plant carrots in areas that receive full sun most of the time. It may take a few weeks for carrot seeds to germinate, but they're typically ready for harvesting after approximately 50-75 days.

HOW TO COOK & PREPARE CARROTS

Carrots are incredibly low maintenance. In fact, you don't even need to peel them before you eat them: the peel contains most of the fibre and is a rich source of niacin and vitamin C. Just wash or scrub them if you want to remove dirt and pesticide residue from the surface.

Carrots are tasty, not only raw but also cooked and you can also eat their tops. And with carrots, raw isn't necessarily better. In a 2003 comparative study³, significantly more

beta-carotene was absorbed from meals containing cooked, pureed carrots than from meals containing the raw vegetable.

Either way, you can't really go wrong with carrots. To get the most benefit, and the most versatility, consider rotating various methods of preparing them, including leaving them raw.

CARROTS ARE NOT JUST RABBIT FOOD

Carrots have a long history of usage, first as a spice and medicine, and then as a cultivated food. They have a number of health benefits due to their high levels of antioxidants like beta-carotene. Carrots are also a relatively sustainable crop from an environmental perspective. And this crunchy, delicious veggie can last for a long time in your kitchen, whether you use it in sweet or savory recipes.

So, although carrots are 'Bugs Bunny approved', as you can see, they are a lot more than just rabbit food.

Sources:

- ¹ What's So Great About Carrots? Ocean Robbins - <https://foodrevolution.org/www.vegetablefacts.net/vegetable-history/history-of-carrots/>
- ² www.vegetablefacts.net/vegetable-history/history-of-carrots/
- ³ <https://pubmed.ncbi.nlm.nih.gov/14673607/>



VEGETARIANISM THROUGH THE DECADES - HISTORICAL SNIPPETS | CONTINUED FROM P15

WHAT ROLES DID YOU HOLD IN THE SOCIETY?

BRIAN: Roma edited the Society's magazine¹, which was a 'glossy' at the time and attracted advertising. Since subscriptions and advertising paid our costs, a sort of business lieutenant was needed to do publicity and manage production. This work fell to me and involved a great deal of travel around New Zealand.

REASON FOR ADOPTING A VEGETARIAN DIET?

BRIAN: Kindness to animals and interest in health – a little of both – but to be honest, when it really came down to the daily effort of cooking new foods, I don't think I'd have made the change as quickly if it hadn't been for Roma. She simply refused to cook any more meat! I suppose my personal journey could be termed 'From stockbreeder to vegetarian' because I was raised on a farm breeding pedigree bulls

ROMA: In those days, maintaining a vegetarian diet when raising a family was probably even more of a challenge than it is now. Young vegetarian mothers were regarded askance by many. Pressure from concerned friends and relatives was quite a test of one's convictions. In my case, the doctors seemed to keep their distance but two sympathetic Plunket nurses took a lively interest in my choices and observed the children's progress closely.

DO YOU SEE A REAL CHANGE IN ATTITUDE OR DO YOU THINK THAT THE PRESENT POPULARITY OF VEGETARIANISM TODAY [1993] IS JUST A FAD?

BRIAN: I see a real change of consciousness, in terms of health at least.

ROMA: ...I think there's a real awareness of cruelty towards animals as well. I don't think there has been 'one great moment' when we felt the benefits of vegetarianism had filtered through to our fellow NZers. It was just a

case of chipping away at the public mind over many years. Vegetarianism is entering the second, third and fourth generation now. It is delightful to see one's own children and one's children's children continuing the vegetarian lifestyle as though it is the most natural thing in the world – which it is!

¹ Roma was editor of the very informative and forward looking magazine then called *The New Zealand Vegetarian* from Dec 1948 to Dec 1958.

Roma and Brian were life-long supporters of the NZVS and sadly are no longer with us having lived well into their 80s and 90s respectively. Both good advertisements for a healthy vegetarian lifestyle! It's good to see their legacy of dedication to the vegetarian cause is being carried on by their granddaughter, Julia, who is current National President (formerly National Treasurer) of the Society.

EVENTS *in your area*



Note: Activities & events will all be conducted in accordance with whatever Covid Traffic Light system is operating.
Phone or email the contact listed to check what's happening

AUCKLAND	<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.</p> <p>Activities have been temporarily suspended - for information regarding this group, please contact the Vegetarian Society office – info@vegetarian.org.nz or ph: 09 523 4686</p> <p>Activity list of monthly events for Auckland members has been emailed out to members but is also available from info@vegetarian.org.nz</p>	MOTUEKA	<p>Contact Karishma on 022 034 6354 for details of happenings in Motueka</p>	WELLINGTON wellington@vegetarian.org.nz	<p>The Wellington Centre of the New Zealand Vegetarian Society is dedicated to serving the needs of members and promoting the vegetarian and vegan lifestyle within the Wellington Region.</p> <p>For information about joining, monthly dinners, other upcoming events or opportunities to help promote the veg-n lifestyle, please email: wellington@vegetarian.org.nz</p>
CHRISTCHURCH	<p>Contact christchurch@vegetarian.org.nz for more details about what's happening so you can join in.</p>	NAPIER	<p>Contact Donna on email donna444@gmail.com or phone 027 588 7756 for more information</p>		<p>Coming Events:</p> <p>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</p> <p>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!</p> <p>Wellington Centre Book Group meeting every 6 weeks. For details of meeting place and dates email: wellington@vegetarian.org.nz</p> <p>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!</p> <p>Wellington Singles – Email to find out when the next singles social get together is.</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>	NELSON	<p>Monthly veggie get togethers – contact Jace on 021 051 1666 if you want to join in.</p>		<p>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!</p> <p>Wellington Centre Book Group meeting every 6 weeks. For details of meeting place and dates email: wellington@vegetarian.org.nz</p> <p>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!</p> <p>Wellington Singles – Email to find out when the next singles social get together is.</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>	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>		<p>For information about pot luck dinners in Whakatane, contact Tara: taramurphy@gmail.com</p>
INVERCARGILL	<p>Details of activities available at: facebook.com/pg/INVSOC/events</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/</p>		WHAKATANE
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>	TIMARU	<p>Check out the The Four Leaf Clover Vegetarian Restaurant for Veg~n information at 41 Stafford Street, Timaru</p>		WHANGANUI
WHANGANUI	<p>Check out the Facebook page called Wanganui Vegans Vegetarians and Compassionate Human Animals for activities.</p>	<div style="background-color: #4CAF50; color: white; padding: 20px; text-align: center;"> <h2 style="margin: 0;">OUR WEBSITE CALENDAR</h2> <p style="margin: 5px 0;">www.vegetarian.org.nz/events/</p> <p style="margin: 5px 0;">See what events are happening around NZ. If you're organising a vegetarian/vegan event let us know so we can add it to our calendar.</p> <p style="margin: 5px 0;">HELP US KEEP OUR EVENTS CALENDAR UP TO DATE AND PEOPLE INFORMED!</p> </div>			

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MEMBERSHIP



Changed your address or email?

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

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

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

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

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

THE AIMS OF THE NZVS:

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

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

THE NZVS MAINTAINS THAT A PLANT-BASED DIET IS:

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

MEMBERS AND SUPPORTERS

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

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

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

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

TO JOIN THE NZVS, go to our website www.vegetarian.org.nz and complete your details on line. Alternatively complete the application form and post to PO Box 26664, Epsom, Auckland 1344.

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

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

DIRECTORY

NEW ZEALAND

National Executive of the NZ Vegetarian Society Inc.

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who-we-are/wellington-centre/

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4011

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Wairarapa

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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



BRANDS WITH VEGAN PRODUCTS CERTIFIED BY THE NZ VEGETARIAN SOCIETY

See back page for Vegetarian Approved products

RESTAURANT MENUS



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The Best Damned Pizza In This Life Or the Next

Pizzas: Sinister, Vegan Pride, Vegan Damned, Vegan Saviour, Vegan Mayhem, Vegan Brimstone, Vegan Quorn Nuggets, Garlic Bread

HEALTH AND COSMETICS



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Food You Trust

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Food For All

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Good Taste, Good Intentions,
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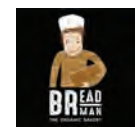
THE BAKER'S SON

Vegan Mince & Cheddar Pie, Vegan Buttery Chick'n Pie



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Nourish you - Nurture our planet

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



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

RESTAURANT MENUS



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

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

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FOOD AND BEVERAGES



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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



THE GOODTIME PIE CO.

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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



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 RICHMOND FOOD CO.
Sweet Short Pastry, Flaky Puff Pastry



SUSTAINABLE FOODS LTD.
Nourish you - Nurture our planet

Spanish Chorizo, Old English Sausage, Classic Hemp Burger, No meat Mince, Bolognese Meal, Mexican Meal, plan*t Nuggets, plan*t Crispy strips, plan*t Chick'n burger, plan*t Vege-to-balls



THE 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

CORPORATE MEMBERS SUPPORTING THE NZVS



GREEN DINNER TABLE

Eat more plants



LINDA MCCARTNEY'S

Food to come home to



PONGA ECO LODGE



PATHFINDER ASSET MANAGEMENT

Invest Ethically



QUORN

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



HARRAWAYS

Proudly homegrown oats