

VEGETARIAN

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VEG~NISM
ROUND THE WORLD

WINTER HEALTH TIPS
VITAMIN C

RECIPES

WORLD IRON
AWARENESS WEEK

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**FOR A KINDER,
HEALTHIER
WORLD**



COVER PHOTO: Spaghetti Bolognese recipe by Anna Valentine P8

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EDITORIAL



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Winter is certainly on its way with the noticeable drop in temperature both at night and during the day so it becomes more important than ever to make sure we are all eating healthily in order to boost our immune systems to fight off winter coughs and colds, as well as the various Covid and/or 'flu viruses prevalent at the moment. A recent Country Calendar programme on the production of hemp protein, and earlier ones on pine nuts and avocados, to name but a few of the episodes featuring plant-based protein production, give one hope that the future of plant-based protein production in New Zealand is a bright one. Such programmes can also inspire us to grow our own fruit and vegetables, within the limits of our environs.

Although we have no contribution from Doctors for Nutrition this issue due to unforeseen circumstances, we do have information on both Vitamin C (page 14) and iron (page 4). Tristan shares her success with Shepherd's Pie (page 1) and we travel to Canada with Nelson's interview on page 3. Sharon shares news about newly Certified and Approved companies on page 6, and Anna shares some more of

her delicious recipes (pages 8&9) as well as updating us on her food/plant journey over the last few years (pg 10). Nelson and Sharon share their Dining Out experiences (page 13) and the Think Kind Competition has been launched with enquiries already being received from students and schools.

Mahatma Gandhi once said, "A man is a product of his thoughts. What he thinks, he becomes." Science backs this up. According to a recent study by Massachusetts General Hospital, consistent mindfulness literally changes the neurons in your brain. And the age-old adage of "we are what we eat" applies likewise to our bodies. As we mature and grow, the food we eat changes to fit the changing needs of our bodies. And as we also mature spiritually, our habits change from thoughtless reactions and eating, to a conscious choice of lifestyle and food. So, become the author of your own life story – we cannot change the past, but we can shape the future – follow the path of compassion, humaneness and caring: it's up to us to walk in the right direction, make the right choices and influence others, and the world, by the way we live.

- MARGARET



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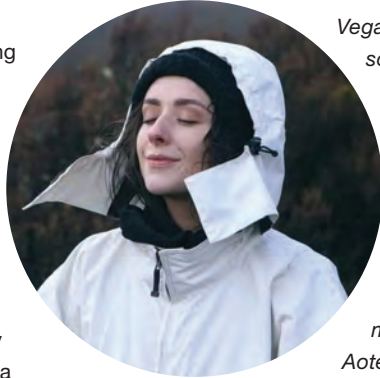


WELCOME & FAREWELL



NELSON ATIGA

The last three years have seen numerous changes in the staffing of the NZVS Office and having been delighted to welcome Nelson to the position of Office Manager last year, we are now sadly having to say *au revoir* to him as he leaves to travel first to Ireland to visit his partner's family and then to Edinburgh, Scotland where they plan to settle. Nelson has been a joy to work with and he assures us that he will continue to keep in touch and to contribute to *Vegetarian Living NZ*. We wish him and Therese all the very best in their travels and new life.



HANNAH GALLAGHER

In Nelson's place, we welcome Hannah Gallagher as our new Office Manager. Originally from South Wales, Hannah has lived in New Zealand since 2017. She has found her veganism transition to be a fun and exciting one.

"I've been Vegan for almost seven years now, with the transition to Veganism a swift and joyful one. I transitioned into veganism after my twin sister had been on the lifestyle for a while. With both of us on the lifestyle it became a bonding experience."

"We originally started Veganism for ethical reasons and it noticeably influenced our health. With more research we were able to see the impact that

Veganism had on our environment. With so many positive reasons, it became a 'no-brainer' that it was the lifestyle for us.

"During my free time you'll catch me volunteering with local animal welfare charities and working with local community organisations. Giving back is my way of thanking wonderful Aotearoa."

Also joining the office staff is our new Marketing and Communications Manager, Ina Babic. Ina was born in Bulgaria and also lived in Malta before settling in New Zealand at the age of 15. She now calls New Zealand home and lives in Auckland with her husband, 2 young children and their adorable dog Ivy.

Ina holds a Masters in marketing and is passionate about sustainability. She has recently become a vegetarian after slowly moving in this direction for a number of years.

"I am thrilled to join the New Zealand Vegetarian Society and do my part in helping to advocate for the protection of animals, improve human health and protect our environment".



INA BABIC

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VEG~NISM ROUND THE WORLD

THIS ISSUE NELSON TAKES US TO CANADA FOR HIS INTERVIEW WITH RHIANNON.

Rhiannon is a young Canadian currently living in Toronto and working for the Toronto Vegetarian Association, a local non-profit that advocates for plant-based eating.

Raised a vegetarian, and a vegan since 2019, Rhiannon is passionate about the vegan movement, environmentalism and animal rights, and looks forward to spending her life working to make the world a better place for animals, people and the planet. Rhi loves vegan cooking (and lovingly bullying roommates into trying every new recipe), watching horror movies, volunteering, educating herself on queer and social justice issues, and petting all the animals she can get her hands on.

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

For the most part, being vegan has never been easier in Canada, and is just as easy as following a non-vegan diet in our big cities. There is a vegan restaurant on what feels like every street corner in Toronto, and almost every non-vegan establishment has a plant-based option. Grocery stores are full of vegan alternatives and plant-based foods, and if your local No Frills doesn't have it, there are plenty of specialty and health stores that will.

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

I'm fortunate that my parents actually raised my brother and me as vegetarians from birth, so I started off life always paying attention to the foods I was eating and why we ate differently from most people. Our family always talked about how important it was that we don't eat meat because we don't want to support the suffering of animals, so as a natural animal lover I was very proud to be a vegetarian.

However, because I felt like I was already making a difference and found images from factory farms so upsetting, I never educated myself further about industrial animal agriculture. Then I read Jonathan

Safran Foer's book 'Eating Animals' three years ago and realized that the meat and dairy industries are one and the same. I felt that if I wanted to live in a way that truly aligned my actions with my foundational morals and values, that meant going vegan! I'm so grateful I took the time to go beyond my feelings of complacency and educate myself further - going vegan is one of the best decisions I've ever made.

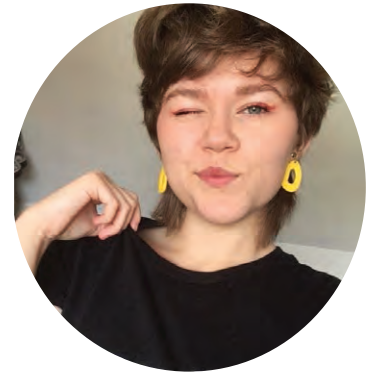
TELL ME ABOUT YOUR CHILDHOOD PET/S?

We always had pets growing up, including cats, dogs, fish, and even rats who I adored. I've been taking care of my cat, Secret, for over 10 years now, and he is my one true love - I can't imagine my life without him. He is an extremely sweet and affectionate little old man now at about 12 years old, and has been with me through so many major life changes. He's my own personal shadow - following me from room to room and always needing to sit either on or up against me. He's one of my favourite little people and is adored by everyone he meets, but no one more than me!

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?

Nothing beats a good greasy vegan burger and chicken nugget combo! Here in Toronto we have a 100% vegan fast-food chain called Odd Burger - think of the ease, affordability and comfort-food indulgence of McDonald's, but everything from the 'meats' to the sauces and even the milkshakes are entirely plant-based. It's so good my non-vegan roommates and I order from them regularly!

Living a veg~n lifestyle can seem foreign to some people;



WHAT'S THE STRANGEST THING YOU'VE EVER BEEN ASKED?

A non-vegan date kept trying to get me to admit to a situation where I would eat meat. After I patiently went through several back-and-forths on 'What if you were on a deserted island' types of scenarios (hint: I'll just have whatever the animals are having!) he confidently asked me, 'Okay then, what if you found a dead animal lying on the side of the road that had died naturally from old age?' When I still told him no and he confusedly asked why, I politely told him I just don't have any interest in eating dead animals

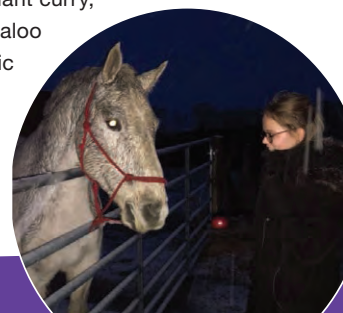
because the idea of eating dead flesh is just gross to me; something he didn't seem to have ever considered before. Suffice to say, our date ended pretty shortly after that!

WHAT'S THE THING THAT YOU'RE MOST COMMONLY ASKED?

Still by far is the dreaded 'Where do you get your protein?' I say I get it from the same places animals get it - from plants! I also let folks know that most people are actually consuming far more protein than they need, and that eating plant-based sources of protein is the healthier and more efficient option for your body.

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

I have yet to be disappointed by vegan Indian food! Many traditional Indian meals are already vegetarian so veganizing is so easy. A good vegan eggplant curry, vegetable korma or aloo gobi with some garlic naan will always be a hit with me!



TRISTAN'S *Corner*



This week I made Shepherd's Pie for my family and it was a triumph. I have three types of people in my household. Firstly, my 13 year old son and I will eat just about anything. Then there's the other adult in the household who isn't vegetarian but eats the vegetarian food I make at home. There are some meals he's more keen on than others but he eats what he's given.

Lastly, there's my fairly picky 12 year old. His favourite meal is my home made lentil burgers and if he had his way we'd have them for every meal. He's willing to give new things a go, though, and he's broadening his horizons, so I like to encourage him and experiment.

That's why I was delighted when I dished up Shepherd's Pie the other night and it went down well with the whole family! When I asked the picky eater how he was enjoying it, he said, "it's surprisingly good."

I'm onto a winner there. Just in time for winter, too. This dish is going on the menu for sure. It was fast and easy to make. Here's how I did it:

1. Boil and mash some potatoes. For our family of four, I used four medium sized Agrida potatoes. Make sure they're mashed to an easily spreadable consistency, since you're going to have to spread it over a soft base.

2. Put some olive oil in a pan and add a large diced onion, a cup of diced carrots and two cloves of garlic (crushed or diced). At this point I would also suggest adding a few other types of vegetables which your family might like, for example celery, green beans or peas. I didn't add these because I didn't want to put off our darling fussy eater. He likes carrots, though, so I just stuck with those and I think the carrots really suited the dish. Gently fry the vegetables until they're browned but not overcooked or too crispy because they need to blend nicely with the next ingredient.

3. Once the diced veggies were browned and softened, I added a can of "Veggie Delights Casserole Mince in Gravy." This stuff is pre-prepared in a can, and since it is already ideally flavoured for Shepherd's Pie (or, as they call it on the can, Cottage Pie), you don't need to add any further salt or stocks or flavourings. It can be purchased at the supermarket in the canned food department. A 415g can is about \$6.00.

4. Stir the mince and the vegetables together until the mince is heated thoroughly, then transfer it into a suitable oven-proof dish. Spread the layer of mashed potato over the mince, then sprinkle the top with either cheese, vegan cheese, crushed nuts, seeds, herbs or even just a drizzle of oil. I sprinkled mine with olive oil and finely chopped basil – but only a wee bit of basil because the strong flavour could overpower the dish.

5. Put the whole thing in the oven just until the top becomes golden. I used the bake setting on

the oven rather than the grill setting, so the entire dish was piping hot when I put it on the table.

6. Serve with seasonal greens or a salad or both.

The thing I loved about this dish was how easy it was to make. Usually I like to make my meals "from scratch," although, as my children like to point out, it's not really from scratch if you didn't start by creating the world. What I mean is, I don't often go for the cans of pre-prepared stuff. Shepherd's Pie is lovely made from mashed brown lentils with herbs straight from the garden. But this was the quick and easy version with great flavours and, since it got good reviews from the whole family, I'll be doing it again soon.



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.

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

My current favourite is veganizing a creamy garlic and shrimp pasta recipe. I just sub in vegan butter, nutritional yeast, and king oyster mushrooms in place of the shrimp! They offer the same meaty texture and protein with the added bonus of the earthy mushroom taste. My non-vegan room-mates actually prefer my vegan version!

WHAT ARE YOU LISTENING TO WHEN YOU'RE COOKING?

It's either an up-tempo dance party in the kitchen or me singing my angst out to my favourite deeply-depressing songs; there is no in-between!

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

There are so many benefits, but I love how generous and empowering people in the vegan movement are. I understand that there can be a lot of conflict within the veg-n community, but every single person I've met so far has been nothing but warm, compassionate, and generous with their time, wisdom and experience - which has been especially meaningful for someone like myself just starting out in the movement. To live a veg-n lifestyle is to choose a life of compassion, and I think this internal compassion and drive to make the world a better place carries over into the way people engage with the world around them. It's a beautiful thing to see, and I feel so grateful to be a part of it.



WORLD IRON AWARENESS WEEK

22-28 AUGUST

I'm sure we're all aware of how important the correct amount of iron in the diet is to the body, after all, we are constantly being told how important it is by NZ Pork and Beef + Lamb New Zealand (obviously in an effort to sell more of their products). World Iron Awareness Week is happening on 22 – 28 August so it is important that everyone is aware of some facts and figures about iron in our diet. Unfortunately Doctors for Nutrition are not able to supply an article for this issue. However, an article on this very topic came into my email in-box from Ocean Robbins', so I thought I'd share some extracts from his article here. – Ed

WHAT IS IRON AND WHY IS IT IMPORTANT?

Iron is a **critical nutrient** for all living things. Your body uses it as a building block for a protein in your blood called haemoglobin. Haemoglobin transports oxygen through your blood to your organs and tissues. Iron is also part of your muscle tissues. It's stored in myoglobin, a protein that keeps oxygen in your muscles.

Getting enough iron in your diet is critical, but getting the amount you need requires a delicate balance. Having either too little or too much iron can cause serious problems.

There are two natural forms of iron: haeme and non-haeme iron. **Haeme iron** is only in **animal-derived foods**. **Non-haeme iron** is in **plants**.

You may have heard the common argument that because iron from plant foods isn't as easily absorbed as the iron from animal foods, people who avoid animal products have lower iron levels and an increased risk of iron deficiency.

However, research shows that this perception, though widely held in society, is only rarely true. Why? Because most vegans and vegetarians actually consume the same amount of iron as omnivores, and often, they actually consume more.

For example, in a large 2003 study published in the journal *Public Health Nutrition*², researchers compared nutrient intake among more than 65,000 men and women

between the ages of 20 to 97 years. Except for saturated fat (which was highest among omnivores), vegans had the highest intake of all other studied nutrients, across the board – including iron.

It's true that some vegans and vegetarians may have lower iron stores than omnivores, but this might be a good thing. Research indicates that these lower stores *do not* lead to higher rates of anaemia. Some evidence³ shows that lower-end-normal iron stores may, in fact, be healthier and may translate into better insulin sensitivity with reduced risk for cancer and heart disease.

If you're like most people, your intestines have a remarkable ability to alter absorption rates based on how much or how little iron you need. However, this mechanism only works with non-haeme iron.

Haeme iron has higher bioavailability. But as it more-or-less forces its way in [to the body], it's also much more likely to lead to the many health problems that result from having too much iron, such as developing plaque buildup in your arteries, and increasing the risk for coronary heart disease, stroke and type 2 diabetes.

So it turns out that avoiding haeme iron may be protective for your health – specifically for certain conditions, including metabolic⁴ syndrome and heart⁵ disease.

HOW MUCH IRON DO YOU NEED?

Your body is a pretty adaptable and amazing instrument: It's able to adjust how much iron it absorbs and uses based on how much is available. As with other nutrients, your iron needs change over time, and they vary based on gender, age, and during different seasons of life.

Recommended Daily Allowances (RDA) are intended to meet the needs of the majority of the general population. Here's the NZ Nutrition Foundation's RDA for iron:

| Age | Iron requirements (mg/day) |
|---------------------|----------------------------|
| Infants 7-12 months | 11 |
| 1-3 years | 9 |
| 4-8 years | 10 |
| 9-13 years | 8 |
| 14-18 female | 15 |
| 14-18 male | 11 |
| 19-70+ male | 8 |
| 19-50 years female | 18 |
| Over 50 female | 8 |
| Pregnancy | 27 |
| Lactating | 10 |

NON-HAEME SOURCES OF IRON

LENTILS - come in several varieties, green, red, and brown, all of which have different best uses in cooking and are an excellent source of iron.

CHICKPEAS – Very tasty as hummus; add to salads, mix into soups and pasta dishes, or roast to make them a crispy snack.

EDAMAME – these are immature soybeans, mainly available pre-shelled in the frozen vegetable section of your local supermarket. A great addition to stir-fries and bowls, blended into edamame hummus, or as a snack. (*Note: Some edamame is made from genetically engineered soybeans. If GMOs aren't your thing, look for organic or non-GMO certification.*)

TOFU - also known as soybean curd, tofu is made by coagulating soy milk and pressing it into cubes, soft and silky or firm enough to hold its shape. Flavoured to suit your taste, it can be fried, baked, or crumbled into a breakfast scramble, sliced into sandwiches, or tossed into soups and pastas. (*Note: As with all soy foods, we recommend getting organic if you can to avoid genetically engineered soybeans.*)

CASHEWS - a great base for homemade dairy-free cheese and pasta sauces, added to smoothies, or blended into cashew butter.

| Food | Measurement | Iron |
|----------------------------|----------------|-------|
| Lentils | 1 cup | 7.2mg |
| Chickpeas (Garbanzo beans) | ½ cup, canned | 5.4mg |
| Edamame | ½ cup, whole | 2mg |
| Tofu | 2 oz | 2mg |
| Cashews | ¼ cup | 1.5mg |
| Pepitas (pumpkin seeds) | 10 seeds | 1.8mg |
| Swiss chard | 1 cup (boiled) | 4 mg |
| Collards | 1 cup (boiled) | 2mg |
| Kale, chopped | 1 cup | 1.1mg |

PEPITAS - otherwise known as pumpkin seeds. Add to smoothies, mix into yogurt or oatmeal, toss into a salad or eat as a tasty snack. Sunflower and sesame seeds also contain iron.

DARK LEAFY GREENS - these contain a lot of non-haeme iron, but some greens — including spinach, Swiss chard, and beet greens — also contain high amounts of compounds called oxalic acid (or oxalates). However boiling or steaming the greens has been found to reduce the oxalates by up to 90% depending on the vegetable.

OTHER FOODS which contain iron are grains such as oatmeal, wholegrain breads and iron-fortified breakfast cereals; beans and peas, pumpkin and sweet potatoes; free range eggs and other nuts e.g. walnuts, hazelnuts and almonds, and dried fruits such as apricots, prunes, raisins and sultanas.

ASSISTING ABSORPTION: To help your body absorb the iron from plants, make sure you incorporate vitamin C-rich foods in your meals, e.g. lemons, limes, oranges (one orange has around 70mg of vitamin C), kiwifruit, blueberries, tomatoes, red bell peppers, and broccoli (one cup of broccoli has about 80mg of vitamin C). It has also been found that vitamin A and Beta-carotene assist with the

absorption of iron, so include carrots, sweet potatoes, pumpkin, and winter squash in your meals.

ALLIUM VEGETABLES – These have been shown to help promote the bioavailability of iron (and zinc, too), so you can also add garlic, onions, chives, shallots, scallions and leeks to your meal to boost the amount of iron your body absorbs.

Note there are some foods which reduce iron absorption: The tannin in tea, coffee and red wine binds to the iron in foods and reduces the amount your body can absorb. So if your iron levels are low, avoid having these with your meal, wait until at least one hour afterwards.

Some research has also found that iron absorption is reduced by 50% to 60% when a person ingests 165 mg of calcium from dairy products⁶. (For reference, one-quarter cup of mozzarella cheese contains 198 mg of calcium.)

So, as is recommended by nutritionists, eat a rainbow – plenty of fruit and vegetables throughout every day and lots of variety in your meals during each week.

If you'd like to read the full article (which is much longer) it is available at <https://foodrevolution.org/blog/iron-rich-foods/>

1 Ocean Robbins' grandfather started Baskin-Robbins [an American multinational company founded in 1945] and groomed his dad [John Robbins] to one day succeed him. But John walked away from the company and any access to his family's ice cream fortune. He followed his own "rocky road" and devoted his life to advocating for health, compassion, and sustainability and for many decades has been challenging some of the most powerful industries in the world, and inspiring millions of people to look at their food and life choices as an opportunity to get empowered and make a difference. John's son, Ocean, is now the CEO of the Food Revolution Network, and is fully involved with his father's work of informing and educating people about the importance of a healthy plant-based diet.

2 <https://pubmed.ncbi.nlm.nih.gov/12740075/>

3 <https://www.nomeatathlete.com/iron-for-vegetarians/>

4 <https://pubmed.ncbi.nlm.nih.gov/25084991/>

5 <https://pubmed.ncbi.nlm.nih.gov/24401818/>

6 <https://pubmed.ncbi.nlm.nih.gov/1984335/>

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VEGAN CERTIFICATION / VEGETARIAN SOCIETY APPROVED



SHARON ALMOG, TRADEMARK MANAGER

Winter is here, and this is just the beginning of an amazing flow of new Vegan Certified and Vegetarian Approved products that are still in the process of approval. Foods, drinks, health & beauty and household products - you'll see them all soon...

As consumers, we are not always aware of our influence on the market, but we do have a say, and if, for example, you can't find some of the products you would like to have in your local shops, you can let your local retailer know that you would like them to stock those, and most likely they will!

Look out for the latest vegan-certified wines from **Marisco Vineyards** portfolio. **The Craft Series** - Premium Artisan Elegance - now **Vegan Certified!**



Marisco Vineyards have quickly discovered that some of their vines display unique and exceptional qualities. Marisco have been on a journey as artisans, aspiring to develop a series of bespoke wines that can be their absolute pride and glory - a testament to their pioneers.

The Vegan Certified wines in this premium artisan Craft Series are: **Pioneer Chardonnay 2020, 2021; The Journey Pinot Noir 2020, 2021; Pride and Glory Sauvignon Blanc 2021** and **Exemplar Viognier 2021**



Meet the NEW vegan certified brow compatible additions to the **Aleph Beauty Hybrid Eye Pigment** range.

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INCENSE - RICH NEUTRAL SATIN BROWN



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I Love Pies are launching two new Vegetarian Approved pies - **Vegetarian Mince & Cheese pie** and **Spiced Chickpea & Spinach pie**.

I Love Pies Vegetarian Mince & Cheese pie is made with **I Love Pies'** delicious sour cream pastry, tender vegetarian mince and topped with mozzarella cheese - a good source of protein and fibre.



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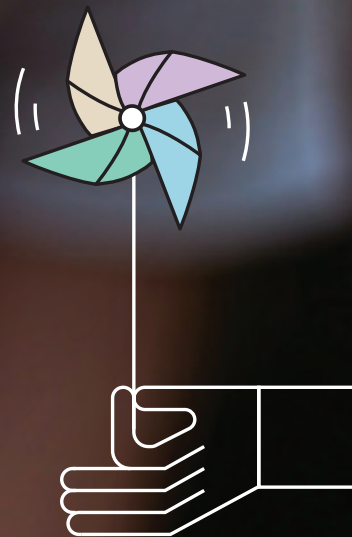


You will find the full list of Vegan Certified and Vegetarian Society Approved products at the end of the magazine, and you can stay up-to-date by liking our Facebook page.

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

Pathfinder

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At Pathfinder KiwiSaver Plan we screen companies for animal testing and do not invest in factory farming, live animal exports or whaling. We actively encourage companies to transition to technology-based alternatives to animal testing and we proudly wear our Mindful Money badge that certifies our funds as 'Animal Cruelty-Free'.

Select NZ Vegetarian Society as your charity when you switch & we will donate **20%** of our management fee to them every year. In 2021 we donated **\$7,700**. In 2022 we hope to double that.

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As we head into winter months and meals, here are some delicious recipes from Anna Valentine which you can add to your weekly dinner and lunchbox menus. Anna has many more delicious recipes available on both www.vegetarian.org.nz and theveggietree.co.nz, and, of course, in both her beautifully presented cookbooks. See the story on page 10 for an update on Anna's world!

SPAGHETTI BOLOGNESE

Spaghetti Bolognese is a firm family favourite. This recipe utilises vegetable protein based mince. My favourite is 'Quorn' for texture, you keep and cook it straight from the freezer so it is ready to use when you are. Alternative proteins for the sauce include brown lentils, cooked or in a tin, and rehydrated TVP. Tofu can also be utilized for creating a 'mince' as can processed tempeh. For the tofu substitute freeze a block of tofu, defrost, squeeze out the excess water then crumble up well. You could also use this mince as a base for shepherd's pie.¹

1. Gather your ingredients and prepare the following:

1 onion, finely diced

2 cloves garlic, crushed

3 mushrooms, finely diced

1 carrot, stick celery or capsicum, finely diced

2. You will need 2 large pots, the larger one with a lid. In the first pot, heat together:

4 Tbsp olive oil (increase if dairy-free)

2 Tbsp butter (optional)

3. On a high heat, add the prepared veggies and fry until they start to colour. Next, add:

300g vegetarian mince or alternative

4. Fry for a couple of minutes, then add:

150 ml red wine or red wine vinegar with a pinch of sugar

5. Stir through and reduce the heat for 1 minute. Then add:

1 x 700ml jar passata or 2 x 400g can chopped tomatoes

400ml water

2 Tbsp balsamic reduction

5 sprigs fresh thyme, tough stalks removed

1 sprig sage, leaves roughly chopped

1 tsp dried oregano

1 small stalk of fresh rosemary, stripped and leaves roughly chopped

2 bay leaves

30g pine nuts (optional)



6. Simmer for 25 minutes, stirring occasionally. When thickened, season with:

½ tsp salt

¼ tsp cracked black pepper

7. Fill the second pot ¾ full with water, cover and bring it to the boil. Add:

2 Tbsp salt

400g dried spaghetti, wholemeal or gluten-free

8. Stir, then boil for 10 minutes or until just cooked through. Drain through a colander and put back in the pot (not on the heat though), add the sauce and mix through gently, using tongs.

9. Grate the following amount of cheese:

150g Parmesan cheese, dairy or hemp parmesan (recipe below)

10. Add some to the pasta and use the rest to top each portion and serve with rocket drizzled with balsamic reduction, extra virgin olive oil and salt.

¹ There is also a variety of plant based frozen "mince" products available in supermarkets eg from Sanitarium, Bean Supreme, [check names] and the Casserole Mince mentioned by Tristan H in her column

NUTTY CHOC CRISPY BISCUITS

These biscuits are moreish and super crispy. They spread quite a bit when they are cooking so make sure you leave enough room for this. They also need to cool before removing from the tray as they are fragile when warm.

1. Preheat oven to 180°C. Grease or line a baking tray with baking paper.

2. Start by measuring into a bowl:

50g butter, dairy or plant-based, softened

50g coconut oil

3 Tbsp (45g) muscavado or brown sugar

3. Mix well until light and pale. I use an electric mixer with a paddle, but a wooden spoon and large mixing bowl will work too. Then add:

½ can (200g) light condensed milk,
coconut, oat or dairy

1 cup mixed nuts, pulsed until finely
chopped



3 Tbsp desiccated coconut

2 Tbsp Dutch process cocoa powder

3 Tbsp cornflour (starch)

4 Tbsp brown rice flour

½ tsp baking soda

125g dark Whittaker's chocolate,
chopped into small chunks

4. Mix until it just comes together – don't overmix. Shape the biscuits into rounds using two teaspoons, one to scoop and the other to push off onto the tray. Try to keep them as round as possible, and leave 3cm of space between each to spread. Bake for 12–15 minutes. Leave on the tray for five minutes before transferring to a cooling rack to cool completely. Store in an air tight container, preferably a biscuit tin.

HEMP PARMESAN



PLANT-BASED &
GLUTEN-FREE

This hemp parmesan has become a staple in the fridge here at The Veggie Tree, we all love it! Savoury, salty, creamy and packed with nutrition it is the perfect topper for everything from pasta to risotto, pesto to fritters, basically anything you would usually add parmesan to.

1. Gather your ingredients and prepare the following into the food processor:

1 clove garlic, peeled or 1 tsp garlic powder

1/3 cup hemp hearts

1/3 cup macadamia or cashew nuts

1/3 cup nutritional yeast

1 tsp salt

2. Pulse until finely chopped and store in the fridge in a sealed jar if you use fresh garlic.

REDUCED BALSAMIC DRESSING



This recipe is one of my pantry staples and I absolutely love to use it on leafy green salads in the winter time. It coats the greens perfectly without destroying them with acidity which can happen with straight balsamic and it also compliments kale, silverbeet and abundant edible winter weeds which are a bit more robust. Once cold, simply drizzle over your salad with an equal amount of olive oil and a little Himalayan salt. Simple and absolutely delicious.

1. Gather your ingredients and add the following to a pot:

1 Litre balsamic vinegar

150g unrefined cane sugar

1 stalk rosemary

½ red onion, diced (optional)

2. Stir until the sugar dissolves, then bring to the boil and turn down to a simmer. Stir mixture frequently and continue simmering until the liquid is reduced by half. Leave to cool completely before decanting into a jar or bottle.

ANNA VALENTINE

Time for an update! An interview with Anna was published in the Vegetarian Living Autumn 2020 issue (Vol 76 No.3) and Anna has been on an intensive journey since then. However, she has continued to cheerfully provide us with her delicious recipes and fascinating food and plant information. Here's an update on her story:

I know not everyone has the same beliefs as me and maybe my opinion should only be food related, but I have been on an epic journey over the last three years into the entire plant world. I have dived into herbalism, nutrition, naturopathy, aromatherapy and foraging, head first and I am absolutely in love.

From learning about nutritious and medicinal edible weeds, flowers and plants, to actively using and crafting native rongoa¹ into food for our body and immune systems, I have created essential oils for helping and healing, emotional support and natural body care, and even homemade cleaning products.

I have been schooling myself (and now my children), intensively. I research every day on every topic that comes up, treating my immediate friends and family with remedies I've made, listening to symptoms, and talking through effects and outcomes. I've listened

to hundreds of hours of specialists in their fields of expertise speak to their extensive knowledge of certain subjects, learning and absorbing; all the while working very hard on keeping my little business² alive, constantly creating cook schools, marketing, managing, writing and photographing. And just like everyone else in the world, swimming through this quagmire of COVID chaos.

My little family and I all got Omicron a few months ago, me the worst, and thankfully I had a bunch of remedies already prepared. I had done extensive research into it, so I was absolutely confident we could tackle it here at home with natural remedies³.

Although I would usually have my Autumn and Winter Schedule up on the website at this time, these past few months have taken me on different and exciting paths. There have also been some testing times in regard to cooking schools, which I am working through so as to be able to share the love of plant based foods and foraging without having to take unnecessary measures.

Over the early part of this year I enjoyed catering two yoga retreats on The Rock Cruiser with Marie Andrews Yoga which were absolutely amazing! I had a 360° view of the Bay of Islands all day while cooking

three delicious, nutritious meals, chatting to the wonderful yogis about plant based food, as well as squeezing in a swim off the boat at least once a day, night phosphorescent kayaking adventures, and snorkelling for seaweeds to add to our meals.

There have been other amazing opportunities as well: catering for a beautiful healing retreat at Rehua; taking a cooking class at a weekend healing retreat; and catering for a Collective Consciousness Healing week early in April as well as catering at an Easter Weekend Hoki Mai event at Rehua in Northland.

I'm currently looking at changing things up a little with my cooking school, including a cooking weekend package, collaborating with a couple of local businesses (which is super exciting), plus some Cook-your-Own Dinner workshops where you get to take dinner home to feed your family.

In the meantime, I've started work compiling my next recipe book which will keep me busy for a while, so I hope you enjoy the recipes I'm sharing with you through *Vegetarian Living NZ*

ANNA VALENTINE

1 Traditional Maori medicine

2 The Veggie Tree

3 See Anna's experience on the recipe section of theveggietree.com along with recipes she used.



DOUBLE COOKBOOK DEAL

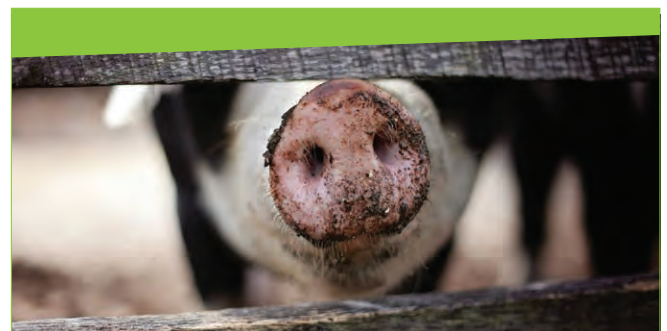
The Veggie Tree family friendly Cookbooks will inspire you and help create healthy and nutritious meal times at your house throughout the year.

All my recipes are nutritionally balanced and draw inspiration from world food. Catering for all plant-based diets, most of the recipes provide vegan alternatives, as well as gluten and dairy-free options.

Buying The Veggie Tree Cookbooks not only supports a small local business, it also inspires me to keep creating and working towards self-publishing more cookbooks, so thank you in advance I truly appreciate your support.

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DID YOU KNOW

From one of our long-standing members:

WALNUTS

It's taken a long time, but I have just discovered that a pair of adjustable pliers is a really good nut-cracker! It just cracks the shell in a gentle way that enables the removal of the kernel without crushing it. Maybe a lot of other people have discovered this already, but I thought it worthwhile to take a photo. (It is possible, of course, that walnut varieties today also have more easily opened shells.) Having also tried this method on macadamias I found the pliers do not have the necessary leverage!

ALISTAIR MACARTHUR



And on the subject of walnuts, did you know that humans have been eating walnuts since at least 7000 B.C.?

In fact, walnuts are the oldest food from trees known to humankind and they have the highest amount of anti-oxidants, ranking

amongst the most anti-oxidant-rich foods on earth. Research-backed benefits of walnuts include:

BRAIN HEALTH AND PROTECTION AGAINST ALZHEIMER'S

Routinely consuming walnuts may help cognitive function, including memory and focus, and help protect against dementia and Alzheimer's. This is in part because walnuts are high in omega-3 fatty acids, and they're also very high in anti-oxidants that help with inflammation and protecting the cells.

IMMUNE SYSTEM, METABOLISM AND GUT

Walnuts are high in a number of nutrients that may help boost the immune system, such as copper and vitamin B6, both of which are excellent for nerve health; and walnuts are also a rich source of minerals such as copper (as mentioned), potassium, manganese, iron, calcium, magnesium, zinc, and selenium all of which are important for helping to efficiently and fully digest foods for energy.

A Louisiana State University study showed they have prebiotic properties, in particular increasing the good bacteria *Lactobacillus*, *Ruminococcus*, and *Roseburia*, which may improve gut function.

HEART HEALTH AND HEALTHY CHOLESTEROL LEVELS

As mentioned above, walnuts are excellent sources of certain omega-3 fatty acids; the amino acid l-arginine; monounsaturated fatty acids such as oleic acid; and essential fatty acids (EFAs) such as linoleic acid, alpha-

linolenic acid, and arachidonic acids -- all of which have been shown to be beneficial for heart health.

Omega-3s, and other nutrients contained in walnuts may also help rid the body of toxins and waste, and assist the body in maintaining healthy inflammation levels, important in fighting early aging.

A study published in the medical journal *Metabolism* showed consuming walnuts may significantly lower the "bad" LDL cholesterol and raise the "good" HDL; and another study out of the University of Munich Medical Center showed that consuming walnuts may reduce ApoB levels, which is a marker used to evaluate the risk for cardiovascular diseases.

BONE HEALTH

Phosphorous and copper are central to building and maintaining bone health, and walnuts are rich sources of both of these minerals and may also help increase calcium absorption into the bones.

NUTRIENT-DENSE & CALORIE-DENSE

One other point about walnuts to bear in mind: while they are very nutrient-dense, they are also calorie-dense, so typically eating a handful a day will do; and if you want their maximum benefit, consider eating them in the morning because they may also help ward off fatigue and support healthy blood pressure throughout the day.

Extracts from a blog by Brian Vaszily, <https://theartofantiaging.com/>

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Valid until 31/7/22



SNIPPETS FROM ALL OVER:

Have you heard of the moringa tree? It originates from India and nearly every part of the moringa tree (*Moringa oleifera*) is edible and chock-full of powerhouse antioxidants, minerals, and beneficial compounds. It is known to reduce inflammation, balance blood sugar and improve heart function. Clinical tests have also shown that moringa oil can heal skin issues, headaches, fatigue, painful joints and even certain cancers.

While this might be a discovery for modern medicine, it's old news for healers trained in Ayurveda — a 3,000 year old medicine system that uses moringa as a treatment for more than 300 disorders.

Just goes to show that the ancients have long known what scientists are just discovering now!

thesacredscience.com/tree-of-immortality

VEGAN RUGBY STAR

TJ Perenara first decided to go vegetarian four years into his professional career in 2016, an ethical decision made due to his concerns about the environmental impacts of agricultural farming and the mass production of meat. *"... my reasoning isn't against the local farmer who's doing something for their family, it's for those major corporations who are mass-producing meat that we don't need that then goes to waste."*

Three years later, after the 2019 Rugby World Cup, he chose to go all in and embrace veganism - a change he says was made smoother thanks to the structure he learned to apply to his diet as a youngster. *"I always wanted to be a rugby player, and I was always pretty fit,"* he said. But while his mates were all getting better as players, and his own skills were improving, his stamina wasn't.

Being in camp with the All Blacks during their 2016 end of year tour to the US and Northern Hemisphere made Perenara's first forays into vegetarianism easier. He credits the support and expertise of All Blacks nutritionist Kat Darry and strength and conditioning coach Nick Gill, who helped fine-tune his new diet to ensure he was still getting all the necessary nutrients and protein.

"I definitely did a bit of research on what things that I would need to eat in order to keep my energy levels up."

The support of his loved ones also makes it easier for Perenara to maintain his dietary focus, with his wife, Greer, and toddler daughter, Amaia, both vegetarians.

Extracts from story in Stuff by David Skipwith 27/03/2022

A vegetarian gluten-free pie claimed top prize at the 2022 British Pie Awards, made from jackfruit "steak", gluten-free craft ale and black pepper, Pieminister's Mooless Pie beat 976 entries to the supreme champion crown in Melton Mowbray, whose pork pies have traditional status. There were 23 different classes of hot and cold savoury and dessert pies and pasties for the 151 judges to consider at the competition.

Chair of the Melton Mowbray Pork Pie Association and host of the awards, Matthew O'Callaghan, said: *"This was a superb pie, it looked good, had a nice even golden bake. The pastry was crunchy, complemented by the moist filling which had 'bite', and the balance of flavours in the pie was just right....Being vegetarian and gluten-free, Pieminister's Mooless Pie is an everybody's pie..."*

Pieminister's entry beat 35 contenders to the 'free-from' title before being judged overall winner, the first time a champion had been chosen from the category.

The Guardian 12/03/2022

VEGAN DIET HELPFUL IN OVERWEIGHT AND TYPE 2 DIABETES STUDY

Recent research has shown that a vegan diet can help people who are overweight or have type 2 diabetes lose weight and lower their blood sugar levels. The data, drawn from 11 randomised trials including 796 people who were overweight or who had type 2 diabetes, showed that adhering to a vegan diet over three months reduced body weight by about 4.1 kg on average compared with control diets, and cut blood sugar levels.

Anne-Ditte Termansen, of the Steno Diabetes Centre in Copenhagen, who led the research and presented the results at the European Congress on Obesity, said: "This rigorous assessment of the best available evidence to date indicates with reasonable certainty that adhering to a vegan diet for at least 12 weeks may result in clinically

meaningful weight loss and improved blood sugar levels, and therefore can be used in the management of overweight and type 2 diabetes. Vegan diets likely lead to weight loss because they are associated with a reduced calorie intake due to a lower content of fat and higher content of dietary fibre."

The Guardian 05/05/2022

VEG-N TRAVELLER'S PARADISE?

Located in a German region famed for its frugality, Tübingen is known for its fiercely green reputation, where veganism and environmental friendliness are the default setting. It can be found in Germany's south-west, nestled between the alps of the Swabian region and the densely wooded Schönbuch nature park and is one of Germany's sunniest spots.

On first impression, the city seems like a fairy tale, with its idyllic landscape and youthful vibe; out of the 90,000 residents, more than 27,000 are students at the University of Tübingen. It's an innovative city, one of the centres of the German student protests of 1968 rejecting traditionalism and authority which influenced the city's leftist and environmental sensibility.

Tübingen is an official participant in Veganuary, the annual challenge that encourages people to go vegan for the month of January and it's as common to ask if someone eats meat as it is to ask if they have allergies and Tübingen is also constantly being redesigned and updated to be ever-more environmentally friendly.

"In Tübingen, there are self-governed housing initiatives, where cooking and grocery shopping is organised collectively and is mostly vegan," explained Jenny Bröder, who has been living in Tübingen for 12 years and works at the university. *"The people running and living in these housings are often politically active, cultivate an awareness for social and ecological topics, and contribute to the cultural scene by organising concerts, lectures, festivals and parties. The food offered at these events is usually vegan too."*

"Our vegetarian offering of the day gets sold out much quicker than the meat offering," said Alok Damodaran, who runs a South Indian food truck in the city, which is definitely significant in a country that is known for its sausage.

<https://www.bbc.com/travel/article/20220320>

Nelson & Sharon DINING OUT



PONSONBY INTERNATIONAL FOODCOURT

Right smack in the centre of Ponsonby you'll find one of the last truly authentic food courts in the city of Auckland. Walking up the stairs and past the chainmail beads keeping the flies out you feel like you've gone back in time. The décor is dated, the lighting a little too bright, but the selection of food is second to none.

After perusing the various kiosks we realised that we were spoilt for choice. With Italian, Vietnamese, Japanese, Malaysian, Turkish, Thai and Laotian options on offer, making a choice wasn't easy. We finally settled on a Malaysian Peanut Curry with Rice and Laotian Stir-Fried Noodles with Vegetables. What more can we say, it was love at first bite.

Ponsonby International Foodcourt

106 Ponsonby Road, Ponsonby (cnr Ponsonby Road & Pollen Street)

Open 7 days: 11am to 10pm

Dine-in & Takeaway available

<https://ponsonbyfoodcourt.co.nz>



RAS VATIKA REVIEW

Ras Vatika - half way down Dominion Road in Auckland, you have to keep your eyes peeled or you'd miss it. Heading south, on the left hand side is a little "hole in the wall" restaurant with THE most authentic Indian food you'll find this side of Calcutta.

The place is called Ras Vatika. It's perfect in every possible way. The dishes are simple, yet complex. The ingredients are fresh, as if they've been picked from the garden that morning. The spices used are subtle and mild but they complement the vegetables used perfectly.

Ras Vatika is a completely vegetarian eatery but nearly everything is able to be made vegan. I would strongly recommend starting your dining experience off with the Samosa Chat to share, and ordering whatever your heart desires from there.

It's also worth mentioning that Ras Vatika is quite possibly one of the cheapest restaurants in Auckland. Don't be surprised if your bill comes to less than \$10 per person. This is truly something to cherish in our current economic climate.

Ras Vatika Indian Vegetarian Cafe

596 Dominion Road, Mt Eden
Ph: 09 623 2145

Open 7 Days: 11:00am - 9:00pm

<https://www.rasvatika.co.nz>

Online ordering also available for click and collect or Home delivery





WINTER HEALTH TIPS

VITAMIN C

VITAMIN C IS A CRITICAL NUTRIENT FOR OVERALL HEALTH AND HAS MANY OFTEN OVERLOOKED BENEFITS.

Also commonly known as ascorbic acid, vitamin C is a water soluble vitamin. It's considered an essential nutrient because your body can't produce it. It's involved in bone, skin, blood vessel and immune health as well as playing a role in skin and tissue health, brain health and energy production. This means you need to be consuming it regularly, particularly as your body doesn't store it.

Boosting immunity is probably one of the most well-known benefits of vitamin C and for good reason. It has a powerful effect on immune health and is one of the best vitamins for dealing with (or trying to avoid) infection. Particularly important in today's world of virus pandemics!

To start with, vitamin C encourages the production of certain types of white blood cells that help protect your body from infection. On the flip side, not having enough vitamin C can make your body more susceptible to diseases but taking vitamin C after you're already sick can help your body recover.

Research¹ has shown that supplementation can reduce symptoms and shorten the duration of respiratory tract infections and combining it with zinc has shown effectiveness in improving the outcome of

malaria and diarrhea infections in children in developing countries.

And research² has also shown that eating or supplementing with vitamin C is one easy way to increase blood antioxidant levels. Getting enough of it on a regular basis can help to calm chronic inflammation within your body, and may even help to prevent certain chronic diseases related to free radical damage.

VITAMIN C IS A KEY COMPONENT AS IT CAN REDUCE LDL (BAD) CHOLESTEROL AND TRIGLYCERIDE LEVELS, TWO RISK FACTORS FOR HEART PROBLEMS

Keeping both your heart and brain healthy and "young" is critical to quality of life as you age, and when it comes to protecting both of these vital organs, vitamin C is a key component as it can reduce LDL (bad) cholesterol and triglyceride levels, two risk factors for heart problems.

As far as brain health goes, research³ has made it clear that a deficiency of vitamin C may significantly impair cognitive function which can lead to the development of Alzheimer's and dementia; patients with these have shown lower blood levels of vitamin C.

VITAMIN C ENCOURAGES THE PRODUCTION OF CERTAIN TYPES OF WHITE BLOOD CELLS THAT HELP PROTECT YOUR BODY FROM INFECTION

As mentioned above, vitamin C is involved with your skin health and there are few nutrients that are better for your skin than vitamin C, although vitamin E is excellent when paired with it. It's essential to the healing process after your skin has been damaged as it helps promote new blood vessel formation and the regeneration of skin cells.

Vitamin C also has a part to play where allergies are concerned. Allergies are basically an inflammatory reaction in your body to a certain trigger. They happen when your immune system sets in motion a series of attacks against something it sees as a threat, even though the substance is actually harmless. This produces the symptoms so many people today are familiar with and would love to eliminate.

Researchers still aren't certain why people develop allergies. However, it is thought that it's at least partly related to oxidative stress (also known as free radical damage) like so many other chronic conditions. Antioxidants may be a natural allergy remedy that deserve attention when it comes to combating allergies long-term. Vitamin C, in particular, seems to have special health benefits for allergy sufferers and interestingly, research



has found low Vitamin C levels were common in those with allergies.

Vitamin C boosts iron absorption in the body. Iron is a very important nutrient that helps keep your red blood cells healthy, which in turn transport oxygen throughout your body. A deficiency of iron can lead to anemia and serious symptoms like fatigue, weakness, and irregular heartbeat.

One of the best ways to help boost plant-based iron absorption is by consuming vitamin C; research shows it can make iron from plants more bioavailable and boost its absorption by up to 67%. Make sure you eat Vitamin C with every meal!

HOW MUCH VITAMIN C DO YOU NEED?

The recommended daily intake (RDI) of vitamin C is 75 mg for adult women and 90 mg for adult men. Smoking can deplete vitamin C, so an additional 35 mg daily is recommended for smokers. Women who are pregnant or breastfeeding also need more, about 85-120 mg daily.

One thing to keep in mind with vitamin C is that it's not stored in your body. Excess amounts are simply flushed out on a daily basis. Mild deficiency symptoms can include weakened immunity, skin problems, dry or splitting hair, anemia, and slow wound healing so you may want to take more vitamin C than the RDI for extra immune support, skin support, and during high-stress periods.

Top Food Sources of Vitamin C: Look no further than fruits and vegetables!

Eating a variety of plant foods regularly will likely get you to the RDI with no problem, but here are some foods particularly high in vitamin C:

- Bell peppers (particularly red ones)
- Black currants
- Citrus fruits
- Kiwifruit
- Guava
- Strawberries
- Papaya
- Mangos
- Tomatoes
- Broccoli
- Spinach and leafy greens
- Pineapple
- Brussels sprouts
- Peas



And if all else fails, invest in a good Vitamin C supplement from your local chemist or health food supplier.

As a matter of interest, did you know that while citrus fruits are an excellent source of vitamin C, which makes them great immune-boosting foods, their peel typically contains 2-3 times more vitamin C than the inner fruit. Orange peel, for example, contains triple the vitamin C of the pulp and is a great source of calcium, potassium, magnesium, vitamin B6, and vitamin A. The peels of citrus fruits are also where most of the volatile essential oils are found.

While you don't really want to bite into the rind of a citrus fruit, you can grate and use the zest in numerous recipes or chop the peel finely and add to smoothies.

References:

- 8 Major Health Benefits of Vitamin C for Immunity & Beyond by Brian Vaszily <https://theartofantiaging.com/>
 1 <https://pubmed.ncbi.nlm.nih.gov/16373990/>
 2 <https://pubmed.ncbi.nlm.nih.gov/12805247/>
 3 <https://pubmed.ncbi.nlm.nih.gov/8595334/>

HISTORICAL SNIPPETS



Carrying on with our look at veg~nism over the decades, the Auckland Branch of the NZ Vegetarian Society thrived during the 1960s and 1970s with public meetings and cooking demonstrations attracting large audiences. In 1968 the Society hosted a cooking demonstration by Satya Bakshi, Catering Manager of Air India, which resulted in three days of radio, TV and print-media coverage, a great way to increase awareness of the Society and vegetarianism in general. Then in 1969, when it seemed all of New Zealand was focused on the media minute-by-minute account of Neil Armstrong's epic walk on the moon, 120 people still turned up to the NZ Vegetarian Society's Auckland Branch public meeting in the evening!

By the early 1970s the Society was positively linked to the emerging health 'fashion' and members in Auckland were enjoying numerous social activities such as BBQs (veg~n, naturally!), banquets, picnics, pot luck dinners, and several progressive dinners (known as a 'Gobble & Wobble'). These were held in the days when virtually all such gatherings were held in either public venues, such as a hall or park, or in people's homes. Mostly, the catering was done by the committee and other members, all on

IN 1969, WHEN...ALL OF NEW ZEALAND WAS FOCUSED ON... NEIL ARMSTRONG'S EPIC WALK ON THE MOON, 120 PEOPLE STILL TURNED UP TO THE NZ VEGETARIAN SOCIETY'S...PUBLIC MEETING

a voluntary basis. Tea rooms, rather than cafes, were the order of the day then, and they certainly weren't set up to cater for large groups, let alone have much vegetarian food. I should add that the 'Gobble and Wobble' was made possible by 3 members of the committee at the time, living within walking distance of each other – three courses, each at a different house!

All this home cooking for these events was done in a time when there was little

alternative. As mentioned, tea rooms might have had egg sandwiches and cheese and onion toasties, but restaurants with vegetarian options were few and far between. Anything suitable on the menu was usually an omelette or vegetable stack, or a very basic salad. Protein other than cheese or egg was rare, and vegans never got a look in. How times have changed.

A Postal Library was set up in the early 1970s, as this was really the only way anyone could get information on vegetarianism. It wasn't until the 2000s, when the internet was more widely used, that the postal library gradually became obsolete. We thought it was a major coup when the Automobile Association agreed to include notes against those NZ hotels willing to cater for vegetarians, in their annual accommodation handbook.

The NZVS *Home Tried Favourites* recipe book was first launched in 1978 by the Auckland Branch. It was made up of recipes from members and was always a huge hit at any stalls where we sold it. People were always hungry for vegetarian recipes, even if they weren't interested in the Society. In 1980 several members volunteered to run a stall at the Sweetwaters Festival in Waihi, and we celebrated the first World Vegetarian Day in New Zealand on October 1st, 1981. The 1980s also saw volunteers running a stall at the first Body Mind Spirit Festival in the old Railway Station in Auckland and the Society became a regular participator in the Healthy Lifestyle Festival/Seminars during the following years. In fact, stalls were often the main vehicle for connecting with the public and a huge amount of voluntary work went into making every stall as enticing and informative as possible. We gave away information pamphlets and recipe sheets, sold the Society's quarterly magazine, the *Home Tried Favourites* recipe book and an array of pens, pads and carry bags. It was always a lucrative membership drive as well.

Numerous international authors visited New Zealand, as did UK vegetarian cooks Sarah Brown and Kathy Silk, the President of the

International Vegetarian Union, Dr Gordon Latto and his wife, and not only spoke to NZVS members but were also interviewed on radio, helping to increase the public awareness of veg~nism. Ansett Airlines asked for, and were given assistance with, planning their veg~n meals. The Sanitarium Health Food Co. launched its nutrition service in 1987 ran a series of very informative and highly popular vegetarian nutrition and cooking classes over the next 20 years.

The 1990s saw an upsurge of interest in veg~nism as a healthier, more humane and less ecologically damaging way of life. The Society received an increasing number of enquiries from schools and young people questioning the unnecessary cruelty of killing animals for food, and from businesses interested in providing vegetarian products. There was growing awareness that the market for these products was worth catering for and Paul and Linda McCartney's visit to New Zealand helped focus public attention on vegetarianism.

THE 1990S SAW AN UPSURGE OF INTEREST IN VEG~NISM AS A HEALTHIER, MORE HUMANE AND LESS ECOLOGICALLY DAMAGING WAY OF LIFE.

The Vegetarian Approved programme was launched in the late 1990s to help people identify vegetarian products easily. This programme, operating under licence to the UK Vegetarian Society, was similar in principle to the Heart Foundation's 'tick', with a registered trademark on the packaging of vegetarian products, provided they met strict criteria. It saved consumers having to read the fine print, and over 20 years later has become the main focus of the work done by the NZVS with hundreds of products certified to carry the trademark.

2000 and the start of the new millennium saw the opening of the NZVS Vegetarian Centre and office and the employment of a part time Administration Officer to deal with the ever-increasing enquiries for information on veg~n nutrition and cooking.

Vegetarianism was slowly becoming more accepted as an alternative diet, restaurants started to become a little more creative with "vegetarian" meals and vegetarian students at school camps increased in numbers! A World Vegetarian Day poster competition for students was launched, and information packages – posters, DVDs as well as speakers (on request) – were supplied to schools.

To be continued...

Think KIND

STUDENT COMPETITION

MAY - AUG 2022

THE TOP 10
FINALISTS
WILL RECEIVE
A PRIZE
PACK!

ACT
NOW!
FOR A KINDER,
HEALTHIER
WORLD

WRITE. DRAW. CREATE.

WIN
\$1,000
FOR YOUR
SCHOOL



#THINKKIND #ENVIRONMENT #ANIMALS #CRUELTY-FREE #PLANT-BASED

ENTER A POSTER, A PETITION, A FUNDRAISER,
A STORY, A POEM, A DANCE... **GET CREATIVE!**

OPEN TO YEAR 0 - 13 STUDENTS | FREE ENTRY | ALL ENTRIES GET A PRIZE & CERTIFICATE

FOR MORE INFO CHECK OUT WWW.VEGETARIAN.ORG.NZ

Entries close 31st August. Finalist voting from 1st October. Overall winner announced 1 November 2022 (World Vegan Day)



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> |
| 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>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> |
| 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>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</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>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> |
| 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> | | <p>Wellington Centre Book Group meeting every 6 weeks. For details of meeting place and dates email: wellington@vegetarian.org.nz</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> | TIMARU | <p>Check out the The Four Leaf Clover Vegetarian Restaurant for Veg-n information at 41 Stafford Street, Timaru</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> |
| | | WHAKATANE | | | <p>For information about pot luck dinners in Whakatane, contact Tara: taramurphy@gmail.com</p> |
| | | WHANGANUI | | | <p>Check out the Facebook page called Wanganui Vegans Vegetarians and Compassionate Human Animals for activities.</p> |

OUR WEBSITE CALENDAR

www.vegetarian.org.nz/events/

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

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

Welcome Vegetarian Cafe & Takeaways

OVER 100 DISHES ON THE MENU
(85% vegan)

OPEN MONDAY TO SATURDAY
12noon to 8pm

Open Sunday by prior arrangement.

Phone orders or reservations
03 348 2630

2 Wharenui Rd, (off Riccarton Rd)
Christchurch

WWW.WELCOMECAFE.CO.NZ

**LOOK FOR THIS
LOGO TO KNOW
A PRODUCT IS:**



FREE from meat and animal by-products
FREE from GE
FREE from battery eggs
NOT tested on animals
FREE from cross-contamination

100% SUITABLE FOR VEGETARIANS
WWW.VEGETARIAN.ORG.NZ

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.

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

National Office

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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

Nelson Atiga
AkCentre@vegetarian.org.nz

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christchurch@vegetarian.org.nz

Hamilton

Tristan Hooker
vegghouse@vegetarian.org.nz

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Donna Hossack
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027 588 7756

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Invercargill Vegan Society
info@invsoc.org.nz

Kawerau

Loretta Westbrook R.N.
Lorettainnz@gmail.com

Motueka

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

New Plymouth

Katrina Angelo 021 749 552
or Tessa Clarke 021 057
4011

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



BRANDS WITH VEGAN PRODUCTS CERTIFIED BY THE NZ VEGETARIAN SOCIETY

See back page for Vegetarian Approved products

RESTAURANT MENUS



HELL PIZZA
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



ALEPH BEAUTY
Clean Beauty.
Clear Conscience.

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

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



ANNIE'S
Food You Trust

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



BABICH WINES
New Zealand's Most Experienced Family Owned Winery

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



BLACKENBROOK
Inspired By Nature
- Pure And Balanced

Sauvignon Blanc, Pinot Gris, Gewürztraminer, Rosé, Chardonnay



CHASERS
Feel The Flavour

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



COOKIE TIME
For Serious Cookie Munchers

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



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



DELTA ESTATE
Sauvignon Blanc



EM'S
Unleash Your Power!

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



EVERYDAY WARRIOR
Plant Based Protein Powder

Chocolate, Vanilla, Kiwifruit & Apple



FOLIUM ORGANICS
We're a Source of Good Nourishment

Organic Barley Leaf powder, Organic Wheat Grass powder, Organic Pea Leaf powder, Organic Pea Leaf powder blended 50/50 with Organic Barley Leaf powder



FOOD NATION
Food For All

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



GO HEALTHY
GO GLUCOSAMINE DAILY,
60 Vege Capsules



GOODBYE
We Belong Outdoors

Goodbye Ouch, Goodbye Sandfly



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



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



HOWLER HOTDOGS
A New Breed Of Hotdogs

Vegan Notdogs, Vegan Mini Notdogs



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



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



K.O. HAIR CARE
Healthy Hair Care

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



LOTHLORIEN WINERY
Organic, From Our Trees, To Your Table

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



MARISCO VINEYARDS
Premium Wines By Marisco Vineyards

The Ned Chardonnay 2019, The Ned Rosé 2020, The Ned Sauvignon Blanc 2020, The Ned Sauvignon Blanc 2021, The Ned Pinot Noir 2020, The King's Series The King's Favour Sauvignon Blanc 2020, The King's Series The King's Wrath Pinot Noir 2019, The King's Series The King's Bastard Chardonnay 2019, Leefield Station Rosé 2020, Leefield Station Pinot Gris 2020, Leefield Station Sauvignon Blanc 2020, Leefield Station Chardonnay 2019, Leefield Station Pinot Noir 2019, Marisco Craft Series Pride and Glory Sauvignon Blanc 2020, Marisco Craft Series Exemplar Viognier 2020



MATAVINO WINES
A Little Italian In Matakana

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



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

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



NUDAIRY
Plant-based creamery

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



OSM
Fuel For Life

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



PANNA SOAPS

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



PASTA VERA
New Zealand Made Pasta
• Pesto • Lasagne

Vegan Pesto



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

Pilgrims Dry Cider



PROPER CRISPS
Proper Hand Cooked Crisps

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



PUREBREAD
Great Taste, Good Health

Vegan Grain, Vegan Young Buck



ROUND THEORY
Wines for the greater good

Pinot Gris, Rosé, Sauvignon Blanc, White Field Blend



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

Marlborough Origin Sauvignon Blanc, Pioneer Block 3 Sauvignon Blanc, Pioneer Block Sauvignon Blanc 2021, Barrique Sauvignon Blanc 2020



SURTI
The Traditional Taste of India

Vegetable Samosa, Vegan Samosa, Vegan Kachori



THE BAKER'S SON

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



THE BONELINE

Barebone Chardonnay, Sharkstone Chardonnay



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

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



THE COOL GARDENER

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

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



PLAN*T
Nourish you - Nurture our planet

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



THE GOODTIME PIE CO.
Crazy About Vegan Pies

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



TRADE AID
Doing Good Tastes Great

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



WAIHEKE HERBS
Artisan Herbal Culinary
Products

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



IS IT
VEGAN
CERTIFIED?





BRANDS WITH PRODUCTS APPROVED BY THE NZ VEGETARIAN SOCIETY

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

RESTAURANT MENUS



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

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

HEALTH AND COSMETICS



FLOWMOTION
Enhancing The Flow Of Sexual Intimacy - Organically

Organic Lubricating Gel



KIWIHERB
Effective Natural Family Healthcare

A range of natural herbal health products.



ORGANIC BIOACTIVES
Innovating From Tradition

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

FOOD AND BEVERAGES



ANNIES
Food You Trust

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



CHASERS
Feel The Flavour

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



FOOD NATION
Food For All

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



GOODNESS ME
Good Taste, Good Intentions, Good Deeds

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



WALTER & WILD
I Love Pies

Spiced Chickpea & Spinach, Vegetarian Mince & Cheese



LET'S EAT
Plant-Based Deliciousness

Burger Patties, Golden Nuggets, Tasty Tenders



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

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



LINDA MCCARTNEY'S*
Food To Come Home To

A range of vegetarian food products.



MOANA PARK ESTATE
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, Bologness Meal, Mexican Meal, plant Nuggets, plant Crispy strips, plant Chick'n burger, plant Vege-to-balls



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



THE SOY WORKS
NZ Tofu



TRANZALPINE HONEY
100% New Zealand Certified Organic Honey

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



WAIHEKE HERBS
Artisan Herbal Culinary Products

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

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