

VEGETARIAN *Living* NZ

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**THE INSPIRING JOURNEY OF TE PARANUI
ANIMAL AND FARM SANCTUARY**

**THE URBAN FARMING
VISIONARY**

**ARE NUTRITIONAL
SUPPLEMENTS NEEDED
ON A VEG~N DIET?**

RECIPES

**NAVIGATING
PERIMENOPAUSE:
UNDERSTANDING,
NURTURING, & THRIVING**



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EDITORIAL TEAM

Ina Babic, Jeanette Blackburn

GRAPHIC DESIGN Sandi Wilson

CONTRIBUTORS Sharon Almog, Tristan Stensness, Anna Valentine, Catherine Lofthouse, Alicia Temple, Alex Radford

PRINTING 3A Copy & Design, 29 Moa Street, Otahuhu, Auckland 1062

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NZ Vegetarian Society Inc., National Executive

POSTAL PO Box 26 664, Epsom, Auckland 1344

OFFICE 10 Warborough Ave, Epsom, Auckland

PHONE 09 523 4686

EMAIL info@vegetarian.org.nz

www.vegetarian.org.nz

NZ Vegetarian Society Wellington Centre

PHONE 04 478 4665

EMAIL wellington@vegetarian.org.nz

Membership information available from www.vegetarian.org.nz

EDITORIAL



editor@vegetarian.org.nz

Happy New Year from all of us at the NZ Vegetarian Society; we hope that you have had a great start to 2024. My family and I started the year with some gorgeous beach days in Mangawhai, Northland.

The NZVS team is now back into the swing of things and we're feeling inspired for the year ahead! There's still so much work to be done in raising awareness of the benefits of a veg-n diet but seeing the release of the documentary *You Are What You Eat: A Twin Experiment* in January on Netflix is reassuring that we are seeing more and more awareness being raised of this topic in the mainstream. The documentary is based on a Stanford University study conducted on 22 pairs of identical twins and compares an omnivore vs vegan diet. Conducting a study on twins is unique as you can control for factors that normally hamper diet studies such as genetic differences and upbringing. If you haven't seen the documentary yet, it is highly recommended.

In this issue, I interview urban farming visionary Levi Brinsdon-Hall. Read about his vision to radically transform the way that food is grown, valued, and

celebrated in urban communities on pages 3 & 4. Dietitian Catherine Lofthouse explores whether nutritional supplements are needed on a veg-n diet (pages 6 & 7). Keep reading on pages 13 & 14 where Alex Radford, Manager of Te Paranui Animal and Farm Sanctuary, tells us all about the hard work she and many volunteers put into rescuing abused animals and providing them with a loving forever home.

Last but certainly not least, Alicia Temple explains what to expect in perimenopause and some lifestyle interventions that may make this transition a joyous transformation on pages 15 & 16. This topic has been gaining more attention recently which is great to see as it's not only important for females but also for males to learn more about it so that they can support the women in their lives.

Enjoy delicious autumn recipes and read about the inspirational businesses with NZVS Vegan Certified and Vegetarian Approved products striving to make a real difference in the world.

- INA BABIC

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FOOD THAT INSPIRES
Treasured Morning



TRISTAN'S Corner

Welcome to autumn! It's been quite a summer and now the change of season is about to offer us an exciting bounty of autumn fruits and vegetables. Embracing seasonal eating during this time is a culinary delight, a celebration of nature's changing rhythms and a way to savour the freshest flavours straight from local orchards or our very own gardens.

The array of seasonal produce which ripens in autumn is perfect for creating wholesome, nourishing meals. Root vegetables take centre stage during the autumn months. The earthy, robust flavours of carrots, beetroot and parsnips are abundant and thriving. These vegetables can often be overlooked, and in my opinion, they shine most brightly in autumn dishes, providing colour, warmth and nourishment as the days get cooler. Their versatility in soups, salads, or even as standalone delights make them autumn's kitchen staples.

Apples and pears are harvested in autumn and with such variety to choose from in Aotearoa, we can enjoy biting into a crisp, juicy Royal Gala or baking pies and crumbles with Granny Smiths.

Seasonal produce tends to be more nutrient-dense. For example, apples and pears are packed with dietary fibre and antioxidants, promoting digestive health, and reducing the risk of chronic diseases.

My favourite of the autumn season is the pumpkin. To me, pumpkins are the stars of the season. Full of vitamins and antioxidants, pumpkins are a versatile ingredient which can be used in so many dishes from soups to desserts.



Pumpkins are rich in vitamins A and C, essential for maintaining a healthy immune system and good vision. The cool thing about orange vegetables like pumpkins and carrots, is that after you eat an orange vegetable, your body converts its beta-carotene into vitamin A, which is great for your eye health, safeguarding the cornea and helping protect your eyes from infection. It was once thought that eating lots of carrots could actually improve your vision, but that turned out to just be a myth perpetuated by British propaganda from World War II.

But that's another story. For now, back to the pumpkins...

My absolute favourite way to eat pumpkins is this tried and proven recipe for Roasted Pumpkin Soup with Coconut Milk. It's really simple and very delicious. Here it is:

Ingredients:

- 1 medium-sized pumpkin, peeled and cubed
- 1 onion, chopped
- 3 cloves of garlic, minced
- 2 tablespoons olive oil
- 1 can (400ml) coconut milk
- 4 cups vegetable stock
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- Salt and pepper to taste
- Fresh coriander or parsley for garnish (optional)

Instructions:

Preheat your oven to 200°C. Place the cubed pumpkin on a baking sheet, drizzle with 1 tablespoon of olive oil and sprinkle with salt and pepper. Roast for 25-30 minutes until the pumpkin is tender and slightly caramelized.

In a large pot, heat the remaining tablespoon of olive oil over medium heat. Add the chopped onion and garlic, sautéing until they turn translucent and aromatic.

Add the roasted pumpkin to the pot, followed by the ground cumin and coriander. Stir for a minute to coat the pumpkin with the spices.

Pour in the vegetable broth, bring the mixture to a boil, then reduce the heat and let it simmer for 15-20 minutes.

Using an immersion blender or transferring the mixture to a blender, purée the soup until smooth.

Return the blended soup to the pot and stir in the coconut milk. Simmer gently for another 5 minutes, allowing the flavours to meld together. Adjust seasoning with salt and pepper according to your taste.

Serve the roasted pumpkin soup hot, garnished with fresh cilantro (coriander) or parsley if desired.

Tristan Stensness is a writer from Hamilton. She is a vegetarian and the mother of two vegetarian sons. You can view her work at www.tristan.nz

THE URBAN FARMING VISIONARY

BY INA BABIC

Levi Brinsdon-Hall is an ambitious leader with a shared vision to radically transform the way that food is grown, valued, and celebrated in urban communities by generating, facilitating, and mentoring productive and regenerative urban farms across Auckland city and New Zealand.

Q1. TELL OUR READERS A BIT ABOUT YOU AND YOUR BACKGROUND...

I studied at the Elam School of Fine Arts and graduated in 2016. University made the deep-seated problems of society obvious which I couldn't ignore, and I wanted to use my art to highlight these to people. My practice at the time focused on photography, performance and public sculpture relating to climate change and various political and environmental issues.

About 8 years ago, in my final year of art school, I organised a community art exhibition which included a workshop on biodynamic seed propagation run by friend and mentor Sarah Smuts-Kennedy. At the end of that workshop, I propagated my first-ever garden and after that, there was no turning back.

I knew then and there that the rest of my life and the rest of my career would be working with the plants, and the whenua, connecting that to people. I call myself an urban farmer – I'm here to inspire change and create an ecologically diverse, abundant, and socially inclusive world.

I now experience all plants and gardens as living, breathing sculptures that have their own self-determination: a beautiful collaboration between humans and nature. I have shifted from a theoretical to a more practical approach. I work with communities and people to inspire them to grow productive and inspirational gardens, to inspire optimism and connect people to the wonder of the natural world.

Q2. HOW DID THE ORGANIC MARKET GARDEN (OMG) COME ABOUT?

In 2016 I started collaborating with For the Love of Bees, working with various schools and community groups, teaching them about ecosystem health through the lens of a pollinator, e.g. a honey bee, a bumble bee, an ant, etc. The whole point is to get people to think about insects and soil life and how we can make Auckland City the safest city in the world for pollinators.



In 2017, the City Rail Link approached For the Love of Bees to engage with a vacant piece of land at 257 Symonds Street, Auckland. A group of us saw an opportunity and decided to create an Organic Market Garden - aptly named OMG.

In the beginning, we had no water or power and I propagated hundreds of seedlings at home. Before long we had a greenhouse erected and long rows of vegetable production going on. My wage as head farmer was only covered for the first 5 months and we did everything on a shoestring budget. We ran lots of working bees and resourced skills, labour, and building materials from the community. The hustle was real, and we were determined to create an economically self-sustaining model of food production that was paid for with the support of the surrounding local community.

We started selling flowers and garnishes to some of Auckland's best chefs and restaurants, but it was only when we started vegetable boxes for the local community that the project really started to thrive! Six years later, OMG now produces over 40 vegetable boxes per week, all year-round, from only 500 sqm, on top of seedlings, salad mix, and local waste collection. This generates enough revenue to employ two urban farmers on a living wage.

Q3. HOW IS OMG DIFFERENT TO OTHER MARKET GARDENS?

There are many reasons, though the most prominent is that we're radically accepting of diversity in all shapes and forms. Usually, farmers

grow vegetables in rows with one single species at a time... But in our beds, you will see at least five different vegetables growing together! The challenge has always been to grow as much food in as little an area as possible and to do so in a way that actively regenerates the soil and the landscape. Multiple species growing together in a living soil is one of the core principles of soil health (as well as ecological evolution) and this is one of the main strategies we work with. We are also very accepting of weeds, and we don't dig over or till the soil!

We avoid all single-use packaging – If you want the food, you must come and collect it - and this means the community that supports us gets the freshest food possible. You must be local to OMG to get the produce and our supporters (customers) go to the farm every week to collect their vegetables, become part of a community, meet the farmer, and stand on the soil that feeds them.

CONTINUES ON NEXT PAGE...



From carpark dumping lot to abundant urban oasis

2006



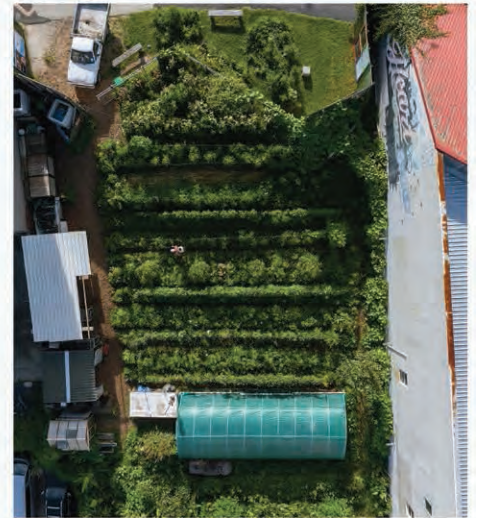
257 Symonds Street, shown from above

2018



2018 was the year that Levi began

2023



He has spent 7500hrs on the project to date

OMG produces zero waste and is a completely circular model. The self-sustaining economic model is run through a Community Supported Agriculture (CSA) scheme. People support us by investing in a share of the total produce that is produced within a given season. Everything gets divvied up twice a week and it goes into a CSA share. We have restaurants that are part of the CSA scheme. We don't sell produce directly to retail. The farm exists for the local community and functions as climate change infrastructure, ensuring food security for the local community as well as performing critical ecosystem services such as managing flood water and providing habitat for insects and birds.

I stood down from my role as OMG head farmer in 2021 to grow my urban agriculture business, Delicious Revolution. Both OMG and For the Love of Bee's Charitable Trust are absolutely thriving and now functioning independently of me, of which I am very proud.

Q3. HOW WAS DELICIOUS REVOLUTION BORN? HOW DID THE IDEA COME ABOUT?

One of the phrases I used in my years farming OMG was 'join the Delicious Revolution' which to me is the practised revolution of growing delicious organic food in popular urban areas and connecting that with the local community. Delicious is a word that is tied directly to a feeling; of flavour, satisfaction, and reward... And the Revolution lies in the ongoing innovation and proliferation of radical and productive urban farms across the country. Exciting!

Delicious Revolution is an LLC listed as an Agriculture Research Company and we work with communities, businesses, and council/government to manage, consult, and support urban farming projects to thrive.

We look at each project as its own living artwork and we are here to innovate and lead the urban farming revolution. There is so much potential and opportunity, and we hope to grow a new sector of urban agriculture that can create radical change within the fabric of our communities and natural ecosystems.

Q4. ONE OF DELICIOUS REVOLUTION'S PROMINENT PROJECTS IS SUNFLOWERS FOR STARSHIP. TELL OUR READERS MORE ABOUT WHAT THAT PROJECT INVOLVED...

We launched in 2022 with a collaborative crowdfunded project to grow 20,000 sunflowers in the Greenlane Clinical Centre, over 7 different garden beds throughout the grounds. The purpose of the project was to raise money for the Starship Foundation and bring strength, resilience, and optimism to the hospital space through the joy of 20,000 sunflowers. Sunflowers were adopted for \$10 each and half the proceeds were donated to the Starship Foundation which raised over \$11,000!

Q5. AMAZING! WHAT OTHER PROJECTS ARE ON THE HORIZON FOR DELICIOUS REVOLUTION?

We have been working on an exciting project with Manurewa High School, the largest decile one school in NZ, helping them on the ground to establish a self-sustaining urban farm on 6500 sqm of beautiful South Auckland soil.

We are consulting with various farms and businesses around NZ that are starting up new urban farming projects or transitioning their community gardens into production farms.

It seems cities are growing and building more without a thought for the future, and we need to put these new models of ecological and community development in front of people; they must be inspiring, beautiful, and productive. They also must work as a business. We should be looking at creating these spaces in all cities for the impact they produce is wide-reaching and highly impactful, going far beyond food production alone. For example, the ecological and health outcomes of biodiversity, carbon sequestration, flood mitigation, feeding people, and the human health/community well-being side of things.

Please get in touch with us if you want to talk about creating a Delicious Revolution of your own!

To find out more visit:

www.deliciousrevolution.nz

www.fortheloveofbees.co.nz/omg

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ARE NUTRITIONAL SUPPLEMENTS NEEDED ON A VEG~N DIET?

BY CATHERINE LOFTHOUSE



When following a vegetarian or vegan diet, it can be hard to know if you're still meeting all your nutritional needs, particularly for nutrients found mostly in animal products. This article discusses four key vitamins and minerals that are harder to get on a veg~n diet, and how you can meet your needs through diet or supplements. It also highlights five other nutrients you may want to be aware of.

In general, following a varied, balanced healthy diet means it should be possible to meet all your nutritional needs without the need for any supplements. However, some nutrients are mainly available in meat, fish, poultry, dairy or eggs. For people who don't eat these products regularly, it can be useful to look at how you get the nutrition you need. In some cases, it may help to choose food and drink fortified with added nutrients, consider taking a dietary supplement, or simply to vary your diet.

Our nutritional needs vary by life stage. For instance, pregnant or breastfeeding women, or children, will have different requirements to healthy adults. This article provides information for healthy men and women aged over 18 and contains information specific to the New Zealand context.

KEY NUTRIENTS FOR VEGETARIANS AND VEGANS

VITAMIN B12

Vitamin B12 is essential for making red blood cells and maintaining a healthy nervous system. It also supports DNA synthesis and helps to release energy from food. Vitamin B12 can be obtained from dairy products and eggs, or from products fortified with vitamin B12, including plant-based milk, nutritional yeast, yeast extract, and breakfast cereals.

People who don't eat any animal products will need take a vitamin B12 supplement, or have foods or drinks fortified with vitamin B12 at least twice a day (National Health and Medical Research Council et al., 2006; The Vegan Society, 2020). If taking a supplement, aim for at least 10 micrograms (µg) daily, or at least 2,000 micrograms (µg) weekly (The Vegan Society, 2020).

VITAMIN D

Vitamin D helps the body to absorb calcium and phosphorus, and to maintain appropriate levels of calcium and phosphorus in the body. In turn, this helps keep bones, teeth and muscles healthy. Vitamin D also helps to improve immunity. Vitamin D can be found naturally in egg yolks and dairy products. It is also in products fortified with vitamin D, including dairy foods, margarine, breakfast cereals, and plant-based milks.

Because very few foods contain significant amounts of vitamin D, it is hard to obtain enough from the diet alone. However, the body also makes vitamin D from direct sunlight exposure on the skin. To produce the vitamin D you need, aim for 8 minutes outdoors in the sun during summer, or 30 minutes during winter, and be sure to practice good sun protection (Healthify He Puna Waiora, 2020a; New Zealand Nutrition Foundation, 2022c).

In New Zealand, most people get enough vitamin D from sun exposure and diet. Supplementation is generally recommended only for those who have very limited sun exposure or have dark-coloured skin. (Healthify He Puna Waiora, 2020a, 2020b; National Health and Medical Research Council et al., 2006). If taking a vitamin D supplement, aim for no more than 10 micrograms (µg) per day. You may sometimes see this written as 400 International Units (IU) of vitamin D.

IODINE

Iodine helps make thyroid hormone, which is responsible for ensuring a healthy metabolic rate and normal growth and development. Iodine is found in dairy products, eggs, seaweed, iodised salt, most commercial bread, and plant-based milks fortified with iodine.

If you follow a varied and balanced veg~n diet that includes foods and drinks containing iodine, supplements are usually not needed (Healthify He Puna Waiora, 2022; National Health and Medical Research Council et al., 2006). If you choose to take iodine supplements, it's best to do this under guidance from a doctor or dietitian, as iodine and kelp supplements sometimes contain very high levels of iodine that exceed the safe upper limit (Healthify He Puna Waiora, 2022).

SELENIUM

Selenium works as an antioxidant that protects the body from damage caused by free radicals. It is important for reproduction, and supports a well-functioning immune system, healthy hair and nails. Selenium can be found in eggs, Brazil nuts, mushrooms, brown rice, tofu, and lentils. Just one Brazil nut meets the daily selenium requirements.

If following a varied, well-planned diet that includes daily sources of foods containing selenium, a supplement shouldn't be needed. If you want to take selenium supplements, it's best to talk to a doctor or dietitian first, as excess selenium can cause adverse outcomes (New Zealand Nutrition Foundation, 2022b; NHS, 2020).

OTHER IMPORTANT NUTRIENTS FOR VEGETARIANS AND VEGANS

Supplementation of the following nutrients is generally not required, as dietary intakes for both vegetarians and vegans are usually adequate. However, people following a veg~n diet may want to be aware of these nutrients.

PROTEIN

Protein supports body growth and repair, and also provides a source of energy. Vegans and vegetarians following a balanced diet can easily meet their protein needs (New Zealand Nutrition Foundation, 2022a). Protein derived from plant-based foods is sometimes referred to as 'incomplete' because that food lacks one or more essential amino acids. However, it is possible to obtain the full range of amino acids just by eating a variety of plant foods. Good sources of protein include dairy products, eggs, cereals, legumes (beans, peas and lentils), edamame, tofu, plant-based milks, nuts, and seeds.

CALCIUM

Calcium is essential to maintain healthy bones and teeth. Dairy products are a major dietary source of calcium. People who do not eat dairy are able to meet their needs by consuming plant-based milks fortified with calcium, tofu, green leafy vegetables, nuts, and seeds (National Health and Medical Research Council et al., 2006). It is also important to have adequate vitamin D in your diet, as vitamin D improves your body's absorption of calcium – see Vitamin D.

TABLE 1: SUMMARY OF KEY NUTRIENTS FOR PEOPLE FOLLOWING A VEG-N DIET

NUTRIENT	FUNCTION	FOOD SOURCES FOR VEGETARIANS AND VEGANS	TOTAL RECOMMENDED DAILY INTAKE ¹
VITAMIN B12	<ul style="list-style-type: none"> Helps red blood cell production Supports a healthy nervous system 	<ul style="list-style-type: none"> Dairy products Eggs Fortified breakfast cereal Fortified plant-based milk Fortified yeast extract or nutritional yeast 	<p>All adults: 2.4 µ/day</p> <ul style="list-style-type: none"> If you eat dairy foods and/or eggs, you should get enough vitamin B12 from your diet. For strict vegans, consider a supplement or have vitamin B12 fortified food/drinks at least twice a day. If taking a supplement, aim for at least 10µg/day or at least 2,000 µg/week.
VITAMIN D	<ul style="list-style-type: none"> Essential for the body to absorb calcium – this helps keep bones, teeth and muscles healthy 	<ul style="list-style-type: none"> Egg yolks Dairy products Fortified dairy products Fortified plant-based milk Fortified margarine Fortified breakfast cereal 8-30 minutes of exposure to sunlight 	<p>Adults aged 19-50: 5µg/day</p> <p>Adults aged 51-70: 10µg/day</p> <p>Adults aged over 70: 15µg/day</p> <ul style="list-style-type: none"> With adequate sun exposure, most people should make all the vitamin D they need. If taking a supplement, aim for no more than 10µg/day.
IODINE	<ul style="list-style-type: none"> For thyroid function and to support metabolism and normal growth and development 	<ul style="list-style-type: none"> Dairy products Eggs Seaweed Fortified plant-based milk Most commercial bread Iodised salt 	<p>All adults: 150 µg/day</p> <ul style="list-style-type: none"> If following a varied, balanced diet that includes dairy, eggs, and/or fortified foods daily, you should be able to meet your needs without supplementation.
SELENIUM	<ul style="list-style-type: none"> An antioxidant - prevents damage to cells and tissues Supports a healthy immune system 	<ul style="list-style-type: none"> Brazil nuts Eggs Mushrooms Tofu Brown rice Lentils 	<p>Men: 70µg/day</p> <p>Women: 60µg/day</p> <ul style="list-style-type: none"> If following a varied, balanced diet that includes natural sources of selenium every day, you should be able to meet your needs without supplementation.

¹ Recommended Daily Intakes for Australia and New Zealand taken from National Health and Medical Research Council et al., 2006

IRON

Iron helps to carry oxygen around the body and supports a healthy immune system. There are two types of iron: haem iron (from meat, fish, and poultry) and non-haem iron (from plant foods). Non-haem iron is absorbed by the body less well than haem iron. However, you can improve your body’s ability to absorb iron by consuming vitamin C (eg, tomato, capsicum, citrus fruits, kiwifruit) with your meal. Most people should be able to meet their iron needs through a healthy, balanced diet. Tofu, legumes, dark green leafy vegetables, eggs, wholegrain bread, and breakfast cereals fortified with iron are all good iron sources.

ZINC

Zinc is important for immune support and wound healing. It also supports a healthy metabolism. Zinc derived from plant foods is not absorbed by the body as well as zinc from animal sources. However, consuming zinc with high-protein foods can increase zinc absorption. People who do not eat meat should be able to meet their zinc requirements by eating dairy foods, wholegrains, legumes, breakfast cereals fortified with zinc, and nuts and seeds (National Health and Medical Research Council et al., 2006).

OMEGA-3

Omega-3 helps to maintain a healthy heart and supports healthy brain function. It is an essential fat that our bodies cannot make and must come from the food we eat. Food sources include walnuts, chia seeds, canola oil, flaxseeds, hempseeds, and their oil. Vegetarians and vegans who consume these products daily should be able to meet their omega-3 requirements.

CONCLUSION AND RECOMMENDATIONS

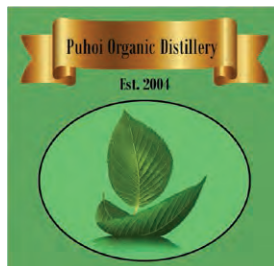
- Ultimately, the decision to take nutritional supplements depends on individual need and preference. For vegetarians and vegans, supplementation may not be necessary if you follow a varied, balanced diet that includes plenty of fortified foods.
- If you’re concerned that you’re not meeting your nutritional needs, your doctor can arrange a test for you. A dietitian can also help you develop a plan for how to safely address any deficiencies.
- Don’t be tempted to take a higher dose of supplements than recommended, as excessive supplement use can be harmful to the body, particularly over the long term.
- To see if a product is fortified, read the label. Any product that has been fortified with a vitamin or mineral should also state how much of that nutrient it contains.
- Check out the New Zealand Vegetarian Society website for great resources on nutrition for vegetarians and vegans:
[W www.vegetarian.org.nz/about/resources](http://www.vegetarian.org.nz/about/resources)

Cat Lofthouse is a passionate plant-based foodie who loves to explore all things related to veg-n living. She is also a registered dietitian.



View article in the news section of our website for a full list of references used.

Puhoi Organic Distillery



NEW VEGAN CERTIFIED PRODUCT

Puhoi Organic Distillery is a boutique artisan business owned & operated by the Kirichuk Ukrainian family since 2015. The Distillery has collected multiple prestigious awards, both nationally & internationally. It is the world's first & only solar-powered Distillery, 100% zero emission and the first in New Zealand to win 'Excellence in Sustainability 2023'. Their products are all-natural, handcrafted, GMO-free, and most are vegan-friendly.

Their first Vegan Certified spirits are a range of artisan handcrafted limited edition gins: Dry Gin, Blueblood Gin, Raspberry Dry Gin, RNZYS Commodore Reserve's Gin, Limoncello Gin, Cinnamon Gin and Vanilla Gin.

The Distillery's statement is: "We apply the curative power of Mother Nature to bring happiness and well-being to people and leave only a green footprint on the planet." This approach has been recognised both nationally and internationally. In 2023 they were awarded Excellence in Sustainability by the Auckland Business Awards, powered by Auckland Business Chamber, and sponsored by 2 Degrees.

The world's most trusted tour guide, Lonely Planet, says about Puhoi Distillery: "If you're after a genuinely boutique experience, this distillery should top your list".

The Puhoi Distillery team are committed to expanding their Vegan-Certified range, including, but not limited to vodka, whiskey, rum, brandy, liqueurs, bitters, etc. All Vegan-Certified gins are purchasable from the Distillery's online store spirits.net.nz

(subject to seasonal availability) with door-to-door delivery across New Zealand and many overseas destinations.

NZ Vegetarian Society members are welcome for the Cellar Door Tasting of Vegan-Certified & Vegan-Friendly spirits at the Distillery's new deluxe venue with panoramic views of the historic Puhoi Village. This is a memorable infotainment event (by Invitation Only) hosted by the Ukrainian family team. A luxury gourmet vegan buffet matches the Cellar Door tasting of vegan spirits. All vegan catering is provided by the in-house Doctor-Formulator – Dr Iryna Kirichuk (MD).

The Puhoi team proudly specialise in private vegan & vegetarian events, including corporate, birthday and anniversary celebrations, and even vegan weddings, as the Gin Master Distillery, Victoria Kirichuk, is also a registered independent Marriage Celebrant.

The Puhoi Distillery venue is conveniently located in the Bohemian Puhoi Village, 30km north of Auckland CBD by SH1.



<https://spirits.net.nz>

www.facebook.com/puhoiidistillery

THINK KIND STUDENT COMPETITION PRIZE GIVING

Year 9 student Janaki Kallidai received her prize for being the People's Choice Winner of the NZVS 2023 Think Kind Student Competition in December.

Janaki's thought-provoking speech won \$1,000 for Hare Krishna School. The prize was presented by NZVS President, Julia Clements. Well done Janaki! Thank you once again to all the students who entered, and we hope to see you participate again this year. Keep an eye on our website for details about the 2024 competition!

A big THANK YOU to our sponsor Cookie Time for this wonderful prize!



FOOD THAT INSPIRES

Treasured Morning



Treasured Morning redefines wellbeing with its range of nutrient-dense, high-protein superfoods. Their mission is simple: to provide nutrient-dense, high-protein superfoods that help people reach their goals, regardless of their wellness journey.

Treasured Morning is dedicated to creating filling, high-protein foods that go beyond the ordinary. What began as a quest to introduce satisfying options to the market has become a commitment to real, fulfilling foods and a holistic approach to well-being that invites everyone to the table.

Treasured Morning started with the founder's - Liz O'Callaghan - journey. "Along the way, I'd been exposed to all sorts of high, mostly complex, carbohydrate breakfasts, such as oatmeal, whole wheat toast and fruit. Most of us know we should include protein with breakfast, yet it is usually limited to a dollop of yoghurt or a splash of milk. But it turns out there's a big difference between adding a little protein and making it the focus of breakfast, and it was a high-protein breakfast, including

healthy fats, that helped me finally achieve my wellness goals. However, getting to this result was a trial and discovery process. As I researched the benefits of protein for breakfast, I struggled to find a high-protein, off-the-shelf breakfast that was quick and convenient but did not contain the sugars or fillers that so many processed breakfast foods contain."

The result is a superfood cereal containing an all-natural, clean, complete protein - hemp hearts and hemp powder. Treasured Morning is committed to its principles of using quality ingredients, avoiding

excessive sugar and fillers, and prioritising natural flavours and satiety.

Treasured Morning was born inspired by the powerful symbolism of a Taranaki sunrise. Sunrises serve as the inspiration behind their creative process. Each sunrise promises new beginnings, some morning me-time, and the opportunity to build a morning routine that fuels your day.

At the intersection of flavour and nutrition, Treasured Morning products empower you on every step of your wellness journey.

Explore the delicious possibilities with Treasured Morning, where each bite propels you toward a healthier, happier you. Embrace the nourishing goodness that fuels your journey and let Treasured Morning be your partner in creating a life you truly treasure.



www.treasuredmorning.co.nz

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Recipes



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

MUSHROOM SOUP

One for all the mushroom lovers! You can use any of your favourite mushrooms for this soup, bought, cultivated or foraged. You could substitute the aubergine for swede, turnip or parsnip if preferred.

INGREDIENTS

- 1 aubergine, diced
- 1 tsp salt
- 2 tablespoons extra virgin olive oil
- 25g butter, plant-based or dairy
- 1 onion, diced
- 4 cups (350g) mushrooms
- 1 stick celery, sliced
- 1 small kumara, diced
- 4 cloves garlic, sliced
- 1/4 cup masala (optional)
- 2 L vegetable stock or water with 2 tsp vegetable bouillon stock powder
- 2 tsp fresh or dried thyme leaves
- 1 stick rosemary, finely chopped
- 1/3 cup hazelnuts or walnuts, roughly chopped (optional)
- 1 tsp salt
- 1/2 tsp cracked black pepper
- 1/3 cup parsley, finely chopped
- 100g blue cheese, diced (optional)

METHOD

1. Gather your ingredients and prepare the aubergine in a colander. Sprinkle with salt and leave to drain while you are preparing the vegetables.
2. Place a large pot on high heat and add the olive oil and butter.
3. When the butter is melted add the onion, mushrooms, celery, kumara, garlic and the aubergine, which has been patted dry with a clean tea towel or similar.
4. Sauté for two minutes then add the masala, stir through, then add the vegetable stock, rosemary, thyme and nuts, cover and bring to a boil then turn down to a simmer for 20 minutes.
5. Season and stir through the parsley and blue cheese if using.
6. Remove from the heat and cool, if necessary, before blending. Blend until very smooth and bring back to a simmer before serving.
7. Top with sautéed garlic mushrooms and a sprinkle of parsley and a lick of cashew cream.



SAUTEED GARLIC MUSHROOMS

INGREDIENTS

- 2 tablespoons extra virgin olive oil
- 25g butter, plant-based or dairy
- 4 cloves garlic, sliced
- 4-6 button, swiss brown or small portabello mushrooms, thick slices
- a pinch of salt
- 1/4 tsp pepper
- 1/4 cup parsley, finely chopped

METHOD

1. Gather your ingredients and pop a pan on a high heat.
2. Add the olive oil and butter. When the butter is melted add the mushrooms and sauté for two minutes, then turn the heat down to medium and add the garlic.
3. Sauté for a further two minutes, then add a dash of water, seasoning and the parsley.
4. Cook for a further minute and remove from the heat.
5. Serve on top of the mushroom soup.

MISO BAKED AUBERGINE

These deliciously unctuous, melt-in-the-mouth aubergine halves are an absolute must for aubergine lovers. Perfectly grilled and singing with Asian flavours they would pair perfectly with soba noodles and chilli oil, tempeh nuggets and rice, stir-fried greens or topped with crispy lentils and served with roasted kumara.

INGREDIENTS

2 aubergine, sliced in half lengthways and the flesh scored in a criss-cross pattern

1 tsp salt

1 tablespoon miso paste

2 tablespoons hot water

1 tablespoon mirin

1 tablespoon peanut or rice bran oil

1/2 tsp sesame oil

1 clove garlic, crushed

1 tablespoon ginger, finely grated

1 tablespoon light soy sauce, Tamari or coconut aminos

1 tablespoon peanut, almond or cashew butter

1 tsp chilli flakes or powder (optional)

2 tablespoons rice bran oil

1 tsp sesame seeds

1/4 cup mayonnaise

1/2 tsp salt

a few grinds of pepper

1/4 cup Smoky Coconut Chips (optional)



METHOD

1. Gather your ingredients and prepare the aubergine in a colander. Sprinkle the cut sides with salt and leave to drain while you prepare the glaze.
2. Preheat the oven to 190°C.
3. Measure the miso paste, hot water, mirin, oils, garlic, ginger, soy sauce and peanut butter into a bowl, mix together well and set aside.
4. Heat a cast iron pan or hotplate on high heat with the rice bran oil.
5. Pat the aubergine dry, and place it cut side down into the heated pan.
6. Fry on a medium-high heat for three minutes until golden brown.
7. Turn and cook for a further three minutes then transfer to an oven-proof dish with a lid.
8. Spread the prepared miso mixture onto the aubergine and sprinkle with the sesame seeds. Cover and cook at 180°C for 20 minutes.

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If you're organising a vegetarian/vegan event
let us know so we can keep our calendar up
to date & people informed!



VEGAN CERTIFICATION / VEGETARIAN SOCIETY APPROVED



SHARON ALMOG, NZVS TRADEMARK MANAGER

Happy Autumn to you all! Hopefully, you have charged your body and soul with the summer warmth and are getting yourselves ready for cooler weather.

Have you prepared your pantry with some spices and herbs? Spicing up your food helps to enrich your nutrition, warm you up and make it more satisfying and filling. This is a great way to give a characteristic boost to your everyday nutrition. Keep healthy and happy and stay tuned to our exciting news below!



It is very exciting that a 100% plant-based Kiwi business based in Kapiti is broadening its range! **Sustainable Foods** offers two additional **NZVS Vegan-Certified** and super convenient **plan*t** brand products – plan*t Korean style fried chick*n and plan*t Crumbed chick*n schnitzel.

plan*t Korean style fried chick*n with gochujang sauce - crispy, saucy and lightly spiced; this new Vegan-Certified product is a perfect addition to your Asian-style dinner. It is excellent on its own or as part of your favourite feast. This dish is excellent with a green salad.

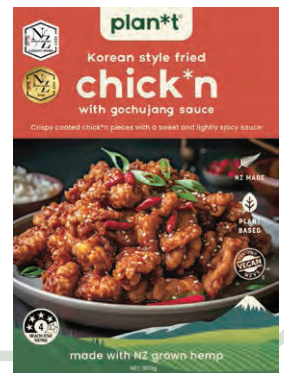
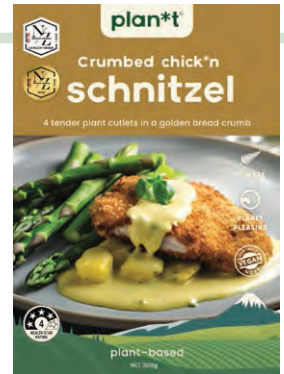
plan*t Crumbed chick*n schnitzel - re-imagined comfort food, so versatile and ready to please for dinner, as a sandwich or salad. This Vegan-Certified plan*t schnitzel is great for school or as an office lunch in a pita pocket with hummus and fresh veggies. Great also for dinner with mashed potatoes and salad or roasted veggies.

If you are familiar with the plan*t range, I'm sure this makes you happy. I often cook with the plan*t Ground Mince and the natural hemp plan*t plant-based chick*n; they have become must-have products on my family's shopping list.

The plan*t range provides an easy, tasty, plant-based, and protein-rich alternative, enabling a conscious choice without compromising. Plan*t foods are nutritious and have a lower impact on the environment. Locally made and packaged with sustainability in mind.

Available in the chilled and frozen sections at Countdown-Woolworths, Four Square, New World and PAK'nSAVE.

www.plan-t.earth



You will find a complete 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 or Instagram pages.

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, send an email to trademark@vegetarian.org.nz, and we'll get in touch with them.

PLANT-BASED COOKING DEMONSTRATION!

Some photos of the NZVS plant-based cooking demonstration at Sustainable Papakura hosted by our Trademark Manager, Sharon Almog.

It was an informative event showing how easy it is to add interesting and delicious vegetarian options to your diet. If you missed it, keep an eye on the events page on our website for more cooking demos this year!



Kindness CORNER

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

THE INSPIRING JOURNEY OF TE PARANUI ANIMAL AND FARM SANCTUARY

On 4th August 2022, Te Paranui Animal and Farm Sanctuary Trust was founded and registered as a non-profit organisation within New Zealand, with the purpose of rescuing and rehabilitating ex-farm and domestic animals. It is based on the fundamental belief that all living beings deserve compassion.

We put this belief into action by rescuing abused animals and providing them with a loving forever home where they receive lifelong, compassionate care, based on kindness and respect.

Te Paranui is run by many amazing volunteers from all over the globe, alongside myself, Alex (Manager), Harrison (Permanent Volunteer) and Maia (Owner).

Our volunteers help us immensely with our day-to-day animal care and rehabilitation, and we couldn't do it without them.

With animal rescue being one of the main fundamentals of the organisation, we come across many injustices within the animal agricultural industry.

SHOCKINGLY, THERE WERE 1,889,112 CALVES KILLED SOON AFTER BIRTH IN NEW ZEALAND IN 2022 ALONE.

One of those injustices is the dairy industry. Some people believe that the way a cow produces milk for humans is as natural as a bee pollinating a flower. However, the majority of dairy food consumers don't



realise that these cows are often artificially impregnated each year, their calves are taken from them so humans can consume their milk.

Denied their mothers and their right to life, the fate of the calves born to dairy cows is one of the dairy industry's dirty secrets.

Shockingly, there were **1,889,112** calves killed soon after birth in New Zealand in 2022 alone. However, the statistics are expected to rise due to Fonterra's newly imposed "No Calf Left Behind" regulations.

At Te Paranui, we try our best every calving season to rescue as many calves as financially possible from such a terrible fate. So far we have managed to rescue and re-home **52** calves from slaughter over the Marlborough and Canterbury regions.

Meet some of our Bobby calves from our 2023 rescue season - Bear, Sully and Fearnie. As you can see, all 3 calves have a



OLIVE

small ear tag containing the slaughterhouse name and a barcode which was to be scanned at the slaughterhouse upon being killed. Luckily these beautiful individuals were rescued and have found a safe haven with us at the sanctuary.

As a way to bring down "Bobby" numbers, dairy farmers have devised a way to artificially inseminate or naturally mate "Beef" cattle breeds over their "Dairy" cows, in doing so, dairy farms are able to sell calves for fattening who are then slaughtered when they reach 17- 24 months of age.

We rescue many calves from this fate alongside the "Bobby" calves. Olive is one of the calves we rescued during the 2023 season. Olive has been an awesome advocate for the sanctuary, being taken to visit rest-homes and schools, featured in local and international articles, and making a TV appearance on the TVNZ's Breakfast show. She is an incredible calf who is getting such an awesome message across - that animals are friends, not food.



CONTINUES NEXT PAGE...

Not only do we rescue cattle, we rescue sheep, goats, turkeys, chickens, rabbits, guinea pigs, pigs, horses, donkeys, alpacas, dogs and cats.

In 2022, we conducted an emergency rescue following a tip off. Five Puppies were in a harsh predicament and were planned to be killed by the farmer via the blunt force trauma, i.e the use of a hammer. Within hours, we were on the scene to rescue the 5 pups. They were small and fragile, had only just opened their eyes and could fit in the palm of my hand. Still requiring milk, we bottle fed the puppies for 5 weeks until they were weaned onto solid food.

A HIGH KILL RATE IS COMMON ON FARMS IF THE DOGS DO NOT DO THEIR JOB CORRECTLY OR ARE NO LONGER WANTED.

This is unfortunately a harsh reality for a lot of working dogs in NZ. A high kill rate is common on farms if the dogs do not do their job correctly or are no longer wanted. Bernie is one of the pups we rescued that day. He resides here at the sanctuary with our other rescue 'working dog', Dew, who was going to be shot due to her having no interest in herding sheep.

Throughout all of these rescues, one of our most memorable was conducted in 2023. With the help of The Animal Sanctuary and Cow Care, we conducted a rescue of



6 very special cows - Moria, Jolene, Poppy, Daisy, Amethyst and Sophia from a park in Auckland. Five of them were tested 'not-in-calf', and Amethyst had health issues relating to her feet. Therefore all of them were to be slaughtered. Thankfully, after a lot of effort by several amazing people and some very generous donors, we managed to pull the rescue off.

This was a **HUGE** victory for us as this rescue was years in the making - years of fighting to keep these girls alive. Little did we know, we were all in for a **HUGE** surprise... 5 of the 6 cows turned out to be pregnant!! After conducting a second pregnancy test for each cow, we were very surprised to hear the original tests were incorrect. This was a massive shock for us because what we thought was a rescue of 6 cattle suddenly turned into 11.

We unknowingly rescued 11 cattle that day, and it will be a day we will never forget. The beautiful girls now get to live out the rest of their lives with their offspring by their side. No longer will they be separated from their calves, and we couldn't be happier!

THESE COWS ARE OFTEN ARTIFICIALLY IMPREGNATED EACH YEAR, THEIR CALVES ARE TAKEN FROM THEM SO HUMANS CAN CONSUME THEIR MILK.

To date, Amethyst has given birth to a girl who is called Ruby, Sophia has given birth to a boy called Samson, and Daisy has given birth to a boy called Koa. We are eagerly waiting to see Moira and Jolene's calves.

We will continue to fight for all of these innocent individuals and make their voices heard. Our goals for now and the future are to protect farm animals from cruelty, to inspire change in the way society views and treats animals, and to promote compassionate vegan living. We also wish to encourage a new awareness and understanding of farm animals, and educate people about the plight of farm animals and the negative impacts of factory farming on health, the environment and social justice.

Our vision and hope for the future is a world where humans do not exploit non-human animals. A world where animals are free to exist in their own right. A world in which humans embrace a vegan ethic and practice compassion and respect for all species. Whether they are as small as an ant or as big as an elephant, they ALL matter in this world. And we want to help society get to that place.

BY ALEX RADFORD

Te Paranui Animal and Farm Sanctuary Trust

If you are wanting to support our mission and what we do, please pop over to Te Paranui Animal and Farm Sanctuary Trust on Facebook where you can like, share and donate towards our cause.

Charity Registration No CC60438

F www.facebook.com/TeParanuiFarmSanctuary

W <https://teparanui.nz>

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Donations to SBS - 03-1369-0602989-01

Source: www.mpi.govt.nz/dmsdocument/1018-Livestock-slaughter-statistics-for-sheep-cattle-goats-horses-and-pigs



NAVIGATING PERIMENOPAUSE:

Understanding, nurturing, and thriving

BY ALICIA TEMPLE

ALICIA TEMPLE EXPLAINS WHAT TO EXPECT IN PERIMENOPAUSE AND SOME LIFESTYLE INTERVENTIONS THAT MAY MAKE THIS TRANSITION A JOYOUS TRANSFORMATION.

Perimenopause marks a pivotal phase in a woman's life. It's a transitional period leading up to menopause, typically lasting around four years but varying from two to eight years. Understanding its nuances, recognising when it can commence (as early as the late 30s), and acknowledging the spectrum of symptoms is crucial for women. Although this isn't just women's business. Men - if you have a mother, sister, female colleague, friend or partner, read on, it is important to understand so you can offer support.



SYMPTOMS TO EXPECT BEYOND THE NORM

Perimenopause is not simply a few night sweats or erratic periods; it encompasses a broad spectrum of symptoms that can profoundly affect mental and physical well-being. Mood fluctuations, anxiety, migraines, sleep disturbances, unexplained weight changes despite consistent exercise and diet, or lesser-known symptoms like dry eyes or ringing in the ears, can all emerge during this phase. These symptoms stem from the changing levels of hormones in the body, particularly variations in estrogen levels, affecting the body's equilibrium.



HARNESSING THE POWER OF LIFESTYLE: A HOLISTIC APPROACH

The significance of a healthy lifestyle during perimenopause cannot be overstated. Nutrition, exercise, quality sleep, stress management, and minimising alcohol play an important part in mitigating symptoms and taking care of your overall well-being.

Take alcohol as an example. Even in moderate amounts, it can exacerbate perimenopause symptoms. As we get older our liver, which breaks down alcohol and is involved in the metabolism of multiple hormones, becomes less efficient. This means that it eliminates alcohol more slowly and delays it from breaking down the hormones fluctuating at midlife. The knock-on effect is more intense menopausal symptoms such as night sweats, headaches and poor sleep.

If 'brain fog' is a concern, alcohol will certainly make things more foggy! Even moderate drinking is linked to pathological changes in the brain, including impaired memory and decision-making.

Regardless of life stage, alcohol can increase our internal body temperature, lead to weight gain (it is extremely calorie-dense) and impact our mood. Women have a smaller amount of an important enzyme in the liver that breaks down alcohol and often have a smaller body size, all adding up to a much lower tolerance than our male counterparts.

THE IMPACT OF NUTRITION

Body fat is a primary source of estrogen. As our bodies fight to retain fat to safeguard estrogen levels, nutrition becomes a vital factor. Focusing on fibre-rich foods, plant-based proteins, and incorporating soy into our diets can significantly aid in managing symptoms. Fibre supports hormonal balance, while plant proteins and soy provide natural phytoestrogens, aiding in alleviating symptoms associated with hormonal changes.

In fact, new research by US-based Physicians Committee for Responsible Medicine (PCRM), showed that a low-fat vegan diet including soy created changes in the gut microbiome that decreased postmenopausal hot flashes by 95%!



Soy is a great source of phytoestrogens. Outside of managing perimenopause symptoms, the isoflavones contained in soy have also been shown to be protective against breast cancer, improve bone health and reduce the risk of cardiovascular disease.

HERBAL REMEDIES

For some women, these can be a lifeline although results are mixed. Natural health supplements are not as regulated therefore it can be hard to be sure of the level of active ingredients you are getting. If you do decide to try a natural supplement it is important to let your doctor know as they can interfere with other medication. Anecdotal evidence suggests women could see benefits from:

- Ashwagandha
- Red clover
- Black cohosh
- Ginseng
- Sage leaf
- Ginkgo biloba
- Maca powder
- Evening primrose oil
- St John's wort



CONTINUES NEXT PAGE...



GETTING GASSY

Even women who rarely experience any digestive issues such as gas, bloating and stomach cramps, may find that as they reach perimenopause these symptoms kick-off. Estrogen helps regulate cortisol – our ‘fight or flight’ hormone that suppresses non-essential functions if the body senses we are in danger. If cortisol is elevated it can slow down digestion of food, create bloating or gas and, over time, impact the balance of bacteria in our gut.

A few simple tweaks to your eating habits may improve these symptoms:

- **Support the good guys** - feed your beneficial gut flora with fermented foods such as miso, kombucha and sauerkraut
- **Focus on fibre** - even just a 2-week increase in fibre intake can significantly alter your gut microbiome for the better
- **Chew slowly** - chewing your food longer breaks it down more aiding in digestion. Also, when you eat slowly, you give your brain a heads-up to signal your stomach to let digestion begin

A CELEBRATION OF WOMANHOOD

Menopause isn't something to dread. It signifies wisdom, experience, and a new chapter in a woman's life. This transition should be celebrated, a concept deeply ingrained in various cultures including our own. Many wahine Maori heading towards ruahinetanga (menopause) have positive associations with this phase in life; it is when they come into their power as a wise leader.

Interestingly, humans, killer whales and pilot whales are thought to be the only mammals that experience menopause. This has led to the ‘grandmother hypothesis,’ highlighting the importance of women's roles beyond childbearing years. Older non-reproducing females can give their existing offspring a better chance at survival by sharing wisdom, nurturing and helping build communities.

Perimenopause signifies a profound transformation, requiring a holistic approach towards nurturing oneself. It is often not easy but there's no need to suffer through symptoms alone – seek professional help to find out what lifestyle and medical options are right for you. Never ignore persistent, frequent and worsening symptoms, talk to your doctor.

Finally start instigating a healthy lifestyle as early in your journey as possible, all the benefits are clear no matter what your life stage.

Alicia Temple is a communications expert who is passionate about sharing evidence-based information to create a healthier and more compassionate world. She has a Diploma in Nutrition and a Certificate in Plant-Based Nutrition.



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DINING OUT

Around New Zealand

JAVA

Affordable Indonesian food on Karangahape Road, Auckland. Good vibes, lovely staff and epic flavours with lots of vegan options.

I got the vegetarian Nasi Kuning, and it was delicious!



BY AHRABIE YOGARAJAH

Java, 322 Karangahape Road, Auckland

Hours: Tuesday - Thursday 12pm to 9pm, Friday - Sunday 12pm to 10pm

www.itsjava.co



ROSELLA

Rosella is a new dining addition to Wellington that both celebrates and elevates vegetarian cuisine.

It is a small restaurant and wine bar tucked along Majoribanks Street in Wellington city centre, and offers a range of small dishes, including meat, fish, vegetarian, and vegan options, where all flavours are influenced by Mediterranean, North African and Middle Eastern cuisine.

The real showpiece is the Just Feed Me menu which includes a selection of dishes chosen by the chef. The Vegetarian Just Feed Me menu offers eight dishes for \$70 per person. Dishes were beautifully presented, well-balanced and delicious, while celebrating seasonal produce. They included tomatoes with saffron aioli, roasted cauliflower with almond cream, and kale and macadamia tabbouleh. The service was attentive and friendly with a great wine list to match, and the vibe was comfortable and relaxed.

BY CATHERINE LOFTHOUSE

Rosella, 18 Majoribanks St, Mt Victoria, Wellington

Hours: Tuesday to Thursday 4pm to 10pm, Friday 3pm to 1am, Saturday 12pm to 1am, Sunday 12pm to 9pm

www.rosellawinebar.nz



OFFA ARTISAN BAKERY

Offa Artisan Bakery is located in the vibrant and cool Browns Bay Village, a bright and inviting bakery on Clyde Road. Romi, the lovely owner and head baker, has expertise in artisanal European pastries with Mediterranean touches. The range is 100% vegetarian, with some vegan offerings as well.

This is our favourite café and bakery in the area, and judging by the people who are posting praises on the local community online group since the opening just a few months ago, we are not the only ones.

It has great coffee and outstanding pastries. I'm deeply in love with the vegan Jerusalem Bagel and Zaatar! My children are addicted to the fantastic Rugelach and the Challah bread. I also tried the new vegan Chocolate and Oat Cream pastry – melting in the mouth and very yummy! Another tremendous vegan savoury option is the focaccia bread, rolled in sesame seeds and topped with cherry tomatoes, kalamata olives and red onions.

One of the customers had just finished her Caprese Sandwich and said it was the best she had ever had. A "fresh and satisfying, balanced combination of savoury and sweet Challa Brioche bread. Mediterranean summer in a sandwich."

Don't worry. Your dog can also enjoy healthy treats made of bananas, oats, and peanut butter that Offa makes, especially for our best furry friends.

Offa also has sweet and savoury catering boxes, which are super awesome. You can order a variety of vegetarian and vegan pastries for your office or events—excellent quality at reasonable prices.

I love the attention to detail you can feel in everything Offa makes. The professionalism, high-quality ingredients, different approach, and warm atmosphere make me love this place more and more with each visit.

BY SHARON ALMOG

Offa Artisan Bakery, 74 Clyde Road, Browns Bay, Auckland

Hours: Tuesday to Sunday, 7:30am to 2:30pm

www.offabakery.nz



ORIGINAL OWNERS RETURN TO ANNIES!



ADVERTORIAL

You may be aware that Annie's Fruit Snacks was recently re-purchased back by the Giles family from Kono Foods who bought the business in 2013. This has been an exciting challenge with the business now operating on the family's Marlborough property where Graeme and Annie first started it in 1986.

With the impact of Covid and the stresses on our health system, the importance of healthy and environmentally friendly eating is even more important than ever. Annie's products fit these criteria beautifully. Owner Graeme grew up on the Radford family farm where everything has been grown on the property for the last 130 years and served with pride. As time progressed, the family moved away from sheep and dairy production to fruits and vegetables. Water usage was a big part of this, and they are lucky to have an excellent source of artesian supply from the Wairau aquifer.

But today, in an environment where energy conservation, pollution and climate change are the greatest challenges we face, water plays an even bigger part. More and more we are becoming aware of the impact our food production has on the environment. Water availability, supply and conservation are paramount.

A recent article on the volumes of water required to produce various food ingredients highlights that there is no substitute for fruits and vegetables. To produce 1 kg of apples 822 litres of water is required, bananas - 790 litres, mangoes - 686 litres, and plums - 305 litres. As for vegetables; 1 kg of corn requires 486 litres, potatoes - 136 litres, cucumber - 127 litres, cabbage - 109 litres,

tomatoes - 100 litres, and lettuce - 68 litres respectively.

So, let's compare this with meat products; beef - 15,415 litres, mutton - 10,412 litres, pork - 5,988 litres, and chicken - 4,325 litres, respectively.

Processed foods also need water, not just for growing, but also for processing. Producing a kg of chocolate needs a humongous 17,196 litres of water, pasteurised butter - 5,553 litres, cheese - 3,178 litres, pasta - 1,849 litres, and bread - 1,608 litres. To produce a small pizza requires 1,239 litres of water. When all the factors are accounted for, these figures are immense, and this is before shipping and storage costs.

Annie's products are based on simple natural ingredients. Fruits and vegetables with the water extracted. This minimises processing requirements and shipping costs. It also provides for a very long, 2-year shelf life without chilling, freezing or the use of preservatives. All high-water demanders.

The Annie's team are currently investigating many options for energy and water reduction. Solar power is an obvious choice. They are also investigating the production of biochar from local grape waste. Biochar is the charcoal-like substance remaining after the pyrolysis of biomass and is a form of charcoal. The process will provide heating energy for drying as well as biochar fertilizer. It also allows the almost total reduction in wastewater output which is evaporated

onto the super-hot char while retaining minerals and fertilizer components.

Where possible they also source ingredients locally. Again, this reduces freight, storage, and packaging costs, all requiring water inputs. Water conservation will be critical as we move into an energy restricted world.

On the health side, we are launching several new lines focused on immune function and gut health. These include pre and probiotics and high-fibre components. Keep an eye out for these!

So, if you are travelling through Marlborough go and visit the team! They are about to re-open their Annie's retail outlet on their property on State Highway One, just north of Blenheim. If you have any ideas or suggestions or just want to talk health, nutrition or diet visit their website www.annies.co.nz or contact graeme@annies.co.nz. Let's make 2024 a real Food You Trust year.

References:

- The Public Newsense | CAG
- Environment and Climate Action | CAG

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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*, monthly informative E-newsletter, and meet like-minded people at informal meetings and social events.

Vegetarianism is the practice 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.).

TO JOIN THE NZVS, go to our website www.vegetarian.org.nz and complete your details online. 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 informative E-newsletters. It also grants you access to exclusive member discounts on Vegetarian Approved and Vegan Certified products from participating companies in our Membership Programme.

DIRECTORY

NEW ZEALAND

National Executive of the NZ Vegetarian Society Inc.
PO Box 26664, Epsom,
Auckland 1344
info@vegetarian.org.nz
Ph/Fax: 09 523 4686
www.vegetarian.org.nz

National Office
10 Warborough Avenue,
Epsom, Auckland 1344
info@vegetarian.org.nz
Ph/Fax: 09 523 4686

Wellington Centre
wellington@vegetarian.org.nz
04 478 4665

Christchurch
christchurch@vegetarian.org.nz

Hamilton
Tristan Hooker
veghouse@vegetarian.org.nz

Hawkes Bay
Donna Hossack
donna444@gmail.com
027 588 7756

Invercargill
Invercargill Vegan Society
info@invsoc.org.nz

Kawerau
Loretta Westbrook R.N.
Lorettainnz@gmail.com

Motueka
Stephanie Thompson
Stephanie.thompson@gmail.com
0211677011

New Plymouth
Katrina Angelo 021 749 552
or Tessa Clarke 021 057 4011

Waiuku
Tara Murphy
taramurphy@gmail.com

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

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

HEALTH & 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 / Meteotite / Incense / Echo, Aleph Lip Gloss/Balm Lucid, The One - Reset and Restore Moisture Cream



BODHI ORGANICS
Bodhi Organics
Everyday hydrating cream 50ml



CLINICIANS
Research Based

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



GO HEALTHY

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



GOODBYE
We Belong Outdoors

Goodbye OUCH Vanilla Balm, Goodbye Sandfly



ORGANIC BIOACTIVES
Innovating From Tradition

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



PANNA SOAPS

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



VITAMIN SOLUTIONS

Nerchr Cmax Maximum Support 30ml, Nerchr Natural Skin Rejuvenation 30ml, Nerchr Tattoo & Piercing Aftercare 30ml

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 Mischief, Vegan Wrath. Vegan Quorn Nuggets, Garlic Bread

FOOD & BEVERAGES



ANGEL FOOD
Vegan & Divine

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



ANNIES
Food You Trust

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



BABICH WINES
New Zealand's Most Experienced Family Owned Winery

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



BLACKENBROOK
Inspired By Nature - Pure And Balanced

Sauvignon Blanc, Pinot Gris, Gewürztraminer, Rosé, Chardonnay



CAROL PRIEST NATURAL COSMETICS

Carol Priest Almond & Lemonbalm Facial Scrub 50g, Carol Priest Blue Chamomile Facial Wash Cream 100g, Carol Priest Green Clay Mask With Herbal Oils 50g, Carol Priest Lettuce & Jojoba Moisture Lotion 100ml, Carol Priest Neroli Aurantium Facial Lotion 100ml, Carol Priest Rosa Damascena Facial Lotion 100ml



CHASERS
Feel The Flavour

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



COOKIE TIME
For Serious Cookie Munchers

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

FOOD & BEVERAGES



EM'S
Unleash Your Power!

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



FOLIUM ORGANICS
We're a Source of Good Nourishment

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



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



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



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



HOWLER HOTDOGS
A New Breed Of Hotdogs

Vegan Notdogs, Vegan Mini Notdogs



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



KILLINCHY GOLD
Masters of Premium New Zealand Ice Cream

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



LOTHLORIEN WINERY
Organic, From Our Trees, To Your Table

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

FOOD & BEVERAGES



MARISCO VINEYARDS
Premium Wines By Marisco Vineyards

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

NUDAIRY'S **NUDAIRY**
Plant-based creamery

Cream Cheese, Shredded Mozzarella, Sliced Cheddar, Sour Cream, Shredded Cheddar, Feta, Tasty Alternative, NuDippy



OSM
Fuel For Life

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



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



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



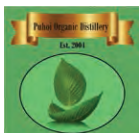
PLAN*T
Nourish you - Nurture our planet

Spanish Chorizo, Old English Sausage, Classic Hemp Burger, No meat Mince, Bologness Meal, Mexican Meal, plan*t Nuggets, plan*t Crispy strips, plan*t Chick'n burger, Hemp Chick'n Natural, Hemp Chick'n Southern Fried, plan*t Korean style fried chick'n with gochujang sauce, plan*t Crumbed chick'n schnitzel



PROPER CRISPS
Proper Hand Cooked Crisps

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



PUHOI ORGANIC DISTILLERY

Dry Gin, Blueblood Gin, Raspberry Dry Gin, RNZYS Commodore Reserve's Gin, Limoncello Gin, Cinnamon Gin, Vanilla Gin.

FOOD & BEVERAGES



RED SEAL
Red Seal - Incredible Inside

Red Seal Natural Kids toothpaste 70 g, Red Seal Natural Kids Fluoride toothpaste 70 g, Red Seal Natural Whitening toothpaste 100g, Red Seal Natural Whitening Fluoride toothpaste 100g, Red Seal Natural Complete Care toothpaste 100g, Red Seal Natural Complete Care Fluoride toothpaste 100g, Red Seal Herbal toothpaste 100g



ROUND THEORY
Wines for the greater good

Pinot Gris, Rosé, Sauvignon Blanc, Piqette Sauvignon Blanc
Marlborough



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

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



SURTI
The Traditional Taste of India

Vegetable Samosa, Vegan Samosa, Vegan Kachori

FOOD & BEVERAGES



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



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

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



THE GOODTIME PIE CO.
Crazy About Vegan Pies

Mexican Pie, Korma Vegetable Pie, Kumara & Cashew Pie, Chana Masala Pie, Vegan Sausage Roll, Vegan Pepper Mushroom Pie, Vegan Mince & Cheese 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, Passionfruit Dark Chocolate; Dark Chocolate Mint Sticks



TREASURED MORNING
Treasured Morning Apple Crumble 350 gr



WAIHEKE HERBS
Artisan Herbal Culinary Products

Waiheke Herb Spread: Regular, Regular Garlic Free, Organic, Organic Garlic Free, Asian, Italian, Supergreens



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, Veggie Mischief and Veggie Wrath. Quorn tenders, Green Demon Pasta

HEALTH & 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



VITAMIN SOLUTIONS

Nerchr Cmax Maximum Support 30ml, Nerchr Natural Skin Rejuvenation 30ml, Nerchr Tattoo & Piercing Aftercare 30ml

FOOD & BEVERAGES



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CHASERS
Feel The Flavour

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



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

FOOD & BEVERAGES



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, Hemp Chick'n Natural, Hemp Chick'n Southern Fried, plan*t Korean style fried chick'n with gochujang sauce, plan*t Crumbed chick'n schnitzel



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)



TREASURED MORNING

Treasured Morning Berry 350 gr, Treasured Morning Peach & Nectarine 350 gr



WAIHEKE HERBS
Artisan Herbal Culinary Products

Waiheke Herb Spread: Regular, Regular Garlic Free, Organic, Organic Garlic Free, Asian, Italian, Supergreens

CORPORATE MEMBERS SUPPORTING THE NZVS



GREEN DINNER TABLE

Eat more plants



Invest Ethically

PATHFINDER ASSET MANAGEMENT

Invest Ethically



QUORN

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



TAIWANESE WOMEN'S ASSOCIATION OF NEW ZEALAND (TWANZ)