

 NZ VEGETARIAN SOCIETY

VEGETARIAN

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TALIA'S STORY

**ADVOCATE
FOR ANIMALS**

RECIPES

**THINK KIND
COLOURING**

RRP \$7.90



FOR A KINDER,
HEALTHIER
WORLD

EDITORIAL

editor@vegetarian.org.nz



These last few months seem to have been a bit frenetic with people seemingly trying to make up for time “lost”

last year, but life should never be too busy to take time out to investigate links to interesting articles sent in by members. The Guardian recently ran a piece about the number of chefs in cafés and restaurants now moving to create vegan dishes and ignoring vegetarian dishes for their menus, most of them aiming to cover both vegetarians and vegans with the one option.Mind you, the writer of the article also feels that even though there are estimated to be 1.5million vegans in England and over 3million vegetarians, instead of comparing the ‘virtues’ of veganism and vegetarianism, maybe it would be better to concentrate on the 94% of people who still prefer to eat animals!

Another piece in The Guardian concerned Medical research entitled: “*Animals are our overlooked allies in the fight against Covid.*” I found this piece quite fascinating and very well written. See page 12 for the link.

In our own Vegetarian Living NZ Winter issue we have a fascinating interview with Deidre Sims (*Direct Animal Action* and the *NZ Anti-Vivisection Society*) (page 4) and you can read about Talia’s journey to

health on page 1. Several new Approved and Certified products are introduced on pages 6 & 8, and Anna Valentine has given us some more delicious recipes to try out (pages 10 & 11).

The Annual General Meeting of the NZ Vegetarian Society is coming up on August 28 - see page 3. This year it’s to be held at the EAST Vegetarian Restaurant which is reviewed on page 14. Book your place for a delicious lunch and hear about what’s been happening on the veg~n front this past year!

As we head into the depths of Winter, encourage the children/students in your family and neighbourhood to put their thinking caps on and create an entry for the Think Kind competition. There’s plenty of scope for putting their creative talents to work and maybe even win the top prize for their school – see the Society’s website www.vegetarian.org.nz for more details.

Remember, if you’ve ever felt inspired to research and write on a topic related to the ethics, economy, humane or environmental aspect(s) of veg~nism, whether it be serious, informative or humorous, (or all three!) write it up and send it in for consideration. A good occupation to keep out of the wind and rain, staying warm and cosy inside.

- MARGARET



COVER PHOTO:

Tofu Sausages. See recipe at the bottom of this page. For more recipes get a copy of our *Home-tried Favourites*, available for purchase on our website.

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(Full Directory listing inside back page)

TOFU SAUSAGES

🕒 PREP TIME 30 MIN, STANDING TIME 30 MIN, COOKING TIME 30 MIN

🍴 MAKES 8 SAUSAGES (2 SAUSAGES PER SERVE)

1 onion, grate or chop finely, or cut into quarters first, if using blender
2 teaspoons savoury yeast
2 Tablespoons soya sauce
2 cloves garlic, crushed
2-3 teaspoons oregano
1 × 300g block soft tofu
salt and pepper, to taste
1½ cups rolled oats or breadcrumbs
flour for coating
oil for frying

1. Place all ingredients except the rolled oats into a blender. (Alternatively, mash tofu in a bowl and then add ingredients as listed). Mix well.
2. Add in the rolled oats/breadcrumbs.
3. Allow to stand to 30 minutes minimum, which helps flavour to permeate and the mixture to firm up.
4. Make into sausage shapes, dip into flour and fry over medium heat in frying pan with a little oil.

TALIA'S STORY

BY JEANETTE BLACKBURN

Talia's journey towards veganism has been more challenging than most. I've known Talia's mum, Lorna, since Talia and my older son were babies and we've kept in touch over the years, watching our children grow and follow their own paths to adulthood.

About 3 or 4 years ago Lorna and I resurrected a small group of friends to meet more regularly and support each other as we headed towards retirement age. The timing was fortuitous. By this time, my son had moved to London where he still is, trying to get through UK Covid lockdowns. Talia had followed her childhood sweetheart, musician Jesse, to live in New York where he had a record deal and played at festivals such as Coachella. After 6 years there, they travelled around Mexico, Guatemala and Europe, including a trek in Nepal, as Talia's parents had done over 30 years ago.

Realising that they wanted life to slow down a bit, Talia and Jesse felt the time was right to start a family, so they returned to New Zealand before baby Navy was born, Lorna's first grandchild. Our little group shared in Lorna's joy as she was the first to become a grandmother. Then suddenly Talia and her family's world turned upside down. A small lump in her breast, noticed during her pregnancy, was initially dismissed. But 6 weeks after Navy was born she realized it hadn't gone away, and decided to tell her GP.

Talia remembers everything moving very fast after that visit. An ultrasound turned into an urgent mammogram, followed by a biopsy, resulting in the horrifying news that she had Grade 2 breast cancer and needed to start treatment immediately. Looking back months later she was grateful for that first six weeks of breastfeeding, allowing both her and Jesse that special bonding with their precious baby. Giving up breastfeeding so she could have chemotherapy was probably the hardest part of the whole process for Talia.

Friends and family rallied around as Talia underwent six rounds of chemotherapy, and



a mastectomy in December 2019. Various fundraisers were held for funds to cover treatment and loss of income, and both Talia and Jesse are enormously grateful to both families and all their friends for the amazing support they received. After the third round of treatment the couple received positive news that the tumour is no longer visible, although she has to take a hormone therapy drug for the next 10 years and is currently receiving Herceptin.

As Talia slowly started the road to recovery during 2020, she became aware that it might help to look seriously at her diet to see if making any changes would make her feel better. Going vegetarian had been something she had thought about for years, even following a mostly vegetarian diet for 5 years while living in New York, but when she returned to New Zealand she slipped back into her old habits of eating meat and fish.

"Going vegetarian/vegan is something that really aligns with my values, but I needed some more knowledge and tools on how to make the change." And although Talia's sister has been vegan for some years now, she had only a minor influence on Talia's decision to re-visit vegetarianism, as Talia recognized that the change needed to come from within herself.

It was going through the cancer journey, and becoming aware of the impacts of climate change, that made Talia realise she could no longer ignore the obvious need to make that change in her diet. The final push came from a surprising win in a competition run by the Raglan Food Co, where Talia and her family were sponsored to take up the challenge to be vegan for a month. She was given the tools and knowledge she felt was lacking, and "became strong enough for us to move out of my Mum's house and into our own, which meant I had more control over what was and wasn't in our pantry and fridge."

Both Talia and Jesse noticed an improvement in how they felt over the four weeks in September last year,



and Talia has since remained vegan at home, but sometimes vegetarian when out. She has found that this option is proving more flexible and sustainable for her and her family.

Being challenged on such an important issue by those close to her would have made the whole process much more difficult, so it's been a big relief for Talia to have complete support and acceptance by both her family and Jesse's. Her sister is very happy and proud that she has made these changes to a vegetarian/vegan diet, and although Jesse himself eats meat when they are out, he also fully supports Talia in her vegan diet at home and accepts the absence of meat and fish in the house. Two-year-old Navy is being brought up vegetarian but Talia says "It will be up to him what he decides to do one day...".

It's hard to know when your baby is born what kind of journey you will be taken on. My friend Lorna and her daughter, Talia, have been on a more turbulent journey than most, but it has been my pleasure to see them work through the challenges thrown at them, support them where I can, and share in the joy as they have overcome these obstacles.



TRISTAN'S *Corner*



Happy winter everyone! Remember this time last year? That surreal, post-lockdown time, where we were all trying to come to grips with the reality of a worldwide pandemic, while simultaneously realising how fortunate we were in New Zealand to be getting it under control. The onset of winter 2020 made things a bit more daunting and I'm sure it was a good reminder for us all to pay attention to diet and lifestyle choices, in order to be as robust and healthy as possible in preparation for any hiccups we might have had to face while getting through that winter.

I'm very grateful my children and I generally enjoy very good health and I certainly empathise with anyone battling with health issues of any kind as winter sets in for 2021.

At the time of my first column being published in Vegetarian Living NZ, in the summer of 2011, my boys were aged one and three. In the several years previously, I had been through two rounds of IVF, two pregnancies, two births and successfully introduced solid food to two healthy baby boys. My children were very much wanted and strived for and I worked hard, through determination, research and instinct, to make sure they were getting everything they needed to start them off in life, including the correct nutrition.

As a vegetarian, I came up against protestations and advice from professionals, such as doctors, midwives and well-meaning nurses on quite a few occasions, telling me it wasn't possible to have a healthy pregnancy and raise children without consuming meat. At other times, I came up against friends, colleagues and even strangers offering similar, well-meaning but uninformed, advice.

From the time I became pregnant, through to introducing solid food to the babies and through the first few years of school, there were people who questioned whether I was being a responsible parent by allowing my children to go without eating meat. That can be hard to take.

I don't have bad feelings towards any of those people. It's normal for people to be nervous about things they're not familiar with. However, it can be quite daunting and it serves to illustrate some of the types of things my children will need to deal with as they grow up. I'm sure they will have it easier than I did as a teenager in the 1980s. This millennium seems to be much more familiar with plant-based foods and accepting of people making a variety of choices about how to live their lives.

My children are now 11 and 12. They're strong, healthy, well-adjusted boys, hurtling towards their teenage years, high school and everything which comes with the next stage of life. They have their own identities, they know their own minds and they're both happy and proud to be lifelong vegetarians.

Now they will need to spend more time out in the world, without their mother, navigating their own way through the well-meaning advice of authority figures, friends and strangers, some of whom won't understand that it's OK not to eat meat, and that it's a choice which is nobody's business but their own. I hope I have taught them how to handle themselves in a polite and respectful manner in the face of criticism, and how to be assertive yet calm when being pressured to partake in anything they don't feel comfortable with, whether it be eating meat or taking drugs.

I hope they continue to grow into intelligent young men who can handle bumps in the road and balls thrown from left field. So far on their journey of life, I'm proud to say they're well on the way to becoming great vegetarian men.

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.

28 August 2021 - 12.30pm

We have organised a special deal for this year's AGM which will be held at **EAST RESTAURANT**, one of Auckland's newest plant-based eateries.

Come and find out what the Vegetarian Society has been doing over the last 12 months, and our exciting plans for the future, over a 4-course vegan lunch for just \$60pp.

As a special bonus we can offer a discount of \$30pp to the first 15 people to book in.

We look forward to seeing you there!

Contact info@vegetarian.org.nz for booking details.

M JOHNS, SECRETARY, NZVS

MANY THANKS & FAREWELL

We bade farewell to Philip McKibbin mid-March and were very sorry that Philip decided to leave his role as trademark manager after two years with us. However he is following his passion and undertaking a PhD in Human-Animal Studies, studying remotely with Sydney University on a full scholarship.

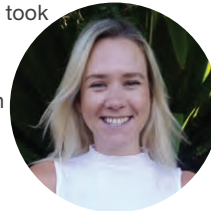


Philip was a valuable member of our NZVS team and helped grow the trademark programme, implementing much needed structure and processes. He also did wonderful work for the Society in the media, raising the its profile in both print and electronically.

He also contributed at an executive level and we really appreciated his insights into strategic goals for the society.

I'm sure you will still see articles in the press from him, and even new books in the bookstores about his passions – being vegan and promoting Maori language. We wish him the best with all his future endeavours.

Charlotte Besant, took over from Philip as Trademark Manager between February and June this year.



Born and raised in England, Charlotte moved to New Zealand with her family in 2003. After receiving a

Bachelor of Communications from AUT University in 2011, she returned to London to travel and work, before coming back to NZ to live. She adopted a vegan diet 4 years ago, after being inspired by the positive health impacts she had seen and heard first-hand from friends. After doing some research of her own, she discovered the many other reasons to transition to a plant-based diet.

Charlotte really enjoyed the role of Trade Manager and was looking forward to expanding the role and the number of certified products, but sadly received some news in May that means she has to travel back to the UK to be with family. It is with much sympathy and regret that we say farewell to Charlotte for the time being and wish her well.

- JULIA CLEMENTS, PRESIDENT NZVS

Think KIND
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MAR - 16 AUG 2021

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YEARS 0 - 13

ART LITERATURE ACTION

WRITE DRAW CREATE OR
START SOMETHING TO HELP THE ANIMALS

TO ENTER OR FOR MORE INFO CHECK OUT WWW.VEGETARIAN.ORG.NZ

OPEN TO YEAR 0 - 13 STUDENTS. FREE ENTRY.
Entries close 16 August 2021. Overall winner announced on 1 October 2021 (World Vegetarian Day)

The poster features a collage of animal images: a pig, a dog, a rabbit, a cow, and a chick. It also includes icons of a sheep, a pig, and a chicken. At the bottom, there is an illustration of a stick figure holding a pencil and a cow.

ADVOCATE for ANIMALS

MAJA SKILLING



MAJA HAS A CHAT WITH AN INSPIRATIONAL NEW ZEALAND ACTIVIST

I recently had the opportunity to talk to Deirdre Sims, an inspiring animal activist here in Aotearoa, involved in both the grassroots activism organisation Direct Animal Action (DAA) and the New Zealand Anti Vivisection Society (NZAVS), and asked her what inspired her to campaign tirelessly for a better world for animals.

1. WHAT WAS THE CATALYST THAT BROUGHT ABOUT YOUR PASSION FOR ANIMAL ACTIVISM?

I grew up eating meat, but I'd always considered myself an animal lover. One day I asked myself "What makes a vegetarian a better animal lover than me?" I started doing some research and came across a book called 'Old MacDonald's Factory Farm'. I read the book from cover to cover in a single day and by the end of that day, I no longer ate animals. At that time, I honestly had no idea that factory farms existed or that cows were repeatedly artificially inseminated to increase milk production. That was about 20 years ago now!

2. TELL US ABOUT THE ORGANISATIONS THAT YOU ARE A PART OF, AND THE TYPE OF WORK THIS LEADS YOU TO DO.

The main animal activist organisation I am involved with is Direct Animal Action (DAA). DAA is a grassroots animal activist organisation that was started in 2015 by a small group of women, including myself. It's an all-volunteer group that survives on donations from people who support our work, and our main campaigns call for legislative change to end rodeo and factory farming in Aotearoa.

We have run well-attended peaceful protests outside the Warkworth, Mid-Northern and Waikato rodeos for the last six years. These protests generate a lot of media coverage which helps to stir up public debate about the use of animals in rodeo. We've also spoken directly with a number of local and central government politicians urging their support for a ban on rodeo.

Our factory farming campaigns are largely

centered around working with local communities to help them effectively oppose new factory farms being built in their areas. This work sees us team up with unlikely allies like rural people, sometimes farmers, and local iwi, to oppose mega-corporations like Tegel and Mainland Poultry. The locals fight through the system (council submissions and hearings, Environment Court) and we support them through petitions, protests, media commentary and farm investigations.

I'm also the Chair of the NZAVS (New Zealand Anti-Vivisection Society) Committee Board. I work with other board members and Executive Director Tara Jackson to achieve the best outcomes for NZAVS, which is the only organisation in Aotearoa solely focused on ending animal experimentation in our country.

3. WHAT ARE SOME OF THE PROJECTS YOU HAVE BEEN INVOLVED IN OVER THE YEARS?

One of the most memorable projects I've been involved with as part of my work with DAA, was a campaign called Stop Craddock Farms. In this campaign I worked alongside a local woman called Peta, from the small village of Patumahoe. A company called Craddock Farms was trying to build what would have been the biggest colony cage egg farm in Aotearoa just over the fence from Peta's backyard!

Peta reached out for help because she knew she wouldn't be able to sleep at night if 300,000 egg laying hens were confined to cages just over the fence from her. Peta fought Craddock Farms through Auckland Council and then through the Environment Court. DAA and I supported her with a 10,000-signature petition, many peaceful protests and lots of media coverage.

The campaign ran for about 2 years but in the end we were successful. With the combined effort of Peta and DAA, the Environment Court ruled that Craddock Farms could not build their farm!

4. AS SOMEONE WHO HAS COME FACE TO FACE WITH THE WORST OF ANIMAL SUFFERING, COULD YOU DESCRIBE SOME OF THE HARROWING AND PAINFUL THINGS THAT YOU HAVE ENCOUNTERED? WHAT KIND OF EMOTIONS DID YOU FEEL UPON THESE ENCOUNTERS?

My animal activism over the last 20 years has taken me inside many factory farms (pigs, meat and egg chickens) and even inside slaughterhouses.

When I am inside these places, I am there for a purpose: to film and photograph what these animals are subjected to and to then show this to the people of New Zealand so that public pressure for change will make decision makers take action.

While I am filming and taking photos, I feel very business-like. I am there with a purpose that will ultimately help animals if I am successful. It's not until afterwards, that what I've witnessed really starts to sink in, especially if I look at the photos I've taken or at the footage I've filmed. I think the reason I don't like looking at the photos or footage I've obtained inside these places, is that while filming I'm being proactive about something very important to me but looking at the footage makes me feel helpless which is harder to cope with.

5. I REMEMBER MEETING A RESCUED MEAT CHICKEN CALLED PEEP AT THE ANIMAL SANCTUARY WHEN I WAS 13. HER STORY SERVED AS A HUGE INSPIRATION FOR ME, AND EVER SINCE SHE HAS BEEN MY DRIVING FORCE FOR CARING ABOUT ANIMALS AND CAMPAIGNING FOR THEIR RIGHTS. IS THERE A PARTICULAR ANIMAL THAT YOU HAVE GOT TO KNOW DURING YOUR TIME AS AN ACTIVIST THAT HAS DONE THE SAME FOR YOU?

Lovely to hear you mention Peep! Peep was actually rescued by myself and some other DAA members from a Tegel meat chicken farm during one of our campaigns to stop Tegel building a mega-farm north of Auckland. The farm they wanted to build would have held over 1 million meat chickens at a time and the local community was very



Above: Protesting Craddock



Above: Protesting Tegel

opposed to it. We went to an existing Tegel farm to get footage to show the public the horrendous conditions for the chickens. While we were there, we saw Peep. She was smaller than the other chickens and had a number of red, open wounds from where the other chickens had been attacking her. We knew if we left her, she would die. So, we felt we had no choice but to take her home with us. We took Peep to an after-hours vet that night, who gave her medication and stitched up her wounds. The next day, we spoke with some friends of ours at a sanctuary who offered to take Peep into their care. Peep had a wonderful life at the sanctuary for a few weeks. But unfortunately, her wounds had a deep infection which wasn't picked up by the vet. The infection eventually overwhelmed her, and she passed away. We were all very sad and angry at Peep's death – we were angry at Tegel for the suffering they inflict on millions of chickens just like Peep every day. The day we found out that Peep had died, we had already planned a big protest outside Tegel's head office. We felt very emotional at the protest and dedicated it to Peep. A couple of weeks after that, we got news that the Government had intervened and told Tegel they were not allowed to build the farm. A victory we again dedicated to Peep.



Above: Peep when she was found

6. HOW DO YOU STAY POSITIVE IN THE FACE OF ALL THE DIFFICULT AND NEGATIVE EMOTIONS YOU MUST FEEL HAVING SEEN WHAT YOU HAVE? ARE THERE PARTS OF BEING AN ACTIVIST THAT REFRESH YOU AND MAKE YOU FEEL HAPPY/HOPEFUL?

I stay positive by making sure I have things in my life that bring me joy and take my mind off the horrendous things that happen to animals. I enjoy spending time with my two dogs, Poppy and Kowhai, and my pet possum, Daisy. I like cooking, gardening, reading books and doing Muay Thai boxing for exercise. I spend quality time with my

boyfriend, friends, and family. Over my years of activism, I've found that it's really important to have balance in my life to ensure that my activism is sustainable and that I don't burn out. Burnt out, I will be of no use to the animals!

The parts of activism that refresh me are working with other activists who've become great friends, doing creative things like painting placards and banners for our rodeo protests, having meetings where we feel really productive and come up with great ideas for campaigns and the feeling of satisfaction when we've successfully achieved great things together as a team.

7. LASTLY, AS SOMEONE WHO IS INCREDIBLY WELL-VERSED IN THE NZ ANIMAL RIGHTS MOVEMENT, DO YOU FEEL AS THOUGH WE ARE PROGRESSING AS A NATION IN TERMS OF HOW WE TREAT OUR ANIMALS AND THE LEVEL OF AWARENESS AMONGST CONSUMERS OF FACTORY FARMING/ANIMAL TESTING? DO YOU FEEL AS THOUGH THE YOUNGER GENERATION HAS MORE EMPATHY FOR ANIMALS WHO ARE EXPLOITED?

Since I first got involved around 20 years ago, I have seen progress in terms of the amount of public awareness about issues like factory farming, rodeo, the dairy industry and live export to give a few examples.

Animal issues have become very popular in the media and the public reacts more and more against the ill-treatment of animals. I've seen some things banned in my time like battery cages for egg laying hens, exotic animals in circuses and sow stalls for pigs. However, our animal welfare legislation still does not protect animals anywhere near the way it should. Luckily, we have many great organisations in Aotearoa that are continually campaigning for animals, including the New Zealand Animal Law Association, and which are really pushing hard for improvements to legislation for animals.

There's also been a massive shift in public awareness around veganism / plant-based diets. When I first went vegan many years ago, there were hardly any vegan options and it was much harder! Now there are vegan options almost everywhere you go, and more people are very open to trying vegan or plant-based diets. A lot of this has come from increased public awareness around environmental and climate change issues – we know what a toll meat production and agriculture takes on the climate. But there is definitely also a growing consumer demand for cruelty-free, kinder food options.

In another 20 years, hopefully all the work going on for animals means that animal abuse will have come to an end, and we'll be living in a plant-based, cruelty-free, vegan world. That's the goal!

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



GLUTEN FREE

Annie's™

They say you shouldn't judge a book by its cover. For Marlborough based fruit snacks company **Annie's**, the opposite applies.

With the entire ingredients list revealed in the names of most of their products, take for example Apple & Boysenberry Fruit Bar, they invite you to judge away.

Like the very first bar made in 1986, each product in the **Annie's Fruit Snack** range is made with just two to three fruit ingredients. They are made by taking whole fruit, pulping it, then air-drying it. It's as simple as that. It's just 100% air-dried fruit goodness.

While the recipe is simple the concept is thoughtful.

The process is by hand and products made by a team of passionate people based out of their Marlborough factory. As part of their sustainability focus, **Annie's** fruit pulp base is made from New Zealand apples that wouldn't have made it onto a supermarket shelf as a whole fruit. All **Annie's** fruit snacks have an apple base (approximately 80%) that is mixed with another fruit, such as boysenberries from Nelson, to give it its unique flavour. There is nothing else added.

A natural alternative to most snacking options in the market, Annie's is free of preservatives, concentrates, colouring, added flavours and are allergen friendly. What you see is what you get. The entire range is certified vegan and vegetarian by the NZ Vegetarian Society.

The fact they also keep for up to 24 months is a bonus and makes them an ideal pantry staple. Ready for any lunchbox, handbag or activity where you need a sustained energy boost.

Discover their range at annies.co.nz or at your local supermarket or favourite produce shop.

P +64 3 520 9236 **E** orders@annies.co.nz **W** www.annies.co.nz

Hemp Farm

Dave & Anne Jordan are change-makers and the inspiring, farsighted founders of **Hemp Farm**. Their mission is to create a pristine environment for the health and wellbeing of all life - a lofty vision, which they are well on their way to realizing, as they harvested 1,200ha of hemp crops last year. As with all great visions, it began with a handful of seeds and a lot of determination.

The hemp seed foods that they produce have an outstanding nutritional profile. Hemp hearts, the seeds with the shell removed, contain a complete protein and all essential amino acids, which is rare in the plant world. They also contain an array of vitamins and minerals, including magnesium and of course an optimal balance of omega fatty acids.

Hemp seed oil is a wonderful drizzling oil which contains a perfect



as whey and pea. This is due to hemp protein containing two important components - albumin and edestin, which the body digests and utilizes easily.

Hemp foods are easy to incorporate into any healthy diet and lifestyle. Simply sprinkle the deliciously nutty hemp hearts onto food, blend them and hemp protein powder into smoothies and baking, and drizzle hemp seed oil over food or use as a dipping oil..

Hemp Farm is on continual journey to supply you with the freshest and best hemp products, that are delicious, nutritious, chemical-free and that care for you, your family and the precious environment. Its parent company, Hemp NZ Ltd works passionately with individuals, industries, universities, and businesses to grow, process and utilize hemp in everyday products, ranging from superior hemp foods to fibre for building, insulation, plastics and many items that we rely on so heavily today.



ratio of essential fatty acids, omega 3, 6 and 9, including GLA. Many people who consume this nutrient rich oil report finding relief from painful joint conditions, such as arthritis. Others who suffer from skin ailments, like eczema and psoriasis, find it greatly improves their skin health.

Hemp's superior plant protein does not upset the digestive system, unlike other isolated proteins, such



P 07 560 1020 **E** sales@hempfarm.co.nz **W** hempfarm.co.nz

VEGAN CERTIFICATION / VEGETARIAN SOCIETY APPROVED



It's been fantastic to see recently how many NZ companies are launching new vegan and vegetarian products. The trademark programmes are becoming increasingly popular, with some really big NZ brands with products currently under review. (Watch this space!)



Annie's™

Among the new certified products, we have Annie's new range of delicious fruit bars. **Annie's** fruit snacks are gluten-free, vegan and allergen-friendly. They use honest and wholesome ingredients so you can feel good about what you're eating. Vegan Certified and Vegetarian Approved and available in supermarkets.



HempFarm NZ have two new nutrient-rich products Vegan Certified - Kiwi Hemp Seed Oil & Kiwi Hemp Hearts. Creamy, nutty and delicious – these are literally a taste explosion! They are packed full of goodness and can be used to incorporate more sustainable protein sources into your diet. They are available in health stores and online.



Babich Wines is the oldest family owned wine company in New Zealand and they now have a newly Vegan Certified Black Label Pinot Gris. It is 100% estate grown and has been developed to complement food with its dry, rich and full bodied style. This wine is part of their large range of vegan wines that are already certified.



Located in the Waihopai Valley of Marlborough, **Marisco Vineyards** have a near perfect environment for producing outstanding wines. Fourteen of their wines from renowned brands such as The Ned, Leefield Station and The Kings Series, have now been Vegan Certified, so you will be able to get your hands on the perfect bottle to accompany any occasion!



The Baker's Son are making all of our vegan dreams come true and have released a 750g family size Vegan Mince & Cheddar pie! Not only this, but you can now try out their tasty new flavour, Vegan Buttery Chick'n pie, which is available now in supermarkets.



There's a new and delicious plant-based protein powder on the scene, courtesy of **Everyday Warrior**. Vegan Certified and



available from their online store, you can enjoy three flavours - Vanilla, Chocolate, or Kiwifruit & Apple. They have an amazing offer for 30% off, which is available now if you buy through their website.

Lastly, congratulations are in order to **Angel Foods**. They took out first place in the recent Vegan Society dairy-free awards for their cream cheese and cheddar alternative – both vegan certified and available in your local supermarket!



You'll 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's 'accidentally vegan'? Why not email the producer and ask if they've considered getting it Vegan Certified? We can help them spread the word! Alternatively, flick me a message, at trademark@vegetarian.org.nz, and I'll get in touch with them.

30% OFF

EVERYDAY WARRIOR

CERTIFIED VEGAN NZVS

Chocolate Vanilla Kiwifruit + Apple

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WAY OF THE WARRIOR

As a former soldier I understand the meaning of supreme performance as our ancestors did. After watching a television advertisement on protein powders some years ago (and curious by nature) I embarked on a five year journey to develop and deliver a top natural (science backed) protein powder.

Everyday Plant based Nutrition was born.

We champion Compassion, Sustainability, Plant based eating ...and at Everyday Warrior we are all (Avid) animal lovers - that's how i got Chico. Everyday Warrior is proud to be Vegan certified.

To mark this special occasion we are offering a 30% discount offer for the duration this magazine.

Oh yes that my "bestie" Chico (he's a rescue dog) he's head of security...(when he's awake).



NEW VEGAN
CERTIFIED
PRODUCT

EVERYDAY WARRIOR

PLANT BASED NUTRITION

Chocolate Vanilla Kiwifruit + Apple

Power up your Day the natural way with Everyday Warrior Superfuel

We have masterminded a Plant Based protein powder for your everyday engine, designed for - People on the go, the *Everyday Warrior*.

Reward yourself with a rich creamy low carbohydrate all natural plant based shake that combines the highest quality plant protein with globally sourced (DAIRY FREE) all natural plant based ingredients...

Our key ingredient is the illustrious coconut - offering far more than just taste - its health-giving energy properties are legendary and well documented.

Too busy to prepare lunch to fuel your day, finding it difficult to find time to eat a nutritious affordable healthy lunch, want to eat clean?

Look no further, Everyday Warrior Superfuel was created just for you.

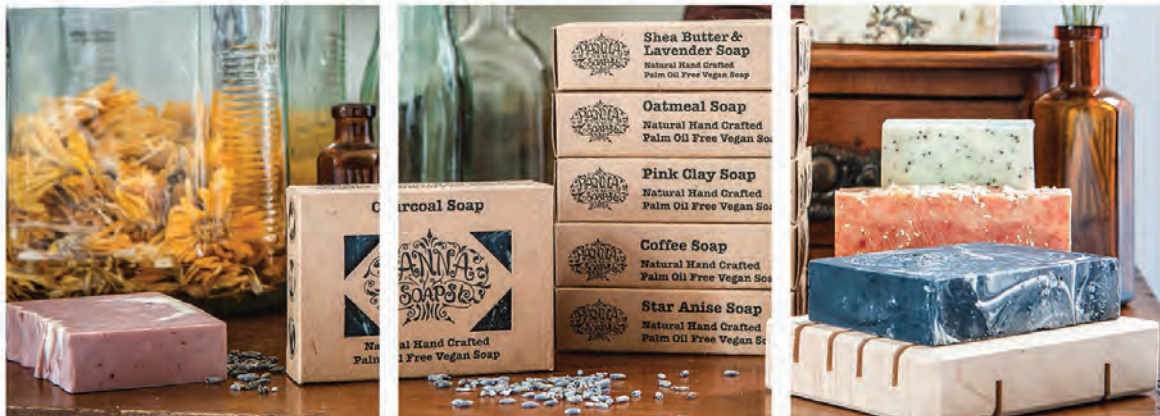
[E info@everydaywarrior.global](mailto:info@everydaywarrior.global)

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Panna Soaps are the quality standard for hand-crafted solid vegan soap bars in New Zealand.

Our soap is made in small batches, using the cold-processed method, pure essential oils and ingredients direct from nature such as clays, herbs, coffee, cocoa powder and spices. Panna Soaps are proudly certified vegan.



pannasoaps.co.nz



Kindness CORNER

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

The Go Green Expo was enjoyed by our volunteers and seemed to be better attended as well.



YOUR MIND AS A GARDEN...

This came in on my email the other day and I felt it was worth sharing as part of our Kindness Corner – ED.

I came across the little saying below yesterday and felt called to share it.

“Your mind is a garden, your thoughts are the seeds, the harvest can either be flowers or weeds.”

Our thoughts often pass behind our eyelids without much investigation into their origin -- as though these assemblages of information are out of our control, a simple reaction to something we just witnessed.

But are they really so untamable?

In Eastern religions, particularly Tibetan Buddhism, there is a notion of cultivating spaciousness or breathing room between our inner world and any events that are transpiring around us. It takes a little practice, but if we learn to hold space for whatever the “outer us” is experiencing, we can begin to examine the thoughts, beliefs and patterns that are running through our minds.

Will this thought help me evolve and thrive or will it hinder me?

If it passes this simple litmus test, we nourish it. If it is toxic or doesn't serve our highest ideals, we know it's time to set up spiritual shop and trace it down to its roots for further exploration and healing work.

“Spiritual life is a lot like gardening. We till and cultivate the garden of our heart, planting seeds of presence, openness and the ability to respect whatever arises. We water each one so the things which are beautiful in us can blossom.” - Jack Kornfield

Master gardeners and small farmers never stop minding their soil, even in times of abundance when the plants are flourishing. In order to create a healthy ecosystem, they must be aware of the natural rhythms and character of their particular plot.

If everything is roses in your life right now, it doesn't mean your inner gardening is done. On the other hand, if you're going through a rough patch today, don't think it's too late to start planting new seeds.

We humans tend to get “spiritual” in a hurry when big life challenges arise, but when the rain clouds part, we forget to continue our higher practices. What we often forget is that the deep work we did in the hard times is what sprouted the happy times we're now enjoying.

A parting question: *Looking within at your own inner garden, where is there a seedling of potential waiting to be watered? Are there any “weeds” just waiting to be compassionately released back into the ether?”*

NICK POLIZZI

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

Are you inadvertently funding animal abuse with your KiwiSaver?

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

IT'S EASY TO SWITCH

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



CareSaver We care.

Recipes



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



VEGAN &
GLUTEN-FREE

MAKES
4-6
SERVES

WINTER SLAW

I love winter vegetables in salads, they are crunchy, juicy and delicious! And a great source of nutrients in the winter time, I very rarely peel vegetables as the nutrients are usually found in or just under the skin so I give them a quick scrub to clean off any dirt. Utilising the wild weeds in the garden is empowering and free so I have added some options for those who would like to add these to the salad for extra nutrition and flavour.

1. Gather your ingredients and prepare the following into a large salad bowl:

¼ red cabbage, finely sliced

1 cup silverbeet or kale, finely sliced (approximately 4-5 leaves and stems)

4-5 florets cauliflower or broccoli, finely sliced

1 celery stick, finely sliced

1 carrot, grated

1 parsnip, grated

1 apple, grated

juice of 1 lime

2 stems fresh parsley, finely chopped

½ cup onion weed, dandelion, chicory or plantain leaves, finely chopped (optional)

2 gherkins, diced

1 Tbsp capers (optional)

3 Tbsp raisins or cranberries

½ tsp Himalayan pink salt

2. Toss together and leave to marinate for 30 minutes. Then add:

½ cup homemade mayonnaise

½ cup pumpkin and sunflower seeds

a few cracks of black pepper

3. Toss everything together well and serve, garnish with pretty little oxalis leaves if you like. Store leftovers in a jar in the fridge for 3-4 days, I find that slaws have a great shelf life in the fridge unlike other dressed salads.

HOMEMADE MAYONNAISE

MAKES 1x
450ml
JAR

VEGAN &
GLUTEN-FREE

Making your own mayo means there are no added nasties and it tastes better too. I've added an option for using aquafaba instead of egg yolks in the recipe.

Aquafaba is the liquid that beans are cooked in and most commonly used is chickpea liquid, however any bean liquid can be used this way.

I use a mini food processor to make this. If you're doing it by hand, use a big flattish bowl and put a damp cloth underneath so it doesn't skate around.

1. Add to the food processor or bowl:

2 egg yolks

OR

120ml aquafaba

1 Tbsp stoneground mustard

1 tsp unrefined cane sugar

2. Whisk or whizz together until pale and thickening.

3. Slowly add the following oil 50ml at a time:

250ml rice bran oil

100ml olive oil

4. When you've added about half of the oil, add:

1 Tbsp white or white wine vinegar

1 clove garlic, crushed if whisking

5. Whisk or whizz in well, then continue to add the oil gradually.

6. Lastly, add:

zest and juice 1 lemon (add half a lemon at a time and test for acidity before adding the rest)

½ tsp Himalayan sea salt

a few cracks of black pepper

Scrape into a jar and keep refrigerated. Homemade mayo keeps in the fridge well for a couple of weeks, as long as you use a clean spoon every time you open it.

MANUKA YOGHURT

1. Pour boiling water into a small heatproof bowl until one-third full. You want to heat the bowl so the honey will melt in it, so leave the water in for 30 seconds then tip it out. Quickly add:

1 Tbsp manuka honey or maple syrup

1 tsp vanilla paste

2. Stir together well. Then add:

1 cup (250g) thick plain yoghurt, dairy or alternative

3. Stir and fold together. To garnish the Cake, prepare the following into a bowl:

2 oranges, peeled and sliced

¼ cup hazelnuts, halved

¼ cup almonds, halved

2 sprigs of fresh mint, leaves only

4. Mix together and spoon into the center of the cake then drizzle with:

2 Tbsp runny honey or coconut nectar

Serve with a good dollop of yoghurt per serve.

BEETROOT RISOTTO

This makes a pretty pink risotto and is a great one-pot meal for a weeknight when time is tight. It is definitely one of my 'go to' meals and is super versatile flavor-wise. Grating the beetroot and pumpkin makes them melt into the dish while cooking and the pumpkin gives a lovely creamy quality to the risotto. Constant stirring is the key to achieving a really creamy risotto also, as it releases the starch from the rice.

1. Gather your ingredients. Prepare the following vegetables:

2 shallots or 1 red onion, finely sliced

2 cloves garlic, crushed

2 stick celery,

1 small stick fresh rosemary, leaves roughly chopped

¼ pumpkin, skin and seeds removed, grated

2 beetroot, scrubbed and grated

¼ cup olives, pitted

2. Put a large pot on the heat and add:

2 Tbsp extra virgin olive oil (or ¼ cup for dairy-free version)

2 Tbsp butter

3. Melt the butter. Add the prepared shallot, garlic, celery and rosemary. Fry for a couple of minutes, then add:

1½ cup (300g) risotto rice (arborio)

4. Continue to fry until the grains are coated and toasted. Add:

100ml Marsala or sweet white wine or lemon juice with a pinch of sugar

5. Stir through, then add the grated pumpkin and beetroot. Next make some stock:

1.2 L hot water, whey or liquid vegetable stock (omit powder if using)

1 tsp vegetable bouillon powder

6. In another pot, stir the bouillon into the hot water or whey to make stock. Add the stock to the rice half a cup at a time, constantly stirring. Add the pitted olives towards the end of cooking.

7. Test your rice is done; it should be just cooked with a little bite. Add the chopped celery leaves and:



½ cup tasty cheese or vegan alternative, grated

½ cup Parmesan cheese or a plant-based alternative, grated (save some for serving)

1 tsp salt

½ tsp cracked black pepper

Stir through and serve with a beetroot tops and rocket salad drizzled with balsamic reduction, extra virgin olive oil, salt and pepper.

ORANGE ALMOND & HAZELNUT CAKE

This is like a pudding cake – dense, moist and absolutely delicious. It also happens to be one of my all-time favourite cakes! A mini food processor is the best way to achieve a nice fine-breadcrumb texture for the hazelnuts.

1. Add to a large pot:

2 oranges

enough water to cover completely.

2. Cover with a lid, bring to the boil, then turn down to simmer for approximately one hour, until the oranges are soft. 3.

3. Drain (reserve ¼ cup of the water if you are making the egg-free version) and leave to cool for 10 minutes.

4. Preheat the oven to 160°C and line a 26cm cake tin.

5. Pull the oranges apart and remove any pips. Put the oranges in a food processor and blitz until very smooth.

6. Measure the following into a large bowl:

250g unrefined sugar

4 eggs

OR

2 Tbsp ground flaxseed mixed with ¼ cup orange cooking water and leave to absorb for 10 minutes

½ cup brown rice flour

7. Whisk together well. Add the orange purée and:

2 cup ground almonds

½ cup hazelnuts, ground in the food processor until fine-breadcrumb texture



2 Tbsp baking powder

8. Using a whisk, mix everything together well then scrape into the prepared tin. Bake for 50-60 minutes; the cake is ready when you test it with a skewer and it comes out clean. Cool in the tin for 10 minutes, then take the cake out of the tin and cool completely on a rack.

THE VEGGIE TREE - Winter Schedule:

1. Pot Sticker Dumplings from Scratch - **Sunday 27th June 3 - 5pm**
2. Sushi Skills - **Sunday 4th July 3-5pm**
3. Indian Thali Cooking Class and Meal - **Sunday 11th July 1-5pm**

4. Eat a Rainbow Kids Class Cauliflower Macaroni Cheese - **Thursday 22nd July 11-1pm**
5. Specialty Cakes and Decorating Workshop - **Sunday 1st August 2-5pm**

6. Master Pasta - **Sunday 8th August 3-5pm**
7. Sourdough and Easy Cheese Workshop - **Sunday 29th August 3-5pm**

SNIPPETS FROM ALL OVER:



BAN ON LIVE ANIMAL EXPORT BY SEA

On 14 April 2021, Minister of Agriculture Damien O'Connor announced a ban on the export of live animals by sea. The trade will be phased out over the next two years. SAFE is delighted to see the New Zealand Government taking animal welfare seriously, and for taking this world-leading step forward for animals.

While this is a historic development, the ban only applies to animals exported by sea. Tens of thousands of animals will continue to suffer for the next two years during the phase-out period, as well as the animals who continue to be exported by air.

Contact SAFE or the SPCA to add your voice to an immediate ban rather than a two-year phase in!

INCENTIVE PAYMENTS

Fonterra is introducing incentive payments for farmers who meet its sustainability goals, and pledging to move quicker to replace coal boilers at its factories in a raft of measures to help the country meet its zero emissions goal by 2050.

"We are deeply cognisant that our business produces 20 per cent of New Zealand's greenhouse gas emissions," Fonterra said in its submission to the Climate Change Commission's draft report on reducing greenhouse gas emissions. Some 90 per cent of those emissions are generated by its farmers, 9 per cent from manufacturing and 1 per cent from transport.

From June, the dairy cooperative will reward its farmers who meet sustainability and milk quality measures, with 10 cents of each farm's milk payment a kilogram at stake. Dairy companies Synlait and Miraka already operate schemes giving farmers extra payments for meeting criteria.

"The new payment recognises farmers who are already going above and beyond because they've innovated and invested early, and it also offers farmers more encouragement for taking the steps required to meet the changing expectations of customers and communities," Fonterra said.

www.stuff.co.nz/business/124706817/
31 March 2021

MORE MEAT-FREE 'MEATS'

Sunfed Meats, the company that put chicken-free chicken on Kiwi dinner plates launched its Bull Free Beef, made from vegetables and cocoa butter, mid-May this year. Yellow pea protein was used for its meaty texture, while beetroot provided blood-like juiciness, and Rainforest Alliance certified cocoa butter gave a fatty feel.

Sunfed founder and chief executive, Shama Sukul Lee, said the Auckland-based business wanted to offer consumers more choice and create a new protein industry for farmers, while being kinder to the planet. Sunfed launched six years ago with a single product – Chicken Free Chicken – which had proven there was a good market for "meat analogues. It's second product, Boar Free Bacon followed last year.

Because the yellow peas used in Sunfed products regenerated the soil they grew in, all three had a lighter footprint than animal proteins, Shama Sukul Lee said.

The pea plants were nitrogen-fixing, taking nitrogen from the air and converting it to nitrogen compounds, which helps plants grow.

"If we have a crop that we are using for food that is actually good for the soils it's grown in, and the rivers, that's a win-win any way you look at it."

www.stuff.co.nz/business/farming/98723774/chicken-free-chicken-anyone--the-meat-alternative-made-in-new-zealand

THE ROLE OF ANIMALS IN THE DEVELOPMENT OF VACCINES

ON May 17, 2021 The Guardian ran an Opinion piece on Medical research by Melanie Challenger titled *Animals are our overlooked allies in the fight against Covid*. Well worth reading, it certainly contains much thought-provoking information. Check out the link below if you'd like to read it.

www.theguardian.com/commentisfree/2021/may/17/animals-overlooked-allies-fight-against-covid-vaccines?

CARBON NEUTRAL FARMS

Lake Hawea Station, northeast of Wanaka, has been officially recognised as New Zealand's first certified carbon zero farm. After two years of work to improve its emissions profile without reducing its income, the high country station has had its carbon footprint signed off by environmental certification provider Toitu Envirocare.

Close to 1800 tonnes (71 per cent) of CO₂-equivalent emissions from Lake Hawea Station are due to methane from sheep and beef.

On the other side of the carbon ledger, the farm locked up 3966 tonnes of carbon through extensive tree planting and areas of regenerating bush.

In time the Rosses hope to add value through their soil, from their recent regenerative farming initiatives and the ability tussock has in the alpine country to sequester carbon.

They are also looking to reduce methane emissions through genetics, regenerative farming and possibly seaweed.

Their ultimate goal is to be 10 times carbon positive, sequestering 10 times as much carbon as they emit.

Toitu's farm certification programme is New Zealand's first carbon certification designed specifically for farms.

Steve Dixon, Toitu partnerships and strategy general manager, said the organisation was adding farm certification to the mix after working with some of New Zealand's largest businesses.

"Agriculture represents some 40 per cent of our land mass and close to 80 per cent of our exports. So, to know the footprint of this sector and provide it with a competitive advantage will be a real asset to the agricultural sector and our economy."



IS IT VEGAN CERTIFIED?



WWW.VEGETARIAN.ORG.NZ



Help us strive for a sustainable future

Do you agree that we all need to eat more plants?

If so, NZ farmers need to grow more plants:

Help them to do this by calling on the government to make it easy for our farmers to diversify and transition towards plant-based farming. We want them to set up think tanks, to help farmers find the best crops for their land, They need support to change the way they farm. Doing the same as usual is no longer possible if the human population is to survive. We need to change the way we do things and what we farm is a vital part of that.



Read and sign our petition here:
our.actionstation.org.nz/p/diversify





Review of EAST RESTAURANT

When I was asked to review 'East' for this issue of Vegetarian Living NZ I was powerless to resist, and had no problem persuading my daughter to join me. I had already read several reviews of this new Asian vegetarian and vegan eatery, and being a fan of Asian cuisine, I quickly made a booking for lunch.

East occupies a large space on the ground level of the Sudima Hotel in the Auckland CBD, and thanks to large windows looking onto the street it feels light and airy. The menu at East consists of bites, small plates, noodles and larger dishes all designed to share, with a 75% vegan menu (the rest is vegetarian). The owners are lifelong vegetarians believing that being vegetarian



and vegan does not mean they have to sacrifice taste, and it shows. All the sauces and condiments are made in-house, with an emphasis on being full of flavour and good for the environment. Even the wine list is 100% organic and vegan.

It's not often that vegetarians and vegans have plenty of choices when eating out, and with such an exciting menu it was difficult to choose. However, the wait staff were extremely helpful with their recommendations, and we ended up with all vegan dishes to share. We tried to cover as much of the menu as possible, in the interests of our readers (you're welcome!), starting with a small bite Miang Kham, and moving onto two small plates – the sticky jackfruit bao bun and the chestnut and mushroom dumplings. The balance of flavours worked really well,

with the perfect combination of sweet, sour and umami.

The Som tam salad of young papaya, tomato, lime and tamarind was the perfect palate cleanser before moving onto the large plate of Caramelised Black Pepper Tofu with jasmine rice. Again, this proved to be delicious.

Sadly, we'd eaten too much to manage dessert, although it's an excuse (as if I needed one) to go back. I highly recommend East.

JEANETTE BLACKBURN

East Vegetarian Restaurant,
63-67 Nelson Street, Auckland 1010

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W east eats.co.nz

Open 7 days 11am to 10pm

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The pack includes:

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



WELCOME TO A BRAVE NEW WORLD:

Extracts from an opinion piece by Simon Draper, in Stuff 29 March 2021

Asia is now on the frontier of a food revolution: the rising middle class across the Asia region, leaps in food technology, and Covid-19 wellness trends are combining to create a perfect set of conditions for Asia's food and beverage industry to be transformed.

From lab-grown meat and plant-based proteins to crop-management apps and streamlining of supply chains for resilience, there is rapid growth and innovation happening around food. And this is not just about making money. The changes are also being driven by the need to build food systems that will be resilient in the face of growing populations, climate change and other disruptive events.

Singapore, as an example, imports 90 per cent of its food. The pandemic has made clear its supply can be quickly cut off in times of global crisis, so it has just invested billions in increasing its food self-sufficiency. With very little arable land, that means lab-grown food and other out-of-the-box solutions.

The city state is very quickly emerging as

Asia's food-tech hub. US start-up Eat just decided to launch its lab-grown chicken nuggets on the market in Singapore last year – its government was open to it and Singaporeans are willing taste-testers.

Outside the lab, in Singapore and elsewhere in Asia, plant-based proteins are becoming big business too. Asia's not new to alternative proteins: tempeh has been in the Indonesian diet for many centuries, for example, and soy milk was being sold on Shanghai streets a fair few centuries before Kiwis started putting it in their flat whites.

With red meat being challenged by new technology, growth in the sustainability-minded, and people feeling more health conscious since Covid hit, there's a surging market for these products in Asia.

China has included the reduction of meat consumption in its plan to reduce carbon emissions, and its plant-based meat industry is predicted to grow by up to 25 per cent annually. KFCs in major Chinese cities are already selling vegan nuggets.

Indonesian start-up Green Butcher, which is making plant-based 'meat' out of chickpeas, mushrooms and soybeans and coupling it with traditional Indonesian spices and other

Asian cuisines, has just attracted some major investment and put together a plant-based menu for Starbucks.

Many have long treated Asia, particularly China, as the key destination for New Zealand protein exports – but there are more protein products emerging and it's becoming more and more important to understand what's going on in the increasingly discerning Asian markets. Right now, that means understanding food trends that speak to the wellbeing of people and the planet.

Alternative meats are unlikely to completely replace meat in Asian dishes any time soon, but it's clear things are changing. So there's an opportunity for New Zealand businesses to diversify and future-proof their products. We already have the clean, green brand on our side, but we're going to have to work hard to distinguish ourselves from others in the market.

This will mean we also need to invest more in research and technology to turn our natural advantages into cutting-edge capabilities. It's a brave new world.

(Simon Draper is the executive director of the Asia New Zealand Foundation Te Whitau Tuhono.)



LOOK FOR THE **VEGAN CERTIFIED** TRADEMARK ON PRODUCTS

OR

CHECK OUT THE **PRODUCT LIST** IN THE **VEGETARIAN LIVING NZ** MAGAZINE

SHOP
VEGAN
CERTIFIED.



OR



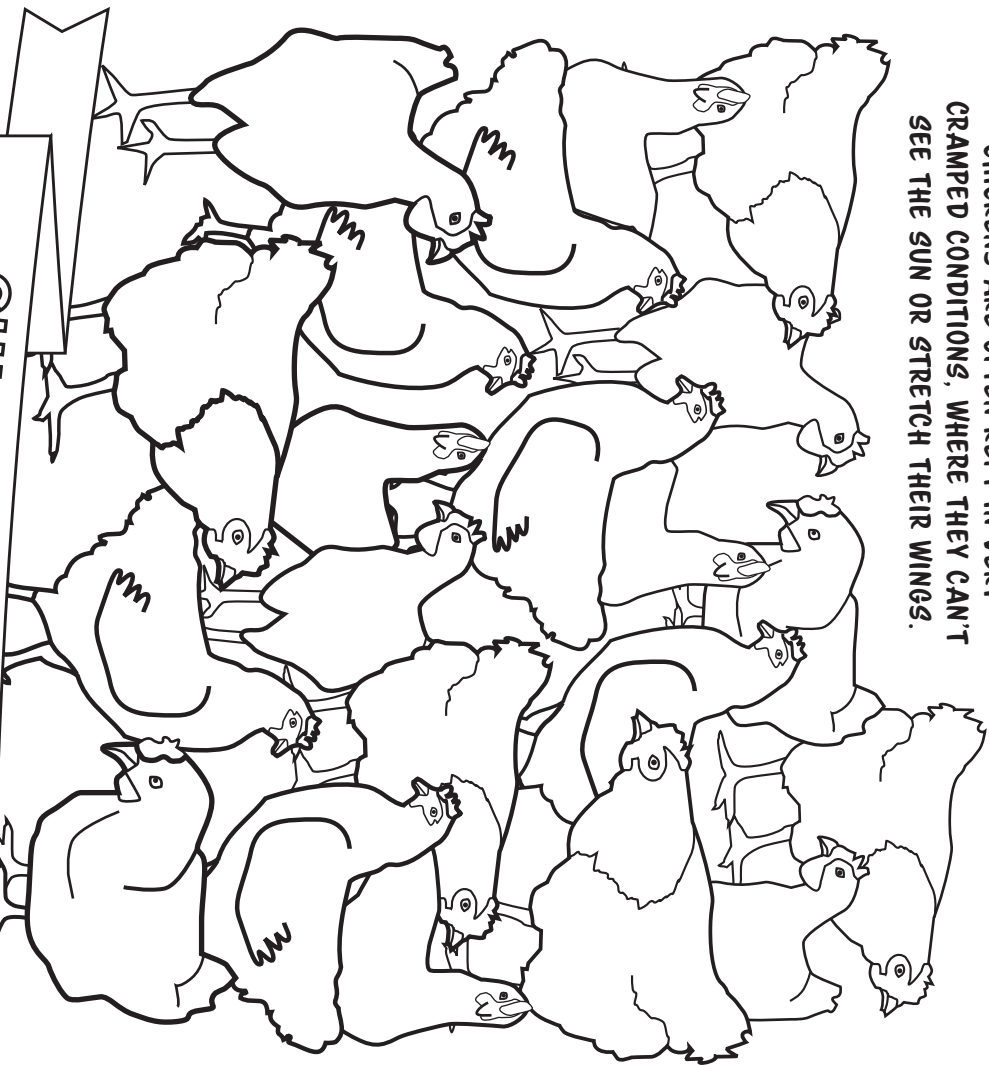
VISIT WWW.VEGETARIAN.ORG.NZ



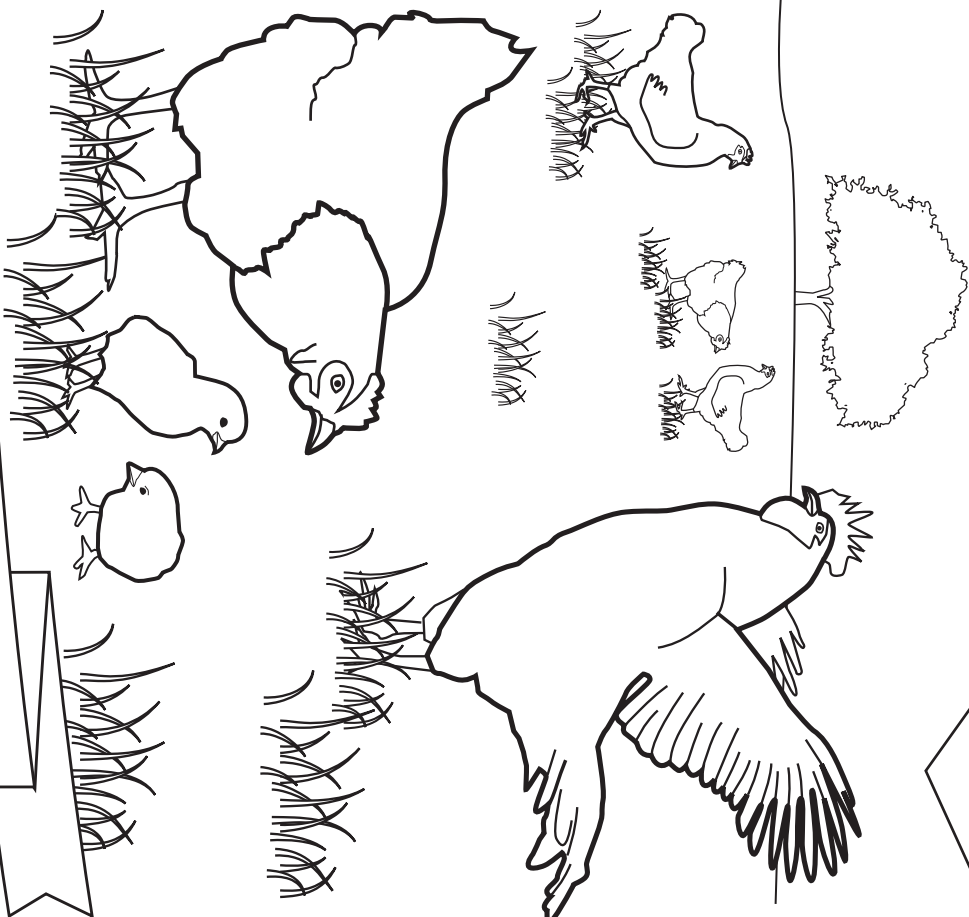
DID YOU KNOW?

Although chickens can live up to 11 years, chickens raised for meat are often killed when they're just 41 - 56 days old.

CHICKENS ARE OFTEN KEPT IN VERY CRAMPED CONDITIONS, WHERE THEY CAN'T SEE THE SUN OR STRETCH THEIR WINGS.



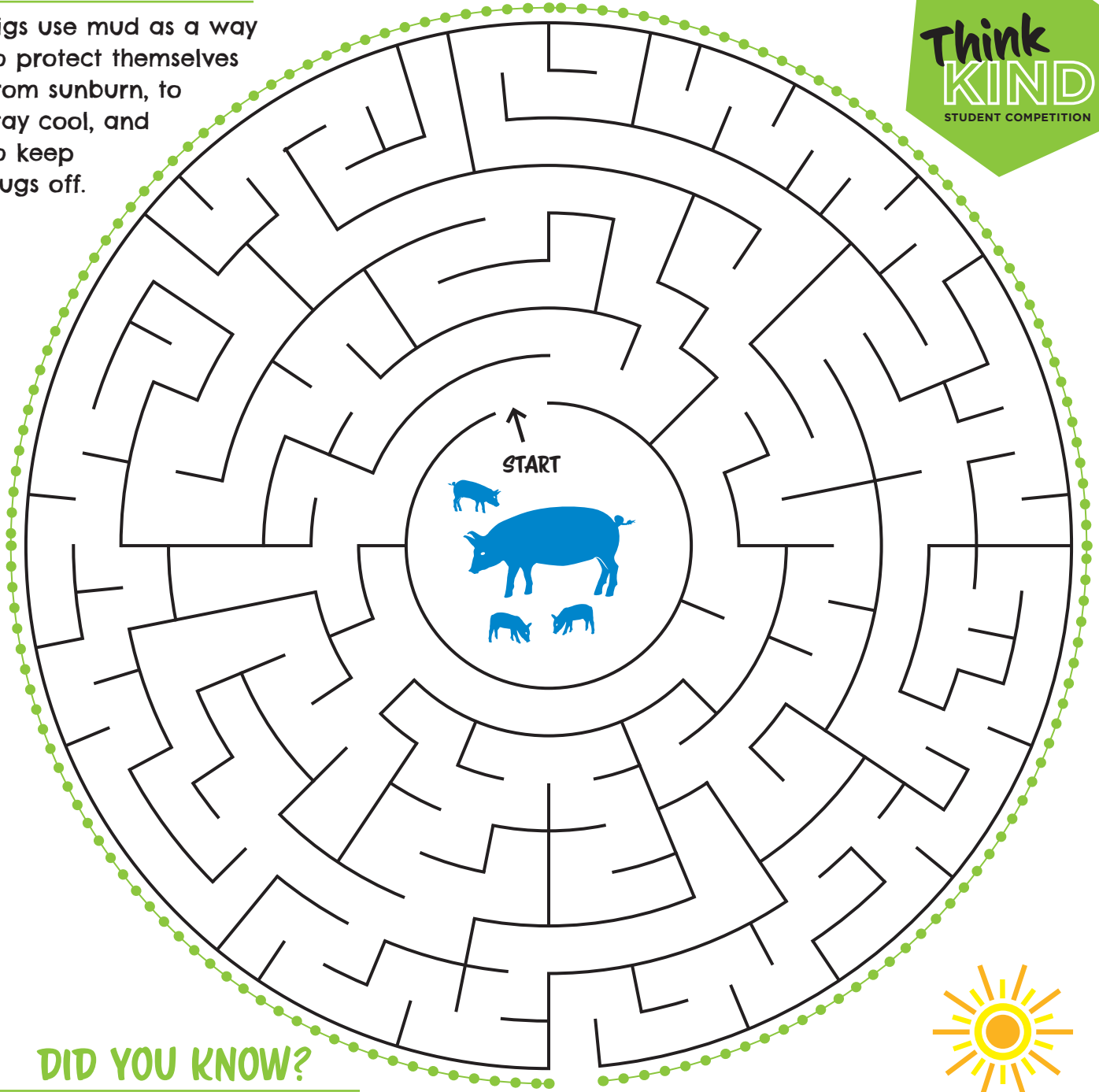
HOW CAN YOU HELP?
IF YOU WANT TO HELP THESE BIRDS, CONSIDER NOT EATING THEM.



CHICKENS ARE CURIOUS, INTERESTING ANIMALS

DID YOU KNOW?

Pigs use mud as a way to protect themselves from sunburn, to stay cool, and to keep bugs off.



DID YOU KNOW?

Pigs are intelligent, fun-loving animals who form close bonds with their friends and family.

YOU'VE MADE IT!

NOW DRAW THE FAMILY PLAYING IN THE SUNSHINE!

**HELP MAMA PIG & HER BABIES
ESCAPE FROM THE FACTORY FARM INTO THE SUNSHINE**

EVENTS *in your area*

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

AUCKLAND	<p>Details of events and activities are also included in the E-Newsletter emailed out each month to members and Friends of the NZVS – contact info@vegetarian.org.nz if you'd like to be added to the email list.</p> <p>Active for Animals! A fun, supportive club where veg kids can feel normal and meet like minded friends; enjoy games, visits from interesting speakers, cooking and eating! Open to all 8 to 13 year olds, \$7 per session for non-members, \$5 for members.</p> <p>Hey kids! Why not join us and hang out with kids who are all veg? You could also bring along a wanna-be-veg friend, so they can get a taste of veg life with us. Ask your parents to give us a ring on 523 4686 and enrol you.</p> <p>Meeting dates: Every 1st Tuesday of the month, February to November.</p> <p>Check the website for more details. www.vegetarian.org.nz/events/youth-group-a4a</p>
CHRISTCHURCH	<p>Contact christchurch@vegetarian.org.nz for more details about what's happening so you can join in.</p>
DUNEDIN	<p>Interested in vegan food? For information on pot luck dinners and other activities etc, check the Dunedin/Otepoti Vegan Society website http://dovesnz.weebly.com/</p>
HAWKES BAY / HASTINGS	<p>Contact Donna on email donna444@gmail.com or phone 027 588 7756 for information about activities, or join the Facebook group Hawkes Bay Veg*ns.</p>
INVERCARGILL	<p>Details of activities available at: facebook.com/pg/INVSOC/events</p>

KAWERAU	<p>Regular vegan potlucks which are also alcohol-free occasions. Open for all vegans, vegetarians and those who want to learn about this way of living. Want to know when and what to bring? Contact Loretta: 0212361859 lorettainnz@gmail.com</p>
MOTUEKA	<p>Contact Karishma on 022 034 6354 for details of happenings in Motueka</p>
NAPIER	<p>Contact Donna on email donna444@gmail.com or phone 027 588 7756 for more information</p>
NELSON	<p>Monthly veggie get togethers – contact Jace on 021 051 1666 if you want to join in.</p>
NEW PLYMOUTH	<p>Calling New Plymouth/Taranaki vegetarians and vegans – let's get together to share a meal and socialise! Contact Katrina 021 749 552 or Tessa 021 057 4011</p>
PALMERSTON NORTH	<p>For events and local news, please check the Palmerston North Vegans and Vegetarians Facebook group: www.facebook.com/groups/palmyveg.ns/ Alternatively, email Helen: vegnz001@gmail.com or ph 06 358 9470, or text 021 065 0754</p>
TAUMARUNUI	<p>Initial meeting has been held and more events are being planned. Contact Chris on chrisbrady71@hotmail.com to get involved or find out where to meet everyone.</p>
TIMARU	<p>Check out the The Four Leaf Clover Vegetarian Restaurant (which has it origins in The Vegetarian Grocery Store) at 41 Stafford Street, Timaru</p>

WELLINGTON wellingtont@vegetarian.org.nz	<p>The Wellington Centre of the New Zealand Vegetarian Society is dedicated to serving the needs of members and promoting the vegetarian and vegan lifestyle within the Wellington Region.</p> <p>For information about joining, monthly dinners, other upcoming events or opportunities to help promote the veg~n lifestyle, please email: wellingtont@vegetarian.org.nz</p> <p>Coming Events:</p> <p>VEGAN101 : Going vegan, Staying vegan : Easy! Fast! A day-long workshop with cooking demonstrations, interactive Q & A and discussions. For information on the next workshop, contact: wellingtont@vegetarian.org.nz</p> <p>Wellington VOF (Veg~ns Over Forty) Socials - Make no mistake, no matter your chronological age, this is not for "old people"! We are passionate about having fun!</p> <p>Vegan Vault – First Saturday evening of every month 6-9pm Clyde Quay School, Elizabeth Street, Mt Victoria. Bring your friends and check out our Vegetarian Society stall at this night market – it's a wonderful way to try new foods and other products from all the stalls while enjoying the entertainment.</p> <p>Wellington Centre Book Group meeting every 6 weeks. For details of meeting place and dates email: wellingtont@vegetarian.org.nz</p> <p>Free mentoring: Want to find out more about a plant based diet? Get help, support and advice from a 'buddy' to try out a vegetarian or vegan lifestyle. Email as above!</p> <p>Wellington Singles – Email to find out when the next singles social get together is.</p>
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>

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

Our Website Calendar

www.vegetarian.org.nz/content/whats-on/

Lists events happening round New Zealand – if you are organising a vegetarian/vegan event let us know so we can add it to our calendar.

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

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

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

COOKBOOK

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



CHOOSE THE FLAVOUR YOU WANT! FROOZE BALL

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



MIXED FLAVOUR

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

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



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

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

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

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Ph/Fax: 09 523 4686

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

Auckland Centre

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AkCentre@vegetarian.org.nz

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027 588 7756

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Invercargill Vegan Society
info@invsoc.org.nz

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Lorettainnz@gmail.com

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stephanie.thompson@gmail.com

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Katrina Angelo 021 749 552
or Tessa Clarke 021 057
4011

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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



HERITAGE AUCKLAND, HECTOR'S RESTAURANT & LOBBY BAR

You're Somewhere Special

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

HEALTH AND COSMETICS



Aú NATURAL SKINFOOD
For Your Skin. For Your Planet.

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

CLINICIANS
Research Based



Pure Omega-3 Algae Oil 1000mg



ORGANIC BIOACTIVES
Innovating From Tradition

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

FOOD AND BEVERAGES



ANGEL FOOD
Vegan & Divine

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



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



BB MICROGREEN
Live Well With Us!

Pea Microgreen, Radish Microgreen, Rocket Microgreen, Mustard Microgreen



BLACKENBROOK
Inspired By Nature
- Pure And Balanced

Sauvignon Blanc, Pinot Gris, Gewürztraminer, Rosé, Chardonnay



CHASERS
Feel The Flavour

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



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



DELTA ESTATE
Sauvignon Blanc



EVERYDAY WARRIOR
Plant Based Protein Powder

Chocolate, Vanilla, Kiwifruit & Apple



FOOD NATION
Food For All

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



GOODBYE
We Belong Outdoors

Goodbye Ouch, Goodbye Sandfly



GOOD BUZZ KOMBUCHA
Full Of Life

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



GOODNESSME
Good Taste, Good Intentions,
Good Deeds

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



HEMPFARM NZ
Kiwi Hemp Seed Oil, Kiwi Hemp Hearts



HOWLER HOTDOGS
A New Breed Of Hotdogs

'Vege' Dogs, 'Vege' Mini Munchers



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



JUST FOODS
Better For You

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



KILLINCHY GOLD
Masters of Premium New Zealand Ice Cream

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



LOTHLORIEN WINERY
Organic, From Our Trees, To Your Table

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



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



PANNA SOAPS

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



PASTA VERA
New Zealand Made Pasta
• Pesto • Lasagne

Vegan Pesto



PROPER CRISPS
Proper Hand Cooked Crisps

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



PUREBREAD
Great Taste, Good Health

Vegan Grain, Vegan Young Buck

Round Theory

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



SURTI

The Traditional Taste of India

Vegetable Samosa, Vegan Samosa,
Vegan Kachori



TERRA

The Cheese Of The Future Grows
On Trees

Cashew Cream Cheese: Plain, Dill &
Garlic, Smokey



THE BAKER'S SON

Vegan Mince & Cheddar Pie, 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, Pumpernickel,
Four Seed, Hazel & Walnut, Dinkelbrot, Buckwheat &
Corn, Buckwheat & Corn with Herbs, Cassava, Cassava
Fruit, Atlantis, Coconut Rice; Crackers: Crunchy Corn,
Pumpkin, Herb, Mixed Seed, Cracked Pepper, Seeded
Spelt, Tex Mex; Muesli



THE COOL GARDENER

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

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



THE CRAFT MEAT CO.

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



TRADE AID

Doing Good Tastes Great

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



VICE CREAM

Ice Cream For Everyone

Coconut Soft Serve



WAIHEKE HERBS

Artisan Herbal Culinary Products

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

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.



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

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



BRANDS WITH PRODUCTS APPROVED BY THE NZ VEGETARIAN SOCIETY

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

RESTAURANT MENUS



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

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

HEALTH AND COSMETICS



Aú NATURAL SKINFOOD
For Your Skin. For Your Planet.

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



AZURLIS
Balancing Science & Soul

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



FLOWMOTION
Enhancing The Flow Of Sexual Intimacy - Organically

Organic Lubricating Gel



KIWIHERB
Effective Natural Family Healthcare

A range of natural herbal health products.



ORGANIC BIOACTIVES
Innovating From Tradition

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

FOOD AND BEVERAGES



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



BB MICROGREEN
Live Well With Us!

Pea Microgreen, Radish Microgreen, Rocket Microgreen, Mustard Microgreen



CHASERS
Feel The Flavour

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



FOOD NATION
Food For All

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



GOODNESS ME
Good Taste, Good Intentions, Good Deeds

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



LET'S EAT
Plant-Based Deliciousness

Burger Patties, Golden Nuggets, Tasty Tenders



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

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



LINDA MCCARTNEY'S*
Food To Come Home To

A range of vegetarian food products.



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



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



PROPER CRISPS
Proper Hand Cooked Crisps

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



PUREBREAD
Great Taste, Good Health

Vegan Grain, Vegan Young Buck



QUORN*
The World's Favourite Meat-Free, Soy-Free Food

A range of vegetarian food products.



TATUA
Specialised Dairy Products

Culinary & Whipping Cream, Dairy Whip Whipped Cream, Mascarpone



THE CRAFT MEAT CO.
Spanish Chorizo, Old English Sausage, Classic Hemp Burger, Chipotle Burger, No Meat Mince, Bolognese Meal, Mexican Meal



THE SOY WORKS
NZ Tofu



TRANZALPINE HONEY
100% New Zealand Certified Organic Honey

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



WAIHEKE HERBS
Artisan Herbal Culinary Products

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



YOPLAIT
Taste The Bright Side Of Life

Greek Yoghurt: Natural, Lite Natural, Vanilla, Honey

CORPORATE MEMBERS SUPPORTING THE NZVS



GREEN DINNER TABLE

Eat more plants



HARRAWAYS

Proudly homegrown oats



LINDA MCCARTNEY'S

Food to come home to



PATHFINDER ASSET MANAGEMENT

Invest Ethically



QUORN

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



VOCKSOCKS

For the love of animals