

VEGETARIAN

Living NZ

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**WORLD
VEGETARIAN
DAY** | **OCT
1ST**

**WORLD
VEGAN
DAY** | **NOV
1ST**

**KINDNESS
CORNER**

RECIPES

DINING OUT

WITH THE NZVS OFFICE TEAM

**HISTORICAL
SNIPPETS**

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HEALTHIER
WORLD**

EDITORIAL



editor@vegetarian.org.nz

Spring flowers seem to come earlier and earlier each year - perhaps another marker of the change in the timing

of the seasons. The first day of Spring might be noted in the calendar as the 1st September, but nature tends to do its own thing regardless! It would also seem that almost every day of the calendar has been allocated as an International Day of some (often very obscure) specific cause.

However, of real interest to us, of course, particularly as the NZ Vegetarian Society was incorporated in the month of October (1943), is World Vegetarian Day (WVD) on 1st October. Proposed by the North American Vegetarian Society in 1977 and endorsed by the International Vegetarian Union in 1978 "to promote the joy, compassion and life-enhancing possibilities of vegetarianism", October 1st is now the annual start of Vegetarian Awareness Month. Very appropriately, the month is framed by World Vegan Day on 1st November. The finalists of the Think Kind Student Competition will be announced on 1st October when voting for your favourite entry can begin.

Are YOU planning anything to celebrate either of these special Days? If so, do let the NZVS staff know so they can let others know; and we would love your photos

plus a brief report for the Summer issue. Anna's recipes (pages 10-11) are a great start to a menu for a dinner for friends and neighbours, and if you want more recipes visit the NZVS website. Remember if you'd like information on the veg~n diet contact Hannah in our office (info@vegetarian.org.nz) or download some of the extensive information on the NZVS website.

This issue, in addition to our regular contributors, read about Izzy the Queenstown New World cat in Kindness Corner (page 14), Alistair's garden (pg 2), an interview with long-time supporter and member Diana Dunningham Chapotin (page 1) and one with an interesting new member Dr Alastair Macdonald (page 4). Sharon brings us up to date with new Vegan Certified and Vegetarian Approved products on page 7, Dining Out is on page 8 and some more historical snippets and reminiscences on pages 16-17.

Despite the doom and gloom of reports on climate change there are positive changes happening: a national research project in 2021 found that 6% of New Zealanders were vegetarian or vegan, and the numbers of people adopting a plant-based diet continue to increase. The work done by the Society and its members is now more important than ever to help educate and encourage New Zealanders to become healthier and more compassionate. Enjoy both World Veg~n Days!

- MARGARET



COVER PHOTO: Supplied by staff at New World Queenstown - Izzy the cat - Kindness Corner P14

COVER ARTICLES

P8 | Dining out with the NZVS Office Team

P10-11 | Recipes

P16-17 | Historical snippets

EDITORIAL TEAM

Margaret Johns, Jeanette Blackburn

GRAPHIC DESIGN Sandi Wilson

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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

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FAREWELL

"We were sad to learn recently of the passing of one of our long-standing members, Warren Snow. Warren was passionate about doing everything he could to be both sustainable in his lifestyle and warn others of the detrimental effects of climate change. Of course, this meant that he was committed to a vegetarian diet and was always encouraging others to commit to the same diet.

Whenever we had a NZVS stall he was usually one of the first to volunteer, and loved nothing better than endeavouring to infect everyone with his enthusiasm for vegetarianism. He strongly believed that being a member of the NZVS and supporting our work was the best way to get across the message of sustainable living through a plant-based diet.

We will miss his cheerful smile and warm, caring presence on our stalls and we send our sincere condolences to his family."

INTERVIEW WITH DIANA DUNNINGHAM CHAPOTIN



A long-time supporter of the NZVS, like her parents before her, Diana Dunningham Chapotin, was brought up in Auckland, New Zealand, and spent some years teaching in California before marrying Michel Chapotin and settling in Paris where she has lived for over 30 years.

Passionate about educating people regarding animal rights and the environment long before 'climate change' became a popular cause, Diana was interviewed for *Vegetarian Living NZ* by Julia Clements.

Q. WHY WERE YOU BROUGHT UP VEGETARIAN?

Veganism was hardly an option in the 1950s and 60s when I was being raised, as even ovo-lacto vegetarianism was pretty unusual and aroused doubts on nutritional grounds.

The main reason we were raised vegetarian was that meat-eating was cruel and unnecessary, but our parents were very strong on the health and environmental aspects too. Mum read Rachel Carson's seminal work, *Silent Spring*, when it came out in 1962. I was eight at the time and remember her talking of what she read about the damage caused by the use of pesticides in the growing of fodder for animals. Mum and Dad also took the time to answer all our questions about food and animals. I do remember my older sister hating the taste of eggs and Mum battling with her

to eat them. That made me think about what eggs actually were and even though I didn't mind the taste, I gave them up in adulthood because of the realisation of the animal exploitation that their production actually involved.

Similarly, as a child, when driving with the family along a road in the Hauraki Plains, I spotted some baby calves in pens on the roadside. When Dad explained that they were bobby calves about to be taken off to the freezing works, the link with the dairy industry was made. (From then on, I pestered my parents about why we were drinking milk, eating cheese and using leather.)

Q. WAS IT DIFFICULT TO GROW UP AS A VEG~N? ARE THERE ANY SPECIFIC INCIDENTS THAT YOU CAN REMEMBER RELATING TO YOUR VEG~NISM WHEN YOU WERE GROWING UP, THAT MADE YOU FEEL EITHER UNCOMFORTABLE OR PROUD?

I remember feeling 'different' from others - which children usually don't like - but I wouldn't have dreamt of eating meat. Since our aunt and cousins were all vegetarian, there were enough of us for me to be solidly rooted in my identity as a vegetarian. In actual fact, being 'different' as a child has stood me in excellent stead as an adult. It has allowed me to stand up for minority causes without batting an eyelid. Looking back, though, I see what brave pioneers my parents and aunt were.

I don't remember feeling either uncomfortable or proud as a vegetarian, but I remember being amused when a science teacher in my secondary school sent a message for me to come and see her at the staff room as she had heard that I was vegetarian and was concerned. I stood very politely while she explained that I was running a great risk, nutritionally speaking, but inside I remained undisturbed as by the time I was a teenager, I was as steady as a rock concerning my commitment to vegetarianism as a way of life, as were my sister and cousins. I was touched at the

teacher's concern, though - she was a very nice lady - but I did find the matter funny, as vegetarian food was excellent for one's health as far as I was concerned.

Q. HOW DO YOU FEEL BEING VEG~N? WHAT DO YOU LOVE MOST ABOUT BEING VEG~N?

I feel spectacularly happy being vegan! What I love most about it is feeling at peace with my conscience. When I gave up dairy, eggs, honey, wool, silk, leather, etc. in my late twenties, I felt a great weight lift off my shoulders as I was finally living a life in accordance with my values and concerns. I had known for a long time that veganism was the logical next step but had been putting it off for fear of inconveniencing others. When I finished reading a book called *Old McDonald's Factory Farm*, I knew I had eaten my last egg and piece of cheese.

Q. WHAT BENEFITS HAVE YOU FOUND TO BEING VEG~N?

It has equipped me to serve animals and fight for their rights in different domains with such confidence and serenity that I don't feel the need for defensiveness or aggressiveness.

Q. WHAT ARE A FEW OF THE WAYS IN WHICH YOU HAVE SERVED ANIMALS AND FOUGHT FOR THEIR RIGHTS?

I organised World Vegetarian Day in France for a number of years so we had lots of 'street action' encouraging vegetarianism from different angles. I've also participated in demonstrations in various French cities demanding the development of alternatives to animal experimentation; against bullfighting (which still goes on in the south of France); against the use of fur and most recently (just before Covid stopped everything) against the dreadful abattoirs in France.

CONTINUES ON PAGE 5





TRISTAN'S Corner

It has been 10 years since I started writing this column. When I first started, my two sons were aged one and three. They're now a teenager and a pre-teen! I remember some of the issues I wrote about in the early days, around bringing up toddlers and children as vegetarians. I wondered whether they might get teased at school for being different. I wondered if they would start to question the decision I'd made on behalf of them. I wrote about how other parents and well-meaning strangers openly questioned my decision to bring them up as vegetarians. Even health professionals advised me to give them meat.

Now, 10 years later, I can report that my kids have never been teased, ostracised or experienced any negativity for their

dietary choices. They've had some friendly questions from curious classmates and teachers but they've never felt any discomfort, only pride, for living the lifestyle they believe in. Most of the time it's a non-issue. It's not something they usually discuss with their peers, they just go about their business as usual, order the vegetarian pizza and get on with socialising. Schools and other organisations are well prepared for vegetarians, vegans and any other students with particular food requirements or needs. If there's a school camp or other event, a form will come home with the student, asking for information about medications or dietary requests. It has certainly been a lot simpler to raise my vegetarian kids through to their teenage years than I had thought it was going to be.

This winter just gone, I married my partner (hence my new name). My husband is not vegetarian. That is also not a problem. He's perfectly happy to eat vegetarian meals at home – after all, they're delicious – and he eats meat when he's out, if and when he chooses. Our household has always been, and will always remain, a vegetarian house.

With all the great changes which have happened in New Zealand, and the world, over the past decade, with focus on the need to sustain our planet, vegetarianism and veganism have become not only well accepted but, for many people, something to aim for. Where 10 years ago people in conversations often questioned me about

the wisdom of eliminating meat from a child's diet, these days I frequently find myself in conversations with people who are asking for recipe ideas and saying they feel like they should become vegetarian for the good of their health and the Earth.

And eating plants is so easy and cheap! Especially if you have room for a vegetable garden. We have space for two raised gardens and a "Vege-Pod." Lately I've been harvesting broccoli, cauliflowers, brussels sprouts and beans and turning them into fantastic meals with the help of whatever's going cheap in the supermarket, like canned tomatoes. Not forgetting, of course, to make use of the leaves as well as the heads of these plants. I'll elaborate more about that next time.

So, if you're a pregnant vegetarian or a veggie parent and you're wondering whether it's going to be OK to bring your child up without meat, don't be worried or afraid! It's going to be fine. Plenty of people have brought up well-adjusted, healthy boys and girls. My two are happy, life-long vegetarians who wouldn't want it any other way.

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.

EXOTIC FRUITS

I was given a cherimoya fruit recently, something I had not seen before. A long-time member of the Vegetarian Society, Alistair MacArthur, grew it in his New Lynn (Auckland) garden where he also grows a wide range of fascinating (and delicious) fruits, vegetables and amazing flowers. Everything is grown completely organically, with no spray or chemical fertilizer. His cherimoya (also known as a custard apple) tree is fruiting well this year. The flesh is sweet and juicy when the fruit is ripe, with a softness very like that of a ripe avocado.

The cherimoya is native to Peru and Ecuador (west of the Andes where there is plenty of moisture) so likes

warm temperate areas. Interestingly, Alistair says the trees have a strange, but brief, late deciduous period for some reason that puzzles growers in New Zealand.

Another delicious fruit Alistair remembers his parents growing in Tauranga many years ago, is the white sapote (from the Mexican Highlands) Although they can be grown in Auckland, sadly opossums will run a mile for them just before they are ripe, which is what happened to most of the fruit on his parents' tree!



Alistair has recently rejoined the Tree Crops Association and says he has not seen any sapotes turn up on the Tree Crops Association identification table yet. However, apparently quite a United Nations of people turn up at Ferndale House in Mount Albert to the Tree Crops meetings (Covid permitting!), and the range of wholesome plant material that appears is quite startling at times.

Alistair also reports that, just out of curiosity, he tried sowing some chia seed in

CURIOUS ABOUT CLOVES?

I can remember, many years ago now, spending quite some time making “clove balls” as Christmas presents - completely covering an orange with whole cloves, to hang in the wardrobe. Nowadays most people are more interested in the food and nutritional aspect of cloves.

From a search on Wikipedia I found that: *“Cloves are the **dried flowers of the clove tree** in the Myrtaceae family. They are native to the Maluku Islands (or Moluccas) in Indonesia, and are commonly used as a spice, flavouring or fragrance in consumer products ... cloves spread throughout Europe and Asia during the late Middle Ages as an important part of local cuisine. Today, cloves remain an important spice that gives many dishes that special kick. Cloves can be used whole or ground.”*

Did you know that cloves have many potential health benefits, including keeping blood sugar



in check and helping block the growth of bacteria? A 2006 study from the journal Nutrition showed that people with type 2 diabetes improved their blood sugar levels when consuming one to three grams of cloves daily for a month.

Cloves are low in calories and a high source of manganese which is important for bone and connective tissue health. They are also high in the powerful plant compound eugenol, which has been shown to improve liver function and combat fatty liver disease.

In traditional medicine, cloves were used to help alleviate gastrointestinal upset and improve digestion and they can also balance the immune function, being rich in antioxidants. Interestingly, a traditional way to alleviate headache pain with cloves is to crush some clove buds in a handkerchief and then inhale the aroma.

Some studies show that cloves may promote oral health, thanks to their antimicrobial properties (which may help kill harmful bacteria), anti-inflammatory and possibly analgesic (pain-relieving) effects.



Also, test-tube studies show that the compounds in cloves may reduce cancer cell growth and promote cancer cell death, but more research is needed to confirm these effects in humans.

As with many health-giving foods, they're most effective when included as part of a healthy and balanced diet, so try integrating a few servings of cloves per week into your meals. Cloves will bring a warm distinctive flavour to desserts, curries, or chutneys; and you can also simmer whole cloves in boiling water for 5 to 10 minutes to make a soothing cup of clove tea.

But remember, if you include whole cloves in a recipe, try and take them out of the dish before serving it as they are not particularly nice to bite on!

- MARGARET J

Reference:
<https://www.naturalhealth365.com/> [Sara Middleton, staff writer | February 6, 2022]



his garden, late last year. *“It seemed as if every seed germinated, even though the sowing was indeed rather late in the season, and the plants managed to grow to flowering with rather plain little blue flowers. An earlier picture taken with my digital microscope shows the distinctive germinating seed leaves back in December. I shall look at trying again this coming spring season, giving the plants about two months more so they have a better chance to set some seed”.*

NOTE: Chia seeds are rich in omega 3, packed with complete proteins, magnesium, calcium, iron, electrolytes for natural hydration, high amount of fibre and antioxidants. The plants thrive in dry and hot conditions, don't need a lot of water and are high yielding, so a high nutrient output crop for little water resource input. Normally planted in October for harvesting in February and March, a big percentage of the chia seeds marketed in New Zealand originate from Australia.



Chia Flower (top) & Seedlings (above)



INTERVIEW WITH DR ALASTAIR MACDONALD

We recently had the pleasure of interviewing Dr Alastair Macdonald, a retired doctor of kidney disease, diabetes, dialysis and kidney transplants, and questioned him about his life and how his vegetarianism has affected the way he has dealt with patients throughout his career. Dr Macdonald, 78, has been a vegetarian for over 40 years. He is in excellent health, takes no medication and largely attributes this to his vegetarian diet as well being physically active most days.

Macdonald grew up in York, England. He was not raised as a vegetarian and it was in his adult life that he fully gave up eating meat. When asked what inspired him to do so, Macdonald says "I had a 'normal diet' including meat until about 40 years ago. Jan, my wife, did not like cooking meat. I am completely NOT a cook. It was inevitable that meat would disappear from my diet!"

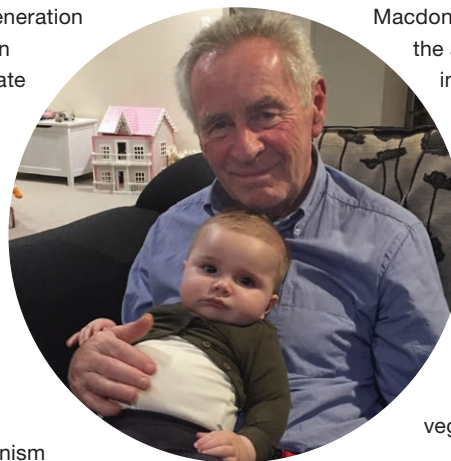
Both Alastair and his wife are vegetarians. They do not eat eggs or butter but occasionally have cheese and drink milk with their coffees. However their children are not vegetarians. The Macdonalds believe that diet is everyone's personal choice and choose to educate about the benefits of vegetarianism when asked, rather than preach. They also have two grandchildren aged 12 and 14 who take an avid interest in climate change. Macdonald takes these kinds of opportunities to educate, and says that



making the younger generation aware of the correlation between diet and climate change is key to making a positive change in the future.

Macdonald stays active, going for a swim or bike ride every day. He says that his diet has given him the energy to do this. He believes that vegetarianism is key to a longer lifespan, weight control, helping the planet and decreasing people's dependency on our overstretched health system. He says that people are sometimes surprised that he does not eat meat and think that his diet is somehow lacking. However, his medical background aids him in explaining the various advantages of vegetarianism.

Throughout his career Macdonald has worked as a doctor all over the world, in countries such as Canada, USA, Saudi Arabia, Iraq, Italy, Scotland and England. He has always worked in the public health system, preferring to stay away from private practise, as he says that it is in the former he was able to make the most impact. He has always worked closely with dieticians to ensure the most professional and up to date dietary advice was given to his patients.



Macdonald says that given the areas he specialised in (kidney disease, diabetes, dialysis and kidney transplants), he had a unique opportunity to see patients over many years, sometimes decades, which allowed him to slowly guide them to see the benefits of following a vegetarian diet.

"It was very fulfilling when a patient came back for a check-up, having lost weight and in better health because of eliminating meat from their diet" he says.

Dr Macdonald has also given talks on vegetarianism and enjoyed teaching junior doctors and medical school students throughout his career. He believes traditional medicine in conjunction with a vegetarian diet sets patients in the best possible position to improve their health.

Nowadays, Alastair is enjoying retirement. He loves spending time with his grandchildren, who affectionately call him "the fossil". He enjoys music and spends time playing guitar at the hospital where he used to work. He is also a big sports fan following both tennis and rugby. He does not actively discuss his vegetarianism unless asked, but given the opportunity, he loves to expand on the many benefits that result from following a vegetarian diet.

- INA BABIC

INTERVIEW WITH DIANA DUNNINGHAM CHAPOTIN

CONTINUED FROM PAGE 1

Q. ARE THERE ANY DISADVANTAGES TO BEING VEG~N?

I have scratched and scratched my head about this but I can't think of any. Oh yes, there is one. I am getting up in years and am not at all confident that healthy vegetarian meals will be served at whatever rest home I end up in. This was the case for my mother in the late 1990s, in spite of the legal promises in her contract.

Q. WHAT DO YOU SAY TO PEOPLE ABOUT YOUR VEG~NISM AND WHAT'S YOUR BEST RETORT TO DAFT COMMENTS ABOUT VEG~NS?

I say that I am vegan for animal rights and for the environment. (That's all that's necessary these days as people are now very often familiar with the reasons people are veg-an.)

AS FOR DAFT QUESTIONS:

1. Aren't you worried about lack of protein?

"I've been vegetarian for 68 years. Do I look as though I'm fading away? Gorillas don't eat meat, do they? Elephants and rhinos are herbivores, as far as I know. They seem to be big and strong..."

2. What about carrots screaming when they are pulled out of the ground?

"Which would you rather do yourself? Drag a carrot out of the earth or slit a cow's throat? If you don't sense any difference between the two... All we can do is eat as far down the food chain as possible, don't you think?"

3. Have you not been tempted, just once in your life, to try a juicy, delicious steak?

"Errr, no. If I were going to be tempted by something, it would be a swimming pool filled with the sweetest of fresh pineapple juice and fresh pineapple chunks by the handful. I would like to float in the pool, eating and drinking at leisure. Mmmmmmm!"

Q. WHAT ARE SOME OF THE MAIN CHANGES YOU'VE SEEN IN RELATION TO VEG~NISM OVER THE YEARS?

The main change - and one that absolutely astounds me - is the popularity of veganism nowadays. It is almost the fashion amongst the young - I never thought I'd live to see the day! People have finally made the connection between intensive farming and the limited nature of the world's resources.

And with the on-going explosion of plant-based alternative "meats" and the number of films available which open the eyes of viewers to the cruelty of farming animals to eat and exploiting creatures for human use, the future for animals and the environment is looking more positive. All we need to work on now is awakening humans to feel compassion towards each other! - EDITOR



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‘Folium Organics’ grows, harvests and processes a variety of certified organic powders for the domestic and international markets. They are predominantly a B2B company supplying well-known brands here in New Zealand and around the world.

Folium Organics products are grown on the rich soils in Canterbury, within view of the stunning Southern Alps, allowing the organic products to grow in clear fresh air and rich soils, thus providing them with best taste and consistency in product and colour. Folium Organics farmers/Directors are also land owners and have over 30 years plus experience combined in farming and harvesting New Zealand grown organic products.

Folium Organics range of certified organic leaf powders currently includes (but is not limited to):

- barley leaf powder
- wheat grass powder
- kale powder
- green pea powder
- carrot powder
- beetroot powder
- spearmint powder
- quinoa powder
- fennel powder
- echinacea powder

And they also currently process and supply:

- broccoli sprout powder
- whole pea powder
- manuka leaf powder (wild harvested)

As the Directors are also the land owners, this gives Folium Organics great flexibility within the constraints of the growing seasons to produce specifically required products/ powders and the company can also offer a wide range of processing services from drying, milling, sifting and blending products if required.

The team at Folium Organics are extremely passionate about their certified organic leaf powders and about ensuring customers obtain the very best from their products.



Sales of Folium Organics leaf powder products can be purchased predominately in bulk (B2B). However smaller amounts are available for personal use via their website.

For further information on the leaf products that Folium Organics produces, please:

Visit their website www.foliumorganics.nz
Check out their Facebook page – Folium Organics
or send an email to sales@fdlnz.co.nz

SOLOMONS GOLD

We make organic vegan chocolate, free-from dairy, gluten, nuts, soy and refined sugar. We handcraft our chocolate in small batches from only natural ingredients. Our chocolate has a deep earthy taste with notes of wild honey and forest berry. You will truly discover joy in every bite.

Organically grown in the Solomon Islands, and manufactured in Mt Maunganui, New Zealand, we believe that good food equals good health and that the origin of our food source is vital. Producing a healthy bar of chocolate doesn't stop with the benefits of being rich in superfood antioxidants, to create a truly memorable chocolate - it starts with the bean.

Our chocolate story begins in the beautiful Solomon Islands, where our



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team on the ground in Honiara (called C-Corp) work with village cacao farming communities who grow organic and premium grade single origin cacao. We proudly work with over 60 village grower groups and farmers as well as our own local Honiara team. They remain at the very heart of our passion for chocolate.

Glenn and his team pride themselves in handling every step of the production process – from growing the trees, right through to hand wrapping the chocolate bars in the Mt Maunganui chocolate factory. Embracing our own traditional roasting and artisan techniques, the result is real chocolate, in its purest form.

Solomons Gold chocolate and cacao products are available in a range of different formats, flavours and concentrations for use as an ingredient in food service and food manufacturing applications. Our chocolate bars are the perfect after dinner treat, gift or healthy snack, the ‘dark smooth’ chocolate is sophistication in a bite.

We are passionate about sharing our story - educating and enlightening individuals, making it possible for them to create their own treasure using our chocolate. Because we are a family run business, we are very conscious of showing support to other local businesses. For us ‘local supporting local’ isn't just a catch phrase it's a reality.

W <https://solomonsgold.co.nz/>

VEGAN CERTIFICATION / VEGETARIAN SOCIETY APPROVED



SHARON ALMOG, TRADEMARK MANAGER

HOW INSPIRING IS SPRING TIME, WITH ALL THE BLOSSOMS AND NATURE RENEWAL OCCURRENCES. WE CAN SEE A DRAMATIC GROWTH IN PLANT-BASED INVESTMENTS WORLDWIDE AND IN NZ, DESPITE THE ROUGH ECONOMIC TIMES.

When a company decides to go for a process of vegan certification or vegetarian approval for their products they are going through a long process with us, the NZ Vegetarian Society, as we check every ingredient of their products/ formulations plus the production processes.

We also make sure that the certified and approved products are truly vegan or vegetarian, i.e. that they meet the strict criteria of our programmes. When the end consumers see our trademarks, they can trust that the product is truly vegan or vegetarian and that it is also ethical and sustainable.

SOLOMONS GOLD

We are very excited to announce that **Solomon's**

Gold has just joined our Vegan Certified programme! Solomon's Gold chocolates are now Vegan certified. If you haven't tried their truly amazing products yet, with their unique deep and rich flavour, you should indulge yourselves as soon as you can. It's hard to believe that there are so few ingredients in such great chocolates. This is a handcrafted, ethical chocolate, made in NZ, containing high quality natural ingredients.

The variety of Solomon's Gold chocolates is just right and consists of - Smooth Dark 70%/65%, Dark Nib 75%/70%, Dark Orange 70%/65%, Dark Mint 70%/65%, Dark Berry 70%/65%, Dark Caramel 75%/65%, Dark Velvet 65%, Velvet Nib 70%, Dark Chocolate Pieces 70%/60%/50% and Cacao Nibs. I ordered pretty much all the range and have tried them all... in one word - WOW!

Ethical, sustainable, organic and vegan - we love this combination! How about you?

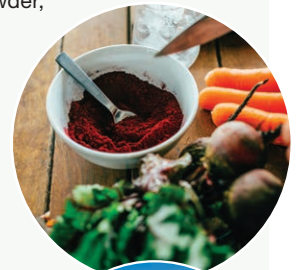


Folium Organics

From the Canterbury Plains, **Folium Organics**, specialises in the production of leaves and veggie powders. They grow, harvest, dehydrate and mill certified organic wholefoods destined for formulation in the health food industry worldwide. **Folium Organics** joined us last year with four Vegan Certified products, and recently they updated their range with ten additional products.

Their pure product range is now consists of: 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 (grain/powder), Organic Fennel powder, Organic Echinacea powder, Broccoli Sprout powder, Whole Pea powder and Manuka Leaf powder.

The powders are usually purchased in bulk but they are also available in smaller quantities online. These lovely rich-in-nutrients powders can be added to shakes, bakes, natural raw snacks and whatever else you can think of. If you have made something really cool with these powders, feel free to share the recipe with us!



MARISCO VINEYARDS

Note that Vintage 2022 by **Marisco Vineyards** is Vegan Certified these days, and joins the previous year's Vegan Certified wines from this winery. Check out **Marisco's** great variety, enjoy a glass of wine and remember to drink responsibly. CHEERS!



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

Have you found a product that seems vegan or vegetarian? Why not email the producer and ask if they've considered getting it Vegan Certified or Vegetarian Approved? We can help them spread the word!

Alternatively, email our Trademark Manager at: trademark@vegetarian.org.nz, and we'll get in touch with them.

DINING OUT

with the NZVS Office Team



TACO LOCO

Mexican food on offer in New Zealand has really expanded over the past 10 years but it can often be hit or miss with the authenticity and quality. We were pleasantly surprised to hear about Taco Loco. Having started out slinging traditional Mexican food from a food truck, they have established themselves at a permanent location in Mt Albert. Walking in, you're greeted with warm smiles and even warmer tequila, if you so wish.

As a group of four with different dietary requirements; two vegans and two vegetarians (including one gluten-free), we had no issues with the wide array of options on offer. We decided on nachos, quesadilla, and a burrito. The food was as visually vibrant as it was tasty. When the conversation drops off as the dishes arrive, you know the food is great! If you're a seasoned Mexican food-goer you'll love it, and if you're looking to branch out and try new Mexican flavours, you're in for a delicious surprise!

BY NELSON ATIGA

179 Mt Albert Rd, Mt Albert, Auckland
www.tacoloconz.co.nz



THE BUTCHER'S SON

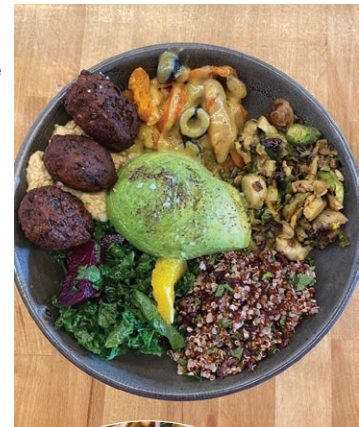
If you thought you knew what could be achieved with the humble vegetable, think again. Located in Auckland's sunny seaside suburb of Herne Bay, The Butcher's Son is a one-stop shop for some of the best plant-based eats in town.

A quick glance at the menu will have you spotting favourites such as tacos, nachos and burgers. We opted for the Buddha Bowl, Pad Thai and the Jackfruit Rendang and they did not disappoint!

The staff were friendly and the atmosphere was vibrant. The Butcher's Son is yet another sign that the plant food revolution is in full swing. It's a 10 out of 10 and, as you might have guessed, we 100% recommended it.

BY INA BABIC

204 Jervois Road, Herne Bay, Auckland
www.thebutchersson.co.nz



DINING IN

BERKANO FOODS

Providing a delicious, convenient and cheap ready-made meals option for Kiwis, Berkano Foods is getting noticed.

The NZ Vegetarian Society Dining Out Team decided to get in on the action. The delicious microwavable meals that the team taste-tested consisted of a Golden Peanut Satay, Butter 'Chicken' Curry and the flavourful Thai Red Curry. They were conveniently ordered and delivered straight to our doorstep.

And just in case the taste and convenience weren't enough, Berkano Foods has a wonderful option to reduce their factory waste by selling their overfilled or not-so-pretty containers as Factory Seconds. These are set at an extremely low price

for Kiwis to buy online for around \$3 to \$5. Buying online does see you spending a minimum of \$50, but even with that purchase, an under \$5 meal is a win.

The founders of Berkano Foods, Britteny Bryan and Nicholas Harlow, openly tell their story of how Berkano Foods came into being. Leaving their secure-paying jobs and facing the same sacrifices that a lot of new business owners face, saw Britteny and Nicholas spending some time living in a storage container. However with their innovative product, and hard work they are now honourees on the *Forbes 30 Under 30 List for the Arts Class of 2020*, and Berkano Foods was the Champion Producer/Manufacturer for Small Enterprise at the 2019 Westpac Champion Business Awards. You can now find Berkano Foods in local grocery stores around New Zealand. See if you can spot them.

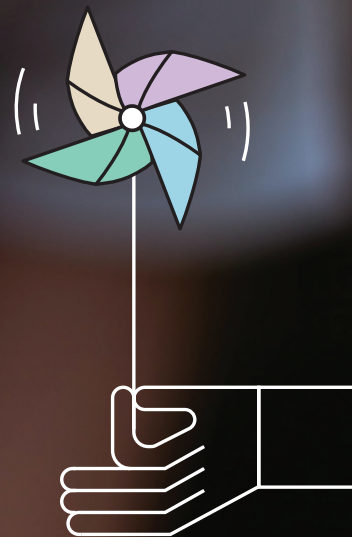
BY HANNAH GALLAGHER

www.berkano.co.nz



Pathfinder

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Recipes



Here are some delicious recipes from Anna Valentine. Anna has many more delicious recipes available on both www.vegetarian.org.nz and theveggietree.co.nz, and, of course, in both her beautifully presented cookbooks.

ROAST VEGGIES WITH CRISPY CHICKPEAS, ROASTED NUTS & TAHINI MAYO

In this quick easy recipe, you can utilize any vegetables and nuts you have on hand. It is nutritious and delicious with chickpeas, nuts and tahini for protein and many other essential minerals along with your five servings of vegetables to maintain a healthy body. It's the perfect family friendly dinner without too many dishes to wash up at the end!

It is important that you cut all of the vegetables into the same sized pieces so they cook at the same time. I just give my vegetables a scrub to remove dirt, it helps to retain nutrients and time. If you have more people in the house, a rough measure is one vegetable per adult and half for a child, depending on what you have around and what are people's favourites.

If you have raw nuts there are instructions within the recipe to roast these, but if you have roasted salted nuts just add them to the top at the end.

1. Gather your ingredients and pre-heat the oven to 200°C. Measure:
2 Tbsp rice bran or any neutral oil
Into a large roasting pan and put into the oven while it is heating.
2. Meanwhile prepare the following vegetables chopped into bite sized pieces:
4 potatoes
4 carrots
2 kumara
2 beetroot
2 parsnips
1 broccoli
1 cauliflower
3. Put the root vegetables in a large bowl and toss together with:
2 Tbsp olive oil
3 Tbsp fresh rosemary, roughly chopped
1 tsp salt
¼ tsp cracked black pepper
4. Remove the hot pan from the oven and carefully transfer the seasoned vegetables and roast for 45 minutes to 1 hour, turning a couple of times during cooking.
Meanwhile add the broccoli and cauliflower to the seasoning bowl with an additional 2 Tablespoons olive oil and toss to coat. These will be added towards the end of cooking.



5. Then drain:
1 x 400g can or home cooked chickpeas
Rinse and pour onto a dry tea towel or paper towel to remove moisture then make the tahini mayo (see on right).
6. After 30 minutes or so, add the broccoli and cauliflower to the roasting pan and cook for a further 10 minutes. Add the chickpeas and:
1 cup mixed nuts, raw
1 tsp smoked sweet paprika or cumin powder
½ tsp salt
¼ tsp cracked black pepper
2 Tbsp olive or neutral oil
To the bowl and toss to coat. Pour into another roasting pan or ovenproof dish and add to the oven. Cook for 10 minutes, giving it a mix after five minutes.
7. To finish the dish, prepare:
½ cup parsley or coriander, roughly chopped
½ cup olives, sliced (optional)
Remove the roasting pans from the oven and tip the chickpea and nut mix on top of the other roasted vegetables, scatter over the parsley and olives, drizzle liberally with the tahini mayo and serve.

TAHINI MAYO

This makes enough mayo for two or three servings. It is also delicious as a dip, in a wrap or as a dressing.



1. Gather your ingredients and prepare the following into a food processor or bowl:
¼ cup tahini
¼ cup plain yoghurt, dairy or alternative
1 clove garlic, crushed
zest and juice of 2 lemons
2 tsp pomegranate molasses (optional)
¼ cup extra virgin olive oil
¼ tsp Himalayan sea salt
a few cracks of black pepper
2. Whizz or mix together well until smooth. Store in a covered jar in the fridge, it will thicken in the fridge also.

TOFU SCRAMBLE WITH HASH BROWNS & SMOKY COCONUT CHIPS

This tofu scramble is quick, easy, soft and scrumptious! I love a good brunch and this combo really hits the spot with crispy quick hash browns and smoky coconut chips it's the perfect plant-based brunch or lunch with a little relish or hot sauce. Aqua faba is the liquid from a tin of chickpeas.

- Gather your ingredients and add to a flat bowl:
 - 1 x 300g block tofu, soft or firm
 - 1/4 cup aqua faba
 - 1/2 tsp turmeric powder
 - 1/4 tsp black pepper
 - 1/2 tsp salt or black salt for a more eggy flavour
 - 1/3 cup onion weed, chives or parsley, finely chopped

- Mash together well. Take a cast iron pan on a medium high heat and add:

- 2 Tbsp extra virgin olive oil
- 1 onion, diced

Slow sauté until soft but not coloured, approximately eight minutes. Add the tofu mix and cook gently, stirring constantly for two minutes and serve on top of your prepared toast, hash browns and top with freshly diced tomato or green pea micro-greens and smoky coconut chips.



HASH BROWNS

- Gather your ingredients. Start with the flax egg if using. Mix together in a large bowl:

2 Tablespoons flaxseed, ground and mixed with 1/3 cup water and leave to absorb for 5 minutes, stirring once during this time

OR

2 eggs

4 medium potatoes, scrubbed clean and grated

¼ cup cornflour (starch)

1 Tbsp chives, onion flowers or sage, roughly chopped

½ tsp salt

a few cracks of pepper

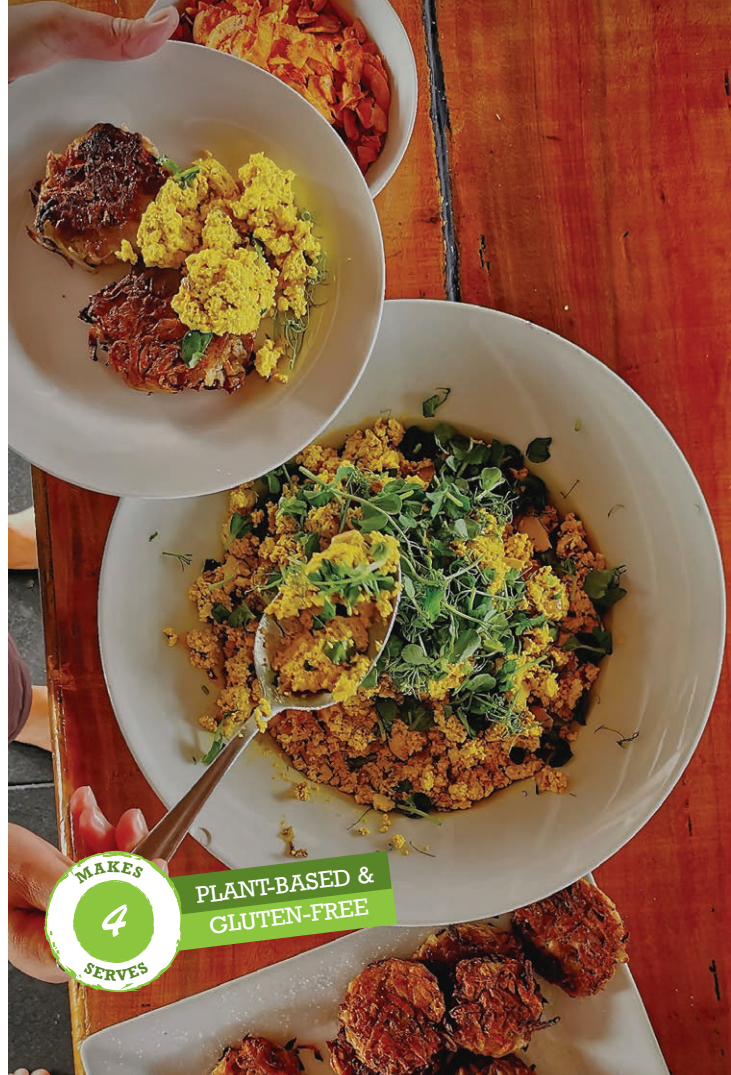
- Heat two tablespoons oil for each round of hash browns in a cast-iron pan or hot plate on a barbeque.

¼ cup rice bran oil

Scoop one tablespoon of the mix at a time into the pan or the hotplate on a medium high heat. Push it flat with the back of the spoon and cook the first side until golden brown before flipping over, making sure your pan is hot, but not so hot that it will burn your hash.

When both sides are golden, take it out of the pan and place it on a cooling rack to keep crisp.

Repeat with the rest of the mixture.



SMOKY COCONUT CHIPS



Makes 4 cups and is also a tasty snack on their own or as a smoky topping or sprinkle.

Line an oven tray with baking paper and preheat the oven to 150°C.

- Gather the ingredients and add the following into a mixing bowl:
 - 2 Tbsp soy sauce, Tamari or Braggs
 - 1 Tbsp liquid smoke
 - 1 Tbsp maple syrup
 - 1 Tbsp smoked paprika
 - ½ tsp of Himalayan or flaked salt

Mix together then add:

4 cup coconut chips *

- Mix well to coat evenly and spread out on the prepared tray in one layer. Bake for 10 minutes, stirring once. These burn easily so turn your timer on!

When cold, store in a jar to keep crisp.

*available at New World and Countdown

BEST FOODS FOR A HEALTHY PLANT-BASED DIET

When transitioning to a plant-based diet, be sure to prioritize whole plant foods as much as possible. These provide you the most nutritional bang for your buck, plus they're delicious — and they get better tasting over time as your taste buds and neural pathways adjust. Here's a quick list of the basics, and some creative ways to use them.

• BEANS AND LENTILS

- Homemade veggie burgers
- In spaghetti sauce over pasta
- Bean-based no-bake energy snack balls
- Roasted chickpeas over salad or as a crunchy seasoned snack
- Topped on nachos
- Tacos, enchiladas, burritos, and burrito bowls

• FRUITS

- In smoothies
- Toppers for oatmeal, yogurt, or cereal
- Eaten on their own or with nut butter as a snack
- Chopped and used in a grain or leafy green salad
- Roasted/grilled peaches or baked apples
- Avocado toast

• VEGETABLES

- Steamed, roasted, grilled, sauteed
- On kabobs
- Toppers for homemade pizza
- On stir-fries and pasta dishes
- In smoothies: leafy greens, peas
- Blended to make tomato-based sauces
- Vegetable and bean soups
- Layered raw vegetable sandwiches
- Served raw with hummus
- Made into chips in an air fryer

• WHOLE GRAINS

- Cooked in water or stock and served with a yummy sauce
- Quinoa, amaranth, millet, or oats as a breakfast cereal base
- Experimenting with different whole grain flours in baking
- Whole wheat noodles and breads
- As flours for homemade pizza dough, pancakes, and waffles
- Air-popped popcorn

• NUTS AND SEEDS

- Make homemade nut or seed butters
- Eat raw, unsalted as a snack or in trail mix with dried fruit
- Chop and add to grain or leafy green salads
- Use cashews to make cashew cream for soups or a plant-based cheese sauce
- Add to smoothies

PLANNING TO SWITCH TO A PLANT-BASED DIET?

A well-planned whole-foods, plant-based lifestyle is a health-promoting, nutritionally smart, delicious and enjoyable way to live and eat. Plus, it contributes to fewer animals being farmed for the slaughter-house, fewer greenhouse gas emissions, and leads to a safer and healthier world for future generations.

Switching from a carnivorous diet to a plant-based diet while being great for your health and the health of the planet, is not always as easy as it seems, but with a bit of help, it's easy to identify and avoid the most common mistakes.

There are several common mistakes that can be made when trying to transition. In fact a lot of things can make transition to a vegan or plant-based diet harder, from marketing to habit to availability to busyness, and it's important to identify which of those things, or maybe something else similar, might affect you so you can be prepared to deal with them. Remember - take the transition at your own pace, don't try to be "perfect" in one day!

One of these mistakes involves relying on processed plant-based meat and other processed foods. Today there are so many meat-free prepared and packaged burger patties and other foods, it can be both a blessing and a curse. It used to be that a veggie burger was made in your own kitchen out of oats or brown rice, beans or lentils, flax seeds and veggies. You could see the cubed carrots, kernels of corn and chopped green right there on your plate and typically, it fell apart before it reached your mouth. The convenience food of today is fantastic, but that very convenience can mean the product contains unwanted additives and preservatives in addition to extra salt, sugar and saturated fat; and in some cases might even be contaminated with pesticides and GMOs.

Processed foods are certainly a help when initially transitioning, but to avoid becoming reliant on them to the exclusion of all else, plan a nutrient-dense, plant-based menu for each week. This helps with the weekly shopping and can take away much of

the stress of worrying about 'what do you make for dinner' when you arrive home from work! *[Check out the www.vegetarian.org.nz website for recipe suggestions.]*

Another mistake is worrying about protein, where do you get it from and how do you get enough? Just remember that well-planned veg-n diets can provide sufficient plant-based protein for everyone, including the most extreme athletes. Plant-based amino acids provide more than enough protein for a human diet. It is not "inferior" to animal protein, nor should it be thought of as an alternative protein source.

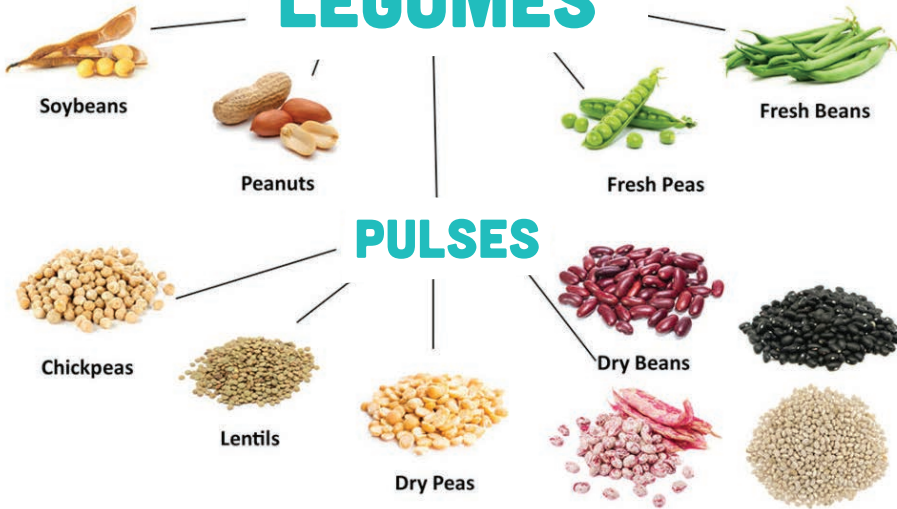
Plants contain all nine essential amino acids. While it's true that some plant foods are low in certain amino acids e.g. some grains are low in lysine while some legumes are low in methionine, getting adequate amounts of all nine essential amino acids isn't difficult when you eat enough food in general, and include a variety of different whole-plant foods.

Some of the best veg-n protein sources include the following: beans (there are at least 15 different types of bean, including chickpeas), and legumes (soy beans, peanuts, fresh peas and beans) nuts, seeds (hemp, flax, and chia seeds are excellent), and soy-based foods such as tofu and tempeh; certain grains and legume-based pastas; even fruits and vegetables contribute a small amount. So rather than fret over protein, simply eat a wide variety of food to cover all your amino acid needs.

Sometimes supplementation for a few nutrients is necessary: It's important to be aware of the following vitamins and maybe have your levels checked by your GP every 12 to 18 months.

Vitamin B12 is crucial for red blood formation, reproduction, neurological function and DNA production and is one of the most important vitamins to be aware of. It can be obtained from fortified foods such as nutritional yeast and fortified plant milks and cereals – check the labels. Otherwise the Clinicians range from your local chemist has a liquid form of B12.

LEGUMES



Likewise vitamin D – some people need a boost during the winter months. Look for fortified foods by checking the check labels, and if supplementing, look for one which has vitamin D & vitamin K2 combined.

Omega-3 fatty acids are important for brain and skin health and protection from neurodegenerative diseases. The best plant sources are flax and chia seeds and smaller amounts are available in walnuts,

hemp seeds and some leafy greens. There are also plant-based, algae-derived omega-3 supplements available if needed.

Iron is not usually a problem if you're eating a good balanced diet, but the best plant sources include legumes, dark leafy greens, seeds and nuts. Absorption of iron can be boosted by eating vitamin C-rich foods at the same time (e.g. citrus fruits, strawberries, bell peppers, broccoli, tomatoes....)

One of the best parts of adopting a plant-based diet is the chance to experiment with an abundance of beautiful, colourful, versatile plant foods you may never have tried before. Eating a wide range of vegetables, legumes, whole grains, fruits, seeds, nuts, mushrooms etc will give your body plenty of variety in the type of fibre each one provides.

And remember, when adopting a plant-based diet, you're making the change for your own reasons, so you can design your own diet to meet your personal needs and preferences – it doesn't have to be identical to anyone else's. Connect with others on the same journey and share mutual support, encouragement and inspiration. Potlucks, collective meals and plant-based recipe swaps can help everyone to enjoy new foods and have more fun in the process. You can always look for a helpful nutrition or dietitian if you feel you need professional advice.

Extracts from an article by Ocean Robins on March 9, 2022 - <https://foodrevolution.org/blog>

2 For more information on protein see <https://foodrevolution.org/blog/plant-based-protein/>

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Kindness CORNER

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Izzy's New World

I had occasion to visit the New World store in the Remarkables Park Town Centre during a visit to Queenstown in May this year and was very taken with the beautiful cat sleeping outside the main door, so much so, that I took a photo and made enquiries asking for more information.

It seems that Izzy is much loved by all the staff, and customers, of the New World store. She was a wild kitten who made her home at New World Queenstown sleeping rough where she could find shelter around the building, and patrolling the grounds. Initially very frightened of people, members of the New World team started talking to Izzy, feeding her and then provided shelter, a bed, toys and warm coverings for the colder months.

Izzy was assessed by Queenstown Cat Rescue who made sure she was well, returned her to the Store staff and presented New World Queenstown with an adoption certificate which is proudly displayed inside the store. She is such a good girl that she herself has never walked into the store, although one staff member brought her in one winters morning to warm her up.



Well, no way was Izzy having that... she headed straight back outside!

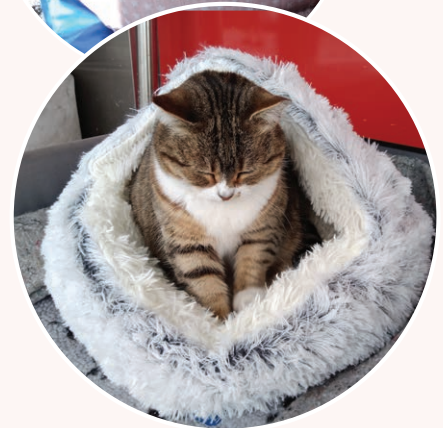
The New World team feed Izzy every day, including treats at special times of the year, so she gets a lot of love and attention and has become an important part of New World Queenstown, greeting customers and staff daily. She has been photographed thousands of times and met visitors from every corner of the world.

If the staff or customers are having a bad day they just need to give Izzy a pat or a chat and problems just melt away. Many people are not allowed animals where they live so it is really lovely for them to have Izzy there to help fill their needs.

From being a true wild cat over time Izzy has now become very friendly and if you are lucky you may even get to gently stroke her.

My thanks to New World staff, Juanita, Kim and Wayne for their helpful information and extra photos!

- MARGARET J



Taiwanese Womans Association of NZ

The Vegetarian Society was delighted to again be invited to attend the annual Taiwanese Women's Association of NZ dinner. The Association has a primary focus on environmental sustainability and supports a number of organisations in various ways, which fall into this category. This year four of us from the NZVS executive joined TWA members and guests who were keen to make up for missing the dinner last year - cancelled due to COVID.

The evening began with an explanation of the work TWANZ does in the community, with representatives from those community organisations

introducing themselves. After the formalities and recognition of the 22nd birthday of TWANZ, we were treated to a delicious vegetarian and vegan dinner, all cooked by members and friends. This was followed by a number of raffles, the proceeds of which were donated to the NZVS.

The atmosphere was one of fun and generosity and thoroughly enjoyed by all those attending. The NZVS is extremely grateful to Cindy Huang, President of the TWANZ, and her team for this generous donation, and the NZVS is also greatly encouraged by organisations such as the TWANZ promoting a plant-based diet.



Winner of the basket of goodies donated by the NZ Vegetarian Society with Julia Clements, President of the NZVS.



SNIPPETS FROM ALL OVER:

PLANT BASED TREATY

The West Sussex commuter town of Haywards Heath has become the first European town to sign up for the plant-based treaty by encouraging its 34,000 residents to drop animal products from their plates to help fight the climate crisis. Haywards Heath is positioned on the main Brighton-to-London railway line, and is popular with commuters to the capital but also has an ample older population.

As a companion to the UNFCCC/Paris Agreement, The Plant Based Treaty initiative is a grassroots campaign designed to put food systems at the forefront of combating climate crisis. Modeled on the popular Fossil Fuel Treaty, the Plant Based Treaty aims to halt the widespread degradation of critical ecosystems caused by animal agriculture and to promote a shift to healthier, sustainable plant-based diets. The proposers of the Treaty urge scientists, individuals, groups, businesses and cities to endorse this call to action and put pressure on national governments to negotiate an International Plant Based Treaty. There are three core principles to the Treaty:

1. No land use change, ecosystem degradation or deforestation for animal agriculture.
2. An active transition away from animal-based food systems to plant-based systems.
3. Actively restoring key ecosystems, particularly restoring forests and re-wilding landscapes.

www.independent.co.uk
<https://plantbasedtreaty.org/>

FOOD SYSTEMS AND DIET

What we eat and how we produce food matters. Food systems are responsible for more than a quarter of the world's greenhouse gas emissions.

We cannot fully tackle the climate crisis without reducing the greenhouse footprint of our food. The issue is only becoming more urgent, as world population climbs alongside hunger stemming from war disruption of food exports. As people get richer and more

urbanised, global consumption of meat and dairy products also grows.

While methods of cutting livestock emissions are undergoing development, production is only half the story. To have a real impact, we also need to consider the demand side.

Without reducing the overall demand for meat and dairy, it's unlikely livestock emissions will fall fast enough and far enough. Reducing consumption rates could cut greenhouse emissions and reduce other environmental damage. The question is, which diet should be followed?

Clearly, any acceptable diet needs to be nutritionally adequate. While meat provides essential nutrients, too much of it is linked to diseases like cancer... It's important to consider both environmental and health credentials of a diet. We can add animal welfare to this as well, which tends to be worse in intensive livestock production.

Of five diets studied, the Mediterranean diet was deemed the healthiest for humans, while the vegan and vegetarian diets had the best outcomes for animal welfare, however vegan and vegetarian diets were found to be the most 'sustainable' diets based on reducing our food footprint, staying healthy and reducing negative impacts on farm animals.

- extracts from article <https://theconversation.com/>
18 July 2022

LIFE EDUCATION TRUST

Life Education Trust is teaming up with the 5+ A Day Charitable Trust and Two Raw Sisters to inspire, motivate and educate tamariki and m tua (parents) about the benefits of eating vegetables and fruit as part of a balanced diet. A national tour of schools and communities beginning in March will bring the entertaining and passionate cooks Margo and Rosa Flanagan, known as Two Raw Sisters, to classrooms all around Aotearoa New Zealand.

The partnership offers the 5+ A Day team an important opportunity to engage with tamariki about their nutritional needs, sources of kai and basic food preparation skills.

"We want to make sustainable change, increasing the consumption of fruit and vegetables by sparking interest with hands-on learning in schools," says Carmel Ireland, Project Manager at the 5+ A Day Charitable Trust. "It's important that we are capturing the attention of parents too, sharing useful skills to help whanau improve their nutrition," she says.

Life Education Trust Chief Executive, John O'Connell says the programme comes at a critical time for many families. "One in five children in Aotearoa live with food insecurity. While the path to food security is a complex one, teaching healthy eating habits from a young age is proven to be an important part of the solution," he says.

The Flanagan sisters, whose mission to share the benefits of plant-based nutrition has seen them publish three best-selling cookbooks, a successful app and encourage their thousands of social media followers to experiment with tasty tips and recipes, are excited to start their busy schedule of school visits.

"We want to change the narrative that meal-planning starts with meat. By providing tasty, interesting, and easy recipes and ideas to make vegetables and fruit the star of the show with protein the supporting act. And, most importantly, we want to have fun teaching tamariki how to maintain a healthy mind and body through the goodness of freshly grown plant-based dishes." says Margo Flanagan.

With 45 teachers working in 1,400 schools, Life Education Trust is New Zealand's largest health education provider, supporting the health and wellbeing of tamariki throughout the country.

"Meeting with both tamariki and parents in their communities is a great way of providing information in an accessible, interactive format that's both engaging and motivates long-term positive change. We're really looking forward to sharing the youthful and engaging approach of the Two Raw Sisters," says O'Connell.

www.lifeeducation.org.nz/

WIMBLETON IS FINALLY ENTERING THE 21ST CENTURY!

Eating strawberries and cream at Wimbledon is a quintessential element of British summertime and every year vegans have had to forego this seasonal staple because of the dairy content – but that's all changed!

Vegan cream, ice cream and sorbet are now available at the All England Club throughout the two-week Championships – which is huge news for tennis fans who don't eat animal products. Now vegans can enjoy the full experience of Wimbledon.

- metro.co.uk 1 July 2022

HISTORICAL SNIPPETS

THE NEW MILLENNIUM WITH ITS MILLENNIUM PLEDGE BROUGHT THE HOPE THAT GREAT CHANGES WOULD OCCUR, NOT ONLY IN THE WAY PEOPLE TREAT ANIMALS BUT ALSO IN THE WAY THEY CHOOSE TO EAT. THE NZVS HAS CONTINUED TO PUT A HUGE AMOUNT OF EFFORT TOWARDS HELPING BRING THIS ABOUT AND WAS DELIGHTED TO WELCOME THE RE-FORMATION OF THE CHRISTCHURCH BRANCH IN 2002/3.

During the early 2000s, more stalls, the launch of the Secondary School poster, essay and poem competition, special dinners, demonstrations, Earth Day marches, Vegan Triathlons, Balls, mentoring new members, and supporting animal sanctuaries, were just some of the activities which kept members, friends and volunteers busy helping to spread the NZVS message. ARLAN (Animal Rights

Legal Advocacy Network) was formed, there was networking with other animal advocacy groups and veg-n societies both at home and abroad, and numerous submissions were made to Government regarding nutritional guidelines for infants and the elderly, animal welfare, and general health.

In 2005 the National Executive took a deep breath and decided to organise our first Vegetarian Lifestyle Festival in the Mt Eden War Memorial Hall. We quickly outgrew that venue and moved to the Mt Albert War Memorial Hall, and finally in 2010 our last festival was held at the ASB Showgrounds in Auckland. The Festivals were a great success and the first one was followed by similar Festivals in Wellington and Christchurch and very much later, a Vegan Festival in Whangarei, all supported by NZVS volunteers. Christchurch Branch organised a Vegan Triathlon one year and a Vegan Ball to celebrate the Society's 75th anniversary. As you can imagine, this all involved a huge amount of work, but we achieved our aim in publicising the veg-n lifestyle. The general public was introduced to new foods, new companies and new ways of cooking and

thinking. The Festivals and other events were also an opportunity to educate the public on healthy and compassionate ways of living and eating. This education and support has been continuous since the NZVS formation and in 2021 the Wellington Branch developed a Vegan 101: Going Vegan, staying vegan day-long workshop with cooking demos, food tastings, Q&A and discussions to add to this.

Since 2010 the explosion of the internet and social media has made the biggest impact on the NZVS in today's world, with its vast network of links to vegetarian groups and providing access to information from all over the world. It enables the NZVS to quickly and efficiently assist enquirers, to disseminate information through its website and to encourage and support people who want to change their diet through the NZVS 21-Day plant-based challenge. It also means the NZVS can be in touch with the countless subscribers to its monthly e-Newsletter and for conservation-conscious members to sign up for an electronic version of the quarterly *Vegetarian Living* NZ magazine.

Not only is today's NZVS website full of useful information including nutrition, events and recipes; but the Society also has a Facebook page, plus Instagram, Twitter and LinkedIn accounts. It is all vastly different from the first tentative efforts of a volunteer university student trying to set up a programme and collate information in the early days of computers!

The Vegetarian Approved Trademark programme has continued to expand since its introduction in the late 1990s and the NZVS Vegan Certification programme has grown exponentially since its introduction in 2018. Both programmes enable people to easily identify products suitable for their lifestyles and/or veg-n friends or family members. These programmes, along with the huge number of plant-based



“alternative-meat” products becoming available, are helping to make people think about what they are eating and how their choices affect the world around them.

The current Think Kind Student Competition also assists young people to think about how their choices affect not only animals but also the environment, and how they can help stop cruelty and pollution, making the world a safer, more compassionate place.

...NATIONAL RESEARCH PROJECT IN 2021 FINDING THAT 6% OF NEW ZEALANDERS WERE VEGETARIAN OR VEGAN...

It is far easier now for veg-ns to eat out if you fancy doing so – the number of veg-n restaurants is growing steadily and the range of dishes available in non-veg-n restaurants is definitely improving.

Of course veg-ns are still a minority in New Zealand, but with a national poll in 2019 suggesting that 1 in 10 New Zealanders were vegetarian, and a larger scale national research project in 2021 finding that 6% of New Zealanders were vegetarian or vegan, the numbers adopting a plant-based diet continue to increase. Many more people are continuing to cut down on their meat intake, which makes the role of the NZVS in educating and encouraging people to eat healthily and sustainability is more important than ever.

Like most other organisations offering information and support to their members and the general public, the NZVS has had to adapt both its focus and way of operating to remain relevant to today's society. As we entered the 2010s the number and variety of vegetarian products on offer increased dramatically; plus, access to information on vegetarian and vegan diets became easier through the internet. People began to see a vegetarian diet as more normal and a



viaible alternative to one including meat and fish. In response, the NZVS developed a promotional strategy based on three aspects of vegetarianism – health, environment and animal welfare. Over the last 10 years a wealth of information covering these three aspects has consistently shown that a vegetarian and a vegan diet are both healthy, sustainable and kind to animals.

Another aspect which has had a major impact on the NZVS is the change in the way we live, resulting in less time for many to fit volunteering into their lives. We began the 21st century with one part-time office administrator, and now, 22 years later, we have one full-time and two part-time staff in the office. Our membership drive is based

on not just what we can do for you, but what you can do for us with your support. We are firmly of the belief that our work in encouraging people to start the process towards a plant-based diet has come a long way in the nearly 80 years since the formation of the NZVS, but there's still a long way to go.

Comments from some long time NZVS volunteers on changes in the 'vegetarian scene' over the years:

JUDITH: It's great having easy access to ready-made vegetarian food nowadays such as the variety of hummus available in supermarkets as well as different types of muesli compared to always having to make your own when my children were young. Now here is a wide variety of nuts and different types of plant "milks" available in supermarkets. There are also many varieties of vegetarian sausages available in a range of flavours, along with numerous other ready-to-eat meals. I can remember when tofu first appeared on the NZ scene as a protein source, originally only available in Chinese supermarkets, it offered a whole new scope of dishes both sweet and savoury – and we had great fun with its versatility. All this has made it easier to entertain and feed a veg-n friend or member of the family, and also encouraged whole families to either eat several meat-free meals a week or take up a veg-n lifestyle!

SUSAN: remembers making her mark at school in cooking classes and science classes by refusing to cook meat or dissect frogs; then as a University student marching up Queen Street (Auckland CBD) with banners protesting cruelty to animals, and publicising World Vegetarian Day. When helping out on numerous stalls over the years, there was always at least one obsessive meat-eater who wanted to argue against vegetarianism, but most people today are well-informed or interested in finding out more about veg-n diets. One other memory that comes to mind is a Wellington member who was so enthusiastic about educating the public that he had his car (which happened to be green) signwritten.



FIONA: remembers the Vegetarian Mothers Group, World Vegetarian Day banquets, bright yellow T-shirts ("I'm kind and sweet I don't eat meat") and Round the Bays and Bike the Bays teams, black T-shirts ("Eat Beans not Beings". All-day stalls at the Grey Lynn Festivals in Grey Lynn Park (with 5am starts!) held in rain, hail or sunshine. The NZVS Vegetarian Lifestyle Festivals over the years – lots of hard work but also lots of fun; NZVS 50th Anniversary seminar at Aotea Centre and the 75th Anniversary Dinner at The Heritage Hotel. Helping to set up and staff the NZVS official office in the early 2000s; helping with the school World Vegetarian Day poster competitions; and seeing the huge growth of interest in vegetarian food at first hand.

JEANETTE: remembers the years of facilitating the Vegetarian Mothers Group, at one point with 18 mums squeezed around the table; the feeling of being the odd one out when asking for a vegetarian option; and in the early 2000s, the story of my then 8-year-old son very seriously responding to queries about iron from his school friends, that he got it from 'iron-fortified' chocolate chippy biscuits. Thank goodness we have moved on from that!

EVENTS *in your area*



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

AUCKLAND	<p>Active for Animals! A fun, supportive "club" where veg kids can feel normal and meet like minded friends; enjoy games, visits from interesting speakers, cooking and eating! Open to all 8 to 13 year olds.</p> <p>Activities have been temporarily suspended - for information regarding this group, please contact the Vegetarian Society office – info@vegetarian.org.nz or ph: 09 523 4686</p> <p>Activity list of monthly events for Auckland members has been emailed out to members but is also available from info@vegetarian.org.nz</p>
CHRISTCHURCH	Contact christchurch@vegetarian.org.nz for more details about what's happening so you can join in.
DUNEDIN	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/
HAWKES BAY / HASTINGS	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.
INVERCARGILL	Details of activities available at: facebook.com/pg/INVSOC/events
KAWERAU	Loretta Westbrook 0212361859 lorettainnz@gmail.com

MOTUEKA	Contact Karishma on 022 034 6354 for details of happenings in Motueka
NAPIER	Contact Donna on email donna444@gmail.com or phone 027 588 7756 for more information
NELSON	Monthly veggie get togethers – contact Jace on 021 051 1666 if you want to join in.
NEW PLYMOUTH	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
PALMERSTON NORTH	For events and local news, please check the Palmerston North Vegans and Vegetarians Facebook group: www.facebook.com/groups/palmyveg.ns/
TIMARU	Check out the The Four Leaf Clover Vegetarian Restaurant for Veg~n information at 41 Stafford Street, Timaru

WELLINGTON wellington@vegetarian.org.nz	<p>The Wellington Centre of the New Zealand Vegetarian Society is dedicated to serving the needs of members and promoting the vegetarian and vegan lifestyle within the Wellington Region.</p> <p>For information about joining, monthly dinners, other upcoming events or opportunities to help promote the veg~n lifestyle, please email: wellington@vegetarian.org.nz</p> <p>Coming Events: VEGAN101 : Going vegan, Staying vegan : Easy! Fast! A day-long workshop with cooking demonstrations, interactive Q & A and discussions. For information on the next workshop, contact: wellington@vegetarian.org.nz 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! Wellington Centre Book Group meeting every 6 weeks. For details of meeting place and dates email: wellington@vegetarian.org.nz Free mentoring: Want to find out more about a plant based diet? Get help, support and advice from a 'buddy' to try out a vegetarian or vegan lifestyle. Email as above! Wellington Singles – Email to find out when the next singles social get together is.</p>
WHAKATANE	For information about pot luck dinners in Whakatane, contact Tara: taramurphy@gmail.com
WHANGANUI	Interested in meeting like-minded vegetarians in the Whanganui area? Reach out to one of our lovely member, Fran Arthur: arizona85037@gmail.com There's also a Facebook page called Wanganui Vegans Vegetarians and Compassionate Human Animals if you're interested.

OUR WEBSITE CALENDAR

www.vegetarian.org.nz/events/

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

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

Support your joints and the planet



Contains GlucosaGreen[®], a sustainable form of Glucosamine derived from non-GMO corn.

- Vegetarian and vegan friendly
- Suitable for those with shellfish allergies
- Supports healthy cartilage and joint function
- Supports joint comfort, flexibility and mobility
- Easy to swallow VegeCapsules



Available exclusively at
Chemist Warehouse pharmacies
throughout New Zealand.

Proudly made by GO Healthy in New Zealand from select imported ingredients.

Always read the label and use as directed. If symptoms persist see your healthcare professional. GO Healthy, Wellington. TAPS PP9184.



MOST SATISFIED CUSTOMERS
HEALTH SUPPLEMENTS 2021



BRANDS WITH VEGAN PRODUCTS CERTIFIED BY THE NZ VEGETARIAN SOCIETY

See back page for Vegetarian Approved products

RESTAURANT MENUS



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

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

HEALTH AND COSMETICS



ALEPH BEAUTY
Clean Beauty.
Clear Conscience.

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



CLINICIANS
Research Based

Pure Omega-3 Algae Oil 1000mg



GO HEALTHY
GO GLUCOSAMINE DAILY,
60 Vege Capsules



GOODBYE
We Belong Outdoors

Goodbye OUCH Vanilla Balm, Goodbye Sandfly



K.O. HAIR CARE
Healthy Hair Care

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



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

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, New Zealand Rosé



BLACKENBROOK
Inspired By Nature
- Pure And Balanced

Sauvignon Blanc, Pinot Gris, Gewürztraminer, Rosé, Chardonnay



CHASERS
Feel The Flavour

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



COOKIE TIME
For Serious Cookie Munchers

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



DOCTOR'S CHOICE BIO YOGHURT

Coconut Dairy-Free Yoghurt: Plain, Passionfruit, Chocolate



DELTA ESTATE
Sauvignon Blanc



EM'S
Unleash Your Power!

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



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



FOOD NATION
Food For All

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



GOODNESSME
Good Taste, Good Intentions,
Good Deeds

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



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



HOWLER HOTDOGS
A New Breed Of Hotdogs

Vegan Notdogs, Vegan Mini Notdogs



HUNTER'S WINES
Sauvignon Blanc, Riesling, Chardonnay, Pinot Noir, Gewürztraminer, 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



LOTHLORIEN WINERY
Organic, From Our Trees, To Your Table

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



MARISCO VINEYARDS
Premium Wines By Marisco Vineyards

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



MATAVINO WINES
A Little Italian In Matakana

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



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

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



NUDAIRY
Plant-based creamery

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



OSM
Fuel For Life

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



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, Bolognese Meal, Mexican Meal, plan*t Nuggets, plan*t Crispy strips, plan*t Chick'n burger, plan*t Vege-to-balls, Hemp Chick'n Natural, Hemp Chick'n Southern Fried



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



PUREBREAD
Great Taste, Good Health

Vegan Grain, Vegan Young Buck



ROUND THEORY
Wines for the greater good

Pinot Gris, Rosé, Sauvignon Blanc, White Field Blend



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

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



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 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



SURTI
The Traditional Taste of India

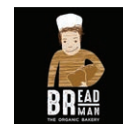
Vegetable Samosa, Vegan Samosa, Vegan Kachori



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



THE BONE LINE
Barebone Chardonnay, Sharkstone Chardonnay



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

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



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

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



THE GOODTIME PIE CO.
Crazy About Vegan Pies

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



TRADE AID
Doing Good Tastes Great

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



WAIHEKE HERBS
Artisan Herbal Culinary Products

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



IS IT VEGAN CERTIFIED?

WWW.VEGETARIAN.ORG.NZ





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 AND COSMETICS



FLOWMOTION
Enhancing The Flow Of Sexual Intimacy - Organically

Organic Lubricating Gel



KIWIHERB
Effective Natural Family Healthcare

A range of natural herbal health products.



ORGANIC BIOACTIVES
Innovating From Tradition

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

FOOD AND BEVERAGES



ANNIES
Food You Trust

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



CHASERS
Feel The Flavour

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



FOOD NATION
Food For All

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



GOODNESS ME
Good Taste, Good Intentions, Good Deeds

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



WALTER & WILD
I Love Pies

Spiced Chickpea & Spinach, Vegetarian Mince & Cheese



LET'S EAT
Plant-Based Deliciousness

Burger Patties, Golden Nuggets, Tasty Tenders



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

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



LINDA MCCARTNEY'S*
Food To Come Home To

A range of vegetarian food products.



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

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



PUREBREAD
Great Taste, Good Health

Vegan Grain, Vegan Young Buck



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

A range of vegetarian food products.



TATUA
Specialised Dairy Products

Culinary & Whipping Cream, Dairy Whip Whipped Cream, Mascarpone



THE RICHMOND FOOD CO.
Sweet Short Pastry, Flaky Puff Pastry



SUSTAINABLE FOODS LTD.
Nourish you - Nurture our planet

Spanish Chorizo, Old English Sausage, Classic Hemp Burger, No meat Mince, Bolognese Meal, Mexican Meal, plant Nuggets, plant Crispy strips, plant Chick'n burger, plant Vege-to-balls



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



THE SOY WORKS
NZ Tofu



TRANZALPINE HONEY
100% New Zealand Certified Organic Honey

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



WAIHEKE HERBS
Artisan Herbal Culinary Products

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

CORPORATE MEMBERS SUPPORTING THE NZVS



GREEN DINNER TABLE

Eat more plants



LINDA MCCARTNEY'S

Food to come home to



PONGA ECO LODGE



Invest Ethically

PATHFINDER ASSET MANAGEMENT

Invest Ethically



QUORN

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



HARRAWAYS

Proudly homegrown oats