

 NZ VEGETARIAN SOCIETY

VEGETARIAN

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**A PLANT-POWERED
RECOVERY**

**THINK KIND
2022 WINNER**

**THE VEGETARIAN
PARADISE
THAT IS BALI**

RECIPES

DINING OUT
WITH THE NZVS OFFICE TEAM

RRP \$7.90



**FOR A KINDER,
HEALTHIER
WORLD**





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EDITORIAL



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It seems, if you believe the news media, that there are perhaps more people motivated to change their diet to help reduce the human impact on climate than to save animals from inhumane treatment. Be that as it may, any reduction in the consumption of meat has the two-fold effect of lessening our carbon footprint as well as lessening the number of animals that need to be slaughtered.

Following on from the UK town requesting all their people to go plant-based, Switzerland declared World Vegetarian Day (October 1st) a completely meat-free day with restaurants creating special veg-n dishes and menus for the day. It would be an interesting exercise to analyse New Zealand's soils and food growing ability throughout the country to see what food source alternatives could take the place of farming animals. For instance quinoa which is gluten free and a great source of protein and fibre, is being successfully grown (commercially) in Rangitikei and in Taranaki as well as in Canterbury and no doubt there are other enterprising people trying out crops new to New Zealand, e.g. pineapples and bananas in the Far North to name but two crops. If you know of any do let us know so we can investigate them.

We have several interviews this issue – Sean Rowe, survivor of a traumatic brain injury and now an enthusiastic volunteer with Doctors For Nutrition (page 1), Angus & Katie innovative entrepreneurs saving “wonky” fruit and vegetables from going to waste (page 10), and Glenn Yeatman from Solomons Gold (page 16); Dr Macdonald adds his opinion on climate and a plant-based diet (page 18); Tristan shares recipes for a summer BBQ (page 5) and Anna has supplied us with more of her delicious recipes (pages 14-15).

More and more plant-based and alternative “meats” are coming on to the market, but nothing beats fresh fruits and vegetables and organic (whole) grains, legumes, nuts and seeds for giving nutrition to the body. Back to the basics!

The Go Green Expo was held early in November – the first Expo since all the lockdowns cancelled such events. Very exciting and very energizing. The attendance exceeded the organizers expectations and a great buzz for all the exhibitors, of which the NZVS was one - images below.

Christmas and the holiday season is almost upon us so enjoy the recipes, stay safe in the sun, and spare some thoughts and a helping hand for those who are not as fortunate you may be.

- MARGARET



A PLANT-POWERED RECOVERY: FROM SURVIVOR TO THRIVER



Interview with Sean Rowe

By Doctors For Nutrition for Vegetarian Living NZ

In December 2014, Australian Sean Rowe sustained a traumatic brain injury in a motor vehicle accident. It was a weekend of fishing and enjoying time with mates that unexpectedly ended in tragedy. Seven and a half years later, Sean has used his own personal experience to help change the lives of others. Read about his inspirational journey.

After your accident you spent two weeks in hospital and then four weeks in rehab. How did your life change when you went home?

Initially I didn't understand brain injuries at all. I expected I could get straight back into my old routines; exercising 6 days a week, putting long hours into running my company, and competing in Brazilian jiu-jitsu.

I was plagued by constant migraines and suffered severely from cognitive fatigue, although I had no frame of reference for what that actually was. For me cognitive fatigue felt like I couldn't think, I couldn't talk properly and I lost concentration easily. It quickly became clear that I couldn't slip straight back into my old life; there would be a process of rebuilding before that could happen.

This realisation made me take a step back and I started seeking more knowledge on how I could help my body heal.

What spurred you to make the connection between diet and your recovery?

I'd been going to the same gym for many years prior to my accident and started training back there as soon as I was home. There was a personal trainer who was also a plant-based nutrition coach. I knew him well and we spoke at every visit.

He was always asking me what I was eating and what I was doing to help my brain recover. I told him the main thing I tried to do was to make sure I had fish oil and olive oil...and plenty of it! Some of the most well-respected doctors had recommended it to me.

The trainer was very shocked and told me that this was the worst thing that I could do, which made me question his level of knowledge. The doctors who had recommended it had years of medical training and decades of clinical practice on top of that; surely they were right when it came to nutritional advice?

A year or so after the accident, the trainer held a plant-based nutrition workshop at our gym with a focus on chronic disease and optimal health, so I went along with my family. He answered everyone's questions so perfectly, with well thought-out slides and peer-reviewed answers on hand. It felt like what he was telling us was undeniable.

Throughout the presentation he referred to 'Forks Over Knives' so I decided to go home that night and watch the documentary. That was it - I had to give whole food plant-based nutrition a try. By nature I am inquisitive and motivated to do whatever I can to take control of my destiny; this seemed like a pretty low-risk lifestyle change I knew I could make to continue to improve my health.

Did you notice immediate improvements or was it a slower process?

I went 100% whole food plant-based, with no SOS from that Tuesday night until the following Friday. Then, as the weekend rolled around I got my usual supreme pizza and it made me feel pretty bad. I went straight back to a whole food plant-based diet again until the next Friday night's pizza. This time when I ate it I developed an instant headache and I felt like I had a hangover.

So, from that day on I've been eating a whole food plant-based diet free from added oils, sugar and very little salt. My brain's cognitive capacity has grown, and is still continuing to grow so much. I am so thankful I stumbled upon this knowledge and credit my nutrition as a big part of my ever-improving health.

I've learnt so much about whole food plant-based nutrition over the last 7 and half years, I have vowed to never go back. I know it will support me to live the healthiest, happiest life possible.

After seeing the huge benefits your nutrition had on your own recovery, did this immediately inspire your friends and family to follow suit?

I've found it extremely hard to share my nutrition journey with others, especially those who I consider would benefit most. It is probably too much of a change for many, bringing into question their own nutrition knowledge, morals, values and decisions. Often, they just don't want to hear about it.

Have you found ways in the years since to share the lessons you have learnt?

I was very fortunate to have the mother of my children join me on this plant-based journey. She joined a local whole food plant-based group on Facebook (Plant Powered Adelaide) around 2016. We went along to some of their very first in-person catch-ups and have been regularly joining them and helping to organise the catch-ups ever since.

The lady who used to organise these events didn't have the time to continue so I put my hand up to step in and carry on in her place. It seemed like a fantastic way to grow the plant-based community in my area. I was so passionate about helping others to benefit from the change as much as I had.

At one of these events I met retired pediatrician, Dr Heleen Roex. She ran a whole food plant-based 'Food for Life' cooking course. I immediately signed up and took my mother along with me, hoping that some of the information might rub off!

CONTINUES ON PAGE 2



A PLANT-POWERED RECOVERY: FROM SURVIVOR TO THRIVER - CONTINUED FROM PAGE 1

In 2018 I heard that Dr Roex had started a health-promotion charity called Doctors For Nutrition. They were focused on using whole food plant-based nutrition as a powerful tool in disease prevention and care; they did this by educating doctors and medical professionals, taking part in advocacy work and making evidence-based nutrition accessible to the broader community.

I was so happy to hear this, as I had so much trouble talking about whole food plant-based nutrition with my team of doctors over the years. Interestingly I now know that many receive very little nutrition training during their studies, so it is not surprising that they didn't feel comfortable engaging in discussions about it.

Then in 2019, I treated myself to a ticket to the inaugural Nutrition in Healthcare Conference, held in Melbourne, Australia, and organised by Dr Roex's new plant-based charity Doctors For Nutrition. I was hoping it would be a way to further connect with like-minded people and keep building on my knowledge-base so I could reach others.

I had the most amazing experience. I learnt so much, and connected with so many inspirational people who I have grown to be close to. Some were also Adelaide-based, and helped me make the Plant-Powered group I had been running even more successful in reaching new people.

I'm proud to continue to support this charity as often as I can. I recently joined their Larapinta Trail fundraising event in the Northern Territory. It is known as one of the most spectacular outback experiences in Australia and was completely plant-powered. It was a fantastic opportunity to continue on my mission to show people how critical nutrition is when it comes to injury recovery, disease care (or even reversal in some cases) and simple optimisation of health.

What is your biggest hope for getting involved in the whole food plant-based community?

I see so many people around me - friends, family and acquaintances - who are struggling with health issues that I know could be helped by a low-fat whole food plant-based diet, combined with other important lifestyle changes. But the reality is often people don't really want to change. Food is a huge part of our lives and often some of the unhealthy addictions are hard to cut.

One of the biggest hopes I have is that more people will become educated about the power of nutrition. Those on the front-line, that is, the doctors, nutritionists and dietitians, need to be armed with the facts - the true and evidence-based facts - about whole food plant-based nutrition and how it can allow us all to have the best quality of life.

Sean Rowe is an Australian-based supporter and volunteer for the independent health promotion charity, Doctors For Nutrition. Explore their free information, resources and events at www.doctorsfornutrition.org. You can also learn more about the Australasian Nutrition in Healthcare Conference, featuring local and international experts, coming up in Melbourne in February 2023



Nutrition in Healthcare Conference

MELBOURNE
FEBRUARY 17-19
2023

Be a part of Australasia's only whole food plant-based nutrition conference!

Hosted by health-promotion charity Doctors For Nutrition, the Australasian Nutrition in Healthcare Conference brings a truly unique learning opportunity to Melbourne.

The 2023 conference will see some of the biggest names in whole food plant-based nutrition and healthcare arrive in Melbourne. The program will explore the relationship between diet and disease. You'll learn about the role of nutrition in the prevention, management and reversal of numerous chronic disease conditions. Topics to be covered include; brain health, gut health, heart health, hormonal health, skin conditions, cancer, type 2 diabetes, weight management, food systems and the environment.

If you are a health professional, or simply have an interest in exploring the diet/disease relationship and improving overall health, you won't want to miss this event!

FIND OUT MORE: doctorsfornutrition.org/nihc

Christmas Menu 2022

THE ULTIMATE CHRISTMAS FEAST WITHOUT ALL THE HARD WORK!



FEAST

--- \$240 ---

- SIDES**
- > Cos salad, fresh peas, dill and ranch dressing
 - > Maple orange baby carrots shaved fennel salad
 - > New potatoes, horseradish aioli and mint

- MAIN EVENTS**
- > Plan*t chicken tacos, peach salsa, avocado, micro greens and hot sauce
 - > Hawaiian skewers, tempeh and pineapple with grapefruit rum sauce

- DESSERT**
- > Cherry frangelico almond double chocolate brownie and custard (already made! No cooking required)



PLATTER

--- \$160 ---

- > Savour ash and chipotle cheese
- > Grater Goods pastrami
- > Chili fennel olives
- > Basil & cashew pesto
- > Organic crackers
- > Sundried tomato hummus
- > Bennetto chocolate
- > Crudite, radish, cherry tomatoes
- > Pickled vegetables
- > Nuts and dried fruit



GET BOTH FEAST + PLATTER FOR \$350 - SAVE \$50!

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The Christmas boxes can be purchased on our website here:

www.greendinnertable.co.nz/our-plans/christmas-box

SORRY VEGANS, WE'RE SEPARATING YOU FROM EVERYONE ELSE...



5 WAYS HELL PIZZA IS SAVING YOUR VEGGIES FROM STRAYING MORSELS OF MEAT AND DAIRY:

- 1 Slicing with a dedicated pizza blade
- 2 Wearing fresh gloves to make vegan pizzas
- 3 Keeping ingredients separate from meat
- 4 Keeping Vegan cheese separate from other cheese
- 5 Maintaining NZ Vegetarian Society Vegan Certified trademark standards

VISIT OUR PLANT-POWERED MENU AT HELLPIZZA.NZ OR VIA THE HELL APP





TRISTAN'S Corner

I'M EXCITED! NOT JUST BECAUSE SUMMER IS HERE AND IT'S CHRISTMAS SEASON, BUT BECAUSE IT'S BARBECUE WEATHER I'VE BEEN DYING TO SHARE SOME CLEVER VEGETARIAN BARBECUE IDEAS.

This year I'm hosting Christmas at my house. I plan to roll out the barbecue and make a giant plant-based feast for the family. Some of our family members are big meat eaters and have indicated they're a little bit sceptical about my planned vegetarian Christmas lunch. I'm confident they're all going to be pleasantly surprised and go away with full tummies, smiles on their faces and a new appreciation of vegetarian food.

I'll be making the majority of the food myself. However, just to ensure the comfort of the sceptics, I'm also going to buy a whole lot of plant-based chicken-style nuggets. I've tested out a few different brands on non-vegetarian friends and they have reported the "Let's Eat" brand is their favourite. I'm also going to splurge on a whole lot of Beyond Burgers. They're eye-wateringly expensive – they retail for around \$7.00 per burger – so that's a real Christmas treat.

Also going on the barbecue will be cobs of corn, slices of eggplant, stuffed bell peppers and marinated tofu skewers.

I feel a Christmas barbecue dinner needs to be rounded out with salads and sauces to bring everything together. Therefore, what I'd like to share with you today are two recipes: One for a salad, one for a sauce.



For the salad, I'd like to share my favourite potato salad recipe. I saw Jamie Oliver making this on a cooking show and it looked so good I found the recipe online and I can tell you, it's delicious and really simple to make:

You will need the following ingredients.

- 1 kg new potatoes, scrubbed
- 1 tsp Dijon mustard
- 2 Tbsps white wine vinegar
- 6 Tbsps extra virgin olive oil
- 3 small shallots, very finely chopped
- 1 handful fresh flat-leaf parsley, roughly chopped

1. Gently boil the potatoes in salted water until tender. Drain and leave to cool slightly.
2. Whisk the mustard with the vinegar and slowly add the olive oil. Add the chopped shallots and parsley and season well with sea salt and freshly ground black pepper.
3. Slice the cooked potatoes in half and dress with the shallot and parsley vinaigrette.

That's it! I'll be doubling this recipe for my Christmas meal to make sure there's plenty for everyone on the day and some left over for Boxing Day.

Next, here's my favourite recipe for homemade BBQ sauce. Again, it's nice and simple and only takes 10 minutes to make. Some people might think making your own sauce is too much hassle, when you could just buy it, but it's actually quicker and easier than you might think and I want my guests to be impressed that I made my own sauce!

I went through a few BBQ sauce recipes and tweaked them to get one I liked. You can change the spices or put in more or less of any of the ingredients to suit your own taste, for example if you want it smokier, add a few more dashes of smoked paprika. If you like it spicier, add more chilli powder or if you want it sweeter, add a bit more maple syrup. Here's how I make mine:

Start with the following ingredients:

- 1 cup of your favourite tomato sauce
- 4 Tbsps maple syrup
- 3 Tbsps apple cider vinegar
- 2 Tbsps soy sauce
- 2 Tbsps molasses
- 1 ½ tsp smoked paprika
- 1 ½ tsp chilli powder
- ¾ tsp black pepper
- ¼ tsp onion powder
- ¼ tsp garlic powder or crushed garlic

1. Put all ingredients in a mixing bowl and whisk well to combine. Taste, adding a pinch of salt or pepper as needed.
2. Transfer to a small frying pan and simmer for 3 to 5 minutes, stirring at least every minute.
3. Remove from heat. Once cool, transfer to an airtight jar and refrigerate. It will thicken as it chills. This sauce will last for two to three months due to its high acidity content.

So there you have it. A barbecue, a salad and a sauce. I'm excited about hosting the family for Christmas lunch. I just hope it doesn't rain too much.

Merry Christmas to you all.

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

Think KIND

STUDENT COMPETITION

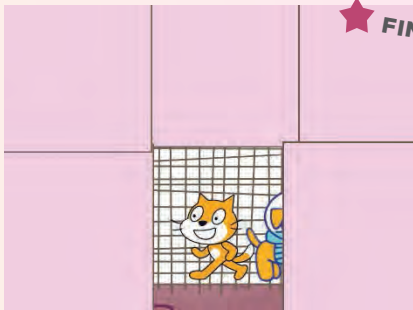
THE VOTES ARE IN!

A BIG CONGRATULATIONS TO THIS YEAR'S WINNER CYNTHIA SUOLIU!

THE PEOPLE'S CHOICE AWARD WINS \$1,000 FOR MURRAY'S BAY INTERMEDIATE!

THANK YOU TO EVERYONE WHO ENTERED, THE CALIBRE OF ENTRIES THIS YEAR WAS VERY HIGH!

VARISHA YANG ZEFRANI
RESCUE THE ANIMALS GAME.
Year 5 from Timaru South School.



★ FINALIST!

>> Play the game on our website

CYNTHIA SUOLIU

HABITAT DESTRUCTION POSTER.
Year 7 from Murrays Bay Intermediate.

★ WINNER!



LILY CARRINGTON
LAMB TO SLAUGHTER STORY.
Year 12 from Te Kura.

★ FINALIST!

Lamb to Slaughter

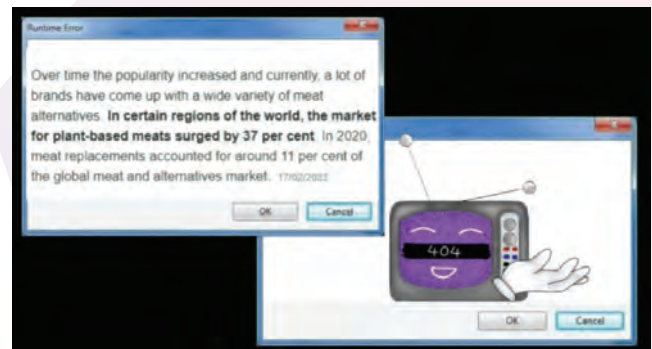
This is a story about a lamb. She doesn't have a name, but for the sake of this narrative lets call her Molly.

Molly sits at the back of a cattle truck. She is tucked into the corner with her legs folded under her, trying not to slide around in faeces as the truck lurches and judders.

>> Read full story on our website

★ FINALIST!

ATICHA SUPHASKULDAMRONG & CYNTHIA IAN
LAB GROWN MEAT VIDEO.
Year 8 from Westburn School.



>> Watch the video on our website

★ FINALIST!

AMY GILBERT

THE BULLET POEM.

Year 7 from Selwyn House School.

The Bullet

The bang of gunshots pierces the air.

The soft melody of the forest comes to an end.

Animals escape to safety as the shots continue to split the air.

Birds fly high into the sapphire sky.

But a small bird plummets down.

>> Read full poem on our website

PRIYA BARTLETT

95% GOOSE DOWN POEM.

Year 10 from Burnside High School.

95% goose down

Cleaved apart
a feather at a time
only a month old
but stained
old maroon
and fresh crimson

skin torn
wings broken
half suffocating
senses sharpened with pain
but incapacitated with fear

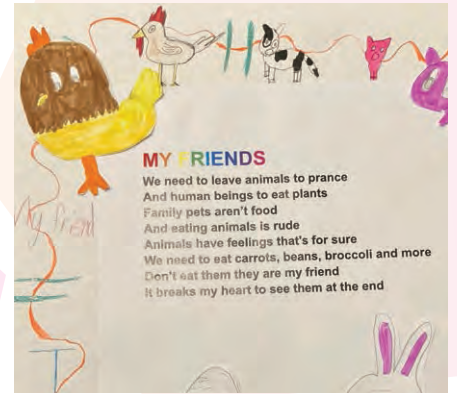
>> Read full poem on our website

★ FINALIST!

EVA STEWART

MY FRIENDS POEM.

Year 3 from Rolleston School.



>> Read poem on our website

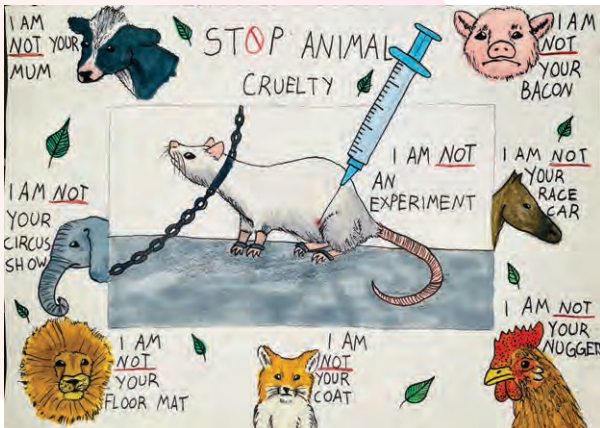
★ FINALIST!

★ FINALIST!

HELKA SALO

STOP ANIMAL CRUELTY POSTER.

Year 7 from Ponsonby Intermediate.

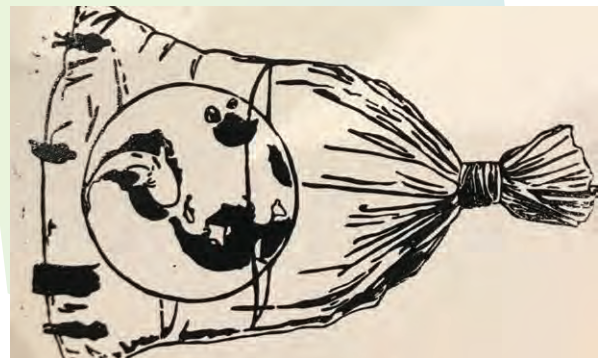


NIC STREET

LINO CUT - PLASTIC

Year 8 from Rosmini College.

★ PLASTIC CATEGORY WINNER!



>> Watch video on our website

★ FINALIST!

HOLLY MAYNE

WHY YOU SHOULD BECOME A VEGETARIAN STORY.

Year 8 from Northcross Intermediate.

Why you should become a vegetarian

Around 3 billion animals are killed every single day. About 125 million animals are killed every hour. Over 30 thousand animals are killed every second. If humans don't change their ways, we are going to end up extinct like dinosaurs and no one wants that.

>> Read full story on our website

LYLA SKINNER & LIZ NICOLLS

ANIMAL GYMNAST VIDEO.

Year 5 from Owairaka District School.

★ FINALIST!



>> Watch the video on our website

To read / watch / play these top 10 entries (and others) visit www.vegetarian.org.nz/think-kind/voting

The vegetarian PARADISE that is Bali

BY INA BABIC

THE BEAUTIFUL ISLAND OF BALI IS A PROVINCE OF INDONESIA AND IS THE BIGGEST AMONG ITS SMALLER NEIGHBOURING ISLANDS - NUSA LEMBONGAN, NUSA PENIDA AND NUSA CENINGAN.

Bali is Indonesia's main tourist destination and is renowned for its arts including dance, sculpture and painting especially in its cultural hub Ubud. The island is the only Hindu-majority province in Indonesia. Most of Bali's population adheres to Balinese Hinduism, formed as a combination of existing local beliefs and Hindu influences from mainland Southeast Asia and South Asia. There is an abundance of birds and wildlife on the island and a vibrant energy that can be felt all around.

Indonesia as a whole is a very vegetarian-friendly country. Due to its Hinduism, Bali is in fact a paradise for people looking for delicious vegetarian and vegan delicacies with about 70% of its population being vegetarian. Gado Gado is a local delicacy and by far the most common vegetarian dish. It is served with a green bean-style vegetable, tofu, fried tempeh (fermented soybean sticks), a hardboiled egg and other restaurant-specific additions depending on where you go.

As the world opens up after the pandemic, my family and I were lucky enough to travel to Bali for a family wedding and took the opportunity to live and work there for two months afterwards. During this time, we immersed ourselves in the culture, spending time in various towns around the island including Nusa Dua, Uluwatu, Seminyak and Ubud.

The busy beach town of Seminyak is where we spent a lot of our time. There you will find many vegetarian and vegan options in most restaurants. Whether you're after a Western or traditional Balinese meal, these restaurants are a treat for the taste buds.

Should you ever get the opportunity to go to Bali here are the top 8 places to eat in Seminyak, all offering an array of options including vegetarian and vegan food.



1. Revolver – tucked in a laneway off the main road in Seminyak, Revolver is one not to be missed! With a laidback atmosphere, the restaurant is a coffee institution and you can't go wrong if you go for breakfast or lunch. We enjoyed a delicious lunch and the stars of the show were the burrito bowl and fatoush salad.



2. Kilo Kitchen – This restaurant has an unconventional and beautifully minimalist décor. We went for dinner and the atmosphere was vibrant, the food delightful, and the mushroom gnocchi are a 'must try' here!



3. Ginger Moon – Voted the best fusion restaurant in Bali, Ginger Moon provides options of Western and Asian cuisine and is perfect for dinner. Not to be missed are the jackfruit rendang steamed buns, mushroom dumplings and Gado Gado salad.



4. Watercress Café – If you're after a Western style breakfast or lunch, this café is the place to go. We went a few times and each time the food was consistently delicious with only the freshest ingredients used. The smashed avocado is the best in town.



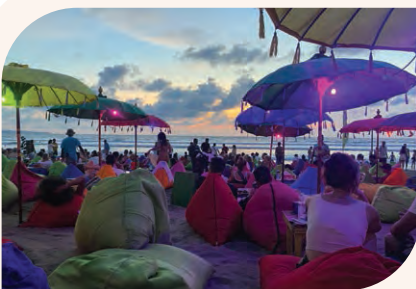
6. Ku De Ta – One of Bali's most well-known restaurants and one of our favourites! Ku De Ta has a vibrant atmosphere offering indoor and outdoor seating options next to the pool and right by the beach. The menu boasts a selection of local and continental cuisines. We enjoyed a light lunch and loved the margarita pizza and tomato and capsicum salad.



8. Mari Beach Club – Open for lunch and dinner and set right by the Batu Belig beachfront, this is the perfect place to enjoy a relaxed dining experience. Beautiful bamboo décor sets the background while the menu celebrates coastal Mediterranean and Japanese delicacies. The star of the show is the delicious and beautifully presented eggplant dish.



5. Café Bali – This restaurant was recommended to us by locals, and it did not disappoint. It had delicious comfort food for the whole family and fantastic service. The vegetarian Mi Goreng was particularly delicious.



7. La Plancha – Nestled in the heart of the Balinese landscape, this is Bali's original Chiringuito style restaurant. The brightly coloured restaurant is vintage inspired and right on the beach, bringing Spanish culture to Bali. The dishes are tapa style and must-tries are the vegetable tempura, patatas bravas and tomato salad.

Bali has left us inspired and rejuvenated. The positivity and friendliness of the local people is unparalleled. If you get a chance to travel to Bali you will not be disappointed. The island's natural beauty and ancient cultural heritage offer a rich array of experiences. Whether you want to relax by the beach at one of the beach towns or immerse yourself deeper into yoga and culture in the midland, there are options for every lifestyle.

Ina Babic is the NZVS Marketing & Communications Manager



Wonky fruit & veges

REDUCING WASTE

BY MARGARET JOHNS

ANGUS SIMMS AND KATIE JACKSON STARTED UP WONKY BOX AS A FRESH PRODUCE SUBSCRIPTION SERVICE TO MAKE LOCAL FRUIT AND VEGETABLES MORE AFFORDABLE AND CONVENIENT, BUT ALSO WITH AN OVERARCHING MISSION TO REDUCE WASTE. WE CAUGHT UP WITH THEM RECENTLY AND INTERVIEWED THEM FOR VEGETARIAN LIVING NZ.

NZVS: Katie, where were you born and raised?

I was born and raised in Buckinghamshire, a county north-west of London where we had a lovely garden and grew our own veggies. Dinner time was and still is very sociable at home and we like to get creative in the kitchen. Along with my brothers and sisters, I pretty much lived with my six cousins as our parents all worked at our local family furniture factory.

Angus was born in Wellington and is half a Kiwi and half English! He's travelled back and forth and we met when we were both working in London and he persuaded me to come to New Zealand! We were based in Wellington until a month ago when we moved to Auckland.

NZVS: How long have you been veg-n?

I became a vegetarian when I was 15 years old. My whole family are meat eaters and big foodies, so there was zero chance I could have been brought up a vegetarian. I'm always very impressed when I hear about life long veggies.

I've been a veggie for fourteen years now and will never look back! I've dabbled in total plant-based eating but I'm a sucker for a slither of cheese – my mantra is 'everything in moderation'.

NZVS: 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?

In general, it was easy moving to vegetarianism but I always felt uncomfortable when over at a friend's house and they had spent time making a meaty dinner. I'm sure all vegetarians can relate to this. Overall, I am SO proud of myself for sticking with it and never caving, not even after a night out! Now I can barely remember what meat tastes like.

NZVS: Why did you decide to become vegetarian? What inspired you?

I don't remember fully but I believe it was partly for animal welfare reasons, and part rebellion in my teen years! I convinced my sister and a few cousins to join the veggie revolution a few months later and my Mum was fuming for years before we all got the hang of a Sunday roast that suited everyone. Our grandma still just calls us veggies 'fussy eaters'.

NZVS: Are you the only member of your family who is veg-n?

Nope! My sister is a vegetarian as well but we both converted quite a few years ago.

NZVS: How do you feel being veg-n?

I LOVE it. I cannot foresee ever eating meat again. Vegetables are my life – quite literally – throughout work and at home.



NZVS: What are the benefits to being veg-n and what do you love most about it?

My reasons for remaining a vegetarian have now changed. I am passionate about sustainability and doing my bit to slow climate change and it's a fact that eating less meat reduces an individual's carbon footprint, therefore protecting our unstable environment. For me, it's an easy way to make a big impact. Along with the environmental benefits, if you're eating all the correct alternatives, being a veggie is really great for your health.

NZVS: Are there any disadvantages to being veg-n?

I cannot think of a single disadvantage. Mind you, I hate going out for tapas - everyone else wants to share a mix of meat and non-meat plates and I always come home hungry.

NZVS: What has helped you maintain your veg-n diet and lifestyle?

When people close to you throw their hat into the vegetarian ring, maintaining a meat-less lifestyle always becomes easier. Going out for dinner is my absolute all-time favourite treat. So with the emergence of so many vegetarian-friendly restaurants and veggie options on menus has always helped. Wellington and Auckland are two cities with AMAZING vegetarian and vegan restaurants - Aunty Menas on Cuba Street is an institution and the Grey Lynn T- junction is basically plant-based central!

NZVS: What kind of veg-n are you, for example, do you eat eggs or dairy products?

I do eat eggs (free range only!) and dairy products, but have dabbled in veganism.





NZVS: What are some of the main changes you've seen in relation to veg-nism over the years?

Being a vegetarian or vegan is widely accepted as a lifestyle today instead of a person being considered just a fussy eater, which is great. When I was younger, it always seemed that non-meat eaters were [vegetarian] for animal cruelty reasons, however most people now convert for environmental and health reasons. With so much research being completed around these benefits, people can't just label the lifestyle as a 'fad'.

NZVS: Describe how you personally see the role veg-nism will play in the future and what place does it have in helping environment/climate change problems and challenges?

Eating less or no meat, is the single most significant thing an individual can do to take action against climate change. I hope we will see more people going meat-free.

NASA have predicted that if we carry along the road we're on today, by 2050 global warming will have increased by another 1.5 degrees, leading to catastrophic implications for our environment. So, with time being of the essence, if people were to eat less or no meat, we can significantly slow the impact we're having on our planet, giving us more time to come up with greener solutions. It's been reported that being vegan or veggie could cut emission by 70% and 63%, respectively.



And on a positive note, Angus has said that his new year's resolution is to become a veggie and I am thrilled! - Katie

(Angus mentioned his new year's resolution to me, so I recommended he sign up for the NZVS 21-Day Plant-Based challenge (and get a voucher from Hell pizza) ... he promised to look into it! - Editor)

As Katie mentioned, Angus was born in Wellington to English parents and has travelled back and forth between the UK and New Zealand. He attended High School and Victoria University in Wellington before heading off to the UK to work in the finance sector there. He and Katie met while they were both working in London and during the COVID 19 lockdown Angus persuaded Katie to come to New Zealand (Angus's family is Wellington based).

Arriving here to comparative "freedom" after the miseries of lockdown in London, they invested in a campervan and travelled round New Zealand during late 2020/early 2021, ending up in Nelson when their money ran out. Fortunately it was the hop season so both got jobs working on one of the hop farms in the area. They enjoyed meeting and talking with other workers and farmers/growers, and in doing so learnt about the food waste the farmers/growers had to deal with. Surplus food was wasted because supermarkets were being very 'picky' about exactly what produce they would accept.

They mulled this food waste problem over and when they moved back to Wellington, researched the matter some more, talked with growers on the outskirts of Wellington

and stall holders at the Harbourside Market, and gradually the germ of an idea blossomed and grew. Working part-time jobs as they decided what they really wanted to do with their lives, they started collecting what they called "wonky" produce from farmers/growers, boxing it up and delivering it to family and friends. They battled their way through a big learning curve, slowly setting up the business whilst carrying on working part time to pay the bills, then the second lockdown happened - Harbourside Markets closed and the demand for their boxes of produce exploded. So Angus and Katie got in touch with growers from the Market, pressed their flatmate at the time into helping them and threw themselves into the business full time. Incidentally, their flatmate is still with the business, working now as an employee!

Learning new skills they built a website and learnt to navigate social media; they got in touch with communities via each community's Facebook page and gradually built up the business one community at a time, matching their ability to deliver to the demand for boxes. They now deliver all over Wellington, Wairarapa as far as Masterton, and Kapiti Coast to Palmerston North. Their deliveries are all managed in-house using independent contractors and by partnering with other small businesses.

Having conquered the Capital, they are now keen to tackle Auckland. A bit daunted by the spread of Auckland and its traffic woes, they've started in the West of Auckland with plans to expand once they've ironed out all the teething problems (and the traffic!). So if you're interested in having Wonky Boxes of fresh fruit and vegetables delivered in your neighbourhood for a very reasonable price, do contact Angus and Katie via their website and I'm sure they'll sort something out for you, if not now, then in the very near future!

www.wonkybox.nz



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VEGAN CERTIFICATION / VEGETARIAN SOCIETY APPROVED



SHARON ALMOG, TRADEMARK MANAGER

Yay, Summer is here! Hope you are all enjoying the longer days and looking forward to your holiday activities and relaxation moments. This summer we have quite a few new products that have been Vegan Certified and Vegetarian Approved and many more to be launched in the first half of 2023.

We wish you all the very best for a happy and healthy new year!



It is always exciting when **Aleph Beauty** releases a new product – the new Vegan Certified

Aleph Lucid Lip Gloss/Balm is designed to be versatile and multifunctional: an ultra-nourishing glossy balm that delivers a shine while working to promote fuller lips over time. In true **Aleph** style, this nourishing gloss contains active ingredients to promote collagen synthesis to firm and plump the lips. This slightly pink in the tube, but clear on the lip shine is perfect for all day, everyday wear on its own or mixed with **Aleph** Cheek/Lip Tint to create endless lip options.



The Dark Mylk range is **Solomons Gold** newest addition, 45% cacao - wonderfully rich

in flavours with silky smooth coconut and Vegan Certified! Handmade with love, single origin, ethical and packed full of antioxidants – it's really what they don't put into their chocolate that makes it special!

Solomons Gold chocolate is a family-run business, locally made, and 100% free from dairy, gluten, nuts, soy and refined sugar; the vegan chocolate and cacao products are available in a range of different formats and **Solomons Gold** can custom make chocolate products for food service businesses.



Your kid's lunch box will never be boring again with the two new **OSM kids'** bars – Choccy Block and Vanilla Confetti – now Vegan Certified. Created by specialists for growing minds and made with

100% plant-based ingredients plus 10 vitamins & minerals, it's a good source of fibre, with no artificial flavours or colours! Each bar supports normal immune system function, neurological, cardiac, nerve & muscle function and healthy teeth & bone structure. A great addition to your children's lunch boxes!



Trade Aid have just released a NEW Dark Passionfruit Chocolate. Experience how doing good tastes great with this delicious pairing of rich, organic 55% dark chocolate and sweet, tangy, freeze-dried passionfruit. Crafted using the finest fair-trade ingredients from the Dominican Republic, Peru and Paraguay, Dark Passionfruit is organic certified, gluten free, Vegan Certified and wrapped in beautiful 100% home compostable packaging. When you enjoy **Trade Aid** chocolate, you support long-term fair-trade relationships and enable growers to create change for themselves and their communities.



The beloved **Proper Crisps** range is growing with more exciting flavours! The newly

crafted crisps are Sweets and Beets; Kumara Pepper Onion; Tortilla Chilli and Lime. Their proper ingredients are carefully selected for maximum flavour and are Vegan Certified, wholesome and gluten free. Hand cooked in Nelson, New Zealand, these will be a real treat for the holidays and party times!



K.O. Vegan Hair Care

have announced a new packaging for their amazing Conditioning Leave

in Detangle. Vegan Certified, soft and silky without any silicones coating the hair, this is a multi-purpose product for smooth combing, hydration and protection from heat styling tools. Check out their website also for the special clearance sale!



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

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

Recipes



Summer's here and Anna shares some more of her creative and delicious recipes. More of Anna's recipes are available on both www.vegetarian.org.nz and www.theveggietree.co.nz. Anna also has two recipes books available from her website and has two more recipe books on the way.

CREAM OF SWEETCORN SOUP

All the delicious flavour of sweetcorn without the bits, a taste of sunshine in a bowl, which will transport your taste buds back to the heat and abundance of the summertime, whatever time of year you eat it.

Along with the fresh flavour of lemongrass, and the immune supporting, antioxidants and anti-inflammatory properties of turmeric and ginger, it's the perfect soup for the change of seasons or to have at the ready for the cold season when you need a lift.

I added some kelp gathered from the beach, dried and stored, to the stock in this batch for its high minerals and health benefits, and it also gives soups a nice viscosity. Our chickens usually get the sweetcorn cobs, but as there is a lot of flavour still left on them I decided to utilise them in the stock for the soup, which you make as part of the recipe.

- 4 sweetcorn cobs
- 1 onion, peeled and roughly chopped
- 1 carrot, roughly chopped
- 1 yellow or orange capsicum, deseeded and roughly chopped
- 2 cloves garlic, sliced
- 2 lemongrass sticks, bruised
- 1 thumb-sized piece fresh turmeric, roughly chopped or 1 tablespoon ground turmeric
- 1 thumb-sized piece fresh ginger, roughly chopped
- 2 bay leaves
- 1-piece (hand sized) seaweed, kelp or kombu (optional)
- 2 Litres water
- 1 potato or kumara, scrubbed and roughly chopped
- 1 tsp salt
- ¼ tsp pepper
- ½ tsp chilli powder (optional)
- 200ml cream, coconut or dairy
- 1 spring onion, thinly sliced



METHOD

1. Gather your ingredients.
2. Break each corn cob in half and slice off the kernels with a sharp knife. Gather up the kernels and set aside.
3. In a large pan combine the cobs, onion, carrot, capsicum, garlic, lemongrass, turmeric, ginger, bay leaves and water. Cover and bring to the boil. Remove the lid, then turn down to a slow simmer for half an hour.
4. Then add the potato and leave to simmer for another half an hour.
5. Remove the corn cobs, lemongrass and bay leaves, then add the sweetcorn kernels and salt. Simmer this mixture for six minutes.
6. Remove from the heat, cool if you need to and blend until smooth.
7. Place a sieve over a clean pan or large jug and push the cooked mixture through, using a ladle or similar. Tip out the roughage and repeat until finished.
8. Put the soup on the heat again, add the cream and season, stir well and heat up to a simmer then serve with a sprinkle of spring onions.

GNOCCHI WITH SUNSHINE SAUCE AND PISTACHIOS

Gnocchi are little dumplings, a form of pasta, made with potatoes traditionally with the additions of egg and flour to form a soft dough.

Baking the potato first ensures the mash is dry, which helps keep the mixture light instead of stodgy. I find that dirty potatoes roast more satisfactorily giving you a fluffier drier mash.

When we have baked potatoes for tea I often make extra so that I can make gnocchi the next day.

Always scoop the potato out of the skin and mash while it's still warm as the starches in the potato change once cold.

If you want to make the kumara or pumpkin versions, it is important to use the 'drier' varieties. I find the red kumara are best for this and the buttercup pumpkins are definitely the ones to use.

Any flour will work in this recipe: plain, wholemeal or gluten-free premixed flour.

Cook the potatoes at the same time as sunshine sauce veggies and you can totally use red capsicums and tomatoes for this sauce.

GNOCCHI

- 1 kg potatoes, red/purple kumara or buttercup pumpkin
- 1 cup flour, plain, wholemeal or gluten-free premixed flour
- 1 clove garlic, crushed
- 1 tsp salt
- ½ tsp pepper
- 1 egg
- or
- 1 tablespoon ground flaxseed mixed with 2 tablespoons of water

SUNSHINE SAUCE

- 2 yellow capsicums, cored and deseeded
- 6 yellow tomatoes, cored and halved
- 1 red onion, sliced
- 2 cloves garlic
- 2 tablespoons extra virgin olive oil
- 3 sprigs basil
- 1 tsp salt
- ¼ tsp black pepper
- 1 x 400g can cannellini or butter beans, drained



TO SERVE

- ¼ cup grated parmesan or hemp parmesan
- 3 tablespoons shelled pistachio nuts
- fresh basil leaves

METHOD

1. Gather your ingredients and preheat the oven to 190°C.
2. Prick the potatoes with a fork then bake until a knife goes through easily approximately 45-60 minutes.
3. Prepare the sunshine sauce veggies into a roasting tray and drizzle the olive oil over the top, season and bake for 15 minutes then remove from the oven.
4. Cool then blend along with the basil together in a blender or food processor until smooth. Push the mixture through a sieve, discard the roughage.
5. Pour into a pot and add the beans and bring to the simmer for ten minutes, check seasoning and set aside.
6. When the potatoes are cooked remove from the oven and set aside until cool enough to touch. Cut in half, scoop out the potato flesh into a large bowl and mash well (eat the skins with some butter, salt and pepper).
7. Add the flour, garlic, salt, pepper and egg [or egg substitute] to the bowl and using a butter knife mix together until a dough is formed, then tip out on to a floured surface and knead lightly to form a ball.
8. Cut ball into quarters and roll each piece into a long sausage. Cut each roll into approximately half centimetre pieces. Keep sufficiently floured to stop sticking.
9. Put a large pan of water on to boil. When boiling add a tablespoon of salt and carefully place about one-third of the gnocchi into the water. Give the pan a jiggle so they don't stick; when they float they are ready.
10. Remove with a slotted spoon into a colander, drizzle with olive oil and shake gently to coat. Repeat until all the gnocchi are cooked.
11. There are a couple of options for serving: You can simply pour the sauce over the gnocchi and top with parmesan, pistachio's and basil leaves.
 - Or pour the sauce over, top with parmesan and a drizzle of olive oil and bake for 10 minutes.
 - Or fry the gnocchi in batches in olive oil and a knob of butter until golden and crispy before adding the sauce and garnishes.

Interview with Glenn Yeatman

SOLOMONS GOLD CHOCOLATE

BY GRETCHEN ANDERSON



You've applied for and had Solomons Gold Chocolate vegan certified. That's fabulous! Are you vegan yourself?

GLENN: No, I'm not, but my wife and I are both gluten-intolerant, and our youngest daughter, Andrea, is dairy intolerant, and so am I, to a degree.

The certification makes it so easy to spot your vegan (and, soon to be certified, organic) chocolate at a glance. And it's really good chocolate - it's very difficult to not eat the whole bar in one go! So what was it that made you decide to have the chocolate Vegan Certified?

GLENN: 'Dribs and drabs', basically: We put 'vegan' on the original packaging, but now it seems to be a world-wide trend to get the proper label - so in addition to being a good selling point, it also confirms the purity of the product. For us, getting a Vegan Certified symbol meant that we are serious about what we're trying to do.

Our chocolate is nut free, dairy free and gluten free...people sometimes don't think about these things. But people who are vegan or who have kids who are dairy free, gluten free or nut free because of allergies, it's good for them to know that this chocolate is safe AND good to eat (see next column).

Actually, we're in the process of certifying on the organic side as well, though that's difficult at the moment as we haven't been able to get to the Solomons

since the beginning of 2020! But we are starting the process to certify that we grow the beans organically - we always have, so this is just confirming it.

I guess the main thing for us is that right in the beginning, in 2011



when I first made chocolate in the Solomon Islands, we wanted to have a chocolate that had all the goodness there already and that everyone could enjoy. So our chocolate only has two main ingredients: it's got cacao and coconut sap sugar. Then we just add a tiny dash of coconut oil and some natural flavour for the bars that need it. And that's it!

We built the factory in Mt Maunganui, Tauranga, in 2013, and have been making the chocolate there ever since. And in 2014, we had the chocolate tested at Massey University, and have it on record - Solomons Gold chocolate has an antioxidant level seven times more than spinach. So, the flavonols and all the good stuff are in there. That's why we say, "It's what we don't put in that makes it special" - we don't take anything out of it. The whole process, which takes around 200 hours, is all done right here in the Mount in our factory.

How did you get into chocolatiering, going from coffee to cacao?

GLENN: My wife and I and our two daughters came from Zimbabwe in 2002 basically as refugees. We had a coffee farm there that we'd partnered with our family being fourth generation Zimbabweans and employing up to 800 people in the picking season. We had 200 permanent staff, a soccer team, free housing, free medical services; everything was great. And then in 2015, Mugabe started killing farmers and, basically, I was nearly killed twice.

We decided we needed to move, so we came to New Zealand. It's a beautiful country and we've always felt at home here. For the first nine years, I did building and renovations, then at the end of 2011 I replied to an advert to go to the Solomons as a field manager - coffee and cacao are similar in quite a lot of ways and I wanted to learn about cacao. It still totally fascinates me every day just how amazing it is. Anyway, after a couple of weeks I was in the fields looking at how beautiful the growing environment is - because it's equatorial they've never used chemicals there; it's just a pure growing environment.

The cacao originally came from the lower Amazon to the Solomons, and because it's an island, the origin is still there. The taste is actually from the soil; it's quite volcanic with an earthy sort of taste. We say it's like wild honey and forest berry and all those lovely things: the taste comes from the growing environment and the soil. So there I was just walking through the fields and I thought, let me take some of these dry cacao beans home, which I did. I basically treated them like a coffee bean: I put them in the oven, and after it cooled, I crushed the cacao then I used my wife's hairdryer to blow the husk off. (And the husk, funnily enough, we actually use as a tea, and it's just as high in nutrients!).

Then I put the nibs into a blender and I actually added icing sugar initially, and made the first 'Solomons Gold' (about ten years ago now). From there I put a proposal to Clive Carroll in Sydney, who is basically my boss, and I said to him, I'll build you a chocolate factory - as long as it's in Tauranga! He agreed so I basically built this chocolate factory from scratch in 2013 and started making chocolate here.

In 2017, we entered our two-ingredient chocolate into the Academy of Chocolate in London, which is one of the leading competitions in the world for chocolate, and we got a silver medal. So, we thought, wow, there's definitely something to this. The following year, there were even more entries. We were still just 'the two-ingredient chocolate', and we got a bronze for the nib, plus a bronze medal for the mint in the three ingredient chocolate category. Three medals in two years! We haven't actually entered again, but I believe our chocolate is even better now.

We then thought, well let's try and take this even further and it's just kept growing, although it's been a tough road. We're trying really hard to get into the business-to-business market, to make people more aware of (a) who we are and where we are, and (b) what we can offer. We collaborate with companies like Little Island Creamery and their vegan ice cream, Real Rad Foods, Forty Thieves peanut butter, and others which is great because of the purity





of the product, and the versatility of what people can use it for.

Everything is done right here in New Zealand, so there are no problems with shipping. Our packaging is made in Hamilton and we try and support local as much as we can with everything we do.

I love the connections you make - it's a real family business feel, and there's not a huge environmental impact from either your chocolate or its packaging either. Can you tell us more about that side of it?

We try to keep it simple - even the jute bags are recycled - and we reuse all the pallets. In the beginning, the pallets were tropical wood that we made into tables, but we found that plastic pallets are more reusable. There's very little waste here, which is great. And Mt Maunganui is just a great place to be - the mountain is beautiful, and of course with the beans coming in to the port at Tauranga it's perfect: shipped from the Solomons and a week later it's here with us!

We have five staff here, and three in Australia. Both my daughters work for me; my eldest is on marketing, sales and computers, and my youngest is the chocolatier and quality control. It's fantastic. Basically, it's a family run business here, and in Australia is Clive Carroll and his daughter, plus a sales guy there. So it is a very family-oriented business on both sides of the Tasman. Those family values go back to the Solomons as well, and the families there are part of our own, too. If I do something, I want to put my heart and soul into it. I love the fact that we're helping so many people.

We work hand in hand with the people in the Solomons; I've learned the language and everything. I love being in the Solomons. We are involved in so much stuff going on there, building dryers and buildings and roads and



just basically trying to help as much as we can. The commodity called C-Corp, which is kind of the 'motherhip' behind Solomons Gold, they've been there since 2006. We don't just put a warehouse at the docks and ship it out, we get involved and always have done.

The only way to explain that is: just come to the Solomons and we'll show you what we've done there! It's not a tourist spot like Fiji - though if you like scuba diving it's great for that as well - the Solomons are beautiful and almost untouched in many ways. There are nearly 900 islands, it's an absolutely stunning place. As I said before, it's equatorial, so the growing environments are fantastic. Cacao is a very important crop for the Solomons, and it is important to try and maintain and protect that purity, and look after the people there as much as possible.

In Zimbabwe, we sold our beans all over the world from our farm, breaking them down into good bean, medium bean and not-so-good bean, instead of jumbling them all in together as a 'general commodity'. So I said to Clive that we needed to have a chocolate-grade bean that is the best quality bean possible that comes direct to our factory here. We are the only ones in the world who do that: we invented the chocolate-grade bean. When top quality beans are made into bars then the recognition comes as Solomons Gold, and the original single origin is maintained which is very important to us. I could take you and show you where the bean comes from and introduce you to the growers...so it's not just any old bean that's used without anyone knowing who grew it, when or where, etc.

And what kind of stuff do you do when you're not doing chocolate? What's your free time activity?

I'm an artist so I paint, and I fly radio-controlled helicopters. It keeps the brain going, and with both our daughters living here, we've got two grandchildren keeping us busy as well, which is great. My parents are now living here as well, plus my brother and my wife's dad. My parents basically came here on holiday and they never went back because it just wasn't safe for them. I know they have regrets, but they love being in New Zealand. What a brilliant country this is, I've never felt like a foreigner - we do miss Zimbabwe and we always will, but New Zealand...I'm just falling more in love with it all the time.

Thank you so much for sharing all of that with us, it's so good to hear your story! Is there anything else you can think of that you would like our Vegetarian Living readers to know?

I think the main thing we want people to realise is that Solomons Gold is not just a chocolate - it's an experience. When you eat Solomons Gold, you eat it for the cacao, you eat it for the goodness, and that's the right reason for eating it. There's been a lot of publicity about how good chocolate is for you but that's like saying a Rolls Royce and a mini are both cars. Yes, they're both called cars, but there is a big difference. So read the back of the label, read what's in it, and pay attention to what you're putting into your body. We want people to savour the experience. That's been our aim - not just to make a chocolate, but to make something really special.



OPINION: Climate Change and Diet

DR ALASTAIR MACDONALD

Over the past four decades of extensively exploring the scientific, medical and climatic aspects of vegetarianism and its potential benefits for individuals and the planet, I found good evidence that a vegetarian diet reduces the incidence of coronary artery disease, obesity and some cancers, and also that you're likely to live longer.

Climate change is both a major challenge to health, equity, and prosperity, and an unprecedented opportunity for the creation of healthier, more secure, and more sustainable lives for all.

Reviewing environmental literature confirmed for me that agriculture, deforestation and meat production are major factors in the genesis of global warming. Climate change is both a major challenge to health, equity, and prosperity, and an unprecedented opportunity for the creation of healthier, more secure, and more sustainable lives for all.

In the past it was easy for many people to view vegetarians as slightly strange, but nice, gentle folk, often with long hair and whacky ideas! However this simplistic, patronising and somewhat dismissive description is no longer tenable. Eating less or no meat is something that everyone with an interest in the survival of the planet needs to think about, but if people are serious about significantly changing the status quo, then good communication is mandatory. Using techniques to simplify complex concepts creates more of an impact. Albert Einstein briefly and beautifully summed it up, *"If you can't explain it simply, you don't understand it well enough"*. I'm very pleased that he also added, *"Nothing will benefit human health and increase the chances for survival of life on Earth as much as the evolution to a vegetarian diet."*

Let's suppose that you are not vegetarian; this means that you are one of the many who rely on the global slaughter of about 10 billion animals a year. This also means that in addition, you are contributing to the genesis of greenhouse gases expelled by this vast number of animals, and

remember that eating meat is causally associated with obesity, vascular disease, and a shorter lifespan compared with a long time adherent to a plant-based diet.

So... one good starting point to enlightenment would be to read at least some, if not all, of the *"Food in the Anthropocene: the EAT-Lancet Commission on healthy diets from sustainable food systems"*¹

The authors of this major scientific investigation represent a wide range of experts in various fields, including human health, agriculture, political sciences, and environmental sustainability. Their collective task was to develop global scientific targets based on the best evidence available for healthy diets and sustainable food production. This seminal research was undertaken in order to rectify the current and relative absence of scientific targets for achieving globally healthy diets from sustainable food systems.

Specific documentation includes biodiversity loss, freshwater use, interference with the global nitrogen and phosphorus cycles, land-system change and chemical pollution, functioning of biophysical systems and processes to regulate and maintain a stable earth system.

Eating less or no meat is something that everyone with an interest in the survival of the planet needs to think about...

An enlightened response to this complex problem is surely to achieve the maximum dietary benefits whilst also emitting the lowest achievable emission of greenhouse gases.

We're all aware of the glaring inequality in global food access, with over 800 million people having insufficient food. However, a significantly greater number of people consume a diet that leads to obesity and premature death from heart attacks, strokes and cancer.

Moreover, global food production has a major impact on everything from biodiversity loss to soil quality. If things look bad now, and we fail to make a significant impact on global warming,

We're all aware of the glaring inequality in global food access, with over 800 million people having insufficient food.

how will they look in 2050 when the world population reaches 10 billion? I'll be 106 years old and I'll be very, very disconsolate!

On a more serious note, we know that our health systems are currently over burdened. We also know our planet is compromised right now with –

- current methods of food production and distribution
 - greenhouse gas emissions are increasing
 - nitrogen and phosphorus pollution
 - biodiversity loss,
- and future planetary stability is not the first concept that springs to mind when we are faced with all of these existential threats.

BUT if we don't act now in a meaningful fashion on climate change, how will we be viewed by future generations? Surely a concerted planetary approach to a more healthy and sustainable diet has to be the basis for the future of the planet.

I believe that a healthy diet should largely be based on a variety of plant-based foods, and to reach this goal the amount of red meat in the diet needs to be significantly decreased. The idea of meat-free days should be promoted, with encouragement being given to a significant increase in the consumption of healthy foods, such as nuts, fruits, vegetables, and legumes.

This will inevitably be a highly complex, and controversial process. The very idea of a sustainable food production system for a future world population of at least 10 billion is truly daunting; further complicated by the likelihood that there will be no additional land use for the purposes of this agricultural revolution.

It is also likely this process will last for decades and will require a degree of global co-operation that has never been previously achieved by the planet. Daily existential threats will have to be managed in a fashion that does not derail the longer term planning processes.

A "revised agricultural system" needs to be charged with safeguarding, and even

CONTINUES ON PAGE 23



With Summer here the team at Folium Organics are geared up for another season of harvesting and processing of their leaf and vegetable powders.

Folium Organic not only grows, harvests and processes a variety of certified organic powders for the domestic and international markets, but they also work with other NZ companies in drying, milling and blending their products.

Growing, harvesting and processing organic barley leaf and organic wheat grass into powder make up the bulk of their production, but they also process other leaf product such as kale, pea leaf, carrot, spearmint, beetroot, fennel, echinacea, quinoa, broccoli sprout and manuka leaf.



Folium Organics

Grown by Nature. Collected by Us.

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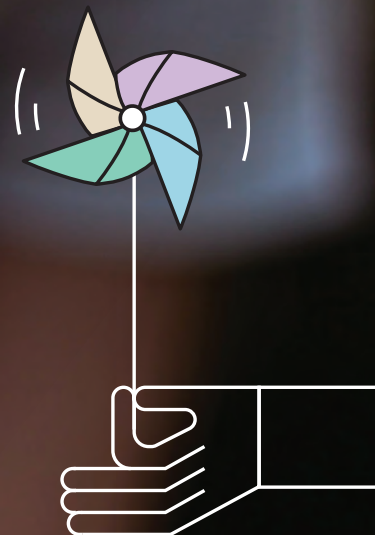
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Pathfinder

Save for a Cruelty-Free future: **Switch to Pathfinder KiwiSaver Plan.**



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

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

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www.path.co.nz



DINING OUT

with the NZVS Office Team



MAISON DES LYS PÂTISSERIE

Maison des Lys Pâtisserie is a gem located in the heart of Grey Lynn, Auckland. A real French Pâtisserie, with one big difference – it is 100% plant-based! The flaky pastries just melt in your mouth, leaving you with a whole different level of a vegan pastry experience – or should I say – a great high quality and super professional pastry: simply a great pastry that happens to be vegan! We had a croissant filled with vanilla custard and blueberries and an apricot Danish; both were awesome and as was the coffee. We felt like we had flown to Paris and back in the middle of a Friday workday!

BY SHARON ALMOG

Maison des Lys,
567 Great North Road,
Grey Lynn, Auckland.

Hours: Friday: 7am-1pm;
Sat & Sun: 8.30am-1pm

www.maisondeslys.co.nz



GOJO ETHIOPIAN EATERY

On a corner of the Totara Avenue/Great North Road triangle in New Lynn, I found the Gojo Ethiopian Eatery, recommended to me by a friend as a place with a great selection of veg-n food.

A warm welcome and very helpful staff greeted us and we were handed a menu with a separate vegan/vegetarian section, which included two veg-n sharing platters.

After asking advice from the hostess (not being familiar with any of the dishes), we chose the Behanetu shared mesob platter – this contained a selection of five mains from the veg-n main menu, all positively delicious, especially the Misir Wat (slowly

cooked red lentils with a combination of spices, onion optional - which I've now attempted to cook at home!). Served with Ethiopian flatbread made from teff flour (injera) the meal was most enjoyable and very cost effective - the platter had enough food for 3 to 4 people and cost \$22.99.

Well worth a visit for delicious Ethiopian cuisine.

BY HANNAH GALLAGHER

Gojo Ethiopian Eatery, 15 Totara Avenue,
New Lynn, Auckland 0600

Hours: Tuesday - Friday 5-9pm,
weekend 11am-2pm and 5-9pm (no website)



THE KIMCHI PROJECT

A hidden gem in the heart of the city! If you haven't experienced The Kimchi Project yet, you're missing out.

This Korean inspired restaurant is open for breakfast, lunch and dinner and has a range of great items on their menu, which they change out seasonally. We opted for the Kimchi Sampler dish, vegan Kimchi Fried Rice, Crunchy Eggplant Bun with fries and vegan Jaab Che Korean Fried Noodles. All were flavoursome and delicious!

The large outdoor courtyard utilises a traditional Korean inspired setting and great natural resources in its construction, including polished wood and bamboo, to create a calm and relaxing atmosphere for diners. Overall a beautiful atmosphere, friendly staff and delicious food. You can't go wrong if you visit The Kimchi Project!

BY INA BABIC

The Kimchi Project, 20 Lorne Street, Auckland

Hours: Tuesday to Sunday 11am – 10pm; closed Mondays

<https://thekimchiproject.nz/>



Buffalo Cauliflower Burger

NEW to the range. Find us in the freezer



Caring comes naturally



SUSTAINABLY CRAFTED
NEW ZEALAND WINE





This recipe is contributed by Lena Fischer Dip.Nut., one of the expert nutritional advisors at HealthPost. Check the HealthPost website for other recipes and you can also purchase the ingredients for the recipe from their website: www.healthpost.co.nz

LEMON GINGER PROTEIN SLICE

Makes: 21 servings

Prep time: 10 minutes

Set time: 30-60 minutes

Ginger deserves a place in your diet! Loaded with antioxidants, there is much to appreciate about this incredible root. Ginger (also known as 'Zingiber officinale') has been used in cooking for centuries and is said to offer a list of health benefits for our bodies. While it's commonly taken during the winter when we feel under the weather, ginger is a seasonal produce item that is available to use all year round. It's also a great source of minerals such as magnesium, potassium, and manganese. From dried ginger to powdered ginger, or in the form of tea or juice, there's several ways to add ginger into your diet but why not try it fresh as in this recipe:

INGREDIENTS:

- 2 cups Chantal Organics Quick Rolled Oats
- ½ cup desiccated coconut
- ½ cup ROAR Organic Activated Seed Mix
- ¼ cup Chantal Organics Hemp Seeds
- 2 scoops Go Good Pea Protein Isolate Vanilla
- ½ cup BioBalance Certified Organic Virgin Coconut Oil
- ¼ cup Chantal Organics Hulled Tahini
- ¼ cup Chantal Organics Rice Syrup
- 2 lemons (juice and zest)
- 4 cm ginger root, peeled
- 8 drops SweetNZ Liquid Stevia Lemon
- ½ teaspoon Ceres Organics Ground Turmeric (optional)

TOPPING

- Sesame seeds
- Lemon zest

METHOD:

1. In a food processor combine 1 and ½ cups of oats (reserving ½ a cup of oats) with the desiccated coconut and blitz a few times until the oats begin to break down, but still have a little bit of texture.
2. Transfer into a large mixing bowl and add the remaining oats, protein powder, hemp seeds and activated seed mix.
3. Add zest and juice from the lemons and grate in ginger root.
4. Pour in the rice syrup, tahini, coconut oil and liquid stevia drops.
5. Add turmeric if using and mix everything together until well combined.
6. Scoop into a baking paper lined dish and smooth out into an even layer.
7. Zest over a little extra lemon zest and sprinkle with sesame seeds, gently pressing them into the top.
8. Refrigerate for 30-60 minutes until set. Remove from dish and cut into squares.
9. Store in the refrigerator or freeze.

OPINION: CLIMATE CHANGE AND DIET - CONTINUED FROM PAGE 18

increasing existing biodiversity. This would be coupled with substantially reducing nitrogen and phosphorus pollution, producing zero carbon dioxide emissions, and causing no further increase in methane and nitrous oxide.

The message that I hope I have articulated is that our global food system is currently not meeting the nutritional and health needs of the planet. I would actually go further to indicate that I believe that the planet and its inhabitants are progressively being damaged by it.

If things look bad now, and we fail to make a significant impact on global warming, how will they look in 2050 when the world population reaches 10 billion?

If this message is repeated often enough in an honest, co-operative, respectful, objective and accurate manner within a milieu that reflects the idea of helping the planet, we might just succeed!!



Dr Macdonald is a retired kidney doctor who, over his career and in order to advise patients regarding diet to help slow down or even prevent the decline in their kidney function, has built up his knowledge of the science of nutrition together with the inherent benefits and potential harms of different kinds of diets.



SNIPPETS FROM ALL OVER:

During a meeting of the Lancaster City Council in July 2022 a member of the public, Dr Charlotte Houltram, called for new local land seasonal supply chains to be developed with arable crop, fruit and vegetable growers and suppliers. Dr Houltram said “Lancaster prides itself on being one of the more forward-thinking districts in the UK, putting climate considerations at the heart of governance. However, this awareness needs to include every aspect of council activities, including food provision. Other councils, for example Oxfordshire, Cambridge City and Lewisham in London, have committed to serve only plant-based food at events and I would like to see Lancaster do the same. This would help to normalise plant-based eating which, according to an Oxford University study, is the single, most-effective thing a person can do to reduce their environmental impact”

Dr Houltram pointed out that meat and dairy products are almost always the most expensive part of a meal and said that in contrast, wholefood, plant-based meals are consistently considerably cheaper and healthier.

Green councillor Caroline Jackson, the leader of Lancaster City Council thanked the medic and said that the council would consider serving only plant-based food at all its meetings and events and would discuss this with residents, businesses and stakeholders and added that it was an ideal community conversation.

www.bbc.com/news/uk-england-bristol-62177102

WORLD VEGETARIAN DAY

To do its bit to encourage people to follow a healthy lifestyle and help save the planet, Switzerland went vegetarian for a day on the Swisstainable Veggie Day on October 1.

Over 1200 local restaurants and businesses will participated in making this endeavor a success by offering a vegetarian-only menu for a day. SWISS also participated in Veggie Day by offering only vegetarian meals to business class travellers on October 1, 2022.

Edelweiss, all the restaurants of the McDonald's chain (173) and the 14 restaurants of the Swiss Federal Institute of Technology Zurich (ETHZ) also dished out vegetarian food for a day.

Reasoning behind the move? Apart from major nutrition and environmental-research studies conducted over the years concluding that a vegetarian diet is key to furthering the sustainability of our planet, it has been proven that vegetarian dishes generate less CO2

Trivia: Even a genius like Albert Einstein who himself was a propagator of vegetarianism once said, “Nothing will benefit human health and increase the chances of survival of life on Earth as much as the evolution to a vegetarian diet.”

www.awazthevoice.in/lifestyle-news/switzerland-to-go-vegetarian-for-a-day-on-st-oct-16075.html/

NETHERLANDS TO BAN MEAT ADVERTS FROM PUBLIC SPACES

Haarlem, west of Amsterdam in Netherland, with a population of 160,000, has decided to ban meat adverts from public spaces from 2024, in an effort to reduce consumption and greenhouse gas emissions. The decision was made after meat was added to a list of products deemed to contribute to the climate crisis.

Recent studies suggest global food production is responsible for one-third of all planet-heating emissions, with the use of animals for meat accounting for twice the pollution of producing plant-based foods.

Greenpeace research suggests that to meet the EU target of net zero emissions by 2050, meat consumption must be reduced to 24kg per person per year, compared with the current average of 82kg, or 75.8kg in the Netherlands, which is the EU's biggest meat exporter.

From 2024 adverts will not be allowed on Haarlem's buses, shelters and screens in public spaces, prompting complaints from the meat sector that the city is “going too far in telling people what's best for them”.

There is some opposition within Haarlem's council to the move, with critics arguing that it restricts freedom of expression.

Ziggy Klazes, a councillor from the GroenLinks party said “We are not about what people are baking and roasting in their own kitchen; if people wanted to continue eating meat, fine... We can't tell people there's a climate crisis and encourage them to buy products that are part of the cause. Of course, there are a lot of people who find the decision outrageous and patronising, but there are also a lot of people who think it's fine.”

The ban also covers holiday flights, fossil fuels and cars that run on fossil fuels. The ban is delayed until 2024 due to existing contracts with companies that sell the products.

Extracts from an article by Daniel Boffey, in The Guardian, 6 Sep 2022

NZAVS – KIND EDUCATION IN SCHOOLS

The New Zealand Anti-Vivisection Society (NZAVS) is New Zealand's primary charity defending animals used in science. Their mission is to end animal experimentation and the harmful use of animals for research, testing and teaching in New Zealand.

Every year in NZ, thousands of animals are used for teaching purposes: in 2020 alone, the total number of animals used for teaching purposes in NZ was 25,331.

In order to find out what the current practices are in New Zealand regarding the use of animals for research and teaching in schools, from June to July 2021 the NZAVS conducted a nationwide survey (from primary to high schools) asking which types of animals are used, how they are used, and how confident schools are with the current animal welfare laws and regulations. The results are now available:

The survey was sent to 2518 schools and 1179 schools filled in the survey (46.8%).

From the participating schools it was learnt that:

- 30.9% were not at all familiar with any regulations regarding animal use in schools.
- 14.7% use live animals
- 16.6% use animal dissections
- Three schools reported that the animals were killed specifically for the purpose of dissection.
- Animal dissections are conducted at primary schools: of the 195 schools reporting the use of dissection, 5.1% were full primary schools.

The NZAVS are running a Kind Education campaign using education to nurture compassion and respect for living things: there are an abundant number of alternatives to using dead animals to teach children about anatomy, including sophisticated computer programmes (much more informative than using a dead animal), plastic or paper models, cell-cultured cancer organoids, 3D-printing, the use of human cells and epidemiology studies, to name but a few.

As the NZAVS says in its report: “Animal experimentation is a huge problem, not just for animals but for people and science too. However, the solution is clear – to better understand, prevent, and cure human diseases like cancer; we need to use research methods that are relevant to humans – animal testing just does not work!”

For full information about the NZAVS 2021 Survey and the NZAVS Kind Education campaign, see their website <https://www.nzavs.org.nz>



After the disappointment of having to cancel the 2021 AGM at the wonderful East Restaurant in Auckland City due to Auckland going into lockdown a few days before, we were able to go ahead this year with an in-person AGM followed by a delicious lunch at Status Vegetarian/Vegan Restaurant. The meeting was ably chaired by our President, Julia Clements and supported by secretary, Margaret Johns. We enjoyed hearing the reports of what the Vegetarian Society has been doing over the last 12 months, and the plans for the future. Sharon Almog, the Trademark Manager, also presented her report on

progress with Trademark companies, and how this is growing fast with new applications every week. The following were re-elected to the committee for the 2022/23 year - Julia Clements - President, Jeanette Blackburn - Vice-President, Margaret Johns - Secretary, Barbara Moran - Treasurer and Krishna Nanduri - committee member.

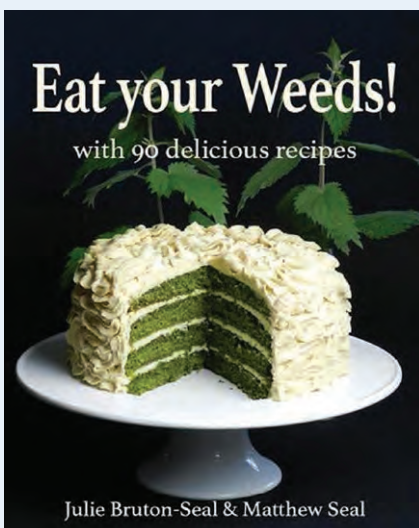
After the meeting a dozen of us adjourned to Status Restaurant for a delicious lunch. Status Restaurant, in Epsom, Auckland, prides itself on being totally vegetarian and vegan, with a wide range of dishes from various cuisines, such as Indian, Chinese, Mexican, Italian and European. There was literally something for everyone, although it was a bit difficult to choose as we're not always used to having so many options. The large space also meant there was no problem catering for a big group, and a bit of 'musical chairs' enabled us all to chat to everyone. It's great to have this restaurant so close to the national office.



JEANETTE BLACKBURN / INA BABIC

BOOK REVIEW

EAT YOUR WEEDS BY JULIE BRUTON-SEAL & MATTHEW SEAL



Passionate, enthusiastic and very thorough: I really enjoyed reading 'Eat your weeds', and definitely learnt something new, being a forager myself. The wealth of knowledge in this book is astounding.

The authors, Julie and Matthew, are very experienced foragers and herbalists and bring a plethora of knowledge, plenty of recipes, lovely anecdotes and heaps of fascinating history and folklore to the table. The book has helpfully included comprehensive identification pictures of the plants.

I really enjoyed reading the extensive medicinal and nutritional explanations and found the 'what kind of weed is' sections

really informative. I loved all the little quotes in the side panels; the joy the authors have in plants is infectious. However, I may be a little biased as I too am a lover of all the plants, weeds or not.

Some of the weeds aren't so common here in New Zealand, or at least I haven't noticed them, even though I always have my eyes keenly scanning for the edible weeds wherever I go. Nevertheless the information is totally relevant and a great resource.

I would recommend this book for keen foragers, both newbies and experienced alike, as a great home resource.

ANNA VALENTINE

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>	KAVERAU	<p>Contact Loretta Westbrook on 0212361859 lorettainnz@gmail.com</p>	WELLINGTON wellington@vegetarian.org.nz	<p>The Wellington Centre of the New Zealand Vegetarian Society is dedicated to serving the needs of members and promoting the vegetarian and vegan lifestyle within the Wellington Region.</p> <p>For information about joining, monthly dinners, other upcoming events or opportunities to help promote the veg-n lifestyle, please email: wellington@vegetarian.org.nz</p>
CHRISTCHURCH	<p>Contact christchurch@vegetarian.org.nz for more details about what's happening so you can join in.</p>	MOTUEKA	<p>Contact Karishma on 022 034 6354 for details of happenings in Motueka</p>		<p>Coming Events: VEGAN101 : Going vegan, Staying vegan : Easy! Fast! A day-long workshop with cooking demonstrations, interactive Q & A and discussions. For information on the next workshop, contact: wellington@vegetarian.org.nz</p>
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>	NAPIER	<p>Contact Donna on email donna444@gmail.com or phone 027 588 7756 for more information</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>
HAWKES BAY / HASTINGS	<p>Contact Donna on email donna444@gmail.com or phone 027 588 7756 for information about activities, or join the Facebook group Hawkes Bay Veg*ns.</p>	NEW PLYMOUTH	<p>Calling New Plymouth/Taranaki vegetarians and vegans – let's get together to share a meal and socialise! Contact Katrina 021 749 552 or Tessa 021 057 4011</p>		<p>Wellington Centre Book Group meeting every 6 weeks. For details of meeting place and dates email: wellington@vegetarian.org.nz</p>
INVERCARGILL	<p>Details of activities available at: facebook.com/pg/INVSOC/events</p>	PALMERSTON NORTH	<p>For events and local news, please check the Palmerston North Vegans and Vegetarians Facebook group: www.facebook.com/groups/palmyveg.ns/</p>	<p>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>	
OUR WEBSITE CALENDAR	<p>www.vegetarian.org.nz/events/</p> <p>See what events are happening around NZ.</p> <p>If you're organising a vegetarian/vegan event let us know so we can add it to our calendar.</p> <p>HELP US KEEP OUR EVENTS CALENDAR UP TO DATE & PEOPLE INFORMED!</p>	TIMARU	<p>Check out the The Four Leaf Clover Vegetarian Restaurant for Veg-n information at 41 Stafford Street, Timaru</p>	WHAKATANE	<p>For information about pot luck dinners in Whakatane, contact Tara: taramurphy@gmail.com</p>
		WHANGANUI		WHANGANUI	<p>Interested in meeting like-minded vegetarians in the Whanganui area? Reach out to one of our lovely members Fran Arthur: arizona85037@gmail.com</p> <p>There's also a Facebook page called Wanganui Vegans Vegetarians and Compassionate Human Animals if you're interested.</p>

Welcome Vegetarian Cafe & Takeaways

**OVER 100 DISHES ON
THE MENU**
(85% vegan)

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12noon to 8pm
Open Sunday by prior arrangement.

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or reservations
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(off Riccarton Rd)
Christchurch

WWW.WELCOMECAFE.CO.NZ

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FREE from GE
FREE from battery eggs
NOT tested on animals
FREE from cross-contamination

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

MEMBERSHIP



Changed your address or email?

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

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

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

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

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

THE AIMS OF THE NZVS:

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

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

THE NZVS MAINTAINS THAT A PLANT-BASED DIET IS:

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

MEMBERS AND SUPPORTERS

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

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

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

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

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

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

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

DIRECTORY

NEW ZEALAND

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4011

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Whanganui
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lyneke@orcon.net.nz

OVERSEAS

The Vegetarian Society U.K.
Parkdale, Altrincham, Cheshire,
WA124QG, England.
www.vegsoc.org

Vegetarian Resource Group
PP Box 1463, Baltimore, MD21203, USA
www.vrg.org

International Vegetarian Union (IVU)
IVU is a growing global network of independent organisations which are promoting veg'ism worldwide. Founded in 1908.
<https://ivu.org/>

Alterations or additions to this list?

Send to:
The Editor, Vegetarian Living NZ,
PO Box 26664, Epsom,
Auckland 1344
editor@vegetarian.org.nz



BRANDS WITH VEGAN PRODUCTS CERTIFIED BY THE NZ VEGETARIAN SOCIETY

See back page for Vegetarian Approved products

RESTAURANT MENUS



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

Pizzas: Sinister, Vegan Pride, Vegan Damned, Vegan Saviour, Vegan Mayhem, Vegan Brimstone, Vegan 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, Aleph Lip Gloss/Balm Lucid



CLINICIANS
Research Based

Pure Omega-3 Algae Oil 1000mg



GO HEALTHY

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



GOODBYE
We Belong Outdoors

Goodbye OUCH Vanilla Balm, Goodbye Sandfly



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



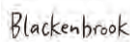
ANNIES
Food You Trust

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



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New Zealand's Most Experienced Family Owned Winery

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BLACKENBROOK
Inspired By Nature - Pure And Balanced

Sauvignon Blanc, Pinot Gris, Gewürztraminer, Rosé, Chardonnay



CHASERS
Feel The Flavour

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



COOKIE TIME
For Serious Cookie Munchers

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



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



MATAVINO WINES
A Little Italian In Matakana

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

NUDAIRY
Plant-based creamery

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

OSM
FUEL FOR LIFE

OSM
Fuel For Life

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

PASTA VERA
New Zealand Made Pasta
• Pesto • Lasagne

Vegan Pesto

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

Pilgrims Dry Cider

plan*t 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 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 85g; Dark Chocolate Pieces 70% Solomon's Gold 500g; Cacao Nibs Solomon's Gold 500g; Smooth Dark 65% Solomon's Gold 55g; Dark Nib 70% Solomon's Gold 55g; Dark Orange 65% Solomon's Gold 55g; Dark Mint 65% Solomon's Gold 55g; Dark Berry 65% Solomon's Gold 55g; Dark Caramel 65% Solomon's Gold 55g; Dark Chocolate Pieces 65% Solomon's Gold 500g; Dark Mylk 45%, Dark Mylk Caramel 45%, Dark Mylk Berry 45%, Dark Mylk Orange 45%

SURTI
The Traditional Taste of India

Vegetable Samosa, Vegan Samosa, Vegan Kachori

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 Speciality 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 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

FOOD AND BEVERAGES



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.



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



PATHFINDER ASSET MANAGEMENT

Invest Ethically



QUORN

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