

# VEGETARIAN

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# Living NZ



**EATING YOUR WAY  
TO BETTER HEALTH**

**VEGETARIANISM  
& DEMENTIA**

**THE POWER OF A PLANT-BASED DIET**

**THE MAGIC OF  
MUSHROOMS**

**DINING OUT**

WITH THE NZVS OFFICE TEAM



**FOR A KINDER,  
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**COVER PHOTO: Celebrating 80 years: Vegetarian Living NZ magazine covers**

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# EDITORIAL



[editor@vegetarian.org.nz](mailto:editor@vegetarian.org.nz)

**Thanks & Hello!**

I am thrilled to be given the opportunity to be Editor of *Vegetarian Living NZ*. Thank you, Margaret and the NZ Vegetarian Society Committee, for trusting me with this important role! I am very excited to contribute to making a real difference in protecting our environment, improving human health and reducing cruelty to animals.

In this issue, Dr Heleen Haitjema, co-founder and Board Chair of Doctors for Nutrition writes an article on eating your way to better health. She provides valuable tips on easing your way into a whole food plant-based diet. This is a crucial topic we need to place further focus on, to encourage more of the general population to reduce their meat consumption and start the switch to a plant-based diet.

Margaret interviews Greg Rathbun & Tann Duangprasit from ‘Maungatapere Mushrooms’ and highlights the magnificent health benefits of mushrooms. Dr Alastair Macdonald contributes an interesting piece on the link between diet and dementia, and I interview Michaiiah Simmons-Villari on her plant-based diet journey as well as the link between overall health, mental wellbeing, and diet. Enjoy our Autumn issue!

- INA



**Thanks & Farewell!**

The NZ Vegetarian Society has been in existence for 80 years this year, and the first ‘Bulletin’ (as it was called then) was produced in June 1946. Within a few years it became The New Zealand Vegetarian and remained as such until December 2004, when it became *Vegetarian Living NZ*.

Over time, the magazine has undergone many changes in format, size and layout: Mrs Roma Dunningham (the original Editor of *The New Zealand Vegetarian*) did her own layout, as did Mrs Truda Burrell who took over from Roma Dunningham. When I took over the editing in 1982, I learnt a huge amount about layout and printing over the ensuing years. Pam Bidwell in Wellington took over in 2004, while Sharon Gottermeyer took over the graphics and layout and the magazine was produced in Christchurch for several years from 2006, when John Livesey was the Editor.

An editorial team based back in Auckland took over from John in 2009, led by myself, and including, at different times, Nicky Owers, Fiona Brodie, Sarah Young and Jeanette Blackburn. After some deliberation, in 2014 we took the plunge and produced a full colour magazine and at the same time Sandi Wilson took on the role of graphic designer.

I’d like to thank all those who have contributed articles and columns over the years I’ve been involved, and I now have pleasure in passing the editorial “baton” to Ina Babic. I know Ina has great plans, not just for the magazine but also for celebrating the 80th anniversary of the Vegetarian Society this year, and I look forward to taking part in some small way!

- MARGARET

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# TRISTAN'S Corner

I HOPE MY COLUMN FINDS ALL READERS WELL AND GOOD THIS AUTUMN. I DON'T KNOW ABOUT YOU, BUT I FEEL LIKE TIME HAS SPED UP LATELY. THE SPINNING WHEEL OF SEASONS IS BARELY LEAVING ME ENOUGH TIME TO GET EVERYTHING DONE IN THE GARDEN AND AROUND THE HOUSE BEFORE CHANGING GEAR TO THE NEXT SEASON. I CAN HARDLY KEEP UP!

Our household and our family did have a wonderful summer break, though, with lots of relaxing downtime interspersed with exciting uptimes. Some of the highlights from our summer included welcoming members of our family back from overseas for the first time in a few years, catching up with extended family members from around New Zealand and seeing the youngest of my two sons off

to high school to join his brother. No more primary school children in my house now, I've only got high school boys.

Both boys are now attending an old-fashioned, traditional, sports-focussed boys' school, which boasts a legacy of discipline and achievement, and insists on short hair and long socks, pulled up to the knees. When my kids were babies, I never imagined sending them to a high school of that description. At that time, we were living in the Far North of NZ and I considered our family to be quite alternative. We were early adopters of the Three Rs (reduce, reuse, recycle) and lifelong vegetarians. When I had babies, I somehow imagined the children attending a school with a more Rudolf Steiner vibe, or perhaps being home-schooled with me as their teacher.

Since then, we've moved down-country to New Zealand's fourth largest city, and I've realised we're not all that alternative. It's not that we've changed much, but the world around us has become more like us! I mean, everyone recycles now. It's normal to take reusable bags to the supermarket. And, at least in our city, there's a compost scheme where everyone puts their food scraps out for collection for the council to make into compost, which is then available free to everyone in the community.

One day my eldest child came home from school (the short-hair, socks-up high school), excited to tell me about the highest achieving boy in his class.

"He's a hard worker," says my son of his classmate. "He gets the highest marks for all subjects, runs circles around everyone in PE, is super polite and gets up early to help his mother at home. And he's vegan!"

I just loved the last sentence because I see it as an example of society's positive attitude change. To be vegan is to be somewhat of a hero. It's something to be mentioned among a list of high achievements. It seems not too long ago, in New Zealand at least, the word "vegan" was likely to be met with a kind of suspicious wonderment, or with concern as to whether one's health might suffer on a plant-based diet. I clearly remember my early days as a parent of young vegetarian children, being questioned and confronted about the wisdom of not including meat in their diets.

On that note, I must mention my youngest son, last year upon completing his primary school education, was awarded the school's trophy for "Highest Achieving Year 8 Boy." I wonder if anyone from his school is at home telling their parents about him right now, and ending the story with, "and he's vegetarian!"

And so, this year, as the New Zealand Vegetarian Society marks its 80th Anniversary, let's all celebrate the vegetarian and vegan adults, children and babies, and the quiet but persistent movement towards a kinder and healthier existence for everyone.

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](http://www.tristan.nz)

## NZVS CHRISTMAS CELEBRATION WITH MEMBERS OF THE TAIWANESE WOMEN'S ASSOCIATION





# EATING YOUR WAY TO BETTER HEALTH

Written by Dr Heleen Haitjema, co-founder and Board Chair of Doctors For Nutrition

Adding more whole plant-based foods to your plate is a scientifically proven way to optimise life, prevent disease, and often improve or even reverse long-standing health conditions. Below we tackle the 'what' and 'why' of a whole food plant-based (WFPB) diet, as well as provide some simple tips to get you started on the right track.

## VEGAN VERSUS WFPB: WHAT IS THE DIFFERENCE?

A WFPB eating pattern is a versatile, exciting, affordable, and enjoyable way to eat. It centres on unprocessed fruits and vegetables, whole grains, and legumes.

Similar to a vegan diet, this way of eating avoids meats (including chicken and fish), dairy products and eggs, although importantly, this way of eating focuses on what's included rather than what's excluded. When you focus on an abundance of whole plant-based foods there won't be any room on your plate for processed or animal-derived products. A WFPB eating pattern includes plenty of starchy foods and provides an abundance of energy, antioxidants, phytonutrients, fibre and numerous other health promoting substances.

## WHAT PLANT-BASED NUTRITION CAN DO FOR YOU

Adding more whole, plant-based (WFPB) foods to your plate has been shown to help prevent, manage and sometimes even reverse numerous common diseases, including cardiovascular disease and type 2 diabetes.

Almost 1 in 3 deaths in New Zealand are caused by cardiovascular disease and 1 in 20 adults have been diagnosed

with heart disease. A low-fat WFPB diet, combined with regular exercise and a healthy overall lifestyle, can prevent, delay, and even reverse heart disease and other cardiovascular events. It is the only eating pattern that has been scientifically demonstrated to do so.

Diabetes is the fastest growing chronic condition in New Zealand. Lifestyle changes can prevent or delay type 2 diabetes in up to 58% of people. A whole food plant-based eating pattern is highly effective in both the prevention and treatment of type 2 diabetes, including lasting remission.

WFPB nutrition may also prevent obesity, promote healthy weight loss and optimise blood pressure and cholesterol. It can reduce the need for some medications and reduce the risk of certain cancers including breast, prostate and bowel cancer.

Overall health will also be improved in areas such as sexual function, gut microbiome, joint inflammation and mental wellbeing.

Besides the undeniable personal health benefits, WFPB is the greatest move we can make as individuals to protect the planetary systems that underpin human health. Furthermore, helping the most vulnerable in

our communities to access and prepare affordable and nourishing food may also contribute to reducing significant health inequities.

## MORE PLANTS ON YOUR PLATE

Perhaps you think WFPB is going to limit your meal options for your picky kids or a selective partner? No way! Meals can be prepared and seasoned with herbs and spices, just like meals with animal products, to create a wide variety of vibrant dishes. From local fare to any number of global cuisines, adapting well-loved recipes to WFPB is easier than you might think.

A great starting place is to 'plantify' some familiar favourites you enjoy by substituting a few ingredients. Perhaps spaghetti bolognese transports you back to your childhood happy place? This is a perfect example of a dish that is even tastier as a plant-based version. Simply sub out the mince-meat for lentils (you can check out Doctors For Nutrition's lentil spaghetti bolognese recipe at [doctorsfornutrition.org](https://doctorsfornutrition.org)). Adapting pantry staples and favourite recipes will help you establish a repertoire of trusted dishes, and there's no shortage of recipes you can look to for inspiration and guidance.

Once you have some tasty meals planned, filling your fridge and cupboards with the right ingredients is next.

When you are doing your shopping, a few simple tricks will allow you to have the right ingredients on hand at home, making it much easier to follow through on your good intentions.



- **Start with a list:** where possible plan out your meals for the week and make a shopping list. Doctors For Nutrition has a weekly meal plan and shopping list available for free if you aren't sure where to start.
- **Stick to the outside aisles of the grocery store:** this is where you'll find all the fresh ingredients. All the inner aisles are filled with the processed food in the alluring bright packaging.
- **Don't shop when you are hungry:** you'll likely buy more than you need and you're bound to make poor decisions on what ends up in your trolley.
- **Go seasonal:** Studies show fresh seasonal foods have a higher nutrient profile when compared to foods that have been imported from overseas or outside local perimeters and where ripening agents have been used. It also improves your chances of eating a wider variety of fruits and vegetables, encouraging you to 'change up' your produce choices and maybe reach for something you have never tried before.

Remember that any lifestyle change can seem difficult at first, but don't be too hard on yourself; even the smallest actions are steps in the right direction. Allow time for learning and adjustment each step of the way. Finally, don't be afraid to ask for help; you may want to consider consulting an accredited dietitian to provide you guidance when transitioning ... until this way of eating becomes second nature!

**About the author and Doctors For Nutrition:**

*Dr Heleen Haitjema is a retired paediatrician, she is a co-founder and Board Chair for health promotion charity Doctors for Nutrition.*



*Doctors for Nutrition is working to equip clinicians, institutions and the public in our region with evidence-based information and education on optimum human nutrition. Their goal is to inspire the healthcare sector, policy makers and society at large to adopt whole food plant-based nutrition as a powerful tool in disease prevention and care. Visit their website [doctorsfornutrition.org](http://doctorsfornutrition.org) for education, free tools, recipes and events.*



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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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# THE POWER OF A PLANT-BASED DIET

BY INA BABIC

Michaiah Simmons-Villari is the owner of Deluxe Events, a successful events and catering company based in Auckland, that has been running for many years. She is the Event Manager for events such as NZ Spirit Festival, NZ Yoga Day, and Resolution NYE Festival. She also owns Al Volo Pizzeria in Mt. Eden, Auckland with her chef husband Luca Villari. If that wasn't enough, she is also an empowerment coach, speaking on several issues such as mental health and depression. She has been on a plant-based diet for many years, so I sat down with her to discuss her life and her thoughts on the link between diet, overall health, and mental wellbeing.

## WHY DID YOU DECIDE TO START A PLANT-BASED DIET? WHAT INSPIRED YOU?

I haven't eaten red meat since I was a teenager. I'm intolerant to dairy and I'm also coeliac so am on a gluten free diet. Think of all the 'frees' - gluten free, dairy free, sugar free, meat free. It all began when I developed breast-implant illness a few years ago. I initially started to feel very tired and generally unwell. It got worse and worse with nausea and vomiting and then I developed autoimmune issues plus an egg allergy because of the condition. My doctor advised me to take my breast implants out, after which I went on a detox and began a plant-based diet. I loved eating vegetables and began to feel weird about eating chicken, fish, and meat in general.

## HOW LONG HAVE YOU BEEN PLANT-BASED?

I have been on a plant-based diet for five years now. Although I started for health reasons, those reasons have expanded and now I also follow this diet for ethical reasons, because I love animals and want to protect our environment.

## ARE YOU THE ONLY MEMBER OF YOUR FAMILY WHO IS ON A PLANT-BASED DIET?

Yes. I'm married to an Italian chef, and he initially found it hard to get his head around me being plant-based when I started. It was also hard for him to get his head around me not eating red meat in the beginning of our relationship. Food is his love language and how he shows love. He is now more open to it however, and for the most part accepts that this is a part of who I am. He will even occasionally eat a vegetarian dish with me.

## HOW DO YOU PHYSICALLY FEEL BEING PLANT-BASED?

I feel generally more energetic. Organising events is a lot of work, long hours, late nights and tiring, but eating plant-based food helps me with endurance where I'm able to last the long days and still feel great. I'm more consistent with my energy levels. I have also actually cut out coffee and being plant-based gives me enough good energy to start my day and get through without caffeine.

## IN YOUR OPINION, WHAT ARE THE BENEFITS OF FOLLOWING A PLANT-BASED DIET?

The benefits are endless. I find I have reduced inflammation. My diet has helped me recover from toxic poisoning due to breast implant illness. I also believe it has helped me look younger, and people always comment on how I have glowing skin. Fuelling your body with good plant-based food such as vegetables, fruit, seeds, and nuts really shows from the inside out.

## DO YOU FIND THERE ARE ANY DISADVANTAGES?

It can be hard dining out occasionally depending on where you go, especially in different countries around the world, although it is getting much better these days. My go to request is to "just let the chef know to make up anything that is veg".

## WHAT HAS HELPED YOU MAINTAIN YOUR LIFESTYLE?

Feeling so much better physically and mentally has been a game changer for me, you just can't go back. Also, the thought of consuming animals makes me feel sick and I have no interest in doing it. I don't find it hard or feel like I'm missing out on anything by being plant-based.

## IS THERE ANYONE WHO HAS HAD A STRONG INFLUENCE ON YOU?

Not particularly. I became plant-based for personal reasons, although I find the community that attends the events I am organising so inspiring. For example, NZ Spirit Festival is an alcohol-free and plant-based event. The consciousness of people who choose to live this way is on another level, they are so connected to the earth, themselves, and other people.

## WHAT DO YOU SAY TO PEOPLE ABOUT YOUR LIFESTYLE AND WHY YOU CHOOSE THIS DIET?

I don't push it into people's faces and only talk about it if people are interested to listen. I try and keep an open mind and not judge people no matter where they are on their journey. Most people are supportive, sometimes I get the odd comment, but I just brush it off. I prefer using the word plant-based rather than vegan because I feel that's more inclusive and there is a weird connotation that comes with the term vegan. At the end of the day it's my personal choice and I don't care how people feel about it.

## BEING A MENTAL HEALTH ADVOCATE, DO YOU BELIEVE THAT DIET AND MENTAL HEALTH ARE RELATED?

Absolutely. I was diagnosed with bipolar disorder when I was 15 and have been suicidal at times. I know that there's a link between diet and mental health from personal experience. I find the less processed and junk food I eat, the more stable my mood is. I don't drink coffee, alcohol or use substances to mask my feelings. I believe that diet as well as exercise, including meditation and yoga, are crucial to long term overall health and mental wellbeing.

To find out more about Michaiah's story and the events she organises, check out her website: [www.michaiah.com](http://www.michaiah.com). There you'll also find plant-based recipes for savoury food as well as snacks and sweet treats.

NZ Spirit Festival: [www.nzspiritfestival.com](http://www.nzspiritfestival.com)

NZ Yoga Day: [www.nzyogaday.co.nz](http://www.nzyogaday.co.nz)

Resolution NYE Festival: [www.resolutionfestival.co.nz](http://www.resolutionfestival.co.nz)

Al Volo Pizzeria: [www.alvolo.co.nz](http://www.alvolo.co.nz)



# Vegetarianism & Dementia

BY DR ALASTAIR MACDONALD

Most days, when practising as a Kidney doctor, I would see some patients in whom diet had played a significant role in their reasons for seeing me. Obesity, high blood pressure, diabetes, dialysis, transplants, kidney failure and limb amputations were all too frequent problems for me to address.

Dialysis for kidney failure is a very expensive treatment option. Preventing the progression of kidney disease to the point of needing dialysis represents a huge saving in health care resources which can be very usefully and effectively deployed elsewhere within the system. Occasionally

I would sadly reflect that if only I had seen these patients 20+ years earlier I might possibly have been able to give them some simple dietary guidance which might well have resulted in many significantly better health outcomes.

I am now heading towards the end of my 8th decade on the planet and when I occasionally forget my train of thought, another uncomfortable thought comes to mind: "Have I got early dementia?" I hope the answer is no!

Without going into any great detail, our brains do change with ageing but that well known phenomenon "the senior moment" is commonly just that and no more.

When it comes to the health of your brain a couple of simple but important influences stand out - namely lifelong regular exercise and a low meat or meat-free diet! These simple but hugely important factors are of immense

## IF ONLY I HAD SEEN THESE PATIENTS 20+ YEARS EARLIER I MIGHT POSSIBLY HAVE BEEN ABLE TO GIVE THEM SOME SIMPLE DIETARY GUIDANCE

importance not only in the health of the planet but also its citizens.

So where to begin unravelling the causes of dementia and the possibility of minimising or preventing the impact of this potentially devastating disability?

For a start the world's population is ageing. Over the next thirty years the global over-65 age group is predicted to double to more than 1.6 billion, the implication being that this will be accompanied by at least a doubling in the number of cases of dementia. The burning question is - "can we reduce the incidence of this sometimes devastating personal and global affliction?"

In the past if I had said that we could make a major impact on this "pandemic" by eating fruit and vegetables, medical colleagues might well have justifiably wondered whether I needed an urgent psychiatric referral! So how many people will start eating less meat? Will folk be exercising more? How will

families and the community respond to this ageing epidemic? How will our already overloaded health systems cope? Will depression become endemic? Could there be a marked increase in elder abuse?

At the very least the old adage of "an apple a day keeps the doctor away" actually demonstrates a remarkable degree of prescience! The veracity of this simple statement is supported by evidence indicating the importance of anti-oxidant-rich foods such as fruits, vegetables, and nuts in improving cognitive health by preventing or delaying the onset of cognitive decline during ageing.

In another study of older adults who consumed pomegranate juice [8 oz/d (225 g/d)] for 4 weeks had improved encoding and retrieval on a test of verbal memory compared with the placebo group, accompanied by verbal and visual task specific increases in brain activation on fMRI. Pomegranate polyphenols appeared to increase memory performance through increased task-specific cerebral blood flow.

## EVIDENCE INDICATING THE IMPORTANCE OF ANTI-OXIDANT-RICH FOODS SUCH AS FRUITS, VEGETABLES, AND NUTS

Several risk factors can predict the onset and progression of cognitive decline. The most important and potentially modifiable risk factors are diet and physical activity.

Plant based diets have been shown to be associated with a protective effect on brain function as opposed to a diet emphasising meat. It's fair to say that the exact mechanisms for this benefit remain to be discovered.







**POMEGRANATE POLYPHENOLS APPEARED TO INCREASE MEMORY PERFORMANCE THROUGH INCREASED TASK-SPECIFIC CEREBRAL BLOOD FLOW.**

So where to begin unravelling the causes of dementia and the possibility of minimising or preventing the impact of this potentially devastating disability? Research literature is full of very encouraging basic scientific endeavours to better define this knowledge gap and it includes emerging evidence for brain-health-promoting effects of several plant foods rich in polyphenols, anti-inflammatory dietary patterns, and plant-based dietary patterns such as the

Mediterranean diet. This latter diet includes a variety of fruits, vegetables, legumes, nuts, and whole grains; such a diet ensures a good intake of antioxidant vitamins, polyphenols, and unsaturated fatty acids.

Current research in animal models indicates that these chemical constituents can promote repair of nerves themselves and improve the connections between nerves. Randomised clinical trials support the role of plant foods (citrus fruits, grapes, berries, cocoa, nuts, green tea, and coffee) in improving specific domains of cognition, most notably frontal executive function.

When I was perusing the literature for this article I just happened upon some comforting evidence to back up my daily consumption of coffee (2-3 cups.) The study included elderly subjects (61-80yrs so I just qualified!). The researchers found that coffee resulted in immediate improvement in cognitive performance, including faster reaction times and improved attention and alertness.

Needless to say, I was considerably encouraged by this useful “titbit” of information.

*Reference articles:*

- Alzheimer's prevention.html
- Dementia and diet.html
- Diet, Dementia.html
- Diet and dementia 2.txt
- Diet dementia.pdf
- Diet, dementia, Japanese.html
- Diet, Dementia, etc.html
- Med diet and dementia.html
- MIND diet dementia.pdf
- nutrients-12-04500-v2.pdf
- nutrients-14-00588-v2.pdf
- S.D.A. diet and dementia.html

# THINK KIND 2022 PRIZE GIVING

Year 7 student Cynthia Suoliu received her prize for winning the NZVS 2022 Think Kind Student Competition during a school assembly in December. The prize was presented by Sharon Almog, NZVS Trademark Manager.

Cynthia's beautiful and thought-provoking artwork won \$1,000 for Murray's Bay Intermediate. Well done, Cynthia! **A big THANK YOU to Cookie Time for this wonderful prize!**

Thank you once again to all the students who entered, and we hope to see you participate again in this year's competition.



# Think KIND

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MAY - AUG 2023

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Entries close 13th August. Finalist voting from 1st October. Overall winner announced 1 November 2023 (World Vegan Day)

# VEGAN CERTIFICATION / VEGETARIAN SOCIETY APPROVED



SHARON ALMOG, TRADEMARK MANAGER

Happy Autumn to you all! It is the time of the year to expand our hearts with the beautiful sight of golden leaves and enjoy some precious sunny days. It is a good season for outdoor sports and to begin the preparation of your body and mind for wintertime – move more, meditate, sleep and eat well, and maybe consider some supplements.

This is also the 80th year of the NZ Vegetarian Society and we are here to support all of you on your plant based journeys, wherever you are. We are happy to continue to deliver news about new trends in vegetarian and vegan products, and to help all of you make more sustainable choices.

Always bear in mind that if your local supermarket doesn't stock the vegan or vegetarian products that you are after, please let them know. There is a good chance that they will place an order if you ask kindly and this is another way to support NZ businesses who produce vegan and vegetarian food!



The **Heinz Seriously Good Vegan** series of Mayo, and two versions of Aioli (one with extra garlic), is so good to go with salads,

sandwiches, crisps, potato wedges and more. This Vegan Certified series is full of the same delicious flavours as everyone's favourite Heinz Seriously Good series. Heinz's Seriously Good vegan products contain no artificial colours or flavours, they are egg, gluten and dairy free, and delicious. You can get them at your local supermarket.



Exciting news from the **Organic Breadman** – they have a new Vegan Certified **Low Carb** loaf, a bread that ticks all the boxes! By using low carbohydrate almond and coconut with high fibre flax and psyllium, Organic Breadman has created a low net

carb bread. Their bakers use their artisan skills to produce a traditional-looking loaf which is easy to slice, stores well and toasts just like regular bread. You can order their bread online or check their website for stockists in your area.



**Let's Eat** have released an additional Vegetarian Approved product, joining their growing

plant-based range. **Southern Style Bites** are packed with plant protein and lightly coated with a crunchy southern-style crumb.



**Go Glucosamine Daily** by **Go Healthy NZ** contains a sustainable form of Glucosamine

derived from a fermentation process using non-GMO corn. GO Glucosamine Daily is kinder on the planet and Vegan Certified, therefore a welcomed alternative by vegans and vegetarians. GO Glucosamine Daily supports healthy cartilage and joint function, joint mobility, flexibility, and comfort and is supplied in easy-to-swallow capsules.



From **Doctor's Choice**, we have an exciting **Passionfruit** yoghurt, with real fruit, new in their yummy

probiotic coconut yoghurts range. The passionfruit concentrate syrup of local fruit is made in Petone, Wellington. All Doctor's Choice coconut yoghurts are Vegan Certified, probiotic, with no artificial colours, flavours, or sweeteners. A great choice indeed.



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](mailto:trademark@vegetarian.org.nz), and we'll get in touch with them.

# Recipes



Anna shares some more of her creative and delicious recipes. More of Anna's recipes are available on both [www.vegetarian.org.nz](http://www.vegetarian.org.nz) and [www.theveggietree.co.nz](http://www.theveggietree.co.nz). Anna also has two recipes books available from her website and has two more recipe books on the way.



MAKES  
4-6  
SERVES

PLANT-BASED &  
GLUTEN-FREE

## BORSCHT

This beautiful earthy beetroot broth has a delicious sour tang from the addition of vinegar at the end of cooking. But I like to add sauerkraut instead of vinegar (both options are given in the recipe).

This nourishing soup from Eastern Europe traditionally uses a beef broth as the stock, but I have substituted dried mushrooms in this recipe. Infusing the dried mushrooms in hot water creates a delicious depth of flavour. Dried porcini mushrooms would be the closest to replicate the ones you would forage in Russia or the Ukraine, but shiitake can also be used.

I love the creamy texture of butter beans and they go a beautiful pinkie colour in the soup, but you could also use lentils.

- 6 dried mushrooms, porcini (bolete), morels or shiitake
- 500ml boiling water
- 3 tablespoons extra-virgin olive oil
- 1 tsp caraway seeds
- 1 red onion, sliced
- 1 stick celery, sliced
- 4 beetroot, scrubbed clean and diced into small cubes (if you have the tops, slice finely and stir through the soup at the end with the fresh herbs)

- 1 carrot, diced into small cubes
- 1 potato, diced into small cubes
- 4 cloves garlic, crushed
- 400g can chopped tomatoes or passata
- 1.5 litres water
- 3 bay leaves
- 400g can butter beans or cooked lentils, drained
- 1/4 red cabbage, finely sliced
- 1 tablespoon sweet or hot smoked paprika
- 1 tsp salt
- 1/2 tsp cracked black pepper
- 1-2 tablespoons apple cider vinegar
- 1/2 cup sauerkraut, red or white
- 2 tablespoons finely chopped fresh dill, tarragon, parsley or dandelion leaves
- 1/2 cup sour cream, plant-based or dairy
- 1 tablespoon fresh horseradish, finely grated or horse radish crème (optional)
- Parsley, chopped
- 2 tablespoons extra-virgin olive oil

## METHOD

1. Pour the boiling water over the mushrooms to infuse while you prepare the vegetables. Place a large pot on a high heat and add the olive oil and caraway seeds, then add the onion, celery, beetroot, carrot, potato and garlic. Sauté for 2 minutes. Remove the mushroom from the soaking water, slice if whole and add to the pot. Stir through and sauté for a further minute. Then add the mushroom soaking liquid along with the tomatoes, water and bay leaves, bring to the boil, then turn down to a simmer and cook for 15 minutes.
2. Add the beans, red cabbage, paprika, salt and pepper and cook for a further 5 minutes. Add the vinegar and/or a quarter cup of the sauerkraut and herbs and stir through.
3. Serve each portion with a good dollop of sour cream (with horseradish stirred through), a generous spoonful of sauerkraut, a sprinkle of parsley and a drizzle of extra-virgin olive oil.

# TAMARILLO AND QUINCE BAKED CHEESECAKE

This baked cheesecake is one I have been making for years and years. The homemade biscuit base means you don't need to buy premade biscuits. The topping options are endless; this simple fruit purée makes the most of seasonal fruit. I use my electric mixer to make this cake, as you need to beat the egg and sugar for a good while to get it light and airy, you could also use an electric hand beater. For the vegan version you will need a food processor.

## DAIRY BASE

- 175g butter, plant-based or dairy
- 1/2 cup unrefined cane sugar
- 1 cup plain flour
- 1/3 cup cornflour
- 3/4 cup macadamia nuts, coarsely ground

## DAIRY FILLING

- 300g cream cheese, at room temperature
- 250g ricotta
- 1/4 cup liquid honey or maple syrup
- 6 eggs
- 1/2 cup unrefined cane sugar
- 1 tsp vanilla paste
- 2 tablespoons cornflour + 2 tablespoons water, mixed until smooth

## VEGAN BASE

- 175g butter, plant-based
- 1/2 cup unrefined cane sugar
- 1/2 cup brown rice flour
- 3/4 cup macadamia nuts, coarsely ground
- 1/2 cup cornflour
- 1/4 cup coconut flour

## VEGAN FILLING

- 2 x 300g blocks tofu
- 1 cup coconut cream
- 1 tsp baking powder
- 1/4 cup liquid honey or maple syrup
- 1 tsp vanilla paste

## TOPPING

- 2 quinces, peeled and cut into small pieces
- juice and zest of 1 lemon
- flesh of 3 tamarillos
- 1 cup unrefined cane sugar



## METHOD

### BASE

1. Line a springform cake tin with baking paper. Preheat the oven to 160°C. Measure the butter and first measure of sugar into a mixer and cream together, using the paddle attachment. Add the flours and macadamia nuts and mix on a slow speed until it starts to stick together.
2. Push into the lined tin evenly, prick with a fork and bake for 15 minutes while you make the filling.
3. Remove the base from the oven. It should be set on the top but not coloured.
4. Meanwhile, clean the bowl and paddle, then re-assemble the mixer.

### FILLING - DAIRY OPTION

5. Place the cream cheese, ricotta and honey in the mixer bowl and beat together until smooth.
6. Scrape into a large bowl.
7. Change to the whisk attachment and add the eggs, second measure of sugar and vanilla to the mixer.
8. Whisk on a medium-high speed until light and fluffy, about 10 minutes.
9. Add half of the egg mixture to the cheese mixture and whisk until smooth, then add the remaining egg mixture along with the cornflour mixture and fold through gently.
10. Pour into the tin and return to the oven.

### FILLING - VEGAN OPTION:

11. Add the tofu and coconut cream, baking powder, sweetener and vanilla to a food processor and blitz until smooth.
12. Add the cornflour mixture and blitz until combined. Pour into the tin and return to the oven.

### BAKE & TOPPING

13. Bake for 1 hour 40 minutes. It should be set but still have a little wobble.
14. When the cheesecake is cold, place in the fridge to chill. This is essential for the base to firm up completely before removing from the tin.
15. Remove the outside part of the springform tin, leaving the base on.
16. Transfer the cheesecake to a serving plate. Top with the cooled topping.
17. To make the topping, place the quince, lemon, tamarillos and sugar in a pot and stir to combine.
18. Bring to the boil, then turn down to a simmer. Cook for 10 minutes.
19. Remove from the heat and leave to cool.
20. Blitz into a purée or mash well.

# Kindness CORNER

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

## Community Cat Coalition Inc

Walking around Newmarket, I often get comments from by-standers on why I am cleaning left over containers. This is where I can explain the wonderful work that the Community Cat Coalition Inc are doing. With so many stray cat colonies in and around central Auckland, outreach care is crucial.

As an empathic vegan I wanted to be part of an organisation that is humanely tackling the overpopulation of stray cats, and the effect they are having on Aotearoa.

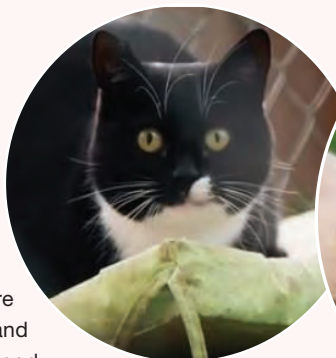
Volunteers carry out TNR (Trap Neuter Return) of unsocialized healthy cats, returning them to their communities with a carer to feed them. Community Cat Coalition Inc finds quality forever homes for the desexed kittens and friendly cats (after checking that they are stray).

Once a week for the past year I have had the pleasure of being a carer, and feeding one of the inner-city colonies. Seeing the little faces aligned, waiting for food, gives me joy and happiness and I find it very fulfilling. Having adopted a disabled cat myself, and fostering a sick elderly cat not long after, I know firsthand how much

support felines need from us. Having these regular visits to the sites ensures they are taken care of, fed, watered, and their wellness is good.

Although it is recommended to keep cats indoors to prevent harm to the native wildlife, it is not always practical for the ones who have been abandoned and become feral. Humans have created this problem of cats being semi-domesticated to then being left to their own devices. I often hear stories from rescuers where people view feral cats as a nuisance and resort to abuse or poisoning. Having my disabled cat also been rescued from abuse, I can't understand how a person would harm a small being that is purely left to their own devices. This issue must be brought to people's attention.

Buying a bag of cat food and taking 30 minutes out of my week to contribute to an amazing cause was a no-brainer. This time last year I was facing challenging times, and I noticed that having these weekly visits to the colonies positively changed my mental health. If you've



seen a woman walking around the streets of the city center, with a blind black and white cat on a lead, that would be me! I now enjoy the visits and often bring friends who are curiosity seekers.

If you too are a curiosity seeker and would like more information, check out Community Cat Coalition Inc here: [www.catcoalition.org.nz](http://www.catcoalition.org.nz)

Visual YouTube video with what Community Cat Coalition Inc do: **Community Cat Coalition by The Idea Donkey**

**BY HANNAH GALLAGHER,**  
NZVS NATIONAL OFFICE MANAGER

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# MAUNGATAPERE MUSHROOMS

BY MARGARET JOHNS

**Early in November *Country Calendar* on TV1 featured Greg Rathbun & Tann Duangprasit regarding their resurrected avocado orchard and newly established mushroom business: Maungatapere Mushrooms. Being very interested in mushrooms myself, I spoke with Tann about her passion for them. Tann learnt about mushrooms and other fungi from her grandmother and mother while foraging with them from the age of eight in rural Thailand, and she's keen to encourage New Zealanders to learn more about, and eat more, mushrooms!**

New Zealand has about 380 edible species of fungi and although full knowledge of all of them has been lost over time, Tann has been working hard to identify fungi and mushrooms suitable for growing and eating. Her enthusiasm is infectious as she describes foraging for fungi around Whangarei, Kaitia and the Far North, and working with laboratory people who take samples from wild mushrooms which have been foraged. They check the DNA of the fungi, bank some of the culture from each wild mushroom for future reference and use, and then send Tann pure culture samples for growing purposes.

The mushrooms grow on a variety of bases, for example, straw (oyster mushrooms), and oak chips (shitake mushrooms). However, Tann has found that woodchips mostly provide the best quality of mushroom spawn. She says they are lucky to have an arborist living next door as the arborist has been able to provide wood chips, particularly oak chips for the shitake mushrooms, for her to use. Tann is presently growing the Asian shitake mushrooms as these have been developed and used in Asia for hundreds of years and are stronger and fatter than the New Zealand variety. However Tann is endeavouring to strengthen the New Zealand one for the future.

She said she does grow some mushrooms for medicinal use but these have to be kept in a separate growing area because they are so prolific. *[There are many benefits from eating mushrooms, I did some research on this and you can see the results below. MJ]*

Because mushrooms are not easy to ship round the country, Tann currently sells her mushrooms at local markets and direct from the farm, but who knows what the future will bring and how quickly that will change.

Although she is not vegetarian, Tann is certainly cutting down on her consumption of meat as she finds her tastes and tolerance of such food is changing. She has found that this is also happening locally – maybe it has something to do with the age-group! Whatever it is, although many people are not familiar with the variety of mushrooms available, once they have tried them, they too, become passionate connoisseurs. Tann runs mushroom workshops at the farm which are keenly anticipated, always full, and much enjoyed by those who participate.

If you're interested in seeing the range of mushrooms Tann is growing, see the website <https://maungataperemushrooms.co.nz/gallery/> and other information is available on their Facebook page which is accessible from the website.



## THERE ARE MANY BENEFITS TO BE HAD FROM MUSHROOMS - HERE ARE SEVEN OF THEM:

- They can decrease the risk of cancer - a review of 17 cancer studies from 1966 to 2020 shows that eating just 18 grams of mushrooms (equal to about a 1/8-cup or two medium mushrooms) a day may lower your risk of cancer by as much as 45%. Mushrooms are a powerful source of ergothioneine, an amino acid and antioxidant that prevents or slows cellular damage.<sup>1</sup>

Some mushroom varieties (such as shiitake, oyster, maitake and king oyster) have higher amounts of ergothioneine. But researchers found that incorporating any variety of mushrooms into your daily diet will lower your risk of cancer.







- Mushrooms are naturally low in sodium – an entire cup of white button mushrooms has just five milligrams of sodium. They offer savory flavor that reduces the need for added salt to keep your blood pressure low.
- Mushrooms make an excellent substitute for red meat while minimizing calories, fat and cholesterol. Research shows that shiitake mushrooms, in particular, help to keep cholesterol levels low. They contain compounds that inhibit the production of cholesterol, block cholesterol from being absorbed and lower the overall amount of cholesterol in your blood.
- In a study in Singapore<sup>2</sup>, participants who ate more than two cups of mushrooms a week had a 50% lower risk of developing MCI. [MCI causes memory and language difficulties and is often a precursor to Alzheimer’s disease.] Even those who ate only one cup saw some benefit. The mushrooms eaten by participants included golden, oyster, shiitake and white button mushrooms.
- Like humans, certain mushrooms exposed to UV light or sunlight can increase their vitamin D amounts. White button, portabella and cremini mushrooms provide the most vitamin D after exposure to UV light or sunlight. To get the recommended daily amount, slice three mushrooms (or one portabello), expose them to sunlight for at least 15 minutes and enjoy. Vitamin D helps your body absorb calcium to maintain and build strong bones.
- The microbiome in your gut is home to organisms and bacteria that play a large role in your health and mood. One way to keep your gut healthy is to stimulate the growth of healthy bacteria in that space with the use of prebiotics, such as mushrooms

Research shows that mushroom polysaccharides, their most abundant carbohydrate, stimulate the growth of healthy bacteria. While many foods break down with stomach acid, the polysaccharides found in mushrooms pass through the stomach unchanged and can reach the colon to encourage bacteria growth there.

- Mushrooms contain macronutrients (including Selenium, Vitamin D and Vitamin B6) that support a healthy immune system. Most important in this day and age!

<https://connect.uclahealth.org/2022/01/24/7-health-benefits-of-mushrooms/>

#### References

- 1 Advances in Nutrition, Volume 12, Issue 5, September 2021, Pages 1691–1704, <https://doi.org/10.1093/advances/nmab015>
- 2 Journal of Alzheimer’s Disease, vol. 68, no. 1, pp. 197-203, 2019, Published: 12 March 2019

# DINING OUT

with the NZVS Office Team



## EAST

As one of the best vegetarian and vegan-friendly restaurants in Auckland Central, East is a must-try! The restaurant serves modern Asian cuisine which certainly does not compromise on taste. All the dishes are designed to be shared and if you're a wine-lover, the wine list is also 100% organic and vegan.

As a group of 5 we tried many of the dishes on the menu including the Gochujang cauliflower, mushroom and truffle steamed dumplings, Vietnamese rice noodle salad, vegan Pad Thai and spicy garlic eggplant. All were delicious and an explosion of taste and texture. The dumplings in particular were the star of the show.

The restaurant has a great atmosphere with a stylish and relaxed design. The staff are super friendly, and we will definitely be going again!

**BY INA BABIC, NZVS MARKETING & COMMUNICATIONS MANAGER | EDITOR, VEGETARIAN LIVING NZ**

East, 63-67 Nelson Street, Auckland CBD

[www.easteats.co.nz](http://www.easteats.co.nz)



## GEMMAYZE STREET

Gemmayze Street is a Lebanese restaurant with ancient roots and a modern twist, located in central Auckland on the busy and vibrant K Road. The location inside St. Kevins Arcade makes you feel like you are in a time tunnel, it is such a unique ambiance that works well with the cuisine.

As a person who grew up in the Middle East, I always carry this longing for the flavours of the region. We ordered a vegan Jeeb (4-course menu) for four diners. When booking a table, you just need to write your preference (vegan/vegetarian/other), and the Gemmayze Street chef will create your own Jeeb special menu. The great thing for us was that each dish was a surprise, with the only important thing for them to be 100% vegan. It was so good to let go and just wait for the next dish to hit the palate. The Jeeb is built for sharing, which is a big part of the experience, allowing you to try so many different dishes and textures.

Without exception, all the dishes were fresh, creative, and very tasty. The Gemmayze chef orchestrates vegetables and legumes in such a perfect manner. This is an artistry of bold cooking that is not scared of experimenting and redefining traditional ways of making Middle Eastern dishes. The Jeeb course menu is highly recommended, especially if you are having a special celebration.

**BY SHARON ALMOG, NZVS TRADEMARK MANAGER**

15/16 St Kevins Arcade, 183, Karangahape Rd, Auckland

[www.gemmayzestreet.co.nz](http://www.gemmayzestreet.co.nz)



## GAO

Gao, an Asian Fusion cuisine restaurant is in Albany on Auckland's North Shore. This restaurant has a great atmosphere, happy-casual vibes, good service, and a very good selection of vegan and vegetarian Asian fusion dishes.

The Vege Dumplings, Grilled Cauliflower, and Crispy Eggplant are delicious, but if I may, I would like to focus on my favourite dish at Gao - the vegan Mapo Tofu! This dish is superb, and beyond expectations for vegans that love spicy food, such as me.

Mapo Tofu is a traditional Sichuan tofu dish with chili bean paste and minced meat. Finding a vegan version of this rich, protein-packed dish is

already a treasure, and at Gao, they interpreted it beautifully with additions of mint leaves and slices of almonds; that give a kick of crunch and freshness. If you are looking for a good dining spot on the North Shore, this one is a great option!

**BY SHARON ALMOG, NZVS TRADEMARK MANAGER**

198-200 Dairy Flat High Way, Albany Auckland

[www.thegao.co.nz](http://www.thegao.co.nz)

# DOING GOOD TASTES GREAT

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# EVENTS *in your area*

AUCKLAND	<p><b>Active for Animals!</b> 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 – <a href="mailto:info@vegetarian.org.nz">info@vegetarian.org.nz</a> 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 <a href="mailto:info@vegetarian.org.nz">info@vegetarian.org.nz</a></p>	KAWERAU	<p>Offering support for those who are Vegan, Vegetarian or interested in the lifestyle. Please contact <b>Loretta Westbrook</b> on 021 236 1859 or email on <a href="mailto:lorettainnz@gmail.com">lorettainnz@gmail.com</a></p>	WELLINGTON   <a href="mailto:wellington@vegetarian.org.nz">wellington@vegetarian.org.nz</a>	<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: <a href="mailto:wellington@vegetarian.org.nz">wellington@vegetarian.org.nz</a></p> <p><b>Coming Events:</b></p> <p><b>VEGAN101 : Going vegan, Staying vegan : Easy! Fast!</b> A day-long workshop with cooking demonstrations, interactive Q &amp; A and discussions. For information on the next workshop, contact: <a href="mailto:wellington@vegetarian.org.nz">wellington@vegetarian.org.nz</a></p> <p><b>Wellington Centre Book Group</b> meeting every 6 weeks. For details of meeting place and dates email: <a href="mailto:wellington@vegetarian.org.nz">wellington@vegetarian.org.nz</a></p>
	DUNEDIN	<p>Interested in vegan food? For information on pot luck dinners and other activities etc, check the Dunedin/Otepoti Vegan Society website <a href="http://dovesnz.weebly.com/">http://dovesnz.weebly.com/</a></p>	MOTUEKA		<p>Contact <b>Karishma</b> on <b>022 034 6354</b> for details of happenings in Motueka</p>
HAWKES BAY / HASTINGS	<p>Contact <b>Donna</b> on email <a href="mailto:donna444@gmail.com">donna444@gmail.com</a> or phone 027 588 7756 for information about activities, or join the Facebook group Hawkes Bay Veg*ns.</p>	NAPIER	<p>Contact <b>Donna</b> on email <a href="mailto:donna444@gmail.com">donna444@gmail.com</a> or phone 027 588 7756 for more information</p>	WHAKATANE	<p>For information about pot luck dinners in Whakatane, contact <b>Tara: <a href="mailto:taramurphy@gmail.com">taramurphy@gmail.com</a></b></p>
INVERCARGILL	<p>Details of activities available at: <a href="https://www.facebook.com/pg/INVSOC/events">facebook.com/pg/INVSOC/events</a></p>	NEW PLYMOUTH	<p>Calling New Plymouth/Taranaki vegetarians and vegans – let’s get together to share a meal and socialise! Contact <b>Katrina 021 749 552 or Tessa 021 057 4011</b></p>		WHANGANUI
		PALMERSTON NORTH	<p>For events and local news, please check the Palmerston North Vegans and Vegetarians Facebook group: <a href="https://www.facebook.com/groups/palmyveg.ns/">www.facebook.com/groups/palmyveg.ns/</a></p>		

**OUR WEBSITE CALENDAR**

[www.vegetarian.org.nz/events/](http://www.vegetarian.org.nz/events/)

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

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



THE NZVS IS A NON PROFIT. WE RELY ON DONATIONS TO HELP US CONTINUE OUR WORK & WE HIGHLY VALUE ALL FINANCIAL GIFTS.

For further info about gifting contact: [info@vegetarian.org.nz](mailto:info@vegetarian.org.nz)

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## 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](http://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.

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027 328 8518  
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**Whanganui**  
Lyneke  
[lyneke@orcon.net.nz](mailto:lyneke@orcon.net.nz)

### OVERSEAS

**The Vegetarian Society U.K.**  
Parkdale, Altrincham, Cheshire,  
WA124QG, England.  
[www.vegsoc.org](http://www.vegsoc.org)

**Vegetarian Resource Group**  
PP Box 1463, Baltimore, MD21203, USA  
[www.vrg.org](http://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](mailto: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 Feta Alternative, Dairy-Free Grated Cheese Alternative, Dairy-Free Grated Smoked Cheddar Alternative, Dairy free Sour Cream



**ANNIES**  
Food You Trust

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



**BABICH WINES**  
New Zealand's Most Experienced Family Owned Winery

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



**BLACKENBROOK**  
Inspired By Nature  
- Pure And Balanced

Sauvignon Blanc, Pinot Gris, Gewürztraminer, Rosé, Chardonnay



**CHASERS**  
Feel The Flavour

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



**COOKIE TIME**  
For Serious Cookie Munchers

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



**DOCTOR'S CHOICE BIO YOGHURT**

Coconut Dairy-Free Yoghurt: Plain, Passionfruit, Chocolate



**DELTA ESTATE**  
Sauvignon Blanc



**EM'S**  
Unleash Your Power!

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



**FOLIUM ORGANICS**  
We're a Source of Good Nourishment

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



**FOOD NATION**  
Food For All

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



**GODNESSME**  
Good Taste, Good Intentions,  
Good Deeds

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



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



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



**HOWLER HOTDOGS**  
A New Breed Of Hotdogs  
Vegan Notdogs, Vegan Mini Notdogs



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



**KILLINCHY GOLD**  
Masters of Premium New Zealand Ice Cream

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



**LOTHLORIEN WINERY**  
Organic, From Our Trees, To Your Table

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




**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**  
Hand Cooked Crisps

**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 Specialty Bread Bakery In Aotearoa!




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

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




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

**THE GOODTIME PIE CO.**  
Crazy About Vegan Pies



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

**TRADE AID**  
Doing Good Tastes Great



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

**Waiheke HERBS**  
Artisan Herbal Culinary Products



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



# IS IT VEGAN CERTIFIED?

WWW.VEGETARIAN.ORG.NZ





## BRANDS WITH PRODUCTS APPROVED BY THE NZ VEGETARIAN SOCIETY

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

### RESTAURANT MENUS



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

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

### HEALTH AND COSMETICS



**FLOWMOTION**  
Enhancing The Flow Of Sexual Intimacy - Organically

Organic Lubricating Gel



**KIWIHERB**  
Effective Natural Family Healthcare

A range of natural herbal health products.



**ORGANIC BIOACTIVES**  
Innovating From Tradition

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

### FOOD AND BEVERAGES



**ANNIES**  
Food You Trust

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

### 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