



Winter 2007

ACT VEGETARIAN SOCIETY

VEGETARIAN BITES NEWSLETTER

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WELCOME

Winter has come on suddenly so we're trying to serve up some warming articles and recipes this quarter.

Meaty Bites from The Age follows on from the UK Mars Bar kerfuffle and discusses some hidden animal products in local processed foods – as well as some products which you might be surprised to find are meat free.

After some vegetarian restaurants closing in Sydney recently there are better tidings in **Eatery News** including a couple of locals. As they say – ‘Use ‘em or lose ‘em!’

There's a gentle shove for those who are not vegan in **Vegan Lifestyle: Pathways to a meat free diet** from Aduki magazine and a couple of hot, winter recipes - thank you Hedonna.

There's the regular **Sudoku** (getting sick of them yet?) and **News** items from around the world.

I hope you enjoy the read.

Editor

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COMING EVENTS

We are aiming to have at least one event per month though the lack of an events coordinator (see President's column) might make things tricky.

You can check our website and watch for details in our emails. Remember that you don't need to be a member to attend our functions – you don't even need to be vegetarian. And please, bring a friend or two.

RSVP EMAIL

Where an event asks for an RSVP, please respond to this address -

rsvp@vegetariansociety.org.au

or call the phone number listed.

Christmas Eve in June

Sunday 24th June, 4:30pm - 9pm

Venue to be advised.

Similar to last year's very successful Christmas in June buffet dinner, we would like to hold an early dinner on the Sunday which would be "Christmas Eve".

RSVPs will be essential for this dinner. Each person is asked to bring a dish to share, letting the RSVP person know in advance what that is, so we don't have 10 starters, no mains and 1 dessert!

Enjoy a warm mid-winter party.

We are looking for a host for this event. If you would like to volunteer your home please contact us through the RSVP e-mail.

Do you have a suggestion for a Vegevent? How about a talk, a walk, a dinner or lunch? Know a good eating spot (doesn't need to be a Vegetarian restaurant - just one that caters for vegetarians). We're open to suggestions - send Mike an email at contact@vegetariansociety.org.au

Who Said That?

Who was it who said...

"To my mind the life of the lamb is no less precious than that of a human being. I should be unwilling to take the life of the lamb for the sake of the human body. I hold that, the more helpless the creature, the more entitled it is to protection by man from the cruelty of man."

Answer at the end of this newsletter.

FROM THE PRESIDENT

G'day. You will have seen in our Autumn Newsletter a notice for our Annual General Meeting which was held on May 8th.

While we had a reasonable roll up including a new committee member, Judy Matusiewicz, whom we warmly welcome, we have lost two of our important organisers. Mark and Alison White have both been very active in the Society – Alison as Secretary and carrying the bulk of the events planning and co-ordinating and Mark, with Alison's assistance, the stalls and stock. They now have a gorgeous six month old daughter and have understandably decided to scale down their involvement in order to devote their time to parenting. We're all very grateful for the work they have both put in over the last few years. They will continue to maintain our web site.

Robert Davy is our new Secretary but we have not had anyone take on the events or stalls roles. Perhaps we will try to share the events organising – taking it in turns to be responsible for a particular event – but you may notice a reduction in the variety and frequency of events.

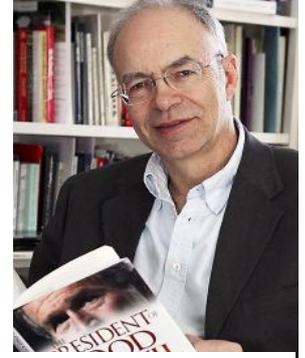
It looks as if our stalls may revert to information only – the books, badges and t-shirts may be put away for a while and we'll concentrate on the less bulky pamphlets and booklets that can be displayed on a card table. This will also influence which events we will attend. One of most successful days over recent years has been the Oxfam Christmas Fair at Albert Hall but without things to sell that type of event will drop by the wayside.

The stalls person would need a car and probably one large enough to handle a couple of boxes and a table etc. The events person simply needs enthusiasm, imagination and a little time. So – if you can help us out and take on either of these roles we'd welcome you with open arms.

More details of the tasks are below.

The Student Who Turned Peter Singer Vegetarian

In his interview on ABC TV's *Talking Heads*, Peter Singer related the story of how he took his first step to becoming one of the most prominent advocates of the vegan diet and lifestyle and a leading advocate for animal liberation.



Prof. Peter Singer

In the late '60s he met a fellow student (Richard Keshen) at a lecture and as they discussed the lecture over lunch Singer, who had chosen Spaghetti Bolognese asked Keshen why he had asked whether the spaghetti sauce had contained meat and then

chosen the salad. Keshen explained that he didn't think that the way animals were treated to turn them into food could be justified. As Prof. Singer said, "So, that started me thinking about this whole issue".

I'd heard the story before and you may have too, but it's worth retelling. It shows that we can make a difference. Richard Keshen, with his simple reply, influenced a man who then went on to influence who knows how many others.

I know many of you cop a bit of ribbing (and worse) when you stick to your vegan / vegetarian food at lunches and morning teas in the office but who knows how many colleagues you've influenced? Perhaps the next Peter Singer is amongst them.

Peter Singer was on ABC TV's *Talking Heads* Broadcast 28 May 2007. The transcript is available at www.abc.net.au/talkingheads/txt/s1932378.htm

Happy winter.

Mike O'Shaughnessy

----- WANTED -----

STALL / STOCK COORDINATOR

- Co-ordinate all stalls, organise rosters.
- Investigate possible stall options, book stall sites.
- Ensure stalls look attractive and run smoothly.
- Organize display boards where appropriate.
- Organize any food needed for stalls.
- Take responsibility for stock including storage and condition.
- Keep accurate list of all stock purchased and sold.
- Order new stock.
- Carry out end of year stock take and asset valuation.

EVENTS / SOCIAL COORDINATOR

- Suggest and organise social and other events such as talks
- Assemble relevant information regarding events for advertising and articles
- Send information regarding upcoming events to free community advertising such as Fridge Door.
- Take bookings and liaise with the restaurant or other venue
- Act as the Society's primary representative at the event.

Cool the Planet Bite by Bite

Second Annual Sydney VeganExpo - Bringing consciousness to the table

10am-4pm, Sunday 22 July 2007, Petersham Town Hall

We can save our planet bite by bite, choice by choice.

Following on from the success of the Sydney VeganExpo in 2006, plans are under way for an even bigger and better VeganExpo 2007.

Learn more about:

- The powerful negative impact of the meat and dairy industries on the health of the planet
- Better health and quality of life for ourselves and our families
- Better quality of life for the animals

Featuring inspired speakers and entertainment - all day!

Deni Hines - performing four songs, including "5 Days of Rain" from her album Water for Chocolate

Jonathan Balcombe, PhD - author of Pleasurable Kingdom

Lindsay McDougall - Frenzal Rhomb

Lee Rhiannon, MLC - The Greens

Pierce Cody - Macro Wholefoods Market - Organics & Environment

Brian Sherman, AM - Voiceless - the new frontier

Pete Ahh ... and much more!

\$5 entry

For more information see www.vegansocietynsw.com

(Advertisement)

Organic Express

Would you like fresh, affordable, organic fruit and vegies delivered to your door? All you need to do is visit www.organicexpress.com.au and place an order by 2pm each Wednesday. Your produce will be delivered on Friday, or you can collect it from the Torrens (ACT) shops.

You can purchase either a mixed box of certified organic fruit and vegies or customise your order using our on-line shopping cart. We receive most of our produce on Thursday and deliver it to you on Friday, so the produce is very fresh and not sitting on shop shelves being handled and deteriorating. By having an ordering system, rather than a shop front, we are also able to keep wastage and costs down, which makes us very competitive with the other organic retailers.

As well as fruit and vegies we sell a few basic organic groceries (like noodles, tinned tomatoes, cannellini beans and chick peas) and will shortly be expanding our range to include flours, rice, pasta, dried fruits, cleaning products and lots more.

If you would like any further information, please call Tanya on 0405 537 240 or email enquiries@organicexpress.com.au

www.organicexpress.com.au

SUDOKU



Complete the grid so that every row, every column, and each of the nine 3x3 boxes contains all and only the digits 1 through 9.

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Rating: Medium

Answer at the end of this newsletter.

MEATY BITES

by John Bailey (reprinted from *The Age*, June 6 2007)

Masterfoods in Britain recently announced that Mars Bars would now contain animal product - specifically rennet, an extract pulled from the stomachs of calves. Sweet-toothed vegetarians the world over howled in protest and the company quickly restored the original recipe and issued a blatant apology for its error. But how many other foods contain sneaky meats and furtive fish?

1 Nestle Strawberry NesQuik

Ever squirm at those reality shows featuring innocent souls forced to snack down on plates of crunchy bugs? The sweet kids' favourite used to be tinted pink with the innocuous "beet red" colouring, but the recipe has been changed to contain "colour (120)". That 120 is cochineal, also known as carmine, and is derived from the dried bodies of pregnant scale insects (the yummy sounding *Dactylopius coccus costa*). What's even more misleading is that 120 is usually referred to as a "natural colour" - the logic being that insects are "natural". And, apparently, snack-a-licious.

2 Sacla Italia Pesto

If baby cow's stomach lining sounds a bit gross in your chocolate confectionery, it's also a staple in the basily goodness of pesto. That's because most pesto includes parmesan, and parmesan is traditionally made with rennet. While non-animal rennet is becoming more popular, there are still plenty of brands that haven't made the switch.

3 Kraft Cheese Slices

While we're on rennet watch, it's not just parmesan you need to scrutinise. Rennet is such a common ingredient in most cheeses that vegos looking for a cruelty-free slice can often be seen poring endlessly over packets of the stuff in the dairy aisle. All Kraft processed cheeses, for instance, include the stuff, with the exception of Philadelphia Cream Cheese products. It's not a hopeless cause, though - Woolworths' Select brand has introduced non-animal rennet in a large number of its cheeses, a welcome relief for vegetarians who have previously had to buy expensive boutique brands.

4 Fruche Vanilla Creme

Sticking to the dairy section, low-fat yoghurts are a danger zone, since they frequently substitute gelatine for the fatty bits. Gelatine, of course, is made from slaughterhouse by-products such as boiled cattle bones, horse tendons or pig skin - and now, increasingly, fish. Unlike meat gelatine, fish gelatine doesn't give rise to dietary restrictions due to religious beliefs. The ingredient table on Fruche's Vanilla Creme yoghurt, for instance, now mentions halal gelatine, though it's still made from cattle leftovers. And since it also contains (halal) calf rennet, it's a double no-go zone for vegos.

5 Guinness

Nothing quenches a manly thirst like a round of fish-beer. Each year, the Vegetarian Society in Britain hands out its Imperfect World Award - a wooden spoon category that names the product vegetarians would most like to enjoy but can't due to its dodgy veg credentials. In 2006 the gong went to Guinness for its use of isinglass, the air bladders of tropical fish. Many breweries have found alternatives to isinglass, which is used to clarify wine and beer - Australia's own Coopers brewery is proudly veg-friendly.

6 Lea & Perrins Worcestershire Sauce

This one particularly hurts. While there are many vegetarian Worcestershire sauces around the world, they're almost impossible to find in Australian supermarkets. The problem? Anchovies, those little fishies more commonly found in pizza-based environments. Anchovies aren't native to Worcestershire, but Lea & Perrins found a way to work them into its famous sauce and has done so since 1837. The company has no intention of producing a vegie version.

7 Maggi 2 Minute Noodles

Which flavour, you ask? All of them, we respond. The Vegetarian Network of Victoria's website reproduces a response from Maggi stating that all two-minute noodle varieties "contain animal ingredients and therefore are unsuitable for vegetarians". Good to find a company upfront about it.

8 Hungry Jack's Vegie Supreme Baguette

It's wonderful that fast-food chains at least attempt to offer vegie alternatives to the beefy bonanzas of their more popular fare, but disheartening when they admit that even their sole non-animal-product burger may contain, well, "some traces" of animal products.

Other ingredients to be wary of include l-cysteine, an amino acid used to produce meaty flavours (and harvested from sources such as bird feathers and human hair); shellac, a glazing agent obtained from the lac insect's resin; and bone phosphate, which is exactly what it sounds like.

AND NOW THE GOOD NEWS

It goes both ways - for every stealth meat, it seems there's a vegified product sneaky enough to get past any dyed-in-the-wool carnivore.

1 Masterfoods Bacon Chips

Meat-eaters are surprised to learn that the flavour of bacon is one of the easiest to synthesise, which is why Masterfoods "bacon" bits are entirely soy-based. Good for topping a baked potato or flavouring a nice creamy pasta.

2 Dixie Drumsticks

The box might feature a zanily-dressed chicken pounding the skins of a drum kit, but he's only happy to be spared the chopping block. The flavours of

Nabisco's Dixie Drumstick in a Biscuit are listed as the mouth watering-sounding 160b and 621, neither of which have ever been anywhere near the chookhouse. Be warned, though - since 621 is MSG, enough of the treats might have you behaving like a chicken yourself.

3 Massel Beef Stock

The Massel range of stocks is a vegetarian's best friend - an Australian company specialising in flavouring products that use no animal content (though you'd hardly ever know it from the packaging). Look closely, and you'll see the "beef" in the beef stock followed by the word "style" in much smaller print.

4 Vegeta Chicken Salt

Vegeta's company name is a bit more obvious, but for new vegetarians missing their chicken salt, the alternative will satisfy any cravings.

5 Arnott's BBQ Chips

They might conjure up images of a flame-grilled steak, but BBQ chips are often meat-free. And even though the flavour is based in part on inclusion of Worcestershire sauce, Arnott's has even found a non-anchovy based version to include in its chips. Admittedly, its Tasty Jacks range is less considerate to herbivores, catering to those who want real beef in their potato snacks, but at least the packet includes a sizzling hunk of meat on the front to act as a visual deterrent.

Interestingly, Smith's put out a Roast Beef & Mustard chip variety many years ago that contained no actual animal products. Ahead of its time, clearly.

EATERY NEWS

As much as we love our existing Asian style restaurants we've been missing some variety since the closure of Bernadette's. We now have both Indian and café style venues so please, give them a try.

If you get to any of these please write a short review for us to include in the next Newsletter.

SATIS (Watson)

Watson Shops

Satis is a new restaurant/café recently opened in the Watson shops serving all vegetarian food. It specialises in organic foods, free range eggs and *Fairtrade* organic coffee.

They are currently opening for breakfast and lunch only - Tues to Fri, 8:30 to 4:30 and weekends 9:00 to 4:00.

NEETA'S INDIAN CUISINE (Gungahlin)

Shop 103 Gungahlin Place, Gungahlin Square, Gungahlin ACT 2912
(Opposite Library and Centrelink)

A new vegetarian Indian Cuisine Café/Takeaway open in Gungahlin. It is run by the same person who did the CHAAT fundraising stalls at the Mawson Temple.

Specialising in Authentic North Indian Food. Most of the food is Vegan.

Extensive range of Vegetarian Dishes, Variety of Curries, Rice, Puris, Parathas, Samosas, etc.

Opening Hours:

Mon-Wed: 9:30am - 7:00pm

Thur-Sat: 9:30am - 9:30pm

Sunday: 8:00am - 2:30pm

Tel: 6162 1450



FULL CIRCLE (Sydney)

100 Willoughby Road, Crows Nest

This classy new vegetarian restaurant has recently opened in Crows Nest. It serves delicious meals and has excellent service.

There will be a combined **Vegan Society** and **Australian Vegetarian Society (NSW)** Banquet there at

7:00pm on Saturday 30 June 2007 at **\$25pp.**

Bookings are essential - please leave details on 02 9544 3328 or email info@vegansocietynsw.com

All are welcome!

ZEN OASIS (Berrima)

Lot 2 Medway Road
Berrima NSW 2577

As much as you can eat and closer than Sydney.

Zen Oasis vegetarian garden restaurant

Tel: 02 4877 1285

zen-oasis.com/www

FAMOUS VEGETARIANS

Mahatma Gandhi

Mohandas Karamchand Gandhi was born on October 2, 1869 in Porbandar, India.

He became one of the most respected spiritual and political leaders of the last century and helped free the Indian people from British rule through nonviolent resistance. He is honoured by the Indian people who called him 'Mahatma', meaning Great Soul, as the father of the Indian Nation.

To describe him as a famous vegetarian is perhaps inaccurate. While he is certainly one of the most famous figures in history, the majority of people may not identify him as a vegetarian. His vegetarianism is often ignored by those writing about him – as in Richard Attenborough's otherwise great movie of his life starring Ben Kingsley.

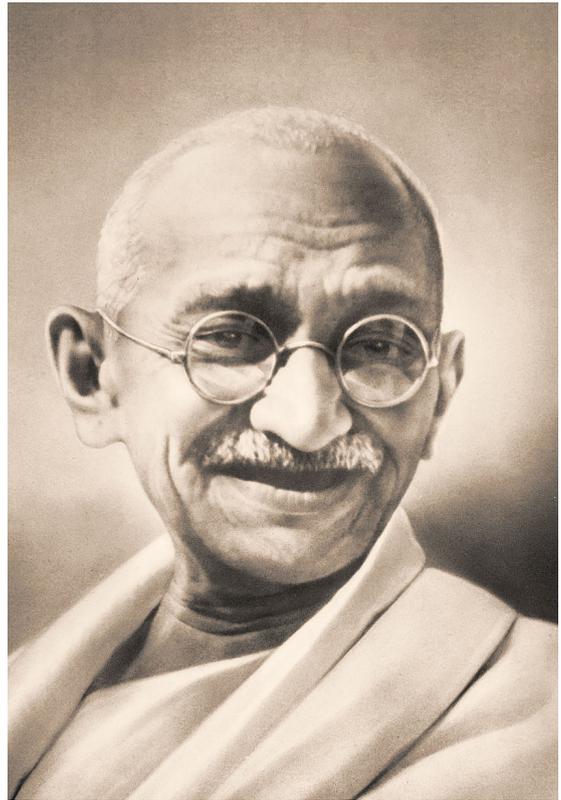
Part of the reason for the "invisibility" of Gandhi's vegetarianism is that so many in India are vegetarian anyway. However, Gandhi was vegetarian as part of a conscious ethical choice, not just adherence to Indian culture as he makes clear in his Autobiography, "I may claim to have become a vegetarian by choice" -- and the spread of vegetarianism "henceforward became my mission."

Gandhi had a straightforward concern for animals. Nonviolence includes nonviolence towards animals -- the devotee of ahimsa (or nonviolence) "shuns to the best of his ability the destruction of the tiniest creature."

He was a lacto-vegetarian, consuming goat's milk, but resolutely avoided meat. When Gandhi spoke to the Vegetarian Society in England in 1931, he said that he would never eat meat even in the face of death: "If anybody said that I should die if I did not take beef-tea or mutton, even under medical advice, I would prefer death." Gandhi viewed moral commitment as essential to the vegetarian cause.

He was assassinated on January 30, 1948.

*Parts of this article have been taken from "Truth force and vegetarianism" by Keith Akers
www.compassionatespirit.com/gandhi.htm*



THIS IS YOUR NEWSLETTER

You are invited and encouraged to contribute items. Articles on health, nutrition, restaurant reviews, book reviews, recipes or anything. A letter to the editor would be most welcome. Tell your fellow members what you think about vegetarianism, the Veg Society, the world.

Or if you can draw cartoons please do; if you would like to submit a poem - by all means do so. We look forward to hearing from you. Contact details are at the end of this newsletter.

If you would like to contribute something for the next newsletter (Spring) please note the deadline is: **31 August 2007.**

VEGAN LIFESTYLE: PATHWAYS TO A MEAT FREE DIET

Reprinted from ADUKI, Winter 2007 (www.aduki.net.au/content/view/17/30)

Many people are theoretically agreeable to a vegan lifestyle but believe that they can't make the transition because it's 'too hard', 'don't know where to start' or they will 'miss [insert favourite non-vegan food here] too much.' The reality is that with a little guidance and some creativity, becoming vegan is both simple and delicious. There is absolutely no need for you to feel that you have sacrificed taste and enjoyment in food in return for a clear moral conscience.

There are two main pathways to veganism; we will explore the easiest way to transition to a full vegan lifestyle from both angles. One isn't necessarily better than the other, it's a matter of personal choice and what you think best suits your capabilities and lifestyle.

Vegetarian Option

Becoming vegetarian first is definitely the most common path to veganism and a great way to get started. Eliminating flesh from the diet is a huge step for those who have been living on a diet which includes meat. Being vegetarian is a lot less limiting when eating out and doesn't attract the same look of horror from friends and family as the words 'I've become a vegan.' It is a gentler transition to an animal-free lifestyle and requires less adjustment in the diet.

After being vegetarian for a period of time, how do you then make leap from vegetarian to vegan? I think it's true that the gap between meat eater and vegetarian is almost as big as the gap between vegetarian and vegan. A lot of people rely heavily on dairy and eggs in their diet and are unaware of the easy alternatives.

Eliminating dairy

Most dairy products now have a vegan alternative, whilst the quality may not be comparable in some cases, the option is most definitely there. Soy milk, cheese, yoghurt and ice-cream are readily available from supermarkets and health food stores. Soy ice-cream has the most variety, best range of quality and in many cases is undetectable as a non-dairy alternative unless the consumer is

pre-warned. There is also a wide range of soy milk brands in organic and flavoured varieties. You may need to try a range of soy milks and be persistent to find one you like. After consuming cow's milk since birth, switching to soy will seem a little strange at first. And if soy milk doesn't appeal you can try rice or nut milks that are also readily available.

Eliminating eggs

Eliminating eggs from your diet is easier than you might think. If you love poached eggs on toast then yes, replacing that taste and texture is basically impossible. However, if you're a lover of scrambled eggs then tofu can easily take its place. Crumbled-up tofu, fried and seasoned with curry powder, turmeric, and tamari is a very close substitute. Plus, it is cholesterol-free, low in saturated fat and high in protein. Add some seaweed, onion and tomato for additional flavour and nutrition. To replace egg in baking cakes, biscuits and the like, simply replace the 1 egg in your usual recipe with two table spoons of vegetable oil, one tablespoon of water (or soy milk) and two teaspoons of baking powder or bi-carb soda. You will probably find your old recipes are more moist and long lasting using the egg replacement instead of actual eggs.

Eliminating animal-derived products

This is the most difficult thing for many people. Animal-derived products exist in so many things. This process may take some time. Don't throw things out of your house just because they contain animal-derived products as that creates unnecessary waste and consumption. Use those things (cleaning products, personal care products, shoes, bags, jackets, jumpers, etc) until the end of their life and during that time research the products that are suitable, there are plenty of resources in print and online to do this.

Cold (tofu)Turkey

Going cold (tofu) turkey is the way I turned vegan. I guess I figured that it was where I would end up anyway so I just cut out the middle step. Going straight from meat eater to

"if you're a lover of scrambled eggs then tofu can easily take its place"

vegan means that you only overhaul your diet once, instead of twice if you choose vegetarianism first. But it is daunting to eliminate so many things from your diet in one go unless you have great advice and support in achieving this. If making the leap is what you decide, use the tips above and below to assist you:

Make dishes not meals

One of the key differences in my diet from when I ate meat to now, being vegan, is that I tend to cook 'dishes' rather than prepare a meal. A meal, when I ate meat, consisted of a type of meat and some limited combination of vegetables. Sometimes there were different gravies or sauces, but the essence of the meal was the same. Now my vegan menu displays an array of dishes: curries, stir fries, stews, bakes, scrambles, risottos, etc. Think about combinations of food – vegetables, legumes, pulses and grains – to ensure your diet is rich in protein and the essential vitamins and fats you need.

'Veganise' your old favourites

If creating a whole new food identity is too much to take on initially, try to 'veganise' your old favourites instead:

Lasagna: Use dry instant lasagne sheets and layer alternatively with pumpkin, capsicum and zucchini topped with napoli sauce and soy béchamel.

Schnitzel: Try crumbing eggplant with flour, soy milk and bread crumbs and serve with potato wedges.

Bangers & Mash: Replace traditional sausages with soy snags, mash your taters with vegan margarine and soy milk and serve with some greenery such as silverbeet or broccoli.

Beef Stir fry: Replace beef strips with tempeh strips and use a vegetarian mushroom oyster sauce.

Roast Chicken: Get the taste of roast by doing a tray of mixed vegies with onion, rosemary and garlic then jazz them up with a rich ratatouille.

Whether it be plant-based or a processed replacement, there is a vegan alternative for just about every meat dish you can imagine.

Whilst taste is important to keeping on the path, be sure to see relevant nutritional advice and eat a balance diet for optimum health.

Try new things

The great thing about going vegan is that it opens your eyes to a whole new culinary world. You have to think outside the square to create delicious and interesting meals. Don't be afraid to experiment, if the meal goes wrong there is always a vegan take away option! Buy some new cookbooks, ask your vegan friends, search the internet. There are endless resources available to help you create tasty vegan meals that don't involve a lot of time or preparation.

Stock your pantry

Having a pantry well-stocked with staples means that you have most things on hand to create meals when you need them. Basic ingredients like: flour, sugar, rice, pasta, lentils, beans, spices, seasonings, oils, etc can be kept in the pantry for long periods of time. If you have to go out and buy a huge list of ingredients every time you want to cook, you will soon become tired and believe the whole process is too hard.

Discover veg dining

Trying to find a vegan option at your old favourite meat restaurant may prove difficult and disheartening. Instead, try one of the many veg restaurants available in all major cities. The number of purely vegetarian or vegan eateries is constantly on the rise and you are sure to find one (or many) that you love. The food is usually well-priced meaning that you can try more places more often. Taking the plunge and deciding to become vegan is rewarding to your mind, body, animals and the planet. Enjoy tasty food and a clear conscience and you will feel great. Along the way don't be discouraged if you fall off the wagon or face opposition from family and friends, there is advice and support out there from many groups and organisation...including *aduki (and the Vegetarian Society – Ed)*.

Good luck and good eating!

Emily Clark

"The great thing about going vegan is that it opens your eyes to a whole new culinary world."

RECIPES

Aussie Blue Lentil and Bean Pie

Serves 4

From member, Hedonna Thurgar: "I found an awesome recipe in the paper recently for a vegetarian 'shepherd's pie'. I have made a few minor changes to the recipe and cooked it up - scrumptious!! So, please enjoy!"

Ingredients

- 2 tbsp extra-virgin olive oil
- 1 onion, diced
- 1 carrot, diced
- 2 stalks celery, chopped
- 2 cloves garlic, chopped
- ½ bunch parsley or coriander, chopped
- 2 bay leaves and a few thyme sprigs (optional)
- Freshly ground pepper, pinch of cayenne
- ½ tsp allspice
- ⅔ cup lentils (the Australian blue lentils are non GM, and make for a beautifully rich dark texture)
- ⅔ cup black-eyed beans
- ½ cup white or red wine (optional)
- 500g tomatoes chopped
- 2 cups water or veggie stock
- A shake of soy-sauce
- 1 tbsp vegemite
- 1 tbsp cornflour

Mash

- 750g potatoes
- 250g pumpkin or celeriac (optional)
- 1 tbsp extra-virgin olive oil
- 2 tbsp soy milk
- Salt and pepper to taste
- Grated soy cheese or breadcrumbs

Method

- Pick over and rinse black-eyed beans.
 - Cover with boiling water and soak **overnight**.
-
- Chop onion, carrot, celery, garlic and half the parsley coriander.
 - Heat oil in a saucepan with the chopped vegetables, bay leaves and thyme.
 - Reduce the heat and cover and allow vegetables to cook in steam for about 15 minutes, stirring occasionally.
 - Pick over and rinse lentils and drain beans.
 - Add lentils, beans, pepper, and all spice to pan, and cook for a few minutes.
 - Add wine and cook until it evaporates.
 - Add tomatoes and water or stock.
 - Bring to boil, reduce heat and simmer partly covered for 45-60 minutes. Stir occasionally and add more water if necessary.
 - Test lentils and beans to make sure they are tender.
 - Dissolve Vegemite in a little sauce from the stew and add with soy sauce.

- Thicken stew with cornflour slaked in water.
- Taste and season as required.
- Pre-heat oven to 180C. Cook potatoes and pumpkin or celeriac in plenty of water until tender.
- Drain and mash with soy milk and olive oil.
- Add remaining chopped parsley or coriander, and season with nutmeg, salt and pepper.
- Pile on top of stew in oven-proof dish, rough up the surface with a fork and sprinkle with soy cheese or breadcrumbs.
- Bake pie until brown and bubbling.
- Serve with steamed broccoli or green beans.

Peter Singer's Dal Recipe

From the ABC website -

www.abc.net.au/talkingheads/txt/s1932378.htm

Ingredients

- 1 tablespoon olive oil
- 2 cloves garlic (crushed/chopped)
- 1 medium onion (diced)
- 1 - 2 tablespoons curry powder, to taste
- Salt, to taste
- 1 cup small red lentils
- 3 cups water
- 2 - 3 bay leaves, to taste
- 1 cinnamon stick
- 1 tin tomatoes (chopped)
- ¼ cup coconut milk
- 2 tablespoons lemon juice

Method

- In a large saucepan, sauté garlic 'til fragrant.
- Add onions and cook until they begin to soften.
- Add curry powder and salt, to taste, and cook over medium heat til mixture begins to brown.
- Add lentils and stir for a minute or so before adding water, the bay leaves and cinnamon stick.
- Bring to boil, then turn heat down very low and simmer for 20minutes, stirring occasionally.
- Add chopped tomatoes, and simmer a further 10minutes, until thick. The lentils should be soft and the consistency just liquid enough to pour.
- Add coconut milk and lemon juice. Stir through, and remove from heat.
- Serve over rice with lime pickle and mango chutney.

(Beware of overdoing the lime pickle – from experience – Ed)



Children! Whether you're a chef, a cook or a danger in the kitchen, if you have a favourite recipe why not share it with the rest of us?

All offerings gratefully received and acknowledged.

NEWS

Edited articles from around the world.

Go vegan to help climate, says UK Government

Telegraph, UK
30 May 2007

It would help tackle the problem of climate change if people ate less meat, according to a Government agency.

A leaked email to a vegetarian campaign group from an Environment Agency official expresses sympathy with the environmental benefits of a vegan diet, which bans dairy products and fish.

The agency also says the Department for the Environment, Food and Rural Affairs (Defra) is considering recommending eating less meat as one of the "key environmental behaviour changes" needed to save the planet.

It says that this change would have to be introduced "gently" because of "the risk of alienating the public".

David Miliband, the Environment Secretary, has raised the issue that farm animals are blamed for producing large amounts of the powerful greenhouse gas, methane, and told farmers they need to do something about it but the agency's response appears to go further than official advice.

It has provoked an immediate response from the National Farmers' Union, which said the suggestion was "simplistic" and "a cause of concern".

The agency's official was responding to an email from the vegan group Viva, which argues that it is more efficient to use land to grow crops for direct consumption by humans rather than feeding them to dairy cows or livestock raised for meat.

The campaign group entered a comment on the Environment Agency's website saying: "Adopting a vegan diet reduces one person's impact on the environment even more than giving up their car or forgoing several plane trips a year! Why aren't you promoting this message as part of your [World Environment Day] campaign?"

An agency official replied: "Whilst potential benefit of a vegan diet in terms of climate impact could be very significant, encouraging the public to take a lifestyle decision as substantial as becoming vegan would be a request few are likely to take up.

"You will be interested to hear that the Department of Environment, Food and Rural Affairs is working on a set of key environmental behaviour changes to mitigate climate change. Consumption of animal protein has been highlighted within that work. As a result the issue may start to figure in climate change communications in

the future. It will be a case of introducing this gently as there is a risk of alienating the public majority.

"Future Environment Agency communications are unlikely to ever suggest adopting a fully vegan lifestyle, but certainly encouraging people to examine their consumption of animal protein could be a key message."

Juliet Gellatley, director of Viva, said: "I think it is extraordinary that a Government agency thinks becoming a vegetarian or vegan could have such a positive impact for the environment yet it is not prepared to stand up and argue the case."

A Defra spokesman said: "The Government is not telling people to give up meat. It isn't the role of Government to enforce a dietary or lifestyle change on any individual."

Environment Agency denies trying to convert the public to switch to vegetarian diet

31 May 2007

A Government agency has denied allegations that it is secretly trying to convert the public to vegetarianism.

A leaked e-mail from the Environment Agency was reported to have advised that if the public switched to a vegan diet it would be better for the environment. It allegedly added that this would have to be introduced gradually so as not to alienate the public.

However, the agency said this week that it had no intentions of stopping the British public from eating meat.

"Promoting the potential benefits of a vegan diet in tackling climate change was a suggestion offered by a member of the public," said a spokeswoman.

"The Environment Agency believes this is a matter of personal choice, but it would be wrong of us to dismiss the already very public research showing the benefits that reducing the consumption of animal protein, and therefore methane emissions from farm animals, can have on tackling emissions," she said.

She said the email was in response to a public enquiry about last year's World Environment Day – this year's takes place on June 5 – and advised the public what they could do to help tackle climate change.

Another Government department, Defra, was forced to backtrack on similar comments back in February after a Government website, launched to advise people how to be greener, said livestock production was bad for the environment.

Defra attempted to clarify the comments and said at the time that they were 'not by any means telling people to cut out meat, this would be a personal decision'.

The Soil Association backed the latest alleged comments from the Environment Agency. Policy

manager Gundula Azeez said: "We welcome Defra's acknowledgement that eating less meat is better for the environment. For a truly climate friendly diet we recommend that consumers eat a fresh, seasonal, local organic diet, with less but better quality meat."

However, the NFU said the claims were 'rather dubious'. A spokeswoman said: "Hopefully Ministers will have more sense than to suggest simplistic and, quite possibly, counter productive responses to what is a highly complex equation."

"Meat and dairy products are an essential part of a balanced diet and the NFU is committed to finding solutions to reducing methane emissions for livestock by changing diets, using anaerobic digestion and capturing methane and ammonia emissions, and considerable reductions in agricultural greenhouse gas emissions have already been achieved."

To read the Government's advice, go to www.direct.gov.uk/en/Environmentandgreenerliving and click on the 'greener food a drink' section.

U.K. - Fewer animals killed as Britain continues to go veggie

29 May 2007

Fewer chickens, turkeys and pigs are being killed for meat in the UK and the drop is significant according to the government's latest agricultural figures produced by Defra.

Vegetarian campaigns group Viva maintains that despite publicity claiming that people are forsaking vegetarianism the opposite is true and that an increasing number of Brits are embracing a kinder, healthier lifestyle.

"It's great news that so many people are going veggie!" says Viva! Campaigns manager, Justin Kerswell. "Almost a billion animals are still killed for meat each year in the UK, most of them living appallingly short lives in squalid conditions and facing a terrifying death so we clearly have a long way to go but we are winning. Concerns about animal cruelty, health and the state of the planet are growing daily and vegetarianism provides a solution to all of them. It's needed like never before."

The annual drop in slaughter shows that 20 million fewer chickens were killed in Britain, and 2 million fewer turkeys. Even taking into account all imports, exports and domestic production, poultry meat consumption in the UK fell by 32,000 tons. 76,000 fewer pigs were slaughtered, representing the lowest number of animals killed since Defra records began in 1973. Overall pig meat consumption fell by 43,000 tons. According to Mintel (2006), 5-6 per cent of the population is now vegetarian and the number is rising. The number of vegans has increased ten fold in the last 10 years, up to a million.

The average British person eats 11,047 animals in his or her lifetime: 1 goose, 1 rabbit, 4 cattle, 18 pigs, 23 seep and lambs, 28 ducks, 39 turkeys, 1,158 chickens,

3,593 shellfish and 6,182 fish. Viva! provides help for those wishing to give up or cut down on meat.

Anyone can check their own animal slaughter rate at www.timetogoveggie.com.

From www.arkangelweb.org

Flaxseed, ginseng hold up in cancer trials

ABC Online

3 Jun 2007

US research into alternative medicines suggests flaxseed slows the growth of prostate tumours and ginseng helps relieve the fatigue of cancer patients.

The studies reflect doctors' efforts to explore the risks and benefits of foods and supplements that are routinely taken by their patients with little scientific proof they help.

Americans spend between \$US36 billion and \$US47 billion a year on complementary and alternative therapies, according to the National Centre for Health Statistics.

"Patients are taking these compounds but we need to know if they are doing any good or any harm," said Dr Bruce Cheson of Georgetown University Hospital in Washington, who led a panel on alternative therapies at a meeting of the American Society of Clinical Oncology.

In the flaxseed study, researchers at Duke University Medical Center in North Carolina and colleagues evaluated the seed's role as a food supplement in 161 men who were scheduled to undergo surgery for prostate cancer.

"The growth rate was decreased in the men who got flaxseed," said Dr Nancy Davidson, an oncologist at Johns Hopkins University in Baltimore who is president-elect of ASCO.

"I think this is fascinating."

Flaxseed is rich in omega-3 fatty acids and lignans, a fibre found on the seed coat.

"We were looking at flaxseed because of its unique nutrient profile," said Wendy Demark-Wahnefried, a researcher in Duke's School of Nursing, who led the study.

Half of the men in the study added 30 grams of flaxseed daily to their diets for about 30 days. Half of the flaxseed group also went on a low-fat diet.

After the surgery, the researchers looked at the men's tumour cells to see how quickly the cancer had multiplied.

The cancer cells in both the flaxseed groups grew about 30 to 40 per cent slower than the control group.

But Dr Demark-Wahnefried is not ready to prescribe flaxseed.

"It's a healthy food. It has a lot of vitamins and a lot of fibre. But we cannot definitively say at this point you should take flaxseed because it is protective against prostate cancer," she said, adding that flaxseed now needed to be studied to see if it can prevent prostate cancer.

Ginseng

In the ginseng trial, Debra Barton of the Mayo Clinic in Rochester, Minnesota, and colleagues tested three different doses of the herb on patients with a variety of cancers who were expected to live at least six months.

Twenty-five percent of patients taking a 1,000mg dose and 27 per cent of patients taking a 2,000mg dose said their fatigue symptoms were "moderately better" or "much better."

Only 10 per cent of those taking a 750mg dose reported an improvement, which was about the same as the placebo group.

Patients in the trial took Wisconsin ginseng from a single crop that was tested for uniform potency. It was powdered and given in a capsule form.

"I wouldn't have predicted this, I have to admit," Dr Davidson said in an interview. "We might want to test this on a large scale."

The flaxseed study was funded by the National Institutes of Health and the ginseng study was supported by US Public Health Service grants.

-Reuters

Hollywood's Herbivore hotties

PETA raises heartbeats and awareness with sexiest vegetarians poll
6 Jun 2007

Natalie Portman starred in the film "V for Vendetta," but offscreen her lifestyle could well be titled V for vegetarian.

The Syosset native joins a list of 233 celebrities in PETA's sixth annual Sexiest Vegetarian poll, which runs through June 23 at vegve.com.

According to People for the Ethical Treatment of Animals, Portman had fake leather shoes made for her role in the 2006 comic-book movie.

"A lot of folks take their cues on what to wear and what to eat from celebrities," says PETA spokesman Michael McGraw. "It's a fantastic thing that vegetarianism has taken root in Hollywood."

Yet California isn't the only bastion for non-carnivores. If Ohio Congressman Dennis Kucinich were to win the 2008 presidential election, he'd break the meat barrier - as opposed to the more hyped race and gender barriers - as the first vegetarian in the White House.

Which sexy stars qualified for PETA's contest? Here are a few who hope to dethrone reigning champs Kristen Bell and Prince:

Alyssa Milano, who stars in PETA's upcoming "Let Vegetarianism Grow On You" campaign; Pam Anderson; Tobey Maguire; Common; Morrissey (the "Meat Is Murder" singer); Forest Whitaker; David Duchovny; Joaquin Phoenix (who wore vegan cowboy boots as Johnny Cash in "Walk the Line"); Milo Ventimiglia; Shania Twain; Orlando Jones; Carrie Underwood ("America Idol's" alum says she'd rather sing to cows than eat them); Alicia Silverstone; Mos Def; Def Leppard's Phil Collen; Ed Begley Jr.; Paul McCartney; Boy George; and Jared Leto.

Cool2Know asked several celebs how long they've been vegetarian, why they gave up eating animals and to dish on their favorite faux-meat products:

Actress Daryl Hannah - "Since age 11.... I was no longer able to disassociate what I was eating from the creature it had been. Many fake meats have soy isolate ... which can cause health problems. I really look at the ingredients and try to stick to whole foods."

Presidential hopeful Dennis Kucinich - "Twelve years ago.... Initially, it was for health reasons. Then it also became a matter of respect for the lives and the treatment of animals, as evident in [my] voting record on animal issues ... favorites are Tofurky's 'kielbasa' and the vegan Gardenburger."

Actress Emily Deschanel - "Sixteen years ago, after watching [a school video about] the meat and dairy industries.... I do eat some meat alternatives. I love [the wheat/soy protein] Gardein. You can only get it at Whole Foods. It's very tasty."



Emily Deschanel

Techno musician Moby - The co-founder of Teany, a veggie Manhattan cafe, has been "vegetarian for 23 years, vegan for 20.... I like animals

and I don't want to be involved in anything that makes them suffer. Fake meat is amazing, the vegan equivalent of junk food. I usually refrain from fake meat unless I'm really hungover. Somehow it makes hangovers more bearable."

Actress Constance Marie - "No red meat [for] 23 years.... Meat made my body feel heavy and bloated. I started to think, what's the difference between eating a chicken or your family pet? Both are living, breathing animals with a face.... The quality of American meat is questionable.... Veggie hot dogs are my favorites!"

Singer Chrissie Hynde - "Since 1969.... I cannot justify the unnecessary exploitation of an animal. I will eat whatever I am offered, providing no animals have suffered."

Malaysian researchers create walnut

'Viagra'

The Age

3 Jun 2007

Malaysian researchers claim they have created a nutty alternative to Viagra based on walnuts in a pill more healthy than its pharmaceutical counterpart.

Kim Kah Hwi, who headed the team of researchers from the University of Malaya, said he was inspired to look into walnuts after reading about their use in history, the Star newspaper reported.

"I read articles about the Romans and French having eaten walnuts for this purpose. I thought if it had been documented that long ago, then there surely has to be something there," he told the newspaper.

It took Kim and his research team two years to develop "N-Hanz", tablets which contain walnut extract and have shown positive results on 40 volunteers against erectile dysfunction.

"It takes about an hour for the effects to set in and it will last for about four hours," said Kim.

"Furthermore, because it is not a drug, it is safe for those with hypertension or diabetes, or (those) who have recently had heart bypasses," he said.

Some of the volunteers had undergone bypass surgery, Kim added.

Kim said the active ingredient was an amino acid called arginine, which is absorbed into the body and converted into nitric oxide, according to the newspaper.

"This enlarges blood vessels and enhances blood flow to the penis," he said.

The newspaper said "N-Hanz" had won a gold medal for best invention at a recent technology and invention exhibition in Malaysia, while Kim said it had been approved by Malaysia's health ministry.

AFP

Some vegies may ward off bladder cancer

27 May 2007

The Age

Substances found in cruciferous vegetables, like broccoli and cauliflower, may help protect people from bladder cancer, a new study shows.

People who consumed the most of these substances, called isothiocyanates (ITCs), had a 29 per cent lower risk of the disease than those who consumed the least, Dr Hua Zhao and colleagues from the University of Texas M D Anderson Cancer Center in Houston found.

Full story: www.theage.com.au/news/World/Some-vegies-may-ward-off-bladder-cancer/2007/05/27/1180205051454.html

Heather Mills turns vegan

Adelaide Advertiser

31 May 2007

SAYING, "I hate the cruelty of factory farming," Heather Mills has renounced not only meat but all dairy products.

London paper the Daily Mail reports that Paul McCartney's estranged wife has decided to eschew all animal products after learning about farming methods and their environmental impact.

Veganism, Mills said, is "a healthy diet which saves animals, something very important to me as I detest cruelty."

She objects to the cruelty inherent in milk production: "It is the obscenity of taking newborn calves away from their mothers so we can have their milk."

PETA proposes vegetarian tax cut

WASHINGTON

1 June 2007

People for the Ethical Treatment of Animals said the U.S. Congress should give vegetarians a tax cut.

Vegetarians "are responsible for far fewer greenhouse-gas emissions and other kinds of environmental degradation than meat-eaters." PETA President Ingrid Newkirk said in a letter to congressional leaders, The Hill reported.

Newkirk cited a U.N. report on global warming, saying "scientists determined that raising animals for food generates more greenhouse gases than all the cars, trucks, and (planes) in the world combined."

"Anyone who buys a hybrid in order to cut down on their contribution to global warming and uses it to drive to the supermarket to buy chicken, steaks and milk should face up to the fact that there's no such thing as a meat-eating environmentalist, Newkirk said.

The Hill reported that congressional leaders haven't given any indication they were considering a vegetarian tax cut.

UPI

PETA Proposes Excise Tax on Meat

WASHINGTON: This morning, PETA founder and President Ingrid E. Newkirk dispatched letters to Speaker of the House Nancy Pelosi and Senate Majority Leader Harry Reid urging them to extend vegetarians the tax break currently given to hybrid car owners for purchasing a vehicle with low carbon emissions. Newkirk's request comes in light of a University of Chicago report showing that switching to a vegetarian diet is more effective in countering global warming than switching from a standard American car to a Toyota Prius. Newkirk also cites a scientific report recently published by the United Nations that concluded that the meat industry generates more greenhouse

gases than all the world's transportation systems combined, including cars, trucks, planes and ships.

"The single best thing that any of us can do to for our health, for animals, and for the environment is to go vegetarian," says Newkirk. "Anyone who buys a hybrid in order to cut down on their contribution to global warming and uses it to drive to the supermarket to buy chicken, steaks, and milk should face up to the fact that there's no such thing as a meat-eating environmentalist."

For more information, please visit PETA's Web site GoVeg.com.

See also www.taxmeat.com/index.asp

UK Meat Industry to Target Doctors

(UK) MLC to target medical profession to react to cancer claims

The Meat & Livestock Commission (MLC) is set to start targeting the medical profession on nutrition matters, in a bid to head off potentially damaging cancer claims.

Richard Lowe, director general of the MLC, told delegates at the BMA conference that the industry should brace itself for the publication of the World Cancer Research Fund's report on Food, Nutrition and the Prevention of Cancer.

Lowe said: "The report, which was last published in 1997, will be a synthesis of all the work carried out around the world on cancer and diet. This is not some third-hand piece of research; it's a review of all the cancer statistics over the last 10 years."

He warned the industry that the report could have serious issues for the sector: "Our guess – and at the moment we can only guess because we haven't seen the report – is that meat will have convincing links to some types of cancer," he said.

Full story: www.meatinfo.co.uk/articles/35308/Health-workers-targeted-in-cancer-fight.aspx?categoryid=9047

Think Doctors Know Nothing About Nutrition? New Guide Changes Everything

WASHINGTON—It's a common complaint that doctors know nothing about nutrition. But that is all set to change. The Physicians Committee for Responsible Medicine (PCRM) is distributing a 900-page nutrition guide to medical students in the United States and Canada free of charge.

The Nutrition Guide for Clinicians is a comprehensive manual on nearly 100 diseases and conditions. The guide not only provides basic information on risk factors and typical treatments, but it also provides evidence-based information on the role of nutrition in prevention and treatment. In addition, the guide contains in-depth information on general nutrition, including the roles of macronutrients and micronutrients and specific nutritional requirements for all stages of life.

"Nutrition is key in heart disease, cancer, diabetes, and many other conditions," says Neal Barnard, M.D., nutrition researcher and president of PCRM. "Studies have shown that a wide range of diseases improve dramatically with diet changes."

Beginning in April, the guide will be distributed to the approximately 19,000 second-year medical students in the United States and to other students by request. The distribution to students will take place every year, and the guide will be updated periodically to ensure students are getting the latest information.

The guide was reviewed by more than 75 experts in a number of diverse fields, such as gastroenterology, dermatology, oncology, and nutrition and was compiled by a core team of physicians, nutrition experts, and medical editors.

From www.pcrm.org/news/release070419.html

U.S. govt calls for end to dairy weight loss ads

12 May 2007

WASHINGTON (Reuters) - U.S. dairy producers will have to stop pitching the idea that drinking more milk spurs weight loss, the Federal Trade Commission told a physician's advocacy group in a letter made public on Friday.

Calling it a "victory for consumers," the Physicians for Responsible Medicine said two national dairy advertising campaigns overseen by the U.S. Department of Agriculture will stop claiming that dairy products cause weight loss because "such claims are not supported by existing scientific research."

Greg Miller, senior vice president for the National Dairy Council, said the industry stands "behind our weight loss messages and the science supporting those messages."

But Miller said that at the request of USDA, the industry would shift its messages "to emphasize the role of dairy in weight maintenance" instead of weight loss.

USDA could not be immediately reached for comment on the FTC letter.

The doctors' organization cited a May 3 letter from FTC, which told the group that following discussions with the U.S. Department of Agriculture, it would "discontinue all advertising and other marketing activities involving weight loss claims until further research provides stronger more conclusive evidence of an association between dairy consumption and weight loss."

In its April 2005 petition to the FTC, the advocacy group charged that the dairy industry was misleading the public with its high profile, celebrity-filled marketing campaign that suggested consuming milk and other dairy products helped consumers lose weight.

Full story: uk.reuters.com/article/healthNews/idUKN1122510820070512



Okay. Which one of you punks called us vegetarians 'sissies'?

NEW MEMBERS

We warmly welcome the following people into the Society:

David Catling
Clare Douglass
Cassie Hesketh
Amy Madden
Robert Verdon

Sudoku Solution:

1	3	6	2	7	4	5	9	8
2	9	7	1	5	8	4	3	6
8	4	5	9	3	6	7	1	2
5	6	4	8	9	2	1	7	3
7	2	8	4	1	3	6	5	9
3	1	9	7	6	5	2	8	4
4	8	1	5	2	9	3	6	7
9	7	3	6	4	1	8	2	5
6	5	2	3	8	7	9	4	1

CONTACT US



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The Society thanks
Bob McMullan MP and his staff
 for the opportunity to use their office
 facilities to publish this newsletter.

Answer to "Who Said That?"

"To my mind the life of the lamb is no less precious than that of a human being. I should be unwilling to take the life of the lamb for the sake of the human body. I hold that, the more helpless the creature, the more entitled it is to protection by man from the cruelty of man."

Mohandas K. Gandhi (see *Famous Vegetarians*, page 6)