



Autumn 2011

ACT VEGETARIAN SOCIETY

VEGETARIAN BITES NEWSLETTER

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WELCOME...

to the Autumn newsletter for 2011.

The last year in the society has been busy and interesting, and also sad with the demise of two wonderful veg publications. I will particularly miss Vegan Voice, the only Australian magazine of its kind. I really looked forward to opening my letterbox and seeing it there. Thank you Sienna and Max, all the best with your future endeavours. The Society has held or been involved in stalls, festivals and a raw food workshop, with plenty more activities to come.

Earlier this year I attended the Green Earth Day in Brisbane, which I really enjoyed. I hope to make it to a couple more before the year is out and I highly recommend it. It's a wonderful feeling to be around others with the same ideals and heaps of stalls with vegan goodies that I can indulge in to my heart's content. Don't forget the Living Green Festival on 16/10/2011, which I am helping to organise. If you are interested in holding a stall, sponsoring us or volunteering in one way or another, look for the information later in this newsletter.

Thank you as always to the people who have contributed items for the newsletter, it makes it so much more interesting. Please continue to send your contributions, letters, ideas and comments to newsletter@vegetariansociety.org.au

Tracey Lofthouse, Ed.

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Coming Events

Please keep your eye on our emails for other upcoming events in 2011.

For further information on the above and other coming events, please watch for details in our emails. If you have any ideas or requests for an event send us an email at contact@vegetariansociety.org.au.



Who Said That?

Who was it who said...

"If man wants freedom why keep birds and animals in cages? Truly man is the king of beasts, for his brutality exceeds them. We live by the death of others. We are burial places! I have since an early age abjured the use of meat."

Answer at the end of this newsletter.

From the President

The Raw Food Workshop is about to happen! Our house is full of jars of sprouting wheat, mung beans, lentils, fenugreek. Goji berries, almonds, tahini, grapes, watermelons, blenders, apples, lemons, sesame oil, projector, screen, banners, etc are crowding around the place. The presenter Johannes is about to fly from Queensland to join us - and it's all go!

He tells me that the dehydrator is working flat out at his place making all sorts of yummy dried delights. I can't wait to try the 'Goji Tropic Shake' and the 'miso, tahini & sesame' dressing sounds delicious.

The workshop is booked out and now I'm sadly having to turn people away. By the time you read this it will have finished, but for those of you who missed out I'll make sure we take some nice photos.

So, here we are ... a new year, a vibrant new Committee and lots to do! As I mentioned in the last newsletter most of our committee members were keen to carry on doing their good work. And true to their words, they have all signed up again. This is wonderful! A big 'welcome' to Darren and Kerri the two new people joining us.

Even though the vegetarian & vegan lifestyles are becoming more popular, especially among younger people, most people in the world still sadly eat animals. In the UK about 6% are vegetarian and in the US 3.2%. A tiny fraction of those vegetarians are vegan. So we

have a lot to do! Our focus will continue to be on providing information and support to people as they move away from animal-eating to more compassionate food choices.

Our Society will continue to 'spread the principles of Vegetarianism as a healthy, humanitarian and environmentally responsible way of life and will continue assisting those who have recently become Vegetarian or Vegan or are considering doing so. We will continue promoting friendship amongst all people who join us.

Everyone who is interested in the vegetarian or vegan lifestyle is welcome to participate and share. We are a diverse and interesting group, all ages, and from many cultures with wide and varying beliefs. There is room for us all in the rich tapestry of the Vegetarian Society.

NB: For the purposes of the Society whenever the word 'Vegetarian' is used this is inclusive of Vegans and all people who do not eat animals.

Jyoti Dambiec



Committee 2011

Jyoti Dambiec – President - Public Officer - Contact person - Collective Email
Natasha Bourke - Vice-president - Treasurer
Claire Ede - Secretary
Tracey Lofthouse - Newsletter Editor
Karyn Fearnside - Family Group Co-ordinator - Face-book and Website Manager
Juris Jakovics - General Committee member
Sundara DeSilva - General Committee member
Darren Churchill - General Committee member
Kerri Hames - General Committee member

Contact Email addresses

If the Committee member you wish to contact is not represented below, please use the Contact address.

President@vegetariansociety.org.au (Society business)
Payments@vegetariansociety.org.au (Monetary issues)
Newsletter@vegetariansociety.org.au (Newsletter offerings)
Contact@vegetariansociety.org.au (General business)

Meet the Committee

A short intro to some of our new committee

Jyoti (President)

I have been a vegetarian for 28 years and follow a 'satvik' (ayurvedic) diet, which excludes eggs, onions, garlic and mushrooms. I have raised three children with husband Dieter, who are all now adults and life-long vegetarians. I am a ceramic artist and art teacher at Orana Steiner School. Things I enjoy: organic gardening, meditation and yoga, walking, kayaking, music, visual and performing arts and social times with friends and family.



Natasha (Vice-Pres and Treasurer)

Hi, my name is Natasha and I am continuing on the Committee this year as Vice President and Treasurer, with another very busy year ahead. Settling into Canberra after moving over from Perth two years ago.

I have been vegan for about six years now, starting out as a vegetarian for three months. I am not sure what really triggered the change: I have always loved animals and just came to a flat-out decision one day, shortly after I watched Meet your Meat and it changed everything. I have never looked back; I know it is the right thing to do for so many reasons.

I love to bake, especially vegan sweets. Rocky road is still my all time favourite.

Claire (Secretary)

I am a life-long vegetarian, as are the rest of the family, husband and three grown children. We enjoy the comfort of the extended family being of like mind, and wish to help others to come joyfully into this lifestyle. Compassion for the creatures is the basis for compassion towards our fellow humans, and a more peaceful world. Having dabbled in walking, cycling, camping, gardening, nursing/midwifery, there is a wish to explore more of Australia and elsewhere with my husband and grandchildren during retirement.

Juris (General Committee member)

I'm a declared vegetarian for some 16 years and an opportunistic closet one for ten years longer than that. I eat what everyone else eats - just not animals and usually not their derivatives. Since becoming openly vegetarian and my family and friends no longer taking it personally, vegetarianism is just my life - I just do it and wouldn't do anything else because it feels natural and relieves me of the stress of double standards. As a retiree I indulge myself in a wide range of interests; social, intellectual and physical. My greatest joy is looking after my four grandchildren and hopefully imparting a little humour, compassion and empathy into the mix of their formative years.

I have been a member of the ACT Vegetarian Society almost from its inception and am returning to a role on the committee after absenting myself for a decade. I hope to become a useful hack keeping our members happy.

Karyn (Family Group Co-ordinator; Face-book and Website Manager)

I have been a vegetarian since 1995. I live with my partner Adam and children Jenara (10) and Yilani (7) who are all vegos too. We have a dog, guinea pigs, rats and chickens. We have a very big backyard and a small house. I guess what gets me fired up these days is encouraging people to become aware of where their food comes from and to purchase organic, free range and biodynamic food as much as possible. Did you know switching to a veg diet does more to reduce greenhouse gases than any other thing? I am also keen to find other vegetarian families with similar aged children so I am very excited about our family picnics.

**Sundara** (General Committee member)

I have been vegetarian my entire life and vegan for over 10 years (I've lost count). My main reason for being vegan is I do not wish to be responsible for the unethical and cruel treatment of animals. For me being vegetarian was good, but the more I found out about how cows and chickens are treated the more I moved to being vegan. The health and environmental benefits are of course major bonuses :)

I like going bush, bushwalking, camping, photography, travelling and most things that involve nature. I also LOVE my food and perhaps will open my own vegan restaurant in Canberra one of these days.

Darren (General Committee member)

I became vegetarian (for health reasons) in stages toward the end of the 20th Century, following a dinner party where the conversation had been about how those of us present should give up red meat. I had been selectively vegetarian for some time before that and had experimented for a while at university. Health is a key priority to me and in addition to being vegetarian, I enjoy boxing for fitness and cycling in the warmer weather. Vegetarianism has opened up a world of healthy meals to me and has shown that you can have healthy and extremely delicious meals without meat. My other interests include Christian meditation, social justice, current affairs and sport.

Tracey (Newsletter Editor)

I am a vegetarian of 18 years, the last three of those as a vegan. I've been a member of the Society for about four years and on the committee for three, which I have really enjoyed and recommend trying. I love being vegan and feel it's the best thing I've ever done for myself and my fellow Earthlings. Going vegan was a breeze and I've tried many delightful new foodstuffs that I never considered before. I eat a lot more raw food these days and feel much better for it. I love the fact that my life choices do not support a cruel and oppressive culture of breeding non-humans for exploitation by humans and are far better for the environment. I also enjoy singing, martial arts, travelling and spending time in nature, and I am currently working with a small committee to hold the first ever Living Green Festival in Canberra.

Kerri – (General Committee member)

My name is Kerri (Kez) and I have just joined the committee whom seem to be extremely busy and I am happy to help and become more proactive. I moved to Canberra in October from Sydney and plan to settle.

I have been Vegan for 14 years. I follow the Tibetan Buddhist Philosophy and this is what helped me to become Vegan, to harm no animals, or humans. This progressed to learn more about the impact of food, animals and humans on the planet and I also studied Nutrition for 3 years. I live a simple life on good, wholefood and leaving a small footprint.

I absolutely love cooking and learning as much as I can about life, with a smile of course.



Recent activities

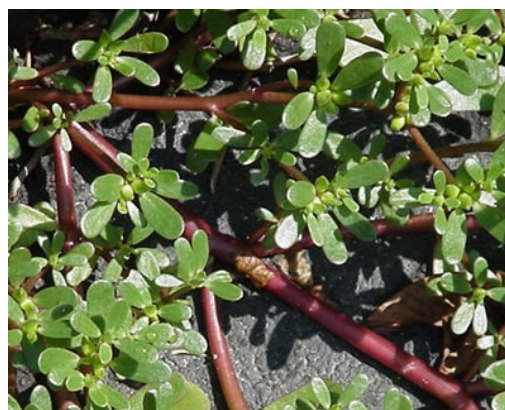
Veg Picnic by Lake Burley Griffin, Black Mountain Peninsula Feb 14th

This was take 2 for the picnic spot. (I was organised with signs pointing the way, just need a functioning roll of tape next time!)

We had a great turn out, lovely weather, yummy food, lots of people. Once again Jyoti bought her kayaks and the kids and adults enjoyed having a paddle. They could even row to the nearby island. There was a lovely age range and mix of people - from little Joci who is now walking! to a delightful 84 year old lady who came with her daughter.



They bought some Purslane also called Summer Purslane - purslane usually grows spread out flat on the ground. It can be found growing in almost any unshaded area, including flower beds, corn fields, and waste places. Purslane can be found growing in cold climate areas (e.g., Canada) as well as warm areas (e.g., the Caribbean):



It has been used in salads and as a medicinal plant (for people) for hundreds of years. Called [Verdolaga](#) in Spanish, it is a vegetable green used in many Latin American countries. It is also popular as a salad green in France and other European countries. It is similar in taste and consistency to watercress. It can be eaten fresh or cooked and has no bitter taste at all. Since it has a mucilaginous quality it is great for soups and stews. There is heaps growing all over Canberra at the moment.



Our next picnic will be in May, up to Woods Reserve near Tidbinbilla. We should be able to have a fire and do the Gibraltar Falls walk.

Karyn

Pls be careful when picking and eating wild greens (often considered weeds) as they may have been treated with chemicals – Ed.

Raw and living food workshop 19th March with Johannes Narada Neels

This was my first introduction to the Raw and Living foods lifestyle. Of course I had heard about it, and some of my friends have done workshops too. Here I was though, for my first experience. Well, Narada had a lot to say! My brain was very full afterwards with lots of new nutritional information to think about. Narada has been living completely raw for 13 years and is a glowing testament to the lifestyle. We listened and then tried some REJUVELAC, a drink made from water with sprouting wheat in it. It is just a bit fermented, the health benefits are amazing, it is rich in lactobacilli and probiotics.



Narada pouring rejuvelac, Jasmine in the background

As I type this I am sipping some that I made myself, its not difficult. Here is a recipe:

<http://www.rejoiceinlife.com/recipes/rejuvelac.php>

Then we listened some more and saw how to make Energy Soup. For lunch we tried some, it was like baby food really, then salad with tahini dressing followed and we tried flax crackers and brownie balls. I thought the food was delicious, and I was pleased to see that I could start right away by making rejuvelac. I don't have a good blender or a dehydrator, but Narada didn't emphasise the need for these machines, he concentrated more on sprouting, soaking nuts and getting the right balance of foods in your diet, ie some raw foodists eat too much protein in the form of nuts.



Lots of people at the workshop. A big thanks to Jyoti for organising it.

Back at home with my resistant partner and children I decided that the best thing I could do was to start making the evening meal with the salad. Usually this gets left til last and suffers if it appears at all. So perhaps if I can make that one small adjustment, then the cooked part of the meal will become the small overlooked part, perhaps a zucchini fritter....

So saying, I've managed to borrow my friend's dehydrator to test it out, my bench space is covered with bowls of soaking nuts and seeds and I'm looking for that perfect raw feta recipe.

Karyn

Harvest Festival, Environment Centre, Sat 26 March

The ACT Vegetarian Society ran a stall at the Harvest Festival at the Environment Centre on Saturday 26 March. It was a gorgeous day and a lovely festival, with lots of stalls and workshops promoting ecological sustainability, and some great local live music too.



We had lots of fun on the stall, meeting and catching up with other Veg Society members and chatting to passers-by who were interested in finding out more about vegetarian and vegan lifestyle and health.

We sold magazines, T-shirts and food charts, and signed up some new members. Most importantly, we gave out lots of information about vegetarian/vegan health and animal and environmental ethics, and practical ways to support those embarking upon their journey towards becoming vegetarian or vegan.



The Veg Society also hosted informative workshop presentations by Amber on nutrition, and Pragma on the ethics of a vegetarian/vegan lifestyle.

The foodie delights attracted lots of interest in our stall too! Jyoti cooked up a storm with vegan chocolate cake and bran muffins and two types of Anzac biscuits, Claire made some wonderful vegan sausage rolls, and I made mini vegan and gluten-free date balls (Easter bilby poo!) to hand out as a sample.

Stalls are a great way of getting to know other Veg Society members better and reaching out to others. And they're fun! If

you'd like to get involved in a friendly and fun activity, why not consider being a stall helper at the next event?

Maryanne

Some feedback we received about the rawfood workshop:

I learnt a lot, ate wonderfully, met great new people and have a swag of new information and skills to implement in making my vegan lifestyle healthier and more live food inclusive.

Thankyou so much for organising and facilitating the day. I have a big smile on my face now, inspired and happy to be part of such a great community.

Zoe

News

Activists plot animal farming revolution

from

<http://www.canberratimes.com.au/news/local/news/general/activists-plot-animal-farming-revolution/2165323.aspx>

TODAY, WITH CLAIRE LOW
17 May, 2011 04:00 AM

Animal rights activists clad in farmyard creature costumes are manning an "animal embassy" tent on the lawns of Parliament House this week.

Yesterday's contingent comprised animal advocacy organisation Our Place on Earth founding director Jodi Ruckley; cow-costumed Jessica Ferry of Wamboin; Karen Vincent of Holt who was dressed as a pig, together with her one-year-old son Noah Cornock; and Lefki Pavlidis of Melbourne who was dressed as a chicken. Joining them was Shine the border collie, who is a vegan and only eats vegetables, rice and pasta, and Wayne the Jack Russell-daschund cross, who is a "freegan".

The activists aim is to raise awareness of the plight of factory-farmed animals.

Ruckley said the point of being at Parliament House was to talk to the country's decision-makers and bring to them the message that she wanted factory farming stopped. "We've set up an animal embassy tent to give a voice to the hundreds of thousands of animals such as pigs, chickens and cows who are living in factory farms." She said factory-farmed pigs had a similar fate to battery hens and were confined to small stalls where they could not express natural behaviour.

"I don't know if people know that animals out of these conditions are pleasant to be around. They've got amazing attributes, they're no different to the dogs and cats that live in our homes. It's unfair they're confined."

Ruckley said there had, as yet, been no response from parliamentarians, but she and her fellow activists still hoped to speak to the Prime Minister.

Ferry, a University of Canberra arts and journalism student, has been part of Animal Liberation ACT for years. "We believe in giving animals the right of life," she said. "We want to start a dialogue about banning factory farms."

The suits were worn to help get good reactions from the public. "The suits make us more approachable. We're all

fluffy and nice and people are a lot more open to hearing our message," Ferry said.

Activists will, from Monday, start a 500km "Walk For Freedom" to spread their message. The group will travel for 42 days from Canberra to Byron Bay with stops along the way at Sydney, Newcastle, Ballina and other towns along the Pacific Highway. They'll give away free vegan food and conduct silent protests near abattoirs and factory farms.



Our Place on Earth founder Jodi Buckley, front, with Lefki Pavlidis (chicken), Karen Vincent (pig) with son Noah Cornock, 1, and Jessica Ferry (cow) on the lawns of Parliament House yesterday. Photo: RICHARD BRIGGS

Eight weeks of Life for Baby Chickens

I visited an organic farm last year and took this photo of a pen full of 'broiler chickens'. Even though I'd heard about this variety of chicken which is bred for quick meat, I'd never seen them before. These very young ladies had it 'good' compared to others that are crammed by their thousands into big barns. I was so struck by the sadness of it all - they were only about 6 wks old and had just another week or two to live before being slaughtered. Such short lives! Already at this young age they could only just get about on their grotesque giant legs, their huge bodies already starting to weigh too much. These 'girls' were such a sad sight with their little 'baby chicken' heads - everything out of proportion, bred to live a few wks only before death. If these babies lived longer than 8 wks or so they wouldn't even be able to walk due to their weight.

(Jyoti)



Articles of interest

This article appeared in the Canberra times last year, on 30/06/2010

Path to a vegan life

kitchen
garden
Susan Parsons



Joe Brock was raised at Faulconbridge in the lower Blue Mountains but is now a Canberran, completing the last three months of a PhD in biochemistry at the Australian National University. He is 25, loves to ride BMX bikes and lives a lifestyle of ethical veganism.

Brock turned to a vegetarian diet first, but says as he learned more, it was a natural progression to stop buying animal products altogether. Four years ago, he became a vegan.

At the Canberra house he rents with another vegan and two vegetarians, Brock has three no-dig garden beds at the back of the yard. There are two compost heaps, one enclosed for kitchen scraps and another for organic matter such as leaves and grass clippings.

In early winter, Brock harvests Jap pumpkins, beetroot and silverbeet and Jerusalem artichokes, which he freezes and thaws to make them easier to digest. He is also growing leeks, broad beans, spinach and broccoli, watered with recycled water from the household washing machine. He recently planted onions, garlic and sugar snap peas for spring harvesting.

He buys most of his remaining food from the ANU food cooperative, which sells organics and sells in bulk. Brock thinks fresh, organic produce tastes best but he also believes the food we eat profoundly affects our health and wellbeing. From his background in science, he knows that what we do to the soil affects plants and their associated ecosystems of microorganisms. He thinks growing food locally is better for the environment and for community relationships.

For energy, Brock eats only raw food in the mornings, usually fruit and nuts or a nutrient-rich salad. His



Vegan Joe Brock uproots a beetroot, watched by his dog Red. Above, Brock also grows Jerusalem artichokes, pumpkin and silverbeet.

Photos: Graham Tidy

favourite salad recipe is at right, using fresh home-grown salad greens and organic apples from Pialligo.

He takes supplements for vitamin B12 and the Omega-3 fatty acids eicosapentaenoic acid, or EPA, and docosahexaenoic acid, DHA, which are derived from algae. Although the body can make these from the Omega-3 found in walnuts and flax seeds (alpha-linolenic acid, or ALA), he prefers to have a direct source of these vital brain nutrients.

He often shares great communal meals with housemates and belongs to the ACT Vegetarian Society.

Brock says Jerusalem artichokes are a great substitute for most things for which you would use potatoes, especially hot chips. The veganise recipe, which Brock has permission to use from the author, is from a blog, Vegan Dad.

■ Susan Parsons is a Canberra writer.



Organic raw apple, beetroot and hazelnut salad

1 large handful of silverbeet and ruby chard leaves
2 apples

2 carrots
1 beetroot
1 handful of hazelnuts
2 tbsp lecithin granules (no raw)
1 tbsp wholegrain mustard
50ml cold-pressed flaxseed oil
25ml brown rice vinegar

RECIPES

MAINS

*sent in by Jyoti Dambiec
thanks Jyoti*

The two recipes below are a little more involved, but delicious and worth the effort. They are from Kurma Dasa's cooking book 'Cooking With Kurma - More Great Vegetarian Dishes'. He also has another cooking book called 'Great Vegetarian Dishes of the World'. They're both excellent books and you can guarantee all the recipes will turn out beautifully. They're often very detailed. It's a good idea to follow the recipe the first time, you'll be sure to get a great result, but next time round you may find you can take some 'short-cuts'.

Spicy Javanese Eggplant (Balado Terong)

This is a spicy eggplant dish from Padang in Western Java.

Preparation & cooking time: about 30 minutes. Serves 4

Ingredients:

- 750 g small thin eggplants, about 5 or 6, cut into 1.5 cm rings
- 3 large tomatoes, cut into quarters
- 3 or 4 large red chillis
- 2 tbs oil
- 2 1.5 cm cubes galangal root
- Half a blade fresh lemon grass
- 2 salam leaves or curry leaves
- 2 tbs palm sugar
- 1 teas. Salt

Method:

- Place the tomatoes & whole chillies in a blender or food processor
- Blend until smooth, remove the puree and set it aside
- Pour the oil into wok or pan over high heat. When the oil is hot, drop in the eggplant pieces in 2 or 3 batches, and deep-fry them until they are tender enough to pierce with a knife point. Set the eggplants aside to drain
- Heat another pan or wok over moderate heat. Add the oil. When hot, drop in the galangal and lemon grass. Saute for one minute, or until fragrant
- Add the curry leaves or salam leaves, fry momentarily, then add the tomato puree. Cook tomatoes for 5 or 10 mins until thick and saucy
- Add the sugar and salt, stir to dissolve, and gently fold in the eggplant pieces. Serve hot.

Comments - I use less chilli - 1 or 2 chillis. I also don't deep-fry the eggplants, just shallow fry. It also works nicely without frying them at all if you prefer not to use oil. It is possible to substitute fresh ginger root for galangal. Ordinary sugar can be used in place of palm sugar. And if you want to speed the whole process up this recipe also works with tinned tomatoes - but of course none of us organic gardeners would think of not using our own delicious tomatoes!

Curried Malay Noodles (Laksa)

*sent in by Jyoti Dambiec
thanks Jyoti*

Also from 'Cooking With Kurma'
Preparation time: 50-60 mins. Serves 6-8

Laksa is a taste sensation - a delicious one-pot soupy combination of mild, chilli-hot, rich, aromatic and delicate flavours, and a tantalising combination of crunch, soft and milky textures. This recipe looks long and complicated, but it's worth the effort and as mentioned above there are some short-cuts if you wish to take them.

The curry:

- 3 1/2 tbs. dried tamarind, soaked in 1 cup hot water
- 1 cup(250 ml) stringless beans cut into 2.5cm lengths Oil for deep-frying 400g firm tofu, cut into 1.5 cm cubes
- 2 or 3 small thin eggplants, bias cut into 0.5 cm rings
- 1 tbs. cumin seeds
- 1 tbs. coriander seeds
- 5 or 6 large dried red chillies
- 3 tbs oil
- One 5 cm cube fresh peeled ginger, shredded
- One 2.5 cm cube fresh peeled galangal, shredded
- Finely sliced white inner stems of 2 or 3 stalks of lemon grass
- 1 1/2 teas. yellow asafoetida powder
- 1 teas. turmeric
- 5-6 medium tomatoes, peeled and chopped
- 1 tbs. malay curry powder
- 1 teas. freshly ground black pepper
- 2 cups potatoes cut into 1.5 cm cubes
- 1 1/2 cups carrots, bias cut into 0.5 cm rings
- 2 cups rich vegetable stock
- 2-3 tbs. palm sugar
- 2 teas. Salt
- 4 cups (1 litre) thick coconut milk

The noodles:

- 1 kg fresh rice noodles, or 350 g dried rice vermicelli

The garnish:

- 2 cups bean sprouts
- 2 small seedless green cucumbers, unpeeled, cut into matchstick strips
- 1 small bunch laksa leaves, finely shredded (Vietnamese Mint) Coarsely-ground blk pepper lime wedges sambal oelek, hot chilli paste (optional)

To prepare curry:

- Squeeze and strain soaking tamarind, discarding seeds and fibres. Set aside the puree.
- Steam beans for 10 mins until tender. Drain and set aside.
- Heat oil in heavy pan or wok. When very hot add the tofu cubes, a few batches at a time, and deep-fry until dark golden brown. Drain on paper towels.

- Deep-fry eggplant in same hot oil until tender. Drain and set aside.
- Sprinkle cumin, coriander and dried chillies in small saucepan over moderate heat. Dry roast 5 mins or until fragrant and slightly dark. Grind in coffee spice mill or coffee grinder.
- Pour 3 tbs oil into 5 litre saucepan over moderate heat. When hot, add ginger and galangal. Fry 2-3 mins until opaque and fragrant. Add sliced lemon grass, fry for another minute. Sprinkle in asafoetida powder and turmeric, fry momentarily.
- Add tomatoes. Stirring occasionally, cook for 5-10 mins until soft and broken down.
- Add the dry-roasted spices, curry powder, black pepper, potato, carrot and vegetable stock. Stir to combine. Cover with lid, bring to boil, reduce heat, and simmer for 5-10 mins until vegetables are tender.
- While the curry is cooking, cook the noodles briefly in lightly salted boiling water. Drain and keep hot.
- Add the tamarind puree to the simmering curry then add the cooked beans, the sugar, salt, fried tofu, and coconut milk.
- Allow the mixture to almost come to the boil, add the eggplant, stir through gently and remove from heat.

To assemble the laksa curry:

- Scoop a large handful of hot noodles into each individual serving bowl.
- Ladle on the curry. Arrange the garnish on top.

Comments - I use less chillis - about 2. I also use 1 tin coconut cream - there is a low-fat variety also. If you prefer to use less oil, the eggplant and tofu can be shallow fried - or not fried at all. I often use chinese white wheat noodles - the ones that come in wide strips.

Asafoetida: Buy from Indian/Asian shops and also goes by the name 'hing'. It gives a mild onion taste and aids digestion. It's good to add to bean and lentil dishes.

Tamarind: It is easier to use tamarind pulp rather than dried tamarind - purchased in 454 g plastic container from Asian/Indian shops. It is a useful ingredient which adds a sour taste to curries, soups and chutneys. I also use it in sauce for stir-fried vegetables.

Bharat is an excellent Indian shop in Oatley Court, Belconnen which stocks a huge range of products, including asafoetida and tamarind pulp.

Vegan Omelet For One

*sent in by Jennie, from I Feel Good Pty Ltd
- thanks Jennie*

Ingredients:

- 175gm (1/2 pack) x silken tofu
- 1 tablespoon soymilk
- 1 tablespoon nutritional yeast
- 1 tablespoon cornflour
- 1 teaspoon tahini
- 1 tablespoon Bragg Liquid Aminos
- 1 teaspoon turmeric
- 1/2 teaspoon salt, or to taste

Filling:

- 1/2 red capsicum, cut into thin strips

- 100gm mushrooms, sliced
- 1/4 small onion, diced
- A big handful baby spinach leaves

Method:

- Blend together all ingredients until smooth using a hand held food processor.
- Sauté the onion, mushrooms and capsicum in a frying pan until tender.
- Spray a large non-stick skillet with olive oil and heat on medium-high until very hot.
- Pour the batter into the centre of the skillet in a circular pattern about 6-8 inches across, and use a spoon or spatula to smooth over the top.
- Place your prepared filling ingredients over the batter, and reduce the heat to low.
- Cover and cook for about 2-4 minutes, checking often to see if it's done. When the edges have dried out, lift a small section with a spatula and check to see that the omelet is set. It will be golden in colour, but not browned. When it's ready, loosen the omelet by sliding the spatula under it from each direction, and then fold one side over the other.
- Cook for about one more minute.
- Carefully tip or slide it onto a plate and serve hot.

Patata I-Forn (Roasted Potatoes)

*from Damayanti Muscat
- thanks Damayanti*

This is a classic in Maltese cuisine.....I modified it a bit to make it sentient....this dish tastes like heaven ♥

Ingredients:

- 6 medium sized potatoes peeled and sliced in rounds lengthwise
- Olive oil
- 2 cups of water
- 1/2 tsp all spice
- 1/2 tsp asafoetida (pref yellow)
- salt and pepper
- 1/2 fresh fennel bulb sliced lengthwise
- fennel seeds
- 1 tsp mild curry powder
- 1 tbsp soy sauce
- Couple of Bay leaves

Method:

- Place the water and all ingredients except fennel and potatoes in a baking dish and mix well
- Layer the fennel and potatoes in the water then sprinkle some fennel seeds, pepper and olive oil on top, cover and bake in a hot oven until the potatoes are soft and pulpy.....uncover and place under the grill until browned.....

Super delicious ♥

Children!

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

All offerings gratefully received and acknowledged.



New film from Our Place On Earth

The animals you eat – a film

Some exciting news, Our Place on Earth's first documentary is ready. "The animals you eat" or "Ces animaux que tu manges" (French version). It features our friends, the cows, the chickens, the pigs and fish who live in intensive farms, and shares their story. The footage is recent, taken late 2009, and is filmed entirely on farms in France.

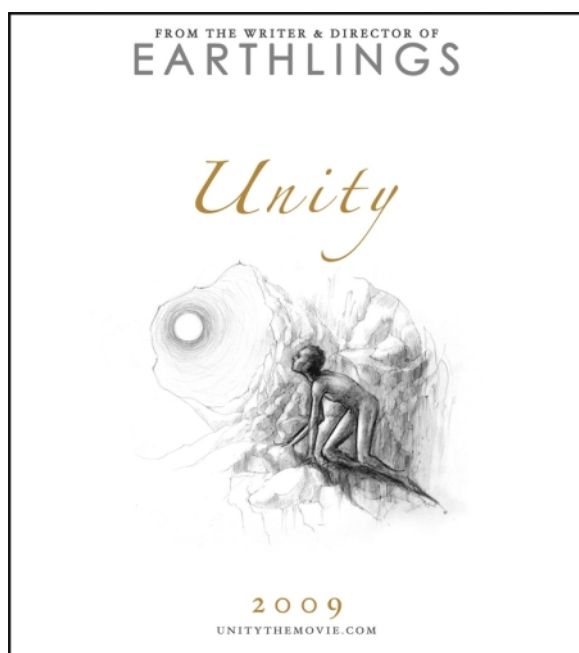
Whilst it aims at teenagers, it is suitable for a wider audience. An animated character, Lola, visits a number of farms and "talks" to some individuals within them. They have the opportunity to tell their stories and share their thoughts and feelings, as well as facts about the farms. Lola also talks to a beautiful broiler chicken "JoJo", who is rescued (true story) and then inhabits a refuge in France. Whilst the film shows the horror side of factory farming, the crowded conditions, and the unhappy inhabitants the film uses no 'shock' tactics. The film captures the animals in their own right, portraying them as interesting individuals worth getting to know, whilst making it obvious that their surroundings, their homes are horrible and showing their relationship with their immediate environment and their roommates. Lola shares her viewpoints on the inappropriateness of intensive farms and killing animals.

For a full version, you can order a copy of the DVD for \$5 plus postage at

http://www.ourplaceonearth.com/blog/?page_id=49; or view at <http://www.youtube.com/watch?v=KYxDDjP5EFM&feature=related>. The French version is also available for viewing and download at www.cesanimauxquetumanges.fr.

I hope this film will be distributed widely and especially at places where youth visit. It will be shown as part of our new school program called 'Animilia', info coming soon on the web.

The second movie in the Earthlings Trilogy will be out soon



See <http://unitythemovie.com/> and <http://www.earthlings.com/about-nation-earth.php>

Blogs and mailing lists

Check out these veg websites for stories, recipes, info and mailing lists you can join.

<http://www.ifeelgood.com.au/home.html>

<http://www.ourplaceonearth.com/blog.html>

<http://dailygreenbar.blogspot.com/>

http://www.ara.org.au/index.php?option=com_content&view=article&id=73&Itemid=138

NEETA's INDIAN CUISINE ~ Dine-In Café/ Restaurant & Takeaway

INTRODUCING FIRST TIME IN CANBERRA A UNIQUE HAPPY HOUR !!

**** SATURDAY LUNCH ****

**** SUMPTUOUS VEG BUFFET ****

**EAT IN AS MUCH AS YOU CAN* and PAY
JUST \$5
BETWEEN 12pm - 2pm ONLY**

So what are you waiting for?

**Saturday Lunch can't be better than this!!
Better HURRRRRYYY.... before it's ALL GONE!**

**conditions apply. Contact 6162 1450 for more details.*

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

Tel: 6162 1450

visit: www.neetas.com.au

Hi I'm Karin...I am a subscriber that still wants to attend a meeting or a picnic! I'm usually somewhere else a few hundred miles away. In the first weekend of December it happened again. I caught the train to Climate Camp, held this year in NSW up at Lake Liddel near Muswellbrook where there were extraconfrontational views of the Bayswater Power plant over across the man made lake that provides water to maintain the 'plant'. It was a surprise to me how much effort had been put into organisation to maintain consensus and ensure peaceful activism and make an impact for media whilst bringing people in with a wide range of experience, speaking, writing, workshoping, playing music, watching films like 'Home', 'Our Generation', 'Gasland' and demonstrating against..... business as usual whilst Coal burns. One forum on climate solutions had visiting speakers from the 100% Renewable Campaign and Beyond Zero Emissions who outlined the Zero Carbon Australia Project developed at Melbourne Uni on transitioning to 100% renewable energy in 10 years. It is terrible to realise that the mining companies because of their investments in oil, coal and now coal seam gas, are so

unwilling to budge and are willing to invest millions in advertising to not make the change to 100% renewables possible in 10 years.

I ate beautiful vegetarian breakfast, lunch and dinner at the Climate Camp which was planning for better weather and a tent city of a thousand. The bad weather brought the numbers down but we could feast in abundance, double portions, on local food and fresh milk....the Hunter Valley was once dotted with hundreds of little dairies. Our cook in charge was a French fellow who has delayed returning to France by enrolling in a cooking course here making pastries and chocolates. He was assisted by very willing volunteers and the food was superb. Next Climate Action Camp I will definitely go for the lovely food as well. This time I was even amazed at the background research the organisers, known in Newcastle as Rising Tide, put into the making the 5 day camp a success for bringing people together to learn and play and make a final colourful peaceful demonstration. Most of the 150 campers who ranged in age from a Kakoda Trail veteran of 87 to a sweet baby of a couple of months, expected to walk 5 kilometres carrying the baby to the entrance of the Bayswater power station to protest. We only got 1 kilometre down the road from the camp in the blinding sunshine when to my surprise the 7 foot barrier fence between us and the tracks where the coal train had been thundering along at regular intervals, was pushed over. The fence had been carefully modified the day before by a strategic few, in order that the event would be a surprise also to the police. The protesters then divided into 2 groups. About half who were willing to face arrest then left the road and walked across the fallen fence down to the railway track and set up the blockade with some locking - on to the tracks. The protesters up at the road had a truck from which they had a platform and microphone to give moral support with speeches and music and some incredible cheer leader presentations by a talented group of women who wrote and strutted their stuff. The police were in good humour in general. As far as the planned arrests...I believe all those who remained on the tracks were arrested over the day..but with a lawyer present and a legal support team and 2 people assigned the job of communicating officially with police all went as planned..whilst moral support was directed down from the road above. At about 3pm a deluge of rain came and the police didn't have umbrellas...many protesters had to use placards to shelter under and some relaxed under a large tarp, others had brought umbrellas or jackets, so we hung in there. By 4pm many of the supporters were taking the shuttle bus back to camp to be able to get back to their homes. However there was a lot of work still needed to be done after many had left to pack up 4 large marquis and a dome and equipment. I'm incredibly grateful for the local people who helped Rising Tide host the event...and who had to look after the final cleanup. I'm also very grateful to the people who were willing to be peacefully arrested to demonstrate their commitment, in particular to bring Kristina Keneally to respond to the urgent petition of people who live and work in the Hunter Valley and all of us who don't want big business as usual at the expense of people's health and well being. The 3 demands to the State Government are:

1. Withdraw the Bayswater B proposal (which would involve adding a power plant the same size as Bayswater and after that 15 more proposed power plants in the next few years in NSW).
 2. Commit to no new coal mines in NSW.
 3. Immediately begin a transition to renewable energy.
- You can follow the news and get some pics and twitter or facebook links by going to www.climatecamp.org.au

For more helpful info you can check out Noel Pearson's writings. He is an expert on coal at **The Global Change Institute** at the University of Qld with other experts in food security and ocean science:
www.gci.uq.edu.au
 Tanya Newman a social movement educator from NZ who facilitated at **Climate Camp**, has written a report on democratic use of 'spokescouncils' at the Climate Camp:
www.thechangeagency.org/03_eneews/newsletter.asp?ID=340, and

Whilst I was away the rainy stormy weather had caused the Pre Christmas Black mountain Peninsula picnic to be cancelled. Its great that the dams like Burranjuck are overflowing, not great that the farmers likely have a spoiled wheat harvest, grapes get mildew and towns get flooded and alot more crops are damaged in Queensland and Victoria.

I do look forward to weather permitting picnics to come.

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.



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

Answer at the end of this newsletter.

Member Discounts

Don't forget that flashing your Veg Society membership card around can get you some pretty cool stuff in certain places.

Below are just a few of the places you can receive a discount for satisfying your hunger.

Restaurants

Au Lac Gourmet Vegetarian Restaurant

What: 10% off - open for lunch Tuesdays-Sundays and dinner every night from 5.30pm and is BYO.

Where: Shop 4/39 Woolley St, DICKSON ACT 2602

Contact: (02) 6262 8922.

Kingsland Vegetarian Restaurant

New owner – now purely vegan

What: 10% Discount (20% discount on Tuesdays and Wednesdays for cash payment)

Where: Dickson Plaza, 28 Challis St, Dickson ACT 2602

Contact: 02) 6262 9350

My Rainbow Dreams Cafe

What: 10% Discount

Where: Shop G1b, Dickson Chambers, DICKSON ACT 2602 (opposite the Dickson Post Office)

Contact: 02) 6247 8591

Shopping

Mountain Creek Wholefoods

What: 5% Discount or 10% on purchases over \$100.

Where: Griffith Shops Unit 1/14 Barker Street, Griffith ACT

Contact: 02) 6295 1474

Organic Energy

5% for members (10% for people on cancer diets)

Griffith Shops - Shop 8A Barker Street Griffith ACT

Phone: 02) 6295 670

As Nature Intended

Organic foods and Café

What: 10% Discount (grocery items only, not on café items)

Where: Belconnen Markets

Contact: 02) 6253 0444

The Allergy Centre

What: 10% discount on food products

Where: Shop 2, Jamison Centre, Bowman Street, Macquarie

Contact: 02) 6251 2670; allergycentre@bigpond.com

Ask the Nutritionist

With Miranda Bone, B. Nutr.

Healthy Snacking in an Unhealthy World

Sometimes I think the cosmos really wants us to eat chocolate and chips. And fast food. It seems to be everywhere, in bright packets, and just the smell can make us hungry. It's far too easy to succumb to that temptation, even though we know "junk" food is not worth eating. Of course, it's the food companies, not the cosmos, that try to tempt us into snacking; but their siren song can still be hard to resist, and can sabotage good intentions, (and waistlines!)

Snacking, *per se*, is not a bad thing - it's what we snack on that makes the difference. There are many healthy alternatives to junk food snacks when afternoon tea time rolls around, and these can fit nicely into a balanced diet. Fruit or vegies (like carrot sticks or cherry tomatoes) are of course always a good option. Yogurt or custard, made from dairy or fortified soy can be a tasty way to get extra calcium in; ideally, mix in fresh fruit to sweeten it, rather than buying a ready sweetened variety, especially as most fruit yogurts contain gelatine. Nuts are a great source of protein and good fats; enjoy them in moderation though, as they have a lot of calories! Drinks such as unsweetened tea or coffee, or better, herbal tea or vegetable juice, can take the place of snack foods when you're watching telly or relaxing with a book. Smoothies are also a great option; if you make them at home, you can take them with you in any drink bottle you can wash effectively. If you are buying one, watch out for icecream in the ingredients - it adds calories without much in way of nutrients.

Planning your snacks is key. By making sure you have something healthy, easy and yummy in the cupboard or in your bag, you make it much easier to resist the temptation of an unhealthy snack. Buy a mix of things depending on your needs, such as frozen berries, fresh fruit, nibbleable veggies, nuts, yogurt, cheese, and ready-to-eat tofu. Be a little wary of packages snack foods such as muesli bars, as while they are an improvement of chocolate or chips, they are still high in sugar and fat.

Desserts can be an issue, too. Many of us like our little something sweet after the meal, but ice cream is no health food. Choosing fruit-based desserts is healthier, especially if they have no added sugars or fats. There are several recipes in this newsletter for really healthy desserts - that you could eat every night if you wanted too! The Banana Ice Cream even counts as one serve of fruit per 3 scoops! For more healthy dessert ideas, Google for "raw food desserts" and enjoy experimenting.

If you are eating a more traditional dessert or junk food snack, the key is: don't eat too much or too often. Have a small amount of your favourites every now and then, and really take the time to savour it and enjoy it!

Importantly, don't waste calories on mediocre junk food - if you don't love it, don't eat it. Eat a delicious healthy snack instead.

Bon Appetite!

Banana Ice Kream

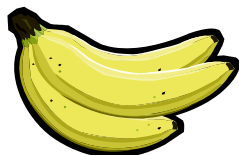
Ingredients: 4 Bananas, frozen.

Optional extras: 1/2 cup frozen berries, 2 Tbsp coco/cacao/carob powder (unsweetened).

Serves 3-4

Use the ripest bananas you have - this is a great use for really overripe bananas. Peel them and break them into chunks (more, smaller, chunks are easier for you food processor to handle than a few big ones). Freeze the banana chunks in airtight container for at least 8 hours. Just before serving, process them in food processor (with S blade) for about 5 minutes, until desired softness is reached. Work quickly - you don't want the banana to melt! During this processing, you can add frozen berries for a different colour and flavour, or the chocolate powder. If you process the banana in batches, you can even make 'Neapolitan' ice cream this way.

Best enjoyed immediately, but can be refrozen.



Ice Kream Cupcakes

1 cup Almonds

1/2 cup sunflower seeds

1 cup sultanas or other dried fruit

Water, as necessary.

4 Bananas, frozen (as for Banana Ice Kream)

3/4 cup frozen raspberries, + 12 whole berries for decoration

Makes 12 cupcakes

Line a 12 cup muffin tray with paper patty pans.

Process the almonds, sunflower seeds, and dried fruit in the food processor (S Blade) until crumbs. They should begin to clump together; you may need to add a little water, a Tbsp at a time, to get them to do this, or perhaps some extra dried fruit.

Press the fruit and nut crumb into the patty pans, forming a crust/shell about 1/2 cm thick. Cover the tray and place it in freezer while you prepare the filling.

Process the bananas and berries as for Banana Ice Kream, above, then scoop it into the fruit and nut shells, plopping a berry on top of each filled cupcake.

Cover the tray again, and put it back in the freezer for a few hours to firm up.

To serve, remove cupcakes from tray and carefully peel down the patty pan paper, revealing the beautiful nut crust. You may wish to let the cupcakes warm up a little before eating them, depending on how cold your freezer is.

Choc Mylkshake

Serves 1-2

Small handful cashews or soaked almonds

heaped Tbsp sultanas

600 mL water

coco/cacao/carob powder, to taste

1 cup baby spinach (optional, adds body and greens)

1 small banana (optional, adds creaminess)

Add all ingredients to blender, blend until smooth, and enjoy!

Mango Coconut Custard

Serves 3-4

1 ripe mango, skinned and pitted

Flesh of 1 young thai coconut

Blend the two ingredients together, (a stick blender or small food processor is good for this). If necessary to thin the custard, add a little of the coconut water. Delicious with fruit salad, as part of a vegan 'trifle', on its own or anywhere you might want custard. Thanks to Miri for inventing this one!



Check out Supabarn Civic for a huge range of vegetarian and vegan food, such as the **Vegemeal range** including:



They now have one full aisle stocked on both sides, in some cases cheaper than you can get in a healthfood store. Other hard-to-find and veg*n brands include:

Sweet William range including chocolate chips

Tartex range of pates

Amy's chilli and soups

Thanks Natasha for this info

CONTACT US

Email: contact@vegetariansociety.org.au

Phone: **0417 464 675**

Postal: **PO Box 3353
Belconnen Business
Centre ACT 2617**



Answer to "Who Said That?"

"If man wants freedom why keep birds and animals in cages? Truly man is the king of beasts, for his brutality exceeds them. We live by the death of others. We are burial places! I have since an early age abjured the use of meat."

-Leonardo-da-Vinci

NEW MEMBERS

We warmly welcome the following people into the Society:

Satyam Bhuyan
Isaac Reyes
Kirsty Magarey
Ben Van Eyle
Biswojit Patsahani
Lara and Cassi Hay
Jane Dalton
Naline Ratnaik
Monika Hellman
Pamela Blakeley
Shiara Astle
Anthony and Colleen Fitzgerald
Judith McKenzie
Leah Horsfall and Jonathan Tapsell
Tanya Grant
Charlene Gerrard
Kiley and Graeme Lambent
Kim Garretty and Wade Buscombe
Sharon and Laurie Monie
Kim Channing
Kerri Hames
Linda Carter
Rod Katz and Vida Viliunas
Deb Macpherson
Mithuna Yoganathan
Susanna Auyeung

Sudoku Solution:

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

Coming soon...



Albert Hall, 16/10/2011

www.livinggreenfestival.org.au

contact@livinggreenfestival.org.au

If you would be interested in receiving more information, holding a stall, sponsoring the festival, providing entertainment or assisting in some other way, please email president@livinggreenfestival.org.au