



Web: www.vegetariansociety.org.au
Email: contact@vegetariansociety.org.au
Post: GPO Box 1786, Canberra, ACT 2601
Phone: 0417 464 675

WELCOME

Welcome to the autumn newsletter – just in time for winter. For mine, autumn is the most beautiful season of the year in Canberra. The weather is cooler and usually a bit wetter, so great for catching up on all the gardening jobs you haven't been able to do over summer and preparing the garden for the winter and spring to come. The beautifully-coloured leaves on everything add such a zing, although the raking's not so great. Jumping in the rustling leaves before the raking is fun though, and the leaves make such good mulch or compost for the garden. Hope you got your plantings done while the soil was still warm. It's cooling down quickly now! Time to get your spring-flowering bulbs in.

This edition contains quite a few contributions from our members. Thanks to all of you. Not only does it make my job easier, it is more fun for everyone to read, so please keep them coming. Please send contributions and comments to newsletter@vegetariansociety.org.au

Tracey Lofthouse, Ed.

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COMING EVENTS

You can check our website and watch for details in our emails. If you have any ideas or requests for an event we're open to all suggestions - send us an email at contact@vegetariansociety.org.au.

Who Said That?

Who was it who said...

"The average age (longevity) of a meat eater is 63. I am on the verge of 85 and still work as hard as ever. I have lived quite long enough and am trying to die; but I simply cannot do it. A single beef-steak would finish me; but I cannot bring myself to swallow it. I am oppressed with a dread of living forever. That is the only disadvantage of vegetarianism.

Answer at the end of this newsletter.

FROM THE PRESIDENT

The Good News is that we now have a large committee again with nine members already working away. We are planning a busy year and hope many of you will come along to at least some of the activities that will be happening. Our committee is focussed on the group being a vital and dynamic force promoting vegetarianism in the ACT. We hope you will become part of this flow.

We have weathered nearly a year in 2009 functioning for most of that time with a very small active committee of five. This became four, then was down to a tiny three. Sadly there was once again a risk of having to wind the group up. Even with such a small group we did achieve a number of things: a variety of stalls, printing of 5,000 vegan food pyramid postcards and displays in a number of public libraries, as well as a very successful fundraiser dinner with money raised going to Bede's animal shelter and the wonderful vet Jan Spate*.

This is an ideal time to be promoting our vegetarian lifestyle. People are much more open and interested in learning about how to have a meat-free diet. Our job is to be there with good information to help them along the way. So with this in mind we are focussing on activities like stalls and nutritional talks. We will also be organising cooking classes. One of the things that is obvious when we're at stalls is that many people, especially younger students, are very keen to be vegetarian but they are very unsure about how to cook and also don't know so much about balanced nutrition. We also plan social activities which will give you an opportunity to make friends and get to know other vegetarians more.

If you are a good cook and would be willing to share your skills please be in touch with me. We are in the process of thinking of the best ways to approach this: small classes in homes, larger classes perhaps with a nutrition talk attached. We will need to find suitable venues and work out all the other details to make this happen. Some classes will be run at the ANU Food Co-op.

We are aiming at quarterly newsletters via email and will continue regular collective emails to inform you of activities.

There are a lot of tasks to be covered if the Society is to function well - and your new committee is doing these with enthusiasm. We are all just members like you. We have busy lives, all of us working in one way or another. We will be organising informative and fun things - but for the Society to be really successful we need you, our members to come along and to participate.

In our Constitution it states that the aims of the Society are to:

(a) promote vegetarianism



Interview with Jonathon Safran Foer

A little while ago Lateline on the ABC interviewed Jonathon Safran Foer, author of several novels and the more recent *Eating Animals*. The transcript of the interview and the video can be found here:

<http://www.abc.net.au/lateline/content/2010/s2856551.htm>

Several members and others have suggested the segments are well-worth watching.

They are available to download from:

<http://www.abc.net.au/lateline>

Two parts:

- From Farm to Fork.
- Jonathan Safran Foer interview.

If anyone has read *Eating Animals*, I would be very happy to receive a review or two.

Ed

- (b) spread the principles of vegetarianism and the ideal of a healthy, humane mode of life
- (c) encourage and facilitate co-operation between vegetarians throughout the world
- (d) co-operate with other organisations and people concerned with sound nutrition, positive approaches to physical and mental health, the prevention of cruelty to members of the animal kingdom
- (e) facilitate the supply of vegetarian food.

The definition of 'vegetarianism' means the practise of living on products of the vegetable kingdom with, or without the use of eggs or non-human milk or their products, to the exclusion of the flesh or other body parts of members of the animal kingdom, or their by-products as food.

As President I am very aware of the huge variety amongst vegetarians - differing eating habits and widely differing reasons for being vegetarian. What we have in common is that we don't eat animals or fish - to put it simply - we don't eat things with eyes that can look at us. One of my aims is to help create a Society that is open and friendly and that welcomes all of you. I would like there to be an environment where we are all safe and free to express our many perspectives.

So far this year we have had three stalls, three Vegetarian Family Group picnics and two nutrition talks.

Jyoti

**we had a great meal and raised over \$1500 for Jan Spate of Hall, and almost \$800 for Bede's poultry sanctuary A Poultry Place. Thanks to the organisers Kath and Peter - Ed*

New Australian Vegetarian Cookbook



I am a lifelong (almost) vegetarian (after seeing my first sheep killed about aged nine), naturopath and mum to four vegetarian kids. I have converted hundreds and have shared my recipes with thousands, as well as providing recipes for weddings, food outlets and even having one or two big name fast food joints copy my ideas. After having to close my clinic after going broke for treating one too many people for free, I decided it's probably time to get some money back for my hard work... The title is taken from what I guess we are all used to - people freaking out at the thought of having to feed a vegetarian. Combining that with one too many patients coming to me up in arms about their kids wanting to be vegetarian and seeing the poor things being forced to eat meat, and even having to argue with family and friends about the facts vs myths surrounding it, I put a lot of it together in this book. And it stayed put on my computer for a few years as I still cannot afford to self-publish. The plan is to sell enough eBooks to fund a hard cover version and also to fund the beautiful book 'my kids' in Uganda (80 orphans) wrote which we intend to use to raise funds to build our own dorms, clinic, etc (mukwanomwana.org).

God Bless, Lulu Langford

Oh No, She's Vegetarian! What Am I Supposed To Cook? These are the exact words often repeated when people found out I was vegetarian, often within hearing and surprisingly never made light of, as if I had committed a crime... Then moving through various places in the world I had travelled or met with great cooks who happily shared their vegetarian ideas, plus as a naturopath, being able to separate fact from fiction in regards to health issues surrounding meat eating vs vegetarian lifestyle. This book contains much information on famous vegetarians, funny stories that each of us must have in this mostly meat-eating world, and even easy how-tos for people who prefer the easy way out.

Written with four target audiences in mind:

Parents of children wanting to be vegetarian;

Hosts who freak out at the thought of cooking for a vegetarian;

Those who are already vegetarian but want to branch out and experience more exotic tasting foods, and finally;

Restaurants and caterers hoping to cook for large numbers of vegetarians in a stylish manner.

Most of these recipes are so simple a child could make them, but are often so tasty that it is impossible to tell there is no meat at all. Some are vegan recipes, but many contain a little dairy and eggs; and range from entrees through soups and salads, fast food to desserts.

With dishes such as -

Mock Duck in Butter Sauce with Herbed Rice

Honey Tofu in Mushroom Sauce with Roast Kumara

Baked Spaghetti 'Bolognese'

Caramelised Onion Tarts with Barbecued Vegetables and Spinach Pie

Green Vegetables in Hot Herbed Mayonnaise

Asparagus Triangles

Roast Eggplant and Capsicum

Broccoli in Mustard Sauce

The recipes sound and taste more like gourmet dishes than the often feared rabbit food we are often thought to be living on. Many have been used for wedding and banquet feasts, and people have travelled hundreds of miles, and written over thousands of kilometres to request some of these dishes. Guaranteed to tempt and satisfy even the most seasoned and hardened meat eaters.

Enjoy!

Lulu

Oh No, She's Vegetarian! What Am I Supposed To Cook? Can be downloaded as an eBook for \$19.95 from:

<http://www.lulu.com/content/8416965>

For those not familiar with eBooks: Millions of people are turning to eBooks for various reasons and these days eBooks can be downloaded to computers, blackberries, etc. The process is simple: you look online with sites like Amazon and Lulu.com, read an excerpt from the 'book' that catches your eye and click to buy. Similar to buying on eBay, once the book is paid for, a link pops up which allows the downloading of the book for you to either print off and file or keep on your computer to use as you wish. So, what began as an idea that many people did not think would take off, has turned into a multi million dollar industry. In fact, most books that are available in hard copy are also now available in eBook format.

Family Group picnics

On Sunday (25/4) I had a good day, no, let me rephrase that, I had a GREAT day! My family and I attended the Vegetarian Picnic at Weston Park. After the initial hiccup of Jyoti arriving late with our banner, (due to the crazy amount of road works we are presently experiencing around Canberra) we got the banner up, and suddenly we all knew where to gather, I'd been playing spot the potential vego while we waited and got a high score.

There were around 15 family groups, some with young babies, some with preschool-age kids, my primary-aged girls, people whose kids had grown up and people without kids who just wanted to enjoy the picnic.

The range of vegetarians went from people who were three-four months into the experience to people who have been vego their entire lives. What's more, we were a multicultural group.

Amber gave us a talk on nutrition; did we know that the pyramid style of breaking down food groups is now replaced with a "plate" pie graph? Curiously Canada uses a rainbow and China a pagoda.

We learnt that proteins and whole grains consumed on the same day create complete proteins, they don't have to be in the same meal!



After this we shared lunch with everyone feeling nourished and spoilt by the end. I bought a piece of "French style" soft white cheese (Nuage-Blanc) from Paris Creek in S.A. It's made from unpasteurised milk that is organic in conversion to Biodynamic for people who are thus inclined to try; absolutely delicious.

Next we milled around chatting and enjoying the autumn sunshine. My girls went for a kayak on the lake, a definite high light for them and to finish off a train ride. We got home with such a great feeling inside! In the future we plan to try out different parks in Canberra as well as locate a good indoor space. I look forward to meeting more of our members and enjoying Canberra's beautiful parks and weather together.

Karen Fearnside



Our first picnic for 2010 was held at Lake Ginninderra in February



These photos are from our second picnic, at Weston Park in March

The Committee

We had our AGM in March and a new committee was elected. They are as follows:

President:	Jyoti Dambiec 6258 6632 (also Public Officer and Stalls Co-ordinator)
Vice-President:	Natasha Glover
Secretary:	Claire Ede
Treasurer:	Natasha Glover

General Members

Tracey Lofthouse (Contact Officer, Newsletter Editor, Publicity Officer)
 Juris Jakovics (Memberships Officer)
 Helen Price (Librarian)
 Sarah Cooper (Facebook Manager)
 Karyn Fearnside (Family Group Co-ordinator)
 Sundara D'Silva (IT Technical Advisor)

Associate Members

Dieter Dambiec (Society Collective Email Manager)
 Anh Nguyen (Website Manager)

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)
Librarian@vegetariansociety.org.au (Library requests)
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 and social times with friends and family.



Natasha (Vice-Pres and Treasurer)

Hi, my name is Natasha and I joined the Committee last year as Treasurer. This year I am filling the roles of Vice-President and Treasurer, keeping me on my toes! I moved across from Perth about a year ago to enjoy the quieter, more rural lifestyle, and currently work in a financial role in the Public sector.

I have been vegan for about five 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. My favourite? Rocky Road. Come along to one of our stalls in the future and you may find some goodies available for sale. Would love to master a decent vegan caramel slice one day.

Juris (Memberships officer)

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.

Karen (Family Group Co-ordinator)

Hi, my name is Karyn Fearnside; I have been a vegetarian since 1995. I live with my partner Adam and children Jenara (9) and Yilani (6) who are all vegos too. We have a dog, guinea pigs 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.

Sarah (Facebook Manager)

I have been a vegetarian for 10, almost 11 years. I made the initial decision based on animal rights but as it went on added my reasons as sustainable living, concern for the effects on the planet along with a general feeling of feeling better. I find that being vegetarian forces me to pay a lot more attention to what I eat, how I eat and the effects of my food consumption on the planet. I work in real estate so in my spare time I enjoy the usual things of time with friends and family, reading, travelling and enjoying a good glass of wine. I have been a member of the Vegetarian Society after selling the home of a committee member and finding out you exist, but only a working active member since the start of the year.

Sundara (IT Advisor)

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.

Tracey (Newsletter Editor and Contact Officer)

I am a vegetarian of 17 years, the last two of those as a vegan. I am extremely happy being vegan and wish I'd done it much sooner. It's hard to describe to a non-vegan, but it comes with such a 'lightness of being' type of feeling – more at one and at ease with nature. Like many vegetarians I thought going vegan would be hard but I tried it for a month and never went back and have discovered many delightful new foodstuffs and enjoy eating a lot more raw food these days too. I haven't missed dairy at all and can't stand the thought of eggs. I love the fact that my life choices do not support a cruel and oppressive culture of breeding non-humans for exploitation by humans. It makes me a bit angry when I read

rot like you can only get Omega 3 from fish (see Miranda's column for info on veg*n sources) and meat is necessary for good health. Millions of humans over thousands of years are testimony to the fact that this is not true!

I've been a member of the Society for about three years. I joined looking to meet other veg*ns and I certainly have done so! This is my second term on the Committee and I recommend everyone give it a go if you can commit some time and energy. It's fun and rewarding. Some other things I enjoy are singing, martial arts and spending time in nature, and I am currently working with a small committee to bring a LivingGreen Festival to Canberra.

Helen (Librarian)

I became a vegetarian about 35 years ago when I was advised by a Naturopath for my health. I remembered at the time how I had never liked eating meat as a child but was forced by my parents, which became a habit until my health deteriorated after I had children myself. I have three adult children, 35, 33 and 26, all raised vegetarian, but they strayed. And two grandchildren, 16 and 11. My second daughter is expecting again in November, a shock to us all. I work in Childcare, after a career in Librarianship ended ten years ago. I have two dogs and I love to walk with them every day. I am a member of Sukyo Mahikari, which is a great passion of mine, where I am trying to make efforts to develop love and harmony as a step to uniting with others to achieve true happiness and world peace.

New Australian Company Making Handmade Vegan Chocolates

For all of the chocolate addicts out there, there is a new handmade vegan chocolate company on the Sunny Coast: Eden's Chocolate, and we're getting rave reviews already! We try as much as possible to support Australian businesses and are hoping Australia will support us!

All chocolates are hand-made use recycled packaging as much



with the highest quality ingredients and we as possible. Good value too.

We're a small family company the waters first for demand. tulle and also make great

with no website as yet as we are testing Chocolates are prettily wrapped in presents.

Choose from "White Chocolate Krunchies", "Rum n Raisin Krunchy", "Cookies n Cream Krunchy", "Cherry Kripe Krunchy" all in White or Dark and we endeavour to fill all special orders on request. Solid easter eggs and bunnies can also be made on request.

Delivery to all over Australia.

Contact Jaylene Musgrave
Vegan Warriors/Eden's Chocolates
sodapopz@hotmail.com

FACEBOOK

Are you on it? We are, and we would love to have you join us.

Just type ACT VEGETARIAN SOCIETY into the search engine on your Facebook homepage and click the 'join group' button. Keep up to date with Society happenings, add photos, start discussion topics and make new friends!



Blog of a three-decade vegan

M. Butterflies Katz is a poet and writer and long-time vegan. You can check out her work at www.veganpoet.com and read her blog at <http://thevegantruth.blogspot.com>. You can follow it by clicking the link in the upper left-hand corner.

From the lady herself:

Check out my new videos, both are here:

<http://www.thevegantruth.blogspot.com/>

First clip is "**Dogs Thrive on a Vegan Diet!**" - video footage of Butterflies instructing us on what to feed a vegan dog, and live footage of Kisses her canine companion who's been vegan for 10 years!

Feel free to share the link for DOGS THRIVE ON A VEGAN DIET!

<http://www.youtube.com/watch?v=mWMheRz8wVE>

<http://www.youtube.com/watch?v=mULPwaT1xR4>

Second clip is Vegan Poet reading her poetry LIVE about animal and environmental rights, under various fruit trees on a vegan-organic orchard in New Zealand. www.veganpoet.com. Supreme Master TV did the filming.

Vegan Hugs to All!
Butterflies

www.thevegantruth.blogspot.com

Author of *Metamorphosis: Poems to Inspire Transformation* - www.veganpoet.com

Co-author of *Incredibly Delicious: Recipes for a New Paradigm* by Gentle World (www.gentleworld.org)

Contributing writer for *The Vegan Voice Magazine*, Australia

<http://veganpoet.com/veganvoices/> - The Vegan Voices Around the World Project

Follow me on Twitter or Facebook

Vegan Hugs,
Butterflies



Zen Oasis

Restaurant Review by Karyn Fearnside.

In March our family spent a week exploring the Southern Highlands: Berrima, Bowral, Mittagong...which is only an hour and a half or so from Canberra.

I imagine it would be every vegetarian's dream to discover a vegetarian restaurant when you are travelling, and we did just that.

Not far from Berrima, in the middle of nowhere, is **Zen Oasis** (they have a great website: <http://www.zen-oasis.com>)

They are open for lunch on the weekend so we planned to have lunch before returning to Canberra.

We drove up and tried to enter through the door, but it was locked and we could hear people in inside so we knocked but nothing happened. Luckily some more guests arrived and said "let's go round the front" And yes there is a lovely entrance around what appears to be the back. (Though the door which we did knock on would make the restaurant wheelchair friendly.)

It's a buffet style Asian restaurant (Chinese, Vietnamese Malaysian blend) and costs \$31 per adult and \$16 per child for all you can eat!

Though they did warn us that excessive wastage would incur a \$10 charge. Well, this was a worry, would the kids, 2 girls 6 and 9 like the food?

We would have to eat whatever they didn't like. So saying they didn't like a lot of the food, and in the end ate lots of banana fritters, and desserts.

Adam and I each ate our \$31 worth though. They have juice and tea included and also have a lot of salad. I thought it was a great experience, but not perhaps good value for the kids, unless you know they are going to eat this type of food.

So to book in, have lunch and follow up with a winery or two would be an ideal way to spend a day out. I notice that the NSW Vegan Society are having a lunch there on the 6th of June, so that could be another date in your diary.



Save 'Battery Sheep' from Lives of Suffering (from Animals Australia)

In 2005 Animals Australia was shocked to discover that sheep had also fallen victim to the cruelty of factory farming. [An investigation](#) conducted by Animals Australia at the appropriately named 'Wool Factory' in Victoria revealed hundreds of sheep being confined in a shed in tiny individual pens in order to produce 'ultra fine wool'. Investigators documented distressed [sheep chewing on the bars of their pens](#) in stress, frustration and boredom.

The target of Animals Australia's campaign to end 'shedded sheep' has been Italian Fashion House *Ermengildo Zegna*, a major buyer of ultra fine wool. Zegna presents the fine wool industry awards in Australia, including the *Vellus Aureum Gold Trophy*, awarded for the 'finest fleece'. The high price paid for ultra fine fleeces and the valuable awards on offer has encouraged woolgrowers to develop methods such as single penning of sheep in search of the finest fleece possible. 'The Wool Factory' is a previous recipient of the Vellus Aureum trophy which is proudly displayed at their facility.

In a positive development, pressure from Animals Australia's campaign has led Zegna to announce that fleeces from facilities that use single penning will no longer be eligible for the Vellus Aureum Trophy -- meaning that facilities such as 'The Wool Factory' are now unable to enter the award.

However, Zegna is yet to confirm that they have extended this ethical position to not *purchasing* wool from facilities that use single penning. **Such a commitment from Zegna is crucial as it would further impact on the financial viability of these cruel facilities.**

You can help to end the factory farming of sheep by urging Ermengildo Zegna to commit to not purchasing wool from facilities that confine sheep in single pens.

Take Action: http://www.animalsaustralia.org/take_action/ultra-fine-wool/

RECIPES

Peanut Butter Fudge Balls

from *Natasha Glover – thanks Natasha*
A simple recipe, you won't stop at one!

Ingredients

- ½ cup macadamias
- ¾ cup crunchy peanut butter
- 2/3 cup icing sugar - sifted
- ½ tsp vanilla extract
- 2 tbs soy milk
- 1 block dark cooking chocolate (Woolworths home brand compounded works well)

Method

- Mix the peanut butter, icing sugar, vanilla, soy milk and most of the macadamias in a large mixing bowl (keep some macadamias aside for decorating).
- Press the mixture into small balls.
- If the mix is too dry add a small amount of soy milk, if too wet add a small amount of icing sugar.
- Set in the fridge for at least an hour.
- Melt the chocolate over a double boiler.
- Coat the balls in chocolate, a spoon and skewer will do the trick.
- Sit the balls on some greaseproof paper to set.
- Press a small piece of macadamia on top of each one before the chocolate sets.
- Set for approx 2 hours.

Make approx 36 small fudge balls.

Sticky Sweet Bran Muffins

Makes 12

from *Jyoti Dambiec – thanks Jyoti*

This is a good base recipe for having fun with. Try different mixtures of flours. Add sultanas, chopped nuts, sunflower seeds. Try mashed banana - if using 2 mashed bananas reduce the water by approx 1/2 cup. Sugar quantity can be reduced. Try molasses for part of the golden syrup. Honey can be substituted for the golden syrup. These keep well and also freeze well.

Ingredients:

- 1 cup water, soya milk or milk
- 2 tbs. golden syrup
- 1 cup flour
- 1 cup bran flakes
- 1 cup raw sugar
- 1 tsp. baking powder
- 1 tsp. baking soda
- sesame seeds

Method:

- Preheat oven to 180 C. Grease muffin trays or use paper cupcake liners.
- Mix dry ingredients together.
- Heat water or milk and golden syrup in saucepan. Add baking soda.
- Add wet ingredients to dry and stir until just blended.

- Spoon mixture into muffin trays and sprinkle with sesame seeds.
- The mixture should be quite runny.

Quick and Easy Chocolate or Carob Cake

Makes one 25 cm cake

from *Jyoti Dambiec – thanks again Jyoti*

This must be the easiest cake recipe! A light cake. This also works well with stoneground wholemeal flour - still quite light even using all w/m. Try adding other flours in small quantities. Add chopped nuts, sultanas, coconut. Add 1 tsp. vanilla essence. Another good recipe to play around with!

Ingredients:

- 1 cup sugar
- 2 tbs cocoa or carob
- 1 1/2 cups flour
- 1 tsp. baking soda
- 1/3 cup oil
- 1 tbs vinegar
- 1 cup cold water, soya milk or milk

Method:

- Preheat oven to 180C. Grease and lightly flour cake tin.
- Mix all dry ingredients in a bowl.
- Put water, oil and vinegar together in bowl.
- Add wet ingredients to dry and mix lightly until blended. Don't overbeat.
- Pour into cake tin and bake approx. 30 mins.
- Cool and ice if you wish.

Icing:

- 1/4 cup margarine or softened butter
- 2 cups icing sugar
- 1/8 cup soy milk or milk
- (cocoa or carob for choc. icing)

Method:

- Combine all ingredients in mixing bowl and beat until smooth and creamy. Ice cake when cold.

Scrambled Tofu

from *Natasha Glover – thanks again Natasha*

Ingredients:

- 1 Block of Firm Tofu (I prefer Soyco, approx 350gms)
- 6 Small Mushrooms
- 1 Tomato (or 1 Punnet Cherry Tomatoes)
- 1 Avocado
- Large Handful of Baby Spinach
- 1.5 Tsps Turmeric
- ½ Tbs Curry Powder
- Salt and Pepper
- ½ Tbs Dijon Mustard
- 1-2 Tbs Mayonnaise (I use Praise 97% Fat Free, Vegan Friendly)
- Olive Oil (if you have Avocado Oil, it makes this scramble even nicer)

Method:

- Press the tofu for at least 2 hours (remove from packet, wrap in a clean tea towel and sit something heavy on top to remove the liquid).
- Crumble the tofu into a mixing bowl with your fingers, some large chunks are OK
- Mix through the turmeric, curry powder and salt and pepper to taste.
- Stir in the mustard and mayonnaise. The mix should be slightly wet and yellow in colour. You can add more turmeric at this stage if you like.
- Slice the mushrooms and tomato.
- Heat approx 1-2 Tbs of oil in a frying pan.
- Once hot add the tofu, tomatoes and mushrooms all at once.
- Be sure to keep stirring and moving about to prevent sticking.
- Fry for approx 3-4 mins and stir through the spinach.
- Serve with toast and sliced avocado on the side.

Nut Roast

from Claire Ede – thanks Claire

Ingredients:

- 200 g. ground hazel nuts (or other nuts/sunflower seeds)
- 200 g. breadcrumbs (soft wholemeal), can use some oats or even cooked rice, millet, but a mashed potato would then need to be added to bind the mixture
- 1 tbsp. Marmite or Vegemite (Marmite has B12)
- 1 tsp. mixed dried herbs
- 1 grated onion (optional)
- 1 cup cooked brown lentils (optional)
- About 400 mls. stock (to make a scone-like consistency)

Method:

- Mix all ingredients together and use for Sausage rolls, rissoles, roast, and stuffing marrows (over-grown zucchini).

Blueberry and Lemon Muffins

from Natasha Glover – thanks Natasha

Ingredients:

- 2 Tbs Orgran No Egg Mixture
- 2 Tbs Water
- 2 Tbs Fresh Lemon Juice
- Zest of One Lemon
- 1 Punnet Fresh Blueberries
- 2 Cups Self Raising Flour
- ¾ Cup Caster Sugar
- ¾ Cup Soy Milk
- ½ Cup Canola Oil

Method:

- Preheat oven to 180C.
- Grease a 12 tin or 2x6 tin muffin tray.
- Whisk the No Egg mixture in a large mixing bowl with the water and lemon juice until bubbly.

- Add the soy milk and oil – mix well.
- Add caster sugar – mix well.
- Sift in the flour – mix well.
- Fold in zest and blueberries.
- Bake for approx 15 mins.

Muffins will go golden on top and a skewer will come out clean when they are ready.

Nutty Stuffed Roast Pumpkin

from Karyn Fearnside – thanks Karyn

Ingredients:

- 1 medium-sized pumpkin
- 1 cup of cooked rice
- 1 cup of mixed seeds and nuts (sesame, almonds, poppy and sunflower) or whatever you have on hand
- Fresh herbs, 2 tablespoons of chopped parsley, sage, oregano
- Optional finely diced half an onion or chives
- salt and pepper to taste.

Method

- Cut out the top of the pumpkin like a jack-o-lantern. You need to use a sharp knife and cut around the stalk descending into the pumpkin quite deep and then it should be easy to pull off
- Scrape out seeds
- Mix all the other ingredients together and fill the pumpkin with it and put the top back on
- Place the pumpkin on an oiled baking tray
- Bake in mod oven until cooked (180c). Cook for about an hour, when a skewer goes in easily its done
- Serve with tabouli and salad, and the best is the soup made from the left over roasted pumpkin!!!!

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.



Interested in cooking Indian food?
try Manjulaskitchen.

<http://www.ManjulasKitchen.com>

Correspondence with the Canberra Times



I don't know

how many of you read the Food & Wine Section of the Canberra Times. One recent issue which featured a photo of rows of eels skewered through their heads motivated past Presidents Mike and Robert, and also myself to write to the Editor. We didn't collaborate on this but just all separately felt motivated to take some action.

Jyoti

(I have not edited the following correspondence, some errors remain Ed)

Mike's email:

I was utterly sickened by the front page of the Food & Wine magazine today (Apr 7). What on Earth made you think that the image of several animals skewered through the head, dead eyes staring up and mouths agape was a suitable full page image for a newspaper?

Would you have shown a similar photo of cuddly land-based animals – say lambs, chickens or rabbits? Even though those species are often treated simply as food for humans rather than individual, sentient animals, I doubt you'd have entertained the idea of showing their dead, impaled bodies as you have with these fish.

There is now overwhelming evidence that fish, just like other vertebrates, do feel pain, demonstrate intelligence and also have complex emotional lives. Like other animals, they deserve our respect.

The fact that those eels lack a voice, limbs, fur and feathers does not lessen the offence of that image.

The Editor of Food & Wine Section, Kirsten, responded the following week:

She mentioned the novelist Jonathan Safran Foer and his position that “there is no such thing as being an ethical carnivore” - she also correctly points out that “no farming practises get around the fact that what you're eating is an animal, more like us than not”. In response to Mike's questions about which photos F & W would feature: "Dead lambs bloody in the paddock probably not. But dead lamb carcasses, hanging clusters of pheasants or rabbits, yes. I also like pictures that show the complete, live animal with stories about how to cook the meat - and this also has plenty of critics. It's not appealing to parade the animal you're about to eat, I'm told. But you can't get away from the fact that when you're eating meat, you're killing an animal.

This isn't about rubbing it in the faces of the carnivores, nor offending the vegetarians, simply stating it how it is"

Jyoti's email:

Who needs 'horror' stories when we have the CT Food & Wine section? Enough to turn even dedicated meat and fish-eaters into Vegetarians!

Kirsten Lawson graphically describes the killing of eels in her editorial in the Food & Wine Section (April 7 p 2. 'Knocking it on the head' and 'the 'bashing went on' 'banged it on the head, and left it for dead.. the eel was still very much alive', we chopped it's head off' etc. Then there was the description of purchasing eels from a local shop - the eels desperate escape and slithering around the floor before finally being captured and trapped inside plastic bags to be transported live for transport to Bryan Martin's kitchen.

This was followed by an article by Ryan McLendon on the following page in which he writes "Ben Raisher watches as the writhing octopus on his plate has its tentacles clipped with giant shears, the squirms like a pile of bisected earthworms - then puts the 'wriggling, still-alive limb' in his mouth.

And then there was that frightening photo on the front of the Food & Wine section. Those rows of eels threaded onto skewers with their eyes staring at us.

Email response from Editor of Food & Wine section Kirsten:

hi Jyoti

thanks for your emails.

i do actually think we cater very well to your views in my section - and often wonder whether i go too far down the vegan/cruelty to animals line for the mainstream view. as you rightly say, where we do feature meat, i make a deliberate effort to show the animal, not to put people off, but to draw the connection quite specifically. bryan, too, while he eats and cooks with meat a lot, is always drawing the link with the live animal - and to my mind, that's a really important part of the meat debate. i work hard not to publish bland, inoffensive, disconnected shots of meat. and i always feature books that come through on animal eating, the health debate about vegetarianism ets (in fact, i have a feature coming up shortly on Jonathan Safran Foer's Eating Animals, and that's as strong an argument for vegetarianism on cruelty grounds as i've read). i think these are really important debates, and they're debates i'm trying to keep at the forefront of my section.

also, don't forget we have a weekly vegetarian recipe column - and i'm not aware of any other major food and wine publication to do this.

stay in touch. good to have your input, and i'm always on the hunt for story ideas (one way to highlight the

vegan lifestyle is through the 'kitchen garden' columns, so if you know any people who are vegan and keen gardeners and prepared to share that, let me know).

best wishes, kirsten

Kirsten Lawson
Food and Wine Editor
The Canberra Times
kirsten.lawson@canberratimes.com.au
food.wine@canberratimes.com.au

Jyoti writes:

Kirsten does bring up some points - but there are many ways we could respond and in so doing use a widely distributed public newspaper to promote our vegetarian lifestyle. In some ways 'Food & Wine' journos are already doing this for us by showing the photos they do and some things they have been writing. I would have thought that showing pictures of live pigs, cows, chickens etc and then following that with recipes of how to eat them would make a 'connection' for some omnivores.

Maybe we should challenge them to go further and show the pigs and veal calves in their tiny crates, the battery hens crammed into their tiny cages. Perhaps some photos of those few mth old chickens with the little legs that can't hold up their enormous bodies would make some think about the chicken they eat for dinner?

I notice in the following weeks Food & Wine section Bryan Martin wrote in his 'male order' cooking section: "I'm in a little strife with the local vegetarian groups over our eel experiments. What were we thinking? Exposing food as previously alive and documenting the killing process is not everyone's cup of tea, but unfortunately at some stage between paddock or pond and the table, the live organism does have to die if we are to eat it...Sure, there's the option of not eating meat. But we do. Is there an uprising when a lion brings down an antelope on the Serengeti? I mean, what's the difference - they eat meat, we eat meat. I look forward to any comments."

This sounds like an 'invitation' for a response from Vegetarians!

The editor Kirsten also gives an invitation for a Vegetarian response in one of her emails below. "stay in touch. good to have your input, and i'm always on the hunt for story ideas (one way to highlight the vegan lifestyle is through the 'kitchen garden' columns, so if you know any people who are vegan and keen gardeners and prepared to share that, let me know).

Are there any more writers amongst our members who feel inspired to communicate with Food & Wine people - they seem willing to engage in discussion with us...it is one more way to inform the general public about the reasons for not eating animals.

Postscript from Jyoti:

Since the previous article was put together, we put CT in touch with Joe Brock who is an ANU student, a vegan and a gardener. He has been interviewed and photographed and the article was due to appear in Susan Parsons 'Kitchen Garden' in the Food & Wine Section of CT on 30 June. CT have agreed to include the Veg Soc contact information which is great.

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.



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

Answer at the end of this newsletter.

New vegetarian restaurant open in Civic

Name: Chinese Vegetarian House

Addr: 40 Marcus Clarke St, Civic ACT 2601

Ph: (02) 6278 0008

Opening Hours: Mon-Fri, 11.30-14.30 and 17.00-21.30; Sat-Sun, 17.00-21.30.

Some vegans who have already been there say the people and the food are nice, however be sure to emphasise no egg and no dairy, as dishes have been known to turn up to vegan's tables containing egg.

Ask the Nutritionist

With Miranda Bone

Miranda is a Nutritionist, with a Bachelor of Human Nutrition from the University of Canberra. She is especially interested in Veg*n nutrition, preventative health care and whole foods.

Q"Could you please help me with regards to obtaining my Omega 3 intake. I am Vegan and desperate to find a way to take Linseed oil and Walnuts. I have tried salad dressings and I just cannot get to like it. I really don't like walnuts."

AThe National Health and Medical Research Council (NHMRC) states an Adequate Intake (AI) for Omega 3 of 0.8g for women, and 1.3g for men - most Australians eat more than that. The NHMRC also say that for optimal health, we may want to eat up to five times the AI. However, they caution against eating too much. 1-2 teaspoons of linseed oil (also called flaxseed oil) daily provides a sensible amount.

There are many ways to include Omega 3-rich foods in your diet. Linseed oil and walnuts are not the only source of Omega 3, just the richest. Walnut oil, canola oil, wheat germ oil, soy bean oil and soy beans themselves are all good vegan sources of Omega 3. Other nuts and seeds and their oils also provide Omega 3, though not as much. It is heat sensitive, so it is important to avoid exposing Omega 3 to too much heat, which is why salad dressings are often recommended as is refrigeration. Other good ways to consume it are:

- Make choc-walnut rum balls (see recipe), they really don't end up tasting like walnuts!
- Try walnut pates, like [walnut-mushroom pate](#)
- Add a teaspoon of linseed, walnut or wheat germ oil to smoothies (you'll probably be able to taste it, though). Or better, add a handful of walnuts to your smoothie, or to any sauce or soup that you are blending just before serving.
- Eat plenty of green leafy veggies; much of the (tiny amounts) of fat is Omega 3.
- Just swallow a teaspoon or two of linseed, walnut or wheat germ oil each day.



Whole flax (lin) seeds should be stored in a cool place and ground just before use.

Finally, there are vegan linseed oil capsules (gelatine-free) available from the [cruelty free shop online](#); each tablet contains 1 gram of linseed oil, or about 0.5g of Omega 3.

Recipe:

Choc-Walnut Balls

1 part walnuts
1 part dried fruit (ie dates, apple, pear, raisins)
cocoa powder, sweetener to taste

Pulse ingredients in food processor until combined
Remove, roll into bite-sized balls.
Dust with extra cocoa powder if desired

Now, I have been talking about veg*n Omega 3 sources; but many people take fish oil for Omega 3. Fish oil contains 'more active' types of Omega 3; the

body doesn't have to work as hard to use them. These are called EPA and DHA. Lately, food science companies have worked out how to extract DHA from marine algae. There are [algae Omega 3 supplements](#) available, though I haven't seen them yet in Australia. These are very rich in DHA, but not EPA (fish oil is rich in both).

Locally-made vegan-friendly canvas bags

From the lovely people at Blue Mallee:

I run a small business, from home in Weston Creek, making canvas bags - satchels, work bags, handy bags, nappy bags, stuff bags ... all sorts of bags. All my bags are vegan/vegetarian friendly. The bags are made from canvas, seatbelt webbing, corflute for structural support in the base (it's the stuff they make 'for sale' signs out of) and velcro. The leather looking Blue Mallee label on the front of all the bags is synthetic leather.

You can see my bags at www.bluemallee.com.au and there is also a section on my website called 'Find Us At...' which lets people know where they can see my bags in person.

All the best
Vivienne Seedsman

I have had one of these bags for months, and it is certainly coping well with all the use it gets! I really like it and would buy again.

Ed

Harvest Festival

On Saturday 27 March 2010, the Society had a stall at the Harvest Festival with many baked goodies on offer.



This was my first time helping out on a stall and I was pleasantly surprised at the number of open-minded people in attendance who were either already veg in one form or another or making the transition. This was a real eye opener for me and quite a satisfying thing to realise.

We were flat out from the moment we laid out our treats for sale, with festival goers enjoying the likes of vegetables pasties, savoury scrolls, chocolate cake,

muffins and biscuits. Many expressed their enthusiasm at the opportunity to purchase vegan friendly sweets; we all know this is not an easy thing to come by in Canberra!



Over all we welcomed four new members and 30 new people to our collective email list. A highly successful day.

Thank you to Jyoti, Bren, Charis, Helen and Tracey for either baking or helping out on the day and thank you to everyone who came along and supported us.

See the recipes section for our blueberry and lemon muffins, sticky sweet bran muffins and chocolate cake that were sold on the day.

Natasha

Eating Well

With Miranda Bone B Nutr.

Veg*n Nutrition - The Basics

Being a well and healthy veg*n needn't be difficult; and for most of us, it isn't. But sometimes, especially when transitioning from an omnivorous diet, there can be problems. Often, a knowledge of the veg*n basics will help. The American Dietetic Association has stated that a well planned vegetarian diet is nutritionally appropriate for all stages of the life-cycle. So what are the keys to planning a vegetarian diet well? Variety and Balance.

The mainstay of a veg*n diet breaks down into three groups: Fruit and Veg, Grains, Proteins. How much of each of these groups we should eat varies with the individual; choosing a variety of food from within each group helps ensure we get all the nutrients we need.

Proteins:

Generally, we get enough protein to keep us healthy if we eat enough calories. Vegan foods with plenty of protein include beans, tofu and bread, with around 10-15g protein per 100g food, and nuts & seeds (including tahini, peanut/almond/cashew butter), which have around 20-25g protein per 100g food. Vegetarians may also include cheeses, with 20-35 g protein per 100g (soft cheeses having less protein than hard cheese), or free range eggs, which have 13g protein per 100g;

however it is not necessary to include these foods in the diet. So called 'meat analogues' or vegetarian meats can also be used to add variety in the diet; their protein content is very variable, depending on the type and brand. The National Health and Medical Research Council suggests adults need 50-65g of protein daily - that's 1-2 cups of these protein rich foods - easy!

Grains (and potatoes):

Grains are a rich source of carbohydrate; they bulk out a meal, and add energy. It is best to choose whole grains and wholegrain products, the less processed the better, as these provide fibre, vitamins and minerals along with the energy from the carbohydrates. Grains are also a source of protein complementary to nuts, seeds and beans. They provide amino acids which the body needs but which the other, more protein-rich foods, lack. Eat grains in proportion to your energy needs.

Fruit and Veg:

Eat lots of these!! The more fruit and veg you eat, the better (as long as you get enough calories). Fruit and veg are excellent sources of vitamins and minerals as well as fibre. Current recommendations are to eat about two serves (or two handfuls) of fruit, and five serves of veg (one serve is 1/2 cup vegies, or 1 cup salad leaves) every day. Eating more than that is fine; some research has suggested eating 8-10 serves of vegies for optimal health. There are lots of ways to eat your fruit and vegies: in salads, dried, chopped or whole (as a snack), blended in smoothies, cooked as sauces, soups or side dishes. Try to eat a variety - a good rule of thumb is to eat as many colours as you can, and not to cook the colour out of them. Green vegies (spinach and other leafies, broccoli, brussel sprouts) are especially important for vegetarians, as they are a source of iron, and also vitamin C which increases it's absorption.

Include also some healthy fats and oils (instead of saturated or trans fats). Cook with olive oil; use canola oil in baking; eat nuts and seeds. Try flaxseed oil (but don't heat it). These help to keep your heart (and brain) healthy.

You'll probably want to eat some 'junk' food - and there's plenty of empty veg*n calories available (chips, cheap compound chocolate, two minute noodles). This is ok, if you don't overdo it, but the ideal would be to find more nutritious ways to indulge yourself.... good quality dark chocolate and fresh fruits, or hummus and veggies, for example.

When you make changes in your diet or exercise, keep an eye on your weight. If you start consistently losing weight, and you don't want to, increase how much you are eating from the Grains and Proteins groups. If you are gaining weight (and shouldn't) add more fruit and veg, and cut out 'junk' food. You may also find it useful to buy veg*n cookbooks which feature healthy recipes, or to browse online recipe forums. This can help to give you a healthy pattern of eating that's right for you, so you don't have to think about eating healthy - you just do it.

Bon Appétit!

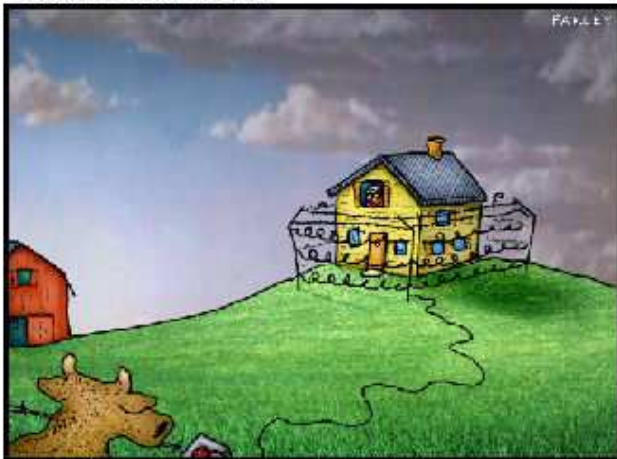
Miranda Bone, B Nutr.

CONTACT US

Email: contact@vegetariansociety.org.au
 Phone: 0417 464 675
 Postal: GPO Box 1786
 Canberra, ACT 2601



DOCTOR FUN



The next morning, Farmer Bill found that the cows had built their own electric fence.

28 July 97
 Copyright © 1997 David Farley, d.farley@iinet.net.au
<http://www.site.iinet.net.au/~dave/d-fun.html>
 This cartoon is made available on the Internet for personal viewing only.
 Opinions expressed here are a solely those of the author.

Sudoku Solution:

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

NEW MEMBERS

We warmly welcome the following people into the Society:

Chris	Aitchison
James	Fellows
Jane	Lee
Brooke	Kilah
Charis	Tyrrel
Jo	Whatling
Angus	Kennedy
Anh	Nguyen
Louise	McKay
Gayle	Buttrose
Michelle	Whyte
David	Fawcett
Giulia	Kelly
Geraldine	Martin
Lisa	Snowdon
Kes	Libeau
Diane	Donovan
Helen	Price
Karen	Dahl
Paul	Miezitis
Cindie	Ursem
Niraj	Mehta
Payal	Mehta

Answer to "Who Said That?"

Playwright George Bernard Shaw, who "finally" died at the age of 94 after a fall