



Winter 2012

ACT VEGETARIAN SOCIETY

VEGETARIAN BITES NEWSLETTER

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Web: www.vegact.org.au
 Email: contact@vegact.org.au
 Post: PO Box 1259, Belconnen ACT 2616
 Phone: 0417 464 675

Who Said That?

Who was it who said...

“Think occasionally of the suffering of which you spare yourself the sight.”

Answer at the end of this newsletter.

WELCOME

to the very late winter edition of the ACT Vegan and Vegetarian Society newsletter.

The Society has been busy! Have a read of 'From the President' and 'Recent Activities' for the details on what we've been up to.

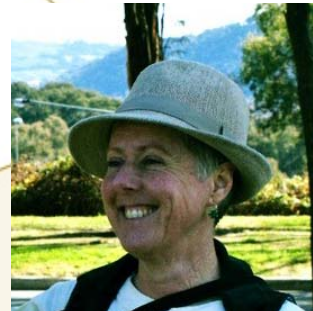
Apart from a few notable exceptions autumn and winter haven't been exceptionally horrid. In some ways the weather has been quite mild. The snow last week was pretty but freezing, however as I write this column it is absolutely gorgeous outside and is supposed to reach 19°. The big icy winds have arrived but seem to be taking a break today. I'm assured it's going to be very cold later in the week and I am confident they'll be back, to blow all the lovely blossoms off the trees. I don't enjoy those winds at all but I love the clear, still days you have after a heavy frost. I'm enjoying watching the days getting longer again too, and looking forward to going home in the light at 6pm.

Thanks to everyone who has contributed to the newsletter. It really is appreciated by this busy Editor, and makes it so much nicer to read. Please continue to send your contributions, suggestions and comments to newsletter@actveg.org.au.

Tracey Lofthouse, Ed.



From the President



The year to date has been busy and inspiring, with many activities taking place and a large and enthusiastic committee to help keep everything ticking over nicely. One neat thing that has happened very recently is the formation of the 'Little Chickens Playgroup'.

This is a fortnightly get-together for parents with babies and little children.

We now have our committee meetings at the Food Co-op, which means the team is able to give an hour to help prepare vegetables for the vegan meal that takes place at Acoustic Soup the following day. Many of our other activities have also been happening in this warm and friendly space. If you haven't been there yet, I'd encourage you to drop by and say hello. It's a great place to buy organic, local fruit, vegetables and other essential items. The Café opened there recently and sells organic fair trade coffee and vegan cakes. There's nothing nicer than popping in and hanging out for awhile. I have been so inspired by the enthusiasm, dedication and hard work that so many people are investing in this dynamic co-operative. It is proving to be a fantastic and positive space where we can promote the vegan diet to a broad audience. So I encourage you all to hop on down and check it out!

Acoustic Soups happen on the 3rd Wednesday of each month at 6.30 pm. Where else can you enjoy an evening of great music as well as eat a delicious vegan meal for \$8? The Co-op also provides vegan lunches from 12 noon to 2 pm on Tuesdays, Wednesdays and Thursdays \$4 for students and \$5 for others.

Here are some useful links with much more information:

Food Co-op Links:

<http://foodco-opshop.com.au/>
<http://www.facebook.com/groups/116218918041/> - link to info about the Acoustic Soup nights on the third Wednesday of the month
<http://www.facebook.com/pages/The-Food-Co-op-Shop-Caf%C3%A8/164655766978788> - link to Food Co-op lunch

Our Website:

If you haven't been to our website for awhile I'd encourage you to pay it a visit. New information, links, photos, etc. are added regularly. I'd also like to mention our Facebook page. There are many great discussions that take place there and also lots of useful information is shared there. So if you're a Facebooker I encourage you to get connected. You can get there via our website by clicking on the little green 'f'. The AnimalACTivism Collective also has a Facebook page to publicise events which you are welcome to connect to.

Joining the Society:

If you're reading this and you're not a member yet it would be awesome if you felt like subscribing to support us in the good work we do ☺ It's easy – you just need to connect up via our website www.vegact.org.au. You can pay online.

Membership:

\$16 Student/concession
 \$20 Single
 \$30 Family

In return you receive a good feeling for supporting something fantastic as well as 10% discounts at Kingsland, Au Lac, My Rainbow Dreams, Jamison Go Vita Health Shop and other places.

So that's it from me this time! Hope to meet you at an event sometime soon.

Jyoti

Greening the rooftops

Susan Parsons

First published in the Canberra Times, June 20 2012



Dan Stanton and Karina Bontes Forward tend to the garden on the rooftop of Lena Karmel Lodge at the ANU. Photo: Colleen Petch

When we heard about "the Dirty Beanstalk" gardening and greening crew, it seemed that an earthy kitchen garden story lay ahead. But there was a bonus. The crew does its edible growing in a rooftop garden bed on a new residential building, Lena Karmel Lodge, at the Australian National University.

The eco-friendly building on Barry Drive has lift access to the top floor. A large meeting room for students has glass walls and a door that leads to the rooftop, with stunning views looking west to Black Mountain.

About 15 large, long, no-dig raised beds on the rooftop have been planted by the Unilodge building manager, half with Australian natives and half with food, all of which is flowering and fruiting.



Sarah Norgrove from the ANU Food Co-op with her sweet-potato, sunflower seed, leek and roasted sweet-corn soup. Photo: Colleen Petch

The 12 members of the gardening and greening crew are known as the Dirty Beanstalk. They have been given a community garden bed and started planting during April. There is no self-watering system to their bed so they go up to the roof as often as they can to water.

We were taken to the rooftop by Karina Bontes Forward, whose is studying human ecology and Indonesian, and Dan Stanton from the United States, a post-doctoral researcher in plant sciences. They showed us tiny sproutings of radishes, beans, rocket, garlic, oregano, curry plant, sage, landcress and rainbow chard, and spent time thinning vegetable seedlings. They have installed garden stakes and string for beans and peas to climb.

The team has worked off donations so far. One of the food co-op members gave them some humus which they diluted and put over the entire bed as a fertiliser. The soil that came with the bed looks good - dark and friable - and they were given a thick layer of straw mulch.

Around the corner on the ground floor of 3 Kingsley Street, Acton, is the new food co-op shop. Inside, the gardening crew has lots of herbs and pots of blueberries, and beans and sweet potato stems rooting in jars of water. The co-op is exploding with energy and ideas. We meet Sarah Norgrove, who is doing a masters in strategic studies at the ANU, and who has also been cooking in the kitchen for the past year. She was making soup (recipe follows), using ingredients from the co-op and the rooftop garden. Fresh bread is donated by Dobinsons Bakery and Cornucopia Bakery. I bought an excellent coffee with beans supplied by Harvest and the Lonsdale Street Roasters. The food co-op serves lunch Tuesdays to Thursdays, noon-2pm.

PURPLE KUMARA, LEEK AND SUNFLOWER-SEED SOUP

Serves 5-6

- 15-20ml olive oil
- 1 corn cob
- 3 cloves garlic
- 1 medium brown onion
- 4 medium kumara
- 1 leek
- salt and pepper to taste
- 1 tsp sweet paprika
- 1 tsp turmeric
- ½ tsp cumin
- 1 handful sunflower seeds
- 1 stock cube
- sprigs of fresh rosemary

Preheat oven to 180C. Cut the corn from the cob, place on a tray and coat with half the oil, salt and pepper. Put in the oven to roast.

Add the remaining oil to a thick-bottomed pot on medium heat. Add finely chopped onion and cook until soft. Cut the kumara and leek into chunks and slices. Add finely chopped garlic to the pot, then add the kumara and leek. Cook until the leek is soft. Add the paprika, turmeric, cumin and salt to taste. Cover and cook for 10 minutes.

Scatter the sunflower seeds on a tray and place in the oven.

Add the stock cube to four litres of water, dissolve and add to the pot. Bring to the boil, then turn down to simmer.

Turn off the oven but leave the corn inside to slow roast.

Put soup bowls in the oven to warm. Leave the soup uncovered until the kumara is soft, then remove from the heat. Take the sunflower seeds from the oven and add to the soup. Blend with a stick blender.

Serve topped with a sweet corn garnish and finely chopped leaves of rosemary.

*Recipe from the Food Co-op Shop.
Susan Parsons is a Canberra writer.*

Recent activities

Harvest Festival stall Saturday 31 March 2012

We had a really successful and fun day at the Harvest Festival at the Environment Centre on 31 March. This was a co-operative effort with people from the AnimalACTivism Collective and ACT Vegan & Vegetarian Society. Thanks to the helpers and to people who baked. Ash made some irresistible Oreo cupcakes and little strawberry chocolate mousses. Lots of great conversations and connections were made. We publicised the 'Our Generation' documentary screening and panel discussion where we provided free vegan soup for the people attending. This is a good way to bring vegan lifestyle to the broader public while highlight important social justice issues.

Jyoti



ACTVVS & AnimalACTivism Collective Stall L-R Ash, Fiona, Rob, Amy, Jyoti

Dinner at Ethiopia Down Under Saturday 21 April 2012

The ACT Vegan and Vegetarian Society had a lovely dinner at Ethiopia Down Under at Pearce shops. Thanks to Lisa for organising the night. About 20 people turned out and most of us had the vegan banquet which meant we got to share a lovely wide range of all their vegan curries. Lots of interesting conversations occurred and we went on till relatively late in the night chatting away. Look forward to seeing some of you at future events.

Sundara

Free vegan meal, Tegan the Vegan showing with creator Marisa Martin and panel discussion

Food Co-op, Tuesday 18 May 2012

I went to the 'Tegan the Vegan' night and had a ball. There were so many people there who were newly interested in the vegan philosophy and it was great. We all had some great food, watched the movie and then we were able to ask questions to the creator of the movie, which for me, was a great insight to hear about how the movie came about.



Time for chai with Zane

The audience then had the opportunity to ask questions to a panel of vegans from the local community. Fortunately I was one of them and was able to express thoughts, experiences and feelings about my life as a vegan.



Some of the large crowd of attendees listening to Marisa

It was great to also listen to the others and the type of questions asked. Being an educator professionally, it was good to see people learning and growing in their own minds about how they felt about the vegan world and for us being able to express the foundations of being compassionate.



Some of the panel, from AnimalACTivism Collective, ACT Vegan & Vegetarian Society and Animal Liberation. L-R. Chris, Barbara, Sarah, Lisa, Joe, Amy, Tim, Rob & Kez

This evening was a great opportunity for everyone and I am blessed for my lessons I learnt. I was able to talk to a few others at the end of the evening and I wish you well on your journeys.

Kerri

The Tegan the Vegan evening was lots of fun. We had a huge crowd, probably 60 or more, and started with a shared meal of delicious soups and bread. Once everybody had something to eat Marisa introduced her movie. I hadn't seen it before and it was a delight. There were some delectable vegan cakes on offer as well.

After the movie Marisa took questions, then the panel moved to the front for a discussion about all things vegan.

Tracey

Vegan Leafleting @ RSPCA Million Paws Walk

Sunday 20 May 2012

I joined our friends from Animal Liberation leafleting at the Million Paws Walk in May. We gave out 'Vegan Easy Challenge' postcards and vegan booklets. This was a really worthwhile way to spend a couple of hours on a beautiful sunny Canberra morning.



Jyoti the yellow chicken and friends

Most people happily accepted the information and many could be seen reading it as they walked around the lake with their dogs. Some also took up the 30 day Vegan Easy Challenge as a result. Apart from the actual giving out of information I think just being greeted by friendly vegans with a smile on their faces was a really valuable thing.

If you've never been 'out there' leafleting I'd highly recommend joining in with this outreach next year!

Jyoti

Veganic Gardening Workshop with Barbara Shreiner

Saturday 26 May 2012

Around 20 people gathered to learn many tips on how to garden without using animal manures or other products that harm animals (pesticides, herbicides). I went along because I am slowly converting my unproductive gardens into more food production; inspired by the concepts of permaculture and "edible forest/jungle gardens".

I learnt about:

~ the many benefits of earthworms for enriching the soil.

~ no-dig gardening: layering elements (above) on top and letting the earthworms do their work; no-digging keeps them happy and makes gardening much easier and more appealing for us. I wish I knew of this ages ago before I commenced huge amounts of digging in our rock hard local ground.

~ how to fertilise your garden from the top down using garden "waste": leaves, weeds, grass & garden clippings and by planting "green manure" seeds

(varieties of beans & grains that enrich the soil).
 ~ creating concentrated liquid green fertilisers or "manure" using plants such as comfrey and the "waste" mentioned above.

~ other topics discussed included: the elements of good soil structure, worm farms and towers, how to compost to keep rats away, ways to minimise the impact of "pests" (like propagating seedlings in protected areas) then planting when they are strong enough and past their appeal to snails and slugs.

I greatly appreciated the sense of "other people on the same mission", the tips that others had, and look forward to more such sessions and encourage people to attend them.

Robert Ryan



Veganic Gardening Workshop with Barbara Shreiner

It was very interesting attending the vegan garden design seminar held recently at the Food Co-op. The information provided by the seminar facilitator Barbara Shreiner was informative and her understanding of the topic impressive. The participants that attended were both interesting in so much as their own story and reasons for their interest in this approach to sustainable gardening....highly recommend the continuance of the sustainable garden seminar and look forward to the next free public seminar.

Peter Carew



Little Chickens Playgroup

Food Co-op, Wednesday 30 May 2012

The first Little Chickens Playgroup for vegans and vegetarians was a cosy event.

Many parents are wanting to become involved and it promises to become a very supportive and caring group. The Food Co-op opened its doors to us with its usual big welcome and was a very good space for this activity. We spread a blanket on the floor and scattered toys and cushions about. Children were able to wander

freely and the floor made a great space for trains and other toys. Mums were able to relax and chat with cappuccinos provided by the always friendly Co-op Café baristas.



A couple of the little ones and mums

The plan is to hold these on Wednesdays every two weeks at varying venues. If you are parent with little ones who would love to meet others you are very welcome to come along ☺

Jyoti



Babies in the making, L-R Karlene, Divya & Yolande

Acoustic Soup

Food Co-op, 3rd Wednesday each month

I love the Acoustic Soup nights. Combine great soup and live music and that's all you need for a great night out. The new premises are fantastic, especially with the counter set-up at the front. A well organised night from the local Co-op volunteers every month. I love the local artists who get the vibe going and all the wonderful people I meet in the communal setting, as it should be. It brings out the hippie in me!

The Acoustic Soup nights have a great energy to bring people together and can't wait for the next one. The other week we had jive/swing dancers. So cool.

Kerri



Look for our ad in COGS (Canberra Organic Growers Society) magazine:

ACT Vegan & Vegetarian Society

Want to help the planet, your health, and millions of animals?

The ACT Vegan & Vegetarian Society welcomes new members. We provide support and information about vegan and vegetarian lifestyles, and opportunities to meet others with similar interests.

We organise regular social events and workshops, including family-friendly events.

Members also receive discounts from a variety of local restaurants and businesses.

To find out more, or to join our free e-mail list, see our website at www.vegact.org.au or call 0417 464 675.

You can also find us on Facebook.

DID YOU KNOW?

The United Nations estimates that the meat industry causes more greenhouse gas emissions than all the cars, trucks, planes and ships in the world combined.*

Producing 1 kg of beef takes between 50,000 and 100,000 litres of water, compared to 2,500 litres for 1 kg of white rice, and much less for most fruit and vegetables.**

People on a plant-based diet have far less incidence of heart disease, cancer, diabetes, MS and many other diseases.**

*Livestock's Long Shadow, www.fao.org

**Eating Up The World, www.vegetarianvictoria.org.au

Dinner at the Kingsland Vegan Restaurant Dickson, Saturday 4 August 2012

The most recent ACT Vegan and Vegetarian Society dinner was huge! Over 40 people attended - from the Society, Animal Lib ACT and all over. Most of us shared a banquet, which at \$25 was great value. Three different entrees, around 10 mains of varying flavours and dessert (!!) as well gave us a good opportunity to try out the menu.



The food was well organised too, with very little seeming to be wasted and as always, friendly service. I've never seen Kingsland so full, and it was great.



I had an enjoyable evening among friends and everyone seemed to have a good time and a great meal. Thanks you to Lisa for organising it.

Tracey



Red Veg Update



June 30th marked the end of Red Veg's first year as a Red Cross Club Red group.

In this year registered vegetarians and vegans have donated 22 times and we have saved 66 lives!

This results in an overall total of 28 donations nationally, with 84 lives being saved by vegetarians and vegans overall (carry over totals - thanks Victoria and S.A.).

The best performing states were (in ascending order) Victoria and ACT (4 donations each), NSW (5 donations) with South Australia (9 donations) being the standout with over 40% of total national donations for the first year!

Thank you to everyone who is supporting this venture, and I invite all vegetarians and vegans who are

currently donating blood (or thinking of it) to register with Red Veg. You can register by clicking the link below, and type "red veg" in the "organisation or group" field. You only need to register once, each blood donation with the Red Cross will register against this group:

<http://www.donateblood.com.au/who-can-give/club-red/join-group>

Or you can look at current or previous totals by clicking this link:

http://www.donateblood.com.au/who-can-give/club-red/view-group-tally?group_id=1794

Thanks again to all of you who have been involved, and I'll keep you informed of any updates.

Yours in blood,

Rhonda and Mark.

Update from Animals Australia Unleashed

NASA has confirmed that the first humans on Mars will be given 3 years of vegan meals. In related news, Unleashed staff have confirmed that we want to become astronauts.

'Pig-dogging' is arguably the cruellest and most brutal form of hunting still permitted in Australia today. State governments may turn a blind eye to this cruelty – let them know that you won't! Demand an end to pig-dogging once and for all.

For these stories and more, including giveaways and an online shop, go to <http://www.unleashed.org.au/> and while you're there, sign up for their newsletter.

The Living Green Festival ACT is back in 2012!

Due to the overwhelming success of the 2011 inaugural Living Green Festival, we are returning this year with an even bigger and better event with live music and dance performances, sustainable, fair-trade and cruelty-free food, products and services, market stalls, talks on environmental, animal protection and health issues, free yoga, cooking and gardening workshops, a children's area and much more!

When? Sunday 14 October 2012 (last day of Floriade), 10am–4pm

Where? Albert Hall, Commonwealth Avenue, Canberra – easily accessible by bike, on foot or by public transport. Parking available nearby.

Entry is **FREE**.

If you would like to have a stall, perform, volunteer or speak, you can now register online. Check out the front page of our awesome new website and while you're there have a look at the great photos from last year's Festival: <http://www.livinggreenfestival.org.au/>

If you wish to sponsor the Festival in some way, have a question or want to suggest something you didn't see last year, you can contact us at: contact@livinggreenfestival.org.au or go to our Facebook page (accessible from the website) and leave us a message.

Last year Festival volunteers received an awesome bag of goodies with items such as cupcakes, food vouchers and beauty products as big thank you from the LGF team, because without the volunteers we couldn't have put on such a great Festival. This year we are offering our awesome volunteers more gifts in return for their time and energy (we already have Sweet William chocolate products to add to them!!!)

So if you would like to help make this year's LGF even bigger and better (and get your own gift bag in the process) then sign up at the address below!
<http://www.livinggreenfestival.org.au/volunteer>



THE FOOD CO-OP SHOP

Everyone is welcome to shop at the Food Co-op, but members receive a 20% discount on their first shop and a further discount if they volunteer.

Food is sold by the pocketful or in bulk so please BYO bags and containers.

BECOME A FOOD CO-OP MEMBER

- bulk orders of your favourite products
- save 20% on your first shop
- help keep the Food Co-op here!
- have a say in how the Food Co-op is run and what we provide
- become an active participant and volunteer
- promote co-operative and not-for profit values
- feel great by being part of a healthy, ethical, environmentally conscious, and community focussed organisation

- 1 Join the co-op
- 2 20% discount on first shop
- 3 Volunteer for 1 hour per month for 20% discount + further 10% discount for bulk orders

HOW TO SHOP

- 1 BYO bags & containers
- 2 Grab a notepad & pen from the counter
- 3 Weigh your containers & write down the weight
- 4 Go shopping
- 5 Take it to the checkout

If you need help, friendly volunteers and other members will be happy to help you

WHY VOLUNTEER?

- volunteers receive a 20% discount
- you will be directly involved in giving and receiving from a community with meaningful values and a conscience
- continue to provide affordable prices because volunteers reduce expenses
- feel great about investing some time into a not for profit organisation and away from big business
- you will bring much needed skills to a growing and busy place!

SHOPPING AT THE FOOD CO-OP

- reduce your carbon footprint by purchasing non-packaged foods and local produce
- promote fair trade practices
- buy products that are produced free from animal cruelty
- find products that you cannot find elsewhere in Canberra
- buy healthy foods including gluten free, biodynamic and organic
- improve your personal health buy consuming organic fresh products
- find cheaper prices than shopping in a health food store
- support local Canberra trade & producers
- participate in a dynamic Canberra community hub
- help Canberra to have an accessible venue for community group meetups and events
- help canberra's local performing artists as we provide an after hours venue
- invest in a co-operatively run not-for-profit organisation
- more personal and less stressful shopping experience than bigger chain supermarkets
- have a cuppa, some lunch, or a relax on the couch



The Co-op has a comprehensive range of unprocessed and wholefood items, including many ingredients difficult to obtain elsewhere. Many are available to buy in bulk.

FRESH FOODS

fruit & veges, bread, cakes, yummy snacks, peanut butter

WHOLE FOODS

japanese food, teas, cereals, grains, rices, pulses, beans, flours, oils, herbs & spices, vinegars, coffee, pasta and sauces, baked beans, tahini, honey, muesli, Fair Trade products, coconut oil, coconut cream

SNACK FOODS

dried fruits, seeds, nuts, chocolate, corn chips, licorice, juices and drinks, banana chips, carob sweets, olives

DAIRY FOODS

cheese, butter, milk, tofu, tempeh, yoghurt, soy & rice milk

ECO-FRIENDLY PRODUCTS

shampoos & soaps, toothbrushes, dishwashing detergent, toilet paper, laundry detergents, cleaning liquids, essential oils

FOOD CO-OP SHOP

The Food Co-op Shop is open to the public, however, if you become a member you can receive up to 20% discount.

3 KINGSLEY STREET, CANBERRA CITY (NEAR ANU)
GROUND FLOOR, UNILODGE BUILDING

Phone 02 6230 7505
Email food.coop.shop@gmail.com
Website www.foodco-opshop.com.au

Facebook The Food Co-op Shop
Twitter @The_Food_Coop

OPEN 6 DAYS A WEEK

Mondays - Fridays 10 am - 7 pm
Saturdays 10 am - 4 pm
Not open on Sundays



WHY SHOP AT THE

FOOD CO-OP SHOP

Quality, bulk, affordable & organic products minimal packaging



Letters

Published letters from members and others



Cage eggs

Canberra Times, 21 December 2011

The message from the cage egg industry that millions of battery hens should be kept in miserable conditions because free range has a larger carbon footprint is ridiculous ("Emissions lower from caged hens", December 17, p5).

We should do what we can for the environment, but not at the expense of millions of animals whose lives are ones of unimaginable cruelty.

We also should see this for what it is, a desperate marketing ploy by the cage egg industry to sell caged eggs because free-range egg sales are rocketing. And it is notable, too, that the report was produced for the egg industry and caged-egg producers.

Whatever the minimal carbon benefit, and that is a highly debatable proposition, it is far better to buy eggs that are better for animal welfare and not condemn millions of battery hens to living in cages.

It is also perverse that, after humankind has stuffed up the environment so badly for all species that we need some remediation, factory farmers are running the specious argument that millions of helpless animals should now pay the price.

Di Johnstone, Deakin

Veggie validation

Canberra Times, 6 June 2012

At last the Medical Journal of Australia (June 2012) has validated vegetarianism and, to a large extent, veganism. As a vegetarian for 30-plus years, I think I have seen and heard it all in matters vegetarian. Thirty years ago a vegetarian in Canberra was required to give a restaurant one to two weeks' notice and even then we were put in the same category as those with a disability.

Thankfully, vegetarian culinary options are now widely available. Commercial vegan options are still lagging behind but, hopefully, with formal recognition that meat-based protein is not essential in our diet, more options will become available.

While it still seems to be taboo for people to announce they are giving up meat for animal-ethical reasons, it won't really matter. Giving up meat for any reason is a far better outcome for production animals.

Judy Matusiewicz, Chifley

Letter to the Editor

Dear ACT Vegan and Vegetarian Society,

Something's got my goat, so I thought I'd drop you a line and have a bit of a vent! You see, I'm a red blooded Aussie bloke who loves his footy, loves a beer and loves having a laugh with his mates. I grew up on a farm and loved being around animals, so I've got a bit of a soft spot for the little buggers. I decided a while back to stop eating them, wearing them or using any stuff made from bits of them! My mates call me "Larry the lettuce lover - the blokey bloke's vegan" because they reckon I don't look like your typical vegan (whatever that is!!)

Anyway, the other night we were watching the footy at the pub and there was nothing on the menu for me but chips (and green salad - seriously...?) So I thought, beauty, what a great excuse to have chips for dinner! My mates were giving it to me waving their meat around telling me I needed to get some pork on my fork and throwing bits of lettuce at me saying 'hey, here have some rabbit food' and all that rubbish.

Now I know they're just having a laugh, but fair dinkum, I don't care what they wanna have for dinner or harp on about how their 'all meat/no vegies' diet is gonna get 'em in the long run! I just wanna watch the footy, have a beer and bag

out the ref for ripping my team off! I just find it weird why blokes who eat meat need to make such a big deal out of the fact that I don't. Seriously, who cares? But no matter what I do they're gonna keep on going until I take the bait. So I just roll my eyes, have a drink and get on with watching the footy. They shut up pretty quick, until next time. But whatever, if they're getting a kick out of it good on 'em, I'm just not gonna let it bother me...

That's my two bob's worth anyway.

Larry (the lettuce lover...)

Activist determined to spread the good word

Larissa Nicholson

First published in the Canberra Times, May 16 2012

JOE BROCK, Red Hill, 27, ethical vegan

Joe Brock was working in the delicatessen of a large supermarket, selling count less boxes of disembodied chicken parts, when he really started to think seriously about becoming a vegan.

Brock had already begun considering animal rights as part of overarching commitment to nonviolence. The industrial nature of the way the meat arrived - bags of just breasts, or thighs, or necks - added to an existing unease with the way farm animals were treated.

"It was a gradual shift. The more I thought that something had to die to bring me that food, the more I didn't want to do that," he said.

Brock gave up meat, and not long after he cut out all animal products, including dairy and eggs, to become a vegan.

Brock has recently completed a PhD in biomedicine and is a manager at the ANU's food co-op. He is also more committed than ever to veganism, and has discovered plenty of like-minded people in Canberra - "an eclectic, wonderful bunch".



Joe Brock, ethical vegan. Photo: Stuart Walmsley

Brock falls very much in the activist camp of vegans. He has been involved in protests against the opening of duck shooting season in Victoria, waking up before the crack of dawn to trudge through the wetlands hoping to

put an end to the practice. But he said it is not all about banners and megaphones.

"It's hard, and there's a place for that, but there's a gentler, non-confrontational activism too. Sharing food with people, talking to them," he says. Brock says while he has plenty of friends who eat meat, as a committed animal activist he feels obliged to spread "the good word", and he is unwilling to compromise on an ethical issue. He is scathing towards the concept of a meat-free Monday - the idea of simply reducing meat consumption, rather than avoiding it altogether, holds no sway with him.

"I never encourage people to cut down on meat or animal consumption. It's a binary issue for me. It's a fundamental issue of rights," he says.

"It's like I wouldn't say, 'You're a bit sexist, don't be sexist one day a week.' "

His strongly held views have posed some challenges along the way, and Brock says people who have grown up in farming families were most likely to find his outspokenness confronting. On one occasion a colleague from a dairy farming background asked him why he didn't have milk in his coffee.

"When I told him it was because it's a reproductive excretion meant for infant cows, and that I'm fundamentally opposed to the commodification of non-humans, he got quite upset and went away," he says.

But Brock says there have been plenty of people who have embraced his sense of commitment, including his Mum, once she was sure he was getting all the nutrients as he needed. He says that being friendly and judging actions, not people, can help smooth over tensions, and that if anything he feels stronger and healthier than when he was a carnivore. Casual meals with friends and family now take a bit of extra planning, and Brock says he usually takes his own food as he never expects people to prepare vegan food especially for him. "I miss the ability to connect with people over food without any restrictions," he says. "It's a bit of a hassle." But where others may see deprivation, he insists that learning to live without animal products has been an overwhelmingly positive experience. "[Before going vegan] I never really appreciated food for what it was. Food is a really joyous event for me now."

Read more:

<http://www.canberratimes.com.au/entertainment/restaurants-and-bars/activist-determined-to-spread-the-good-word-20120513-1ykb3.html#ixzz1vHWXLZPD>

The Vegan Easy Challenge

By Lisa Green

Are you curious about veganism?
Thinking of making the switch?
Know someone who is up for a challenge?

The Vegan Easy Challenge could be for you!!!
The Vegan Easy Challenge is aimed at anyone who is interested in giving veganism a go. Some people use it as a supportive step to a long-term change to a vegan lifestyle, others take it as a short-term challenge for themselves. They receive regular emails including recipes, a 30-day meal plan, advice and tips. They also have the option of asking for a mentor who they can contact directly to ask for veganly advice.

Over the past two Novembers the Vegan Easy Challenge has supported hundreds of people who have challenged themselves to following a vegan diet for 30 days. Due to its success, the "start anytime" Vegan Easy Challenge was launched in mid-May 2012, now interested people can sign up throughout the year.

Already over 200 people have already started the challenge since May. So far the majority of those who have completed 30 vegan days have stated they will continue to be vegan afterwards. In previous years there has been similar feedback, and overseas programs such as the London Vegan Pledge, also report high percentages of people committing to a plant based diet afterwards. This is a great way to support and encourage the switch to veganism.

If you're already vegan, the Vegan Easy website has lots of information you may find of interest, including recipes and eating-out and shopping guides for around Australia. We're also looking for people who are interested in promoting the Vegan Easy Challenge to the wider community. So if you're able to distribute some postcards, pin up some posters or put a promo on your website please get in touch.

Check out veganeasy.org or contact Lisa at moonbug@gmail.com for further information.

Restaurant review – Cornucopia (Dublin, Ireland)

By Rob Regent

A vegetarian and wholefood Irish restaurant centrally located in Dublin City Centre's Wicklow Street. This restaurant has been around since 1986 and is an institution in Ireland and in a country where finding good vegetarian food can be very difficult, a welcome sight for jetlagged eyes (and empty stomachs).

The restaurant is vegetarian with a good variety of vegan options (as well as catering to other dietary requirements). They serve breakfast, lunch and dinner. Daily they have two soups, ten salads, five mains, wraps, hummous & pâté plates accompanied by a selection of breads, cakes & desserts.

I had a vegan cooked breakfast, with handmade sausages, roast chili mushrooms, their own 'baked' beans recipe and roasted red onion. The meal was hearty, big and tasty and easily lived up to the hype of several Happy Cow reviews.

I came back a few days later for lunch and there was a line pretty much out the door the whole time I was there. It was easy to tell the restaurant has a big, faithful following.

Staff were really friendly. Freakily friendly, but then again so was almost everyone else we met in Ireland.

This is a long way from home, but by far one of the best vegetarian restaurants I've ever been to, with an atmosphere that makes it a great experience just chilling out filling up with great food.

They even have their own cookbook which includes a wonderful history on the couple that opened the restaurant.

Positives – Variety, big meals, tasty, lots of vegan options, atmosphere.

Negatives – Only one – the coffee is not great. But unless you're into espresso, it's not great anywhere in Europe.

Name: Cornucopia Wholefood and Vegetarian Restaurant
Address: 19-20 Wicklow Street Dublin, Ireland
Website: www.cornucopia.ie

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.



	9		5					
				4			3	
1			7		6			
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RECIPES

MAINS

Breakfast mushies

From Tracey – thanks me!

I love mushrooms and eat these just about every Sunday, when I have the time to prepare them.

Ingredients:

- 8-10 mushroom cups (next size up from buttons)
- Olive oil
- 1 clove garlic
- Handful parsley
- Freshly ground black pepper, to taste
- Two slices bread/toast

Optional:

Handful baby spinach leaves, couple of small leaves of kale

Method:

- Slice mushrooms in 5mm slices and put aside
- Drizzle 2-3 tablespoons oil in a medium saucepan (the bigger the saucepan the faster they cook), crush and add garlic
- On a medium heat fry the garlic slightly and before it browns, add the mushrooms. Cook 10-25 mins depending on desired texture. Keep the heat medium-medium-high throughout. Too low and they will stew, too high and they will burn before all being cooked
- While mushrooms are cooking down, chop parsley finely. I like to add it in three stages – some halfway through, some more almost at the end and a little bit for garnish before serving
- Add ground black pepper – start with five grinds and then add more if you like it peppery
- Once mushrooms have reached desired texture, serve immediately on fresh bread/toast. Lightly spread with Nuttelex is nice, or sometimes I use avocado, tapenade, or another savoury spread

Serves one, but can be stretched by adding extra protein, e.g. baked beans or scrambled tofu. Or add grilled tomatoes, hash browns, etc. and make a big brekkie.

Any leftover mushrooms are great added to another recipe like burritos, pizza or pasta sauce.

Wilted Kale Salad

From Nikkuu Maelki, via Jyoti – thank you both

A fantastic tasting and healthy salad.

Ingredients:

- Small head of kale
- Sea salt or Himalayan crystal salt (roughly ½-1 tsp.)
- 1 avocado
- 1 lime or lemon (substitute with apple cider vinegar for those sensitive to citrus)
- Sun dried tomatoes, soaked 10-15 minutes (roughly 1/3 to ½ cup) (replace with olives for those sensitive to nightshades)
- 2 tbsp. olive oil

- Ground chipotle pepper to taste (be careful not to overdo it – a light sprinkling is enough!)

Method:

- Clean kale, remove stems, and chop/tear leaves into bite-sized pieces and place into a mixing bowl.
- Start with a small amount of salt, sprinkle it over the kale, and massage it in using both hands. The kale will begin to wilt. Continue gradually sprinkling salt and massaging it into the kale until the kale becomes fully wilted, while using the smallest amount of salt necessary. BE CARFEUL not to overdo the salt... if you do, balance it with more avocado, olive oil and more lemon juice.
- Cut the avocado into small chunks and set into a second mixing bowl
- Juice the lemon or lime and add the juice into the avocado, and mash into a creamy dressing. If necessary, add some of the soak water from the sun dried tomatoes to obtain the desired consistency
- Add the dressing to the kale, as well as the drained sun dried tomatoes, and mix well
- Mix in chipotle pepper to preferred taste
- Serve as a vegetable dip, as a sandwich filling, on crackers or simply enjoy as is!

Variations:

- Use spinach in place of the kale, for a lighter, sweeter tasting salad
- Add ½ cup pine nuts, or other nut/seed for extra flavour

Classic Winter Roast Pumpkin Soup

From Rob's wife – thanks Lara

Ingredients:

- 1kg butternut pumpkin
- 1 large onion
- 2 large carrots
- 1 medium sweet potato
- 750ml vegetable stock
- 1tsp cumin
- 1tsp paprika
- ½tsp turmeric
- ½tsp coriander
- ½tsp nutmeg
- 250ml coconut milk
- 40ml olive oil

Method:

- Preheat oven to 180°. Cut pumpkin in half and place cut side down on a lightly oiled baking tray. Roast for 45mins or until soft. Scoop out seeds and discard. Scrape out flesh and discard the skin. Set the flesh aside.
- Heat oil in saucepan. Add chopped onions and carrots and cook over medium heat for 5mins until softened. Add pumpkin, stock, spices and two cups of water. Season. Bring to the boil, then reduce heat to low and simmer for 25-30mins. Cool slightly. Blend soup in batches then return to heat. Stir through coconut milk and gently reheat.

This soup is absolutely delicious – Ed.

Beaut burritos

From Tracey - thanks again me!

Ingredients:

- 4 wraps of your choice (tortillas, lavash...) – or more or less depending on the size of your baking dish and number of people eating
- ½ can refried beans or homemade equivalent
- ½ avocado
- Salsa
- Green leaves (Cos lettuce, spinach, rocket, cress...)
- Tofutti sour cream or cream cheese
- Pasta sauce of choice, preferably tomato-based

Optional:

Pre-cooked mushrooms, chopped tomatoes, sliced chilli, sweetcorn kernels

Method:

- Prepare the various contents, and lay out spoons and knives as necessary to apply them
- Lay the wraps out flat
- Spread 2 tbsps of the beans all over the wrap, leaving a margin around the edge to allow for seepage after rolling
- Lightly spread mashed (or thinly sliced) avocado in a horizontal 5cm-wide strip in middle of wrap to same edge as beans
- Layer the rest of the ingredients in whatever order you like, as per the avocado. Not too thick, as you need to roll it over several times
- Beginning at one side of the wrap, roll each one up into approx 5cm-wide roll and place them into a baking dish side by side
- Pour over sauce, sprinkle with vegan cheese if desired
- Place in pre-heated medium oven and bake until heated through, 20-30 minutes, checking occasionally in case oven is too hot.

Four burritos serves 2 – 4 depending on your hunger and accompaniments such as a salad

DESSERTS

Raspberry Truffle Brownies

By Isa Chandra, from the Post Punk Kitchen

<http://www.theppk.com/2012/01/raspberry-truffle-brownies/>

Makes 12 brownies

If there's a better combination than chocolate and raspberries then I don't know it. These brownies are dense and truffle-like, with lots and lots of melt-in-your-mouth raspberry flavor from both jam and whole berries. And here's the amazing thing...they're low in fat, high in fiber and made with whole wheat pastry flour! But don't let that deter you, you'd never know it.

I've been hard at work developing healthier dessert recipes for the upcoming [Forks Over Knives cookbook!](#) I said "healthier" not "healthy" because dessert, no matter how healthy, is an indulgence. But if we're going to indulge (and we definitely *are*), why not try to make those treats as nutritious as possible? Developing these treats has been a fun challenge and I'm getting a kick out of experimenting with whole grain flours, natural

sweeteners and alternative sources of fat. I also like that the recipes don't have to be too restrictive; some fats are cool to use in moderation, like nut butters, avocado and chocolate.

Ingredients:

- 4 oz (115g) unsweetened chocolate, chopped
- 1/2 cup raspberry fruit spread
- 1/2 cup sugar or other dry sweetener (see note)
- 1/2 cup unsweetened applesauce
- 2 teaspoons pure vanilla extract
- 1/2 teaspoon almond extract
- 1 1/2 cups whole wheat pastry flour
- 1/4 cup unsweetened cocoa powder
- 1/4 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup frozen raspberries

Method:

- Preheat oven to 350 F (175°C). Line an 8 inch pan with parchment paper and lightly mist with non-stick cooking spray.
- Melt the chocolate in either a double boiler or the microwave. Set aside.
- In a large mixing bowl, vigorously mix together the jam, sweetener, and apple sauce. Stir in the extracts and the melted chocolate.
- Sift in the flour, cocoa powder, baking powder, baking soda and salt. Mix very well until a stiff dough forms. Fold in the raspberries. Spread the mixture into the prepared pan. It will be very thick, you'll probably need to use your hands to evenly spread the batter.
- Bake for 16 to 18 minutes, they should still be soft and gooey. If a tester toothpick comes out clean, they're overbaked. Remove from oven and let cool completely. These taste especially good and fudgy after being refrigerated for a few hours.

A few recipe notes:

~This is one of those rare occasions where frozen fruit actually works better than fresh, so don't worry about raspberries being out of season. The batter is very thick and I'm pretty sure that fresh raspberries would get crushed as you tried to knead them in.

~Use a naturally sweetened fruit spread if you can find one.

~For the dry sweetener, I use Sucanat, but any sugar will do.

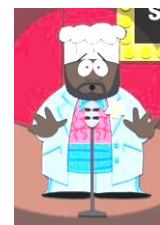
~To get brownies as fudgy as possible, be careful not to overbake. These really benefit from chilling in the fridge for a few hours.

~To slice brownies, use a blunt knife (a butter knife or a plastic knife) and dip in water after each slice.

These brownies are apparently disgustingly awesome. Can't share the exact words used :) - TL

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

Stop chick-hatching programs at schools

Hello Animal lovers

My name is Renata Halpin, I live in Brisbane and I have been working with others groups to try and put a stop to the chick hatching projects that are in schools and child cares. Basically (in case you don't know) chicks hatching projects are hired by schools, chicks are born into a box under a light in the children's classrooms, they have no mothers, just little children's hands holding them then they are re-homed wherever possible or they have to go back "to the farm" (killed). Many of the chicks turn into roosters, illegal in the suburbs and many are dumped or end up at animal refuges and the RSPCA. Teachers like them for the cute and cuddly experience, understandably, but do not think about the unnaturalness of this chosen activity nor its consequences.



As I work everyday in schools and kindies (children's entertainer), I see them all the time which is why I would like to help let educators know they can use alternative books and toys etc to help children learn about chicks hatching out of eggs.

We need to get as many signatures as we can to gain momentum in this becoming an unpopular activity for the schools. I am asking as you all love animals and these hatching programs are **Australia wide and [world wide too :(]** It is looking very possible that we are getting the message across to the schools to make a more compassionate choice when teaching....and it is even more possible with your click and anyone else you can share it with.

Here is the link and thank you in advance if you can help and/or share in your networking sites
http://www.change.org/petitions/stop-chick-hatching-programs?fb_action_ids=401735446539368&fb_action_types=change-org%3Arecruit&fb_ref=fQHbWshuuR&fb_source=other_multiline

Kindly and for the animals
 Renata Halpin

I have a blog about this issue at my website www.lovelifeandlittlepeople.com.au

Odds 'n' Ends

Chocolate!

Thanks to Natasha, my vegan chocolate spotter, for this one:

Jameson's Raspberry Ruffle chocolates, available at the British Lolly Shop at the Civic Bus Interchange. Some quick Google searches show they are vegan (may contain traces of milk), including the dark chocolate with raspberry coconut filling. I am a bit addicted to some other lollies in that shop too (Scottish Ginger Creams and Scottish Fruit Creams).



It's hard to find filled vegan chocolates. Yum! – Ed.

Gluten-free pasta

If you like your pasta al dente and haven't tried these, I recommend you do. Explore Asian make two types of organic pasta out of beans and water. They're gluten-free, lower in calories and higher in protein than regular pasta and have a lovely chewy texture. They are available from health food and organic shops and places that sell 'different' food.

So far I've found them in Go Vita at Jamison and Mountain Creek Wholefoods at Griffith.

Try the blackbean spaghetti in laksa instead of glass noodles.



Vegan goodies now available in Woden

If you work near or shop at Woden plaza, you can now buy sweet eats. Metro Espresso Bar <http://metroespresso.com.au/>, open from 7.30am to 4.30pm Monday to Friday, is my local work-time café. Not only do they make a great soy latte with a smile, they have just started stocking a range of vegan bickies and cakes. They also do an awesome vegan pizza and their veggie patties are vegan-friendly.

Unit 1, Centra Plaza building 16 Bowes Place, Phillip, ACT, 2606 Telephone: (02) 6260 5425, about a 30-second walk from the Woden Plaza on the bus depot side.

Tracey



[Loving Kindness Chocolate Indulgence Ebook](#)

Loving Kindness Chocolate Indulgence: A Vegan Recipe Book for Animal-Loving Chocoholics. A truly yummy ebook supporting a Place of Peace for animals.

<http://billiedean.com/loving-kindness-chocolate-indulgence-ebookbilliedean.com>

Facebook: [Billie Dean](#)

New book release: What Do Vegans Eat? by Leigh-Chantelle

What Do Vegans Eat? is a scrapbook-style book written by Leigh-Chantelle from *Viva la Vegan!* focused on putting the fun into vegan health education, dispelling the myth that vegans aren't healthy and eat boring and bland food.

Leigh-Chantelle, an accredited Naturopath, Nutritionist and Western herbalist, created this visually appealing look at the many delicious food options vegans have today and delivers it in her unique, charming, no-fuss style.

What Do Vegans Eat? covers the following topics:

- What's involved in adopting a vegan lifestyle
- Why does someone become a vegan?
- Basic food staples of a vegan diet
- Examples of vegan foods for breakfast, lunch, dinner, snacks and dessert
- Basic examples of plant sources of vitamins, minerals and nutrients
- Introduction to quinoa (pronounced keen-wa) and how to cook

"*What Do Vegans Eat?* started as a scrapbook-style presentation for a Brisbane vegan group," says Leigh-Chantelle. "I wanted my presentation to be fun and visually appealing, yet still have the important educational aspects of a vegan health talk. I combined my love for fun, easy to comprehend education, with food and animal photographs and myself posing to create what I hope is an inspiring look at how easy being a vegan is nowadays."

While Leigh-Chantelle focuses mostly on the food aspects of veganism in *What Do Vegans Eat?*, she points out that veganism is not just a diet. "Being vegan is a lifestyle and a set of ethical values that myself and many others choose to embrace" she says. "I hope that I inspire others by leading by example to show how easy it is to live in line with your ethics and values." She encourages all vegans and potential vegans to educate themselves to the other benefits of the vegan lifestyle including: Animal rights and Welfare, Environment and Sustainability, Ethical and moral issues, Health, Spiritual and/or Religious beliefs, Weight loss or control.

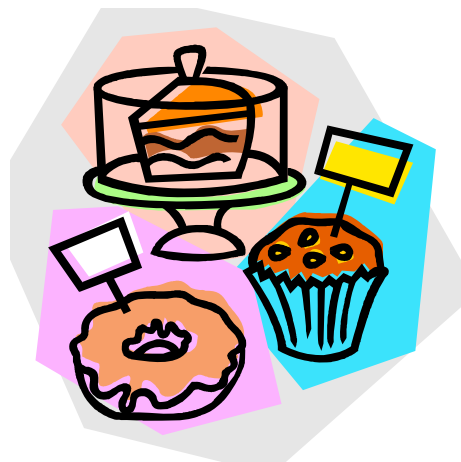
Veganarchy Sweets & Eats

If you have a birthday, engagement, kids party, anniversary, work meeting or function, dinner party or just want to indulge yourself or loved ones with some tasty treats visit: www.veganarchy.com.au, browse our menu and email veganarchybaking@gmail.com or fill in our contact page form to place an order, make an enquiry or simply say hello ! :)

And you can 'Like' us on Facebook to stay up to date with our freshest deliveries and latest creations at www.facebook.com/veganarchybaking!

Love and well wishes to you all! xx

Gabrielle



I highly recommend their cupcakes! – Ed