

# VEGETARIAN *Living* NZ

ISSN 1176-9335

SPRING 2021

VOL. 78, NO.1

**WORLD  
VEGETARIAN  
DAY** | **OCT  
1<sup>ST</sup>**

**WORLD  
VEGAN  
DAY** | **NOV  
1<sup>ST</sup>**

**HEY CHICKEN!**

**VEGAN**  
CERTIFIED PRODUCTS

**RECIPES**

**VEG~NISM**  
ROUND THE WORLD

RRP \$7.90



**FOR A KINDER,  
HEALTHIER  
WORLD**



**COVER PHOTO:**  
Freya Anderson - Hey Chicken! P14

**Cover Articles**

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**PRINTING** 3A Copy & Design, Manukau Road, Epsom, Auckland

*Vegetarian Living NZ* is produced and distributed by The New Zealand Vegetarian Society Inc.

No statements or opinions in this publication may be construed as policy or as an official announcement by the Society unless so stated. We are always happy to receive contributions. All material undergoes an editing process and we cannot guarantee publication.

*Vegetarian Living NZ* is published in Spring (Sept-Nov), Summer (Dec-Feb), Autumn (Mar-May), Winter (Jun-Aug). Editorial copy and advertising deadlines are two months prior to publication: 1 July (Spring), 1 October (Summer), 15 January (Autumn), and 1 April (Winter).

To discuss advertising, contact the National Vegetarian Centre 09 523 4686 or [info@vegetarian.org.nz](mailto:info@vegetarian.org.nz)

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(Full Directory listing inside back page)

# EDITORIAL

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



Not only do we have a UK vegan athlete setting the world record for completing the furthest distance on a static bike

over 24 hours - when interviewed afterwards, Kate Strong said "I'm constantly striving to redefine what society tells us is possible. And, through these world record attempts, I want to demonstrate what you can do if you put your mind to it."

But we also have Chantelle Nicholson, the Chef Owner of Tredwells in Covent Garden, London, recently shortlisted for one of Britain's top culinary honours – Chef of the Year. And this is due to her flair and creativity with fresh produce and plant-based recipes which regularly feature on the menus at Tredwells, and All's Well restaurant in Hackney. Chantelle, who grew up in New Zealand, has also just launched her first plant-based recipe book. It seems that plant-based recipe books are definitely popular all round the world, hitting the top selling list both here in New Zealand and in the UK.

Back in NZ, we also have our own top class chef, Anna, sharing her plant-based recipes with us on pages 12 and 13 and Tristan sharing the secret of successful falafels on page 2. Going international again, we also have a recipe from Bulgaria popping up from Raya on page 6.

However in this issue, we have more of a focus on people: we welcome new staff members in the NZVS office (page 1), Maja has interviewed Tara Jackson (page 3), Nelson talks with Raya, and has also shared some of his world travels with us on page 5 and 13. Sharon brings us up to date with the Trademark and Certified products (page 10) and Emily shares her discovery of Gatherer Wholefoods & Bar on page 15.

A reminder that October is Reverence for Life Month: it starts with World Vegetarian Day on October 1st, followed by World Animal Week and St Francis of Assisi Day (October 4), and is closed by World Vegan Day on November 1. Our story from Gretchen on page 14 not only fits well with the Think Kind competition – remember to vote for your favourite entry once voting opens on the website ([www.vegetarian.org.nz](http://www.vegetarian.org.nz)) - and with our Kindness Corner concept, but also with World Vegetarian Month.

Enjoy all the reading and I hope you gain inspiration so you can inspire others to take up a plant-based diet or at least add some plant-based meals to their weekly menus.

- MARGARET

**Think KIND**  
STUDENT COMPETITION  
VOTING OPEN

**SPOT PRIZES**

**\$1,000 FOR THE WINNER'S SCHOOL**

**ENTRIES HAVE CLOSED. HELP US VOTE IN OCTOBER!**

**10 PRIZE PACKS UP FOR GRABS!**

**FROM OCTOBER 1ST CHECK OUT THE TOP 10 & VOTE: WWW.VEGETARIAN.ORG.NZ**



Top 10 will be announced on 1st October - World Vegetarian Day.  
Voting will be open during the month of October.  
The Overall winner will be announced on 1st November - World Vegan Day

# WELCOME TO NELSON & SHARON



## NELSON ATIGA – NZVS Office Manager

We are delighted to welcome Nelson as our new Office Manager and we asked Nelson to tell us a little about himself. Nelson was born and raised in Papakura in South Auckland. On



leaving school he was offered an apprenticeship in furniture making which he took up but after a few years decided he wanted to see the world, so in 2014 set off to do just that. During Nelson’s travels he had some great adventures, learnt a huge amount including how to ensure an office runs smoothly, met many wonderful people, “found” vegetarianism and finally returned to New Zealand just before the COVID19 lockdown in 2020.

We are sure the Society will greatly benefit from his experiences, knowledge and enthusiasm, and you can read more of his story on page 4.

## SHARON ALMOG – NZVS Trademark, Marketing and Communications Manager

We are also delighted to welcome Sharon Almog as the NZVS Trademark, Marketing and Communications Manager and we asked Sharon to tell us a little about herself.



Sharon grew up in Israel, and prior to moving to New Zealand lived in Sydney and Osaka. After 6 years in Japan, Sharon is now living in New Zealand with her husband, two daughters and an adorable dog.

*“I have been vegetarian since early childhood, and became vegan about 10 years ago. I define myself as a “vegan food explorer”. I’m passionate about cooking, discovering ancient and new foods, and cooking methods. I also love exploring the business and scientific sides of plant-based foods.*

*I believe that we are living in times of big change with important steps towards breakthrough developments that will allow major progress in sustainable foods. This knowledge is growing and we are experiencing a blessed rain of new plant-based industries.*

*I’m thrilled to be an integral part of the NZVS and to be able to advocate, support and promote a plant-based life style, protecting human beings, animals and our environment.”*

We are sure the Society’s Trademark programme and the Society itself will see growth and improvements with her input and expertise.

**JULIA CLEMENTS**  
President

## VEGETARIAN / VEGAN STARTER KIT

**\$45 \$30.00**

**A PERFECT GIFT FOR VEGETARIANS AND VEGANS OR THOSE CONSIDERING GOING VEG.**

### The pack includes:

- Home Tried Favourites Recipe book – over 80 easy-to-make 100% plant-based recipes.
- Vegetarian Living, NZ magazine
- Going Vegetarian Booklet – Everything you need to know about how to go and stay vegetarian/vegan.
- Plant-based Nutrition Chart – a must-have in every vegetarian/vegan household
- ‘Vegetarianism doesn’t cost the earth’ Eco Shopping Bag



# TRISTAN'S *Corner*



Recently I learned the five best-selling cookbooks of 2020 were all vegetarian or vegan cookbooks. According to Nielsen Bookscan, which monitors sales of books in New Zealand, the five best-selling titles were “*Supergood*,” by Chelsea Winter, “*Vegful*,” by Nadia Lim, Jamie Oliver’s, “*Veg: Easy and Delicious Meals for Everyone*,” Yotam Ottolenghi’s, “*Flavour*,” and “*Two Raw Sisters: All Eaters Welcome*,” by Rosa and Margo Flanagan.

When I think about cookbooks, I think of some of my favourites which I have at hand in my kitchen, including the NZ Vegetarian Society’s own, “*Home Tried Favourites*,” which usually sits open on the Tofu Sausages page.

The other thing I think about is how many times I’ve tried to make my own falafels, only to have them fall apart while frying. This is why I would now like to share with you the secret to making falafels, which you may or may not know. If you don’t already know this, get ready for one really important key to making falafels, which most cookbooks don’t specify: **DON’T USE COOKED CHICKPEAS.**

I’ve been trying to make falafels for years and I had no idea you were supposed to use uncooked, un-canned chickpeas. I’ve always either used canned chickpeas, or, more commonly, dried chickpeas which I soak and then cook. Consequently, I’ve attempted to follow various recipes for falafel, in which the ingredients are chickpeas, onion, garlic and herbs and spices. When I blend those ingredients together and roll into balls, it all looks good until I put them in the oil and start frying, at which point they inevitably fall apart. Knowing what’s going to happen, I usually resort to adding flour, breadcrumbs or other binding agents so they hold together, but that sort of takes away the authenticity.

You can imagine how my life changed when I was recently reading a novel set in the Middle East and one of the characters was making falafels and happened to mention the chickpeas needed to be soaked but not cooked!

I put down the book and hurried to the kitchen, where I put a pot of dried chickpeas to soak in cold water with a little baking soda (helps soften them up) for 24 hours. Then I drained, dried them and put them in a food processor with chopped onion and garlic, fresh parsley, coriander and dill, dried cumin and a little chilli. I pulsed the mixture in the processor until it was sticking well together, then rolled it into balls. I was still apprehensive about not adding

any kind of binding agent, but I needn’t have worried because those soft but uncooked chickpeas held together and fried beautifully in oil on a gentle heat. I turned them tenderly as they cooked and they held together beautifully, cooking right through to the middle and crispy on the outside.

With a newfound sense of liberation and confidence, I also decided to make my own pita breads and boy, did that turn out to be much easier than I thought it would be. I can’t finish this column without sharing how easy it is to make perfect, hollow rounds of pita breads in which to stuff the falafels and toppings: I made a simple dough (I used my breadmaker to knead the dough), then rolled it into balls, flattened each ball into a flat circle using a rolling pin, then popped each flat piece into a hot oven. Within a short time, the dough puffed up and formed a hollow centre as it cooked. I piled the fresh pitas up and put them on the dinner table, along with the falafels, chopped tomatoes, fresh herbs and tzatziki dressing, which I made by combining yoghurt, cucumber and lemon juice.



The kids loved them, I loved them and I hope you love them, too. Now that I’ve cracked the code, I will be making falafels again and again, that’s for sure.

*Tristan Hooker is a full-time writer based in the Waikato. She’s also a card-carrying vegetarian and mother to two bouncing vegetarian sons. You can see more of Tristan’s work at [www.tristan.nz](http://www.tristan.nz) or follow her on Facebook or Instagram.*

# ADVOCATE for ANIMALS

MAJA SKILLING



*Tara Jackson, Executive Director of the New Zealand Anti Vivisection Society (NZAVS), says that one of the most powerful ways that people can make change is by educating themselves. She, like many activists, knows the importance of education in creating change, especially when it comes to animal rights related issues, issues that tend to be hidden from the public eye. Tara, who has made many appearances in the media as the voice for anti-vivisection in NZ, began her journey into animal activism through education: studying zoology at university, something that opened her eyes to the lack of scientific value animal experimentation holds. This sparked a journey that has changed her life ever since.*

I was lucky enough to sit down for a chat with Tara, to find out more about her journey into activism, her work for the NZAVS, and her dreams for the future.

Her journey into activism originally began, like that of many others, with a love for animals as a child. "It stemmed from me as a little girl, loving animals and seeing the world didn't, and still doesn't, treat them the way I thought they should be treated".

However this grew into a passion for animal rights as she grew up, and moved into secondary school, where she: "took any opportunity to fight against anything that was an injustice for animals".

Tara, who is part-Maori, feels that her heritage has played a huge part in her view of life and who she is. "My ancestors were Tangata Whenua, people who have a deep connection with nature. I like to think that I have that too".

Going to university, Tara's main motivation behind taking zoology was that she "just wanted to find out more about animals, to understand them, to be able to help them. When she discusses her two main reasons why she is passionate about ending animal testing, she begins with her love for animals, and the belief that it is morally wrong to

exploit them. Her second reason is scientific. "This stems from my studies at university where I learnt a lot about comparative physiology and how these small differences, between us and animals, account for a lot."

Animal testing, which is the use of animals for claimed scientific purposes, has been banned in New Zealand for cosmetic purposes.

However, it is still legal for research, testing and teaching. This means they can still be used for purposes such as to assess the safety of products and chemicals, or in biological or medical research.

Animal testing can involve procedures such as force-feeding animals, putting substances in their eyes or on their skin, or depriving them of food or oxygen. 300,000 animals are used for science each year in NZ.

Many people still believe in the misconception that animal testing is necessary for research. However Tara maintains that "animal testing is not the most relevant or applicable research method when it comes to finding cures for humans". Ninety percent of drugs in clinical tests fail in humans but have worked in animals. "The truth behind animal testing is that using animals to try and model how we as humans will respond just doesn't work."

Tara says that a big problem with the animal testing industry is that it's largely hidden from consumers. "We've still got very outdated mindsets. There are people who don't want to change, a lot of money is involved, the industry has old, archaic laws and regulations that are keeping this industry alive; and the industry is really well-hidden".

She gives the example of the animal laboratory in Dunedin in the centre of town, which has blackened windows so that people can't see what is happening inside.

"It's so symbolic of the whole industry," she says.

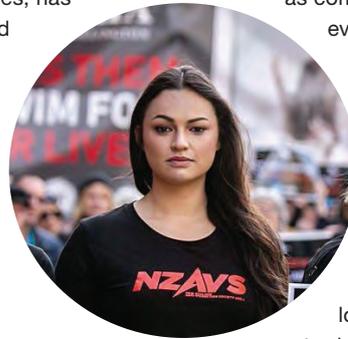
Tara also has a personal connection to ending animal testing. She has adopted many rats before, and knows how affectionate and intelligent they can be as companions. "The first rats I ever adopted, Hera and Zula, changed the way I viewed rats. They really inspired me. Whenever I am needing some energy or motivation I think of them."

She has on her desk a paw print of Hera, who has now sadly passed away. "I always look at that before I'm about to do something big, to get that fire back in my gut, because animals like her are suffering and they're worth so much more."

Tara sees education as the key to permanently ending animal testing. "Learning more about what happens to animals used in animal testing is massively important. I really do believe that the most powerful way people can make change is by educating themselves and learning more, because once you learn more and spark that passion in you, you go out and teach the world"

"The reason I say that it's powerful is because one of the biggest barriers we have to ending animal testing is the misconception that animal testing is a necessary evil. Once we rip away that social license, it's just going to be a flood of positive change for animals"

Find out more, and what you can do to help, at [NZAVS.org.nz](http://NZAVS.org.nz)



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*Maja is 16 years old, became a vegan when she was ten and has been campaigning for animal rights ever since. She writes regular articles about animal activism on her blog [www.changeforanimalsnz.wordpress.com](http://www.changeforanimalsnz.wordpress.com) and promotes a veg-n lifestyle on her instagram page @majakir\_*



# MY JOURNEY TO THE NZVS!

HELLO FELLOW VEG-NS! MY NAME'S NELSON AND I'VE RECENTLY STARTED WORKING FOR NZVS AS THE OFFICE MANAGER OF OUR HEAD OFFICE HERE IN AUCKLAND.

I was born and raised in Papakura, South Auckland. When I left school I was offered an apprenticeship in furniture making. After completing my training and working for a year I started looking at world maps and wondering what life was like in other parts of this floating ball.

In 2014, at 23 years old, I decided to have a "gap year" and move to Canada. This was the first time I'd ever left New Zealand for more than a week or two. At first I was terrified. I'd arrived in a new country with nowhere to live, no job and very little savings. Fast forward six months; I'd bought an old Chevy SUV, built a bed in the back and had decided that it was a great idea to drive from Vancouver to Halifax (which is about 6000km). The life and adventures that Canada provided sparked a passion for travel that will forever be with me.

Canada showed me that there's so much more to this world than can be gained by staying in your own country. I realised that I've only got one life and I didn't want to waste it. After Canada, the idea of slaving away for years trying to get ahead didn't appeal to me. The saying "Make hay while the sun shines" comes to mind: why can't I just sit and enjoy the rain when it's pouring?

After a year in Canada I decided to come home to New Zealand via a four-month detour through South East Asia. After arriving in Bangkok, Thailand, I moved south to Cambodia, then up the coast of Vietnam. While in the capital city of Hanoi I decided to hop on a bus and travel up into the mountains of Laos, slowly making my way back to Bangkok the long way.

The people of Thailand, Cambodia, Vietnam and Laos are all very different but there's a common theme: they're all unconditionally friendly. In South East Asia I experienced that first hand. Whether it was being invited into someone's house for dinner, being offered a bed for the night, chatting to a Buddhist monk on a train or helping children with their English

**THE BURMESE PEOPLE ARE SOME OF THE KINDEST I'VE EVER MET.**



lessons, it's the overall generosity of the people in this part of the world that I'll always remember.

My next planned trip was to move to the UK for two years. I made the decision to stop off and travel around South Asia for 7 months on the way over, with the first stop being Myanmar. The Burmese people are some of the kindest I've ever met, and straight away I experienced this. In a lot of countries, the first thing

you encounter walking out of the airport is taxi drivers trying to entice you into their taxis, but Myanmar wasn't like this for me. I asked the first person I saw where the local buses into town were. In a mixture of broken English and hand gestures, he said he was just about to hop on a bus to the centre of town and I should just follow him. However, in my own stupidity I'd forgotten to get any of the local currency - Burmese Kyat.

**AFTER CANADA, THE IDEA OF SLAVING AWAY FOR YEARS TRYING TO GET AHEAD DIDN'T APPEAL TO ME. THE SAYING "MAKE HAY WHILE THE SUN SHINES" COMES TO MIND**

With a mix of excitement from being in a new country and tiredness of over 24 hours in transit, it had slipped my mind to exchange some of my New Zealand currency for US dollars. (If any fellow travellers are reading this they'll know that always keeping a few hundred US\$ is essential.) It didn't take me long to realise that trying to get someone to accept NZD is an uphill battle. You can't expect someone to take money from a country that they've never heard of!

The man that had walked me to the bus assured me I needn't worry and he would pay for my ticket. 'Lovely', I thought, 'I'll get some money to him when we get into town.' I was very wrong! After getting to town, my new best friend walked me to a shop that took foreign cash



## INDIA AND ITS PEOPLE TAUGHT ME THAT I CAN LIVE MY LIFE WITHOUT RELYING ON ANIMALS AS A FOOD SOURCE.

and I then tried to pay my friend the money I owed. No luck! No matter how hard I tried he did not want to take it but kept repeating "Welcome to Yangon" over and over. I finally gave in and did the universal hand gesture of 'would you like to eat?', pretending one hand is a bowl and the fingers of the other are the utensils. If he wouldn't take my money, I wasn't going to let him go without sharing a meal with me. Just around the corner was a beautiful little hole-in-the-wall restaurant that served Myanmar's national dish - Shan Noodles. These are sticky rice noodles topped with garlic, chilli and pickle. They can be found across the whole country and will usually set you back around NZD\$0.50 to NZD\$1.50 per bowl.

A five day trip in Myanmar turned into a month long adventure, only leaving because my visa ran out after 30 days. Next up was the Indian Subcontinent which is where I developed a love for vegetarianism. India and its people taught me that I can live my life without relying on animals as a food source. I flew out of Myanmar via the city of Mandalay and landed in Chennai on India's east coast. Those of you who've been to Mother India will know what I mean when I say it's a busy country. The people are always on the move and there's never time to waste.

## WITH ITS WONDERFUL FRENCH ARCHITECTURE WITH AN INDIAN TWIST, I FOUND PONDICHERRY A BEAUTIFUL CITY

Stepping off the plane was the exact opposite to what I experienced in Myanmar. Upon asking a taxi driver where the train station was, I was directed a few hundred meters down the road and told the trains weren't running today because of maintenance (little white lies like these are heard often all over the world). I ignored him and started walking but he started to walk alongside me, insisting that I should just hop in his taxi and he would take me where I needed to go. Even as the train was pulling into the station he was still trying to get me to walk back and hop in his cab. Lord Shiva loves a trier I guess!

Leaving Chennai, I travelled south to the French town of Pondicherry. Along with the English, the Portuguese, the Dutch and others, the French had a prominent influence in the exploitation of Indian spices. With its wonderful French architecture with an Indian twist, I found Pondicherry a beautiful city. I continued to head south making it all the way to the very bottom - Kanyakumari.

With no idea where I might head next (I'm well known for never planning anything and just going with the flow), I walked around until I found a bus station. After a quick chat with the ticket sales person I was on a local bus to Kochi in the state of Kerala. This turned out to be one of the best decisions I made during my travel through India and Kochi was one of

my favourite places. It was incredibly multicultural with Hindus, Muslims, Jains and even a small population of Jewish people living there since the 12th and 13th centuries.

This diversity paved the way for one of my favourite things: different foods. I spent two weeks in Kochi and did little other than sit in various restaurants eating my weight in an array of different foods. My time in India was a defining moment in my life and showed me something that I'll follow forever: you don't need to eat animals to enjoy good food.

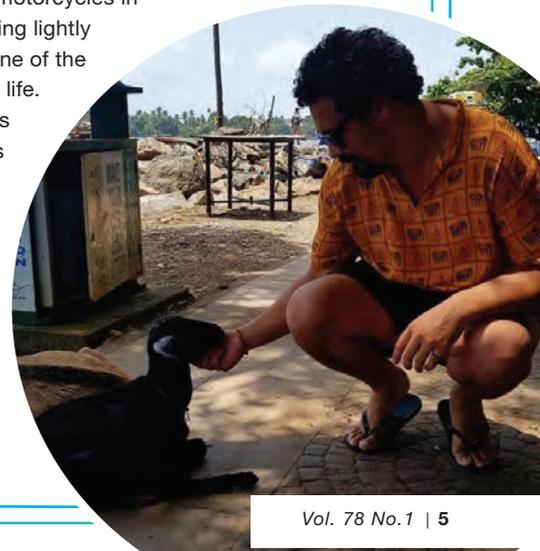
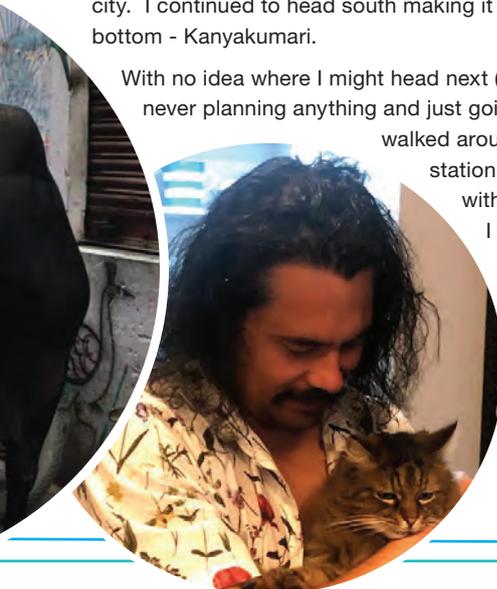
After Kochi I made my way north through Mysore, Bangalore, Hyderabad then across to Kolkata and Varanasi. I was really on a roll with the heading north business, so when I hit the bottom of the Himalayan mountains I decided to keep going. Crossing into Nepal was a strange experience all together. The bus leaves you approximately 2km from the border where you have to physically walk across from India into Nepal. With a samosa in hand and 40 degree heat on my back I trudged across into the birthplace of Buddha.

Usually when entering a country you need to speak to some sort of official and get the correct stamps and visas. However, in Nepal I could see no such official. I wandered around for a while and finally found a man asleep in a little shack. I woke the man from his mid-day siesta to ask him where the immigration office was. Apparently I was standing in it! After handing over my passport with 25 of my finest US dollars, I was let loose in Nepal. I promptly found a bus and bought a one way ticket to Kathmandu. The driver told me the trip was about 8 hours; 15 hours later we landed in the capital city.

## WITH A SAMOSA IN HAND AND 40 DEGREE HEAT ON MY BACK I TRUDGED ACROSS INTO THE BIRTHPLACE OF BUDDHA

Now, I've been in a lot of questionable situations when it comes to transport, from 40+ per-hour train rides in India, to riding on the back of strangers' motorcycles in Vietnam, so I'm not speaking lightly when I say that that was one of the most terrifying rides of my life. Being on a 50-year-old bus with a 20-year-old driver is scary at the best of times. When it's on a gravel road with 300 meter cliffs to one side it's a whole different experience altogether.

CONTINUED ON PAGE 13.



# VEG~NISM ROUND THE WORLD



Two years ago we adopted two cats, sisters, Bonnie and Calypso



Dori (my partner's cat in Italy).

Nelson Atiga, our new Office Manager, takes us on a very different veg-n journey round the world as he interviews veg-ns from a variety of countries. Here's the first one:

## WHERE ARE YOU FROM AND HOW CONVENIENT/DIFFICULT IS IT BEING VEG-N?

My name is Raya, I am from Bulgaria and even though I grew up in the capital, it was very difficult to find good vegetarian places to eat out. I remember exploring different ways to make everyday dishes vegetarian with my mum and friends' grandmothers who, after a few shocked grimaces, would of course, take on the challenge. Eastern European grandmothers take pride in cooking and can cook everything and anything. There is fierce competition amongst them sometimes! I currently live in Scotland and here it's way easier to find veggie and vegan options when eating out, and plenty of ingredients when cooking at home. In recent years, each time I go back to Bulgaria, I have been pleasantly surprised to see that there are a few more vegetarian-friendly restaurants.

## WHAT IS A DEFINING MOMENT OF YOUR CHILDHOOD THAT SOLIDIFIED YOUR DECISION TO BE VEG-N AS AN ADULT?

I have never been keen on eating meat and would usually remove the meat off my plate. However, the turning point was when I was about 14 years old. Around Easter time in remote villages in Bulgaria it is still a custom to slaughter a lamb to prepare as a traditional dish. I remember getting really attached to a lamb on the farm of one of my grandparents and then having to witness its killing. It scarred me for life and I began to question the practise of eating meat.

## TELL ME ABOUT YOUR CHILDHOOD PET/S?

One night my brother and I found a baby kitten that had been abandoned by its mother and had no chances of survival - we immediately took it in. We spent a couple of days feeding it through a pipette and making sure it stayed warm and loved. We even skipped classes so we could take turns to take care of it. Unfortunately it was too young and small to survive, and we had our first pet funeral. It was a hard and emotional time for me, and it is probably the reason why I have always had cats as pets ever since. Two years ago we adopted two cats, sisters, Bonnie and Calypso.

## WHAT'S YOUR FAVOURITE ANIMAL?

This is a very difficult question! It might be a cliché, but I like all animals. I have always particularly liked giraffes and horses, although I still haven't met a giraffe in real life.



Teddy being lazy (our first pet after the cat we took in with my brother)



Me and Bailey

## WHAT MUSIC DO YOU LISTEN TO WHEN YOU'RE COOKING?

Great question - it really depends on the food! My mum always listens to Queen when making rice-based dishes and now so do I. Italian food calls for opera while Bruce Springsteen is a necessity while peeling potatoes. Traditional Balkan dishes mean listening to Goran Bregovic.

## IT'S BEEN A LONG WEDNESDAY, YOU'VE JUST LOOKED IN THE FRIDGE AND DON'T FEEL LIKE COOKING. WHAT'S YOUR GO-TO TAKEAWAY MID-WEEK MEAL?

I am a big fan of Thai food and a vegan place called 'Biff's'. They make the best bbq cauliflower wings!

## LIVING A VEG-N LIFESTYLE CAN SEEM FOREIGN TO SOME PEOPLE:

### WHAT'S THE STRANGEST THING YOU'VE EVER BEEN ASKED?

My aunt is a doctor back home and every year she runs blood tests on me hoping that she can prove that my vegetarian lifestyle has caused some horrible incurable condition but she hasn't managed to find anything!

### WHAT'S THE QUESTION THAT YOU'RE MOST COMMONLY ASKED?

'Oh, you're vegetarian! Would you like to try our salmon?' A lot of people think that vegetarians eat fish, too. However, besides the obvious ethical issues, giving up on fish consumption is the key way to tackle the environmental impact fisheries have on our planet.

### WHICH REGION OF THE WORLD DO YOU THINK DOES THE BEST VEG-N FOOD?

Maybe this is not the most popular opinion but every time I go to Greece, I need to buy clothes a size up because they make lots of amazing vegetarian food.

### WHAT TRADITIONAL ("VEG-NISED") DISH DO YOU LOVE TO MAKE THAT WOULD USUALLY CONTAIN ANIMAL PRODUCTS?

I love making moussaka like any person from the Balkans! It's a layered potato, mince and vegetables dish. All you need to do is swap the mince for meat-free mince and voila! Oh, and don't forget to put on Goran Bregovic while preparing it.

### ASIDE FROM THE ENVIRONMENTAL, HEALTH AND ANIMAL BENEFITS OF BEING VEG-N, WHAT DO YOU LOVE ABOUT THIS LIFESTYLE?

It allows me to bond with people around the world when travelling. I have realised that there are more and more people out there who are living as vegetarians and share similar values to me. Also, I am a primary school teacher and being vegetarian always creates an interesting discussion with children at school whenever we talk about healthy eating, particularly when we have our 'Farm-to-table' lesson. It opens their eyes to global issues that they may have been sheltered from and encourages them to ask the question 'Why?'

# Kindness CORNER

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

This is the lovely "Thank you" letter the NZVS received from two of last year's participants in the 2020 THINK KIND competition. Winners of this year's competition will be announced in the Summer issue.



Dear Vegetarian Society,

Thank you so much for holding this competition to make the world aware of how we treat animals. Both of us really appreciate the gifts we were sent and want to thank the sponsors. We really enjoyed opening them in front of our whole class!

The Fruit Nuggets from Goodness Me, were great to have in our lunchboxes, and with the Paper Plus gift vouchers we got fabulous books to read over the holidays!

We loved everything you sent!

Once again, we want to thank you for your kindness to us!

Eric Trotter & Lilly Hulse!



## SNIPPETS FROM ALL OVER:

Perhaps unsurprisingly, given our affinity for cows and sheep, agricultural emissions are our biggest contributor to climate change here in New Zealand Aotearoa. The New Zealand Agricultural Greenhouse Gas Research Centre has pointed out that New Zealand's animal-produced methane emissions do more to warm the climate than all our carbon dioxide and nitrous oxide emissions combined.

Plant-based alternatives don't rely on methane-producing animals for their main ingredient source, but instead on green, leafy, carbon-absorbing, soil-enriching organisms that benefit our environment.

And here's another way to look at calories – with the 'feed conversion ratios' of animals. Our World in Data says it takes approximately 2-5 calories worth of feed (usually grains) to create 1 calorie worth of chicken, 4-9 calories for pigs and 6-25 calories for cows. Over 77 per cent of the world's agricultural land is used for livestock, and this only provides us with 18 per cent of our calories and 37 per cent of our protein, with the rest coming from plant-based food.

Choosing to reduce meat and dairy is the single biggest contribution an individual person can make towards decreasing their carbon footprint. It's more powerful than driving an electric car, using efficient light bulbs or recycling religiously. Researchers at Oxford University found that eating plant-based can reduce your carbon footprint by up to 73 per cent (depending on where you live).

Aug 06 2021, *Stuff*



A reminder that Iron Week will be coming up soon and that plant-based diets will again be a target for those who firmly maintain that iron can only be sourced from meat. Research shows, and acceptance is growing, that all the necessary vitamins and minerals, including iron, can be supplied by a plant-based diet, provided that diet contains a good variety of foods including fruits, vegetables, whole grains and cereals. Some of the best plant-based sources of iron include legumes (eg lentils, chickpeas, kidney beans), soy products such as tofu and tempeh, nuts (cashews), seeds (pumpkin, chia), wholegrains, dried fruits such as apricots and figs, leafy green vegetables (silverbeet, baby spinach), oats, and iron-fortified cereals and bread. Remember to eat vitamin C-rich foods with meals to assist with absorption of the iron, and avoid tea and coffee with your meal, as these drinks reduce the body's ability to absorb it. Looking at the big picture of trends and progress the world over, vegetarianism is generally accepted as a normal way of life today, and veganism is fast becoming regarded that way as well. Quite different from how it was when my children were growing up – long may the progress continue!

- EDITOR



For more than 35 years, Cookie Time has been making New Zealand's favourite cookies, alongside a delicious portfolio of bars from its OSM and Bumper brands. But never one to rest on its laurels, in recent years this iconic family owned company has turned its passion to perfecting a growing range of plant based recipes.

Cookie Time has now released six plant based cookies and bars, all proudly vegan certified. These align with the company's commitment to sustainability, reducing its environmental footprint, and developing plant based ('green' power) products. With increased global awareness of plant based eating, an increasing number of people are moving away from the consumption of animal products. Vegetarian and vegan choices are becoming increasingly more mainstream.

In May, Cookie Time launched a plant based version of its famous Original™ Chocolate Chunk recipe. The Original Plant Based Chocolate Chunk Cookie is a double first for the company – its first plant based cookie and



its first compostable packaging, printed with plant based inks. The combines a genuine Cookie Time taste with quality plant based ingredients, including generous chunks of dairy free dark chocolate, with a vegetable oil blend in place of butter.

Under the OSM brand, two plant based ranges have been released. OSM Everyday Nutrition™ delivers go-to, plant based snacking with enviable nutritional credentials and a patent pending. Available in a two pack of bars or eight pack of bites, all three delicious flavours offer lower sugar, high



protein and fibre, seven vitamins and three minerals.

And new from OSM, The Original Craft™ Bar range comprises a 100% plant-based, handcrafted bars, made with five nuts and seeds for a delectable, artisanal style everyday snack. Five types of nuts and seeds and a handful of plant power ingredients go into each bar. Available in two flavours and in single bars or three bar multipacks. With 47-52% nuts and seeds (depending on flavour) – these are a source of protein and good source of dietary fibre.



NEW VEGAN CERTIFIED PRODUCT



Look out for this fresh crop of Cookie Time cookies and OSM bars at supermarkets, service stations and dairies, or shop online at [www.munchtime.co.nz](http://www.munchtime.co.nz)



Many vanilla products, even some labelled with "real vanilla", use fragrances and add-ons to get the flavour profile that people expect of vanilla in a cheaper way, rather than using all real vanilla from vanilla pods.

In search of an honest vanilla, Founder and Product Maker for Goodbye, Becky Cashman teamed up with award-winning Heilala Vanilla.

Heilala does more than supply great vanilla. They work from the foundation of the process, assisting the Tongan community which plants and grows the vanilla orchid. They tend each step with care and integrity and are building a stable, long-term industry for Tonga, redefining corporate-social responsibility by working with an entire nation to transform their future.

This is a vanilla we can celebrate.

**Goodbye OUCH**

Vanilla Balm starts with Heilala vanilla beans warmly infused in organic jojoba oil for several weeks. While they waited for the first infusion to strengthen, they decided to explore the plant waxes.

*"Formulating with plant oils and waxes is not a new idea, but one of my pet peeves, regardless of ingredient choice is natural products that do not actually take CARE of lips and skin."* Plant-based oils and waxes in unbalanced formulations can be just as drying or irritating to skin as chemical ingredients.

*"We had to learn from scratch as what we created had not been done before".* Every ingredient is intentional and does a heroic job to support the vanilla to shine through in a silky, incredibly soothing balm. As well as supporting the taste and smell of Vanilla Balm, each ingredient truly supports lips and skin to leave them in better condition.



NEW VEGAN CERTIFIED PRODUCT

Goodbye approached the New Zealand Vegetarian Society to go through the audit process to be Certified Vegan. *"For the people who live this commitment every day, this is our gift to you."*

As with all products from Goodbye, Vanilla Balm is also certified natural by NATRUE through BioGro New Zealand.

There is definitely something very light-hearted about Vanilla Balm. *"In the past year, I've come to really appreciate its daily presence in my life. I realised, if Happy had a smell, it would smell like this."*



NEW VEGAN CERTIFIED PRODUCT

Our Hub Gourmet Vegan Pies and Rolls are not only Vegan Certified but are also proud recipients of several New Zealand Vegan Society Awards. In 2020 we won Best Commercial Vegan Pie for our Hub Vegan Pepper Mushroom Pie\* and were runner up for our Hub Korma Vegetable Vegan Pie. And we took out the top award with our Hub Café Vegan Sausage Roll at The Vegan Sausage Awards 2021.

At **The Goodtime Pie Co.**, we are crazy about pies and have made sure that our Hub Vegan range delivers the pie eating experience that all Kiwis love - with absolutely no compromise on the taste and texture of the fillings and the golden flaky pastry.

Our pie range includes four, 210 gm gourmet flavours, and are square so they are easy to recognise in the pie warmer.

\*STILL TO BE OFFICIALLY CERTIFIED

- **SPICY MEXICAN VEGAN PIE** – is packed full of legumes, beans and vegetables, all simmered in a tangy tomato habanero chilli sauce.
- **KORMA VEGETABLE VEGAN PIE** – features a mix of vegetables, simmered in a delicious coconut cream curry sauce creamy korma sauce and is packed full of flavour.
- **KUMARA AND CASHEW VEGAN PIE** – with its mix of vegetables and nutritious cashews in a creamy coconut sauce this pie is wowing all who try it.
- **CHANA MASALA VEGAN PIE** – a hearty combination of chickpeas and vegetables coated in a delicious masala coconut sauce.

### CAFE VEGAN SAUSAGE ROLL

Our Cafe Vegan Sausage Roll is a plant-based twist on a sausage roll, nicely seasoned and wrapped in a delicious flaky pastry. The feedback we have received on our Vegan Sausage Roll has been very positive - people were amazed that it did not contain meat, as the flavours, texture and pastry made it seem like you were eating a traditional sausage roll.



Our Hub Vegan Pie and Rolls Range is available hot from the pie warmer at Z Energy, and at selected cafes and convenience stores around New Zealand.

[goodtime.co.nz](http://goodtime.co.nz)

[goodtime.co.nz/goodtime-hub-pies/hub-gourmet-vegan-pies](http://goodtime.co.nz/goodtime-hub-pies/hub-gourmet-vegan-pies)

[www.facebook.com/Goodtimepieco](https://www.facebook.com/Goodtimepieco)



# IS IT VEGAN CERTIFIED?



[WWW.VEGETARIAN.ORG.NZ](http://WWW.VEGETARIAN.ORG.NZ)



# VEGAN CERTIFICATION / VEGETARIAN SOCIETY APPROVED



More and more new products are being Vegan certified and Vegetarian Society approved! The global trend is consistent and NZ is proudly near the top of the list of countries that keeps on expanding the plant-based variety of products. We are all thrilled to be able to put some new products on our plates.

**Goodbye OUCH** has just launched a new Vanilla Balm for lips and skin. This sensual Vanilla Balm starts with Heilala vanilla beans warmly infused in organic jojoba oil for several weeks. This infusion is added to balanced vegan waxes and oils to make a delicious and incredibly soothing balm for lips and skin. NZ made with Heilala Vanilla and is now Vegan Certified.



A new wine by **Saint Clair Family Estate** has been Vegan Certified and added to the winery's vegan wine list – Pioneer Block Sauvignon Blanc 2021. Cheers!



A new Vegan Mint Drinking Chocolate - Belgian Style Chocolate made using the world's finest cocoas well balanced with a hint of mint, is joining the expanding line of Vegan Certified choices by **Bon Accord**.



From **Sustainable Foods Ltd** we have the **plan\*t** series with 4 new exciting Vegan Certified products: plan\*t Nuggets, plan\*t Crispy strips, plan\*t Chick'n burger, plan\*t Vege-to-balls. You can find them in the chilled meat area in your local supermarket. They are delicious, nutritious, plant-based protein products, made in New Zealand using thoughtfully sourced, natural ingredients, plus the trays are 88% recycled and 100% recyclable.



The **Goodtime Pie Co.** has been baking pies since 1978 and we can now all enjoy five high quality Vegan Certified Hub Gourmet vegan Pies & Rolls - Spicy Mexican Pie, Korma Vegetable Pie, Kumara & Cashew Pie, Chana Masala Pie and Cafe Vegan Sausage Roll!



**KO Hair Care** have produced four Vegan Certified hair care products - K.O. Shampoo, K.O. Conditioner, K.O. After Swim Shampoo, and K.O. Detangle. This is a range of clean products made from naturally derived plant ingredients that leave your hair and scalp nourished and healthy!



You will find the full list of Vegan Certified and Vegetarian Society Approved products at the end of the magazine, and you can stay up-to-date by liking our Facebook page.

Have you found a product that might be vegan and made in New Zealand? Why not email the producer and ask if they've considered getting it **Vegan Certified**? We can help them spread the word! Alternatively, email our Trademark Manager at: [trademark@vegetarian.org.nz](mailto:trademark@vegetarian.org.nz) and we'll get in touch with them.



We are excited to announce that six **Cookie Time Limited** cookies and bars are now vegan certified! In the Cookie Time range, you can now enjoy a plant-based version of its famous Original™ Chocolate Chunk Cookie. In the OSM range, look out for Everyday Nutrition Blueberry & Blackcurrant; Salted Maple, Ancient Grains & Seeds; and Crunchy Peanut Butter. Plus, The Original Craft Bar in Roasted Hazelnut, Sesame Seeds & Chocolate; and Roasted Almond, Himalayan Salt and Vanilla. All plant-based, indulgent and delicious!



**LOOK FOR THIS LOGO TO KNOW A PRODUCT IS:**

**FREE** from meat and animal by-products

**FREE** from GE

**FREE** from battery eggs

**NOT** tested on animals

**FREE** from cross-contamination

**100% SUITABLE FOR VEGETARIANS**

[WWW.VEGETARIAN.ORG.NZ](http://WWW.VEGETARIAN.ORG.NZ)

**FINANCIAL GIFTS**

THE NZ VEGETARIAN SOCIETY WELCOMES & VALUES HIGHLY ALL FINANCIAL GIFTS

For info about gifting contact:

[info@vegetarian.org.nz](mailto:info@vegetarian.org.nz) or  
PO Box 26664, Epsom, Auckland

**PATHFINDER ASSET MANAGEMENT**

Does your KiwiSaver invest with your values in mind?

We've partnered with the Pathfinder KiwiSaver Plan because they have 0% invested in animal testing!

If you choose us as your charity when you sign up, they will donate 20% of their management fee to the NZVS!

Pathfinder Asset Management Limited is the issuer of the Pathfinder KiwiSaver Plan. A Product Disclosure Statement for the offer is available at

[WWW.PATH.CO.NZ](http://WWW.PATH.CO.NZ)

**WE ARE FUNDRAISING WITH FROOZE BALLS & THE REVIVE CAFE COOKBOOKS!**

THESE POPULAR SNACKS AND COOKBOOKS ARE AVAILABLE!

**COOKBOOK**

Price: \$30 each, and includes a \$12 donation to NZ Vegetarian Society!



**CHOOSE THE FLAVOUR YOU WANT!**

**FROOZE BALL**

Price: \$20 for a box of 8 packets, and includes an \$8 donation to NZ Vegetarian Society!



**MIXED FLAVOUR FUNDRAISER BOX:**

take to work or door-to-door or enjoy the mix of flavours at home!

Price: \$50 for 20 packs, and includes a \$20 donation to NZ Vegetarian Society!



YOU CAN PURCHASE THESE PRODUCTS ONLINE AT

[WWW.VEGETARIAN.ORG.NZ/SHOP](http://WWW.VEGETARIAN.ORG.NZ/SHOP)

Pass on to your friends who will be able to purchase these products online in support of our organisation and have them delivered straight to their door!

Switch to a KiwiSaver with 0% invested in Animal Testing.

Pathfinder KiwiSaver Plan

Pathfinder Asset Management Limited is the issuer of the Pathfinder KiwiSaver Plan. A Product Disclosure Statement for the offer is available at [www.path.co.nz](http://www.path.co.nz)

# Recipes



Something a bit different this week. Anna Valentine has given us “bread & cheese” recipes this week, but bread and cheese with a difference. Apart from sounding positively delicious, they also sound fun to make. Try them out and let Vegetarian Living NZ know how you get on. See Anna’s website [www.theveggietree.com](http://www.theveggietree.com) for information about classes and more recipes.



## SMOKY CASHEW CHEESE

Perfect for a plant-based cheese board or antipasto platter this Cashew Cheese is soft and spreadable, packed with protein, vitamin B12 and totally delicious. It gets its cheesiness and vitamin B12 from the nutritional yeast. I use Bragg’s, as the list of vitamins and minerals are clearly marked, it’s free from questionable ingredients and it tastes great. Cashew nuts are nutrient dense and linked to many positive health benefits. This cheese is easy to whip up and will store in the fridge for a week.

You will need a cheese cloth, muslin or the like, to form the cheese. It needs to be sterilised first. Cover the cloth in boiling water and boil for five minutes then drain, leave to cool a moment before touching it, then drape over the sieve ready to use. Choose your preferred herbs for coating the cheese. I have given a few suggestions, so mix and match to your taste.



- Cover the cashews well with water: either for 12 hours in cold water or boiling hot water for one and a half hours before processing:
  - 2 cups raw cashews
- Gather and prepare the ingredients into a food processor:
  - 2 cloves garlic, peeled
  - zest and juice of 2 lemons
  - 2 Tbsp extra virgin olive oil
  - ¼ cup nutritional yeast flakes
  - ¼ tsp cracked black pepper
  - 1 tsp salt
  - 1 Tbsp smoked paprika
  - 2 tsp smoke liquid
- Drain the cashews and add to the food processor. Whizz ingredients together to form a smooth paste, adding ¼ cup water if the processor is struggling.
- Place the sterilised cloth over a sieve placed on a bowl. Scoop the mix out of the processor into the cloth and gather up the edges and twist gently to form a disk shape. Secure with a rubber band and place in the fridge to set for 12 hours. Not a lot (if any) liquid will come out but the dry cold of the fridge takes any excess moisture away.
- Prepare the coating and place onto a plate:
  - ½ cup chopped fresh herbs, e.g. parsley, dill, chives or onion flowers, mint or coriander
  - zest of 1 lemon
  - ½ tsp flaked sea salt
  - ¼ tsp cracked black pepper
  - 1 tsp cracked black pepper
- Take the cheese from the fridge and remove the cheese cloth carefully. Undo the rubber band, open out the cloth and tip the cheese disk straight onto the herb mix on the plate. Then remove the rest of the cloth, using a spatula to flip the cheese over and gently pat the herbs over the rest of the cheese. It is now ready to serve. Keep any remaining cheese in an airtight container in the fridge.

## ASPARAGUS FOCACCIA

This gluten and dairy-free focaccia is moist on the inside and crisp and oily on the outside. You can keep it simple by using just rosemary and rock salt, or asparagus is a great addition in spring, or sliced tomato and olives is another option.

It's important to use a roasting tray with sides so when you cover it with the tea towel, it doesn't touch the dough (it will stick as it is quite a wet mix).

1. Line a 20x30cm roasting tray with baking paper, ensure it has sides to hold the tea towel when leaving to rise. To a large bowl add the following ingredient

1 tsp dry yeast

1Tbsp honey or other liquid sweetener

450ml almond or alternative milk, warm

2. Whisk together and leave for 10 minutes. Meanwhile mix together:

2 Tbsp chia or flaxseed or both with ½ cup water

OR 1 egg

3. Measure into another bowl:

1 cup corn flour (starch) or tapioca flour

1 cup soy flour, quinoa or chickpea flour

2 cup brown rice, buckwheat or maize flour



1 Tbsp psyllium husk

1 tsp baking powder

¼ cup olive oil: 1/2 in mix, 1/2 on top

½ tsp salt

1 onion, diced

2 Tbsp sesame seeds (optional)

1 Tbsp poppy seeds (optional)

4 Tbsp pumpkin seeds (optional)

4. Add the chia mixture to the flour mixture and whisk until smooth.

5. Pour into a lined loaf or roasting dish and leave to rise for 45 minutes, covered with a damp tea-towel.

6. Preheat the oven to 200°C.

7. Top focaccia with:

4 asparagus, tough ends removed and sliced on the diagonal

4 cloves garlic, peeled

1 stick rosemary, leaves removed and roughly chopped

1 tsp rock salt

2-3 Tbsp extra virgin olive oil

8. Bake for 20-30 minutes until golden brown, skewer test to check.

## MY JOURNEY TO THE NZVS - CONTINUED FROM PAGE 5

After arriving in town I walked around until I found accommodation. (I never usually book in advance as I find that too much planning takes a lot of the fun out of how I like to travel.) After a week in Kathmandu I took a bus over to Pokhara which reminded me a lot of Queenstown. Many tourists, extreme sports and overpriced western food (including a KFC). Not really my cup of Chai.

Sparking up a conversation with an Indian man in a café he suggested I check out the Indian Himalayas and recommended a town called Leh in the Union territory of Ladakh. After a quick google search on how to get there I decided to head south back to India, make my way to New Delhi and fly up to Leh from there. It's at a very high altitude, about 3500 metres above sea level, with a large Tibetan population.

After a few days of altitude sickness I began to feel a lot better and was ready to explore. Leh was a smallish city but rich in history and culture. If anyone finds themselves in India I would highly recommend visiting here. After two weeks in Leh I decided to fly back to New Delhi and make my way across India to Mumbai.

Along with new eating habits, I left India with a new found love of life that you can't really explain unless you've stepped foot there yourself, and experienced the culture, the chaos, the people and the beautiful land itself. I often get asked "What has been your favourite destination?" Without hesitation the answer is always India.

As my adventure in India came to an end it was time to start planning where in the United Kingdom I wanted to go. One evening after dinner I decided to let Google answer it for me. I searched 'Best city in the UK' and Edinburgh came up. Well, that was good enough for me and I booked a flight out of Mumbai destined for Edinburgh.

Landing in Scotland, the first thing I noticed was how quiet it was, then realised that it wasn't Scotland that was quiet; I had become used to the noise of India. Walking into the Old Town I found and checked into a hostel. After looking at my much depleted bank account, it was time to find a job. Little did I know it, but the job was coming to find me. Walking around the city one evening, I stopped outside a pub and decided to pop in for a drink.

After sitting down I was approached by a young man who looked at me and asked in a very New Zealand accent "Hey bro, are you a kiwi?" After chatting with Arun from Blenheim for a while, I mentioned that I was looking for work. He asked for my email address and said that he'd ask the company he worked for if they were hiring.

We went our separate ways and I soon forgot all about him. A few days later I had an email from a leading fashion company whose UK office was based in Edinburgh, and following an interview I got offered a job. Simple as that! For the next two years I worked in this office as part of the operations team. In short, I was responsible for ensuring the office ran as smoothly as possible. I don't know if I'm just a lucky person or the fact that I'm always open to things, but life always seems to work out for me.

Scotland was amazing. In the two years I spent there I made fantastic friends, fell in and out of love, and really became the person I am today (until I change again I guess). As always, however, the ever-looming visa expiry date told me it was time to move on.

Leaving Scotland was the hardest goodbye of all. I was leaving behind so much and really didn't have any idea of where I wanted to go. Once again, I made the call to ask my computer for advice. I'd found that when applying for most visas to live and work in another country, you must apply from your home country by visiting the local embassy or consulate. However, this wasn't the case for Sweden, so I was able to apply online by filling out a few forms and book an appointment when I arrived in the country. Perfect!

As always, I chose a very strange way of getting to my final destination. I began by getting on a plane in Edinburgh and flew over to Thessaloniki in Greece. My plan was to then make my way through Eastern Europe into Germany and up to Sweden via Denmark. I left Greece, crossed into Bulgaria and after that continued north through Eastern Europe via the countries of Romania, Hungary, Slovakia, Poland, Lithuania and up into Latvia. I've always had a fascination with the lesser known countries of the world, rather than those in Western Europe. I feel that the architecture of cities like Sofia, Krakow and Riga rivals that of the likes of Rome, Paris and Barcelona, with the added bonus of fewer tourists and not the inflated prices.

Fast forward four months, I'm working as a builder in Stockholm and settling nicely into Scandinavian life. Until Covid 19 came knocking, that is.

In March 2020, just before New Zealand shut its borders, I made the decision to return home. Being home long term was something I hadn't considered, but after a year of being back in the Motherland, I'm settling in and enjoying the new challenges that being the Vegetarian Society's Office Manager brings!

I'm looking forward to working for NZVS, introducing new ideas, and suggesting new directions whilst remaining true to the Society's roots (that's a plant joke!).

A reminder that World Vegetarian Month is coming up in October incorporating World Vegetarian Day (October 1), World Animal Day (October 4) and World Vegan Day (November 1). Start planning how you will celebrate this special month - maybe by planning how to

help the nearest animal sanctuary, inviting your neighbours for a meal, or helping out at your local 'soup kitchen' by providing a big pot of veg-n soup. Whatever takes your fancy to share veg-nism and kindness with others. In the meantime enjoy this story of rescue and reward....

# Hey, Chicken!

GRETCHEN ANDERSON

No, I'm not calling you the opposite of brave, or challenging you to a near-miss from a head-on collision. We, a vegan family of 4 living in the suburbs of Auckland, are now the caregivers of 2 chickens.

How did this happen? Well, read on to find out...

For a few years, my now-11 & 14 year-old children have been wanting more animals to come and live with us. As I grew up surrounded by a menagerie myself, I think it's a great idea in theory - however as the person who would now be in charge of doing most of the care in the middle of suburbia, plus being a family who wants to rescue/adopt new family members rather than buy pets, there are some logistical issues with the practical application of this concept!

At the end of 2020 I saw a notification from Shawn at The Animal Sanctuary in Matakana: together with the Franklin Farm Sanctuary they had pulled off another of their regular - and massive - hen rescue operations where, with the help of an army of volunteers, they rescue and rehome as many hens as they can from a battery farm when the hens are due to be otherwise "retired" (a.k.a. killed at the tender age of 18 months old, in order to make room for younger, faster-laying hens).

Most of their rescued hens get adopted by people who are either making up a flock, or adding them to a pre-existing flock, but sometimes one or two hens who come out of the farm are so traumatised by the cramped conditions that they just can't handle being close to other hens again...perfect "only children" pets.

I'd never considered giving my whole backyard up to a flock of hens, but one hen seemed do-able so I decided to talk to Shawn about the possibility of us adopting one. As it turned out, one hen

turned into two, as there was a pair that had bonded and still needed a home...so after a lot of preparation to get them a coop, stock up on food and bedding and fence off an area of the back yard, we found ourselves in late January, meeting Shawn in a carpark in Silverdale to receive our two new Brown Shaver family members, Ragdoll & Hunny Bunny!

Battery farm hens have had a tough life - worn out from intensive laying and permanently unnatural and cramped conditions, they often come with physical issues such as broken/deformed feet or wings and some take a while to adjust emotionally to a life of freedom and kindness. Also, this is usually the first time any of these hens have experienced grass, open air or fresh food after they've been rescued.

Our girls were in pretty good shape, having been nurtured back to health by the hen rescue team before they came to us, but they definitely still showed the signs of their battery farm start in life: they both had shortened beaks (battery hens always have the ends of their beaks cut off so that they can't do each other too much damage in the close quarters of the cages they live in), and Ragdoll still had a big bald patch on her rump and fluffy "newborn" tail-feathers that didn't seem to want to change despite all the other feathers she'd grown. She also had a toe that had obviously been broken and then healed at a funny angle, though it doesn't seem to cause her any pain thank goodness. Neither of them were terrified of humans, however they definitely weren't the instantly cuddly chickens that my daughter had envisioned, either!

We settled them into their new home, and they were instantly curious about their surroundings. They have a coop to shelter in at night and lay in during the day, which is inside a larger ~3x4m fenced off area ("the run") where they spend most of their

days scratching, pecking and making dust baths. Now that they're settled we also let them "free range" over a larger part of the back yard and selected parts of the garden when we're home and the weather is good. We spent a lot of time out there with them when they first arrived, getting them used to us, my 11year old daughter, especially! She fancied herself as a hen whisperer, and soon became confident at picking them up and dealing with them (though it took a lot longer for either of the kids to become confident at cleaning up the chicken poop, funnily enough!).

It took the hens a long time to trust that the different kinds of food we offered were actually food...they were used to pellets, but things like berries, silverbeet and corn cobs were treated with the GREATEST of suspicion at first! However, they soon learned that these fresh foods were great treats indeed, and it's always fun to see them running from across the other side of their area to try to be the first to get to the good stuff now.

We also had to invest in a treadle feeder, as we'd started by giving the hens their pellets in a bowl, and word quickly spread around the local wild bird population that there was a banquet to be had at our place. At one stage I counted 48 sparrows, 6 blackbirds and 3 doves lined up along the fence, waiting for "their" breakfast!! We often put out seeds and suchlike for the local sparrows and they're welcome to share the fresh fruit and veg, oats and other grains the hens get, but the hen's pellets are just for the hens (all extra cost aside, these have proven to our dismay to be a choking risk for greedy sparrows, so it's better to not let them have any if it can be avoided).

We've had no problems with the cat, Obi, getting along with the hens, either - he was very excited and had huge eyes over the new smells and movement at first, but a couple of good squawks and a few flaps from the hens when they met him soon taught him his new place in the pecking order! They get along fine now, and when it's sunny Obi will often be found either in or beside their run, hanging out with "his" girls (and the tasty food they sometimes spill around the feeder!).



# A GEM OF THE WEST COAST

You could be forgiven for thinking you'd stepped into an establishment in places like Wellington, Christchurch or Auckland when arriving at Gatherer Wholefoods & Bar, but this recently opened restaurant is located at none other than humble Hokitika on the West Coast of the South Island. The West Coast, known for its gold mining history as well as jade mining, was hardly the place you would expect to find such a haven for vegetarians and vegans alike, but whilst on a road trip of the South Island I had the good fortune to come across this plant-based gem.

Tucked away just off the main street, they offer delicious and seasonal Mexican-inspired dishes that are all washed down by an equally impressive drinks selection of cocktails, natural wines, craft beers and ciders. True to its humble beginnings as a food caravan in 2012, the chefs continue to cook out of the original trailer kitchen which has now found itself a permanent home in the cosy spot where the restaurant opened at the start of last year.

The inside of Gatherer is tastefully minimalist yet welcoming - macramé plants drape down from the ceiling and adorn the wood panelled walls alongside wicker lampshades - and there's even a bookshelf stuffed with cookbooks from the likes of Ottolenghi among others.

As a vegan it was amazing to see so many options which are already plant-based or could be easily tweaked. All the items on their menu are also gluten-free so that's another bonus for many. Seeing ingredients such as vegan cashew Manchego cheese we could tell that this place was pretty special before even taking a bite.

Wanting to try absolutely everything from the menu we decided to share the ensalada de brotes de bruselas (a brussel sprout salad with coconut bacon), a spiced calabaza (pumpkin) soft taco and the roja pizza with roasted red peppers and cashew queso. It feels like their food is designed to be shared and we did just that. On a buzzing Friday night the food arrived quickly and was more than we could have hoped for - the perfect combination of vibrant and comforting, rich and balanced.

Being a total fiend for sweet treats I couldn't resist the tequila lime cashew cheesecake for dessert - it was creamy and refreshingly tangy. I had a frozen passionfruit margarita to accompany my meal (the rim of the glass was garnished with sugar *and* salt - genius!).

As one of the few vegan spots we had come across on our travels we were blown away, but there's no doubt that Gatherer would also completely hold its own in a larger town or city. We enjoyed it so much we came straight back the next morning for coffee and brunch - also highly recommended.

The next time I visit the West Coast I can't wait to see what will be on the menu.

Gatherer Wholefoods & Bar can be found at 51 Sewell Street, Hokitika. They are open Monday, Tuesday and Wednesday



from 10am to 2pm and Thursday, Friday and Saturday from 10am to 2pm and 5.30pm to 8pm. Bookings can be made via the form on their website at [gathererwholefoods.com](http://gathererwholefoods.com).

*A little bit about me (Emily Marten): Originally from the U.K., I have been very happily 'stuck' in New Zealand due to the outbreak of the coronavirus. I love cooking vegan food from around the world at home, as well as eating out and trying new plant-based restaurants and cafés.*

## HEY, CHICKEN! CONTINUED FROM PREVIOUS PAGE

For the first couple of months we locked the hens in the coop each night and let them out in the morning until they knew the routine and we were sure that the local cats had also got used to them, but now they put themselves to bed and get up in the morning quite happily by themselves. The treadle feeder helps to keep them happy in the mornings until we get out there with their breakfast, and we've become very fond of their quirky little personalities. Ragdoll will be the first to tell you if there's something going on in the world, while Hunny Bunny makes big decisions for both of them and won't hesitate to ask to speak to the manager if she feels there's something that needs changing.

They are super healthy and happy – and over the last month Ragdoll has finally grown some adult rump and tail feathers, and looks

like a proper hen now!! They are very curious about what's going on whenever they see us (if I walk past a window and look out, I'll often see them craning to see in!) and they sometimes get quite vocal when they feel they haven't had enough attention (or treats) for a while.

We've also learned not to wear jewellery, clothes with buttons/shiny patterns or headphones when we're in the run, unless we're ok with the hens giving them a quick peck or 10 to establish edibility! Their pecks don't hurt, but they're single-mindedly determined and it's tricky to get any cleaning or feeding done if they're hyper-focusing on a certain accessory or button!!

And even though we didn't get them for the eggs, they're still usually laying an egg each per day even through winter! In case you're

wondering, as vegans we don't eat them ourselves - the eggs get sold to non-vegan friends and family who can use them. This means that those people are not buying eggs from the shops, which means less demand for eggs from commercial battery farms (and it also helps towards the cost of the hen's pellets). So we feel this is a win-win situation for all the hens involved.

There's still a lot we can learn about our hens, and they do take a little bit of work, but they're really awesome members of our extended family and we're grateful that we could offer a chance at a good retirement for these two lovable and amusing characters.

*Gretchen lives in a mid-city suburb with a two young people, her husband, a cat, and now two hens – a slowly growing menagerie!*

**REMEMBER:** INSECTS NEED OUR PROTECTION TOO.

**!** BUTTERFLIES POLLINATE FLOWERS.



**!** SPIDERS KEEP DOWN INSECTS NATURALLY.

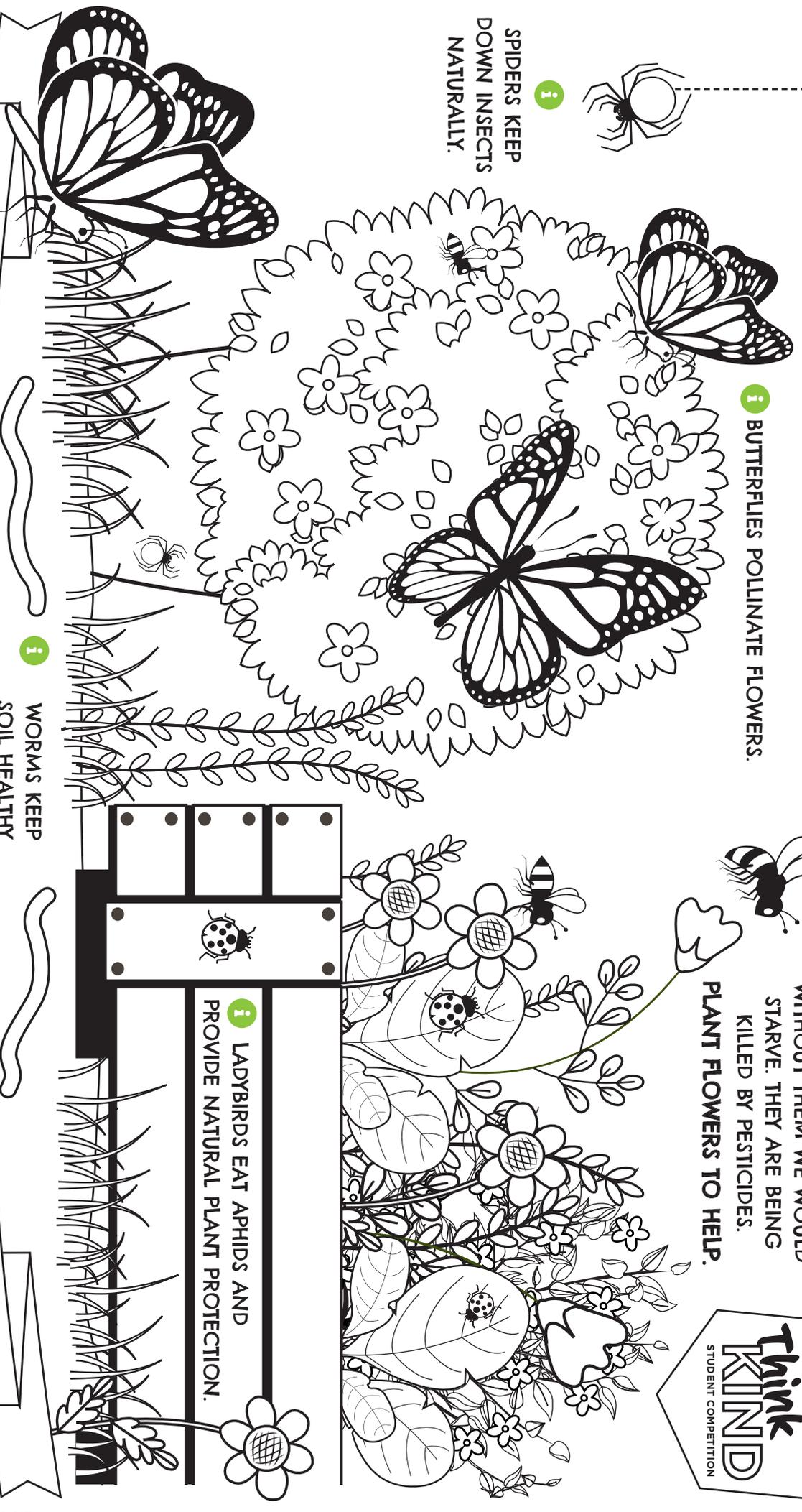
**!** BEES HELP POLLINATE PLANTS, WITHOUT THEM WE WOULD STARVE. THEY ARE BEING KILLED BY PESTICIDES. **PLANT FLOWERS TO HELP.**



**!** LADYBIRDS EAT APHIDS AND PROVIDE NATURAL PLANT PROTECTION.

**!** WORMS KEEP SOIL HEALTHY.

# INSECTS - NATURE'S LITTLE HELPERS



FOR MORE INFO CHECK OUT [WWW.VEGETARIAN.ORG.NZ](http://WWW.VEGETARIAN.ORG.NZ)

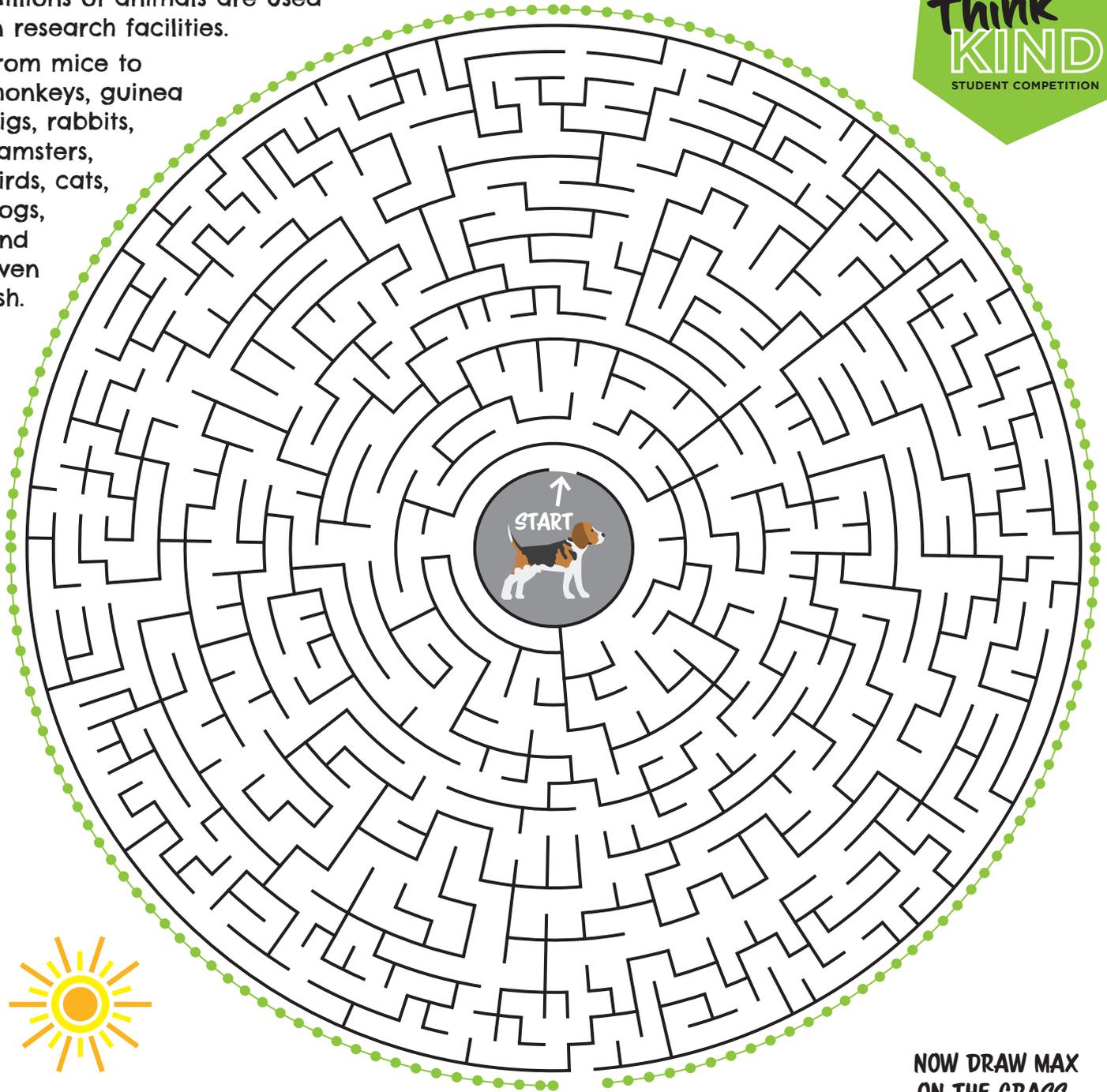
NZVS THINK KIND STUDENT COMPETITION ACTIVITY RESOURCE | COLOUR IN

FOR A KINDER, HEALTHIER WORLD

## DID YOU KNOW?

Millions of animals are used in research facilities.

From mice to monkeys, guinea pigs, rabbits, hamsters, birds, cats, dogs, and even fish.



**GREAT WORK!  
MAX IS FREE**

**NOW DRAW MAX  
ON THE GRASS,  
PLAYING WITH HIS  
NEW FAMILY!**

**RESCUE PUPPY MAX FROM  
THE LABORATORY INTO A LOVING HOME**

# EVENTS *in your area*

**NO VEG EVENT IN YOUR AREA?  
CONTACT US & WE'LL HELP  
YOU GET ONE ORGANISED.**

<b>AUCKLAND</b>	<p>Details of events and activities are also included in the E-Newsletter emailed out each month to members and Friends of the NZVS – contact <a href="mailto:info@vegetarian.org.nz">info@vegetarian.org.nz</a> if you'd like to be added to the email list.</p> <p><b>Active for Animals!</b> A fun, supportive club where veg kids can feel normal and meet like minded friends; enjoy games, visits from interesting speakers, cooking and eating! Open to all 8 to 13 year olds, \$7 per session for non-members, \$5 for members.</p> <p><b>Hey kids!</b> Why not join us and hang out with kids who are all veg? You could also bring along a wanna-be-veg friend, so they can get a taste of veg life with us. Ask your parents to give us a ring on 523 4686 and enrol you.</p> <p><b>Meeting dates:</b> Every 1st Tuesday of the month, February to November.</p> <p>Check the website for more details. <a href="http://www.vegetarian.org.nz/events/youth-group-a4a">www.vegetarian.org.nz/events/youth-group-a4a</a></p>
<b>CHRISTCHURCH</b>	<p>Contact <a href="mailto:christchurch@vegetarian.org.nz">christchurch@vegetarian.org.nz</a> for more details about what's happening so you can join in.</p>
<b>DUNEDIN</b>	<p>Interested in vegan food? For information on pot luck dinners and other activities etc, check the Dunedin/Otepoti Vegan Society website <a href="http://dovesnz.weebly.com/">http://dovesnz.weebly.com/</a></p>
<b>HAWKES BAY / HASTINGS</b>	<p>Contact <b>Donna</b> on email <a href="mailto:donna444@gmail.com">donna444@gmail.com</a> or phone 027 588 7756 for information about activities, or join the Facebook group Hawkes Bay Veg*ns.</p>
<b>INVERCARGILL</b>	<p>Details of activities available at: <a href="https://facebook.com/pg/INVSOC/events">facebook.com/pg/INVSOC/events</a></p>

<b>KAWERAU</b>	<p>Regular vegan potlucks which are also alcohol-free occasions. Open for all vegans, vegetarians and those who want to learn about this way of living. Want to know when and what to bring? Contact <b>Loretta</b>: 0212361859 <a href="mailto:lorettainnz@gmail.com">lorettainnz@gmail.com</a></p>
<b>MOTUEKA</b>	<p>Contact <b>Karishma</b> on <b>022 034 6354</b> for details of happenings in Motueka</p>
<b>NAPIER</b>	<p>Contact <b>Donna</b> on email <a href="mailto:donna444@gmail.com">donna444@gmail.com</a> or phone 027 588 7756 for more information</p>
<b>NELSON</b>	<p>Monthly veggie get togethers – contact <b>Jace</b> on <b>021 051 1666</b> if you want to join in.</p>
<b>NEW PLYMOUTH</b>	<p>Calling New Plymouth/Taranaki vegetarians and vegans – let's get together to share a meal and socialise! Contact <b>Katrina 021 749 552</b> or <b>Tessa 021 057 4011</b></p>
<b>PALMERSTON NORTH</b>	<p>For events and local news, please check the Palmerston North Vegans and Vegetarians Facebook group: <a href="https://www.facebook.com/groups/palmyveg.ns/">www.facebook.com/groups/palmyveg.ns/</a> Alternatively, email <b>Helen</b>: <a href="mailto:vegnz001@gmail.com">vegnz001@gmail.com</a> or ph 06 358 9470, or text 021 065 0754</p>
<b>TAUMARUNUI</b>	<p>Initial meeting has been held and more events are being planned. Contact <b>Chris</b> on <a href="mailto:chrisbrady71@hotmail.com">chrisbrady71@hotmail.com</a> to get involved or find out where to meet everyone.</p>
<b>TIMARU</b>	<p>Check out the The Four Leaf Clover Vegetarian Restaurant (which has it origins in The Vegetarian Grocery Store) at 41 Stafford Street, Timaru</p>

<b>WELLINGTON</b>   <a href="mailto:wellingtong@vegetarian.org.nz">wellingtong@vegetarian.org.nz</a>	<p>The Wellington Centre of the New Zealand Vegetarian Society is dedicated to serving the needs of members and promoting the vegetarian and vegan lifestyle within the Wellington Region.</p> <p>For information about joining, monthly dinners, other upcoming events or opportunities to help promote the veg~n lifestyle, please email: <a href="mailto:wellingtong@vegetarian.org.nz">wellingtong@vegetarian.org.nz</a></p> <p><b>Coming Events:</b></p> <p><b>VEGAN101 : Going vegan, Staying vegan : Easy! Fast!</b> A day-long workshop with cooking demonstrations, interactive Q &amp; A and discussions. For information on the next workshop, contact: <a href="mailto:wellingtong@vegetarian.org.nz">wellingtong@vegetarian.org.nz</a></p> <p><b>Wellington VOF (Veg~ns Over Forty) Socials</b> - Make no mistake, no matter your chronological age, this is not for "old people"! We are passionate about having fun!</p> <p><b>Vegan Vault</b> – First Saturday evening of every month 6-9pm Clyde Quay School, Elizabeth Street, Mt Victoria. Bring your friends and check out our Vegetarian Society stall at this night market – it's a wonderful way to try new foods and other products from all the stalls while enjoying the entertainment.</p> <p><b>Wellington Centre Book Group</b> meeting every 6 weeks. For details of meeting place and dates email: <a href="mailto:wellingtong@vegetarian.org.nz">wellingtong@vegetarian.org.nz</a></p> <p><b>Free mentoring:</b> Want to find out more about a plant based diet? Get help, support and advice from a 'buddy' to try out a vegetarian or vegan lifestyle. Email as above!</p> <p><b>Wellington Singles</b> – Email to find out when the next singles social get together is.</p>
<b>WHAKATANE</b>	<p>For information about pot luck dinners in Whakatane, contact <b>Tara</b>: <a href="mailto:taramurphy@gmail.com">taramurphy@gmail.com</a></p>
<b>WHANGANUI</b>	<p>Check out the Facebook page called <b>Wanganui Vegans Vegetarians and Compassionate Human Animals</b> for activities.</p>

# Welcome Vegetarian Cafe & Takeaways

**OVER 100 DISHES ON THE MENU**  
(85% vegan)

**OPEN MONDAY TO SATURDAY**  
12noon to 8pm

*Open Sunday by prior arrangement.*

Phone orders or reservations  
**03 348 2630**

2 Wharenui Rd, (off Riccarton Rd)  
Christchurch

[WWW.WELCOMECAFE.CO.NZ](http://WWW.WELCOMECAFE.CO.NZ)

## OUR WEBSITE CALENDAR

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

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

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

# MEMBERSHIP



### Changed your address or email?

Remember to drop the NZVS a line and let us know.

The NZVS is inclusive of everyone on the vegetarian path, and membership is open to all, from those reducing their use of animal products through to vegans. There is a range of vegetarianism within the broad term "vegetarian" and we support all types of vegetarians and anyone considering it.

Though there is a difference between vegetarian and vegan diets, and sometimes in lifestyles as well, we are all on the same path. The NZVS helps people to make the change to vegetarianism and/or to veganism.

You can be a supporter member if you support what we stand for, even if you're not yet vegetarian yourself.

The fact that we include **all** vegetarians is one of the things that makes the NZ Vegetarian Society unique and effective.

### THE AIMS OF THE NZVS:

To spread the principles and advantages of a plant-based diet and the ideal of a humanitarian way of life and to:

- assist those who have recently become veg-n or who are considering doing so;
- build a veg-n community nationwide;
- publish and distribute informational literature;
- hold events such as shared meals, public meetings, workshops and social groups

### THE NZVS MAINTAINS THAT A PLANT-BASED DIET IS:

- More humane
- More conducive to good health
- Fundamental to resolving the world food scarcity problem
- Creates fewer demands on the environment
- More economical
- Easy to prepare

### MEMBERS AND SUPPORTERS

Find out more about a plant-based way of life, learn new recipes, receive our quarterly magazine *Vegetarian Living NZ* and the monthly informative E-newsletter, and meet like-minded people at informal meetings and social events.

Vegetarianism is the practise of living on plant-based products, with or without the use of eggs\* and dairy products but excluding entirely the consumption of meat, fish, poultry and any of their by-products. [\*preferably free range eggs]

Veganism is an extension of vegetarianism and avoids the use of animal products of all kinds in all areas of life (no eggs, milk, butter, leather, etc.)

Annual membership includes four issues of *Vegetarian Living NZ* and 12 informative E-newsletters.

**TO JOIN THE NZVS**, go to our website [www.vegetarian.org.nz](http://www.vegetarian.org.nz) and complete your details on line. Alternatively complete the application form and post to PO Box 26664, Epsom, Auckland 1344.

Annual membership includes four issues of *Vegetarian Living NZ* and 12 VegE-News e-newsletters.

A joining fee of \$5 covers the introductory New Members Pack.

# DIRECTORY

## NEW ZEALAND

**National Executive of the NZ Vegetarian Society Inc.**  
PO Box 26664, Epsom,  
Auckland 1344  
info@vegetarian.org.nz  
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www.vegetarian.org.nz

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Ph/Fax: 09 523 4686

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www.vegetarian.org.nz/about-us/  
who-we-are/wellington-centre/

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## OVERSEAS

**The Vegetarian Society U.K.**  
Parkdale, Altrincham, Cheshire,  
WA124QG, England.  
www.vegsoc.org

**Vegetarian Resource Group**  
PP Box 1463, Baltimore, MD21203, USA  
www.vrg.org

**International Vegetarian Union (IVU)**  
IVU is a growing global network of independent organisations which are promoting veg'ism worldwide. Founded in 1908.  
<https://ivu.org/>

**Alterations or additions to this list?**  
Send to:  
The Editor, *Vegetarian Living NZ*,  
PO Box 26664, Epsom,  
Auckland 1344  
editor@vegetarian.org.nz



# BRANDS WITH VEGAN PRODUCTS CERTIFIED BY THE NZ VEGETARIAN SOCIETY

See back page for Vegetarian Approved products

## RESTAURANT MENUS



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

Pizzas: Sinister, Vegan Pride, Vegan Damned, Vegan Saviour, Vegan Mayhem, Vegan Brimstone, Vegan Quorn Nuggets, Garlic Bread

## HEALTH AND COSMETICS



**Aú NATURAL SKINFOOD**  
For Your Skin. For Your Planet.

On The Go Mineral Powder: Light, Medium, Dark; Super Fruit Concentrate Eye Serum; Anti-Aging Facial Oil with Harakeke Oil and 0.2% Retinol



**CLINICIANS**  
Research Based

Pure Omega-3 Algae Oil 1000mg



**ORGANIC BIOACTIVES**  
Innovating From Tradition

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

## FOOD AND BEVERAGES



**ANGEL FOOD**  
Vegan & Divine

Dairy-Free Mozzarella Alternative, Dairy-Free Cheddar Alternative, Dairy-Free Parmesan Alternative, Dairy-Free Cream Cheese Alternative, Dairy-Free Cheesy Sauce Mix, Dairy-Free Feta Alternative, Dairy-Free Grated Cheese Alternative, Dairy-Free Grated Smoked Cheddar Alternative



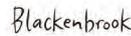
**ANNIES**  
Food You Trust

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



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

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



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

Sauvignon Blanc, Pinot Gris, Gewürztraminer, Rosé, Chardonnay



**CHASERS**  
Feel The Flavour

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



**COOKIE TIME**  
For Serious Cookie Munchers

Chocolate Chunk Cookie, Roasted Hazelnut, Sesame Seed & Chocolate, Roasted Almond, Himalayan Salt and Vanilla, Blueberry & Blackcurrant, Salted Maple, Ancient Grain & Seeds, Crunchy Peanut Butter



**DOCTOR'S CHOICE BIO YOGHURT**  
Coconut Dairy-Free Yoghurt: Plain, Passionfruit, Chocolate



**DELTA ESTATE**  
Sauvignon Blanc



**EVERYDAY WARRIOR**  
Plant Based Protein Powder

Chocolate, Vanilla, Kiwifruit & Apple



**FOOD NATION**  
Food For All

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



**GOODBYE**  
We Belong Outdoors

Goodbye Ouch, Goodbye Sandfly



**GOOD BUZZ KOMBUCHA**  
Full Of Life

Origins, Apple Cinnamon, Lemon Ginger, Raspberry Lemon, Feijoa, Pineapple Mango, Strawberry Lime, Orange Turmeric, Blueberry Peach, Passionfruit Guava



**GOODNESSME**  
Good Taste, Good Intentions, Good Deeds

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



**HEMP FARM NZ**  
Kiwi Hemp Seed Oil, Kiwi Hemp Hearts



**HOWLER HOTDOGS**  
A New Breed Of Hotdogs  
'Vege' Dogs, 'Vege' Mini Munchers



**HUNTER'S WINES**

Sauvignon Blanc, Riesling, Chardonnay, Pinot Noir, Gewürztraminer, Pinot Gris, Rosé, Gruner Ventliner



**JUST FOODS**  
Better For You

Vegan Classic Mayonnaise, Vegan Aioli, Vegan Seafood Sauce, Vegan Honeyed Mustard Mayonnaise



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

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



**K.O. HAIR CARE**  
Healthy Hair Care

K.O. Shampoo, K.O. Conditioner, K.O. After Swim Shampoo, K.O. Detangle



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

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



**MARISCO VINEYARDS**  
Premium Wines By Marisco Vineyards

The Ned Chardonnay 2019, The Ned Rosé 2020, The Ned Sauvignon Blanc 2020, The Ned Sauvignon Blanc 2021, The Ned Pinot Noir 2020, The King's Series The King's Favour Sauvignon Blanc 2020, The King's Series The King's Wrath Pinot Noir 2019, The King's Series The King's Bastard Chardonnay 2019, Leefield Station Rosé 2020, Leefield Station Pinot Gris 2020, Leefield Station Sauvignon Blanc 2020, Leefield Station Chardonnay 2019, Leefield Station Pinot Noir 2019, Marisco Craft Series Pride and Glory Sauvignon Blanc 2020, Marisco Craft Series Exemplar Viognier 2020



**MATAVINO WINES**  
A Little Italian In Matakana



Chardonnay, Dolcetto, Nebbiolo, Barbera, Amelia (Viognier)



**MOANA PARK ESTATE**  
Lo-Fi Wines... Changing the Conversation... Naturally

Growers Collection Sauvignon Blanc, Growers Collection Orion, Growers Collection Rosé, Growers Collection Chardonnay, Growers Collection Syrah, Growers Collection Viognier, Growers Collection Merlot Malbec, Estate Grown Chardonnay, Estate Grown Cabernet Franc Merlot, Estate Grown Viognier, Estate Grown Syrah, Sparkling Blanc de Blanc, Sparkling Sauvignon Blanc, Sparkling Rosé, Estate Grown Pinot Noir, Estate Grown Albariño, Estate Preservative Free Merlot



**PANNA SOAPS**

Calendula & Poppy Soap, Charcoal Soap, Coffee Soap, Frankincense Soap, Gardener's Soap, Green Clay Soap, Oatmeal Soap, Pink Clay Soap, Shea Butter & Lavender Soap, Star Anise Soap, Shampoo Bar, Shaving Bar



**PASTA VERA**  
New Zealand Made Pasta  
• Pesto • Lasagne

Vegan Pesto



**PROPER CRISPS**  
Proper Hand Cooked Crisps

Marlborough Sea Salt, Rosemary and Thyme, Smoked Paprika, Sea Salt and Vinegar, Kumara, Garden Medley, Onion and Green Chives, Cracked Pepper & Sea Salt, Hand Cooked Cheeza-peno Tortilla, Hand Cooked Salted Tortilla



**PUREBREAD**  
Great Taste, Good Health  
Vegan Grain, Vegan Young Buck

## Round Theory

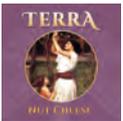
**ROUND THEORY**  
Wines for the greater good  
Pinot Gris, Rosé, Sauvignon Blanc, White Field Blend



**SAINT CLAIR FAMILY ESTATE**  
100% Family-Owned,  
100% New Zealand Wine,  
100% Sustainable  
Marlborough Origin Sauvignon Blanc, Pioneer Block 3 Sauvignon Blanc, Pioneer Block Sauvignon Blanc 2021



**SURTI**  
The Traditional Taste of India  
Vegetable Samosa, Vegan Samosa, Vegan Kachori



**TERRA**  
The Cheese Of The Future Grows On Trees  
Cashew Cream Cheese: Plain, Dill & Garlic, Smokey



**THE BAKER'S SON**  
Vegan Mince & Cheddar Pie, Vegan Buttery Chick'n Pie



**THE BONELINE**  
Barebone Chardonnay, Sharkstone Chardonnay



**THE BREADMAN ORGANIC BAKERY**  
Probably The Only 100% Vegan Specialty Bread Bakery In Aotearoa!

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



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

Kumara Rosti, Kumara Hashbrown, Kumara Chips, Cauliflower Schnitzel, Falafel, Beetroot Patties (with dairy-free feta)



**SUSTAINABLE FOODS LTD.**  
Nourish you - Nurture our planet

Spanish Chorizo, Old English Sausage, Classic Hemp Burger, No meat Mince, Bolognese Meal, Mexican Meal, plan\*t Nuggets, plan\*t Crispy strips, plan\*t Chick'n burger, plan\*t Vege-to-balls



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

Hub Gourmet vegan Pies & Rolls - Spicy Mexican Pie, Korma Vegetable Pie, Kumara & Cashew Pie, Chana Masala Pie, Cafe Vegan Sausage Roll



**TRADE AID**  
Doing Good Tastes Great

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



**VICE CREAM**  
Ice Cream For Everyone  
Coconut Soft Serve



**WAIHEKE HERBS**  
Artisan Herbal Culinary Products

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



# SHOP VEGAN CERTIFIED.

LOOK FOR THE **VEGAN CERTIFIED TRADEMARK** ON PRODUCTS

OR

CHECK OUT THE **PRODUCT LIST** IN THE **VEGETARIAN LIVING NZ** MAGAZINE



OR

VISIT [WWW.VEGETARIAN.ORG.NZ](http://WWW.VEGETARIAN.ORG.NZ)





# BRANDS WITH PRODUCTS APPROVED BY THE NZ VEGETARIAN SOCIETY

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

## RESTAURANT MENUS



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

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

## HEALTH AND COSMETICS



**Aú NATURAL SKINFOOD**  
For Your Skin. For Your Planet.

Lip Balm; On The Go Mineral Powder: Light, Medium, Dark; Remove (BeeBio Facial Cleanser); Prepare (BeeBio Brightening Toner); Renew AM Day Serum (BeeBio Nectar V Serum Face & Neck); PM Night Crème (BeeBio Venomous Masque); BeeBio Night Crème; Super Fruit Concentrate Eye Serum; Anti-Aging Facial Oil with Harakeke Oil and 0.2% Retinol; V2 Bee Venom Mask (Sheet Mask)



**AZURLIS**  
Balancing Science & Soul

Refreshing Facial Cream Cleanser, Jojoba & Aloe Facial Cleanser, Crystal Mist Herbal Toner, Crystal Mist Floral Toner, Hydrating Face & Neck Gel, Intensive Moisturising Day Cream, Soul & Skin Nourishing Night Cream, Balancing Eye Cream, Beautiful Skin Serum, Soothing Eye Serum



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

Organic Lubricating Gel



**KIWIHERB**  
Effective Natural Family Healthcare

A range of natural herbal health products.



**ORGANIC BIOACTIVES**  
Innovating From Tradition

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

## FOOD AND BEVERAGES



**ANNIES**  
Food You Trust

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



**CHASERS**  
Feel The Flavour

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



**FOOD NATION**  
Food For All

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



**GOODNESS ME**  
Good Taste, Good Intentions, Good Deeds

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



**LET'S EAT**  
Plant-Based Deliciousness

Burger Patties, Golden Nuggets, Tasty Tenders



**LEWIS ROAD CREAMERY**  
Aiming To Create The World's Best Butters And Milks Here In NZ

Organic Single Cream, Premium Sour Cream, Premium Lightly Salted Butter, Premium Unsalted Butter, Premium Sea Salt Butter, Lewis Road Spreadable, Premium Garlic & Parsley Butter



**LINDA MCCARTNEY'S\***  
Food To Come Home To

A range of vegetarian food products.



**MOANA PARK**  
Lo-Fi Wines... Changing the Conversation... Naturally

Growers Collection Sauvignon Blanc, Growers Collection Orion, Growers Collection Rosé, Growers Collection Chardonnay, Growers Collection Syrah, Growers Collection Viognier, Growers Collection Merlot Malbec, Estate Grown Chardonnay, Estate Grown Cabernet Franc Merlot, Estate Grown Viognier, Estate Grown Syrah, Sparkling Blanc de Blanc, Sparkling Sauvignon Blanc, Sparkling Rosé, Estate Grown Pinot Noir, Estate Grown Albariño, Estate Preservative Free Merlot



**NEW WAY**  
Sweet Short Pastry, Flaky Puff Pastry, Just for Starters Spinach and Feta



**PUREBREAD**  
Great Taste, Good Health

Vegan Grain, Vegan Young Buck



**QUORN\***  
The World's Favourite Meat-Free, Soy-Free Food

A range of vegetarian food products.



**TATUA**  
Specialised Dairy Products

Culinary & Whipping Cream, Dairy Whip Whipped Cream, Mascarpone



**SUSTAINABLE FOODS LTD.**  
Nourish you - Nurture our planet

Spanish Chorizo, Old English Sausage, Classic Hemp Burger, No meat Mince, Bolognese Meal, Mexican Meal, plant\* Nuggets, plant\* Crispy strips, plant\* Chick'n burger, plant\* Vege-to-balls



**THE SOY WORKS**  
NZ Tofu



**TRANZALPINE HONEY**  
100% New Zealand Certified Organic Honey

Organic Honey (Manuka, Rata, Clover, Bush, Kanuka, Kamahi)



**WAIHEKE HERBS**  
Artisan Herbal Culinary Products

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



**YOPLAIT**  
Taste The Bright Side Of Life

Greek Yoghurt: Natural, Lite Natural, Vanilla, Honey

## CORPORATE MEMBERS SUPPORTING THE NZVS



**GREEN DINNER TABLE**

Eat more plants



**HARRAWAYS**

Proudly homegrown oats



**LINDA MCCARTNEY'S**

Food to come home to



**PATHFINDER ASSET MANAGEMENT**

Invest Ethically



**QUORN**

The world's favourite meat-free, soy-free food



**VOCKSOCKS**

For the love of animals