

NZ VEGETARIAN SOCIETY

# VEGETARIAN

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# Living NZ

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**MY FIRST  
VEGETARIAN  
CHRISTMAS**

**RECIPES**

**HEALTHY PLATE,  
HEALTHY PLANET**

**ADVOCATE  
FOR ANIMALS**

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**FOR A KINDER,  
HEALTHIER  
WORLD**



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**EDITORIAL TEAM**

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*(Full Directory listing inside back page)*

# EDITORIAL



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

As I write this we are enjoying the usual Spring weather – wild winds and rain! BUT... when the clouds clear and the

sun shines, I'm reminded that Summer is on its way, the flowering cherry blossoms have been battered by the rain and wind, but the roses are starting to bloom and our citrus trees are covered in hundreds of tiny flowers signalling a bountiful crop of fruit in a few month's time.

During the continued lock-down, frustrating as it has been, I've spent quite a bit of time sorting and clearing out old papers, both personal and NZVS, and some of the papers I've come across have been fascinating: organising of the NZVS 50th Anniversary Weekend Seminar at the Aotea Centre in 1993; the first NZVS Vegetarian Expo organised at the Mt Eden War Memorial Hall in the early 2000s; and the last such Expo which was held at the ASB Showgrounds in 2010. A huge amount of work for all the volunteers involved in each event but all were very successful in publicising the veg-n way of life and informing people about its benefits - for their health, for animals and for the environment. (The 75th Anniversary in 2018 showed how well this work is being continued.)

Our Think Kind Student Competition winners are featured on pages 8 & 9 and a special first in this issue is an article from the Doctors for Nutrition charity - their goal is to transform our society and healthcare system through the life-changing power of whole plant-based food. See page 1 for a very informative article from Maya Moses on healthy eating for a healthy planet.

A healthy (and humane) way of life is particularly important right now, not only for the environment and animals, but also to help build up our immune systems so we can combat viruses and other "diseases" popping up around us and in our communities. So Anna Valentine's Foraging in Queenstown article (pg 17) is particularly timely to remind us of nature's offerings to help with building our health, and Anna's recipes will make a delicious addition to Summer picnics, whether in the home backyard or at the beach (pg 14/15). Briana's first vegetarian Christmas sounds as though it was great fun and she's shared a couple of delicious recipes (pg 3). Tristan also shares some simple and practical ideas about moving to a veg-n lifestyle, and we have more 'people' stories with interviews by Maja (pg 6), Sharon (pg 16) plus another offering on our journey round the world from Nelson (pg 20). Updates from Sharon on the Vegetarian Approved and Vegan Certified front can be found on pgs 10-13, so something for everyone we hope!

Over the years NZVS volunteers have staffed many stalls at a variety of Festivals and Expos and the message from the NZVS has been consistent from its formation in 1943: veg-ism is better for the animals, better for your health and better for the environment. In fact in the words of eco-philosopher Richard Heinberg: *"One of the most effective and practical single steps anyone in an industrialised country can take both to benefit the natural environment and to serve the long-term welfare of the global human population is to eat less meat."*

Remember the NZ Vegetarian Society is here to support you on your journey – please do take the time to **check out our new website [www.vegetarian.org.nz](http://www.vegetarian.org.nz)** and remember to contact us on [info@vegetarian.org.nz](mailto:info@vegetarian.org.nz) if you need further information.

Wishing you an enjoyable Summer however and wherever you spend it!

**- MARGARET**

## THE 'VEGGIE' LION

I'm a vegetarian Lion,  
I've given up all meat,  
I've given up all roaring  
All I do is go tweet-tweet

I never ever sink my claws  
into some animal's skin,  
It only lets the blood run out  
and lets the germs rush in.

I used to be ferocious,  
I even tried to kill!  
But the sight of all that blood  
made me feel quite ill.

I once attacked an Elephant  
I sprang straight at his head.  
I woke up three days later  
in a Jungle hospital bed.

Now I just eat carrots,  
They're easier to kill,  
'Cos when I pounce upon them,  
They all remain quite still!

**- SPIKE MILLIGAN**

*Found this while cleaning out during lock-down! -Ed*



# HEALTHY PLATE, HEALTHY PLANET

**DEBUNKING THE MYTHS AROUND PLANT-FOODS AND ENVIRONMENT**  
BY MAYA MOSES

Planetary health is, rightly so, an increasingly hot topic. Sometimes it can feel overwhelming to try to think about how best to “do something”. There’s a wealth of inspirational content on Instagram, there’s blogs and podcasts, there’s articles in the news, all with different ways to do your bit.

While diet has long been a focus for personal health, increasingly we are realising that diet is also one of the biggest changes we can make for planetary health. And with the release of the EAT-Lancet Commission on Healthy Diets From Sustainable Food Systems in 2019, we saw that at the intersection of what’s best for us and what’s best for our planet is the same key message – eat more plants, and eat less animal products.

But there’s still a lot of confusion when it comes to how our diet affects our planet. What about local farming? Isn’t soy killing the planet? Aren’t avocados killing the planet? Isn’t almond milk killing the planet? These are some common arguments people present in favour of animal-based foods being better. Some readily available statistics quickly debunk these myths.

## MYTH #1: LOCAL MEAT TRUMPS IMPORTED PLANTS

We are often sold on the idea that local is better, but transport of food is not as big a contributor to the overall carbon footprint as we are led to believe. In reality, transport accounts for less than 1 percent of the total emissions of beef. The real drain comes from the land areas required to raise the cows, the land use required to grow cow feed, and the methane emissions from the cows themselves. These alone account for almost 60kg CO<sub>2</sub>eq of emissions. Transport accounts for less than 1kg.

The same holds true for all animal-based foods. While plant-based foods may have transport as a larger proportion of their overall emissions, this is because they account for far less emissions in general. The actual numbers are much lower in all measures. To cover all your bases, try to eat locally grown plants as much as possible!

## MYTH #2: SOY IS UNSUSTAINABLE

Some people cite soy as the culprit behind environmental destruction, and usually they point to the land area required to grow it. Skyrocketing demands in the last 60 years have certainly resulted in significant deforestation. But 77 percent of soy grown is actually used to feed livestock, primarily chickens and pigs. Only a small portion is fed to humans.

Globally, while 740 million hectares are used to produce the plants we eat, 538 million hectares are used to grow plants for animal feed, and a huge 2.9 billion hectares are used for raising animals. For comparison, the entire continent of Africa is 3 billion hectares!

## MYTH #3: AVOCADOS ARE KILLING THE PLANET

It’s true that over-enthusiastic consumption for any single food item can become unsustainable. Avocados are often cited because they require very specific growing conditions, with warmer weather and lots of water. Avocados are resource-heavy and probably shouldn’t be the staple of your diet.

But scapegoating avocados as the root of all evil is an overreaction. Comparing avocados to other popular breakfast foods shows that maybe we are focusing on the wrong thing. While a kilo of avocados results in 2.5kg

CO<sub>2</sub>eq of emissions, a kilo of eggs results in 4.5kg, a kilo of bacon results in around 7kg, and a kilo of cheese results in 21kg!

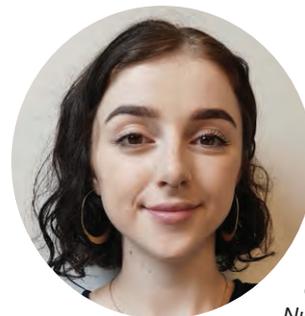
## MYTH #4 ALMOND MILK IS DISASTROUS

As almond milk gained popularity, people were quick to point out how terrible it really was. The main issue was that almonds take a lot of water to grow. It’s easy to think almond lattes, along with your avo on toast, are how you are single-handedly killing the planet. But again, while almond milk might not be the best plant-based milk for the planet, it still accounts for a third of the emissions of dairy milk, and only two thirds of the water use.

At the end of the day...

Plant-based foods are more sustainable than animal-based foods by essentially every metric. Plant-based foods require less land area, plants typically use less water, plants don’t produce methane or require as intensive farming processes, and plants don’t need to be ‘fed’ large quantities of other plants before they make it to our plate.

Even the specific plant foods that get attention for their high emissions don’t come close to the emissions of animal-based foods. Cutting down portion sizes, eating animal-foods sparingly, or cutting them out altogether would make a huge difference in your carbon footprint – regardless of which plants you eat the most.



**Maya Moses** is a volunteer for the health-promotion charity Doctors For Nutrition. Maya has just finished her medical

degree, and will be commencing work as a doctor next year. She is passionate about food, health, and sustainability. Maya is vegan for personal health, planetary health, and for the animals.

*Established in 2018, Doctors For Nutrition is an Australian health-promotion charity, led by Australian and New Zealand medical and dietetic professionals dedicated to bringing food back to healthcare. Powerful evidence shows that a whole food plant-based eating pattern can prevent, reverse, or significantly reduce the disability caused by a wide range of diseases.*

*The Doctors For Nutrition team is working to equip healthcare practitioners, institutions and the public in our region with evidence-based information and education on optimum human nutrition. <https://www.doctorsfornutrition.org/>*

*Their goal is to transform our society and healthcare system through the life-changing power of whole plant-based food, and the DFN team has agreed to supply the NZ Vegetarian Society with articles for publication in Vegetarian Living NZ. These articles are copyrighted to NZVS and DFN.*

# CHRISTMAS COOKIES



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# TRISTAN'S *Corner*



A grain, a green and a bean. It's the vegan refrain I hear again and again, and it's caught my interest since I've decided to integrate at least one vegan meal per week into my household meal plan.

I like it when I find catchy, easy to understand and easy to follow guidelines. I feel like the grain, green and bean idea is a very helpful guide for beginners wanting to make nice, balanced, plant-based meals. It's a simple formula which can be used for a range of meals, whether it's a gourmet plate of saffron-infused barley (the grain), black-bean paté (the bean) and seasonal vegetables (the green), or a grain/bean/green stir-fry or even baked beans on toast with avocado.

It may come as a surprise to some people to know I've been vegetarian for 25 years and still need guidance around how to incorporate vegan meals into my life! I understand why many people in mainstream society might assume vegetarians and vegans are pretty much the same. After all, the word 'vegan' is simply a shortened version of 'vegetarian.' In fact it was coined as a term in the 1940s as a way to describe vegetarians who don't eat eggs or dairy.

These days 'vegan' and 'vegetarian' have come to represent much more than simply the eggs and dairy differentiation. There are varying degrees of veganism and vegetarianism, including a wide range of beliefs and ideologies around using animal-based products, wearing leather, or buying sustainable or organic produce. Language has changed a lot, too, and has expanded to include many kinds of lifestyles and culinary choices, such as pescatarian, fruitarian, raw-vegan and more.

My vegan-meal-a-week plan is based on the 'Meat Free Mondays' concept made popular by my favourite Beatle, Paul McCartney. Since we already don't eat meat in our house, I decided to loosely use the Meat Free Monday idea to get Vegan Mondays going in my family. We've been having a bit of fun coming up with a better name for it – suggestions from the kids so far have included Vegan Wednesday and Mushroom Monday.

Speaking of mushrooms, I wonder if everyone agrees with me about how useful canned mushrooms can be. I use them in all kinds of things like pies, curries, nachos and even spaghetti sauce. And they're vegan, which is an applicable point because a lot of the meals I make are unintentionally already vegan or could easily be made vegan. For example, a favourite at my dinner table is devilled sausages, made with tofu sausages and accompanied by mashed potatoes and peas. Nobody would even notice anything had changed if that was the vegan meal of the week, which is what I've heard often happens in meat-eating households who incorporate Meat Free Monday into their routine.

I doubt I'll go out of my way to buy any fancy, expensive plant-based foods for our weekly vegan meal. There are so many things already in my pantry in cans, or in my freezer. A grain, a green and a bean is all I need.

I don't know whether my family's vegan-meal-a-week will save the world, but you never know. It's a small, achievable challenge which I'm happy to try.

---

*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.*





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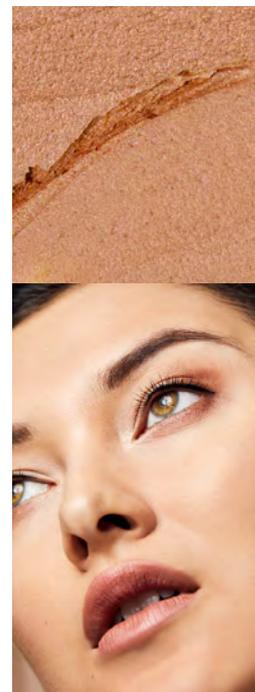
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# MY FIRST VEGETARIAN CHRISTMAS

**My vegetarian journey began after an offensive beef curry in Picton on 3 January 2020. One year and 10 months later, I hold zero regrets about the eventual fate of that dreadful dish (the bottom of the hostel rubbish bin). Yet, I also find myself holding a small amount of gratitude to that disagreeable plate of food. It promptly and firmly propelled me onto a new course of wellbeing, nutrition and energy, and I've never felt better.**

As a relative newbie to the world of veg-nism, there were some situations I felt quite apprehensive at navigating. A majority of these revolved around social settings; potluck dinners, visiting cafes with friends, eating out at restaurants, and big family get-togethers. But always the most substantial of these was Christmas.

When I think about our family Christmas celebration prior to being a vegetarian, the first thing that pops into my mind is food. It was in some ways the bones of the day. It provided structure, sustenance, and celebration, and for our family, whether we're celebrating as a small group or with the extended family members, the entire day revolved around the Christmas lunch at 2pm-ish (timing depended on how many glasses of prosecco were consumed by the nominated Christmas chefs).

Approaching a new style of Christmas, one that didn't involve any meat whatsoever, was honestly quite daunting. Was the table going to be completely empty without our traditional meat dishes? How do we create that feeling of gluttony and celebration if all we're eating is vegetables and pulses? How will we spend our time if we're not revolving around the BBQ or constantly checking the oven? Would it still feel the same as our 'normal' Christmas?

As December quickly approached, I

realised my concerns and worries were largely unwarranted. My Mum transitioned to being a veg-n at the same time as I did, which made the process so much easier (I wasn't the only vegetable lover!). We were also having a small Christmas with only my brother joining us, so we had more capacity to make creative changes to the menu.

In answer to my previous worries, our table ended up being chocka-block with plates of delicious food, which looked so much more inviting and colourful than usual. We gorged ourselves on Gran's 'red' salad with beetroot, capsicum and red onion, a green broccoli salad with courgette and a yummy creamy dressing, Mum's famous roast vegetables with sour cherry sauce and veggie stuffing, and some delicious new potatoes (in memory of my late-Grandfather who would often be caught head-down, bum-up in the veggie garden digging for his prized spuds). And of course - the main course was followed by a sumptuous dessert of pavlova, berries and cream.

We still enjoyed the sense of gluttony as we piled our plates high, and enjoyed celebrating as we raised glasses of prosecco to our lips. We spent the day together in and around the kitchen, enjoying the process of experimenting with new dishes, tastes and flavours. And shortly after our mid-afternoon meal, we all assumed our customary horizontal positions having food-induced afternoon naps on the couch. Yes - it still felt like 'normal' Christmas.

Reflecting upon our first vegetarian Christmas as a family, I find myself arriving at the realisation that it's not what you eat that makes Christmas special, it's who you eat it with.

## BY BRIANA STEWART

*Briana is an events and marketing contractor based in Mount Maunganui. Briana joined NZVS after becoming a vegetarian to complete a goal on her thirty-before-30 bucket-list (join a club). She's delighted to contribute her very first written article for the magazine (also on the bucket list was to have her writing published). You may see her at the local rock-climbing crag, on a tramping track, or avidly spotting local native birds.*

## MOTHER THERESA'S SOUR CHERRY SAUCE

670-700g jar pitted Morello cherries

1/4 cup redcurrant jelly

2 tsp balsamic vinegar

2 cup pan juices from roast veggies, or vegetable stock

Salt and pepper

1/4 cup cornflour

1/3 cup water

1. Drain juices from cherries into pan with redcurrant jelly, vinegar and veggie stock. Stir over medium heat for 10 minutes. Add the cherries and boil for 2 minutes. Season to taste.
2. In a separate bowl, mix cornflour and water to a smooth paste and add to pan.
3. Stir over medium heat until sauce has thickened.

## YUMMY VEGE STUFFING

50g butter

1 large onion, finely chopped

230g water chestnuts

2 Tbsp almonds, blanched and chopped

1 medium apple, peeled and chopped

2 spring onions, chopped

2 Tbsp flat parsley leaf, chopped

1 egg (or 3 Tbsp aquafaba for vegan alternative)

1 cup cooked long grain rice

1. Heat oven to 180°C. Heat butter in a pan over low heat. Add onion and stir for 5 minutes until soft. Add water chestnuts and almonds to pan and cook for 5 minutes, stirring occasionally. Add the rest of the ingredients and stir well.
2. Wrap stuffing in tinfoil, or place in your choice of pan (muffin tin, loaf tin, mini loaf tin etc.). Bake in oven until set and brown.

# ADVOCATE for ANIMALS

MAJA SKILLING



I recently got the opportunity to talk to Sophie Weenink, an incredibly inspiring 16-year-old from Nelson. Sophie is devoted to making the world a better place for humans, animals and the environment, and serves as a role model to kids and teenagers everywhere. She was also the winner of the last Vegetarian 'Think Kind' competition!

## WHAT INITIALLY SPARKED YOUR JOURNEY INTO BEING A VOICE FOR ANIMALS AND ENVIRONMENTAL ISSUES? CAN YOU PUT IT DOWN TO ONE THING OR WAS IT MORE OF A JOURNEY YOU WENT ON?

Environmental: My Mum worked at Cawthron Institute (she isn't a scientist but worked with over 200 scientists), so as a child, I was constantly inspired by her colleagues who taught me so much and still do.

I also went snorkelling at Cable Bay when I was 13 and couldn't believe that amongst the beautiful marine life, I was seeing so much rubbish in the water from humans. That motivated me to organise my first beach clean-up. I pictured maybe 10 friends turning up to help but after making a Facebook event and promoting it, over 200 people turned up and we cleared 200 kg of waste off the beach.

That story went into the national news and was then picked up by Readers Digest who published the story in the Asian and Australasia editions.

Being a voice for animals: I'm raised by a single Mum who went vegetarian at six years old when she made the connection that meat came from animals. She grew up in the country and saw animals being taken away in cattle trucks every day. We are both now vegan and will be for the rest of our lives. It is so easy to be vegan and healthy. I'm a rower, I walk and bike everywhere, and I am training to be a lifeguard. We don't need to take advantage of innocent animals.



## CAN YOU TALK ABOUT SOME OF THE AMAZING THINGS YOU HAVE BEEN INVOLVED WITH, AND HOW YOU CAME UP WITH THOSE IDEAS AND MADE THEM REALITY?

I've organised many beach and river clean-ups involving hundreds of people clearing hundreds of kilos of waste. I've been a public speaker at lots of events and in schools and I've organised the Nelson

branch of the nationwide Live Export Protest. I won the Vegetarian Society Think Kind Award when I was 14 and was able to donate the money to an animal sanctuary and to feeding homeless people. I've brought in lots of vegan and sustainable sponsors for all my events.

That's just a few things but I want everyone to be inspired with an idea and activate it. Never be afraid to ask for help as people are so kind. You may get some no's but you will get far more people saying yes.

Use social media to your advantage. Practice making events and then publicise your events in community groups. Link up with similar minded people around Aotearoa and the world.

## DO YOU THINK THAT THE GENERAL PUBLIC IS RECEPTIVE AND ENGAGED TO YOUR MESSAGE? DO YOU THINK MORE OR LESS SO BECAUSE YOU ARE YOUNG?

Yes I'm often amazed at how receptive people are. My community is so great and so helpful.





I recently won an Impact Award at the national awards, for my work with the environment and the community. Never let your age get in the way, no matter how old you are. I was the youngest Impact award winner in Aotearoa. Now I'm the Youth representative on the leadership committee of Nelson Tasman Climate Forum plus I'm a Board member of the Nelson Tasman Cancer Society. I am constantly emailed with requests for help with consulting and for public speaking.

I am just an ordinary 16 year old but people really do listen. If you have ideas you can make them happen.

**IS THERE SOMETHING IN PARTICULAR THAT INSPIRES YOU AND PROVIDES A SOURCE OF MOTIVATION? FOR ME AND MY ANIMAL RIGHTS ACTIVISM IT IS MY RESCUED PET CHICKENS. IS THERE SOMETHING IN YOUR LIFE THAT YOU THINK OF WHEN YOU NEED MOTIVATION AND INSPIRATION?**

I have two adopted pet rabbits and I look at them and wonder how people can be so cruel to animals and I'm inspired by many of my online animal activist friends around the world.

In Nelson we have a fully vegan restaurant called East St, which is busy and thriving with the owners Vik and Tejas sponsoring all my events. They inspire me with their morals, commitment, kindness and success.

With regard to the environment, I see rubbish by our waterways and imagine it ending up in the ocean, suffocating our marine life. It makes me feel so happy knowing I can use my voice to teach others and that motivates me every day.

**WHAT IS YOUR PROUDEST ACCOMPLISHMENT OR PROUDEST MOMENT?**

I feel very lucky to have had so many incredible opportunities in my life - everything is so appreciated. I really did love being chosen for Blake Inspire which is an environmental leadership programme. It was so cool meeting many people who think the same way I do, and I made so many great friends there while picking up lots of new information. I would encourage young people to look up Blake Inspire and apply for one of their programmes.

Another highlight is being featured in the Reader's Digest article all over Asia and Australasia, as I still get emails from people in many countries saying I inspired them to do more.

The Reader's Digest have just announced me as a Young Legend award finalist for their annual awards but it may be next year before we actually get to have an awards ceremony, thanks to Covid. I'm also going to be a speaker at the Vegan Expo in Christchurch, which has been postponed until January 2022.



What is your message for young people who want to create change but don't know how to start? From your vast experience, where is the best starting point for youth who may not have the resources/connections that adults have?

I'm always happy to talk with anyone who would like some tips to get started. You can message me on EcogirlNZ on Facebook or Instagram.

Keep NZ Beautiful are awesome. If you contact them they provide bags and gloves for environment clean ups.

I would also say to do research online to find a good mentor or role model for you and reach out to them. As I mentioned, you will get more people saying yes than saying no.

**WHY DO YOU THINK IT'S IMPORTANT FOR CHILDREN AND TEENAGERS TO STEP UP AND MAKE CHANGE?**

If we don't make the necessary changes then we will be faced with massive problems in the future. It is up to all of us to stand up for animals and for the planet. Make small changes gradually, teach others and never be scared to use your voice. You are more powerful than you realise and can really make a difference.

*Sadly for us, this is the last contribution from Maja for Vegetarian Living NZ as she is moving on to write for the Vegan Society of Aotearoa magazine. We know she will continue to grow and inspire people with her words and actions as a strong Advocate for Animals in the years to come, and we wish her all the very best with her work.*

# Think KIND

STUDENT COMPETITION



THE VOTES ARE IN!

**RAYAAN RASTOGI IS THIS YEAR'S WINNER WITH HIS AMAZING VIDEO! RAYAAN HAS WON \$1000 FOR PREBBLETON SCHOOL!**

THANK YOU TO ALL THE FINALISTS, RUNNER-UPS, AND EVERYONE ELSE WHO HAD SUBMITTED AN ENTRY!



★ FINALIST!

**RAELYN ZHAI**  
(YEAR 4) FROM UPPER HARBOUR PRIMARY SCHOOL



**RAYAAN RASTOGI** ★ WINNER!  
(YEAR 2) FROM PREBBLETON SCHOOL  
Watch the video on our website



**MILLY GRIEVE**  
(YEAR 9) FROM GREEN BAY HIGH SCHOOL  
See full poem on our website

★ FINALIST!

## Not A What, But A Who

A bird behind bars will sing no sweet song,  
But rather a story of what's right and what's wrong,  
And until they are free, their lives won't be right,  
Because you can't chain a being that is destined for flight.

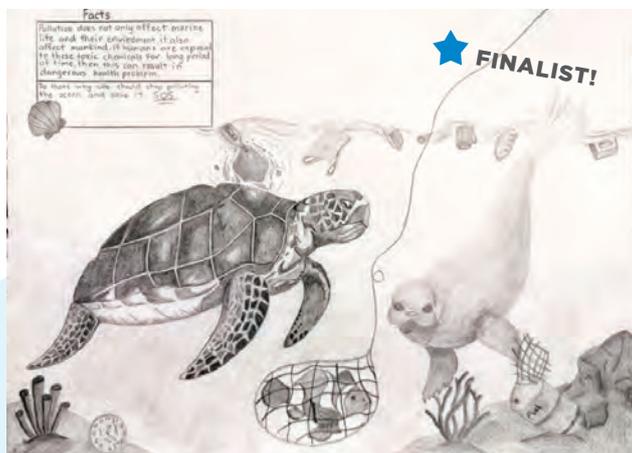
....

**DAMIAN CARTER**  
(YEAR 7) FROM DEVON INTERMEDIATE SCHOOL

Damian created a video game to highlight the pollution in the ocean.  
(Link to game on website)



★ FINALIST!



★ FINALIST!

**CYNTHIA SUOLIU**  
(YEAR 6) FROM MAIRANGI BAY SCHOOL

**GRACE EVANS**  
(YEAR 7) FROM SELWYN HOUSE SCHOOL  
See full poem on our website

★ FINALIST!

## Fur coat

Plastic hangers,  
Holding on by a hook,  
A hook that never fails to hold,  
A fur coat.  
Soft and lifeless.  
Natural no more.

**SEE THE FULL ENTRIES + RUNNERS UP HERE:  
WWW.VEGETARIAN.ORG.NZ/THINK-KIND/VOTING**

**HARMANN MAHEY AND DANIAH AL-ADHAMI**  
(YEAR 9) FROM MISSION HEIGHTS JUNIOR COLLEGE

Harmann, Daniah, and some friends initiated a beach clean-up.

Read about their project on our website

★ FINALIST!



**PRIYA BARTLETT**

(YEAR 9) FROM BURNSIDE HIGH SCHOOL  
See full poem on our website

**The Equality of Experimentation**

My name is No. 7694.  
7693 came before. ★ FINALIST!  
Countless will come after.  
I am merely a test run, a fail, a lab rat.  
A bottle on a shelf, 7694 lives, an inescapable fate.  
I never asked for this, I had no say.  
....

**CAELYN HOSSACK**  
(YEAR 2) HOMESCHOOL  
See full poem on website

★ FINALIST!

**Kororā** need to be protected, don't destroy their homes!  
**Insects** are good for pollinating flowers, make them a bug hotel!  
**Nurse sharks** need their fins, don't buy shark fin soup!  
**Dolphins** belong in the sea, not in aquariums!

**NOAH, ELIJAH, LUKE, GUY, AND OTTO WRIGHT**

(AGES 13, 11, 9, 7 & 4) FROM GISBORNE PRIMARY, GISBORNE INTERMEDIATE, AND GISBORNE BOYS HIGH SCHOOL

Watch the video on our website

★ FINALIST!



# Kindness CORNER

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

## A Win for Lobsters and the Animal Law Association

A complaint lodged last year with a parliamentary committee over commercial lobster slaughter practices has been upheld.

Last week, Parliament's Regulations Review Committee released a report agreeing with the Animal Law Association position that freezing lobsters prior to slaughter was not consistent with the objectives and intentions of the Animal Welfare Act 1999, association lawyer Rachel Stedman said.

As a result the National Animal Welfare Advisory Committee (Nawac) plans to amend the law that relates to the freezing of lobsters for the purposes of commercial slaughter.

The Association had argued that regulators should ditch a recommendation to chill lobsters to 4C or less because recent science showed that chilling, freezing and boiling lobsters caused them significant pain and distress and was therefore contrary to the Animal Welfare Act. Instead, Stedman said commercial slaughter should be done by tabletop electrical stunners that had been developed for use in the restaurant trade.

After considering the complaint and the evidence from Nawac agreeing with the

Association, the committee agreed with the Association and supported Nawac's planned amendment and the full review of the relevant law within three to five years. Once made, the amendment would benefit the welfare of the untold numbers of lobsters slaughtered for human consumption in New Zealand each year, said Stedman.

*Reported in Stuff, Aug 23, 2021*



**NUDAIRY** is the newest plant-based creamery on the block! We pride ourselves on offering sustainable and delicious, dairy-free delights. Perfect on their own or with your favorite meals, providing epic options that are better for the planet and the gentle alternative for those who are dairy intolerant. We believe that if we all make small changes, then as a collective we can make our planet a better place for the future, without compromising on taste!

**NUDAIRY** is proudly produced in Auckland, in a completely dairy, gluten and soy-free facility, managed by our pals at Alternafoods. We are currently supplying our products for food service clients in New Zealand and Australia but will be launching into retail in 2022. At the moment we have six products available, and our hard working team is constantly working on new recipes, so keep an eye out for them! All our cheeses are Dairy, Gluten, Soy and Nut free, and we are proudly Vegan Approved!

**CREAM CHEESE:** This is a fabulous complement to a bagel or toast, or whip it up into a delicious cheesecake - smooth in texture delicious in flavor it works frozen too.

**SHREDDED MOZZARELLA:** Sprinkle onto your favorite pizza, burger, nachos and more, it will make your taste buds sing, not to mention the perfect stringy melting factor!

**SLICED CHEDDAR:** A slice of heaven! Popped into a classic toastie or a burger, our yummy sliced cheddar is not only convenient but tasty and meltable too.

**SOUR CREAM:** Perfectly tangy and creamy, Nudairy sour cream is a great compliment to tacos, baked potatoes, dips and more.

**SHREDDED CHEDDAR:** Ready to use and delightfully meltable, our shredded cheddar has a moreish flavor to be sprinkled over any dish to give it that tasty cheesy texture.

**FETA:** Just the right amount of tang and zing, this feta hits the spot when it comes to flavor. Little pops of deliciousness to add to your favorite salad or dish, even marinated on an antipasto platter.



NEW **VEGAN**  
CERTIFIED  
PRODUCT

**W** [www.nudairy.co.nz](http://www.nudairy.co.nz)

**F** [www.facebook.com/HelloNudairy](https://www.facebook.com/HelloNudairy)



At **Paynter's Cider** we're trying to make one of the best ciders in Aotearoa. Our wine industry has already proven that it's possible. In the sunny Hawkes Bay, we have a wonderful climate, rich fertile soils and abundant water – it's apple growing paradise! We know we can grow the best apples, so why can't we make the best cider.

**Our formula is simple:**



**Cider Apple Varieties:**

Traditional cider apples have marvellous names such as Broxwood Foxwhelp, Slack Ma Girdle, Chisel Jersey and these varieties are all grown at **Paynter's Cider** along with Kingston Black, Sweet Alford, Bisquet, C'hero ru Bihan. Bordes, Sidero, Stoke Red, Tremlett's Bitter, Fuero Rous and a few others.

**A Brief History:**

The Paynter's family arrived in New Zealand from the English West country in 1841. Soon thereafter, they started growing apples, firstly on the main road in Stoke, then (1904) just outside of Hastings. The Paynter's are the largest family-owned fruit company in the country, farming more than 700 hectares. Probably best known for their 'Yummy' brand of fruit which was launched in 1974.

In 2006 **Paynter's Cider** owner, Paul Paynter saw some cider apples in a garden centre which got him thinking. Winemakers have a saying...'great wine is made in the vineyard' and if that's so, then great cider is made in the orchard! He bought and planted trees and embarked on a journey to source every cider apple he could find in New Zealand... and the rest as 'they' say...is history!

**W** [www.paynterscider.co.nz](http://www.paynterscider.co.nz)

**F** [www.facebook.com/payntershbcider/](https://www.facebook.com/payntershbcider/)



The choice to go vegan was an easy one! With more people around the world seeking vegan-friendly wines, we strive to ensure everyone can enjoy delicious New Zealand wine and are proud to say that over 75% of our wines are now Vegan Certified.

Traditional methods of fining wine involve the use of products derived from gelatine, fish, eggs and/or milk to create a more harmonious mouth-feel. However, after years of rigorous testing, our awesome winemaking team found alternative plant-based fining agents without compromising quality or flavour. We are pleased that becoming vegan friendly has meant we can produce wines suitable for all consumers.

As a family owned and operated company, decisions to adapt to change can be made quickly and effectively, including efforts for a more sustainable future. Once the foundations were in place, and with our suppliers on board, we began Vegan Certification with our core brands, **The Ned, Leefield Station and The Kings Series. Sauvignon Blanc, Pinot Gris, Rosé, Pinot Noir and Chardonnay** from each of these ranges are now produced vegan\*. However, our desire to bring more vegan wines to the world does not end there with the goal to certify our whole portfolio by vintage 2022.

The Ned represents the vibrant diversity that is so prevalent in the Marlborough winegrowing region. One of Marlborough's famous peaks, **The Ned**, served as the playground for Marisco founder Brent Marris during his youth. The ethos "Young at Heart" encapsulates

this wine; a true expression of grassroots winemaking that places the energy and liveliness of adventure in every bottle. Amongst the twisted vines of Brent Marris' ancestry was William de Marisco, said to be one of the illegitimate sons of King Henry I. **The Kings Series** celebrates Brent Marris' scandalous ancestry. **Leefield Station**, a historic farming station in the heart of Marlborough, was purchased by Marisco Vineyards in 2012 and has now been converted into our biggest single vineyard.



Cheers to continuing to bring the world great Marlborough wine!

*\*Vintage Specific, beginning 2019, 2020 or 2021. We recommend checking the label prior to consumption.*

**W** [www.marisco.co.nz](http://www.marisco.co.nz)    **I** [www.instagram.com/marisco\\_wines](https://www.instagram.com/marisco_wines)    **F** [www.facebook.com/MariscoVineyards](https://www.facebook.com/MariscoVineyards)

# K.O.

## HEALTHY HAIR CARE

At **K.O Hair Care** we believe healthy hair is the most beautiful hair. We created our Hair Care products on the principle of making a difference to people's hair and give them confidence to do it in a healthy way. We are now Certified Vegan and use natural ingredients for one simple reason - because what you put on your hair soaks back in through the scalp to your body.

Our products are silicone and paraben free there's no GMO's and no Artificial Colours, PEGs, or any generally bad stuff! Most importantly we are cruelty free.

**K.O Shampoo** Our cleanse and refresh formula is 98% natural. With pomegranate seed extract containing high levels of antioxidants to hydrate skin and



scalp this shampoo will strengthen hair follicles and nourish the hair. It cleanses without depleting hair of its natural oils and uses invigorating lemon, lime & lemongrass fragrance.

**K.O Conditioner** has Coconut oil, Sunflower seed oil & Organic Macroloba seed oil. Our natural, rich formula will deeply hydrate and protect the hair, fortifying the follicles from within, so you can revitalise and smooth your hair to a superb condition. It has a luscious Coconut fragrance

**K.O After Swim Shampoo** 97% natural, this formula removes chlorine and residue from salt and hard water.

This efficacious cleansing shampoo will detox and purify hair and scalp, removing chemicals after swimming. Additionally it can be used as a daily clarifying shampoo to remove residue and build-up from styling products and environmental debris. This effective plant-based shampoo is naturally derived to cleanse and revitalise for a healthier hair and scalp and has a fresh Peach fragrance.



**K.O Detangle** 97.5% natural. This product does it all, protects from heat styling tools, locking in moisture to restore dry, damaged and chemically treated hair. Our innovative formula contains naturally derived provitamin B5 - a powerful ingredient which penetrates the hair shaft to promote moisture retention and strength, repairing your hair from within. With Apple Cider Vinegar to balance PH levels of the scalp, this leaves hair luscious and soft with a refreshing Raspberry & Green Tea fragrance.

**W** [www.kohaircare.nz](http://www.kohaircare.nz)

♥ Nourish & strengthen    ♥ Hydrate    ♥ Cleanse & refresh    ♥ Clarify & Detox

# VEGAN CERTIFICATION / VEGETARIAN SOCIETY APPROVED



Summer is here, and we are still seeing an increase in number of companies wanting to certify their products. Companies are making huge investments in order to adjust and reinvent their range. Good for all of us, and good for the earth! Happy holidays to you all!



We are delighted to announce another vegan certified product from **Cookie Time Limited!**

Cookie Time's much loved **Christmas Cookies** now have a 100% plant based flavour in the line-up. The new Chocacious flavour has the same great Christmas Cookies crunch and taste, but is plant based so everyone can share. If you know anyone who's been curious about trying plant based treats, this is the perfect place to start! Featuring dairy free dark chocolate, and a vegetable oil blend in place of butter. This brings the number of Christmas Cookies flavours available to six, including Gluten Free Chocolate Chip.



Welcoming **Paynter's Cider**, newly certified with their first cider - The Pilgrim dry cider - a bold traditional style with new world elements. The aroma is dominated by lime. The

palate opens with herbal flavours of fennel and bright green apple and the finish is taut with grapefruit peel bitterness. Can you smell the freshness of NZ grown apples?!



The truly amazing natural and vegan certified make-up by **Aleph Beauty** is 100% love for all women. Ingredients chosen with absolute care to be

as ethical as possible. 100% cruelty-free, vegan, and people & planet friendly. Indulge yourself with a luxurious, clear conscience line of make-up - \* Aleph **Concealer / Foundation** 1.0 / 1.5 / 2.0 / 2.5 / 3.0 / 3.5 / 4.0 / 5.0 \* Aleph **Cheek-Lip** - Ascend / Crush / Grounded / Pixie / Rêve / Sangha / Terra \* Aleph **Radiance** - Moon / Star / Sun \* Aleph **Prep-Finish Pressed Powder** \* Aleph **Serum-Primer**, and their newest launching - Aleph **Mascara Jet**. Gift card available online!



Another vegan certified new product from **Hemp Farm** is **Hemp Seed Oil in Capsules**. 100% New Zealand

grown, cold-Pressed, anti-inflammatory properties. Hemp seed oil provides the ideal balance of Omega-6 to Omega-3 in a 3:1 ratio for optimal absorption including Gamma-linoleic acid (GLA), boost Metabolism, and support immunity and healthy joints. Can be purchased online. A great gift for yourselves and for someone you care about...



How exciting! 4 new vegan certified **Proper Crisps** joining their great range of super popular and YUMMY crisps - **Free Range Sage and Onion** - Enjoy the subtle notes of sage, onion &

a sprinkle of maple sugar, while nutritional yeast gives the crisps an umami note! **Barbeque Rub** - a spicy, smoky rub that pairs perfectly with our spuds. A bag of Proper Barbeque Rub crisps is the only side needed for your BBQs this summer.

**Dill Pickle with Apple Cider Vinegar** - Enjoy the zingy tang of Apple Cider Vinegar with a subtle hint of pickling herbs and Dill. Sure to get your taste buds dancing. Hand Cooked **Pineapple Salsa Tortilla** - crafted in the same, traditional way they've been made in Mexico for generations, packed full of natural flavours - and no added sugar, consists dried pineapple with a hint of mango & jalapeno peppers for a burst of flavour both spicy and sweet. It's so hard to choose...



From **Marisco Vineyards** we have 2 exciting new vegan certified wines, joining to their long list of vegan certified wines!

**The Ned Noble Sauvignon Blanc 2021** - vivid aromas of white peach, candied grapefruit and ginger result from partial botrytis infection of ripe Sauvignon Blanc fruit. The palate is plush and sweet upfront with a lingering finish of citrus and fresh beeswax. **The King's A Sticky End Noble Sauvignon Blanc 2021** - Concentrated aromas of guava, jasmine and honeysuckle are supported by a fresh oak presence. The rich palate shows flavours of melon and white peach while secondary flavours of fig and caramel promote intrigue. The wine finishes boldly with a prevalent acid structure drawing out the palate to a salivating finish.



Some more yummy bites from **Goodtime Pie Co** has been approved.

**Vegan Pepper Mushroom Pie** - vegan pie awards 2020 winner! And a vegetarian approved pie - **Mince-atarian Mince & Cheese Pie**. See the list of shops on their website.



**Angel Food** launched their new and improved formulations in revolutionary new packing - resealable, reusable and 100% recyclable. The new cheese alternative is even more delicious

now! The products in the new packaging are the latest formulations of Angel Food's **Cheddar** and **Mozzarella** alternatives, and a new **Smoked Cheddar** block. They can be sliced, grated or melted just like dairy cheese and are delicious raw or cooked. It's yummy and Vegan Certified!



The same well known favourite, Vegetarian Approved **Flaky Puff Pastry** by **Richmond Food** is now

in a new packaging. Don't miss it in your supermarket freezer.



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

Have you found a product that seems vegan? 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.

# What's in Your Glass?

Our Sauvignon Blanc and Rosé are made without any animal products.

Cellar Door (03) 572 8489 | 603 Rapaura Road, Blenheim  
Open Wednesday - Sunday 9.30am - 4.30pm

HUNTERS.CO.NZ | WINE@HUNTERS.CO.NZ | @HUNTERSWINESNZ



aleph  
BEAUTY



**Aleph Beauty** is regenerative makeup. Clean and conscious, precisely created from powerful, natural and active ingredients. Aleph Beauty works in harmony with your skin. Nourishing, protecting and regenerating to deliver an impeccable, long lasting finish. Our ingredients have been chosen with absolute care. 100% cruelty free, Vegan and people and planet friendly.

The ritual of wearing makeup is about celebrating and enhancing natural beauty throughout a person's lifetime. And that's where the makeup story comes undone. Wearing makeup is meant to be a beautifying experience, but instead our pursuit of beauty is causing a world of harm.

Aleph was born from a deep, impassioned, urgent concern to reverse the abuse that came with traditional beauty products on human health, the wellbeing of the planet and its inhabitants.

**In harmony with nature.** Conscious choice is at the heart of the Aleph Beauty ethos and underpins everything we do. We believe that luxury and nature can coexist, as has done for thousands of years. Our promise is to do no harm. No one should have to compromise their values when choosing skincare and makeup products.

**This is conscious choice.** At Aleph Beauty, we are on a mission to seek knowledge and expand the potential of natural beauty, and we will be sharing everything we learn with you. We believe makeup is about empowerment, and that true empowerment comes from knowledge and confidence in all of our choices.

At Aleph we believe in creating a better world. Our circular initiative—Re Aleph—cycles glass packaging back through our product loop, increasing the number of times a single jar can be used, which decreases the amount of materials needed to produce new jars. All Aleph packaging components can be returned to Aleph for reuse, or recycling.

Our philosophy is that everyone deserves to experience luxury and radiate beauty without harming themselves, animals, or the planet.

**Clean Beauty. Clear Conscience.**

# Recipes



See Anna Valentine's website [www.theveggietree.com](http://www.theveggietree.com) for information about classes and more recipes.



## PEACH & AVOCADO SALAD

This salad is so simple and delicious. Juicy, sweet, tart and creamy. It's got to be summer with this on the table.



1. Gather your ingredients and prepare the following then place into a salad bowl:
  - 1 fancy lettuce, leaves torn in half
  - 1 peach, stone removed and flesh sliced into eighths
  - 2 avocados, halved and pip removed
2. Drizzle liberally with the Passionfruit Dressing and season with salt and cracked black pepper.

### PASSIONFRUIT DRESSING

1. Measure the following into the jar:
  - 2 passionfruit, pulp scooped out
  - 1 tsp runny honey or maple syrup
  - 2 tsp stoneground mustard
  - zest and juice of 1 lime or lemon
  - 2 Tbsp apple cider vinegar
  - 200ml extra virgin olive oil
  - 1 Tbsp virgin sesame oil
  - 1 tsp salt
  - a few cracks of pepper
2. Secure the lid to jar and shake vigorously until well mixed. Keep in the fridge and bring out one hour before using.

**CHRISTMAS/NEW YEAR SPECIAL**

## VEGETARIAN/VEGAN STARTER KIT



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

Due to courier delays, delivery will be after Christmas with a "Gift Certificate" emailed prior to Christmas.



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

**\$45 \$35** + POSTAGE

### THE PACK INCLUDES:

- Home Tried Favourites Recipe book
- Vegetarian Living NZ magazine
- Going Vegetarian Booklet - How to go and stay vegetarian/vegan
- A4 Plant-based Nutrition Chart
- Eco Shopping Bag

### JUST FOR ORDERS IN DECEMBER/JANUARY

Starter kits will include a **packet of proper crisps**, and a **bucket of the new plant-based chocalicious christmas cookies!!**



## ASPARAGUS FOCACCIA

This savoury Zucchini (courgette) Cheesecake Recipe is the perfect alternative to a quiche and is a great dish to take to share at a party or picnic. Charring is one of my absolute favourite ways to prepare courgettes. In my cookbook and classes I go through step by step how to perfect this technique, but essentially you need to get really good char grill lines before you flip them.

You will need a stand-alone mixer or hand-held electric whisk for the vegetarian version, and a food processor for the vegan version. The food processor is also utilised for the base but the seeds could be chopped by hand then mixed together in a mixing bowl before pushing into the tin. I do find the mini food processor great for chopping seeds and nuts to a good consistency, far superior to a larger one

Squeezing out the excess liquid from the zucchini's is an essential part of the recipe and I like to place the grater on top of a clean tea towel and grate them straight onto it, then gather the edges together and squeeze the life out of it. After you have squeezed till you can't squeeze any more, leave it sitting in the tea towel until you are ready to use it.

1. Line a 25cm spring form tin with baking paper. For the base measure the following into a food processor:

½ cup raw walnuts or pumpkin seeds

¾ cup sunflower seeds

2. Whizz until finely chopped, then add:

1 cup wholemeal or oat flour  
or

1 cup buckwheat and brown rice flour

2 Tbsps psyllium husk

1 Tbsp ground flaxseed with ¼ c water, leave to absorb for 10 minutes before adding

½ tsp salt

100g butter, cubed and chilled  
or

100ml extra virgin olive oil



3. Pulse together until it becomes one mass. Push the dough evenly into the lined tin and refrigerate while you get the filling prepared.
4. Preheat oven to 150°C. Next prepare:  
4 x zucchini, grated and well squeezed to remove excess water
5. Slice and marinate an extra 2 zucchini in:  
1 Tbsp fresh thyme roughly chopped  
2 Tbsps extra virgin olive oil
6. Charrill on both sides on a smoking hot grill or grill pan and set aside.

### VEGETARIAN FILLING

1. Measure into a large bowl or mixing bowl with a whisk attachment:  
250g ricotta or Easy Cheese  
250g cream cheese
2. Beat until smooth then add:  
6 x eggs (free range)
3. Continue beating until light and fluffy. Mix together in a separate small bowl:  
4 tsp cornflour (starch)  
1 Tbsp mustard powder  
½ cup cream  
1 tsp salt  
¼ tsp cracked black pepper
4. Reduce the beater speed, then pour the mixture from the small bowl into the main bowl and beat for another 30 seconds.

### VEGAN FILLING

1. Measure the following into a food processor:  
2 x 300g blocks of tofu  
1 cup pre-soaked cashews  
¾ cup nutritional yeast  
1 Tablespoon mustard powder  
1 clove garlic, peeled  
4 tsp corn or tapioca flour (starch)  
½ cup water  
1/3 cup extra virgin olive oil  
1 tsp salt  
¼ tsp cracked black pepper
2. Then fold into the mix the reserved grated zucchini and:  
2 Tbsp chopped chives, onion flower stems or coriander  
1 Tbsp chopped mint or basil
3. Add the filling to the chilled base, then bake for one hour or so; the filling should be set but retain a little wobble. There may be cracks in it but don't worry. Cool in the tin, then remove the outside ring and chill further in the fridge before sliding it out of the base.
4. Top with the charrilled zucchini and fresh thyme flowers and serve with your favourite relish or chutney, a leafy salad and a chilled glass of pinot gris, enjoy!

## THE VEGGIE TREE COOK SCHOOL Summer Schedule

1. Plant-Based Christmas Cooking Class & Meal | Sunday 12th December 1-5pm
2. Family Gingerbread House Workshop | Sunday 19th December 1-4pm
3. Sourdough & Easy Cheese Workshop | Sunday 16th January 3-5pm
4. Eat a Rainbow Kids Class Wraps from Scratch | Thursday 20th January 11-1pm
5. Mexican Fiesta Cooking Class & Meal | Sunday 23rd January 1-5pm
6. Greek Cooking Class & Meal | Sunday 6th March 1-5pm

# SHIRA NATOVICH ASHKENAZI

## THE JOURNEY TO FOODLOVE

BY SHARON ALMOG

Shira Natovich Ashkenazi, 38, a digital experience designer, is launching a new vegetarian initiative called FoodLove. Shira is planning on planting a seed for the love of cooking in everyone's heart along with the joy of giving to others. "I believe that her initiative might kick start a new and different kindness movement in New Zealand." Sharon Almog



### Shira, please tell us about your journey.

I was born and raised in Israel, where I met my partner and had both my children, now 6 and 8. Around 4 years ago, we moved to beautiful Aotearoa following my partner's career, and started our new life. I am working at Countdown with an amazing group of people, as a user-experience designer, doing the best I can to make shopping for groceries online an easier experience. Around three and a half years ago I auditioned for a cooking instructor role at a boutique cooking school in Devonport. I got the job, and then ended up improving their brand identity and marketing presence.

### When did you become vegetarian and why?

To be honest, I have been semi-vegetarian from childhood. I vividly remember my aunt telling me to stop being so fussy with my meat, as I was trying to "clean" it from everything that looked too hard to eat, and focusing on the "clean" parts like chicken breast. Unfortunately, I wasn't smart enough to tell my parents that I wanted to be like my other aunt, who was a pioneer vegetarian (in the '70s!)

Throughout my life I've had periods where I wasn't so strict with my diet, but always felt bad until I returned to being vegetarian. At one stage I was also vegan for 6 months, which was a great experience.

### What are the challenges that you meet in vegetarianism?

The smells and flavours of my mum's cooking! Unlike my daughter, who started being vegetarian because she didn't like to "eat cute animals" or the flavour of meat dishes, I love the flavours - they remind me of my childhood and my mum and my grandma's cooking. That's why I love 'veganising' dishes that I miss, and cooking them without meat, chicken or dairy.



### Your love for cooking, how did it all start?

Growing up with a mum and a grandma who love cooking and do it so well, I can't see any other option! I remember helping my mum in the kitchen and cooking by myself from a very young age. When I was in my 20s, I worked as a chef's assistant in an Italian restaurant. That was the hardest job I've ever had, and I left after a couple of months.

### You are launching your new and very exciting business - FoodLove, please tell us about it.

FoodLove is a 'pay it forward' initiative I came up with not long ago, when I was looking for something satisfying to fill up a space in my life.

People can come and learn how to not be intimidated in the kitchen, but to enjoy cooking, and feel confident to improvise, be creative and 'own' their own nutrition. The key to FoodLove that this is a 'free' service: I donate my time to teach them, and they donate a Koha to their favourite organisation in return. All I ask is reimbursement for the cost of fresh produce; that way we are both happy and 'paying it forward'.

### How did you come up with this idea? Do you see a connection between your expertise as a Digital Experience Designer and creating an actual experience space?

As I mentioned earlier, cooking was always something I loved doing, but I never thought of it as a profession. Instead, I chose the design world, focusing on digital content. When I started working as a designer, I spent one day a week teaching design and mentoring students, and did this with a huge amount of love for seven years. Empowering young female students was the best part of being a lecturer.



# FORAGING IN QUEENSTOWN

BY ANNA VALENTINE



ON A RECENT TRIP TO QUEENSTOWN ONE OF MY HIGHLIGHTS WAS THE PROLIFIC, WONDERFUL, WILD FOOD! JUICY FROST-TENDERED ROSEHIPS, WILD THYME AND HAWTHORN BERRIES LINE THE ROAD AND MOUNTAIN SIDES. ALL QUITE EXOTIC COMPARED WITH MY LOCAL FARE IN NORTHLAND, AND I'M EXCITED TO CREATE TASTY POTIONS WITH THEM.

The Rosehips I dry and infuse in my face oil, as well as combining them with the thyme to make a delicious wild wellness syrup. Rose hips offer numerous benefits and enhance your health in many ways. They have super high levels of vitamin C which, amongst many other things, helps your body absorb iron; and its high levels of quercetin and lycopene are particularly important at the moment. Paired with the antiviral properties of the thyme it is sure to be a winner.

I will delight in using the thyme in my cooking and homemade stock powder. Its wildness is going to have an amazing flavour and qualities, similar to Sicilian and Turkish wild herbs, I reckon.

With the Hawthorn, I've created a recipe for homemade 'Haw Flakes', which are a yummy little snack you get in Asian grocery shops, and which I have enjoyed since I was young. Hawthorn berries are a well-known forager's delight and promote heart health and blood flow.

Some see weeds, some see food, some see medicine; I see you, Nature, and all of your beautiful, wonderful abundance.

## SHIRA NATOVICH ASHKENAZI - THE JOURNEY TO FOODLOVE CONTINUED...

I have continued to mentor here and there, but was constantly looking for something more satisfying. I started volunteering at an organisation that empowers women in tech, but it wasn't a good fit for me. I was looking for something with more of a purpose doing something for others and making an impact in people's lives.

And then it hit me: I could combine my passions together: cooking and mentoring!

**Your tag-line is "Cooking empowerment" - how can cooking be empowering? What exactly do you mean by empowerment?**

Being able to cook and create the food I like to eat, together with ensuring my wh nau and I get what our bodies need to keep going in the healthiest way possible, is such an empowering feeling for me. I know I can help others to do and feel that too.

Starting with the basics of planning the weekly meals, how to shop confidently knowing what the options are for products you want, through to actually cooking them, as well as improvising with what you have, makes you feel empowered and happy in the kitchen.

**Do you have a 'secret ingredient' that you often use in your cooking or any other 'secret' method or trick you'd like to share?**

Red lentils! They are super healthy and do magical things: they dissolve and thicken soups, are a great addition to curries, and make me feel at home when I add them to rice.

**What is your favourite dish (to cook, eat or both)?**

Stuffed veggies is my absolute favourite dish to cook and eat, by far!

A lot of work to put into one dish but totally worth it, and super healthy.

**What is your vision for the future?**

I clearly see myself having a food truck or some kind of cooking business when I'm retired - maybe I'll travel the world, eat, meet people and cook!

*Shira's website:*

<https://shirato.wixsite.com/foodlovenz>





“Really impressed!

Green Dinner table is sooo much better than the rest, being 100% plant based makes a huge difference, amazing food, great recipes, really expanded the range of meals we eat at home, full of flavour and it feels like restaurant quality meals at home.”

Glen Wilton - Google Review

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



# SNIPPETS FROM ALL OVER:



## A FALL IN MEAT CONSUMPTION IN THE UK

A study recently published in the Lancet Planetary Health journal, and done by an Oxford-based research team, shows that daily meat consumption in the UK has fallen by 17% in the last decade.

Using data from the National Diet and Nutrition Survey of dietary habits of more than 15,000 people across the country [UK], the research team found that meat consumption had reduced by about 17g per person per day. However, scientists say the reduction is not happening quickly enough to meet a key national target of reducing the environmental impact of people's diets. The National Food Strategy, which is based on a review of the whole UK food system, from farming and production to hunger and sustainability, recommends meat consumption in the UK needs to fall by 30% over the next 10 years.

"We now know we need a more substantial reduction," said lead researcher Cristina Stewart from the University of Oxford. Dr Stewart stresses that, for those who want to reduce the environmental impact

of what they eat, "any reduction in meat will have an impact."

"You don't have to be vegetarian," she said. "Although, in general, meat-free dishes will have a lower impact. But if you're someone that eats meat every day, reducing your meat consumption by 30% just looks like having two meat-free days per week."

Dr Stewart and the team have designed experimental labels that score a product based on its greenhouse gas emissions, biodiversity loss, water-use and water pollution. "When you don't have the information about environmental impact of food, it's really hard to shop with that in mind," she pointed out.

The team has an ongoing study of what drives people to reduce their meat consumption which they are hoping will help them understand the patterns and trends, then public health policies and behavioural nudges can be better tailored to help people choose more sustainable options.

## AVOCADO STORAGE TIP

*A friend sent me through this tip for storing cut avocados – I've tried this out, and yes, it works but I wouldn't leave it in water longer than two days at most! – Ed*

They work beautifully in salads, smeared across toast or mixed into a guacamole side dish, but as delicious as they are, avocados are notorious for turning brown and slimy once they've been cut open. So, most people either try to eat them in one go or run the risk of throwing away the fruit the next day.

One savvy mum has now revealed a simple trick for preventing the browning process — and it's all down to how you store it. The hack was shared on the Instagram page Whole30 by mum-of-three Stephanie Kelley: "store your cut avocado in cold water and it will stay fresher, longer, and keep it from turning brown."

In the short clip, the avocado is sliced in half longways, placed in a container filled with cold water before being put in the fridge. Flash forward a day and the avocado looks completely the same, with no brown spots in sight.



## LOCKDOWN SCIENCE ACTIVITIES

I've been making, using and sharing recipes for homemade household cleaners for years now. During lockdown I got the kids to make an all-purpose spray and wipe, which also cleans windows; a bathroom scrub cream and toilet cleaner, as a practical science class.

I feel it is so important to teach our kids these life skills, and you actually only need a few ingredients to get the full range of cleaners which really do work. It's also great for the environment as there is so much less waste and you can use the same containers over and over again. I like to buy bulk which means far less packaging, plus there are no toxic ingredients so they are safe for the whole family.

I love to combine the natural super stars of cleaning - baking soda and vinegar - along with some essential oils, as who doesn't want to be in an uplifted mood when doing the cleaning!

Essential oils also have incredible antibacterial, antifungal, antiseptic and degreasing qualities and I enjoy choosing different combinations that will achieve what I'm after, depending on the job at hand.

BY ANNA VALENTINE



## ALL-PURPOSE CLEANER RECIPE

Makes a 500ml spray bottle

1. Measure the following ingredients into the bottle:

1 cup white vinegar

1 cup water

1 teaspoon eco dish liquid

15 drops lemon essential oil (antibacterial)

15 drops tea tree essential oil (antiseptic, antiviral, antifungal)

Optional and definitely beneficial but not essential are:

5 drops rosemary (antiseptic)

5 eucalyptus (antibacterial and disinfectant)

5 drops wild orange or lime essential oil (degreasing)

2. Shake to combine.

3. Spray and wipe on counters, cabinets, sinks, toilets, and anywhere else that could do with a clean.



# INTERVIEW WITH KELLY WOLF WHELAN

BY NELSON ATIGA

*This is the second in our series journeying round the world with Nelson Atiga interviewing veg~ns from different countries. For this issue he takes us to Sweden to meet Kelly.*

## Where are you from?

I am an artist from New England [US] now living in Stockholm. Having grown up on an island, nature has always been my one true home, and sustainable living is an integral part of my family and everyday life. This plays out daily in the form of organic growing, foraging seasonal wild food, sprouting, regrowing, drying and preserving, repurposing, knitting and hand sewing with organic fibres, weaving with nettle stalks and creating my own household and body products from locally sourced, natural ingredients. Sharing these approaches and practices through my lifestyle and my art is a true passion of mine.

## How convenient/difficult is it being veg~n?

At home in Maine in the summer I am spoiled and I just eat directly out of my mom's beautiful garden, often raw. Home here in Sweden now, I feel very fortunate to have access to fresh, whole foods year round via a combination of local growers, the markets, plus my own container gardening and foraging.

Stockholm has many great dining options too, including lots of wonderful Indian restaurants, delicious Lebanese food, and several wholesome veg~n buffets that are always packed, which is great.

A whole range of oat-based products have emerged in Sweden, including oatmilk and oat yoghurt. I often use organic Swedish yellow peas where I would otherwise use chickpeas or lentils, creating variations on hummus and daal for example, and I love the results. I love that I can substitute local produce and create new experiences while reducing impact. 'Eating healthy' for myself, my family and the planet are one and the same.

## What is a defining moment of your childhood that solidified your decision to be veg~n as an adult?

The classic children's story Charlotte's Web by EB White. I remember very well trying to navigate the duality of a delightful talking pig with friends, a personality and feelings, simultaneously being groomed for slaughter. It was entirely incongruous to me that a friend could also be dinner.

## What's your favourite animal?

Animals in nature, living free. On one of my recent foraging walks an hour north of Stockholm, I encountered a moose. We shared such a peaceful moment in the forest. I felt very safe, such gratitude, and a natural sense of ease. I was standing carving a wooden butter knife out of birch and the moose was nestled among the trees, peeking out at me. We just stayed like that together, harmonious, belonging.

## What are you listening to when you're cooking?

I love to listen to National Public Radio, podcasts, classical music and jazz in kitchen. Louis Prima is also so very fun to cook and sing to.

## 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?

To be honest I very rarely order takeout. Take out generates so much waste and I don't enjoy the food as much due to the environmental impact. I also love hot, fresh food. I would far rather plan a meal out and eat at a table, bringing home any leftovers in my own containers.

I often make my own dahl and freeze it for nights I might otherwise order takeout. If I still don't feel like cooking or even warming up food I sometimes order tiffin from a talented home chef from Pakistan who provides delivery in Stockholm and has plans to later open his own restaurant. He delivers everything in foil containers and his traditional lassi arrives in a reusable glass jar with a cork. I experienced Aloo Tikki for the first time via his appetizer menu. If you haven't tried it yet it is definitely worth googling the recipe, I often make it at home now too.

## Living a veg~n lifestyle can seem foreign to some people;

### What's the strangest thing you've ever been asked?

I was once asked 'Are you just having a carrot for lunch?' (ha,ha.)

I do make carrot hotdogs. I marinate whole carrots with soy, garlic, onion, vinegar, salt



pepper and herbs, grill them and serve them with ketchup, mustard, relish, onions, the works. They are delicious and very fun to bring to a barbeque or potluck. I love to share these and I almost always end up being asked for the recipe.

**What's the question that you're most commonly asked?**

I used to get asked if I got enough nutrition. Thankfully awareness of the health, environmental and ethical impact of plant-based nutrition is on the rise and I rarely get asked this anymore, which gives me hope. These days I get asked for recipes! That feels encouraging too.

**Which region of the world do you think does the best veg~n food?**

Southeast Asia, specifically India. The long standing relationship with plant-based nutrition lends itself to such well-rounded nutrition as well as creativity, and an exciting range of flavours. I love the classic dishes, and I love exploring new ways to interpret these incredible flavour profiles. One of my favourite seasonal fusion dishes is a twist on bangers and mash. I grill plant-based chorizo and serve it with mashed root vegetables seasoned generously with turmeric, ginger, cumin, finished with chives, raw red onion and steamed peas. It is delicious, aromatic and so nourishing. I think of it almost like an Indian take on classic Irish colcannon, which I also love.



**What traditional ("veg~nised") dish do you love to make that would usually contain animal products?**

Living abroad for the past 12 years, Thanksgiving is a standout meal that we miss. I love to recreate a plant-based version of those classic comfort food flavours from home in New England, and fuse them with local and foraged ingredients in Sweden. I make a hearty mushroom gravy using foraged wild forest mushrooms, baked sweet potatoes, and homemade stuffing featuring Swedish rye knäckebröd. Instead of cranberry sauce I pick lingonberries in the forest every autumn and make rårörda lingon: foraged lingon berries raw, mixed with just a touch of sugar to balance the sweet-tart. I also make protein variations including tofu, often using portobello as the hero of the dish. Pumpkin pie is a classic



finish, and a family favourite, and it is fun sharing Thanksgiving with my Swedish friends and family.

**Aside from the environmental, health and animal benefits of being veg~n, what do you love about this lifestyle?**

The direct connection to nature. I grew up gardening, and still do. Additionally foraging is a big part of my life and has been for many years. In both cases I am in tune with nature, the seasons, and the earth.

I love it that through foraging wherever I am in the world I can provide for myself and my family directly from nature, just as our ancestors did. It is how I connect, and also part of how I reduce the environmental impact of packaging and transport. In Swedish the word for pantry is skafferiet, the root word being skaffa - to get. I love this, it is

such a wonderful reminder of our roots as gatherers.

At home in Stockholm I forage every weekend, often coming home with between five and ten different species. I bring a backpack full of cloth and paper bags, and head out solo or with my family and explore. Sometimes on weekdays I also forage with my youngest child on our walks home from school. It is such a beautiful way to connect with each other at the end of the day and unwind in nature together. It is a built-in part of our lifestyle, and I love that my children both know what is edible in our local environment, from our many foraging adventures over the years.

**What types of things do you forage and how do you use them?**

This fall we have harvested birch, wild strawberry leaves, stinging nettles, wild chives, garlic mustard, bishop's elder, lingonberries, raspberry leaves, blueberries, rowanberries, wild heather and more. In the spring and summer I forage raspberries,

cherries, pears, black and red currants, chives, nettles, wild strawberries, black and red currant leaves for tea, dandelion flowers and leaves, and wild rhubarb to name but a few. Nettles work anywhere cooked spinach would, garlic mustard too. Dandelion chiffonade is lovely served over fresh sliced tomato with balsamic, olive oil, sea salt and cracked black pepper.

I use my wild harvest in cooking as well as in making homemade teas and herbal salt blends, raw vinegars, and breads. They are part of our household supplies including cleaning-grade, homemade, apple core vinegars. I also make a fermented birch wash for my hair and laundry and washing the floor. Birch leaves have a natural saponifying quality. They make a great natural cleaning agent with little effort and give a great result. I use recycled bottles and store the mixture in a dark cupboard. I also dry birch for tea, and add it to salads.

Today I used foraged rowanberries, vinegar and salt to dye a few towels that had gone off white. Since I don't use bleach I love to go in the other direction and create natural dyes using turmeric, onion skins, beets and blueberries to freshen textiles. The rowan berries created such a beautiful rosy orange colour, I will definitely use them again.

I am always experimenting with what I can do naturally, and how I can reduce waste creatively using the remains from my plant-based kitchen. I currently have three kinds of citrus peel drying; I trim them into strips to make homemade firestarters utilizing the natural citrus oils. My kitchen has been dubbed "The Lab" by a dear friend at home in Maine. It fits: there is always something cooking, drying, fermenting, growing in my world. I am currently writing a book on sustainable everyday practices including foraging. This lifestyle brings me so much peace, it is a great joy to share it.

**KELLY WOLF WHELAN**

Stockholm, Sweden / Alna Maine  
instagram @ [at\\_the\\_root](#)



# EVENTS *in your area*

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

<b>AUCKLAND</b>	<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. Hey kids! 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 (or email us: <a href="mailto:info@vegetarian.org.nz">info@vegetarian.org.nz</a>) and enrol you.</p> <p>Normally meeting every 1st Tuesday of the month, February to November, Active4Animals is taking a break from meetings until at least February next year. Contact <a href="mailto:info@vegetarian.org.nz">info@vegetarian.org.nz</a> for more details or just check our website <a href="http://www.vegetarian.org.nz">www.vegetarian.org.nz</a> for more details.</p> <p>Activity list of monthly events for Auckland members has been emailed out to members but is also available from <a href="mailto:info@vegetarian.org.nz">info@vegetarian.org.nz</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://www.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.nz/">www.facebook.com/groups/palmyveg.nz/</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>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:wellington@vegetarian.org.nz">wellington@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:wellington@vegetarian.org.nz">wellington@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:wellington@vegetarian.org.nz">wellington@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>Wellington Centre Book Group</b> meeting every 6 weeks. For details of meeting place and dates email: <a href="mailto:wellington@vegetarian.org.nz">wellington@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>

## 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!**

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## 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

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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

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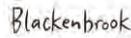
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Fruit Nuggets: Strawberry, Raspberry & Blueberry, Orange & Mango; Fruit Sticks: Strawberry & Blueberry, Pineapple & Passionfruit, Raspberry & Blueberry; Fruit Nuggets & Sticks Mix



**HEMPFARM NZ**  
Kiwi Hemp Seed Oil, Kiwi Hemp Hearts, Kiwi Hemp Seed Oil in Capsules



**HOWLER HOTDOGS**  
A New Breed Of Hotdogs

Vegan Notdogs, Vegan Mini Notdogs



**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



**NUDAIRY**  
Plant-based creamery

Cream Cheese, Shredded Mozzarella, Sliced Cheddar, Sour Cream, Shredded Cheddar, Feta



**OSM**  
Fuel For Life

The Original Craft Bar - Roasted Hazelnut, Sesame Seed & Chocolate.  
The Original Craft Bar - Roasted Almond, Himalayan Salt and Vanilla  
OSM Everyday Nutrition - Blueberry & Blackcurrant  
OSM Everyday Nutrition - Salted Maple, Ancient Grain & Seeds  
OSM Everyday Nutrition - Crunchy Peanut Butter



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



PAYNTERS CIDER  
Paynter's Cider, a drink for all seasons!

Pilgrims Dry Cider



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, Free Range Sage and Onion, Barbeque Rub, Dill Pickle with Apple Cider Vinegar, Hand Cooked Pineapple Salsa Tortilla



PUREBREAD  
Great Taste, Good Health

Vegan Grain, Vegan Young Buck



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



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, Pumpnickel, 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, (Vegan) Feta Kumara Rosti, Cauliflower Schnitzel, Falafel, Pumpkin and Spinach Burger Pattie



PLAN\*T  
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

Mexican Pie, Korma Vegetable Pie, Kumara & Cashew Pie, Chana Masala Pie, Vegan Sausage Roll, Vegan Pepper Mushroom Pie



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

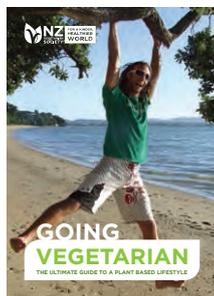


WAIHEKE HERBS  
Artisan Herbal Culinary Products

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

## GREAT GIFT IDEAS FOR CHRISTMAS!

LOOKING FOR ETHICAL CHRISTMAS GIFTS?  
KNOW SOMEONE INTERESTED IN A VEG-N LIFESTYLE?



GOING VEGETARIAN  
BOOKLET  
\$15



HOME TRIED FAVOURITES  
RECIPE BOOK  
\$25



VEGETARIANISM DOESN'T  
COST THE EARTH BAG  
\$2



WOMAN, MEN & KIDS  
RUNS ON PLANTS  
CLOTHING

CHECK OUT OUR STORE:  
NZVS.PRINTMIGHTY.CO.NZ



NUTRITION CHART  
\$8



BUY ONLINE

www.vegetarian.org.nz/shop/

GIFT MEMBERSHIP \$45

Includes: Going Vegetarian booklet +  
Vegetarian Living NZ magazine  
(four issues a year)

★ SEE STARTER KIT CHRISTMAS/NEW YEAR SPECIAL OFFER (PAGE 14) ★



## 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



**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



**THE GOODTIME PIE CO.**  
Vegetarian Mince-atarian Mince & Cheese Pie



**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



**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



**THE RICHMOND FOOD CO.**  
Sweet Short Pastry, Flaky Puff Pastry



**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 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

## 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