

Food for Thought

Vegetarian & Vegan Society (VegSA) Inc.

Newsletter

Issue 2/10 – June 2010

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VegSA Business:

Annual General Meeting 2010

VegSA members and visitors gathered at the Clarence Park Community Centre on May 16 for the Society's AGM after enjoying a delicious shared lunch. The meeting was followed by a talk by member John Reuter.

The AGM produced few surprises (just went on a little longer than planned!). The previous officers were all re-elected and all but one of the previous Committee members were also re-elected. Linda Turner was welcomed as a new Committee member. Alice Shore was not available to continue on the Committee.

The Committee now consists of:

President and Treasurer: Anthony

Mcaulay

Vice President: Ravin

Subramanian,

Secretary: Anne Sanders

Committee Members: Su Stephens

(Coordinator Southern Social

Group), Karin Basse (Coordinator

Northern Social Group and Assistant

Secretary), Joy Danielson

(Coordinator Vegewise), Eilis

O'Brien and Linda Turner.

(Note: All members – and others -

are welcome to help with the

newsletter mail out on the first

Sunday of each quarter)



John's talk "Do Vegetarians Live Longer?" outlined the 16 basic principles for a healthy life. His presentation included plenty of interaction. All benefited from the input from members and visitors.

The Black Forest Room with its adjoining kitchen and outside area proved a comfortable venue. Thanks to Pam Marshall who opened up, locked up and generally looked after us

The Society would like to thank Alice Shore for her many years of invaluable help on the committee

VEGSA GROUPS

◆ **VEGEWISE:** Meets third Tuesday every month for lunch. Having visited most of the vegetarian eateries in the City the group is now dining at other venues that have menu options for vegetarians. Such places as Good Life Organic Pizza and Quiet Waters Lebanese (see picture opposite) have been visited with plans to meet at 'Doof' (Malvern), All Seasons Café (Mt Barker) and Taste of Spice (Gouger St) the coming months (see page 8). Everyone is most welcome to join in the socialization and good food. Contact: Joy 8326 0564 or 0428 832 605 or email Pam: pam@theshoppe.com.au for bookings or more information.



◆ **SOUTHERN SOCIAL GROUP:** Meets 1st Saturday at Great Nature, Christies Beach. Contact: Sue (details on Diary Dates page 8) and check for latest details.

◆ **NORTHERN SOCIAL GROUP:** Meets approximately every second month. In April the group enjoyed a demonstration of the multi-function 'Therrmomix'. Everyone enjoyed a tasty lunch (sorbet, risotto, coleslaw, apple crumble, custard - all vegan). The machine grinds, vitamises and mixes at super speed, cooks and practically cleans itself! Although expensive it is certainly a one-stop food preparation devise. Thanks to Dhyan Marga for demonstrating the machine and Yin Ken Fong for her hospitality. For demonstration contact Dhyan Marga on 8365 1266 or 0410 114 646



(NB: For coloured version of photos view newsletter at www.vegsa.org.au)

HELP! 'Alternative' Professionals Wanted

Have you been in a position recently of looking for medical advice and/or treatment from a professional sympathetic to your life style? Do you know of a suitable 'alternative' professional? From time to time we are contacted by VegSA members or members of the public to ask about *suitable vegetarian-sympathetic medical practitioners* or possibly *alternative practitioners*. VegSA, with help from Natural Health Society SA, have put together a very short list of medical practitioners that are either vegetarian, sympathetic to vegetarianism/veganism or to alternative therapies. It also includes a short list of sympathetic natural health practitioners.

But we need more.

So, can you help us? Is your GP 'vege-friendly'? Or do you know of one who is? Do you know of a naturopath, chiropractor, acupuncturist, etc., that is vege-friendly? If so, please let us know so we can add them to the list. We do realise that 'one size does not fit all' and that while one practitioner gets on well with one they might not suit another. Nevertheless we really would appreciate feedback from as many of our readers as possible. *Please fill in the accompanying 'Feed Back' form and return to VegSA.*

PS. If your practitioner and would like to contact us we would very much appreciate it.



GOING ALL THE WAY OR “FRUIT TO MEAT”

by Nellie Shriver

(This article is from the VegSA's archives, unfortunately without a date. We thought it contained some interesting “food for thought”. However please note VegSA does not advocate any particular vegetarian diet as we all have our individual needs).

Back when I was eating meat, if someone had told me that one day I would be trying for a diet of total fruit, it would have seemed like punishment. But as time flows on, it becomes clear that just as meat and dairy products contribute to starvation, disease, and animal suffering, so do vegetables.

A very fertile area of ground will yield, on the average: 1200 lbs of meat; 4,000 to 8,000 lbs of dairy products; 20-40,000 lbs of vegetables; or 108,000 or more lbs of fruit. The yield of fruit is much greater with tri-level agriculture, which involves fruit trees with fruit bearing vines growing around their trunks, and other plants (corn, tomato, etc) growing in between. I define fruit liberally as; “*any plant product, or anything the plant produces for reproduction, which eventually drops off.*” This definition includes: nuts; berries, seeds, cucumbers; pumpkins, squash, tomatoes, beans, corn, apples, pears etc. The variety is astounding. Whereas to most a fruit diet would seem a straitjacket, fruit is the most varied food family of all. Fruit's yield is at least *ninety* times that of meat per acre and at least *four* times that of vegetables! When you stop to consider that last year *one-billion* people suffered from hunger and malnutrition, 400 million people are on the verge of starvation, and 12,000 people die of hunger each day, the agricultural efficiency of fruit is indeed something to keep in mind.

A fruitarian diet offers superior nutritional advantages to both the vegan and vegetarian diets (vegan means no dairy products).

1. Many leafy greens have harmful concentrations of oxalic acid which can end up causing calcium oxylate kidney stones*. A leafy green is a solar energy battery, designed by nature to provide energy to a plant. It was not designed for the fructarian intestinal tract of a human (who has the longest tract of all), nothing like the four-chambered stomach of a grass-eating cow, or the very shortest intestinal tract of the carnivore. Anatomically, we are most like the fruitarian apes.
2. The insecticide (or biocide) concentration is most in meats, second in dairy products, third in vegetables, and lowest in fruits. Plants absorb insecticides through the hairs of the root tip and deposit these poisons in the roots, stems, and leaves.
3. Cellulose is very hard to break down. We are not South American rodents with teeth which move from side to side for grinding these plants. We cannot make use of cellulose in the same way other animals can.
4. Green fruits are a good substitute for the traditional salad. Some are cucumbers, peppers, some squash, green beans, lima beans, honeydew melons, limes, and avocados

THE BRAIN: In particular our brains are good evidence for the fruitarian diet.. Acetylcholine and all other neurochemical transmitters are fruit-based chemicals. Fructose, the natural sugar in fruit, breaks down at different times to give a very even energy flow to the brain. Whereas meat takes four hours to digest, fruit takes 20 minutes. Fruit requires the least diversion of blood from the brain for the digestive process.

THE ETHICAL QUESTIONS:

REINFORCING TREE BASED PRODUCTS: There are many levels of the fruitarian diet - the highest is the eating of sweet fruits which have dropped off not plants, but trees. Every time we eat a tree food product we are reinforcing a network of forests rather than of stripped bare, brown November fields. We are also reinforcing everything a tree does: purify air; prevent erosion; stabilize weather; give wildlife homes; protect the water table; support privacy, be beautiful, heat the Earth in winter and cool the Earth in summer.

THE EATING OF PLANTS AND SUFFERING: Ahimsa means refraining from causing

suffering. Many vegetarians believe that plants have consciousness and therefore that it is wrong to kill them. Reverence for life means reverence for the life of all living things. *Plant Liberation*. But the eating of plants hurts animals as well. Very few of us grow all our own food. Most of us are reinforcing a system in which huge harvest threshers rip through nests of red-winged blackbirds, shred snakes, crush toads, and carve through field mice. Fawns have had all four legs severed by these huge machines. Tree-based food products (apples, pears, peaches, etc) require more careful harvesting and require that the tree be left to grow.

We can all do something this fall about covering the Earth with more trees, filling it with a rainbow of pastels in the Spring and an intense blaze of bright colored fruits in the Fall. Plant 10 or 12 fruit trees this fall in your yard or a friend's. Who knows how long our present system can continue to feed us? How many billions of human hours, pounds of fertilizer are wasted in the unnecessary agriculture system.** Tree products require no backbreaking tilling of the soil. Nuts and beans are potential trees and plants, but are included in a liberal definition of fruit as a plant product. Beginning fruitarians tend to eat nuts, beans, and seeds in transition.

Editors Note: **This is only likely to occur if taken in excess. Green leafy veges have much to offer in the way of nutrition. ** Fruit producers do of course cultivate to remove weeds and do apply fertiliser. Editor*



IMPORTANT: OSTEOPOROSIS STUDY

From Alice Shore (VegSA member)

Dear VegSA Members,

Professor Nordin of the Endocrine Unit at The RAH is looking for another thirty women, between the ages of 50 and 70 years who are not on Hormone Replacement Therapy, for his study on *the relationship between diet and bone loss*. At the moment he has about 90 women in the study of whom only one is vegetarian and one is vegan. He *would like to have more vegan/vegetarian/raw foodist women* in the study. As Professor Nordin does not use animals in his research (unlike the CSIRO which is using rats to research human osteoporosis). I think his research is worth supporting. It requires about 4 visits to the RAH, over the next two years.

My first visit on Friday took about 2 hours and I was treated with respect and kindness. There is no payment, but fares, parking and morning snacks are covered. I was pleasantly surprised at the choice of vegetarian /vegan food offered in the kiosk and the reasonable prices. If any woman is interested in participating but is worried about what it pertains, please give me a call on 8568 5181. The only scary component is during the first visit drinking a slightly radioactive calcium drink.

Please consider taking part. Professor Nordin 's work is worth supporting in that he is using humans to investigate human osteoporosis. Thank you, Alice Shore.

PS. The RAH Endocrine Unit Answering Service is 8366 0662. Contact Professor Nordin on 8222 3653.



RSPCA: MEMBERSHIP

(Message from Animal Liberation SA)

If you wish to make a difference to animal rights in SA one of the most effective things you can do is become a voting member of RSPCA. The RSPCA's AGM is due in September. You need to be a member for 3 months to have a vote - so now is the time to join. Contact RSPCA: Ph. (Membership) 08 8231 7238 FAX (08) 8231 6201 Email: info@rspcasa.asn.au Office 172 Morphett Street, Adelaide 9am-5pm weekdays. Mail: Box 2122, Adelaide SA 5001

VegSA 'Food for Thought' Acknowledgements: Editor: Anne Sanders

Layout/Editorial: Pam Marshall Mail-out: Committee.

Disclaimer: *Opinions expressed in Food for Thought are those of the authors and not necessarily those of the Vegetarian Society of SA.*

Many Thanks to Chris Pyne (MP) office for photocopying



In the Media

◆ “Animal Experiments Hurt People Too” *

VegSA recently obtained car stickers (see opposite) and some interesting information from Humane Research Australia (HRA) e.g. “In the lead up to major charity events, HRA is often contacted by people



concerned about whether their donations may be funding animal experiments. One such event is **Australia's Biggest Morning Tea**, an annual event, this year held in May. “It is one of the Cancer Council's leading fundraising events. While the Cancer Council provides many important services such as prevention, education and support, **they also fund research - some of which is conducted on animals**. If you wish to **ensure that your donation does NOT fund animal** experiments, you may like to visit www.humanerresearch.org.au to choose a charity that does not fund or engage in animal-based research. You may also wish to contact the Cancer Council and request that they only fund species-specific research that is NOT based on data extrapolated from other animals.

Nine out of ten drugs effective in animal models fail when applied to humans. Animals differ from humans anatomically, genetically and metabolically, making them inappropriate models for treatment of human disease. Money that could be applied to prevention and treatment is being wasted on animal research

If you would like some car stickers (limit of 10) send an SAE marked “Stickers” and the number you require to VegSA. Listed below are some relevant websites:

ARRC: Aka Anti-Vivisection Union (SA): www.arrc.org.au for local information including info for students.

MAWA Trust: Medical Advances without Animals; www.mawa-trust.org.au MAWA funds post graduate scholarships and has recently advertised the position of Senior Fellow/Associate Professor to provide scientific leadership in the field of alternatives at ANU

◆ The danger of Plastic Rings for Wildlife.

Info from Animal Liberation brought to us via Antivivisection Union SA

Jars and bottles with plastic lids often come with a plastic ring that snaps apart from the lid upon opening. If they enter our waste system as a whole ring they have the potential to cause a slow and painful death to our native fauna through strangulation, starvation, deformation, or infection. The satin bower bird is particularly vulnerable to the blue plastic rings from milk or juice bottles, due to their habit of collecting blue items to attract females. If the ring happens to flip over its head when the bird is holding it in its beak, it can eventually prevent the bird from eating or drinking leading to death by starvation. Or, if lucky it may be rescued by someone. Other fauna can be affected in different ways. A change in design to enable the rings to snap open when opening the product would be ideal. **Meanwhile please remember to cut open the plastic or pull rings before you discard them!**

◆ SA Extends GM Moratorium Until At Least 2014

GM-free advocates convinced the Rann Government to make an election promise to extend the South Australian GM crop ban for the next term of government. Rann adopted the policy, was re-elected and one of his first announcements after the election included GM-free South Australia until 2014. The government will also monitor and enforce its quarantine laws to ensure that the state remains GM-free. South Australia, Tasmania, the Australian Capital Territory and Northern Territory all remain staunchly GM-free. They know GM canola will irreversibly contaminate supply chains, taking away everyone's right to reap the rewards of our competitive advantage, selling clean, green and GM-free foods into local and global markets. *From Gene Ethics E-News*

◆ Ausbuy Chief Warns of Increasing Food Imports

Imported fruit and vegetables are hitting Australian shelves in record [amounts]. One-third of frozen and tinned produce we consume this year will come from overseas, mainly New Zealand, the United States and China, a report reveals. Almost half of all processed seafood, including cooked prawns and frozen fillets, is tipped to be foreign. Key suppliers are Thailand, Vietnam, China and New Zealand. AUSBUY chief Lynne Wilkinson warned cheap overseas labour, confusing labels, unfair free-trade deals and dumped cut-price products were crucifying farmers and exposing shoppers to potential health scares. Compulsory country-of-origin labels were needed to let consumers know exactly where food was grown, she said. "Our farmers have the world's strictest standards for a clean, green growing environment. "At the moment you could have Chinese food processed in New Zealand, and all the consumer is told is that it is made in New Zealand" Ms Wilkinson said. Victorian Farmers Federation president Andrew Broad said the nation's horticulture industry was declining, however, two-thirds of overall farm production was exported.

◆ **Red Shield Appeal Excludes Meat:** A recent letterbox drop by The Salvation Army Red Shield Appeal contained a 'Free recipe inside on how to feed a family of four for just \$5.00'. The simple recipe of 'Pasta Pearls' contained pasta, kidney beans, tomato pasta and cheese. No meat! Congratulations to the Salvos for practical and sensible information that is healthy, meat-free and very affordable!

"Primitive" indigenous peoples resolved problems with a view to the effect on future outcomes. We're now subject to decisions based only on how they will affect the next shareholder meeting - in 3 months time. Jane Goodall on ABC News radio 23/9/06.



Products on the Market

◆ **VITALMAX JUICER:** Organically Grown (85 St Bernards Rd Magill) has Vitalmax single auger juicers at the **special price** of \$435, black or white, slightly more for chrome. Squeezing action ensures the highest quality juice and very dry pulp. Very easy to clean. Contact Clinton on 8364 1699

◆ **NATURES FRUIT:** 100% fruit bars and sticks 40gr \$2 and 80gr \$4. Delivery \$7 up to 25kg in metro and outer metro area. Available from the makers Jeff and Elsa Hobby 16 Irving Rd Aldinga Beach ph/fax 85577348 e-mail: naturesfruit@hotmail.com www.naturesfruit.net.au

◆ **RAW REVOLUTION:** "Organic Live Food Bar" 100% raw, contains sprouted flax seed. Cost \$4.50 for 62g at Go Vita. Also available at Bliss Cafe (Compton St Adelaide)

◆ **VEGETARIAN/VEGAN BROWNIES:** Ricky Henry Davies is cooking and selling a range of chocolate brownies including a vegan line. Ricky is at the Gillies St Market and also sells to work places etc. Contact Ricky at: gourmetbrownies@live.com

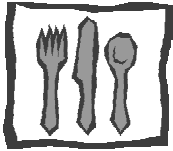
◆ **THERMOMIX:** as mentioned on page 2 is almost a one stop kitchen. Expensive but ideal for some one with limited space or time. Contact Dhyana Marga on 8365 1266 or 0410 114 646 for a group demo.

◆ **ROMEO'S ORGANIC WHOLE FOODS:** Full range of health foods including breads, pasta, veg substitutes, no meat! Shop 11 North Adelaide Village, 71-79 O'Connell St. Ph 8361 9150. Mon-Sat 9am, Mon-Wed and Fri to 6pm, Thurs to 8pm, Sun 11am-5pm.

Recipe: Boston Baked Soybeans

From Hi-protein Health Recipes by Paul and Patricia Brag

Mix together: 2 1/2 cups canned or fresh cooked soybeans, 1 1/2 tbsp or less molasses, 1/4 minced onion, 1/2 tsp mustard, 1 tbsp soy oil, 1/4 tsp ground fresh pepper, 2 crushed garlic cloves. Bake in an oiled casserole in a moderate oven 20 to 30 minutes. Serves 5.



Vegan/Vegetarian Eateries & Catering

◆ Bliss Organic Cafe - Your City Get Away

Voted South Australia's BEST VEGETARIAN RESTAURANT 2009

1-STOP VEGAN SHOP 7 Compton Street, Adelaide SA 5000 (just off Gouger Street)

(08) 8231 0205 www.blissorganiccafe.com Mon-Fri 7am - 3pm Fri nights 6pm-9pm

Sat 8am-3pm (Note changed hours – now open 6 days including breakfast))

◆ Govinda's Vegetarian Catering: Special events and private functions.

Also stalls at Mt Barker Market weekly and at Stirling Market 4th Sunday each month.

Contact: Neil or Karen on 8388 9185 or 0413 844 164 e-mail: govindascatering@hotmail.com

NOTE This is not the Govinda's at the Hari Krishna Temple at Kilburn

◆ Assagio Restaurant: (Italian cuisine offering meat dishes but with separate vegetarian menu – see www.assagio.com.au for menu).

92-94 King William Road. Hyde Park Ph 8272 4748 email: service@assagio.com.au Mon-

Fri:12 pm to late. Sat. Sun. Public Holidays: 6pm to late.

◆ BaBanusa Restaurant: (Sudanese/North African Food featuring meat as well as vegetarian dishes – see www.yourresaurants.com.au/guide/babanusa_restraurant/ for menu). 86 Prospect Road, Prospect. Ph:8342 1222 Open: Tues to Saturday 6-9pm

Special Note: VegSA members Joy and Pam have booked a table for Saturday 21st August 6.30pm for the \$25 vegetarian banquet. If you would like to join us contact: Joy 8326 0564 or 0428 832 605 or email Pam: pam@theshoppe.com.au (bookings essential)



Cooking Classes

◆ **Vegetarian classes/demos** VegSA member Natalie Playford will hold vegetarian classes/demos at WEA, Cancer Care Centre and Eastwood. Contact Natalie on nataliewould@hotmail.com ph. 8386 1672 or 0403 555 011

◆ **Animal Liberation SA Cooking Demonstrations** at Glandore Community Centre, 25 Naldera Street, Glandore 1 till 4 pm Sundays: June 20th, July 25th, Aug 15th, Sept 19th, Oct 17th, Nov 21st Delicious samples to taste. ALL VEGAN. Cost \$10/\$5

Contact Di Cornelius ph 8296 3802 e-mail: diphilcorn@gmail.com



Book Review

'IN THE RAW, The Healthy Raw Food Manual' by Anne Clark.

A good introduction to both raw food preparation and vegetarian/healthy living. The greatest attraction of the book is Anne's recommendations for health living including nutrition and simple recipes. Includes savouries, dips, sweets, smoothies, salads and dressings, A food processor is necessary for many of the recipes. Also, although they are usually adaptable, many use honey (often with suggested substitutions) and a few use egg white or yolk. For books and prices see website: www.bewell.com

Self published: Cooroy Qld, 1999, 4th printing 2010, Available from Anne Clark

Phone 0402 166 187, Fax 07 3102 6105 e-mail: anne0077@gmail.com

RECIPE: Banana Carob Cream (from 'In the Raw) – makes 4 to 6 servings

BLEND 5 pitted dates, half cup raw cashews, 2 tbspcarob powder, ¾ cup water, 1 tsp vanilla essence. Gradually add 5 bananas cut in chunks to form a thick puree. Freeze in ice cube tray or use as cream.

"If we don't take good care of our body then where will we live?"

Anon from Anne Clark's book 'IN THE RAW'



VegSA Diary Dates

VegSA Dates – Open to everyone – contact Co-ordinators to book.

◆ **Afternoon Get-to-gether at Organic Store & Café**

Saturday July 3rd from 1 pm onwards.

Lunch – afternoon tea – coffee. All organic Produce, Products and Cafe.

37 The Broadway, Glenelg South Enquiries & bookings:

Contact: Joy 8326 0564 or 0428 832 605 or email Pam: pam@theshoppe.com.au

◆ **Banquet Lunch at Vegetarian Delight**

Sunday August 8th 12.30pm. \$20/head (includes soup, main & sweet).

462a Port Road, Hindmarsh. Book with VegSA by 3/8/10

◆ **VEGEWISE GROUP Everyone Welcome**

Meets 3rd Tuesday each month - 12 noon (unless otherwise stated)

June 15th – All Seasons Cafe – 14 Walker St, Mt Barker

July 20th – Doof (We Know Food Backwards) – 88 Duthy St. Malvern

August 17th – A Taste of Spice – (lunch special: only \$10). 57 Gouger St, City

Contact: Joy 8326 0564 or 0428 832 605 or email Pam: pam@theshoppe.com.au

◆ **VEGSA NORTHERN SOCIAL GROUP** Meets approximately every 2 months.

Sunday June 27th - Lunch at Salisbury North Football Club Bistro - \$8 for main

Course (vegetarian) with Salad/veges Contact Karin*

Saturday July 17th 12.noon - Shared Lunch followed by talk by Naturopath

Pauline Barnes, 5 Enford St, Elizabeth. *Contact Karin 82817694 or 0414213967 .

◆ **VEGSA SOUTHERN MONTHLY SOCIAL GET TOGETHER**

2nd Saturday of the month from 12 noon. Great Nature 3/48 Beach Rd, Christies

Beach. No Booking but check details with Su: 8326 1062 vegsu2003@yahoo.com.au

Other Groups:

◆ **ADELAIDE VEGANS GET-TOGETHER:** www.adelaidevegans.org

1st and 3rd Fridays 6pm at different Adelaide Eateries. All other Fridays at Pure Vegetarian, Market Plaza Food Court. (no booking needed). See website for upcoming venues and bookings (essential for numbers)

3rd Sun (weather permitting) from 12.30pm Botanic Garden. Contact Carmen: 8265 7747 or 0438796841

◆ **ADDIS ABABA CAFE: MONTHLY VEGETARIAN BANQUET** - 4/462a Port Rd, West Hindmarsh 6.30 pm. Last Wed each month. \$25 (cash only). Variety of tasty, traditional Ethiopian vegetable and bean dishes, all you can eat! Bookings and enquiries: Ph 8241 5185 email: zed_wondimu@optusnet.com.au

Special Note: Veg SA members Pam & Joy are organising a booking for next banquet – contact Joy on 8326 0564 or 0428 832 605 or email Pam: pam@theshoppe.com.au if you would like to come along.

◆ **NATURAL HEALTH SOCIETY (SA)** - 1st Tuesday each month 7.30pm: Meeting & lecture at Unley Citizens Centre, 18 Arthur Street Unley. Members \$2, visitors \$4/\$3. Info: Secretary 8277 7207. Next Meeting/Lectures: **July 6th** Makid Gheisart (Osteopath): “Osteopathy and Aging” Common Problems and what we can do about them”. **August 3rd** Kathy Scarborough on Vaccination Issues and Information. **September 7th** Lynn Lobo (Accupuncturist): “Health from a Doaist perspective, the natural flow of energy”



Adelaide Vegan Festival: Sunday October 31st Around Whitmore Square, City. website www.veganfestival.info or phone Kas on 0410481290

VegSA Box 311 Kent Town SA 5071 phone 08 8260 2778 info@vegsa.org.au

www.vegsa.org