



# Food for Thought

**Vegetarian & Vegan Society (VegSA) Inc.**

## Newsletter

**Issue 2/20 June 2020**

PO Box 311 Kent Town SA 5071 email: [info@vegosa.org.au](mailto:info@vegosa.org.au) [vegsoesa@gmail.com](mailto:vegsoesa@gmail.com)  
website: [www.vegosa.org.au](http://www.vegosa.org.au) Phone 0466 972 112

In this issue: VegSA News Pp1-2 Products P3 **News from Nagev** Pp 4-6  
Classes and Courses P2. Eateries Update P7 Media P7 Diary Dates and resources P8



### VegSA News

Back in February, as we were preparing our March newsletter, we were hearing rumours and reports of a dangerous coronavirus. Now, at the end of May, states all over Australia are gradually returning to business. For many of us the last three months have passed like a dream and for some perhaps a nightmare. You might, like me, have been enjoying a holiday at home. You might have been working from home or you might have lost, or been threatened with the loss, of your job. Whatever our experiences many of us would admit that we have learnt something from the slowdown and that we would like to keep some of the benefits we have experienced. Sadly (or ironically, perhaps even fortuitously) the Covid-19 pandemic has served to back up what groups like ours have always said and demonstrated reasons why humans should stop consuming animal products.

Whether or not the Covid-19 virus was first transmitted to humans at a wet market selling wildlife in Wuhan (and there are some questions about that) it has been seriously implicated in spreading the virus. Consequently there is a strong move to have the sale of wild animals banned throughout Asia and the wet markets reduced to their other job of selling fruit and vegetables. We need to push for this.

Cowspiracy ->



Just about every human pandemic over the last 10,000 years (since humans began to rely on agriculture) have been attributed to contact with animals resulting largely from clearance of natural habitat. (See "Take aways from my webinar on Covid-19" by Dr Michael Greger on [www.nutritionfacts.org](http://www.nutritionfacts.org)) What is the greatest cause of land clearance? To provide pasture and to grow crops to feed animals for human consumption. Even for animals in unhealthy close confinement (factory farms) food crops have to be grown to feed them.

(Continued next page)

(continued from previous page)

In many countries (in America, UK, Europe even Australia) abattoirs have been the sites of some of the most concentrated Covid-19 infections.

Meanwhile “back at the coalface” things have naturally been fairly quiet for VegSA. Our Southern Social Group has missed its meetings in April and May. However it managed to substitute an online meeting in May. (See report below\*. ) It is planning to be back at Great Nature at Christies Beach for its regular monthly get together on June 13th (see Diary Date page 8.)

Our Northern Star Group went ahead and met on March 16th as planned. The Salisbury Council’s HUB was impressive with library, council offices etc. However the offerings from the café there were disappointing and, after checking out a number of eateries, we went instead to a little café where we found a number of tasty vegetarian and vegan offerings. The group plans to meet in June for a shared lunch at the home of one of the members. (See diary dates P8.)

Sadly we had to postpone our AGM, planned for April 19<sup>th</sup>, due to our chosen venue, Joy of Flora at West Croydon, being restricted, like all other cafes and restaurants at the time, to “takeaway” only. We are rescheduling the AGM for Saturday July 18<sup>th</sup> with changed venue. See Diary Dates and attached AGM notice. Around this time the Natural Health Society in New South Wales had been looking at its financial situation. It has closed its office permanently with staff now working from home. At the same time, it has substantially increased the cost to VegSA for the supply of magazines. Our committee is very grateful to all our members (a substantial proportion) who responded so promptly to our survey on increased membership fees.

### **\*SOUTHERN SOCIAL GROUP MEETS ON LINE**

On Saturday 18th April 2020 at 12:30 pm, the monthly meetup at Great Nature Vegetarian Snacks and Grocery went virtual for its first Plant-Based Party, where vegetarian, vegan and veg-curious people gathered to share their tips, tricks and tales of living a plant-based diet. Event coordinator, Su Stephens, introduced attendees to her dogs, Gandhi and George and VegSA president, Anne Sanders, spoke about the benefits of lycopene. Attendees discussed topics such as how to remain connected and healthy during this period of social distancing, as well as their recommendations for vegetarian and vegan takeaway from the venues that are still trading including: Cherry Darlings Bakehouse, Great Nature Vegetarian Snacks and Grocery, Fuzzy Wombat’s Kitchen, Joy of Flora, Salem Cafe, Sparkke at the Whitmore, The Green Room, The Organik Store and Cafe, Two-Bit Villains and Zenhouse Vegetarian Yum Cha.

Thanks to Su Stephens and Zoe Dyer Stephens for organising the meetup and to Zoe for this report.

## **Cooking Classes and Courses**

Due to Covid-19 social distancing regulations all classes have been on hold in the last three months with no set date yet for restarting. However here are contact details for some information.

**NATALIE PLAYFORD OF COOKING UP A STORM** usually runs classes for WEA and individually tailored classes: For upcoming classes contact [www.wea-sa.com.au](http://www.wea-sa.com.au) ph. 8223 1979 or Natalie on ph. 8386 1672 or 0403 555 011 or check her website: [www.cookingupastorm.com.au](http://www.cookingupastorm.com.au)

### **FOOD FOR LIFE NUTRITION EDUCATION + COOKING DEMONSTRATIONS**

Heleen Roex-Haitjema, a medical doctor who is certified as a Food for Life Instructor by the Physicians Committee for Responsible Medicine\* ([pcrm.org](http://pcrm.org)) in USA runs a series of classes demonstrating the **scientifically proven powerful health effects of plant based nutrition**. Classes usually run one evening a week for 5 weeks at Fullarton Community Centre. Cost around \$150. Enquire about future classes with Heleen: ph. 0432 994 909 or [heleen@drroex.com](mailto:heleen@drroex.com)

### **VegSA 'Food for Thought' Acknowledgments:**

Editor: Anne Sanders, Proof reading and Mail out: Committee and members. THANKS to all those who have contributed.

Food for Thought June 2020



## Products on the Market

**REAL MADE PALEO BARS** – 175g pack of five bars cost \$4.99 at ALDI. Two varieties: Date, Pecan and Almond or Cashew and Date. (No additives listed)

**PLANTITUDE DAIRY FREE VANILLA BEAN FROZEN DESERT** 1L Cost \$8.00 at Woolworths. Coconut cream, water, xanthan gum, sugar syrup, glucose syrup from corn, vegetable emulsify (471), Vegetable gums: guar gums, xanthan gum, carob bean gum, natural vanilla flavour, Salt, vanilla bean seeds.

CHEMIST WAREHOUSE is advertising **HEALTHY CARE VEGAN PRODUCTS**

e.g. 60 Iron + Energy tablets \$11.69, 60 CoQ10 capsules \$22.74, 60 3-6-9 capsules \$9.70. These seem reasonable prices but it's important to check the strength of ingredients and number of doses when comparing with other products



**Gluten's FREED** has moved from its original shop at St Morris to Shop 1 (next to Portrush Rd) 107/111 Portrush Rd, Evandale on the corner with Bakewell Rd. All products are vegetarian or vegan, all made on the premises, all gluten and lactose free, with some products suitable for people with other allergies. The range includes breads, cakes, savouries, soups etc

Gluten's FREED has egg-free rice breads e.g.

**RICE BREAD:** Rice flour, sugar, salt, yeast, water, olive oil. 900g cost \$5.70

**SEEDED RICE BREAD:** Rice flour, sunflower seeds, pepitas, flaxseed, sugar, salt, yeast, water, olive oil. Cost \$6.70

**FRUIT RICE BREAD:** Rice flour, cranberries, sultanas, sugar, salt, yeast, cinnamon, water, olive oil. Cost \$6.70.

**VEGAN PIZZA BASES:** Rice flour, sugar, salt, yeast, aquafaba, water, olive oil.

Small \$3.70 or 3 for @11.00, large \$6.50 or 3 for \$19.00

**CAKES (VEGETARIAN OR VEGAN)** Cost from \$3.50 to \$4.50

**SAVOURIES: FRITTATA \$5.70, LASAGNE \$7.20** OR ADD \$1 FOR VEGAN CHEESE

**WHOLESALE:** Gluten's FREED also supplies products to AFFORDABLE ORGANICS, Arthur St, Rostrevor and the GRAIN HOUSE, Henry Beach Rd. If you know of an outlet near you that would like to stock gluten free baked products ask them to contact Gluten's FREED

**Contact ph:** 0407 912 849. **Email:** glutensfreed@gmail.com **Facebook:** @glutensFREED

**Website:** www.glutensfreed.com.au

**OPEN:** Mon – Fri 8am – 4pm, Sat 9am – 1pm

### QUOTE

"The time is coming, however, when people will be astonished that mankind needed so long a time to regard thoughtless injury to life as incompatible with ethics." Albert Schweitzer, Dale Lecturer at Mansfield College, Oxford, 1923.

## NEWS FROM NAGEV May 2000

Beatriz and Jorge have been running the Nagev café (190 Payneham Road, Evandale) for about eight months. VegSA editor visited them on May 19<sup>th</sup> for a chat.

**VegSA: From which country did you come to Australia?**

**Beatriz:** From Venezuela.

**VegSA: What made you come to Australia?**

**Beatriz:** The main reason was our country is really struggling at the moment (political and economic crisis). My brother-in-law was here and he talked about how good Australia was.

**Jorge:** And all the opportunities we have here and the nice lifestyle Australians have. That made the decision easier. However the whole journey was not easy. Step by step we came, with a student visa at the beginning. After having a life (mechanical engineer was my job) and settling down there, you have to settle down all over again. Now we have been here about five years and we have permanent residency



**VegSA: What made you get into catering?**

**Beatriz:** I studied as a chef in Venezuela. When I arrived here I decided to be working in this industry, hospitality. I started to work in a restaurant, hospital, aged care, child care and then I was looking for a place to share what I was doing and now we're here to get a place to create food, like healthy food, vegan, plant based and share what we do.

**VegSA: Did you find it difficult working in aged care or child care being able to provide vegan food?**

**Beatriz:** It's not difficult, no, but they've got a structure. You go to the kitchen. They give you the menu. You have to just do what they say. For me to make vegan or plant based food for these people it's easy. It's not difficult. You go there to work with the structures they've got. You don't have options.

**VegSA: And it could vary a lot from place to place whether the food was healthy or less healthy?**

**Beatriz:** Yes, some of them, but most of them they like to do everything simple and quick and "simple" is more tinned foods, frozen or processed food, very little home-made.

**Jorge:** Once we got here in Nagev we decided to do something, like most of our products are home-made and with a very healthy concept.

**Beatriz:** We don't buy anything with preservative, no artificial colours.

**Jorge:** We are very careful. We pick up products, not only that are vegan but that have less preservatives and chemicals as possible. I would say that the majority of our products and ingredients are home made. We make everything here from scratch. And we make sure that we deliver quality products to customers and to people who are also looking after their health. We also find that important.

**VegSA: Do you find that people appreciate that? Are they noticing that?**

**Jorge:** The majority, I would say, yes. They have noticed the quality of the food.

**Beatriz:** The food is different. I changed nearly everything on the menu and I try to put the most healthy that I can. But it is still a business. Also I'm going to improve more and more and more.

**Jorge:** Continuous improvement all the time. Every time we assess how things work out and adjust.



**VegSA:** Is what you are preparing influenced by your Venezuelan [background]?

**Beatriz:** Some of the dishes. The **Latin Goddess Bowl**, that's our traditional dish in our country. That means rice, black beans and I've got the mechada that we make with jackfruit, tastes very similar. I try to do the most similar I can. We've got plantain. Also we've got **arepas**.

**Jorge:** It's like cornflour pockets.

**Beatriz:** We use for dinner. We use for lunch.

**Jorge:** We eat arepas every day. Arepas are very, very popular. We eat arepas at home and then we go out and eat arepas as well.

**Beatriz:** Because if you go outside the filling is different. You know, what you make at home it's easy for you to do. You go out and have something different. At the moment we have two flavours. We have Latin Arepa and Scrambled Arepa. It's like a taco, but it's bigger and we put a filling in them. Also we've got the Plantain Burger.



**Jorge:** This is the plantain burger (see picture). The "buns" are made from a plantain. It's very, very crunchy and very tasty.

**VegSA:** What is the most popular dish here, that you are selling?

**Jorge:** I would say the **Popcorn Cauliflower**, also the **Mushroom Arancini Balls** and, from the burgers, the **Smokey Nagev** and also the **Plantain Burger** is getting very popular.

**VegSA:** Do people in Venezuela eat outside very much?

**Beatriz and Jorge:** Yes, we do, because the weather is hot every time, like Queensland, tropical

**VegSA:** How badly has the Covid-19 restriction affected you?

**Jorge:** It did affect us. It could have been worse. It slowed us down quite significantly but we are very lucky, not only in Australia, but also South Australia did very well compared with the other states and the other countries in the world. We have family in South America and America and friends. They are still struggling.

**VegSA:** We have been very lucky but I think the government probably did the right thing for us as well.

**Jorge:** From the very beginning, they made the decision very quick and, very important thing, citizens like Australians they followed instructions. Their behaviour was very positive.

**VegSA:** What the government imposed was fairly reasonable.

**Beatriz:** It's hard for the business because you're used to having people and then the restrictions limited your life. "Oh my God! What are you going to do?"

**Jorge:** We had to reinvent. Many restaurants and cafes had to reinvent their businesses, because of the rules, in order to keep going.

**VegSA:** Do you think though, because you had to reinvent, that some of what you've done is going to be good in the future?

**Beatriz and Jorge:** Yes.

**Beatriz:** The world's going to change. If you don't reinvent, if you don't do something different you are going to be left behind. If you have a business you have to improve all the time.

**VegSA:** Do you have any special plans for the future?

**Beatriz:** Yes, we're going to try to make a few different products now. Now people are not going to be outside too much, not just about winter but what is happening at the moment. People are going out more slowly.

Most of them have changed because they are not going to be working at their office. They are going to be working at home. We are working on making some products for those people. That's why we are creating a few things that you are going to have at your home, like meal preps, like something really ready just to cook or something you just put in the blender like smoothies or soup. Also I have been thinking about a few things like sweet boxes. You can have a subscription and the people then choose how many sweets they want per week per fortnight, per month.

**VegSA:** So people can come and take away but you also have advertised on the website some meal deliveries.

**Jorge:** It hasn't been finished yet. We are still working on that, little touches here and there.

**VegSA:** I think things will change. People won't go back to what they saw as normal. There will be a lot of pressure because of the financial situation. People who think they run the economy will be pushing us. I think a lot of people will be saying, "No we managed. We can keep managing. We can do something better." But when we want to go out we want to go and meet people. They will want to go back into cafes and restaurants.

**Jorge:** A lot of our customers are saying that: "We were missing so much having a coffee here. I'm sick already of having coffees at home. I've had enough." But those customers, this new generation they like everything on line, delivery. That is the people we have to look after as well.

**VegSA:** We are under so much pressure to keep up with this technology, so why not use it for what it can do? What it will do is just vast, isn't it?.

**Beatriz:** For me the new generation, they care about the animals. They care about the environment and they care about what they are eating. And we have to work with that. We have to think to make something for the new generation.

**VegSA:** Would your customers be more younger people and would it be the younger generation that cares about these issues?

**Jorge:** We have a bit of everything.

**Beatriz:** We have a little kid who is coming with his own cutlery. He is using that because he says he wants to care for the environment.

**Jorge:** He is only like nine years or ten years. When you see that kind of behaviour of a nine year or ten years old kid, you say, Oh my God! This is something we have not seen before. That level of awareness is so much.

**VegSA:** So there is a lot of hope there.

**Jorge:** That gives us a lot of hope. Good things coming.

**VegSA:** Do you think this is a good location?

**Jorge:** Yes. The very first time, I thought this is too difficult - on a main road. Some people don't know we have a car park at the back and it's very convenient. Even in the back streets there are plenty of car spaces there and no parking restrictions and we can fit 3 or 4 cars in the front.

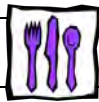
**Nagev** is at 190 Payneham Road, Evandale next to stop bus stop 9 City-bound side.

**Opening times are:** Monday to Friday 8:30 am to 3:30 pm. Thursdays and Fridays 6:00 pm to 9:00 pm. Saturday and Sunday 9:00 am to 3:30 pm.

Ph: 08 7230 3491. Email:hello@nagev.adl.com. Facebook: nagevadelaide

Website: www.nagev.adl.com





## Eateries Update

Congratulations to the many outlets on our Eateries list (see website) that have, usually with considerable difficulty, managed to remain open over the last couple of month and are now looking forward to going from 'take away' only to, even if limited, inhouse service. As well as other adaptations many of them now do delivery. **It would be good if we could all manage to patronise at least one of them.** Please note that many places have had to change their opening hours and those shown on the VegSA website might not be current. We suggest you ring ahead to confirm. Members report that they are happy to see that **Pure Vegetarian** has reopened in the Central Market Food Hall, so far for take away only.

**Closures:** Sadly it appears that An Lac at Semaphore and An Lac at Mansfield Park, also Vegetarian Delight in Southern Cross Arcade, Adelaide are currently closed, either permanently or temporarily.

**Name Changes:** Dosa Plaza at Morson Lakes is now **Simply Vegan and Veg.** Juice Lovers Juicery in Regent Arcade, Adelaide is now **Veggie Vie.**



## From the Media

There is every reason to believe that a vegan world would be one with far fewer pandemics – and it would almost certainly be one without COVID-19.

Dr Josh Milburn, Department of Politics and International Relations, University of Sheffield.

[www.vegansociety.com](http://www.vegansociety.com) 19.5.20.

President Trump ordered meat plants stay open despite thousands of cases linked to them and at least 20 deaths. The coronavirus has **spread at more than twice the national rate in US counties with major meatpacking plants** in the first week after he issued the order, according to analysis of data compiled by Johns Hopkins University. **The Guardian** 26.5.20

"By creating distressed and sick animals, we are harming ourselves," claims Dr Aysha Akhtar, a neurologist and public health specialist and a Commander in the US Public Health "Three-fourths of emerging human infectious diseases come from animals. But it's not the animals' fault. If we want to prevent these diseases and save millions of people from untold suffering we have to face the inevitable and uncomfortable truth: the real culprit is how we choose to relate with and treat animals."

Just as humans are more likely to succumb to disease when we are stressed, weakened or wounded, these same factors also suppress the immune systems in animals, leaving them extremely vulnerable to catching new infections. As a result, the worldwide animal trade creates very sick animals and ideal conditions for pathogens to multiply and jump from animal to animal, and ultimately to humans."

"To prevent the next pandemic, we need to look beyond the wet markets or illegal trade in China. The entire, global trade in animals needs to stop. The wildlife trade as a whole is detrimental to ecosystems, cruel to animals, and poses a strong risk of emergence of new viruses. We need to take a hard look at how we relate with all animals."

Dr Akhtar, MD, MPH, is author of *Our Symphony with Animals: On Health, Empathy, and Our Shared Destinies* (<http://pegasusbooks.com/books/our-symphony-with-animals-9781643130705-hardcover>) and *Animals and Public Health* (<https://www.palgrave.com/gp/book/9780230249738>).

The Oxford Centre for Animal Ethics is an independent centre devoted to pioneering ethical perspectives on animals through research, teaching, and publication. See [www.oxfordanimaethics.com](http://www.oxfordanimaethics.com)

A new study from the American Heart Association found that those that ate plant protein were less likely to die from coronary heart disease. The study of 37,000 Americans found that replacing one serving of red or processed meats with legumes, nuts, whole grains or dairy was associated with a 47% reduced risk of coronary heart disease.

[onegreenplanet.org](http://onegreenplanet.org)





# VegSA Diary Dates

EVERYONE IS WELCOME TO ATTEND VEGSA'S SOCIAL EVENTS

◆ 2<sup>nd</sup> Saturday each month at 12pm VegSA Southern Social Group get-together at Great Nature 3/48 Beach Rd Christies Beach. Next scheduled get together Saturday June 13<sup>th</sup>. No need to book, but check in case of changes with Su: vegsu2003@yahoo.com.au ph. 0468 397 219 or Jill ph. 0401 621 287

◆ Saturday June 20<sup>th</sup> 12.30pm **SHARED LUNCH** at Giles Plains organised by VegSA's **Northern Star Group**. Contact Karin for further details: email: info@vegsa.org.au or phone/text 0416 899 813.

◆ **Saturday July 18<sup>th</sup> Shared lunch and VegSA AGM (rescheduled)**

at The Joinery, 111 Franklin St Adelaide

12.15pm shared lunch. 1pm **AGM**

See attached flier for details including nomination and proxy forms.

◆ Sunday August 19<sup>th</sup> 12.30pm **Lunch** (a la carte) at **Joy of Flora** 10 Rosetta St West Croydon. Book by Wednesday August 15<sup>th</sup> with Su: vegsu2003@yahoo.com.au ph. 0468 397 219. Further info ph or email VegSA (details below).  
**TO BE CONFIRMED**

◆ **VegSA mail-out workshop**. Usually Quarterly at the Joinery 111 Franklin St Adelaide. Meet fellow members and share ideas. Help always appreciated. Next mail-out is planned for **Saturday Aug 29<sup>th</sup> at 10.30a.m.** Check with Anne: 0466 972 112 or email vegsoca@gmail.com Followed at 1pm by **VegSA Committee** meeting. Members welcome to participate (but not able to vote).

## Contacts and resources

◆ **Animals Australia Starter Kit**. Has anyone ever asked you why you are vegetarian/vegan, why you don't eat animals or even perhaps how you can possibly stay healthy on that kind of diet? Animals Australia has a starter Kit which answers a lots of questions, nicely presented with lots of illustrations. You can download it from their website: <https://vegkit.com/download/> Animals Australia's SA support group has printed copies. Contact: mlamming@bigpond.com for more information.

◆ **Sunday, 14 June 2020 at 10:00** Animal Activists SA will host an **on line event**

**Stop Live Transport - International Awareness Day**

See Animal Activists SA's Facebook page for more information. **Animal Activists SA** advocates a vegan lifestyle, organises protests, fund-raises for animal rescue groups and has organised Adelaide's Vegan Festival Parades.

◆ **THE RAVEN CORPS** is an organisation for young people aged 14 to 22 with a commitment to improving the food system by promoting the benefits of a plant-based diet and tackling problems like climate change, animal cruelty, ocean depletion, environmental racism and public health. The Raven corps is based in Portland USA, has several groups in USA and one in SA. For general information see: [www.theravencorps.com](http://www.theravencorps.com) or for SA chapter see: Facebook:@ravencorpadelaide

◆ **Animal Liberation SA (ALSA)** conducts demonstrations and campaigns, e.g. against animal abuse. Members' meeting held 1st Sunday each month at The Box Factory\*, Regent St South, Adelaide. (If driving enter off Halifax St.) See website for information: [www.animalliberation.org.au](http://www.animalliberation.org.au) or phone 0401 870 957 or email: animal.lib.sa@gmail.com \* **Meetings resuming soon.**

◆ **Adelaide Vegans**: Brings vegans together for networking and social gatherings most weekends - dinner on Friday or lunch on Saturday, usually at vegan or vegetarian establishments, sometimes at places with good vegan options. Bookings essential to enable the venue to reserve a table. For details and booking see 'EVENTS' page at: [www.adelaidevegans.org](http://www.adelaidevegans.org) or ph. Ken 0415 382 121.  
**Adelaide Vegans will be restarting its events soon.**

◆ Great collection of all the most notable **Vegan Documentaries** compiled by Benjamin McCormick alias **Vomad** (The Vegan Nomad) see: <https://vomadlife.com>

For more events in SA and around Australia see **Vegan Australia's** website: [www.veganaustralia.org.au/events](http://www.veganaustralia.org.au/events)

VegSA PO Box 311 Kent Town 5071 ph. 0466 972 112 e-mail: [info@vegsa.org.au](mailto:info@vegsa.org.au) website: [www.vegsa.org.au](http://www.vegsa.org.au)

Food for Thought June 2020