

Food for Thought

Vegetarian & Vegan Society (VegSA) Inc.

Newsletter

Issue 1/11 – March 2011

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'True Natural Health' magazine

All members (except those who have opted out from receiving the National magazine) will no doubt be surprised to receive with this newsletter a copy of "True Natural Health" a new magazine being produced by the Natural Health Society in New South Wales. The reasons for this are complex but basically as follows:

At the beginning of December VegSA received an email to say that the Vegetarian and Natural Health Societies in NSW could not continue to produce the Natural Health and Vegetarian Life magazine. As this has been the official journal for VegSA the situation looked like presenting us with a considerable dilemma (since most members had paid a sub that included the magazine). Then we heard that the Vegetarian Society (NSW) was looking at the possibility of a magazine involving an arrangement with Well Being magazine to include separate supplements for the Natural Health and Vegetarian Societies. Things were beginning to look hopeful when again we heard that these negotiations had not produced results. We were back to square one. Finally, in mid January we heard that the Natural Health Society (NSW) had decided to produce a magazine for its members and would offer it to the vegetarian societies for their members. This would be a full colour magazine of 36 pages. The VegSA Committee had to decide whether to accept this offer. We also considered Vegan Voice but that would cost us much more. We also considered continuing with only our local Food for Thought newsletter, but that would mean a lot of work to give members anything like the depth of information on health issues that we had become used to. We would also have to partly reimbursing all those who had paid for a membership with magazine i.e. the great majority and that would be a tedious operation to say the least. The Natural Health Society assured us that its policy remains vegetarian as it has always been. It would also be difficult for members to make a choice with out actually seeing the magazine. So, after discussion with members at the February picnic, the Committee decided to at least try the new True Natural Health magazine. As you can see this has been a real roller coaster of a holiday for some of us. It leaves members with the choice to:

1. Continue to receive the True Natural Health magazine together with the VegSA newsletter "Food for Thought" at least until your membership expires.
2. Cancel subscription with magazine but retain membership and receive the VegSA newsletter. In which case a pro rata refund can be organised.
3. Cancel subscription to VegSA in which case the remainder of your unused subscription will be reimbursed.

cont'd overleaf

'True Natural Health' magazine (cont'd)

If you are happy to continue to receive the new magazine as part of your subscription you do not need to let us know, but if you wish to change or cancel your subscription please use the membership form enclosed with this newsletter. (You can copy it and e-mail it to VegSA if you wish.). If renewing this quarter we suggest you do so for 1 year only as we see how things develop.



Society News

-OUT AND ABOUT-

FEBRUARY PICNIC: It is always a risk to plan a picnic for this time of year. (In two of the last 4 years the weather was excessively hot.) However, for the picnic on February 6th we were blessed with perfect weather. We also had a great spread of food and good company.

VEGEWISE: In February the group visited Montazuma's Mexican restaurant in North Adelaide. Prices for vegetarian dishes ranged from \$9.95 to \$21.95 and are usually the cheapest. All vegetarian dishes can be adapted to vegan as cheese/cream were added later. Sauces are prepared on the premises so ingredients are easy to check. Only complaint a possible lack of variety as all veg dishes seemed to include beans (frijoles).

NORTHERN VEG GROUP: On Sat Feb 26th enjoyed a visit to Carrot Heads vegetarian café (eat in or take away) at Port Adelaide. Delia (cafe manager for the past year) has delicious curries, lasagna, quiches, pies, pasties (many vegan) as well as salads, sweets and smoothies - all at very reasonable prices and good size portions. Although Carrot Heads is small there is ample seating in the mall. Should certainly be popular with vegetarian and non-vegetarians and a great promotion for vegie food. Well worth a visit if you are in the area. Shop 6b, Port Canal Shopping Centre, 220 Commercial Rd, Port Adelaide. Enter mall from car-park or entrance opposite K-mart



VegSA ANNUAL GENERAL MEETING

The Annual General Meeting will be held on Sun. May 8th from 11am (see enclosed flier for address details) to be followed at 12.30pm by shared lunch and at 1.45pm a talk and demonstration by VegSA member Anne Pomeroy on **RAW FOOD FOR HEALTH**. All welcome to attend any or all of these. (Only financial members can vote.) A minimum of 10 members is needed to hold the AGM. If that number is not present within 30 mins the meeting will be deferred until later, when only half that number is required. We encourage all members who are in or near the city to attend as we need to consider the future of the Society as well as electing an active committee.



Good Bye to Simon

During the holiday break the VegSA Committee members were all very saddened to hear of the sudden death of our member Simon Cook. Simon, though a very quiet person, was always willing to help in service to animals. Simon's help had been very much appreciated as the person who, in a quiet and methodical way, handled all changes to the VegSA website. In a recent letter to one of our members Simon wrote,

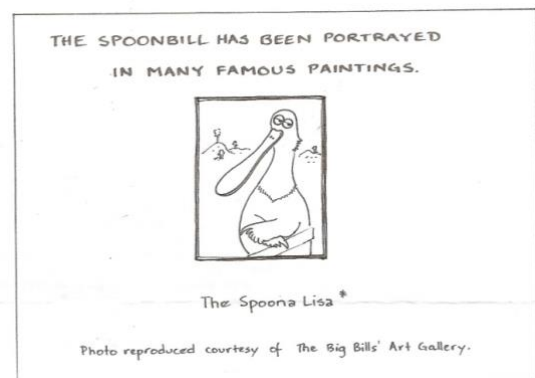
"Looking back we can see there were times when "religion" was too dominant. For example the period during which scientists were forced to retract their discoveries of the Earth rotating the Sun. However, I use the word "religion" lightly, as it seems many people got distracted by building institutions of power, rather than by practicing the common thread of all religions which appears to be the importance of acting compassionately".

Compassion was what Simon was about. He and his compassionate attitude will be sadly missed by those of us who knew him.

WHO OWNS THE SPOONBILL PICTURES?

VegSA has received three charming books of cartoons, obviously hand drawn and apparently hand written. Problem.....no return address and no author/writer acknowledged and no copy-right statement. Opposite is one of the pages. If you own the Spoonbill and Furlandios cartoons we'd love to hear from you.

(Our only clues: an obvious fascination with Egypt and a suggestion of a familiarity with the Greek Language. We have our sleuths on the case.)



Animal Liberation SA – an historical snippet

One of our readers was at pains to point out that from the article about Mick Fearnside in the previous issue of Food for Thought some might have inferred that Mick was the instigator of Animal liberation in South Australia. The author wishes to make it clear that whilst Mick was actively involved with Animal Liberation, the first President was George Karolyi who later established the Vegan Society of South Australia and the South Australian Federation of Animal Societies, which for many years organised the World Animals Day Parade for the Animals. The author of the article Alice Shore was the first Secretary of Animal Liberation SA

Additions to VegSA Library:

Vegetarian Visitor 2011: Where to stay and eat in Briton. Price: 3 pounds (postage: one pound, fifty pence from UK.) Available from Jon Carpenter Publishing.

Address: 2 Home Farm Cottage, Sandy Lane, St Paul's Cray, Kent BR53HZ (UK)

Available for loan to VegSA members.



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



Book Reviews

♦ **THAT'S WHY WE DON'T EAT ANIMALS**

Written and drawn by Ruby Roth (for 6-10year olds). Publisher: North Atlantic Books, U.S. June 2009

This is how the world is changed - one child at a time! Targeted to early readers ages six to ten, Ruby Roth's nonfiction book presents a showcase of brilliant illustrations featuring animals both in their natural, fulfilling setting and then in cramped, factory-farm misery, to carry the clear, firm message of veganism's virtue. Pigs, turkeys, cows, and even quails, dolphins, and turtles take the stage to exhibit with unflinching candour the conditions animals face on factory farms. While the message is sobering and serious, "That's Why We Don't Eat Animals" makes the case sensitively for both vegetarianism and veganism with gorgeous artwork and a clear, firm stance about the needs of animals and the peril to the greater environment. More info on: <http://www.wedonteatanimals.com>

Order in Australia from: <http://www.johnreedbooks.com.au> (\$25.95 + \$5 shipping) Also see a 2 min video on <http://www.youtube.com/watch?v=li9VFHfKxQk>

Thank you to Diana Palmer of Anti Vivisection Union for forwarding this review to VegSA

♦ **Healthy Food Wise Recipes: How to cook with Plant Based Food.**

A range 40 vegan recipes compiled by Di Cornelius, Facilitator of the "Healthy Food Wise Programme". A5 size book with good clear print. Suitable for beginners and experienced cooks. All Australian ingredients and products. Cost \$10 from the sponsor: Animal Liberation SA, 19 Green St, Brompton 5007 www.animalliberation.org.au ph 8340 8878

(For sale - if available - at "**World on a Platter**" March 27th - see Diary Dates page 8)

♦ **Eating Animals by Jonathon Safron Foer**

Black Bay Books, New York, 2009.

Safron Foer wanted to be able to explain to his child/ren why people eat some animals and not others. He not only thought and read about animal farming. He went in person and investigated. The resulting "part memoir and part investigative report" is confronting; S F tells it how it is. Having considered the economic factors behind current day "farming" practises and the resulting environmental and health disasters, he came to the conclusion that we cannot possibly justify the continuing consumption of animals. This is not light reading. (Don't read it in your lunch break unless you want to go without lunch.) but it does fill in many of the information gaps that demonstrate the importance of an animal free diet. It certainly convinced Safron Foer. Not surprisingly his family are now vegan. *Eating Animals (in paper back)* cost \$29 at Bliss Organic Café

♦ **Comfortably Unaware - Global depletion and food responsibility... What you choose to eat is killing our planet**

by Richard Oppenlander is highly recommended by both Jane Goodall and Dr Neil Barnard.

Tackles the complete unviability of consuming fish and other animals. Most of us are aware that the World's oceans are being drastically overfished and that many fish species are being forced close to extinction. This extract from Oppenlander's book looks more closely at some of the facts.

"Nearly 80% of all the fish stocks found in the world are depleted or fully exploited as reported in 2010 by the Food and Agriculture Organization of the United Nations. Because of this, businesses and governments have turned to other ways to produce fish (rather than simply the option of not eating fish at all). Aquaculture, the growing of fish in a farmed area, is growing faster than all other animal food sectors. Farmed fish now involve 47% of all fish produced or caught for food. There has been a proliferation of controlled fish-farm production, which then places further stress on the

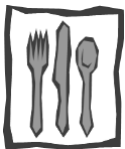
oceans because of the need for fish-meal and oil in the production process. One third of all fish caught in oceans are used as meal for farmed fish or livestock. The Inter-American Tropical Tuna Commission study recently revealed that it requires up to **60 million metric tons** of “harvested wild fish” per year to feed the 3 million tons of the three major tropical tuna species that we are now harvesting. For salmon the ratio is 3.3 tons of fishmeal to produce 1 ton of farmed fish, complete with pesticides, antibiotics, and sea lice (see Chapter VII).

“It has once been said that, “we live because our oceans live.” Our oceans produce 70% of all oxygen on earth. Oceans are responsible for the proper regulation of our climate. They consist of not only just water, but also a diverse amount of living things—plants, animals, and fish—all intertwined and dependent upon each other, sometimes in complex and poorly understood ways. Currently 64% of all our oceans have no national jurisdiction, so fishing practices remain completely unregulated. The other 36% is governed by various policies that are vague and subjective at best—without appropriate laws in place or adequate methods for implementation and enforcement.

“There is no physiologic ‘need’ for us to kill and consume sea life. The omega 3 fatty acids, protein etc can easily be found in plant foods—and, without the cholesterol, saturated fat, potential for mercury and heavy metals, and accompanying environmental loss you find in our quest for more fish. Additionally, there is no fiber to be found in fish and not one phytonutrient—so, if you wish to eat foods that have numerous types and powerful amounts of these highly beneficial substances, you will have to consume plants—thus also reducing your risk of developing cancer, heart disease, inflammation, and oxidation.

For every one of the numerous extinctions we are causing through our abusive actions with our oceans, we are really only one step closer to our own demise. I think we need to consider replacement of the well-recognized sign that states, “Gone Fishing” with a new one—“Fishing Gone.” Oppehlander has been concerned about the health of our planet and all its living things and lectured about this topic for the past 40 years. He began an organic vegan food production and educational center and co-founded an animal rescue/sanctuary where he has lived and operated since 1979.

‘Comfortably Unaware’ is available on line at www.comfortablyunaware.com or via your favourite book store (if still there!). “Fifty percent of the proceeds will be donated to organizations that promote the health of our planet, social justice, and the welfare of animals”



Eateries *(changes)*

VEGIE VILLAGE *(formerly Tea House and Coffee for Others)*

Tea House has changed name and ownership. Welcome and best wishes to Anthony and Cindy.

New opening hours: Mon-Sat: 9.30 - 3.30, Fri 9.30 am - 9pm

Still at 255 Waymouth St, Adelaide New phone number: 8212 3323

NEW VEG EATERY: MEESU VEGETARIAN KITCHEN:

449A Pulteney Street (just before South Terrace) Adelaide, Phone: (08) 8359 2605

Chinese style, mainly vegan but some vegetarian dishes (onion, garlic and msg free).

Open 7 days for lunch and dinner but phone to check open times.

Adelaide Vegans (see contact details on page 8) plan to visit Meesu once a month

BLISS ORGANIC CAFE AND SHOP : new opening times

Shop: Mon- Thurs 7am-4pm, Fri 7am-9pm Sat. 8am-4 pm **Cafe:** Mon – Fri: LUNCH 11am - 3pm Fri

Shop: Mon - DINNER 6pm - 9pm Sat BRUNCH 8am - 3pm Thurs Fri Sunday - BRUNCH -

Opening soon!



Products on the Market

♦ **Vegan Voice Magazine***: Tackles mainly ethical plus a few health issues, has good vegan recipes. Available by subscription: \$25 p.a. for 4 issues from P.O. Box 30 Nimbin NSW 2480 or online at www.veganic.net. Retail (\$6.50) from: **Goodies and Grains**, Shop 22 Central Market Plaza ph 8212 2324 **Bliss Organic Café** 7 Compton St Adelaide ph 8231 0205

♦ **Wellbeing bi-monthly Magazine***: Covers "new age" lifestyle, alternative therapies etc. Available from newsagents at \$12 or by subscriptions from www.isubscribe.com.au. www.wellbeing has a directory of practitioners.

* NB neither Wellbeing nor Vegan Voice cover health issues in as much depth as Natural Health and Vegetarian Life has done.

♦ **Leda Choc Chip Cookies** 250gr. Free of gluten, egg, dairy, wheat, and yeast. Cost \$4.95 at Coles (Health section) also available at health shops. Info Leda Nutrition 12 Keller Cres Carrara Qld www.ledanutrition.com ph 07 5530 4808

♦ Food for Life: Be a Healthy Herbivore! A3 size fridge magnet

Covers vegan sources of all food groups including vitamins and minerals. Prepared by Queensland Practising Dietician and Accredited Nutritionist Amanda Benham, using Australian terminology and products. Cost \$24 plus postage from The Green Edge, 191 Wardell St, Enoggera, Qld 4051 ph 07 3855 5755 or see www.greenedgeonline.com.au.

If 10 people order poster VegSA can supply for \$20 each. See poster on display at World on a Platter (March 27) and order at the event or phone VegSA.

FOOD FOR LIFE
* healthier * kinder * greener

THE FOUR PLANT FOOD GROUPS

- VEGETABLES**
- LEGUMES, NUTS, SEEDS**
- WHOLE GRAINS**
- FRUIT**

Be A Healthy Herbivore

VITAMIN A

- * pumpkin
- * carrot
- * sweet potato
- * tomato
- * red capsicum
- * mango
- * papaya
- * spinach
- * cabbage

FOLATE

- * green vegetables
- * breakfast cereals
- * baked beans
- * wheatgerm
- * strawberries
- * cauliflower
- * beetroot

VITAMIN B12

- * fortified soymilk (check label)
- * Marmite
- * B12 and multi-vitamin supplements

OTHER B VITAMINS

- * breakfast cereals
- * bread
- * sunflower seeds
- * peanuts
- * mushrooms
- * bananas
- * spinach
- * broccoli

VITAMIN C

- * citrus fruits
- * kiwi fruit
- * strawberries
- * papaya
- * broccoli
- * cabbage
- * sprouts

VITAMIN D

- * sunshine on bare skin
- * table margarine
- * supplements

VITAMIN E

- * wheat germ
- * soy beans
- * almonds
- * sesame seeds
- * red capsicum
- * tomato
- * eggplant

VITAMIN K

- * leafy greens
- * cucumber
- * avocado
- * legumes
- * kiwi fruit

PROTEIN

- * legumes
- * soy products
- * nuts
- * seeds
- * whole grains

CARBOHYDRATES

- * rice
- * pasta & noodles
- * cereals & grains
- * potato
- * fruit

FATS

- * flaxseeds / linseeds
- * soy beans
- * walnuts
- * olives

FIBRE

- * whole grains
- * legumes
- * fruits
- * vegetables
- * fruit

TRACE ELEMENTS

- * brazil nuts
- * wheatgerm
- * bran
- * mushrooms
- * green vegetables

IRON

- * green vegetables
- * cereals
- * legumes
- * tofu

CALCIUM

- * fortified soymilk
- * bok choy
- * parsley
- * watercress
- * chinese cabbage

ZINC

- * yeast
- * legumes
- * green vegetables
- * mushrooms
- * whole grains

IODINE

- * sea vegetables
- * iodised salt
- * green beans
- * spinach
- * soymilk

MAGNESIUM

- * whole grains
- * berries
- * legumes
- * green vegetables
- * nuts
- * tofu
- * tomatoes

the green edge
eat and live... sustainably

Care for people. Care for animals. Care for Earth.
www.greenedgeonline.com.au

Poster by Amanda Benham, Accredited Practising Dietitian & Accredited Nutritionist, Australia, 2010

(Actual magnet size is A3: 297 X 420mm)

ph 82122324 or from the manufacturer Soyganic Foods 50 Barnett Ave Glynde 5070 ph 83651777
e-mail info@soyganics.com.au Cost appr \$4.50 for 600ml (8 days supply).

♦ **Lamyong Vegan Range.** All Lamyong Products are Vegetarian but some contain dairy, (no eggs, onion or garlic). The Vegan Range includes Crispy Nuggets, Soy Fillets, Mushroom Nuggets, TVP and Mushroom Chunks. For availability contact the SA supplier: Green valley Vegetarian Foods, Ph 8252 9098 0416 880 388 or e-mail: ykfong@lamyong.com.au For product info also see www.lamyong.com.au



Help ban the sale of animal-tested cosmetics!

Message from Animals Australia

It is illegal in Australia to test cosmetics on animals. But consumers may be surprised to learn that many popular products in supermarkets have been tested on animals. This is because there is **no law to prevent Australian and international companies from carrying out cruel animal tests overseas** before selling their products here.

In 2009, the European Union introduced legislation to phase out the testing of cosmetics on animals throughout Europe. This law also prohibits the sale of cosmetics that have been tested on animals, **no matter where they are produced**. The total ban on animal-tested cosmetics will come into effect across Europe in March 2013. This ban is predicted to have a major effect on manufacturers who will need to cease testing on animals in order to continue selling their products.

There is no reason why Australia cannot follow Europe's lead and support their policy by introducing a similar ban. *Everyone* -- Australians included -- should be able to shop for beauty products without the risk of supporting animal tests!

Please help urge the Australian Government to follow Europe's compassionate lead by banning the sale and import of animal tested cosmetics. Write to your MP and/or see: http://www.animalsaustralia.org/take_action/ban-animal-tested-products/



-Recipe-

STUFFED WHOLE PUMPKIN

(as served at February picnic)

Adapted from Coles Christmas magazine 2010, this recipe uses meat substitute instead of the original leftover Christmas meats. Whilst preparation looks fiddly, the end result, together with a fresh salad is practically a whole meal. It is filling and looks good.

1. Preheat oven to 220C or fan 200C.
2. Cut top off a **small whole Kent pumpkin** and reserve top. Scoop out pumpkin seeds and discard. Scoop out a little extra pumpkin flesh (to make the hollow larger) and reserve.
3. Heat **1 tbsp olive oil** in a large frying pan on medium. Chop **pumpkin flesh, 1 onion and 2 cloves garlic** and cook for 5 mins, stirring occasionally or until pumpkin softens.
4. Add **2 tbsp torn sage leaves** (or amount to taste) and cook for 1 min.
5. Add **3/4 cup cooked brown rice and 1 cup vegetable stock** and bring to the boil.
6. Remove from heat and stir through **1 cup chopped meat substitute, 1/2 cup pine nuts, one long red chilli chopped and half cups frozen peas**.
7. Lay a large sheet of foil on a baking tray. Sit pumpkin on top and fill with rice mixture.
8. Top with pumpkin lid and wrap in foil to enclose. (Foil is optional but helps to prevent pumpkin skin burning). Bake for 1 hr or until pumpkin is tender.

To serve: cut in slices radiating from the centre. Then cut down vertically around the edge of the cap. Otherwise the filling is inclined to spill out spoiling the effect.

For a smaller and slightly different flavour, try using the base of a larger butternut pumpkin.



VegSA Diary Dates

- ◆ **Vegewise Group** *Meets 3rd Tuesday each month - 12 noon (unless otherwise stated).*

Bookings contact: Joy 8326 0564 or 0428 832 605.

March 15 – Bliss Organic Café 7 Compton St Adelaide

April 19 – Zen House 17-19 Bent Street Adelaide

May 17 - Wild Thyme 101 Melbourne Street North Adelaide.

- ◆ **VegSA Northern Social group** *meets 2 or 3 times per quarter*

Tuesday 12 April 12 noon at Fresh Mix Café, Civic Centre, 10 Playford Boulevard, Elizabeth.

Bookings by Friday April 1st please to Karin 8281 7694 or Linda 0412 994 861

- ◆ **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 email: vegsu2003@yahoo.com.au

- ◆ **World on a Platter** **Sunday March 27** Unley Citizen Centre Arthur Street, Unley

3.30 pm afternoon tea and entertainment. 5.30pm dinner. Cost: Dinner \$20, tea \$6 or \$25 for both (children ½ price). All include “entertainment”.

Bookings to VegSA by Friday March 18th. See enclosed flier for more details.

- ◆ **VegSA Annual General Meeting** 11am **Sunday May 8th** 23 Coglein St Adelaide

12.30pm **SHARED LUNCH:** Bring vegan or vegetarian food to share. 1.45 pm VegSA member

Anne Pomeroy will talk on **RAW CHOICE -HEALTH FROM RAWFOOD VEGAN DIET** Talk, demonstration and tasting. (see enclosed flier for further details)

Other Groups:

- ◆ **ADELAIDE VEGANS:** Brings vegans together for networking and social gatherings. Dinner every Friday evening at various veg*n restaurants in the Adelaide CBD plus monthly picnics. **Bookings essential** for dinners to enable the venues to reserve a table. *For info or to book see **EVENTS** page on the Website: www.adelaidevegans.org or contact John: jbrasted@internode.on.net ph 0428 225 712 or Shane: swardshane@yahoo.com - 0410 481 290. For picnic info Contact Carmen 04387 96841.*

- ◆ **HEALTHY FOOD WISE DEMONSTRATIONS** 12.45pm Sundays; 20/3, 17/4, 19/6, 21/8, 16/10, 20/1. Glandore community Centre (Opal Room), 25 Naldera St. Glandore. Cost \$10/ \$5. All vegan. Organised by Di Cornelius for Animal Liberation SA. Info or bookings Di: 8296 3803, diphilcorn@gmail.com

- ◆ **NATURAL HEALTH SOCIETY (SA):** 1st Tuesday each month 7.30pm: Meeting & lecture at Unley Citizens Centre, 18 Arthur Street Unley. Further information: Secretary 8277 7207 website www.naturalhealthsa.com.au. **April 5th:** Jenny Chou - "Basic Concepts of Traditional Chinese Medicine and General Application". **May 3rd:** Phil and Di Cornelius on the Benefits of a Plant Based Diet in regard to health, the environment and animals in the food chain. **June 7th** Tony Gagliardi MD - "The Human Body field" (Bio-energetic screening/scanning system).

- ◆ **DANCE FOR HEALTH** 10am -12noon Fridays, St Aidens Church Hall Marden. A great way to exercise and retain balance. An eclectic mix of “traditional” dances. No experience (or partner) needed. \$7pa membership plus \$4 per session.

Phone Kath on 8336 1220 or June on 8337 6011 for further info.

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