



# Food for Thought

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

## Newsletter

**Issue 1/12 - March 2012**

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*In the Media:*

## Why we must all avoid palm oil

*Glenn Alderson and Kerri Jones of Ethikool*

*In early 2011 Glen Alderson, a professional photographer was invited by Bev Luff of "With Compassion and Soul" to visit Borneo and see some of the work she supports. His observations led him and Kerri to set up **Ethikool**.*

With so many products available with alluring packaging and so called claims to be "natural" or "eco friendly", it is frustrating and disappointing when you discover what the real ingredients can be: petrochemicals, toxins, animal ingredients, palm oil and more. Reading product labels is confusing, misleading

and time consuming. There are cover up names for animal ingredients, chemicals, palm oil and much more, making shopping a long and frustrating chore. Did you know that there are over 200 cover up names for palm oil and in so many of our everyday items including: food, make-up, skincare and toiletries?

In April 2011 when Glenn travelled to Borneo he saw first hand the destruction that the palm oil companies are doing to the virgin rainforest and it's near extinction of 3000 Indigenous species of flora and fauna including the Orangutan. Deforestation due to illegal logging, palm oil and paper pulp production in the rainforests of Indonesia and Malaysia account for 20% of global warming and is cleared at the rapid rate of one football oval every 30 seconds.

Through Glenn's experience in Borneo, and our volunteer work to educate the public about the palm oil industry, we were continuously asked which products were palm oil free, vegan and chemical free. So we created Ethikool, a one-stop-shop where you know that all products are ethical without having to read labels & wonder what those long words are.

When we source companies for Ethikool, their whole company must fit our criteria, not just some of their products. All products must be vegan, palm oil free, chemical free, no animal testing and preferably Australian. We provide products that are good for the planet, the animals and for you. Our product range includes: skincare, toiletries, household cleaning items and products for kids and babies with much more coming soon.

*Continued page 6*



# VegSA Update

Welcome to the first Food For Thought for 2012. It looks like being an interesting year. This year VegSA (originally Vegetarian Society of SA) turns 60. We are planning a celebratory lunch to be held at the end of August (full details in next newsletter). It is hoped that a number of our older members and ex-members will be able to attend. This is a year maybe to look back and take stock. As Delia Brennan (see interview page 4) said recently, "Much has changed in the last 25 years." Vegetarianism is more accepted and even "vegan" is becoming a well-known term. There is now less consumption of meat per capita in countries like Australia and UK than three or four decades ago. Even governments are now recommending five serves of veg and two of fruit per day! Sixty years ago this organization was the main source of information and socialisation for vegetarians in SA. In the last 25 years we have seen the rise of Animal Liberation, Vegan Society of SA, Antivivisection Union and in the last few years Adelaide Vegans as a social network for vegans and those aspiring to veganism. Meanwhile there seems to be an increased awareness of animal rights and concern about animal abuse in the general population.

However there is still a long way to go. The increasing wealth of India and China (two countries once considered advocates of healthy plant based cuisine) has brought about an increase in the consumption of meat. What was seen as a luxury to be eaten sparingly is now seen as more affordable. No wonder meat exports to Asia are increasing and China is buying up land in other countries to produce the fodder to feed animals for Chinese consumption. In Australia animal exploitation is still covered up by welfareless laws.

We now have more information and more access to vegetarian and vegan products than in living memory. We, at VegSA, would like to think that our organisation has contributed to this change, but have we worked ourselves out of a job? Has VegSA reached its use-by date? It seems not. We are getting more and more enquiries to our email and phone line (Thanks to Karin who handles incoming calls). Yet the old team is wearing out! If VegSA is to continue we will need your help:

## ◆ Help wanted for VegSA

**VegSA is urgently in need of some help with TYPING tasks.** Do you have typing skills? Could you spare a few hours now and again (as needed)? One urgent task is to take over recording our list of vege-friendly practitioners as the previous has had to pull out due to family commitments. This is a resource that can be very useful when properly organised (also could be interesting for the typist!).

**VegSA WEBSITE** is currently being brought up to date. Main changes are with the **LINKS** page. Do you have favourite and/or useful websites you think should be included? E-mail info to [vegsoesa@gmail.com](mailto:vegsoesa@gmail.com)

**Membership:** We cannot all be "out there doing things", as we all have different commitments/circumstances in our lives, but every one who pays a subscription (or makes a donation) helps VegSA to do its work as a source of information on the benefits of a plant based diet. We thank each you.

**Subscription.** In addition to paying for the True Natural Health magazine and posting out the magazine and newsletter, your subscription helps VegSA pay for its telephone forwarding, its website, stationery and printing materials, in fact the very things that keep the Society running. All work is undertaken on a voluntary basis.

**Payment of Subscriptions** can be by cheque/money order to the PO Box, by card payment to the PO Box or by phone to the Secretary (8390 2314) or by internet transfer to VegSA Account: 592102340. BSB 105-120. This may be the most cost effective means both for VegSA and for members (for those who have access to this technology). If via internet transfer please list your name and mention "Membership" and, if possible, e-mail VegSA to ensure we know.

**Committee:** VegSA is urgently in need of new members for the Committee. Meetings only 4-6/yr.

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**Acknowledgements:** Editor: Anne Sanders Mail-out: Northern Vegetarian Group

**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**

## ◆ VegSA GROUPS' ACTIVITIES

**Vegetarian Singles Group** has sprung into socialising action. Numbers are growing and events are now twice a month and varied, thanks to Corin's efforts. See **Diary Dates** (page 8).

**Vegewise** this month visited new veg venue 'Katta' at Highgate. The cuisine is Western Indian so somewhat different from the more common North India. It was a set meal and very tasty. Katta offers mainly take away - but does have a few tables for eat in. They have extended their opening times to Sundays (except for group bookings). Ph 7225 4166.

**Northern Veg Group** has had a slow 3 months. Their Fresh Mix Cafe visit recently was cancelled due to the venue suddenly closing down. Next planned event is an info stall at One Tree Hill Market on 7.4.12. If in the area why not take a short trip, call in, have a chat and maybe even join us. It is a lovely rural setting and the market has some great offerings such as locally produced olive oil and pistachios. It's Easter week-end so there may be a few Easter treats. (Hope some are vegan!) Ph 8260 2778 for info.

## ◆ In the Library (VegSA resource collection)

*Book Review: THE CLUELESS VEGETARIAN – A Cookbook For The Aspiring Vegetarian.*

*By Evelyn Raab, Published by Key Porter Books, Ontario, Canada*

Among a range of diverse and interesting recipes The Clueless Vegetarian also answers some of the very basic questions most of us would never dare ask, like 'how to make a white sauce' or 'how to cook couscous!' Although the book comes from UK, recipes are from a range of cultural backgrounds. Ingredients are familiar names and are readily available. Many of the recipes are vegan, offer vegan alternatives or are easily adapted. For the beginning vegetarian who wants to cook, there is enough material to last for months and it is all presented with humour. Who couldn't love a cook book that calls its optional ingredients "Extra Added Attractions", suggests that fried plantains should be served with Cuban style black beans and hot Latin music and insists that, "Inevitably you will have to learn how to cook dried beans. It's simply your destiny."

*Pst! VegSA found this book for \$5 on the specials table at Wakefield Press 1 The Parade West, Kent Town.*

## ◆ But What About Hard Numbers?

The Vegetarian Resource Group, a USA-based non-profit education and advocacy group, recently ran a poll on vegetarianism. Results indicated about five per cent of American adults are vegetarians - saying they never eat meat, fish, seafood or poultry - and that half of these vegetarians are vegan - meaning they also do not eat dairy or eggs. (Strict vegans also don't eat honey). Statistics are similar in Australia, *with five per cent of Australians saying they are vegetarian and one per cent saying they are vegan*, according to a Newspan survey conducted in 2010. "All the exposure is absolutely having an influence," says advocate Joseph Connelly, editor and publisher of VegNews. "People can pronounce the word 'vegan' now! Five, 10 years ago they couldn't.."

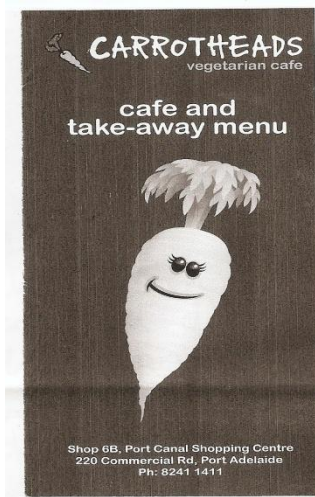
*Taken from www.vnv.org.au (Vegetarian Victoria)*



## Cooking Classes

◆ **COOKING UP A STORM** - *Natalie Playford, from Cooking Up A Storm (now in its 8th year). offers in-home vegetarian cooking classes. Contact: 0403 555 011 or 8386 1672. Website: www.cookingupastorm.com.au. Natalie also teaches vegetarian cooking classes for the WEA.* Upcoming dates are: **Vegetarian Banquet** 1-5 pm Saturday 25th February. **Practical Fabulous Vegetarian** 1-5pm Saturday 18th March. **Vegetarian Banquet** 1-5pm, Saturday 28th April. **Quick and Tasty Vegetarian** Saturday 19th May. Bookings through WEA: 8223 1272 or www.wea-sa.com.au

◆ **NATURAL NAUGHTIES** - *Kayla Thompson of Natural Naughties holds classes on the third Sunday of each month at Bliss Organic Cafe, 7 Compton St Adelaide (except Sun 18th Nov. - due to the Vegan Festival). Learn the health benefits of raw, nutrient dense eating! Covers treats such as green smoothies, bliss balls, avocado cake, raw cheese and more. All vegan, sugar free, gluten free, organic, raw. Time: 10am - 1pm Investment: \$80 per class, includes tasting and recipe handouts. Bookings: Email: naturalnaughties@hotmail.com Phone: 0425 528 800*



## Conversation with Delia Brennan from 'Carrot Heads'

*'Food for Thought' editor chats with Delia Brennan about her vegetarian cafe*

**EDITOR (Anne Sanders):** What made you choose the name CARROT HEADS?

**DELIA:** I was going to call it Pumpkin Heads and I said to my daughter, "What do you think of Pumpkin Heads; it's a bit derogatory?" She said, "Nobody likes pumpkin anyhow. Call it "Carrot Heads".

**Ed.** It's certainly a catchy name, one that is easy to remember and it makes a nice sort of logo too. What made you choose this location?

**D.B.** I love the Port and I live here. I wanted it to be central. I just thought it was a good spot with people going to the Supermarket. I did

look at other places but I wanted to open here. People kept coming in and saying, "There is nothing like this." In the first year, the reaction! People saying "How lovely to have a vegetarian place in the Port! There is nothing like this anywhere."

**Ed** They say there is nothing like it but in this shopping mall there are what? 4, 5, 6 eating places?

**D.B.** The Chinese shop was here, but it's all meat.

**Ed** There are quite a lot of places in this mall but they are all different?

**DB** They are all different, a different customer base, particularly the Chinese – not vegetables. I specialise. I keep things small and you can add vegetables. You can have a piece of quiche or you can have a patty and, some people, that is all they want and then you can have vegetables or have salad on the side, but you can have something very light if that's all you want or they can have quite a good meal.

**Ed** What do you find are your most popular?

**DB** I'd say the pasties. I make a good pasty with plenty of vegies and they're wholemeal so they're very competitive with other brands, but the quiches as well.

**Ed** So people come because they like the food, not necessarily because it's vegetarian?

**DB** No, because they like the food. I am not saying that because I am cooking it but they remark all the time. You get a run on things like the lasagna. Then they stop for a while and then start again.

**Ed** So you change what you make?

**DB** No, I do exactly the same. I stick to the same recipes and that's my formula and people come back for it. I don't want them to come back and not have it there. That's the challenge, to make sure of having everything out every day.

**Ed** That's a lot of work, isn't it? Do you have any one to help you at all?

**DB** I do, just one person, quite a lot of the time. If it's not busy they can serve. Because everything is precooked, pre-prepared it's only a matter of heating it and some things are kept hot anyhow. You can serve quite a number of people very quickly.

**Ed** You must start early in the morning.

**DB** It varies, which is why we like being in our own business because you can vary. But I usually start, average, about 8 o'clock. I do some wholesale, so a couple of nights a week I stay back to do that. That's with the pastries.

**Ed** Where do they go?

**DB** Organic Market in the Hills and some down south to Healthy Life at McLaren Vale.

**Ed** I've seen some nice pasties at the Organic market. They won't put a label on to say they are yours?

**DB** No.

**Ed** Have you been doing the wholesale for very long?

**DB** For about 15 years. I stopped actually for a while, the first year. When it started to get busy I said, [perhaps] too quickly, I think I'll give up the wholesaling and then I thought maybe not, so then I took it up again. I thought I'd be better off employing somebody and keeping it up. I just got sick of doing it I think.

**Ed** I suppose you don't see the customers; it's just work.

**DB** Yes, but I took it up again. The demand is there for more things, bigger variety, gluten free, there's a gluten free demand now.

**Ed** Do you do gluten free?

**DB** Not yet, but I have to get to it because people ask for it.

**Ed** *What made you take up vegetarian catering and become vegetarian in first place?*

**[WARNING – there are references to animal cruelty in this paragraph – ed]**

**DB:** I went to live in Mount Barker next door to an abattoir, right next to Jacob's Meat (which is not there now). A funny thing, my children were young. You'd hear the animals crying and I'd say to them, "There's a farm up there." I didn't want them to know. On summer nights, with the windows, open and they'd bring the animals and they are so distressed and they knew. You get to know, the different personalities among them. You know they know what's happening. They know more than we know as to what's going to happening to them, like the sheep going on the ship. They know what's going to happen to them, intuitively. They know more than we do.

I was thinking of opening a place then and I thought, "I am going to make it vegetarian". I had a place in the City and I then I had a place at Goodwood and then here. Honestly, between you and me, and every body else I suppose, **I think you could open a vegetarian place anywhere. But you have to have good cooking. You have to have people want to come in for it, non-vegetarians.**

**Ed** *You are saying that there are a lot of people who are not vegetarians but they appreciate the food and they will come back for more. Do you find that people come from other areas?*

**DB** They do. They tell me: Seaford, Salisbury.

**Ed** *So would it be difficult, or not difficult, to persuade people to go vegetarian one day a week like they do these meat free Mondays in some countries?*

**DB** People are doing that naturally. I think the cost has probably got a bit to do with it, health and cost.

**Ed** *Do you think there is a growing interest in vegetarianism?*

**DB** Attitudes to vegetarians have changed. We're not weirdos any more. We're not people that just like small furry animals. We actually do have an ethical reason. Attitudes have changed and the whole attitude towards animals even is growing. The change is growing. We just have got a bit more respect we never had before. Don't you think?

**Ed.** *I didn't worry about it too much. I just always ever did my own thing so I don't worry too much about the respect. I did what I thought was right for me but there just are more people being vegetarian. There is just more of it out there, more products and just awareness of catering for vegetarians. Even the Health Authorities say in black and white, "Vegetarian, even Vegan diet, can be nutritionally adequate." New Zealand and American Health authorities are all saying it's OK.*

**DB** I have people come in and ask, "What's vegan?" 25 years ago you didn't get that amongst the young ones it's very commonly spoken of and entertained. If they're not vegan well then they eat vegan sometimes. [Peter Brock and Greg Chappel mentioned as well known "vegans"]

**Ed** *It's very difficult to work out how many vegetarians there are; how many vegans there are unless you do a very, very careful survey. People will say they are vegetarian but when you go into it they eat fish or they eat chicken and even some of the caterers will say, "Yes we can cater for "vegetarians" so long as they eat chicken or fish.....if they're genuine vegetarians it's a bit difficult"*

**DB** If it's healthy they call it vegetarian, don't they (some people)? if you have a salad, even if it's got the meat in it!

**Ed** *You say most of the people come here because they like the food, not because it's vegetarian?*

**DB** Yes, that's what I've focused on. All those recipes, there's about half a dozen of them, I've been making for years and I chose them. I gave it a lot of thought. There's a lot involved. They had to be able to be produced economical in a good time frame and I picked out my best recipes that I knew people would like and come back for. There's a cottage lentil pie which is on the menu but it's not out there but when I was opening that and the curried chick peas I sort of padded out the menu with them and they are my least best sellers. So I was right in what I thought people would come back for.

**Ed** *Do most people eat in or do they come and take away or is it 50:50?*

**GB** It's not so much that. When they take away I get customers who'll come and buy four or five things, go away with bags, so they're big sales, especially at the end of the day.

**Ed** *There might not be more customers taking away, but they're taking more away!*

**DB** It was my intention to have a freezer, which I haven't done as yet. People come in and say, "You need a bigger shop" because it fills up very quickly, Friday especially when the shop is full.



People tend not to go out (into the mall). I get a sprinkling of people out there but they all tend to eat in. They squeeze in here.

I have customers who come regularly and take a few things away especially single people – men, single men I suppose they are. I haven't asked.

*Ed They are possibly less used to cooking, although I think more and more men do cook.*

**DB** Some days I've noticed there's a lot of male customers. I think they understand the cost, where as women think, "I can make this." They do not take into account that it's taken 2 hours, whereas a man will take that into account. As long as it is reasonably priced they don't mind.

*Ed Is the business building up, in spite of the fact that people are feeling the crunch financial?*

**DB** It is. It is made complex by the fact that I had not advertised for 2 yrs. The 1st year I had the menu go out to letterboxes and it bumped the business up just nice to keep me going. I thought, I've got to get the menu right because there are still things I want to put on. There's a chickpea patty I haven't got out there yet. I've been experimenting on it for about a year. I know it's dry. I'm still working out what to put in it

*Ed Tomato paste is what I do if it needs a bit extra.*

**DB** Times are tough everybody is saying that. People still buy their lunch.

*ED Would you say that you want to run this business because you want to promote vegetarian eating or because you just like catering?*

**DB** No, vegetarian eating. It needs to have a cause, really, I am not really a small business person, not really by nature. But you have to learn business. You have to have good business sense. But that is what keeps me going. The fact that I know I'm saving a few animals every week. When you think what's the purpose of life; what's the purpose of anything. If I was selling dresses or some thing I know I would have petered out long ago, lost interest. But the fact that you know you are doing something decent, [Otherwise] I'd be teaching because children are my other interest, children and animals. As you get older you know what's valuable. What's worth it: children and animals. You know where your interests lie. What needs protecting and what's getting a raw deal in life.

**CARROT HEADS** is located at Shop 6 Port Canal Shopping Centre, 220 Commercial Rd, Port Adelaide (plenty of parking in K-mart car-park). Open Mon to Sat 9am to 5.30pm Ph 8241 1411



## In the Media

### ◆ Why we must all must avoid palm oil *(continued from page 1)*

We are donating 100% of the profits from the sale of all framed & non-framed Orangutan prints, greeting cards and the 2012 calendar (now only \$10) to: The Centre for Orangutan Protection (COP) [www.orangutanprotection.com](http://www.orangutanprotection.com) and The Orangutan Land Trust (OLT) [www.forests4orangutans.org](http://www.forests4orangutans.org). Every time you shop at Ethikool, part of your purchase goes directly to these two charities.

Kerri Jones & Glenn Alderson from "**Ethikool**"... ethical shopping

Contact us: [infor@ethikool.com.au](mailto:infor@ethikool.com.au) Kerri: 0418 730 301 Glenn 0424 554 764

Palm oil free and vegan shopping: [www.ethikool.com.au](http://www.ethikool.com.au)

View Orangutan photographs: [www.glennalderson.com/borneo-project.php](http://www.glennalderson.com/borneo-project.php)



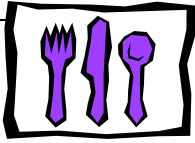
### ◆ Vegetarian eating cheaper than non-vegetarian in Adelaide

Last year Lexie Brooking-Carter, a year 11 student at Pultney Grammar School, investigated "the effects a vegetarian diet has on the financial and social aspects for a practicing vegetarian" as a SACE project, Lexie compared prices of foods for a vegetarian diet with equivalent non vegetarian items in 3 supermarkets and in eating places in Adelaide. She came to the conclusion that "vegetarian diet is generally more cost effective". However when looking at social implications she concluded that it is "more socially demanding". Lexie's report is very well presented with tables and graphs to back up her conclusions. She and her school should be proud of the quality of her work. VegSA is also grateful to Lexie. Although we suspected that it is more expensive to be a meat eater it was good to have some one else go and check it out.



## Products on the Market

- ◆ **HARVEY FRESH 100% Carrot Juice 1L.** Made from crushed Australian carrots with no added concentrates. Cost \$2.69 at Foodland, Norwood. (Harvey Fresh is Australian owned). Info: Harvey Fresh, Third St, Harvey, WA 6220 ph 08 9729 0600 www.harveyfresh.com
- ◆ **BLACKMORE'S DIGESTIVE ENZYMES** are suitable for vegetarians and vegans, according to its advert in the current Go magazine. Cost \$26.95 on special at Go Vita until 2.3.12, normally \$40.



## Eateries Update

**New:** We are happy to welcome to our Vegetarian Eateries list:

- ◆ **THE ANNEX**, 3 Waterloo Rd, Glenelg. Open Hours: Mon - Sat. 7.30am - 4pm Plus monthly poetry readings. Ph 8295 5335 email: theannexcafe@gmail.com website: theannexcafe@gmail.com
- ◆ **AUTHENTICITY HEALTH AND WELBEING RETREAT VEGETARIAN CAFE**, 14 - 30 Waterport Rd, Port Elliot, SA 5212 Ph 8554 2088 email: booking@authenticity.com.au Open 1 - 3 pm lunch (a la carte). Dinner each evening - chef's choice \$40 pp

**2 eateries closed:** Sadly we have heard that **Vego to Go** at Norwood and **Clearlight Cafe** in Rundle Street have both closed.

## Up Coming Events

### • Speed Dating - Saturday 31st March 7:30pm at Bliss Organic Cafe

Looking to meet a vegetarian or vegan partner? Looking to make new vegetarian or vegan friends? Then come along to the vegetarian singles speed dating event on Saturday 31st March 7:30pm at Bliss Organic Café (7 Compton Street, Adelaide). Cost: \$20 per person, includes dating 10 to 15 singles for 6 minutes each plus complementary drinks and nibbles. *Open to single people of all ages from 18+, interested in or already living a vegetarian or vegan lifestyle. Different age groups will be offered. Please book in by Friday 30th March with Su or Corin (\*see Diary Dates next page for contact information). Give your first name, age and preferred age range so we can prepare name tags and work out what age groups to allocate people.*



• **“Flu Factory” by Michael Gregor.** *Intensive animal farming is a time bomb waiting to happen.* **Animal Liberation’s free film event - Sun April 29th, 2pm** at Community Centre, Regent St Adelaide (off Halifax St) Bookings and info: Di or Phil 8296 3803 or diphilcorn@gmail.com

• **Natural Health Society (SA) Meetings.** 7.30pm 1st Tues each month. Meeting & lecture at Unley Citizens Centre, 18 Arthur Street Unley. Further information: Secretary 8277 7207. Website www.naturalhealthsa.com.au **March 6th:** Dr Maureen Roberts (Drug-free, holistic psychotherapist): “A Practical Vision For Genuine Mental Health Reform”. **April 3rd:** 50th Anniversary Celebratory Dinner. Bookings by March 6th. **May 1st:** Adam Voysey of Roseneath Biodynamic Herb Farm: “Why and How I established Roseneath.”

• **Cancer Care Centre Health Expo. Saturday March 31st-Sunday 1st April 8.30am – 4.30pm** - At the Cancer Care Centre (CCC) 76 Edmond Ave Unley and Unley Civic Centre (behind CCC). Speakers include Dr Sinclair Body, Peter Taubert, Belle McCaleb and other top speakers on medical and alternative approaches to cancer care. Cost (includes lunch with veg options plus am and pm tea). Cost 2 days - \$175 (\$155 early bird booked by 16.3.12) or \$95/day. Contact CCC on 8272 2411 or website: www.cancercarecentre.org.au for booking form & program.

• **Friday April 27th 5.30 – 6.45 pm Breastlogic’s Somerset on radiation free breast imaging** (no painful mammograms!) Conservation Council SA 157 Franklin St Adelaide  
**Booking and info:** Anne 8390 2314 or vegsoca@gmail.com

*(More events and VegSA activities next page)*



# VegSA Diary Dates

## VegSA Dates

### ◆ VegSA Annual General Meeting - Sunday May 6th

Includes lunch and raw food demonstration. Venue: Community Centre, Coglein St, Adelaide (Parking in nearby streets or \$5/day in Central Market). 11.00am - **AGM** (see enclosed notice and agenda). 12.15 pm - **Shared lunch**. 1.30pm - **Talk and demo**: Pauline Toro of 'Rawlifeoz' will talk about her raw cooking and demonstrate a raw dish with samples to taste.

◆ **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

◆ **Vegewise Group** 3rd Tuesday each month - 12 noon (unless otherwise stated) at a vegetarian eatery or one with good veg options. Bookings: Joy 8326 0564 or 0428 832 605  
**March 20 - Organic to Go** - 365A & 363B Glen Osmond Rd, Glen Osmond. **April 17 - Thea** 110-112 Gawler Place, Adelaide. **May 15 - Wilsons Organics** (in store Cafe) - 11 Market St Adelaide.

◆ **Northern Vegetarian Group** meets once or twice per quarter. Contact Karin 8281 7694 or 0466 972 112. Next get-together: Saturday April 7th - 9am-1pm. **VegSA Info stall at One Tree Hill Market** then visit Natalie's Kitchen (opposite the market).

## Other Activities

### Vegetarian Singles:

**Saturday 3rd March** - Lunch 12:30pm at **The Annex Cafe**: 3 Waterloo Street, Glenelg (just off northern side of Jetty Road about half way down)

**Saturday 17th March** - Dinner 7pm at **Chefs of Tandoori Second Innings**: Shop 8, 259 Unley Road, Malvern. Option of going to Eggless afterwards for delicious desserts.

**Saturday 31st March** - Vegetarian Singles Speed Dating 7:30pm at **Bliss Organic Cafe**. (see information previous page)

**Saturday 14th April** - Picnic 12:30pm at **Heywood Park** (southern end of King William Road at intersection of Northgate Street, Unley Park). Parking available on Addiscombe Place (southern side of park). Please bring vegan or vegetarian food to share, seats, crockery, cutlery, drinks

**Saturday 28th April** - Dinner 7pm at **Sarah's Sister's Sustainable Cafe**: 117 Semaphore Road, Semaphore

**Saturday 12th May** - Lunch 12:30pm at **Zenhouse**, 17-19 Bent Street, Adelaide

**Saturday 19th May** - Dinner 7pm **Legacy of India**, Blackwood: Shop 2, 180 Main Road, Blackwood

**Saturday 2nd June** - Lunch 12:30pm at **Bliss Organic Cafe**, 2 Compton Street, Adelaide

**Saturday 16th June** - Dinner 7pm at **Vegetarian Delight**, 462a Port Road, Hindmarsh.

(Option of going to Eggless afterwards for delicious desserts)

**Saturday 30th June** - Lunch 12:30pm at **The Green Room** on High Street: 2 High Street, Willunga.

*Just across the road is the Willunga Farmers Market held every Saturday from 8am-12:30pm*

**\*For bookings and more information:** Su 8326 1062 email: vegsu2003@yahoo.com.au or Corin email: coco39@internode.on.net

### Adelaide Vegans

Brings vegans together for networking and social gatherings.

**Dinner every Friday evening** at various vegetarian restaurants in the Adelaide CBD. **Bookings essential** for dinners to enable the venue to reserve a table. For details and bookings see **EVENTS** page on the website: [www.adelaidevegans.org](http://www.adelaidevegans.org) or contact John: [jbrasted@internode.on.net](mailto:jbrasted@internode.on.net) ph 0428 225 712 or Shane: [swardshane@yahoo.com](mailto:swardshane@yahoo.com) ph 0410 481 290.

**'Raw' picnic** - Last Sun each month in Adelaide Botanic Garden Ph Morgaine 0435 519 477

*More Diary Dates previous page*

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