



Vegan & Veggie Cambridge

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www.vegancambridge.org.uk

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BOOKS

Remember that you can purchase a range of useful vegan cookbooks, resource books or other stuff (like vegan condoms) from me. Alternatively, shop online at www.vegansociety.com

Do let me know what you think and send me any contributions or ideas, using the contact details on the back page. If you would like to receive the next issue directly, please either email (for an electronic copy) or send an SAE (for a paper copy).

Events – see also www.vegancambridge.org.uk/events/index.html

2nd Saturday of every month: Cambridge Vegans and Vegetarians meet in Rainbow Café at around 11am for tea/cakes/chat. We aim to leave by 12.30 unless you are ordering lunch as they get very busy.

24th July, 21st Aug, 25th Sept, 30th Oct: Cambridge Vegans and Vegetarians stall in Lion Yard...hopefully. Let us know if you can help. N.B. 30th Oct is the day before World Vegan Day.

Good Things About Being Vegan

(what you said...)

- It provides an instant conversation and gives you a chance to tell people why you are vegan and show them how healthy and tasty it is
- Being able to look animals in the eye
- Helping to reduce suffering
- Having a clear conscience, being honest about the consequences of your actions
- Fantastic healthy food
- Food is often naturally quick to prepare and cheap
- Getting special meals prepared for you when eating out that make everyone jealous
- Feeling that you can make a real difference
- Great comradeship between likeminded people
- Persuading people to try new foods
- Encouraging people to think
- Empowerment, inner strength and confidence that you lead a sustainable and non-hypocritical lifestyle
- Finding those glorious, tucked away veg restaurants etc
- Meeting people that restore your faith in humanity





Vegan Wine and Beer

The following wine/beer makers/suppliers are registered with the Vegan Society

- Seddlescombe Organic Vineyard
- Samuel Smith
- George Bateman & Son
- Pitfield Brewery
- Broughton Ales

Seddlescombe Organic Vineyard
(www.englishorganicwine.co.uk) produce red (including England's first oaked organic red), white and sparkling wines. All their wines are organic and produced to vegan standards. They offer free delivery on orders over £59 and better deals on orders of 4 cases or more. View their selection online at www.englishorganicwine.co.uk

On April 25th, some of us tasted wines from **Lurgashall Winery**
(www.lurgashall.co.uk)

Flavours include:

Silver Birch *delicious, medium sweet*
Rose Petal *lovely if you like Turkish delight*
Gooseberry *very dry*
Rhubarb *distinct flavour*
Blackberry *very fruity red, lovely*
Apple *light and tasty, reminiscent of cider*
Plum *tangy*
Elderberry *didn't taste*
Elderflower *didn't taste*

Also liqueurs:

Walnut
Black Cherry
Blackcurrant
Bramble
Rapsberry
Redcurrant
Strawberry
Sloe Gin
Elderberry Port

If anyone is interested in ordering any, contact me and I will put in a bulk order. Let me know ASAP.

The websites of Tesco and Waitrose have lists of vegan wines, beers, champagnes etc.

Local News/Reviews

Mango Organico: Smoothie/Juice bar. Lots of veggie snacks. They have soya milk and vegan ice cream available for coffees and smoothies. The bread is vegan. They offer a lunchtime delivery service. Mon-Sat 0930 – 1730. 2 Cobble Yard, Napier St, Cambridge. 01223 309807. May be moving soon.

Don Pasquale: Italian run pizza and pasta restaurant and café in the Market Square. Apart from offering the best espresso in town, their pizzas are divine and they do a good range of salads and pasta dishes. Open every day.

Organic Health: Organic shop with a wide range of vegan products. Everything is GMO free and there are ranges of fresh, fairly traded and local produce. They also have an alternative therapy room. They intend to stock a range of vegan wines soon. 87 Church Rd, Hauxton, Cambs, CB2 5HS. 01223 870101. Open Tues, Wed, Fri, Sat: 9-5; Thurs: 9-6.30.

Madal Bal: Now shut
4U-2-Wok: Now shut

Recipe

Cheese Sauce

1 cup sweetened soya milk
1 cup sunflower/veg oil
1 tbsp lemon juice or vinegar
2 tbsp yeast flakes
2 tbsp tomato sauce

Warm the soya milk in a pan, don't boil, pour into blender and blend in the oil, add the lemon juice/vinegar while blending.

Add yeast flakes and salt, tomato sauce
To thicken further (e.g. for cheese on toast or pizza topping) blend in potato flour/mashed potato or something similar.

This recipe was devised by Tony Weston of the Vegan Society

Do you have any recipe ideas or information you would like to share? Send them to us for possible future inclusion.





Good sources

Kelp/Kombu:

- Dried/powdered – use in cooking
- Tablet form
- Use dried strips in soups/stocks and when cooking beans

Other seaweeds: variable iodine, less than in kelp, but useful

- Nori – use to make sushi rolls, eat as a snack or sprinkled as flakes on food.
- Wakame – add to stir-fries, soups, salads or mix with rice
- Red and green algae

There are many varieties of seaweed, all will provide some iodine, but none as reliably as kelp.

‘Supplements’

- Holland & Barratt do a range of vegan kelp tablets
- Lifeplan produce Vegan Society registered kelp supplements providing 245µg Iodine in each (www.lifeplan.co.uk)
- Other producers of vegan kelp tablets include: Bio-Health Ltd, FSC (part of GNC), Health Plus, Higher Nature. Vega Nutritionals produce a vegan mineral supplement that includes kelp.
- Beware, many multivitamin and mineral mixtures do not contain Iodine

Nutrition – Iodine

A reasonable iodine intake is essential for the correct function of the thyroid. The thyroid affects weight control, heart rate, cholesterol levels in the blood, skin condition, eyesight, emotions and muscle strength. It releases iodine containing hormones that affect your metabolic rate (the speed you use energy from your food).

Iodine levels:

A deficiency in iodine reduces the function of the thyroid which can impair early brain development (and in extreme cases, lead to cretinism), or, at any age, lead to weight gain, skin problems, increased cholesterol and homocysteine levels.

An excess of iodine can have an adverse effect on some people, for example, it may lead to an accelerated thyroid function and this may lead to osteoporosis.

Iodine sources:

The iodine content in any food is controlled by the iodine content of the soil the food was grown in. Seaweeds tend to be very rich in iodine, but again, the content is variable because it depends on the iodine levels in the seawater at the time of harvest.

Iodine is added to many table salts, but intake from this source is then linked to sodium intake.

Kelp (kombu/brown seaweed) is the most reliable source of iodine.

In case you are wondering, meat eaters obtain iodine from foods because animal feeds are fortified with iodine.

Recommended intake:

The recommended daily allowance is 150µg.

For children under 10 years of age, the intake should be up to 17µg per kg of body weight.

For an adult, an adequate intake may be ensured by consuming 15-30g of kelp/kombu a year.

It is best to consume iodine frequently, in small quantities.

Further information on Iodine and other nutrients can be found on The Vegan Society website and in Plant Based Nutrition and Health by Stephen Walsh.

This information comes from a variety of sources, including The Vegan Society and Stephen Walsh PhD.





Previous Events

The **World Day for Lab Animals** was held in Cambridge on April 17th.

We had a hugely successful day, selling Vegan Society merchandise, giving out leaflets, talking to people and getting ourselves seen.

Many thanks to Vanessa, Stephen, Amy, Subra, Roger and Anna for all their hard work.

The **Cambridge Vegans and Vegetarians Wine Tasting** on April 25th. As mentioned earlier, Lurgashall Winery provided us with a wonderful range of wines to try.

Strawberry Fair was on Saturday June 5th. Thanks to Roger, Anna, Amy, John, Shilpa, Vanessa and Stephen and all the offers of help on the day. We shared our pitch with Pat & Sue, which worked out really well.

Other Events

Vegan Society Diamond Jubilee Awards and Fundraising Dinner Dance 4th November 2004.

Contact Tony Weston for details: 01424 448828. Reserve your place now.

World Vegetarian Congress 8th – 14th Nov: Florianopolis, Brazil. Conferences, workshops, seminars, cooking classes, nutrition, products, fashion, feasts, music, tours and more. See www.ivu.org/congress/2004/index.html for information.

Vegan Society Jubilee Year Nov 2003 – Nov 2004

Let's try to raise awareness of veganism in the area this year.

The '**Why Vegan**' leaflets are out and a great tool for encouraging people to consider veganism. If you want some to distribute, let me know.

Want to help out on a stall in town? Fancy organizing a stall or event? We have tons of leaflets, a banner, table and other stuff available to help promote veganism.

A kind offer has been made to host a vegan BBQ. If you would like to go to an all vegan BBQ this summer, get in touch and we will try to get it arranged.

The Vegan Society

Membership costs £21 for an individual. Different rates apply for family membership, life membership and unwaged individuals.

Contact the Vegan Society on:

T: 01424 427393 or 08454 588244

W: www.vegansociety.com

E: info@vegansociety.com

M: The Vegan Society
Donald Watson House
7 Battle Rd
St Leonards-on-Sea
E Sussex
TN37 7AA

Remember to keep your membership up to date if you want the VS to continue campaigning on your behalf.

Application forms and information packs are available from us.

Vegan Cambridge
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If you require a postal response, please send an SAE. Contributions always welcome and encouraged

