

IN THIS ISSUE: *Luxury* VEGAN FASHION

VeganLife

October 2020 | issue 64 | £5.99

The lifestyle magazine written by vegans for vegans

Frighteningly
TASTY

Halloween recipes

**Beautiful
brunches**

It's not just for
the weekend

Little
vegans

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The
ultimate
guide
to vegan
make-up

**Zero-waste
chef**



Max La Manna



Animals in Lebanon | The power of quinoa | Investigating light pollution

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EVENTS & MEDIA



Hello,

In what seems to have been the blink of an eye, October — the month of soups, spooks and sweets — has arrived. It is the time of year when the evenings really start to pull in and ever more leaves turn the all-encompassing shades of sunset. Whilst autumn brings with it the end of summer and all its associated fun, we needn't be sad, because there is lots to celebrate and loads to look forward to, including Halloween.

Like it or lump it, the 'scary' holiday gives us the opportunity to embrace all things pumpkin, along with suitably-themed treats — turn to page 77 for spiced lattes, risottos, toffee apples and cheesecakes that'll make you Halloween's biggest fan. And, to accompany your frightfully good meal, Oliver Coningham has rounded up the best tipples for Allhallows Eve, on page 110.

As well as using this issue to mark the turn of the season, we would also like to take the opportunity to commiserate and remember an extremely sad turn of events that took place back in June — the death of animal activist, Regan Russell. Turn to page 24 to hear more about her incredible life and work to end animal exploitation.

Whilst the vegan community has lost one of our most brilliant advocates, we are ever gaining people to admire and emulate — zero-waste chef Max La Manna is cooking up awareness wherever he goes (p.18), Laura Gaga is saving food waste on her travels (p.94) and Victoria Featherstone Pearce only chooses cruelty-free fashion (p.104). But it is not just individuals working hard to make changes — in the world of business, brands are also making passionate choices to change the world. Maria Slough catches up with the innovative CEO of NATURLI', Henrik Lund, on page 56.

Remember — even though the temperature is cooling and there are less hours of sunshine, the arrival of colder, darker days is worth rejoicing, because it marks the end of a brilliantly successful summer spent contributing to veganism. Now, it's time to show how easy it is to keep warm with wool-free jumpers and satisfying plant-based soups. Each month that passes means another month being vegan — saving animals and the planet.

Have a good one!

Gemma Tadman

Editor



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Over to you

Your letters, emails and musings

Next Month's **Star** Letter Prize



Send your letters or poems to Gemma.Tadman@primeimpact.co.uk, to be in with a chance of winning three full-size bags of Purition's new vegan protein flavours, worth over £50. Ideal for health and wellness seekers, Purition is high in fibre and protein, low in sugar and carbohydrates and contains healthy fats from the fresh seeds and nuts. New flavours — Vegan Coconut, Vegan Pistachio and Vegan Almond have been created with an enhanced recipe containing golden pea, organic sunflower, organic pumpkin and hemp seed — natural and delicious proteins. Blended into a tasty smoothie in less than 30 seconds, Purition is a meal that you can drink, made with real food ingredients. Get in touch to win a 500g bag of each new Purition Vegan flavour.

Why Cows Cry

They cry, they won't tell you that,
But they cry. They cry
For their daughters, cruelly taken
From them, just so someone else
Can drink their milk. They cry
For their sons, snatched away
At birth, just because they hold
No profit for the farmer. They cry
For themselves, because they
Carry milk for their children
Not yours. They cry because
They don't understand and I cry
Because I don't understand. I cry
For the daughters whose milk
Should be their own. I cry
For the sons, who deserve
A chance to live. I cry
For the mothers, who just want
To feed their children.
I cry with them, will you?

By Brontë Dines-Allen

Brontë wins a three-month supply of Vegan Collagen from Raw Beauty Lab, worth £105.

Star
poem



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Share your pictures with us

Companion animals are taking over our beds

Millions of animal-mad Brits are getting so close to their companion animals that they are treating them like humans, a survey by animal welfare charity, Brooke, has shown.

Two in five people let their dog or cat share their bed, while one in three humanise them so much that they refuse to be naked in front of them. According to the survey, over two thirds let their companion animals onto furniture, just under half will give their animal human food and another third will happily let their furry friend lick their face.

Half of Brits have admitted they wish they could learn more about how to interact with their companion animal, to ensure they are keeping them happy, but less than a fifth have decided to seek that support.

This comes as Brooke aims to improve the British public's knowledge of its animal handling project. Dr Jennifer Wathan, Brooke's global animal welfare advisor specialises in animal behaviour. She says: "People love their companion animals and want the best for them, and that's why it's really important for us to make sure we understand how to

correctly handle the creatures we share our lives with."

Wathan continues: "Handling of animals is critical to the health and happiness of both animals and carers, and can mean the difference between good and poor welfare. Brooke has always made promoting welfare-friendly animal handling practices an integral part of our work across the world."

Brooke has created a range of helpful factsheets full of tips and interesting study findings that show the British public how handling can affect animals.

It's important that people also

remember that animals aren't always the same as humans and need to be treated as such to ensure they are happy. Amid the Covid-19 pandemic, demand for companion animals has skyrocketed as many are forced to spend more time at home. But although plenty of research is done surrounding breeds, food and even styles of beds, Brits aren't taking the proper steps to ensure they are correctly handling their furry friends — which can have lasting impacts on the animal's wellbeing.

You can find Brooke's fact sheets and more information about handling at thebrooke.org/animalhandling



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Vegan news

All things vegan from the worlds of entertainment, politics, sports, animal advocacy and more. Got news for us? Email vegannews@primeimpact.co.uk

M&S add new vegan marshmallows into their Plant Kitchen range

High street retailer Marks and Spencer's have expanded their Plant Kitchen range once again — with vegan-friendly vanilla flavoured marshmallows.

Katy Patino, M&S product developer, says: "The key to the marshmallows was making sure they are suitable for vegans with absolutely no compromise on texture or flavour. We made sure each pack is full of the best soft and squishy marshmallows that give you a warm and fuzzy feeling inside when you pop them into your mouth — we can't wait to hear what customers think about them!"

Plant-based Instagram account @accidentallyveganuk announced the breaking news, posting the marshmallows to their page. Vegans went crazy, with over 22,000 likes and over 2,000 comments.

The marshmallows have come at a great time of year, as the evenings pull in and nights start getting colder. They are perfect for toasting over an open fire or for using to make vegan-friendly s'mores.



Product of the month



Henry Westons

Cloudy Vintage Cider

Henry Westons sparkling Cloudy Vintage Cider keeps the clouds bottled, with a lightly hazy colour which delivers a crisp, fresh taste. Always best enjoyed cold, this full-bodied and fruity character holds an unmistakable medium-dry finish.

For 140 years, Henry Westons has been crafting cider to perfection, and today has an array of premium, vegan ciders on offer within the Henry Westons Vintage range. Henry Weston first started crafting cider from bittersweet apples grown on his farm in Much Marcle, Herefordshire. Over many years he refined the art of Herefordshire cider-making. Today, the ciders are crafted from apples grown in Herefordshire, Gloucestershire and Worcestershire and are slowly matured in oak vats to deliver a smooth and rounded cider.

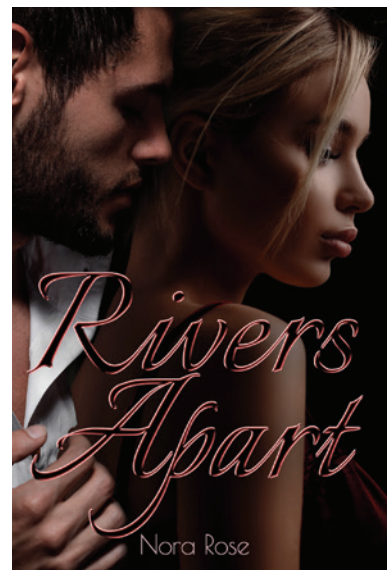
£2.10 per 500ml bottle, westons-cider.co.uk

Rivers Apart by Nora Rose is set to be a best-seller

Nora Rose is a vegan author bringing veganism and plant-based eating to mainstream fiction. *Rivers Apart* is a love story like no other:

Nate is a world-class chef and famous TV personality. Evie is an animal liberator and in danger from a terrifying stalker. Thrown together by extraordinary circumstances that will change their lives forever. Forced into hiding, Evie must battle her morals when her world collides with that of Nate Rivers, one of the world's leading culinary chefs. Thrown into the limelight of his showbiz world, two people who should never have met now have to find their way together through a journey of heartache and deception, on a rollercoaster ride of emotions while trying to stay alive. Can their love overpower everything against them? Available at Amazon and all good bookshops.

£3.99 kindle, £10.99 paperback, Amazon universal link: getbook.at/RAPART





“

Alicia Silverstone:

Being vegan helped me realise I can say and do what I believe is right. That's powerful

”

The International Vegan Film Festival goes virtual

In light of COVID-19, the International Vegan Film Festival will be doing something entirely new for its third annual event. It's going virtual.

The 2020 festival will take place online with digital screenings, panels and filmmaker Q&As, from October 10th–17th. The event will be held on the Eventive platform with the full schedule of events.

Founded in 2018, The International Vegan Film Festival is the world's premier vegan movie festival, dedicated to celebrating the vegan ideal: a healthier, compassionate, environmentally-friendly lifestyle that can be achieved through the consumption of plants and animal-free alternatives.

'Like many other live events around the world, we've had to adapt to prioritise the safety, comfort and well-being of our community,' said festival executive director, Shawn Stratton.

The full list of films playing in the festival is available online, and includes the highly-anticipated documentary on late animal activist, Regan Russell. For more information, visit theivff.com



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V-eat Out...

The Topsy Vegan

The Topsy Vegan is a hidden gem located in the historic Lanes of Norwich, serving mouth-watering comfort food and social drinks. It's a city-centre hotspot for weekend brunch, dinner and cocktail/tapas get-togethers.

A focus on high-quality ingredients enables their chefs to create unique and innovative menus — taking plant-based food to a whole new level. The team make almost everything in-house from scratch, from their mayonnaise to their seitan burgers to their tofu bacon and everything in between. For a hearty main, try the delectable jackfruit shawarma (£10) — shawarma marinated jackfruit and chickpeas with lemon dressed Middle Eastern salad, house houmous, rice pilaf and tomato, on a warmed flatbread wrap. If you want tapas, make sure to try the arancini (£5), comprising of sun-dried tomato and basil risotto balls in breadcrumbs, served with pomodoro sauce. Visit thetipsyvegan.co.uk



3 ways to eat... French



Buy: La Boulangerie Vegan Croissants,
£2.59, thevegankindsupermarket.com

Dine: Gauthier Soho, London,
gauthiersoho.co.uk

Make: 'Chick'n' Normandy,
veganlifemag.com/chickn-normandy



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Vegan Seafood

The Plant-Based Seafood Co. has won a major award for its 'Mind Blown' coconut shrimp. It was named the Editor's Pick 'Most Disruptive Product' of 2020 in Prepared Foods' Spirit of Innovation awards.

Miyoko Butter

Dairy-free brand Miyoko has been given permission by the United States District Court Northern District of California to use the terms 'butter', 'cruelty-free', and 'lactose-free' on its products. The win follows a long court battle.

Plant-based Cheese

A new study by Market intelligence company Transparency Market Research has found that the global vegan cheese market could reach \$2.5 billion by the end of 2020.

HERO to ZERO

What's going up and down this month

Tiger King

The controversial Oklahoma zoo that features in Netflix documentary *Tiger King* is set to close to the public indefinitely.

Leicester Pig Farm

An undercover investigation by Viva! revealed mass suffering at Flat House Farm — a 'Red Tractor' pig farm in Leicestershire. Hidden cameras recorded footage of starving pigs with bleeding hernias, deformed trotters and prolapses. The farm has lost its accreditation.

COVID-19 & Meat

New research has found that the Coronavirus can live up to three weeks on frozen fish and meat, making the importation of contaminated food and packaging a feasible source for outbreaks.



Leading French zero-waste cosmetics brand, Lamazuna, launches in the UK

Lamazuna, a French-based, zero-waste cosmetics brand has just launched in the UK, having been leading the way in Europe since it was established back in 2010.

Over the years Lamazuna's range of ethical and zero-waste products have helped save over 46 million items of plastic from being sent to landfill, including over 34 million cleansing wipes and over 1 million bottles of shampoo. Dedicated to standing up for people and the planet, Lamazuna is committed to inspiring customers through innovative, eco-friendly products designed to help change the world as we know it.

Lamazuna was the first French brand to offer solid toothpaste and deodorant back in 2014, and since then they have continued to innovate with their range of plastic-free products which are naturally derived, made with organic ingredients and certified cruelty-free and vegan by PETA. Since 2013, the brand has been donating a percentage of profits to tree planting initiatives in France and across the Peruvian Amazon, as well as donating profits to Surfrider Foundation (surfrider.org) to help support their work in protecting and preserving the world's oceans.

Founder, Laëtitia Van de Walle comments: "We're so excited to be bringing our range of zero-waste products to the UK. We're working with our amazing distributor at Living Planet, who are dedicated to offering customers better quality products that don't harm our planet. As a true purpose-driven organisation we've already saved millions of plastic products from ending up in landfill, and we can't wait to continue on this journey."

To truly reflect its environmental values, Lamazuna has obtained a TerraCycle zero-waste box to ensure its used toothbrush heads and reusable cleaning wipes can be recycled and turned into new products, to ensure the brand stays truly zero waste.

For more info, head to lamazuna.co.uk





Follow me Socially

Abdourahamane Ly

Known on Instagram as the 'African Vegan' Guinean-born Abdourahamane Ly is a passionate and multilingual animal activist and plant-based influencer. Currently in Rwanda, but based full-time in China, Abdourahamane hopes to use his cross-continental connections to create awareness surrounding vegan inclusivity and accessibility to black people and other people of colour. He believes it is important to continue to amplify vegans of colour, particularly from economically underdeveloped countries. Abdourahamane works hard to garner interest in the connection between racial justice and veganism, as well as to spread interest of vegan products in Africa and China. Follow [@fulanivegan](#)

Editor's Choice

Lock & Latch Aromatherapy Vegan Reed Diffuser in 'No.6 Neroli Calm'



Lock & Latch's Vegan Reed Diffuser is perfect for creating the atmosphere of relaxing and calming spa, in your home. Made from pure essential oils and toxin-free, it carefully balances the oils of neroli, bergamot, lemongrass, jasmine, ginger and cedarwood. Lock & Latch are currently offering a 10 per cent discount, too, if you use the code VEGAN10 off your first order.

£20 for 100ml,

lockandlatcharomatherapy.co.uk

Vegan Entrepreneur



Harmony Haze

Based in the heart of Leigh Broadway, Leigh-on-Sea in the UK, Harmony Haze is a vegan and cruelty-free beauty salon run by a team of passionate therapists. Everyone specialises in their own field of expertise, to ensure that customers get the best service possible. The salon also has their very own B12 health therapist and nurse, to give that extra helping hand to visiting vegans. Harmony Haze's aim is to provide customers with a comprehensive range of bespoke beauty, holistic, wellbeing and aesthetic treatments, using a wide range of vegan and cruelty-free products. They believe that no one should have to compromise their values for the price of beauty, and they are work hard to achieve that in every way possible.

Follow [@harmony_haze_uk](#)

3 of the best... Vegan Protein Bars



Human Food

Developed to support a vegan diet, Human Food's bars are packed full of nutrients and are made from organically grown wholefoods. Their newest flavour, Organic Orange Oil, contains a whopping 100 per cent of your RDA of vitamin C, as well as 14g protein. Taster pack from £9.90, humanfood.bio



The Protein Works

The Protein Works' Ridiculous Vegan Protein Bars have been designed to balance conscience and cravings. They are palm oil-free, low in sugar, high in protein and fibre, and will keep you fuller for longer at less than 200 calories a bar.

From £2.99, theproteinworks.com



TREK

The perfect guilt-free sweet treat packed with plant-based protein. TREK's brand-new range of Protein Power Bars come in two delicious varieties: Millionaire Shortbread and Peanut Butter Crunch. Both bars boast 15g protein for the ultimate vegan and gluten-free boost. £1.75, eattrek.com



What's happening?

Vegan events for your diary

Saturday 3rd October

North Wales Vegan Festival
Plas Coch Sports Centre, Wrexham
Entry from £4, under 16s free
veganeventsuk.co.uk

Saturday 10th October

Bridport Vegan Market
Bridport Town Hall, Dorset
Free entry
whatsonindorset.co.uk

Saturday 31st October

Vegan Baking Class
Waterside Hotel & Leisure Club, Manchester
Tickets £100
foodsorcery.co.uk

The world's first vegan marketplace app is ready for 2021

A new app is soon to launch onto phones, with the aim of making every day vegan living hassle-free.

By early 2021, the plant-based food and marketplace delivery app eat.life, will be bringing delicious food, fabulous fashion and beautifully-crafted products right to your doorstep on zero-emission bikes and vehicles.

The company has been careful with the choosing of their partners, and are conscious about the environment, making them not only the first delivery app of their kind, but one of the most caring and sustainable.

Founded by digital nomads Craig De Gouveia, Alison Engel and Ella Valentine with the goal of 'Making ordering vegan food a breeze', eat.life was created not just to keep up with a rapidly growing market, but to support local businesses in the process.

Co-founder Ella Valentine, comments: "Our concept is shaped around supporting independent vegan restaurants and brands by providing them with an additional exposure and helping them generate more revenue. We want to create a vegan community with eat.life that makes it easier to order and deliver vegan food and goods for both, business owners and consumers."

The team want to bring a cruelty-free and sustainable delivery service to London and then move onto major cities around the world — with Paris and Berlin their next targets.

Visit eatlife.co

(foodspark.com)

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AND
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VeganLife

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- Cheese-mas — it's time to plan the Christmas cheese board
- Vegan Life takes a trip to wet and wild Wales
- We investigate the rising trend of veganism in Africa
- Get baking — the best cookies and biscuits to make at home

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omyoga & lifestyle

In the next issue:

- Yoga Teacher Training: the best teacher training options, including how some providers have shifted their courses online.
- Amazing Studios: showcasing some of the UK's premier yoga studios for readers to visit in real life — or online!

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PlantBased

In the next issue:

- Get cosy for autumn with our comfort food recipes that will warm everyone's bellies.
- Save time on the washing-up with our One Pot Wonders.
- Plus we'll share veganised Thanksgiving recipes, and take a look at plant-based baking.

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“In the UK alone, over 20 million slices of bread go to waste every day”

We catch up with Max La Manna, zero-waste vegan chef, award-winning author and BBC Earth presenter

Since 2017, Max La Manna has been working hard to change the way that people think about food. After working in restaurants for 15 years and seeing first-hand how perfectly edible produce is wasted, Max set up his online platform to try to turn the tide on rubbish and breath new energy into food scraps that are typically destined for landfill. His Instagram has now amassed over 120k followers, whilst his Facebook has more than 21k and his YouTube channel has surpassed 6k subscribers.

As well as a successful fleet of social medias, Max hosts a monthly No-Waste Supper Club in London, has written an award-winning cookbook, and has most recently started presenting a web series for BBC Earth, titled *Generation Food*. We catch up with the zero-waste chef to find out how it all began.

Hey Max! Tell us about your vegan journey.

I was first introduced to veganism over eight years ago. I was in the kitchen about to cook a meal for a few friends — a couple came over to ask if I was preparing anything vegan... and the rest is history. I've now been vegan for almost four years consecutively.

How and why did you get into cooking?

My father bought his first two restaurants when I was two weeks old, so I guess you can say I was born in the kitchen. I loved everything that was going on in the kitchen when I was a child — the sounds, the smells and the endless tasting. I always asked my parents if I could be involved because it gave me an outlet to express myself. Seeing them prepare food was amazing. The kitchen is my favourite place in the home.

How would you describe your cooking style?

Approachable, spontaneous, inventive and, of course, delicious!

What's the link between veganism and zero-waste living?

Eating plants has the lowest carbon footprint of all food trends and diets. Zero-waste is all about living and leaving a low impact on the planet, so you make the choice of where you want your produce to come from, how you use it and what you do with it when you waste it.

Why is food waste such a problem?

It's not just food that is being wasted, it's your money, too. Food that ends up going to landfill slowly breaks down and releases a toxic and harmful greenhouse gas called 'methane' which is 30 times more potent than carbon dioxide. The global emissions >



from food waste is six times more than air and ground transportation combined according to WRAP (waste resources action program, wrap.org.uk). We need to stop wasting food and we need to stop wasting it, right now!

Was it difficult to transition to zero-waste cooking?

Of course. You're disrupting a pattern and have to learn a whole new way to cook — it gets easier though. Look at your ingredients and get creative. Use your broccoli stalk and make a pesto. Use your potato and parsnip peelings to make crisps. Use the seeds of a butternut squash and toast them or make a veg stock using leftover ingredients and scraps. Make one small change today.

What are the golden rules of being zero-waste in the kitchen?

No one has told me the 'golden rule', but if I had to guess I would say, be resourceful, don't waste anything — reuse, refuse, repurpose and regenerate. Try and do the best you can.

“One third of the food we produce for human consumption is wasted every year — that's land the size of China that we need to grow food that is never eaten”

Do you extend the zero-waste ethos to other areas of your life?

Absolutely, but we are only human, and we are not perfect. This 'zero-waste' idea is not truly attainable — everything is associated with waste. I sometimes have to visit my family in America, so I'll need to take a flight. My rule now is to never waste food and if I fancy oat milk that comes in a Tetra Pak packaging, I will treat myself. Again, it's about doing the best you can.

What are the difficulties of being zero-waste in today's world?

Accessibility. I'm fortunate enough to have access to zero-waste refill stores and my council collects my food waste for composting. However, I know that most people find it very difficult to live a zero-waste lifestyle, so what I now encourage people to do every day is to make a small change, make one change today, and create the world you want to live in.

“Food waste is not just wasted food, it’s wasted money, wasted time, wasted energy, wasted transportation, wasted labour and so much more”

What are three simple ways to reduce our own food waste?

Everyone can start doing these simple tips today, but first and foremost, the best thing to do is to educate yourself. Read, watch documentaries, listen to podcasts, ask questions and learn. My top three tips would be, one: buy and cook less food — we tend to overbuy and overcook.

Try this next time you shop. You may need to shop twice in a week, but this will help reduce your food waste and save you money, too. Two: share your food with friends, family and neighbours

— they’ll love you for this. Three: roll-over your leftovers you have saved and make an entirely new dish incorporating some fresh ingredients. Maybe you have leftover pasta from last night, reheat your pasta and add some fresh herbs and a bit of sautéed mushrooms and spinach — I guarantee you will love it!

It’s so difficult to avoid plastic. What are your top tips for people who want to limit their use?

Invest in a bottle that you can reuse endlessly. Switch to a reusable bag to

ditch single-use plastic carriers and choose package-free produce when shopping for groceries. If you can’t invest in a reusable bottle or bag, then reuse the plastic packaging you have. Less is more.

We love your book, *More Plants Less Waste*. What are your favourite things to cook from it?

Thank you! I’m really proud of my cookbook and can’t wait to share my next one with you. I’m a massive fan of the Stems-And-All Green Burger, which utilises leftover herbs and stems. I also love my plastic-free vegan butter that uses up the leftover liquid found in tinned chickpeas. Give it a try!

Where are your favourite places to eat out?

Living in London, I love visiting Farmacy (farmacylondon.com) and Mildred’s (mildreds.co.uk), but I like cooking from home. Nothing beats a home cooked meal.

What would you say are the three stats that people need to hear, to get them to act to help the planet?

One third of the food we produce for human consumption is wasted every year — that’s land the size of China that we need to grow food that is never eaten. Just in the UK alone, over 20 million slices of bread go to waste every day — and with the 2 million food insecure people living in the UK, we could make 10 million sandwiches to feed them five times. Food waste is not just wasted food, it’s wasted money, wasted time, wasted energy, wasted transportation, wasted labour and so much more.

In your opinion, what’s the best way to advocate veganism?

Just eat more plants and reduce your consumption of animal products. My book, *More Plants Less Waste* gives you the recipes, tips and tricks to put more plants on your plate and less waste in the bin. Check it out!

Have you got any more exciting projects planned for 2020?

I just finished filming a series for the BBC and have released a few projects with them on BBC Earth Facebook page. Keep your eyes peeled. ■

For more from Max, follow **@maxlamanna** on Instagram, or search for him on YouTube



Ask the experts

The Veganuary team answer your questions about veganism

Each month, send us your questions and we'll pitch them to those in the know. Whether you're unsure about the best way to cook tofu, or you need some vegan dating advice, we've got your back.

Q I don't want my vegan kids to miss out on Halloween treats. What plant-based sweets are the best?

Thankfully, there are plenty of plant-based sweet treats for little trick-or-treaters. On the high street you can pick up Starbursts, Millions, Skittles and Candy Kittens. Or you might like to go 'old skool' and introduce your children to some classics in the form of Love Hearts, Jelly Tots, Sherbet Dibs and Flying Saucers.

Online, visit The Conscious Candy Co. (consciouscandy.co.uk) which offers a fantastically varied vegan pick-and-mix, including fizzy sour dinosaurs, cherry cola bottles, and Halloween favourites, fizzy fangs and apple skulls. All their products are palm oil- and plastic-free so there are no hidden horrors.

And at The Vegan Kind (thevegansupermarket.com) you'll find even more family favourites including strawberry marshmallows, jelly dinos and vegabears.

If you want to make your money work a little harder, visit the online shops of animal protection groups Viva! (viva.org.uk) and Animal Aid (animalaidshop.org.uk). There, you can sign up to actively support their campaigns against animal farming, while at the same time choosing from their range of sweet and savoury snacks to help fund their important work. Our favourites there include salted caramel mallow puffs and vegan smarties, but you may feel, as we do, that these are worth hiding from the kids.

Our star buy

The Conscious Candy Co.

1kg Pick & Mix

This giant 1kg pouch is filled with sweets galore — all vegan and palm oil-free! The bag itself is also 100 per cent plastic-free and is the perfect size for sharing. The Conscious Candy Co. have over 60 varieties of sweets including favourites like bubble-gum bottles, fizzy strawberries, cherry cola bottles and fizzy cherries.

£9.99, consciouscandy.co.uk



Q I'm struggling to find a cruelty-free and vegan bleach to DIY dye my hair. What are some reliable brands?

While there are many vegan hair dyes available, it's not always easy finding bleach that contains no animal products and also has not been tested on animals. Some brands say they are vegan but a scan through the ingredients reveals items such as beeswax. However, vegan bleach does exist!

Hair bleach consists of two products — a developer and a bleach powder — which activate when mixed together to open the cuticle layer and allow the lightening agent to penetrate the shaft of the hair, stripping out the colour.

NXT (nxthair.co.uk) and Pulp Riot (pulpriohair.com) both produce vegan-friendly developers in a range of volumes, as well as bleaching powders, and these can be bought from various online retailers.

Manic Panic (manicpanic.com) — the creators of some of the best, most vivid vegan hair dyes around — also sell a developer (10, 20, 30 and 40) and powder separately or, if you prefer, you can buy their Flash Lightning Hair Bleaching Kit in both 30 and 40, which contains everything you need.

Bleach London (bleachlondon.co.uk) sells a vegan No Bleach Bleach, which is a little kinder on hair, though suitable only for medium-brown or lighter hair. They also stock toner kits, too, and their website marks which of their products are vegan.

Email Gemma.Tadman@primeimpact.co.uk with your questions about veganism.

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Image: Anita Krajnc/TorontoPigSave.org

Animal rights pioneer Regan Russell violently killed during pig vigil

Nicola Harris shares with us the events behind the death that shook the vegan nation

Regan Russell felt despair. On one of the hottest days of the year, June 19th, she stood outside Fearnmans slaughterhouse alongside her friends from Toronto Pig Save and New Wave Activism, just like she had done every week for the past three years. She was there to bear witness to some of the 10,000 frightened pigs hauled in trucks for slaughter that day; she would talk to them, provide comfort through the truck ventilation gaps, and offer them water — the first and only act of human kindness they would experience before their death.

This day was like no other, and tensions were running high. Regan held signs that read, 'All Animals Deserve Protection Under The Law,' and 'We Are Their Voice,' referring to a controversial new Bill passed two days before by the Ontario Government; Bill 156. She felt a weariness about what lay ahead, knowing it would become harder, and possibly dangerous once the bill received Royal Assent, to speak up for animals.

Dubbed an 'Ag-gag,' Bill 156 is a dangerous and undemocratic piece of legislation preventing undercover investigators, whistle-blowers, journalists and activists from exposing the horrific treatment of farmed animals, and it also allows farmers to use 'force' against them. In an attempt to hide unsanitary and unhygienic conditions, filming inside farms

or slaughterhouses will bring with it criminal sanctions, including prison. It specifically targets love-based community organising groups such as Toronto Pig Save and Animal Save Movement by preventing peaceful protests on public property. To offer water to an over-heating animal who is minutes away from death will be criminalised.

"The truck drove over Regan, and dragged her 30 feet under the cab wheel before stopping. Her life needlessly taken in a split second"

Just as the vigil was drawing to a close, a final truck arrived at the slaughterhouse. For reasons which remain unclear, the truck did not stop beside the pavement in the usual way. Instead, it deliberately moved to an outside lane, forcing protestors onto a busy road in order to bear witness and offer comfort to the pigs.

It was not the first time a driver had compromised safety, there had been an escalation of driver aggression in the preceding months. On one occasion a woman was taken to hospital with a cracked

rib after a truck hit her. Direct appeals to slaughterhouse owner Michael Latifi, pleading with him to agree to an activist safety agreement had been ignored, as had a 10,000-signature petition.

Regan chose not to join the group on the busy road and stood on the sidewalk beside the service road leading to the slaughterhouse. She waited for the light to turn green to cross the street and join the other activists, when the truck accelerated towards her at great speed. Exactly what happened next is unclear, but the truck drove over Regan, and dragged her 30 feet under the cab wheel before stopping. Her life needlessly taken in a split second.

In the immediate aftermath, there were pleas for the pigs in the truck which hit her to be spared and transported to the safety of an animal sanctuary. It would have been a small act of kindness in her honour, but the request was ignored, only adding to the tragic circumstances.

The 28-year-old truck driver has been charged with careless driving causing death and will appear in court this October. Anita Krajnc, the founder of Toronto Pig Save and Animal Save Movement has described the minimal charges as, 'Weak and feeble,' saying they do not amount to justice. Regan was a mentor to others and always did activism with kindness in her heart. Her life partner of 19 years, Mark Powell says,

"She died fighting for what she believed in. Whatever it cost, she would pay, sometimes it's money, sometimes it's this." He has called upon the Ontario Government to pursue justice by repealing Bill 156, which he says would preserve the sanctity of rights as free citizens to protest against injustice.

Regan, who was a model and the first Mrs Canada, became active for animals in the 1970s after reading *Animal Liberation* by Australian Philosopher Peter Singer. She was idealistic and driven, and her first action was to stand on a street corner with a sign against seal hunting. She believed her sign would make it stop, because 'When everyone knows, how could it possibly continue?'

"She was kind-hearted and gentle, often caring for sick and injured animals"

She was kind-hearted and gentle, often caring for sick and injured animals; but was also a fearless fighter and peacemaker who believed all life was 'worth fighting for'. Regan was a firm believer in intersectionality in her activism and marched with Black Lives Matter, campaigned for indigenous rights, fought for LGBTQ equality, and women's rights. She had been arrested 11 times for acts of civil disobedience and felt it was her duty to act, because 'How do you think women got the right (to vote)? How do you think slavery was abolished? People stood up and broke the laws — because they're stupid laws.' Regan's death leaves behind a loving family and an animal rights community in mourning, it has sent shockwaves through Canada and across the world. It has been particularly felt in the UK, where her violent and tragic death bears haunting similarities to that of British activist Jill Phipps who was crushed to death in 1995 whilst protesting against the live export of calves near Coventry airport.

Regan's friends, family, and the Animal Save Community have taken to the streets on a regular basis to demand justice for Regan, and to call upon the world to go vegan, with the #govegan4regan message now spreading across the globe. They have marched, protested at the offices of lawmakers, held candlelit vigils at Ffarmans, and continue to keep her name in the media spotlight. Animal Save Movement are also demanding the repeal of Bill 156 and the implementation of Regan's Law, a bill of rights seeking legal recognition of personhood and protection for farmed animals.

Within days of her death, activists in central London glued themselves to the streets outside the Canadian Embassy to

call for the repeal of Bill-156 and justice for Regan, and elsewhere 50 turkeys being raised for Christmas were saved from slaughter in Regan's name.

In Portugal, vegan political party PAN requested a moment of silence in Parliament, which was accepted and held to honour her life, and actions took place in several countries including Argentina, Austria, Costa Rica, Denmark, New Zealand and Israel.

PETA rescued two six-week old pigs from a farm in Iowa, and named one Regan and the other Russell. They will live out their lives in an animal sanctuary in upstate New York.

Actor Joaquin Phoenix joined a LA Animal Save Movement vigil holding a sign that read 'Save Pigs 4 Regan'. He issued a statement calling for solidarity, saying: "Regan Russell spent the final moments of her life providing comfort to pigs who had never experienced the touch of a kind hand. While her tragic death has brought upon deep sorrow in the Animal Save Movement community, we will honour her memory by vigorously confronting the cruelties she fought so hard to prevent by marching with Black Lives, protecting Indigenous rights, fighting for LGBTQ equality, and living a compassionate vegan life. The Ontario government can attempt to silence us with the passage of its Ag-Gag bill — Bill 156 — but we will never go away and we will never back down."

In India, Animal Save Movement teamed up with Million Dollar Vegan India to distribute delicious vegan meals to 4,000 people in the Dharavi Mumbai India slums as part of a 'Food Justice for Regan' initiative.

Activists occupied a slaughterhouse in Berlin to demand a transition to a healthy, sustainable food system, Regan Russell banners were hung from the roof top in an action which saw peaceful activists carried away by police.

The Regan movement continues to grow, and her legacy of love and compassion will live on in the hearts and minds of those she touched, and by the actions they take. She was fighting for a fair and just eco-friendly vegan world, describing herself as a mere pebble on the road to freedom for those who cannot speak. Like Regan, Animal Save Movement believe that when communities refuse to look away from animal suffering, and reach out to help animal victims, all slaughterhouses can be closed. They want to change the cultural norm so that looking away is socially unacceptable, but coming close and trying to help is the moral imperative. ■

Words by Nicola Harris,
thesavemovement.org





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Ever the crowd-pleaser, Fry's are back again with delicious vegan chicken-style goodies that will make mealtimes a breeze. Their Chicken-Style burgers are crispy coated and irresistibly tasty — great enjoyed in a bun with a salad and a side of chips. The burgers are also a good source of protein and fibre. Similarly, Fry's Chicken-style Nuggets are terrific for children and adults alike. These golden nuggets are a source of protein and fibre, and naturally cholesterol-free — delicious as a snack dunked in ketchup or served as part of a meal.

£2.50 each, fryfamilyfood.com

Vegan Spotlight

Our favourites this month

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Activated Nuts & Seeds

Boundless' delicious range of gut-friendly nut and seed mixes are available in four ground-breaking flavours — Orange, Ginger and Maple, Tumeric and Smoked Paprika, Tamari and Aleppo and Cayenne and Rosemary. Each portion-sized pack contains activated nuts and seeds that are high in protein, gluten-free, non-GMO, gut-health promoting and are perfect for a boost when you're on-the-go.

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£20 for 60 capsules, cytoplan.co.uk



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£4.86, myprotein.com

Jelly Good

Tracklements

Special Edition English Hedgerow Jelly

Tracklements new English Hedgerow Jelly is both vegan and gluten-free. It's made from Britain's favourite hedgerow and garden fruits including rich, sweet damsons and juicy blackberries, as well as Bramley apples to give the tiniest hint of tartness. Try a dollop with your next plant-based roast for a meal like no other, or on freshly baked bread!

£3.35, tracklements.co.uk



Next Level

Pimp My Salad

Coconut Bacon, Cashew Parmesan & Activated Super Seeds

Pimp My Salad's new salad toppers are here to make your meals stand out. Having been carefully created by brand founders Olga and Alex, the toppers use only the best ingredients, sourced from ethical suppliers, and are vegan, gluten-free and keto/paleo-friendly. Each is made using slowly dried cooking techniques, to ensure the nutrients in their ingredients stay intact, and each sprinkle of topper adds extra goodness to breakfast, lunch and dinner.

From £1.19, pimpmysaladonline.com



photo credits @alexandralewisphoto

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£25 for 4 cans, thomastipple.com



Coffee Time

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VeganLife

Soulful Soups

Recipe
p30

Pumpkin, Lentil &
Turmeric Soup

Ease into autumn with one
of these hearty bowls

Pumpkin, Lentil & Turmeric Soup

Serves 4

Don't know what to do with your leftover pumpkin? This soup is delicious, hearty and full of nutrients!

- 1 tbsp **oil**
- 2 **white onions**, diced
- 3 **garlic cloves**, finely chopped
- 1 tbsp **ginger**, finely chopped
- 1 **red chilli** (deseeded) and finely chopped
- 1 tsp **turmeric**
- 250g (8.8 oz) **split red lentils**
- 700g (25 oz) **pumpkin** or **butternut squash**, peeled and diced
- 1 **lemon**, juiced
- 1–1.5L (35fl oz) hot **vegetable stock**
- Handful of **coriander**

Optional toppings:

- **Soya cream**
- **Coriander**, finely chopped
- **Red chilli**, sliced

- **Croutons**
- **Parsley**, chopped
- **Pumpkin seeds**

- 1 Heat the oil in a large pan. Fry the onions until softened and starting to turn golden.
- 2 Stir in the garlic, chilli, turmeric and ginger and fry for approximately 1 minute.
- 3 Add the pumpkin flesh and lentils, then pour in the hot stock. Season, cover and simmer for 20–25 minutes until the lentils and vegetables are tender.
- 4 Add the lemon juice towards the end and then blitz the mixture with hand blender or in a food processor until smooth. Taste for seasoning and serve with choice of toppings.

Recipe and Images courtesy of Viva! veganrecipeclub.org.uk





Garden Vegetable Soup with Fresh Herbs

Serves 1

A feel-good classic with an option to add in lots of fresh herbs at the end, this soup is great with dill and chopped parsley. However, dill is not always to everyone's liking, so serve the herbs separately for people to scatter over if they like.

- A good glug of **olive oil**
- 1 **yellow onion**, sliced
- 1 **garlic clove**, peeled and chopped
- 1 **carrot**, finely chopped
- 1 **bay leaf**
- ½ **red pepper**, diced
- ¼ **courgette**, diced
- 1 **potato**, diced
- Handful of frozen or **fresh peas**
- 500 ml (17 oz/2 cups) **water**
- Handful of chopped **kale**
- 1 tsp **salt**
- Pinch of **black pepper**, to taste

To serve:

- 1 tsp chopped **dill**
- 1 tbsp chopped **parsley**
- Good-quality shop-bought **bread**

- 1 Heat the olive oil in a pan over medium heat and fry the onion, garlic and carrot until the onion is golden and the carrot is tender.
- 2 Add the bay leaf and the rest of the vegetables, except the kale. Add the water and let the soup simmer for 20 minutes until the vegetables are soft but not mushy.
- 3 Add seasoning to taste and stir in the chopped kale to wilt. Or, add kale to the bottom of the serving bowls and ladle hot soup over it.
- 4 Serve immediately with the chopped herbs scattered on the side and a side of home-made bread or just as it is.

Recipe from *Happy Food* by Bettina Campolucci Bordi (Hardie Grant, hardback and E-book). Photography by Nassima Rothacker.



Top Tip:

If you like firmer tofu, which better replicates that chicken mouthfeel, you can bake the tofu with ½ teaspoon of salt and ½ teaspoon of ground black pepper at 220°C/425°F/ Gas 7 for 10 to 15 minutes before adding it to the soup.

Chickenless Noodle Soup

Serves 4

There's nothing that a steaming bowl of chickenless noodle soup can't cure, which is why we turn to this comforting dish whenever we're feeling under the weather. In place of chicken we use extra-firm tofu, which adds texture and substance.

- 1 tbsp **olive oil**
- 1 **medium yellow onion**, diced
- 3 **medium celery sticks**, diced
- 3 **medium carrots**, sliced into thin rounds
- 4 **medium cloves garlic**, minced
- ½ tsp **dried thyme**
- 1.9l (8 cups) **vegetable broth** (or equivalent amount of **vegetable bouillon** and **water**)
- 1 **bay leaf**
- 230g (8 oz) of your **favourite pasta**
- ¾ tsp **dried dill**
- 230g (8 oz) **extra-firm tofu**, drained and sliced into small cubes
- 1 tbsp chopped **fresh parsley**

- 1 In a large soup pot over medium-high heat, heat the olive oil. Add the onion, celery, carrots, garlic, and thyme and sauté until the onion becomes translucent, about 5 minutes.
- 2 Add the vegetable broth and the bay leaf and bring to a rolling boil. Allow to boil for at least 5 minutes.
- 3 Add the uncooked pasta to the pot and continue boiling until the pasta is cooked (using the cooking time suggested on your package of pasta).
- 4 As soon as the pasta is tender, remove the pot from heat, remove the bay leaf, and stir in the dill and tofu. Serve garnished with a sprinkle of fresh parsley.

Recipe from *The Friendly Vegan Cookbook* by Toni Okamoto (Benbella Books).

Authentic tastes from the spiritual East



Vegan Massaman Curry
with Thai Fragrant Rice



Vegan Pad Thai



Vegan Red Curry



Vegan Green Curry



Sticky Rice



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Button Mushroom Tom Kha Gai

Serves 4

A velvety coconut broth, this dish is filled with sumptuous flavours. With lemongrass, kaffir lime undertones, shallots and chillies also diced and sprinkled in, this dish is packed with powerful and wonderful tastes.

- 6 large or 12 small **chestnut mushrooms**, sliced
- Thumb sized piece of **galangal** or **ginger**, finely sliced
- 2 sticks of **lemongrass**, bruised and sliced into 3cm pieces
- 6 **kaffir lime leaves**, chopped
- 1 **shallot**, finely sliced
- 3 **red chillies**, finely sliced
- 2 400g (14 oz) tins **coconut milk**
- 1 **lime**, juice and zest
- Dash of **vegan fish sauce** (if available — see top tip)
- Pinch of **salt** and **pepper**

To serve:

- Bunch of **coriander**, chopped
- 200g (7 oz) cooked **rice noodles**

- 1 Place the galangal (or ginger), lemongrass, kaffir lime leaves, shallot and chillies into a saucepan along with the coconut milk and heat slowly, gently stirring occasionally.
- 2 Cook for about 5 minutes, then add the mushrooms and bring just below the boil.
- 3 Cook for another 5 minutes. Season with salt and pepper, the lime juice and fish sauce.
- 4 Add the chopped coriander and lime zest and serve straight away with the noodles and extra lime wedges and chilli slices on the side.

Recipe and images from The Mushroom Bureau,
justaddmushrooms.co.uk

Top Tip:

if you can't find vegan fish sauce, try using some shredded nori sheets.



*Cover
recipe*

Spicy Swede Soup with Ginger

Serves 3-4

This delicious and spicy swede soup with ginger is a perfect dinner for a colder, autumnal evening. Quick and easy to make and a great way to get those healthy veg in.

- 1 **yellow onion**
- 1 **garlic clove**
- A little **olive oil**
- 2 **stalks celery**
- 3 **medium white potatoes**
- 3 **large carrots**
- 1 **large swede**
- 1 thumb-size piece of **fresh ginger**
- 2 **vegetable stock cubes** mixed into 600-800ml water
- **Salt** and **pepper**, to taste

Serve with (optional):

- **Dairy-free yoghurt**
- **Chilli flakes**

- **Tempeh chunks**
- **Croutons**

- 1 Add a splash of olive oil into a large saucepan over medium heat.
- 2 Roughly chop the onion and garlic and add them to the pan.
- 3 Peel the potatoes, carrots and swede and cube them. Chop up the celery and add the veg to the saucepan.
- 4 Peel and roughly cut up the piece of ginger and add to the saucepan alongside the vegetable stock cubes and water.
- 5 Cook everything for about 20 minutes or until all the veg is softened.
- 6 Transfer the soup to a blender and blend for 3-4 minutes or until smooth. Keep the soup warm on the stove until ready to serve.
- 7 Serve with toppings of choice.

Recipe by Romy London UK, romylondonuk.com



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Leek & Potato Soup

Serves 4

This is such a perfect winter warmer. The combination of leek and potato always works beautifully.

- 1 tbsp **sunflower oil**
- 1 **onion**, halved and sliced
- 2 **medium potatoes**, peeled and cubed
- 3 **medium leeks**, sliced
- 1 litre **vegetable stock**
- Pinch of **flaked sea salt**
- Grind of **black pepper**

- 1 Heat the oil in a large pan and add the onion, potatoes and leeks. Cook for 3 to 4 minutes until the vegetables are starting to soften.
- 2 Add the stock and bring to the boil. Season well and simmer for 10 minutes until the potatoes are just tender.
- 3 Take off the heat, and using an immersion blender, blitz up the soup until smooth.
- 4 Taste to check the seasoning, add salt and black pepper if needed, then serve. Enjoy.

Recipe from *The mymuybuena Cookbook* by Justine Murphy (Meze Publishing).

Carrot & Coriander Soup

Serves 4

On a cold evening, when there isn't much in the fridge, or you simply have little time, this will fill you, and everyone around you, up well.

- 1 tbsp **sunflower oil**
- 1 **onion**, chopped
- 1 **clove garlic**, peeled and sliced
- 1 tsp **ground coriander**
- 450g (16 oz) **carrots**, peeled and roughly chopped
- 1 litre **vegetable stock**
- Pinch of **whole nutmeg**, grated
- 2 tbsp chopped **fresh coriander**
- Pinch of **flaked sea salt**
- Grind of **black pepper**

- 1 Heat the oil in a large saucepan, add the onion and fry for 5 minutes until softened. Stir in the garlic and ground coriander, letting them cook for a couple of minutes.
- 2 Add your carrots and stock. Bring to the boil, then reduce the heat to a simmer. Cover with a lid and cook for 20 minutes until the carrots are tender. Stir in the nutmeg.
- 3 Take the pan off the heat, and using an immersion blender, start to blitz up the soup. Throw in half of the fresh coriander halfway through, then continue to blend until smooth.
- 4 Taste and season with salt and black pepper. Top the soup with the remaining coriander to finish.

Recipe from *The mymuybuena Cookbook* by Justine Murphy (Meze Publishing).

Tomato & Coconut Milk Soup

Serves 4

This is not your usual roast tomato soup! It's far more flavourful and soothing. The coconut milk gives a lovely smooth finish, while the tadka adds another dimension of flavour. Enjoy it alone or, for a more substantial meal, serve with rice or bread.

- 8 **medium tomatoes**
- 1 **carrot**, coarsely chopped
- 1 **onion**, coarsely chopped
- 4 **garlic cloves**, coarsely chopped
- 1 tsp **cumin seeds**
- 800ml (1½ pints) **water**
- 100ml (generous 1/3 cup) **coconut milk**
- 1 tsp **salt**
- ½ tsp **ground cumin**
- 1 tsp **dark muscovado sugar**
- Natural **dairy-free yoghurt**, to serve

For the tadka:

- 1 tbsp **rapeseed oil**
- 1 tsp **black mustard seeds**
- 4 dried **red chillies**
- 10 **fresh curry leaves**

1 Use a sharp knife to make a little cross in the base of each tomato. Pop them into a pan of boiling water for 4 minutes, then remove. Peel and discard the skin and roughly chop the flesh.

2 Put the tomatoes, carrot, onion, garlic and cumin seeds into a pan with the water and bring to the boil. Cover and cook on a low heat for 30 minutes, until all the veg are soft. Leave aside to cool slightly, then blitz to a purée in a blender. Return this purée to the pan, add the coconut milk, salt, ground cumin and sugar, and bring to the boil.

3 For the tadka, heat the oil in a small pan with the mustard seeds – once they start to sizzle, add the dried red chillies and curry leaves. Let them sizzle for a few seconds.

4 Pour the tadka over the soup and mix well. Serve with a dollop of yogurt swirled into the soup.

5 Store in an airtight container in the fridge for 3–4 days. Bring to the boil before serving.

Recipe from *Chetna's Healthy Indian Vegetarian* by Chetna Makan (octopusbooks.co.uk). Photography by Nassima Rothacker.





Sweet Potato & Miso Soup

Serves 4

This warming, subtly sweet soup is the perfect nourishing meal to give your skin a boost. The sweet potatoes are bursting with beta carotene, which is converted into vitamin A, essential for cell production. The soup is super creamy, and the miso paste adds a salty umami flavour, which works so well with the sweetness of the sweet potato.

- 1 **white onion**, peeled and finely chopped
- 1 **medium size carrot**, finely chopped
- 1 **celery stalk**, finely chopped
- 2 **garlic cloves**, crushed
- 500g (18 oz) **sweet potatoes**, peeled and cut into cubes
- 1 tbsp of **fresh ginger**, grated
- 1 litre of **veggie stock**
- 1 tbsp of **miso paste**
- 1 tbsp of **olive** or **coconut oil**
- A crack of **black pepper**

- 1 Heat up the oil into a large pan. Add the onion, celery and carrot and cook 8-10 minutes until they start to soften. Add the sweet potatoes and grated ginger and mix well.
- 2 Pour in the veggie stock, bring to a boil then turn it down to a simmer and cook for 20 minutes until the sweet potatoes fall apart. Add the miso paste and a crack of black pepper and stir.
- 3 Blend the soup until smooth using a hand blender or a normal blender. Serve with a generous sprinkle of the Walnut Savoury Granola (see recipe).

Recipe from the *Happy Skin Kitchen* E-Recipe Book by Elisa Rossi (£14.99), happyskinkitchen.com, @happyskinkitchen

Savoury Granola

Makes around 300g

Savoury granola might sound a bit odd, but it is really delicious — the perfect crunchy topping to add to so many different dishes. Walnuts have been used as the base as they are such a powerhouse of healthy fats and omega 3 fatty acid, which are so crucial for healthy and glowing skin. To make this granola extra nutritious, pumpkin, sunflower and sesame seeds have all been added – all bursting with beautifying minerals.

- 1 tbsp **ground flaxseed**
- 2 tbsp of **water**
- 100g (1 cup) **walnuts**, roughly chopped
- 50g (½ cup) **jumbo oats**
- 60g (½ cup) **pumpkin seeds**
- 60g (scant ½ cup) **sunflower seeds**
- 30g (¼ cup) **sesame seeds**
- 1 tsp **cumin powder**
- 1 tsp **ground coriander**
- 1½ tbsp **chilli flakes**
- 3 tbsp **olive oil**
- A generous pinch of **salt** and **pepper**

- 1 Preheat the oven at 150°C/300°F/Gas 2.
- 2 In a small bowl, mix the ground flaxseeds with the water. Let it sit for 5 minutes until you have a gloopy consistency.
- 3 In a large bowl mix together the walnuts, oats, pumpkin seeds, sunflower seeds, sesame seeds, spices, salt and pepper.
- 4 Pour over the olive oil and the flaxseeds mixture and mix everything together. Spread on a baking tray covered with some parchment paper and bake in the oven for 30 minutes until golden.

Recipe from the *Happy Skin Kitchen* E-Recipe Book by Elisa Rossi (£14.99), happyskinkitchen.com, @happyskinkitchen



Tomato Vegetable Soup

Makes 2 large bowls or 4 smaller bowls

There isn't much better when the weather is chilly than a big hot bowl of creamy tomato soup! This one contains added goodness, too, in the form of additional nutritious veggies.

- 400g (14 oz) **San Marzano** or **Roma** (Italian plum) **tomatoes**, halved
- 450g (16 oz) **vine tomatoes**
- 200g (7 oz) **cherry tomatoes**
- 1 **carrot**, diced
- 1 **celery stick**, diced
- 1 **onion**, quartered
- 4 **cloves of garlic**, lightly crushed
- 10g of **fresh basil**
- 2 tsp **dried Italian herbs** such as **basil**, **oregano** and **sage**
- 2 tbsp **olive oil**
- 2 tsp **balsamic vinegar**
- 250ml (1 cup) **vegetable stock**

- 1 Preheat the oven to 170°C/340°F/Gas 4.
- 2 Combine the diced carrot, celery and quartered onion together and lay on the bottom of your roasting tray. Drizzle on some olive oil and season with half the herbs. Mix to coat in the oil.
- 3 Place the tomatoes skin side down on top and scatter the garlic around. Drizzle with the rest of the olive oil and balsamic vinegar and season with the herbs and a good amount of salt and pepper.
- 4 Place in oven and roast for 35-40 minutes.
- 5 Once cooked, set aside the cherry tomatoes. Take the skins of the garlic and transfer the contents of the roasting tray along with the vegetable stock in a blender and pulse to get your desired consistency however, pureeing totally will produce a lovely creamy result.
- 6 Serve immediately and garnish with the cherry tomatoes still on the vine and basil leaves.

Recipe and Images by **The Anti Cancer Kitchen**, theanticancerkitchen.com





Top Tip:

To make Gomasio, place 300g (2 cups) sesame seeds in a heavy-duty frying pan and over medium heat, roast 10 minutes, stirring constantly until seeds turn golden brown.

Place seeds and 1 tbsp salt in a grinder then grind into a coarse meal.

Cauliflower & Coconut Soup

Serves 4

A wonderfully creamy soup with healthy cauliflower and filling coconut that'll have you full in no time.

- 1 **small onion**, peeled and chopped
- 1 **small garlic clove**, peeled and chopped
- 3 tbsp (45ml) **olive oil**
- ½-inch piece **fresh ginger**, peeled and grated
- 1 **small cauliflower**, washed and chopped
- 400 ml (1⅓ cups) **water**
- 80ml (⅓ cup) **coconut milk**
- **Salt and pepper**

To serve:

- 1½ tsp **gomasio** (sesame salt) (see top tip)
- 3½ tbsp (20g) **pine nuts**

1 Cook the onion and garlic in a little of the olive oil in a large saucepan over low heat, until the onion is translucent. Add the ginger and cook for 1–2 minutes, until golden.

2 Add the cauliflower and remaining olive oil and cook until lightly coloured.

3 Pour in the water, bring to a boil, and season with salt and pepper. Lower the heat and simmer gently until the cauliflower is cooked. Blend with the coconut milk to make a smooth, creamy soup. Serve the soup hot in bowls, sprinkled with the gomasio and pine nuts.

Recipe from *Wild Recipes: Plant-Based, Organic, Gluten-Free, Delicious* by Emma Sawko (Flammarion, 2020). Photography by Greta Rybus.



A Better Plant-Based Future

We meet Tomi Makanjuola and Brendon Bale, two inspiring vegans sharing their stories on Upfield's new advocacy platform

As vegans, we know the importance of adopting a plant-based diet — to help animals, safeguard the environment and to aid our health. But there are many people around the world who are unaware of the necessity and benefits of vegan living — new mini-documentary series, *A Better Plant-Based Future* seeks to change this. Using unique and real-life stories of vegans from around the globe, the advocacy platform, created by plant-based food producers Upfield, aims to increase awareness and celebrate the benefits of a plant-based diet. The four mini-docs show how everyday people are uniquely contributing to the vegan movement; they each reveal that, no matter who you are or where you come from, anyone can be a part of the community and contribute to a better plant-based future for all.



Tomi Makanjuola

— London-based Nigerian chef and caterer who teaches cooking classes and runs blog, *The Vegan Nigerian*

Tell us a little bit about A Better Plant-Based Future.

The advocacy platform showcases the real stories of everyday individuals who are contributing to the plant-based movement in one way or another. Based on the work that I do to promote the benefits of a vegan diet to the wider community through my online resources and cooking classes, I was given the opportunity to share my own story in one of the four mini documentaries that are currently available on the Better Plant-Based Future website.

The aim of the platform is to increase awareness and celebrate the benefits of a plant-based diet for personal health and the sustainability of our planet. By showcasing the diverse stories of plant-based pioneers, it encourages people from all walks of life to feel confident about being a part of the vegan movement and to understand how they can help.

How did your vegan journey begin? Did you find any aspects difficult?

I initially went vegan for health reasons. At the age of 20, I found that my energy levels were at an all-time low and after a week of cutting out all animal products, I felt lighter and more energised. At the same time, I had started to question the treatment of animals in our society. I began to wonder why we treat some animals with affection and exploit others. I could no longer justify the double standard. After carrying out more research, I was convinced that I was on the right path, so I made the switch.

At first, the decision felt overwhelming — I pondered how I would adapt my meals and navigate social situations, but this soon gave way to excitement as I began to experiment with new ingredients and recipes. Some family and friends were a bit sceptical, particularly questioning the type of food I would eat. Seven years later, and my family and friends have seen the positive impacts this lifestyle has had on me and they're now more open to it.

Why is sharing the vegan message so important?

The food we eat and the items we purchase have a significant impact on our health, the planet and the sustainability of the food system. Most people are unaware of the true negative impact of industrial farming and animal agriculture, so sharing provides them with the opportunity to make lifestyle choices that will counter these negative effects in the long run.



“The food we eat and the items we purchase have a significant impact on our health, the planet and the sustainability of the food system”

How did The Vegan Nigerian come to be?

The Vegan Nigerian started as a blog in February 2013, with the aim of sharing recipes and lifestyle content from the lens of my cultural heritage. I wanted people in my close circle and community to see how accessible and joyful the plant-based lifestyle could be, without having to give up on any of our rich food traditions.

How did you go about expanding your platform into catering, cookery classes, events and vegan coaching?

My work as The Vegan Nigerian evolved organically — I kept working on it alongside university, followed by hospitality and publishing jobs in London. The more I shared my food journey online, the more opportunities came my way. It started with doing live cookery demonstrations at vegan food festivals, which eventually led to receiving catering and coaching enquiries. I saw that there was a space for in-person events such as pop-up restaurants, supper clubs and cookery classes where I could tangibly share my knowledge of vegan Nigerian cuisine to participants who were genuinely curious to find out more.

How do your Nigerian roots influence your cooking style?

Nigerian food is all about bold, indulgent and spicy yet comforting flavours, so I certainly don't shy away from seasoning! I've found ways to make healthy substitutions where necessary, but I am also constantly working to preserve the original essence of the dishes. Nigerian cuisine also favours a lot of whole foods — think root vegetables such as yam and cassava, or leafy greens such as spinach and efo ewuro (bitter leaves) — so I usually aim to build my meals

using these staple ingredients, allowing them to be the star of the dish. I love our style of one-pot cooking, where the flavour profiles are layered and complex — particularly with our soups and stews that vary from one region to another.

What is your favourite recipe to cook for your family and friends?

My all-time favourite recipe to cook for family and friends is jollof rice. This classic West African one-pot dish is bursting with colour and taste. It's made by simmering uncooked rice in an aromatic blend of tomatoes, red pepper, chilli and spices. It goes well with several delicious side dishes such as fried plantain, moin moin and coleslaw. The recipe is also a great starting point for anyone discovering Nigerian cuisine for the first time and I would encourage everyone to incorporate it into their cooking repertoire.

What advice would you give to someone who wants to become vegan, but is worried about what family and friends might think, and on missing out on cultural foods usually associated with meat-heavy diets?

I would say — get cooking! Experiment with vegan versions of the traditional meals you love and be open to trying out meat and dairy substitutes. You may even be able to find inspiration online from people in your community who have successfully mastered those plant-based dishes. Food has the power to break down barriers and promote dialogue in a respectful and non-threatening way, so don't be afraid to share these meals with your loved ones as a way of inviting them into your world and showing them the possibilities.

Watch Tomi's story at abetterplantbasedfuture.com/en/tomi, follow her Insta [@vegannigerian](https://www.instagram.com/vegannigerian) >

Brendon Bale

— **Rugby player and founder of the world's first vegan rugby club, Green Gazelles**

How did you get involved in A Better Plant-Based Future?

The Green Gazelles were selected to showcase our unique club of vegan rugby players – the filming was super fun and we are over the moon with our documentary.

The platform encourages more people to try delicious vegan food, which has so many positive impacts on our individual lifestyles and the environment. Once people try a plant-based diet for a day, they will see that it tastes great and offers a wealth of personal and environmental benefits. It helps to avoid the unnecessary use of animals in our food. We have even managed to convince a few of our non-vegan followers to try the #ABetterPlantBasedFuture challenge.

“People struggle to understand what a plant-based rugby player looks like. They expect a small, brittle person who probably doesn’t have the strength to participate in a high impact sport. However, it’s the opposite”

Tell us about your journey to veganism. Did you find any aspects difficult?

My partner, Amy, an animal lover from an early age and life-long vegetarian experienced chronic back pain in 2017. Following some extensive research on the impact of food on our quality of life, we embarked on a vegan diet to try and cure her pain; during a holiday to Australia we had tried some tasty plant-based meals and were inspired to give it a go. It was after only six weeks that I noticed the health benefits, and, as a result, I knocked off over a minute from my 1.5 mile run personal best (PB). Amy also experienced some health benefits — her back pain improved and she felt more energised. We recognised we did not need to use animals in our diet. In addition to the health benefits, I felt a stronger compassion towards animals — I wished I made the transition earlier.

We did receive a lot of banter from our friends when we first changed our diet.

A lot of people wondered whether we ate enough protein, but we researched very well and had no issues. The hardest part was explaining to people who invited us over their house for dinner that we no longer ate certain foods — it can be a tough conversation to have, but like everything in life most people are open-minded and keen to give new things a try.

How would you say that becoming vegan has affected your sports performance and recovery?

As an active rugby player and member of the British Forces, I certainly feel that my ability to recover is much faster than it used to be, which is simply down to my enhanced, plant-based diet. In terms of performance, I have significantly improved most of my PB's and have an extra gear on the rugby field, which helps in my position as Scrum Half. I have never felt better on all fronts. I recently ran a marathon carrying a 15kg backpack without any training.

Would you say the vegan diet comes with any stigmas attached to it?

I personally feel that there is a current stigma with the term ‘vegan’, however, the negative associations are becoming less prominent, and that is credit to all the amazing celebrities, sport stars and everyday people sharing the wide-ranging benefits of plant-based diets. Advocacy platforms such as Upfield's

Better Plant Based Future play an important role. We need to keep being positive to break the stigma even further — Green Gazelles Rugby Club is a super platform to do that. A lot of people struggle to understand what a plant-based rugby player looks like. They expect a small, brittle person who probably doesn't have the strength to participate in a high impact sport, like rugby. However, it's the opposite — one of our players is 6ft 8in with UK Size 17 feet. I also must give credit to creative chefs, like Gaz Oakley, who are doing great work to increase awareness of the vegan culture.

Why did you found the Green Gazelles Rugby Club?

I wanted to bring together like-minded people through the love of animals, veganism and rugby. We want to show the rugby world that a vegan lifestyle does not impede your performance in what is, probably, regarded as one of the most hard-hitting sports. Ultimately, we love animals, we care for the environment and want to support each other through a friendly community platform that is Green Gazelles Rugby Club. We have such big aspirations and we are growing nicely, with over 100 players worldwide. ■

Watch Brendon's story at abetterplantbasedfuture.com/en/brendon and find out more about Green Gazelles at greengazellesrugbyclub.com



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Does autumn change the way you eat?

Sean O'Callaghan explores the joy of 'colder weather eating'

Having grown up in Australia, I never appreciated how seasonal changes can affect the food we eat. Apart from extra stone fruits such as cherries and apricots for Christmas lunch, I remember eating similar cuisine all-year-round when I lived Down Under.

It was warm enough to wear shorts and eat ice cream in the winter and my family would consume salad on Christmas Day, as it was the middle of summer.

What we ate throughout the year stayed the same and the climate did not dictate my tastes. It was always the perfect weather for whatever our tastebuds desired.

Having now lived in the UK for many years, I still hold onto my 'eat anything whenever I want' attitude, but have started to admit to myself that when the weather turns colder, I do start to look for more hot food and comfort dishes.

The weather in the UK has trained me in European eating habits, so to celebrate the onset of autumn I thought it would be nice to commemorate some of my favourite 'colder weather' foods with you.

If you are anything like me, you will tend to gravitate more to roast dinners when it's cooler outside. I tend to stay away from cooking large meals in the oven during the summer months in the UK, but once autumn hits I'm all about Brussels sprouts, potatoes, green beans and gravy.

Roast dinners are inextricably linked with Yorkshire puddings in the UK, but I've never been able to make a plant-based version. Thankfully, Mabel's Vegan Yorkshire Puddings (mabelsveganyorkshires.co.uk) ship frozen versions of the classic roast dinner

component nationwide. Supermarkets are overflowing with meat alternatives, so you just need to pick your favourite (it's a VBites meat-free turkey roast for me), add your Yorkie and gravy, and then enjoy the perfect roast dinner as the temperature drops outside.

Even though pies, sausage rolls, and pasties are a year-round national pastime in Australia, I've noticed they have become a food I enjoy more often in the cooler UK weather. There is nothing quite like a tree losing all its leaves to make me crave warm pastry!

Could there be a more British experience than dashing from the car into the motorway services on a blustery afternoon in order to fill up on the vegan offerings from baked goods chains? The Greggs (greggs.co.uk) vegan sausage roll broke the internet, while West Cornwall Pasty Co. (westcornwallpasty.co.uk) serves the highly recommended Thai green curry pasty.

Fry Family Foods (fryfamilyfood.com) has a great range of heat-at-home pasties and sausage rolls, while London-based Young Vegans (youngvegans.co.uk) sell frozen vegan pies for UK-wide delivery. If you can get your hands on their katsu pie, your winter will definitely be warmer!

Living in Europe has also made me more aware of the seasonal availability of fruits and vegetables, meaning I have a deeper appreciation of the humble apple. Even though apples are in supermarkets 12 months a year, they take up a lot more supermarket real estate during autumn and winter as the flashier fruits take a break.

Warm apple juice with a touch of cinnamon and nutmeg is a perfect

alcohol-free tummy warmer. If you enjoy your warm apple drinks on the boozy side, autumn is the time to start enjoying mulled cider.

This abundance of apples also makes autumn the perfect time to try your hand at a few pie recipes. Visiting the chilled dairy-free section of your local supermarket will give you all the oat-based custards and squirty plant-based creams you could ever need for toppings.

Roll on autumn and winter. We have a LOT of delicious plant-based comfort-eating and drinking to do! ■

Follow Sean's vegan adventures on Instagram [@fatgayvegan](https://www.instagram.com/fatgayvegan)





Image: Alex Gakos / Shutterstock.com

The Lebanon explosion

Melanie James chats to vegan activist, Seb Alex, about his time helping-out in the aftermath of the Lebanon explosion back in August

When Seb Alex, a Lebanese animal rights activist, booked his flight home to visit his family, he wasn't expecting to be returning to the devastation that hit Beirut following the recent explosion at the main port of the city.

Seb moved to Europe in 2011 to pursue a career in sustainable architecture, but eventually left this career behind to make a meaningful change in his life by becoming an animal rights advocate.

After returning home to Lebanon, he has spent all of his time and energy focused on ensuring that the vegan community in Beirut are receiving much needed food, and that the animals in

need there are getting the shelter, care and treatment they need following the recent blast.

Seb took some time out of his ongoing efforts to answer our questions on how the vegan community and the animals of Beirut have been affected, and how he is helping to make sure that plant-based foods are being distributed to the vegans of his homeland.

Seb, can you give us an idea of how big the vegan community is in Beirut?

There isn't a huge vegan community in Beirut, but it is growing exponentially year by year. For example, two years ago there was just one vegan restaurant in Beirut, but before the explosion there was nine in total. There are also events

about both ethical veganism and health-based veganism held here up to five times a year now, where we have showings of documentaries and educational talks on veganism, so it is definitely growing quickly. We actually hold these events in the local hospital conference room, because the owner of the hospital has decided to go vegan.

How you are all currently coping with the food shortages?

The vegan community is coping by getting together and helping those in need. Unfortunately, the nine restaurants I mentioned have all been destroyed in the blast, except for one which is still up and running.

The owner of one of these destroyed restaurants is currently using their premises as a shelter for animals that have been found since the explosion. The other restaurant owners, chefs and staff are using their time to make and prepare vegan food to distribute as meals five or six times a week to the people in need here.

How are you helping with this?

Every morning, a group of us activists get together and prepare food boxes. These are made up of things such as rice, beans and lentils, and are then distributed to families and people that we know are in need of these things in the affected areas. We then have a kitchen group made up of the restaurant owners and chefs who prepare various ready-meals for these same people. There are tens of thousands of people suffering from the explosion and in need of food, and this is how we are able to help on the ground.

How are you funding this at the moment?

For funding, we have set up a fundraiser. At present we only receive 'official support' from an organisation called 'Million Dollar Vegan', outside of that it is from donations from the public. We don't currently receive any government aid or funding.

How long can you sustain your efforts?

We can sustain this only for a short while longer, but we are looking at finding a more sustainable way of continuing our efforts. At the moment we are a group of activists doing our best. In every food box there is a flyer, with info on the plant-based diet.

Is it expensive to 'eat vegan' in Lebanon, in comparison to a meat-eating diet?

Not at all, in fact, it is extremely cheap. Lots of basic Lebanese food is vegan, such as houmous, tabbouleh and whatever isn't already vegan can be changed easily with meat substitutes. For example, as part of our food distribution we have been giving out vegan sandwiches, shawarma and meat-based meals that have been made plant-based by the amazing chefs that have been working with us.

How have animals been affected by the explosion in Beirut?

A lot of animals have been affected. During the blast, for massive areas of Beirut the doors and windows blew out, meaning that apartments and houses were left open and scared animals ran into the streets. I would say hundreds, if not thousands were on the street because of the explosion.

Of course, a lot of animals died and are still missing. If you walk around the center of Beirut there are a lot of missing posters for people looking for their companion animals.

Are there many shelters available to care for them and are they coping with any increase in numbers?

There has been an increase in numbers and shelters are full. A lot of people died during the explosion, leaving companion animals behind, so these poor creatures are now without homes, as well as the animals that fled their homes.

We have been using some of the fundraising money I mentioned earlier to pay for vet bills for animals needing treatment in shelters wherever possible.

Do you believe there will be a food shortage for animals as well as the people of Beirut/Lebanon? Are there currently any issues around feeding animals in need?

There is already discussion of food shortages here as the port in Beirut has been completely destroyed, so there is no food coming into the country.

We do produce a lot of fruit and vegetables here, but grains are almost all imported. Food used for feeding animals is already a massive issue due to Lebanon facing one of the world's highest inflation rates. Imported food for animals is extremely pricey, I just bought less than 7kg of food for our dogs and it cost the equivalent of £160. It is very difficult, and people are definitely struggling to feed their animals.

And finally, how can people help?

We are always in need of volunteers on the ground and raising awareness would help. Of course, if people want to donate that is great, but raising awareness is very important as people here are finding a lot of comfort in the kind words and support of others.

If you want to support Seb and the rest of the activists currently helping to feed the vegans in Beirut and treat the animals injured and homeless by the blast, you can find the link to donate and all updates on Seb's Instagram account **@seb.alex** ■

Words by Melanie James



Image: Angela Macário / Shutterstock.com

7 ways to...

help your community



This month, we're sharing our ideas about how to 'do your bit' for where you live and the people around you

If the Coronavirus pandemic has taught us anything, it is that our communities are so important. You need your local shopkeeper to make sure that their establishment is COVID-19 safe, and they need you to keep returning to buy their produce. Your elderly neighbour might have depended on you to pick up their prescriptions throughout lockdown and sheltering periods. And, you might have come to rely on your nearby park for a breath of fresh air and stress-relieving exercise. Wherever you live and whoever you are, make sure you look after your local community, including the people and spaces that make it. Here are seven ideas that you can use to give back — you'll likely feel the benefits, too.

1. Volunteer

There are so many volunteering opportunities that you can get involved in, giving as much or as little time to as you can spare, doing a myriad of tasks. Look for roles that appeal to you; things that you have done before, are good at or would like to try, but primarily jobs that will make an impact in your community. You could:

- Become involved in conservation projects.
- Work in your area's nature reserve or wildlife sanctuary.
- Volunteer in a charity shop.
- Mentor or tutor a young person (subject to COVID-19).
- Become a school governor.

- Help out at your nearest food bank or distribution service.
- Lend a hand to homelessness charities active in your town.
- Write — help local organisations with guest blogs, compile their monthly newsletter and type up website copy.
- Work pro-bono — whatever your professional skills are, offer your services to a neighbourhood-based organisation or charity for free.

2. Support local businesses

Small businesses rely on continuous trade from the people that live in the village or town they are based in. They are an important part of the economy and character of communities, and are constantly under pressure from and at competition with bigger national and multi-national companies.

The most direct way to support local businesses is to spend money with them, but there are other ways to help:

- Tell your friends and family about your favourite local businesses.
- Follow and support companies in your area on social media.
- Leave positive reviews on the websites of places you have visited or dealt with.

3. Tidy up

Help to make your area a cleaner and safer environment for everyone. Start small, with litter-picking around places where rubbish is a bit of a problem. Keep Britain Tidy (keepbritaintidy.org)

help connect #LitterHeroes to coordinate clean-ups in their communities, but you could also organise your own using real-life contacts or social media. If you live near a river, lake or pond that's brimming with plastic rubbish, why not get your friends together, grab some nets and go and scoop out the debris nearest the banks? (If you own a kayak or dinghy, it'll be even easier!) Nowadays, even local waterways contain copious amounts of plastic pollution, as well as other discarded items.

You could also get involved in gardening areas that need attention, like parks and community gardens — there are lots of charities you can volunteer with, like The Royal Horticultural Society ([rhs.org.uk](https://www.rhs.org.uk)) or Naturehood ([cn.naturehood.uk](https://www.cn.naturehood.uk)). However, if you spot bigger issues in your neighbourhood — like graffiti, fly-tipping, fly-posting, potholes or abandoned cars — you can use Love Clean Streets (lovecleanstreets.info) to report it to your local authority and ensure it gets rectified.

4. Fundraise

If you're a whizz in the kitchen when it comes to baking, you enjoy running long distances or you don't mind swimming in cold and wintry waters, why not try using your talents to fundraise to support an animal rescue centre, vegan activism group or charity in your region? Get your friends and family involved if you'd like to take the money-raising to another level, and share your idea widely on social media to encourage more people to donate or participate.

5. Help your neighbours

Communities thrive when the people in them assist one another. You may not know that someone down your road needs aid — many people suffer physical, financial or psychological problems in silence.



Ever since the pandemic struck, reports of loneliness and mental health issues have been on the rise. Even before COVID-19 forced people to shelter inside their homes, loneliness was identified by ex-Prime Minister Theresa May as, “One of the greatest public health challenges of our time” ([gov.uk](https://www.gov.uk)). Subsequently, it's estimated that up to a fifth of all UK adults feel lonely most or all of the time.

Take the time to get to know the people that live and work around you and see how you might be able to help them. It doesn't have to be anything too exhaustive — it could be doing food shopping, posting mail, dog walking, planning a budget or just having a chat. A little effort can go a long way.

6. Donate items and food

Donating doesn't have to involve your time or money. By giving away your unwanted food or possessions, you could really extend a hand to an individual, family or whole group of people within your community.

Consider donating unwanted clothing, jewellery, media, books and homeware to nearby charity shops or homeless shelters. Or, you could pop the items into a box outside your house, and write a little note to your neighbours explaining that they are free to take whatever items they would like or need. This also works with plants and vegetables, too. If you find you have a surplus of plums, peaches or figs from the tree in the garden, why not sort them into paper bags for people to take home?

Similarly, food banks are a great way to help others, as well as to limit your own food waste. You can find your local foodbank on the Trussel Trust website ([trusseltrust.org.uk](https://www.trusseltrust.org.uk)). Food waste apps, like Olio, are also perfect for this — just sign up to be able to list your unwanted food items, for your neighbours to collect for free.

7. Make simple, kind gestures

Helping out your community doesn't need to involve doing anything extraordinary, there are so many little things you can do, to just make the people around you that bit happier. Try one of the following:

- Smile more at people — happiness can be infectious. A simple smile or greeting to someone might be enough to ease feelings of sadness or stress for a day.
- Deliver nature — did you grow sunflowers, or other plants over the summer of 2020? If you kept the seeds they produced, you could pop the surplus into envelopes for your neighbours, to post through their doors. Include a short note explaining what they are and that you would like to share the gift of nature, ready for them to plant for next spring or summer. It's up to you as to whether you want to leave your gift anonymous or not!
- Wash your neighbour's car — if you are cleaning your own vehicle, why not ask your neighbour if they would like theirs washed, too?
- Share vegan food — is there much better than someone making delicious food just for you? Bake a plant-based cake and deliver slices door-to-door, or leave the treat in a tin outside your house with a note saying it's for everyone down your road to share! (Just remember to note down potential allergens.) ■



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Crocodile Creek
36 Sharks Jigsaw Puzzle — 100 Piece
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Give children the best start in life, by encouraging them to adopt healthy living and eating habits through a plant-based lifestyle. Numerous nutritional studies have shown that a vegan diet is abundant in vitamins and minerals required for growth and development — it's more than sufficient to meet the dietary needs of a person at any stage of life, old or young. With many children now back at school, you might be looking for some goodies to welcome them home with after a busy day learning. With this vegan baby and kids' roundup, you're sure to find something for your little one.

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Image: Michael Pilgaard

Daring to be *dairy-free*

Maria Slough chats to Naturli' CEO, Henrik Lund

There is a slight delay as video and audio catch up with each other, “Hello, from Denmark!” says a smiling Henrik Lund, CEO of the innovative vegan food company Naturli' (naturli-foods.com).

Danish company Naturli' — one of the pioneers in vegan fast moving consumer goods in Scandinavia — was founded in 1988. For the first 25 years, they only sold plant-based alternatives to cow's milk, but in 2015, after being sold to a group of investors, they decided to go 'all-in' on all food categories.

“For me, it was an overnight transformation into plant-based heaven,” Henrik explains about his decision to go vegan in 2017 — the year he became CEO of Naturli' after seven years with the company. “As CEO, I wanted to understand the vegan diet in my own soul and feel the products that were missing in the vegan category. I tasted our 'Naturli' Minced' and

couldn't believe we had made 'beef' from plants. The decision was made for me.”

In a country known for farming, in particular, intensive industrialised pig farming that sees thousands of pigs crammed into the most horrific dark spaces, never seeing daylight, the vegan movement in Denmark is fast-growing and has the oldest vegetarian society in the world.

“The society has a very kind approach to mainstream consumers and their habits, which contributes to their continual growth,” Henrik explains. “We also have a vegan political party that are running for parliament. They have collected the 20,000 voter notes needed to be able to run in the next election. They are building their politics on stopping industrial farming of livestock and they have documented how pigs are being treated in Denmark. We, as consumers today, have a romantic dream

about what meat is, but the truth is something else.”

It is clear that Henrik is totally immersed in the life experience of plant-based living. He is full of energy and happiness and his commitment to compassionate living is infectious, as he talks animatedly about his life and work that seem to live so harmoniously together.

“Naturli' and I are one and the same,” he smiles, “Plant-based food production is about inventing and developing one to one non-compromising food options for people who dream about cutting down on their meat and milk consumption. It should not be a sacrifice to have a meat and milk-free day. To achieve that for the company and myself, I committed entirely to veganism on all levels of understanding of the lifestyle and the thought that my diet does not harm any living creature is liberating. The fact that my family's carbon footprint is very low,



“20 years from now eating meat will be a sinful luxury, like smoking a cigarette or wearing fur. The next 10 years will be a revolution in what we eat each day”

because we choose a climate-friendly diet is also comforting. I do my best to leave a greener planet for my kids and grandchildren. My generation created the mess we are in — we should definitely do our bit to rebuild a better balance between humanity and nature.”

I wondered if this charismatic CEO grew up loving animals.

“As a child, I was afraid of animals, but when I met my wife 17 years ago that all changed. She loves animals and she led by example with how she would interact with them. Our two daughters are the same. I have a love for all animals now and a particular fondness towards cats; they are intelligent and calm. Pommes Frites is my cat and I do everything he tells me to — we have sort of a telepathic connection. He is my barometer of happiness and I am always very concerned about his wellbeing. He is the only member of the family that has no duties in our household and is on permanent vacation! It is hard to describe, but he calms me and helps me to relax and he understands our family.”

Today, Naturli' have products in the dairy, fresh meat, frozen, ice cream and ambient isles in supermarkets. Their mission is to offer people Naturli' options for all hours of the waking day.

For years, I searched for a spread that didn't make toast go soggy, even persuading friends travelling to the USA to help me stockpile a well known American vegan product. I remember seeing beautifully branded vegan butter in the chilled cabinets in Sainsbury's — white writing across a striking black

background and I bought a tub to give it a go. It was a game changer for our household. It looked, spread and tasted so like butter that we actually checked the ingredients.

“Ah, our spreadable,” says Henrik.

“We have a community of followers on social media of 350,000. This plant movement acts as our forum as we develop new products and we asked them what they missed in their vegan diet. In 24 hours we got over 5,000 answers saying butter! We invented the Naturli' spreadable by looking at the melting components of Lurpak. We wanted to create something that melts down and releases salt like Lurpak and sends a message to the brain saying we are in ‘butter land’. The spreadable has become our benchmark for all our innovations, and we say all our other products have to be at least as good as the spreadable.”

While the world hit pause during lockdown the company used the time to complete many innovative products and their presence in the UK market is growing fast, with Sainsbury's, Waitrose and M&S carrying their items. As we chat, Henrik snacks on some delicious-looking Danish frikadeller (‘meat’ balls), which is 100 per cent vegan. Launching in Denmark now is Naturli's new range of ‘yoghurts’. With the dairy industry's monopoly on the definition ‘yoghurt’ Naturli' have named the new creamy range based on almonds, Joe'Kurt.

“We always try to hit the same market price, so that vegan food is not seen as

more expensive. If you are a mainstream meat consumer you can take Naturli' by the hand and have a really great experience,” says Henrik.

I asked Henrik how he would constructively respond to someone who sees animals as inferior creatures. He pauses, “As long as you have options to not kill animals to survive as a human, why do it? Pigs, for example, are some of the most intelligent species' we have, and it is not right to take their lives or any living creature's life for granted. I believe that if you are a normal human being, you can see that our way of living has to change; we need to rethink daily life. Global warming needs to be stopped right now; we can't wait for the politicians to act — it starts with you and me. It is so easy to start with food and move towards a more sustainable and a kinder diet — so mainstream consumers have an important decision to make.”

Does Henrik see a world ahead where consuming meat will be a rarity?

“Yes!” he says. “I think that 20 years from now eating meat will be a sinful luxury, like smoking a cigarette or wearing fur. The next 10 years will be a revolution in what we eat each day. See already how COVID-19 has scared the world and has changed habits overnight, as health becomes a bigger focus for people. This is just the beginning.”

As Henrik is called to his next meeting, he leaves me with one last thought, “At Naturli', we say: ‘Be the change’ — act responsibly, sustainably and be kind. Your actions will have a spill-over effect on your surroundings, like rings in the water.”

With one final smile he is gone, but the infectious enthusiasm he has to see a kinder world lingers long into my day.

As their website tells us, ‘There is no Planet B’. ■

Visit naturli-foods.com for more info.

Follow Maria's photography journey at mariasloughphotography.com and Instagram at [@mariasloughphotography](https://www.instagram.com/mariasloughphotography)



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What I eat in a week...

Tammy Fry, marketing director for Fry's Family Foods shares with us her food diary

Monday

To kick off the week, I started with my holistic health smoothie, loaded with frozen banana, spinach, wild blueberries, almond milk, turmeric, black pepper, inner leaf aloe gel, cinnamon and nut butter. Seriously, how can you go wrong with that? That kept me going until 11am, when I had a slice of hemp sourdough with homemade guac and greens. I went to a CrossFit session at midday and followed the session with a plant protein shake. Monday night was our usual red lentil dhal with brown rice, batch cooked from Sunday. I love a cup of herbal tea before bed, so Monday it was lemon and ginger.

Tuesday

Tuesday started off early with a trip to the beach with my kids — we sometimes watch the sunrise on the beach and surf before making the mad rush to school. Breakfast was a rushed bowl of oats cooked with a pinch of cinnamon and cloves and served with fresh blueberries, a blob of coconut yoghurt and a drizzle of rice malt syrup — yum! I had a green juice at around 11am and lunch was a few seed crackers with this delicious smoked vegan cheddar I recently discovered. I got the munchies at 3pm, so had some of my homemade vegan granola. Dinner was black bean chilli with toasted tortillas, vegan sour cream, fresh coriander and guac (I usually make my own corn tortillas but didn't get around to batch cooking them over the weekend).

Wednesday

Wednesday was unusually warm, so I really felt like a fruit smoothie bowl for breakfast — pink pitaya, papaya, frozen banana and frozen mango blended with coconut milk, and sprinkled over some granola. The kids had the same, because who can pass up a smoothie bowl? After dropping the kids off at school, I headed into the park for a run/walk and just to enjoy the beautiful weather and get my daily dose of vitamin D. At lunch I had some leftover black bean chilli in a bowl, just like that (serious power food). Dinner was a quick and painless Thai green curry — I had loads of greens from the weekend market that needed to be cooked so I threw in kale, snow peas, spring onion, tenderstem broccoli, fresh coriander and Fry's Chicken Style Strips. Herbal tea that evening was roasted dandelion and ashwagandha.

Thursday

Thursday was another early start at the beach followed by the mad school rush. I made the kids a super-duper power smoothie with all the trimmings and I tucked in, too — banana, dates, spinach, almond milk, oats, nut butter, pepita seeds, blue spirulina, LSA, cacao and cinnamon. I then went to a CrossFit class before starting my workday — sometimes I feel like I've lived a lifetime before 10am! Lunch was a quick wrap with Fry's Golden Crumbed Schnitzels sliced up, with salad greens, sprouts and my superfood salad dressing. With an afternoon and evening full of meetings, I decided on a super easy dinner for the family — roast sweet potato wedges and Fry's Fishless Fillets, served with a green salad. I was pretty sleepy, so had two pieces of dark vegan chocolate to keep me going in the meetings!



Tammy Fry

Friday

I headed out early on Friday for a 10km walk in the park followed by a coffee with a few friends. My husband sorted the kids out and got them off to school, so I had some rare me-time and swung past the bakery on my home to pick up a hot loaf of my favourite sourdough — my preferred way to celebrate Friday in style! I was home by 9am and decided on a small bowl of granola, some fresh strawberries and coconut yoghurt. Lunch couldn't come quickly enough because the smell of sourdough had permeated my whole house... sourdough with greens, avocado and dairy-free feta in herbed olive oil (oh my goodness — the best). Friday nights are pizza nights in our home — our friends came over with more sourdough and we made the best homemade vegan pizzas! We are the last of the big drinkers, so we all tucked into a few glassfuls of kombucha, followed by chai lattes.

Saturday

Saturday mornings are our sports days with plenty of soccer and surfing. I always make sure the boys have a fuelling breakfast, so I made chickpea omelettes with a big smoothie and packed half-time oranges and wraps for lunch with Fry's Artisan Chicken-Style Strips, greens, sprouts, superfood dressing and grated carrots. We ended up at my parents' house for dinner and had the boys' favourite — The Big Fry Burger, which they claim to have named, and is hopefully coming soon to the UK! I had my burger 'naked' in a big lettuce leaf, with caramelised onions, tomato relish and avocado (just to clarify — I wasn't naked!)

Sunday

Sunday mornings are for pancakes in our house. I love traditions and grew up with them, I think it makes life more fun! It was a really rainy day, so I made a big pot of veggie soup for lunch and started my batch cooking for the week ahead. I don't have much evening cooking time as my work hours skew to late afternoon and evenings, so making sure I have all my 'veggies-in-a-row' makes life a bit easier. ■

For more from Tammy, visit fryfamilyfood.com

Beautiful Brunch

Recipe
p60

Chickpea Omelette
with Rocket, Avocado
& Mango Salsa



Start your day the right way, with our
satiating recipes

Chickpea Omelette with Rocket, Avocado & Mango Salsa

Makes 1 large omelette, serves 1

Doubt no more, this is the perfect weekend brunch dish. Excellent as a savoury breakfast when you're craving a filling meal.

- 70g (½ cup) **chickpea (gram) flour**
- 125ml (½ cup) **water**
- ½ tsp **salt**
- Small pinch of **ground turmeric** (for colour)
- ½ tbsp **apple cider vinegar**
- ½ tsp **bicarbonate of soda** (baking soda)
- 1 **shallot**, finely chopped
- ¼ **red pepper**, finely chopped
- **Olive oil**, for frying

For the filling:

- Handful of rocket or **baby spinach**
- 1 **avocado**, sliced
- 1 **small spring onion** (scallion), chopped
- 1 tbsp **pomegranate seeds**, optional

For the mango salsa:

- 1 **tomato**, finely chopped
- ½ **mango**, flesh finely chopped
- 1 tbsp chopped **coriander**
- **Salt** and **black pepper**, to taste
- ½ **red chilli**, chopped
- Drizzle of **olive oil**

- 1 Start by putting all the omelette ingredients into a bowl except for the shallot and pepper. Give everything a good mix and set aside for 10 minutes.
- 2 Meanwhile, make the salsa. Add all the ingredients to a bowl, give it a mix and set aside.
- 3 In a hot frying pan (or skillet), add a drizzle of olive oil and fry the shallot and pepper for about 5 minutes.
- 4 Next, add the omelette mixture to the pan exactly as you would a traditional omelette and make sure it is evenly spread over the base. Fry for 5 minutes and then flip it over to cook the other side.
- 5 Transfer the omelette onto a serving plate to. Add one handful of rocket on one side, a spoonful or two of mango salsa, some sliced avocado, spring onion and the pomegranate seeds, if using. You can choose to eat the omelette flat or fold it over on one side so that its shaped like a half moon. This recipe is best eaten and served immediately.

Recipe from Happy Food by Bettina Campolucci Bordi (Hardie Grant, hardback and E-book). Photography by Nassima Rothacker.





Chickpea Scramble

Serves 2

Such a brilliant, filling meal — with plenty of delicious veggies and made in no time! You can serve it for breakfast, lunch or dinner — whatever floats your boat.

- 2 tbsp **olive oil**
- 1 small or ½ **large leek**, green and all, chopped
- ½ **red (bell) pepper**, finely diced
- 240g (8 oz/1 cup) drained **tinned chickpeas** (garbanzos)
- 1 tbsp **sweet paprika**
- 1 pinch of **chilli** (hot pepper) flakes
- **Salt** and freshly cracked **black pepper**
- 100g (3.5 oz) **spinach leaves**
- **Cherry tomatoes**
- Toasted **bread**, to serve
- **Avocado** slices, to serve

Booster topping:

- **Hemp hearts**

- 1 Put a large saucepan over a medium heat and add the olive oil, leek and pepper and fry for about 5-10 minutes until soft and lightly browned.
- 2 Put half the chickpeas into a blender and blitz, then add to the pan with the remaining unblended chickpeas, stir well and simmer for another few minutes until heated through. Sprinkle in the paprika and chilli and season with salt and pepper to taste.
- 3 Finally, add the spinach and let it wilt into the mixture. This is great served with fresh cherry tomatoes, toast and slices of avocado.

Recipe from *7 Day Vegan Challenge* by Bettina Campolucci Bordi (Hardie Grant, hardback and E-book). Photography by Nassima Rothacker.



Avocado Smash on Toast

Serves 1

This recipe is such a light and tasty savoury meal at any time of day. Served on toasted ultra-seedy bread with plain houmous and slow-roasted tomato makes it a brilliant for brunch or lunch.

- ½ **medium avocado**
- ½ tsp **fresh lemon juice**
- ⅛ tsp **Himalayan salt**
- Grind of **black pepper**
- 1 slice of your choice of **bread**
- ½ tsp **olive oil**

Toppings of choice:

- **Flaked sea salt**
- **Chilli flakes**
- Toasted **mixed seeds**

- 1 In a small bowl, combine the avocado flesh with the lemon juice, salt and pepper. Gently mash with the back of a fork.
- 2 Toast your bread and top with the mashed avocado mixture. Drizzle with olive oil and sprinkle over your desired toppings.

Recipe from *The mymuybueno Cookbook* by Justine Murphy (Meze Publishing).

Baked Beans

Serves 2

This classic dish is so comforting, and not just for breakfast. Filling and hearty, you just can't go wrong with a plate of beans on toast for a simple savoury breakfast or brunch option. Great on their own or with any side of your choosing, baked beans are also a perfect solution for a quick and satisfying dinner, on a jacket potato with grated vegan cheese.

- 1 tbsp **sunflower oil**
- ½ **onion**, finely diced
- 1 clove of **garlic**, peeled and grated
- 1 tbsp **tomato purée**
- 1 tsp **smoked paprika**
- ¼ tsp **dried thyme**
- 1 tbsp **coconut sugar**
- 1 tbsp **soy sauce**
- 1 tsp **Dijon mustard**
- 400g (14 oz) tin **cannellini beans**, drained and rinsed
- 400g (14 oz) **passata**
- Grind of **black pepper**

- 1 Heat the oil in a saucepan, add the onion and garlic then cook over a medium heat for 5 to 8 minutes until soft and translucent. Don't skip this step, as softening the onions down is so important.
- 2 Add the tomato purée, paprika, thyme, coconut sugar, soy sauce and mustard to the pan. Cook for a couple more minutes then add the beans and passata. Simmer for at least 5 minutes, until the mixture is piping hot and the sauce has thickened a little.
- 3 Season to taste with black pepper, then serve the beans however you like.

Recipe from *The mymuybueno Cookbook* by Justine Murphy (Meze Publishing).



Tofu Scramble Brekki Quesadilla

Serves 2

Start your week right with these brekki quesadillas. They are so insanely good — so healthy, with lots of protein and veggies and just so tasty!

- Splash **olive oil**
- 1 **onion**, chopped
- 1 **red pepper**, chopped
- 1 **block extra firm tofu**
- 1 **spring onion**, diced
- 1 tsp **garlic powder**
- 1 tsp **ground cumin**
- 1 tsp **ground turmeric**
- ½ tsp **liquid smoke**
- 50g (½ cup) grated **vegan cheese**
- 4 **tortilla wraps**
- **Salt** and **pepper**, to taste
- 1 **avocado**, to serve
- **Coconut yoghurt**, to serve
- **Hot sauce**, to serve

1 Add oil to a large pan over a medium heat. Put in the onion and red pepper, and fry for 5 minutes until soft. Once cooked, remove from the pan and put into a bowl to serve later.

2 Add a little more oil to the pan if necessary, and return the stove to a medium heat. After you've crumbled the tofu add this to the pan with the cumin, turmeric, garlic powder, liquid smoke and salt. Stir well to combine. Fry this for roughly 5 minutes, until starting to brown. Season to taste.

3 In another frying pan, place in one of the wraps. Fry one side for 30 seconds on each side, then flip it over and start loading. Place a handful of cheese on half the wrap, add a layer of fried onions and pepper, then add some of the tofu. Then, finally top with another layer of cheese. Don't overfill your tortilla as you will need to fold it over. Fold the other side over on top.

4 Use a spatula to press down the tortilla so that the cheese gets a chance to melt. Toast and cook for about one and a half minutes. Flip it over and do the other side for another minute and a half.

5 Repeat the process with the rest of your ingredients. You can cut your tortillas in half to serve, along with avocado, coconut yoghurt and hot sauce if desired.

Recipe and images from Sam Jones, [@nomeatdisco](#)

A colorful illustration of three farm animals running from left to right. On the left is a black and white cow, in the middle is a brown horse, and on the right is a pink pig. They are all depicted in a dynamic, running pose.

A photograph of a brown and white paint horse standing in a paddock. The horse is facing left, looking down at the ground. It has a dark mane and tail. The background shows a green field and a wooden fence.

Above, heavily pregnant, this poor mare arrived with us from a stray horse pound Below, on the road to recovery with her newborn foal



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Beautiful on the inside and out

The ultimate guide to vegan make-up

Whether you wear make-up every day, just for special occasions, or you know someone who wears it, it is vitally important to know what animal cruelty can be associated with some brands and products. Over the next few pages, our jam-packed guide will help you to understand what animal ingredients are unnecessarily put into things like mascara, foundation and nail varnish and what alternatives are used. We will also uncover what happens during some animal experiments and why it's so important to buy cruelty-free. And, for those of you who are looking to refresh your make-up bag or who want to buy something for a loved one (Christmas is in a few months!), our selection of gorgeous vegan and cruelty-free make-up will give you some inspiration. ■



An ugly secret

Many make-up products contain cruelty, not the answer to all your beauty woes

If you're a vegan veteran, it's likely not news to you that not all make-up is vegan. But, those of you who are newer to the plant-based way of life might be shocked to hear that not only do most everyday beauty items contain animal derivatives, but many are also not cruelty-free — with animal testing mandatory in some countries outside of the UK and the EU. Cosmetics testing is, thankfully, illegal in the UK and the EU, yet, to be able to sell into the markets of some other countries, brands will often still have to test their products on animals elsewhere, and, included ingredients may have been individually animal tested before inclusion.

When it comes to animal exploitation, the more awareness, the better equipped we can be to fight to end it. So, whether you're a long-term vegan in need of a plant-based make-up refresher course, or if you are still a newbie — we're here to help. We will arm you with the knowledge of what happens behind the scenes, so that you might share it with others. And, we will enable you to recognise what is

cruelty-free and vegan, and what is not, so that you can shop make-up with confidence.

Vegan and cruelty-free

One of the main things that catches people out when it comes to make-up, is the difference between the terms 'vegan' and 'cruelty-free'. Many products will state that they are cruelty-free but will still contain animal ingredients. Likewise, many items will state on the label that they are vegan and will feature no animal-based derivatives, yet, have involved some type of animal testing in their production line, whether conducted by the brand or by a third-party.

As vegans, we aim to be of no harm to animals — in any shape or form. So, for a product to be truly 'vegan', it should not contain any animal derivatives; none of the individual ingredients should have been individually tested on animals, and the final product should not have been animal tested, either.

So, when buying make-up always look for the cruelty-free 'leaping bunny'

logo or similar awards, and for vegan certification. It also helps to know what ingredients to look out for, so here is a breakdown of the most common animal derivatives to check the label for before you buy.

Common animal ingredients to avoid

Acetyl Glucosamine/N-Acetyl Glucosamine (NAG)

Traditionally, NAG comes from the outer shells of marine animals, and it is used in a multitude of foundations and skincare products to make skin appear fuller. Luckily, NAG can also be sourced from mushrooms or through microbial processing of corn and wheat, however, it won't often be labelled as such, so it's wise to avoid it unless on vegan-certified products.

Beeswax and honey

Produced by honeybees, beeswax and honey are used as colourings and emollients in lipsticks and balms, mascaras, eye creams and shadows, nail

whiteners and face make-up. Vegetable colours and oils can easily be used instead, as can a type of wax made from the mineral ozokerite, also known as 'Earth wax'. Also look out for other bee products, like royal jelly and cera flava.

Carmine/cochineal dye

Carmine, also listed as cochineal dye, is essentially dye collected from crushed cochineal beetles. The bugs eat cactus plants in South America, and females particularly enjoy eating the red cactus berries. When the beetles are crushed an intense red dye is produced, which is horrifically used to colour lipsticks and blushers. It takes 70,000 boiled, crushed beetles to produce just 1 pound of the colouring (skincarewithcompassion.com). However, there are numerous plant-derived alternatives, including the use of beets and grapes.

Casein/sodium caseinate

Casein or sodium caseinate, as it's also called, is a protein found in cow's milk. The harvesting of it contributes to the continuation of the exploitative dairy industry. Yet, there are vegan alternatives to casein that can be derived from plant-milks, with these usually being labelled as a vegetable protein.

Guanine/pearl essence

This is a sparkly substance made by scraping the scales off dead fish. It is usually used in glittery nail varnishes, eye shadows, mascaras, highlighters, blushers and bronzers. Vegan replacements to

guanine include synthetic pearl, mica, rayon, leguminous plants, bronze particles and crystal infusions.

Glycerine

The non-vegan variant of glycerine comes from animal fats and is used in most cosmetics. There is, however, a vegetable-based variant of glycerine, usually made from soya or coconut oil — so make sure to double check with the manufacturer which one is used in a product before you buy.

Lanolin

This is an emollient derived from sheep wool, often used in lip balms and sticks. Alternatives include plant oils, like coconut or olive, as well as butters like cocoa and shea.

Mink fur

Fur taken from intensively farmed minks is repeatedly used to create make-up brushes and fake eyelashes. Brands claim that using mink hair gives brushes a softer feel and lashes a more natural look. Ridiculously, many brands have recently been marketing 'cruelty-free' mink lashes, which incorporate hairs that have been apparently collected by brushing 'free-range' mink to collect naturally shed hair. Whilst the 'caring' and free-roaming aspects of this are in themselves difficult to believe, mink are solitary and aggressive animals, who cannot safely be kept under even free-range living conditions (thedodo.com). Numerous vegan-friendly synthetic

and natural fibres can be used to make beautiful-looking false lashes and delicate brushes.

Oleic acid/oleyl stearate, oleyl oleate or tallow

The non-vegan version of this ingredient is obtained from animal fats and oils, often from cows, and is frequently used in nail varnishes, lipsticks and skin preparations like moisturisers and primers. Happily, there are lots of vegan-friendly versions, made using coconut or shea oil.

Shellac

Shellac is a resin-like ingredient that is acquired from the secretions of female lac bugs, and features in nail products like varnishes and hardeners. Like carmine, hundreds of thousands of these tiny insects are killed to obtain even the tiniest amount of shellac. A kinder alternative is Zein — a corn-based product developed by FloZein Products (zeinproducts.com).

Silk powder

Silkworms are left to mature to pupation within their cocoons, and then the worms are dissolved alive in boiling water to create silk fibres from which to make silk powder (naturalbeautyworkshop.com). You will often find it in mineral make-up and sometimes, skincare products — it provides colour, oil absorbency and lubricity. Yet, there are loads of different ingredients that can be used in its place, like natural powder made from arrowroot.

Squalene

The chemical squalene is extracted from shark liver oil, and is frequently used in lip sticks and balms, as well as in moisturisers. Vegan squalene does exist — made from olives and wheat germ — but is not often labelled as such, so you will generally have to double check with the manufacturers yourself or avoid it completely, just to be safe.

Of course, there are lots more animal-derived products that can be added to this list, but there are so many it would be near impossible to list them all here. Look out for as many of the above as you can, and check for vegan certifications.

Animal testing

What happens?

As well as incorporating animal-derived ingredients, many make-up products undergo a vast number of different types of animal tests, conducted to pass safety regulations. Rabbits, guinea pigs, rats, >

“Half a million animals are used to test beauty products around the world each year”



mice and dogs are all used in these cruel experiments, which include 'lethal dose' tests (to check for the amount ingested required to cause death), eye and skin irritation assessments and allergy checks. Half a million animals are used to test beauty products around the world each year — that means that today alone, more than 1,369 animals will have been tested on (crueltyfreeinternational.org), before being killed or dying.

During tests, pregnant rabbits are force fed a cosmetics' ingredient for 28 days straight, before being killed for dissection, along with their unborn babies. In other experiments, rabbits, mice, rats and guinea pigs have their fur shaved, and their bare flesh pasted with a make-up ingredient. They are then subjectively observed to check for allergic reactions, prior to being killed.



Is action being taken?

Back in March 2013, the European Union (EU) finally implemented a ban on the animal testing of cosmetics in Europe, as well as a law which made the sale of animal tested make-up inside Europe illegal, too, even if testing was conducted outside of Europe. The bans make it clear that animal testing is wrong and additionally, enthrust that profiting from it is unethical.

If global make-up companies want to sell their beauty products to the UK's and EU's accumulated 500 million consumers, they need to ensure that they are cruelty-free, or else, take a hard

look at their policies for reconsideration. Happily, the result has been a boom in research and investment in non-animal testing methods — major brands have waved goodbye to animal testing and no longer use ingredients that were tested on animals. Several animal testing techniques have been replaced with ethical, superior, cheaper and more effective non-animal methods.

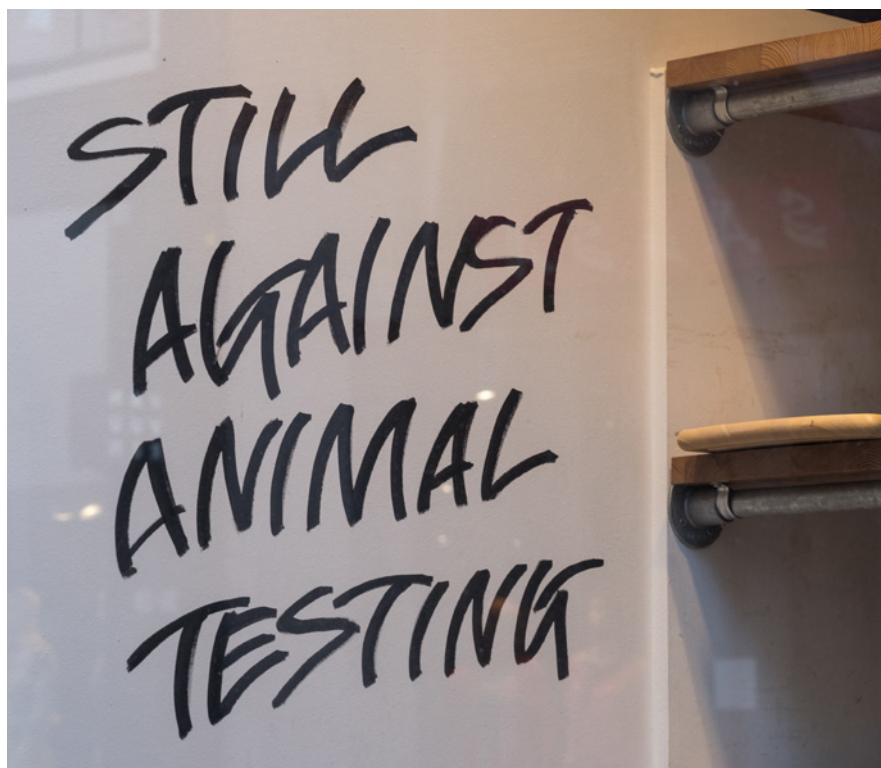
But, whilst beauty brands can't sell animal-tested cosmetics in Europe, they can continue to animal test outside of Europe and sell them into other markets. And so, companies can still profit from this type of cruelty to animals. Many large emerging

markets, like China, demand animal testing on all cosmetics products. Thus, the only true way to be sure that you are not indirectly contributing to the brutality of animal testing, is to continue to purchase make-up that only comes from companies with anti-animal testing policies.

However, there is hope for an end to mandatory animal testing of cosmetics in China. Recently, China's State Council announced regulations that will massively modernise cosmetics safety assessments. The new legislation helps lay the foundations for the elimination of the country's longstanding requirement to animal test all imported 'ordinary' cosmetics. From January 2021, new rules will be effective, meaning that imported ordinary cosmetics like blusher, mascara and perfume may not have to be animal tested for eye and skin irritation in Chinese laboratories. These ordinary cosmetics amass the bulk of personal care products imported to China; however, so-called 'special' cosmetics will still require animal testing.

Gratefully, India, Israel, Norway and Switzerland have all passed similar laws to those of the EU and UK, and so companies in China and the US that still animal test cosmetics will not be able to sell into their markets. California, as well as Guatemala, New Zealand, South Korea, Taiwan, Turkey and several states in Brazil have also passed laws to ban or limit cosmetic animal testing (humanesociety.org).

We hope that these bans will continue to sweep across the globe, until all animal-testing of make-up (and all other products), comes to a complete stop. We can all help to play our part in this, by continuing to buy cruelty-free and vegan, by signing petitions and spreading awareness of the cruelty and ineffectiveness of these archaic methods. ■





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“Masks now take up half our face... so let's embrace it”



Celebrity make-up artist and passionate vegan, Em-J, talks us through her beauty routine

Make-up artist to the stars, Emily-Jane Williams, otherwise known as Em-J, has the beauty bag of vegan dreams. After becoming plant-based four years ago, she completely changed all of her professional make-up products to ensure that they were cruelty-free and vegan, and since then, has founded The Em-J Company, with its gorgeous range of cosmetics accessories. We catch up with the beauty goddess to find out more.

When and why did you fall in love with make-up?

I actually first fell in love with make-up in the movies. From period make-up to blood and gore. I was amazed at how it could completely transform a person on-screen and play with our emotions.

Talk us through your own beauty routine.

A beauty routine for me is quite the ritual. Rather than feeling like a chore, I have turned it into almost a meditative practice. I try to take 10 minutes in the morning. I light a candle, pop some music on and while I am applying my skincare I will mentally list things I am grateful for and my affirmations for the day.

I always wash my face in the morning. Even though we don't have make-up on through the night, we have bacteria on our pillow and on our hands that touch our face. I think it's so important to wash that off before we start applying anything to our skin. I like to use as natural, clean and green skincare as I can. I then will apply Niacinamide by The Ordinary (theordinary.deciem.com), and Hyaluronic acid — made by Evolve (evolvebeauty.co.uk) and a moisturiser — most of the time Lyons Leaf Beauty Balm (lyonsleaf.co.uk). I wear SPF every single day, most of the time factor 50. The one I am wearing and loving at the moment is Dr Sam Bunting Daily Flawless Sunscreen (drsambunting.com).

My evening routine is quite similar — I light a candle, put some music on (something like Sacral Nivana) and treat myself to a mini facial every night. It's a great way to unwind. I pretty much use the same products, but sometimes I will mix the serums up to use a Vitamin C or retinol followed by a heavier face oil and an eye cream.

Why, how and when did you switch to using only vegan and cruelty-free products?

I started eating vegan four years ago and like many of us who make the transition, I started questioning everything. Fashion, homeware, the tourist trade and, of course, beauty. As make-up and beauty is my career, it made sense to make the (very big) switch of changing my entire kit to be cruelty-free and vegan. Cruelty-free back then was not so hard, however, it was a big job to find out if products were vegan or not.

Do you think that there is much greenwashing in the beauty industry?

Oh, absolutely! There seems to be a lot of confusion around cruelty-free, vegan, clean, green and sustainable. These things are not the same and you can have one without the others. There are many brands who claim their products are vegan, yet they test on animals. There are also brands who say their ingredients are all-natural, but they source those ingredients in an unethical or unsustainable way.

What make-up trends look set to be big in AW20?

Masks now take up half our face a lot of the time... so let's embrace it. We need to connect with our eyes more than ever, so now is the time to master the eye make-up and celebrate the windows to our soul. Winged liner is set to be big this autumn and winter, but personalised to how you like to wear it. If in doubt... smudge it out! A smudged liner is very flattering on most, easy to do and you don't have to have a steady hand. Playing with more autumnal eye shades like plum, burgundy and deep golds can be fun, too. Either a simple wash over the eye or more of a sculpted look. Whatever makes you feel good. ■

For more from Em-J, visit emj-makeup.com or follow [@oh.emj](https://twitter.com/oh.emj) and [@emj.makeupartist](https://twitter.com/emj.makeupartist)

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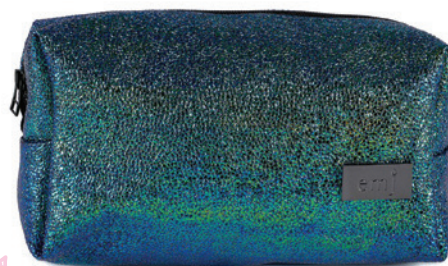


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Spreading the word

Karin Ridgers shares her thoughts on being the best vegan advocate you can

This month, I thought I'd take a look at the many ways that different vegans advocate. Personally, I have always found that being myself works well. Whether I was coaching journalists on how to become vegan, giving school talks or running my Essex-based campaign group.

When we are promoting veganism, at times, we are likely to feel frustrated, angry, upset and confused with the rest of the planet. When this happens, I try to put myself to one side, and remember that it's better to turn people on, rather than put them off — if you know what I mean. I try to keep upbeat and focus on everything wonderful about being vegan.

Whilst many people lament absences of vegan options, I like to focus on the abundance of veganism, and I've been doing this for over 20 years — even back then there was a vegan version of almost everything! And I focus on this when giving radio interviews about veganism, too.

When veganism wasn't as 'mainstream', it would have been easy to have moaned when asking for soya milk hundreds of times in eateries that I knew didn't offer it. But, instead, I would always make the effort to reply that it was a shame (with a smile) and comment that they were missing out on extra revenue. Leave people with something positive!

I love personal development, and this has helped me through life's challenges. I am still a work-in-progress (aren't we all!), however, reading books like *The Secret* and following the advice of teachers, like my great friends, Dr Rohan Weerasinghe and Sue Stone, has inspired me over the years. This all means that I can be the best advocate for veganism that I possibly can be. I highly recommend checking out American peak performance coach, Tony Robbins.

When sharing veganism, it is always handy to have a few practiced soundbites up your sleeve. These can be handy answers to annoying or inquisitive questions from strangers, or even friends

and family. Remember short, snappy responses that show you do know what you are talking about (unless someone is being a bully and what they are doing or saying is unacceptable, then laughing off what they are saying in a non-sarcastic way is fine, too!).

Sharing vegan issues and videos on your social media will also help to get the word out there. But, if posting the gorier content isn't for you, then sharing links to vegan festivals like VegfestUK, publications like *Vegan Life* magazine or your local vegan café, would be easier. Why not even share my website, VeggieVision TV?!

If you like writing or talking, starting your own vegan blog or podcast might appeal to you — it's a great way to advocate veganism and be in control of the content (if you do this let me know, as I would love to share it!). Another similar avenue that might interest you, is becoming a regular on your local radio station or writing for your local paper or magazine — there's no harm in asking!

If you are not a fan of inviting confrontation, use food to advocate. Taking in a box of vegan cookies or cakes for work colleagues is a brilliant way to start a conversation and is a more subtle approach. Or, invite friends' round for dinner, and veganise an old favourite of theirs. Food is the key to many people's hearts — and mindsets.

Connecting with fellow vegans is vital, too, and there are lots of ways to do so. When following groups on Facebook, make sure they are aligned with your values and do not get wrapped up in arguments — they are a huge timewaster that do nothing for veganism.

Join a local vegan group — and if there isn't one near you, if you have time, then why not set one up yourself? Back in the day, the group I ran had regular meetings, went to demos, trained others to give school talks, attended pub quiz's wearing vegan T-shirts and we all empowered one another.

Another way is to spread awareness through your career choice, or by starting your own plant-based business. Annie Connolly is a passionate activist and former international athlete who is against any form of speciesism. She says: "My vegan advocacy means everything to me, and I wouldn't have it any other way. When I am training clients in the gym, we chat about plant-based eating. I think it is about being positive and encouraging others. Be the best role model you can, because it is for the animals. I know a lot of fellow professional sportspeople from my athlete days and am seeing more and more embracing veganism. Do what you can — and then some!"

Ultimately, do what feels right for you and your preferred advocating style. There is no correct way to spread awareness. Some people are happy to make viral videos and 'vox pops' people on the street, others would prefer something more subtle, like sharing videos or tasty vegan bakes. ■

For more from Karin, visit veggievisiondating.com and mad-promotions.com



Hungry for *Halloween*

Recipe
p78

Halloween
Burger



Treat yourself to these
Halloween-inspired delights

Halloween Burger

Makes 6

These Halloween burgers are great for kids and adults — the nori eyes, cheese teeth and pepper stalk make the burger look like a pumpkin!

For the patties:

- 180ml ($\frac{3}{4}$ cup) **vegetable stock**
- 1 tbsp **Marmite**
- 2 tbsp **tomato ketchup**
- 2 tbsp **soy sauce**
- 100g (3.5 oz) **dried soya mince**
- 1 400g (14 oz) **tin lentils**, drained
- 1 tbsp **smoked paprika**
- 150g (5 oz) **plain flour**
- **Oil** for shallow frying

To serve:

- 1 **sheet nori**
- 6 **burger buns**
- Handful **rocket**
- **Tomato ketchup**
- 1 **tomato**, sliced
- 1 **red onion**, finely sliced
- **Vegan cheese slices**
- 6 **pepper stalks** (optional)

1 Firstly, to make the patties, add the vegetable stock, Marmite, tomato ketchup, soy sauce and soya mince to a saucepan and allow to simmer for 2–3 minutes until the mince has hydrated and the liquid has been absorbed.

2 Add the lentils, paprika and flour and bring the mix together, until well combined. Season to taste and form the mixture into 6 patties.

3 Prepare the buns by cutting 12 small triangles of nori, brush the top of the bun with a little water and stick the nori on as eyes. Add rocket, tomato and red onion to the bun. Then, heat the oil over a medium-high heat and cook the patties for 3–4 minutes on each side until golden and cooked through.

4 Place the patties into the roll, top with the vegan cheese arranged to look like teeth, then add the ketchup and the top roll. Finally place the pepper stalk in the top to look like the top of a pumpkin.

Recipe by *Vegan Life* in-house chefs



Halloween Stuffed Peppers

Serves 4

These peppers are frighteningly tasty — stuffed with delicious Violife cheese, nutritious lentils and tonnes of veg, they will fast become a Halloween favourite.

- 1 pack **Violife Original Flavour Block**, in cubes
- 200g (1 cup) **dry brown lentils**
- 8 **large orange bell peppers**
- 1 tsp **coconut oil**
- 3 cloves **garlic**, minced
- 1 **onion**, finely chopped
- 1 **medium courgette**, diced
- 2 **medium tomatoes**, diced (seeds removed)
- 275g (1 cup) **fresh corn kernels**
- 1 tsp **fennel seeds**, chopped
- 1 tbsp **fresh sage**, chopped
- 1 tsp **paprika**
- ¼ tsp **red pepper flakes**
- 2 tsp fine ground **sea salt**, to taste
- 1 tsp fresh ground **black pepper**, or more, to taste

- 1 Rinse the lentils and prepare them according to instructions.
- 2 While they cook, prepare the peppers by removing seeds and tops. Use a small knife to make faces in the peppers.
- 3 Place coconut oil in a skillet, and sauté onion and garlic for about 5 minutes over medium-high heat. Add the courgette and cook for another 4 minutes.
- 4 Add tomatoes and corn kernels, then cook for 3 more minutes, then add the Violife Original Flavour cubes.
- 5 Stir in remaining ingredients, including cooked lentils and season with salt and pepper to taste.
- 6 Fill the peppers with the filling and place on a baking tray. Place lids back on peppers and bake for 25 minutes at 180°C/350°F/Gas 4. Serve hot, straight out of the oven.

Recipe and images by Violife, violifefoods.com



Pumpkin Risotto with Watercress Pesto

Serves 4

Creamy and delicious, this pumpkin risotto is perfect for cold and gloomy evenings. Combined with the watercress pesto, it makes a real treat.

- 1 **small pumpkin** or **butternut squash**
- 200g (7 oz) **Arborio risotto rice**
- 2 cloves **garlic**, finely chopped
- 5 **shallots**, peeled and finely diced
- 1 tbsp **olive oil** plus more for drizzling
- 100ml (generous ⅓ cup) **white wine**
- 1 litre of hot **vegetable stock**
- 35g (1.2 oz) **watercress**
- **Salt** and **pepper**, to taste
- 2 tbsp **pumpkin seeds**, toasted
- 25g (2tbsp +2 tsp) cold **vegan butter**

For the pesto:

- 50g (1.8 oz) **vegan parmesan**
- 50g (1.8 oz) **pine nuts**, toasted
- 50g (1.8 oz) **watercress**
- 75ml (scant ⅓ cup) **olive oil**

- 1 Preheat the oven to 180°/350°F/Gas 4.
- 2 Peel the pumpkin, remove the seeds and chop into 2cm cubes. Place half of the pumpkin onto an oven tray, drizzle with olive oil and season with salt and pepper before placing into the oven for 25 minutes, or until the pumpkin is soft in the middle and starting to colour on the outside.
- 3 Put the remaining pumpkin into a medium-sized saucepan and cover with cold water. Add a pinch of salt and bring to the boil, simmering for 15–20 minutes or until the pumpkin is soft and cooked through. Drain and blend in a food processor until smooth. This pumpkin purée will be stirred through the risotto to give it a good colour and flavour.
- 4 Next, make the pesto by blending together the parmesan, pine nuts and watercress before slowly adding the olive oil and seasoning, to taste.
- 5 Take a large frying pan or wok and place on a medium heat. Add a tablespoon of olive oil and throw in the diced shallots and garlic along with a pinch of salt. Fry gently for a few minutes, being careful not to allow the shallots to colour or burn. Add in the risotto rice and continue to fry for a further few minutes before adding in the white wine. Reduce the heat to medium-low and stir the rice and shallot mixture until almost all the wine has been absorbed.
- 6 Use a ladle or small jug to pour one quarter of the vegetable stock into the pan and cook until the liquid has been absorbed, stirring frequently. Repeat until all the liquid has been used up which should take around 20 minutes. Check that the rice is cooked through and add a splash more water if necessary.
- 7 Finally, stir in the watercress, pumpkin puree, diced roast pumpkin and cold butter, then season to taste with salt and pepper. Spoon the risotto into four bowls, scatter over the pumpkins seeds and finally drizzle generously with watercress pesto.

Recipe and images by **The Watercress Co.**, watercress.co.uk





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Pea & Broccoli Miso Soup

Serves 3-4

A nourishing green bowl of comfort. It's thick, hearty and packed full of flavour and goodness. Salty miso and sweet peas work so well together and zingy ginger, garlic and lemon freshens the soup right up. Blending the broccoli stalks and replacing stock/water with almond milk gives it creaminess. Topping with tamari roasted seeds adds a pop of savouriness and crunch.

- 1 **broccoli** head with a long stalk
- 260g (9.2 oz) **petite pois**
- 1 **leek**, sliced
- 1 big or 2 small **garlic cloves**, minced
- 1-inch piece **fresh ginger**, minced
- 550ml **unsweetened almond milk**
- 1 ½ tbsp **red/brown miso**
- 1 ½ tbsp **lemon juice**
- 1 tsp **maple syrup**
- 1 tsp **coconut oil**
- ¼ tsp **pepper**
- ¼ – ½ tsp **Himalayan salt**

Toppings (optional):

- **Plain** or **tamari** roasted seeds
- **Almond butter**
- **Coconut cream**

- 1 Prep the broccoli. Remove the stalk, peel and chop into small chunks. Cut the broccoli into small florets.
- 2 Put the coconut oil into a large saucepan and add in the leeks and broccoli stalks. Cook for 5 mins then add the garlic and ginger, cook for 2-3 mins until fragrant.
- 3 Add to this the broccoli, peas, almond milk, miso and lemon. Give it a stir, season with the salt and pepper and simmer for 7-10 mins or until all the veg are tender. The veg need to be soft to purée smoothly.
- 4 Pour into a blender and whizz till nice and smooth, adding more almond milk to thin down if needed.
- 5 Pour into bowls and sprinkle on the toppings.

Recipe and images by *DeadlyxDelish*,
deadlyxdelish.com, @deadlyxdelish



Top Tip:

Be sure to not overcook the broccoli and peas, to preserve the green colour.



Top Tip:

Make the bake earlier in the day, then simply warm through in the oven for 20 minutes before serving.

Halloween Squash Bake

Serves 6

Create a Halloween dish that will satisfy the whole family, using hearty butternut squash, tasty plant-based cheese and a creamy sauce. There's no trick with this meal — only treat after treat!

For the pesto:

- 1 tbsp **vegetable oil**
- 1 **red onion**, finely sliced
- 2 **garlic cloves**, crushed
- 1 tbsp **whole grain** or **Dijon mustard**
- **Salt** and **pepper**, to taste
- 2 **medium butternut squash** (about 1.8–2kg when prepared), peeled, quartered and thinly sliced
- 100g (3.5 oz) **cavolo nero**, roughly chopped
- 2 tbsp **panko breadcrumbs**
- Handful of **vegan cheese**, grated

For the creamy sauce:

- 100g (3.5 oz) **vegan butter**
- 100g (3.5 oz) **plain flour**
- 1L (4 cups) **Alpro Oat Unsweetened drink**
- 1 tsp **garlic granules**
- 2 tsp **onion powder** (optional)

1 Preheat the oven to 180°C/350°F/Gas 4. In a large frying pan, heat the vegetable oil over a low heat. Add the onions and gently fry for 5–8 minutes until softened. Add the garlic and mustard, season with salt and pepper and fry for a few more minutes, set aside.

2 For the sauce, in a large saucepan, over a low-medium heat add the butter and melt. Stir in the flour and mix together, making a smooth paste. Bubble the paste for a few minutes until it smells biscuity then remove from the heat and slow beat in the Alpro Oat Unsweetened drink. When you have a lump-free, thin sauce (you may need a balloon whisk to achieve this) return the pan to the heat and stir the sauce until thickened, this will take about 5 minutes. When thickened, let the sauce simmer for a few more minutes then add the garlic and onion powder if using, and season to taste.

3 In a 1.7–2l oven proof dish, layer the pumpkin slices with the onion mix and raw chopped cavolo nero then pour over the sauce. Bake for 50 minutes then turn up the heat to 200°C/350°F/ Gas 6 and top with the panko breadcrumbs and cheese, bake for further 10–15 minutes until golden and bubbling.

Recipe and images by Alpro, alpro.com/uk

Sautéed Squash with Olive Tapenade & Cannellini Beans

Serves 2–4

This is a lovely quick, simple supper. Steaming the squash or pumpkin in this dish makes it much faster than roasting or baking, yet the flavour is rich — and most of the prep can be done while the squash is cooking. Alternatively, buy ready-prepped squash pieces! The dish can be made with a simple homemade olive tapenade or a bought one in a jar.

- 500–600g (18–21 oz) **squash** or **pumpkin**, eg butternut or acorn, peeled and seeded squash, cut into medium chunks or a large pack of ready-prepped squash pieces
- **Olive tapenade** (see top tip)
- 1 tbsp chopped **parsley**
- 120g (4 oz) **cannellini** or **white haricot beans** (half a tin or more)
- 1 **lemon**, zested
- **Black pepper**
- 1 tbsp **olive oil** or a few squirts of **oil spray**
- 2 fat **cloves garlic**, finely chopped

- 1 Steam the squash chunks until they are tender, approximately 15–25 minutes.
- 2 If making the tapenade (see top tip) do it now. Chop the olives and parsley by hand for a chunky tapenade then add the 4 tbsp oil, beans and lemon zest. For a smoother tapenade, blend the olives, parsley and oil then add the whole beans and zest. If using the bought tapenade, just mix it with the parsley and the other ingredients. Set aside.
- 3 In a large frying pan, heat the 1 tbsp olive oil or oil spray on a low heat. Cook the crushed garlic gently until it starts to turn translucent — don't let it brown as it will taste bitter. Then toss the hot cooked squash in the mix.
- 4 Mix in the olive tapenade with the squash, add black pepper and serve hot.

Recipe and images courtesy of Viva! veganrecipeclub.org.uk



Top Tip:

Mixed together 100g chopped mixed green and black pitted olives with 4 tbsp finely chopped parsley and 4 tbsp olive oil



Gingerbread Skeletons

Makes 10

Simple and fun to make (and yummy, too), these cute skeleton biscuits will be a hit with adults and kids alike!

- 2 tbsp **blackstrap molasses**
- 4 tbsp **golden syrup**
- 150g (5.3 oz) soft, **light brown sugar**
- 1 tbsp **water**
- 1 tsp **ground nutmeg**
- 1 tsp **ground cinnamon**
- 3 tsp **ground ginger**
- ½ tsp **sea salt flakes**
- 190g (6.7 oz) **dairy-free butter**
- 1 tsp **bicarbonate of soda**
- 1 **orange**, zest only
- 450g (16 oz) **plain flour**, plus extra for dusting

You will also need:

- 2 **baking sheets**
- **Parchment paper**
- Person-shaped **cookie cutters**
- **Writing icing tubes**, or **homemade icing** (create a paste with icing sugar and a splash of water)

1 Warm a heavy-based saucepan over a medium-low heat. Add the molasses, syrup, sugar, water, spices and salt to the pan and heat gently, stirring to combine, until everything has dissolved.

2 Add the butter to the pan and once it has melted, mix in the bicarbonate of soda and orange zest, and stir well.

3 Gradually add the flour to the pan, stirring as you go, until it forms a soft, pliable dough. Wrap the ball of dough in cling film and set aside until cooled.

4 When you are ready to bake the cookies, preheat your oven to 180°C/350°F/Gas 4 and line two baking sheets with parchment paper. Dust the surface of each with flour.

5 Divide the dough in half and place each piece on a baking sheet. Dust with a little flour and roll out on the trays, to the thickness of a pound coin.

6 Use the cutters to stamp out shapes in the dough, as close together as possible to minimise waste. Once all the dough has been used, peel away the surrounding edges of the dough. If you want to hang your cookies as decorations, use a skewer to make a hole in the top of each.

7 Transfer the trays to the oven and bake for 15 minutes, or until lightly browned and firm to the touch.

8 When the cookies are ready, remove from the oven and leave to cool on the trays completely before decorating.

Recipe by *Vegan Life* in-house chefs



Toffee Apples

Serves 4

Toffee apples are a classic Halloween food. They are a good way to offer a treat to children at Halloween whilst still getting them to eat fresh fruit.

- 4 **apples**
- 200g (7 oz) **caster sugar**
- ½ tsp **cider vinegar**
- 2 tbsp **golden syrup**
- 80ml (⅓ cup) **water**
- Few drops **red food colouring**

You will also need:

- 4 **lolly sticks**

1 Firstly, push the lolly sticks into the stalk-end of each apple, ensuring it is in firmly.

2 Then add the caster sugar, cider vinegar, golden syrup, water and food colouring. Bring to a simmer and cook until the sugar has dissolved. Then allow to boil until the temperature of the toffee is 150°C, then remove from the heat.

3 Quickly dip the apples into the toffee until coated, then place onto the coated apples onto a sheet of non-stick paper and allow to cool.

Recipe by *Vegan Life* in-house chefs



Spiced Pumpkin Muffins with Peanut Butter Frosting

Makes approx. 8 mini muffins

These muffins are bursting with seasonal flavours that will have you crowding round the oven, counting down the seconds until they are baked!

- 425g (2 ½ cups) **steamed squash** or **pumpkin**
- 3 tsp **pumpkin spice** (see top tip)
- 3 tbsp **coconut sugar**
- 1 tsp **baking powder**
- 1 tsp **bicarbonate of soda**
- Pinch **sea salt**
- 1 tbsp **coconut yoghurt**
- 4 tbsp **maple syrup**
- 1 tbsp **apple cider vinegar**
- 1 tsp **vanilla essence**
- 200g (1 ½ cup) **fine oatmeal** or **oat bran**
- 3 tbsp **sunflower seeds**
- 3 tbsp **ground flax**
- 3 tbsp **sesame seeds**

Toppings:

- **Coconut sugar**
- **Flaked almonds**

Frosting:

- 2 tsp **coconut yoghurt**
- 2 tsp **peanut butter**
- 1 tsp **maple syrup**

- ½ tsp **vanilla essence**
- Pinch **sea salt**
- Toasted **almonds**

- 1 Firstly, peel and chop the squash/pumpkin into small-ish cubes. Add to your steamer and steam for about 10 minutes or until soft. Set aside.
- 2 Add the cooled squash to a food processor and blitz until smooth and creamy. Add in all the remaining ingredients apart from the oats and seeds and blitz again to combine thoroughly.
- 3 Transfer to a large bowl and stir in the oat bran and seeds. Stir thoroughly to combine. Add 8 muffin cases to your muffin/cupcake tray and dollop in the mixture — dividing between the cases. Top with a little coconut sugar and flaked almonds (if you're not topping with peanut coconut frosting). Bake on a medium heat from 20 minutes until cooked through. Then allow to cool.
- 4 To make the frosting, add all the ingredients into a small bowl and mix to combine. When the muffins have cooled, dollop the frosting on top.

Recipe by Niki Webster Rebel Recipes (Bloomsbury), rebelrecipes.com



Spooky Choc Pot Iced Cupcakes

Makes 6

A fun and easy Halloween recipe, perfect to make with the kids, or for yourself to enjoy!

For the cupcakes:

- 150g (5.3 oz) **oat flour**
- 120g (4.2 oz) **Sweet Freedom CHOC SHOT chocolate syrup**
- 30g (2 tbsp) **vegan butter**, melted
- 120ml (½ cup) **plant-based milk**
- 1 tsp **baking powder**

For the icing:

- 6 tsp **Sweet Freedom CHOC POT chocolate spread**

For the topping:

- 12 **edible icing eyes**
- **Desiccated coconut**, for sprinkling

- 1 Preheat oven to 180°C/350°F/Gas 4.
- 2 Add all cupcake ingredients into a bowl and mix together well.
- 3 Spoon into 6 cupcake cases.
- 4 Bake for 16–20 minutes or until a toothpick comes out clean.
- 5 Allow to cool, then ice.

Recipe by Sweet Freedom, sweetfreedom.co.uk, @sweetfreedomuk



Pumpkin Chocolate Pie

Makes 8 servings

Want to play a fun game with your family at the dinner table? Ask them to guess the ingredients in this pie. They will never guess that what makes it smooth and creamy is... wait for it... tofu! Yep, filled with plant-based protein and puréed pumpkin, this pie is actually nutritious!

- 175g (1 cup) **vegan semisweet chocolate chips**
- 1 425g (15 oz) **tin pure pumpkin purée** (without added spices)
- 360ml (1½ cups) **silken tofu**, drained
- 1½ tbsp packed **brown sugar**
- 1½ tsp **vanilla extract**
- 1½ tsp **pumpkin pie spice**
- 1 tsp **ground cinnamon**
- 1 pre-made **vegan piecrust**
- **Vegan whipped cream**, optional

- 1 Preheat the oven to 180°C/350°F/Gas 4.
- 2 In a small microwave-safe bowl, microwave the chocolate chips for 30 seconds. Mix with a fork until smooth (if the chocolate is still lumpy, microwave for 20-second intervals, mixing in between, until the chocolate is completely smooth).
- 3 In a blender, combine the pumpkin purée, tofu, brown sugar, vanilla extract, pumpkin pie spice, and cinnamon. Add the melted chocolate and blend on high until completely smooth.
- 4 Transfer the cooled pie to the refrigerator and let it set overnight or for at least 8 hours. Top with vegan whipped cream, if using.

Recipe from *The Friendly Vegan Cookbook* by Toni Okamoto



Top Tip:

Use an ice cube tray to pre-measure the remaining pumpkin purée and freeze it to use for your future pumpkin spiced lattes.

Pumpkin Spice Latte

1 serving

This recipe is for all the latte lovers out there. It's sweet and simple and spiced with the best flavours of autumn. Plus, if you make this at home instead of shelling out your hard-earned pennies at the cafe, you'll save tonnes of money. Made with sweetened soya milk, this recipe produces one decadent latte. If you're making it for two people, simply double the batch. And if you're wondering what to do with the extra pumpkin purée, you can freeze it (see top tip).

- 240ml (1 cup) **sweetened vanilla soya milk**
- 2 tbsp + ½ tsp **tinned pure pumpkin purée** (without added spices)
- 1½ tbsp packed **brown sugar**
- ¾ tsp **pumpkin pie spice**, plus an optional dash for sprinkling
- Pinch of **salt**
- 120ml (½ cup) **strong freshly brewed coffee**
- **Vegan whipped cream** (optional)

- 1 In a small pot over medium heat, combine the soya milk, pumpkin purée, brown sugar, pumpkin pie spice, and salt, then whisk vigorously. Turn the heat off as soon as the mixture starts to boil.
- 2 In your favorite mug, combine the hot coffee and the milk mixture. Top with vegan whipped cream and sprinkle with pumpkin pie spice (if using them).

Recipe from *The Friendly Vegan Cookbook*
by Toni Okamoto



Pumpkin Cheesecake

Serves 12

This stunning pumpkin cheesecake will be the highlight of any Halloween-themed party or dinner spread. Serve it as it is, or accompanied by vegan cream or a delicately flavoured ice cream.

For the cheesecake base:

- 75g (2.6 oz) **vegan butter** or **coconut oil**, melted
- 200g (7 oz) **vegan digestive biscuits**

For the cheesecake:

- 2 ½ tbsp **flaxseeds** mixed with 2 tbsp **water**
- 450g (16 oz) **hard vegan cream cheese**
- 425g (15 oz) **pumpkin purée**
- 210g (7.4 oz) **golden caster sugar**
- 1 tsp **ginger**
- 1 tsp **cinnamon**
- 1 pinch **nutmeg**
- 120ml (½ cup) **dairy-free milk**

For the sweet pastry bases for the pumpkins:

- 125g (4.4 oz) **plain flour**
- ½ tsp **baking powder**
- 50g (1.8 oz) **vegan butter**
- 75g (2.6 oz) sifted **icing sugar**
- 25ml (2tbsp + 2 tsp) **dairy-free milk**
- Pinch of **salt**

For the pumpkin decorations:

- 250g **marzipan block**
- **Orange food colouring**
- **Green food colouring**

For the pumpkin decorations:

- **Loose bottom springform tin**, 23cm diameter

- 1 Preheat oven to 190°C/375°F/Gas 5.
- 2 Line the base of a 23cm loose bottom springform tin by putting a round piece of parchment paper — same size — in the bottom of the tin base.
- 3 Grind the biscuits in a food processor. Transfer in a bowl and mix in the melted butter or oil with a spatula.
- 4 Press the mix into the bottom of the mould, 4 mm thick.
- 5 Prebake for 5 minutes then allow to cool down. Turn the oven down to 175°C/350°F/Gas 4.
- 6 To make the cheesecake mix, prepare the flaxseeds mix and let it rest for 10 mins at least, until you obtain a thick purée. Keep refrigerated.

7 In a mixing bowl, fitted with the paddle attachment, beat the cream cheese at medium-low speed until creamy, about 1 min. Reduce the speed and gradually add the pumpkin purée, the sugar, the spices, the flaxseed mix and finally the milk. Increase the speed, scraping down the sides of the bowl twice at least, until smooth consistency, with no remaining lumps.

8 Pour the mix over the cheesecake base and bake for about 1 hour. If you gently shake the tin, the filling should have a slight wobble.

9 Let it cool down for 2 hours at least before unmoulding. Slide the parchment paper out from underneath and transfer to a plate.

10 To make the decorative pumpkin pastry bases, in a mixing bowl, using the paddle, at medium speed, beat the vegan butter and the sugar until you achieve a fluffy consistency. Reduce the speed and incorporate the milk. Add the flour, baking powder and salt. Work on a low speed till all the ingredients are combined. Do not overwork the pastry.

11 Cling film the pastry and allow to rest for at least 2 hours in the fridge.

12 Roll out the pastry between 2 parchment papers, 2mm thick. With a round cutter, cut 12 discs, 2.5cm diameter.

13 Place on a pre-lined baking tray and bake at 175°C/350°F/Gas 4 for 8 mins.

14 To make the marzipan pumpkin decorations, using gloves, colour 200g of the marzipan block in orange and 50g in dark green.

15 Divide the orange marzipan in 12 pieces (about 15g each). Roll each piece into a round shape. With a toothpick, press some lines from top till bottom to reproduce a pumpkin shape.

16 Between 2 parchment papers, roll out the green marzipan, 2mm thick. Finish the pumpkins off with these little stems.

17 Put the marzipan pumpkins on top of the sweet pastry bases and space equally round the cheesecake.

Recipe from *Vegans deserve better than a fruit salad* by Danielle Maupertuis, vegan executive pastry chef (Olympia Publishers).
Photography by Darrin Jenkins.





Quinoa

in focus

Dietitian Yvonne O'Halloran looks at how eating the superfood can improve your health

Quinoa is a type of edible seed harvested from a tall leafy plant and belongs to the 'chenopodiaceae' family, which also includes spinach and beet (Navriuz-Varli and Sandlier, 2018). Quinoa is technically a seed, but classified as a wholegrain and is an excellent source of plant protein and fibre. It is, in fact, a 'pseudo cereal' since the plant it comes from is not a type of grass. Quinoa (pronounced "keen-wah") is a complete protein — meaning it contains all of the nine essential amino acids that the body requires and cannot make on their own.

Wholegrain cereals are considered an especially important part of a healthy diet. Adults aged 19–50 are recommended to consume at least six servings of grains per day, with $\frac{1}{3}$ coming

from wholegrains. Quinoa is identified as a grain in most countries (Liangkui Li et al, 2018).

The great thing about quinoa is that it is naturally gluten-free, which is great for people who have coeliac disease or are gluten intolerant. It is rich in magnesium, manganese, iron, fibre, phosphorus, choline, folate and vitamin B₁ with trace amounts of calcium omega 3 fatty acids, B₃, vitamin E, selenium, copper, zinc and potassium. One cup of cooked quinoa contains 8g of protein, 5g of fibre, 222 calories, 39g of carbs and 4g of fat.

Scientific evidence has backed up the health claims that quinoa assists with weight loss, has antidiabetic effects, suppresses the appetite and lowers triglycerides (Navarro — Preez et al, 2017). The study found that a

cup of quinoa for 12 weeks led to a 36 per cent drop in triglycerides. The group also lowered their risk of metabolic syndrome by 70 per cent. Metabolic syndrome is a collection of disorders known to increase risk of developing type 2 diabetes and cardiovascular diseases, including heart disease and stroke.

Betalains are a group of phytonutrients that provide red and yellow quinoa varieties with their unique colours. Betalains can actually be found in varying degrees in most varieties of quinoa members and have been shown to increase the antioxidant capacity and free radical scavenging benefits provided by this food. So, it makes sense to enjoy the full spectrum of quinoa colour varieties in your meals.

Quinoa colours

Quinoa or white quinoa — the most common type of quinoa available in stores. It is also called ivory quinoa.

Red quinoa — retains its original shape (better than white quinoa) after a little cooking. This type is more suitable for cold salads or any recipe where a distinct grain is desirable.

Black quinoa — a little sweeter and earthier than white quinoa. This variety keeps its black colour intact even when cooked.

One serving (approximately 40g) per day meets an important part of the daily recommendations for essential nutrients and health improving compounds (Graf et al, 2015).

Antioxidants

Over 20 different phenolic phytonutrients have been identified in quinoa, including many phenolic acids and polyphenols. Most of these phytonutrients have

been shown to provide antioxidant benefits, and many provide anti-inflammatory benefits as well. The list of phenolic phytonutrients in quinoa includes: chlorogenic acid, ferulic acid, hesperidin, isoquercetin, quercetin, kaempferol, neohesperidin, rosmarinic acid, rutin and vanillic acid.

Of these phytonutrients, there are two particular flavonoids that's have been well studied — quercetin and kaempferol — and both happen to be found in high amounts in quinoa.

These molecules are important because they've been shown to trigger anti-inflammatory, anti-viral, anti-cancer and anti-depressant effects. In fact, quercetin is found in greater amounts in quinoa than in typical high-quercetin foods, such as cranberries (Repo-Carrasco-Valencia et al, 2010).

Preparation

Quinoa is naturally coated with a bitter substance to protect against insects, so always rinse it using a fine strainer prior to cooking. To prepare the quinoa just

put one-part quinoa to two parts water into a pot, bring to a boil, reduce to simmer, and cover. Fifteen minutes later you'll have a pot of perfectly cooked quinoa.

Adding to Meals

There is a myriad of different ways that quinoa can be incorporated into the variety of foods you eat each day. Try one of the following ideas:

- Quinoa can be added to soups to thicken and improve nutritional value.
- Add to casseroles, curries and stews.
- Add to salads for a beautiful texture and to increase satiety.
- Use instead of oatmeal in the mornings — you can sweeten quinoa just like oatmeal. For example, you can add nuts and fruits to cooked quinoa and serve as breakfast porridge.
- Use it in place of rice in any meal for an extra nutritional boost.
- Blend cooked quinoa to smoothies to increase protein and calories.
- Add to desserts for a deliciously crunchy texture.
- Incorporate quinoa into roasted veggie Buddha bowls for a great meal choice.
- Use quinoa flour for baking nutrient dense and delicious muffins, cakes or cookies.
- Quinoa flakes are also great for baking/making nice soft breakfasts for young children.
- The superfood goes great in salads. Combine cooked, chilled quinoa with pinto beans, pumpkin seeds, scallions and coriander. Season to taste and enjoy this south-of-the-border inspired salad.
- For a twist on your favourite pasta recipe, use noodles made from quinoa.
- Sprouted quinoa can be used in salads and sandwiches just like alfalfa sprouts.
- Quinoa is great to use in tabouli, serving as a delicious (and wheat-free) substitute for the bulgur wheat with which this Middle Eastern dish is usually made. ■

Find Yvonne on Facebook at
[@livingveganofficial](https://www.facebook.com/livingveganofficial)



“Quinoa contains all of the nine essential amino acids that the body requires and cannot make on their own”



Lighting the way to devastation

Lily Woods takes a look at how light pollution is affecting our planet and its inhabitants

From the 1930s onwards, electricity became commonplace in homes across the UK. For many, the days of candles melting on mantelpieces and bedside tables were gone. Instead, at the flick of a switch, lights illuminated entire houses, and they lit dark streets and alleyways. Our days were extended, no longer guided by nightfall as a measurement of the day's end in the ways that we once were. Electricity, particularly light, has entirely revolutionised our lives. And yet, whilst allowing humans to be more productive, in many ways, it has been exponentially detrimental to our planet and its ecosystems.

With the majority of those who knew what it was like to live without electricity now gone, it is hard to imagine our lives without it. Because we take it for granted in the way that we do, we don't tend to think about the repercussions of living in a world oversaturated with light. But when forced to consider it, when do we ever experience

true darkness? Particularly for those living in cities such as London, the inky night-time blackness found only in very rural parts of the country, is now quite foreign.

When it isn't light creeping through the crack under the door or leaking through the curtains from the streetlights outside, it is what scientists refer to as 'sky glow'. This often happens over cities or very built-up areas. While a certain glow in the sky has long existed, it has often been a result of the stars or the moon. Now, it is from the excessive use of artificial light, such as skyscrapers, businesses, homes, travelling cars and buses, and streetlights.

But what does a brighter sky mean for the planet? For animals, it affects vital processes like migratory movements. Each year, particularly during the spring and summertime, millions of migrating birds die as a result of artificial lighting. Lured in by the bright lights of cities, specifically for those travelling at

night, birds collide with buildings after becoming confused by the excess of light. Many die, while others fall, injured, and are ultimately left to die or be eaten or scavenged by gulls. In Toronto, America, an organisation that goes by the name of Fatal Light Awareness Programme (FLAP) was founded in the early 1990s, and they work to collect the dead birds or rehabilitate those who are injured. However, while co-founder Michael Mesure is understandably proud of this work, he is concerned that residents don't know enough about the reality of the effects of light pollution on birds. Indeed, by the time that city workers arrive in the morning, the birds have been taken away — either by FLAP or scavenging animals.

Equally, the excess of light at night affects insects. Certainly, most people have heard the phrase, 'like a moth to a flame'. But in 2020, the flame has become artificial light. Every night, millions of moths and similar nocturnal insects emerge.

Naturally, they are attracted toward the light of the moon, but with the excess of artificial lighting, one-third of insects confuse artificial lighting for the moon and end up 'Trapped in the orbit of such lights', (guardian.com), dying before morning. This is wreaking havoc on the ecosystems of insects, and resulting in billions of deaths each year.

Likewise, baby sea turtles, once hatched, are guided through the night by the brightening horizon over the ocean. However, many are drawn away from the ocean by artificial lights, and in Florida alone, thousands of hatchlings die this way each year. While there are numerous excellent organisations combating this, putting in place safe methods for these turtles to reach the sea, this nevertheless remains a prominent problem.

For other sea life, the lights of passing ships, oil rigs and harbours prevent many from settling down at night. It also attracts an excess of marine life like barnacles and oysters, which gather on docks and ships, and are, ultimately, killed when they are removed. As some of the most important members of the ocean's food chain, consuming plankton while also acting as water filters, the destruction of both barnacles and oysters as an indirect result of light pollution would ultimately have a huge effect on the health of the ocean.

Excessive light is also having a detrimental effect across the food chain. For example, the death of billions of insects each year results in the reduction of food for the animals that also feed on these critters, prompting a significant ripple effect.

Have you ever seen a fox during the day? Increased daylight activity in recent years means that many of us have. Due to light pollution, particularly in cities, foxes and other nocturnal predators become confused and emerge during the day to hunt, as well as at night. This results in more and more deaths of these animals each year — many are struck by cars or buses. It also impacts their abilities to hunt, as nocturnal predators use darkness as a way to shield themselves from their prey. Thus, when the darkness is fading, their hunting capabilities are diminished. As a result, since 1995, the population of foxes in the UK have seen a 41 per cent decline. And, since 2010, this decline has been in freefall, having a significant knock-on effect for others in the food chain.

So what can be done? For one, turn off the lights! When you leave a room, flick the switch. Not only does this save you money, it also preserves energy and prevents excess light. The use of LED lightbulbs can help to combat this, although it is important to note that they

can only be beneficial if used properly. Firstly, they must be dimmer and warmer in order to be effective, as well as shielded with shades. Otherwise, the light is displaced and only contributes further to light pollution. Done properly, astronomer, John Barentine believes that: "LED's could save the planet, in the sense of reigning in light pollution," (nationalgeographic.co.uk).

Do you have outdoor lighting? Maybe consider losing it altogether or, if it really is needed, place motion sensors on the lights. This will make it so that the lights are only used if absolutely necessary, and will interfere with wildlife much less frequently, if at all.

In recent weeks, the oil spill in the Maldives has been actively devastating ocean ecosystems and poisoning the waters of locals who rely on it. This kind of pollution is immediate in its effect; light pollution is undoubtedly less immediate, but equally as impactful. And yet, while it may be that there is little you can do to directly combat disasters such as oil spills, this is not the case for light pollution. As suggested by Christopher Kyba at the German Research Centre for Biosciences, "It's a place where you can reduce energy consumption with basically no loss to anyone," (nationalgeographic.co.uk).

Aside from going vegan, there really is not an easier or more accessible way to directly combat the issues you are passionate about. Perhaps you forget to switch off the bathroom light every now and again, or maybe someone that you live with simply doesn't notice that they have left a light on. However, remembering and noticing to flick that switch when you leave a room is a huge personal contribution to reducing light pollution.

Not only will you save money on your monthly bills (which is obviously great), but you will also take an active role in making the world a far more happily habitable place for thousands of animals that still rely on light, as well as the absence of it, as part of their way of life.

Remember: we were once reliant on darkness, too — it was a fundamental aspect of our lives. But just because it has changed for us and we have adapted to modern living and an abundance of lighting, this doesn't mean that it therefore no longer matters for other species. We must do what we can to ensure that light pollution is reduced, and that the animals that rely on the natural processes of light are still able to count on it.

Interested in finding out more? *The City Dark* (2011) is a fantastic documentary on the extinction of complete darkness, and the psychological effects on humans as well as the environmental effects on our wildlife. It's a great and very accessible way to find out more about light pollution. Equally, Discovery in the Dark Wales (discoveryinthedark.wales) is a leading organisation in protecting the night sky, and in promoting sustainable uses of light. Their website has a wealth of resources on how to personally contribute to a reduction in light pollution, such as the best wattages to use for both inside and outside lighting. They also have an abundance of information on the wonders of the darkness, and the exciting activities that can be found when we embrace it. From badger watching to camping under the stars, astronomy to glow-worming, there is something for everyone! ■

Words by **Lily Woods**





Penny-pinching Portugal

This month, Laura reminisces her Algarve holiday, to show us it's still possible to limit food waste whilst travelling

Ok, the title is a little misleading. I mean, back in March, in a pre-lockdown world, I did go to Portugal, the Algarve in fact, but it was probably more peanut-pinching than penny! I know it's difficult to do so right now, but I love to travel — to explore new places and enjoy meals out and cocktails, so, I don't know that I'd necessarily call myself a penny pincher. However, I am in the habit of saving money and food when I'm home and away, and I'd like to look back at my trip to show you that it's possible to combat food waste when you do next go away.

I was catching an early flight to Faro, so airport coffee was very much needed! As I do at home, I went prepared with a travel mug. Not only does it mean receiving a discount for using your own cup — most coffee shop chains offer this now and that extends to their airport branches — it's so handy for when you are away and want a tea or coffee on-the-go whilst sightseeing. The same applies to having a reusable water bottle. I could refill my bottle with tap water at the airport onboard my economy flight, and tap water is drinkable in Portugal as it is in most European countries; you can check out sites such as Centre for Disease Control and Prevention if you are unsure of which countries are safe (wwwnc.cdc.gov).

Bottles are not all you can take on-board a flight; some people don't realise that you can take food onto most airlines. Be mindful that if it's a paste, such as houmous, liquid restrictions will apply. I brought a couple of pot noodles that a shop was binning as past their best before date (remember this relates to food quality not safety!). They were perfect to have as an inflight meal — I simply asked a member of cabin crew to add hot water — it cost me nothing, saving me from the overpriced flight food, and similarly saving perfectly edible food from being binned.

When away, it can come in handy to shop local for a few essentials, especially if you

have a fridge in your hotel room, are self-catering, or in a home stay. Just be mindful of how much you buy — food can just as easily be wasted when away from home, perhaps even more so whilst in our holiday bubble, oblivious to the 'real world'.

Take advantage of what is readily available. On my transfer from airport to the hotel, the driver stopped and picked oranges from the trees for me. They were fresh, delicious and a great snack for the rest of the week. Breakfast buffets tend to be full to meet the demands of guests, so keep whatever you can't eat for snacks and lunch later that day. Our hotel bar offered bowls of salted peanuts with drinks — "G&T and nuts"? the bar man would ask me knowingly, as I perched on the bar stool. I was teased by friends as to how many nuts I ate, yet as a vegan, they were a tasty, cheap and readily available source of protein and iron, which could be lacking in other meals.

Sharing food with friends can be great when away — allowing you to sample a variety of local cuisines, and possibly less waste with tapas style meals. If there are leftovers, these can still be put into doggy bags and taken with, as you'd do at home. Food waste app Too Good to Go (toogoodto.go.co.uk), sells discounted unsold food from restaurants across several European countries including the UK, Denmark, Spain, Italy, Poland, Portugal, and has now launched in the US, so why not see what's available when you are next travelling?

Food waste is a global issue, and, eating well for less and saving money and food from being binned concerns most of us whether we are at home or away. It is just about adjusting our mind-sets (and Ray Bans) so that we can see how much is available to us wherever we are in the world. ■

For more from Laura, follow [@reductionraider](https://twitter.com/reductionraider)



Dinner time

Recipe
p96

Cheesy Basil & Sun-Dried
Tomato Pasta

Feel like a winner every time you
make dinner, with these tasty meals

Cheesy Basil & Sun-Dried Tomato Pasta

Serves 1

This sauce is based on the Italian dish, *cacio e pepe* ('cheese and pepper'), where the sauce is made with just cheese, pasta cooking water and black pepper. A good trick for adding more flavour is to reduce the amount of water you cook the pasta in. If you cook the pasta in less water — it means the pasta cooking water will be more intensely starchy, which will make it easier to form a creamy sauce, and it will be saltier, too.

- 100g (3.5 oz) **pasta**, per person
- 45g (1.6 oz) grated **vegan parmesan**, per person
- 10g (½ cup) **fresh basil leaves**, per person
- 30g (1.1 oz) **sun-blushed tomatoes**, per person

- 1 Cook the pasta in a large pot of boiling salted water according to the packet instructions until al dente, but first, making sure that you work out the 1:5 ratio of pasta to cooking water based on how many portions of pasta you're making. Drain the pasta in a colander set over a separate large pot so that you can reserve all the cooking water. Set the pasta aside and continue to boil the pasta water for a further 2 minutes to concentrate the starch.
- 2 Put the cooked pasta into its original large pot along with the cheese and basil. Slowly add the reduced pasta water a little at a time until the sauce starts to come together. As you stir, try to bang the pasta off the sides of the pot, so that the pasta releases its starch, and this creates an emulsion with the melted cheese. A silky-smooth sauce should start to form.
- 3 Taste and adjust the seasoning with a little more salt if needed, though it will probably be salty enough from the reduced cooking water and the cheese.
- 4 Stir in the tomatoes, then divide the pasta between wide, shallow bowls and serve straight away, with extra vegan parmesan on the side for sprinkling over.

Recipe from *The Happy Pear Vegan Cooking for Everyone* by David and Stephen Flynn (Penguin Book Publishers). Photography by Alistair Richardson.





Tabbouleh Chickpea Salad

Serves 2 to 4

A fresh nutritious salad that's perfect for a light dinner. It's great on its own, or served alongside roasted tofu or falafels.

- 250g (8.8 oz) cooked **bulgur wheat**
- 1 400g (14 oz) tin of **chickpeas**
- 100g (3.5 oz) **cherry tomatoes**, halved
- 50g (1.75 oz) **spring onions**, thinly sliced
- 50g (1.75 oz) **cucumber**, diced
- 150g (5.3 oz) roasted **aubergines**, chopped into bite-sized pieces
- 100g (3.5 oz) **fresh rocket**
- 1 large bunch of **fresh flat-leaf parsley**
- 1 bunch of **fresh mint**
- **Salt** and freshly ground **black pepper**

For the dressing:

- 50ml (scant ¼ cup) **olive oil**
- Juice of 1 **lemon**
- 1 tbsp **tamari** or **soy sauce**

1 Roast the aubergines in the oven at 220°C /425°F/Gas 7 for 25 to 30 minutes. You want to make sure you cook them until they are super soft, with a melt-in-your-mouth texture.

2 Combine 1-part bulgur wheat with 2 parts water and a pinch of salt in a saucepan. Bring to the boil, then cover the pan, reduce the heat and simmer for about 12 minutes, until all the water has evaporated and the bulgur is tender. Drain any excess water, then fluff up the bulgur with a fork.

3 Drain and rinse the chickpeas.

4 Halve the tomatoes, thinly slice the spring onions and dice the cucumber.

5 Finely chop the parsley, including the stalks. Finely chop the mint after removing the stalks.

6 To make the dressing, blend all the dressing ingredients together.

7 Now think about presentation. In a large serving bowl, start with the wheat, then add the chickpeas and raw veg. Drizzle over the dressing, then add the aubergine, rocket and herbs and gently mix through. Add the salt and pepper, then taste and adjust if needed.

Recipe from *The Happy Pear Vegan Cooking for Everyone* by David and Stephen Flynn (Penguin Book Publishers). Photography by Alistair Richardson.

Natural Food Market



Proving the power of fruit and veg

The Happy Pear chat to us about their new cookbook

The twin brothers behind The Happy Pear, David and Stephen Flynn, have a fair few accomplishments under their belts. Back when they were in their early twenties and away travelling individually, they both went vegan without the other knowing. Separately, the twins became fascinated by food and how it affects health, and they both also started to think more about how our food choices affect a much greater system than us as individuals. The twins felt so inspired, that upon returning from their travels in 2004, they started The Happy Pear, with the goal to inspire a happier and healthier world, to use food as the vehicle to bring people together and to, hopefully, have a positive impact on the world. Following the release of their latest cookbook, *Vegan Cooking for Everyone*, we caught up with The Happy Pear to find out more.

Hey, guys! How and why did you get into cooking?

Steve: I got into cooking as I was fascinated (and somewhat obsessed) with how eating vegetables was going to make me stronger and be healthier! This was a very foreign concept to how we grew up, but it just felt right. I remember living in Whistler BC, Canada, during ski season, which was a real party place and I used to spend all my free time down in the library reading vegetarian cook books and just wanted to learn more about plant-based food. When Dave and I started The Happy Pear, we started with a vegetable shop and after a year the lease came up on the premises next door and we decided to open a café — not because we had any experience, but because we were so obsessed with vegetables! We wanted to use healthy, plant-based food to bring people together. We trained under our chef mum, Dorene Palmer, who had been teaching vegetarian cooking for almost 30 years. We spent over 10 years as chefs and head chefs of our cafés and then started producing cookbooks and YouTube videos as a medium to inspire more people to eat more veg.

Tell us about your original fruit and veg shop. How and why did you decide to take The Happy Pear further?

We started with a small fruit and veg shop and a little red van and we used to get up at 4.30am every day to go into the fruit market. We both studied business in university, so, many of our friends couldn't understand what we were doing opening a fruit and veg shop! We started our business with a mission to really

try to build community and bring people together, while trying to inspire them to be healthier and happier. Food was our medium to do this and business was the vehicle. The shop has grown to a venture that now includes four cafés, a shop, over 50 products which we sell in over 1,000 stores. We also have a farm, a coffee roasters, a bakery, have written four bestselling cookbooks and have six online health course, which are all vegan and plant-based.

Congrats on the new book, *Vegan Cooking for Everyone*! What can readers expect?

Thanks so much! We're super delighted with it, it's already an international bestseller! It's a distillation of our learning as plant-based chefs for the last 15 years, and it's what we wrote to try to teach our kids how to cook.

The goal of the book is to teach you how to cook without recipes. It's laid out quite differently in that we use a framework approach to show how a chef would approach each dish and how ingredients relate to each other, so you can easily interchange ingredients. The book is a shortened version of our ultimate vegan cooking course, which over 10,000 people have completed, so the recipes and processes have been tried and tested many times.

What is your favourite recipe from the book?

Steve: Being Irish, porridge is always close to my heart and we make and sell a lot of granola, so I'm going to say the granola framework, which, in essence, is 50 per cent rolled oats, 10 per cent liquid sweetener and 10 per cent fat (such as sunflower oil), 10 per cent nuts and 10 per cent seeds. We have lots of different variations around this framework to show how easy it is and how it makes a wonderful snack or breakfast. Dave's favourite part of the book is the salad section — they can often be seen as bland, but the salads in this book really holds your hand to make centrepiece epic salads! ■

The Happy Pears new book, *Vegan Cooking for Everyone* by David and Stephen Flynn (Penguin Random House), is on sale now.

For more from The Happy Pear, follow [@thehappypear](https://www.instagram.com/thehappypear)

Top Tip:

You can use a flax 'egg' to replace hen's eggs as a binder in vegan cooking.



High-Protein Burger

Makes 5 to 6 burgers

Wholefood burgers don't try to mimic the texture and bite of a traditional meat burger, but rather are based around whole plant foods, making it a much healthier burger in terms of nutrition and fibre that can be just as tasty as its meat counterpart. This delicious patty is packed with protein and nutritious wholefoods like quinoa and flaxseeds.

- 1 400g (14 oz) tin of **black beans**
- 200g (7 oz) **roasted sweet potato**
- 2 red **onions**
- 2 **garlic cloves**
- 2 **tbsp oil**
- 300g (11 oz) cooked **quinoa**
- 100g (3.5 oz) **cashew nuts**
- 2 **tbsp ground flaxseeds**
- 6 **tbsp water**
- 2 **tbsp psyllium husks**
- 1 small bunch of **fresh coriander**, chopped
- Juice of 1 **lemon**
- 2 **tbsp tamari** or **soy sauce**
- 1 **tbsp cumin seeds**
- 1 **tsp salt**
- ½ **tsp freshly ground black pepper**
- **Panko breadcrumbs**
- A little **dairy-free milk** (to help breadcrumbs stick)

- 1 To roast the sweet potato, bake in the oven at 200°C/400°F/Gas 6 for approx. 25 minutes, until softened and starting to crisp on the outside.
- 2 Drain and rinse the beans.
- 3 Cook the quinoa according to the packet instructions, then set aside.
- 4 Finely chop the cashew nuts.
- 5 Soak the ground flax seeds in the water and leave to coagulate for 5 minutes or so. The ground flax will soak up all the liquid and form a gloopy, glue-like consistency that works perfectly as a binder. Set aside.
- 6 Peel and finely chop the onions and garlic.
- 7 Heat the oil in a medium-sized frying pan on a high heat. Add the onion and garlic and cook, stirring occasionally, for 3 to 4 minutes. Remove the pan from the heat and set aside.
- 8 In a large bowl, mash the beans, sweet potato, fried onion and garlic using a potato masher. Add the quinoa, cashew nuts, binder (the flax 'eggs' and psyllium husks), coriander, lemon juice, tamari/soy sauce, cumin seeds, salt and pepper.
- 9 Mix well until thoroughly combined. The mixture should be nice and firm and easy to shape into burgers. Taste and adjust the seasoning with a little more salt, pepper or lemon juice if needed.
- 10 Shape into 120g to 150g burgers.
- 11 Heat another splash of oil in a large non-stick frying pan on a medium heat. Dip each burger into non-dairy milk and then into the panko breadcrumbs. Add to the hot pan and fry for 2 to 3 minutes on each side, until cooked through. (Cook the burgers in batches or in two pans if necessary, so that you don't crowd the pan.)
- 12 Alternatively, you could bake the burgers in the oven. Rub each side of the burgers lightly with oil and place on a baking tray. Bake in the oven for 20 minutes, flipping them over halfway through.
- 13 Assemble the cooked burgers with whatever buns, sauces and toppings you like!

Basic Mayo

Makes 350ml

Happily, there is now an abundance of plant-based mayonnaises available to buy from supermarkets, but there's still nothing quite like homemade. This version from the Happy Pear is quick to make and tasty to eat — try it dolloped inside vegan burgers or dunk freshly made chips into it.

- 150ml (scant ⅔ cup) **soya milk**
- 1 **tbsp lemon juice**
- ½ **tbsp Dijon mustard**
- ½ **tsp garlic powder**
- ¼ **tsp salt**
- Freshly ground **black pepper**
- 150ml (scant ⅔ cup) **neutral-tasting oil**, like **sunflower**, **groundnut** or **grapeseed**

- 1 Put the soya milk, lemon juice, mustard, garlic powder and seasoning into a blender or food processor and blend for 1 minute.
- 2 With the motor still running, slowly add the oil in a thin, steady stream until the mayo emulsifies. Taste and adjust the seasoning with more salt or lemon juice if needed. Store in a sealed jar in the fridge for up to 2 weeks.

Spicy Harissa Mayo

Makes 350ml

Here's a mayo for the spice lovers! The addition of harissa gives a full-bodied kick that'll have you craving more.

- 150ml (scant ⅔ cup) **soya milk**
- 1 **tbsp lemon juice**
- 4 **tbsp harissa paste** or more to taste
- ½ **tsp garlic powder**
- ¼ **tsp salt**
- Freshly ground **black pepper**
- 150ml (scant ⅔ cup) **neutral-tasting oil**, like **sunflower**, **groundnut** or **grapeseed**

- 1 Put the soya milk, lemon juice, harissa, garlic powder and seasoning into a blender or food processor and blend for 1 minute.
- 2 With the motor still running, slowly add the oil in a thin, steady stream until the mayo emulsifies. Taste and adjust the seasoning with more salt or lemon juice if needed. Store in a sealed jar in the fridge for up to 2 weeks.

Recipe from *The Happy Pear Vegan Cooking for Everyone*
by David and Stephen Flynn (Penguin Book Publishers).
Photography by Alistair Richardson.



Carrot Cake

Makes 1 double-decker cake

What is better than a carrot cake, to finish off a tasty meal? This one has the creamiest, dreamiest frosting.

Dry ingredients:

- 400g (14 oz) **plain white flour**
- 150g (5.3 oz) **coconut sugar**
- 150g (5.3 oz) **caster sugar**
- 2 tbsp **baking powder**
- 1 tsp **baking soda**
- 1 tsp **ground cinnamon**
- 1 tsp **allspice**

Wet ingredients:

- 200ml ($\frac{3}{4}$ cup + 4 tsp) **unsweetened almond milk**
- 250ml (1 cup) **neutral-tasting oil**
- 200g (7 oz) grated **carrot**
- 100g (3.5 oz) chopped **walnuts**
- 100g (3.5 oz) **raisins**
- 1 tsp **vanilla extract**
- 1 tbsp **apple cider vinegar**

Cream cheese frosting:

- 150g (5.3 oz) **icing sugar**
- 450g (16 oz) **vegan cream cheese**
- 125g (4.4 oz) **coconut oil**, melted

Decoration:

- **Walnuts**

- 1 Preheat the oven to 200°C/400°F/gas 6. Grease and line 2 × 20cm springform cake tins with non-stick baking paper.
- 2 To make the frosting, sift the icing sugar into a large bowl. Add the vegan cream cheese and coconut oil. Using a hand mixer or wooden spoon, mix until well combined. Place the frosting in the fridge for 1 hour to firm up. The frosting can be made ahead of time and will keep in the fridge for up to 10 days.
- 3 Mix all the dry ingredients together in a bowl, then sift them through a fine mesh sieve into a separate large bowl. Make a well in the centre.
- 4 Mix all the wet ingredients together, then add to the well in the centre of the dry ingredients. Using a spatula or a hand mixer, mix together until just combined.
- 5 Divide the mixture evenly between the two tins and bake in the preheated oven for 45 minutes, rotating the tins halfway through the cooking time to ensure they cook evenly. When done, a skewer inserted into the centre should come out clean — if not, they need to go back in the oven for a little longer, until the skewer comes out dry. Remove the cakes from the oven and set aside on a wire rack to cool in the tins for 10 minutes before turning out and allowing to cool completely before frosting.
- 6 To assemble, put one cooled cake on a cake stand or serving plate and add half the frosting to the top of the cake. Working your way out from the centre, spread it evenly but not all the way to the edge, leaving about 1cm clear. Place the second cake on top, pressing it down lightly so the filling just comes to the edge. Add the top layer of frosting to the top of the cake, again working your way from the centre to spread the frosting all the way to the edge. Decorate with walnuts and cut into slices to serve.

Recipe from *The Happy Pear Vegan Cooking for Everyone* by David and Stephen Flynn (Penguin Book Publishers). Photography by Alistair Richardson.

Style with a conscience



Vegan writer, animal rights advocate and K-9 Angels charity founder, Victoria Featherstone Pearce, reveals her top five luxury cruelty-free fashion picks

It can be difficult to find items that offer glamour but are also cruelty-free and ethical. If you're a lover of luxury fashion, like myself, you'll have experienced the same struggles as I have. To give you a helping hand, I've rounded up five beautifully ethical and sustainable picks — all tried and tested by myself during my own search for planet-friendly, luxury fashion. ■

For more from Victoria Featherstone Pearce, visit k-9angels.org



Culthread
Hampstead Jacket
£425, culthread.com

Culthread are a rare and beautiful find in the realms of ethical fashion. In the past, I've searched for hours online for ladies' jackets made with recycled materials that look glam and feature cute, but warm faux fur trim. Oh, how I struggled! After getting a Culthread 'Hampstead' jacket, I realised that all my dream jacket requirements had been answered. It really does have it all — it looks and feels great, whilst making a very important statement that says, 'It's possible to find cruelty-free, recycled materials and be glam, functional and stylish'.

Culthread's brand is sustainable in every way — it respects the planet, people, and animals. Each jacket is 100 per cent vegan and handmade from mostly recycled materials. The brand also only runs limited editions, so you are guaranteed items that are not only cruelty-free but cause the least harm to our planet.

Kinds of Grace
Paradisio Polished Satchel, Paradiso Wallet
£151 and £75, kindsofgrace.com

Hailing from Australia are Kinds of Grace, with their stunning Paradisio Polished Satchel and matching wallet. This is an absolutely incredible duo with tonnes of glamour, vivid jungle colours and faux snakeskin — all without the cruelty. They are practical, too — with a structured top handle and detachable shoulder strap, offering versatility and a spacious design that makes it useful for both day and night looks.

I love the values of Kinds of Grace. Owner and chief designer, Grace states: "We're 100 per cent vegan owned and run. Our motto is: 'Wild beauty, zero cruelty' and we're on a mission to help shift the world to kinder accessories. All items are handcrafted, ethically made and use 100 per cent cruelty-free materials. Plant-based materials have a far smaller environmental footprint than animal skins, including our new collection with Piñatex, made from pineapple leaf fibres."

Definitely keep an eye on this innovative brand, with new designs to come soon.



Ferron
Cross Body Bag
£185, ferron.co

Sustainability and the cruelty-free way of living are central to the Ferron brand. Ferron's chic and classic bags not only look and feel luxurious, but its near impossible to know they are not made of leather.

The Cross Body Bag is small yet functional, giving it complete appeal in terms of look, feel and practicality — a 'must-have' in your wardrobe. Polyurethane 'leather' provides the luxury feel of animal leather, but without harming a single animal and also has less than half of the environmental impact. The exterior of the bag is structured, yet perfectly imitates the soft feel of pebbled leather — exactly what you would expect from a luxury leather bag. The lining is made out of microfiber, which is durable but smooth to the touch.

After learning about the devastating impact that the fashion industry has on animals and the environment, Ferron decided to invest their time and resources in cruelty-free handbags made of the same quality you'd expect from luxury European brands.



Beyond Skin
Faux Snake Skin Heels
£99-£395, beyond-skin.com

I've been part of Beyond Skin's feverish cult following for years — their luxurious designs are game-changing, marrying timeless trans-seasonal classics with vegan and sustainable cruelty-free materials. Their expertise culminates in luxurious shoes, boots, mules and sandals you'll want to wear forever, and with every step you take you'll be proud of what they stand for.

Designed in England, and ethically handcrafted in Spain using luxury Italian fabrics, its trademark 'Vintage-Inspired Silhouettes' offer luxurious vegan and sustainable footwear that doesn't cost the earth.

Eco Swim®
Angelina One Piece Swimsuit
£75, ecoswim.co.uk

The Angelina is currently my favourite one-piece. All Eco Swim designs are super stylish, but even better — they are all made of ECONYL®. This incredible material is made from regenerated yarn from recycled fishing nets and other discarded nylons.

Upon discovering this brand, I did a little bit of digging into how fishing nets harm the planet. I discovered that over 640,000 tonnes of fishing gear are left in the oceans each year, going on to remain in the marine ecosystem for hundreds of years. Over 100,000 sea mammals and a million sea birds are killed in the sea by pollution each year. And, more than 300,000 dolphins die annually, as a result of becoming entangled in discarded fishing nets.

But every piece from Eco Swim helps to prevent precious marine life being harmed — swimwear never looked so good or did so much by turning polluting trash into luxury swimwear.





Painting innocence

We chat to vegan artist, Maria Tiqwah, about why every animal matters

Since 2014, the creative Maria Tiqwah has been creating and sharing her thought-provoking vegan T-shirts, which feature bold and beautiful images of animals and slogans. The passionate vegan shares some of her designs with us, as well as her thoughts on why art has the power to spread awareness, and touch the viewer's heart and soul for the better.

Tell us about your vegan journey and a little bit about you now.

In the afternoon of August 23rd, 2011, I watched *Meet Your Meat* — it was the most horrifying thing I had ever seen. My

heart was racing. I was shocked. I gave the sausage I bought that morning for lunch to the dog and never ate meat again. I had already ditched dairy for health reasons, a few years before. However, I still ate eggs and honey, because at the time, going vegan had seemed a bit 'far fetched'. But, nonetheless, I started researching into the stories behind all animal products and fell from one astonishment into another. How could I have been so ignorant? How can people be so cruel? So, I gradually went vegan and, to my surprise, felt great — I was healthier, my life seemed enriched and the whole thing felt like a home-coming.

As a child, I was a big animal lover (my first word was 'cat' and my second was 'fish' because we had a cat and an aquarium). At 12 years old, I even had a rescued rooster, with whom I walked around the neighborhood every day and who I also took with me on my holidays. Shamefully, I also ate chicken at the same time. I merely used false justifications like 'It's just the way it is' and 'Other animals eat animals, too.' Nowadays, I consider the life of every animal valuable, not because of the emotional bond I have with the individual (like with my rooster), but because they value their own life.

If someone close to you died, you would be devastated. If a stranger at the other end of the world died, you wouldn't shed a tear. However, this does not mean that the life of the stranger is worthless or disposable. Both lives are equally valuable, the same way every animal's life is valuable.

When did you decide to combine veganism with art?

In 2014, I opened my Happy Vegan web-shop with organic and fair T-shirts, and started creating art with a vegan message, which I printed on the T-shirts. Then in 2017, I found The Art of Compassion project (artofcompassionproject.com). This is an amazing organisation, created by Leigh Sanders. There are over 190 member artists from 28 countries. The Art of Compassion Project has ventures like vegan art poster exhibitions, online pet portrait auctions and has published a vegan art book. Each artist is a volunteer, and all the money raised goes to vegan charities. I am so proud to be a member and it is wonderful to be able to show my art to a much larger and worldwide audience this way.

What inspires you?

Animals are my number one inspiration. My parent's attic is full of my childhood drawings, and every one features animals. Although I always saw myself as an 'animal lover', when I went vegan, 'animal lover' got a quite different meaning and I wanted to help them through my talents. I admire animals and, in some ways, I feel more at ease around non-human animals than people. Animals have always been a tremendous support for me. I don't know how I could have lived without them in my life — I want to give something back. Animals are amazing, but unfortunately, they need our help.

What are some of the messages behind your work?

The message behind my work is that every animal is precious and has a unique character. I paint a piglet as a feeling individual — the same way I paint a dog, cat or human. I paint a cute mouse living in a rose, instead of an unwanted pest. And I paint a calf as a whimsical character, instead of a 'piece of meat'. I paint animals the way I see them and hope other people will get a glimpse at them through my eyes.

How useful is art in spreading awareness of the vegan message?

I think art is very useful. As well as T-shirts and individual pieces, I also make advertising (like billboards) against animal exploitation. Advertising can hit you between the eyes, and art can touch your heart and soul. There are so many ways of communication and every way can play an important role. Most people don't go vegan overnight. Awareness is something that grows over time; with every stroke of paint, with every note, with every word and with every photo adding up to it. I would love to encourage all vegans who enjoy making any kind of art, to express their feelings and views about animals through their work.

Any exciting projects on the horizon?

I know it's a bit early, but right now I am actually having a lot of fun designing Christmas cards with Esther the Wonder Pig on it. The vegan cards will be available on my website soon. And I am very excited about my newest project; making 12 animal drawings for a big vegan birthday calendar, printed on ecological paper. I still have a lot to do, so if anyone has any suggestions about which animals should be in the calendar, just drop me a line on social media! ■

For more from Maria, visit mariatiqwah.com or follow [@mariatiqwahart](https://twitter.com/mariatiqwahart)

"Awareness is something that grows over time; with every stroke of paint, with every note, with every word and with every photo adding up to it"





Grow Your Own

Piers Warren gives his top tips for growing cucumbers



Salads wouldn't be the same without sliced cucumbers! For centuries they have been eaten both fresh and also pickled. Gherkins are merely varieties of cucumber that are harvested when small (7-10cm long) and pickled whole. They are usually of the ridge type that can be grown outdoors, and often have bumpy, or 'ridged' skin, and prickles.

Cucumbers belong to the same family as melons, pumpkins and squashes, and it is the fruits that we eat. Early drawings of cucumbers show the fruits as being round or pear shaped. Only more recent selective breeding has produced the long thin fruits (for ease of slicing), with the latest development (sadly) being the selection of straight cucumbers for ease of packing into boxes.

Before the days of plastic-wrap, the skins of cucumbers were coated in a thin layer of wax, to slow down the evaporation of water. But even when waxed, they would only stay edible for a week or so and needed to be kept cool. Waxing is still used in some parts of the world. In fact, it was the waxing that first led cucumbers to be peeled — but, as with many other fruits and vegetables, the skin contains flavour, fibre, and vitamins. So, if your cucumbers are organic, then do eat them unpeeled.

Commercial greenhouse varieties need higher temperatures and humidity,

but traditional 'ridge' cucumbers crop well in an unheated greenhouse or outside.

Recommended varieties

All the following can be grown outside, although will do better in a frame, unheated greenhouse or polytunnel.

Marketmore: Dark green fruits up to 20cm long, with high yields.

Tendergreen Burpless: Non-bitter fruits with smooth skins — tie the plant to canes as it grows.

Crystal Lemon: Round yellowish fruits.

Vert Petit de Paris: If you want to grow a gherkin variety specifically for pickling, then try using this type. It's small, prolific and can be sown up to the middle of June.

Sow the seeds under cover in April in pots and then pot on to larger containers or plant out in May or June when the plants have several leaves each. Feed and water well as the fruits develop. Pinch out the growing tips when seven or eight leaves have formed to encourage side-shoots to grow. Keep harvesting the fruits before they grow too large — more will come!

Although cucumber seeds are soft, some people find them hard to digest, hence the production of 'burpless' varieties, which have very tiny seeds (sometimes incorrectly called 'seedless').

If you do prefer to remove the seeds of your cucumbers, simply slice the fruit in half and scoop out the seeds with a teaspoon.

Storage: Small cucumbers or gherkins pickle well. First, scrub gently with a scouring pad (which will also remove the tiny prickles) and dry. Slice larger fruits or leave small ones whole according to your preference. Then cover with salt for a day before rinsing, drying, packing in sterilised jars and topping up with vinegar. Seal and store in a dark place.

Wrapped in cling-film, cucumber will stay fresh in the fridge for a week or two. Freezing is not an option as the texture disintegrates.

Cucumbers can also be made into jam — give this recipe a go:

Cucumber Jam

You will need: 1kg peeled cucumber, 1kg sugar, 2 tbsp water, juice of 2 lemons.

Dice the cucumber and simmer in the water until soft. Add the lemon juice and sugar, stir, boil, and keep boiling hard until setting point. Jar up and seal. An optional extra is to add a little ground ginger at the simmering stage.

Piers Warren is the co-author (with his daughter, Ella Bee Glendining) of *The Vegan Cook & Gardener: Growing, Storing and Cooking Delicious Healthy Food all Year Round* available from shop.permaculture.co.uk



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Viva!



Trick or Treat?

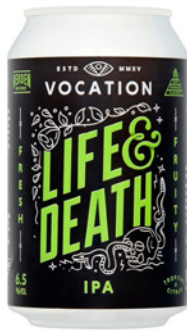
Oliver Coningham chooses spooky tipples for enjoying at Halloween

I know what you're thinking. Halloween. Already. In the blink of an eye, pungent daffodils and delicate apple blossom have shapeshifted into fallen leaves and skeletal trees. It seems like yesterday that we were lazing under the restorative heat of the midsummer sun and now we're warming soggy feet around glowing fires.

It's the time of year where front doors are adorned with severed hands, spider-infested cobwebs and other assorted chilling and creepy paraphernalia. Flickering, bright orange pumpkins carved with increasingly more creative and inventive designs guide ghosts, witches, demons and the undead from door-to-door in search of sweet delights.

We've had enough tricks this year, so we've put together a selection of tasty treats for you to enjoy this Halloween! From a Scottish red beer made with Jamaican rum barrels to mushroom-infused hot chocolate. Whether you're accompanying your children trick or treating or hiding behind the sofa watching horror films, there's something for everyone to enjoy. ■

Find out more about vegan food and drink on the [forkandcarrot.com](https://www.forkandcarrot.com) website or follow Oliver Coningham on Instagram and Twitter [@forkandcarrot](https://twitter.com/forkandcarrot).



Life & Death (6.5%)
— Vocation
£1.80 for 330ml, [tesco.com](https://www.tesco.com)

Vocation produce punchy beers from their Yorkshire hilltop in Hebden Bridge. Vocation's core beers are cleverly named with pairings such as Heart & Soul, Pride & Joy and Love & Hate. Life & Death is a bold, US-style IPA featuring tropical and citrus fruit flavours with a lingering bitterness.

Most Vocation beers are vegan-friendly except for a few exceptions that include lactose or honey.



Dead & Berried (4%)
— Hawkes Cider
£2.85 for 330ml, [beermerchants.com](https://www.beermerchants.com)

Hawkes Cider's striking artwork features a distinctive skull and apple logo — perfect for Halloween. Produced from a unique blend of London-pressed country apples, their classic medium dry cider is blended with a selection of mixed red berries. Expect layer upon layer of juicy strawberries, raspberries and blueberries.

Hawkes Cider products are all vegan-friendly.



Saucery (3.9%)
— Magic Rock
£1.80 for 330ml, [tesco.com](https://www.tesco.com)

Magic Rock's Saucery is a supernatural session IPA at a relatively low ABV designed to be enjoyed all day long. The lightly sweet malt profile is balanced by a gentle bitterness and waves of tropical fruits. Follow a few cans of Saucery with Dark Arts — their surreal stout — for a ghostly drinking experience!

The vast majority of beer produced at Magic Rock is vegan-friendly except for cask beer and any beers which contain non-vegan ingredients.



Lâchez-Vous Grenache-Syrah, 2017 (13.5%)
— Vin de France
£9.99 for 75cl, [majestic.co.uk](https://www.majestic.co.uk)

The label of this French, fruity red wine appears suitably spooky with a bound farmer fighting off red tentacles. However, the artwork and name — translated as 'cut loose' — refer to cutting through the red tape of French wine laws. This modern red wine where luscious raspberry and strawberry meets sweet spice combines Grenache and Syrah grapes from across France.

Suitable for vegans.



Magic Raw Hot Chocolate
— Vivo Life
£11.33 for 120g, [vivolife.co.uk](https://www.vivolife.co.uk)

Vivo Life's instant vegan lattes allow you to experience the magic of mushrooms with the simple addition of hot water or your favourite plant milk. Rich raw hot chocolate made with cacao, coconut milk, Ceylon cinnamon, reishi mushroom and ashwagandha. Reishi mushroom promotes relaxation and healthy sleep cycles while ashwagandha lowers cortisol and strengthens your stress response.

Vivo Life are a 100% plant-based company.



Blood Red Sky (6.8%)
— Innis & Gunn
£1.80 for 330ml, [tesco.com](https://www.tesco.com)

Innis & Gunn are famed for their unique method of getting the characteristics of different barrels into their beers. Jamaican rum barrels are paired with Scottish red beer in Blood Red Sky; an explosion of spicy rum notes with rich fruit, vanilla and chocolate. The perfect beer to accompany ghost stories around a flickering fire.

Innis & Gunn proudly produce beer without using any animal substances at all.

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Bonjour, je suis végétalien

Jake Yapp has taken his veganism on a crazy adventure to France

I've done something mad. Really mad. About a year ago I came into a dollop of money. The kind of dollop I never come into. Once-in-a-lifetime stuff. Not enough to pay off a mortgage, but enough to worry about frittering it away and ending up with nothing. I'm really good at that. So, I decided to lock it up in some way. And I decided that definitely the most sensible way to do that was with an index-linked ISA.

Pahahahaaaa only joking, come on... Let's buy a WRECK in FRANCE! It'll be fun and mad and now, after months of waiting it out through the Covid Lockdown, here I am, looking like one of those smug gits in a magazine, writing some floofy article about my snazz lifestyle as I sit outside my beautiful French house.

And, I mean, it IS idyllic. Of course, it is. And if I were you, I'd be reading this and hating me right now, which I quite understand. Most of the day is spent clearing ivy, removing weird artifacts from the house, and wondering if I will ever be able to plug in anything more powerful than an electric toothbrush without shorting out the electricity for the entire house. There is no hot water. BUT, come on. It's an absolute dream, and I am so grateful for it. I love every second. I even managed to buy, assemble, fuel and operate some petrol-based gardening equipment, which makes me insanely butch now, even if I'm a planet-killing horror. (I can't plug in anything electrical, remember? It's all just TEMPORARY.)

So, I am truly living my best life. And for a vegan, it's really exciting — so far in the garden I have found pear, apple, cherry and peach trees, rhubarb,

artichokes, blackcurrants and even grapes. Actual grapes you can actually eat that taste like they're FROM THE SHOPS. Entertaining wild fantasies of finally being the Richard Briers I always wanted to be. In the meantime, it's more about sponging filth off old furniture I don't like.

But it's not a vegan's world. Amongst the junk I had to clear were endless copies of a hunting magazine. And there are a couple of stuffed animal-things I need to get rid of. Ugh. It's pretty distressing. I did feel a sense of grim justice that the house had been sold to a vegan. And everywhere, flipping BIRD WINGS. What the HECK. Is that, like, a Thing? Do people collect them or something? Who does that? Who were these people? (I did learn something about who these people were — a sweet elderly couple who were salts of the earth. So, I won't mention finding, hidden in a model railway catalogue, the old man's secret stash of racy black-and-white postcards, doubtless sent in plain packaging, of ladies in what looked like very uncomfortable poses. Nor the old

lady's discreetly packaged racy novel about a doctor and a dancer who must not dance for at least a year. He wore a pearl-grey suit, and it was loaded with breathless excitement, and all I'll say is that Dr Desjardins from the village probably had a high old time when he came round to take the old girl's temperature).

And, of course, we are surrounded by chickens. They are not having the worst life, but they are not free, either. Some have it worse than others. In fact, there are a couple of cockerels who easily escape their spacious compound every evening, to do a perimeter sweep of the whole of the neighbouring property.

Like I say — although I have somehow, miraculously, bought a little bit of it — this is not my world. I'm waiting to bed-in before I try to start deploying my soft vegan diplomacy. In the meantime, I'll stick to trying to assert my territorial dominance over the wasps. ■

For more from Jake follow [@jakeyapp](#) on Twitter.



WILL YOU STAND AGAINST THE SLAUGHTER OF WORKING DONKEYS?



Hundreds of thousands of donkeys are being killed for their skins, which are boiled to produce 'ejiao', a gelatin used in Traditional Chinese Medicine. Donkeys are suffering, and so are the people who rely on them to earn a living.

Working horse and donkey charity Brooke is fighting against this trade, and recently we celebrated a ban on donkey slaughter in Kenya, which has been hub for the trade.

With help from our UK supporters, we want to see this horrific practice banned across Africa and then the world. Join us! Go to thebrooke.org/vegan-life to sign the petition and help us end the trade.



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