

VOTED 'BEST VEGAN MAGAZINE' 2019

VeganLife

March 2020 | issue 60 | £3.99

The lifestyle magazine written by vegans for vegans

Join the
revolution ☒

We talk to Extinction Rebellion

**Meat-Free
BOOM!**

Veganism
hits the
mainstream

Special Report

Exposing animal
cruelty in the
coffee industry

VeganLife
Live

What to expect at
the event of the year

35
new
food ideas

Black
Forest Cake
p54

With a
cherry
on top

Create the ultimate sweet showstopper this weekend

**Feel
fantastic!**

What to eat
to beat anxiety

We meet
PETA's Ingrid
Newkirk p18



Plant-based afternoon teas | Protecting the UK's hedgehogs



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AND SAVE AN APE!

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PRIMEIMPACT
EVENTS & MEDIA



Hello,

As we move further into the year, for the first time in history, it's no surprise to see vegan product launches popping up left, right and centre. We're spoilt for choice now when it comes to meat replacements (check out some of our faves on p36-37) and delicious vegan menus in restaurants. In our happy, well-fed bubbles, it's important not to forget the reasons we went vegan in the first place, and for most of us, it was for the animals.

We have much to celebrate, being vegans in an increasingly accepting world, but it's vital to remember to look at the reality of animal exploitation, even when it brings us back down to earth with an angry and uncomfortable bump. Yes, it's exciting to try a meatless marinara sandwich at Subway, but it's also important to discuss with your friends and family why you've chosen to purchase that item. I had a reality check this month reading about the awful kopi luwak coffee industry (find out more on p66). Whilst I have never drunk the horrible stuff, the many, many ways that animals are exploited never fails to shock me. Things are changing, but we still have a lot of work to do.

Vegan Life Live is fast approaching on March 14th–15th and we can't wait to see you all there. Turn to p76 to see a snippet of the incredible line-up we've curated and what you can expect to enjoy over the weekend.

Have a great month,

Phillipa Smith
Editor



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@veganlifemagazine



@veganlife_mag

"Those who are willing to work for change, and make changes, too often do so only for the sake of their own liberation, without much thought to the oppression of others — especially other species."

Lisa Kemmerer



Cover Image:
Black Forest Cake p54



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Over to you

Your letters, emails and musings

Next Month's **Star** Letter Prize



Email your letters to Gemma.Tadman@primeimpact.co.uk to be in with a chance of winning Noughty's full To The Rescue range, great for hair that is in need of a little TLC. Plus, their Detox Dynamo clarifying shampoo that works wonders if you are new to naturals. Noughty is a 97 per cent natural, vegan and cruelty-free range of award-winning haircare products. Free from paraben, petrochemicals, silicones and sulphates, their mission (beyond creating amazing formulations) is to bring fun, integrity and balance to the beauty choices we all make. With Noughty, you'll never have to choose between performance, experience or the wellbeing of our planet. They believe you can have your (vegan) cake and eat it, too!

noughtyhaircare.co.uk

Star Letter

Hello *Vegan Life*,
In your December issue you ran a feature on charities, one of them being the Dog Team UK who rescues animals from South Korea's dog meat trade. This really spoke out to me, as I am a dog fosterer, and I had to help. I contacted them, and after my checks were done, I now have a beautiful Jindo who arrived in the early hours of last Wednesday morning. This will be my most challenging dog to rehabilitate, I believe. She is still recovering from a 20-hour journey, and is currently wide awake at night and asleep during the day. I just wanted to thank you for helping us readers to discover great things (brilliant feature on Sea Shepherd in latest issue, by the way) — I've been with you since issue one. As my favourite T-shirt from you says, 'Being vegan means doing best I can, to do least harm'.

Kind regards,
Sandra Melbourne

Sandra wins a Vemel Vitamin Rich Gift Set, worth £50

Hi *Vegan Life*,

As we have just started a new decade, I wanted to thank you and the readers of this fantastic magazine.

I've only been vegan for a few years now, but I've noticed a huge difference in the quality and quantity of vegan products available. This is down to all of our efforts and making ethical, compassionate choices every day.

I love the vegan community and look forward to seeing all the achievements to come in regards to animal rights.

Best wishes,
Kirsty Hull



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@animaljusticeproject



@generosityofspirit



@yogacrohnie

VEGAN LIFE READERS GET AN EXCLUSIVE 10% OFF WITH CODE VL10 WWW.VIVOLIFE.CO.UK

FISH ARE FRIENDS. NOT FOOD.

Every year millions of fish are caught and killed to make Omega 3 supplements. But with over 90% of the oceans' fish stocks now over exploited, we need to find a better way.

Thankfully Omega 3 can also be found in algae, which provides all of the benefits but none of the ethical or environmental concerns associated with fish consumption!



#FORTHRELIVING

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VIVO | LIFE

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

Pret A Manger's plant-based croissant outselling non-vegan version



Back in January, Pret A Manger (pret.co.uk) launched their first vegan pastry — The Very Berry Croissant, following customer demand for cruelty-free breakfast options. In exciting news, the chain has revealed that the vegan croissant has been more successful than expected.

A Pret spokesperson comments: "The Very Berry Croissant is the latest vegan innovation from Pret and has been a huge hit with customers since launching in early January. It is currently selling more than double the amount per day of the non-vegan jam croissant it replaced, showing that there are a growing number of customers looking for vegan alternatives. For those who haven't had a chance to try it, the sweet treat uses margarine and sunflower oil to re-create the buttery, light texture of a traditional croissant. The pastry is then filled with deliciously sweet berry compote and finished with a sprinkling of sugar."



New Plant-Based Global Standard will support brands and vegan customers

Labelling can often be misleading, causing even the most informed vegans to unknowingly consume animal derivatives. So, BRCGS

(brcgs.com, who work with brands to improve trust, reputation and assured supply chains) have introduced a Plant-Based Global Standard on-pack trademark that will empower vegan shoppers to make choices quickly and easily. As well as this, the trademark will allow brands and products to differentiate themselves from non-vegan companies. It will mean that companies can ensure that consumer-facing vegan claims can be validated by providing framework for manufacturers to assist them in the production of plant-based food. It also involves compulsory criteria to be in place to guarantee that plant-based goods are animal-free and cruelty-free.



Product of the month



fiid Vegan Lunch Bowls

fiid's lunch bowls are convenient, healthy, and better for the environment than the majority of on-the-market microwavable meals. They come in three delicious flavours and each meal is all-natural, high in protein and made using 50 per cent vegetables, delivering a whopping three of your five a day. There's also no additives or preservatives — just simple, natural, vegetables, beans, legumes, herbs and spices. Better still, fiid pouches use 70 per cent less plastic and significantly less energy to produce. On top of this, nine times less trucks are required to transport these than plastic pots, meaning a vastly reduced carbon footprint.

Sample box £12.69, eatfiid.com



Vegan strongwoman Kim Best breaks world record

Gone are the days when vegans were doubted for their abilities as athletes — vegan strongwoman, Kim Best, is yet another who has proved that a plant-based diet and determination is enough. Kim has taken the world record for the greatest weight carried by a female athlete, smashing not only awards, but perceptions. Kim achieved the accolade after carrying 350kg (the equivalent to over three giant pandas) in the yoke walk, beating the previous record of 330kg in less than one minute. She told *Great Vegan Athletes*: "I knew I would definitely get 340kg on our National Record Day. Record day came and 350kg was all I had my mind on. Adrenaline pumped through me and with the support of everyone behind me the walk was completed in half the time of the old record of 330kg."

Reverse the **CYCLE**

Eco-friendly and good for your body, menstrual cups are the ideal choice for today's wellness warrior.

The recent news reports surrounding the war on plastic is changing the way we consume and dispose of products. Images shown on wildlife programs have also highlighted the devastating effects plastic is having on sea life.

Plastic Consumption

Every year, more than 45bn feminine hygiene products are disposed of globally and in just one day, Ocean Conservancy volunteers collected nearly 30,000 used tampons and applicators on the world's beaches (International Coastal Cleanup, 2013). This is especially worrying as this waste is now finding its way into the food chain as marine life are being found containing plastic bags, tampons, pads and panty-liners. In recent years, menstrual cups have revolutionised the way women use sanitary products and are not only good for your body, but also the planet. If you've not already heard of them, they're essentially bell-shaped cups that are inserted internally in the vaginal canal and collect, rather than absorb, menstrual flow. If you've never used a menstrual cup before, the Enna Cycle is ideal; it comes in a twin pack, complete with a storage device, which allows you to sterilise the cup and store it hygienically, and it is also available with an applicator to make insertion easier.

Sea change

Enna Cycle can totally remove the need to dump used sanitary products in landfill sites as they are reusable – all you need to do is simply wash them with warm soapy water and they're ready to use again. For this reason, they're also cost effective; Enna Cycle menstrual cups, for example, will last for 10 years, saving you trips down the sanitary aisle at the supermarket. The medical



grade silicone is free from chemical substances and keeps your body's pH in perfect harmony. This is at odds with traditional menstrual products, the absorbency of tampons, for example, can upset the natural balance of the vagina, which can lead to discomfort, itching, rashes and infections. Tampons can also leave microscopic fibres in the vaginal tissue, causing tiny cuts and creating a breeding ground for the bacteria that can cause Toxic Shock Syndrome (TSS). Not only this, but many tampons, pads and liners are bleached white by manufacturers, a process that creates a chemical called dioxin, which is a known carcinogen and been linked to health problems, such as immune system suppression, and reproductive issues.

Parent power

Each year, up to 300,000 young women start menstruation and this is a perfect opportunity for parents to offer their daughters an alternative to conventional sanitary protection.

Enna Cycle packs are sold at health food stores across the UK.



Visit www.healthy2u.co.uk/enna and enter code "VLMAR" for 25% off Enna

Available at
amazon

V-eat Out...

Pho

Vietnamese street food restaurant, Pho, has an all-encompassing vegan menu, and has recently introduced 12 new dishes in collaboration with award-winning plant-based innovators THIS™. The exciting meat-free product that smells, feels and tastes just like chicken, features in Pho's starters, salads, noodle soups, rice bowls, curries and wok-fried rice. The addition of THIS™ Isn't Chicken takes the restaurant's plant-based offering from 25 per cent of their menu to 40 per cent, giving more choice to both vegans and meat-eaters looking for a high-protein alternative.

You can start your meal with the brand-new Bánh phồng chay — 'prawn-less' crackers — dipped into a vegan version of traditional Vietnamese sauce, Nuoc Cham, a sweet chilli concoction (£2.95). Follow this by a course of Pho's Chả giò — crispy spring rolls served with lettuce and herbs to wrap and dip (£5.50). We recommend dunking into the decadent peanut sauce. For the main event, you can't go wrong by trying their namesake dish — Phở. The house special 'Super Green' Phở is especially good (£9.25). The fragrant meal comprises fresh morning glory, green beans, pak choi, fresh lime and Thai basil in veggie broth — delicious!

Head to phocafe.co.uk for more information



3 ways to eat... Indian



Dine: Dishoom, Shoreditch
dishoom.com

Buy: Morrisons Indian Takeaway
Jackfruit Biryani
£2, morrisonsonline.com



Make: Keralan Squash and Cauliflower Curry
veganlifemag.com/keralan-squash-and-cauliflower-curry

Sales of meat-free
foods are set
to exceed

**£1.1
billion**

by 2024



(mintel.com)



Animal in focus

Koala

Whilst often called the koala 'bear', this pouched mammal, or marsupial, is not a bear at all. It is found living in eastern Australia, where the eucalyptus tree is most plentiful. In the wild, these fuzzy creatures can live for up to 20 years, and reach sizes of 23.5 to 33.5 inches, and 20lbs in weight.

Gender:

- After giving birth, the koala will carry the infant in her pouch for about six months.
- When the infant emerges, it will move to ride on its mother's back or cling to her belly, going everywhere with her until it reaches around one year old.
- Females become sexually mature at two years old, whilst males can breed from three-four years of age.

Behaviour:

- Koalas rarely leave the safety of eucalyptus trees, using their sharp claws and opposable digits to keep them aloft.
- They sleep for up to 18 hours a day.

Food:

- Koalas are herbivores, eating the leaves of eucalyptus trees, mostly feeding at night.
- They do not drink water — leaves give them enough moisture to survive.
- Each koala will eat around two and a half pounds of leaves a day, and will store extra in pouches in their cheeks.

Population and threats:

- Currently, koalas are listed as vulnerable on the ICUN Red List.
- Koalas were widely hunted during the 1920s and 1930s, which lead to huge drops in their numbers. Reintroduction programmes have helped to increase their populations over much of their former range, but the recent wildfires in Australia have caused the species' numbers to plummet.
- In New South Wales alone, an estimated 8,000 koalas have died as a result of the fires — a third of the total koala population in that area (people.com).
- Each koala needs about 100 trees to itself — a pressing problem as wildfires continue to consume much of Australia's woodlands, as well as destruction resulting from human developments.

ORGANIC
YOUNG
**JACKFRUIT
CHUNKS**

We are celebrating
the arrival of our
very own Suma
canned jackfruit.

It's an organic vegan meat
alternative that's been
taking the cookery world
by storm. And, as meat-free
ego maniacs, we wanted
one with our name on it.
Bingo.

Ours is ethically sourced
from a co-op of organic
growers in Sri Lanka.

Suma

CO-OPERATIVE SINCE 1977

[/sumawholefoods](https://www.sumawholefoods.co.uk)

France

The nation is set to implement a ban on the cruel practice of live male chick-shredding, with the new sanction coming into place from the end of 2021.

Sussex

The county has become the first in the UK to ban fishing to mitigate climate change. The Sussex Inshore Fisheries and Conservation Authority passed the bylaw completely prohibiting trawling across a 304km² section of the Sussex coast.

UK food waste

The amount of food wasted in the UK has fallen by seven per cent per person over the last three years, according to WRAP. The data shows that people are finally waking up to the issues of waste and are working to reduce it.

HERO to ZERO

What's going up and down this month

Animal slaughter

DEFRA has found that animals killed in the UK have increased over the last two years, despite a rise in the number of people reducing their meat intake. Their report says that 28 million more farm animals were killed for meat in 2019, a 5.4 per cent increase from 2017.

BBC article

An outrageous opinion piece by writer Zara Gorvett titled *How a vegan diet could affect your intelligence* has been published by the BBC. Gorvett confesses there is no actual evidence demonstrating that a plant-based diet leads to reduced intelligence, but she says it makes 'intuitive sense' that it does.

Fish extinction

A paper published by *Science of the Total Environment* has announced that the Chinese paddlefish — one of the world's largest river fish — has gone extinct. Populations have been declining since the 1970s, following overfishing and habitat fragmentation.



New coronavirus linked to meat consumption

At the beginning of January, a novel coronavirus (WN-CoV) was identified as a new respiratory illness, not seen before in humans, emerging in Wuhan city in the Hubei Province of China. Over 20 million people in Wuhan, along with other cities, were asked to remain in the city, with public transport shut down to try to contain the outbreak. At time of writing, the situation has been declared a global emergency by WHO, although most cases affect people in China. However, incidents have been reported from other countries, including Thailand, Japan, Singapore, Taiwan, Vietnam, Nepal, Sri Lanka, Cambodia, USA, Canada, Australia, Germany, Bavaria, and the UK. At time of writing, there are more than 20,000 people infected worldwide and over 561 deaths (cbsnews.com), with these numbers rapidly rising each day.

Scientists believe that the new virus originated from a 'wet-market' in Wuhan, where caged animals, including bats, snakes, civets, dogs and crocodiles, among others, are traded. These live wild and farmed animals are housed in closely-packed and crowded cages, allowing a myriad of infectious diseases to thrive and spread from animal to animal, and from animal to human through contact with or consuming animals.

As we saw with HIV/AIDS, Zika, Ebola, SARS and bird flu, infectious diseases originating in animals can mutate and spread to humans. In fact, research from the US Centre for Disease Control and Prevention shows that more than 75 per cent of emerging diseases originate in animals (peta.org.uk). Ebola came from monkeys that had been infected by bats, and spread to the villagers living in the African bush who ate them. Similarly, the 2003 SARS outbreak was understood to be caused by an animal virus, with bats first infected, then civets and humans in the Guangdong province of Southern China.

Filthy meat markets, abattoirs and factory farms threaten the health of everyone on the planet by providing a breeding ground for diseases like the new coronavirus. By bringing animals together in unnatural situations and squalid conditions, you have a high risk of human diseases emerging. If people did not eat meat and dairy, and these exploitative places and situations did not exist, then it begs to be suggested that the world might have less life-threatening outbreaks of this type.



Follow me Socially

Megean Weldon

Hailing from Kansas City in America, Megean Weldon has a successful blog and Instagram account, and is the author of *An (Almost) Zero Waste Life*. Megean offers helpful hints and tips on how to lead a less wasteful life.

Follow @zerowastenerd or visit zerowastenerd.com



Editor's Choice

BEYOU

Looking for a sustainable swap for tampons or pads? Look no further than BEYOU — whose menstrual cup is much kinder to the Earth. Lasting for up to 10 years, and made from only soft, medical-grade silicone with no BPA, latex or dye, these menstrual cups not only help you reduce your plastic consumption, but don't contain toxic chemicals, like many other sanitary products. Available in two sizes, they are great for women of all ages, and can be worn for up to 12 hours.

£14.99, beyouonline.co.uk

One return long-haul flight in
economy generates as much
CO₂ per person as an entire

4-person ✈️



family in a year in
Sub-Saharan Africa
(positive.travel)



Brothers Cider earns Vegan Trademark accreditation

After working closely with The Vegan Society to make sure that everything was up to standard, Brothers Cider has earned the Vegan Trademark, signifying that all its drinks are free from animal products and cruelty. Look out for the sunflower symbol on Brothers products over the next few months, along with sister brand Mallets Cider' labels and packaging. The trademark is great news for vegan cider fans and lovers of Brothers beverages, who can now confidently and quickly make buying decisions that line up with their principles and values. Brothers joins other now-vegan alcohol brands, including Rekorderlig and Old Mout.

Demand for meat substitutes will continue to rise as

5% OF GLOBAL CONSUMERS

now identify as 'flexitarian', the same amount that claim to be vegetarian (globaldata.com)



Good Catch vegan tuna finally comes to UK shops

There's now a way to enjoy seafood without sacrifice — after great demand, the tasty Good Catch (goodcatchfoods.com) fish-free tuna range is available to buy, in Tescos nationwide. With three exciting variants, Naked in Water, Oil & Herbs and Mediterranean, the innovative alternative is a delicious way to combat overfishing.

The fishless-tuna is made with a six-legume blend of peas, chickpeas, lentils, soya, fava beans and navy beans, plus seaweed and algae extracts for a seafood flavour. Good Catch is high in plant-based protein and contains omega-3s. And the best part? The brand allow fish to remain in the ocean.

Created by vegan chef brothers, Derek and Chad Sarno, the Good Catch range has the unmistakable familiar flaky texture of fish and can be used in the same way as tuna. Derek, says: "One of the best things about our Good Catch products is that you don't have to be a chef to create a delicious meal. They're a game-changing cupboard staple that can be eaten hot or cold and are free from animal products. The single most important thing we can do for our planet is to eat more plant-based foods. That's why we got creative in the kitchen and developed an everyday alternative that uses real ingredients and real food, so you can enjoy the taste and texture of seafood all while knowing that you're helping protect the environment."



Visit, goodcatchfoods.com

What's happening?

Vegan events for your diary

Saturday 7th March

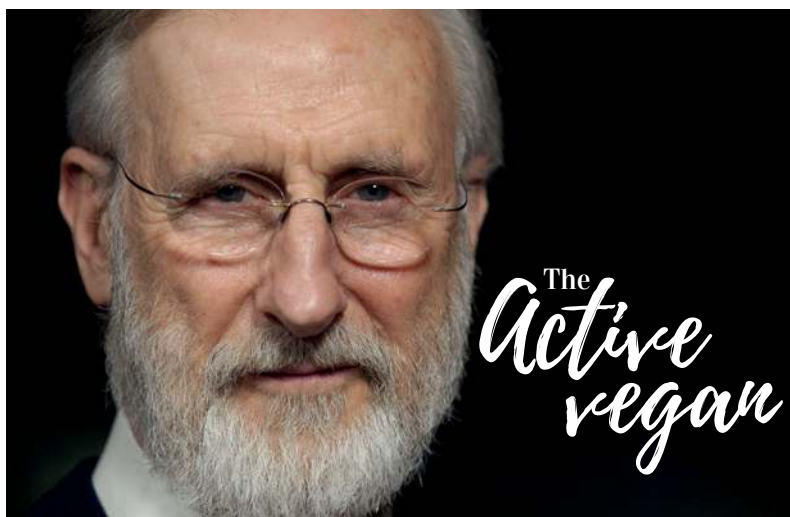
The New Brixton Vegan Walkabout
Somerset House
Free to join in
vegan.london/events

Saturday 14th — Sunday 15th March

Vegan Life Live
Alexandra Palace, London
Tickets from £10
london.veganlifefive.com

Saturday 21st March

Chippenham Vegan Chocolate Festival and
Eco Craft Fair
Neeld Community Arts Centre, Chippenham
Entry £2, kids go free
veganfairs.co.uk



James Cromwell

James Cromwell is most famous for his role in the film *Babe*, a tale about an orphaned pig who learns how to herd sheep. It is this starring role that Cromwell attributes to his vegan transformation some 25 years ago.

Since then, he has taken part in numerous PETA campaigns and animal rights demonstrations, and is the voice and representative for many animal charities. His role as a vegan activist has resulted in several arrests, the most recent being at the end of last year. Now, aged 80 years old, he continues to speak his mind and shows no sign of stopping his passion for activism.

Starbucks to encourage customers to ditch dairy for plant-milk as it moves to become resource positive

In Starbucks' recent environmental assessment, run with WWF and Quantis, the coffee giant found that dairy is the greatest source of CO₂ emissions across their operations and supply chain. The audit discovered that adding whipped cream to millions of the chain's drinks emits 50 times more greenhouse gas than the company's private jet.

Starbucks issued a statement promising that by 2030 they'll reduce 50 per cent of 'current carbon emissions, water withdrawal and waste sent to landfill' and become 'resource positive'. In the announcement, CEO, Kevin Johnson, reveals strategies promising to 'expand plant-based options, migrating toward a more environmentally-friendly menu', and to 'invest in innovative and regenerative agricultural practices, reforestation, forest conservation and water replenishment in our supply chain'. In an interview with Bloomberg, Johnson added that: "Alternative milks will be a big part of the solution."

Johnson said he'll encourage customers to "choose milk made from almond, coconuts, soya or oats," whose production is better for the environment.



Vegan Entrepreneur

Sheabutter Cottage

Sheabutter Cottage, founded in 2004, produces vegan, handmade, natural and Fairtrade beauty products and toiletries. A Ghanaian native who had spent a year studying in Italy, the company's founder, Akua Wood, was used to warmer weather and better moisturisers than she could find in the UK. In response to her frustration in trying to find a natural range of toiletries to moisturise her skin, Akua started making her own, using an ingredient native to her country of birth, shea butter. Akua takes great pride in ethically sourcing high-quality ingredients directly from farmers/producers or through community projects, and has a co-op in Ghana working with 54 women who are empowered to have a collective voice and the ability to establish their own fees for the work they put into creating the products.

For more info, visit sheabuttercottage.com



Billie Eilish

“I understand that meat tastes good and I know you think you're just one person and it 'won't change anything if you stop,' but that's ignorant and stupid. If you have half a brain, you should know 'one person' adds up. Be smarter”

3 of the best... pizzas

Take pizza night up a level, with one of these tasty buys



Tesco

From Tesco's new Plant Chef range created by Derek Sarno, this pizza is topped with a coconut-based alternative to mozzarella cheese and punchy garlic mushrooms, spinach and aromatic herbs.

£2.50, tesco.com



Aldi

Part of the supermarket's Plant Menu range, this tasty pizza has a spicy kick and is packed full of flavour, with the welcome addition of a melty vegan cheese to top it all off.

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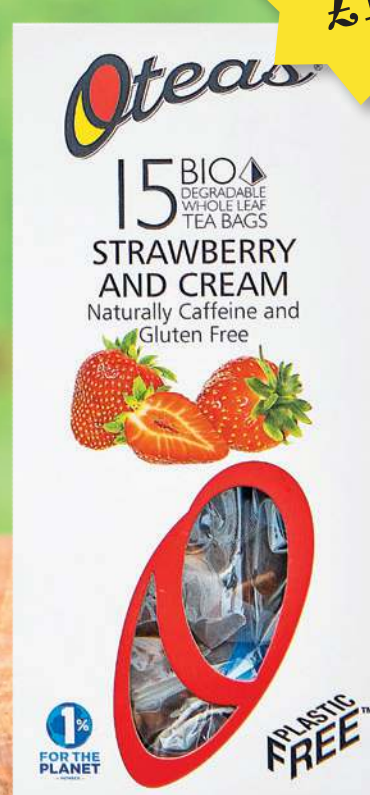
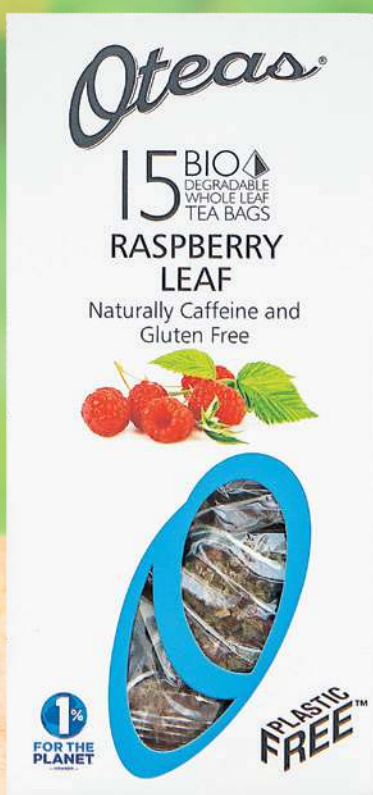
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“ It's not controversy that is animals' biggest enemy – it's silence. It's indifference. It's people who choose to remain ignorant ”

We chat to passionate animal rights activist and founder of PETA, Ingrid Newkirk

As the world's longest-running and largest animal rights organisation, People for the Ethical Treatment of Animals (PETA), is a pillar by which most vegans stand and an inspiration to many. PETA's founder and president, Ingrid Newkirk, has been a powerhouse over the years, striving to make it known to society that animals are not ours to use or abuse in any way. Following the release of her compelling new book, *Animalkind*, we talk to Ingrid about why the world needs PETA, what we can learn from animals and the breakthroughs in technology that make cruel lab experiments unnecessary.

What does veganism mean to you?

Being vegan means actively trying to harm as few animals as possible, not only dogs and cats, but also all those we might not have an affinity for or even understand, who are just as sensitive and don't want to be hurt or die, because of a silly human habit. It means saying goodbye to all of the old 'caveperson' things that many of us grew up doing: buying products that were tested in rabbits' eyes or poured down their throats; eating animal flesh; wearing animals' hair and skin, which they need in order to keep warm and even to stay alive; and entertaining ourselves by watching captive animals dance and prance for us under duress. It means rejecting animal slavery and domination.

Tell us about your own journey to veganism.

I once read *Animal Machines* by Ruth Harrison and became a vegetarian for a

while, but was lured back into meat-eating by my well-intentioned mother. Later, a friend who was working at an animal charity showed me pictures of factory-farmed pigs — their eyes full of misery and their bodies covered with sores from the concrete floors — and I went vegetarian again. Later, someone mocked me for putting condensed milk in my tea and said, “You don't eat veal, do you?” I said, “Absolutely not!” and he explained that calves are taken from their mothers so that humans can sell the milk that was meant for them and that then, having to do something with the babies, the dairy industry came up with veal. That was the end of dairy for me. It was black tea until soya, almond, oat and all the other non-dairy milks came along.

Why do animals matter and what can people learn from them?

Humans are one kind of animal among many, they're not gods. All animals matter, and so does how we treat them, because they have the ability to feel love, pain, joy, fear, loneliness and more. They are full of emotions and interests, and they desire freedom and to live. Humans pompously believe that we are a superior species with our languages, cultures and knowledge — but as I show through fascinating examples in my new book, *Animalkind*, other animals communicate in marvellous, intricate ways; have families and communities they fiercely protect; are vastly intelligent and can figure things out for themselves (the dogs in our own homes know about 300

words without having been deliberately taught most of them); and have strong personalities, just as we do.

Each year, we're learning more and more about who animals are. For example, most birds mate for life — swans have a 95 per cent chance of staying with their mate until death, whereas humans in the UK have a 42 per cent divorce rate. Geese and pigeons stay with their partners even at personal risk — such as when their mate has been shot. Squirrels decide where to bury nuts by the position of the stars and use sleight of hand to fool observers, so as to protect their stash. Reindeers' eyes change colour from gold in summer to blue in winter. Pigeons navigate by low-frequency radio waves. Fish 'sing' underwater and can pass the hardest animal intelligence test we humans have yet devised. And elephants use their trunks to send subsonic signals, alerting herds to danger a mile away. These are just a few of the astonishing facts about our fellow beings that I reveal in *Animalkind*.

Animalkind is all about who animals are — their unique abilities and traits — and what simple steps we can take to avoid using and abusing them as our society has done in the past. No matter how much you think you know about animals, I guarantee you'll find facts that'll knock your socks off, because I did, just by doing the research. Animals are glorious beings!

When did you realise that the world needed PETA?

A series of experiences — from inspecting laboratories for the government to >

investigating cruelty on farms — made me realise that a lot of people who cared about animals had no idea what was being done to them in our name, just as I hadn't, and that there were simple ways we could stop contributing to those horrors. In *Animalkind*, I lay it all out, hoping to leave readers in awe of animals and give them easy, enjoyable alternatives to using them. And that's exactly what I thought PETA needed to do from the start.

How did you go about founding the organisation?

When I was running an animal shelter in the late 1970s, I read Peter Singer's *Animal Liberation*, which made me realise that it isn't enough to treat animals 'kindly' while exploiting them before ultimately killing them. I came to believe that caring for dogs and cats is not enough — not when other equally sensitive animals are suffering in laboratories, on factory farms or in circuses. The idea that animals exist for their own sake — not for whatever we like to do with them or to them — was novel, even radical, at the time. There was no voice or organisation proposing that animals have the right to be left alone to lead their own lives. I wanted to show people that there was a kind alternative to every cruel choice. Some friends and I began meeting in the basement of my house in 1980, and PETA was formed.

Since then, PETA has exposed horrific animal abuse, leading to many firsts, including the withdrawal of funding for animal experiments, the closure of cruel facilities, the seizure of animals from laboratories, and charges against the perpetrators by government agencies. We have also persuaded dozens of major designers and hundreds of companies to stop using fur, ended all car-crash tests on animals, helped schools switch to humane alternatives to dissection, and provided millions of people with information about vegan living, companion-animal care and countless other animal issues.

PETA's campaigns are well-known for being typically graphic and shocking. Why is it important that they are, and why do they succeed because of this?

It's not controversy that is animals' biggest enemy — it's silence. It's indifference. It's people who choose to remain ignorant.

You have to do extraordinary things to draw attention to cruelty to animals — because in the hustle and bustle of

modern life, the simple facts alone hardly get a second look. That's why we use humour, sex and shock — it's sometimes necessary to shake people up in order to initiate discussion, debate, questioning of the status quo, and, of course, action. Getting — and keeping — animal issues in the headlines and the public eye is the only way we can stop abuse.

What's a typical day like for you?

Rushed! I'm often flying from one place to another. This week, I'll be in 12 cities in 13 days for events, readings, talks, and meetings. It's rather like that film *If It's Tuesday, This Must Be Belgium*. In between, I brainstorm with staff, catch up on emails and reading, edit a lot, and just try to keep up.

“Each one of us must do all we can to change the perceptions held by those around us”

Why do you think that people continue to be cruel to animals in today's more 'well-informed' and, supposedly, 'compassionate' society?

Change for animals never comes quickly enough — and we may never reach everyone, any more than social workers will ever be able to stop all child abuse — but society is definitely evolving, waking up to the idea that animals are not things like tables and chairs but living beings like ourselves. We have so much information at our fingertips. In fact, while I was writing the book, I learned so much about animals

that I hadn't known before that it was hard to find a way to cram it all in! Animals are astonishing, and perhaps we are finally realising that we don't have to go into space to find intelligent life forms — they're all around us, right here. The next step in our moral evolution is to put that new understanding into action and make sure that the way we live matches our newfound understanding of who animals are. Luckily, that's not hard.

How can we transform people's views on animals, so that they recognise them as sentient beings? Is overhauling the education system vital to this?

Each one of us must do all we can to change the perceptions held by those around us. Take part in protests, share animal rights content on social media, write letters to decision-makers, leave leaflets wherever you go, and have conversations with your friends, neighbours, and colleagues to encourage them to appreciate and respect animals.

In recent years, there have been major breakthroughs and advancements in technology that can replace the use of animals (in medical experiments, in food, in clothing and in entertainment). Why do you think there is still so much resistance to fully adopt them?

Industries rarely shift overnight, but make no mistake — we are seeing a vegan revolution. More people than ever are choosing plant-based foods to benefit their health, the climate and animals. And as more and more people ditch animal-



Photographs: peta.org.uk

derived ingredients and materials, we'll continue to see companies launch new products, clothing, and make-up that are animal-friendly — and consumers will be more inspired than ever to choose them.

In your opinion, what is the most exciting advancement/innovation in technology relating to this, to date?

The era of tormenting sentient rabbits, rats, dogs, and other animals in laboratories is coming to an end, thanks to mind-blowing innovations such as the 'organ-on-a-chip', which contains human cells grown using a pioneering method that mimics the structure and function of human organs and organ systems. The chips can be used instead of animals in a variety of tests and have been shown to replicate human physiology, diseases and drug responses more accurately than cruel and archaic animal experiments do.

Do you think that it's possible for the world to become vegan?

This is a bit like asking whether we will ever achieve world peace. Perhaps not all the way, but as water shortages loom and global climate change accelerates — in large part because of animal agriculture — awareness of animal sentience grows, and knowledge of the health consequences of eating meat, dairy and eggs spreads, we'll probably get 99 per cent of the way there. It's up to us.

What simple things can people do in their everyday lives to ensure that the animal world is protected from needless harm?

Firstly, small, everyday choices can have a huge impact on animals — that includes opting for cruelty-free personal-care products that were tested in modern ways, not by force-feeding them to rabbits; veganising your meals by discovering a world of new foods and revamping old favourites; deciding not to wear animals' bits and pieces but rather choosing from the fabulous vegan materials we have available (even leather made out of pineapple, apples, grapes and tea!); avoiding exploitative animal-based entertainment outfits, such as SeaWorld and circuses; and adopting animal companions from shelters rather than buying them from pet shops or breeders. It all makes a difference. There are ways to invest in the development of non-animal products and services, resources that'll



Photographs: peta.org.uk

inform you which health charities will use your donation to create diseases in animals in laboratories and which will help humans directly, and ideas for observing animals close up without disturbing them.

“Animals are not things like tables and chairs, but living beings like ourselves”

Do you think that it is possible for humans to live harmoniously with non-human animals in today's world?

Absolutely. But animals' habitats are disappearing and, with them, their food and the places where they can sleep and forage in peace, so that is a big problem. However, if we are respectful, we can make a difference, and it will work out for all of us. Even just by not hurrying our dogs along on their walks when they're 'reading the news' with their sophisticated snouts or by avoiding places like SeaWorld in favour of virtual reality animal interactions, we will be considering the animal in the equation.

How have you seen the vegan and vegetarian movements expand since you first transitioned?

In the early days of PETA, you had to find a health-food shop that sold soya milk powder and mix it with water to make clumpy soya milk. Back in those days, if you mentioned that you were a vegan, people thought you meant that you were

from Las Vegas! Today, consumers are queuing up to buy vegan sausage rolls at Greggs and vegan burgers in places like Burger King and KFC, the biggest TV channels in the country put vegan cooking shows on the air, and there is even a Vegan Fashion Week. The movement is booming — and this trend in conscious, compassionate living is here to stay.

What has been your greatest achievement to date?

Changing hearts and minds, which I hope to do more of through *Animalkind*. I've also loved seeing our youth outreach pay off, with all these youngsters keen to avoid hurting animals, but there are many tangible victories that can be seen at PETA.org/Victories.

What exciting campaigns have PETA got scheduled for 2020?

That would be telling. We certainly are going hammer and tongs at Canada Goose for supporting the trapping of coyotes and the plucking of geese. We will work on banning all remaining wild-animal acts, closing marine amusement parks, and veganising the world through our undercover investigations and exposés that open eyes, minds and hearts. We'll do what we have done since day one: challenge industries that abuse animals, push establishments to add vegan options, and inform consumers of what goes on behind the scenes in laboratories, factory farms, the animal-skins industries, circuses, zoos and elsewhere.

For more from Ingrid, visit peta.org.uk ■

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 How do I stop plant-milk from curdling in hot drinks?

Yes, due to the heat and acidity of tea and coffee, this can sometimes happen, but there are some tricks and tips to avoid that unsightly reaction and to make sure you get the perfect cuppa every time.

First, tackle the heat issue by letting your tea or coffee cool down a little before you mix it with the milk (some people find that warming the milk helps, others say it makes it worse — it's just this kind of unpredictable alchemy that keeps life exciting).

Another tip is to pour the milk into the cup first, then add the tea or coffee slowly. This allows the temperature to increase more gently and avoid curdling.

As for the acidity, some tea brands have started producing tea bags specifically for vegan milks. You'll also find that some teas and coffees are naturally less acidic than others, so switch it up and see if that helps.

Finally, many dairy-free milk brands have started producing 'barista' milks that have been specially developed to mix perfectly with tea or coffee. Our hot tip: try Oatly.

Our star buy

Eddingtons Aerolatte Milk Frother

Quickly create barista-worthy coffees with Eddingtons milk frother. Featuring a durable shaft and long-lasting motor it's fast and simple to use at home, or take with you when you travel. It's suitable for use on any frothable plant-milks, including almond, soya and oat. £9.50, currys.co.uk



Q How do I approach my boss to request more vegan options in our work caféteria?

It depends on the boss! If they are open-minded, it could be a pretty straightforward conversation, but even if they're not, don't despair. There is a reason for everyone to embrace veganism — you've just got to find the one that resonates.

You might start with inclusivity. Vegan food is suitable for everyone — omnivores, vegetarians, pescatarians and vegans. It is also suitable for people of any faith. This means everyone can enjoy the same food options without prejudice.

Next, you might consider health. A wholefood, plant-based diet has been shown to prevent, halt and even reverse some of the most serious illnesses including heart disease and type 2 diabetes. Veganuary participants often also report better sleep, improved digestion and a clearer mind, which is all great news for keeping a workforce healthy, happy and productive.

If your workplace has a sustainability target, tell your boss how plant-based foods can positively contribute. Even if it doesn't, you can still appeal to your boss's better nature. We have just one planet and adopting a vegan diet is the 'single biggest thing' that individuals can do to help protect it, according to Oxford University researchers.

Finally, plant foods tend to be cheaper than animal foods, and if the price of delicious meals comes down, the bosses will be delighted!

For more from Veganuary, head to veganuary.com ■

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



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“ Hedgehogs are so important – they are one of Britain’s oldest known animals and they are a vital part of our wildlife infrastructure ”

Jill Brown from Hundon Hedgehog Rescue talks to us about saving one of the UK’s favourite animals

It all started with one little hedgehog, found out in the cold one winter, with snow forecast to come. I took it in, and through the British Hedgehog Preservation Society (BHPS, britishhedgehogs.org.uk), I located a lady to care for it. The next couple of winters the same thing happened, but I started to want to know more about how to look after them myself. The following year, I joined forces with two friends (one had been trained at Vale Wildlife Hospital) and after some hard

work, Hundon Hedgehog Rescue came into being. It is now in its seventh year, with six of us involved.

At Hundon, we take in small, underweight, sick and injured hedgehogs — in fact, any hedgehog found in difficulties in our area, which spans (along with several other similar rescues) West Suffolk, North Essex and South Cambridgeshire. We are on the BHPS list, so if people call them, the BHPS put them in touch with us or other rescue

centres. We also take hedgehogs in from eight local vets, if they are ever brought in to them, along with the local RSPCA. Since we are well known in the area, hedgehogs are often brought in to us by people that know us and what we do. Thanks to our local vets, we hold the medication we need to tend to the bulk of hedgehogs in our care. Any we cannot treat ourselves, or that we have concerns about, go to our vets for treatment. We are also able to carry out sampling on hedgehog faeces,

which provides us with information of internal problems we need to treat. We also conduct talks, visit schools and try and educate people about hedgehogs and wildlife, generally. Hedgehogs are well looked after at Hundon — we have a dedicated shed (heated in the winter) that is fitted out with sizeable enclosures and two incubators.

Our main aims, which match those of the BHPS, are to take in, treat and rehabilitate hedgehogs back into the wild and to educate people, particularly children, to care for wildlife. We supply information to others, as required, to aid studies into hedgehogs — for example, their habits or population. Hedgehogs are so important to UK nature — they are one of Britain's oldest known animals and it is believed they date from the time of the dinosaurs. They are part of our wildlife infrastructure, playing a vital role in the ecosystem, and in the UK, they are also one of peoples' favourite animals, getting communities interested in helping the local wildlife.

Each year, we take in between 150-200 hedgehogs, who have varying conditions depending on how long they have been wandering around looking for food, their injuries and the weather at the time. We have to assess each individual as we receive it, and treat accordingly. The intake and their problems change with the seasons, for example, in spring/early summer, it's usually small babies and injuries, whilst in autumn/early

winter, it's mainly hedgehogs that are too small to survive hibernation. Our first steps on arrival are to remove fleas and ticks using Johnsons Small Animal Flea and Tick Remover (people should never use Frontline, or similar products, as it can kill hedgehogs, and fleas and ticks should never be removed in the wild), and then we weigh and assess them for any injuries, fly strike and check their general health. In cases of dehydration, we will give fluids, and sometimes we need to give antibiotics in this way. Following this, the little creatures are given warmth and food and then left to recover from the stress of being brought into captivity. The next day we reassess, analyse their poo and work out a treatment plan. Once they are back to health, which can take several months, and they have reached full weight, they are either released back to where they were found whenever possible, or to a safe location where there are other hedgehogs already thriving. When releasing, our first consideration must, by law, be safety. In the case of autumn juveniles, we will not release them until the weather is just right, in the spring, and other wild hedgehogs have been seen out feeding at night. We also have a high success rate in raising abandoned babies (also called hoglets) through hand-feeding.

Sadly, hedgehogs are in great decline throughout Britain, with humans generally understood as the main reason for falling numbers. Farming methods, the removal of

hedgerows, housing developments, road traffic and the things we do and put out in our gardens — like pesticides, strimming and simply tidying up — have all impacted on their habitat. Education of the public is very important if hedgehog populations are to survive. We educate and fundraise as it costs us approximately £3,000 per year to keep the rescue operating.

When I look back on our greatest achievements, two particular animals come to mind. When Topsy came to us, she was in a bad way — she received a head injury as a baby and doesn't curl up. However, she now lives a happy life in a local walled garden along with two other hedgehogs who, because of bad injuries, cannot go back into the wild. The other is Mandy, named after the vet who helped to save her — Mandy was taken to the vet covered in maggots and it was feared that she would not survive, but she is now well and will be released in the spring.

The local communities are a great help to us — we work with many of the people in our own, and other nearby villages. We have adults and children who help us in the rescue centre — they also collect hedgehogs for us and supply us with the newspapers that we line the enclosures with, plus other items as we need them. Happily, we have received some funding from a local organisation, and we get many donations. Local people are interested in the welfare of hedgehogs and give us a lot of support — it's extremely heartening.

At present, we don't encourage visitors to the centre, as we can only fit a few people in the shed at any one time and it can be stressful for the animals. Sometimes, if they ask, we will allow individuals in to see the hedgehogs, particularly children, but not often — we want to keep the hedgehogs as calm as possible. Nevertheless, the list of how people can help hedgehogs is long — there are many free leaflets available on the BHPS website detailing how the public can get involved, so make sure to check them out. In the short term at Hundon, we aim to get the rescued hedgehogs that are currently with us through the rest of the winter, and back into the wild in the spring. We will then continue our work by taking in new ones as they come to us, and building on our program of education and events for the forthcoming year. ■

For more information, visit britishhedgehogs.org.uk





How can we work the mainstreaming of veganism to our advantage?

Sean O'Callaghan gives his top tips

There is a big debate that has been consuming vegan activists these past few months and I'm here to add another twist to the conversation.

Social media, discussion boards and chats between friends have been focused on whether we vegans should be eating in mainstream restaurants that serve vegan options, or if this is not where we should be spending our compassionate cash.

Chain restaurants globally are all serving up plant-based fast food and what seemed like a far-fetched dream is now reality. With enormous brands such as KFC, McDonalds, Carl's Jr, and Greggs all jumping on the meat-free bandwagon, vegan-suitable food has never been more accessible and widespread.

There seem to be two main camps of thought on what this influx of mainstream vegan options means for our vegan communities.

Firstly, a lot of arguments are made that having such an overwhelming choice of vegan options in well-known chains means more non-vegan people will be exposed to plant-based eating. This line of thinking figures that a number of these people will have their compassion awakened and go vegan.

The other main argument is that ethical vegans should not personally give money to companies that have made unimaginable fortunes from the mass exploitation and deaths of trillions of animals.

You might not expect this from a loud-mouth vegan know-it-all like me, but I kind of agree with both lines of thinking.

If you approach your consumerism with a more compassionate mindset, you

probably feel conflicted when a large chain restaurant is known for exploiting workers with low wages and zero-hour contracts. The most delicious plant-based meal can suddenly lose its appeal when you realise the person placing it on the table in front of you is struggling to pay their rent and has little to no job security.

Some non-vegan chains sell billions of animals each year, making them amongst the biggest polluters on the planet. That plant-based burger might be tasty, but we have to realise that what we spend in these mainstream chains is directly helping to prop up these businesses dealing in mass commodification of animals and widespread environmental destruction.

Here is my suggestion on how to get the most out of the inevitable push from these big companies to grab the biggest slice of the vegan economy.

If we are going to have all of these vegan options, we should be putting them to work as activist tools. It isn't enough that we vegans are spending all our hard-earned cash, we should be pushing our non-vegan friends, family members, and co-workers to be eating this stuff.

Here are some tips. A lot of offices have a day a fortnight or month where workers order in food from local restaurants. Take this opportunity to encourage co-workers to order the vegan or plant-based option on one of these days. Be creative about how you sell the idea to them. Ask the decision makers to consider making it part of a green initiative to order vegan only on these days.

Explain to your work pals that they can collectively make a difference by ordering plant-based lunch as a team. They still get

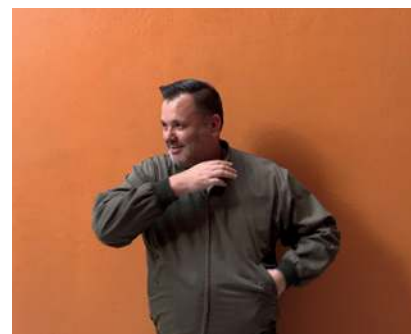
to order from the brands they know and love, they will just be ordering vegan.

When it comes to that time of the year when your family wants to take you for a celebratory meal, make the request that everyone at the table orders a plant-based meal. How can they refuse you on your birthday?! If it will be easier to get them to say yes to a vegan pizza in Pizza Hut or Pizza Express than it would be to drag them into a fully vegan restaurant, then take advantage of that and get some activism happening.

As kind consumers we should all be dining with locally-owned vegan establishments, but if these multinational conglomerates are going to continue riding the vegan wave we should use it to further our vegan message whenever possible.

You might not want to eat at KFC or Pizza Hut as an ethical vegan, but there is nothing stopping you from pushing these options on meat-eaters. It just could be the gateway experience that gets them thinking about adopting a vegan lifestyle. ■

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



Welcome to the rebellion

Alannah Travers speaks to us about Extinction Rebellion,
the movement that's sweeping the globe

We all know that the planet is in crisis — wildfires are blazing across Australia, through the Amazon and in endless other places around the world, killing humans and animals, alike. Floods are causing havoc — wrecking homes and lives — as are droughts, earthquakes and heatwaves. Multiple groups and movements have emerged to fight back against the causes and to try to protect the future of all living beings — Extinction Rebellion are one of the most prevalent and successful. We chat to spokesperson from the organisation, Alannah Travers, to find out how they are trying to halt mass extinction.

What or who does Extinction Rebellion represent, and how did it come to be?

Extinction Rebellion (XR) represents everyone who aligns with our values and shared determination to tackle the climate and ecological emergency — people of all ages and backgrounds, from all over the world. It was founded in 2018, and officially launched in the UK in October 2018, in response to the damning IPCC Report stating that we have 12 years to stop catastrophic climate change. But we don't just operate from the UK — we have a presence in 72 countries and counting, from the US to India.

Please explain to us your main aims, principles and vision.

XR operates on a series of 10 key principles — including our shared vision to create a world that is fit for generations to come, challenging ourselves and our toxic system, and our determination to do so in a healthy and resilient way, for example, by avoiding blaming and shaming individuals. Anyone who follows these core principles and values can take action in the name of XR, meaning the movement operates in a largely decentralised manner, and everyone is empowered to act.

“World leaders have failed to adequately confront the emergency and polite lobbying, marching, writing and voting has failed to turn the situation around”

Why do we need to act now, why not later, or, simply let latter generations take action?

In order to limit global warming to the 1.5°C recommended by the IPCC Report, global net CO₂ emissions need to decline by about 45 per cent from 2010 levels by

2030. Despite initial progress on cutting carbon emissions, the UK is set to miss its legal climate targets without urgent action. We can no longer leave the issue to future generations — we have to act now.

What can the government do and what do XR want them to do?

Time after time, electoral politics has proven itself unable to respond to the climate and ecological crisis; there is simply no incentive for the government to take long-term action. The recent UK general election discourse illustrates the lack of attention the current political system gives to the climate emergency, and the reluctance of the media to challenge them on this. Given the extent of the transformation required, XR believes a citizen's assembly provides a route to action and unity; outside party politics, representative of the population and given the ability to access experts, deliberate and learn. We understand that the structure of government in this country has the ability to implement the necessary changes, in partnership with the global community, but that our democracy is inadequate to initiate this and needs upgrading to a more direct form of democracy that gives voice to ordinary people. >



What is non-violent civil disobedience? And why do you think this form of rebellion is more efficient compared to traditional methods (like petitions, writing to MPs etc)?

Non-violent and mass civil disobedience is at the core of XR's philosophy. We promote civil disobedience and rebellion because we think it is necessary. World leaders have failed to adequately confront the emergency and polite lobbying, marching, writing and voting has failed to turn the situation around. Non-violent civil disobedience aims to disrupt business as usual, so that decision makers have to take notice.

You're in full communication with the police regarding when and how you are taking action, why is this?

Simply, everyone's safety. Transparency breeds a culture of trust between an activist movement and acknowledges the principles of policing by consent. Freedom of expression is protected legally by our right to protest. We take a

no-blaming or disgracing approach to the police and treat them with respect.

How is safety ensured during XR protests and activism?

Training and preparation are key to our actions, and we have an arrestee welfare team designed to help support those before, during and after their arrest. We aim to foster a sustainable and regenerative approach to the consequences of non-violent direct action and the sacrifice involved. XR families also work to make sure many of our key actions have family-friendly zones, so that people of all ages can take part.

In what ways can people get involved or act the help the cause?

Go and see a *Heading For Extinction and What to Do About It* talk and join your local XR group. You can still be a crucial part of the rebellion if you don't want to be arrested — from training to giving talks to your friends, or by providing food for protests. You can also donate to our Crowdfunder.

Is there anything else we should know?

Climate change isn't only about obscure weather patterns or failed crops — it's about everyone, including our loved ones and all life on Earth, being at risk. 2020 is such an important year. If we do not see a significant, systemic change, we risk missing the point where we can avoid uncontrollable climate and ecological breakdown, with disastrous consequences. As physicist, climatologist and founding director of the Potsdam Institute for Climate Impact Research, Hans Joachim Schellenhuber, put it so powerfully: "While the world can't be healed within the next few years, it may be fatally wounded by negligence until 2020."

If you can, please consider joining us on the streets this year; together, we really do have a chance to change the world. ■

For more info, or to get involved, visit rebellion.earth or follow [@extinctionrebellion](https://twitter.com/extinctionrebellion)



Photographer: Gareth Morris



Photographer: Helena Smith

The Vegan option

As the number of vegan dishes available in shops and restaurants grows, we take a look at the meat-free market

You'd need to have had your head buried in the sand, or at least side-stepped the high street and had no internet access, to have missed the fact that meat-alternatives are dominating supermarket shelves and restaurant menus. With jackfruit 'pepperoni' being served in Zizzi, Subway's Meatless Meatball Marinara Melt sub and KFC's Vegan Burger, not to mention Richmond's Meat-Free Sausages and GoodFella's Vegan Pizzas, in 2019 global vegan meat market sales hit \$19.5 billion ([foodmatterslive.com](https://www.foodmatterslive.com)).

In the UK, between 2017 and 2019, sales of plant-based meat grew by almost 40 per cent. And, it isn't just hungry vegans that these new food launches are appealing to — though it's nice to be able to order a lot more than a side salad and chips when out for dinner — 41 per cent of all Brits are likely to consider a meat-alternative when dining out ([morningadvertiser.co.uk](https://www.morningadvertiser.co.uk)). The meat-free market looks set to exponentially grow and expand, with these accessible and familiar products helping a new wave of people consider plant-based options, and hopefully step towards a vegan way of life.





The Vurger Co.

We catch up with co-founder Rachel Hugh to find out why plant-based burgers are the future of food



With a clear mission to 'revolutionise fast food through the power of plants', The Vurger Co have made a huge impact on the London vegan scene. We chat to Rachel to find out more.

Tell us a bit about how The Vurger Co came to be?

It all started out from a pretty personal place. Neil, The Vurger Co co-founder, had suffered with a debilitating stomach illness for around 10 years. Having had so many appointments, so many tests and a series of different medications, it got to the point where he was advised to have an operation. We sat, thinking, 'Well, nobody is sure exactly what they are operating on'. It was at that point that we decided to take things into our own

hands and do a little research ourselves.

This coincided with a big birthday, and after taking a trip to California, we couldn't believe how well you could eat plant-based foods there. There were no labels and there was no stigma, but there were amazing flavours, textures and people using veggies in innovative ways. We felt better than ever and returned to London thinking about out how to adopt this lifestyle in the UK. We haven't looked back.

When we returned to London, we went back to crazy, busy jobs and started looking for a place to eat a plant-based burger casually, in a nice environment, just as a way to chill out together after work. But we couldn't quite find what we were looking for.

There were many veggie options in the market. However, we got sick

of asking people, 'Please remove the cheese, and the egg-based mayo — oh, and the patty with egg...' Nobody understood in London what 'vegan' was. We felt ostracised for eating this way, and, in such a progressive city, we couldn't understand why we couldn't find a lovely environment to feel at home in.

It was a lightbulb moment. We thought that if we were looking for a restaurant like this, then it was guaranteed that others were, too! This was all in June 2016 and it set the wheels in motion to start our business, The Vurger Co.

How have you seen the meat alternative market grow?

It's such a fantastic market to be involved in, and responding and adapting to

customer feedback has been absolutely crucial to how our business has evolved over time. Personally, I have eaten so many versions of Quorn my whole life that it's definitely not anything new to me. However, it's fascinating to observe the trend towards meat alternatives in general. In 2016, when we visited California, it was evident to us that there were two camps: those who genuinely love the taste of a meat alternative, and those who genuinely love the vegetable-based option. When we created The Vurger Co our goal was to get people to think differently. It doesn't have to be one thing or the other. You can have awesome burgers, made with amazing ingredients — and everything just happens to be vegan.

The rise to stardom of meat alternatives has definitely, without a doubt, derived from the US, with brands like Impossible and Beyond, both of which we saw in the market place in 2016 when we began. They were also just entering the market place. Creating a product that is so similar in taste, feel, sight and texture to meat is not only one of the most delicious things ever to be created, but also one of the most powerful things to be created for veganism. Technology has allowed these businesses to thrive, investors have backed them to grow, and here we are, just three years later, with innovative vegan products taking over the supermarkets.

Talk us through some of your favourites on your menu.

Naturally, I love the whole menu, having painstakingly chosen each and every ingredient, so it's tough to choose!

The Classic Burger is delicious. It's made with super natural ingredients such as black beans, chargrilled red pepper and corn, and teamed with our housemade burger sauce. If you're looking for a vegetable-based burger, this is a winner! If you're looking for something more meaty, we have our Buffalo 'Chicken' Burger and NY Melt, which has a Beyond Meat patty, and the combination of cheeses and sauces we use literally makes this burger taste and feel like a real beef burger. It's unbelievable.

Then, I certainly have to mention our sides and shakes. We have a whole range of fries, tater tots, housemade mac 'n' cheese (which happens to be gluten-free, as well) and Kentucky 'Chicken' Bites,

which are delicious. Then we have our shakes, which are seriously amazing and really addictive, with options such as our Biscoff Shake, Oreo Shake, Salted Caramel Popcorn Shake — the list goes on.

If you love fast food, in any way, shape or form, we have something for you, no matter your preference or lifestyle choices.

How did you develop your cook-at-home products?

We developed them a long time ago, in 2017, and they entered the market place in 2018 when we recognised there was a HUGE gap in the market for ready-to-go vegan products. I think we were a little ahead of the curve, as this was way before any supermarket had any of the ranges that we see so often these days.

We made them in-house initially, for the first drop, then we couldn't keep up with demand so we had to develop good links with a factory that was not only vegan but gluten-free, as we knew this was such an important factor for so many of our customers.

We are so grateful to Planet Organic and Selfridges for carrying the burgers in 2018 and 2019, and we're now developing brand-new products to come in 2020, having thought long and hard about what the market needs this year, so we're very, very excited.

We wanted, from day one, to create a brand that was easily accessible, affordable and convenient, and that, for a small brand, takes time. We're just so grateful to everyone who has supported us along the journey by buying a burger in our restaurant or in one of the retail outlets.

Are your customers predominantly vegan?

Actually, no! We recently did a huge feedback session with our customers, asking everyone so many questions regarding why they eat with us, why vegan, why us. The answers were incredible. So many people are either curious or want to incorporate more vegan options into their diet and wouldn't actually identify as being vegan. We are lucky though, as many of our fans online and on social media are vegan and celebrate us, because of the fact that as a company we share the same baseline ethics and values.

What do you think the future for meat alternatives looks like?

This is a massively growing market. I genuinely believe there is no stopping it for a second, especially as it is a fantastic way to encourage those who miss the texture and feel of real meat to eat a version that is not only better for you, but also better for the planet.

However, there is and always will be those who question what is included in these items, how they are actually made, whether we do not just want more natural vegetable-based products. So it's definitely our job as a society to always be conscious and thinking about what goes into our food, to respect how it's made, and to support those making that change around you.

For more information head to thevurgerco.com ■



Meat Alternatives



Heck
Vegfurter

Fit for sandwiches and fry-ups, Heck's plant-based frankfurters are sure to impress. Made from mushroom, carrot and beetroot, they have a deliciously natural smoky flavour, and are also registered by the Vegan Society. Coming in packs of four, they can be cooked on the grill and enjoyed by all.

£2.50, heckfood.co.uk

Spoilt
for choice

Here are some of our favourite meat alternatives



Gosh! Veggie Cocktail Sausages

Ideal for on-the-go snacking or serving at parties, Gosh!'s Veggie Cocktail Sausages are suitable for those on vegan, gluten-free, nut-free and soya-free diets. They can be enjoyed cold or heated up, as part of a nutritious meal.

£1.99, goshfood.com



Fry's
Smoky BBQ Wood Fired Pizza and
Mediterranean Woodfired Pizza

Following great demand from customers, Fry's have added two plant-based pizzas to their range. The Smoky BBQ pizza features grilled red and yellow peppers, roasted red onions and Fry's chicken-style strips.

Price TBC, fryfamilyfood.com



Naked Glory

Roast Tenderstrips

Adding to their range of burgers, mince and sausages, Naked Glory have recently launched meat-free Tenderstrips. Available in Roast, Tikka and Smoky BBQ flavours, they make the perfect addition to sandwiches, curries and pasta.

£2.75, nakedglory.co.uk

Beyond Meat Beyond Sausage

Beyond Sausage offers the taste and texture of pork, without the cruelty. It has 38 per cent less saturated fat and less sodium than most meat sausages, and features 16g of protein.

£5, beyondmeat.com



Moving Mountains Sausage Burger

Moving Mountains' newest innovation combines the look and texture of a traditional sausage patty with the taste of pork. It is ideal to enjoy at any time of day, whether at breakfast time in a muffin, for lunch in a burger bun or for a delicious roast dinner, alongside apple sauce and all the tasty trimmings.

£4.50, movingmountainsfoods.co.uk



Squeaky Bean Sweet Smokey BBQ Marinated Chicken-style Pieces

Squeaky Bean is here to help vegans to make better sandwiches, with their delicious new Sweet Smokey BBQ Chicken-style Pieces. The ready-to-eat meat alternatives are made from wheat and pea protein.

£2.75, squeakybean.co.uk

Linda McCartney's Vegetarian Pulled Pork Bao Bun Meal Kit

For those that love the Japanese staple, this innovation from Linda McCartney's is likely to be a hit. Suitable for vegans, this exciting bao bun kit from the vegetarian company makes for a deliciously easy dinner.

£5, lindamccartneyfoods.co.uk



Fry's Vegan Sausage Roll

As a meat-free alternative to a sausage roll, these snacks are made from soya and wheat with no added preservatives or artificial colourants. Best when heated up in the oven, for that freshly-baked flavour.

£1.20, fryfamilyfood.com



What I eat in a week...

Colleen Patrick-Goudreau, the vegan speaker, podcaster, author and cultural commentator shares her food diary

Monday

I start my day off as I always do at 5:30 am, with a stretch and 50 minutes on the stationary bike, reading 50 pages of *The Gates of Fire*. Afterwards, I enjoy my other morning ritual: sitting down to journal, along with my favourite thing in the world: green tea. I eat a diced apple sprinkled with cinnamon and go to work. As my husband David is home this lunchtime, he had already prepared lots of veggies for a big salad for lunch: diced fennel, carrots, Tokyo turnips, and chopped kale — tossed with a small amount of olive oil and dusted with nutritional yeast and salt flakes. Yum! David has a surprise planned, so at 4:00pm, we ventured on an hour-long walk to a new vegan sushi pop-up in Oakland and enjoy a number of different vegetable-based rolls, plus a glass of white wine.

Tuesday

I wake and carry out my usual morning routine, enjoying my diced apple, and a homemade juice and green tea. Having cooked chickpeas in the pressure cooker the day before, we have a huge amount in the fridge, so I had a chickpea salad with diced fennel, carrots, kale and a little garlic aioli for lunch. Today I work on a TEDx talk and record a podcast episode. Having woken up with a cold, I eat light today, and had an early dinner of banana 'nice cream' with strawberries and diced apples, and another green tea.

Wednesday

After cycling, reading, journal-writing and kitty-snuggling, I have my diced apple with some cinnamon, warm homemade soya milk and turmeric and a green tea. Following breakfast, I prepare kale (pulling the leaves from the stem) and roughly tear it up in anticipation of kale chips for lunch, along with another chickpea salad. Then I go for an hour walk, building into my route a stop at a private home that has a farmers' market in their garage every Tuesday and Wednesday. I roast Brussels sprouts for dinner, along with some homemade tempeh I cook as 'bacon' — with a little maple syrup, liquid smoke and tamari.

Thursday

Crazy as it sounds, I wake up a little before 3am for a live radio interview that is produced on the east coast. At 4am, I go back to bed and sleep in later than usual — waking up at 7:15am! Eager to start my day, I go straight to writing and skip my workout, but make up for it with a two-hour hike in the afternoon. Breakfast is banana and oatmeal, and lunch is a green salad with lettuce, veggies and chickpeas. At lunchtime, I also prepare a potato leek soup that we enjoy at dinner, after I get home from 'kitty-cuddling' (I volunteer as a cat socialiser with a local rescue).



Photographer: Michelle Cehn

Colleen Patrick-Goudreau

Friday

I woke up, work out and read, journal, practice Italian with a podcast I listen to while I get dressed, and start my typical day of writing. Breakfast is sliced persimmon sprinkled with cinnamon and warmed in the oven (it is winter, after all!). I have to fly to Arizona to speak at a conference on Saturday, so I bake and slice three sweet potatoes and cut up raw carrots for the road. I eat them at the airport, along with some houmous and bread and a salad in the lounge.

Saturday

The hotel I stay at had a cooked vegan breakfast option, which was a chickpea scramble, but I don't fancy it, so just grab some corn flakes, banana and almond milk before heading to speak. At the event, I eat fresh spring rolls and veggies with houmous, before heading back to the airport. I arrive home to a big salad that David has prepared for us. After dinner, I make popcorn and we have friends over to watch a movie.

Sunday

Sometimes on the weekends, I'll treat us to homemade waffles before we head to the farmers' market to buy fresh veg, and I do this today after my workout. Shortly after, we go on an eight-mile hike in the woods, then I prepare my portion of the 'family dinner' that we host with friends once a month. The theme is Japanese, so I prepare a huge pot of miso soup with veggies and quinoa. Others brought stuffed rice balls, sea vegetable salad, tofu with peanut sauce and pretty mochi for dessert. ■

For more from Colleen, visit colleenpatrickgoudreau.com



PREP, COOK, EAT

with Vegan Life

Our favourite recipes this month



Peaches & Cream Sourdough French Toast

Serves 2

When I was completing my university exchange in England, I lived with a French-speaking student from Belgium. We had turns making a dish from our country and she made French toast — and showed us the traditional way to make it! I put my own spin on it by using dense sourdough bread and serving it with caramelised peaches and a cashew cream, for extra decadence.

- 235ml (1 cup) **plant-based milk**, such as **almond**, **soya**, or **coconut**
- 2 tbsp **chia seeds**
- 1 tsp **ground cinnamon**
- 1 tsp **vanilla extract**
- Pinch of **kala namak** (black salt) (optional)
- 4 slices of **sourdough bread**
- 2–4 **peaches**, sliced
- **Olive oil** or **dairy-free butter**, for cooking
- **Maple syrup**
- 1 recipe **Cashew Cream**

- 1 Add the milk, chia seeds, cinnamon, vanilla and black salt (if using) to a blender. Blend until smooth and pour the mixture into a shallow bowl.
- 2 Dip each slice of bread in the mixture, allowing each slice to soak up the batter. Make sure all areas of the bread are covered in the batter.
- 3 Heat up a large saucepan over medium-high heat and drizzle with oil. Place the bread in the saucepan. Cook each side for 3 to 5 minutes or until golden brown. Set aside the bread in a warm spot.
- 4 Turn down the stove to medium heat. Drizzle oil in the saucepan and add the sliced peaches. When one side of the peaches begins to change color, drizzle some maple syrup over the slices and allow it to caramelize. Flip the peaches and allow the other side to caramelize.
- 5 Immediately serve the toast with the peaches and cashew cream. Drizzle with maple syrup as desired.

Cashew Cream

Makes $\frac{3}{4}$ cup

- 65g ($\frac{1}{2}$ cup) **cashews**, soaked in water for at least 2 hours
- 120ml ($\frac{1}{2}$ cup) tinned **coconut cream**
- Flavourings of choice, such as **maple syrup** and **vanilla**

- 1 Drain the cashews and add all the ingredients to a high-powered blender. Blend until extremely smooth.
- 2 If the cream is too runny for your liking, add more cashews to the mixture and blend again. If the cream is too thick, add some more cream or water, and mix until combined. The cream will firm up when chilled.
- 3 Use immediately, or store in an airtight jar or container in the fridge for up to 3 days or in the freezer for up to 1 month.

Extracted from:

Incredible Plant-Based Desserts: Colourful Vegan Cakes, Cookies, Tarts, and other Epic Delights, Anthea Cheng, Quarry Books, October 15, 2019

Top Tip:

Black salt, or kala namak, is high in sodium chloride so it smells and tastes like eggs. It is often used in South Asian cooking and can be purchased from South Asian or Indian grocery stores.



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Top Tip:

Serve with grilled tomatoes and wilted spinach.

Ackee Scramble on Toast

Serves 2

Ackee looks like and has the same texture as scrambled eggs, making it the perfect substitute for this classic breakfast dish.

- 1 tbsp **dairy-free butter**, plus extra for the toast
- 1 540g tin **ackee**, well drained
- 1 tsp **kala namak** (black salt)
- **Sea salt** and **black pepper**, to taste
- 2 tbsp **fresh chives**, finely chopped
- 4 slices **crusty granary bread**, toasted

1 Place a large frying pan over a medium heat, add the butter and allow to melt. Add the ackee to the pan and gently stir-fry until hot. Break up the ackee gently as it cooks, until you have the texture of scrambled eggs.

2 Add the kala namak to the pan and season with salt and pepper to taste.

3 Butter the toast and arrange on plates. Top with the ackee and sprinkle with chives. Serve immediately.

Per serving (428g)

Calories: 927, **Carbohydrates:** 93g,
Sugars: 7.6g, **Salt:** 4.6g, **Fat:** 51g,
Saturates: 2.1g, **Protein:** 27g

Recipe created in-house by the
Vegan Life Chefs

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Top Tip:

The dip is a delicious way to use up harder parsley and coriander stems, saving the leaves for garnishing so there's no waste, just like the cauliflower leaves. You could also make this with broccoli steaks, aubergine wedges or squash, sliced into half moons. Fennel and carrot would also be great in the slaw.

Fried Chermoula Cauliflower on Herby Bean Dip with Slaw

Serves 2 with leftovers

These spiced cauliflower steaks on green dip steal the show at any dinner party, but are super simple for a mid-week dinner too. They come together in 30 minutes on the nose! If you want to get ahead, the dip and slaw can be made in advance, then dress the slaw while you're cooking the cauliflower. You'll want to try the chermoula-esque spice mix on everything, or you could fry it with onion for the base of a pumpkin soup.

- 1 **medium cauliflower**, save the leaves (about 800g)
- 2 **tblsp oil**
- **Sea salt** and **black pepper**

For the Che Rmoula spice mix:

- 2 **tsp ground cumin**
- 1 **tsp sweet paprika**
- 2 **tsp ground coriander**
- **Chilli flakes** or ¼ **tsp cayenne**, to taste

For the herby bean dip:

- 240g cooked **white beans** or **chickpeas** (1 400g tin, drained and rinsed)
- 1 **garlic clove**

- 2 **tblsp tahini**
- Juice of 1 **lemon**
- 1 big handful of a mix of **fresh parsley** and **coriander**, leaves and stems roughly chopped separately
- **Extra virgin olive oil**, to serve

For the slaw:

- ¼ **red cabbage** (150g), finely shredded
- 1 **green apple**, cut into matchsticks
- 1 **celery stick** and leaves, sliced
- 2 **tblsp extra virgin olive oil**
- 1 **tblsp apple cider vinegar**
- 1 **tsp mustard**

- 1 Preheat oven to 220°C/428°F/Gas 9. Slice two 2–3cm thick steaks off the cauliflower and roughly chop the remaining cauliflower florets and the leaves, keeping them separate.
- 2 Mix together all the ingredients for the chermoula.
- 3 Put the cauliflower florets in a roasting tray with 1 tablespoon of the oil, half of the chermoula spice mix, sea salt and pepper. Roast in the oven for 15–20 minutes, adding the chopped cauliflower

leaves halfway through and tossing everything together.

4 Heat the remaining oil in a large frying pan and fry the cauliflower steaks for 2 minutes on each side, then add the remaining spice mix and carefully turn again, coating the steaks in the spice. Cook for a further 2 minutes until just tender (you could now pop in the oven to keep warm).

5 Meanwhile, mix all the slaw ingredients together with the parsley and coriander leaves in a medium bowl and season to taste.

6 Blitz all the dip ingredients in a food processor with the parsley and coriander stems and taste for seasoning. Add 2–4 tablespoons cold water until nice and thick. Divide the green bean dip between the plates, drizzle with olive oil and top with the hot cauliflower steak and the florets and leaves. Serve the slaw on top or on the side.

Extracted from:

Eat Green by Melissa Hemsley (Ebury Press, £22) Photography By Philippa Langley

Warm Rainbow Salad

Serves 4

This warm vegetable salad has a great range of flavours and nutrients. Often different colour vegetables contain different nutrients so 'eating the rainbow' often means eating a wide range of vitamins and nutrients.

For the salad:

- 400g (14oz) **cooked beetroot**, chopped
- ½ **butternut squash**, peeled and chopped
- 2 **carrots**, peeled and chopped
- 200g (7oz) **Brussel sprouts**, halved
- 200g (7oz) **green beans**
- 100g (3.5oz) **cherry tomatoes**, halved
- 1 **red onion**, cut into wedges

- 1 tbsp **olive oil**
- 100g (3.5oz) **baby watercress**

For the garlic and chive dressing:

- 120ml (½ cup) **soya yoghurt**
- 2 **cloves garlic**, puréed
- ¼ tsp **mint sauce**
- Handful chopped **chives**

1 Firstly, pre-heat the oven to 200°C/400°F/Gas 6. In a bowl, toss together the beetroot, squash, carrots, sprouts, red onion, green beans, cherry tomatoes and olive oil. Season to taste, then spread over an oven tray and roast for 30-40 minutes until all the vegetables

are nicely roasted and cooked through.

2 To make the dressing, simply mix all the dressing ingredients together and season to taste. To assemble the salad, arrange the watercress on a plate, top with the roasted vegetables, then drizzle with the dressing.

Per serving (408g)

Calories: 185, **Carbohydrates:** 0.8g, **Sugars:** 16g, **Salt:** 0.39g, **Fat:** 4.9g, **Saturates:** 0.8g, **Protein:** 7.9g

Recipe created in-house by the *Vegan Life* Chefs



Beetroot Blinis

Makes 16

These colourful blinis don't just look great on an afternoon tea spread, they can also make a delicious canapé for a dinner party.

For the blinis:

- 55g (½ cup) **self-raising flour**
- 2 tsp **ground flaxseed** (mixed with 4 tsp **warm water**)
- 1 tsp **olive oil**
- 50g (3.5oz) **grated beetroot**
- 80ml (⅓ cup) **soya milk**

For the topping:

- 1 **avocado**
- ½ **red onion**, finely diced
- 4 **cherry tomatoes**, quartered
- 4 **olives**, sliced horizontally
- Handful **parsley**, chopped

1 For the blinis, add all the blini ingredients to a blender and blitz until smooth.

2 Heat a non-stick frying pan over a medium heat and place a 6cm cutting ring in the pan. Add a couple of tablespoons of the blini batter to the ring and cook for 2-3 minutes until the top dries. Then remove the ring, flip the blini and cook for a further 1-2 minutes. Repeat this process for the rest of the batter.

3 To top the blinis, add the avocado flesh to a blender and blitz until smooth. Season to taste. Transfer the avocado purée to a piping bag and pipe a small circle onto each blini. Add a cherry tomato quarter, slice of olive and a little red onion to the top of each blini and garnish with a sprinkle of chopped parsley.

Per serving (30g)

Calories: 41, **Carbohydrates:** 4.5g,
Sugars: 0.5g, **Salt:** 0.05g, **Fat:** 2.4g,
Saturates: 0.4g, **Protein:** 0.8g



Recipe created in-house by the
Vegan Life Chefs

Sticky Tofu Bao Buns

Serves 2, makes 6

These steamed buns are light, fluffy and addictive. Six buns feels about right for two — maybe a bit indulgent, but you'll find that two is not enough, so best err on the side of caution. I'd probably eat all six!

For the tofu:

- 2cm piece of **fresh root ginger**, finely grated
- 1 **garlic clove**, finely chopped
- 2 tbsp **rice wine**
- 2 tbsp **soy sauce**
- 2 tbsp **agave syrup**
- 1 tsp **Chinese five spice**
- 300g **firm tofu**
- 2 tbsp **flavourless vegetable oil**

For the buns:

- 80ml ($\frac{1}{3}$ cup) **warm water**
- 40ml ($\frac{2}{3}$ cup) **unsweetened rice or oat milk**
- 1 tsp **vegetable oil**, plus extra for brushing
- 1 tsp **sugar**
- 1 tsp **fast-action dried yeast**
- 200g **plain flour**, plus extra for dusting
- $\frac{1}{2}$ tsp **baking powder**
- $\frac{1}{4}$ tsp **salt**

To serve:

- **Pickled veg**
- Leaves from a small bunch of **coriander**
- $\frac{1}{2}$ tsp **sesame seeds**
- **Sriracha sauce** (optional)

1 Start with the tofu. Mix everything except the tofu and oil in a shallow bowl to make a marinade. Cut the tofu into 6 equal slabs and turn them in the marinade. Leave to marinate while you continue.

2 To make the bun dough, mix the warm water, milk, oil, sugar and yeast together in a bowl. Leave for 15 minutes, until the liquid looks foamy and active. Add the flour, baking powder and salt. Knead for 10 minutes with your hands, or in a food mixer fitted with a dough hook, or until glossy and elastic. Form into a ball and cover the bowl with clingfilm. Leave somewhere warm until doubled in size, this may take a couple of hours.

3 When the dough has risen, turn it out on to a floured work surface and knock the air out of it. Divide into 6 equal pieces and shape into balls. Roll each ball out into an oval and brush the tops lightly

with oil. Place a chopstick in the middle of an oval, widthways, and fold the dough gently in half. Slide the chopstick out and place the bun on a small square of baking parchment. Repeat to shape all 6 buns. Loosely cover with clingfilm and wait until they have doubled in size again, which should take 30 minutes to an hour.

4 When they are ready, place them in a steamer, on their parchment squares, and steam for 12–15 minutes until light and risen. This might be easier in batches, unless you have more than one steamer. The buns will last well for a few hours and you can reheat them by steaming again for a couple of minutes.

5 To cook the tofu, heat the oil in a frying pan. Scrape as much of the marinade off the tofu slices as you can, so they will brown (but reserve the marinade). Fry

them for 2–3 minutes a side, until golden. Tip the marinade into the pan and let it bubble away for a minute or so until thick and sticky, turning the tofu to coat it.

6 Tease open the steamed buns along the line left by the chopstick and place a slice of tofu in the middle of each, along with any marinade left in the pan. Add some pickles, some torn coriander leaves and a sprinkling of sesame seeds. If you want some heat, add a streak of sriracha to finish.



Extracted from:
Dirty Vegan Another Bite by Matt Pritchard
is published by Mitchell Beazley, £20

Chicken-Style Roast

Serves 6

This chicken-style roast is totally delicious and very versatile — it's great sliced as a deli meat for sandwiches and salads, or can be the shining star of a roast dinner. You can also dice the 'meat' for use in stews or as part of our stroganoff recipe.

For poaching:

- 2.4L (10 cups) **vegetable stock**

For the seitan:

- ½ **white onion**, chopped
- 2 **cloves garlic**, puréed
- 140g (5oz) **extra firm tofu**
- 120ml (½ cup) **vegetable stock**
- 60ml (¼ cup) **white wine**
- 1 tbsp **miso paste**
- 2 tbsp **nutritional yeast**
- 1 tbsp **vegetable oil**
- 1 tsp **dried sage**
- 1 tsp **dried thyme**

- 150g (1 cup) **vital wheat gluten**
- 2 tbsp **plain flour**

For the glaze:

- 1 tbsp **maple syrup**
- 1 tbsp **dairy-free butter**
- 1 tbsp **Dijon mustard**
- 1 tsp **Marmite**

1 Preheat the oven to 200°C/400°F/Gas 6. Add the onion, garlic, tofu, vegetable stock, white wine, miso, nutritional yeast, vegetable oil, sage and thyme to a blender, and blend until smooth.

2 Mix the vital wheat gluten and plain flour together in a bowl, before pouring in the blended liquid mixture. Mix this together to form dough. Knead the dough for 5-6 minutes until it becomes stretchy, and then gently press it into a loaf shape. Wrap this dough tightly in tin foil.

3 Bring the poaching stock to a gentle

simmer in a large saucepan, then add the seitan and simmer for 45 minutes, turning halfway. Remove the pan from the heat and leave the seitan to cool in the stock.

4 Whilst the seitan is cooling, stir together all the glaze ingredients. Once cooled, remove the seitan from the stock, place it on a lined baking tray and unwrap the foil. Brush the seitan with the glaze and pop in the oven to roast for 30 minutes.

Per serving (99g)

Calories: 210, **Carbohydrates:** 12g, **Sugars:** 3.2g, **Salt:** 1.9g, **Fat:** 7.6g, **Saturates:** 0.9g, **Protein:** 25g

Recipe created in-house by the
Vegan Life Chefs





Smoky Jackfruit Tacos

Makes 6

Jackfruit makes a fantastic meat substitute and these smoky tacos will make for a fun sharing meal.

For the jackfruit:

- 1 tbsp **olive oil**
- 1 500g tin (approx) **young green jackfruit in brine**, drained
- 1 tbsp **ground cumin**
- 1 heaped tsp **smoked paprika**
- 2 tsp **paprika**
- 2 tsp **chipotle chilli paste**
- 1 **large red onion**, peeled and finely sliced
- 1 **large red chilli**, sliced and deseeded if you prefer a milder flavour
- 1 **red pepper**, deseeded and sliced
- 240ml (1 cup) **vegetable stock**
- 1 tbsp **soy sauce**
- 1 tbsp **maple syrup** (optional)
- **Sea salt** and **black pepper**, to taste
- 1 **yellow pepper**, deseeded and sliced
- 3 **cloves garlic**, peeled and chopped

To serve:

- 6 **corn tortillas**
- Shredded **lettuce**
- Sliced **red onion**
- Sliced **chilli**
- **Guacamole**
- **Toasted corn**

- 1 Heat the oil in a large, lidded frying pan or wok and add the jackfruit, spices and chilli paste, onions, garlic and sliced chilli. Stir fry this mixture over a fairly high heat for a few minutes, stirring all the time, until the spices and garlic are fragrant.
- 2 Add the stock, soy sauce and maple syrup if using, season well and cover with a lid. Leave to simmer gently for 10 minutes to soften the jackfruit.
- 3 After 10 minutes, remove the lid from the pan and increase the heat to medium high. With a potato masher or 2 forks, break up the jackfruit until it becomes

stringy and incorporates with the sauce. Add the peppers to the pan and leave everything to bubble and reduce until peppers have softened slightly. Taste and adjust the seasoning if necessary.

4 Lightly warm or toast the tortillas before filling with lettuce, the jackfruit and toppings. Serve warm.

Per serving (257g)

Calories: 342, **Carbohydrates:** 61g, **Sugars:** 21g, **Salt:** 2.2g, **Fat:** 9.4g, **Saturates:** 2.6g, **Protein:** 8.4g

Recipe created in-house by the
Vegan Life Chefs

Tempeh Bolognese

Serves 4

Tempeh works well as a mince alternative to give a plant-based twist to classic Bolognese. It's also high in protein, holds a great texture and takes on other flavours well.

- 400g (14oz) **tempeh**
- 1 tbsp **olive oil**
- 1 **onion**, diced
- 2 **garlic cloves**, chopped
- 2 tsp **dried basil**
- 1 tsp **dried oregano**
- 1 tsp **dried rosemary**
- 2 **bay leaves**
- 1 tbsp **soy sauce**

- 2 400g (14oz) tin **chopped tomatoes**
- 400ml (1½ cups) **vegetable stock**

1 To make the 'mince', break the tempeh into pieces and place in a food processor. Pulse until it resembles mince.

2 Heat the olive oil in a saucepan over a medium-high heat, then add the onion, garlic, basil, oregano, rosemary and bay leaves. Sauté until the onions are soft, then add the tempeh and cook for a further 3-4 minutes until it starts to brown.

3 Add the soy sauce, chopped tomatoes and vegetable stock and mix well. Allow the Bolognese to simmer for 10-15

minutes until thickened — remove the bay leaves before serving.

Per serving (341g)

Calories: 310, **Carbohydrates:** 27g,

Sugars: 10g, **Salt:** 2.6g, **Fat:** 16g,

Saturates: 4g, **Protein:** 24g

Recipe created in-house by the
Vegan Life Chefs





Rainbow Chard, Leek & Lentil Gratin

Serves 2

You can, of course, make this with regular green Swiss chard, but it seems so much cheerier with some brightly coloured stalks in the mix. It is pretty much a meal in itself, but you can take it to another level if you serve it with some roast potatoes or fat wedges of roast squash on the side. If you want to make it a bit richer, stir in a few tablespoons of vegan crème fraîche.

- 300g (8½ cups) **rainbow chard**
- 3 tbsp **olive oil**
- 2 **large leeks**, sliced
- 2 **garlic cloves**, finely chopped
- 2 **bay leaves**
- 1 400g tin **Puy lentils**, drained
- 125ml (½ cup) **white wine**
- 300ml (1⅓ cups) **vegetable stock**
- ½ tbsp **wholegrain mustard**

- 200g stale **sourdough bread**
- ½ tbsp **rosemary leaves**, chopped
- Finely grated zest of 1 **unwaxed lemon**
- **Salt and pepper**

- 1 Preheat the oven to 180°C/350°F/Gas 4. Split the chard stalks away from the leaves. Roughly slice the stalks and set the leaves aside.
- 2 Heat 2 tablespoons of the olive oil in a saucepan and gently sweat the chard and leeks with a pinch of salt for 10 minutes, until softened.
- 3 Add the garlic and bay leaves and cook for 2 more minutes before adding the lentils and wine. Let it bubble away until the liquid has disappeared into the lentils. Tip in the stock, bring to the boil, then reduce the heat to a simmer and stir in the chard leaves until they have just wilted.

Remove from the heat, stir in the mustard and season well to taste.

4 Remove and discard the crusts from the bread, then tear it into chunks and place it into a food processor with the rosemary, lemon zest and the remaining 1 tablespoon of olive oil. Blitz into coarse crumbs.

5 Pack the lentil mixture into a snug gratin dish. Cover with an even layer of breadcrumbs and bake for 20 minutes, until the crumbs are golden and crisp.



Extracted from:
Dirty Vegan Another Bite by Matt Pritchard
is published by Mitchell Beazley, £20



Hazelnut Crusted Tofu with Creamed Lentils

Serves 4

This simple yet satisfying dish is perfect for a quick and warming meal. Creamy lentils and herb-crusted tofu is a match made in heaven. They also pair effortlessly with fresh, green seasonal vegetables.

For the tofu:

- 1 block pressed **smoked tofu**, cut into 4 lengths
- 30g (⅓ cup) **panko breadcrumbs**
- 20g (⅛ cup) **hazelnuts**, halved
- Zest of 1 **lemon**
- 1 tbsp **olive oil**
- Handful of **flat-leaf parsley**, roughly chopped

For the lentils:

- 1 tbsp **olive oil**
- 1 small **red onion**, diced

- 2 **cloves garlic**, minced
- 200g tin **lentils**, drained
- 2 tbsp **white wine**
- Handful of **asparagus spears**, sliced
- 60ml (¼ cup) **soya cream**
- 1 tbsp **mustard**
- Squeeze of **lemon juice**
- 1 tbsp **fresh thyme leaves**

1 Preheat oven to 190°C/375°F/Gas 5 and line a baking tray. Place the smoked tofu on the tray and set aside.

2 Combine the rest of the ingredients for the tofu in a bowl. Spread the mixture on top of the tofu pieces and press down well. Bake in the oven for 15 minutes.

3 Whilst the tofu is cooking, heat the oil for the lentils in a pan and lightly fry the onion and garlic until translucent. Add

the lentils, white wine asparagus and soya cream and simmer for 8 minutes. Stir in the mustard and cook for a further 1-2 minutes. Squeeze over the lemon juice and sprinkle over the fresh thyme.

4 Serve the herb crusted tofu on a bed of the creamed lentils.

Per serving (230g)

Calories: 285, **Carbohydrates:** 22g, **Sugars:** 3g, **Salt:** 0.16g, **Fat:** 16g, **Saturates:** 1.9g, **Protein:** 15g

Recipe created in-house by the
Vegan Life Chefs

Warm Almond & Pistachio Sponge with Cardamom & Rose

Serves 8-10

A warming sponge cake packed full of heart-healthy nuts and topped with fragrant dried rose petals and a sweet and tangy citrus glaze. The recipe is gluten and refined sugar-free. This delicious sponge cake makes the perfect Mother's Day treat, great for an afternoon of spoiling!

For the cake:

- 120g (1 cup) **organic self-raising gluten-free flour**
- 150g (1¼ cups) **ground almonds**
- 40g (¼ cup) **pistachios**
- 1 tsp **gluten-free baking powder**
- 240g (1 cup) of **almond milk**
- 130g (¾ cup) of **coconut sugar**
- 160g (¾ cup) of **coconut oil**
- 6 tbsp of **warm water**
- 2 tbsp of **ground flaxseed**
- 2 tsp of **ground cinnamon**
- 2 tsp of **rose water**
- 1 tsp of **lemon juice**
- 1 tsp of **ground cardamom**
- 1 tsp of **vanilla extract**
- Pinch of **sea salt**

To decorate:

- 1 tbsp of **dried rose petals**
- 1 tbsp of **pistachios**, roughly chopped
- 1 tbsp of **maple syrup**
- ½ tbsp of **lemon juice**

1 Preheat the oven to 160°C/320°F/Gas 3 for a fan assisted oven. Line a 7-inch cake pan with baking parchment.

2 To prepare the cake batter, add the pistachios to a food processor and blitz to a heavy crumb consistency. Add the pistachio crumbs to a large mixing bowl and sift in the gluten-free flour. Add the ground almonds, baking powder, cinnamon, cardamom and salt. Mix together well to combine.

3 Add the ground flax to a small bowl with the warm water. Stir together to combine, creating a flax 'egg'. Set aside whilst you prepare the rest of the cake.

4 Cream the coconut oil and coconut sugar together in a mixing bowl or food processor. Add in the flax egg, vanilla extract, rose water and lemon juice. Mix together until smooth.

5 Slowly drizzle the almond milk into the wet ingredients a little at a time, stirring until smooth and well combined.

6 Add the wet ingredients into the dry ingredients and beat together well until smooth.

7 Spoon the cake batter into the lined cake tin and level with the spatula.

8 Transfer the cake to the oven for 40-50 minutes or until golden brown all over, cooked through and a skewer comes out clean.

9 Whilst the cake is cooking, whisk together the maple syrup and lemon juice.

10 Once the cake is cooked but still warm, drizzle over the lemon juice and maple syrup mix then scatter over the rose petals and crushed pistachios. Serve warm.

Recipe and image from:
Emma Carter, for the Natural Chef Diploma
Courses at CNM, the College of Naturopathic
Medicine.



Cover recipe



Extracted from:
***Incredible Plant-Based Desserts: Colourful
Vegan Cakes, Cookies, Tarts, and other Epic
Delights***, Anthea Cheng, Quarry Books
October 15, 2019

Black Forest Cake

Serves 14-16

Traditionally, a Black Forest Gateaux contains kirschwasser, a clear spirit made from sour cherries. This cake has been transformed into a classic alcohol-free Black Forest by adding fresh cherries, which helps balance out the richness of the chocolate. The Black Forest is normally adorned with white frosting, which beautifully contrasts with the dark tones of the chocolate cake.

For the cake:

- 1½ quantity Customisable Baked Chocolate Cake (see recipe)

To decorate:

- 1 ½ servings of **American-style buttercream**
- 1 serving **cashew buttercream** (see recipe)
- 155g (1 cup) **fresh cherries**
- **Icing sugar**, to serve (optional)

For the cherry compote:

- 310g (2 cups) **frozen or fresh pitted cherries**
- 1–2 tbsp **lemon juice**, to taste
- 1–2 tbsp **rice malt, maple syrup**, or any other plant-based liquid sweetener
- 1 tbsp **cornflour**

1 Prepare the chocolate cake according to instructions but bake it in three 8-inch (20-cm) cake tins (see recipe).

2 Prepare the buttercreams according to instructions.

3 To make the cherry compote, add the cherries, lemon juice and liquid sweetener to a small saucepan over high heat. Boil for 5 to 10 minutes smashing the cherries with the back of a fork. On the side, mix the cornstarch with a dash of water to make a slurry. Add the corn flour mixture to the saucepan and stir to combine. The compote is ready when it has thickened to a jam-like consistency. Use a stick blender to blend half of the compote, leaving the other half lumpy. Set aside to cool.

4 To assemble the cakes: If your cakes are slightly domed from rising in the oven, use a serrated knife to slice off the domes (save the scraps to enjoy later). Place one layer on a plate, spread ⅓ of the cherry compote on the cake and ⅓ of the buttercream. Gently place another cake layer on top, and repeat

with the compote, buttercream, and the remaining layer. Scatter the fresh cherries on top of the cake.

5 Serve immediately or set aside in the fridge in a large airtight container until ready to serve. If desired, dust icing sugar just before serving. Store the cake in the fridge for up to 5 days or in the freezer without the fresh cherries for up to 1 month.

Customisable Baked Chocolate Cake

Makes 8-10 servings

Dry ingredients:

- 300g (2 cups) **self-raising flour**
- 265g (1⅓ cup) **granulated sugar**
- 50g (½ cup) **cocoa powder**
- 1½ tsp **baking powder**

Wet ingredients:

- 500ml (2 generous cups) **plant-based milk**, such as **almond, soya or coconut**
- 120ml (½ cup) **light-tasting vegetable oil**, such as **sunflower or rapeseed**
- 55g (¼ cup) **melted vegan chocolate**

1 Preheat oven to 160°C/320°F/Gas 3. Line two 8-inch (20-cm) cake tins with baking paper or brush with oil.

2 To make the cake, in a large bowl, food processor, or stand mixer, whisk all the dry ingredients until combined and there are no lumps. Add all the wet ingredients and whisk until thoroughly combined and there are no lumps.

3 Evenly divide the cake batter into the 2 baking tins. Bake for 35 to 40 minutes, or until a skewer can be inserted into the middle of each cake and it comes out clean. Let the cakes cool in the cake tins for about 30 minutes to 1 hour. Carefully remove from the cakes from the tins and place them on a wire rack. If you are in a warm climate, set aside the cakes in an airtight container in the fridge or freezer until you are ready to frost them (this helps minimize any breakage).

4 To assemble the cake: If your cakes have domes, use a serrated knife to slice off the domes off the cakes (save the scraps to enjoy later). Place one cake layer on a plate, and generously spread frosting on the top. Gently place another cake layer on top. Spread additional frosting on the cake and decorate as desired.

5 Serve immediately or set aside in the fridge in a large airtight container until ready to serve. Store the cake in the

fridge for up to 5 days or in the freezer for up to 1 month.

American-style Buttercream

Makes about 360ml (1½ cups) buttercream

- 225g (1 cup) **dairy-free butter**
- 200g (2 cups) **icing sugar**
- 1 tsp **vanilla extract** or **vanilla bean powder**
- Dash of **plant-based milk** (optional)

1 Add the dairy-free butter to a stand mixer with the whisk attachment. Alternatively, you can add the butter to a large bowl and use an electric hand mixer. Beat on high-speed for 5 minutes, until the butter has increased in size and turned pale yellow or white.

2 Add the icing sugar and vanilla to the mixer or bowl. Beat on low-speed for 30 seconds, or until the sugar is fully incorporated. Increase the speed to high and beat for another 5 to 10 minutes, or until the buttercream is light and fluffy. Add some milk to thin the butter cream or to add flavour, if desired.

3 Store the buttercream in an airtight container in the fridge for up to 1 week or in the freezer for up to 2 months.

Cashew Buttercream

480ml (2 cups) of cashew buttercream

- 260g (2 cups) **cashews**
- 240ml (1 cup) **tinned coconut cream**
- 110g (½ cup) **cacao butter**, melted
- 100-200g (¼–½ cup) **liquid sweetener** (**agave, maple syrup** etc.), to taste

1 The night before, cover your cashews in water. Set aside in the fridge. Place the tin(s) of coconut cream in the fridge.

2 Drain the cashews and add them to a high-powered blender with the cacao butter. Scoop out the thick part of the coconut cream and add it in the blender with the cacao butter and sweetener. Blend until as smooth as possible. Pour the cream into a container and add flavours or colours if desired.

3 Allow the buttercream to set in the fridge to set for at least 2 hours. When the buttercream has reached a firm but spreadable consistency, use as desired. If the buttercream is too firm, let it warm up at room temperature until it is a spreadable consistency.



Apple & Blackberry Cobbler

Serves 6

Cobbler is the new crumble, apparently. The topping is a clumsy scone mixture that rises during the bake. Leave nice gaps between the spoonfuls, so that the fruit can seep out in between the ‘cobbles’. We are using coconut oil here instead of the traditional butter, to rub into the flour. This is easier if the oil is solid, so pop it in the fridge for 30 minutes before using if it feels a little soft at room temperature. The sharpness of the fruit is up to you, though it is often part of the charm of this pudding, especially if you use traditional cooking apples.

For the filling:

- 800g (28oz) **apples**, peeled, cored and chopped
- 200g (7.05oz) **blackberries**
- 50g (¼ cup) **soft light brown sugar**, or more to taste

- ½ tsp **ground cinnamon**
- Seeds from ½ **vanilla pod**

For the topping:

- 150g (5.3oz) **deodorised coconut oil**, fridge-cold and roughly chopped
- 300g (2½ cups) **plain flour**
- 150g (¾ cup) **unrefined caster sugar**
- 1 tbsp **baking powder**
- 125ml (½ cup) **unsweetened oat or almond milk**

- 1 Mix the fruit in a saucepan with the sugar, cinnamon and vanilla seeds. Cook the fruit over a gentle heat for 5 minutes, until it has just begun to soften. Remove from the heat and transfer to a baking dish.
- 2 Preheat the oven to 180°C/350°F/Gas 4.
- 3 Place the coconut oil in a large mixing bowl with the flour. Rub it together with

your fingertips until it resembles coarse breadcrumbs. Mix in the sugar and baking powder.

4 Tip the milk into the flour mixture. Gently fold it together until just mixed — take care to not over mix.

5 Dollop and dot the mixture on top of the fruit in large spoonfuls, these are the ‘cobbles’. It is fine (in fact, it is better) to have a few gaps in between them.

6 Bake for 30–40 minutes, or until the cobbles are cooked through and golden on top.



Extracted from:
Dirty Vegan Another Bite by Matt Pritchard
is published by Mitchell Beazley, £20

Tahini Choc Chip Cookies

Makes 16 cookies

Store these cakey cookies in an airtight container for five days — if they can last that long! You could warm them briefly in the oven to give them a little crispy boost. The dough freezes well so double up and save half for a rainy day. Just defrost, then slice into portions before putting in the oven.

- 1 large mashed **ripe banana**
- 2 tsp **baking powder**
- 4 tbsp **maple syrup**
- 2 tsp **vanilla extract**
- 150g **light tahini**
- 110g **smooth nut butter**

- 100g good-quality **dark chocolate**, broken up into squares, or chips
- 30g **black** and/or **white sesame seeds**
- A pinch of **sea salt**

1 Preheat oven to 170°C/338°F/Gas 5.

Line a large baking tray with reusable baking paper.

2 In a large mixing bowl, add the banana then mix in the baking powder, maple syrup and vanilla extract. Add the tahini and nut butter and mix together until very well combined.

3 Roughly chop the chocolate (if not

using chips) and fold through the batter along with the sesame seeds.

4 Measure out 16 balls of the cookie batter, roughly 1 tablespoon each, and bake for 10–15 minutes on the lined baking tray (making sure to leave a little room between each one) until the cookies are just set. Remove from the oven, sprinkle with a little sea salt and allow to cool on a wire rack before serving.

Extracted from:

Eat Green By Melissa Hemsley (Ebury Press, £22) Photography By Philippa Langley





Pecan & Oat S'mores Cookies

Makes 8 large cookies

These cookies have a super sweet and soft filling from the marshmallows and chocolate, which works beautifully with the crunchy and slightly savoury taste from the pecan and oats.

For the cookies:

- 300g (10.5oz) **oats**
- 300g (10.5oz) **plain flour**
- 250g (9oz) **dairy-free butter**
- 300g (10.5oz) **soft brown sugar**
- 150g (5oz) **crushed pecans**
- 2 tbsp **ground flaxseed** + 3 tbsp **warm water**

For the filling:

- 100g (3.5oz) **dairy-free butter**
- 250g (9oz) **icing sugar**
- 3 tbsp **cocoa powder**
- 16 **vegan marshmallows**, cut in half

1 Pre-heat the oven to 180°C/350°F/Gas 4. In a large bowl, cream together the butter and soft brown sugar for 1-2 minutes until well combined. Next, add the ground flax mixture and mix in, then add the flour, oat and pecans and mix into a dough. Leave to chill in the fridge for 20 minutes.

2 Line a baking tray with parchment paper and split the cookie dough into 16 pieces. Roll into balls and place on to the tray and flatten slightly, repeat this with all of the mixture. Be sure to leave space between them, as the cookies will spread once cooking. Place into the oven for 20 minutes — the cookies should start to set and brown on the edges but still be soft. Once cooked, put on a cooling rack and leave to cool completely for at least 2-3 hours.

3 To make the filling, mix together the

butter, icing sugar and cocoa powder until a smooth buttercream has formed. Spread this mixture onto the base of eight of the cookies.

4 Place 4 halves of marshmallow on the base of the remaining cookies and place under the grill for 1-2 minutes until the marshmallows are soft and toasted. Finally, sandwich the cookies together to form a s'mores cookie.

Per serving (211g)

Calories: 852, **Carbohydrates:** 145g, **Sugars:** 90g, **Salt:** 0.67g, **Fat:** 29g, **Saturates:** 4.8g, **Protein:** 9.3g

Recipe created in-house by the
Vegan Life Chefs

Gluten-Free Lemon Cupcakes

Makes 8 cupcakes

These cupcakes are light and fluffy and no one would know they are gluten-free, let alone vegan. The Dr Oetker easy swirl cupcake icing is a simple, hassle free way to decorate your cupcakes.

- 240ml (1 cup) **soya milk** + 2 tsp **cider vinegar**, left to curdle to make buttermilk
- 250g (9oz) **gluten-free self raising flour**
- 2 **lemons**, zest only
- 150g (5oz) **caster sugar**

- 110g (4oz) **dairy-free butter**
- 1 tsp **gluten-free baking powder**
- 1 180g (6.5oz) **Dr Oetker easy swirl vanilla cupcake icing**

- 1 Preheat the oven to 190°C/375°F/Gas 5. Beat together the buttermilk, flour, zest of one lemon, caster sugar, dairy-free butter and baking powder until smooth.
- 2 Split the mixture between 8 cupcake cases bake for 25 minutes until cooked through, then allow to cool.

- 3 Then, using the Dr Oetker easy swirl vanilla cupcake icing, ice the tops of the cupcakes and sprinkle on the remaining lemon zest.

Per serving (120g)

Calories: 307, **Carbohydrates:** 45g,
Sugars: 33g, **Salt:** 0.48g, **Fat:** 14g,
Saturates: 3.1g, **Protein:** 1.9g

Recipe created in-house by the
Vegan Life Chefs



Strawberry Mousse Cake

Serves 12

This strawberry mousse cake is a great Mother's Day dessert. The fresh strawberries and coconut milk give a lovely light flavour to the mousse.

For the sponge:

- 80ml (⅓ cup) **dairy-free milk**
- ½ tsp **cider vinegar**
- 80g (¾ cup) **self-raising flour**
- 50g (¼ cup) **caster sugar**
- 55g (¼ cup) **dairy-free butter**
- ¼ tsp **baking powder**

For the mousse:

- 2 400ml (14oz) tins **coconut milk**
- 150g (5oz) **strawberries**
- 4 tbsp **agave syrup**
- 3 tsp **powdered agar**
- 2 tbsp **coconut oil**

For the strawberry jelly:

- 120ml (½ cup) **strawberry purée**
- 120ml (½ cup) **water**
- 2 tsp **powdered agar**
- 1 tbsp **sugar**

You will also need:

- 8-inch cake tin

1 Preheat the oven to 180°C/355°F/Gas 4. Stir the cider vinegar into the dairy-free milk and leave to curdle slightly, creating buttermilk.

2 In a bowl add the flour, sugar, baking powder, butter and buttermilk then beat with a wooden spoon or an electric mixer until smooth. Then pour the mixture into an 8-inch cake tin and bake for 30 minutes. Remove the sponge from the oven and allow to cool, leaving the sponge in the cake tin.

3 To make the mousse, add the coconut milk, strawberries and agave syrup into food processor or blender and blend until smooth. Pour the mixture into a saucepan over a medium heat and add the agar, bring the mixture to the boil and turn down the heat and let the mixture simmer for 3-4 minutes to allow the agar to dissolve. Add the coconut oil to the pan and stir until

melted, add the mixture back into the food processor and blend until smooth. Pour the mixture over the sponge and transfer to the fridge to set.

4 For the jelly, add the strawberry purée, water, agar, and sugar to a pan. Bring this to the boil over a medium heat and leave to simmer for 5 minutes. Allow the mixture to cool slightly, then pour over the mousse and transfer to the fridge to set before serving.

Per serving (130g)

Calories: 127, **Carbohydrates:** 17g, **Sugars:** 11g, **Salt:** 0.34g, **Fat:** 6.1g, **Saturates:** 2.8g, **Protein:** 1.2g

Recipe created in-house by the
Vegan Life Chefs



The business of milk

As we approach Mother's Day, our columnist, Karin Ridgers talks to us about the dairy industry

It was perhaps 25 years ago when I first tasted Swedish Glace ice cream (made with soya milk). I took the time off from my busy private banking career (in my former life — I now run my own vegan business) and went to help my friend Jo-Ann Brown, who had not long set up The Vegan Prisoner Support Group (vpsg.org). Jo-Ann changed my life, and in fact, the vegan ice cream that we gave to the prisoners (and tasted ourselves) did, too. Knowing that people were going to prison for their vegan beliefs — and that dairy-free ice cream could taste so good — I knew there and then that I had to go vegan.

It was only after this awakening that I learnt about the reality of the dairy industry. Back then, this information wasn't so readily available — there was no social media and no internet, and so, I went to the library and sought out magazines from The Vegan Society, Viva! and others on vegetarianism. After my research, my eyes were opened to everything. But sadly, all that I learned about how the dairy industry operated all those years ago, still continues today.

Not everyone realises that all dairy cows are all female. And many more people do not know that cows do not give out milk freely, not to humans, anyway — we take it. To be honest with you, I've often wondered why the cow was even picked. Why not a horse, donkey, or dog? Even some species of cockroach produce milk for their babies. On top of this, why are we read cute but deceiving storybooks at school, that depict cows living joyful lives on fields being milked by innocent girls? They show us exactly what life on a farm is not like. Yet, a baby book showing life on a factory farm, and portraying what actually happens to cows may not sell the deception so well... It would certainly create more dairy-free kids.

Like a human woman, a cow only produces milk after she has had a baby, but, not only do we take her precious milk away from her, we also steal her baby. Her calf is usually taken within 48 hours after a nine-month pregnancy. The separation is a traumatic experience, and I have heard of cows searching and crying for their babies

for days afterwards. If the calf is female, she will face the same fate as her dairy cow mother. If the calf is male, he is labelled a 'by-product' and sold for veal, or killed on the farm. Is this suffering worth it — for a drop of milk in a non-vegan's tea, or for the cheese in their sandwich? I find it especially troubling, when the animal-free alternatives that now exist are so plentiful in supermarkets — and make the suffering that comes to cows unnecessary.

The main ingredient of milk may surprise most people — water. This, added to a mix of sugars and proteins and a very small amount of vitamins, can easily be obtained from plants. What has always turned my stomach, is that pus is in milk, too. Yes, pus — like when you squeeze the zit on your chin that you know you should leave alone. And, according to Viva!: "Milk containing up to 400 million somatic (pus) cells per litre can be legally sold in the UK. In the USA, the upper limit for somatic cells is 750 million. There's a lot of pressure on the UK and EU to raise the limit — with Brexit, this may happen in near future." If more people knew this, I'm sure it would turn their stomachs, just like it does mine.

Needless to say, to the best way to celebrate Mother's Day this year, is to show dairy-cow mothers some love, and continue to boycott animal-derived products. Make the most of the dairy-free products now available to vegans. Go out and explore the incredible array of goodies from plant-based producers — from small independent vegan cheese-makers, the local health food store, to supermarkets and even made by yourself, with an at-home cheese-making kit.

Vegan ways to celebrate Mother's Day (and as a mum to my life-long vegan son, Callum, I would love all of these, or simply for him to get his homework done without me moaning!):

- **Buy your mum an exciting selection of dairy-free milks to try** — you could use them to make her a breakfast in bed of cereal, pancakes, smoothie bowls or porridge.
- **Gift her some delicious plant-based**

yoghurts, cheeses and butters — and most importantly, vegan chocolates, to enjoy! Pop them into a hamper if you want to go the extra mile. Dairy Free Triangle (dairyfreetriangle.com) and La Faux Magerie (lafauxmagerie.com) are excellent independent vegan companies.

- **Take her to an award-winning plant-based restaurant for a super treat** — like The Acorn in Southend (acornrestaurant.co.uk) or Erpingham House in Norwich (erpinghamhouse.co.uk).
- **Go and visit your local animal sanctuary together, or journey further afield to one** — many have vegan cafés in the grounds, too — although check before setting off. Hopefield Animal Sanctuary in Essex (hopefield.org.uk), The Retreat Animal Rescue in Kent (retreatanimalrescue.org.uk) and Beneath The Wood in Wales (beneaththewoodsanctuary.co.uk) are all brilliant.
- **Make your mum a delicious, cruelty-free Mother's Day roast** — she's sure to appreciate being able to put her feet up for the afternoon.
- **Or, if you have a mum like mine** — then share a few Pinot Grigios and then go out clubbing!

Happy Mother's Day, Mum!

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





From tea to you

Spoil them with jam and scones

This Mother's Day, say thank you to the person or people that helped to raise you, by treating them to an afternoon tea. Whether you enjoy sipping coffee in the luxurious setting of a hotel or in the cosy surrounds of a tearoom, we've got you covered, with a number of different experiences around the UK that are sure to impress.

Farmacy, London

If you want to share a treat without guilt, then make Farmacy your go-to. In line with their belief that food has the power to heal, Farmacy's High Tea is 100 per cent plant-based and free from dairy, refined sugars, additives and chemicals, and is made from fresh and seasonal ingredients, many of which are grown on their very own farm. Seated in Farmacy's delightfully vibrant interiors, you can sample sandwiches like smoked tofu and truffle, cucumber and dill, and beetroot and celery. Try their CBD-infused lucuma truffles when the sweet tooth hits, or their tasty poppy seed scones. All their afternoon teas come served with 'spirit of hemp' loose leaf tea, or a choice from their Farmaceutical tea selection. £50pp, farmacylondon.com





Sweet Rose Cakery, Upminster

Family-owned café, Sweet Rose Cakery, is run by a mother and daughter team with a passion for homely food and cheery service — it's the perfect place to visit this Mother's Day. Based in Upminster, the café's plant-based afternoon tea offering comprises an assortment of goodies, including sandwiches with vegan 'ham' and mustard mayo and vegan cream cheese with rocket and sundried tomato. You'll also be treated to unlimited tea and Americanos, a variety of homemade cupcakes and sweets and, of course, delectable scones with jam and vegan clotted 'cream'. From £15pp, sweet-rose.co.uk

Oxo Tower Restaurant, London

What's better than indulgence with a view? Not much! Oxo Tower Restaurant in London offers an intimate, contemporary setting for a vegan afternoon tea offering all the traditional favourites, with unparalleled views of St Paul's. You'll get to enjoy classics like homemade scones with strawberry jam and clotted 'cream', and 'cheese' and pickle sandwiches. There are a few surprises, too, like sage and onion stuffing sandwiches on cranberry bread, chestnut and mushroom 'sausage' rolls and quinoa bon bons. And, don't even get us started on the dessert tier — lemon tarts with raspberries, and elderflower and strawberry mousse are just some of the delights on offer.

£35pp, or £45pp with glass of prosecco, harveynichols.com



GreyFriars, Colchester

Boasting a vegan afternoon tea that is the perfect balance of sweet and savoury, GreyFriars is a tasty place to spend Mother's Day. You'll be spoilt for choice with delicious sandwiches filled with ingredients like butternut squash and Green Goddess 'cheese', cucumber and mint, and piquillo pepper, pea purée and beetroot. Nibble on sweets like carrot cake with coconut cream, as well as chocolate cake with cherry and chocolate frosting. GreyFriars' delightful scones even come served with their homemade strawberry preserve, and vanilla coconut cream. There's an abundance of specialty teas on offer, like Jasmine Silver Tip, Sri Lankan Lemongrass and Second Flush Muscatel Darjeeling. Choose to sit in the quaint Rose Room, one of the elegant lounges, or the Baroque Bar and Terrace.

£23.95pp, greyfriarscolchester.co.uk

Palm Court at The Balmoral, Edinburgh

If you find yourselves in the vibrant city of Edinburgh this Mother's Day, make sure to try the deluxe vegan afternoon tea at The Balmoral's Palm Court restaurant. Serene in style and sumptuous in substance, their vegan afternoon tea features savouries including buckwheat cassoulet, and chickpea and edamame bon bons, as well as sandwiches comprising houmous with Gordial olives and sundried tomatoes, Portobello mushroom, sauerkraut and tofu, and smoked carrot and chives. You'll be treated to both classic and fruit scones with strawberry jam and sunflower spread, along with sugary delights including Maracaibo chocolate cubes, lemon thyme drizzle cake and chai and tapioca coconut condé with pineapple and goji berries.

£45pp, roccofortehotels.com



Seaside Cake Parlour, Kent

Situated in Margate, Kent, is the all-vegan Seaside Cake Parlour. With 'cake' in the name of this delicious establishment, expect big things from their sweet tier. Their afternoon tea comes brimming with fresh items baked daily, like Battenberg and Victoria sponge slices, as well as homemade scones with cream and jam, finger sandwiches, 'sausage' roll bites and as much tea, coffee or juice as you like. And if you indulge too much, you can even treat yourself to a stroll along the beach to wear it off — a stone's throw away from the perfectly positioned tearoom.

£14.90, seasidecakeparlour.co.uk ■

the Beauty edit



Lucy Bee
Dazzling Tonic
£18, shop.lucybee.com



Botanicals
Deep Mineral Soak
£27, botanicals.co.uk

The vegan products you need on your radar this month



Certified Organic
Purifying Matcha Tea
Face Mask
£12.75, trueskincare.co.uk



Barry M
Lip Rehab
£4.99, barrym.com



Kyushi
Jasmine, Lavender &
Cedarwood Facial Oil
£39, kyushi.co.uk



Monat
30 Second Miracle Instant
Eye Perfector
£85, monatglobal.com



The Perfume Edit
Lime & Basil
£19.99, theperfumeshop.com

Elemental Herbology
Lemongrass & Nutmeg
Body Wash
£19, elementalherbology.com





Made By Coopers
The Beauty Balm
£15, madebycoopers.com



Faith In Nature
Wild Rose Shampoo,
Conditioner & Body Wash
From £5.49, faithinnature.co.uk

MUA
Highlighter palette
in Golden Delights
£5, superdrug.com



Kit & Kin
Body Butter
£11.99, kitandkin.com



RABOT 1745
Cacao & Almond
Bath and Body Oil
£18, hotelchocolat.com



Eco Warrior
Clarifying Charcoal Bar
£4, littlesoapcompany.co.uk



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Wake up and smell the cruelty

We investigate the kopi luwak industry

If you've been lucky enough to travel to the striking and far-off climes of Asia, you'll likely have come across the distressing beverage, kopi luwak, on your adventures.

If you're unsure what it is, kopi luwak, or civet coffee, is a type of brew that is produced from beans that have been excreted by the luwak, otherwise known as the Asian palm civet, an animal found across Indonesia and Southeast Asia, as well as sub-Saharan Africa. The timid creature is reminiscent in appearance to a weasel or cat, with a long tail like a monkey, face markings like a racoon and stripes or spots on its body. It is a solitary and nocturnal species living in the jungle, and enjoys freely visiting the multitude of coffee plantations located close by. Luwaks play an important role in the food chain where they live, eating a varied diet of insects, small reptiles, fruits including mangoes and infamously, ripe coffee cherries — the fruit of coffee plants. In turn, civets are eaten by crocodiles, leopards and large snakes that also inhabit the jungle. Sadly, it is their love of coffee cherries that has caused them to become so exploited by humans.

Kopi luwak is so sought after in Indonesia (and more recently, in Europe), that it has become one of the most expensive coffee variants in the world, with global retail prices reaching £470 per

kilogram. Even in Bali, one of the chief places that it is produced, an average cup of the beverage can set someone back between \$35 to \$80 USD. It's made on a massive scale, too, in Bali, Suluwesi, Java, Sumatra and East Timor, as well as in farms on islands of the Philippines. Worryingly, one Indonesian plantation claims to produce 7,000kg a year from 240 caged civets (guardian.com). But why is coffee that is, essentially, produced from poo, so highly priced and desired?

Production

Producers of kopi luwak believe that luwaks lead to improved coffee in two main ways. First, the wild animals are highly selective in which coffee cherries they eat — choosing only the ripest and most flawless fruits available, meaning that the coffee beans they excrete are likely to be the finest, leading to an enhanced flavour of coffee once they are cleaned, roasted and brewed. Secondly, when luwaks eat coffee cherries, they are unable to actually chew or digest the stones (coffee beans), this means that they pass through the intestines whole. There, the beans are subjected to a combination of acidic, enzymatic and fermentation treatments, which changes their composition. The belief is that the process removes some of the acidity from the beans, eventually resulting in

a smoother blend of coffee with a richer flavour. Luwaks excrete the stones along with the rest of their droppings, which are then collected by farm workers. Once they are cleaned and washed, they are handled and processed in the same way as typical beans in the coffee industry.

Animal cruelty

Traditionally, civets roamed the jungles and coffee plantations as they pleased, eating and excreting coffee beans at their leisure, allowing interested farmers to search for and gather what they left on the forest floors. But being wild animals, their defecated beans are hard to collect, widely dispersed, variable in age and quality and extremely rare, so wild-produced kopi luwak is not a commercially viable crop. This has given way to an intensive farming method, making the process much easier and more lucrative for farmers — this involves civets being locked in battery cages and force-fed coffee cherries, with their poo easily collected. The time and cost of farming the coffee beans, along with the demand from curious tourists wanting to taste the coffee and interact with the animals responsible, has driven up prices and led to an unregulated industry with civets confined to cages and animal abuse at its core. Many people still think that civet coffee continues to be a widely ›



wild-collected industry, with much of this mistruth created by false labelling, but if travellers and coffee-tasters saw the reality of how it is made and how luwaks are treated, they would not buy a single drop. More and more intensive civet farms are being established all over Asia, undergoing zero checks and following no animal treatment regulations.

According to World Animal Protection (WAP, worldanimalprotection.org.uk) investigations, civets are 'captured for farms using box traps, snares and hunting dogs' — these methods frequently cause injuries and trauma. After being sold by hunters, the luwaks are forced to live inside cramped cages, often without enough shelter or bedding. Many show signs of great stress — pacing or hurting themselves by gnawing off their own tails.

Deputy regional director of TRAFFIC in Asia (traffic.org), an NGO working globally to combat wildlife crime and illegal trade, comments: "The conditions are awful, much like battery chickens. The civets are taken from the wild and have to endure horrific conditions. They fight to stay together, but they are separated and have to bear a very poor diet in very small cages. There is a high mortality rate and for some species of civet, there's a real conservation risk. It is spiralling out of control. But there's not much public awareness of how it is actually made. People need to be aware that tens of thousands of civets are being kept in these conditions. It would put people off their coffee, if they knew."

Small cages are used to optimise space and to allow tourists to view the captive creatures easily, but this causes

extreme distress in luwaks, who are usually nocturnal — such close quarters and multiple unwanted encounters with tourists keeps them awake all throughout the day. Farmed civets also frequently suffer as a result of dietary needs not being met. In the wild, they would climb trees to reach ripe fruit, and would consume a wide variety of foods, not just coffee cherries, but in captivity, investigations have found that they are simply fed bins of low-quality coffee beans to maximise production. This is usually far more than they would ever eat, leading to nutrient deficiencies and weight issues.

"People need to be aware that tens of thousands of civets are being kept in these conditions."

Investigations

In 2016, researchers from Oxford University's Wildlife Conservation Research Unit (wildcru.org) and WAP looked into the living conditions of 50 wild-caught civets kept in cages at 16 different plantations across Bali. Lead researcher, Dr Neil D'Cruze, commented on the findings: "Some of the cages were literally the tiniest — we would call them rabbit hutches. They're absolutely soaked through with urine and droppings all over the place. Some of the civets were very thin, from being fed a restricted diet of only coffee cherries. Some were

obese, from never being able to move around freely. And some were jacked up on caffeine."

The inquiry found that every single plantation failed to reach basic animal welfare requirements — from the size and sanitation of cages, to the ability of their occupants to act like 'normal' civets — robbed of being able to express their most basic instincts. Many of the civets also had no access to clean water, or opportunities to interact with other civets as they would in the wild. A most disturbing find, was the wire floor that many of the animals were forced to stand, sit and sleep on without relief. D'Cruze continues: "If you're standing on that kind of wire mesh all the time, it's going to cause sores and abrasions. They have nowhere to go to get off that flooring. It's a constant, intense source of pain and discomfort."

Likewise, in 2013, a PETA Asia (petaasia.com) investigator visited multiple civet coffee farms in villages in Indonesia and the Philippines and found similar mistreatment. Their eyewitness footage, recorded at several farms that advertised the coffee as 'wild-sourced', shows sick luwaks suffering from skin infections, many of which were also showing signs of zoochosis (involving neurotic behaviour patterns like pacing, spinning and head-bobbing — indications that an animal is being driven mad by its captivity). Also on the footage, one farmer is shown saying that civets are usually kept caged for at least three years, before they are released back into the wild — if the lack of nutrition, and the abundance of stress and abuse, hasn't killed them first, which it often does. PETA states online: "All of this cruelty is just for a novelty coffee sold by companies such as Amazon. We're asking the company, as a leader in global online retail sales, to learn the ugly truth behind this coffee from this recent investigation and end the sale of kopi luwak."

Kopi luwak is frequently advertised as 'wild-sourced', as this product is thought of as being of better quality than coffee produced by captive luwaks, and so can be sold for higher prices. And, farmers are becoming savvy to the world's growing concern for animal welfare, and know that people will pay more for an 'ethical' product. However, workers were recorded telling the PETA investigator that, 'It would be virtually impossible to produce exclusively wild-sourced civet coffee', and that, 'The industry knowingly mislabels





coffee from captive animals'. At two farms, the investigator was told that producers 'didn't have a problem' with putting a '100 per cent wild-sourced' or similar label on coffee from caged civets. One plantation owner even gave the investigator a sample of coffee bearing a false label — this product can be found in numerous stores in Europe and at online stockists, including at amazon.com (peta.org). WAP's Dr Jan Schmidt, has commented on this struggle: "Detecting cruel civet coffee remains a constant challenge because of the difficulty in distinguishing between beans from caged or wild civet cats. However, if tourists see civets in cages as part of a tour at a farm, this is a clear indication that unnecessary animal abuse is involved."

Conservation threat

Whilst the Asian palm civet is common, conservationists worry that if the trade continues to grow worldwide, as it has been, it may create a significant threat to wild populations. Not only this, but the industry poses a risk to some species' that are in danger of extinction — animals related to the Asian palm civet are sometimes used in their place. For example, the binturong has been found at farms throughout Asia that produce kopi luwak — this cat-like animal is classed as vulnerable on the ICUN Red List. And, the popularity of civet coffee has also resulted in numerous spin-off variations of animal drinks, including those that use

the poo of elephants (Black Ivory is the largest producer), monkeys and a variety of birds. By purchasing even a single cup of kopi luwak, you're also validating the exploitation of other animals in the industry, and putting numerous species' at risk.

Ending the cruelty

Since September 2013, WAP have been campaigning to halt the supply of caged kopi luwak, and they have been quite successful at reaching several countries and stockists. The organisation started by requesting for retailers in Canada, Denmark, the Netherlands, Sweden and the UK to look into their supply chains and to stop selling kopi luwak if they could not guarantee that it was wild-sourced. More than 13 retailers, including Harrods and Selfridges in the UK and Simon Levelt in the Netherlands, removed civet coffee from their stocklists or agreed to investigate further. And surprisingly, one of the formerly largest stockists, Harrods, who, in the past had been caught in caged civet coffee-related concerns, went a step further and helped WAP to urge for a global civet coffee certification. On their website, WAP say of the project: "We are now working with coffee certification bodies and supporting coffee industry efforts to respond to our claim. We are delighted that UTZ Certified has taken the important decision to no longer certify producers that used caged civets and

other animals to produce coffee. We are also working with the Rainforest Alliance to explore how their certified coffee producers can avoid involvement with caged civet coffee production."

On another positive note, the Sustainable Agriculture Network (SAN), which the Rainforest Alliance and other well-known coffee certifiers actually use to issue their stamps of approval, banned coffee production from caged civets on its Indonesian farms in 2014. The prohibition of caged civets is specifically singled out in the SAN guidelines for coffee in Indonesia. Hopefully, this will put even greater pressure on the civet coffee industry to end abusive practices.

WAP's campaign and the introduction of caged-civet bans and wild-civet coffee certifications are all well and good, but they do not mean an end to what is still a manipulative industry where civets are caged behind closed doors and used illegally, as currently happens throughout many 'wild' plantations. Alex Morgan at the Rainforest Alliance, which uses SAN standards, says: "It's too risky to certify kopi luwak. It's just too hard to establish whether the beans are 100 percent wild-sourced or not. My personal advice is, generally, to avoid it. More likely than not it's going to be coming from a caged production landscape."

To ensure that the cruelty is stopped once and for all, all possible places where luwaks and similar animals could be harmed for coffee production need to be abolished — and this means the end of the kopi luwak industry altogether. However, to make sure that local communities that rely on civet coffee farming for income are not adversely affected, this industry must be replaced with a more sustainable and ethical one, and this means the introduction of campaigns to retrain and educate farmers and their families.

If you want to help end the cruelty:

- Do not to buy kopi luwak — even if it is promoted as being from a 'caged-free' source, or holds a certification.
- Don't visit civet farms in Asia.
- Never support tourist operators that offer trips to such facilities.
- Write to your local Indonesian embassy to request for a ban on keeping and farming luwaks for kopi luwak.
- Write to retailers selling civet coffee, to request that they stop — and explain the reasons for why they should. ■



“ Never be afraid to explore the questions in your mind and use your voice ”

Maria Slough talks to Nicky Stevens, the Founder of IAPWA, International Aid for the Protection & Welfare of Animals

I*cry in pain, I shake with fear, why won't you listen, why won't you hear, you pretend not to notice, I know that's a lie, would you like my pain, would you like to die?*

These powerfully poignant words were written by Nicky Stevens when she was just 11 years old, as she transitioned from a magical childhood to feeling shocked after being exposed to an educational film at school about where meat came from.

“I was really fortunate to be raised surrounded by animals and had a deep connection with them,” she tells me.

“Watching that film at school I decided I was not going to be part of the process playing out before me. In my world, animals were as important to me as my siblings and killing any animal was no different to me than killing a member of my family. I battled with the sudden realisation of what animals go through for human consumption and channelled my emotions into poetry. I went vegetarian overnight.”

As a teenager, Nicky found her young adult voice and joined animal welfare campaigns. After 10 years in the corporate sector, having remained connected to animals in her 20s, she decided to

travel to Namibia to volunteer for a wildlife sanctuary.

“It was the calling for animals coming back to me,” she explains. “I felt I needed to do more. Out there, I met a kindred spirit and great friend and together we travelled to Sabah, Borneo to find wild orangutan. In the rainforest was a wounded dog, alone and suffering, who seemed so helpless. There were no vets or sanctuaries in the area and I was exposed to the lack of animal welfare in that region. The dog belonged to a local community but once back in the UK I couldn't shake the image of that dog and the awareness that there were thousands



more who needed help. I discovered that there were no International charities working on dog welfare in Borneo and built a deeper understanding of the problems there.”

As Nicky did her research she found herself at a crossroads and in 2009 IAPWA was born.

After three years of negotiations an IAPWA team took over the city dog pound in Sabah and introduced a humane dog programme.

In 2015, they changed the animal welfare law through the state assembly of Sabah and so offered much more protection to animals in that region. The same year they were awarded charity of the year at the Ceva animal welfare awards and Nicky was awarded a British citizen award for International Achievement at the House of Commons.

“That was amazing, as for me I was, and still am, just a girl from a village who loves animals and all of this was happening because of a stray dog I had met in the rainforest. Now we offer a veterinary lifeline for strays in an area half the size of England in Borneo. IAPWA has an incredible team and strong government partnerships. We have since developed projects in Romania, Penang, a partnership in the Philippines and have a Claws Out Campaign raising awareness of the link between cub petting, canned hunting and the Lion bone trade.

So when did your vegan journey begin?

“In 2017. Some people very close to me became vegan and it started the conversation. I did my research and started to transition, swapping out dairy products one at a time. I was fully vegan by 2018.”

I asked what her continual triggers were.

“Statistics — 56 billion farmed animals are slaughtered every year and the average British meat eater will eat 11,000 animals in their lifetime. That floors me. If you had 11,000 animals stood in front of you looking at you, all sentient beings, would you kill them and eat them?

“So many people question the positive impact giving up meat and dairy will have. As consumers we can make such a big impact. The proof of this is in surge of commercial companies wanting to be a part of the vegan movement. It is important to identify what your values are. Never be afraid to explore the questions in your mind and use your voice.”

Once Nicky’s world was exposed to the truth behind the dairy industry she wanted everyone to realise what she had discovered.

“I knew that I couldn’t be involved in the dairy industry anymore than I could be involved in the meat industry. When people ask me why I don’t drink milk, I say, because I’m not a calf! Once you see things as they really are, there is no going back. We’re the only species that wean our children off our own milk only to transition them onto another species’ milk. It defies logic. At some point the human race will look back on that lack of logic and question how it ever happened.

“Decisions are often justified through beliefs that we collect through our lives. We need to question and challenge those beliefs and seek out the facts, dissect the roots of those beliefs. I wouldn’t murder an animal or expect anyone else to do it for me just as I wouldn’t murder any of my friends. To me, there is no difference.”

Does Nicky feel different as a vegan?

“I fully embrace the vegan lifestyle and feel part of a vibrant movement of likeminded people. I feel at peace that I don’t contribute to the death, fear or torture of innocent animals but I have had moments of feeling totally overwhelmed by the reality that billions of animals die every year and disappointed in us as a species for causing such suffering.”

Nicky swallows her breath, her pain fills the room.

“I have been outside a pig slaughter house. Hearing the piercing screams of the pigs is a sound that cuts straight through you. I felt helpless. I just wanted to make it stop. To me it was no different than if I had been hearing a truck of people captive in those walls screaming ‘Let me out!’”

“When you see any animal or a person in pain to me the most natural thing to want to do is to make that suffering stop — why would you not want to do that? So I struggle to understand how any human being could be around those sights, sounds and smells of slaughter and think that it is ok, because it is not.”

“If we are turning to each other and justifying this behaviour and saying that it is ok, then what is next? For me the question now should be ‘Why are you not vegan, rather than why are you?’”

A final thought before the next international animal crisis calls her away?

“Setting up IAPWA and becoming vegan are the two best life decisions I ever made and both honour the fact that every animal deserves a life free from pain and suffering. I just wish I had done it earlier.”

For more head to iapwa.org

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



The Unbound Project

Kate Fowler introduces us to four women who are
changing the world for animals

All over the world, women are using their time and talents to promote veganism and encourage change within their communities. Unbound, co-founded by acclaimed photojournalist Jo-Anne McArthur and Dr Keri Cronin, is a multimedia documentary project that investigates such motivating people. It celebrates women at the forefront of animal advocacy, in both a contemporary and historical context. Unbound's writers, photographers and filmmakers travel the world to meet, photograph and interview inspiring, hard-working women around the globe. Kate Fowler takes a look at four amazing women on four continents, who are achieving the extraordinary, and showing that just one person can create wide-scale change.

Rubaiya Ahmad, Bangladesh

Rubaiya's journey began with a little street dog, named Kashtanka. In fact, Rubaiya took care of three street dogs, had them vaccinated and sterilised, and put tags on them. She would have liked to bring them into her flat but could not

leave them there all day, and so, like many others, they continued to live on the streets. Rubaiya wasn't worried; all the neighbours knew they were hers, and looked out for them.

But then one day, Rubaiya came home to find that Kashtanka had been caught by a culling gang and killed. It was a devastating experience that changed her life. Following this, she founded Bangladesh's first animal welfare organisation, Obhoyaronno (@obhoyaronnobangladesh), which roughly translates to 'sanctuary'. In 2012, she launched a vaccination and sterilisation programme, and campaigned to end dog culling. In 2014, Dhaka city agreed, but Rubaiya was just getting started. She petitioned the city to end dog and cock fighting and, again, was successful.

With Obhoyaronno's clinic and spay-neuter programme doing well, Rubaiya turned her attention to promoting veganism. Now, because of her work, local schools have adopted Meatless Monday (meatlessmonday.com), popular hotels and restaurants have

added veg choices, and Bangladesh's top-ranking supermarket chain has installed vegan sections.

Rubaiya gives talks on animal welfare and vegan eating almost anywhere she is asked, shares information and recipes on social media, and writes a regular column entitled *A Vegan's Diary*, in Bangladesh's largest English-language newspaper. She holds vegan brunches and recently launched a new online vegan food delivery platform, The Bangu Vegan (@thebanguvegan). The venture delivers vegan meals every Monday, hosts supper club events and supplies vegan food items to local retailers. Rubaiya also uses The Bangu Vegan for advocacy and to offer cookery courses. "Any platform that allows me to talk about veganism," she says, "I take that opportunity."

Rebecca Knowles, Scotland

Rebecca's journey also started with three homeless dogs, but this time it was in Japan, where she was working as an English teacher. She took them in, nursed them through distemper and found she could not let them go again. She had >



Rubaiya Ahmad



Rebecca Knowlles



Seble Nebiyeloul

wanted to come home to Scotland, but could not bear the thought of the animals being quarantined for six months, so she moved to the United States instead. Those dogs had already made another big change in Rebecca's life. She had woken up one morning with a troubling thought: "If I say I'm an animal lover, but I eat animals, then I'm a hypocrite." Rebecca immediately became vegetarian, but knew nothing of veganism until she met her first vegan in Texas. And she jumped right in, getting involved in outreach and activism for farmed animals and when she did eventually move back to Scotland, it was as a fully-fledged vegan.

It was springtime when she arrived, and the fields were full of lambs. "I would give our neighbour lifts into Inverness," she says, "She would go on about how sweet and adorable the lambs were and in exchange I would tell her the truth: four to six months — that's the average life expectancy of one of these innocent, fun-loving creatures."

That's how Vegan Outreach Scotland (veganoutreachscotland.co.uk) started,

with just one woman wanting to tell people the truth. She made a Spring Lamb flier, and hit the pavements of Inverness handing them out and talking to people about this completely unnecessary suffering. "And it is unnecessary," she says. "We need nothing from an animal's body to live a happy, healthy life."

Rebecca started a Facebook group and, in the past three-and-a-half years, the sole founder of Vegan Outreach Scotland has been joined by more than 1,000 members in four branches across the country, from the Borders up to the Highlands.

Together, they take the vegan message out to the public — to agricultural shows and the Highland Games, to galas, fairs, festivals, libraries, university campuses, supermarkets and high streets. They tell people the truth in a kind and supportive way, and they help them change.

Seble Nebiyeloul, Ethiopia

Seble was living in New York on 9/11.

The smell that hung in the air after the attacks is still etched in her memory, but she couldn't pinpoint what it was until she passed a street vendor selling hamburgers. And then it struck her. "Animal flesh and human flesh, when you burn it, it's one smell," she says. "That's when I said: no more animal products." That epiphany made it suddenly very clear to her — we are all the same.

In 2011, Seble returned to her native Ethiopia and co-founded International Fund for Africa (IFA, ifundafrica.org), which serves humans and animals alike. "When you start loving animals, you don't have boundaries," she says. "When I became an animal lover, automatically, I loved any creature."

Seble loves to cook, and found that this was one way she could help change the world for the better. She started with vegan cooking demonstrations and then began serving brunch at yoga classes that a friend was teaching. She describes her food as Ethiopian with some international influences and says reactions were almost always the same — people were

shocked that vegan food could be so delicious. From there things expanded. IFA's vegan school food programme, which uses Seble's own recipes, now serves two meals a day to hundreds of children and provides employment for 10 cooks trained by IFA.

"I'm trying to teach the younger generation that in order to live, you don't have to eat animal products," she says. This is how she promotes veganism in a place where meat is considered essential and animal welfare is not. As for animal rights in the country? "Forget it," she says. "It's a very difficult concept."

Through this gentle outreach, and warm-hearted approach, Seble hopes to set an example that will change the future of her country.

Susie Coston, USA

For 20 years, Susie worked as the national shelter director at Farm Sanctuary (farmsanctuary.org), the largest farmed animal rescue and welfare organisation in the United States. The animals who found

their way to Susie owe their lives to her, and yet she knows that animals saved her, too.

Susie had suffered badly with depression. She was lost and says she just didn't want to be in the world anymore. Her doctor told her that there were two paths ahead of her — if she took one, she would make it; if she took the other, she wouldn't. So, Susie started working with animals.

"When somebody saves you from what could have been a life of absolute misery, allowing you to really, really love them, to watch them grow old and be who they are their whole life, it is just outstanding," Susie says.

Giving them sanctuary — a place where they can find family and friends and be themselves — was just one half of the work. Susie's aim was to inspire compassion for all animals by telling their stories. Among the animals she cared for was a calf named Alexander. He was so desperate to find his family after being separated from them that he

ran 12 miles. Then there was Daniella, a sheep who came from a farm-to-table operation who nestled into Susie, her eyes closed, as her story was told. And Woody, the weakest in a litter of pigs, whose mother was starving and produced no milk. Along with Pip, a Muscovy duck who didn't know he was a duck because he was raised by people. Through them, Susie has helped countless people connect with farmed animals in ways they never thought possible, and this has a lasting impact.

"I honestly believe that if most people got to see animals for who they are as individuals, then they wouldn't be able to eat them. I really don't think that they could," she says. ■

Words by Kate Fowler. To discover more extraordinary stories of women on the front line of animal protection, visit unboundproject.org



Susie Cotton

VeganLife

Live

Show Preview

14th – 15th March 2020

Alexandra Palace

London N22 7AY

veganlifelive.com

The team behind *Vegan Life* invite you to embrace plant-based and cruelty-free at its best, with our award-winning two-day event in London





Get your calendars at the ready and your mid-month weekend plans cleared — because Vegan Life Live is returning to Alexandra Palace on March 14th and 15th. Yes, we're back again to showcase a wealth of information for newbie vegans and veterans alike, along with the tastiest plant-based food and drink and the most innovative products and inspirational people. At *Vegan Life* magazine, we know that veganism is not just about the food we eat, but the decisions we make every day. It is a lifestyle encompassing everything — from our fashion choices to our cleaning products, and excluding anything that has been involved in the unnecessary suffering of animals. So, we think it's only right to bring directly to you the greatest of all things plant-based, including clothing, cosmetics and household products and, of course, an abundance of tasty treats — all created without harming a single being.

More than 200 exhibitors will provide everything from vegan cheese, burgers and brownies, to handbags, supplements and spices. There will be cooking demonstrations from leading plant-based chefs and bloggers, and a full schedule of lectures and seminars, inviting you to hear from experts about the ethical, environmental and compassionate effects of living a vegan lifestyle.

Year on year, Vegan Life Live brings together a community of like-minded people, who are passionate about our planet and the beautiful creatures that inhabit it. Just like our pages, our event seeks to inspire change, alter attitudes, and spread awareness. It is a celebration of the vegan journey — of the people making a difference, of innovative vegan goods and mouth-watering food. Join the thousands of people who attended last year, and support and celebrate the growing movement. There's no better time to be vegan than now.



Meet our sponsors



VIVO
LIFE

Vivo Life is on a mission to create the best plant-based health and fitness products that make people look and feel awesome, without costing the Earth.
vivolife.co.uk

British animal rights group, Viva!, focusses on promoting veganism and exposing animal abuse through impactful campaigns. They also share tonnes of info and offer support to people who want to transition to a vegan lifestyle.



Passionate about vegan foods for 30 years, Bute Island Foods are the producers of the award-winning dairy-free Sheese range.
buteisland.com



HappyCow is an expansive online community run by vegans that aims to assist people in sourcing tasty plant-based food.
happycow.net

The Vegan Society is a registered charity and the oldest vegan group in the world. They provide an abundance of information and guidance on various aspects of veganism.



**Turn the page
for more information
about the show...**



Book your tickets at **veganlifelive.com**



Unmissable cooking demos

Looking for inspiration in the kitchen? Be sure to watch how the vegan pros do it, at our delicious cooking demonstrations. Here's a taste of what's to come — check out our online show guide for the full schedule.



Flambé orange & star anise crêpes, with Gaz Oakley

Successful vegan chef, author and YouTuber, Gaz Oakley, otherwise known as Avant Garde Vegan, will be cooking his Flambé orange and star anise crêpes and answering all your questions. Author of *Vegan100*, *Vegan Christmas* and most recently, *Plants Only Kitchen*, Gaz will lead you through this mouth-watering vegan creation. It is a session certainly not to be missed.

**Vegan Life Kitchen, Saturday 14th March,
14:00 – 14:30pm**

How to thrive on a plant-based diet, with Juliette Bryant

Join Juliette Bryant as she shows you how to flourish on a plant-based diet. In this exciting demo, she will show you how to get the most nutrients from the food you eat with simple and tasty recipes.

**PlantBased Kitchen, Saturday 14th March,
12:00 – 12:30pm**



Niki Webster cooks from Rebel Recipes: maximum flavour, minimum fuss

Join Niki Webster, author of *Rebel Recipes*, as she shares some of her favourite dishes inspired by her travels around the globe. Passionate foodie Niki refuses to accept that indulgent food is bad for you, or that healthy food is dull, so there will be no limp lettuce or boring old-school vegan dishes in this showcase!

**Vegan Trade Kitchen, Saturday 14th March,
14:00 – 14:30 pm**

Amazing plantain recipes, with Tomi Makanjuola

Plantain is a delicious and versatile ingredient used a lot in African cooking. In this demonstration, Tomi will be showcasing fun plantain recipes that are quick, easy and taste great!

**PlantBased Kitchen, Saturday 14th March,
16:00 – 16:30pm**



To book your tickets and receive a **free**

King oyster mushroom carbonara with smoked almond cream, by Anton Petrov

Come and watch how to put a truly eclectic spin on a classic Roman dish. Anton will be showing how to smoke nuts and extract umami flavour out of mushrooms, resulting in a dish that will confuse even the most demanding carnivore with its meatiness and richness.

Vegan Life Kitchen, Sunday 15th March,
14:00 – 14:30pm



Garden sushi, with Chef Day Radley, founder of The Vegan Chef School

Seeking new ways to make vegan cuisine even more sustainable? Chef Day will show you her creative take on a UK favourite — sushi. Using only ingredients sourced from the UK, this recipe will show you innovative techniques and chef's tricks that you can take home with you.

Vegan Trade Kitchen, Sunday 15th March,
13:00 – 13:30pm

Fermentation: creating good bacteria for your gut, with Edward Daniel

Edward shows how simple it is to make sauerkraut, kombucha and water kefir. And, for those of you who want to delve deeper, he'll also be explaining the benefits of probiotics and prebiotics.

Vegan Trade Kitchen, Saturday 14th March,
between 12:00 – 12:30pm



One Planet Pizza masterclass, with Mike and Joe Hill

Learn how to make amazing vegan pizzas with father and son team, Mike and Joe, from One Planet Pizza. Discover some of the secrets to making simple, delicious and healthy pizzas from scratch, all of which have helped them to emerge as the UK's leading frozen, plant-based pizza company.

Vegan Life Kitchen, Sunday 15th March,
11:00 – 11:30am



Inspiring lectures

Explore the world of veganism and pick up some new knowledge, by attending our exciting line-up of lectures. From saving dogs to reducing your food waste, there's lots to learn — read on to get a glimpse of what's in store.

Saving dogs from the dog meat trade, with Louise Trevatt

Rescuing, rehabilitating and rehoming the amazing survivors of the dog meat trade lead many to a vegan life. Louise tells the story of how remarkable little dogs, find safety here in the UK, and explains how we must stop the dog meat trade and end this cruelty.

Lecture 2, Sunday 15th March,
between 12:30 – 13:00pm



Living in a non-vegan world without losing your mind, with Toni Vernelli from Veganuary

Every vegan knows that choosing to go vegan is the best decision they've ever made, and Toni wants everyone to know just how great it is! But our friends, family and colleagues often just see the inconvenience it causes and the divide it opens up between us. While there is no magic solution to every difficult situation, these simple tips and advice from Toni should help you cope with most scenarios, without losing your mind or your friends.

Lecture 1, Sunday 15th March,
between 15:30 – 16:00pm

How to maximise the health benefits of a vegan diet, with Dr Josh Cullimore

Dr Cullimore is a GP and has been vegan for over 10 years. He will explain the health benefits of a plant-based diet, and explore the reality of some of the 'vegan scare stories' in the headlines recently.

Lecture 1, Saturday 14th March,
between 13:45 – 14:45pm



To book your tickets and receive a **free**



Raiders of the reduced aisle, with Laura Gaga

Laura Gaga, also known as @reduction_raider1 on Instagram, is a fully-fledged, frugal foodie, passionate about avoiding waste. When not loitering in supermarket reduction aisles, she blogs about eating well for less and writes a monthly food waste column for *Be Kind* magazine.

Lecture 1, Saturday 14th March,
between 15:45 – 16:15pm

We can do better: confronting animal exploitation and achieving animal liberation, with Earthling Ed

In this talk, Ed will discuss some of the cultural, sociological and psychological reasons that perpetuate the mind-set that allows us to do what we do to animals, as well as presenting solutions for ending animal exploitation.

Palace Workshop, Sunday 15th March,
between 12:00 – 13:00pm



My vegan journey, by Macka.B

Macka.B's vegan journey was influenced by the birthplace of his parents in Jamaica, after they travelled to England, bringing an abundance of exciting fruits and veggies with them. Macka.B will discuss growing up in the UK and the influences that shaped his identity, before taking a look at his transition from meat-eater, to vegetarian, to vegan. He'll move on to how he went to incorporate his veganism into his music, becoming a Vegan Society ambassador and going viral on social media with his 'Medical Monday' and 'Wha Me Eat Wednesdays Vegan' posts.

Palace Workshop, Sunday 15th March,
between 13:15 – 14:15pm





Old School Sweets

Doisy & Dam
Ballers, Buttons and D&Ds

Premium chocolate makers Doisy & Dam have launched three new products, designed to capture the nostalgic excitement of childhood treats. Made with high-quality, natural ingredients and containing no palm-oil, Ballers are crunchy malted balls coated in dark chocolate, whilst Buttons are large discs of 70 per cent chocolate, and D&Ds are multi-coloured, sugar-coated dark chocolate pieces. The vegan range comes in impulse-sized and sharing-style pouches.

From £1.35, doisyanddam.com

Vegan Spotlight

Our favourites this month



All The Veg

Mash Direct
Vegan Carrot & Swede

This ready-made product from Mash Direct will save time, and allow to enjoy a culinary classic that's traditionally made with milk or butter. Heritage carrots and swedes are steamed, seasoned with salt and pepper and mashed together for full flavour. The combination is wholesome, healthy and works perfectly alongside a home-cooked pie or to form the base of a nourishing soup.

£1.49, mashdirect.com



Sleep Easy

Together Health
Night Time Marine
Magnesium Complex

The successful vegan vitamin brand is on a mission to help the nation sleep, with their latest product launch featuring magnesium. The calming concoction blends the benefits of five natural forms of magnesium to help you feel rested and restored. The highly absorbable capsules still the nervous system and regulate sleep cycles, thanks to the wonder vitamin, along with hops extracts that aid slumber.

£12.99, togetherhealth.co.uk

Gym Ready

The Protein Works
Vegan Wondershake

Vegan Wondershake is here to help gym-goers reach their goals. Smooth in texture and taste, it is made using ground-breaking QuadPlant™ technology, which creates a non-grainy, delicious protein shake. It contains premium pea, brown rice, hemp and soya to provide 21g of protein per serving. The result is a high-protein, low-sugar and low-fat shake that is GMO-free, gluten-free and vegan. Choose from three flavours, including double chocolate, salted caramel and strawberries and cream.

£37.99, theproteinworks.com





Biscuit Time GATO & Co Cookies 'n' Cream

GATO's new vegan and gluten-free Cookies 'n' Cream range offers a real treat that's free from animal products, gluten and palm oil, and has half the sugar of similar sweet snacks. Handmade with whole, simple ingredients, expect deliciously crunchy cookies with a smooth and creamy filling. They come in four exciting flavours, including Choc Vanilla, Choco Peanut Butter, Choc Hazelnut Butter and Salted Caramel.

£1.59, gatoandco.com



Level Up Wicked Gummy Co Peach Flavour Iron Gummy

Looking to increase your iron intake, but hate the aftertaste that comes with taking supplements? The Iron Gummy from Wicked Gummy Co delivers 14mg of iron in a delicious peach flavoured treat. Made with natural flavourings, it tastes great and will help you on your way to achieving your recommended daily allowance of the vital vitamin.

£19.99, wickedgummyco.com

Clean Drinking Aldi Organic Prosecco

Aldi has expanded its already wide range of vegan-friendly wine options to prove that no one needs to compromise on quality. This eco-friendly Prosecco is not only suitable for vegans, but is also carefully produced in line with strict guidelines which prevents the use of pesticides and herbicides — perfect for those looking for a more organic diet. It has fresh pear and green apple flavours, with notes of acacia flowers and honeycomb. Pair with light starters or serve as a superb aperitif. Buy it in store or online.

£7.99, aldi.co.uk



SKINACADEMY ZERO

Win a SKINACADEMY Bundle worth £85

Everybody wants to look and feel fabulous!

Now, you can as we have two beauty bundles of SKINACADEMY's brand new 100% natural range, ZERO, worth over £80 which could be yours!

ZERO really is the new beauty hero that not only cares for your skin but cares for the environment too. It's sustainably packaged and 100% recyclable so you can have that skin care glow and perfect complexion whilst taking care of the environment too!

ZERO has been taking the beauty industry by storm since it launched in December 2019 and is the only mass market range that is truly 100% natural, Vegan and Cruelty free. With not a trace of synthetics in the formulation, ZERO is perfect for even the most sensitive of skin.

In our beauty bundle prize is the full range of ZERO products so our lucky winners will be treated to a day cream, a night cream, an eye cream, facial wash, facial scrub and finally a hand and nail cream. A fabulous prize that really does offer sustainable skincare with ZERO compromise!

And don't forget, to find out more about all things SKINACADEMY, just visit the website, **www.skin-academy.co.uk**

#YourSkinYourPlanet



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£85
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For your chance to win, enter at
veganlifemag.com/skinacademy

Terms and conditions:

Closing date - 18th March 2020

Only one prize bundle per winner as outlined above — one of each product in the Zero range. The prize is non transferable and there is no cash alternative.
UK entry only



Grow Your Own

Piers Warren gives his top tips for growing grapes

Under the right conditions, one or two mature grape vines can provide many bunches of grapes — for eating fresh, juicing, wine-making or even drying your own raisins.

Recommended varieties

There are many varieties available, some for outdoor growing, some more suitable for greenhouses; some for wine-making, some for eating as a dessert. Here are just a few examples.

Boskoop Glory: An outdoor variety producing black dessert grapes

Black Hamburgh: For the greenhouse, producing large bunches of black grapes

Black Corinth: Small black grapes, sweet, juicy and seedless

Suffolk Pink: Best in the greenhouse, producing attractive pink grapes that are seedless and well flavoured

Madelaine Sylvaner: Early-ripening green grape for wine-making

Grape vines can be planted in the dormant season in soil with plenty of compost added. They will need support, so can be planted against a wall and trained along wires, or up any sort of trellis, pergola or frame. Mulch in the spring, water well and feed every few weeks. Grape vines grown in a greenhouse may be susceptible to red spider mite; as these mites thrive in hot, dry conditions, mist the leaves daily.

For the first two years, remove all flowers to let the vines grow strongly; in years three and four allow about four bunches of grapes to grow, then in future years you can let them flower unlimited.

In the first winter (one year after planting) prune the main stem back two-thirds and all side shoots to one bud.

A year later prune the main stem back by a half and reduce side shoots to two buds. In subsequent years the winter pruning will also reduce side shoots. There are many different techniques and schools of thought when it comes to pruning grape vines, so to get it right you may wish to research this topic in more detail.

Harvest the bunches by cutting them off with scissors when the grapes are ripe (sweet-tasting). To keep cut bunches of grapes, cut them with a piece of branch attached — stick this in a jar of water and store in a cool dark cupboard or fridge where they will stay fresh for a few weeks.

Storage: The juice can be extracted with a fruit press or extractor. Freshly pressed juice will keep only for a day or two in the fridge before fermenting — but don't forget to freeze some. This can be done in plastic bags inside small boxes (e.g. juice cartons) — when frozen the boxes can be removed and the blocks of juice packed together.

If you have seedless varieties you can try making your own raisins: dip the

grapes into boiling water in a bowl for a few seconds to break the skin then dry in a food dehydrator. Once the fruit feels dry and squeezing produces no juice, the raisins can be jarred up and sealed.

Excess grapes can also be made into an unusual ketchup! Give this recipe a try:

Grape ketchup

Take 2kg grapes, spiced white vinegar and sugar. Wash the grapes, then simmer in a pan until soft. Sieve the mixture and add 500ml of vinegar and 100g of sugar per litre of purée. Simmer until it has formed a thick cream then pour into warm glass bottles. Top with an air-tight lid and heat in a water bath at 77°C for 30 minutes. Tighten the lid and store. The sauce will store for several months and should be kept in a fridge once opened. ■



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



Eating to alleviate anxiety

Dietitian Yvonne O'Halloran explains how a plant-based diet can be used to improve mental health

Stress and anxiety is something that most adults will experience at some point in their lives — it is sadly quite common, due to the fast-paced lifestyle most of us live today. Stress is defined as any demand placed on your brain or physical body. People can report feeling in this way when multiple competing demands are put onto them, and it can be triggered by an event that makes you feel frustrated or nervous. Anxiety is a feeling of fear, worry or unease. It can be a reaction to

stress, or it can occur in people who are unable to identify significant stressors in their life. According to the National Institute of Mental Health (nimh.nih.gov), anxiety disorders are the most common mental illness. In the United States alone, 40 million people (18 per cent of the population) struggle with anxiety.

Diet plays an important role in helping to manage stress and anxiety. The brain uses the amino acid tryptophan to produce serotonin, a neurotransmitter largely responsible

for feelings of happiness and wellbeing. Plant-based sources of tryptophan include leafy greens, sunflower seeds, watercress, soybeans, pumpkin seeds, mushrooms, broccoli and peas. While meats such as turkey also contain the amino acid tryptophan, the body can have a difficult time converting it into serotonin. Competition from other amino acids prevents tryptophan from entering the brain, resulting in low serotonin production. A high-protein meal can lead to more amino acids in the bloodstream



and more competition for tryptophan to enter the brain. Animal products are very high in protein so choosing plant-based sources instead will reduce the competition for tryptophan and allow it to enter the brain reducing the risk for stress and anxiety symptoms. Eating seeds high in tryptophan may also be an effective treatment for social anxiety disorder, while the serotonin contained in fruit has the potential to alleviate depression.

Scientists have found that meals rich in carbohydrates promote an increase in insulin production, allowing muscle cells to absorb competing amino acids. This makes it easier for tryptophan to cross the blood-brain barrier, increasing serotonin levels in the brain and may explain the association between depression and carbohydrate cravings. A diet high in protein and animal foods can limit serotonin production.

In order to ensure adequate levels of tryptophan in the brain focus on plant proteins along with focusing on consuming complex carbohydrates, such as vegetables, fruits, whole grains and legumes. With this approach, there is sufficient serotonin produced to maintain feelings of wellbeing. This explains why plant-based nutrition can be helpful for mental health.

Plant-based diets appear to influence mental health positively. Vegetarians, in cross-sectional and interventional studies, showed fewer symptoms of depression, anxiety, stress and mood disturbances than omnivores. Higher levels of antioxidants in the blood from plant sources have been associated with a significantly lower risk of depression. Anxiety is also thought to be correlated with a lowered total antioxidant state. It stands to reason, therefore, that enhancing your diet with foods rich in antioxidants may help ease the symptoms of anxiety disorders. Antioxidants are abundant in a plant-based diet and are found in a variety of plants.

Ways to manage stress and anxiety:

- **Avoid processed foods:** choose foods as close to their natural state as possible and limit heavily processed or packaged foods as much as you can, to ensure a nutrient dense diet. Nutrient dense foods also help to reduce inflammation and enhance bone health and immunity.
- **Follow a regular sleep routine:** aim for six to eight hours of quality sleep every night.
- **Stay hydrated:** even if you are mildly dehydrated, cortisol levels in the body can increase.
- **Eliminate or drastically reduce alcohol intake:** alcohol changes the levels of serotonin and other neurotransmitters in the brain, which can worsen anxiety. In fact, you may feel more anxious after the alcohol wears off. Alcohol-induced anxiety can last for several hours, or even for an entire day after drinking.
- **Go easy on caffeine:** too much caffeine can also make you irritable and agitated in situations that normally wouldn't affect you so if you already have increased anxiety or suffer from panic attacks, caffeine can cause these symptoms to become worse.
- **Avoid skipping meals:** this may result in drops in blood sugar that cause you to feel jittery, which may worsen underlying anxiety.
- **Include relaxation techniques:** try yoga, meditation or spend more time in nature.
- **Include probiotic rich foods in your diet:** eat sauerkraut, pickles and kefir to help maintain a healthy gut bacteria.

Antioxidant rich foods:

- **Allium sulphur compounds:** leeks, onions and garlic
- **Anthocyanins:** aubergine, grapes and berries
- **Beta-carotene:** pumpkin, mangoes, apricots, carrots, spinach and parsley
- **Catechins:** red wine and tea
- **Copper:** nuts, potatoes, mushrooms and cacao
- **Cryptoxanthins:** red pepper, pumpkin and mangoes
- **Flavonoids:** tea, green tea, citrus fruits, red wine, onion and apples
- **Indoles:** cruciferous vegetables such as broccoli, cabbage and cauliflower
- **Isoflavonoids:** soybeans, tofu, lentils and peas
- **Lignans:** sesame seeds, bran, flax meal, whole grains and vegetables
- **Lutein:** green, leafy vegetables, like spinach and corn
- **Lycopene:** tomatoes, pink grapefruit and watermelon
- **Manganese:** nuts, oatmeal, brown rice and legumes
- **Polyphenols:** cloves, cacao powder, dark chocolate, thyme and oregano
- **Selenium:** brazil nuts and whole grains
- **Vitamin C:** oranges, blackcurrants, kiwifruit, mangoes, broccoli, spinach, pepper and strawberries
- **Vitamin E:** vegetable oils (such as wheatgerm oil), avocados, nuts, seeds and whole-grains

Find Yvonne on Facebook at [@livingveganofficial](#) ■



Vegan travel in Latin America

Sarah Wisbey shares her cross-continental plant-based experiences and advice

Spending a year and a half travelling Latin America as a vegan was never going to be easy. If I had a dollar for every person who asked me, 'Is it difficult to explore countries that consume so much meat?', I would have been able to fund a good number of the delicious vegan meals I ate during my trip. However, I found that with a few simple principles it was more than possible to travel as a vegan anywhere I went. Here's a selection of incredible restaurants I found whilst travelling, with the best vegan options in Central and South America.

Argentina

Artemisia

Best for: Any meal, any time

Hands down, this was my favourite restaurant in Buenos Aires. In fact, it was so good, I visited several times. The menu is varied and vast, although not exclusively vegan. The lentil balls were delicious and portion sizes were very generous — the vegan tapas was incredible, with plenty of food to share. The desserts, however, have to be the best thing about Artemisia — there's a full menu of vegan desserts, including chocolate mousse cake, passionfruit cheesecake and apple crumble. I'm not normally a big dessert fan, but these left

my sweet tooth well and truly satisfied! Artemisia is also a really cute setting — think high ceilings, quirky furniture and lots of indoor plants.

Buenos Aires, Argentina
Visit, artemisianatural.com

Brazil

Dona Vitamina

Best for: Lunch

With an abundance of yummy salads, flowing fresh coconut water, and excellent portion sizes, you can't go wrong with Dona Vitamina for a healthy lunch. The menu isn't fully vegan, but there are plenty of options to keep everyone happy. The mushroom and tahini salad was especially delicious.

Pinheiros, São Paulo
Visit, donavitamina.com.br

Colombia

Bohemia Beach

Best for: Tacos

This is technically a place to stay (think gorgeous little cabiñas right on the beach), but also an epic vegetarian restaurant. Everything on the menu is veggie, but easily veganisable, and it was here that I ate the most incredible tacos. As well as this, Bohemia Beach also do

great breakfasts and lunch — I can't rate this place enough. If you want dinner, you have to sign up by midday, whether you are staying there or not.

Magdalena, Colombia
Visit, bohemiabeach.co



Columbian fruit

Costa Rica

Phat Noodle

Best for: Lunch or dinner

As a location, Dominical is super touristic, but this does mean it has some great vegan options. Phat Noodle was my favourite place to eat in this sleepy little surf town. The peanut butter sauce on their fat vegan noodles makes me drool just remembering tasting it! Be prepared for tourist prices, though — a plate of noodles came to around \$12.

Dominical, Costa Rica
Visit, phatnoodlecostarica.com

Ecuador

United Falafel Org

Best for: Everything

I visited this restaurant after being told that they sold the best falafel on the continent. It was a big claim — but I was not disappointed! I was served huge portions of freshly made, incomparable balls! The falafel plate is huge and can easily do for two people. I also recommend the veggie wrap, which comes with delicious peanut sauce. The establishment also made me very, very happy, because I could eat vegan cake there on my birthday — they have a fantastic selection of vegan pastries and cakes.

Vilcabamba, Ecuador
Visit, [ufo.negocio.site](#)

Guatemala

Samsara

Best for: Brunch or dinner

There are so many plant-based options at Samsara. Yes, it is a little on the pricey side in comparison to the local eats, but there's only so many days in a row you can eat rice, beans and plantain before you need a little treat! Think coconut curries, tasty wraps and falafel — all of which are not mean on portion size.

Antigua Guatemala, Guatemala
Follow [@cafesamsara](#)

Mexico

La Piña

Best for: Lunch or dinner

One word — avocado pizza. Dreams do come true, apparently. I admit, the dish didn't sound particularly enthralling on the menu when I first saw it, but I was proved wrong — the avo base with garlicky cabbage, topped with toasted pumpkin seeds was absolute heaven. Somehow, La Piña managed to make something super simple, taste off-the-scale amazing. I cannot recommend enough.

Bacalar, Q.R., Mexico
Follow [@lapinabacalar](#)

Panama

Pizza Gavilan

Best for: Breakfast or dinner

Beetroot burgers with almond cheese, served to visitors on the beach in a totally remote and wild part of Panama?! My mind was blown. Pizza Gavilan's portions

are huge, without sacrificing on flavour. A few other plant-based options grace their menu. If you're feeling a little more health conscious, they also have a great vegan shakshuka on the breakfast menu with homemade bread.

Pedasí, Los Santos, Panamá
Follow [@pizzagavilan](#)

Peru

Green Point Restaurants

Best for: Salad buffet

These crafty entrepreneurs have caught on to the surge in demand for vegan food amongst the droves of Cusco tourists. A set lunch starts with a salad buffet (of very high quality), followed by a delicious main and a dessert. Green Point's dishes are really reasonably priced, tasty, and creative. They also offer cooking classes so that you can learn to make some of their dishes. Make sure to check out the bakery run by the same people, just a few doors down — they do fully vegan croissants and pastries! Bliss.

Cusco, Peru
Visit, [greenpointcusco.com](#)

Uruguay

Deli de Las Rosas

Best for: Breakfast

This is the cutest little family run place. As the name implies, everything is pink! The owner went out of her way to make my brunch vegan by replacing yoghurt with coconut milk and sitting out on the sunny roadside was just a dreamy way to spend a Sunday morning.

Departamento de Colonia, Uruguay
Follow [@delidelasrosas](#)

Sarah Wisbey is a full time vegan traveller and yoga teacher. [sarahwisbey.com](#) ■



Tips for travelling happy

- **Prepare your food:** cooking for yourself is always going to get you the most nourishing meal, so if you're able to, take advantage of that. Basic staples including grains, fruit, veggies and nuts are available at most markets around the world.
- **Pack vitamins and minerals:** bring any supplements that you usually take with you, like iron and B12, as it is often hard to find them abroad (especially if you are travelling long-term).
- **Bring protein:** travel with some protein bars and shake sachets, which are great to eat or add to water/plant milk when the breakfast options at your accommodation are distinctly non-vegan.
- **Carry snacks:** nuts, bananas and dried fruit are great to snack on and available in most kiosks around the globe — carry them with you on a long journey.
- **Eat side dishes:** if there are no vegan restaurants, opt for a collection of their side dishes. For example, when I had to eat at a steakhouse in Argentina they had an extensive menu of tasty side dishes, including sweet potato, spinach, mushrooms and delicious bread.
- **Learn some lingo:** 'vegetarian' is understood in most languages, so learn it in the tongue of the country you are going to. Then, you simply have to go about explaining the fish/cheese/eggs/yoghurt part. A lot of places in the world don't yet understand the concept of being vegan (in many countries, it's a huge privilege to make such choices about your diet), so saying you're allergic to dairy, for example, can help explain to people better.
- **Download apps:** the HappyCow app is incredibly useful for finding restaurants with vegan options on their menu.

Avocado Pizza - Mexico



Drinks that give back

Oliver Coningham shares the drinks that donate to charity

Sometimes it's easy to become disillusioned by the world around us. Whether that's the extraordinary amount of animal cruelty and suffering, the devastating fires in both the Amazon and Australia or the ever-increasing amount of homelessness and foodbank usage. It can begin to feel overwhelming and we find ourselves feeling powerless in what seems to be a never-ending battle.

Perhaps, closer to home, Brexit can compound this feeling of helplessness.

Whichever way you voted, it can feel like your views are not represented.

Thankfully, one of the few benefits of living in a capitalist society means that we do have a vote that counts. And that's how we spend our money. As vegans, we're used to supporting vegan companies and giving our 'vote' to those that prioritise compassion over profits.

We can delve deeper and make our purchases count even more by supporting those businesses that give back. Whether that's companies who

donate a percentage of their profits to charity or have pledged to tread as lightly on the Earth as possible.

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



Pale Ale (4.5%)
— **Toast Ale**
£1.99 for 330ml, waitrose.com

Toast Ale creates award-winning craft beer brewed with surplus fresh bread that would otherwise be wasted. All profits made go to the charity, Feedback, with the aim of ending food waste. As the first UK beer company to become a Certified B Corp, Toast Ale are committed to sustainability. Pale Ale is gold in colour with hints of caramel and citrus.

Toast Ale are 100 per cent vegan; the bread does not contain any animal products, and vegan finings are used to filter and stabilise the beer.



Reflection (4%)
— **Good Things Brewing Co**
£3 for 440ml, goodthingsbrewing.co

Good Things Brewing Co are the first closed-loop and fully sustainable brewery in the UK. Based in the South East, they produce modern, hop-forward craft beer. They bore their own water, create their own power and also convert the spent grain from the brewing process into flour. Reflection is a light and floral Pale Ale with tropical flavours.

Good Things Brewing Co are completely vegan-friendly.



Priory Pale (3.7%)
— **Gloucester Brewery**
£25 for 12 x 500ml, gloucesterbrewery.co.uk

Gloucester Brewery has pledged to do everything possible to reduce their carbon footprint and has committed to becoming carbon neutral by 2022. Gloucester's Earth-conscious brewery has put sustainability at the centre of everything they do; from the beers they brew through to the vehicles they drive. Priory Pale is a balanced sessionable Pale Ale with citrus notes throughout.

The majority of Gloucester Brewery's beers are vegan-friendly and registered with The Vegan Society.



Clean Water Lager (4.5%)
— **Brewgooder**
£1.65 for 330ml, asda.com

Since 2016, Brewgooder has been using the power of craft beer to bring clean water. 100% of their profits are donated to clean water projects with the aim of bringing clean water to 1 million people. Clean Water Lager is an award-winning, crisp and zesty craft lager. For every 24 cans purchased through their website, one person in Malawi is provided with life-changing clean drinking water for a minimum of five years.

Suitable for vegans.



Sapling Vodka (40%)
— **Sapling Spirits**
£31 for 70cl, saplingspirits.com

Sapling Spirits are on a mission to make the world's spirit industry a natural force for good. Two core principles motivate their every decision — producing vodka of the highest quality and giving back to the earth. Produced in the heart of London, Sapling vodka is four times distilled from 100 per cent British wheat for a clean, crisp and naturally sweet taste. For every bottle produced, Sapling plant a tree — from fruit trees in London to hazelnut trees in Suffolk.

Sapling Spirits are suitable for vegans.



Energy Water Berries
— **Virtue Drinks**
£1.35 for 250ml, ocado.com

Virtue creates natural and sugar-free, healthy energy drinks. For every one of their drinks sold, Virtue donates 500 litres of clean drinking water to those in need. Partnering with charity drop4drop, Virtue fund sustainable clean water solutions in countries desperately seeking them. Each can of Energy Water Berries contains the same amount of natural caffeine as a cup of coffee and absolutely nothing artificial.

Virtue Drinks are all suitable for vegans.



Katerina P.

“ The only constant in life is change, and we have to decide what kind of change we’re going to make ”

Katerina Pravda tells us how art has the power to make us questions ourselves and the world we live in

I became a vegetarian after doing research for a high school philosophy paper — I chose animal ethics as my topic. As you can imagine, it was quite the world-shattering deep-dive into uncovering the brutal reality of how animals are mistreated, tortured, and killed. To be perfectly honest, I completely broke down, as I was not able to understand how people could possibly be so cruel. I remember crawling underneath my computer desk, crying for all the lost lives, and wanting to not exist anymore — at least not in a world full of animal torture. But my sadness quickly turned to anger, and I decided that from that moment on I would become their voice in the world. I immediately stopped eating meat, against the protest of my family at the time — who are now on the journey to discovering the beauty of a vegan life — and began spreading awareness through all possible means. Keep in mind that this was in 2006, so vegetarianism was still a relatively ‘new’ concept, and I experienced insane pushback from everyone that I came into contact with. I am so proud of the development since then, with more and more people realising that veganism is the next step in living ethically, compassionately and progressively. I turned vegan many years ago, and my only regret is not doing it sooner! >





I have always been passionate about art — as a child living in Saint Petersburg, Russia, I was constantly surrounded by the beauty of it. Poetry, art, dance and music, were a big part of the pre-kindergarten experience there. The instructors saw abilities in me at a very early age, and as a result, my parents sent me to a special arts school when I was about six. There, I studied classical piano, fine art, theatre, poetry and languages, including English. We moved to Toronto, Canada in 1998. It wasn't until grade 10 that I realised I wanted to take some serious art classes. My dad found a wonderful European art school for me to attend on the weekends — there, I learned classical techniques for drawing, painting, and sculpting. Then, roughly four or five months in, something in me 'clicked'. I can't really describe it, other than it all became very clear to me — it was as if, art, had revealed itself to me. The creativity poured out of me

and it hasn't stopped ever since. When it came to deciding what I wanted to study at university, I was torn between environmental sciences and fine art; both stemmed from my desire to help animals. Fine art won the moment I stepped foot on the Mount Allison Campus, where I spent four of the best years of my life.

***“I hope that people
will see a reflection of
themselves in my work”***

Although I have been drawing and painting animals ever since I can remember, combining veganism with art truly became a conscious choice when I was studying in university. There, I learned how to layer my work with meaning, and I thought deeply about how to best express animal ethics. I also continued studying animal ethics in

higher-level philosophy courses, which further expanded my mind and my vision for a compassionate world. When I look back on my earliest drawings it is interesting to realise that the union of people and animals has always been there. It's remarkable to think that there has always been an innate desire in me to express a love and unity for all species on earth, and to see how it has materialised through the universal language of art.

Contrary to most artists of the day, I have several art styles. When there is a great desire for uplifting the world, I use bold colour, expressive brushwork, and movement in my oil paintings. There are stylistic elements of impressionism and expressionism weaved with my own. My other signature style, most commonly seen in my ink drawings, can be best described as an elegant surrealism. Other series, whether in graphite, watercolour or ink, all have a combination of these two dominant styles, sharing elements fluidly. The focus is a figurative one, whether it is a portrait or a full-body piece, and each artwork captures the intensity and soul in the eyes. Most recently, I've added the element of painting with gold, which has developed into an exciting new signature style.

I draw inspiration from everything I see, hear, read, think, feel and dream. I am able, and often do, focus on the artistic elements of whatever is in front of me — the shape of the light coming through the tree leaves, the melting hues of the sunset, the depth of a droplet of water, etc. The same goes for movement, emotion and sound. There is influence coming from all facets of life — and for me that surfaces from other forms of art, as well as from animals, the environment, and philosophy. More recently, I have become fascinated with film noir and the fashion of that era, so I have been drawing a lot of inspiration from the artistry of classic Hollywood cinema and style. You will certainly be able to recognise this influence in my upcoming golden series, where people and animals are united as one in an elegant and sophisticated manner.

I hope that people will see a reflection of themselves in my work — in the depth of emotion from the animal eyes that are staring back at them, making them question the way that they treat animals. It is my deepest desire that people learn to be kind and respect animals and the environment, and perhaps to begin to see the interconnectivity of all life on this planet. Along with that, I wish for my

audience to feel awe or to be inspired by the beauty of the natural world; allowing them to reconnect with it.

The very first thing that people notice in my work is the eyes — animal or human, they all draw you in. Eyes are mesmerising for they show all of the emotion, all of the thoughts, and all of the hopes and dreams of that person or animal. They are perhaps the most important thing in my work, and as a result, they are the starting point of every single art piece. I look at animals and people as kindred souls, no different at all, so they are painted in the same way. For some, my paintings and drawings — where I combine the animal and human as one being — are at first a little strange — an unusual combination that excites, intrigues, scares and delights. Art is a very personal experience, reflecting back what you yourself have seen and done in this world.

Each series has its own focus, but most aims to unite human and non-human animals as one. There are messages of living in harmony, of kindness, unity, compassion, and respect. There is also a flow, not only in movement, but in interconnectivity and of time. The only constant in life is change, and we have to decide what kind of change we're going to make — this is also a central message in my work. Many of the species that I feature are coming in and out of their environment — this is done to suggest the dependability of one on the other, as well as to highlight the rapid extinction of wildlife. Though this is not all negative, it simultaneously suggests rebirth and the continuation of life. The choice of direction is in our hands, and I'm hopeful that we'll choose the path of a harmonious future, where animals will finally be freed from human-inflicted cruelty.

I focus primarily on endangered species, in order to raise awareness of their alarming disappearance. You will often see animals including: amur leopard (critically endangered), eastern puma (extinct), northern swift fox (endangered; was earlier extinct in the wild in Canada), elephant (endangered), polar bear (threatened), killer whale (endangered) and many others ranging from vulnerable to extinct, with a constant flux between. Prior to commencing each art piece, I deep-dive into the reasons behind their status, what is currently being done and what we can do to help. These play into what is highlighted in each piece — deforestation, hunting, climate change etc. I also usually publish my findings alongside the artwork,

to further educate and spread awareness.

Visual art is a form of communication that needs no words, which allows it to spread the message further than most other forms of communication. If you look at art historically, art is either always commenting on society or exploring new ways of understanding our world. In the moment, it helps people see things differently, which then influences their life decisions. The more that people see animals and human beings living in harmony through art, the more that they will consciously think of it, and the more that it will permeate into our society. This will then create actionable change. As a result, it is essential in helping our animal friends.

My goals as an artist and vegan are to inspire more people to be kinder

to animals and the environment; to essentially free animals from human-inflicted cruelty. I have big goals, which I'm tackling one at a time, to create memorable and immersive art experiences for my audience. I have also been looking forward to immersing myself in various cultures through residencies around the world — specifically the Arctic Circle Artist Residency. And after that? Well, who knows — creativity works in mysterious ways, and constantly surprises even the artist herself.

For more from Katerina, visit **katerinapravda.com** or follow **[@katerinapravda.art](https://www.instagram.com/katerinapravda.art)** ■



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Sorry to be such a grouse

Jake Yapp on the hypocrisy of hunting

When you hear TV chefs talking about how we should all ask more questions about where our food comes from and you think ‘Yes, yes, yes, yes, YES, GOOD!’ and then they say ‘So this year, I am killing my own turkey for Christmas’ and you think ‘No, no, no, no, NO, THAT’S NOT WHAT I HAD IN MIND...’

TV chefs have a tremendous amount of influence over what we eat. Remember that time Delia Smith made some kind of repellent-looking confection out of tinned fried onions? TINNED FRIED ONIONS. And they SOLD OUT. Across the country.

Nigella, it seems, is going pretty flexitarian. Not so much the LADS, LADS, LADS of TV cookery. Jamie Oliver and Hugh Fearnley-Whittingstall both advocate eating more game birds. They argue that it’s had a better life than caged poultry, and that their carcasses taste finger-wipin’ good.

The shooting of wild birds, it seems, is a super pastime for culinary celebrities. In fact, the website of Jamie Oliver (who has had a go) hosts articles about the gloriousness of shooting wild animals and eating their bodies. Marco Pierre White and Raymond Blanc love emptying their barrels into the occasional lucky bird. Gordon Ramsay has shot everything from a pigeon to a mountain goat. Legend.

My impression of bird-shooting — grouse, pheasant, duck, partridge, snipe and woodcock — has always been that there’s maybe a hundred or

so people doing it in the UK. A handful of royals. Maybe some affable idiot like Alexander Armstrong, who advocates hunting and has been on shoots. The irony that much of the money he makes comes from providing the voice of Danger Mouse — nothing but exterminable vermin as far as he’s concerned — is not lost on me.

But, this is not the case. Half a billion acres of the UK suffer ecological catastrophe as they are drained and dried for this vulgar hobby. Mountain hares and hen harriers are killed to stop them predated the merch. Half a million birds get shot each year, the lucky ones dead, the less-lucky majority carried off in the jaws of a slobbering dog to have their necks wrung.

And let’s be clear — these are not wild animals. They’re deliberately created, penned, and fed until a brief moment of ersatz liberty before being torn from the sky in a hail of lead. They aren’t pests — they’re bred to be shot. And yes, it’s a rich-person’s pastime, but there are a lot of rich people out there, not just the likes of Ian Botham, who owns his own grouse moor in Yorkshire. The entire industry is worth two billion pounds a year. But, it seems, that’s not enough money. The loveliest part of this? You paid for it. Three million pounds a year goes into subsidies for farms organising shoots.

Still. Poor people, isn’t it. The flushers and beaters. They get to eat some of the spoils of the ladies’ and gentingming’s

activities. ‘Coo, thanks, mister, that’ll keep the pot full and the kiddiewinks’ poor bellies from a-rumblin’ and no mistyke.’ Nah. Not so much. Ever heard of a stink pit? It’s where they dump the grotesque glut of dead birds nobody can be bothered to eat. All this while people are desperately resorting to food banks.

I understand that shooting wild birds is traditional, like witch-ducking and blood sacrifices, but maybe this is another tradition we should confine to history. I hope that the more machismo-oriented TV chefs start to wake up to the folly of this cruel and unnecessary practice, and stop advocating eating game. Eat a grouse? I’d rather eat tinned fried onions. And that’s saying something. ■

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



A photograph of a pig standing in a dark, industrial-looking environment, likely a factory farm. The pig is light-colored with some darker patches and is looking directly at the camera with its mouth open. The background shows metal structures and dim lighting.

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