

# SESV News : Summer 2000

the newsletter of South East Scotland Vegetarians



## The Chair writes.....

As you will, by now, be aware, the past two months have been a time of rapid change for SESV. At the beginning of June a new committee was formed and given the task of revitalising the group. To that end, it was decided to change the emphasis away from that of a social group to one of information, campaigning and promotion of vegetarianism. It seems now that the majority of us meet other vegetarians regularly through work, family and other social groups, and so have less need of the support of a specifically vegetarian social group; hardly surprising when 5% of Scots are veggie or vegan, and probably more within S.E. Scotland.

There are still roughly 85% of the population regularly eating red meats, and ignorance of exactly what vegetarianism is, and why it exists, is widespread. Nice tuna salad anyone? The old perception of bearded, sandal-wearing, lentil eating eccentrics has to some extent been replaced with the image of pale, skinny, adolescents who are dying for a bacon butty, but just can't quite square it with a youthful infatuation with animal welfare. As anyone who's met me will assure you I don't fit that image at all, and I promise I won't grow out of it! And I'm sure that goes for most (all?) of you.

Hence, the group now aims to have a presence at a wide range of events giving out information and advice, selling vegetarian cookbooks and promoting our lifestyle with our happy smiling faces. We have already had successful stalls at the Meadows Festival and on Princes Street in Edinburgh, promoted the group with other like-minded campaign groups within the SAVE (Scotland's Animal Voice) network, and raised our profile with media organisations throughout S.E. Scotland. We are planning our presence at the Edinburgh Festival and the universities Freshers Weeks, and preparing a website, information packs, and display materials.

What else should we be doing? Should the committee come to Galashiels, Falkirk, or across to Fife. We could bring stalls or displays to your area or local event. You get in touch and let us know. It's your group, but we can't reflect that if you don't let us know what you want.



## Who wrote this?

'Surely a better time must be drawing nigh when godlike human beings will become truly humane, and learn to put their animal fellow mortals in their hearts instead of on their backs or in their dinners.'

(Answer at the end of this newsletter)



## **What can you do for SESV?**

We appreciate that many of you will feel unable to get involved directly in the running of SESV due to lack of time, personal circumstances or geographical remoteness. However, there are many ways in which you can help that will take very little time or effort.

- 1) keep an eye out in your local and national newspapers and magazines for articles related to vegetarianism, whether positive or negative, and send them to us. We can then either rebut the negatives presented, elaborate on the positives, or add sympathetic publications to our mailing list.
- 2) inform us of any upcoming events at which you think a SESV stall would be appropriate e.g. local environmental events, food fairs etc.
- 3) if a new health food shop or restaurant offering good vegetarian food opens in your area let us know, or even write a short review for us. We'll let other members know about it. We may be able to persuade them to join the Vegetarian Society discount scheme and save you money.
- 4) similarly if you have a bad experience of a restaurant trying to serve vegetarians fish or other meat - based dishes, let us know and we will contact them to try and put them right. If there are simply no places serving veggie food in your local area, tell us and we'll arrange for them to get a mailing about catering for vegetarians.

5) consider whether there are any local community centres, libraries or workplaces that might welcome a display on vegetarianism, or take a dispenser for VSUK leaflets. Give us the information and we'll arrange it all.

6) if you meet anyone interested in vegetarian issues, thinking of becoming vegetarian or already a practising vegetarian, give them our address!

Of course, if you can spare time to help run information stalls, design displays, write articles for the newsletter, help put out mailings, organise social events, speak to schools and community groups, do cookery demos, or you've just got some good ideas for the group, then we'll try to accommodate!

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## **VSUK- is it for you?**

Although many of us are members of the national society, many are not. That in itself is not a problem, and you are all equally welcome in SESV. However, I feel an obligation just to remind everyone of the benefits of VSUK membership.

A) Your membership card can gain you discounts: 10% if you spend more than £5.00 at any branch of Holland & Barretts, so if you've one near to you (01203 244400 to find out), you could make back the cost of membership just by spending £5 per week. Easily done. Other discounts are available, but admittedly not many in Scotland.

B) Quarterly Vegetarian magazine with a wide range of articles, new products, recipes, celebrity interviews,

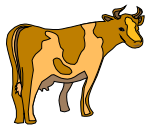
book reviews, reader offers and vegetarian classifieds.

C) Access to a telephone information hotline exclusive to members for any queries or information you require.

D) Discounts on courses at Cordon Vert Cookery School, which can recoup your membership cost in one go.

E) The satisfaction of supporting one of the oldest animal welfare campaign groups in the world, and knowing that you are helping the promotion of vegetarianism throughout the UK.

As I said we don't expect all our members to join, but please consider it.



### **Leather - There is an alternative!**

Non-leather shoes and accessories have until recently been hard to find, and either very expensive or of poor wear-quality. There are now a good number of mail order companies, most of whom offer a reliable and fast service, and quality and prices are now comparable with mid-range leather goods.

Leather is a by-product of the slaughter of animals, and generates nearly £1/2 billion in UK sales annually. This is money which actively subsidises the meat industry and helps make the raising and slaughter of cattle profitable.

Although a "natural" product, leather is not environmentally-friendly. Lead, zinc, cyanide, formaldehyde, and

various toxic dyes are all used in tanning leather, and pollute water courses as a result. Non-leather goods produced from petroleum-based materials undoubtedly have an environmental price, but this must be contrasted with the environmental impact of meat production. Methane and ammonia are produced in large quantities, contributing significantly to global warming and acidification, and livestock farming is the single largest water pollution factor in the UK.

Obviously, it would be poor practice to throw out all our old leather goods tomorrow, but whenever you replace an existing leather product please try to source a non-leather alternative. If you have any difficulties then contact either SESV or VSUK for advice.

A new retailer has recently opened in Edinburgh. Shopeco is at 120, Duke St. in Leith, and currently opens Fridays and Saturdays 10-5. As well as non-leather shoes and boots, they also stock a full range of ecofriendly baby goods. Phone 0131 530 9070 for details.

Many high street retailers stock limited numbers of non-leather shoes now. Schuh (in Dundee, Glasgow, Edinburgh and Newcastle) stock a good selection including the full range of non-leather Dr. Martens. Most sports shoe manufacturers produce a vegan training shoe, though mail-order non-leather specialists also have some, and will certainly be less exploitative of workers

Some mail-order companies used by members, or recommended to them:-

**Vegetarian Shoes, 12, Gardner Street, Brighton, East Sussex BN1 1UP**

**Tel; 01273 691913 (www.vegetarian-shoes.co.uk).** Large range of boots, shoes, jackets and accessories  
**Ethical Wares, 17, Townsend Road, Corfe Castle, Wareham, Dorset BH20 5ET**  
**Tel; 01929 480360**  
(www.veganvillage.co.uk/ethicalwares). Good range of shoes and boots.

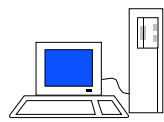
**Made to Last, 8, The Crescent, Hyde Park, Leeds, LS6 2NW Tel; 0113 2304983**  
Mail order catalogue, but will also make to order.

**Veganline, 2, Avenue Gardens, London SW14 8EP Tel; 0208 369 3535** Boots, sandals, and jackets

**Green Shoes, Station Road, Totnes, Devon TQ9 5HW Tel; 01803 864997**  
Large range and includes children's shoes.

**Cader Idris, Eldon Square, Dolgellau, Gwynedd LL40 1PS Tel; 01341 422195**  
Walking boots.

**Burton McCall, 163, Parkington Drive, Leicester, LE45 0JP Tel; 0116 2340800**  
Country styles and work boots.



### SESV Website

We now have a website, at <http://www.jsc.care4free.net/sesv/>, so have a look at that for up to date info, including also a copy of the newsletter.

For the website we'd particularly welcome contributions on local restaurants, cafes and shops which

provide for vegetarians. If you know any good ones let us know.

### Meet (some of) us on the 19th

At the Scotland Yard Summer Festival on the 19th August we plan to run a SESV stall. This should be manned throughout the event, and if any of you are there please say hello. It's from 12 noon till 5pm at George V Park, near Canonmills.



### For budding (or established) artists

We would like to have a logo for SESV, and some poster designs. So if you have a talent or an interest in this please send us your ideas. You can email in (any recognised picture format e.g. bmp, gif, jpg, png, psd) to [johnsc@bigfoot.com](mailto:johnsc@bigfoot.com)

No prizes of course, but it's for a good cause.

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### A weekend in the country

A few weeks ago my wife and I stopped over in Dumfriesshire for bed and breakfast. From the local tourist information office in Dumfries we got the address of a vegetarian B&B in nearby Beeswing. I can thoroughly recommend this as a place to stay if you're in the area. The setting is very peaceful and watching the martins flying in and out of an outhouse was magical. I haven't kept a note of the prices, but I think it cost us around £40

in total for the one night, which was about the going rate for the area.

The address is;  
Netherfield Farm,  
Lochanhead,  
Beeswing,  
Dumfries,  
DG2 8JE  
tel: 01387 730217

Though the people there moved from Edinburgh I have no connection with them!

John Clayton

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### **Vegetarian Wines** **How easy is it to find them?**

Due to some obscure regulation, alcoholic drinks containing more than 1.2% alcohol do not have to list their ingredients. Fining agents are used to remove fine, suspended residues from the finished product to produce a clear liquid. Unfortunately, these have included isinglass (from fish swim bladders), gelatine, chitin (from crab, shrimp or insect shells), egg albumen (may be from battery hens) or ox blood (thankfully rare). The Wine Development Board claim that fining agents are removed at the end of the process with only “minute” traces left, but this misses the point slightly in that we can not condone their use at all.

There are many alternatives such as silica gel, kaolin and the minerals bentonite and keiselguhr.

Some newer wineries may also use filtering or centrifuging. Vegetarian wines may also use egg albumen from free-range sources or modified casein from milk, so vegans take note!

So, where do we find these wines? Supermarkets, off-licences, some independent retailers and mail order companies all stock some suitable wines. It is not possible to produce definitive lists as stock constantly changes, and vineyards are switching their choice of fining agents, but we have researched how to find out

### **Supermarkets**

Most supermarkets stock at least a limited range of suitable wines.

**Asda** - all customer information desks should hold lists of which wines stocked are vegetarian or vegan. These currently include a vegan chardonnay (Bin050 Bernard Delmasson), a white Bordeaux (Entre Deux Mers - Chateau Vielle Gadiran) and an Italian red (Valpolicella - Fasoli Gino). Further information tel.0500 100055

**Co-op** - all suitable wines are clearly labelled in store and, unusually, also show sulphur residue levels. For current list phone 0800 317827.(www.co-op.co.uk)

**Marks & Spencers** - are currently updating labelling policy to show clearly which are vegan & vegetarian. 50% of stock has new label, and should be 90% by next year. They also state that their buying policy presumes in favour of vegetarian option, unless one of suitable quality can not be obtained. All customer service desks should have information.

**Safeway** - many of their own brand wines are suitable for both vegans and vegetarians. Full details can be obtained from Product Enquires,

Customer Services on 01622 712899, who will provide a very comprehensive list. The customer service desk in each store should also provide details.

**Sainsburys** - again the customer service desk will be able to advise. Their own brand wines include the Classic Collection Chateauneuf-du-pape and Cotes de Rhone; whites include own brand Soave and Vins de Pays

Gascogne.(www.sainsbury's.co.uk)

**Somerfields** - unable to give required information. Staff did not think they stocked any vegetarian or vegan wines "due to lack of demand".

**Tesco** - advice may be sought from the Wine & Spirits Manager of each store. (www.tesco.co.uk)

### Off Licences

**Majestic** - in store price lists show suitability of each product clearly. Further information from Alex Gillson in the Public Relations Dept. 01923 298200. (www.majestic.co.uk)

**Oddbins** - (www.oddbins.co.uk). Do not have information available at present, though working to rectify this. Staff can identify organic wines on request.

**Bottoms Up / Firkin Off-licences / Haddows / Threshers / Victoria**

**Wines** - now the same company, though still trading separately. From 3/7/2000, all stores should have complete details of vegetarian and vegan suitability available on enquiry. In case of difficulty contact 01707 328244

### Independent Retailers

Within the Edinburgh area, the following also stock a good range of vegetarian & vegan wines.

**Margiotta's Enoteca**, 35, Dundas Street, Edinburgh (557 5711). Stock

good range of organic and some vegetarian wines (includes the Domaine Saint Michel VSUK registered range), and staff seem well-informed. Individual branches may have limited number of suitable wines. These are not labelled, but the staff should be able to advise.

**Nature's Gate**, 83, Clerk Street, Edinburgh (668 2067) 5% discount to VSUK members if spending more than £5. 20-30 suitable wines.

**Peckhams**, 155, Bruntsfield Place, Edinburgh (229 7054). Do stock some suitable wines, but not all staff are aware of suitability. Ask to speak to the duty manager who should have list from their wine buyer, Stuart Barrie.

**Note:-** this shop is licensed until midnight!

**Real Foods**, 37, Broughton Street, Edinburgh (557 1911) and 8, Brougham Street, Edinburgh (228 1201). The original vegetarian & vegan wine stockists in the area.

**Valvona & Crolla**, 19, Elm Row, Edinburgh (556 6066). Do not specify suitability for vegetarians and vegans, but do stock a range of unfiltered organic wines, which by definition are suitable (and have a fuller flavour!). They do hope to identify vegetarian / vegan suppliers "shortly".

### Mail Order

If you can afford to buy by the case, or can club together with friends then the following companies have very detailed listing of organic wines, with those suitable for vegans and vegetarians clearly marked. Prices are comparable to other sources.

**Vinceremos**, 261, Upper Town Street, Leeds. LS13 3JT (0113 257 7545)

**Vintage Roots**, Farley Farms, Bridge Farm, Reading Road, Arborfield. RG2 9HT (0118 976 1999)

**HDRA Sales Ltd**, National Centre for Organic Gardening, Ryton-on-Dunsmore, Coventry. CV8 3LG (01203 303517). Administered by Vinceremos, but profits support this very worthwhile cause.

If after all this you can't easily lay your hands on a vegetarian wine then remember that New World (Aus., NZ, USA, S.Africa, and S.American) wines are more likely to be vegetarian, and many, though not all, organic wines are so. The whole of the commonly available Penfolds range of Australian wines are vegetarian, and are highly recommended.

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### **A Mediterranean Feast**

Mediterranean food is supposedly very healthy, and it's certainly very fashionable, but there's no need to confine yourself to Spanish and Italian cuisine!

#### **Chick Pea & Tomato Stew** (Turkey)

6 medium tomatoes, skinned & finely chopped  
100ml olive oil  
2 medium onions, finely chopped  
4 cloves garlic, finely chopped  
1 x 400g tin of chick peas  
4 tbs fresh parsley, finely chopped  
1/2 tsp dried thyme  
250 ml water  
salt & pepper

Heat oil in a medium sized frying pan. Cook onions and garlic over a medium heat until soft (~ 5 mins). Add tomatoes and simmer for a further 5 minutes, until soft. Add all other ingredients and bring to boil. Cover,

turn down heat, and simmer for 15-20 minutes.

#### **Carrots a la Grecque** (Greece)

6 tbs olive oil  
4 tbs lemon juice  
2 tsp coriander seeds  
1 tsp black peppercorns  
1 tsp fennel seeds  
2 bay leaves  
4 garlic cloves, mashed  
1 tsp salt  
1 tsp freshly ground black pepper  
1/2 tsp sugar  
500ml water  
450g carrots, peeled and sliced into 1cm pieces  
115g small onions or shallots, quartered  
150g chestnut mushrooms, quartered

Place oil, lemon juice, coriander, peppercorns, fennel, bay leaves, garlic, sugar, salt & pepper into pan with water. Bring to boil, cover, and allow to simmer gently for 30 minutes. Strain and pour liquid back into pan. Add the carrots, onions and mushrooms and bring back to the boil. Simmer for 15-20 minutes, until tender. Strain vegetables and serve with a few tablespoons of the liquid.

#### **Gingered, creamy cauliflower**

(Egypt)  
1 large cauliflower, cut into small florets  
3cm cube of ginger, peeled and very finely chopped  
2 small, mild green chillies, finely chopped  
4 tbs fresh coriander, finely chopped  
250 ml creme fraiche  
100 ml milk  
1 tsp salt

place all ingredients in a large frying pan and bring to boil. Cover and simmer for 10 minutes, stirring regularly. Remove lid and cook for 2-3 minutes on a medium heat, stirring. Serve when sauce begins to thicken.

### **Tabbouleh** (Lebanon)

120g bulghar wheat, soaked in cold water for 45 minutes and then strained  
2 medium tomatoes, peeled, deseeded and roughly chopped  
1 medium onion, finely chopped  
80g fresh parsley, finely chopped  
3 tbs lemon juice  
1 tsp salt  
2 tbs olive oil

Place bulghar wheat in a clean tea towel, and squeeze out as much fluid as possible. Place all ingredients in a large bowl and mix well. Season to taste.

All recipes are for 4 persons. Serve with wholemeal bread and a mixed green salad. Goes well with Spanish Tempranillo, French Cotes du Ventoux, Italian Chianti, or Australian Shiraz red wines.



### **Let us know**

As a member of SESV you can play a part in promoting vegetarianism in our area by sharing your knowledge and skills.

If you want to contribute what you know, such as a food shop recommendation, or want to ask a question please contact us. Similarly, if you have a particular skill or interest

that you think we could use let us know.

You can contact by

### **writing to:**

South East Scotland Vegetarians  
2 New Woodside  
Bush Estate  
Penicuik  
EH26 0PH

### **phoning:**

(0131) 445 1714

### **emailing:**

[johnsc@bigfoot.com](mailto:johnsc@bigfoot.com)

If you also know of any upcoming events, or issues that you think would be of wider interest we'd be glad to hear.

Similarly, if there are things you want to know, we'll tell you if we can. We get a lot of material from the Vegetarian Society on a range of topics, and we hope to build up more local knowledge as well.

Knowledge is on our side, ignorance works against us.



### **Who wrote this? (answer)**

John Muir (1838-1914), Scots (Dunbar) born American conservation pioneer and father of the American National Parks

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***South East Scotland Vegetarians***  
*(SESV) is a group which exists to  
promote vegetarianism in South East  
Scotland (Lothians, Borders, Fife and  
Forth Valley).*