

Veggie Table

SPRING ISSUE

THE VEGETARIAN
SOCIETY OF
BERMUDA

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“Just Veggin” ...thoughts from the Editor

After a long hiatus, I am pleased to welcome you to the newest issue of the Veggie Table. The Veggie Table is the voice of Bermuda's Vegetarian Society, an organisation dedicated to promoting vegetarianism. The Veggie Table will be published quarterly and for each issue we welcome contributions from you to help make the newsletter more effective in achieving its aim. Please know that the opinions expressed by contributing authors and statements in advertisements do not necessarily reflect those of the Society.

This issue has a Spring focus and as winter draws to a close and we notice signs of Spring approaching, we hope that this issue provides you with tips and resources to assist and educate you on your Vegetarian lifestyle. We've added some new features to keep the newsletter fresh. We will focus the veggie spotlight on a local veg*n and provide you with the titles of books that we hope will be valuable resources in your personal library collection. In an attempt to support local businesses, we will also highlight a local veg*n business, that you can visit, check out and shop at.

May I encourage you in this Spring season to embrace all that it has for you and to try something new.

Be fresh. Be healthy. Be veg*n.

Happy Reading!

In this issue

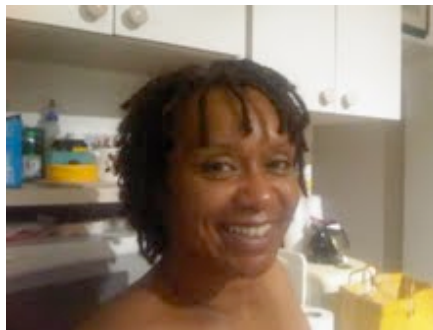
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UPCOMING EVENTS: MARK YOUR CALENDAR!

MARCH 20th- MEATOUT DAY (www.meatout.org)
MEATOUT POTLUCK & COOKING DEMO at DEVONSHIRE S.D.A. CHURCH @ 2pm
MARCH 20th- SPCA PAWS IN THE PARK WALK (www.sPCA.bm)
MARCH 26th- EARTH HOUR is at 8:30pm (www.earthhour.org)
APRIL 7th- ARGUS HEALTH FAIR (www.argus.bm)
APRIL 14th-16th- AGRICULTURAL EXHIBITION at the BOTANICAL GARDENS
APRIL 17th- BERMUDA NATIONAL TRUST PALM SUNDAY WALK (www.bnt.bm)
APRIL 22nd- EARTH DAY! (www.earthday.org)

SPOTLIGHT ON DR.EUGENIE SIMMONS



VT: What type of vegetarian are you?

ES: *I am primarily a vegan. However, I do occasionally have egg whites if I am not getting sufficient protein for my body. I have also discovered when baking that not all recipes adapt well to egg replacers and for those particular recipes, I will use egg whites.*

VT: How long have you been a vegetarian?

ES: *I have been vegetarian for over two years.*

VT: What was the hardest (non-vegetarian food) to give up?

ES: *I don't have any particular non-vegetarian food that I crave for. My biggest challenge is that one size does not fit all when it comes to my body's need for protein and, as a diabetic, I sometimes need to reduce my carbs to manage my sugar levels. I therefore do not always get sufficient protein through non-meat sources. When I run into these occasional challenges, I will resort to using egg whites to ensure that I get sufficient protein for my body.*

VT: What are your favourite foods?

ES: *I love Indian and Middle Eastern dishes.*

VT: Why did you become a vegetarian?

ES: *I became a vegetarian to improve my heart health. And to adopt a more healthy lifestyle. Since becoming a vegetarian, I have lost over 30 pounds and my sugar levels are normal most of the time. My cholesterol and blood pressure is also in a healthy range.*

VT: How do you maintain your vegetarian lifestyle locally and abroad?

ES: *I don't normally run into problems with my vegetarian lifestyle. I find most of the local restaurants that I frequent are very accommodating in preparing meals comprised of vegetable side dishes. I also have found a few restaurants that offer vegetarian (vegan) options. When I travel, I generally find good vegan restaurants and the restaurants and hotels are very accommodating. I am also a pretty good cook and I enjoy taking my favorite recipes and turning them into vegan dishes.*

VEG*N BOOK SHELF

Be sure to pick up one of these books from a local store.

Visit Brown & Co or the Bermuda Bookstore

1. Hetty and Harriet - G.Oakley (kids book)

2. By Any Greens Necessary: A Revolutionary Guide for Black Women who want to Eat Great, Get Healthy, Lose Weight and Look Phat - T.McQuirter

3. The World Peace Diet: Eating for Spiritual Health and Social Harmony - Dr. W.Tuttle

4. Eating Animals - J. Safran Foer



Want to share about your veg*n experience?

Email Nicole at vsbda1@yahoo.com

Loquat Jam

Wash, remove seeds, and blossom ends from whole ripe fruit. Run through food chopper and measure pulp. Barely cover with cold water. Cook until tender and deep red.

Add 3/4 cup sugar to 1 cup of loquat pulp. Cook until thick, stirring constantly. Pour into hot sterilized jars and seal with sterilized lids. It is best to cook small batches of no more than 5 cups of fruit pulp in one kettle.

Hosting an event?
Want a veg* n
caterer?

Personally Yours
Catering
535-5880
sistah_saute
@hotmail.com

Looking for
great veg* n
resources?

Check out
It's Only
Natural
8 Princess
Street
292-6617

SPRING CLEANING by NICOLE GREGORY

THE VEGETARIAN TIMES- April 2001

The warm days of spring symbolize a time of hope and rebirth—plus they bring the motivation to clean out stuffed closets and drawers. Why not take advantage of the season and treat your body to a safe and simple herbal detox?

Since the dawn of man, many cultures consider the changing of the seasons a time to detoxify. Aside from being steeped in tradition, detoxing is a healthy ritual that removes harmful substances from the body and normalizes kidney and bowel function. The procedure, however, does not mean assaulting your system with strong enemas or harsh laxatives. In fact, many herbalists and alternative healers question the wisdom of such practices. "I don't believe that the human body is a sewer to be purged," says David Winston, an herbalist in Washington, N.J., and author of *Saw Palmetto for Men and Women* (Storey, 1999). "Those hard practices are really unnecessary because the body is a self-cleaning organism."

An herbal detox gently supports the body to help the liver process toxins into a water-soluble form so they can be excreted by the kidneys, explains Sandy Szabat, N.D., a

naturopathic physician and an adjunct faculty member at the National College of Naturopathic Medicine in Portland, Ore. Bitter to the taste, many detoxifying herbs stimulate saliva production and start the bile flowing, thus beginning the detoxification process.

To maximize results, you might consider a one- or two-day fast of just water, broth and/or vegetable juice. A fast forces the body to utilize fat for fuel. And since the body stores toxins in the fat, fasting starts flushing toxins from your system, says Jill Stansbury, N.D., a colleague of Szabat's. While some people enjoy fasting and consider it a kind of spiritual challenge, it's not for everyone. Stansbury explains that fasting can cause headaches, fatigue and intestinal discomfort in some people.

FAMOUS VEGETARIAN

ROSA PARKS

THE MOTHER OF THE CIVIL RIGHTS

MOVEMENT WAS A VEGETARIAN

Interested in the veg* n lifestyle? Would you like to receive tips and great information?
Send your email address to vsbda1@yahoo.com to be added to our list.

Want to contribute to the newsletter? Email Kim @ kdcaines@gmail.com