

SUMMER  
2011 ISSUE

THE VEGETARIAN SOCIETY OF  
BERMUDA

# VEGGIE TABLE

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*Summer isn't over and there are many types of fruits and vegetables in full bloom for us to enjoy....head to a local market near you!*

## JUST VEGGIN' THOUGHTS FROM THE EDITOR

Welcome to the second issue of the Veggie Table, our summer issue.

We hope that you find this issue informative as it is packed with some great treats for you as you continue to enjoy the summer.

So as we continue to brave the glorious summer heat, let's reflect on how fortunate we are to live in such a beautiful place. Take a moment to get outdoors whether for a stroll on a beach or in one of our local parks; there are lots of fantastic natural sanctuaries for us to enjoy.

This issue of the Veggie Table finds us meeting a new local veg\*n who was not shy sharing about his journey thus far. We have also included a new feature for the kids

because we believe that we should be encouraging and educating our kids to make healthy choices.

As always, special thanks to Nicole Stovell for gathering all of the content and to you our readers who welcomed our first issue with such love. Continue to spread the word about the Society and if you want to get involved or see something included in an issue, do not hesitate to email us.

*BE FRESH*

*BE HEALTHY*

*BE VEG\*N*

H a p p y  
Reading!

*Kim*



## Upcoming Events

### Sunshine League Moon Walk

The League's Annual Moonwalk takes place on August 13th at 7:30pm. Visit [www.sunshineleague.bm](http://www.sunshineleague.bm) for more information

### Moonlight Movie Series

August 12th, 13th and 19th.

Visit [www.moonlightmovieseries.com](http://www.moonlightmovieseries.com) for more information

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# Nourish by the Season- by Ishmir Savory

**S**ummer is known to begin on June 21st with the summer solstice, this is when the sun is at its northernmost position relative to earth. At the solstice, we have the most daylight of the year! In traditional Chinese philosophy the sun is considered yang, as it supplies energy, an agent of action and outward movement, and creates the hot and dry climate. This all leads to increased travel, play, and work in the beautiful sunshine! Be sure to stock up on some free vitamin D! Summer is nature's season of growth and maturation, flowers, fruits and vegetable gardens are growing at their peaks and we should be doing the same! We should make sure to get adequate recreation and lots of solar energy this season to prepare for the cycle of growing darkness, or yin, which will peak six months later known as the winter solstice.

Eating by the season is a key factor to a healthy nutritional plan. Since the summer is hot and we are more active we should consume cooling and light foods. The seasonal summer diet should consist of primarily fruits and vegetables, especially because they are at their nutritional peak full of hydration boosting minerals to take on the heat and humidity.

It is factual to say that during the summer months in Bermuda local vegetation is limited as well as fresh local fruits. However, the local fruits and vegetables that will be readily available in our markets, growing wild or in our home gardens are fresh cactus prickly pears, callaloo, corn, cucumbers, bell peppers, melons, okra, ripe papaya (paw paws),



peaches, potatoes, summer squash, tomatoes and zucchini . Four top foods I suggest eating during this season whether locally grown or imported are:

**Avocados:** This fruit is very high in healthy oleic acid. This is a monounsaturated fat that helps increase fat metabolism. It is also rich in the powerful carotenoid anti-oxidants lutein and zeaxanthin as well as Vitamin E

(tocopherol). These anti-oxidants decrease oxidative stress and allow for a healthier cellular environment. Other critical components include ionic potassium and folate. These elements are alkaline forming in the body, helping to buffer acidic wastes that accumulate within the human tissue and bloodstream.



YOGA is a great way to relax and de-stress from the busyness of life.

Visit [www.yogabermuda.com](http://www.yogabermuda.com) for more information.

Oms!

**Blueberries:** Loaded with antioxidant phytonutrients called anthocyanins. These nutrients powerfully neutralize free radical damage to the collagen matrix of cells and tissues. In addition, anthocyanins have been shown to improve capillary integrity and enhance the effects of Vitamin C. The anti-oxidant power of blueberries has been shown to be particularly useful in stabilizing brain function and protecting the neural tissue from oxidative stress. The riper the berries the more anti-oxidant power they contain. To assess the ripeness of the berries look at the color. Riper berries are a darker blue. Blueberry season is mid-late summer, June – August at the closest point to Bermuda from North America (New Jersey).

**Cucumbers:** One of the best foods for your skin, joints, & energy levels, cucumbers are loaded with the mineral silica, which is an essential component for healthy connective tissue (muscles, ligaments, cartilage, bone, & skin). It is also full of ionic potassium, magnesium, & vitamin C which give it a powerful alkalizing effect within the body. Additionally, cucumbers are particularly rich in fluids that hydrate the skin, joints, and tissues. The combination of alkalizing elements, electrolytes, & fluids make it one of the world's best foods for enhancing energy levels. Cucumbers are also great for stabilizing blood pressure and stimulating the body's natural detoxification process.

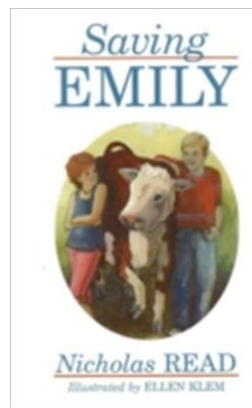
**Watermelon:** A fantastic thirst quencher. Watermelon is a good source of vitamins A and C and potassium, minerals and amino acids (vitamin B6) plus a generous amount of lycopene, an antioxidant believed to prevent many forms of cancer. Watermelon only contains 5 percent sugar which is half that found in an apple so it is a great snack food for diabetics.

Nutritional information source: "The New Whole Foods Encyclopedia" by Rebecca Wood

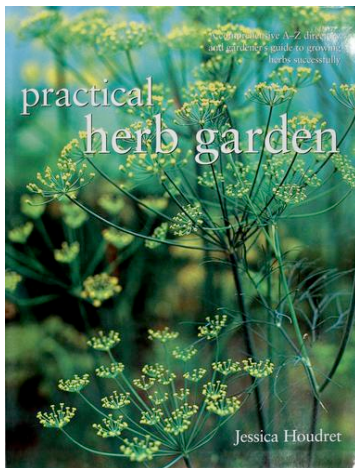
## THE VEGGIE BOOK SHELF



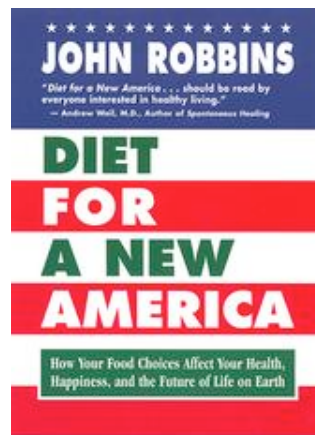
**The Compassionate Cook**  
PETA and Ingrid Newkirk



**Saving Emily**  
by Nicholas Read,  
illustrated by Ellen Klem



**Practical Herb Garden**  
by Jessica Houdret



**Diet for a New America**  
by John Robbins

Bermuda is one [of the world's] home to the fabulous *Odontosyllis Enopla*, (glow worm). These little Annelid produce a spectacular light display in shallow waters as they mate.

Between June and September, for the three nights following the full moon, you can watch their antics. It is at its best on the third night, 50 to 63 minutes after sunset. Be quick as it only lasts approximately 10 minutes.

Two good places to see this natural phenomenon are the Aquarium, Flatts and Ferry Reach, St George's.  
[www.sharkoil.bm](http://www.sharkoil.bm)

## Local Treats

### The Metaphysical Bookstore

63 King Street  
Hamilton HM 10  
295-5683

### Savory Vegan Gourmet Delights

savoryvgd@gmail.com  
332-8290

### ABC Natural Foods

41 King Street  
Hamilton HM 19  
292-4111

### Great Online Stores

[www.veganstores.com](http://www.veganstores.com)  
[www.veganessentials.com](http://www.veganessentials.com)



# Spotlight on local veg\*n

Marc Gravel

## What type of vegetarian are you?

Vegan. Some may say a strict vegan as I don't eat white 'bone' sugar or honey, and I avoid preservatives. But, I'm not a strict eater of the wide variety of foods I enjoy.

I prefer organics when it's not so expensive, however I don't worry about organic foods too much, especially as Bermuda doesn't have any standards regarding organic labelling, and it's not clear how the imported organic foods are treated. So, I figure buying local (eg. Wadson's) is usually better health-wise and in many other ways also.

## How long have you been a vegetarian?

I became a lacto-ovo vegetarian in 1998 at the age of 14. About 4 years later (2001 or 2002)

I went vegan, and haven't looked back since. So, I've been eating a meatless diet for 13 years, almost half my life now! I'm 27 now.

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

Initially I would say cheese was particularly addictive... but my food choices were much more limited before going veg. I've learned a lot since then, and I can say in all honesty that I don't miss any animal-derived foods anymore. Instead of cheese, there's now a huge selection of vegan cheeses - Cheezly, Sheese, Teese, tofutti, etc. Agave nectar easily replaces honey... it doesn't crystalise, has a long shelf life, is low glycemic... and comes in different strengths and flavours. They even have vegan whipped cream in a can, vegan ice creams, and countless vegan meat substitutes. So what's to miss? Animal products generally aren't recognised for being

flavourful, only until they're complimented with spices and condiments.

Animal products by themselves are usually admired for their fat content, which of course are bad fats (LDL). Replace that with real foods that are complimented with healthy fats (hdl, etc) and you can easily replace animal based dishes, while being healthier to yourself, the environment, and animals too, while not missing out on nutrition or anything else. It's an easy lifestyle choice to me! Albeit, doing anything differently than the status quo can be socially challenging.

**SPOTLIGHT CONTINUES ON  
PAGE 5**

## RAW AVOCADO AND CUCUMBER SALAD

**SERVES 4-6**

2 Kirby cucumbers, rinsed and chopped  
3 Avocados preserve half for cubing for garnish  
¼ cup + 1 tablespoon of lemon juice  
3 ½ cups water  
2 scallions, washed and chopped  
1 celery stalk  
½ teaspoon ground cumin  
½ teaspoon ground coriander  
4 tablespoons chopped fresh Cilantro, preserve one tablespoon for garnish  
2 tablespoons chopped fresh mint  
1 tablespoon Sea Salt or more to taste  
1 plum tomato, seeds removed and small dice  
¼ cup finely chopped red onion  
Extra Virgin Olive Oil (optional)

In a high speed blender, puree all the ingredients except for half an avocado, 1 tablespoon of cilantro, and the plum tomato until smooth. Add additional water if you wish to thin the soup's consistency, however the soup should coat the back of a spoon. Taste and add more salt if desired. Transfer to a bowl and chill in the fridge until ready to serve.

In a small bowl, mix together the remaining ingredients to create a salsa to garnish the soup.

To serve the soup, ladle soup into a bowl and place a spoon full of the salsa in the middle of the bowl and drizzle the olive oil around the salsa.

## Spotlight on Marc Gravel continued...

### **What are your favourite meals to prepare?**

Black bean dip! Inexpensive and relatively quick to prepare. Also easy to modify if I don't have a particular ingredient handy.

*1 can black beans, strained.*

*1 tomato, diced.*

*About 4 tablespoons oregano (this is likely too much for the average person).*

*4 teaspoons kelp powder*

*Hemp oil, olive oil, or other plant based oil.*

*1 carrot, shredded.*

*Crackers (Fritos Scoops, Carr's table water, Triscuit, etc) or veggie sticks.*

*Method: Mash strained black beans with a fork. Add the diced tomatoes and shredded carrots. Add oil until the dip is easy to mix around with a fork. Mix it, eat raw with crackers or veggie sticks, enjoy! Prep time approx 3-5 minutes.*

Alternatively, Guiltless Gourmet makes a fantastic black bean dip. Haven't seen it in Bermuda yet.

Oatmeal is a breakfast item I also enjoy. Once you add lots of fruits, sweeteners, and things like goji berries and blueberries, yum!

I also enjoy making seed bars, smoothies, and many other things.



### **Why did you become a vegetarian?**

I was sitting in my room reflecting on myself in general. I reflected on how my lifestyle affected animals, and realised vegetarianism made a lot of sense. It was really just a random time to stop and reflect in an independent and conscious manner, but I came to a sensible realisation about animals that I accepted to try right away.

So, after some reflection I went lacto-ovo veg because killing animals unnecessarily seemed morally wrong to me. At this point in time I didn't realise how similarly harmful dairy is, or as I now rather call it, 'rape juice'. Learning about the heavy confinement, suffering weather extremes, being drugged up on steroids to the point where mastitis

becomes common, milked by machines to produce such a disgustingly higher milk output, artificially inseminated, being podded and burnt, ears clipped, veal calves separated from family to become meat... It is good to be mindful that in suffering animals are equal to us humans... And subjected to such conditions amounts to a hellish reality I feel is simply unconscionable. And don't get me started on chickens, they are the most abused animal on this planet!

So, ethics regarding animal treatment and ownership is one obvious reason that started it for me. Then there is the environmental factor, which I consider to be secondary in importance; Secondary, because I feel that an environment without sentient beings is useless. There is of course synergy between sentience and the environment we share.

According to a relatively recent U.N. independent study, factory farms produce more greenhouse gas emissions than global transportation.

Also, half the water supply in the U.S. goes to factory farm animals. Put that into perspective when there are billions of hungry and thirsty humans on this planet. Water could rather produce greater amounts of plant foods. And a plant-based diet can stop rainforest clear-cutting caused by land conversions, which have harmful long-term impacts on soil quality also. There are many shocking statistics in John Robbins' book "Diet For A New America".

And if the environmental factor still isn't obvious enough, try driving past a farm on a highway without plugging your nose! It stinks even when you aren't minding them!

A third factor why I am vegan is because of health concerns. A vegan diet does not contain any cholesterol, unlike an omnivore diet. Vegetarian and vegan diets are also shown to reduce the risk of cancer significantly, among many other debilitating conditions.

And a fourth factor I would consider to be social. If the world acted like me, I think things would in fact be much better. I'm not trying to be preachy or condescending, but I'm confident of myself and my beliefs. Nevertheless, it does take all sorts to make the world go 'round.

Not to be misanthropic, but in my humble opinion and as far as things seem logical to me, I'm certain that more conscious thought in society (especially regarding the view of animals as commodities) would equate to more veg\*ism.

### ***How do you maintain your vegetarian lifestyle locally and abroad?***

Locally, no problem! I find that in recent years grocery stores are stocking more and more vegan products, which I consider more of a luxury than a necessity anyhow. Being vegan in Bermuda is a breeze.

#### ***Abroad?***

With ease. British Airways in particular is very vegan-friendly, serving many hot meal items and tasty snacks, and most airlines in general cater to vegans when they receive a request for it.

I'm not a picky eater, but the most challenging place abroad I have been to would probably be Cuba, and that was pretty easy. I ate from a buffet every day, and discovered the large strawberry guava there, which now I consider to be one of my favourite fruits. I simply skipped breads and pastas while there, out of concern there would be dairy/eggs and other ingredients in them. I was fine, despite craving some carbs. They have an admirable agricultural system there, I think Bermuda can learn a lot from them (re: Cuban agricultural revolution) particularly in the context of the economy. Victoria, BC and the UK in general are a vegan's paradise. [www.happycow.net](http://www.happycow.net) is a great global reference. I've been adding some Bermuda listings on there, and I still have more to add!

Costa Rica has plenty of natural food, both in stores/markets and in the wild (mangos, avocados, bananas, etc). Also extremely inexpensive. I plan to visit the Azores this year, so I'll refer to HappyCow for that, and update it if I find useful listings to add. If anyone is feeling challenged, just refer to [www.happycow.net](http://www.happycow.net) or the Vegetarian Society of Bermuda... it's easy to stay connected!

Even big celebrities like Oprah are trying out veganism, and it seems to be becoming much more popular and accepted than it used to be, so the momentum of veg\*n lifestyles is noteworthy also.

**WANNA SHARE ABOUT YOUR VEG\*N EXPERIENCE? EMAIL [VSBDA1@YAHOO.COM](mailto:VSBDA1@YAHOO.COM) FOR MORE INFORMATION. WE WOULD LOVE TO FEATURE YOU IN AN UPCOMING ISSUE.**



## FAMOUS VEGETARIAN

*Joy T. Barnum*

*Bermudian Songstress*

*[www.joytbarnum.org](http://www.joytbarnum.org)*



# KIDS' CORNER

*.....or for the young at heart*

W N Q C O I S B C N Z  
L E M O N G L W I M F  
I Y J K T R N D B F S  
M W C X E G N A R O S  
E H H H V S N P M D T  
P P E U E A T P E Z P  
D Q R I N E E L L A P  
K S R A W A L E O U R  
Z A Y E C R D T N L M  
V A I H Y O B J G B P  
E P A R G U Q A Q K L

**APPLE**  
**BANANA**  
**CHERRY**  
**GRAPE**  
**LEMON**  
**LIME**  
**MANGO**  
**MELON**  
**ORANGE**  
**PEACH**  
**PEAR**  
**PLUM**



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