

# The Veggie Table

SPRING 2012

ALWAYS FREE | ALWAYS GREEN

ISSUE V



## Spring: time to de-clutter

### As I write my Editorial

Bermuda is experiencing a summer-like day. The sun is shining, the birds are chirping and there isn't a cloud in the sky. Spring is around the corner. Although spring is not officially here yet, it gives us the opportunity to prepare for what's to come. We can use the spring season to de-clutter our lives and/or our homes as we prepare for the fullness of summer. A

few tips to de-clutter are ask yourself if you've used a particular item in the last 6 months. If not, give it to

someone who can use it. Another helpful hint is to take the time to "clean" behind the big items in your house or your life. You'll be surprised where dust can show up, literally and figuratively. Take the opportunity to clean and rid your life of anything that is trying to soil it. Finally,

use spring to set some future goals - maybe you need to finish that project you've been putting off or you want to get outside more. Set some short-term goals that you want to accomplish by the summer. Share the goals with someone who will keep you accountable and when summer comes, get ready to celebrate.

Spring also marks an important date on the veg\*n calendar, Meatout Day. Meatout Day falls on the first day of spring and this year it is March 20th. Meatout Day is the chance for veg\*ns to encourage their meat-eating friends and family to go meat-free for one day. In 2009, Bermuda joined other countries in celebrating this day. Although we are still a few days from Meatout we have already started celebrating here in Bermuda. The Vegetarian Society thanks Ashley Tucker for joining us in organizing our vegan takeout event which was held at Bermy Cuisine on Friday, March 16th.

For more information on Meatout, visit [www.meatout.org](http://www.meatout.org).

**Another helpful hint is to take the time to "clean" behind the big items in your house or your life. You'll be surprised where dust can show up, literally and figuratively.**

This issue is packed with great treats and tidbits so be sure to check it all out. In this edition we highlight some upcoming community events and meet two local veg\*ns who share some delectable recipes. Also check out the books and be sure to visit the veggie treats, online and in person. Until next time, be fresh, be healthy, be veg\*n. - Kimberley



CELEBRATE EARTH DAY ON APRIL 22nd  
Visit [www.earthday.org](http://www.earthday.org) for more information



# MARK YOUR CALENDAR

## Meatout Day - March 20th

Encourage all meat-eating friends and family to go meat-free for 1 day. [www.meatout.org](http://www.meatout.org)

## SPCA Paws Walk 2012 - March 25th @ 2pm



Grab your fav 4-legged animal and walk 1 or 3 miles. Visit [www.spcabm](http://www.spcabm) for more information. The walk starts at St.

Paul's Church Field in Paget.

## Earth Hour - March 31st

Bermuda's public event is taking place at the City Hall. Visit [www.greenrock.org](http://www.greenrock.org) for more info.

## 74th Agricultural Exhibition 2012 - April 19th - 21st

Bermuda's annual exhibition returns to the Botanical Gardens! Be sure to visit on one of the days. [www.bdaexhibition.bm](http://www.bdaexhibition.bm)

## Know Your Plants Walking Tour - April 22nd @ 2pm (Earth Day)



Take a walk along the railway trail and learn your plants. The tour will be guided by Frances Eddy. Meeting spot is St. Anthony's Catholic Church in Warwick. Rain Date is May 6th, 2012.

## The Wellness Group Workshops - April 26th @ 6pm - Cathedral Hall

Transitioning to a Vegetarian Diet and Everything you need to know about supplements. For more info: [wellnessgroupbda@gmail.com](mailto:wellnessgroupbda@gmail.com)

# THE VEGGIE SPOTLIGHT on DAVID NORTHCOTT



### VT: WHAT TYPE OF VEGETARIAN ARE YOU?

DN: I am a vegan.

### VT: HOW LONG HAVE YOU BEEN A VEG\*N?

DN: I became vegetarian at aged 18 and then vegan around aged 30 (some 15 years ago).

### VT: WHAT WAS THE HARDEST (NON-VEG\*N) FOOD TO GIVE UP?

DN: Eggs - not because I like them so much but because it is hard to find cakes and pastries without them, and I do like a nice sweet cake sometimes.

### VT: WHAT ARE YOUR FAVOURITE MEALS TO PREPARE?

DN: I love cooking all sorts of meals - Indian, Thai, Middle Eastern but for a quick meal I love to whip up a soup and salad.

### VT: WHY DID YOU BECOME A VEGETARIAN?

DN: I became vegetarian originally because I didn't particularly like meat - but over the years my understanding of the whole ethics of compassionate eating has deepened and so I maintain my veganism for much more complex reasons now - mainly

because of the lack of violence involved in vegan cuisine.

### VT: HOW DO YOU MAINTAIN YOUR VEG\*N LIFESTYLE LOCALLY AND ABROAD?

DN: At home it is not a problem as I love to cook and many of my friends are vegetarian or vegetarian-friendly! But when abroad ... that is a difficult one especially as I travel a lot. I know how to explain in French, Spanish and Portuguese that I am vegan - and if I go to countries where other languages are spoken I always get a native speaker to write down on a piece of paper that I am vegan so that I can show it in restaurants! I usually have a small pack of powdered soya milk on me, as well as some other vegan essentials (like some nuts and seeds), but since I love salads and fruit, I can always find something even if it is not always a hot meal.

### VT: FAVOURITE RECIPE

DN: Since it is not easy to find vegan cakes and desserts, here is a fabulous chocolate cake recipe!

Continued on the next page

## DAVID'S FANTASTIC CHOCOLATE CAKE

### Ingredients:

1 1/2 cups unbleached white flour

1/3 cup unsweetened cocoa powder

1 teaspoon baking soda

1 cup sugar

1/2 cup of mixed chopped nuts (optional)

1/2 cup vegetable oil

1/2 cup cold water or soy milk

1/2 cup of orange juice

2 teaspoons vanilla extract

2 tablespoons vinegar

Preheat oven to 375 degrees. Sift dry ingredients into 8" square or 9" round baking pan. Mix liquids (except vinegar) and whisk into dry. When batter is smooth, add vinegar and stir quickly, until it is evenly distributed.

Put it in the oven. Don't let it stand around (that has something to do with the vinegar).

Bake for 25-30 minutes...or longer until done. This cake is great served with Provamel's soya dream (cream like).



### KIDZ CORNER

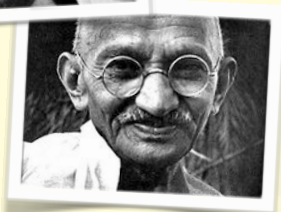
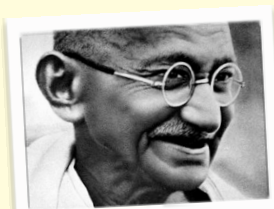
**Q:** Why did the tofu cross the road?

**A:** To prove he wasn't chicken.

**Q:** What did one vegetarian spy say to the other vegetarian spy?

**A:** We have to stop meating like this.

(taken from thesun.co.uk)



Mohandas Karamchand  
Gandhi

(1869 - 1948)

## FAMOUS VEGETARIAN

Peacemaker. Lawyer. Activist. Vegetarian.

*"I want to realize brotherhood or identity not merely with the beings called humans but I want to realize identity with all life, even with such things as crawl upon earth."*

*"The greatness of a nation and its moral progress can be judged by the way its animals are treated."*

*-quotes by Gandhi*

# VEGGIE TREATS

## ONLINE

[www.vegventures.com](http://www.vegventures.com)  
[www.queenafuaonline.com](http://www.queenafuaonline.com)

## LOCAL

Saleem's Organics

Saturdays adjacent to Esso  
gas station on Middle Rd. in  
Warwick  
10am-3pm

[www.mysereniteabermuda.com](http://www.mysereniteabermuda.com)



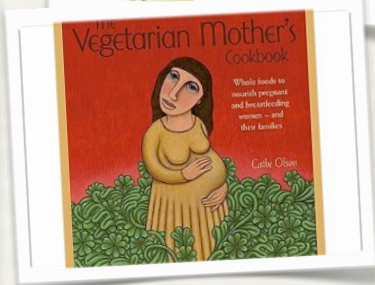
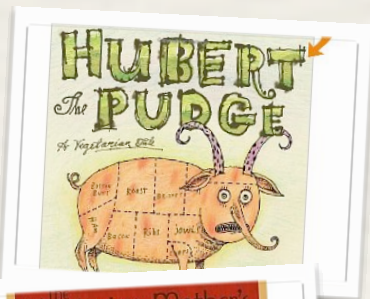
## VEGGIE BOOKSHELF

Hubert the Pudge: a vegetarian tale - H. Drescher (children's bk)

The Vegetarian Mother's Cookbook - C. Olson

The Aloe Vera Handbook: The Ancient Egyptian Medicine Plant - M. Skousen

Chow Down - Eat Like your life depends on it (DVD)



# TOFU CAROB SANDWICH CRACKERS

*This issue's recipe comes from 7 year old vegan, Tcherari Nu Kamara. Thanks Tcherari Nu!*

## DOUGH

3 ½ cups Whole Wheat Flour  
1 tsp Salt  
1 tsp Baking powder  
½ lb Tofu, silken firm  
½ cup Vegetable Oil (we use Flax oil)  
¼ cup Water

## FROSTING

½ cup Earth Balance or Spectrum shortening  
½ cup Earth Balance Butter (softened)  
1 tsp Natural vanilla extract  
4 cups Sifted icing sugar (approximately 1 lb.)  
½ cup Carob powder  
2 tbsp Non-dairy milk

## DIRECTIONS

1. Mix flour, salt and baking powder in large bowl.
2. Blend tofu, oil and water in a blender.
3. Add blended mix to dry ingredients. Mix well. Add more water if necessary.
4. Roll out dough and use shape-cutters to cut into different shapes making sure you have even pairs.
5. Bake at 400 degrees for 12-15 min.
6. While baking, make frosting. Add all ingredients for frosting together and whip with a mixer until smooth and fluffy.
7. When crackers are cooled, spread frosting on each cracker and sandwich together pairs.
8. Enjoy!



*7 year old, Tcherari Nu, displays her tofu carob sandwich crackers*



For more information on the  
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Want to write an article or contribute to the next  
edition?

email Kimberley at [kdcaines@gmail.com](mailto:kdcaines@gmail.com)

FIND US ON FACEBOOK: 'Vegetarians in Bermuda'

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