

Vegvibe

JUL/AUG 2011

Brown Rice King

Heng Guan Hou

PLUS:

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Also in this issue

**Non-Dairy Dangers
Ground-Up Initiative
Case for Organic Farming
Veggie Thursday Goes Live
Exploring Bountiful Bangkok
First-Ever Animal Welfare Forum**

MICA (P) 003/06/2011



ISSN 2010-2631

The Chief Veggie Speaks!

We are now at the close of our first year as a print edition - you are reading our sixth remarkable issue. As we head towards our anniversary issue in 2 months' time, we can't help but reflect on the tremendous adventure we have had over the past year.

We have met countless experts and many heroes of the various movements who take pains to remain anonymous and focus solely on the good that they do. We have also met amazing groups of people and dedicated individuals who have, by most measures, sacrificed their lives for their respective causes. And to be appreciated by such noble men and women for the almost-inconsequential work that we do is an honour indeed, so thank you to all of you wonderful people whom we have had the pleasure to meet, discuss and work with.

As for for the rest of our readers who support us with their well-wishes, you can help us a little bit more by supporting our advertisers who help fund this little project. You see, advertisers understandably need to measure the 'mileage' of their advertisements by the response they generate amongst the target audience.

For us, that will be measured by the response from you, our reader, in terms of queries and voucher claims to the advertisements in each issue. So, if you are going to have a meal one of these days, why not try the restaurant that advertises in your favourite magazine? If you are going to get supplements, why not give a call to the brand that values a partnership with the aforementioned favourite magazine?

Ok, ok, after that bit of 'koyok' selling, let us get down to what we have for you in this issue. We are pleased to finally feature our long-time supporter, *Sukha House's* Heng Guan Hou (page 20), as our veg hero, and present Chef Yogesh Arora, a man who has the distinction of cooking for the President of Singapore (page 30).

We also share reports on the proud official launch of *Veggie Thursday* (page 26), as well as on the first-ever public forum on animal welfare issues where Minister K Shanmugam fielded questions directly from the participants (page 06). We also illustrate the need to read labels carefully through 2 articles - one on the worrying issue of additives (page 24), and the other on the misleading matter of dairy ingredients in products labelled non-dairy (page 28).

On a happier note, there have been a few enquiries on becoming an intern with us and becoming our sales representatives as well, which we certainly welcome. Additionally, if you think you can help in other ways or have any feedback or suggestions, we are always available at vision@vegville.com or vegville@gmail.com.

Finally, remember to share this copy with at least one other person so that we can foster reuse and reduce waste, and if you need to, do use the online version (which is exactly the same) for reference. Thank you for helping us share the knowledge with others.



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CONTENTS



10 Could organic farming be the solution?

Vegling Corner	02	Additives: Killing You Sweetly	24
Yuan Su Vegetarian Food Review	04	Veggie Thursday goes Middle-Eastern for Launch Event	26
Breakthrough Chong Pang Animal Welfare	06	When Non-Dairy doesn't mean no dairy	28
Waste Land Movie Review	09	Chef Yogesh Arora: Serving Humanity	30
The Case for Organic Farming Eco-Living	10	Ground-Up Initiative: Building a Better Tomorrow	32
Bountiful Bangkok Veg Travel	12	Go Middle-Eastern!	34
Everything Vegan: Go Vegan-Crazy in the Kitchen	16	Talk Shop	36
Miracle Millet Ingredient Talk	17	Xin Yi Vegetarian	38
That's Why We Don't Eat Animals	19		
Heng Guan Hou: The King Who Serves Others	20		

06

First-ever Public Forum on animal welfare

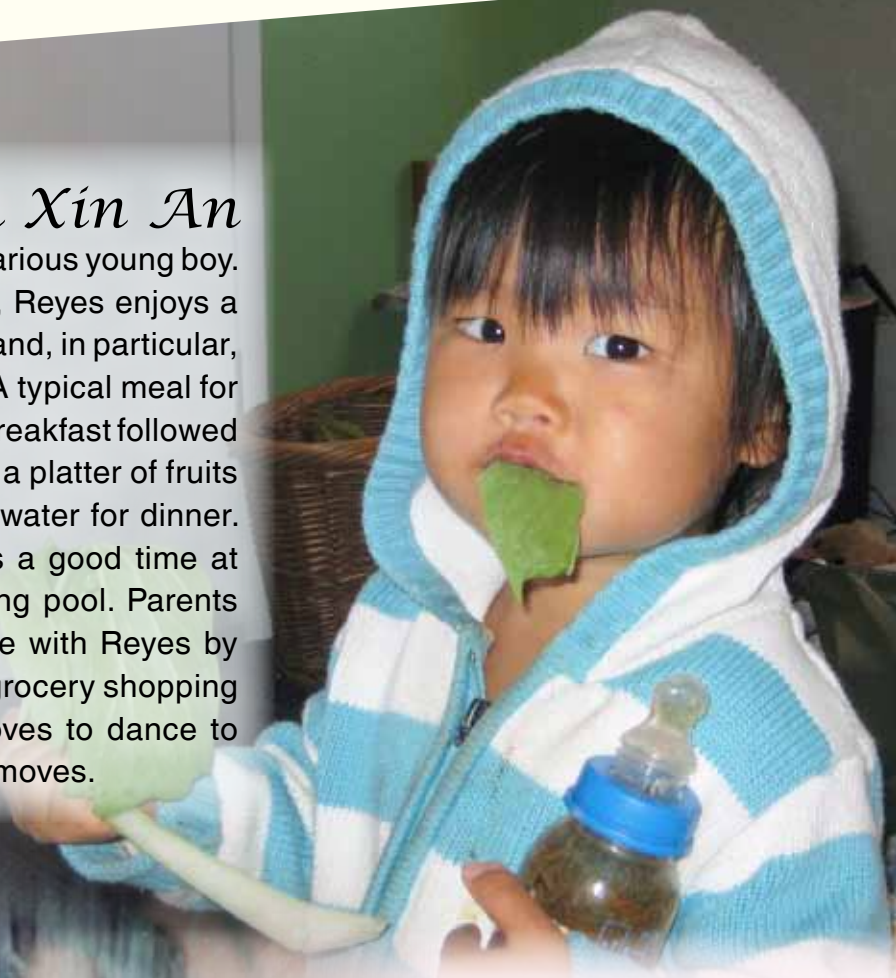
Feel exotic in the kitchen

34



Vegling Corner

Three-year-old *Reyes Tan Xin An* (right), is an active, curious and gregarious young boy. A vegetarian since 9 months of age, Reyes enjoys a wide variety of fruits and vegetables and, in particular, loves vegetable sushi and coconut. A typical meal for cherubic Reyes consists of juice for breakfast followed by salad of assorted vegetables and a platter of fruits or blueberry smoothie and coconut water for dinner. Reyes enjoys the outdoors and has a good time at the playground, beach and swimming pool. Parents Hsiao Kee and Tan Tong spend time with Reyes by going for picnics at Sentosa beach, grocery shopping or having salads together. Reyes loves to dance to pop music in his own unique dance moves.



Oh Jun Ru (left), who turns two in July, is a cheerful and intelligent girl who is able to recite Chinese classical texts such as *Di Zi Gui* even though she has yet to attend formal school. This energetic little girl - who was already climbing seven flights of stairs when she was 15 months, loves playing with water and going to the playground. Jun Ru relishes sweetcorn and enjoys eating fruits very much. A typical meal consists of multi-grain porridge, fruits and raw vegetables. Parents Oh Chong Fah and Ng Hooi Lee bring her out for nature walks and shopping, while the doting father enjoys cooking for her. The talented youngster can sing quite a number of songs and her parents hope that one day she will be a great leader in caring for the environment and people.





Assam Pedas

New Peranakan-Thai Chef's Creations in July and August

Singapore's first and only Peranakan-Thai plant-based restaurant since 2003, it pledges to steer clear from the conventional mock meats by offering secret recipes which continue to surprise even its non-vegetarian regulars.



Nyonya Curry

Their popular Peranakan-Thai cuisine in this MSG-free kitchen include Nyonya Curry, Assam Pedas, Thai Tamarind Fish and their Sambal Kangkung. Enjoy their signature Olive Brown Rice with their sambal belachan chilli for an extra punch, or go wild over their Oatmeal Tofu and the must-try Nyonya Golden Pumpkin dessert.

Check out the Chef's creations in July and August, including Peking Platter, crispy Lemongrass Tofu Cake and Handmade Dim Sum Ingots with Fresh Greens.

Just 1 minute's walk from Tanjong Pagar MRT Station Exit A, in a brightly-lit conservation shophouse. Reservations are highly recommended.



Thai Tamarind Tofu Fish

Whole Earth

76 Peck Seah St. S(079331)

Tel: 6323 3308 www.wholeearth.com.sg

10% Discount Voucher

WHOLE EARTH

For dine-in minimum spend of \$80. Valid till 31st August 2011. Valid on à la carte and set menus. Please present voucher before ordering. Not valid on eve of public holidays and on public holidays. Not valid with any other discount/promotion. VegVibe July/August 2011 promotion.



BLOSS

More Culinary Adventures in July and August

NAÏVE is a chic eatery offering Singapore's first "plant-based culinary adventure" and specialises in using premium, natural ingredients with creative preparation techniques for great flavours.

Start off with their calming Blessing of the Sesame Seeds ceremony before ordering from the whimsical menu comprising both Asian and Western cuisine.

For Asian specials, check out their exotic, meaty Monkeyhead mushroom classics such as Enchanted Forest, Cheeky Monkey or Love at First Bite. Enjoy the refreshing Love Potion appetiser using fresh pomelo and strawberries with homemade enzyme. Red Riding Hood is their crispy sweet and sour family classic.



Enchanted Forest



Button Steak

For new Western specials, check out their unbelievable variety of mains from Button Steak to Shepherd's Pie to Garden Baked Rice. The Rainbow Salad and Ocean Chowder are great starters. Accompanied by the homemade fruit enzyme wine, it makes for a truly culinary adventure unique to NAÏVE.

Opposite Katong Village carpark. Reservations are recommended.

NAÏVE

99 East Coast Road

Tel: 6348 0668 www.naivecompany.com

15% Discount Voucher

NAÏVE

For dine-in minimum spend of \$80. Valid till 31st August 2011. Please present voucher before ordering. Not valid on eve of public holidays and on public holidays. Not valid with any other discount/promotion. VegVibe July/August 2011 promotion.





缘素

YUAN SU VEGETARIAN

Located at the bustling *Lavender Food Square*, the newly-established *Yuan Su Vegetarian Restaurant* offers delectable traditional Chinese dishes of impeccable quality and taste.

Helmed by Chef Hoe, who has over twenty years of experience specialising in vegetarian cuisine, *Yuan Su* boasts several signature dishes such as *Vegetarian Roast Duck*, *Vegetarian Herbal Chicken* and *Golden Treasure Puffs* which are all mouthwatering and sublime.

The *Golden Treasure Puffs* (above), made with beancurd puffs (or *taupok*) are interestingly turned inside out and

stuffed with a wholesome concoction of water chestnut, carrot and mushroom, then deep-fried to give it a fine balance of flavour and texture.



Yet another winning dish is the *Vegetarian Roast Duck* (bottom, left) which is handmade with beancurd skin and carrots. Glazed with a sugary fermented red bean paste marinade, the gleaming 'skin' reminds one of the traditional roast duck. Though the sweetness from the glaze might be disconcerting for some, it pars down the saltiness of the fermented red bean paste while the beancurd sheets provide the bite and firmness often associated with duck-meat.



For us, the star creation is the *Vegetarian Herbal Chicken* which can only be served upon pre-order - you have to reserve the dish at least a day in advance. The dish is made with fresh chestnuts, ginkgo nuts, carrots, mushrooms and an array of Chinese herbs that are slow cooked for over two hours to yield its wholesome goodness.

On first glance, it may appear to be a simple soup but the consistency of the liquid is much like a stew and is immensely flavourful and comforting. Meant to revitalise and encourage better blood circulation, this herbal dish is reputed to warm the body.

素食馆

VEGETARIAN RESTAURANT



Another excellent dish is the *Handmade Fish with Preserved Radish* (bottom, right) that is created using beancurd sheets and seaweed with a sauce made from preserved radish. This unique dish is so authentic in texture that we were nearly expecting to bite into a fishbone! The preserved radish sauce is piquant and adds to the handmade 'fish' without being overly salty.

For those who prefer one-dish meals, *Yuan Su* also offers a variety of rice and noodle options. One highlight is the *Heng Hua Vermicelli* (above) made from specially-imported rice noodles from Malacca, Malaysia. The

lightly-flavoured noodles are stir-fried with mushrooms, carrots, beancurd, then topped with a generous amount of seaweed and peanuts. A creatively-designed dish, the seaweed compliments the vegetables and adds an interesting dimension to it.

For those who prefer spicy dishes, the *Spicy Noodles* will be the one to choose. Made with cucumbers, tomatoes, mushrooms, chillies and a special spicy bean paste, this noodle dish looks deceptively mild but has a heat to it that leaves your taste buds tingling. The addition of cucumbers provides cool relief for those who might find it a bit spicy.

While certainly not a fine-dining experience, those visiting *Yuan Su Vegetarian Restaurant* will no doubt enjoy restaurant-quality dishes at affordable prices (with the option to even partake in some social beer-drinking if you so wish). In any case, it will surely leave an indelible mark on your taste buds.

Yuan Su Vegetarian Restaurant is open daily from 11.00am to 10.00pm.

Yuan Su Vegetarian Restaurant

**380 Jalan Besar #01-34
Lavender Food Square
Tel: 62972848**



A remarkable milestone was achieved in June when Chong Pang constituency announced that it will adopt a no-culling policy for the stray cats in its jurisdiction. The official announcement came during the public forum on animal welfare organised by *Animal Concerns Research & Education Society* (ACRES) in collaboration with the *Cat Welfare Society* (CWS) and hosted by Chong Pang Community Club.

Also present were representatives of various welfare organisations who took up booths to share updates on their good work with the public and raise funds through sales of various souvenirs and collectibles.

Notable Milestone

The forum which was held on 18 June and is the first of its kind in Singapore, was attended by a wide cross-section of the animal-loving community - including even a group that represents equestrian interests. While the vast majority of the participants were animal-lovers based outside the constituency, the feedback and issues raised were nevertheless varied and pertinent.

While senior officers of the *Agri-Food and Veterinary Authority of Singapore* (AVA) were present to take note of the concerns raised, the highlight of the event was the presence of Mr K Shanmugam, Minister of Law and Home Affairs, as well as the Member of Parliament (MP) representing the Nee Soon Group Representative Constituency (GRC) - of which Chong Pang constituency is a part of.

Mr Shanmugam clearly reiterated that he was participating in his role as the MP of Nee Soon GRC and as someone who empathised with the genuine concerns of



animal lovers. The MP shared with the audience that he has himself firsthand experience in adopting dogs from a shelter and noted that "as a society we can only be proud of ourselves if we treat others who are less fortunate than ourselves well."

Minister Engages The Public

He also fielded questions directly from the forum participants together with Mr Louis Ng, founder of ACRES on stage. The first salvo of the afternoon quickly followed as soon as the two gentlemen were ready - from participant Doreen Quek (left) who called for the mandatory caning of animal abusers to wild cheers from the crowd.

Emotions were understandably high and at one point, a section of the crowd began to jeer the AVA for its perceived oversight. However,

Mr Shanmugam stepped in immediately to appeal to the civility of all present and called on the participants to display graciousness and focus on the issues rather than the frustrations.

Breakthrough Chong Pang

Constituency is first in Singapore
to institute a no-culling
cat-management programme

Photos courtesy of ACRES



Notorious Francis Lee Surfaces

Everyone heeded his advice and passionate calls for change and improvement ensued. One worrying feedback though - that was corroborated by several in the audience - revolved around a dog catcher contracted by the AVA. Known as Francis Lee, this catcher has been noted to use cruel methods such as fish hooks, wire nooses and bed springs to trap stray dogs.

While dog feeders have alerted the AVA, many were surprised that Francis Lee continues to be contracted by the authority to catch dogs and has only merely been fined for his deplorable practices. Mr Shanmugam stopped himself short of passing judgement on this individual but asked the AVA representative to “take note of the sentiments on Francis Lee” as “these people must believe what they are saying”, acknowledging that enforcement should be firm where there is clear evidence of wrongdoing.

Change In Our Midst

In the meanwhile, he pointed out that the changes that animal lovers wished to see are actually transpiring, with Mr Cohen Ng of *Mutts & Mittens*, for example, working closely with the authorities to develop a code of conduct for dog catchers to follow.

Mr Louis Ng added that, in fact, the *National Parks Board* (NParks) has been recently persuaded to allow Mr Cohen and his team to catch the stray dogs loitering in its parks and rehome them instead of its original plan to cull them.

The packed hall of about 350 comprised not only Singaporeans but also visitors from all over the world - some with extensive experience in animal welfare. One foreign visitor shared frankly that had she known the (relatively poor) standard of animal welfare in Singapore she would not have brought her animals here.



Veganism Raised

Finally, the last participant to take the mike, Mr Wei Tao (left), raised the valid point of considering all animal suffering and not just cats, dogs, dolphins and sharks. He likened animal suffering to slavery and said, "humanity cannot end slavery if you think about welfare policy for slaves; slavery is still slavery and 'humane' killing is still killing."

He went on to suggest that no good solution can come from the government and called for everyone present "to consider actually going vegan, to live a lifestyle free of animal products." A hearty applause erupted and, after a short response from Mr Shanmugam, the forum ended on this meaningful note.

WHAT PARTICIPANTS SAID...

- *Institute mandatory caning for animal cruelty*
- *Set up an independent Animal Police Unit*
- *Be transparent on regulations on operating pet farms and engaging stray animal catchers*
- *Make microchipping of pets compulsory and create a comprehensive central database of pet owners*
- *Improve the regulation of pet farms*
- *Shut down pet farms or set quotas on pet purchases so that demand will be driven towards adoption from shelters*
- *Relax rules regarding dog ownership in HDB flats (small breed and single dog rule) as part of this 'no-culling of cats' pilot programme*
- *Suspend recalcitrant dog catchers who use cruel methods to trap strays, or at least send them for retraining*
- *Suspend or revoke licences of pet farms that do not maintain appropriate standards - the current fine of \$5,000 is too low to act as a deterrent*
- *No enforcement action has been taken against operators of rabbit exhibitions in early 2011 that were poorly organised*
- *Aspire to transform Singapore into the benchmark for animal welfare in the world*
- *Who regulates the AVA?*
- *Set aside some land space for sterilised stray animals to roam freely*
- *Look into the welfare of 'fortune-telling' parrots kept in cages at some places in Singapore*
- *Inculcate the attitude of respecting all life from young*
- *Look into allowing the release of the dolphins captured for display at Resorts World Sentosa*
- *Government should adopt a "no shark's fin" policy for all its official functions*
- *AVA, as a representative of Singapore, should consider voting for the trade protection of 8 endangered shark species under the Convention on International Trade in Endangered Species (CITES) in 2013*

Artist Vik Muniz travels from his studio in Brooklyn to Rio de Janeiro to 'give back' to the people of Brazil where he was born and raised.

In Lucy Walker's inspiring documentary, *Waste Land*, winner of the Audience Award for World Cinema Documentary at the Sundance Film Festival, we are taken inside the squalid landfill known as Jardim Gramacho on the outskirts of Rio de Janeiro to see the largest garbage dump in the world where 7,000 tons of trash is deposited every day. The film is seen through the eyes of the 'pickers' called *catadores* who live and work in this seemingly-uninhabitable environment, eking out a living of USD\$20-25 a day.

The *catadores*, who number in the thousands, work under the burning hot sun and through overpowering odours to collect and sell recyclable materials such as bottles, plastic, and metal to wholesalers and middlemen who turn them into items such as buckets or bumpers for automobiles.

“...a heart-warming tale of human dignity and innovation, and was a worthy winner of the World Cinema Documentary Audience Award.”

**Sebastian Doggart,
The Huffington Post**

Vik Muniz sets out to select and paint a group of six *catadores* with the money from sales of the resulting art going to the pickers association for the benefit of the workers.

Once the initial photographs are made, Muniz projects an enlarged version of each photo onto the floor of his studio and hires the pickers to add refuse from the landfill onto



the canvas, photographing the result from overhead. This then becomes the finished artwork, ready to be exhibited at auctions and museums around the world with the pickers travelling to such cities as London and New York, - the first time they have ever left Gramacho.

Waste Land is not only a biography of an artist, but a look at the artist in the context of the community in which his art is created. Muniz reveals the courage and resilience of the people in spite of their grinding poverty and depressing environment. Many are former middle-class residents of the suburbs who chose the life of the picker rather than becoming prostitutes or drug-dealers and are therefore happy with their choice.

By Howard Schumann

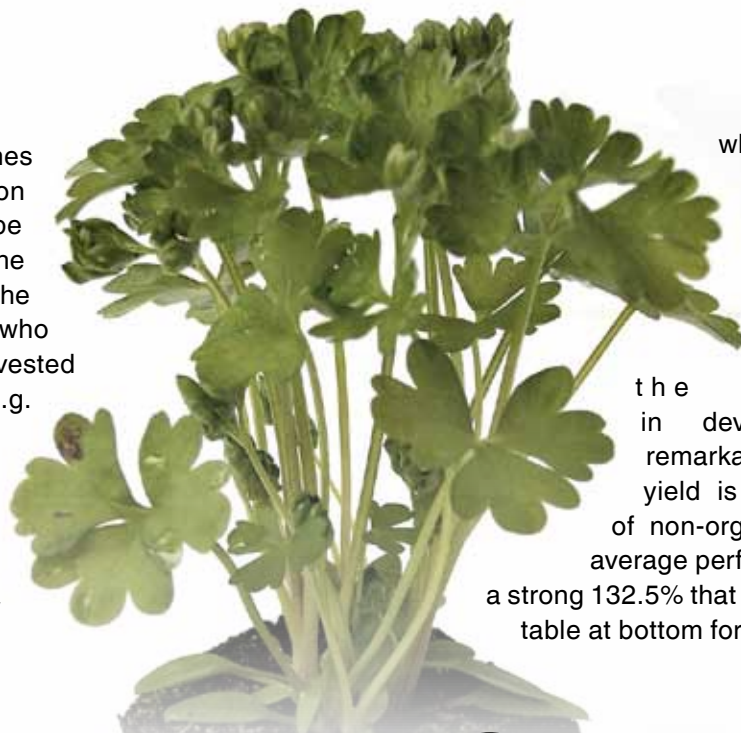
Though Muniz's goal was, "to be able to change the lives of a group of people with the same material that they deal with every day," he never dreamed that his work would impact the lives of the people so dramatically.

Through his efforts, many of the residents who worked for him have changed their life and either reconciled with their families or gone on to more rewarding jobs. Modernisation has also begun to take shape at Gramacho with a recycling plant having been built and the workers separated into categories for more efficient organisation.

Though admittedly just a beginning, Muniz has demonstrated that the power of art is available to all people regardless of their circumstances, allowing them to experience their inner beauty and believe in themselves in a new way. *Waste Land* was unsurprisingly shortlisted for an Oscar for Best Documentary and fully deserves to be among the finalists.

Waste Land is available on DVD for purchase at USD\$23.47 (S\$29) including shipping from Amazon.com

As organic farming becomes an attractive proposition to many, there will always be detractors who dismiss the viability of organic farming at the global scale. Perhaps those who feel it is unachievable have a vested interest in the status quo (e.g. large profits from intensive modern agriculture), or are just resistant to change, but either way, this is to be expected when something new and revolutionary appears in the world.



while the average production yield in developed countries was slightly higher for non-organic farming (organic farming yield is only 91.4% that of non-organic farming), the organic farming yield in developing countries was remarkably higher (organic farming yield is a whopping 173.6% that of non-organic farming), making the average performance of organic farming a strong 132.5% that of non-organic farming (see table at bottom for a detailed breakdown).

The Case for Organic Farming

But what exactly is the argument? The most obvious logical consideration is the possibility that the capacity to feed the world would be limited and food shortage and starvation will be the result. However, a team of researchers from *University of Michigan* and *Michigan State University* covering a range of different disciplines, used 239 published examples to compare organic and non-organic production yield in 2006, and used the results of the comparison to model the possibility of feeding the current population of Earth.

Organic farming produces less? Think again!

What they found was that organic farms are able to produce more crop per unit of farm than non-organic farms. And

This very well leads us to the conclusion that organic farming for developing nations is the logical pursuit to address food shortage and starvation. In fact, the *Food and Agriculture Office (FAO)* of the *United Nations*, at the *International Conference of Organic Agriculture and Food Security* in 2007 arrived at the conclusion that the argument of organic farming requiring more land is only true for cash crops where higher yields are achieved through non-organic farming in ideal conditions.

In contrast, a 1996 project initiated in the Highlands of Tigray, located in Northern Ethiopia, under the supervision of Tigray's *Bureau of Agriculture and Natural Resources* and in partnership with *Mekelle University*, was able to introduce local communities to ecologically-sound organic principles that have very quick and positive impact on the productivity and well-being of farmers with small land holdings.

Category	Average yield ratio (Organic: Inorganic) in ...		
	World	Developed countries	Developing countries
Grain Products	1.312	0.928	1.573
Starchy roots	1.686	0.891	2.697
Sugars and sweeteners	1.005	1.005	
Legumes (pulses)	1.522	0.816	3.995
Oil crops and vegetable oils	1.078	0.991	1.645
Vegetables	1.064	0.876	2.038
Fruits (excl wines)	2.080	0.955	2.530
All Plant Foods	1.325	0.914	1.736

Organic farming uses more? Does it look that way to you?

Another popular argument revolves around resource and energy use - an argument that can easily lean on the distress of Global Warming to support non-organic farming. However, since organic farming uses natural or naturally available means, energy use is actually at its minimal - for example, growing legumes, practising inter-cropping, rotating crops, composting and vermiculture all help retain moisture, fertilise the soil and protect the crop against pests.

It has even been demonstrated that effective watershed management techniques practiced in organic farms use less water to raise crops and increase the water table. And, all this is done without poisoning the soil with chemical residues.

Looking at the other side, intensive farming is heavily reliant on a host of farm implements such as tractors, threshers and harvesters, all of which use internal combustion engines. In addition, any pump sets that are set up routinely dredge up massive quantities of water just to irrigate the lands. Not to mention the massive spinoff industry of fertiliser and pesticide - chemical-based products that poison the earth, and which then also create the need for comprehensive clean-up processes just to replenish the soil.

It is easy to see - even from just casual observation - that the amount of energy used in intensive farming is just that - intensive. On the other hand, organic farming by design requires an eco-system or process loop through which true sustainability can be achieved.

Organic farming drives prices up? Not in a fair and equal system, it doesn't!

Anyone who has been to an organic store can testify to the considerably higher prices of organic produce when compared against the 'ordinary' produce at wet markets and even supermarkets. But how many of us know that the cheaper 'ordinary' produce is a result of the various subsidies enjoyed by food producers and distributors in the non-organic farming sector?

Organic food - arguably due to the very nature of being localised instead of centralised for volume - does not receive any of these subsidies, which of course impact the prices upwards. It can therefore be argued that, with equitable subsidies for both camps, the price difference between organic and non-organic produce would be negligible. In fact, it is a reasonable assumption that with the higher yields of organic farming, it may very well be cheaper!

Organic farming is a highfalutin ideal? No, it's the new standard!

In its paper released at the same *International Conference of Organic Agriculture and Food Security*, the FAO noted that organic agriculture is now commercially practiced in 120 countries, representing about 0.7% of global agricultural lands and a market of US\$40 billion, representing around 2% of food retail in developed countries.

And while it conceded that "organic agriculture is not a panacea and has its own limits in addressing challenges posed by modern lifestyle, its external environmental costs are much lower than those of conventional agriculture and, in some areas, it can reverse problems of natural degradation."

This in itself warrants serious consideration of the wide scale implementation of organic farming. But in any case, it has been organically (pun intended) occurring across India - so much so that farmers there refer to it as '*Indian Farming*'. The relative scarcity of land, large farmer population and fragmented land holdings works to the advantage of organic farming which appears uniquely suited to the Indian condition.

It therefore seems congruent that the FAO too sees organic farming as a way forward and recommends that it be evaluated in a wide development context. And hopefully, this will happen sooner rather than later.

The contents of this article are based on a feature by Karthik Kumar which first appeared on the website of reStore - a not-for-profit venture based in Chennai, India, that helps support the livelihoods of small organic farmers, rural artisans and underprivileged groups.



Bountiful Bangkok

Photos courtesy of SXC

In recent times, Bangkok has come under scrutiny for being a relatively unsafe and politically volatile destination. However, travellers who have visited Thailand's capital offer a different perspective and wax lyrical about its friendly and hospitable people, intricate and majestic architecture, delicious food and - perhaps most importantly - its mega shopping malls and street markets.

The History

Bangkok is a truly spectacular city with a cacophony of sounds, sights and culture. For the uninitiated, Bangkok is the largest urban city in Thailand. Translating into Thai as 'City of Angels', Bangkok started off as a small trading centre and flourished greatly after the *Ayutthaya Kingdom* was destroyed.

The new capital was set up in the vicinity of Bangkok and since then it has grown and thrived to become one of the best known cities within South-East Asia. Today, Bangkok is a bustling cosmopolitan city and while it is a far cry from its once diminutive status of a rural trading post, it still holds on to these roots as a commercial hub to major financial institutions and international banks.

Meanwhile, another driving force of the Thai economy – the tourism sector – has made Bangkok a highly regarded destination for international travellers.

Getting Around

Bangkok offers a multitude of travelling options – some

more comfortable than others. Most of us will remember the iconic VISA advertisement featuring Pierce Brosnan (a.k.a. *James Bond*) being given a heart-thumping roller-coaster ride on a 'pimped-up' *tuk-tuk*.

While your ride will likely be much less sedated, rest assured that it would be no less memorable. While it is slowly being phased out, the *tuk-tuk* (below) is a historical icon which has been adapted from the rickshaws which had been used during *World War II*. *Tuk-tuks* continue to be popular with the tourists but travellers who are attempting

their virgin ride must remember to bargain the fare as it is often (highly) inflated. Also, be cautious of *tuk-tuk* drivers who offer promises of 'secret' or 'special' shopping locations or bargains - these often turn out to be false, or even dangerous.

To truly enjoy a more authentic experience in Bangkok, travellers can consider taking the local bus. Though cheap, with

fares starting as low as 7 baht (30 cents) to as much as 25 baht (\$1), one must be equipped with a bus route map as the Bangkok Mass Transit Authority has over 400 routes that are served by about 16,000 buses!

Buses are also colour-coded to differentiate between a range of buses such as ordinary buses, air-conditioned buses and new *Euro-II* emission standard compliant buses. For those used to *EZ-Link* cards, remember to keep small change with you at all times for bus travel in Bangkok, and do remember to hold on to the ticket as it might be checked.



Also, there is no 'alert to stop' bell to press and you have to let the conductor know before reaching the destination. On the plus side, you can always ask the conductor to signal you when you have arrived at the stop if you are not sure where to alight. And if you need a minimum level of comfort, then stick to the *Euro-II* buses which have reliable air-con service and are spacious.

Bangkok's efficient train system is another good alternative for those who want to travel in better comfort. Both the *Bangkok Skytrain* and *Underground Mass Rapid Transit* (MRT) system are routed to stop at major shopping belts and tourist destinations. With fares starting at about 15 baht (60 cents) and day-travel passes available, these air-conditioned trains offer quick and cheap travel for tourists who want both comfort and the local experience.



However, whatever option you choose, remember to avoid the (killer) peak-hour periods between 7am and 9am, and between 4pm and 7pm.

Things to do

From the infamous '*tiger show*' to divine Buddhist temples, Bangkok has something for every traveller. For cultural and historical buffs, a splendid range of temples, palaces and museums await.

The sprawling *Grand Palace*, built in 1782 and home to Thai monarchs for over 200 years, is perhaps one of

the most famous landmarks in Thailand. An eclectic mix of cultural influences - testament to the interactions with various civilisations - the *Grand Palace* boasts Palladian arches together with traditional Thai elements.

The majestic *Wat Phra Kaew* or *Temple of Emerald Buddha* is also enclosed within the palace compounds. The dark-green Buddha statue, carved from a single stone of jade and adorned with gold ornaments, leaves the visitor awestruck at its splendour.

To enjoy some of Bangkok's unique cultural experiences, head down to the flooding markets (left). Though several flooding markets exist around Bangkok, they all offer the same immense delight of observing Thai people engage in daily activities such as trading farm-produce to the sale of freshly-cooked food directly from their boats! Plucky travellers can try their luck bargaining down the prices of merchandise or taking boat rides to enjoy scenic views of the villages along the river.

Of course, no trip to Thailand is complete without shopping and where else but the *Chatuchak Weekend Market* (below) to scratch the shopping itch. With a dizzying 8,000 stalls and more, the market might appear daunting to the virgin shopper, but fortunately, it is divided into 27 sections which can be easily navigated by using a map.

However, if you are expecting each section to specialise in one particular type of product, then you will be sorely disappointed. A mishmash of products are seen in every section, hence do not bother trying to match a section to a product category. Instead, rely on landmarks such as bus and MRT stations to weave your way through the crowd.

And due to the large crowds at the market, travellers need to exercise caution with their belongings and be wary of pickpockets.

For the Veg Traveller

Once upon a time, finding vegetarian food may have been an uphill task inside Bangkok, with Thai cuisine being predominantly heavy on the fish sauce base in most of the dishes. However, these days vegetarian food is increasingly available and easy to find, with many places even offering vegan and raw food options.



May Kaidee

One of the highly-rated family-run vegetarian restaurants in Bangkok, this restaurant offers meatless versions of traditional Thai cuisine. Targeted at backpackers, the prices of the dishes are reasonable and most dishes are vegan-friendly. For those craving traditional Thai curries and *tom yam* soups, *May Kaidee* is the place to visit. Also, check out the vegan buffet spread that happens every Saturday from 7pm onwards at a very reasonable 120 baht (\$5). Be enthralled by traditional Thai dance performances that take place during dinner as well.

Not satisfied with just tucking into Thai food but want to bring a piece of the experience back home? Well, *May Kaidee* also offers cooking classes for those who want to learn the authentic way of cooking Thai food. Be prepared to learn over eight recipes, including *Pad Thai*, Peanut Sauce and Green Curry.

**33 Samsen Road, Near Soi 2
Watsamphraya, Phranakorn Bangkok 10200
+66-(0)89-137-3173, +66-(0)22-817-699
www.maykaidee.com**

Raw Food Café at Rasayana Retreat

Raw foodists and vegans will enjoy a visit to *Rasayana's* raw food café which serves up fresh vegan and raw food. Choose from a range of revitalising juices to wholesome raw soups, nutritious entrées and mouthwatering desserts. For those who want more than just the food, *Rasayana* offers a detox and wellness program as well, providing massages, cleansing therapies and more.

**57 Soi Prom-mitr, Sukhumvit 39,
Klonton-nua, Wattana Bangkok 0110
+662-662-4803, +662-662-4804
www.rasayanaretreat.com**

Govinda Italian Restaurant

Don't let the Indian name lull you into thinking that this is an Indian restaurant by a long-shot. Run by Italian owners, *Govinda* offers a wide range of traditional vegetarian Italian food such as *gnocchi*, *pasta*, *risotto* and *pizza*. For vegans who shun Italian food for fear of dairy, *Govinda* provides several vegan alternatives including soy cheese. All the dishes including the pasta are egg-free with many mock-meat substitutes made from soy available. Though pricier than other vegetarian restaurants in Bangkok, *Govinda* is worth the visit for those who want to enjoy the fine-dining experience.

**65/66 Sukhumvit Soi 22, Bangkok
+662-663-4970
www.thaican.com**

Snap, Submit, Win!

How much do you love your animal companion? Well, it's time to profess your love for them - through pictures. Submit a photo of your adopted pet on our facebook page with a short note describing how they came to be a part of your life and how much they mean to you.

The photo with the most 'likes' will stand to win a whole bunch of awesome prizes - ranging from an exclusive photoshoot by our specialist friends at *Furry Photos*, to natural dog shampoo products from *Lemongrass House* and vouchers from *The Waterdish*. (Hint: get your friends to 'like' your photo!)

And that's not all! For every photo submission we receive, we will pledge \$1 to **VegVibe's** adopted animal welfare organisation, *Mutts & Mittens Foundation*. Yes, that's right, all YOU have to do is submit a photo, and *Mutts & Mittens* receives the donation.

So come be a part of this celebration and have fun, do a good deed and showcase your companion!

For full contest details, please visit our facebook page at www.facebook.com/vegvibe.com

Contest ends 15 August 2011

facebook

Our chosen
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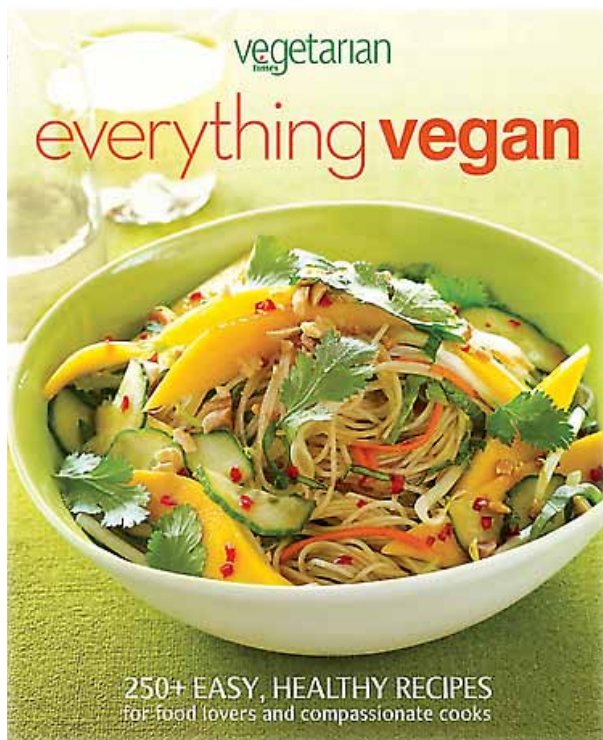
VegVibe

In collaboration with

Furry Photos
Photography for the Modern Pet

the waterdish.
Sit. Stay. We'll do the rest.





When well-known *Vegetarian Times* publishes a cookbook, you know that you are in for a treat. With over 250 tempting, healthy, vegan dishes, *Vegetarian Times Everything Vegan* delivers kitchen-tested and perfected recipes that make even the most amateur cook a star.

The book is organised into neat categories such as *Drinks*, *Salads*, *Pasta & Noodles* and *Sweet Treats*. Apart from the usual explanation of cooking and preparation terms like broiling, dicing and deglazing, *Everything Vegan* offers clever menu combinations, ideas for parties, and meals based on the recipes provided.

It also contains a useful foreword by Dr Neal D Barnard (founder of the *Physicians Committee for Responsible Medicine*) where he lays out the science supporting the

health and nutrition benefits of a vegan or plant-based diet.

While the recipe book is not specifically catered to an Asian audience - some recipes may call for ingredients that are not often used in Asian cuisine - most recipes use ingredients that are easily available or can be simply substituted, with each recipe including an interesting description and helpful notes about ingredients and preparation techniques.

Vegans will particularly enjoy the section on cheese-making where one can easily whip up *Pepper-Crusted Cashew 'Goat Cheese'* and *Almond 'Feta Cheese' with Herb Oil*, using common ingredients.

The section on *Tofu*, *Tempeh* and *Seitan* is similarly unique and creative, consisting of recipes such as *Crispy Tofu Hearts*, *Tempeh Bacon*, *Kung Pao Tempeh Triangles* and *Homemade Seitan*.

Go vegan-crazy in the kitchen

Dessert lovers will enjoy the section on *Sweet Treats* where an assortment of recipes ranging from cookies to cakes to ice-cream is offered to satisfy your every sweet-tooth.

Vegetarian Times Everything Vegan is an excellent book for those who are adventurous and want to attempt a range of cuisines and flavours. The editors of this book were not kidding when they titled it '*Everything Vegan*' - you will be busy for several months trying out all the vegan recipes that cover the whole gamut of food categories.

Vegetarian Times Everything Vegan

ISBN: 978-0470547885

is available from Kinokuniya for \$52.38

Seitan Satay with Peanut Sauce

1. To make Satay: Combine soy sauce, sesame oil, and ginger in resealable plastic bag. Add seitan; seal, and shake to coat. Refrigerate 1 hour, or overnight.
2. Preheat oven to 375°F. Coat baking sheet with cooking spray. Drain seitan, and thread onto skewers. Place on prepared baking sheet, and bake 10 to 15 minutes, or until seitan is browned.
3. To make Sauce: Blend all ingredients and ½ cup water in blender until smooth. Transfer to serving bowl.
4. Place cucumber quarters on serving plates. Set satay on top. Garnish with lemon wedges, and pass peanut sauce for dipping.

Per Serving: 223 Cal; 21 G Prot; 13.5 Grams Total Fat (2.5 G SAT FAT); 8 Grams Carb; 0 MG Chol; 276 MG Sod; 2 Grams Fiber; 2 G Sugars

Speedy Substitution: No tahini (a Middle Eastern sesame seed paste) in the house? Replace it with 2 Tbs. peanut butter and a little more sesame oil.



Satay

- ¼ cup low-sodium soy sauce
- 2 Tbs. toasted sesame oil
- 1 ½ tsp. grated fresh ginger
- 1 lb. seitan, rinsed, drained, and cut into chunks
- 2 medium cucumbers, peeled and quartered lengthwise
- Lemon wedges, for garnish

Sauce

- ½ cup creamy peanut butter
- 2 Tbs. tahini
- 2 Tbs. low-sodium soy sauce
- 1 Tbs. toasted sesame oil
- 1 tsp. hot sesame oil
- 1 tsp. minced fresh ginger

Miracle Millet

Photo: 1000+1 Blog

Research suggests that the phytochemicals and high fibre content found in millet reduce the incidence of colon cancer.

Millet is a good source of protein that is comparable to wheat, making it a suitable alternative for vegetarians and vegans.

Millet is gluten-free, rich in B vitamins - especially niacin and folate, and is also a good source of magnesium, manganese, calcium and phosphorus.

A study has found that by consuming millet and other whole grains six times a week, post-menopausal women can reduce the risk of heart disease.

Thought to be one of the first domesticated cereal grains in human history, millet was cultivated in Asia and Africa over 7,000 years ago.

Millet's high magnesium content has been found to alleviate the severity of asthma and migraine.

Millet has been found to significantly reduce the risk of Type 2 diabetes.

Niacin found in millet can help to lower cholesterol.

Millet should be stored in a cool dry place or in the refrigerator.

Millet has heart-protective nutrients as it helps to reduce high blood pressure and decrease the chances of heart attack.

Cranberry Millet Pudding

100g millet	100g sweet potatoes
300ml water	40g dried cranberries
200ml soymilk	40g toasted cashew nuts
2 pandan leaves	3 tablespoons sugar or to taste

1. Wash millet to remove dust and other particles
2. Peel sweet potato and grate or cut into small strips
3. In pot, add millet, water, soymilk, grated sweet potatoes and pandan leaves, then cook over low heat until millet expands and absorbs most of the liquid
4. Add cranberries, cashew nuts and sugar to taste
5. Serve hot or keep overnight for flavours to develop further

*Come
Learn
From
The
Expert*



The 'best vegan baker in town' is now sharing her secret right out of her cosy home! Now you too can produce delicious vegan food that satisfies even the most ardent anti-vegetarian!

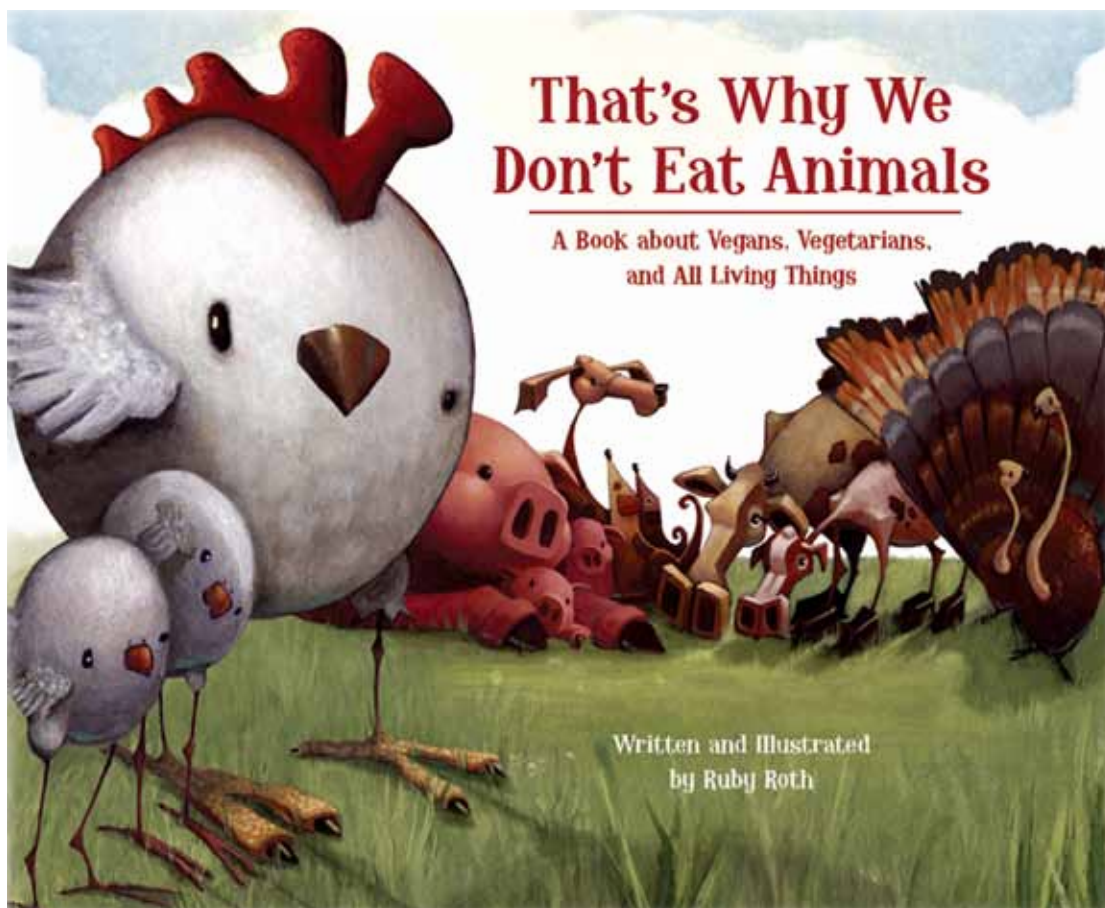


*Chef Halimah of Kalavira
vegan cuisine expert*

Sessions are fully 'hands on' and will be conducted at Chef Halimah's residence near **Clementi MRT Station**, in class sizes of between 3 and 4 participants each. Participant fees are priced at \$70 onwards each and includes ingredients, light refreshments and all other materials.

- 1) ViSiT EMPTY-HANDED**
- 2) BAKE WiTH HER**
- 3) GO HOME WiTH YOUR VERY OWN CREATION!**

check class schedule and view images at
www.facebook.com/Kalavira.Vegan.School
or book your slot via email at kalavira.cakes@gmail.com



It is always easier for adults to practise and discuss the issue of ethical veganism than it is broaching the subject with children. And with many of the current generation of ethical vegans suitably positioned to create the first generation of 'vegans from birth', material that helps children understand the considerations involved and appreciate the gravity of the situation, is definitely a necessity.

And here is where *That's Why We Don't Eat Animals: A Book About Vegans, Vegetarians, and All Living Things* comes in. Illustrated and written by Ruby Roth, who works with young children as an art teacher, the highly-visual book combines the necessarily dark depiction of factory farming with a familiarity of a children's book layout.

What results is an eye-opening (for non-vegan kids and adults) or idea-reinforcing (if you're a vegan parent) snapshot of the cruelty involved in the process of bringing meat to the dining table.

Parents who have used the book to read with their children have expressed how useful the process has been to broach the topic and engage in a process of discovery.

Meanwhile, the author herself shares how receptive children are to the facts of food manufacturing when represented as animated imagery - which is one of the main reasons she decided to create this book.

The most defining element of this book has been the

"This is a powerful and important book. Farm animals have emotions similar to our pets and this is conveyed in Roth's enchanting illustrations. It will make children - and their parents - think. But it will not lead to nightmares, rather respect and compassion for the creatures whose wellbeing is in our hands."

**Dr Jane Goodall
UN Messenger of Peace**

balance and sensitivity with which it has been prepared, and this enables the story to remain accessible to any reader without alienating any group of persons. In fact, it fosters in the reader a sense of connectedness to animals and the environment.

The book can also act as a teaching aid, where awareness can be created in children of the various processes involved in manufacturing meat. By offering just the facts in a non-threatening way, the book enables young readers to make informed decisions and take personal action.

And at the end of the day, there is no doubt that Ruby Roth has achieved her goal of empowering the younger minds with the power to change.

That's Why We Don't Eat Animals is available for purchase from Kinokuniya at \$28.68 and for loan at most public and regional libraries in Singapore

A humble and unassuming sight, Heng Guan Hou, at 37 years of age, comes across a new-age spiritual guru with his clean-shaven crown and simple - but chic - dressing. There is little hint that this working-class-looking gentleman who thinks nothing of hauling himself up crates and sacks to get to a sample for his client is actually the director of *Sukha House*, the award-winning brand that has infiltrated possibly every organic shop and most major supermarkets in Singapore.

Sukha House's simply-packaged *Chang* brown rice range is a common sight amongst health-related provisions anywhere, as well as at many a vegetarian stall. Begun in

2005 as a home office with partner Cheang Shen Kai, the duo could have never expected the brand to become such a household name - it is now distributed to 800 locations and has over 500 customers who order directly online.

Inspired by a sense of service to introduce the benefits of organic and natural products to fellow Singaporeans, he started to import brown rice, edible oils, sugar, grains, snacks and beverages to sell locally. His timing could not have been better as the awareness of healthier dietary options took root amongst the local community and, as a result, demand picked up rapidly.



HENG GUAN HOU

THE KING WHO SERVES OTHERS


From home office to \$2M enterprise

Today, Guan Hou's *Sukha House* has expanded to 2 warehouse units and has formed a partnership with Thailand's *Maejo University* to help Thai villages implement various farming technologies such as pro-biotic and enzyme planting, and organic planting methods. This has enabled the company to retain better control of the processes and ensure that sustainable farming practices can be encouraged with fair trade standards enforced.

Still considering the business as a service to others, Guan Hou continues to seek out ways to make the world a better place. For instance, most of his warehouse staff have disabilities that would make them unsuitable for employment in the eyes of most employers. He also actively supports many charitable causes and is ever-ready to lend assistance to like-minded organisations that work towards the betterment of society.

Humble philosopher

Outside of his business pursuits, this vegetarian of 20 years says he was motivated by altruism but quickly offers the apologetic disclaimer that "this word sounds too heavy". He recalls that it was difficult to find vegetarian food in the 'early days' but contrasts this against today's climate where "you are really pampered with choices!"



As to how he overcame the initial difficulties, he credits his perseverance and determined mindset to stand firm in his decision, and treating obstacles as challenges instead. He feels that this paradigm shift resulted in a holistic change in terms of his emotional, spiritual, social and physical state.

Guan Hou does not believe in preaching to others and instead, adopts the concept of 'live and let live'. He says, "respect their choices and they will in return respect yours. Once their mind and heart is open, they will be more receptive and accept you for who you are."

Leading from the front

Similarly, he advises those who are considering vegetarianism to be patient and points to a favourite saying of his - 'a journey of a thousand miles starts with a single step'. This father of two boys aged 7 and 5 also believes in parenting by setting an example because "actions speak louder than words."

The prophetic-sounding king of sorts intends to continue his peaceful conquest of the hearts and minds of Singaporeans with the vision to achieve "a successful business model that completely embraces total corporate social responsibility from fair trade to animal rights."

No doubt many of us will be helping to lay the foundation towards this goal - one brown rice packet at a time.

What is your favourite book or movie on vegetarianism?

Books by Peter Singer and the movies Earthling and Supersize Me.

What misconception about vegetarianism gets your goat?

Weakling; freak; food and nutrient deficiency.

If you were given one wish for the world, what would it be?

Live and Let Live.

What is one veg food that describes you best?

One is all and all is one: all veg food describes me the best. Only the hungry man truly tastes the food. And only the hungry man treasures every mouthful of it.

Name a Quotable Quote to you...

*"For yesterday is but a dream,
and tomorrow is only a vision;
But today well lived makes
every yesterday a dream of happiness,
and every tomorrow a vision of hope"*

- Sanskrit Poem by Kalidasa -





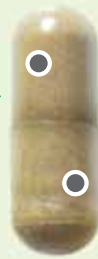
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ellagic acids from pomegranate

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- ✓ Supports cardiovascular health
- ✓ Maintains overall health and wellbeing
- ✓ Contains no sugar
- ✓ Preservatives free
- ✓ 100% vegetarian formula
- ✓ Halal-certified



Additives:

killing you sweetly



Photo courtesy of SXC

So you are at the supermarket going about your weekly grocery shopping. You see the aisles brimming with candies, biscuits and a host of convenience food. How often do you spend time mulling over the ingredient list before grabbing your favourite snacks?

Have you ever wondered why there is a long list of ingredients for simple foodstuff like biscuits? Or if you should be concerned about the unpronounceable chemical-based ingredients?

Our ancestors started off their existence through gathering and hunting practices, and over time methods of food cultivation were invented as the population increased that led to specialisation of food produce. Hence, more techniques for food preparation were created such as drying, sugaring and pickling which helped to increase the shelf-life of food products.

Subsequently, with industrialisation came advancement in technology, and convenience food became as ubiquitous as water. Unfortunately, this has resulted in the equally ubiquitous use of chemical additives in our food.

What are they?

Food additives serve several functions. Some work as a preservative that increases how long the food can last before use, by retarding the growth of bacteria in food. Other additives provide attractive colouring and flavour so that the food item looks more appealing and palatable. Yet others assist in the production process, acting as emulsifiers or stabilisers and in the form of minerals and vitamins to boost the nutrition in food.

Food additives are mainly divided into two categories – natural and synthetic. Natural additives are extracts from other plants and raw materials (including meat products) such as *monosodium glutamate* (MSG), caffeine or fruit

extracts. Synthetic or chemical additives are created in the laboratory to help improve the processing and quality of the product.

Not all food additives cause harm but most are not particularly good for you. While some additives offer benefit – such as those that fortify food (e.g. Vitamin C, iron, fibre and omega fatty acids), more often than not, they have been associated with a host of health issues.

The bad, and the worse

Some food additives have been known to cause allergy-like reactions in people. For example, caffeine, which is often added to some soft drinks and energy drinks, has been found to temporarily raise blood pressure and cause headaches and heart palpitations. Others, like MSG has been associated with heartburn, headache and burning sensation in the arm and back of the neck. *Olestra*, also known as *Olean*, is a fat substitute used in high-fat foods such as potato chips (first used by the *Frito-Lay* brand) and has been found to cause abdominal cramping and loose stools.

Unfortunately, the effects of food additives are not just limited to acute health issues, with long-term consumption having been linked to long-term health concerns. For example research on BHA (*butylated hydroxyanisole*), a preservative used in chewing gum and cereal, suggests that the chemical accumulates in the body's fat stores and eventually causes hormonal imbalance.

Another additive, *Brominated Vegetable Oil*, used in soft drinks – especially citrus type drinks to prevent citrus flavours from separating, is also known to accumulate in the fat cells and lead to problems such as nausea and blurred vision.

To make matters worse, research on laboratory animals indicates that some food additives might very well be carcinogenic and cause cancer. For example, *saccharin*, an artificial sweetener used in diet food, has been found to cause bladder cancer in rats. Also, processed foods – especially processed meat that contains inorganic phosphates used to improve texture in food – have been found to cause lung cancer in mice.

Top 10 Food Additives to Avoid

Artificial Sweeteners - found in diet or sugar-free sodas, Diet Coke, Coke Zero, jello, desserts, sugar-free gum, drink mixes, baking goods, table-top sweeteners, cereal, breath-mints, pudding, Kool-Aid, iced tea, chewable vitamins, toothpaste

High Fructose Corn Syrup - found in most processed foods, breads, candy, flavoured yogurts, salad dressings, canned vegetables, cereals

MSG (E621) - found in snacks, chips, cookies, seasonings, most Campbell Soup products, frozen dinners

Trans Fat - found in margarine, chips and crackers, baked goods, fast-foods

Common Food Dyes - found in most snacks and baked

goods - look for Blue #1 and Blue #2 (E133), Red #3 and Red #40 (E124), Yellow #6 (E110) and Yellow Tartrazine (E102)

Sodium Sulfite (E221) - found in wine and dried fruit

Sodium Nitrate and Sodium Nitrite - found in hotdogs, bacon, ham, luncheon meat, cured meats, corned beef, smoked fish or any other type of processed meat

BHA and BHT (E320) - found in potato chips, gum, cereals, frozen sausages, enriched rice, lard, shortening, candy, jello

Sulfur Dioxide (E220) - found in beer, soft drinks, dried fruit, juices, cordials, wine, vinegar, and potato products

Potassium Bromate - found in breads

Synthetic food colourings too do not augur well as some colours, such as *Blue #1*, have been linked to cell damage and mutation of cells leading to the potential formation of cancer.

Children have it bad too

As for the children, there is much anecdotal evidence and research that show food additives interfere with children's behaviour and learning. For example, in 2007, a school in New South Wales went additive-free for two weeks and reported that no child had to be placed in detention into the second week - this, for a school that typically sees six students in detention every week.

In another experiment involving identical twins, the results showed that the twin who was on an additive-free diet was calmer and chattier within two weeks as compared to his twin brother who was allowed to continue with his regular dietary preferences. The twin also performed 15% better in an IQ test when, before the experiment, they had identical scores.

There is therefore good reason to believe that many synthetic colours, 'E' numbers and flavour enhancers contribute to hyperactivity among children.

So the next time you are at the supermarket, do spend some time to read the ingredient list. Though the terms and names can be initially confounding, work at it and familiarise yourself with the ingredients (and their different names) that you should avoid.

Of course, as much as possible, do eat whole foods that have undergone minimal processing and where

possible choose snacks with the shortest ingredient list and only those with natural colours and flavouring.



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Veggie Thursday goes Middle-Eastern for Launch Event

By Natalia Angel

Photos by Neil Madhvani

The *Veggie Thursday* initiative took a leap forward on 16 June when the seeds of the next stage of its growth were planted. The event was organised for a cosy 40 guests, including members of the media, representatives of some of Singapore's most important non-governmental organisations (NGOs) and business leaders of the community - making for a great gathering.

The location chosen for this momentous event was the lively Arab Street, with its healthy mix of cuisine reflecting the spirit of the launch. *Café le Caire*, a non-vegetarian restaurant which offers a wide range of veg-friendly dishes, was more than happy to host the crowd with open arms.

Being an Arabic cultural hub that started out as a small stall itself, *Café le Caire* served as a dynamic venue where new experiences could be enjoyed. In fact, the establishment is noted for being a pioneer in rejuvenating the nightlife in the district - at one time, it was the only one open on nights and Sundays.

Similarly, the café is taking the lead to dispel the mistaken notion that Arabic food is all about meat. It hopes to promote genuine Middle-East Arabic culture in Singapore and, at the same time, broaden its pool of patrons by warmly embracing the *Veggie Thursday* initiative and offering diners the benefit of choice.

Indeed, savouring the food offered by this mixed-menu

café served as evidence that, in addition to the over 500 full-vegetarian eateries listed on the *Vegetarian Society (Singapore)* website, there are also many other locations where we can find great veg-friendly food - which is what *Veggie Thursday* is all about!

Community well-represented

Representatives from the more than 25 NGOs endorsing *Veggie Thursday* walked through the doors of *Café le Caire* with the warm welcome of *Tulsi* tea and 'holy basil'. These hardworking social volunteers showed themselves to be fun-spirited and thriving individuals as well, sportingly participating in the belly-dancing performance that was part of the interesting programme.

Among the warm smiles were those of Bhavani Prakash, founder of *Eco Walk the Talk*, Olivia Choong, founder of *Green Drinks Singapore*, and Tan Hang Chong of the *Nature Society (Singapore)*. Also in attendance were Clara Ng from the *Asian Food Channel* and the vivaciously energetic Desmond Wong from *938Live*, curious about how *Veggie Thursday* is making a difference in Singapore.

Amazing food on display

Café Le Caire put together a great meal for the *Veggie Thursday* launch, and the buffet included *Adas Salata*, made with lentil, coriander and tomatoes in a spicy and zesty lemon dressing; *Tabbouleh Salad*, made with fine cut herbs such as parsley, and bulgur wheat;



and stacks of Arabic bread with *falafel* and various dips such as *hummus* (smooth chickpea with hints of *tahini* and mixed spices, drizzled with lemon and olive oil) and *baba ganoush* (oven roasted eggplant pureed with tahini & sesame seed paste).

There was also the savoury *Sambusek*, potato-stuffed pastries which are the samosas of Arabia. For drinks, guests chose between the exotic *Karkadeh* drink – a taste of sweet hibiscus, and the special *Vimto Berry Mix*.

Full of surprises

The launch event was indeed an outside-the-box treat that demonstrated plant-based food is not 'rabbit food' as some erroneously assume. From the *falafel* to the *sambusek*, *Café le Caire* delivered with taste.

A pleasant surprise awaited the guests after their meal as Denise Lim from *Brownice* put the proverbial cherry on top by presenting her dairy-free ice-cream dessert (made using brown rice milk) to all in attendance. It could not have been a more lovely and vibrant evening, full of sharing and caring.

The launch event was highlighted in the local Chinese daily newspaper, *Shin Min Daily News* (16 June), reported as a feature story in the Chinese daily newspaper *Lianhe Wanbao's Health Monthly* (20 June), and mentioned in a facebook post by Dennis Chew, radio DJ of Y.E.S. 93.3FM, urging people to go veg at least once a week. Then, the following Friday (24 Jun), Desmond Wong, producer and presenter at 938LIVE, broadcast a special *Veggie Thursday* clip throughout the day sharing with listeners on the 'how' and 'why' they should go veg once a week.

VEGGIE Thursday

Feel Good. Do Good.

Veggie Thursday is an initiative that encourages everyone to practise consuming only plant-based food on one day of each week (preferably on Thursday). While everyone will be motivated by various reasons, leading to a unique 'rojak of reasons' for each individual, the three main reasons people try to go veg once a week are:

- *Adding more plant foods to the diet boosts human health*
- *Reducing meat consumption helps the environment and mitigates the impact on climate change*
- *Decreases the suffering of the animals whom are used for the manufacture of meat*

More information, support, success stories and recipes are available on the Veggie Thursday website located at www.veggiethursday.sg, including some Middle-Eastern food recipes such as hummus that was savoured at the launch. You can also subscribe to the Veggie Tips e-newsletter so that food ideas and other useful information can be delivered right into your email inbox.

The Veggie Thursday initiative will soon also include gatherings where you can bring your friends and family to different restaurants across Singapore every other month and help continue to Feel Good, Do Good.



If you don't take milk (be it due to lactose intolerance or ethical philosophy), do you worry about it when picking up a carton of orange juice?

Well, you should. The orange juice drink *Marigold Peel Fresh*, for one, has milk solids in it. So too does the *Marigold Lemon Barley* and *Marigold Lychee* tetra packet drinks. Meanwhile, all the *SoyJoy* brand of health snack bars contain butter, with some flavours additionally having cheese as well. Even some chewing gum brands such as *Trident's Xtra Care* range contain milk derivatives touted to strengthen enamel.

You might argue that these products don't claim to be non-dairy and, though unusual, are not breaking any ethical code. However, there are several products clearly labelled 'non-dairy' that do contain dairy. Non-dairy creamers in particular, while lactose-free, often contain sodium caseinate (e.g. *Super Non-Dairy Creamer* has this) or calcium caseinate - which happen to be derivatives of milk - to give that creamy, milk-like taste. This means that the lactose intolerant are safe while those with casein allergy are not, not to mention vegans who would be comprising their personal philosophy.

Similarly, many non-dairy products clearly labelled as such, like non-dairy whipping cream, non-dairy margarine and soy cheeses, have all been known to include some form of milk solids such as skimmed milk or milk-derived ingredients like casein. The reality is that the terms 'non-dairy' and 'dairy-free' have today become indicative only of whether actual cow's milk (in its original form) has been used as an ingredient and ignores all derivatives of milk such as milk solids and milk protein.

Playing with semantics

How is it possible that companies get away with 'non-dairy' labelling for products that are not dairy-free? While there is no official definition for the term 'dairy-free', the use of the term 'non-dairy' to label a product is governed by the US Food & Drug Administration (USFDA).



When
Non-Dairy
doesn't mean
no dairy

But far from being able to take solace from this knowledge, this regulatory definition merely adds to the confusion. You see, the *Code of Federal Regulations* (Title 21) simply advises under its designation of ingredients section (Part 101.4) that "(d) When foods characterized on the label as 'nondairy' contain a caseinate ingredient, the caseinate ingredient shall be followed by a parenthetical statement identifying its source. For example, if the manufacturer uses the term 'nondairy' on a creamer that contains sodium caseinate, it shall include a parenthetical term such as 'a milk derivative' after the listing of sodium caseinate in the ingredient list."

So, according to the USFDA regulations, it is perfectly legal to print in big, bold headings the words 'non-dairy' for a product that has sodium caseinate or calcium caseinate so long as the words 'caseinate (from milk)' appear somewhere in the oft-inconspicuous ingredients list.

And as the typical practices of the US lead the 'international norms' in terms of food-labelling, most other products from outside of the US carrying the 'non-dairy' label regularly contain milk-derivatives as well.

Creeping Up On You

While an easy solution appears to be simply being vigilant in reading ingredient lists, the issue is more complicated than that. In 2006, *McDonald's Corporation* in America admitted to using dairy ingredients in its french-fries for flavouring purposes.

And this is only the tip of the iceberg. There are so many instances of dairy-laced products that go unnoticed on a daily basis. For instance, several mock-meat products tend to contain whey or milk solids as a flavouring agent - something that might be hard to establish with mock-meat dishes served at restaurants. Also, some roasted coffee beans, especially that from Vietnam are said to be roasted in butter. Even the humble bread is often made with some form of dairy variant which might be overlooked when buying a vegetarian sandwich or veggie burger.

Ambiguous labels lead to real dangers

Though for vegans this is an issue that causes much irritation and frustration, poor food labelling can have serious implications for those with food allergies. The *Food Allergy & Anaphylaxis Network* (FAAN) based in the US notes that several of its members reported having been misled into a false sense of security, resulting in adverse allergic reactions.

In one almost-tragic case, a distraught mother recounted how she had to witness her 16-month-old child come close to death after consuming two slices of 'non-dairy' cheese.

Calling this "a situation that no parent should have to face" and one that will continue to play out until the confusion of non-dairy labelling is settled, the CEO of FAAN, Ms Anne Munoz-Furlong called on the USFDA to "remedy this potentially fatal state of affairs."

Unfortunately, while the USFDA promised to share the information with state authorities and work on the issue, this call to action made in 2004 seems to be just that - a statement recorded in the annals of FDA's *Division of Dockets Management* (note: we are not making this up - this is a real agency).

For the moment though, it seems business interests reign supreme and the term 'non-dairy' is merely a gimmick that serves to attract rather than inform.

It is more than clear that labels do not necessarily give the consumer the security it should, so if you have an allergy or a strict dietary preference, please always read the ingredient list and trust only the names you can understand. In addition, it might be prudent to just stick with reputable brands that have a strict and serious dairy-free philosophy.



Photo courtesy of SXC

Ingredients to watch out for...

- *milk solids or 'curds'*
- *whey*
- *casein (most commonly as sodium caseinate)*
- *lactose (frequently as sodium lactylate)*
- *lactalbumin and other names beginning with 'lact'*
- *galactose (a lactose by-product) - though most people with milk allergies have no trouble with galactose, it may cause problems in some people*
- *protein (often as 'high protein' or 'protein enriched' version of another ingredient such as wheat) - the added protein (particularly 'high energy' foods) is often milk protein*
- *caramel colouring - many kinds use lactose, a milk sugar, to help get that rich colour*
- *Recaldent - milk-derived ingredient found in some Trident brand chewing gums*
- *'natural ingredients' - some of these may contain dairy products or by-products*



Yogesh Arora

Serving Humanity

Recipes courtesy of Mr Yogesh Arora

An established chef who counts President S R Nathan as one of the dignitaries for whom he has cooked for, 41-year-old Yogesh Arora spent 10 years with the *Tiffin Room* of Raffles Hotel as its *Chef de Cuisine*.

Wanting to pursue a degree in hotel management, young Yogesh at the time was interested in preparing food and sought to become a chef. But after a few years, he felt that it was a hard life, “working many long hours standing on your feet” and decided to explore the corporate world by pursuing an MBA.

However, his spiritual guru, Sri Poonam Ji, enlightened him on the nobility of filling stomachs and guided his focus back towards this personal fulfillment. This timely intervention kept Chef Yogesh from leaving the profession and saved the countless diners who would have otherwise not had the opportunity to sample his wonderful creations.

Intrigued by the medicinal and natural healing properties of herbs and spices, he reveals that he enjoys working and experimenting with these ingredients. As for his personal favourite dish, he enjoys the classic *Khichdi*, a simple combination of rice and lentils which he says, “is very soothing for the stomach and fast and easy to cook.”

Focused on creating a “symphony of all the senses”, Chef Yogesh considers all aspects in preparing his dishes - looking and tasting good while providing the body with wholesome nutrition. And with a firm belief that the right combination of ingredients can produce unforgettable flavours, he places more importance on what goes into his dishes rather than just going for overwhelming tastes.

Although Chef Yogesh hails from a vegetarian background, his foray into fine-dining cuisine led him to make the difficult choice to consume meat, chicken and fish as part of his job requirement. However, after becoming established in the field, he acceded to his spiritual guru's advice to return to vegetarianism. He notes that he “always had some health issue or the other” while on a non-vegetarian diet, and has been “most happy with my decision”.

Now, the next stage of his illustrious career has seen him become the consultant chef of *Design A Cuisine*, a culinary training firm. Chef Yogesh organises and conducts training for other chefs, as well as for those interested in the holistic approach to food preparation - all with a view to facilitating long and healthy lives.

For those thinking of a career in the culinary arts, Chef Yogesh advises the simple mantra of love and respect - “love and respect the people whom you are cooking for, love and respect the ingredients and the profession of cooking” and believes that with such intrinsic love and respect “all the awards, recognition and praise will follow”.

For this almost-never-happened dedicated chef, renegading on the momentary consideration to climb the corporate ladder has been the best decision he has ever made.

Find out more about Yogesh Arora's work at www.designacuisine.com or drop the friendly chef an email at yogesh@designacuisine.com

Aloo Suva (potatoes with onion, garlic and dill leaf)

250g red onions chopped
500g holland potatoes
30g garlic chopped
20g ginger chopped
Sea-salt to taste

100g dill leaf
80g mustard oil
7g turmeric powder
3pcs fresh green chillies chopped

1. Wash and boil the potatoes with the skin, then remove to cool, peel skin and dice them
2. Wash and chop dill leaves.
3. Heat mustard oil, add finely chopped red onion and cook on slow to medium flame till golden
4. Add sea-salt and stir

5. Once onion is golden, add garlic and stir for a few seconds
6. Add turmeric, chopped ginger and chopped green chilli
7. Add diced potatoes and stir for another 2 minutes on slow to medium heat
8. Add dill leaves, stir well and cook for another 1 minute before removing from fire
9. Mix well and serve hot

Mustard seeds, like all seeds of the Brassica family, including canola (rapeseed) and turnip, have high levels of omega-3 (6–11%) and are a common, cheap, mass-produced source of plant-based omega-3 fatty acids

100g red onions chopped
70g local red tomatoes
30g garlic chopped
25g ginger chopped
Sea-salt to taste

Khumb Kali Mirch (Button mushroom with black pepper, onion and tomato)

40ml mustard oil
7g turmeric powder
15g red chilli powder
15g coriander powder
400g button mushroom
30g red capsicum
30g green capsicum
30g yellow capsicum
15g black pepper crushed
30g green coriander chopped

1. Heat mustard oil, add finely-chopped red onion and cook on slow to medium flame till golden
2. Add sea-salt and stir
3. Once onion is golden, add garlic and stir for a few seconds before adding chopped tomatoes
4. Stir-fry till all moisture has evaporated and tomatoes have cooked
5. Add turmeric, coriander powder and red chilli powder
6. Add chopped ginger and chopped green chilli
7. Add capsicum, button mushroom, spring onion and crushed black pepper, then sauté for another 2 minutes on slow to medium heat
8. Mix well, garnish with coriander and serve hot

Black pepper helps with digestion by preventing gas, improves circulation, heals minor cuts, acts as a diuretic and has effective antibacterial properties - this is probably why it is considered the 'King of Spices'.

1. Wash and soak chickpeas overnight
2. Heat mustard oil, add finely-chopped red onion and cook on slow to medium flame till golden
3. Add sea-salt and stir
4. Once onion is golden, add garlic and stir for few seconds before adding chopped tomatoes
5. Stir-fry till all moisture has evaporated and tomatoes have cooked
6. Add turmeric, coriander powder and red chilli powder
7. Add chopped ginger and chopped green chilli
8. Boil chickpeas separately in a pan or pressure-cooker
9. Add boiled chickpeas to onion-tomato masala prepared earlier, then cook for another 10-15 minutes
10. Add kasoori methi
11. Mix well, garnish with coriander and serve hot

Kasoori methi is an excellent herb and has lots of health benefits, including digestion, relieving the stomach of gas, excellent for people with arthritis and great for lactating mothers.

250g red onions chopped
200g red tomatoes chopped
50g garlic chopped
40g ginger chopped
Sea-salt to taste
80g mustard oil
7g turmeric powder

20g red chilli powder
5g kasoori methi (dried fenugreek leaves)
20g coriander powder
200g chickpeas
30g green chillies chopped
50g green coriander chopped

Channa Peshawari (Chickpeas with onion, tomato and fenugreek)

GROUND-UP INITIATIVE

Building
a better
tomorrow

Photos by Joshua Chiang



Began by a small group of people who came together in January 2008 under the leadership of Tay Lai Hock (above), *Ground-Up Initiative* quickly organised itself and has since made ripples in the community and become a mainstay of the local environmental scene in 3 short years.

Believing that money is no guarantee of happiness or fulfilment in people's lives, GUI aspires to inspire change and define success in terms of the harmony and happiness with which we can live with the planet.

By no means a finished project, GUI sees itself as searching for answers and how its ideas for social and ecological harmony can be applied to the urban environment in Singapore.

The spirit of GUI lies in its dedicated volunteers who spare no enthusiasm in pouring in the maximum effort into the various projects. This is apparent in the events that it organises and the general atmosphere of goodness that one experiences when in attendance at such events.

collaborations.

This was followed by a major *Earth Day* celebratory event in 2011 (22 April) called *A Beautiful Connection* that saw a great turnout - with even an oversubscribed volunteer base to help out.



In fact, the philosophy of GUI has been the direct involvement of those interested to be part of this initiative. Instead of rhetoric ('all talk, no action'), walking the talk is highly valued and demonstrating by example is the mantra. This infectious sense of ownership ensures a constant stream of dedicated volunteers and has even earned the faith of the land-owners to offer more and more space for the team to work with - GUI currently has 12 times as much space as it was first offered.

Meanwhile, its regular projects include *Garbage Enzyme Workshops*, *Sustainable Urban Farms* (SURF), movie screenings and excursions. The SURF project is an initiative for sustainable community gardens and aims to inspire urban dwellers to grow food plants using overlooked spaces in homes and offices.

GUI hopes to demonstrate how this can be done sustainably using a permaculture (or permanent agriculture) approach. It hopes that after this pilot project has been established, other communities will be empowered with the knowledge and confidence to recreate SURF gardens in their own neighbourhoods.



In 2010, it organised a major event on 10 October (10:10:10) entitled *Balik Kampung @ Bottle Tree Park* which saw thousands of visitors drop by at *Bottle Tree Park* - most of whom who were there for the first time. A

Working with the social service sector and other community organisations, GUI also coordinates a project called *Xin Candy* (right) where a healthier type of candy that has no artificial colouring or flavouring is produced for sale. With the name *Xin* meaning 'heart' in Chinese, the project enables socially-disadvantaged individuals to gain some employment as packers and distributors.

This yet another one of the many interesting contributions GUI has made to the society, and we can only imagine what other innovative and fresh ideas this infant VWO will bring to the Singapore scene as it progresses on with its remarkable growth.



How You Can Help

Support the *Xin Candy* project by purchasing it as reception candy at your workplace or as door-gifts for your events and functions. A 1KG bulk pack containing 300 sweets sells for \$45, with the option for specially-designed gift pouches as well.

Alternatively, you can join GUI as a member for a \$20 entrance fee and an annual subscription of \$36, and help fund the various projects undertaken. Membership privileges include registration priority for events, discounts (or complementary invites) for activities, events and the co-op scheme.

GUI also needs as many volunteers as it can recruit and particularly needs help in the following areas:

- Event Planning and Organising
- Creative and Graphic Design
- Knowledge in gardening, environmental and sustainable practices
- Web Design / Website Maintenance



Ground-Up Initiative | 81 Lorong Chencharu | Tel: 84304148
info@groundupinitiative.org | www.groundupinitiative.org

Go Middle Eastern!

A cuisine that is naturally veg-friendly, middle-eastern food offers a fresh experience with wholesome ingredients

1. Roast eggplant on top of stove-top (i.e. naked flame) until soft and charred, then cool completely and remove skin from eggplant flesh
2. Peel garlic
3. In food processor, blend eggplant flesh with coriander, garlic, lemon juice, tahini and salt, then add water as necessary to bring to creamy consistency suitable for dipping
4. Drizzle some olive oil (if necessary) and paprika, before serving with pita bread or vegetable sticks

Baba Ganoush

500g eggplants
4 sprigs coriander
2 cloves of garlic
2 to 3 tablespoons lemon juice
¼ teaspoon cumin powder
1½ tablespoons tahini
Salt to taste

Baked Falafel

1. In food processor, blend all ingredients until relatively smooth (but not too smooth as in to become paste)
2. Oil baking tray well, then roll into small balls (ping-pong ball size) and place on baking tray
3. Bake at 190°C for 40 minutes until cooked through

** Alternatively, can be fried in a pan with about 3 inches of oil heated until hot and placing one ball at a time up to 6 pieces together (note: if it disintegrates, add more flour to hold together)*

60g onion
½ teaspoon chilli powder
3 cloves garlic
250g cooked chickpeas
4 sprigs coriander
1 teaspoon cumin
¼ teaspoon pepper
Salt to taste
3 to 4 tablespoons plain flour

1. Wash bulgar wheat to remove dust and other sediments, then using pot, soak in 220ml of water
2. Dice onions, garlic, coriander, chilli and green pepper
3. Deseed tomatoes and dice, and slice olives
4. Add all ingredients to bulgar wheat, including lemon juice, cumin powder and salt
5. Stir well and allow to sit until bulgar wheat absorbs water and expands (about an hour)
6. Adjust salt and seasoning and serve

150g bulgar wheat
220ml water
50g onion
3 cloves garlic
3 tablespoons lemon juice
5 sprigs of coriander
1 tomato
1 red chilli
1 teaspoon cumin
8 green olives
50g green pepper
Salt to taste

Tabbouleh





Made with 100% vegetable-based ingredients, **Organic Aloe Vera Pine Pollen Capsules** are suitable for detoxifying, slimming and nourishing the body. Completely organic and mainly made of Aloe Vera and natural Pine Pollen, this health supplement effectively treats a range of health problems that includes premature aging, poor complexion and bloated abdomen. Made without any fillers, preservatives and additives, and using modern extraction processes, this product is five times stronger in removing free radicals than aloe vera alone.

Retails for \$85 per package of 60 capsules at most organic stores and healthcare product retailers

**Retails for \$52 at Oasis Organic
(from now till 24 July, enjoy a special
promotion of \$69 for a pair of flasks)**



Alkaline water has been long touted for its health benefits, so what better way to enjoy it than by using the **Alkaline Energy Flask**. This flask is able to turn water alkaline, thereby neutralising the acidic substances in order to achieve ideal body pH. With the ability to break down water molecules into smaller particles for better absorption, it is also able to enhance body resistance by removing free radicals, and killing germs and viruses. With its ability to remove chlorine, the taste and water quality is greatly enhanced as well.



**Retails for \$9.50 per 18 tea-bag box at major retailers islandwide -
for more information, please contact neemtree.sg@gmail.com**

The **Organic India Tulsi Tea** collection utilises a combination of three varieties of *Tulsi*, each of which lends its own distinct and characteristic taste that contributes to the delicious flavour and aroma of the teas. *Tulsi* Teas are certified-organic and thus free from harmful substances, thereby ensuring the herb's natural health benefits. *Tulsi* is considered 'The Queen of Herbs' and is revered as a sacred plant infused with several healing powers. *Tulsi* (also known as *Holy Basil*) makes a delicious and energising herbal tea, the adaptogenic herb helping the body relieve the negative effects of stress. *Tulsi* is rich in antioxidants, bolsters immunity, enhances stamina, promotes a healthy metabolism and helps fight coughs and colds as well.

Made with organic sugar, these fruit-flavoured thirst quenchers offer a great-tasting alternative to sugar-laden beverages. With less than half the sugar content of regular pouch drinks, **Honest Kids** delivers wholesome fruit drinks without artificial colourings or additives. These fruit drinks are USDA certified and do not use genetically modified products. *Honest Kids* is available in five flavours with quirky names kids would love such as *Appley Ever After*, *Berry Berry Good Lemonade* and *Goodness Grapeness*.

Retails at \$12.80 per 8-pouch box at Cold Storage, Market Place and Four Seasons Organic Market



Dr Bronner's Pure-Castile Rose Soap Bar is made of a combination of high quality, pure & organic extra-virgin coconut, olive and jojoba oils, together with natural rose fragrance. The *Rose Soap Bar* with its beautifully blended natural essential oils has an elegant and romantic traditional feel with a calming and antiseptic effect on the skin. This soap is suitable for all skin types, but it is especially good for dry, mature and sensitive skin as it helps moisturise and hydrate the skin. Made with organic, natural ingredients, this product is not animal-tested and is suitable for vegans.



Retails at \$7.80 per bar online at www.natures-glory.com



Bromelain, an enzyme derived from the stem of fresh pineapples, is best known for its use as a digestive aid, especially for fatty or high-protein meals. Recent research has shown its effectiveness in helping sports people with sprains and strains with its anti-inflammatory properties. It also helps reduce bruising and pain that can follow minor operations, especially in women who have had surgery during childbirth. It may be effective against urinary tract infections, and bromelain appears to reduce the thickness of mucus, which may be helpful in the treatment of asthma or chronic bronchitis. **Lamberts Bromelain** pills are encapsulated in a rice bran capsule shell (vegetable cellulose).

Retails for \$78 per bottle of 60 capsules at Food Advisory Group located at Cluny Court #02-15A - for more information, please visit www.foodadvisory.sg



Tucked away in a corner of *International Plaza* next to Tanjong Pagar MRT station, *Xin Yi Vegetarian* restaurant is a labour of love of one truly inspired lady. Though not a vegetarian herself, Mdm Tan - who has been in the food business for over a decade, had always wanted to open a vegetarian restaurant as service to the community. This was the fundamental reason for the birth of this quaint eatery called *Xin Yi* - which means 'wish from the heart'.

It is no surprise too that the dishes created by her dedicated team of chefs under her watchful eye are fresh, exquisite and scrumptious. While *Xin Yi* serves some ubiquitous dishes found in other restaurants such as noodles, rice and *zi char* dishes, it easily stands out from the rest with its divine *dim-sum* spread.

Unlike other establishments, *Xin Yi Vegetarian* has an in-house specialist who creates fresh, handmade *dim-sum* dishes - which translates into the superior quality of these dishes.

The *Teochew Dumplings* (top, left) at \$3.60, come with a generous filling of minced carrot, mushroom, turnip, Chinese celery and peanut that has a delicious combination of textures. However, the handmade dumpling skin was the highlight as it was not only soft but still chewy.

For those who prefer a zing in their *dim-sum* should try the *Spicy Dumplings* (\$5.80) instead which comes with a leafy green vegetable filling with a hint of heat.

A must-try though is the *Pot Stickers* (top, right) at \$4.80, that comes filled with mushroom, carrots, green vegetables and laced with sesame oil. This fragrant dish is mouthwateringly delightful and addictive, with the accompanying ginger-vinegar sauce adding a nice element of acidity that works well with the flavours.

Another dish worth trying is the *Celery Pancake* (left) at \$5.00. Made with layers of flaky pastry studded with Chinese celery, this *dim-sum* dish has a crispy exterior while remaining fluffy on the inside. Reminiscent of crispy prata, it is wonderful on its own but we do believe will work equally well - if not better - with some curry (which is also available at *Xin Yi Vegetarian*).



Red Bean Pancake

Xin Yi Vegetarian

10 Anson Road
International Plaza #01-50A
Tel: 62263979

And for those who prefer a sweet dish, the *Papaya Yam Balls* (centre) at \$4.50, will hit the spot. The balls are made from yam with a mildly-sweet mashed papaya filling that surprisingly does not have that disagreeable flavour that some associate with papayas. A warm and comforting dish, the filling compliments the yam exterior perfectly.

Though not a part of the *dim-sum* menu, special mention goes to the *Fruit Rojak* (bottom) at \$5.50, which left us drooling. Made with assorted fruits and vegetables such as

pineapple, rose apple, red apple, cucumber and turnip, and topped with peanuts and a special piquant sauce, this dish is simply excellent. The special homemade sauce with torch ginger is extremely fragrant while the fruits are fresh, creating a light, fragrant and refreshing dish.

Xin Yi Vegetarian restaurant is truly a remarkable establishment that aims to recreate vegetarian versions of local favourites without compromising on taste. With a mission to appeal to meat-eaters, it goes by the motto of 'Taste First' and they have in every way achieved this noble goal.

Xin Yi Vegetarian is open Mondays through Saturdays from 11.00am to 3.00pm and 5.00pm to 11.30pm.

Homage to our Culinary Heroes

The real heroes of the Vegetarian Movement in Singapore aren't the people who use words to talk about vegetarianism or write about it, such as the people at Vegetarian Society (Singapore). The real heroes are really the people at vegetarian restaurants and stalls who use their chopping boards, woks and ingenuity to create the dishes that power us vegetarians to live full, exciting lives via a wise and kind diet.


So, let's pay homage to our heroes. Even if we are in a rush, let's take time to be gracious. Let's say "Hi!" in whatever language to the people who work at and run these vegetarian eateries we rely on. Let's smile and ask them if they have eaten themselves.

When it's time to go, let's thank these noble individuals and maybe give them our feedback, telling them what we liked and maybe giving a friendly suggestion on how they could improve on the dishes or add new ones. Times change, and in the process, so does our taste and preference. Nowadays, more people are looking for healthier food – less salt, less



oil, less cooked, more whole grains, less processed foods and less mock meats. Our heroes are there to serve us; so, we need to help them adjust to these modern, health conscious times.

Vegetarians and meat reducers are still a minority here. Society is still dominated by diets that disparage our fellow animals, that disrespect the planet and that disregard human health. Those of us striving for a kinder, wiser diet need to support each other - especially these unspoken heroes.

A close-up photograph of hands preparing food. One hand is using a knife to chop vegetables on a wooden board, while another hand is holding a metal tray filled with a colorful salad. The background is slightly blurred, showing more of the kitchen environment.

Are you a regular at a veg eatery?

If so, why not try to be friends with the owner and the staff. Find out their names; tell them yours. We need to support these heroes who make it possible for us to enjoy great food that remains healthy and safe. Please give it a try - it will make dining more enjoyable for everyone.



GET YOUR COPY FROM THESE LOCATIONS

7 Sensations - PARCO Marina Bay, Millenia Walk #P3-07

ACRES - 91 Jalan Lekar

Alexandra Hospital - 378 Alexandra Road

Ang Mo Kio Polyclinic -

723 Ang Mo Kio Avenue 8 #01-4136

Angel's Bistro - 28 Stanley Street

Barefoot Ion - ION Orchard #B3-13

Bombay Café - 334 Tanjong Katong Road

Bombay Café - 79 Syed Alwi Road

Bombay Woodlands Restaurant -

Tanglin Shopping Centre #B1-01/02

Brilliant Organic - 527 Ang Mo Kio Avenue 10 #01-19

Bud Cosmetics - Square 2 #01-66

Bukit Batok Polyclinic - 50 Bukit Batok West Avenue 3

Café Salvation - 75 Syed Alwi Road

Choa Chu Kang Polyclinic - 2 Teck Whye Crescent

Choose Eco Store - 26A Sago Street

Ci Yan Vegetarian Health Food- 8 Smith Street

Classic Lao Difang - Park Mall #B1-12

Clementi Polyclinic - 451 Clementi Avenue 3 #02-307

Dann's Daily - Eastwood Centre #01-06

Dapao - Far East Square #01-01

Eat Organic - 619H Bukit Timah Road

Eight Treasures - 282A South Bridge Road

Eight Treasures Express -

Guilemard Village, 102 Guillemard Road

Food #03 - 109 Rowell Road

Food Advisory Group -

Cluny Court, 501 Bt Timah Rd, #02-15A

Friendly Vegetarian Supplier -

Blk 14 Pasir Panjang Wholesale Centre #01-23/24

Genesis Health Food Restaurant - 1 Lorong Telok

Gokul Vegetarian Restaurant - 19 Upper Dickson Road

Green Room Cafe -

Bishan Park II, 1382 Ang Mo Kio Avenue 1

Greenland Vegetarian Restaurant -

789 & 791 Upper Serangoon Road

Healing Bliss Clinic - Roxy Square 2 #01-98

Hougang Polyclinic - 89 Hougang Avenue 4

Jurong Polyclinic - 190 Jurong East Avenue 1

Kampung Senang - 106 Aljunied Crescent

Keen on Crepes - 96 Tanjong Pagar Road

Kitchen Capers - 71 Kallang Bahru #01-531F

Lemongrass House - 313@Somerset #B2-14

Lemongrass House - Liang Court #B1-26

Lemongrass House -

PARCO Marina Bay, Millenia Walk #P3-20

Lins' SmooDees - China Square Central #B1-02

Little Prince Cuisine -

Makan Place @ Ngee Ann Polytechnic

LivinGreen - 325 Beach Road

Love for Earth - Holland Shopping Centre #03-05

Loving Hut - International Plaza #01-37

Loving Hut - Khoo Teck Huat Hospital, Central NTUC

Foodfare Stall 8

Loving Hut - Parklane Shopping Mall #01-07

Loving Hut - Suntec City Mall Sky Garden

Tower 2 #03-016

Miao Yi Vegetarian Restaurant -

Coronation Plaza #03-01/02

Naïve - 99 East Coast Road

Nalan Restaurant - 412 Serangoon Road

Nalan Restaurant - Funan Digitalife Mall #B1-01A

National University Hospital - 5 Lower Kent Ridge Road

NorthSouthEastWest - 200 Tanjong Katong Road

Nutri-Hub - 46 Temple Street

Oasis Organic - Shaw Towers #01-49

Onaka - 44 Rochester Park

Onaka - Immunos @ The Biopolis,

8A Biomedical Grove #01-17/18

Organic4Less - 271 Bukit Batok East Avenue 4 #01-142

Piore Organic - 3 Queen's Road #02-163

Raj@Biopolis - Centros Block, 20 Biopolis Way #01-03

Raj@Syed Alwi - 76 Syed Alwi Road

Real Food - The Central #B1-52

Real Yoga - The Centrepoin #06-06/07

Ren Ci Hospital - 71 Irrawaddy Rd

Renew Health - 161 Bukit Merah Central #01-3709

Roma's Deli - Shaw Towers #01-23

Salad Stop - Marina Square #02-06

Salad Stop - Novena Velocity #02-24

Salad Stop - One George Street #01-01

Salad Stop - OUB Centre #B1-02A

Simple Food - 462 Tampines Street 44 #01-64

Simple Food - Down Town East, E! Hub #02-112

Singapore Management University - 81 Victoria Street

Sunny Choice Organic Shop -

Rail Mall, 434 Upper Bukit Timah Road

Supreme Master Meditation Centre

Terra Plana - Mandarin Gallery #02-04

The Hidden Place - 40 Tras Street

The Naturally Better Company -

PARCO Marina Bay, Millenia Walk #P1-18

The Wisdom Tree - 26A Pagoda Street

Thousand Veggie - 200 South Bridge Road

Tirisula Yoga - 80B Arab Street

Toa Payoh Polyclinic - 2003 Toa Payoh Lorong 8

Veganburg - 44 Jalan Eunos

Whole Earth - 76 Peck Seah Street

Woodlands Polyclinic - 10 Woodlands Street 31

Yes Natural - 57 Geylang Lorong 27

Yes Natural (Tiong Bahru) Pte Ltd -

58 Seng Poh Road #01-27

Yishun Polyclinic - 100 Yishun Central

Zenxin Organic -

Blk 14 Pasir Panjang Wholesale Centre #01-25

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VegVibe

Advertising Rates

MICA (P) 003/06/2011 www.vegville.com

VegVibe magazine was first published online in August 2009 as the first magazine in Singapore to address vegetarian and vegan issues. We are a wholly content-driven publication that strives to cover anything and everything that matters to the vegetarian and vegan community, and have positioned ourselves as a uniting platform for those interested in **Health & Nutrition**, **Animal Welfare** and **Environmentalism**.

Technical Specifications

A4 size (210mm x 297mm)
44 to 60 pages (min 40 pages of content)
105gsm art paper
3,000 - 5,000 copy print run
Bi-monthly publication

Why Advertise With Us

- Copies available free islandwide
- Niche readers who follow VegVibe closely
- Issues released as both online and print editions (maximum ad exposure)
- Regional focus with global reach
- Longer shelf-life and retention of copies by readers due to strength of content

VegVibe has been well-received since inception and enjoys a conservative estimate of 5,000 readers per issue, with over 300 direct subscribers, as well as over 1,100 fans on our *facebook* page – all achieved by word-of-mouth alone. We have also established ourselves as a reliable news provider and are the Singapore correspondent for the *European Vegetarian and Animals News Alliance* (EVANA) and a registered news source with *Google News*.

SIZE	DIMENSIONS W X H (MM)	PROMOTIONAL PRICE (3,000 COPY PRINT RUN)
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