

VegVibe



SEPTEMBER 2009

RESIDENT YOGI
Balakrishnan

Also in this issue:

**Chennai,
Beetroots,
Fish-Farming,
Organic Food,
and what you can do
Beyond Recycling**

The Chief Veggie Speaks!

What an incredible month for **VegVibe** where we witnessed a rapid growth of subscribers, very good feedback and incredibly-strong support.

I'm pleased to report that we've surpassed the (conservative) 300-reader milestone we set ourselves, just by word-of-mouth - with more than a little help from Facebook and the **Vegetarian Society of Singapore** (who mentioned us in their eNewsletter) of course. The Vegan Society based in the UK also dropped us an email to congratulate us, as did countless individuals who appreciate our efforts.

Well, we've incorporated as much of the feedback as we could into this issue and we certainly plan to refine **VegVibe** further in the months ahead.

Meanwhile in this issue, we hope you'll like our ideas on looking beyond recycling to reduce waste in the first place (*Page 10*), as well as our analysis that fish-farming is hot on the heels of land-farming as the next major ecological problem (*Page 3*).

We certainly hope that you will be inspired to visit *Cosmopolitan Chennai* (*Page 12*) and convinced to get yourself a copy of *The China Study* (*Page 19*) that has taken the local vegan and vegetarian community by storm in recent months.

As ever, please continue to vote for your favourite article(s) in this issue on our website at <http://vegville.com> and feel free to email us at vision@vegville.com anytime.



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The editor would like to thank Mr Balakrishnan Matchap for graciously agreeing to be featured in this issue.

Rooting for Beets!

By Halimah

With its brilliant ruby hue, the beetroot is a unique root-vegetable that offers a host of health benefits. Deriving its roots (pun intended) from the wild seabeets, the beetroot was first farmed in the eastern Mediterranean and Middle-East. Though only the leaves of this plant were consumed then and the beetroot itself was reserved only for its curative purposes, the arrival of the French in the 1800's led to the chefs incorporating this vegetable into the cuisine which was well received in Central and Eastern Europe.

Nutritional Benefit

Virtually fat-free, beetroot is a good source of carbohydrates, proteins, and essential vitamins and minerals – an average-sized cup of beetroot contains approximately 8.5g of carbohydrates, 1.5g of protein, and 1.5g of dietary fibre. Cooked beetroots are also high in folic acid which is beneficial in preventing birth defects in unborn babies, while its antioxidant properties, derived from betacyanin – its deep red colour – and Vitamin C, may inhibit the formation of cancer-forming compounds.

Used as an aphrodisiac in ancient civilisations, the high levels of boron mineral found in beetroot have been thought to influence the production of human sex hormones (don't get ideas). Recent research further suggests that nitrates in the beetroot lead to a reduction in oxygen uptake, thereby making exercise less strenuous.

Finally, some additional benefits include normalising blood-pressure levels and preventing constipation.

Selection & Storage

When selecting beetroots look for unblemished ones that are hard and firm to the touch (soft and wilted beetroots have usually been left on the shelf for too long). Also, choose smaller beetroots over larger ones as the former are usually sweeter and tender.

Store beetroots by trimming the tops as the leaves will sap moisture from the bulb. Wipe away excess dirt and store them in the refrigerator's crisper drawer for about 7 to 10 days where necessary. Freshly cooked beets can also be frozen for up to 10 months but need to be peeled before being frozen in airtight containers.

Beets can be eaten raw or cooked and to retain the nutrients and colour, the recommendation is to cook the beetroot without peeling as the skin can be easily rubbed off under running water afterwards.





Swimming in controversy

By Halimah

A penchant for healthier food choices, increasing world populace and the popularity of certain types of cuisine worldwide have combined to drastically decline the world's fish. Scientists estimate that the number of large predatory fish in the oceans has fallen by a whopping 90% since the 1950's and alarmingly, research indicates that despite halting the overfishing of certain species like cod, the numbers of those species have barely increased.

Oceans Being Farmed Too

Aquaculture, which basically refers to marine-farming of plants and animals, appears to have been accepted as a viable solution to the pressing problem of overfishing and the need to preserve endangered marine life. However, aquaculture does not quite address the root cause of overfishing (which in turn is a direct consequence of excessive consumption) and only provides an alternative that facilitates the voracious consumption to continue at current rates.

While aquaculture makes substantial contributions to food supplies and takes the pressure off wild stocks, the sustainability of its practices has come under stern question.

For one, the very act of setting up an aquaculture pond would mean a destruction of the coastal ecosystem. Not only do other marine life get displaced, the concentrated release of organic waste from fish acts as a burst of plant nutrients that causes harmful algae blooms and also increases the toxicity of the ocean.

Furthermore, the use of pesticides in aquaculture kills other marine life in the surrounding vicinity – for example in Scotland, salmon farmers use a certain chemical to reduce the occurrence of sea-lice infections in the salmon but this chemical is known to kill oysters, mussels and other shellfish within a 25-metre range of the salmon cage.

Irony of Fish-Farming

Not only does aquaculture contribute to environmental degradation, it presents the greater issue of inefficient use of limited food resources. On average, it takes about 2 pounds of fish-feed to consequently produce 1 pound of flesh but the popularly-consumed fish like salmon and tuna are themselves carnivores and live off other smaller fish.

Thus, it is not surprising that a 2007 *Time* magazine report revealed that a staggering 37% of all global seafood is ground up as fish-feed. The irony is that these 'smaller' fish are usually caught from the wild – thereby leading back to the very same perils of overfishing.

More worryingly, cheaper ingredients such as wheat, soy protein, feathers and bone meal are added to fish-feed to keep aquaculture costs low – a *Forbes Asia* article in June 2009 casually reveals. This not only raises sceptical questions about the quality of the fish being grown in these farms but also ethical concerns on genetically modified fish which can grow bigger and faster with less feed – such transgenic fish, if released into the wild, can cause ecological havoc.

It looks like the global problem of land-farming is unfortunately about to be joined by fish-farming, but hopefully the push for environmentally-sustainable aquaculture can change that fate.



FLAXING FOR OMEGA-3

By Halimah

Omega-3 fatty acids – a family of essential unsaturated fatty acids – are vital for brain function as well as for the body's normal growth and development. As the human body is incapable of producing this particular nutrient, we need to obtain it from the food we eat. Traditionally, consumption of fatty fish such as salmon and tuna has been widely encouraged as a means to acquiring Omega-3. Even in Singapore, the Health Promotion Board encourages 2 servings of fatty fish per week to ensure an adequate intake.

So what can vegetarians do? Research does suggest that vegetarians and in particular vegans have a greater challenge in acquiring Omega-3 fatty acids. However, the problem is not merely in getting sufficient intake of these fatty acids but also providing an optimal ratio of Omega-6 acids to Omega-3 ones, with studies suggesting that this ratio should suitably be between 2:1 and 4:1. However, as Omega-6 is widely available in the vegetarian diet as vegetable oils and soy, there is a tendency to over-consume it as compared to Omega-3.

Due to its anti-inflammatory properties, Omega-3 has been linked to a host of health benefits. In particular, they have been touted to prevent heart disease, stroke, diabetes, arthritis and breast cancer. Though vegetarians are already less-susceptible to such illnesses because of the overall healthy diet, a deficiency in Omega-3 can lead to general malaise, fatigue and poor skin condition, and is particularly important for pregnant women.

Enter the Flaxseed

Flaxseed for one is a rich and affordable

source of Omega-3 and comes easily available in capsules, although it has to be carefully stored below 30°C due to its sensitivity to heat. Other sources include hempseed oil, walnuts and pumpkin seeds, however, the Omega-3 is in the form of alpha linoleic acid (ALA) which varies in the extent to which our bodies synthesise into the more useful DHA and EPA nutrients.

However, there is hope as scientists have discovered that the source of Omega-3 in fish is the microalgae they consume and today's vegan supplements can thus provide direct dosages of the EPA and DHA nutrients. Nevertheless, even with these supplements, it is always important to maintain a holistic diet based on fruit, vegetable and grain.

Additional information on plant food and ALA ratios is available at <http://www.ajcn.org/cgi/content/full/78/3/640S/T1>



Out & About

This humble-looking vegetarian food-stall in a coffee shop sells one of the best mock-chicken rice. It brings me closest to my memories of what a plate of real chicken rice looks or tastes like - not that I miss it though.

Some may think that it is weird for vegetarians to go for mock-chicken, but these mock meat varieties do show how creative vegetarian dishes can be and how vegetarians are clearly not 'missing out' on anything.

The mock-chicken rice comes in two different flavours - 'white' (steamed) and 'black' (roasted). The white version has layered, tender 'meat', comes complete with 'skin', and is soaked in a fragrant sesame sauce. The black version comes

with a dark-coloured 'skin', drizzled with barbeque sauce and is served together with a few pieces of mock-char-siew as well.

The mock-chicken pieces arrive on a separate plate from the rice, which simply enriches the whole eating experience, and is part of a set that comprises soup, special chilli sauce, dark soy sauce and a sizable serving of cucumber and tomato pieces with Chinese parsley. With more fragrant rice and some leafy greens this would certainly be the perfect chicken rice dish.

This stall is not a one-hit-wonder and serves a variety of other local delights such as laksa, hor-fan and mee goreng, all of which are equally delicious.

*Review with photos
by Ngo Kaw Wee*

Li Wei Vegetarian
Blk 151 #01-41
Serangoon North
Avenue 2





Classic Lao Di Fang
Park Mall #B1-12
9 Penang Road
www.classicldf.sg

Classic Lao Di Fang
 VEGETARIAN RESTAURANT

健康 美味 养生

特色菜肴，大众口味



Photos courtesy of Classic Lao Di Fang Vegetarian Restaurant

Formerly from Apollo Centre and then Hotel Royal at Queen Street, *Classic Lao Di Fang Vegetarian Restaurant* has finally settled down at Park Mall and is now located beside Dhoby Ghaut MRT station.

They serve a huge variety of dishes, ranging from herbal pot to monkey-head mushrooms and dim sum, and cater to different needs - whether you are looking for a quick and economical lunch for a single person or an elaborate family dinner.

This restaurant stands out with their specialty dishes and if you like spicy food, you must try their Spicy Noodles (*Ma La Mien*) served in soup and presented in a unique-looking pot that simply puts one in the mood for some hot stuff. But be warned though that the level of spici-

ness is not for the uninitiated.

Their Mango 'Pork Chop' offers two pieces of mock-ham that is perfectly fried in crispy katsu batter, with cheese in the centre that oozes out as one bites into it - simply 'sedap' (Malay for delicious).

The Stir-Fried Chilli 'Fish' is just like barbequed sting-ray served over a hot plate and the texture of the mock-fish, strong barbeque flavour and unique chilli will certainly not disappoint.

Among their dim sum variety, the carrot cake gets a thumbs-up for its crispy outside and soft inside with mock-ham bits. In fact, almost everything looks good on their menu and one is simply spoilt for choice.

Review by Ngo Kau Wee

Balakrishnan Matchap, 40 Fitness Instructor

Intriguing, passionate, vivacious; these are but some adjectives that describe this brawny fitness trainer and yoga teacher who professes to be a full time human being first. While easily passing off for someone in his late-twenties, Bala belies his forty years with ease and confidence that comes along with being comfortable in his own skin.

Turning vegetarian 14 years ago as a statement against cruelty to animals, world hunger and environmental degradation, Bala finds that vegetarianism is best-suited and the most effective way to solve these looming world issues - with an immediate positive impact and no need to wait for change to happen.

Although his transition to vegetarianism was initially thwarted by well-meaning friends and family who felt that such a diet was nutritionally deficient, he convinced them otherwise by not falling ill and becoming healthier than them!

An avid athlete since young who has represented his school, club and country, Bala shares from experience that a plant-based diet has strengthened his immune system and also assisted in the recovery process after arduous training sessions. In fact, his notable achievements include winning the local section

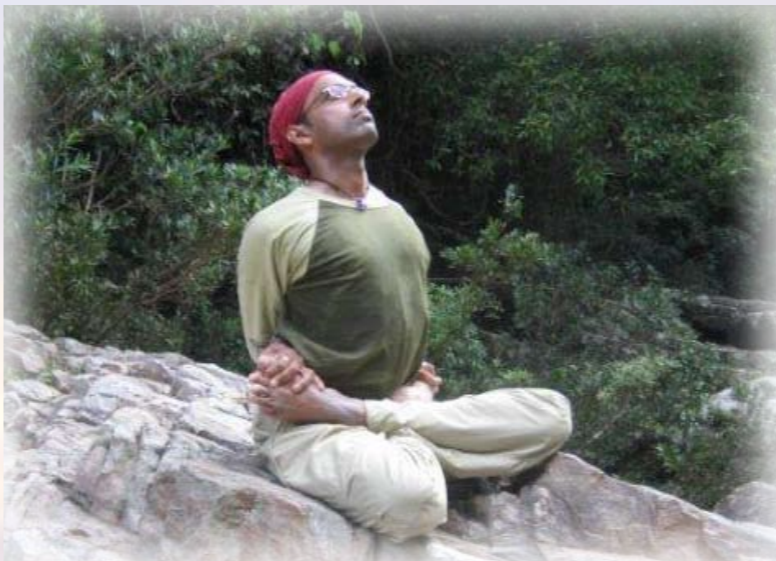


of the 'Army Half-Marathon' in 1997 on a completely vegan diet.

These days Bala is better known for his involvement in yoga - which he first started half-heartedly as an alternative to running when he sustained injuries due to over-training. And as his injuries healed, he found himself fascinated by the yoga philosophy which encourages the individual to connect with all living things in a profound and enlightening manner.

Bala strongly feels that the first aim of yoga - 'Ahimsa' (Sanskrit for non-violence or non-harming) - has been sorely overlooked and contemporary yoga teachers even erroneously espouse that being vegetarian is not a necessity.

To set things right and as a protest statement, Bala has started a group called *YEAH!* (Yogis for the Environment, Animals and Humanity!) in an effort to realign practitioners back to the original yogic principles of community-work, animal-rights and nature-pres-



ervation. Since turning vegetarian, Bala feels much healthier and emotionally calmer and advises new vegetarians to arm themselves with information by reading reliable books on vegetarian nutrition, and also interact with fellow vegetarians to understand their journey towards a plant-based diet.

1) *What is one veg food that describes you best and why?*
South Indian Meal on Banana Leaf - lots of variety, you won't know where to begin! It'll leave you so full you won't have to eat for 2 days and it comes complete with Dessert!

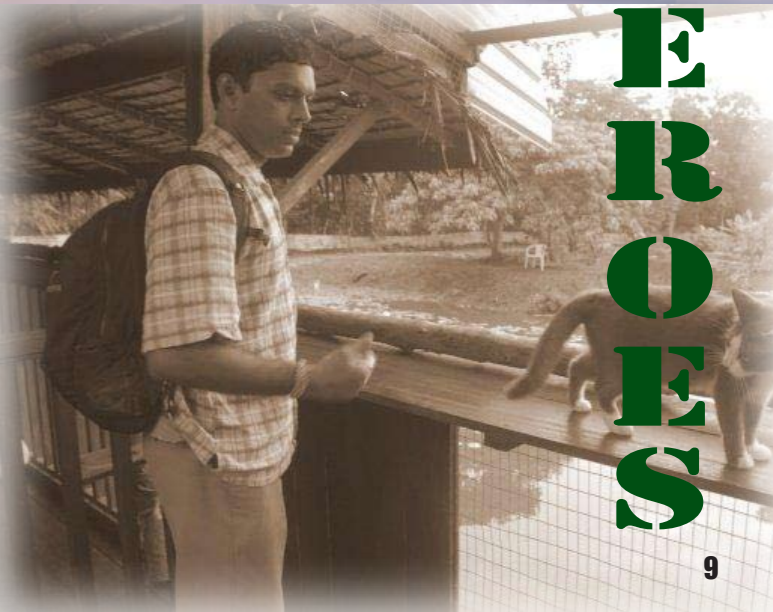
2) *If you were given one wish for the world, what would it be?*
I wish Humankind would use its amazing knowledge and technology better - build things that last. Things are made rather fragile these days so much so (that) people accept mediocrity as the norm rather than the exception... and this 'plastic culture' has seeped into the Human psyche and is defining Human relationships too. We can do much better.

3) *What misconception about vegetarianism gets your goat?*
That it is not 'complete' therefore unhealthy.

4) *What is your favorite book or show on vegetarianism?*
Favourite book is *Harvest for Hope - A Guide to Mindful Eating* by Jane Goodall. Favourite show is *Earthlings* by Shaun Monson & co-produced by Persia White.

5) *What would be a 'Quotable Quote' to you?*
"The animal shall not be measured by man. In a world older and more complete than ours, they move finished and complete, gifted with extension of the senses we have lost or never attained, living by voices we shall never hear. They are not brethren; they are not underlings; they are other nations, caught with ourselves in the net of life and time, fellow prisoners of the splendor and travail of the earth."

Henry Beston, *The Outermost House*, 1928



Beyond Recycling

Shaping the consumer psyche

By Halimah

Recycling is almost synonymous with eco-living, being indeed a crucial component of preserving what little natural reserves that remain on our globe. Unfortunately, recycling is not an end in itself and many of us fail to look beyond recycling and ensure that we reduce waste and unnecessary consumption in the first place.

While the government's effort for a greener environment has translated to a commendable recycling rate of 56% in Singapore, more needs to be done to ensure that our scarce landfills are not overwhelmed with waste in time to come.

Fundamentally, as a society and as citizens of the globalised world, we need to look beyond just sorting our paper, plastic and glass products for recycling and consider how these products ended up in our hands in the first place.

Think Before You Act (Nonchalantly)

For example, despite the launch of the 'Bring Your Own Bag' initiative in 2007, it is common knowledge that many patrons at supermarkets do not bother to bring their own reusable bags.

In fact, most commuters miss the spirit of the message and think nothing of tossing a token sum in return for plastic bags to carry their purchases.

Though many customers do reuse these plastic bags for various purposes such as lining their rubbish bins, we have to look at the bigger picture and take note of where these non-biodegradable products eventually end up.

What we need to consider then is the idea of sufficiency – purchasing only what one needs and not what one wants (which can, and often is unlimited).

It is not an uncommon sight to see consumers rushing to purchase the latest electronic gadgets (iPhone aficionados, we're looking at you) when they have a perfectly usable – albeit dated – product.

The same goes for our wardrobe where, in the pursuit of keeping up with the latest trends, we stock up on the latest outfits and relegate clothes that we deem passé (but sometimes are as good as new) to the back of the closet.

Are the Frills Really Necessary?

Another point of contention is the obsession with packaging – almost every consumer product comes with elaborate packaging that is surplus to needs. The fact is that we contribute to the landfills each and every time we purchase such products with elaborate packaging because they typically end up in the trash the moment we reach home.

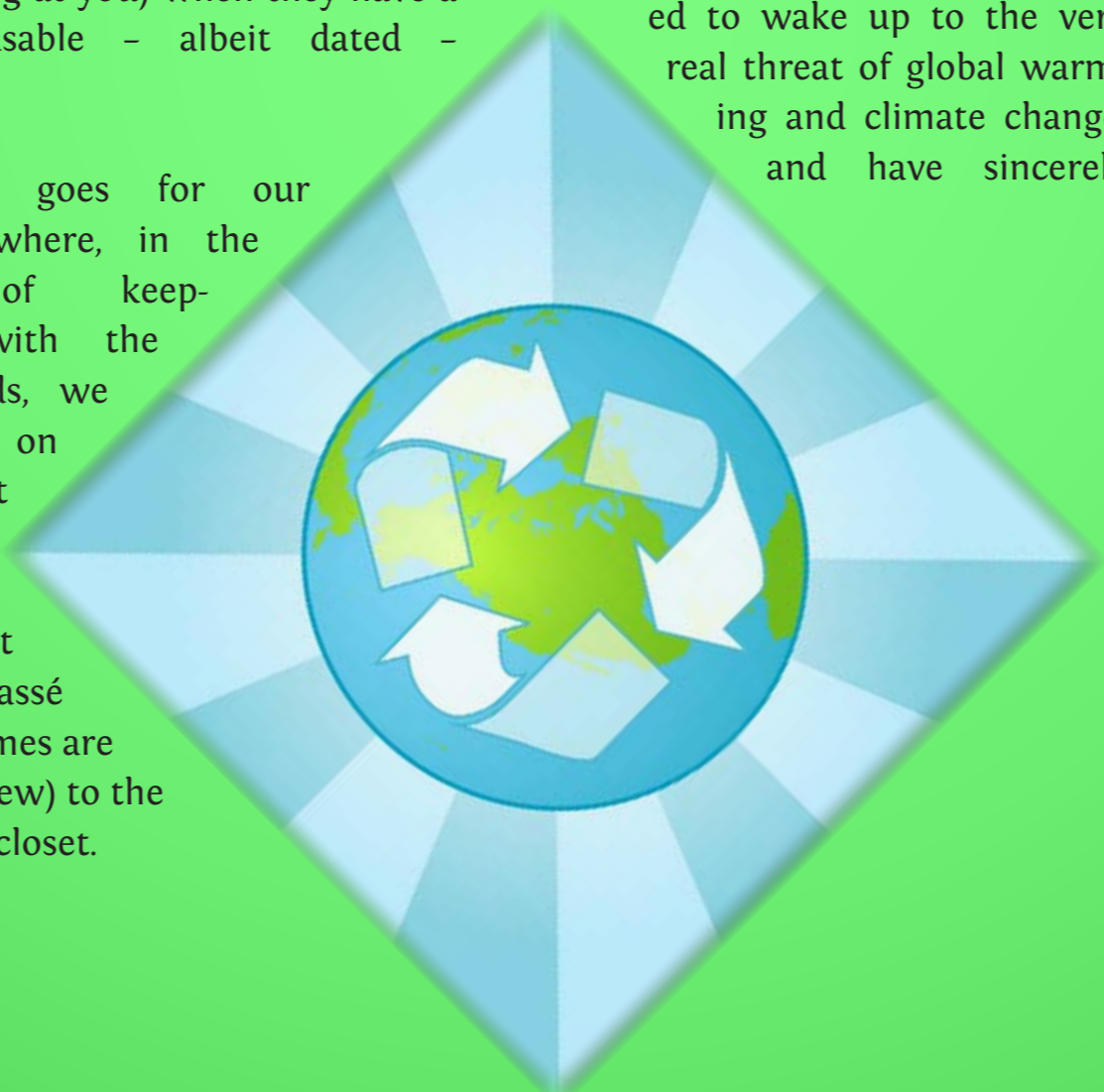
Similarly, when presenting gifts, using an attractive paper bag (that can be easily reused) instead of wrapping paper (beautiful as it may be) that is torn off and discarded, might be a better option.

In recent times, governments around the world have started to wake up to the very real threat of global warming and climate change, and have sincerely

begun to think of ways to protect the environment (as opposed to just advocacy and lip-service).

However, the campaigns to encourage recycling and waste reduction alone cannot solve the problem and the effort must come from each and every individual involved in the production cycle – from the manufacturer right down to the consumer.

So the next time you feel tempted to buy a trendy outfit or gadget, consider how your actions ultimately affect the environment and whether you really need the item or is it just a 'want'.



Don't Create Waste!

1. **Avoid disposable batteries and invest in rechargeable batteries which are cheaper in the long run**
2. **Use a cotton cloth to wipe up spills instead of paper towels and napkins**
3. **Use cloth nappies for babies instead of disposable diapers whenever possible**
4. **Bring your own mug to work instead of relying on plastic or styrofoam cups**
5. **Buy groceries in bulk which will reduce not only the packaging costs but also the number of trips to the supermarket**

Cosmopolitan Chennai

By Halimah

The fourth largest city in India, Chennai (located in Tamil Nadu) is a fine showcase of its traditional Indian roots and colonial heritage. Once an outpost of the British East India Company, this coastal city is a mere four hours from Singapore via affordable daily flights.

For the uninitiated, Chennai's intricate and chaotic transport system can be intimidating and the multifarious transport options can be an experience in their own right.



Try the auto-rickshaw (above) for an affordable and relatively comfortable journey while admiring the driver's skill of weaving through not only vehicle and hu-

man traffic but also the cattle that share the road with them! Be warned though, that it is important to fix the fare before even boarding any auto-rickshaw.

Alternatively, you can hop onto the electric trains with fixed fares but these are usually extremely crowded (think sardines in a can).

Natural Beauty

Chennai is home to Marina Beach (bottom), the second longest beach in the world, and its white, expansive, sandy shore is a popular destination for families, romancing couples and 'Kollywood' - the Tamil movie industry.

You can spend a relaxing evening watching the sunset while munching on savoury snacks that are ubiquitously peddled by the 'travelling salesmen' there. There are also many other activities such as horse-riding but, again, make sure to discuss the pricing before taking part in such activities as charges can sometimes be inflated after participation.



'Touristy' things to do

If you are looking for a good shopping spree, you can head down to the popular *T Nagar*, *Pondy Bazaar* and *Ranganathan Street* for some intriguing and ethnic finds. Though some stores offer fixed-price items, there are many smaller stalls lining the streets where bargaining is a must.

History buffs meanwhile will appreciate a trip to Mahabalipuram, a UNESCO world-heritage site located about 60km from Chennai city itself. This ancient city features monolithic sculptures and temples from the era of the *Pallava* kings and its main attraction is the *Shore Temple* (right) renowned for its elaborate carvings and fine workmanship.

When you get hungry

Finding vegetarian and vegan food in Chennai is a breeze as the concept of vegetarianism is widely understood and accepted due to India's strong Hindu influence.

Vegans, however, are better off avoiding Indian sweet desserts altogether as they tend to contain dairy. Also, it is advisable to regularly check if dishes have dairy in them before placing orders.

Though many wholly-vegetarian restaurants exist, even the non-vegetarian restaurants provide plentiful vegetarian options. And, from traditional Indian fare to Chinese and Western cuisine, Chennai's gastronomical offerings are truly cosmopolitan.

With its rich colonial legacy and cultural roots, Chennai promises to be a fascinating holiday destination - be it by the beach or in the urban milieu - which presents the best of both worlds.



What's Delicious in Chennai...



Saravana Bhavan (above) is a well-established chain of vegetarian restaurants with 20 outlets in Chennai which serves not only traditional South-Indian fare, but also a diversified menu featuring Chinese stir-fry dishes, Western-styled soups and fast-food options.

Location: Several

Price for two: Approximately SGD\$7

Website: www.saravanabhavan.com

Olive Garden (right) is a vegetarian restaurant that caters to the international palates of Chennai residents and tourists alike. Offering a wide multi-ethnic spread, this restaurant serves Chinese, Italian, Mexican, Punjabi, South-Indian, continental and Tandoor-style dishes. Some popular dishes include *Virudhunagar Vegetable Biryani*, *Phiriza's Pie* and *Tandoori Salad*, and a buffet spread is available for lunch every Sunday.

Location: 68, C P Ramaswamy Road, 1st Floor, Abhiramapuram, Chennai 600018

Opens daily from 12.30pm to 3 pm & 7 pm to 11 pm

Price for two: Approximately SGD\$7



And if you find yourself tiring of the bountiful Indian food, you could always turn to *Little Italy Ristorante* (top), a vegetarian Italian restaurant that offers lip-smacking Mexican and Italian fare which is popular with well-heeled locals. This fine-dining establishment offers authentic Italian fare like *risotto*, *pastas* and *pizzas* and though the food does not come cheap, the ambience and professional service more than make up for it.

Location: 1/2 Eldorado Building, Nungambakkam High Road, Chennai – 600034

Opens Monday to Friday from 12 pm to 3.30 pm & 6.30 pm to 11 pm

Price for two: Approximately SGD\$40

Did you know?
In Chennai, the term 'hotel' refers to restaurant and a hotel is referred to as a 'lodge'!



<http://www.naturesorganics.com.au>

Earth Choice Laundry Liquid is a unique and environmentally conscious alternative to conventional household cleaning products.

Made without phosphates and bleach, it is mainly plant-derived and gentler on the environment as well as on our hands. Formulated to be biodegradable, this product is not tested on animals and is just as effective as regular detergents. It also does not leave residue and softens clothes without the need for any fabric softener - saving some extra cost there too.



Earth Choice Laundry Liquid is available exclusively at most NTUC Fairprice supermarkets and retails at \$3.36 per litre bottle.

If you would like to 'Talk Shop' about any product or provide further information on the products featured in this column, please drop us an email at vision@vegvibe.com

<http://revelationsingapore.com>

Deliciously smooth, *Sweet Williams Dairy Free Original Chocolate Bar* (above) is not only vegan but also Kosher and Halal. Made in Australia, this chocolate bar does not contain gluten, nuts, trans-fat or artificial flavours, leaving each bite with chocolaty goodness. Also high in dietary fibre, this is one cocoa-high that will not leave you feeling guilty.

Sweet Williams Dairy Free Original Chocolate Bar is available at major supermarkets and retails at \$4.25 per 50g pack.

New to vegetarianism or just craving for a good burger? Well, the burger patties from *Wholesome Deli* certainly hit the spot perfectly.

Made with soy and mushroom and seasoned lightly with ginger, black pepper and garlic, this burger patty replicates quite realistically the taste of meat - clearly without any of the cruelty and artery-clogging fats.

Serve it hot between sesame-seed buns and with french fries (baked, of course) for a complete fast-food experience.

Mushroom Burger Patty is available in 6-piece packs at *Wholesome Deli* located at Blk 123 Toa Payoh Lorong 1 #01-509 and retails at \$6 per pack.





By Halimah

Not so straightforward

So should we go organic? Well, maybe not quite yet. In August 2009, a major study conducted in the United Kingdom found that eating organic food did not offer significant health benefits and there was not much nutritional difference between organic and regular food. It must be noted though that this study came under much criticism and sparked a controversy but it nevertheless serves to illustrate the fact that the purported health benefit of organic food is currently still inconclusive.

However, supporters of organic food argue that organic farming is kinder to the environment as it reduces pollution, produces less carbon dioxide and subscribes to a higher animal-welfare standard. Furthermore, organic farming is touted to be able to produce greater yields as compared to conventional farming and hence produce enough food to sustain the current human population.

Detractors meanwhile suggest that organic farming uses up far more land to produce the same amount of food as compared to conventional farming and that such clearing of more land for farming only endangers wildlife and reduces the already-scarce land area.

Follow your heart

At the end of the day, the choice of going organic is personal so, in spite of the conflicting information out there, we recommend using your palate, budget and lifestyle philosophy as the benchmark in deciding whether to go organic!

Organic food, once a rare commodity reserved for the affluent and health junkies, has made inroads into the heartlands. Today, a trip to any local supermarket will yield, at the very least, a small section of organic produce. It helps that the price of organic food – though still dear – has reduced significantly over the years. But, with all the hype surrounding the health and nutritional benefits of organic food, is it all that it is made out to be?

Regulations and farming methods for organic produce tend to differ across regions but some common tenets include natural compost, biological pest-control and exclusion of synthetic fertilisers and pesticides. Thus, organic food is touted to be much safer and nutritionally-superior to normal food products, with studies suggesting that organic food has higher levels of Vitamin C and other essential minerals such as Calcium and Iron. With no synthetic pesticides in the mix, organic food also reduces toxins that may lead to diseases like Cancer.





Tamarind Rice

A popular South-Indian dish, this is predominantly sour and goes well with other vegetable dishes.

- 2 sprigs of curry leaves
- 2 tablespoons gingelly oil (can be substituted with other vegetable oils)
- 1 teaspoon mustard seed
- 1 teaspoon cumin (optional)
- 3g dried chilli (cut into thick pieces)

Stir-Fried French Beans with Coconut

A simple vegetable stir-fry made more delicious with the addition of grated coconut, diced carrots can also be added to this dish for more nutrition and variety.

- 50g sliced onion
- 1/2 tablespoon vegetable oil
- 1 sprig of curry leaves
- 4g dried chilli (cut into pieces)
- 1 teaspoon mustard seed
- 200g French Beans (cut to desired size)
- 40g grated fresh coconut
- Salt (to taste)

Method

- 1) Heat a wok with oil, then add mustard

- 1 tablespoon channa dahl
- 70g tamarind
- 300ml water
- 2-3 teaspoons sea-salt (or to taste)
- 1 teaspoon sesame seed (optional)
- 800g cooked rice (parboiled or basmati rice)

Method

- 1) Dissolve tamarind in 300ml of water and strain away seeds and pulp
- 2) In a pot, heat gingelly oil, before adding curry leaves, mustard seeds, cumin, dried chilli and channa dahl - sauté until fragrant
- 3) Add turmeric and sauté for about 30 seconds, then add tamarind water, salt and sesame seeds before bringing to a boil
- 4) Remove from heat (this should make a thick and very sour sauce)
- 5) Put cooked rice in a big pot and add sauce to rice - stir until the rice is well coated with sauce



- seed, curry leaves and dried chili - sauté until leaves and chili turn brown
- 2) Add onion and sauté until golden-brown
- 3) Add French Beans and salt - sauté until partially cooked
- 4) Add grated coconut and continue to sauté until beans are cooked completely

Sambar (Lentil Curry)

A popular South-Indian dish served over white rice with other vegetable side dishes, it is high in protein. Many variations exist but the *Toor Dahl* works best, and other vegetables such as cauliflower and Indian drumstick can also be added.

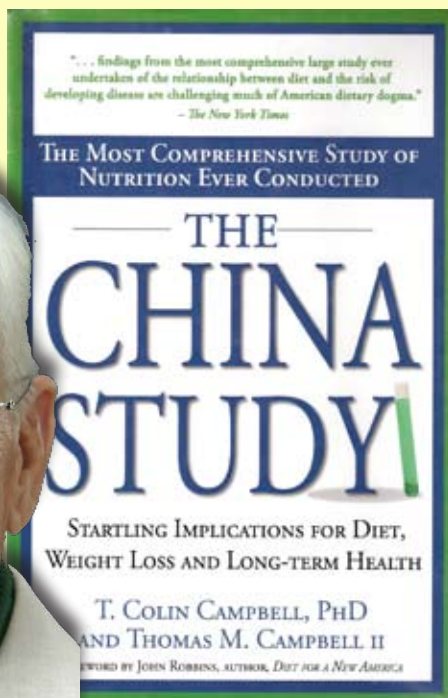
150g toor dahl (washed and soaked for 1/2 hour)
1.5 litres water
2 teaspoons turmeric powder
2 tablespoons sea-salt
50g shallots (cut into half)
30g garlic (cut into thick slices)
2 green chilis (split lengthwise)
150g potatoes (peeled and cubed to desired size)
150g white radish (peeled and cubed to desired size)
100g carrots (peeled and cut to desired size)
100g brinjal (cut to desired size)
250g sliced tomatoes
1/2 tablespoon vegetable oil

2g dried chili (cut into pieces)
60g sliced onions
2 sprigs of curry leaves
1+1/2 teaspoons mustard seed
1+1/2 teaspoons cumin
1+1/2 teaspoons chili powder

Method

- 1) In a pot, add water, toor dahl, turmeric, salt, shallots, garlic and green chili, then bring to boil and simmer until dahl is completely cooked (i.e. starts to disintegrate)
- 2) Add potatoes, radish, carrots to dahl mixture and continue to boil until nearly cooked
- 3) Add brinjals and tomatoes and allow to boil until all vegetables are cooked
- 4) In a wok, heat oil and add dried chili, curry leaves, mustard seed and cumin and sauté until fragrant
- 5) Add onions and sauté until golden brown before adding chili powder and continue to sauté for 30 seconds
- 6) Pour this spice mixture into lentil curry and mix well





Reviewed by
Sandeep Jaganath

Yes, you should says Dr Colin Campbell in his book entitled *The China Study* (left).

There are four factors that set it apart from other nutrition/health books. First is the reputation of the man himself. In today's nutrition parade of quick-fix fad diet books written by self-proclaimed experts with no research or peer-reviewed publications of their own, Dr Campbell's redoubtable credentials add strong credibility to his words.

Second, the science behind the recommendations in the book is comprehensive and meticulously referenced. Much of it is based on research findings from a 20-year long survey of diseases and lifestyle factors in 2400 counties and 880 million citizens across China and Taiwan, called the '*China Study*'.

Third, this book proposes its own dietary key to good health but unlike common fad formulas it does not suggest its readers to subject themselves to painful techniques such as calorie-counting, starvation and ketosis, among innumerable others. Instead, Dr Campbell's formula is simple, beautiful and natural – eat a plant-based, whole-food diet and you'll do just fine.

Lastly, Dr Campbell devotes a whole chapter to the reasons for this simple principle failing to reach the masses – Politics, Power, Profit and Scientific Closed-Mindedness being some of them.

In all, this is a book capable of completely changing the way we think of our food and our health - certainly for the better.

Can we prevent heart disease?

Can we treat diabetes without having to depend on the debilitating - and sometimes fatal - use of drugs?

Can we switch off the progress of cancerous cells in our bodies?

Would you believe that the answers to each and every one of these questions is a resounding 'YES'? And that the answer lies not in healthcare expansion or hi-tech bio-mechanical devices, or improved chemical drugs, but in simple, good old habits of nutrition and diet? And that the main reason for our deteriorating health is our increasing consumption of animal products such as meat, dairy and eggs?

And here is the kicker - what is the deadliest carcinogen known to humankind, more powerful and widespread than DDT, artificial sweeteners, Dioxin and other chemicals? Would you believe that it is Casein, the dominant protein found in cow's milk?

Highly Recommended

Progress and feedback are both intertwined entities, and we for one certainly want to progress. So tell us what we have done right; tell us what we've done wrong; tell us what else we can do. We aim to be as interactive as possible and strive to be reactive too - what our readers say should translate into action, issue after issue.

Thus, please visit the **VegVibe** website at <http://vegville.com> and continue to vote for your favourite articles as it helps

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us refine our content to suit our readers' needs. As mentioned in the previous issue, we will have more content, pictures and interactive material on the website soon.

Thank you for taking an interest in our cause and supporting us. We are always happy to include those who want to be a part of this project, so do drop us an email anytime at vision@vegville.com if you wish.

Finally, we sincerely hope that you have found this second issue an improvement over our inaugural issue and continue to enjoy reading **VegVibe** as much as we still enjoy preparing it for you...

The response to **VegVibe** has been amazing and we are proud to announce that from the next issue, we will be carrying advertisements from community partners and our affiliates.

If you are interested in advertising on the current online copy of **VegVibe**, please drop us an email at vision@vegville.com - our objective is to provide a uniting platform for the community and thus we will be charging only a hassle-free nominal fee.

We accept placement requests from both individuals and corporations alike, with the only stipulation being that any advertisement should be beneficial to the vegan and vegetarian community.

ADVERTISE WITH US

Our first issue saw over 300 direct downloads and a subscription rate of almost 100 readers this past month. This is without including the countless email forwards that we estimate would further add between 100 and 200 to this figure.