

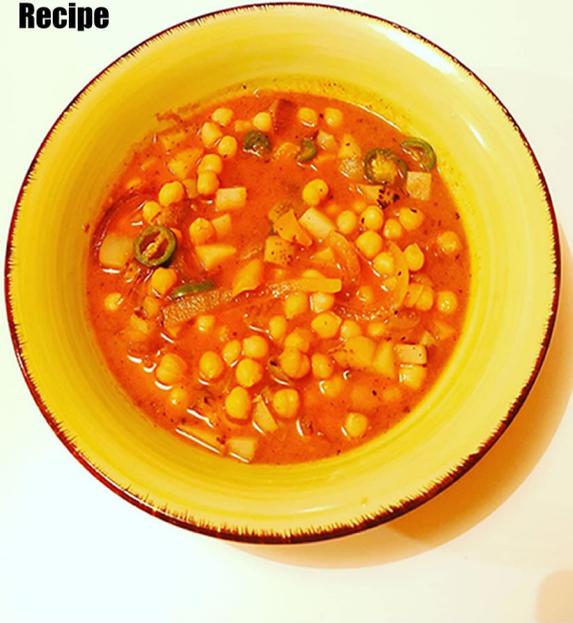
That Vegan Zine

Issue #1 - Spring 2021

THE FIRST EDITION

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Chickpea
Stew
Recipe**

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**PLUS MANY MORE STORIES,
ARTICLES, PUZZLES AND FUN!!**



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**A FREE Vegan Community publication, for the Vegan
Community and those wanting to make the switch.**

WELCOME

A massive welcome to the very first edition of That Vegan Zine, a publication put together by many members of the vegan community, for everyone!

Whenever you see blue text in this publication, that will be a clickable link to either a website, YouTube channel or other place on the internet.

[Those Vegan Guys](#) started this venture as a way to offer a creative outlet to those searching for one, and a way to reach out to people on many different parts of their own vegan journey.

Through the sharing of our recipes, our stories, our pictures and our hearts, we can all positively impact one another, and surely that can only be a good thing.

We hope that you will find inspiration within these pages. You will certainly find encouragement and practical advice, tips and tricks, awesome recipes and much, much more.

If you would like to be involved with future editions of TVZ then please get in touch. You can send submissions to info@thoseveganguys.com and there are no limits really.

Opinion pieces, articles, stories, recipes, quizzes, pictures, as long as it relates to veganism we'd love to see it.

Do you have an interesting 'journey into veganism' story?

A recipe you've developed yourself and would love to share? Hints and tips that might help people on their own journey?

So let us get on with this first issue.

With love,

Paul & Jason
Those Vegan Guys

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Thoughts from a Northumberland Smallholding—Janet Lee

Back in September 2020 we moved from 3.5 acres in West Yorkshire to 25 acres in the Northumberland National Park, bringing with us a menagerie of rescued animals. To date we have 2 horses, 6 dogs, 20 male sheep and 1 ewe, 3 pygmy goats, 3 ducks, 2 cockerels each with 4 hens, 2 bunnies (one partially blind) and 2 semi-feral cats. We're both vegan, so we get no benefit from the fur babies, other than the satisfaction of watching them have a happy life, with no stress. Over the months, I'll keep you a little history of each of them and keep you updated with their lives and adventures.

First a little history. Oz and Merph are our two horses. Oz had been sold and returned a few times. Seems like he was sold to be ridden, but had been initially kept as a pet and really didn't want to do any work. He's more than happy to come in every night and have food and water on tap in his bedroom. He had a passport with bits ripped out and underlying health problems that we didn't know about but became apparent later when they flared up again and he had a year of stable rest. His best buddy is Merph. Merph was found with 40 other horses running wild in Wales. It took the rescue organisation a month of daily practice before he could cope with getting in a horse box to come stay with us. Most of his companions have since been returned to rescue because they can't cope with being boxed in and having a warm dry stable each night. Merph has settled well and has flourished from the sad, quiet pony we met to be the boss who puts up with Ozzie's constant aggravating. He even copes well with chickens running around his feet. Merph would be more than happy to live outside in all weathers but squeals if his pal isn't around. They each provide us with a tub of manure a day, which is rotting down ready for our veggies and I'm sure they'll reap the benefits of the carrots later.

Our six dogs are a mixed bunch, Moose, who was found on a rubbish dump with his siblings in Romania. Winnie who was found in a box in Croatia, with a dead mother and sister. Dora who failed to find a home in Essex and was moved to Oldham and ended up with an owner who was sectioned. Betsy, whose owner was also sectioned and had to be taken out of the pound in a blanket, previous rescues had recommended she was beyond hope and should be PTS, she's now the boss. Beryl who was found wandering by some picnic tables and no-one wanted her back, she's now just had her 6 month scan for cancer treatment and is so far clear. And then there's Jack, who had 20 homes in his first 2 years, none lasting more than a week and it took him a year before he would sit in the same room as us. He's now 14, getting over pancreatitis and just had six teeth out, and he's still a bolshy so-and-so.

Our sheep came from a variety of places, 2 were destined for the pot when we visited a farm, so they came home with us, initially the size of two terriers, Roger and

Bert are not 80kg each. The Billybobbies are inseparable and we can't tell the different, so Billy and Bobby have become the Billybobbies. Gerald appeared in our field one day with some escapees, but didn't go home and no one wanted him as he was too old for meet, we initially thought he was Gladys but on sheering he became Gerald. These 5 came from our last home with us. We inherited the next 16 when we moved, 15 boys that no-one wanted and Eunice (who had an accident in the middle of the night requiring pushing her in a wheelbarrow at 2am in the morning to get to a stable after being stitched in the rain). Their vaccinations are due this week, hopefully not as exciting as last time when Rameses needed a testicle removing in the middle of the field.

Norman, Percy and Wilbur are our goats. Norman is 2 years old and Percy and Wilbur 1. Sadly Wilbur is the downtrodden smaller one, but they are a joy and love to try to escape or jump in the wheelbarrow when we're cleaning them out. When we first got them, we had to patch a new escape route each day. In the coming months we'll be building an adventure playground out of tractor tyres and old pallets for them. Watch this space.

The ducks we were promised were all girls, quickly became apparent they are all boys, and likely the reason they were wanted rid of. They like nothing more than finding the most mud that they can. They're a nightmare to catch if they're ever ill and we worry that one day they may find their way to our local river (the burn). We can't tell the difference between them, but they do answer to the Boys (as in "Come on Boys, bedtime" and they waddle in). Good as gold, but messy as anything and have big squabbles around the full moon.

The ducks are totally hen pecked (pun intended) by the hens. We have 2 cockerels, one which we were assured was a hen and now goes by the name of Big Enid, with Dolly (platinum blonde) and Milly, Molly and Mandy (our new ones, who we can't tell the difference between). These guys are reported to grow up to 3 foot in height (almost as tall as me then)! Our other cockerel is Malcolm, who looks after 4 smaller ladies, one who is an escape artist and another who is an ex-battery hen Beyonce -she's an independent lady don't you know). Were soon to get another 6 ex-bats – so Malcolm will have his hands full once they settle and get their strength up.

The 2 cats were found feral, Cyril was 3 and Howard a baby. Cyril is a mild mannered ginger tom, but a nightmare with small and large rodents. Howard is a nightmare with birds, he's also a nightmare going to the vets, for which we need sedation and a net. They live in the barn and love to taunt the dogs through the gate and run under the horses, think they have a death wish.

Our two bunnies, Eric and Ernie, were bought for someone's grandchildren, but

they fell to disinterest. After countless posts on Facebook, before granddad threatened to release them into the wild unless someone came to get them, we took them in. Eric is blind in one eye, but they are such lovable boys and obviously would never have coped being released into the wild. They're currently in their winter home (a large outside kennel our previous owners left), but shortly to be put back in their old house and run now we think the last of the frosts is done. They're being moved to be with Malcolm and his ladies as last time the goats took delight in jumping on the roof of their run!

Next time I'll give you an update on their adventures. The horses are about to be outside all day for the warmer nights. The goats should get their adventure playground, bunnies are moving home and Malcolm should welcome the new ladies.

Until next time...



Our Journey to Veganism—Alan Broadhurst-Hall

Anneka and I have been vegans since 1st January 2019, but to explain how we got here I need to journey back to around 2005...

At that time, I was an avid meat eater and engaged to a vegetarian. She would constantly go on at me about all the animal suffering that I was causing. But she would cook meals for me with these products in, thus contributing to the suffering, so I really did not care. One day she announced that she was going vegan. I explained that while I supported her decision, I would not be joining her. About a week after this, I came home to find her stuffing her face with a very non-vegan takeaway cheese pizza. I mocked her and gave her a fake playful 'guilt-trip' about "All of those poor animals you're murdering!" (Remember that I was a meat eater and really couldn't have cared less about the animals, and that she knew I was only joking.) She broke down and started crying. She said that although she knew I was joking, I was right. She was, in her words, "a fucking hypocrite." I suggested that "If it helps you feel better, and helps balance the universe out or whatever, how about I go veggie for a couple of weeks?" She was delighted with this, and so I kept my promise. Three weeks went by before I realised that I could eat meat again, so I tried some and almost threw it up. I - a person who had once indulged in a meal called 'The Godfather' - had gone off the taste of meat! I was officially a vegetarian!

Fast forward to 2010. Anneka and I had been dating for a little over a year and decided to move in to our first home together. I absolutely hated the fact that she ate meat and refused to cook it for her. It was a point of minor contention, as she cooked most of our meals and we ate together, so the amount of meat that she bought was minimal (if there can be such a thing...) Out of the blue, in the autumn of 2017, she told me she was going veggie. I was utterly over the moon! Finally, no more flesh in our fridge and freezer! From then until 2019, plenty of information about animal suffering and cruelty came our way, via YouTube and social media. I stopped eating eggs in summer 2018, because eww! Gross! We'd been trying more vegan products, and I'd even reviewed some things on my blog (BigVeganAl.com FYI.) We'd been cooking more fresh meals and reducing our dairy intake - without even really trying. Unfortunately, we'd come across far too many of the stereotypical preachy vegans during this time, so we were put off veganism. But, in hindsight, veganism was inevitable...

Then, in December 2018 we were talking and said "Shall we just try Veganuary? Just to see how difficult it is to be vegan?" We agreed we would, but only for a month, and then it was back to delicious dairy! But much like my vegetarianism in 2005, being vegan stuck. (We actually refused to call ourselves vegans at the time, because it was supposed to just be an experiment and nothing more.) At the end of

January 2019, we used up all the animal products we had in our fridge, freezer, and pantry, and then we were officially... wait for it... VEGANS!!! Since then, we've educated ourselves about the animals, the environment, and how to educate others about these things. We've been members of an animal rights group, volunteered at a sanctuary, and tried to help others to at least look at veganism differently. For that last one it helps that I don't fit the skinny, pasty-faced vegan stereotype. I'm 6' 2" and 17 stones!

If you're reading this, and for some reason you're not vegan, we honestly think you should try a plant-based diet to get you started. We've found the easiest way to veganism is through food - and vegan food is better than it's ever been. There are a plethora (had to use that word!) of options, plenty of places to eat out - and you don't have to be whole-foods plant-based either! At the time of writing, we've currently got pizzas, hotdogs, burgers, pasties, etc in the freezer. And amazing vegan chocolate in our pantry!

Go vegan, you won't regret it!

Big Vegan Al x



TVZ Word Search

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

earthlinged fortheanimals plantbased
thoseveganguys vegan veganism
viva

Find the word in the puzzle.

Words can go in any direction.

Words can share letters as they cross over each other.

Spanish Potato & Chickpea Stew

This dish was literally a throw together meal one evening. I had seen a few recipes for this Spanish staple and had a spare tin of chickpeas lurking in the cupboard, so I made this, and boy was I glad I did.

Ingredients.

2 medium potatoes or 5 new potatoes, chopped.
One red and one white onion, chopped.
Half a bell pepper, any colour.
Can of chickpeas.
5 cherry tomatoes or one big.
1 tsp smoked paprika.
3 to 5 garlic cloves & 1 chilli
150ml water
1 tsp tahini, squeeze of lemon juice.

A spicy and diverse dish.

Serves 2.



Method. Chop potatoes skin on, very small and steam fry or better yet, steam them first until they are cooked through but not too soft, and set them aside for now.

Add one small white, one small red onion and half a pepper (we used orange) finely chopped, add to the pan. Steam fry for a couple of minutes.

Add a drained tin of chickpeas. In a blender or bullet, five cherry toms, three garlic cloves, one chilli, squeeze of tomato puree, 100 mil water and a heaped tsp of smoked paprika. Blitz and add to the pan. Add your potatoes.

Add more water as desired, salt & pepper, 1 tsp tahini and a squeeze of fresh lemon juice. Serve alone with crackers or with a side of rice. [RECIPE VLOG](#)

Taken from 'Down-To-Earth Vegan' a FREE ebook produced and written by [Those Vegan Guys](#) and available to download at thoseveganguys.com or from one of the announcement posts in [That Vegan Group on Facebook](#).



THE VEGAN QUEENS

**Tell us your
problems &
we shall try
to sort them
for you in
the best way
we know!**

Dear TVQ,

My boyfriend is still eating meat and I don't know what to do about it. I love him loads, but can I really carry on seeing someone who still eats meat? He only eats meat when he's at work, and otherwise he eats vegan at home and he loves it, so that's what I can't wrap my head around. Can you help, I feel like a hypocrite being with him.

With love, Suki Boo.

Dearest Suki Boo,

We are so glad you contacted us before making any rash decisions. So, part one, never forget your own journey, we don't know how long it took you personally to become vegan, but for many it was a long time. If your fella is happy to always eat vegan at home, and doesn't demand that you have 'meat' in the house for him, that's a huge start right there. Maybe he is already well on the way, and although that might not feel enough for you, let him travel on that road and see where it leads. You can always make it just a little more clear how much you hate meat eating by asking him to brush his teeth when he gets home from work, before a kiss. ;)

Much Love, Gemini & Miasma.

If you have a problem and nobody else can help, piss The Fricken A Team, the 80's are long gone love.

Write to us at veganqueensuk@gmail.com or send us a message via one of our socials.

[Insta](#)

[YouTube](#)

[Facebook](#)

USEFUL LINKS & PEEPS WE LOVE...

Sanctuaries

[UK & Ireland Animal Sanctuaries.](#)

[USA Animal Sanctuaries](#)

[European Animal Charities](#)

Organisations & Useful Sites

[The Vegan Society](#)

[Vegan Womble -Fantastic Resource](#)

[86eats.com- Amazing Recipes](#)

[Barnivore-Vegan Alcohol Listings](#)

Arts, Crafts and Delicious Things

[FabShed Designs - Recycled Jewellery](#)

[Fab Fudge-Delicious Vegan Artisan Fudge](#)

[The VeganKind Online Shop-100% Vegan](#)

[HHArtDesign-Gorgeous Animal Arts & More](#)

[Ananda Foods-Gourmet Marshmallows & More](#)

[Pretty Plant Pots](#)

Angharads Life—Singing A New Melody



We have been Vegan for about 6 years now, through being Vegan we have met and been in touch with some wonderful who are also Vegan, we can never thank Paul and Jason enough for all they do for us and the Vegan Community, we are so happy to of been asked to share Angharad's story.

When Angharad was born, as soon as I saw her I could see there was a problem, with one eye socket being much smaller than the other, I was called a neurotic Mother and that I didn't know what I was talking about, one nurse told me to go and have a shower, which I did, but then when I saw Angharad I was in tears saying something there was something different with Angharad, no one would listen, I was taken to the ward and that night, I was asked did I want Angharad to be taken to the Baby Nursery, I didn't really want that as my Son Luke was born 6 weeks prematurely and I didn't even get to see him or hold him when he was born with how poorly he was (he is now 26 years old). I really wanted to keep Angharad with me, but I thought if I was imaging it then in the morning it will not be there, so I did agree. The next morning, I could still the difference, I mentioned it to the Doctor who came to examine Angharad before being discharged.

The Doctor opened the right eye (as it wouldn't open by itself), told me that everything is alright, she has perfect eyes and will have 20/20 vision, never need glasses, go home and enjoy your baby, two weeks later when the right opened, this is when I could see the right eye was much smaller than the left eye, I went to the Doctor's and they said I needed to go that day to the local hospital, after they examined Angharad I was told she had bi-lateral cataracts, the main Eye Consultant/Doctor I needed to see was too busy to see us that day and we had to go back 4 days later.

When we went back to the hospital, the Doctor told us that there was nothing they could do Angharad was blind and they would register her this way and never see her again, I was so scared, frightened and upset, I told the Doctor I wanted a second opinion, they did eventually agree to this.

A week later we had our first appointment with Angharad at Alder Hey Childrens Hospital, it was then I was told that not only did Angharad have cataracts, but she also Microphthalmia (small underdeveloped eyes), at 5 weeks 6 days old Angharad had to have her first operation to remove the cataract from the left eye, there was too much damage to the right eye, immediately she should have been able to react to light, but it took 4 months before she could react to any light.

Unfortunately, due to having the surgery to remove the cataract Angharad then developed Glaucoma, due to the condition of Peter's Anomaly (which effects the surface of the eye and the cornea being stuck onto the iris), it was extremely difficult to control the pressure. Angharad had to undergo many surgeries at Alder Hey to try to keep the pressure down, but then had to be transferred to Great Ormond Street for numerous other surgeries and treatment as well,

5 years ago, at a routine appointment at Alder Hey, I was given the devastating news that the pressure had become extremely high again in the eye, we were transferred to Manchester Eye Hospital, there we had a long talk with the consultant and it was then I was told that there was no other option, that Angharad had to have the surgery to have a mechanical valve inserted into her eye, which would involve a partial transplant from a donor eye,.

We also had a phone call from the genetics team 5 years ago from a study we joined when Angharad when she was 4 years old, the genetics professor phoned me herself to ask me to go to Birmingham to see her, it was then we were told that Angharad has been born with a very rare disorder called Occularfacialcardiodental-syndrome (OFCD) which effects less than one in a million live births worldwide each year, Angharad has all four spectrums of the disorder as well, which makes it even rarer.

Angharad has had to undergo numerous surgeries, mainly on her eyes, up to now 47, we have just found out that, she will as soon as it is possible need her 48th operation, Angharad has had to adapt to so much, when she was younger she could see the top line of the sight chart and be able to read a book in large print and magnification, but over the years due to the glaucoma she has unfortunately lost this and now only has light perception in her left eye at arm's length.

Angharad a few years ago was so lucky to be able to get an audition for the role of "Melody" for CBeebies, we were over the moon, for the role they were looking for a child who was partially sighted, we were so excited to get the audition piece through, which was part of one of the episodes (called The Lost Bee), Angharad was fantastic and learnt the two page piece off by heart overnight, by me reading her the audition and her repeating, with Angharad being blind this was the easiest way,

The following day I contacted the filming company by email to say that Angharad had learnt the piece, they asked me if it was possible to be able to travel to London two days later to have the audition as this was the last day for them to be held. as luck had it, we were attending a hospital appointment the same day in London, the filming company were fantastic and arranged for us to have the audition before the appointment. We can remember being up at 4.30am to get the train from our hometown to London, Angharad was so nervous, we arrived early for the audition, to give me time to be able to walk Angharad around the room so she didn't have any accidents, she memorised where all the chairs and table were positioned.

She was fantastic during the audition and remembered every single word, the two producers were really impressed and shocked that Angharad even though being blind didn't knock into anything in the room, I explained how she had memorised where everything was, as we were leaving the room, the two producers smiled at each other and said "Angharad is definitely on the sort list for the role" I can remember Angharad being so excited, jumping up and down outside and then saying "but I will not be the lucky one to get the role".

Two weeks later I had an email to ask for one of the executive producers to phone me, I thought this was going to be the thank you for trying phone call, I was so shocked to be told Angharad had been picked for the part, we had to go to London a week later for the costume fitting and meet the rest of the filming crew. It was so amazing that they catered for Angharad so well through the whole filming, with our dietary needs.

The whole experience has been so amazing for Angharad, we were only commissioned for 20 episodes and were so lucky to film 40 episodes of Melody and 10 episodes of Melody and Friends. Angharad has also been very lucky to record 4 CBeebies radio programmes for Hospital Heros, taking part in two live broadcasts from Alder Hey Children's Hospital, been asked to take part in some presenting work from CBeebies House.

We always love it when Angharad is recognised when we go anywhere, it is amazing to meet such lovely families and see the children's faces and parents faces light up when they meet "Melody", not it is harder with social distances as Angharad always

loves to be able to give everyone a big hug.

I am so proud of Angharad when she decided to start up her Instagram page in March 2020 when we were in Lockdown, but due to all of her medical conditions she had to shield from March until August, for the first 3 months only being allowed to go out in the back garden, it was in July 2020 when Angharad decided it felt the right time for her to start her YouTube channel, being severely sight impaired (blind) I help Angharad with all she needs me to do for her to be able to run her Instagram page and YouTube channel,

As a family we are so proud of all Angharad does, she is an Advocate for Live Life Give Life to raise awareness of organ donation, without her surgery 5 years ago her world would have been in darkness, the bit of light perception she has helps a lot, she loves being an Ambassador for Lime Music at Manchester Children's Hospital, one of her dreams she would love to carry on with acting. Angharad now would like to do all she can to raise awareness of being Vegan, carry on putting out her YouTube videos with taste testing, unboxing, cooking with me and Fudge,

Lots of Love to everyone

Angharad & Lynda (Mam)

Editors Note: Angharad will be 18 years old on May 13th and as a passionate young advocate for veganism we should all be doing all we can to support her. You can subscribe to her YouTube channel by clicking below.



[Angharads Life.](#)

Little Old Me

By Dan Forrester

I'm a little vegan;
My morals are strong and stout.
And if you ask for reasons,
I'll gladly point them out.

Animals are my friends,
My health and planet too.
So I try to do my best
To love and think things through.

So if I fancy bacon,
A jacket or new shoes,
No flesh or leather products
Will I ever to choose.

With help I walk this road,
From others that open eyes.
So more of us can walk it,
And watch Those Vegan Guys.



ASCENSION into THE ETHEREAL #149

Waritsara Karlberg

I began my transition by just eating those cooked chicken buckets you can buy from Tesco's and whilst that was going on, a friend that I had met at a local open mic night told me about plant-based 'meat' patties called NoBull from Iceland.

After eating those for 14 days, I had Transitioned fully to being vegan as if it was a miracle and I can honestly express that I had had no more cravings for animal flesh since.... All thanks to the rise of the plant-based movement.

I had already given up seafood because I just wasn't keen on the taste and smell any more. The last egg I had before going vegan tasted like fish and the older I got, I realised that I was becoming more and more lactose intolerant.

Everything was set in place including my guilty conscience and in April 2019 around the time of Thai New Year.... I became a vegan and never looked back.

So, when was the last time I had a piece of chicken?

Well, that was two months ago. I tried it by asking one of my flatmates and I didn't think anything of it. I could've gone back to eating meat there and then or I could've puked but I chose not to think anything at all and just keep being vegan.

I had been wondering from which perspective I should share this beautiful and spiritual experience with you and undoubtedly, the first person perspective is a no-brainer!

I could tell you the whole day how much I regret all the living things I have eaten in the past but becoming vegan was the only answer to eradicate those regrets.

I used to eat meat like nobody's business especially red meat. There were times so seldom one I would eat a little bit of raw minced beef out of the packet before adding it to pasta dishes after learning about something called tartare which is technically the same thing but is served with salad in expensive restaurants.

I would happily sit in the lounge full of people eating a whole roast chicken for example as well as the bones if they were cooked long enough.

I was either an animal myself, a neanderthal or well, as I would now put it....a monster!

Everything was just hunky-dory eating seafood, meat and potatoes back in Sweden. It was just what we did as a ceremonial family gathering and I was too young in my mind to understand pretty much everything back then.

I can't remember if this was just before puberty hit or afterwards but this is what happened.

Basically, as my mum and dad had divorced back in the late 80s, My brother and I were still able to visit him in Sweden at least once a year unless he wanted us to join him on one of his business trips to somewhere like Kenya, Tanzania, Italy, Turkey, France and Spain to name a few.

This one particular time however, my brother and I were visiting him in Sweden and I am assuming that as we had reached a certain age as teens, he felt like it was time to teach us how to shoot targets with one of his rifles.

As I write this, the thought of those memories now scare me but I shall continue because what happened next is a vital part of when the foundations of my guilty conscience and empathy towards animals began.

The day after rifle practice, my dad and his friend took my brother and I to a nearby forest which had these watch towers with long ladders going up them to the platform.

I remember being told not to go up one and perhaps I was too scared to anyways.

I recall my brother talking to our dad, showing interest whilst my dad's friend went off with his rifle. Perhaps I was admiring the natural surroundings too much to even be aware of the real reason why we were there.

We then heard a gunshot and so, our dad led us to his friend's location and when we got there, there was a juvenile deer shot dead lying on the grass floor with the big eyes still open.

I couldn't help but stare into those soul-less eyes before not being afraid to tell them all "I would rather see this deer alive".

My brother and our dad instantly replied "We would rather see that on our plate".

This saddened me immensely and I felt helpless and useless and most of all... Alone.

Alone that it was only me that felt that way about the deer before my dad felt the

need to teach me how to take the fire off and the skin off and cut up the flesh, put them all into plastic bags and then freeze them for tomorrow night's dinner. I felt as if I had been conditioned to eat meat for all that time.

I remember it clearly that I still wasn't 16 yet and it's an experience I will never forget until my next life!

I suppose I met my first vegetarian friend many years later at the age of 21 whilst I was at my second halls of residence at university. I never looked down upon vegetarians but I was never sure what to think of vegans because the people I had met who knew of them in my days there, would sadly look down on them and thus, tell me stuff about vegans to try and put me off... which actually worked!

Anyways, this vegetarian friend of mine didn't just encourage me to become vegetarian for a year but also helped me to wake up the bohemian girl in me.

During this time, I would also get to know other Bohemians at a local pub that hosted a weekly open mike night and get fit and healthy from crane kung fu classes and Shaolin kung fu training.

Becoming vegetarian was the first time I actually started giving a toss about my health.

Two years later in 2004 after having gone back to eating meat again, my mum and I were back in Thailand visiting her relatives.

However, this time it was different as it was around October November time but we all can't eat all things meat, fish and dairy and even garlic! (Due to a strong smell and until this day I still do not understand why it's not considered as vegan over there!) and be vegan for a month during a Chinese ceremony where we burn red paper with yellow text which I think is supposed to represent money.

That was also the same time when one of my cousins invited my mum and I to a laughing yoga session which I found rather extraordinary and then in turn, we met a mother and daughter who got me into Chi Gong as well as encourage my mother and I to become members of a Tao Buddhist Temple in the town where my mum grew up.

Over the years and every time my mother, my cousin and I would reconvene with them.... We would always sit in a large group around a big table and before having our vegan noodle soup... We would raise our bowls to the Heavens for blessings.

Our teacher who taught us about Tao passed away not so long ago and so.... If you ever see me raise my plate or bowl of food to the Heavens before eating.... you now understand why.

I am proud to quickly mention that Thailand really has the best vegan dishes I have ever had in my life and it's taken until now to realise that the western world has been catching up especially with the ever-growing variety of plant-based items in my local supermarkets... Which of most I have tried already.

However, I recently decided to start reducing my plant-based intake and become more 'old skool' with my vegan diet which involves eating more greens, seeds, chickpeas and nuts. What's funny about this is that I am still not a fan of beans! Never have! Never will!

I really can't think of any cons to tell you but one pro is how creative you can be with your own vegan dishes. I would also like to add that we should all be aware about how sentient beings are being treated by us especially when they trust us so much and that we should really put a stop to specism also which basically means that because we are the top of food chain....we think we have the right to eat animals!

But what about plants then? Well, without going into it too muchI would rather eat plants than animals because plants can grow back but animals can't.

Also, you're more likely to get unwell from eating animals compared to plants due to factors such as cholesterol....

www.veestro.com explains it clearly:

"Eating more plants has been proven to lower your risks of many chronic diseases, including Type 2 diabetes, high blood pressure, heart disease, cancer, and Alzheimer's. Because you're cutting down on saturated fats from meat, a plant-based diet can also make it easier to keep a healthy weight."

As someone who lives life in the fast lane, I've always got things to do and things to say and sing about so I have devised a plan to mainly eat overnight oats for breakfast, sweetcorn and plant-based margarine for lunch and fried kale for dinner but that was just for today.

I am still evolving as a vegan and I have thought about becoming an animal rights activist thanks to following and admiring Joey Carbstrong but due to my mental health issues, I would not be mentally stable enough to do so.

As an alternative, I sign online petitions instead and try to encourage people to go plant-based because at least that way they can eat alternatives without the need for an animal to have suffered cruelty as well as death by their second hand demands.

Following Paul and Jason Burgess aka Those Vegan Guys/Queens on social media really helped me and inspired me and gave me lots of giggles when I began my vegan journey and I would also like to give a shout out to Earthling Ed for being possibly the most calmest animal rights activist I have ever witnessed on social media.

I am proud to say that I have written a song about going vegan and another one about putting myself in the hooves of a cow in a slaughter house because these can also help me to encourage anyone that I meet along my spiritual journey to become plant-based and then hopefully, vegan!

I am so happy to see that the world is finally waking up!

Ethereal & The Elevated YouTube Channel



Are Local Farmers Markets truly sustainable? -Zoe Harrison

Veganism is often intertwined with sustainability, thus you often hear people trying to be more sustainable and shop at local farmers markets, and stores which support the local economy. This essay isn't necessarily focussed around veganism, however it will be mentioned throughout the piece, as a key piece to becoming more sustainable.

I am in no way suggesting to not try and be more sustainable as these local stores champion low emissions, supporting the local economy and farmers, often more sustainable growing practices for produce, however there are ways that stores can improve, and make it accessible for all. And that's the biggest issue I have seen. The lack of accessibility.

Having just moved I do not have a stable income right now, which has made me think about the accessibility of local farmer markets to lower income families. I have often seen prices be double or triple the amount of wholesale price, leading to massive profit margins. This automatically rules out lower income families to be able to shop at these stores, regardless of them wanting to be more sustainable or not. Having experience working in this sector I see a clear clientele being able to shop at these stores on a daily basis. That being younger people with a higher income, and white middle aged people with a stable income.

In my current situation I can only afford to shop at big chain grocery stores, whilst on a budget. This means I can only afford more cost effective fresh produce, which often include out of season, imported produce, such as bananas, avocados etc. There is a strange stigma of 'oh we don't sell those, as we don't import them.' Or 'oh, asparagus is currently out of season, so that's why it is unavailable.'. It is clear to me that you internalize these assumptions so you feel like you cannot buy anything that isn't local or out of season, because we should be supporting the local economy. When in actuality, if you are on a budget, these cheaper, imported items are the only viable option to buy. Which I am trying to relearn myself.

Similarly I have found vegan advocates such as Youtubers promote local produce and stores as a key way to become sustainable, which is true... yet leads to a stigma to people who may not be able to afford these prices, or even have the access to a local farmers market to begin with. People may feel like they cannot become more sustainable, or vegan because they do not have the access to support local at all times.

There is also a strong assumption within local farmers markets, that promote meat and dairy items, that because livestock are free range, and grass fed, that these ani-

imals have lived happier, better lives. I have lost count that amount of times I've heard "these chickens must be incredibly happy because they are free range, I can happily support this compared to those other grocery stores". Because of this, not only does it go against the idea that a living being has been killed for your meal, but it lends itself to customers paying whatever the asking price, because they think it is better for them. This leads to increased prices to make as big a profit as possible, leading to income disparity.

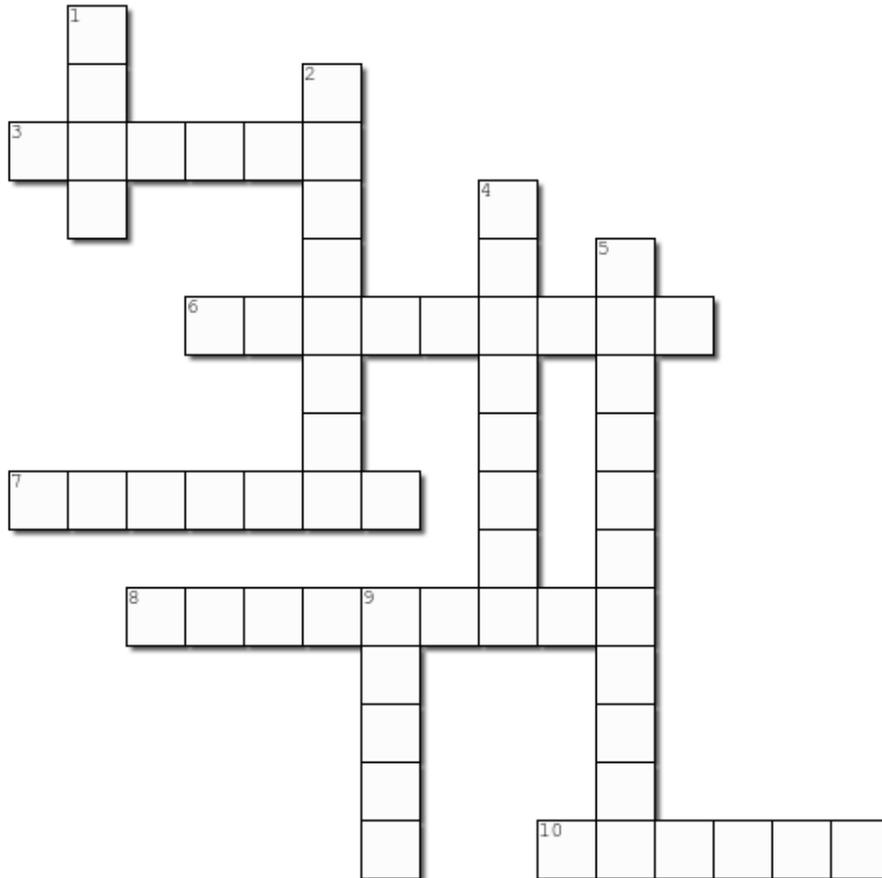
Arguable if stores wanted to become more sustainable and forward thinking they would become fully plant based, and not profit from the murder of animals. Often stores are on the button with social issues, and often raise money for highly important issues, however how much longer do local communities have to continue supporting these local stores, until the store themselves begin to look after the community. Companies should be promoting a fairer, more inclusive way to shop on the regular, so all social classes have access to more sustainable options from the get go, in conjunction with supporting local community organizations. I'm in no way saying you should stop supporting local stores, but I feel there is a need to question the ways these stores can justify ever increasing prices, and the lack of customer diversity that come to these stores. Are these markets truly more sustainable if half the population are unable to have access them? We need to not only make sustainability more accessible to the general public, but also veganism. To truly reach sustainability goals, cheap and accessible plant based options should be prioritized, and I feel local farmers stores have a role to play.

Written by Zoe Harrison @[veganlemon23](#) on Instagram.



TVZ Crossword Puzzle

Complete the crossword puzzle below



Created using the Crossword Maker on TheTeachersCorner.net

Across

3. Our main food source.
6. Where the lucky ones end up.
7. The start of most vegan journeys. You feel it.
8. An event, a month, a starting point for many.
10. So many styles and not in the least bit evil.

Down

1. The most common added ingredient that never needs to be there.
2. Well known household products brand, and quite surprised.
4. Where have you bean?
5. Two words, it has to be this as well as vegan.
9. Affectionate name for vegan gold dust.

Answers: 1. milk, 2. astonish, 3. beans, 4. arpa, 5. cruelty free, 6. sanctuary, 7. empathy, 8. veganuary, 9. mooch, 10. seitan

THANK YOU FOR READING
SEE YOU IN THE SUMMER