

Veggie Times

A fantastic four-page pullout!

Trust in the future

What's inside?

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YOU may be surprised to learn that many celebrities, actors and singers follow strict vegetarian and vegan diets.

Essex's very own Jodie Marsh is one of them, as well as the presenter and poet, Benjamin Zephaniah.

And Moby, Bryan Adams, and Chris Martin from Coldplay are just a few more who believe in compassionate living.

Interesting historical veggies include Albert Einstein, Leonardo da Vinci, Pythagoras, and Vincent Van Gogh.

And one of the UK's best loved actresses, Joanna Lumley OBE, also follows a vegetarian diet and is passionate about animals and their welfare.

Joanna is also a patron of the leading charity, the Dr Hadwen Trust, and recently attended their first ever fundraising dinner to celebrate their 35 years of non-medical research.

I met up with several veggie celebrities on the night and not only were they all wonderful, friendly people, but I was lucky

enough to film each of them for www.veggievision.co.uk - the pioneering internet TV station - as well as for a fundraising DVD for the trust.

Speaking about the trust and its work, Joanna said: "I'm very proud to be a Patron of the Dr Hadwen Trust.

"The trust's practical common sense approach means that we no longer have to choose between human health and animal wellbeing.

"That's why I share the Dr Hadwen Trust's ideals and urge everyone who cares about people and animals to join with me in supporting them."

Joanna went on to say that she eats like a squirrel at home and enjoys snacking on nuts, avocados and sweetcorn.

Leading comedian, actor and writer, Sean Hughes, is also a vegetarian and chose to cut meat out of his diet because he is against cruelty to animals.

Sean attended the Dr Hadwen Trust ball as well and proved that he is also very good at calling out raffle winners.

Actresses, Carol Royle and Rebecca Callard are also famous

veggies who enjoy the health benefits of a meat-free diet, as well as the knowledge that their way of eating is animal-friendly.

"The future must lie in organisations such as the Dr Hadwen Trust, whose ethics prohibit the use of animals for moral and logical reasons," Carol said, pledging her full support.

And Rebecca's famous mum, *Coronation Street* star, Beverley Callard, is fully supportive of her daughter's choice of diet and even enjoys eating vegetarian dishes herself.

Speaking about her work with the trust, Rebecca said: "I share the trust's commitment to save lives tomorrow without taking life today."

But don't feel that a vegetarian or vegan diet is for celebrities only - it is a way of life for millions of people worldwide who not only enjoy healthy eating but are also happy knowing that nothing has had to suffer to be on their plate.

For more information about the Dr Hadwen Trust and its work, call 01462 436819 for a free catalogue or see www.drhadwentrust.f2s.com.



IN this edition of Veggie Times - *The Enquirer's* unique month-long supplement - readers will be able to find out everything they've ever wanted to know about healthy lifestyles.

There will be some great prizes up for grabs, including vouchers for animal-friendly food company, Redwood and magazine subscriptions - coming next week.

There will also be the chance to cook up vegetarian treats at home with our fantastic meat-free recipes.

And we will also have interviews with veggie celebs alongside informative articles that could help you to change the way you live.

So what are you waiting for - turn the page now to take the first step...

For further information about veggie lifestyles, visit the revolutionary TV station, www.veggievision.co.uk.

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Veggie Times

Meat-free meats



IF you want to reduce the amount of meat in your diet or fancy trying something different, it is remarkably easy because every meat and dairy product has an animal free version.

Fry's products are very tasty and include special Polony (slicing sausage), a BBQ flavour Braai Sausage, Schnitzels, and Wok and Stew Chunky Strips.

And other leading brand, Redwood, offers bacon, Cheatin' slices and fishless fingers.

A brand new product out is Vebab - a delicious veggie-style kebab, which is an excellent source of protein and much lower in fat than its meat alternative.

At the moment, this product is only available to try at special events but will be reaching shops very soon.

There is also dairy free chocolate available (Booja Booja is a top seller), Scheese cheese, Tofutti cream cheese, ice cream, and much, much more.

Thousands of people each week decide to cut down or cut out animal products, but some still enjoy the taste of meat, so 'fake meat' is ideal.

It is also easy to swap your usual dishes for a healthier alternative.

And many partners or sons and daughters have probably enjoyed their favourite meals not knowing that the food has been switched to a vegetarian option.



On the whole, these products are made from the soya bean, which has been around for thousands of years and gives us soya milk and tofu.

Generally speaking, soya and tofu products are lower in fat, cholesterol-free and readily available from supermarkets and health shops.

The vast array of fruits, vegetables, pasta, rice and nuts can also be added to make exciting, easy and non-time consuming

dishes, which will appeal to all tastes.

You can sample lots of these foods at the forthcoming Essex Veg Fest, which is one of the first events of its kind in the UK.

The event will be held on Friday 2 December at The Brentwood School Sports Centre from 6pm.

Dinner is included in the £5.50 ticket fee and advance booking is recommended.

For further event information, log on to www.essexveganfestival.org.uk.

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Wok & Stew Chunky Strips

For a quick and easy, delicious meat-free meal, try this great recipe from Fry's...

Ingredients:
Vegetables
Packet of Fry's Chunky Strips
Mixed vegetables
Sauce of your choice
Rice or noodles

Method:
Heat a little vegetable oil in a wok or large frying pan. Add packet of frozen Fry's Chunky Strips, fry on high heat for approx 6 mins. Remove Chunky Strips from wok. Add mixed vegetables of your choice (peppers, mushrooms, onions, asparagus, sweetcorn, mange tout etc.), fry for approx 6 mins. Transfer fried Chunky Strips back to wok. Season with sauce of your choice, soy sauce, chilli sauce, mushroom sauce etc. Stir fry until heated through. Serve with rice or noodles.

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