

# Teen VGN

*minimag*

issue 11

AN INTERVIEW WITH  
**YOUTUBER**

*Rosie Spraghton*

*Winter Recipe*  
Root Vegetable Gratin

CHRISTMAS PARTY AT  
**ANNA LOKA**

VGN SURVIVAL GUIDE  
*New Zealand*

VGN SUMMER CAMP 2016

# New Merchandise

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*baby cows!*



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THE ORIGINAL

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FOR 11-17 YEAR OLDS



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BOOKINGS GO LIVE DECEMBER 5<sup>TH</sup>  
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# Meet Lucy

*"Working with TeenVGN so far has been great. I've been presented with so many opportunities that, as well as helping them, help my skills grow too..."*

Lucy joined TeamVGN in March 2015 when she first volunteered for us at Brighton Vegfest. With her hard work at the event and enthusiasm for activism across social media we were very lucky to snap her up! Lucy soon became TeenVGN's social media and events assistant with the added bonus of designing a whole new line of merchandise featuring the ever popular "Real Food Has Mud Not Blood!" carrot design. Lucy's whole line can be found on various clothing and accessory items across the webshop. Lucy has also taken on the role of writing for TeenVGN in articles across the web and also does product reviews for the website.

We are so lucky to have this talented young lady as part of our team and cannot wait to see what the future holds for us all!

## TeenVGN Christmas Party



On December 21st 2015, we held our first Christmas Party at Anna Loka in Cardiff. We had 30 guests join us for an evening of Christmas music, a beautifully festive menu and a raffle with lots of amazing prizes from some of our favourite vegan companies. On arrival, our guests were greeted with a thirst quenching Elderberry mocktail, we couldn't get enough it was so yummy! Then everyone sat down and received their goodie bags and chatted whilst we waited for our first course, which was Spiced Parsnip Soup with warm cornbread. A perfect start to warm up our bellies from the cold outside. Next came

Christmas roast dinner - red lentil and sweet potato nut roast with new potatoes, roasted carrots, beetroot, sautéed fine beans and traditional gravy. Wow! What a feast! the nut roast was out of this world! Our final course was Christmas pudding with a non alcoholic brandy sauce which was totally delicious and rich. We washed it all down with a cup of coffee and chatted some more. We had such an incredible time with our friends and supporters and we want to thank everyone who came along. We especially want to thank Anna Loka for putting on such a fantastic dinner! You guys are simply amazing!





# Vgn Survival Guide Wellington, New Zealand

by Kit Lawrence

## Eating Out

One of the best things about Wellington is how mainstream veganism is here. Most coffee shops will have a soya milk option, around half of restaurants will have a decent vegan option (usually marked as vegan on the menu too!), and most others will at least know what veganism is and be able to make something for you. This makes eating out so much easier if your omnivorous friends insist on choosing where to go. But the most popular place for vegans here is Auntie Mena's, a completely vegan Malasian eatery in the heart of the city. With a huge range of mock meats, authentic Malasian dishes, and pretty affordable prices, I would definitely recommend this to anyone who visited Wellington.

## Groceries

Grocery shopping in New Zealand is relatively similar to in the UK - it may be difficult to find good affordable vegan products at first, but once you get to know what you can get in each of your nearby shops, it's pretty straight forward. A hidden gem is the large range of dairy free ice creams you can find in most supermarkets. My favourite is the Little Island Chocolate Ice Cream. It's currently summer in this hemisphere so I've been eating a lot of it!

One of the biggest differences between the UK and here is the abundance of farmers markets, which sell locally grown fruit and veg for a fraction of the price you would find them in the supermarket. The nearest market to me is only five minute walk from my flat, and this makes it so much easier to eat healthily without breaking the bank.

## Root Vegetable Gratin

Recipe by Demuths  
Photo by Eat Pictures!



- 2 large red skin potatoes
- 2 carrots
- 2 parsnips
- 2 red onions
- 1 sweet potato
- 2 beetroots (1 red, 1 yellow)
- 4 cloves garlic, sliced
- 10 bay leaves, cut in half
- handful of sage and rosemary leaves
- 2 tbsp olive oil
- 1 tsp flaky sea salt
- 2 tbsp semolina

Preheat oven to 200C / Gas 6.  
Slice the vegetables into even discs.  
Layer them into a gratin dish, standing up, packed in together, alternating colours of vegetables.  
Push the garlic, bay, sage and rosemary leaves in between the vegetables.  
Drizzle with olive oil, sea salt and semolina.  
Bake for 1 hour until cooked and the tops are crispy.





# Product Review

## Sgaia Foods – Mheat

### Rating: 5\* / 5\*

Sgaia sent us two of their Mheat Original Steaks to try with some vegetables and mashed potato. Where do we even begin? My goodness this was amazing!

For those vegans who get freaked out by meaty textures, be warned, this is not the product for you! However, if you do like mock meats then you need this in your life! The Mheat Steak seemed to take on the flavour that we put in the pan so well (vegan soy sauce), we're sure it would take on any flavour that you'd like to experiment with. Next time we were thinking maybe something BBQ-y! As you bite into the Steak you will literally have to tear it apart with your pretend carnivore teeth. The flavour was out of this world and the likeness of it to a real steak was so bizarre! We decided to give this product a rating of 5\* / 5\* because we've never tasted anything like it. Dare any meat eater to try this and not enjoy it! It's a game changer! Visit [www.sgaiafoods.co.uk](http://www.sgaiafoods.co.uk) for more info.



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## FLAVOURS FOR EVERY OCCASION!

**CHEDDAR SPREAD** is great on your toast and crackers, kids and adults alike will love it.

**GARLIC & HERB** is delicious on crumpets, or mixed into sauces for real flavour.

**CHIVES** adds real flavour spread on your pizza bases, or in toasties.

**SWEET CHILLI** with its gentle spicy flavour, is fantastic as a topping for baked potatoes or stirred into pasta dishes.

**ORIGINAL** is great on bagels or crisp-breads. As it can be used sweet or savoury, you can make your very own fabulous dairy-free Sheese-cake, so go on, spoil yourself!

**SPRING ONION** is really tasty on muffins and in dishes such as Sheese bakes and many more.

So why not buy some from your local store today and try it for yourself!

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11AM-11PM  
SUN MAY 22ND  
11AM-9PM

AMPHITHEATRE  
(BS15LL)

LOVE VEGAN

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15 CATERERS  
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160 STALLS  
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KIDS UNDER 16  
FREE





## QUICK-FIRE QUESTIONS WITH ROSIE SPAUGHTON

### YOUTUBE OR YOUNOW?

- OH GOODNESS, BOTH!! THAT'S SOOOOOO HARD TO CHOOSE! MAYBE YOUTUBE, BECAUSE I CAN GO ON YOUTUBE WHEN I'M IN THE BATH BUT I CAN'T DO THAT ON YOUNOW!

### FAVOURITE SONG RIGHT NOW?

- I'M LOVING MEGHAN TRAINOR'S 'CREDIT'

### TEA OR COFFEE?

- YOU KNOW, I WENT THROUGH A HUGE COFFEE PHASE, BUT I'M BACK TO TEA RIGHT NOW.

### FAVOURITE COUNTRY TO VISIT?

- I'VE NEVER BEEN, BUT I'M DYING TO GO TO THAILAND.

### BLOGGING OR VLOGGING?

- BLOGGING! I LOVE WHEN I'M PASSIONATE TO SIT DOWN AND TYPE MY HEART AWAY! BUT I DO LOVE VLOGGING BECAUSE IT MEANS I CAN LOOK BACK AT THE MEMORIES I'VE MADE.

### FAVOURITE ANIMAL?

- ELEPHANTS AND PENGUINS. I CANNOT CHOOSE BETWEEN THEM.

### CINEMA OR NETFLIX?

- CINEMA!

### WHAT 3 MATERIALISTIC ITEMS CAN'T YOU LIVE WITHOUT?

- MY PHONE, DRY SHAMPOO AND A GOOD BOOK!

### WINTER OR SUMMER?

- WINTER, IT'S MORE ROMANTIC FOR ME.

### FAVOURITE YOUTUBER?

- ROSE ELLEN DIX -3

FULL INTERVIEW AT [WWW.TEENVGN.COM](http://WWW.TEENVGN.COM)

## FIND US ON SOCIAL MEDIA:



## THANKS TO OUR PARTNERS



## THANKS TO OUR SPONSORS



## On Tour

IN 2016 YOU CAN FIND US WITH A MERCHANDISE STALL AND TEENZONE AT VEGFEST BRIGHTON, BRISTOL, LONDON AND SCOTLAND!

## In the next issue

- SPRING RECIPE
- CELEBS 4 TEENVGN
- MEET YOUR 2016 CAMP LEADERS
- VGN SURVIVAL GUIDE
- PIPPIN'S PROBLEM PAGE