

VGNERATION

minimag

ISSUE 17

TeenVGN Rebrands!

>Formerly known as TeenVGN, organisation rebrands to Vgneration!

Mayim Bialik

>EXCLUSIVE interview with one of TV's most beloved actresses! Mayim Bialik chats to Vgneration!

#VGNSummerCamp

>Read our VGN Summer Camp statement in this issue!

VGN Survival Guide

>Our global vegan food tour continues!

Summer Recipe

>Need some food inspiration? We've got you covered.

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VGNN NEWS

PUBLIC SERVICE ANNOUNCEMENT

MAY 2018

TEENVGN BECOMES VGNERATION



"... lots of members were becoming too old to be part of the organisation and many young adults around the world wanted to be a part of it."



Not-for-profit and volunteer run organisation, TeenVGN, is embarking on a new adventure. Set up in 2013 by Kylie and Laura, it began simply as an online social network for vegetarians and vegan teenagers. The organisation quickly took off and we began attending events, hosting meet ups across the country and running an annual summer camp. We connected and supported hundreds of incredible young people and watched them grow into enthusiastic advocates for the animals. During this time we became more and more aware of just how vital the work and outreach we were doing was.

Which is why, in 2017, we began to realise that we needed to reach more people, lots of members were becoming too old to be part of the organisation and many young adults around the world wanted to be a part of it.

And so, behind the scenes, "Vgneration" was born. Beginning May 2018, TeenVGN is officially re-branding to become Vgneration, an outreach, support group and network for young adults, students and teens alike.

The new website is fresh, easy to navigate and interactive, with information that is readily available, updated and relevant.

With the addition of a qualified nutritionist and recipe developer to our team of volunteers we have been able to create a resources section with nutritional information and free downloadable literature as well as a recipes section with delicious and colourful vegan recipes. The Vgneration website also gives you access to a lifestyle section with exclusive interviews, vegan travel guides plus fresh news and connect pages.

We believe that having this support on hand is vital not only for teens but also for 20+ adults too, whether newly mindful or with years of compassion under their belts. This is why we have made all of this information and material available for free.

Five years down the line, this is still just the beginning for Vgneration, and we hope to continue our development and projects for years to come.

The name "Vgneration" was chosen as a motivational and inspirational name for the people who are going forward to change the world for the animals, our health and the planet.

The generation that can do it. The generation that are doing it. The generation that will do it.

The Vgneration.

@vgneration



www.vgneration.com

VEG MEX BURGER

BY VGENERATIONS RESIDENT FOOD WRITER

HOLLY JADE

Ingredients for the burgers

- 175g of pinto beans (Washed & drained)
- 250g of cooked quinoa (I used mixed red & white)
- 6 tablespoons of tomato paste/puree
- 2 teaspoons of onion granules
- 1 & 1/4 teaspoons of garlic granules
- 1 teaspoon of chilli flakes
- 1/2 teaspoon of salt
- 40g of gluten-free breadcrumbs

Ingredients to garnish

- Burger buns
- Mexican salsa
- Guacamole
- Whole green jalapeños
- Lettuce leaves
- Large tomato slices
- Red onion (Sliced finely)

Preparation: 10 Minutes

Cooking: 18-20 Minutes

Makes: 7 Burgers

Level: Easy

Method

Step 1- Pre-heat your oven to 180degrees c and line a baking tray with greaseproof paper.

Step 2- Place the pinto beans into a bowl and mash.

Step 3- Add in the cooked quinoa, tomato paste, onion granules, garlic granules, chilli flakes, salt and mix until fully combined.

Step 4- Form into patties and roll into the breadcrumbs to cover each pattie, then place them onto the lined tray.

Step 5- Pop the burgers into the oven for 18-20 minutes.
Turn them over half way to get an even golden colour.

Step 6- Once cooked and crispy, put the burgers together.

Step 7- Place lettuce leaves on the bun, add on the burger, then guacamole, jalapeños, tomato slices, onion, salsa and finish with the bun.

Best enjoyed fresh, immediately.

Vegetarian chats to **MAYIM BIALIK**

Mayim is an american actress, neuroscientist and author born in San Diego, California. From 1991 to 1995, she played the title character in Blossom. After the end of Blossom, Mayim attended UCLA and in 2007 earned her PHD in neuroscience. Since 2010, she has played Amy Farrah Fowler in The Big Bang Theory. Mayim has written several books; Mayim's Vegan Table contains over one hundred vegan recipes. Her third book, called Girling Up, is about the struggles and ways in which girls grow up while showing the scientific ways in which their bodies change. Mayim also founded Grok Nation in August 2015 for people of different ages and backgrounds to have conversations on contemporary issues. It aims to engage readers in online conversations that lead to offline action, mobilizing individuals toward changing the world as a community.



Q&A

How long have you been vegan and what inspired you to make that lifestyle change?

I was vegetarian since I was 19 for ethical reasons and in college, after repeated sinus infections, a UCLA doctor suggested cutting back on dairy. I haven't had an infection since. I still ate a bit of dairy but when my first son was born, I discovered he had a milk allergy (as many babies do) through breastmilk, so I cut it out completely. Trace eggs left my life after reading "Eating Animals" by Jonathan Safran Foer about 9 years ago. And I haven't looked back!

Eating meat is a big part of Jewish traditions and customs, how difficult is it to stand by your morals ethically, whilst also being true to your faith? i.e. hosting passover meals, dealing with disputes within the community etc?

There have always been vegetarian Jewish people; the Garden of Eden was a vegetarian existence and meat historically was eaten rarely and with great reverence for the animal. There are ways to observe holidays without meat; the Talmud, which originated thousands of years ago, has vegetarian options for the shank bone at Passover for example (mushroom or beets are acceptable!). And while it is culturally customary to eat meat on the Sabbath, I believe our culture will continue to shift just as secular culture should and does: towards less meat consumption and normalization of the use of animals for food and clothing. I find it gratifying to honor my faith by repairing the world one meal at a time!

What is your favourite family meal to prepare from your cook book "Mayim's Vegan Table"?

We love chili. That's such a safe bet for us. And you can customize it with toppings depending on what you like. That's always a hit.

Blossom

How important is it to you and your family that there are organisations around, like us, to support and educate young people in their vegan lifestyle?

It's the most important thing! I used to feel so alone. We need more and more support so we know we are not alone!

You were a self-confessed "awkward teenager" growing up, what's your most important piece of advice to young people who feel "different" or are having a hard time fitting in with their peers?

You won't always feel as bad as you do or as weird about not fitting in. And as you get older, it will feel less isolating to be weird. I can't promise you will be "like everyone else" but your need to be will lessen!

Your book "Girling Up" is mostly intended to empower young girls. But are there any parts of it that can cross over to boys or maybe even those that fall somewhere else on the gender spectrum?

Of course! The facts about the body and brain are for everyone! And I do discuss the gender spectrum and how to break down perceptions of gender identity. It's a very friendly book for anyone really!

Tell us your process of writing for this book - what was the one thing you wanted to focus on most of all and what were you hoping to achieve/for the readers to take from it?

I wanted to answer the questions I needed answered. Basically, I took the entire growing up experience and wrote lists of questions...and set out to answer them!

Lots of younger people are taking an interest and stance on social justice issues, feminism, veganism, human rights etc and many opposing individuals are calling it a "just a trend", what do you think of that?

This is an age of information. Young people know things I didn't at their age and they are using their smarts to change the world even earlier than we ever dreamed we could!

Quick Fire Round:

Marvel or DC?

So hard to pick!!!! Marvel!? Ugh, DC!? BOTH!!!

Favourite animal?

Sloth, llama, any bat, naked mole rat.

Chocolate Babka or Sufganiyot?

Sufganiyot; easier to veganize.

Favourite book of all time?

The Torah!

Visiting a science Museum or watching a Star Wars marathon?

Museum!


the **BIG**
BANG
THEORY

VGN SUMMER CAMP STATEMENT

As you may have already heard, for multiple reasons, there will be no VGN Summer Camp in 2018. However, do not despair as TeenVGN has rebranded to Vgneration and we have some exciting plans for the future!

For the last 3 years we have run extremely successful camps and have changed the lives of lots of young people, having sold out months in advance every time! So failure certainly isn't the reason for this decision. Whilst we never expected to get paid by TeenVGN, and have been running the organisation completely voluntarily since 2013, the reality of running a camp whilst holding down full time jobs has proven far more difficult than we could have imagined.

VGN Summer Camp is 1 week per year for our campers, but it's 52 weeks a year for us. Unfortunately, we cannot keep up with the demand of what goes into camp whilst juggling our full time jobs, the rest of the organisation and making time for our own lives. As our focus has been solely on VGN Summer Camp we have found it difficult to maintain the rest of our organisation and particularly our website. Another main factor for this decision is our personal health, which has become an obstacle in and of itself.

We've overcome so many hurdles over the last 3 years, and dealt with things we never dreamt we'd have to deal with. We've tried so desperately to show people that what we are doing is so important (and unique!) and that the young people we do this for are our only hope for a compassionate future, but unfortunately we've found that getting the support, funds, sponsorship etc that we need has been more challenging to attain recently.

Though organising and running camp has been very stressful and demanding at times, the experiences that we have had and the incredible young people that we have met along the way has been something that we will cherish forever. So with our new website, we hope to create many more unforgettable experiences, reach far more people around the world and continue to have an impact and guide every young person we meet.

Thank you so much to everyone who has been a part of our VGN Summer Camps. We truly appreciate every one of you.

THE VGNERATION TEAM

LET'S TALK ABOUT IRON

IRON; essential for development of red blood cells important for immune health.

A mineral often highlighted as something vegans are more likely to be deficient in, but we're not the only ones. In fact some of the high risk groups include pregnant or lactating women and adolescent females due to their increased demands.

Good sources of iron include-

Beans, lentils, chickpeas, sesame seeds, sunflower seeds, tofu, peanut butter, hazelnuts, brazil nuts, almonds, fortified cereals, fortified bread, dark chocolate, dried figs, dried dates, dried apricots, dark leafy green veg.

Vegans and vegetarians are considered a high risk group as meat provides roughly 25% of an average meat-eater's dietary iron. The great news is plant based foods contain iron too, and with a well planned diet there's no reason to become deficient.

Although there is one caveat: plant-based iron (also known as non-haem) is harder to absorb than the iron found in animal foods (haem) so vegans should aim to eat more iron rich foods and take steps to improve absorption.

Furthermore, both the NHS and British Dietetic Association support vegan diets throughout all stages of life, so being vegan shouldn't stop you from getting all the iron you need to live healthy and happy.

How much iron do I need daily?

Children & Adolescents:

0-3 months 1.7mg, 4-6 months 4.3mg, 7-12 months 7.8mg, 1-3 years 6.9mg, 4-6 years 6.1mg, 7-10 years 8.7mg, 11-18 years 14.8mg (females) 11.3mg (males).

Adults:

19-50 years 14.8mg (females) 8.7mg (males). 50+ years 8.7mg (females and males).

- The recommended targets for iron intake assumes 75% will come from plant iron and the other 25% animal sources.
- Therefore, aim slightly higher than these recommended amounts as we know plant iron isn't as well absorbed as animal sources.
- These estimates should cover 95% of the population, so if you're wondering why you've never been deficient and don't seem to eat huge amounts of iron, it might be because your requirements are lower. Similarly, if you eat lots of iron rich foods and still struggle with deficiencies your requirements may be higher than 95% of the population.
- If you're feeling fatigued, losing your hair, get ill often, had lots of mouth ulcers/sores you may be deficient. Make sure you go to your GP for a blood test, as anaemia left untreated can cause long term issues.

Maximise your iron absorption by-

- Having a small glass of orange juice with iron-rich meals (vitamin c aids absorption of iron).
- Sprouting seeds and beans (reduces phytates found in pulses which counteract iron absorption).
- Steaming green leafy vegetables (cooking increases the bioavailability of iron in the gut).
- Take fortified vegan-friendly cereals for breakfast (can provide you with up to half of your daily target).
- Choose iron-rich snacks
- Avoid tea and coffee around meal times (tannins found in these drinks inhibit iron absorption).

By our resident registered dietitian: Sam Gould RD PgDip BSc Instagram: @the.vegan.dietitian

Clive's Pies

A review by Candice

Intro:

If you haven't heard of them before, they're an organic bakery based in South Devon in the UK who specialise in free-from foods including cakes, ready meals and most importantly of course, pies. All of their products are vegetarian with some gluten-free options and nearly all of them are suitable for vegans.

You may have spotted their stall at food festivals in the UK such as VegFest or in shops like Holland & Barrett. But more recently they were added to Waitrose stores in their new vegetarian and vegan fridge aisle, so be sure to check there too!

Review:

So getting to it, my delivery included eight vegan pies, two of their new vegan tarts and one tub of their classic houmous.

Here's a rundown:

Pies: - Lentil & Olive (gluten-free) - Mexican Chilli - Saag Aloo Curry - Arabian Chickpea - Vegetable Chilli (gluten-free) - Creamy Mushroom - Mushroom & Leek (gluten-free)

Tarts: - Lentil & Kale Ragout with Cranberry (gluten-free) - Tomato & Olive Provençale (gluten-free).

My family and I proceeded to pick which the ones we'd like to try (a VERY hard decision between four hungry adults!) and over the course of several evenings...ate them!

The first thing to be opened was the organic classic houmous. It never lasts long in my house! We were really impressed with the flavour and texture - It had a nice amount of garlic and it was thicker than many I've had before.

The first pies we cooked were the Arabian Chickpea, Creamy Mushroom, Vegetable Chilli and Mushroom & Leek. (Luckily they all have a little marking on top so you know which one's which! i.e. the Arabian Chickpea one had a little star carved into the pastry) We were all impressed with how tasty they were and the amount of filling you get in each. I particularly loved the Middle Eastern flavours of the chickpeas!

Then on a quiet, hot afternoon my mum and I enjoyed the gluten-free tarts outside on the patio with salad and the houmous. They baked really well and didn't dry out as I was anticipating. And the Tomato & Olive Provençale one won me over as it had big slices of sun dried tomatoes.

Between my mum, dad and I, we devoured the last of the pies a couple of days later. My dad, who isn't even vegan and ALWAYS moans about the food we give him (love you Dad) chose the Saag Aloo Curry pie, as a curry fan. My mum opted for some heat with the Mexican Chilli and I tucked into the gluten-free Lentil & Olive. As a Greek, I was happy with the two types of olives! And my dad cleaned his plate within minutes. So I'm pretty sure that's a thumbs up from him!

Summary:

Overall, my family really enjoyed the variety and quality of the Clive's Pies. They all had substantial fillings with lots of flavour and importantly, texture. Plus they were very easy to cook and satisfied two non-vegans with fussy palettes! Oh and I particularly loved the houmous, so I'll definitely be getting some more of that next time. So a job well done Clive!

CARING FOR ANIMALS IN HOT WEATHER

If it's too hot for you, it's definitely too hot for your animals. Imagine all that extra fur and not being able to sweat like we do. Here are a few tips to help your furry companions – dogs, cats and also the wildlife around you. These simple tips could help save a life.

- 1) Don't leave dogs in the car. Under any circumstances. Even for a minute - If it's 22 degrees outside, your car can reach over 45 degrees in 60 minutes!
- 2) Keep cold water down around your home and in bowls outside. For your dogs, cats and for any other wildlife that may need it.
- 3) Buy a cheap paddling pool for the garden - your dog will love you forever.
- 4) Avoid walking your dog during the hottest times of the day. This is usually between 11am-3pm. The best time to walk them is early in the morning before it gets too hot. Take a bottle of water with you and walk in shaded areas.
- 5) With the hot weather natural water sources can dry up. So filling up your birdbath, putting out a washing up tub or plastic container with water can help birds, hedgehogs and other small wildlife.
- 6) Regularly water your plants in the garden. This will help butterflies, bees and other insects.
- 7) Make ice lollies for your doggy. You can use water and their food or treats to make delicious lollies suitable for your furry friends.
- 8) Help keep your dog cool by making sure they go for a cut to the groomers regularly, don't cut long-haired dogs short or shave a dog because this can cause sunburn.
- 9) Brushing cats more often can help keep them cool as it will get rid of any dead/unwanted fur.
- 10) Some food and drinks at BBQs can be toxic to your pets. So keep them away from any alcohol, corn on the cob, chocolate, onions etc.
- 12) Try to keep your dog/pets paws off hot flooring, sand and metal. You don't want them to burn their little paw pads.
- 13) Keep a close eye on your furry friend's behaviour and make sure they aren't getting heat stroke. If you notice a worrying change in their behaviour, act immediately and contact your nearest vets.
- 14) Be cautious playing ball, frisbee or running/jogging with your dog as you don't want them running around and exerting additional energy or overheating in already very hot conditions.
- 15) Wet your cats/dogs ears and top of their heads. Run your wet hand over them and wet the tips of cats/dogs paws with water.
- 16) Feeders - Everyone knows how helpful bird feeders are to wildlife in the winter but they are also extremely important in the summer too.

If you have any additional tips then comment on this post or tweet us @vgneration



BARCELONA

THE VGN SURVIVAL GUIDE

On the contrary to what people might think, as it's the 'norm' to have a poor pig's leg in your kitchen and meat with practically every meal... being vegan in Barcelona is actually VERY EASY!

I'm Vegan- Soy Vegano/a

No Dairy- Sin Lactosa

No Egg- Sin Huevo

Please- Por Favor

Thank you- Gracias

Beautiful Barcelona has Gaudi architecture to admire, it's busy and full of life and has so many vegan friendly shops, bakeries and restaurants!

CatBar is great if you fancy a burger and some local Catalan beer.

L'hortet is so nice for an evening meal, it has lots of vegan options and some delicious smoothies!

After visiting the Picasso museum you should stop by the Enjoy Vegan for some crepes, they are so good!

My personal favourite place to eat is Veggie Garden. It's amazing and great value for money! A three course meal and drink costs only 8€ and it's right near Las Ramblas!

Amapola Vegan Shop is brilliant for cruelty-free bags, shoes and jewellery.

If you're self-catering and craving brands you love, Veganizzimo stocks Fry's, Tofutti and more.

Varitas (found in most areas) is so handy, it's an organic chain supermarket with a wide selection of alternative milks and tofu products

If you're heading out to one of the local beach towns outside of Barcelona- I recommend Sitges. A total of 17 beaches and a wonderful vegan/veg friendly restaurant called Lady Green- Very tasty!

CatBar- Boria 17 (at Laietana, Metro Jaume 1), Barcelona, 08003

L'hortet- Pintor Fortuny, 32, 08001 Barcelona, Spain

Enjoy Vegan- Plaça de Sant Agustí Vell, Barcelona, Spain, 08003

Veggie Garden- C/ Dels Angels 3, Barcelona, 08001

Amapola Vegan Shop- Travessera de Gracia 129, Barcelona 0801

Veganizzimo- Begur, 23, Barcelona 08028

By Charlotte Evans