

food *and lifestyle*

SPRING 2009

NEWS, VIEWS, REVIEWS AND RECIPES



**GOING MEAT
AND DAIRY
FREE.**



- WIN 1 OF 30 COPIES OF THE VEGETARIAN GUIDE TO GREAT BRITAIN & IRELAND.
- LOCAL HEALTH FOOD HEROES.
- 10 PLANT VIVARIUMS TO BE WON.



Welcome to Food and Lifestyle.

A regular digest of food news, views, giveaways and recipes – many of the ingredients for which can only be found in your local high street and your independent Health Food store.

As far as our high streets are concerned, we're firmly of the 'small is beautiful' school. After all it's small, independently owned stores that give our towns their unique identity and are often the last bastions of personal advice and an eclectic rather than formulaic range of products. All reasons we think that they deserve our support. Speaking of which, and in celebration of all things small and independently minded, we have 30 copies of the brand new and definitive guide to Vegetarian

eating, shopping and sleeping in Britain and Ireland to give away. For your chance to win a copy simply drop your name, address and email address on a postcard and send it to Win a Veggie Guide, FREEPOST RG 1561, PO Box 17, Pangbourne, RG8 7BR to arrive by May 1st 2009. For full terms and conditions please visit www.foodandlifestyle.co.uk (pg.9).

COMPETITION CLOSED

30 copies of the Vegetarian Guide to Britain and Ireland to be won.



Heart-Warming News from the freezer.

The frozen wastes of Antarctica are hardly the place you'd expect to find a successful soya company. However as part of their Deep Green philosophy which has recently won the Provamel brand the prestigious title of Green Supplier of the Year, the company is supporting the International Polar Foundation in their effort to build the first 'Zero Emission' station and ultimately to help find solutions to climate change.



Health Food Heroes

'ORGANIC HEALTH', HAUXTON CAMBRIDGE.

Jackie Williams opened one of the first dedicated Organic and special diet food shops in the country back in 1995. Her latest venture, **Organic Health** near Cambridge, is situated in a converted barn on the Hauxton Nature reserve and attracts customers from all over the country, especially on Fridays and Saturdays when the shop is piled high with fresh produce. Jackie's training and passion for Organics has included stints with both the Soil Association and on a biodynamic farm and her wealth of knowledge of all things Organic, Biodynamic, Fair Trade, Dairy-free and gluten-free is readily shared with her customers as are her own dairy-free recipes for those with special dietary requirements. For customers further afield she also now runs a popular national mail order business offering thousands of lines.

Organic Health (Cambridge), 87 Church Road, Hauxton, Cambridge CB22 5HS. Tel. 01223 870101. For mail order please always enter via www.organichealth-cambridge.co.uk



Gardening for beginners.

Provamel Organic dairy free alternatives to flavoured milks are a convenient and extremely popular way to ring the changes in children's lunch boxes. Dairy free and a source of Omega 3 and 6, on this occasion they're also a great way to feed healthy imaginations as well as bodies. Soya will happily grow in the UK and



one particularly fascinating and informative way of educating children in the provenance of food and what it contains is to get them to grow their very own versions of the food they eat. To which end we're offering the first 10 entries drawn out of the hat a **FREE VIVARIUM AND PACKET OF SOYA BEANS**. Under adult supervision, this fascinating and space age piece of kit will allow children to germinate a plant and watch it as it develops. To enter, drop your name, address and email address on a postcard and send to Win a Vivarium, FREEPOST RG 1661, PO Box 17, Pangbourne, RG8 7BR to arrive by May 1st, 2009. For full terms and conditions please visit www.foodandlifestyle.co.uk (pg. 9).



Little Gems:

Eating quality protein contributes to the formation and repair of muscle and body tissue. A little fresh meat, chicken, fish or eggs, or nuts, soya or tofu eaten regularly all helps.

By allowing you to control how much of the 1.5 litre capacity is boiled - from one to eight cupfuls at a time - the stylish electric Eco Kettle uses over 30% less energy than a standard kettle. From www.myecostore.co.uk

Worms need to keep warm to keep working so cover up your compost bin for the next few months to keep heat in and rain out. Sign up for other Tips of the Day by visiting the Friends of the Earth website at www.foe.co.uk/living/tips

DIARY DATES:

BRIGHTON & HOVE SEEDY SUNDAY

10am - 4.30pm 4th Feb

The UK's biggest community seed swap. Dozens of traditional varieties of garden vegetable seed to swap, take home and grow. www.seedysunday.org

FAIRTRADE FORTNIGHT

23rd Feb - 8th March

Nationwide events to help promote awareness and sales of Fairtrade products. www.fairtrade.org.uk

SNOWDROP FESTIVAL

1st - 28th Feb

The Royal Botanic Gardens Edinburgh, Dawyck and Logan. www.rbge.org.uk/whats-on/snowdrop-festival-2009

CONNEMARA MARATHON

22nd March

A spectacular marathon around this most scenic part of the West of Ireland. www.connemarathon.com

GREAT DAFFODIL APPEAL

1st - 31st March

Fundraising for Marie Curie Nurses.

THE VITALITY SHOW

26th - 29th March

The UK's largest health, beauty and wellbeing event of its kind with over 350 health, beauty, fitness, healthy eating and wellbeing exhibitors. Earl's Court, London. www.thevitalityshow.co.uk

UK AWARE SHOW

17th - 18th April

The lifestyle show packed with green ideas to help make your life greener and guilt free. Everything from wine and chocolate to holidays on sale. London Olympia. www.ukaware.com

Meat and Dairy Free dishes? Do

Soya and Tofu used to be exclusively vegetarian food, but as these re

The combination of watercress (rich in iron) and Provamel soya alternative to milk (rich in cholesterol lowering soya protein) makes this soup healthy as well as deliciously hearty.



Minted Pea and Watercress Soup

🕒 Preparation : 10 min. 🕒 Cooking time : 40 min.

Chop the watercress stalks (reserving the leaves) and put into a small saucepan with the stock or water and the Provamel organic alternative to milk and bring to a simmer for 5 minutes. Remove from the heat to infuse.

Heat the oil in a large pan and add the onion. Cook on a low heat until softened but not coloured. Add the potato, stir, cover and cook until soft.

Add the mint and peas, strain the Provamel stock into the pan, discarding the watercress stalks. Season and simmer for 2 minutes. Stir in the watercress and turn off the heat.

Set a sieve over a heatproof bowl and drain the soup through it. Put the solids caught in the sieve into a blender with a little of the soup liquid and purée. Push this mixture through the sieve into the bowl with the back of the ladle and repeat with any solids left in the sieve. Discard any bits that won't pass through.

Serve warm, garnished with croutons and/or meat-free bacon bits.

Ingredients

Large bunch of watercress, washed, stalks and leaves separated
300ml vegetable stock or water
500ml Provamel organic alternative to milk (unsweetened)
3 tbsp sunflower oil
1 large onion, finely chopped
1 medium potato, cubed
Bunch fresh mint leaves, roughly chopped
400g fresh or frozen shelled peas

This quick, incredibly simple and very healthy breakfast is a great hit with both adults and children.

Muesli and Superfruits

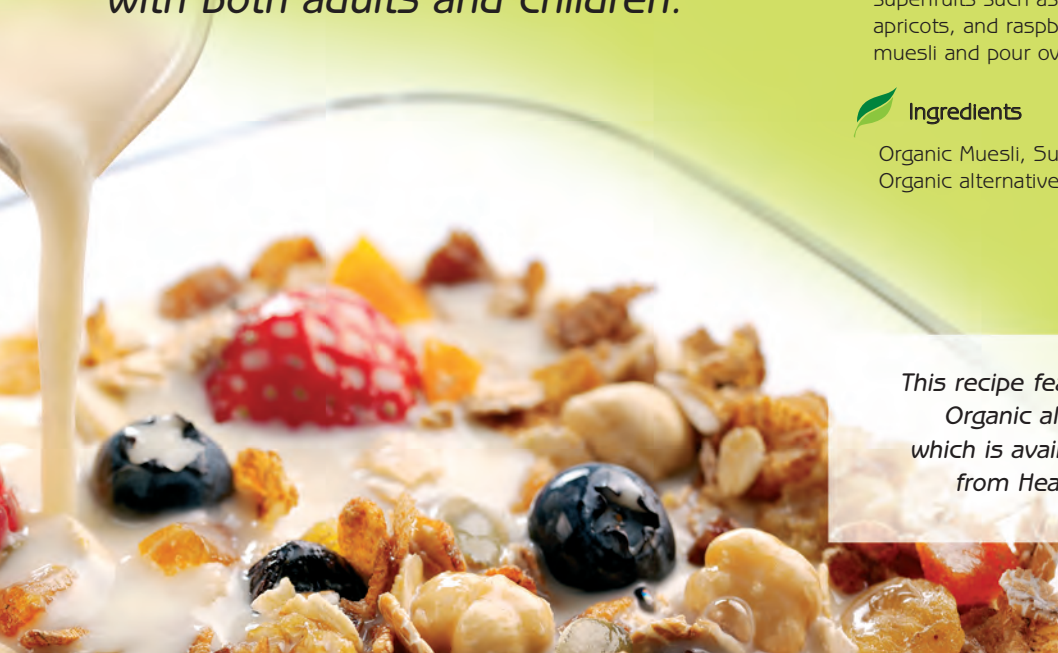
A quick, nutritious and absolutely delicious way to set yourself up for the working day. Sprinkle a selection of superfruits such as blueberries, strawberries, dried apricots, and raspberries over a bowl full of organic muesli and pour over some ice cold Provamel.

Ingredients

Organic Muesli, Superfruit, Provamel Organic alternative to Milk



This recipe features Provamel Organic alternative to Milk which is available exclusively from Health Food stores.



Don't scoff 'til you've tried them.

Recipes prove they're both mouthwatering and increasingly mainstream.

Tofu Spaghetti Bolognese

🕒 Preparation : 20 min. 🕒 Cooking time : 15 min.

Serves 4

🥄 Preparation

Combine garlic and Balsamic vinegar together (choose a full flavoured, rich Balsamic for the best taste) and marinate Provamel Tofu Mince for 10 minutes to absorb the flavour.

Meanwhile pierce tomato skin and immerse tomatoes in boiling water for 20 seconds. Transfer to cold water to cool and peel away tomato skin. Finely dice tomato flesh and set aside.

Gently sauté the diced pepper in the olive oil for 5 minutes to soften without browning. Add the diced tomato and cook for a further 2 minutes. Add the Provamel Tofu Mince and marinade mix and add the capers. Cook briefly for 2 minutes until hot. Add the spinach and remove from the heat almost immediately as soon as the spinach has wilted. Season generously and serve stirred into cooked spaghetti.

🌿 Ingredients

Bolognese

180g/ 1 packet Provamel Tofu Mince
1 Clove garlic, crushed
2 x 15ml tbsp rich, smooth, Balsamic vinegar
1 x 15ml tbsp extra virgin olive oil
1 red pepper, finely diced
4 plum tomatoes
1 x 15ml tbsp capers
225g/8oz baby leaf spinach
Generous sprinkle ground black pepper and sea salt

Pasta

300g/ 11oz fine spaghetti, cooked following pack instructions and drained.

A variation on the Italian classic using minced Tofu to replace meat. A delicious, lower fat meat free pasta dish.



This recipe features New Provamel Tofu which is available exclusively from selected Health Food stores.



Diagnosing Lactose Intolerance.

By Dietician KATE ARTHUR



Let us first explain two similar words: lactose and lactase. Lactose is a form of sugar found in cows' milk and also in products containing or derived from cows' milk.

Lactase is an enzyme in our intestines that digests lactose. Some people do not have enough lactase to digest the lactose from milk and other dairy products. This is then called lactose-intolerance

because the lactose cannot be properly digested. This can cause stomach and intestinal complaints such as bloating, cramps, flatulence and diarrhoea.

Once lactose is eliminated from the diet, all physical symptoms are alleviated. All Provamel products are completely lactose-free and can be included in a lactose-free diet.

Could soya help stroke recovery?

A COMPOUND found in soya beans and chickpeas could help stroke patients, research suggests.

A study into a dietary supplement containing isoflavone found it improved artery function in stroke patients.

Heart disease patients who had suffered a stroke caused by a blood clot were split into two groups, with one given isoflavone and the other a placebo.

Researchers measured the way the main artery in the arm dilated following an increase in blood flow, known as flow-mediated dilation (FMD).

The greater the FMD, the better the artery is working.

The results showed the level of poor FMD was similar between the groups at the start, but after 12 weeks the FMD was 'significantly greater' in those taking isoflavone.

Strokes kill 50,000 people in England each year.

Reproduced by kind permission of The Daily Mail 24/09/08.

Waking up to breakfast.

How often have we heard about the importance of breakfast? According to a recent University study there's now some statistical evidence to support the theory. Apparently, eating breakfast is likely to make you 9% more alert, 11% less emotionally distressed and 33% less likely to suffer from stomach complaints than those who don't bother.

Case proven then. So, having a family to feed, rush hour to negotiate or a train to catch is best not tackled on an empty stomach. Thankfully, a bowl of muesli, a splash of Provamel Organic alternative to milk and a dollop of any of the delicious new Provamel Yofu alternative to yogurt varieties on top is not only delicious but can be consumed on the hop and in double quick time.



The new Provamel Yofu range is available from selected independent Health Food stores.



Curbing the methane machine.

In the process of producing milk and meat, it's estimated that the world's population of cows exhales more greenhouse gases than the entire global transport system. A statistic made all the more concerning by the simple fact that the gas is methane, a particularly potent and damaging greenhouse gas, and that to sustain it, the world's livestock collectively munches its way through 66% of the soya and 45% of the world's grain production in the form of animal feed. Fast forward 30 years, by which time world food production may have



to double to feed a burgeoning population, and it's clear the situation is unsustainable. The good news is that many eminent scientists are now coming to the view that one of the easiest and most attractive ways we all can help to stabilise the Earth's climate is simply to reduce our consumption of meat and dairy foods.

This based on the simple fact that soya requires just 6% of the land and 1% of the water requirement of cattle to produce the same quantity of protein. A vastly more sustainable and efficient use of precious resources.

SPILLING THE BEANS ON SOYA

Whilst the Chinese knew about the benefits of soya centuries ago, it wasn't until relatively recently that this nutritious bean became popular in Europe. Its introduction was in no small part due to the founder of the Provamel brand, Phillippe Vandemortele. As soya doesn't need much water to grow he aimed to tackle the nutrition problems faced by many Third World countries by introducing this amazing bean. Whilst an early manufacturing project in Madagascar had to be discontinued due to logistics problems, a parallel project which allows Third World farmers to manufacture and process soya products themselves by a simple, cheap, pedal powered machine, has been a huge success generating both income and food for impoverished farmers. On a larger scale the completion of a pilot factory in 1975 in Belgium and an exclusive production process that uses the whole soya bean has led to Provamel products becoming both ubiquitous and popular throughout the whole of Europe. Whilst much is made of the healthy

properties of soya as a low fat, cholesterol lowering, dairy and lactose free superfood, this is often inclined to overshadow the simple fact that as an alternative to meat and dairy it's an appetising substitute, remarkably tasty and makes a welcome change from meat and dairy dishes.



New from Provamel. Delicious Organic Tofu pieces.



LOVE YOUR FUTURE



The Provamel Organic Tofu range has been especially developed by us, **exclusively** for you, the Health food customer. Not available in supermarkets, Provamel is the first and only range of its type to be certified **100% organic**. Watch out for the many exciting new products we'll be introducing – all made to the most exacting ethical and sustainable standards.

For further details call our Customer Careline on UK: 0800 111 4224 or ROI: 1800 818 662 or www.provamel.co.uk

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