

# food *and lifestyle*

SUMMER 2009

NEWS, VIEWS, REVIEWS AND RECIPES



## SENSATIONAL RECIPES WITH SUMMER FRUITS.



- FREE RECIPE CARDS OFFER.
- WIN A YEAR'S SUBSCRIPTION TO 'COOK VEGETARIAN' MAGAZINE.
- SUMMER DATES FOR YOUR DIARY.





# 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.

**Does a recession and the fact that we all have less in our pockets to spend on food ever justify keeping animals under less than humane conditions?**

One chief executive of a major supermarket clearly thinks so having described the campaign by various celebrity chefs to improve the often miserable welfare standards of chicken and pigs in as many words as patronising and 'lacking a dose of reality'. One can only hope that in his next life the Chief Executive in question

comes back as an intensively reared chicken to experience first hand the realities of battery farming and the opposing side of the argument. A reminder also that it was local independent Health Food retailers, and not supermarkets, that originally led the way in fostering and supporting the Organic and Fairtrade movements. Proving in the process that part of caring and catering for their customers would always be a commitment to the highest environmental, sustainable and ethical standards.

## WIN A YEAR'S SUBSCRIPTION TO COOK VEGETARIAN! MAGAZINE.



Cook Vegetarian! is a new monthly magazine devoted to meat free food and packed with over 100 mouthwatering veggie recipes from top chefs. In conjunction with Proamel the publishers of Cook Vegetarian are giving away a year's free subscription to a lucky reader. For a chance to win simply drop your name, address and email address on a postcard and send it to Win a Cook Vegetarian! Subscription, Proamel UK Ltd, FREEPOST RG 1661, PO Box 17, Pangbourne, RG8 7BR to arrive no later than August 1st '09.

For full terms and conditions please see [www.foodandlifestyle.co.uk](http://www.foodandlifestyle.co.uk) (pg. 9). No purchase necessary. Open to UK and ROI residents.

## Health Food Heroes

LIZ CHANDLER AND CAROLINE WITHERS. 'NATURE'S CORNER'

From the minute you step through the door of 12 Bartholomew Street, Newbury, it's not only abundantly clear that Liz Chandler and her sister Caroline Withers are passionate about natural health, wellbeing and fitness but that their shop, Nature's Corner, more than lives up to its name. The shop, Newbury's only independent health food store, offers a prolific range of everything from natural remedies and therapies, organic health food and environmentally-friendly household products to homeopathy, aromatherapy and unusual gift ideas. Liz's extensive knowledge makes her a mine of invaluable information for customers seeking natural remedies and what she can't advise on, the Nature's Corner website ([www.naturescorner.co.uk](http://www.naturescorner.co.uk)) and a new computerised in-store touch-screen system invariably can. Customers are welcome to use the system to extend their knowledge of herbs, vitamins, minerals, natural remedies, diet, food and many other issues.

'Natures Corner', 12 Bartholomew Street (opposite Kennet Centre entrance), Newbury, Berkshire RG14 5LL. Telephone (01635) 33007.



# A rather grand design.

The Tetrapak carton is such a familiar part of everyday life it's difficult to imagine how we managed without them. As the photo below shows, Glastonbury Festival goes in 2007 clearly not only appreciated the value of an Organic Provamel carton for its ability to protect nutrients, flavours and vitamins but also its potential as a rather effective refuge from the annual deluge. In fact Tetrapak is the packaging of choice

for 'green' brands such as Provamel soya since it is the only liquid food container made from a renewable natural resource (wood).

[www.tetrapakrecycling.co.uk/locator.asp](http://www.tetrapakrecycling.co.uk/locator.asp) conveniently explains what procedures are in place in your specific area in the UK via an interactive map whilst readers in Ireland can visit [www.tetrapakrecycling.ie](http://www.tetrapakrecycling.ie)



## Little Gems:

For a delicious, fun and indulgent treat for children with a dairy allergy, beg or borrow a cappuccino machine and froth up a cupful of soya milk, ladle the foam into a coffee cup and dust with cocoa.

A new website allows you to calculate your carbon footprint. Your type of car, house, hobbies, holidays and even your choice of clothes and food will all have a bearing. [www.carbonfootprint.com/calculator.aspx](http://www.carbonfootprint.com/calculator.aspx)

The Soil Association offers an online search facility to help you find a local veggie box scheme supplier such as the eccentrically named Bumpylane Organics. [www.whyorganic.org/involved\\_organicDirectory.asp](http://www.whyorganic.org/involved_organicDirectory.asp)

## DIARY DATES:

### BBC GOOD FOOD FESTIVAL

10th-14th June.  
Birmingham NEC.

Celebrity chefs live, regional & seasonal produce, food & drink tasting workshops and lectures from celebrity gardeners on growing your own vegetables. [www.bbcgoodfoodshowsummer.com](http://www.bbcgoodfoodshowsummer.com)

### BIKE WEEK UK

13th-21st June.

An annual festival of events during which everyone is encouraged to forsake four wheels for two. [www.bikeweek.org.uk](http://www.bikeweek.org.uk)

### SUNWALK FOR CANCER AWARENESS

18th July. Newcastle.

Women proudly wear their bras in public in a fundraising walk/run for breast cancer. [www.walkthewalk.org](http://www.walkthewalk.org)

### THE LEE SWIM

18th July. Cork City.

One of the top open water swimming events in Ireland. The Lee river course runs through the centre of Cork City. [www.corkmasters.ie/html/leeswim.htm](http://www.corkmasters.ie/html/leeswim.htm)

### THE BIG GREEN GATHERING

29th July-2nd Aug. Cheddar.

Award winning green festival devoted to sustainable living. [www.big-green-gathering.com](http://www.big-green-gathering.com)

### BRISTOL HARBOUR FESTIVAL

31st July-2nd Aug.

One of the top events of the summer showcasing the cultural diversity of Bristol and the surrounding region. [www.bristolharbourfestival.co.uk](http://www.bristolharbourfestival.co.uk)

### ISLE OF WIGHT GARLIC FESTIVAL

15th-16th Aug. Newchurch.

Two whole days devoted to the pungent bulb. [www.garlic-festival.co.uk](http://www.garlic-festival.co.uk)

### VEGAN FESTIVAL

6th Sept. London.

Festival of vegan food and products. Kensington Town Hall. [www.vegancampaigns.org.uk/festival](http://www.vegancampaigns.org.uk/festival)

# Never tried dairy free? Why not

Rich in antioxidants and summer fruits and low in saturated fat, these dairy free Provamel

## Provamel Organic Berry Fool.

Makes 2 servings 🕒 Preparation time: 10 min.

### Ingredients

250g frozen mixed berries, left to defrost for 30 minutes.  
500ml Provamel Organic plain Yofu (dairy free soya alternative to yoghurt)  
Juice of 1 lime  
A little icing sugar  
2 tbsp macadamia nuts.

**Preparation** Place the berries and the Organic Yofu in a food processor, add juice of lime and a little icing sugar to taste. Whiz until blended but still a little rippled. Divide mixture between four glasses, and place in fridge for approximately 1 hour or until set. Place the macadamia nuts onto a baking tray. Place under a preheated grill and toast for 3-5 minutes, shaking the tray every now and again for even toasting. Do not turn your back when toasting nuts they burn very easily. Serve the chilled fool with a sprinkling of toasted nuts for breakfast or a healthy dessert.



## Provamel Organic Vanilla Smoothie.

A great pick me up and energy booster for a kids. Use top quality vanilla essence for the

### Ingredients

1 medium banana  
1/2 carton (500ml) Provamel Organic alternative to milk  
1/2 tub (250g) Provamel Organic alternative to yoghurt (Plain)  
Generous tsp top quality Vanilla Essence  
1 dessertspoon Soft Light Brown Sugar

**Preparation** Blend ingredients together until smooth. Pour into a cold glass with a couple of ice cubes, sliced banana. Sit back and enjoy!

## Provamel Organic Berry Cheesecake Layer.

A creamy dairy free version of cheesecake using Provamel Organic soya cheese - a dairy free version of cream cheese.

Makes 4 servings 🕒 Preparation time: 15 min.

### Ingredients

1 x 150g tub Provamel Organic (Plain) alternative to soft cheese  
150g Provamel Organic (Plain) alternative to yoghurt  
50g Ground almonds  
50g Stem ginger in syrup, finely chopped  
50g Soft light brown sugar  
75g 4 dairy free stem ginger cookies, crushed  
200g Mixed blueberries and raspberries

**Preparation** Combine Provamel Organic soft Cheese and Yoghurt alternatives with the ground almonds, chopped stem ginger and sugar. Layer in 4 individual glasses with the crushed biscuit and soft fruit. Finish with a biscuit layer topped with fruit garnish. Chill until ready to serve.



These recipes feature Provamel organic yoghurt, from



# take the plunge and whisk it.

Recipes not only taste delicious but are quick to prepare and exceptionally good for you too.



## Provamel Organic Summer Fruits Smoothie.

A deliciously thick dairy free smoothie which can be made with whatever fruits are in season.

### Ingredients

- 100ml Provamel Organic soya alternative to yoghurt (Plain or Summer Fruits)
- Half a banana
- 1 teaspoon of honey
- 100g of fresh summer fruits

### Preparation

Blend together 100ml Provamel organic soya alternative to yoghurt (Plain or Summer Fruits) with half a banana, a teaspoon of honey and 100g of fresh summer fruits (strawberries and blueberries are heaven). Pour into a cold glass with a couple of ice cubes, sit back and enjoy!



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Provamel organic soya alternatives to milk and soft cheese available in selected Health Food stores.



## Provamel Organic Detox Smoothie.

This smoothie is packed with vitamin C and antioxidants so it's the perfect pick-me-up after a late night.

Makes 2 servings ⌚ Preparation time: 10 min.

### Ingredients

- 500ml Provamel Organic plain Yofu (dairy free soya alternative to yoghurt)
- 1 mango, peeled and cubed
- 1 papaya, peeled and cubed
- 1 tsp honey
- 1 tsp freshly grated ginger.

### Preparation

Place all the ingredients in a blender, food processor or smoothie maker, blend together until smooth, add extra ginger to suit your taste and serve immediately.



# What is Cholesterol?

By Dietician KATE ARTHUR

Cholesterol is a fatty substance that in the correct amount is essential for your body. However, too much of it is not good for heart health. Furthermore it's not just the total blood cholesterol that is important for our health, the amount of the good (HDL) cholesterol and the bad (LDL) cholesterol that we have is equally important. Eating foods that are high in saturated fat (eg. processed meats and full fat dairy foods) can raise the

bad cholesterol levels in your blood whilst foods that contain unsaturated fat (the good fats) can actually lower cholesterol levels. In Japan where the incidence of heart disease is substantially lower than in the US, it is believed that a major contributing factor in their lifelong low cholesterol levels is a low-fat diet from infancy, and, a diet rich in soya which is naturally low in saturated fat and correspondingly high in cholesterol lowering protein.



'Done. The new words are "We plough the fields and scatter GM seeds on the land..." and you get your new church roof!

## A clean plate with a clear conscience.

How can you be reassured that somewhere en route from the farm to your plate that your food hasn't been produced at the expense of the environment, the third world or the planet? A new international standard mark is designed to do precisely that. By signing up to the EcoSocial® programme, manufacturers are required to meet strict social, sustainable ethical and ecological standards at every stage of manufacture. Everything from how and where the crop is planted all the way through to

the quality of life and pay of third world farmers, the manufacture of the product and the journey to your plate are all subject to independent scrutiny and inspection. In consequence products such as Provamel Organic soya which have signed up to the EcoSocial® programme and whose packaging bears the EcoSocial® symbol come with the reassurance that what you're eating has been sustainably, fairly and ethically produced. [www.ecosocialnet.com](http://www.ecosocialnet.com)



# Meat-free meals - your starter for two.

New research has shown that more and more people are adopting meat-free meals as part of a healthier diet and lifestyle. In fact between 2003 and 2008, sales of meat-free products jumped by a massive 22% as increasing numbers of meat eaters began to incorporate meat-free dishes into their diets. The principle constituent of most meat-free dishes is Tofu, a curd made from coagulated soya milk that is pressed into blocks in much the same way that cheese is produced from milk and that's low in calories and contains no saturated fat or cholesterol. Tofu is often viewed as a culinary

chameleon since in its basic form it has relatively little smell or flavour and absorbs marinades and seasoning easily and is exceptionally versatile since it can be used in both sweet and savoury dishes. As they say, the proof of the pudding is in the eating and as an introduction to Tofu, Provamel have a series of cards featuring both sweet and savoury Tofu recipes to give away. If you'd like a free set please drop your name and address on a postcard and send it to Provamel Recipe Cards, FREEPOST RG1661, PO Box 17, Pangbourne, RG8 7BR.



# Ditched your plastic bags for good? Good Onya.



When 'small and passionate' takes on 'big and global' the results aren't always a foregone conclusion. Who would have guessed that the campaign in 2007 by the villagers of Modbury in Devon (population 1,553) to ditch plastic carrier bags would have spread worldwide saving billions of bags from going to landfill in the process? And it's a green revolution that happily continues to rumble on since now a couple of young entrepreneurs have invented the Onya bag (www.onyabags.co.uk), a full scale carrier bag made

from parachute material that's endlessly reusable, stows away into a tiny pouch and that can be whisked out in emergencies. In conjunction with Onya, Provamel have 20 of these natty and sustainable bags filled with Organic soya products to give away. To enter, drop your name, address and email address on a postcard and send it to Win an Onya Bag, Provamel UK Ltd, FREEPOST RG1661, PO Box 17, Pangbourne, RG8 7BR by 1st Aug '09. For full terms and conditions please see page 9.

**20 'Onya' bags filled with Provamel Organic soya products to be won.**



# New Organic Provamel Yofus. Made by us especially for you.



LOVE YOUR FUTURE



The Provamel Organic Yofu range of dairy free alternatives to yoghurt has been especially developed for Health Food customers. Not available in supermarkets, Provamel Yofus taste delicious, are low in saturated fat, **100% organic** and contain beneficial probiotic bacteria. Look out for the exciting new flavours we're introducing, all made to 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](http://www.provamel.co.uk)

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