

HEALTHY • SUSTAINABLE • DELICIOUS

August 2012 £3.50
www.vegetarianliving.co.uk

vegetarian

LIVING

SUMMER SPECIAL

- THE BEST MEAT-FREE BBQ EVER
- PLAN-AHEAD CAMPING MENU
- EDINBURGH FESTIVAL HIGHLIGHTS

43
MEAT-FREE
RECIPES

22
DAIRY-FREE
IDEAS

HEARTY SALADS
Fresh, filling and fast

BILL GRANGER
No-fuss family meals

THE COACH & HORSES
Soho's finest pub goes veggie!

FROM PLOT TO PLATE

It's not too late to grow your own!

Bulgur wheat, broad bean and pea salad

Reza's spicy Indian feast

- Sweet potato and goat's cheese samosas
- Roasted rhubarb and almond tartlets
- Spinach koftas in tomato sauce



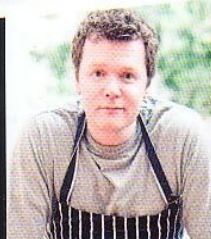
ECO HOLIDAY FUN

Outdoor activities to inspire your children



GOTTA SHAPE UP!

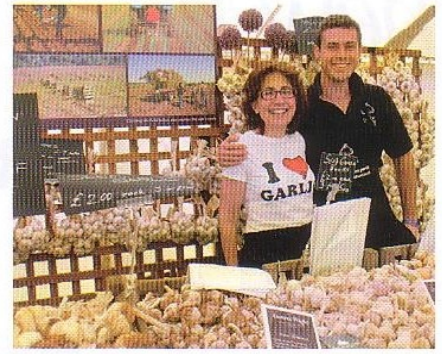
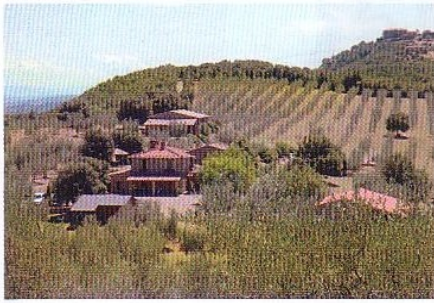
Healthy-eating ideas from Olivia Newton-John



ARTHUR POTTS DAWSON

'Give me sea kale or beetroot over a lump of meat anytime'





GET AWAY **VeggieHotels** purely vegetarian

If you're visiting family and friends this summer and need somewhere to stay or just fancy a few days away, check out www.veggie-hotels.com.

Set up last year by three vegetarians, including husband and wife team Thomas and Karen Klein and their friend and IT specialist Peter Haunert, the idea behind Veggie Hotels is to promote purely vegetarian and vegan hotels and B&Bs. The listings don't just apply to the UK either, with places to stay further afield included.

The idea to establish a hotel association and

website for purely vegetarian hotels came about because as journalists we have travelled a lot worldwide and always loved it when we found accommodation that was purely vegetarian. The directories that already existed mostly featured veggie-friendly places, so we decided to research ones that were purely vegetarian and vegan.'

From around 100 establishments, the website has grown to list more than 280 in 42 countries, with more being regularly added. Thomas says the response has been overwhelmingly positive.

Smokin' hot

Add some additional heat to a summer barbecue with the South Devon Chilli Farm's new range of sauces, which are all vegan-friendly.

Their hot and fiery selection includes a Smokey Chipotle Chilli Sauce, Chipotle Salsa and a Hot Habanero Sauce, as well as Smokey Chipotle Salsa which is suitable for those who prefer things slightly milder.

Prices range from £3.05 for the salsa (240g) to £3.50 for the Hot Habanero Sauce (100ml) and Smokey Chipotle Chilli Sauce (140ml), which is great on veggie kebabs and bean burgers. All are available nationwide in delis, independent stores and online at www.sdcf.co.uk.



HEATWAVE

Five readers can each win a South Devon Chilli Farm barbecue kit (worth about £15 each). See page 35 for details of what's included and how to enter.

REAL SNACKS FROM REAL FOODS

Enjoy this elegant cherry treat as a snack, dessert or appetiser, or as a fresh summer take on breakfast. For more ideas, visit www.realfoods.co.uk.



Bruschetta with goat's cheese, cherries and mint

Serves 4 • Prep 10 mins

- 2 cups cherries, pitted and halved
- ¼ cup lightly packed mint leaves, thinly sliced
- 2 tbsp orange juice
- 4 slices rustic wholewheat bread, toasted
- 110g vegetarian goat's cheese

In a medium bowl, toss together the cherries, mint and orange juice. Spread the toast with the goat's cheese, spoon the cherry mixture over the top and serve.

■ PER SERVING 187 cals, fat 7g, sat fat 4g, carbs 24.5g, sugars 10.5g, protein 8.5g, salt 1.5g, fibre 4g

GO VEGAN

Use a vegan cream cheese like Creamy Sheese or Tofutti instead of goat's cheese.

Dates for the diary

YOUR GUIDE TO EVENTS OF INTEREST THIS COMING MONTH...

10–12 August

Little Green Gathering

The summer camp of the Green Party takes place in the South Downs National Park and includes music, theatre, talks, workshops and lots of things for the kids to do, all set in a wooded area of 200 acres. Day tickets start from £15 or £40 for a weekend camping ticket, with concessions available. Under-5s are free.

www.littlegreengathering.org.uk

18–19 August

Isle of Wight Garlic Festival

Based at Sandown, this is the largest under-cover festival on the island, with arts and crafts, lots of food stalls, an ale tent and cider bar. Entertainment includes a traditional Punch-and-Judy show, magic, an escapologist and a climbing wall, as well as the island's biggest annual fun fair.

www.garlic-festival.co.uk

25 August

The Big Onion Food & Drink Festival

This festival takes place in Elveden Estate's walled garden in Thetford, Suffolk, with a focus on local food and drink producers. A food stage featuring demonstrations from local chefs will run throughout the day, as well as live music from local bands and children's entertainment. Tickets for adults are £5 in advance, £7 on the day.

www.elveden.com