

U.K. HOME GROWN SOURCES OF NUTRIENTS

With Recipes

Protein for Body Building

Whole cereals - wheat, oats, barley, rye. Also quinoa, a grain alternative from South America that can be grown in gardens here.

Pulses - peas and beans: haricot, czar, field - ripe and dried.

Nuts and seeds - almonds, hazels, walnuts, acorns, beech and pine, sunflower, marrow, pumpkin.

Potatoes - small percentage, but high value.

Leaf curd.

Cereals and pulses taken together yield increased value.



Sugars, Starches and Fats for Energy

All of the above - they will be used by the body for energy if enough cheaper energy foods are not provided.

All fruits - raw, dried, cooked.

Vegetables - all kinds.

Oil for cooking can be obtained from sunflower and rape seeds, and beech nuts.

Vitamins for Healthy Functioning

A (retinol) - carrots, greens (especially dark green), broccoli, spinach, parsley, endive, apricots, tomatoes.

B₁₂, which is not present in plant tissue as far as is known, though being widely present in the environment, including the soil, may be found on them, perhaps. B₁₂ is always synthesised by micro-organisms. It is obtainable from bacteria grown in laboratories and added to processed foods, especially yeast extracts (check label for daily recommended amount). It is synthesised in the intestines of mammals, but in humans usually too far down intestinal tract, away from 'intrinsic factor' secreted by the stomach and with which it must be bonded. There is a possibility that bacteria may re-colonise the upper intestines, but do not take the risk of going without a B₁₂ supplemented food except under professional supervision. B₁₂ is essential for health, especially important for women of child-bearing age.

Other B vitamins - yeast extracts, green vegetables, nuts, pulses (peas and beans), other seeds, whole cereals.

C (ascorbic acid) - fresh raw fruits and vegetables, especially blackcurrants, rose hips, parsley, greens and alfalfa sprouts.

D (calciferol) - sunlight. D₂ produced by sunlight on yeast is added to vegan margarines.

E (tocopherol) - pulses and vegetable oils.

K (phytomenadione) - dark greens, cauliflower, tomatoes.

Cooking can destroy many vitamins, hence the need for raw fruits and salads daily. Vitamin pills should only be taken on professional advice: they are usually unnecessary and excess can cause toxicity.

Minerals

IRON - dark greens, haricots, almonds, oatmeal, wheatgerm, parsley, figs, raisins, apricots. Absorption of iron is aided by vitamin C.

CALCIUM - dark green vegetables - especially kale, spinach, broccoli - also haricots, almonds, oatmeal, hazels. Vitamin D is essential for the utilisation of calcium. Brittle bones in elderly women are probably caused by hormone changes and lack of vitamin D.

MENUS



These are simple, economical in terms of resources and time as well as money. They use only ingredients that could be grown in the UK. Items should be fresh, whole-grain, and free of unnecessary processing and additives. A good proportion should be raw fruits and salad. A wide variety should be taken. Average quantities for health are suggested.

BREAKFAST - 90gm porridge oats mixed with fruit juice or water (it goes creamy!), 60gm dried fruit, 30gm nuts or sunflower seeds. Plus, if felt necessary, wholemeal bread, vegan margarine and yeast extract. Apple.

LUNCH or SUPPER - 120gm wholemeal bread, 60gm pulse spread, 6 - 8oz salad. Fruit cake. Apple.

DINNER - Soup, made from potatoes saved from previous day and whizzed or well beaten with onions, tomatoes, celery, herbs, etc., and water or vegetable stock (i.e. water vegetables cooked in).

Large salad of as varied a mixture as possible (many plants with edible leaves can be grown in the garden or collected from the countryside - see Richard Mabey's book 'Food for Free'). Sprinkle with 40 - 50gm nuts or seeds. 170gm potatoes. **OR** Nut or Pulse dish (see below),

served with cooked vegetables. **OR** Vegetable stew with pulses, seeds, dumplings, served with raw parsley.

Followed by fruit or pudding.

Amounts required for health vary greatly: a good rule is to eat to appetite and watch weight. If weight settles at recommended level and you feel well, you are eating enough.

QUICK AND EASY RECIPES

NUT MINCE - Cook 50gm onion or tomato in 2 tbsp oil until tender. Stir in 1 flat tsp yeast extract, 150ml hot water or stock, 25gm porridge oats and ½ tsp, or to taste, herbs. Stir until cooked through. Add 50gm grated nuts, mix well and serve immediately (nuts are more digestible if uncooked). Serves two.

PULSE SAVOURY - Soak overnight and then thoroughly cook 50gm beans. Mash well, then mix with onions, tomatoes, herbs and yeast extract, as above, adding water if necessary to make a fairly stiff mixture. Bake for 20 minutes at 350°F/175°C/gas mark 4, or shape into burgers and cook in an oiled pan. Serves two.

QUINOA AND WALNUT BAKE - Simmer 2 tbsp quinoa seeds in 290ml water until the seeds are sickle shaped and the water nearly all taken up. Mix well with 80gm well mashed potato and add herbs to taste. Fold in 110gm ground and chopped nuts. Bake at 350°F/175°C/gas mark 4 for 25 minutes. Serves two.

FRUIT CAKE - Mix well together 230gm 100% wholemeal flour, 3 flat tsp baking powder, 50gm sugar and 160gm dried fruit. Stir in 60ml oil whisked in 200ml water. Mix well. Spread on an oiled baking tray and bake in a hot oven for 25 minutes. Mark into squares and take out carefully to cool. Can also be cooked in a bun tray.

PULSE SPREAD - Mix well cooked and well mashed split peas with yeast extract and dried or fresh herbs. Keep in refrigerator.

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See also other MCL recipe booklets available to order - details in the Publications section of the MCL website.

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