

Everyone is invited to the...

3 Valley
Vegans

FAIR
2017

We will show you how and why to



Go vegan for a month
Free goodie bag if you pledge

"What can I cook?" "Where can I shop/leat?"
"How will I be healthy?" "Why do it?"

Entry to the fair includes a
hot drink and...

£1 entry
Children
free

Free food tasting

Films and talks

Art and craft stalls

Health information

Children's activities

...and more

Try
plant-based
food, drink,
cosmetics

1pm to 4.30pm

Saturday 4th February

Todmorden Methodist Church

Union St. OL14 5AW

www.3valleyvegns.org.uk /3valleyvgns @3valleyvegns

Phone Hilary on 01706 816848, email info@3valleyvegns.org.uk

Looking after the planet and all the creatures on it

Recipes

Look around the fair for more plant-based recipes and ideas!

- 250g plain flour
- 150g demerara sugar
- 150g white caster sugar
- 65g plain cocoa powder
- 1 tsp baking powder
- 1 tsp salt
- 280ml water
- 220ml sunflower oil (or other veg oil)
- 1 tsp vanilla extract



Chocolate brownies

1. Preheat the oven to 180 °C / Gas mark 4.
2. Take a large bowl and add the flour, sugar, cocoa powder, baking powder and salt. Stir them together.
3. Pour in the water, oil and vanilla. Mix well until blended with no lumps.
4. Pour into a 23x33cm (9x13in) greased baking tin.
5. Bake for 25 to 30 minutes in the preheated oven, until the top is no longer shiny. Let cool for at least 10 min then cut into squares.



Scrambled tofu

1. Mash the tofu with a fork in a bowl.
2. On a low heat, add the oil to a large pan, then add the tofu and fry for 10 minutes, stirring very regularly.
3. Add turmeric, salt and soy sauce at the end and fry for one more minute.
4. Serve on toast or with vegetables.

Variations

Mediterranean (add garlic and herbs like thyme and oregano, plus sun-dried tomatoes and olives, when nearly finished cooking)

Indian (add garlic and garam masala (curry powder), plus chopped onions)

- 1 large pack of firm, plain tofu
- soy sauce
- ½ tsp turmeric
- sunflower oil
- pinch of salt

Special thanks

3 Valley Vegans would like to say a special thank you to all of the volunteers, organisations and businesses who have made this fair possible. This includes the Vegan Society, Todmorden Central Methodist Church, Co-op Food, Suma, Saker Wholefoods, Incredible Edible Todmorden, Animal Aid, Animal Equality, Equinox Kombucha, Meridian, all our prize draw donors, and you for coming!

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Go vegan in 30 days with the 30 Day Vegan Pledge



Everyone wants to feel healthier, lighter and more vibrant. It's possible to couple these fantastic benefits with the knowledge that you are doing your best for animals around the world, as well as reducing your impact on the environment. There is a simple action you can take that will have a positive effect not just on you but on many other lives.

Sign up at the welcome desk and for 30 days you'll receive advice on all aspects of a vegan diet (including lots of healthy and easy recipes to try out), allowing you to really sink your teeth into the lifestyle.

The Vegan Pledge has already helped many, many people go vegan and stay vegan with its regularly updated tips and support, and the 3 Valley Vegans group can help you too.

Find out what's happening in the area

Sign up to the 3 Valley Vegans mailing list: bit.ly/3vvsignup

What should 3 Valley Vegans be doing?

Fill in the 3 Valley Vegans survey:

bit.ly/3vvsurvey

3 Valley Vegans FAIR

(details correct at time of print)

Talks and films

- 1.15 "Do you want to make history?"
and introduction to the event
- 1.30 10 steps to going vegan
- 2.15 Film 1 "Making the Connection"
Farming, environment and ethics
- 3.00 Healthy eating talk
- 3.45 Film 2
"Where does my milk come from?"
- 4.05 What next?

Stalls

Saker Wholefoods
Dr Hadwen Trust
iAnimal (virtual reality)
Bradford and Calderdale Animal
Friends (bric-à-brac)
Tropic (cosmetics and skin care)
V&A Collective
Wikaniko (Eco Products 4 U)
Andrew and Jennie (artwork/photos)
Rachael (jewellery and clothes)
No Panic Botanics
Beans for Bees
Rebecca (jewellery)



Free food tasters

...throughout the day
Plant-based cheeses
Plant-based milks
Sausage rolls
Kombucha



Food for sale

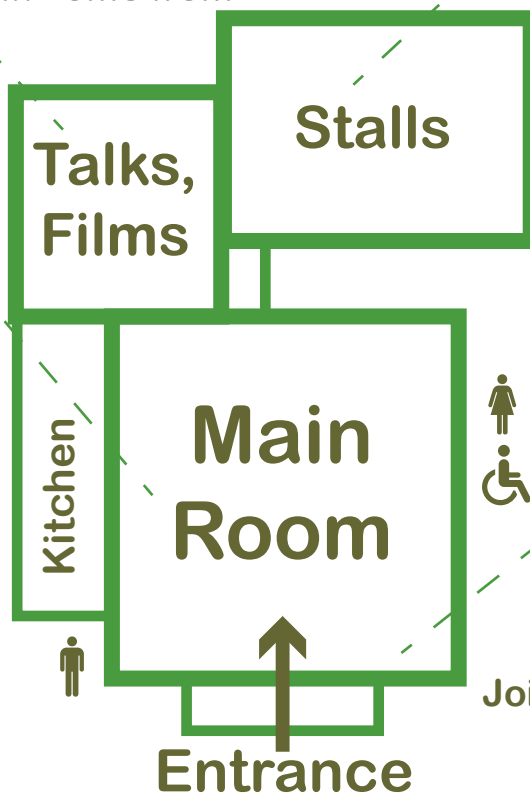
Daal and burgers
Teas and coffee
Soft drinks
'My Kind of Cake'
'Sacred Lotus'



Children's activities

including:
Colouring-in, collages
Lucky dip (tbc)

Please note, children must not
be left unattended or they may
be fed to the jackdaws!



Registration

Pledge here
for your
goodie bag
(while stocks last)

Join the group mailing list
Buy more draw tickets
Come and talk to us!

Entry to the fair includes
a prize draw ticket!
Prizes include:
Hampers from Co-op Food
Local cafe and restaurant vouchers