

London Vegan Festival 2008

The 7th September 2008 saw the 10th anniversary of the London Vegan Festival. A light shower in the morning did not dampen the spirits of the organisers who had put several months into organising what was to become the most successful one so far, with over 2700 people attending.

At one point, attendees were queuing outside, but the thought of countless vegan cakes and other goodies inside was enough to take their mind off the wait. Alison, Robin & Caroline, who organised the festival pulled out all the stops and included more talks, more stalls and more entertainment than in previous years. Included in the line-up was Andrew O'Neill, vegan comedian, several musicians, yoga and meditation workshops as well as a workshop on how to make natural cosmetics. Speakers covered a wide variety of topics including vivisection, plant based sports nutrition, the campaign against Foie Gras and other animal rights issues. Activities for the younger ones included a magic show, an art workshop and story-telling.

The saying "always in the kitchen at parties", or in this case the foyer, rang true with crowds of festival goers eager to sample the vegan food, with lots to choose from. Caterers included Veggies burgers and snacks as well as Indian, Chinese & Mediterranean cuisine, and the ever popular Rainforest Creations, well known amongst raw fooders but becoming increasingly known amongst festival goers. With over a 100 stalls to choose from, those that say that vegans "go without" were most definitely proved wrong. An abundance of cakes, chocolate, cookies, cheezes, wine, free tastings, and the vegan bar saw to that!

The festival, which began at 11am and ended at 8pm – culminating in a lively speed meeting session - was a perfect way to celebrate not just its 10th year but also to celebrate the vegan festivals now taking place all over the country.

www.vegancampaigns.org.uk/festival