

ethical style

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Veggie
STYLE SPECIAL

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FASHION**

*Spring's new
eco drops*

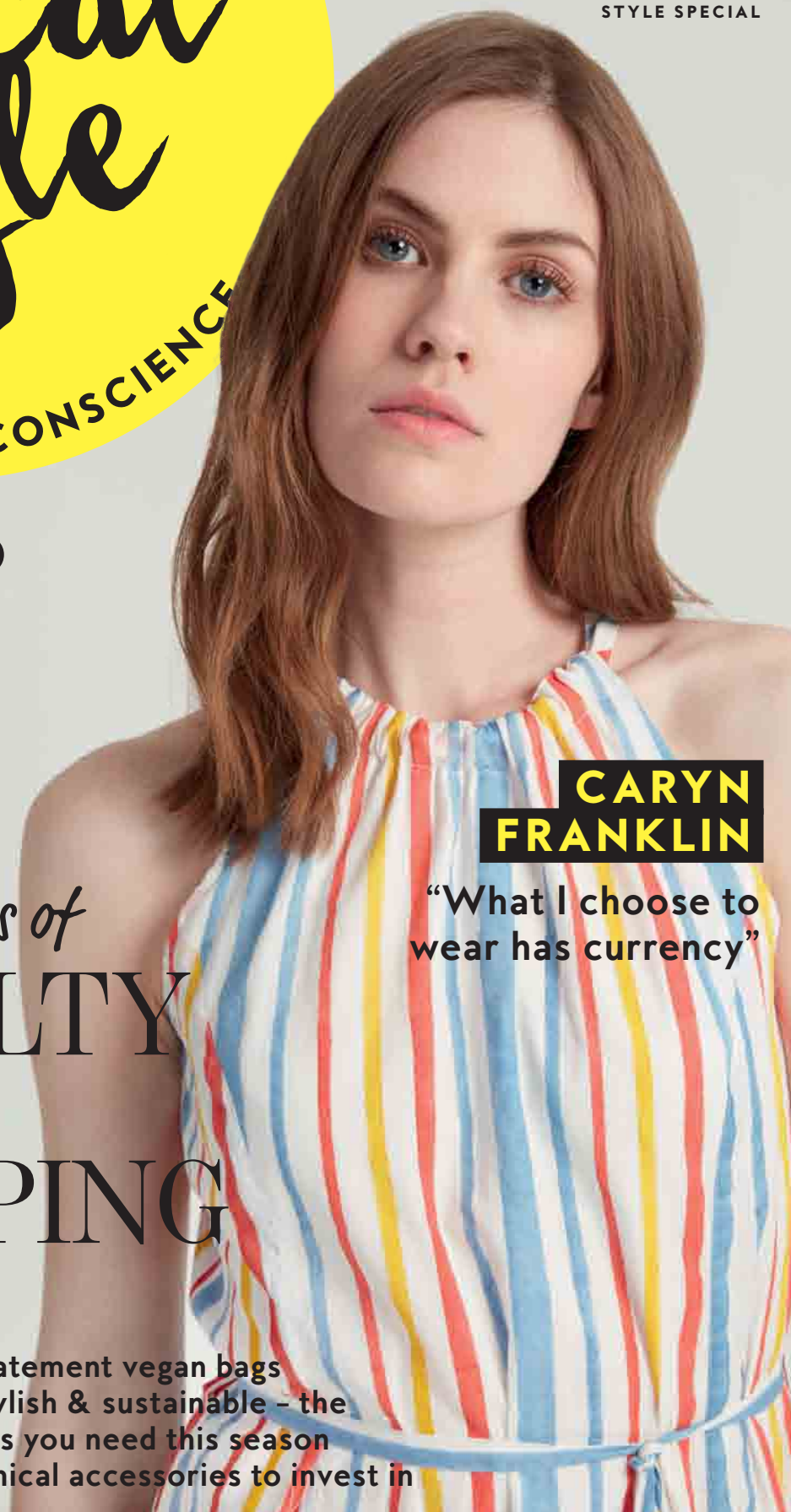
14 *pages of*
**CRUELTY-
FREE
SHOPPING**

**BAG
IT UP**

- ☼ Statement vegan bags
- ☼ Stylish & sustainable - the shoes you need this season
- ☼ Ethical accessories to invest in

**CARYN
FRANKLIN**

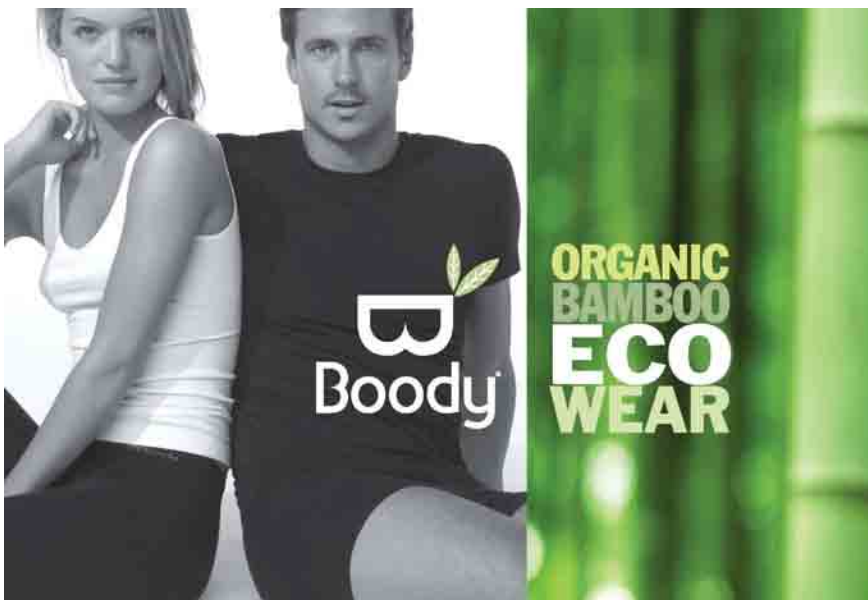
"What I choose to wear has currency"





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WELCOME



Live fast, work fast, shop fast; that can often be the cycle we're caught up in. And, because of that, we're surrounded by messages to slow down, and slow down we must – not just for our physical and mental health, but for the health of the world, too. That's why we're shining the spotlight on the environmentally conscious brands to buy into this spring. Want the best news? Being kind has never looked so good!

To kick things off, we chatted with activist and fashionista Caryn Franklin, who tells us about the currency of her clothes and encourages us to believe in the power of the purse. And, if Caryn's wise words aren't enough to persuade you to embrace your eco fashion warrior, turn to page 10 for our 14-page green shopping guide – there's treasures aplenty for a wardrobe to feel proud of.

For a fresh look at the fashion industry, we caught up with co-founder of eco label Gather&See Alicia Taylor, where she reveals why there's more to ethical fashion than tie-dye t-shirts. Check out her top picks on page 28 to elevate your outfits. So, whether you're looking for ultra-glam accessories, well-crafted footwear or some chic staples to update your wardrobe, it's never been cooler to be kind.

Holly Treacy,
ACTING EDITOR



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EDITOR

Holly Treacy holly.treacy@aceville.co.uk

PUBLISHING DIRECTOR

Helen Tudor

GROUP ADVERTISING MANAGER

Daniel Lodge
01206 505951 daniel@aceville.co.uk

ADVERTISING MANAGER

Lee Forster
01206 505928 lee.forster@aceville.co.uk

GROUP EDITOR

Charlotte Smith

ART EDITOR

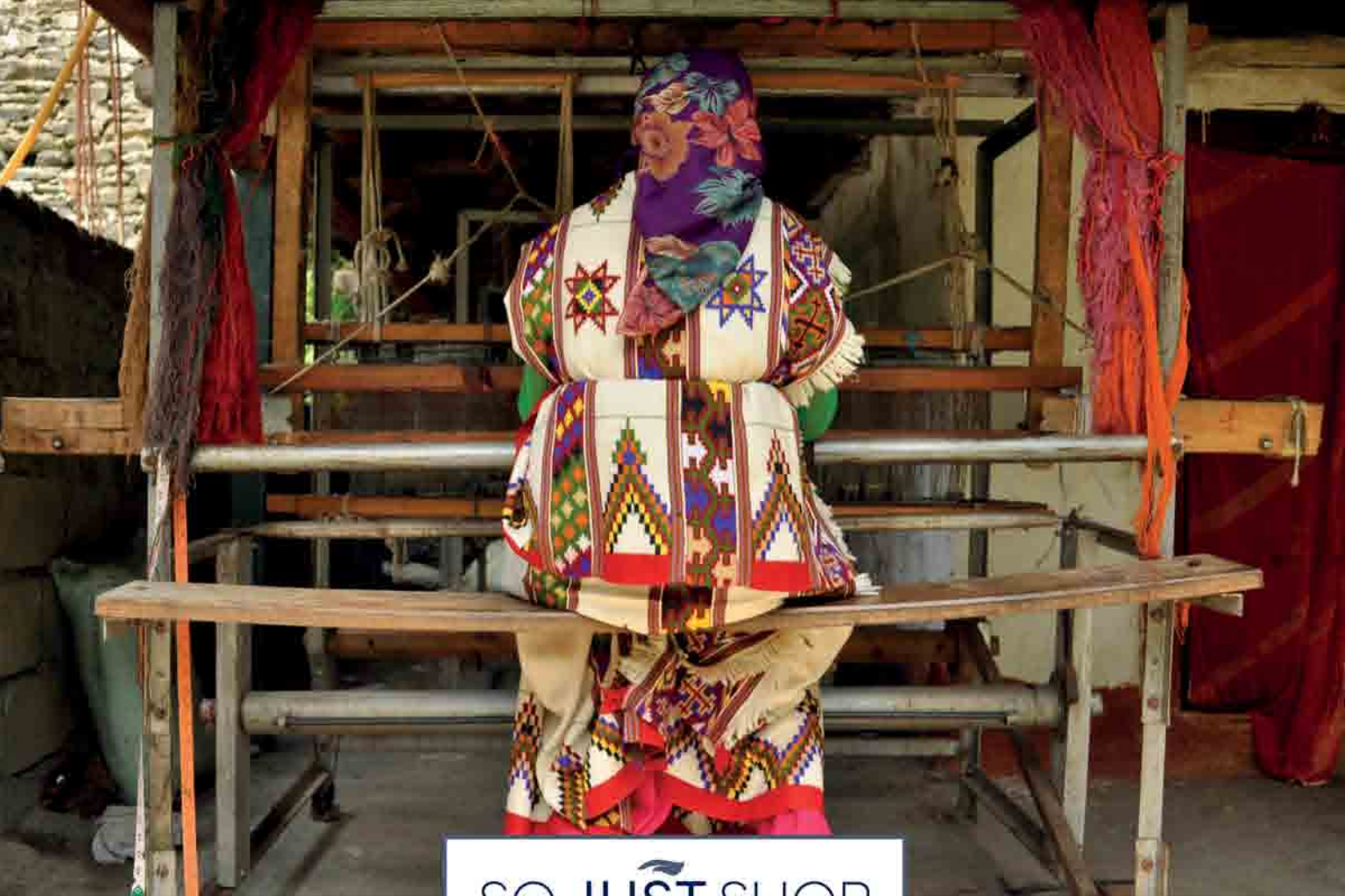
Lloyd Oxley

AD PRODUCTION

Angela Scrivener

COVER

Bryony Stripe Dress, £110, People Tree



SO JUST SHOP

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So Just Shop is an online accessories, homeware and gifting marketplace working directly with women-led artisans from some of the most impoverished communities in the world.

Our mission is to empower women through sustainable economic development by developing design and technological solutions to overcome barriers to international trade.



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“There’s an emotional frequency to the clothes I wear”

Fashionable, feisty and feminist; Caryn Franklin is rewriting the rules of sustainable fashion. Here, the broadcaster, commentator and Professor in Diversity of Fashion tells editor, Holly Treacy, where her passion for fashion began...

On a blustery day in North West London, with storm Doris doing her best to prevent me from meeting up with presenter, activist and campaigner, Caryn Franklin, I've finally made it to her Victorian home. Sitting in her kitchen, over a pot of Earl Grey tea, the effortlessly cool Franklin is wearing her 'pits and perverts' t-shirt (promoting the LGBT support of the miners), that her daughter had bought her as a present, and we're discussing how she picked what she was going to wear today: "It's usually a combination of what's clean, how do I want to look, who's going to be my audience and what do I want them to know about me" explains Franklin. "I'm quite hypersensitive to the feel of clothes on my body, so what felt right yesterday can often feel really wrong the next day. I've started to think about this a lot more, as my oldest daughter has a hypersensitivity to touch and sound, and I thought to myself, 'where does she get that from?'. There is almost an emotional frequency to the clothes," she continues. "Sometimes, I can get dressed very quickly, other days can take a little longer, but usually I've thought about it beforehand. I have a very organised wardrobe." If you were wondering if Caryn is lucky enough to have a walk-in wardrobe, then the answer is yes! She shares it with her husband and woe betide any of his hangers that come over to her side. "If that sounds obsessive, then that's too bad!"

Known for her dark-framed glasses, striking grey hair and bold fashion choices, Caryn is no stranger to individuality: "I learnt, really early on, the power of clothes; I was the eldest of four girls (my brother came along later) and my mother would always have the sewing machine out. She would make clothes for us, using the same pattern, so we would all have identical outfits," she recalls. "I could see that people in the street thought that was cute and, sometimes, they would want to take a photo because we all looked so well turned out. But I didn't want to play that game – I could see that by not putting on the cute shoes that went with the clothes, I could really cause havoc. I knew that what I put on, or what I chose to wear and the way that people would read me, and what I refused to wear, had currency. And, for whatever reason, I was extremely sensitive to that."

But it wasn't just at home that Caryn wanted to cause havoc with her ensembles. "I used clothes at school, even though we had a uniform, to be very disruptive. I wouldn't wear things that I considered to be gender specific – we'd just won a battle to be able to wear trousers, and I certainly wouldn't engage with the idea of wearing a skirt – later I did, but it was on my terms."

"We used to receive some second-hand clothes from some American relatives and I always enjoyed customising them. In those days, I don't remember there ever being second-

hand shops, they were always deemed as cast-offs, but that didn't bother me. I would make all sorts of changes to them, and because the sewing machine was always out, I would make my own clothes and for my sisters."

After leaving university, Caryn went to work in publishing and graphic design, before being headhunted by the BBC to present *The Clothes Show*. "After leaving school, I thought I was going to go into the army, and my father suggested that, 'for someone who takes pride in not wearing a uniform, you're not going to do very well!'" Franklin tells me. "I went to art school, and although I went loving making clothes and being very interested in fashion, I didn't want to do that. For me, that was fun, and I didn't think I wanted to do it for a living. But, I was very interested in having opinions about image and identity. It was this that fired me up. So, I studied graphic design and I spent a lot of time in the fashion departments, photographing and making magazines, because fashion media wasn't invented back then."

"I can't put a garment on and not feel connected to the worker"

But it was fashion media where she ended up, and after graduating from Central St Martins, Caryn then went to work for *i-D* magazine. "I was lucky I got my dream job straight away – I wasn't invited, I just went straight in and said 'I really want to work for you!' and I spent probably the most time I've ever spent getting ready! In those days we wore our political intent and statements – a display of self is what clothes were to me."

Franklin's core values still remain true to this day, and to quote her own website, 'activate, commentate, motivate' – a mantra she continues to support and promote. "The truth of the matter is, fashion is not my primary interest; this ever-changing, very corporatised promotion of identity and the fashion industry and the way it works is entirely separate from self-styling, communicating with people and feeling good; having a sense of self-esteem and how people receive you – that's the bit that interests me." It's Caryn's interest in body image and her passion for body diversity that steers her professional choices. "I choose projects that allow me to share my passion and embolden other users of fashion, and I chose a position, for a very long time, where I have challenged fashion, particularly around body image, unachievable body ideals and of course, sustainability. For me, the worker and the wearer are connected. I can't put on a garment and not feel connected to the person who made it,



Caryn in her earlier presenting days.
Photography by Paul Ward

so if I think they have been treated in a sub-human way it takes all the joy out of that garment."

It's not only her fashion commentary, broadcasting and campaigning that we can thank Caryn for; she's also an ambassador for the London College of Fashion's Centre of Sustainability.

"I began looking at my relationship with sustainability around 15-20 years ago, where I'd just started to see everything speed up," Franklin explains. "Something that I would have bought one season, that was great quality, would suddenly have no currency the following season. I didn't want to keep buying new, so I had to adjust my position and what I was saying to other people who were asking me to commentate on their behalf. I began to be more critical of this constant trend turnover: I started to look at clothes in a different way; I began to look at second-hand and designers who were working with materials that were sourced in a different way, and this, in turn, made me work in a different way, and work for companies that would support my ethics. I've made certain choices and I've created my own definition of success, because there have been companies that have given me an invitation to work with them, and with that, great money, and I've had to say no. I don't do this every day, and when I do do it, it causes me a great deal of concern. But, I've had to, and *wanted* to, change the way that I work."

Caryn's interest in slow fashion has certainly grown over the years and she's become more knowledgeable about the lack of ethics in the fashion industry. "I, and others, are in the best possible place to be vocal about this because we're in the industry all the time - we see it, warts and all. It's only when you really love something, that you're in the best position to reform it. A person on the outside, is just a person with a placard on a stick, but how do they know where to begin reforming? The suggestion to the London College of Fashion to create a centre for sustainable fashion was mine years ago, when I was an external assessor." Not one to shy away from championing other ethical influencers, Franklin openly supports people like Safia Minney: "I think she is doing an amazing job; she's created our biggest and highest profile sustainable fashion label, People Tree, and seeing the work that she has done, and going with her and being able to report about it after; those things become natural extensions of engaging with fashion and also seeking out other designers in the wider community," says Caryn.

Sustainable clothing hasn't always been portrayed in the most glamorous light, but Caryn believes that anybody who chooses to believe that ethical clothing is unfashionable is holding onto an old ideal. "They should possibly look at why it benefits them to hold on to that. So, it might just be that it's easier for them to use the high street and not think

about it, but there are so many young, creative emerging designers who are schooled in how to source and produce great clothes without damage. People like Stella McCartney have been very proactive and she is occupying a leadership position for what top design should look like when it's been produced with those ethics in place. There are brands investigating sustainability as best they can, but they don't talk about it because they know they're going to receive more criticism than positives."

When it comes to her own role in the fashion industry, Franklin believes that herself and women her age should be steering younger women towards better self-esteem, by the examples they set. "The consumer and the fashion industry are holding hands together; if the fashion industry does something and it doesn't sell, they're not going to do it again – it's that simple. These huge corporations are not in it for female self-esteem or developing world health, they are simply in it for profit. Women have been groomed to take on low self-esteem on behalf of dominant culture business process.

At 58 years old, Caryn is embracing this stage of life. "Many women my age have been caught up in concern for loss of youth, and caught up in corporate promotion of atrophy of loss of youth," she says. "We don't have a culture that talks about all the gains of getting older. And, that's what I have been quite vocal about – I have to shout quite loudly about all the positives of aging, and to also encourage young women not to self-objectify. We should not view ourselves purely as an appearance. Of course I want to look my best, I want to celebrate everything that I am and everything that I can be and I do that by wearing great clothes and great products that I bring into my life, on my terms." The fashion expert is crystal clear about one thing though, she certainly doesn't subscribe to an idea that she should try and hold onto her youth. "It was great, I loved it, but I've moved into a space of tribal elder, which I love."

And, it's not just women Caryn's age that she wants to inspire. "Women in their 30s are encouraged to feel anxiety and therefore you can't enjoy your age. It kicks in late twenties, which is unbelievable that we should fear loss of youthful veneer – we're not thinking about who we are, what we believe and what we stand for."

When it comes to her daughters, Franklin's passion for diverse body image applies on a personal level, as well as professional. "I have made it my life's work to bring up both daughters without body image issues, and that has meant, from day one, respecting my body in front of them, never undermining myself and enjoying myself as a whole human being. I never criticise myself in the mirror and I celebrate their bodies and physicality. We buy clothes as if it's a party; does it make you feel great? If it doesn't, take it off!

All mothers of daughters instinctively know this, but may not have implemented it in the way that I have. My advice continues to be: be aware of the urge to self-objectify and, challenge it at all times."

Franklin is also quick to share the advice that her daughters have given her over the years: "they've been the best teachers I could have ever had, on so many issues. That kind of feminist banter around the table is the best mirror possible. It's only when the people who love you are willing to show you a mirror, with kindness and compassion and challenge you, that you can learn."

CARYN'S SHOPPING TIPS

Don't fall in love with an item of clothing on the hanger. You have to recognise the attributes of the garment that flatter you; the neckline, the cut, the hem length, the proportions. Get to know your own body and let go of the fact that every store will have garments to fit you. This will not be the case because there's no standardised sizing.

There might only by a few stores that give you a great fit, so only go to those stores. Build a relationship with the people that work there, have them see you as a regular so they can tell you what you might like, because they know what you've bought.

Only pick something off the rail because it has the attributes that you want, but take in a shed load to the fitting room and have a try-on fest. Don't waste any time liking an item until you've seen the fit and what it does for your colouring.

Does this item work with the rest of the clothing in your wardrobe? What can you envision it going with? Does it fit? That then gives you a connection.

Women often chose clothes for an emotional connection that they already had on the hanger and believe somehow that they will have a repeat of when they put it on, but they don't, because it never actually suited them in the first place.



Caryn wears People Tree. Photography by Chris Floyd

the ultimate VEGGIE SHOPPING GUIDE

Ethical clothing has come a long way since the days of unflattering hemp smocks and tie-dye tees, and we couldn't be happier! Here are the brands blazing the way in Fair Trade fashion, plus their hot new lines dropping in store this season...



Sabina Off Shoulder
Top in Green, £35



Every Stitch Tee, £32



Calia Embroidered
Blouse, £60

PEOPLE TREE



Alana Jumpsuit, £90, peopletree.co.uk

Large Circle Necklace
in Brass, £24



Alexandra Skirt
in Blue, £60



TAKE 5 WITH TRACY MULLIGAN

Creative Director at People Tree

WHAT'S THE BEST PART ABOUT YOUR JOB?

A simple knowledge that my work is continuously improving lives of the people who make our clothes. Customers are increasingly demanding the transparency behind fashion brands' business practices and brands like People Tree treasure transparency and fairness in trade. I love designing and developing a collection from initial inspiration boards to a final beautiful and desirable set of pieces telling one story.

WHAT'S COMING UP FOR PEOPLE TREE THIS YEAR?

We're working with our producer partners on new development and we're expanding new fibres, too. We've just introduced wonderful pieces made of Tencel for our current collection. I can't wait for what's coming next!

WHAT'S YOUR FAVOURITE PIECE FROM THE SS17 COLLECTION?

There are so many, but I love our statement t-shirts. It is a great way to say what we as a brand team really care about. I especially like 'Every stitch has a story tee' which encapsulates why People Tree was founded by Safia Minney as she cared and saw the unfairness in fashion. I designed the t-shirt in support of Fashion Revolution, a fantastic movement that encourages people to demand better for producers, artisans and farmers.

WHAT DOES ETHICAL FASHION MEAN TO YOU?

Respect for people and the planet. With fast fashion being the second most polluting industry after oil, ethical fashion is the only way ahead in the future. Any workers involved in the supply chain need to be employed under fair principles and in a safe working environment.

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La Boudeuse Dress,
£69.90, wearethought.com

THOUGHT



Yasmin Top, £49.90



Tanami Culottes, £49.90
(Made with 100% Tencel)

You might recognise this gorgeous ethical brand as Braintree Clothing, but the company has recently rebranded as Thought to better reflect the company's ethics and values. We love their new offerings for spring, including this stylish smock made from Tencel and these effortlessly cool culottes.



Iris Dress, £69.90



Nevada Dress, £89.90

BIBICO



Margot Floaty Skirt, £69



Classic Sailor Tee, £39



Irby Day Dress, £75



Eloise Sleeveless Shirt, £69



Colette Shirt Dress,
£75, bibico.co.uk

SNOW DOUGLAS OF BIBICO

"When I designed the SSI7 collection, I thought back to my lovely summer holidays in the north of Spain. The combination of the tall mountains against the sea, the greenery, the blue coastal walks, the tranquility and the slow peace that everyone is in. Garments must be simple and wearable, quality must be pure and natural. A touch of a vintage feel is always there, as I believe it gives a uniqueness and a point of difference. My favourite pieces this season are our denim dresses, classic Breton t-shirt and the botanical prints."

NOMADS

Designed in Cornwall by senior designer Kate, Nomads' latest range is now available for you to see. Inspired by Indian architecture, classic geometric prints and colours are combined to make the essential spring collection.

"The slow fashion movement is a cause we have supported for over 25 years. We combine fairly traded and organic clothing to make sustainable clothing that lasts and makes you feel amazing. We design clothing that cares for people and the environment."



Edge To Edge Cardi, £52
Meadow Print Trouser, £32.50
nomadsclothing.com

Short Cardigan
in Denim, £48
Canvas Printed
Trouser, £54



Handloom
Pouch Bag, £28



Rowena, £199, beaumontorganic.com

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Sara Silver, £299



BELLE Cotton Denim Top, £109

Ethical, stylish and sustainable; Beaumont Organic's new collection combines all three. The British brand's bohemian classics are made using organic cotton jersey or soft eco denim – ideal for the office, spring picnic or lazy weekend, so no matter what your plans, your new thoughtful wardrobe will see you through.



Savannah Navy/
Green, £89

KOMODO

KIAN Dress,
£90, komodo.co.uk



SIERRA Skirt , £75



JAMILI Blouse Kew Garden, £65



DRINA Hemp Top, £45



ARLO Dress Tropical, £65

BAM CLOTHING



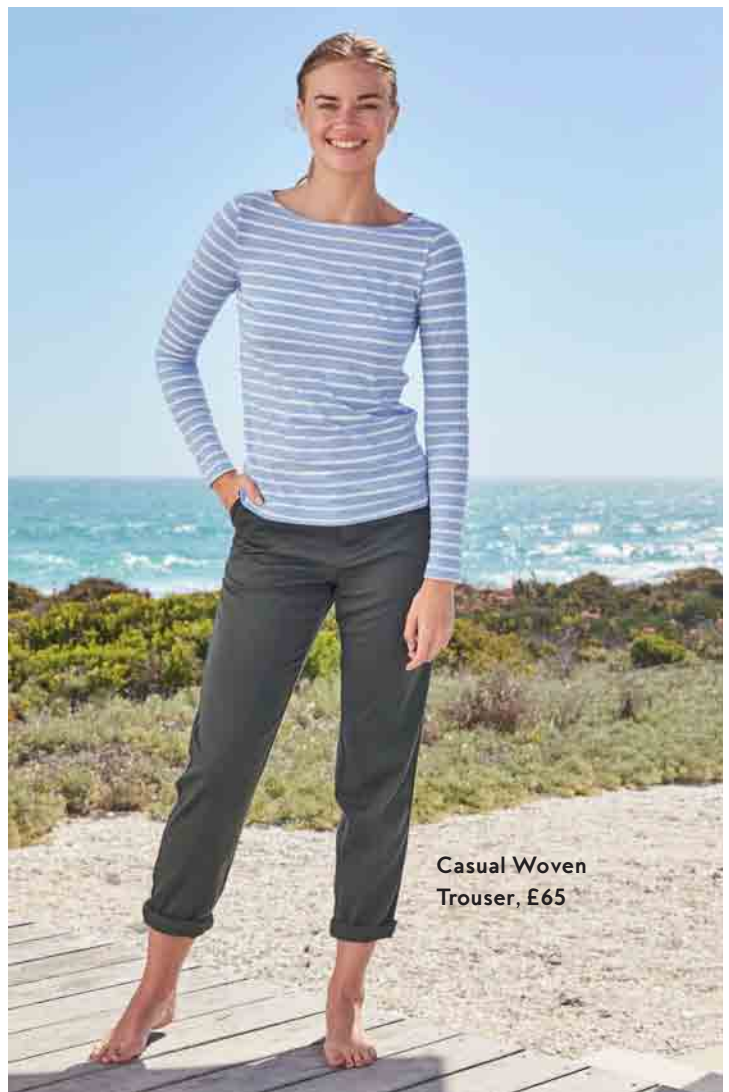
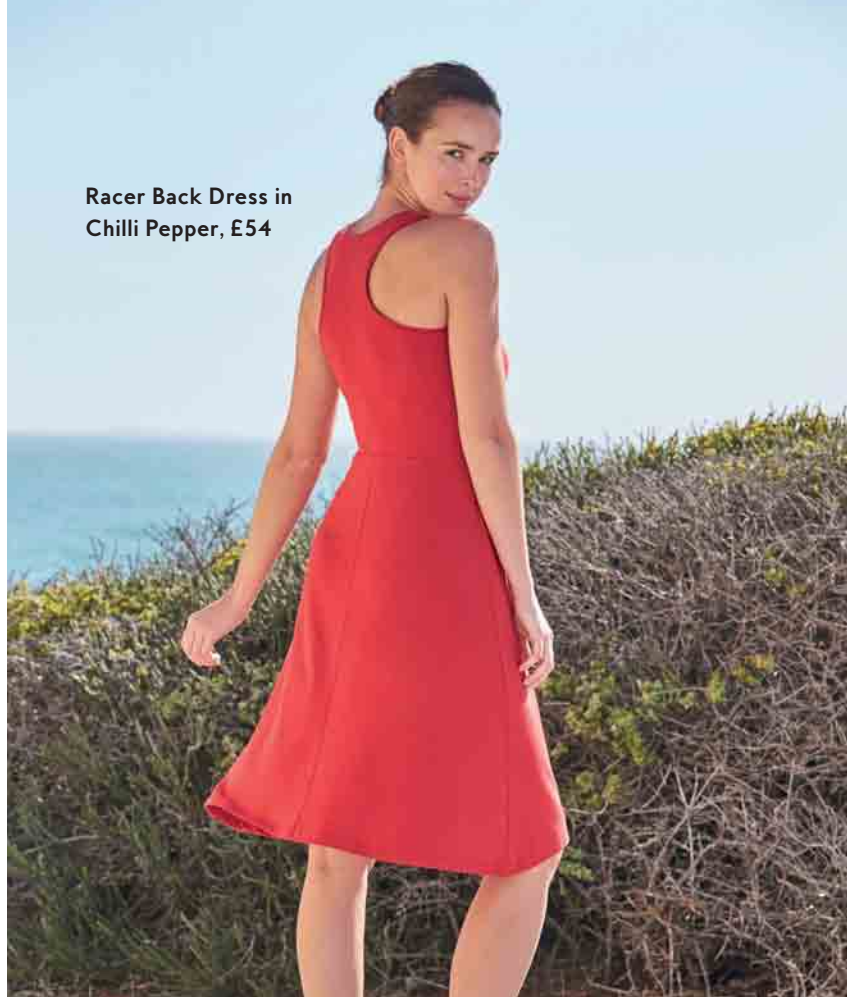
Wrap Dress in Black & White
Spot, £68, bambooclothing.co.uk



Breton Top, £30

Made from a brand new woven bamboo fabric, these casual trousers are beautifully cut, soft and sleek with a fitted waistband – a new wardrobe favourite!

Racer Back Dress in
Chilli Pepper, £54



Casual Woven
Trousers, £65



KOWTOW

Minimalist with a directional edge, Kowtow's new collection screams style. The New Zealand based brand is known for its statement prints, relaxed fit and tonal palette, and everything in their range is made using GOTS certified organic materials. Think boxy t-shirt blouses and over-sized dresses. We absolutely adore their new Make Believe Dress (£180, available from gatherandsee.com); the bold print is a far cry from their usual shades of white and grey, and while this dress still has bags of signature Kowtow volume, you can cinch it in with the fabric belt it comes with.

NEW BRANDS ON THE BLOCK

Get ahead of the fashion crowds with a few more cruelty-free brands under your faux-leather belt. From bold prints to relaxed fits, we've scoured the rails to bring you the companies we've got our eye on this season...

TRICOTAGE

Founded by Danish designers Karin Bjørneboe and Ida Anesdatter Schmidt, Tricotage was a vision based on creating beautiful daywear, using sustainable materials. And, they've certainly achieved their goal. The garments are Copenhagen-cool and made from organic cotton, so you can be sure that your ensemble is sustainable as well as stylish. So, if you're like us and still loving everything Scandi, give this ethical brand a try - we love this Evelyn Midnight Dress (£115, available from gatherandsee.com). It's absolutely perfect during the transitional weather period; team with vegetarian trainers for a laid back look in spring, or if there's still a nip in the air, it won't look out of place with a pair of tights.



MARA HOFFMAN

Haven't heard of Reve En Vert? Allow us to introduce you... this conscious e-commerce is the next big hot spot for luxury eco fashion and we can't get enough! Less is definitely more stylish this season and when considering your next buys, opt for classic, well-made items as opposed to chasing the latest trends. We're lusting over eco designer Mara Hoffman's spring drops, including this Placket Front Jumpsuit, and oh-so stylish Midi Wrap Dress (£440). If you've got a special occasion to attend this spring, splash out on this sustainable statement frock. Go to reve-en-vert.com to shop the range.

MATERIAL WORLD

It might seem that the words 'high street' and 'ethical' are juxtaposed, but these are the stores starting to cater to the more conscious consumer...



H&M CONSCIOUS COLLECTION

'Looking good should do good too' - that's the philosophy of H&M's Conscious Collection, and their aim is for all cotton in their range to come from sustainable sources by 2020. But, their latest collection sees a new and rather unusual fabric take centre stage - it's goodbye organic cotton and hello washed up waste! This stunning ethereal gown is made from BIONIC - a recycled polyester from the plastic recovered from shorelines - amazing, right? The full collection is set to launch on the 20th April and you can find out more at hm.com/gb

MONSOON

Monsoon is the perfect place to hit up if you're in need of a beach cover-up or tried and trusted occasion wear, but they also regularly check that its factories are abiding by its ethical code of conduct - great news! Monsoon also operate a strict policy of zero-tolerance towards the abuse of animals and no animal testing is permitted, which is music to our ears. Check out the latest items to arrive this season on monsoon.co.uk



The SOKO Community Trust was set up in 2014 and works in partnership with the ASOS Foundation with an aim of providing women and men in the local Kasigau community with the practical skills and support needed to see sustainable improvement in their lives and lift them out of poverty.

ASOS ECO EDIT

ASOS is your one-stop shop for all things fashion; need a wedding guest outfit? No problem! Want to update your wardrobe? They've got you covered. But, here at Veggie, we're interested in their Eco Edit – a collection of clothing, accessories and cosmetics that have a lower environmental impact. Their Made in Kenya label is back with their SS17 collection; it's the second in collaboration with African clothing workshop SOKO Kenya and is inspired by local wildlife and foliage. Think cool and casual denim shirts and long flowing maxi dresses – perfect for when the weather starts to brighten. Prices start at £4 for hair accessories and £70 for maxi dresses and coats. Head over to asos.com for more information.



MANGO COMMITTED COLLECTION

The Spanish fashion brand is the latest high street chain to launch an ethical range, as they take further steps to make a commitment to sustainability. The Committed Collection still oozes all the classic laid-back style of their garments, but is manufactured using sustainable materials. The chic capsule collection is comprised of 25 garments for women and 20 for men and follows a sophisticated neutral palette – ideal for spring. The apparel is made using organic or recycled cotton, recycled polyester or Tencel – we're lusting over this loose-fit trouser suit, available at mango.com



Organic Simple Tee,
£35, earthkindoriginals.co.uk



MIA mini dress
in desert dusk,
£35, mayamiko.com

Made from ethically
sourced cotton, this dress
can be worn from desk to
drinks - we love!

STEP INTO SPRING

Ever feel like you've got nothing to
wear? Yep, us too! That's why we've
devised your easy ethical cheat
sheet to see you through the new
season - you're welcome!

If you haven't heard of
Selfish Mother, you'll
definitely recognise
her amazing tees and
sweatshirts. They're
made at a Fair Wear
Foundation certified
factory in Turkey and
£10 of the sale goes to
KIDS charity UK

This bamboo made basic
is perfect for wearing
with a vintage pair of
jeans or sheer shirt



Another Nice Day Organic
Sweatshirt, £33, lostshapes.com



Cami Bodysuit, £24.99, boody.co.uk



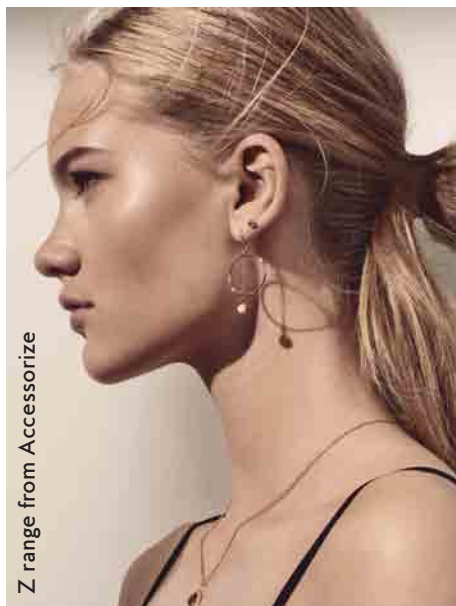
The Winging It
Oversized Tee,
£30, thefmlystore.com



1

2

Z range from Accessorize



9

SPLURGE



3

ALL THAT GLITTERS

Want to inject some life into your current wardrobe? There's no quicker way to update your spring ensembles than with the latest accessories. These eco-friendly brands are big on style and even bigger on ethics - here's our pick of the best jewellery to invest in...



8



4

SAVE



7

1. IMBALI-GREEN-TURQUOISE,
£45, stuffofdreams.com

2. MAMBA RING BRASS,
£25, sojustshop.com

3. VOTCH LIGHT GREY & ROSE GOLD,
£120, votch.co.uk

4. THE LILY BRACELET,
£152, BoutiqueWithHeart.com

5. MINIMAL STUD HOOP EARRINGS,
£20, made.uk.com

6. CAST ANGLE BANGLE,
£40, made.uk.com

7. PINEAPPLE PENDANT WITH APATITE,
£95, mirabellejewellery.co.uk

8. TRIANGLE HOOP EARRINGS IN BRASS,
£16, peopletree.co.uk

9. THREE STONE OVAL OLD MINE CUT
DIAMOND RING,
£3,400, alexisdove.com



5



6

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1



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3



4



IT'S IN THE BAG

A girl can never have too many handbags, so if there's one thing worth splurging on this month, it's some new ethical arm candy! Vegan, recycled or organic, we've cherry-picked the best cruelty-free totes

6



5



1. BEE OAK,
£75, mattandnat.com

2. PROSPECT VEGAN CROSSBODY,
£40, freepeople.com

3. OPIA CORAL,
£65, mattandnat.com

4. TAN TONE-TIME HANDBAG,
£100, wilbyclutch.com

5. MINI SATCHEL,
£69.95, vegetarian-shoes.co.uk

6. TIA
£125, labante.co.uk

1



2



Shoes made from pineapple? No, we haven't had too many pina coladas! British cruelty-free shoe brand, Bourgeois Boheme have launched their new range for spring using innovative materials such as cork, seed-based material and pineapple fibre Pinatex! Check out their first London pop-up shop at the Truman Brewery during Fashion Revolution Week from the 24th - 30th April.

SOLE TO SOUL

3



Is there anything better than finding a good-fitting pair of shoes? When you find out they're cruelty-free, too! Put your best foot forward and step into spring with this fancy footwear...

6



4



5



1. ELLIE BOOT (AVAILABLE IN BLACK),
£199, bboheme.com

2. WESTMOUNT TAN,
£65, mattandnat.com

3. KATE SHOE,
£148, bboheme.com

4. CUBIC ANGELICA WEDGES,
£189, beyondskin.co.uk

5. FAUX LEATHER GAIA HEELS,
£149, beyondskin.co.uk

6. STANLEY CERISE,
£110, mattandnat.com

Veggie ethical style awards

COMING SOON...



ACTING EDITOR HOLLY TREACY

"We're excited to announce the launch of Veggie's Ethical Style Awards 2017, where we'll be shining a light on the amazing brands championing sustainable fashion. From the best vegetarian shoes and bags, to cruelty-free accessories and the most ethical brands on the high street, have your say, along with our panel of fantastic judges, over on vegetarianrecipesmag.com/ethicalstyleawards2017



BLOGGER AND JUDGE FRITHA QUINN

"For me, slow fashion means buying fairly. It's very important to me when buying clothes to know that the person who created them was paid a fair wage and went to work in a place that was safe. As well as that, I think it's hugely important to keep traditional skills and processes alive and supported instead of mass machine-made items. Buying less, but better quality. This in turn, then impacts on keeping your carbon footprint lower by utilising handmade crafts."

VEGETARIANRECIPESMAG.COM/ETHICALSTYLEAWARDS2017



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3 tbsp chia seeds
1 tsp lemon juice

FOR THE OATS

2tsp agave or maple syrup
120ml almond milk
½ vanilla pod, scraped
1 tbsp almond butter
a small handful of raspberries plus extra

TO SERVE

6 tbsp rolled oats

1 To make Chia jam, combine the fruit with maple syrup, to taste, and gently simmer for 10 minutes. Add a pinch of salt and the chia seeds and lemon juice, stir well and continue to cook for 10 minutes until thickened. Chill in the fridge for at least 2 hours.

2 To make the overnight oats, mix together the syrup and almond milk then combine the vanilla seeds and almond butter. Roughly mash in the raspberries and tip over the oats, stir well, cover and leave to soak overnight (or at least for 2 hrs).

3 In the morning, layer the oats and some of the jam into a jar or swirl in a bowl and top with extra raspberries.

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We're giving you the opportunity to win over £2,000 of stylish prizes from a selection of beautiful ethical fashion brands

WIN A BUNCH OF FITNESS FASHION GOODIES FROM HEY! HOLLA

We've teamed up with fitness fashion brand Hey! Holla to offer five Veggie readers the chance to win £200 worth of fitness prizes. Each winner will receive a 'Coconuts' Sweatshirt Fit Kit Gift Box, featuring the signature organic cotton blend sweatshirt, a 'no sweat' gym towel and two packs of 'no kink' gym hair ties, plus a personal training session with one of Hey! Holla's brand ambassadors Frankie Holah, Katie Gray, Jess McKee or Jo Spaul and a pair of tickets to Be:Fit London, the UK's premier health & fitness festival for women. To view the full Hey! Holla collection visit heyholla.com



ENJOY £500 OF PEOPLE TREE VOUCHERS

We've teamed up with the pioneers of ethical and sustainable fashion, People Tree, to give you the chance to fill your wardrobe with clothes with a conscience. Simply enter this competition for a chance to win £500 worth of vouchers to spend on the People Tree range, which includes everything from tops, trousers, dresses, skirts, even accessories and sleepwear. People Tree champion sustainable fashion and traditional craft skills while protecting people and planet. Visit peopletree.co.uk to see the full range, where you can watch videos of People Tree's incredible producers and join the People Tree community.



BAG A £250 VOUCHER TO SPEND ON IZZY LANE CLOTHING

With a flock of 400 rescued sheep, Izzy Lane is an ethical fashion brand with animal welfare at its core. All of the sheep live out their natural lives and their wool is used in the Izzy Lane collections of knitwear and wovens. Isobel Davies' award-winning brand has exhibited at London Fashion Week as well as Milan, New York, Paris and Berlin. Izzy Lane has just released a new collection of knitwear, find out more at izzylane.com



WIN A £150 SHOPPING SPREE AT BIBICO

Ethical fashion brand Bibico are on hand to offer a super-shopping spree. Bibico create beautiful, timeless clothing designed by Spanish designer Nieves Ruiz Ramos. Their clothes are made from the best natural and sustainable fabrics which look and feel great. This month, Bibico are giving you the chance to win a £150 e-gift card so, if the idea of using it to ready your new-season wardrobe sounds irresistible then be sure to enter! To see the new spring collection visit bibico.co.uk



GET YOUR HANDS ON A £150 VOUCHER TO SPEND AT MADE

Made offers a collection of uniquely inspired jewellery and accessories that are individually created using sustainable materials and traditional techniques. Made is offering £150 of vouchers to giveaway to one lucky reader! Introduce a little colour and texture to your wardrobe this season with pieces that feature intricate beading and delicate fringing, as well as Made's signature casted designs. Find out more at made.uk.com



“There’s more to ethical fashion than hemp and tie dyes”

From Emma Watson's sustainable fashion Instagram account, to the Red Carpet, Green Dress Challenge at this year's Oscars, ethical fashion has moved from the sidelines to the spotlight. We caught up with co-founder of Gather&See, Alicia Taylor, to find out the future of slow fashion...



HOW DID THE IDEA FOR GATHER&SEE COME ABOUT?

My friend and business partner Steph and I set up Gather&See because we couldn't find enough ethical fashion out there that we actually wanted to wear and that we could afford. As a pair of fashion lovers we were also painfully aware of the damage that the industry can cause both to the environment and to people. The Rana Plaza collapse in 2013, where over 1,000 garment industry workers lost their lives in an under regulated factory producing fast fashion, was a tragedy that highlighted just how big an issue we face. In 2014 we said enough was enough, and decided to bring together all of the incredible small ethical brands we had discovered in one place online where like-minded, savvy, conscious and ethically-aware women could find a new, positive way to shop responsibly. The rest, as they say, is history.

We now stock over 20 brands and have customers from over 25 different countries.

HAVE YOU ALWAYS HAD A STRONG INTEREST IN SLOW FASHION?

The original idea for Gather&See actually came about when Steph and I were just 18. We went travelling in Bolivia and discovered an amazing women's group producing the most beautiful alpaca products they were charging far too little for. We were desperate to set up a Fair Trade partnership with them selling the products in the UK, but were just too young at the time. The desire and belief in a better way to shop and the potential fashion could have to change lives never waned. Steph went on to set up an ethical brand called NearFar working with tailors in Sierra Leone, meanwhile I gained experience within the fashion industry in the UK.

10 years later, we finally made our dream a reality with the launch of Gather&See.

HOW DO YOU SELECT THE BRANDS YOU WORK WITH?

Labelling something 'ethical' or 'sustainable' can be quite vague and I think there is a lot of confusion about what those things mean when it comes to fashion. To try and simplify things we split all of our products into five categories or 'Philosophies' as we call them: Organic, Fair Trade, Eco-Friendly, Heritage and Small Scale Production. Each one of our brands has to fit in to at least two Philosophies in order to meet our criteria, though many fit into more. Above and beyond their ethical credentials we are of course very conscious of the design aspect. The styles need to excite and inspire us in order for us to select a brand – it's about merging aesthetics and ethics.

WHAT WOULD YOU SAY TO PEOPLE WHO STILL BELIEVE ETHICAL MEANS UNFASHIONABLE?

I think we are moving away from that portrayal with more and more fashion forward ethical brands becoming available. People are now aware that there is more to ethical fashion than hemp and tie dyes. Celebrities

promoting and wearing ethical brands also makes a big difference. Emma Watson is a long-time supporter of ethical fashion and has just launched a new Instagram account dedicated to her sustainable fashion choices, many of which are collaborations with extremely glamorous and fashionable designers. So, things are moving in the right direction. The media has a big role to play in terms of putting ethical fashion up there with 'regular' fashion as much as possible. *Veggie* is very good at this!

HOW CAN WE CELEBRATE THE BRANDS THAT ARE SHINING A LIGHT ON ETHICAL FASHION?

I think we all have a part to play in this. We need to talk about where our clothes come from and ask the question how they are made and by whom. Much in the same way that we think a great deal about the food that we eat, where it comes from and what impact its production has had. When we find brands that are doing it the right way we need to support them – tell all our friends about them, Instagram, Facebook, whatever mediums we have available to spread the message. At the same time, the fashion industry as a whole needs to do more and there are so many ways in which it could. I'd love to see ethical fashion more widely celebrated at London Fashion Week, for example.

DO YOU THINK IT'S POSSIBLE TO SHOP SUSTAINABLY ON A BUDGET?

Absolutely! Firstly, do your research – online is a good place to start and of course I would recommend Gather&See – our prices start at just £13 so it might not be as much as you think. Secondly, re-think your approach. We all buy far more clothes than we need so instead, try to buy less and buy better. Instead of buying three cheap t-shirts that will fall apart quickly, buy one better quality organic one that is made using Fair Trade

cotton. Lastly, shop second hand or swap with friends. This is cheap and sustainable – clothing waste going into landfill is a huge environmental issue.

DO YOU THINK THE FASHION INDUSTRY SHOULD BE DOING MORE TO SHAPE THE WAY WE SHOP?

We are seeing more brands at least starting to talk about more conscious consumerism, but there is still a long way to go. The fashion industry is a trillion dollar industry that has the power to make a huge difference to people's lives. Brands need to put ethical and sustainable practices in place in all aspects of their businesses to offer increasingly ethically conscious consumers products in line with their values. It is time to think more about margins and bottom line. If we want a sustainable fashion industry this change has to come from the top.

WHAT'S COMING UP FOR YOU THIS YEAR?

We're just launching our SS17 collection which is full of gorgeous pieces from the likes of Kowtow, Osei Duro, Cus and Matt&Nat. This April, in support of Fashion Revolution Week, we are launching our Style&Substance campaign where we are producing a guide to shopping more sustainably which we will be sharing online and via our social media channels with the help of some special ambassadors. There's lots going on so watch this space!

WHAT ARE YOUR FAVOURITE PIECES FROM GATHER&SEE THIS SEASON?

Oh, that's a tough one, I don't think we are supposed to have favourites! I am loving Cus's new collection of summery prints, like the Rosalind Dress. Kowtow's Lost at Sea Tee is already a wardrobe staple of mine. And, their Make Believe Dress is my statement dress for spring!

All clothing is available from gatherandsee.com



“The media has a big role to play in terms of putting ethical fashion up there with ‘regular’ fashion”

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HOW I GET DRESSED

Flattering, fashionable and Fair Trade; you can expect all three from sustainable apparel these days, and you have Safia Minney to thank for this. We caught up with the Fair Trade aficionado to find out what's in her wardrobe...



WHAT DO YOUR CLOTHES SAY ABOUT YOU?

That I am confident in who I am. That I have integrity. That I wear and live my values. That I am strong, healthy and sometimes a little bit quirky and a creative. That I love natural materials, handcrafted and vintage clothes.

HOW DO YOU CHOOSE YOUR OUTFITS?

These days, as Managing Director of Po-Zu the ethical footwear company, I'm in bouncy flats and my fave People Tree dress.

HOW CAN WE CREATE A MORE THOUGHTFUL APPROACH TO GETTING DRESSED?

We can start by tidying up and rebuilding our outfits. If you really need to buy new, buy Fair Trade, ethical and local. I love buying second hand and vintage, too. Make sure your body and mind is taken care of - that's as important as what you put on top of it. I love organic cotton and my comfy Po-Zu shoes, I couldn't work this hard without them.

HOW HAS YOUR STYLE CHANGED OVER THE YEARS?

It hasn't changed - I'm still the same shape and person. I wear



Navy Leggings,
£20, peopletree.co.uk

less heels to commute in and I guess I have some amazing dresses in my archive now that come out for big occasions. And, a growing number of the Starwars Po-Zu collaboration that look AMAZING! (The Star Wars collection is launching in August this year).

WHAT DOESN'T SUIT YOU?

Well, I'm petite, so I'm really into 1920s vintage clothes. I don't wear big clothes that swamp me; I'm feminine, so I wear most things if they are organic and sustainably made. I don't like my knees though and I love pockets. Clothes are about being able to stay on your feet longer and changing the world!

WHAT'S YOUR GO-TO ITEM OF CLOTHING?

Organic cotton People Tree leggings.

WHAT DOES SLOW FASHION MEAN TO YOU?

Respect to people who make the clothes and the planet. We consume too much fast fashion. We need to slow down our consumption. I recommend watching the *True Cost* movie and you'll understand what we are doing to our world.

Safia Minney is founder of peopletree.co.uk and managing director of po-zu.com



Colour me HAPPY

Feeling a little flat? Get your brain's pleasure centre firing with a sharp dose of dopamine dressing

Words: Anna Blewett

When researchers made a link between mood and our ability to perceive colour, they hit on a connection that is well known to most of us: the shades we cloak ourselves in have real power to alter our outlook. The current trend for 'dopamine dressing' – self-medicating with a cheering juxtaposition of empowering colour tones – got us thinking. So what do our favourite ethical fashionistas reach for on grey days?

#1

SING THE BLUES

'The woman who is tired of denim is tired of life' goes the saying (well, almost) and natural indigos, dark and pale, continue to be big news this season. "I love colour; it has such an effect on your mood," says slow fashion blogger Elena Brown (randomlyhappyblog.com), who has her own love affair with dark denims and blue cottons. "I tend to be quite cheerful and optimistic and active, so I find blues really help keep me centred and chilled." Statement colour block trousers and joyous tracksuits in beautiful blues hit the runway at Stella McCartney's SS17 shows, and if a look's good enough for the queen of ethical fashion, it's good enough for us.



Stella McCartney

#2

VITAMIN CITRUS

"This spring I can't get enough of cheerful citrus shades that brighten the mood and warm the soul," says Alicia Taylor, co-founder of sustainable fashion outlet Gather&See (Gatherandsee.com). "It's surprising how easy bright colours are to wear and how much they go with, not to mention just how good you'll feel in them. I'll be pairing bright yellow pieces (a current street style favourite) with navy or black. For accessories, you can't beat a really bright and bold handbag to punctuate an outfit."

People Tree



#3

THINK PINK

"Pink was a major feel-good colour trend on the catwalks for SS17, with design houses such as Hermes and Bottega Veneta bringing in pared-back pastel shades and pops of neon," says fashionista Claire Whittaker, who contributes to Oxfam's fashion blog (oxfam.co.uk/fashion-blog). "I'll be embracing the pastels this season; nothing says summer to me like a floaty coral-pink dress."

"Pale pink has been appearing on the catwalks for a few seasons, but my take on this is a little less candy-coated," adds designer Cloe Cassandro (Cloeassandro.com). "I love that the colour traditionally associated with femininity has an edge and is little more unpolished. I think this a great representation of both myself and my customers - naturally beautiful and girlish, but also not afraid to have a good time!"



"This softest of greens brings a feeling of calm, reminding me of the Devon countryside on a misty morning in high summer"
– Helen Moore

Faux Fur Pom Pom Key Ring, £28, helenmoore.com

DID YOU KNOW?

Scientists at the University of Illinois proved exposure to shades of red can encourage 'non-compliant behaviour' in those of us with a rebellious streak

JUDE Stripe
Organic Cotton
Shirt, £44.90,
wearethought.com



MAD ABOUT THE BOY

Last, but by no means least, we haven't forgotten the conscious men who are looking to thoughtfully update their wardrobes. From the boardroom to the bar, ethical menswear has never looked so good

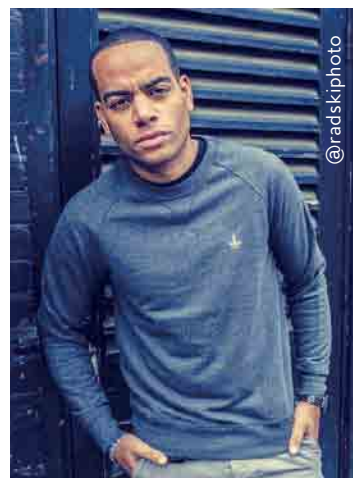


Bourgeois Boheme Elton
Tan, £193, bboheme.com



Harrison Trousers in Navy,
£59, peopletree.co.uk

PALERMO Tencel Shirt,
£80, komodo.co.uk



Charcoal Embroidered THTC Logo
Crew Neck, £45 thtc.co.uk



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