

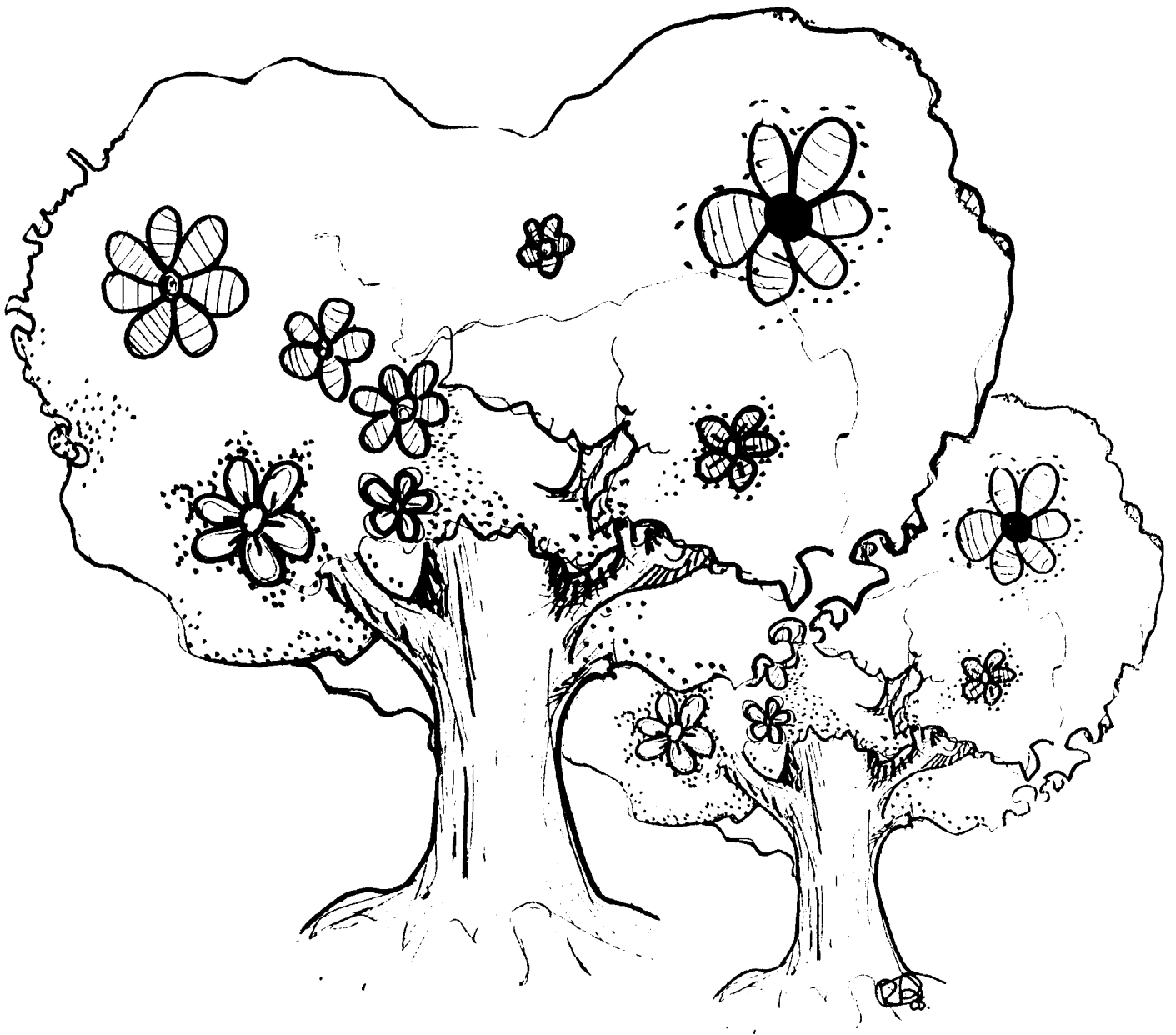
Vegan Views

A Forum for Vegan Opinion

No. 105

Summer 2005

£ 1



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notices



Animal groups

Viva!, 8 York Court, Wilder Street, Bristol BS2 8QH. Tel: 0117 944 1000. Web: www.viva.org.uk. Email: info@viva.org.uk. Publishes the magazine Viva!Life quarterly. They are very animal oriented and are good for teenagers and young people.

Animal Aid. Web: www.animalaid.org.uk
PETA. Web: www.peta-online.org

Charities

HIPPO (Help International Plant Protein Organisation) is working around the world to help hungry people to obtain or produce their own high protein food from plant sources, supporting projects run by local people in the developing world. Donations/enquiries to: HIPPO, The Old Vicarage, Llangynog, Carmarthen SA33 5BS. Tel/Fax 01267 241547. Email: hippocharity@aol.com

Vegfam has for 30 years provided short and long-term Relief to People who have been the victims of drought, flood, cyclone or war. Website: www.veganvillage.co.uk/vegfam
Email: vegfam@veganvillage.co.uk

Family + children

Vegan Families Contacts List for families wishing to bring up their children the vegan way. Send name & address and dates of birth of children, and an SAE, to Family Contacts List, 7 Battle Rd, St Leonards on Sea, East Sussex TN37 7AA.

Contact Network for measles, mumps, rubella, for families who would prefer children to catch childhood diseases and gain natural immunity instead of the MMR vaccination. To go on list to notify of cases, call Lesley on 020 8941 8075.

Vegan Family House Website of a vegan family living in NE Scotland. Recipes, info on veganism and bringing up vegan children. www.veganfamily.co.uk

Fruitarian + raw food

The Fruitarian/Raw Food Centre of London (100% vegan) in Barnet offers weekend workshops and consultations on the raw energy lifestyle, fasting, preparation of recipes, etc. Guidance for safe, reliable weight control and bodybuilding. Discussion of philosophy, ethics, reference to religion, ecology, etc. Ring 020 8446 2960 or 020 8441 6253 for details.

Go Fruitarian (www.fresh-network.com) For details send SAE to The FRESH Network, PO Box 71, Ely, Cambridgeshire CB7 4GU.

Fruitarianism Our original and ultimate diet. Free information, send large SAE to John Rhodes, Longcause Cottage, Longcause, Dartington, Totnes TQ9 6EY.

Magazines

The Vegan is published by the Vegan Society. (See page 18)

Arkangel An animal liberation magazine. £10 for 4 issues inc. p&p. Arkangel, BCM 9240, London WC1N 3XX. Articles to: arkangelweb@hotmail.com

The Welsh Vegan is a quarterly magazine in Welsh and English. Annual subscription £1.25 from Bronyr Ysgol, Montpellier, Llandridnod Wells, Powys.

Growing Green International is published by Vegan Organic Trust. See page 18. Web: www.veganorganic.net

The Green Queen Twice yearly lesbian, gay, bisexual, vegan & veggie mag.K. Bell, Green Queen, PO Box BM 5700 London WC1N 3XX.

New Leaves is published by Movement for Compassionate Living. See page 18. Web: www.MCLveganway.org.uk

Vegan Voice Quarterly Australian magazine. Promotes a non-violent way of living beneficial to the planet, all animals and human health. Credit card facilities available, approx £18 for 4 issues (ie 1 year) PO Box 30, Nimbin, NSW2480, AustraliaNSW2480 Australia. Web: <http://veganic.net> Email: veganvoice@lis.net.au

Viva!Life published by Viva. www.viva.org.uk
www.realfood is a monthly online vegan magazine, full of news, reviews, recipes, and details of our campaigns. (Food fairs, vegan buddies, NHS menu charts.) To subscribe free for our magazine contact us at news@realfood.org.uk

Projects

Ancient Woodland Project a 29-acre woodland near Scarborough, run by a Vegan Views subscriber who wants to convert it back into a native woodland. Details: Louisa 01723 514525 or 07748 101117. Email: Ancientwoodlands@aol.com Web: www.woodlandproject.org.uk

Religion + spiritual

A friendly network of vegetarians and vegans committed to faith in Jesus Christ. Membership is free. Kindness Unlimited, The Old Vicarage, Llangynog, Carmarthen SA33 5BS. Email: springoftruelife@aol.com

Followers of the Way Founded by Antony Bates (1920-1996). A group of friends who are vegetarian/vegan, and pacifist in relation to war. They aim to cultivate the inner life and to express this through works of reform and creativity. They proclaim the Christ has returned and anticipate the return of the prophets. Tel: 020 8948 2315. 365 Sandycombe Rd, Kew Gardens, Surrey TW9 3PR.

Spiritual Veganism The ultimate belief. You are a spiritual vegan if you are a vegan whose one and only concern is for the animals, and you believe that those beautiful, intelligent, loving creatures, bred for an already overlaid table, have the divine right to live. Spiritual Vegans, Kent House Kent Place, Lechlade, Glos GL7 3AW.

Veg4Lent This campaign is active each year in promoting the benefits of ethical vegetarianism amongst Christians. For further information on this year's initiative, see www.veg4lent.org, or

contact: Veg4Lent, Pines Road, Liphook GU30 7PL. Tel. 01428 723747.

Printing + resources

Footprint Workers Co-operative, 40 Sholebroke Avenue, Leeds LS7 3HB. Very reasonably priced, very ethically based, all paper is re-cycled, eco-friendly inks. Tel: 0113 262 4408. Web: www.footprinters.co.uk

Sunrise Screenprint, tel: 01356 660430. Web: www.menmuir.org.uk/sunrise. The owners are vegan, environmental, and print on fair trade organic cotton T-shirts. Retail/wholesale and custom printed.

Sport

Vegetarian Cycling and Athletic Club Open to vegans of any sporting ability. Details: Peter Simpson, 13 Peers Lane, Shenley Church End, Milton Keynes MK5 6BG. Tel 01908 530919. Web: www.geocities.com/vegetariancac/
E-mail: Psimpson@vegac-mkveg.fslife.co.uk

The Vegan Runners Group has vests and shorts available (black with green band, name on both sides). Join VC&AC e-mail list. Independent of VC&AC at present but affiliated to the sport's governing bodies.

Vegan communities

Brynderwen Vegan Community started in May 2002 when a large four-bedroom house with terraced gardens in a semi-rural location on the outskirts of Swansea was purchased. It has a huge double garage with planning permission to convert to further accommodation or part accommodation, part workshop. Some people live at Brynderwen, others independently nearby. If you're interested in visiting or living at the house or nearby contact Malcolm Horne, Brynderwen, Crymlyn Road, Llansamlet, Swansea SA7 9XT. Email: vegancom@btinternet.com. Tel: 01792 792442. A small newsletter is available (send SAE). www.veganviews.org.uk/brynderwen

Tolstoyan Community Espouses Anarchism, Pacifism and Veganism. 59 Chapel Road, Ramsgate, Kent CT11 OBS

Vegan shops

Vegonia Wholefoods sells only vegan products. 49 High Street, Porthmadog, North Wales. Tel: 01766 515195.

Unicorn Grocery, 89 Albion Rd, Chorlton, Manchester, M21 0BN. Tel 0161 8610010. Web: www.unicorn-grocery.co.uk

One Earth Shop, 54 Allison St, Digbeth, Birmingham, B5 5TH. Tel: 0121 6326909. Vegan owners.

**We love to hear from you!
Send us a letter or air your
views in an article.**

Vegan Views

Editor:
Harry Mather

Web site: John Curtis

Front cover picture: Vicky Loveridge

Contributors:

Trevor Barnard
Graham Cole
Dr. M. Rath
Sam McCreesh
Peter White

Post address:

Vegan Views,
Flat A15,
20 Dean Park Road,
Bournemouth,
BH1 1JB.

Email:

info@veganviews.org.uk

Website: www.veganviews.org.uk

Sell Vegan Views:

Sell Vegan Views to friends, local shops, bazaars or at meetings. If you order a minimum of five copies, each copy costs 50 pence including postage within UK. (We can no longer accept returns.)

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Vegan Views is independent of the Vegan Society but shares its aims. It was started in 1975 by a group of vegans who wanted to make contact with others interested in creating a more harmonious way of living based on veganism, and to communicate more informally than could be done in the official journal of the Vegan Society. It realises that many vegans feel isolated from society and appreciate contact with, and news and opinions of, other vegans.

We rely on readers' contributions and welcome letters, articles, news, events, drawings and constructive criticism – and try to print all that is relevant and of interest in the magazine. If you don't want your letter published please make this clear when writing.

We expect to publish quarterly, but have no fixed publication date, so write early to be included in the next issue.

From the editor...

We are sometimes told that 'We are what we eat'. This saying has also been attributed to the German poet Goethe and to the Ancient Chinese.

By Harry Mather

It all seems obvious that what you put into your digestive system is vital to the way your body will develop and function. In the distant prehistoric past, our ancestors may have been tempted to gorge on fatty, starchy foods because they so rarely found them that when they did, they had to make the most of the opportunity to fill up on them and revitalise their energy. They would have had more opportunities to snack on fruits and vegetable shoots on a regular basis. Today we seem to have reversed the process and we fill up on filling foods and neglect to eat fruit and vegetables, which contain those vital elements of which we need very small quantities but which are vital for the proper functioning of our bodies. People eat what advertising finds convenient to sell and assume without question that if their taste buds are satisfied, it must be the best for nutrition and that 'they' would not be advertising anything but what is good for us. Abraham Lincoln admitted that you can fool most of the people most of the time!

Modern nutrition has brought us a deep understanding of how our digestive systems work and the elements best suited for it. Strawberries and other fruits, for instance, are attractive to us so that we will take in Vitamin C which is vital for nutrition. Modern technology can provide us with a synthetic flavour that

tastes to us like strawberries but which does not give us any vitamin C. So, though we are responding to the same stimuli as our far-off ancestors, we are missing out on the nutrients we are supposed to be eating.

It seems as though people are now realising that some at least of the people's sickness is due to faulty diet and that much illness can be prevented by changes in diet. There is now a movement to improve the nutritious value of school dinners and to begin educating children about food and nutrition, perhaps even to teach them how to cook and look after their own diet rather than snacking on things they see constantly in advertising.

Food is not everything and the opening quotation has been expanded into 'We are what we eat, what we drink, what we breathe and what we think'. Thinking is what many people consider to be the thing that distinguishes us from the lower animals. It enables us to avoid being at the mercy of our environment and to help us control it. Present day eating habits are not only a major cause of ill health, they also result in the destruction of our environment and contribute to world poverty.

Thinking about the impact our way of life has on the environment has never been more necessary than today. Vegans have not only thought about how their lifestyle affects the rest of creation, they have followed this up by changing their lifestyle. We hope that many more will follow our example.

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We need to think about what we eat

Events

Saturday 18 June: Heart of England Vegan Festival. Carling Academy, Dale End, Birmingham, 9.30am - 5pm. Admission Free. Details: Realfood. Tel: 0845 458 0146 / 01902 562463. Web: www.veganfestivals.org.uk

6-20 August: Vegan Camp in Shropshire. For couples, families and singles, all ages. Details from Veggies Catering Campaign, Sumac Centre, 245 Gladstone Street, Nottingham NG7 6HX. Tel: 01822 820203 / 0845 330 3918. Web: www.veggies.org.uk/vegancamp

Monday 29 August: Sutton Environmental Fair. 10.30am - 8 pm at Carshalton Park, Ruskin Road, Surrey with vegetarian/vegan food. Small admission charge. London Vegans

Visit www.veggies.org.uk/calendar.htm for the latest vegan and animal events. Vegan related events are also at:

www.veganviews.org.uk

will have an info stall there. Stalls, entertainment. Theme is Green Travel. Web: www.thecei.org.uk/EFair

Sunday 25 September: London Vegan Festival. 10am to 7pm. at Kensington Town Hall, Hornton Street, London W8 (Underground High Street, Kensington). £1 (under 16 free). Over 60 stalls, speakers, children's activities, music and more! Web: www.londonveganfestival.org.uk

1-7 October: 9th European Vegetarian Congress in Riccione, Italy on the Adriatic Coast. Hosted by A.V.I., viale Brianza 20, Milano, Italy. Web: www.vegetariani.it Email: congress@vegetariani.it

Letters

Carnivorous pets

Dear All,

I was most interested in the letters page (V.V.104) from Rose Hunter on the issue of Pet Keeping, she raises many valid points which need much thoughtful argument (debate). My own views are as follows:-

1) Living a vegan lifestyle is about affording proper respect for other living beings - irrespective of species.

2) Respect for cats means acknowledging the role they have in nature which is, as with all carnivorous animals, killing the weak and helpless. While I recognise this goes against the modern thinking of humans who cherish and protect the weak, in nature the opposite is true, which is why the healthiest animals, birds, fish, etc., are the ones to survive and breed; were it otherwise the chain of life would have broken down long ago. Contrary to most peoples' view, cats are not "playing" with birds and mice, etc. but testing whether the spark of life still exists. It is their God given duty to put down/kill the weak, sick, elderly for the protection of the healthy breeding pairs. This keeps the balance of nature in the wild.

3) On the face of it, vegans keeping any animals are disrespectful to them (slavery). However, the only alternative in a world where millions of domestic animals are bred each year, is to copy nature and kill those superfluous animals - and where would the Vegan respect for life be then?

This is the dilemma many vegans face: if we put human attitudes to the fore we protect, but nature says we are not protecting but enslaving. I hope these points help Rose, and I think it a credit to her that she took the opportunity to find out these things and write on such important issues.

Sincerely,

Chris Heeley.

Having a Pet

Rose Hunter is right to point out that having a warm impulse for cute little kittens can have a destructive effect on wildlife if it grows up into a deadly bird-killer.

There are other issues relating to keeping animals where some thought will result in a different course of action from the naive "I want it, I'll have it" policy. The sentimental desire to have a wide eyed little furry poppet to pet has led dog breeders to produce breeds genetically doomed to a life of miserable health with weak hearts, feeble bones and breathing difficulties. The dog breeders are paid a lot to produce these freaks and by people who claim to be fond of animals. Similarly those who acquire an animal when they haven't the space for it, the knowledge of what is a suitable diet (and the discipline to impose that diet), or the energy to give it the exercise it requires are not doing these "pet" a favour. They are indulging themselves at the expense of an animal.

Those who think that humans are a superior sort of animal may think that if keeping a dog

or cat keeps some lonely old person alive and happy for longer, then the suffering involved with the pet industry is justified - but others may disagree!

Peter Wills

The Problem of Unwanted Cats

Dear Vegan Views,

I certainly agree with Rose Hunter in her letter (VV104) that one should not 'buy that cute little kitten' - we want to stop the trade in animals - but what do you do when unwanted and neglected cats turn up literally on your doorstep? We have 6 of other people's 'throw-outs' and a 7th 'turned up' this week. We have plenty of birds in our garden, from wrens to plump wood pigeons, and we seem to be able to keep the kill rate low by not letting all the cats out at once, and not letting them out in the very first and last hours of daylight, when the birds need access to food and water. I admit fledgling time is difficult, when we need to keep cats indoors during the fine weather, but it can be done. Vegans who want to keep cats could contact sanctuaries who have difficulty in finding homes for elderly or frail cats - these are often cats who need or prefer a safe indoor life.

On another topic - bird flu - I was pleased to see a letter by Rosamuund Raha in the New Scientist (12 March 2005), in which she challenged the present 'convoluted' scientific approach to find cures and vaccines for the inevitable pandemic. Her recommendation - 'stop breeding and eating birds' - and she continued pointing out the energy-efficiency of eating vegetable crops and the health problems avoided by doing so. If only this simple message could get through. It's so obvious, but instead millions no doubt will be spent developing vaccines.

Yours sincerely

Elsa Becket.

Keeping Pets

Dear Harry and cat lovers,

Do not despair. Cute little kittens do not all grow into murderous cats. If some of yours do, there are things you can arrange to favour feathered friends. In a suburban garden we suffered the arrival of an athletic birding cat who totally compromised our homely moggies. We rebuilt our bird table onto a support we could elevate well beyond the cat jump. Watching the cat performance is a good guide. The birds got the idea in no time; one could be forgiven for suspecting they enjoyed watching No.1 hunter twitching and salivating. He was a glutton for punishment but gave up on the bird table in the end.

Of course feather is a prey to fur. There is nothing we can do about that though I have known scolding and disapproval to have an effect on some cats. But surely, are not all in the grip of natural selection? Without predators, they would not have learnt to fly without gravity, we would not have learnt to jump. However, some do fall, even though much loved. Fortunately we are not loved for our

virtues alone; some day maybe the lion will lie down with the lamb, but not here and not yet.

Peace and minimum strife to all our owners.
Peter Edmonds.

About Sauce

Dear Harry,

Excellent VV 104, but one detail is on page 15, 'Unnecessary Additives'. My sources state in fact Sudan 1 was found in Crosse and Blackwell Worcester sauce (veg and vegan) and not Lea and Perrins (not veg or vegan). Crosse and Blackwell Worcester sauce is bought in such bulk by manufacturing ready-meal suppliers, bottles for consumers are very hard to find. Personally I make my own. I have two excellent recipes, one you have published previously. Anyway, keep up the good work.

Yours, Trevor Barnard

Milk Drinking Request

I am Alison, a student in fashion and textiles. I am doing my project at present - garment with the struggle against animal milk drinking. I am vegan myself, and would like my final piece to show vividly that I have a strong concept against drinking animals' milk. I would like to start researching ancient cultures and religions - their reasons for being vegan, their rituals and the meaning they gave to the banning of milk consumption. I would be grateful if you possess any info on this subject I can make use of. Any assistance would be very valuable - websites, sources, books.

Really looking forward to hearing from u soon,

Alisa,

wantid@pitem.net

Serena Coles Appreciation

Dear vegan friends,

On Serena Coles' behalf, I would like to thank all the vegans who kindly sent her Christmas cards. She was very happy to receive so many and we read them to her almost daily - at least when I was there in January and February.

The Croydon vegans are wonderful but unfortunately they can only visit Serena in the weekends so more visitors are very welcome. Her 94½ years birthday party was a wonderful chance to show our gratitude for all her work for the vegan lifestyle. If you have any old photos of her, it would be very much appreciated as her son says he doesn't have any.

Looking forward to see you.

Kirsten Jungsberg

Contact: Croydon Vegans, Jackie Golding. 01732 462183.

Eating Out

Have you seen the online guide to eating out for vegetarians and vegans at www.vegout.info? The site lists over 400 UK cafés and restaurants offering good options for vegetarians. Many of the listings contain information about vegan options on offer too.

Best Wishes,

Carolyn Selby (data base team)

Vegan Fuel

The late Arthur Ling was well ahead of his time when his Sunoil company was set up to produce bio-fuel from sunflowers some 50 years ago. Ireland is just beginning to catch up with him with projects producing fuel from vegetable oil.

By Maggi Taylor brings us this report from Ireland.

“ The use of vegetable oils for engine fuels may seem insignificant today. But such oils may become in the course of time as important as the petroleum and coal tar products of the present time,” this was said by Rudolph Diesel, inventor of the engine that bears his name, in 1912.

Following a link from the World Vegan Day web site recently I was entertained by a story from America on the use of reclaimed vegetable oil as a 'vegan' fuel for cars and trucks. The oil was being collected from various fast food outlets and used in diesel engines that had been modified by 'Straight Veg' enthusiasts.

Here in Ireland there is a similar enthusiasm for vegetable oil as fuel but they are doing things a bit differently. Farmers are growing rape seed for pressing into pure plant oil that can be used to replace diesel in modified engines. In County Wexford a small group of farmers headed off to Bavaria, which has been using pure plant oil for some time. There the use of rapeseed oil is well advanced for transport, many thousands of cars and other machines are running successfully on this fuel.

After studying the process, the group bought a special crusher for pressing and refining the oil and set up a project to grow rape and produce oil. A number of local mechanics are now able to modify engines to run on vegetable oil. They have called the fuel 'Rapoleum' and are now up and running and demonstrating to other farmers. There is also a Pure Plant Oil producer in County Wicklow, Eilish Oils, and others are planned around the country. The aim is to have many small-scale producers to provide an alternative farm enterprise in a difficult farming climate.

Describing the refining process Anthony McCarthy, from Rapoleum, says it consists of cold pressing the oil from the seed under controlled conditions in a specially designed

screw type seed press. The oil is immediately cold filtered after pressing to reduce any solid particles remaining in the oil down to 3 microns. One more filtration, a polishing filter, brings the maximum particle size down to less than one micron to protect the vehicles fuel injectors.

Why run a vehicle on vegetable oil? Well, it could be a fair bit cheaper, and it will definitely help the environment. Pure plant oil is a renewable resource. The only by-products are straw and oil-seed cake. At present the 'cake' is being used as a high quality animal feed - in a vegan world maybe we could find other uses, as well as feeding those animals still with us? The straw can be used, among other things, as fuel for small-scale CPH [combined heat and power systems]. This is being looked into by the Wexford group.

Many other vegetable oils can be used, but rape was decided on as it grows well in Ireland and there is a history of growing it.

Running a vehicle on vegetable oil is almost carbon neutral. The carbon comes from carbon dioxide in the air and not from fossil fuels. When it is burned to run an engine it simply releases this carbon dioxide back into the air - to become part of the sustainable carbon cycle that has maintained life on our planet since the arrival of photosynthesising plants.

It was the dream of the inventor of the diesel engine Rudolf Diesel, to help the small farmer and craftsman of his day, when he invented the first 'diesel' engine that bears his name. He ran his first demonstration model in the 1890's on peanut oil.

"The diesel engine can be fed with vegetable oils and would help considerably in the



development of agriculture of the countries which use it," he said. He also wanted to provide the small scale independent craftsmen with an alternative to the large and costly steam engine, which dominated industry at that time - an engine, which could run on alternative and renewable fuel.

Although his engine quickly took off and was widely used, unfortunately he died in 1913 before he could realise his dream. The petroleum industry labelled a by-product of petrol manufacture 'diesel fuel' and modified Diesel's engine to run on it. This diesel fuel, as we know it today, came much later than the diesel engine.

Clean renewable vegetable oil was almost forgotten as a source of power.

Maggi Taylor would like to know whether Arthur Ling wrote a book on producing fuel from sunflower oil. She remembers reading of such a project in the early 70s, which she found inspiring at that time.

Waitrose to Stock Soya-Based Dairy-Free 'Cheese' for First Time

Waitrose is to stock a soya-based dairy-free alternative to cheese for the first time.

From 14th March 2005, the award-winning Redwood Company's White Cheddar Style Cheezly will go on sale at most of Waitrose's 160 supermarkets nationwide.

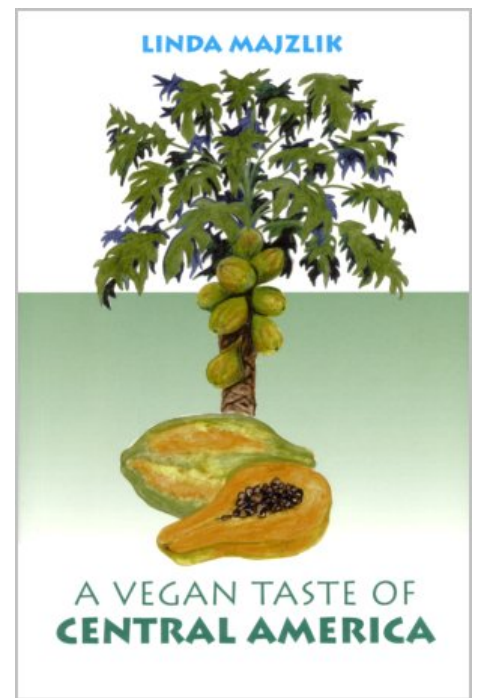
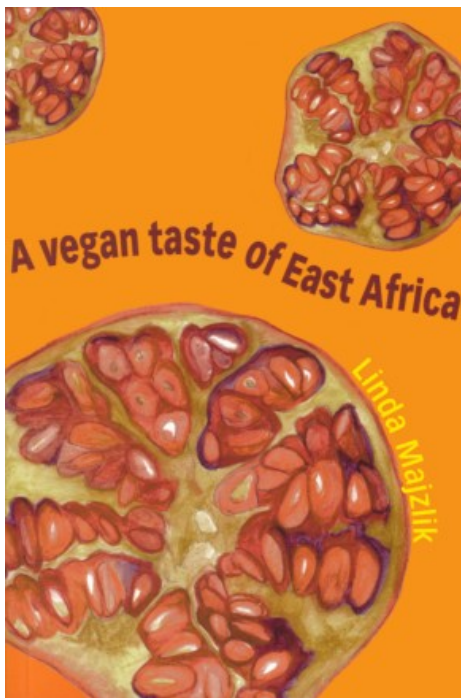
Produced entirely without animal ingredients, Redwood's White Cheddar Style Cheezly is ideal for vegetarians, vegans and people with special dietary needs, including those suffering from lactose intolerance.

Free from cholesterol and lower in fat than standard dairy cheese, White Cheddar Style Cheezly is made from soya, which has a high protein content and is rich in vitamins, minerals and fibres. It can be found in the cheese cabinet alongside the half fat and low cholesterol cheeses, costing £1.85 for 190g.

The Redwood Wholefood Company was recently awarded ethical company status by the Ethical Company Organisation (ECO), which runs the UK's only corporate-level company

accreditation scheme. The accreditation relates to all aspects of Redwood's business and is only awarded to companies that score highly (top 33%) overall compared to other companies in their sector. To find out more about Redwood and its extensive range of foods for vegetarians, vegans and people with special dietary needs, please go to www.redwoodfoods.co.uk
Source: Redwood press release 10/3/05

BOOKS



Not on the Label - What Really Goes Into the Food on Your Plate by Felicity Lawrence. Published by Penguin Books 2004, £7.99. ISBN 0 141 01566 7.

In a previous issue of VV we wondered why people would buy ready-washed and packaged lettuce at a high cost as though they were unable to wash it themselves. This book tells us much more about how supermarkets prepare this and many other foods and the consequences these actions have on our health and the environment.

The salad is cut, washed in chlorine and placed in 'Modified-Atmosphere Packaging' where the air content is reduced in oxygen and the carbon dioxide ratio increased. This prolongs shelf-life but can destroy many vital anti-oxidant nutrients in the salad. Worse, some packaged lettuce are found to contain listeria and salmonella. These may come from unwashed hands of the packers who are mostly cheap casual immigrant labour living in squalid conditions. Plastic wrapped food may give an impression of being hygienic products, but their contents are not necessarily so. The packaging is done in sophisticated sheds in response to the current demands of the supermarket buyers. Producers have to respond to the (sometimes fluctuating) supermarket needs for seven days a week supplies. If demand is high, the buyers can raise their prices but will not increase the price paid to the producer.

When salads are out of season in Britain, most of the production comes from Southern Spain: Murcia and Andalusia. There the land is dry and lacks fertility, so water has to be piped in from further North. There has to be a great use of artificial fertilisers; pesticides are also freely used, polluting the local water courses

and some of which are still found in the lettuces when sold. Huge areas are now covered with plastic polytunnels to produce vegetables for us, and most of the labour is done by migrant labour from North Africa at very low wages and living in slum conditions.

Some of the neatly packaged fresh vegetables, even some grown in Britain, are actually packaged in Kenya and flown back to Britain. The out-of-season green beans are of course grown in Kenya. Food may have flown 4,000 miles to reach us and long refrigerated journeys have been shown to reduce vitamin contents. Supermarkets have a highly organised method of distribution. Lorries bring in the farm product to central depots and quickly reload them onto lorries taking them to the stores. Even produce that comes from a farm destined for a nearby store has to travel incredibly long journeys of maybe hundreds of miles.

Apples farming was once the pride of British farming but supermarkets buyers make production very difficult by squeezing the price they pay the farmer, sometimes arbitrarily reducing the price they pay during the season and making the supplier bear the cost of any promotions. The apples sold are required to be of uniform size and appearance and hardness (hardness gives longer shelf-life) and many tasty, ripe apples are wasted. No wonder Britain's orchards are being grubbed up.

Similarly, the green beans from Kenya are required to be of uniform length and thickness. And must not be curved (35% of them fail this requirement). A UK supplier of carrots found that only a third of them were accepted by the grading process. Farmers are also required to include the appropriate supermarket name and barcode on their labels.

In the 1990s banana trading came under monopoly control and the price to the producers

was squeezed (they get 10p out of every pound paid by customers). Bananas produced by small family businesses in the Windward Islands of West Indies could not compete at the low price demanded and bananas were sourced from Latin American countries with large-scale plantations dependent on routine aerial spraying of pesticides and where labour rights are denied and the environment is degraded.

Supermarkets are not only increasing their control of our food supply, they are also moving into the new member states of the European Union. The Western giants now control 75% of Czech grocery market and will soon have 50% of Poland's total food sales.

Turning to coffee, we are told that the business interests such as Nestlé, enjoy huge profit margins (27%) enough to be the envy of anyone, whilst keeping producers in penury. In 2002 overproduction induced by encouragement from the WTO/World Bank led to a catastrophic fall in the price of coffee beans, resulting in some 25 million coffee farmers selling their crop at a loss and having to go out of business. But the price you paid for your coffee never moved down.

In Ethiopia coffee accounts for 50% of total export revenue. In Burundi it is 80%. In Kenya a third of the population is dependent on coffee sales. Many other countries are heavily affected by the price of coffee beans over which they have no control, having been obliged to produce too much. But the coffee drinker is never made aware of their plight. The governments of poor countries could better repay their debts and provide education and health needs if coffee prices were fairer. We have an opportunity to buy Fair Trade coffee but this is only a drop in an ocean.

Another popular food that is causing problems is the prawn. Home-grown shrimps, small and fiddly to eat, at one time made a

Obituaries

Maxwell Lee, born in 1931 died in 2005. It is difficult to imagine that we will no longer hear him confidently on his feet joining in some controversy and challenging our ideas, wittily and cheerfully. He had been a university lecturer in Geographic Studies and was accustomed to holding forth at meetings and charring proceedings. For several decades he was prominent in the Committees of The Vegetarian Society, being Chair of the Council for 12 years and President for five years. He was Honorary Secretary of the International Vegetarian Union for 17 years, later acting as President of that Society. This involved him in many air journeys and he took the opportunity to insist on veggie food on his travels. He was not one to hide away in silence but took every opportunity to proclaim vegetarianism in theory and practice. Whilst presiding in the International Vegetarian Union, he was instrumental in financing the visit of two Russians to the International Vegan Festival in Bedfordshire, England, in 1992. One was Secretary of The Tolstoy Society in Moscow and gave us an interesting talk on Tolstoy and Vegetarianism, The other actually came from Daghestan by the Caspian Sea. He was a Moslem and told us that he looked on Britain as his Mecca for veganism, which made us sensitive to the honour of being the standard bearers of veganism. Maxwell was always scornful of the orthodoxy that cast doubts on the viability of a vegetarian diet, saying, "Look at us. Do they think we are ghosts?" His retound form denied the perception that a vegetarian diet produced weedy, puny bodies.

He turned vegetarian at the age of 12 for

moral reasons and became vegan some 20 years ago. He was active in committees of the London Vegetarian Society at a time when there were two main vegetarian societies: The Vegetarian Society based in Manchester and the London Vegetarian Society in London. These amalgamated in 1970 to form The Vegetarian Society of U.K., and by that time Maxwell had moved to Manchester and became involved in committees of the new grouping of the societies. He was also involved in the Liverpool Vegetarian Home for Children and the Vegetarian Home for Children in Jersey. These two charities eventually merged to become The Vegetarian Charity that gives assistance to young vegetarians and helps them further the cause.

He also held various offices in Geographical Societies, a local Liberal Democrat Club, a charity that runs homes for street children in India, was Governor of a local school and was a volunteer driver for taking people to hospitals. Many people must have found the world a better place because of his presence in it, and have been uplifted by his energy and enthusiasm.

He was supported by his wife Sylvia, and was proud that his three children and six grandchildren are all life vegetarians. He will be missed but not easily forgotten.

HM.

Toma Shik, born in Hungary just before World War II, he recalled watching soldiers marching into his home town watched by a cheering crowd and later, after the war, another troop of

soldiers marching by to cheering crowds. His family moved to Israel. There he refused to do military service and rebelled against most accepted traditions; becoming a pacifist, vegan, Esperantist, etc. He came to a Vegan Summer Gathering in Exmouth a few years ago. He also wrote to V.V. about his life experiences and sent us a proposed Draft of a Universal Declaration of Other (than Human) Animals' Rights (UDO(tH)AR) based on the UN Universal Declaration of Human Rights, and he hoped that someone with experience of animal rights and legalistic English would take up the task.

He returned to Hungary where he was hoping to establish a community based on vegan organic horticulture. But sadly, last year he was accidentally struck by a tractor on his way home in poor light and was killed. An opportunity to promote vegan organics has been lost with the death of this staunch pioneer.

ANIMAL LOVERS!
DON'T EAT YOUR FRIENDS
SPEAK FOR THE ANIMALS
AGAINST SLAUGHTER
THEY NEED YOUR VOICE
TO STOP THE MURDER

welcome change for the diet of poor people in Britain. The much larger prawn from South East Asia has acquired a much higher status and become chic. Prawn farming is seen in Asia as a way to get rich quick. Pakistan, Vietnam, China, Thailand and Indonesia are among the suppliers. The Vietnamese government even offers cheap loans for farmers to switch to prawn farming and the World Bank also promotes it. Many mangrove coastal forests, which maintain an ecosystem where fish thrive, have been cleared for factory farming of prawns. Destruction of mangroves leads to a decline in the fishes. Nearly 40% of the mangroves losses has been attributed to prawn farming. Pools are dug and cleaned out with pesticides and other chemicals before imported larvae are introduced and a cocktail of chemicals may be used to help the developing prawns to survive. Many farmers lose all their 'crop' and the local water is polluted for everyone. The ponds may lose their viability in as little as two or three years. And though a few may find great wealth, a great many more lose out and then find that their land is heavily salinated and cannot produce the rice that could feed them. The EU has banned prawns from China because they contain harmful nitrofurans anti-biotics.

Certain items sold in supermarkets, such as white bread of which the purchasers are very price conscious, are sold below cost price to attract people to their stores. As a consequence, many small food shops including individual bakers and grocers are forced to close and the author bemoans this loss of choice available to consumers. However, I notice that many Asian food shops are supplying fruit and vegetables and their number even seem to be increasing.

This book exposes further aspects of the impact of our food purchases on our health and the global environment. It has not looked into cocoa beans and chocolate production and does not even mention the impact of the consumption of meat, fish and dairy!

H.Mather

A Vegan Taste of East Africa by Linda Majzlik, published by Jon Carpenter, Alder House, Market Street, Charlbury OX7 3PQ. £5-99 post free. 1 897766 97 X

A Vegan Taste of Central America by Linda Majzlik published by Jon Carpenter, Alder House, Market Street, Charlbury OX7 3PQ. £5-99 post free. ISBN 1 897766 98 X

Linda Majzlik who has already given us ten Cookery Books presenting vegan recipes from around the world, has added two more. As in

her previous books we are given a list of products to have in our store cupboards for these recipes and we are given soups, snacks, main courses, vegetables, baking and more.

East Africa has some arid regions and also pockets of fertile soil where they grow various grains, including millet, sorghum and teff; nuts, vegetables and fruits; also cassava, spices, tea and coffee. Rice and beans, Gallo Pinto, is ubiquitous and considered to be a traditional dish in many of the countries of this region. Recipes include roasted corn cobs, coconut rice, sweet potato and cashew nut soup, Ethiopian aubergine and lentil stew, fruity yam curry, hot ginger and coriander sauce, tropical fruit flan.

Central America has grown corn and beans as staples of the diet for many thousand years and we can try butternut squash and cornmeal pie, refried beans, spiced courgettes with amaranth, baked stuffed tortillas, green vegetables with quinoa, avocado, tomato and corn salad, vegetable and salsa salad. and many more. Tasty vegan dishes come to us from all round the world!

Adolf Hitler: Vegetarian?

Adolf Hitler a vegetarian? A question often raised. Fact, fiction or propagandist puerility?

A reference I read some years ago in William Shirer's *The Rise and Fall of the Third Reich* states that he was. I had heard in hearsay that he was so. I've mused over the idea for many years and decided to look further. Few biographical writings mention a link between Hitler and his diet. So what did lie on his plate? What were his thoughts on his food and why if so, was he a vegetarian?

On the morning of the 18th September 1931, Hitler in attendance with his secretaries and Hermann Göring, looked at the ham that was served for his breakfast and exclaimed. "It is like looking at a corpse!" This was the morning that his niece, Geli, was found dead with a single gunshot wound. From then on he never ate meat again. William Shirer wrote, "From this personal blow stemmed, I believe, an act of renunciation, his decision to abstain from meat; at least, some of his closest henchmen seem to think so. "This was the point that I ascertain that he did become a convicted vegetarian.

From his first days as Reich Chancellor, Hitler ate in four main places: the chancellery in Berlin; the Berghof, his hillside country lodge; the teahouse near the Berghof and his final place, his Berlin bunker.

The dining room at the chancellery was called by Hitler the "Merry Chancellor's Restaurant." It was a little over 13 metres square, furnished with a large round table which, when extended would seat sixty and was surrounded by simple wooden chairs with red seats. In addition to this, there were four smaller tables, one in each corner. All tables were laid with plain china and glasses; the napkins were monographed with A.H. and a drop winged eagle with a swastika.

Around 1933, lunches and dinners were reserved for casual conversation, military and political talk, even though high ranked officials were present, was banned. Hitler's secretaries' note-taking at the table includes, "I eat everything that nature voluntarily gives: fruits, vegetables and products of plants. But I ask you to spare me what animals are forced to surrender: meat, milk and cheese. This from animals, eat only eggs!" Near vegan! But, without real statements from those who prepared his food, no one can be sure. The real assumption is that he was lacto-ovo-vegetarian.

On one occasion, whilst on invitation to Joseph Goebbels' house for dinner, Magda Goebbels, asked if he ate fish as it was not meat, he replied, "I suppose then that fish, in your opinion, dear lady, is a plant!"

Prior to sitting down to dine, Hitler bid 'Guten Tag' rather than the formal 'Heil Hitler!' He ate more one-handed, with the occasional use of the other and drank Fachinger mineral water or his favourite beverage: strong Viennese chocolate.

There were two menus for each meal. A meat menu and a vegetarian: that included a soup, a starchy dish, vegetables, cheese or fruit and there was always a salad of some description. Martin Bormann, who ate with Hitler, always opted for the vegetarian meal, only to be found after in the kitchens eagerly eating meat that he had missed. In 1987, Hans Bauer, Hitler's personal pilot, was told by Hitler that he should become a vegetarian, as it would help his nerves and make him feel healthy. Bauer retorted, "I'm not one of those hypocrites who come here and eat a vegetarian meal and then go after to Kannenberg (the steward) and have a proper meal." Obviously a dig at Bormann.

Dinner at the chancellery lasted normally two hours until four o'clock, when Hitler withdrew to relax and watch films.

At the Berghof, Hitler ate breakfast alone and rarely before nine in a room that overlooked the mountains. Occasionally he would breakfast with guests in the main dining room.

Breakfast consisted of porridge and prunes or wholemeal rye rusks (zwieback) with honey, tea, coffee or Viennese chocolate.

Daily menu cards were written each day at the Berghof and indeed at the other places where he dined. Again two choices, one meat and one vegetarian. High rank officials wore uniform, Hitler chose a suit and they were waited on by white jacketed SS that also served at the chancellery.

The vegetarian lunch menu for 13th July 1937 was noodle soup, baked squash, potato salad, filled rolls, salads and fruit tart. Dinner was noodle soup, home made-fried dumplings, salads, potato puffer and/with apple sauce.

Hitler's favourite dishes included asparagus, globe artichokes and cauliflower all covered in a cream sauce. He also had a fondness for scrambled eggs, pasta and all green vegetables. His biggest desire being for sweets, cakes and pastries.

The teahouse was built on Mount Kelstein. A building that could overlook Salzburg on a clear day. It served tea, coffee and chocolate with biscuits and cakes of various kinds. It was a stone building with rooms that led from a main area.

Born in Vienna and about twenty years of age in 1937, Constanze Manziarly was Hitler's personal cook. She studied under Dr. Werner Zabel, who ran a school in Munich for dietitians. Fraülein Manziarly started employment with Hitler in 1937 until his death in 1945. She stayed with him up to his final hours. Hitler increasingly ate meals alone or with a few selected guests. On occasions he would sit and eat with Fraülein Manziarly, as he liked her, praised her cooking skills and always found time to speak with her. However negative the war was, Hitler always gave the virtues of his excellent vegetarian cook and talked of its benefits. He believed that medically vegetarians did not sweat as offensively as meat eaters; meat eaters had objectionable flatulence and fostered bacteria in the colon. Also that underwear stains were increased by eating

meat. Furthermore, he was afraid of death and insisted that vegetarianism led to a longer life. He told this and often quoted to his secretaries, "Does not the elephant live longer than the lion."

Neville Chamberlain noted that on meetings with Hitler, when trying to appease with the Munich Agreement, Hitler ate vegetarian, whilst others ate cold cuts of meat as they lunched.

In addition to the eating of meat, Hitler was opposed to smoking, drinking, hunting and vivisection. In 1939, he drew up a twelve-part manifesto to denounce smoking and he regularly had arguments with Hermann Göring on hunting. Hitler in a radio speech to his fellow Germans said he will put into effect an anti-vivisection law. "I have forbidden vivisection in Prussia with immediate effect and have put it under punishment." The death penalty would be used. Hitler also spoke at ladies' lunches and it was noted whilst speaking on vivisection, he said he would permit the use of animals scientifically for military purposes. This was prior to the use of humans in the death camps. Hitler also regularly stated that German laws regarding animals were the most human in the world.

Joseph Goebbels' private diary of conversations with Hitler contain the dictator's thoughts. 'He' extolled vegetarian food as 'the' natural diet, compared herbivorous animals with meat eating creatures and delved into the eating practices of the Romans and the plant-eating diet of the Japanese sumo wrestlers, heavily based on pulses. One such diarised conversation between Goebbels and Hitler went thus: 'He (Hitler) believes more than ever that meat eating is harmful to humanity. Of course he knows that during the war, we cannot completely upset our food system. After the war, however, he intends to tackle this problem also.' To what this refers is circumspect. Is it a referral to food production or to a national introduction to vegetarianism as a whole?

In January 1945, Hitler left the chancellery and moved into his bunker. He occupied the deepest domain, 15 metres below the ground. Many roomed, it included a Diätkueche or Vegetarian kitchen. Fraülein Manziarly remained his cook and was aided at times by Heinz Linge: Hitler's valet. Hitler ate simple meals and he still ate his favourite cakes, sweet pastries, all supplemented with cocktails of injections to help his lifelong stomach complaints.

The Russian Army was looming and his life was futile. On the 29th April, Hitler married Eva Braun in a rush ceremony. Afterwards he had his last meal. A recent newspaper article states that it was a probability that he had vegetable soup and mashed potatoes. A little later he and Braun retired to a room and committed suicide

WHY VEGETARIAN?

There are three main contenders for his reasoning to become a vegetarian. All of which

concern the years prior to 1931 and as early as 1905.

(i) Richard Wagner: Hitler idolised the composer. Wagner was a vegetarian, politically minded, loved the arts, staunch anti-vivisectionist and anti-semitic. Hitler tried to emulate everything that Wagner was. He developed the concepts and embodied them into his own idealism. Often Hitler would quote Wagner's vegetarian ethics and reasons in his own speeches.

(ii) Health: Hitler's health was never robust. From an early age and throughout his life he suffered chronic stomach complaints. Also he had a lung disorder whilst young.

(iii) Influence: Early in his life he came to Vienna and came across a group of eccentrics who preached different ways of thinking and living. Hitler was influenced by Lanz von Liebenfels who wrote for periodicals which Hitler read from 1905 to 1909. Liebenfels was the founder of the Order of the Temple, a monastery near Vienna that was rigid to special dietary rules. Also at the time he met the leader of such a group, a man called Grill. Grill was a vegetarian and he and Hitler used to talk at length on vegetarianism.

I added the third, because he seemed to have met many people in Vienna whilst staying in hostels. Reinhold Hanisch who knew him at the time has verified that Hitler was a lazy, moody

youth who did little else than hang around the hostel, eating little else than bread and soup. If he had any money, he would buy a newspaper, sit in cafés and eat cream cakes or have his favourite dish - nutcake.

I will summarise my thoughts a little later.

THE VEGETARIAN MOVEMENT

What of the Vegetarian movement in Nazi Germany? The magazine, the Vegetarian Warte, ceased publication in 1933. It was run by the Mazdaznan movement, a vegetarian cult based on the teachings of the prophet Zoroaster. The cult was outlawed and the last meeting was held in 1935. This was because the leader, Dr. Rauth, was Jewish. Their meetings took place in Nordhausen-an-Harz, later the site of Nordhausen concentration camp.

The magazine, The Vegetarian Press and the Vegetarian Society in Munich were allowed to continue, but the term 'vegetarian movement' was prohibited. Dr. Werne Zabel, who was Hitler's cook's teacher, evoked a policy that 'German vegetarians should keep their health ideas to themselves, as a meatless diet was an adoption by those who try to reach a higher accomplishment.' Members of vegetarian societies started to go underground.

In a newspaper article at the start of the war, Werner Alpeter, a vegetarian, mentioned that Hitler was also a fellow vegetarian. He implied

Hitler was a member of the vegetarian movement. Alpeter was summoned to a court hearing and was fined 100 marks for his remarks.

Although suppressed in what they wrote, vegetarians were allowed to live by their beliefs. Vegetarians were allowed to exchange their credit notes, like our ration book vouchers, for dairy products. (see VV79 Wartime Britain - The Vegetarian and Vegan - by myself) About 83,000 vegetarians participated in the program.

Other vegetarian groups at the time were the Wandervogel Group and Eden, a group of around 1,000 members located near Berlin. After the war, many vegetarians reorganised and founded the Vegetarier-Union-Deutschland.

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MY CONCLUSION

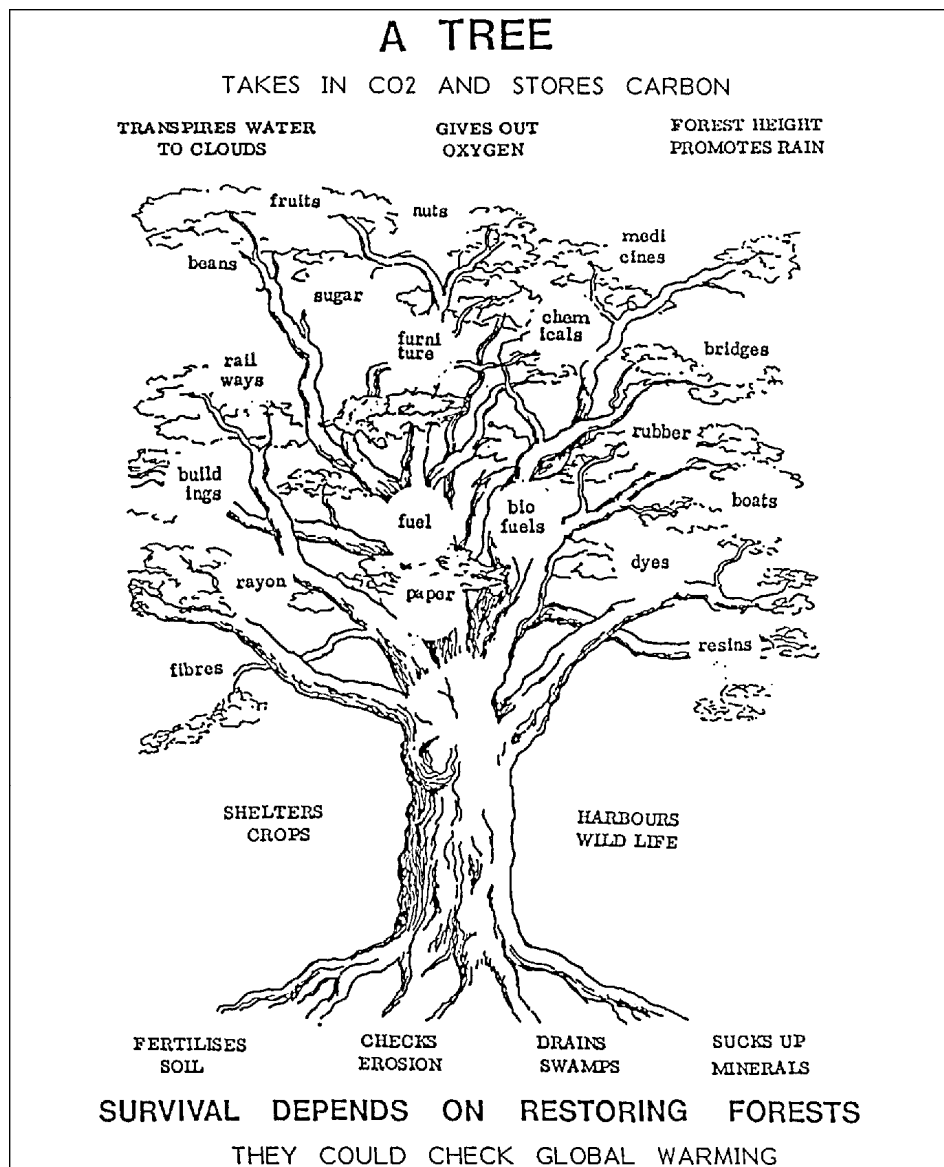
Some years ago, I was casually looking through a book and came across a reference to Hitler as a vegetarian. Over some years, I've picked up lots of information on him being so. I believe that he did become a committed vegetarian in 1931 and before that, around 1905 onwards he merely practised it. It probably started with his stomach disorder, being impoverished or frugal, he ate vegetarian for cheapness and met those with ethics on vegetarianism. I think that Richard Wagner was his idealistic father figure and he was Hitler's sole embodiment. Hitler loved everything Wagner! I think his being vegetarian was a mix of three elements described earlier.

Some believe that Goebbels was the catalyst in using Hitler's vegetarianism as a propaganda tool. I doubt it. I haven't found a reason as to why? Goebbels' wife didn't know Hitler never ate fish! If anything it was put into question.

In an address to the Reich Naval Staff Operations Division, in January 1942, Hitler told his guests, "...I don't go believing that I'll issue a decree forbidding the navy to eat meat! Supposing the prohibition of meat had been an article of faith for National Socialism, it's certain our movement wouldn't succeed. We would at once have been asked the question: "Then why was the leg of calf created."

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Editor: Note that in the previous issue, we reviewed the book 'Hitler: Neither Vegetarian nor Animal Lover' in which it was reported that Hitler hankered after certain meats and enjoyed them with relish when he could. His periods of being vegetarian were for health reasons, not for concern about animals. He instead put on a show of being vegetarian.



Vegan-Organic Network – Help Us to Help You!

by Peter White

The article in the last issue of Vegan Views outlined the progress with the Stockfree-Organic Standards. Now the tremendous news is that the Welsh College of Horticulture (www.wcoh.ac.uk) in Mold has adopted the Standards and is already selling organic vegetables through a box scheme (sold as Northop Organics) with their organic veg bags displaying the logo of the Stockfree Organic Standards. What is really ground breaking is that the college will develop training, qualifications and demonstration facilities which will help spread the Stockfree-Organic message far and wide to the farming community and the general public. Paul Robertshaw who is leading this initiative at the College was at our meeting on the 7th of May, and we discussed the many opportunities that could develop. Following the introduction of the standards there have been many positive enquiries from organic growers and over 20 commercial growers are taking part in our new email discussion group which has been set up to give them the opportunity to debate stockfree-organic methods.

More and more vegans are coming to realise that although they may eat a plant based diet, the plants themselves will have been grown using either chemicals or the by-products of animal exploitation, but many have still to make this connection. We need to increase publicity and greatly increase the availability of Stockfree-Organic produce in the shops and to do this Vegan-Organic Network needs your support more than ever. We ask all our friends in the vegan movement to become a VON supporter if you are not already and to offer help in our work.

Vegan-Organic Network (VON) registered charity number 1080847 has a wide network of interactive supporters, gives advice, publishes



Organic veg approved by the Soil Association and the Stockfree Organic Standards

information sheets, runs courses on vegan-organics, helps people find work experience on vegan-organic farms, holds local meetings and organises visits to vegan farms. VON publishes

Growing Green International, a magazine full of information and debate on cruelty free growing and its ethical basis.

For details of VON contact: Patrick Browne, VON, 161 Hamilton Rd, Longsight, Manchester M13 0PQ. veganorganic@riseup.net. General enquiries to 0161 928 3614 (10am to 10pm)

The VON website contains information on vegan-organic growing and much more: www.veganorganic.net

You can join on Worldpay at www.veganorganic.net/joinus.htm

Another scheme, in cooperation with VON, is the VEGANIC HORTICULTURE ASSOCIATION who have an informal Veganic Symbol available for small growers (up to 2 hectares in the UK, any scale elsewhere) who wish to promote their produce as vegan grown and chemical free. The VHA aim to publicize and educate people about vegan and farming issues. Joining the scheme costs just 35 euros, £24 in the UK, \$43 in the US. Expansion of this scheme will further the aim of making vegan-grown food available to all, so if you would like to find out more contact: Veganic Horticulture Association, Ballyroe, Lackaroe, Youghal, county Cork, Ireland. Email ballyroe@eircom.net

Country Sports Continue

I have heard nothing about the fox hunting fraternity who vowed to continue fox hunting despite it being illegal now. But cock fighting, a sport which became illegal as far back as 1835, is known to continue albeit in a small, hidden way. The RSPCA believe a hard core of 400 men arrange secret cock fights around the country every fortnight and they have succeeded in uncovering a case recently with video footage. Cocks will put up a fight to establish who will be dominant. One bird will submit and move away to acknowledge the superiority of the other. By enclosing them in a

closed ring, the 'cockpit', the cock who yields cannot move away and the birds have to fight it out to the death. Small metal swords are fitted to the natural spurs making for a more deadly struggle which lasts only a few minutes. Inside a corrugated barn near Chichester, Hampshire, straw bales were used to make a ring. Men round the ring were seen talking and laughing as two cocks clawed and pecked to the death. 15 birds dead or badly injured were found, also cockerel eggs for breeding new fighting birds.

Joseph Keet, a duck farmer, was sentenced to 90 days in jail, ordered to pay £5,000 costs and banned for life from keeping cockerels. Nine other men aged from 19 to 35 were fined £300 each with £100 costs for attending the fight, a

12-year old boy was cautioned for being present. The magistrate said it was "utterly cruel to take pleasure from torture". "You showed barbaric behaviour pitting one animal against another for the sole purpose of enjoying cruelty. It seems incredible to think that this activity is still happening despite the fact that it was banned more than 150 years ago". Fights are not always held in the depths of the countryside, one fight was also found being held on the outskirts of London and in 1996 14 men were caught watching a fight in a caravan park in Kent. Breeders smuggle the eggs of fighting birds from South America and Indonesia.

HM.

The Story of ex-racehorse 'Line of Gold', a chestnut gelding now known as Gold

LINE OF GOLD (USA) was foaled at Bluegrass Heights Farm, USA, on 20th March 1982, his grandsires both very successful racehorses. He stayed there until sold in 1983 for \$35000, before training with Robert Armstrong of Newmarket. Whilst with Armstrong, Gold ran 8 times ridden by several well known jockeys including Willie Carson and Steve Cauthen. His best was 2 seconds, a third and a fourth.

Gold appeared as a three year old the following year in Ireland. Whilst in the care of the Cunninghams' stables, he won a hurdle race in Galway, two steeple times in other races. Gold remained with the Cunninghams until 1989, during chases at Roscommon in April and June 1988 and was placed at least seventh which time he raced 15 times on the flat, placed 5 times for £1,518, and 17 times over hurdles, winning once and being placed 5 times for £2,719. He went to Mr. J. Flemming for 7000 Irish punts. He travelled back to England and also had 7 runs in steeplechases winning twice for £5,015. Gold was sold and sent for training in Surrey, running twice over hurdles and five times in steeplechases, placed twice for £679.

Unfortunately, sometime during his career Gold suffered the loss of an eye and was used as a 'training aid'. His last run was at Newton Abbot on 29th August 1989 before he suffered a dislocation of the off fore pastern Today, he lives a much happier life out in the quiet fields surrounded by his many friends. During the Summer Gala days he enjoys being fussed over. Gold was sent to Bransby Home of Rest for Horses in 1991 by a veterinary hospital who



had received him from a trainer based in Scotland. all his friends, fans and adopters.

Line of Gold is living proof of the cruelty and neglect present in the horse racing business. Although he wasn't brutally raced to death on the course he was still left to an unknown fate, and if Bransby hadn't offered him a loving home, who knows what may have happened? I suppose he is one of the few

lucky horses that got off lightly, but next time you hear of a fatality in the Grand National or another ruthless race I hope you think how easily it could have been Gold who was much luckier than others.

You can adopt Gold for £3.00 a year - contact Bransby Home of Rest for Horses, Bransby, Saxilby, Lincoln LN1 2PH. (01427) 788464 www.bransby-horses.co.uk.

Sam McCreesh

On the back page of VV104, we featured Sam McCreesh, the 15-year-old who runs Campaigning for Animals (www.campaigning-foranimals.co.uk). When the article was written he was a vegetarian, but since then he has become a vegan. He told us: "I feel healthier and happier, and it's like having a huge weight lifted off my back and now I have a clearer conscience. I plan to promote veganism and spread the word as much as I can for the benefit of animals, people and the environment".

*Why Kill The Fatted Calf?
Have A Bean Feast!
Go Vegan.*



School Dinner Problems

The British Government has been showing concern about the increasing lack of health in the nation and the heavy cost to the National Health Service due partly to people living longer. But the health of children is also giving concern with an increase in the number of obese children, mirroring that of children in the US. Recent statistics reveal that 13% of British children aged four to ten were considered obese. The Government has for years advocated the policy of eating five portions of fruit and vegetables every day under the slogan of 'Five-a-Day', which we picked up in an issue of *VV* in 1994. They have also advocated reducing the amount of animal fat, salt and sugar in the diet. This has had little effect and children are more influenced by the massive advertising for filling, stodgy foods, resulting in an unbalanced diet. Fortunately, however, there are hopes that things may start to change the pattern of children's feeding habits starting with school dinners.

Last year the Radio Four Food and Farming Award went to a dinner lady who provided healthy food cooked on the premises of a school in Nottinghamshire: Jeanette Orrie. In the 1980s, schools were made to contract out the dinner service to competitive tendering and accept the lowest cost offered. The result was that school meals then consisted of pre-prepared meals made with cheap and mainly fatty unhealthy ingredients. That tickled the children's taste buds without providing necessary minerals and vitamins. Combined with the easy availability of dispensers of sweet fizzy drinks, which contain artificial unhealthy flavourings and preservatives but little nourishment, there was little to benefit the health of school children. However, Jeanette continued to provide healthy school meals cooked on the premises using fresh ingredients.

At the Award ceremony Jeanette Orrie met the celebrity chef Jamie Oliver who, having small children of his own, became concerned and took up the challenge of providing healthy dinners to school children. This was no easy task. He found that some schools were only allowed to spend 37 pence a day on ingredients for a dinner. He did manage to provide something reasonably appealing for close to that figure but he found that the children were unimpressed with his cooking and still demanded chicken nuggets and turkey twizzlers. Jamie threatened to wage war on turkey twizzlers for their lack of nutrition and heavy fat content. The major caterers of school meals have since withdrawn the twizzlers. When he took a firm stand and banned what he considered rubbish foods, many children were trying to smuggle them in. The word 'healthy' has to be avoided as it puts children off. Tasty stews and curries could not win the children's approval. He had to begin a process of re-education and show them actual vegetables. Out of 30 vegetables that he showed to the children,

they were only able to identify five. Many were unable to recognise more than three or four ordinary vegetables when he produced them to the class. He became all the more impassioned to ensure that school children should be weaned away from unhealthy diets and provided with a healthy meal once a day. Although some parents, no doubt themselves brought up on fast foods, resented the move to 'healthier' foods, there are now many parents eager to support initiatives for 'proper', freshly cooked meals for their children at school. Jamie Oliver found that in a poor township of South Africa, women were cooking school meals that were healthier than those in British schools. Many parents supported Jamie Oliver when he raised a petition to present to the Prime Minister. Hoping to raise 20,000 signatures, he ended up with 200,000. His appealing personality and determined enthusiasm gained much media attention including a series of TV programmes. The Health Minister promptly announced support for better school dinners, promised a large increase in the amount available for ingredients to at least 50 pence and to help re-establish cooking availability on the school premises. Whether the Government will stick to this has still to be seen.

In 1922 nutritionist John Boyd Orr, found that schoolchildren were undernourished and found that providing a pint of milk a day improved their attention span in class. In 1934 free school milk became available to all schoolchildren. In 1944 schools became obliged to provide a midday meal. It had to provide at least a third of the child's energy needs and 40% of the protein needs. In 1968 the Treasury found an easy way of cutting expenditure was to take away the need to supply free school milk to older children. By 1980 free school milk was no longer supplied to any child. Three years later school dinners were no longer subjected to nutritional standards. Cafeterias and snack bars replaced the school dining halls. Compulsory competitive tendering was introduced and price took precedence over quality. In 2000 schools were allowed to opt out of competitive catering and some were able to make improvements to school dinners. In the 1990s Home Economics was replaced by Food Technology, where children had to produce flow charts and analyse fish fingers and commercial sandwiches. It is not concerned with cooking but with design, marketing, etc. A lady on a phone-in told how in 1965, school catering staff were properly trained, and produced meals from scratch. Even baked beans and chips were made from the raw ingredients.

There are schools here and there where enthusiastic parents are organising freshly cooked meals. One lady provides local, organic fresh food cooked on the premises. Spending 75p on ingredients she charges £2 (including VAT) and covers the total costs. Previously the school, was charging £1-75 for school dinners. In Scotland £63 million is set for providing food but they still have to struggle to provide healthy meals. In France the minimum spent on ingre-

dients is £1-50 (but note that food prices are probably twice that of Britain), many schools spend much more.

Vending machines are another source of unhealthy foods, especially fizzy drinks. Some are being replaced by healthier drinks, and even plain water is being made available in some schools. As a result, the children's behaviour in class has improved. Fizzy drinks may lead to hyperactivity in some children and excessive carbohydrates make for drowsiness in the afternoon. A pilot study banning all meals and drinks containing additives was carried out in Ysgol Deganwy Primary School in Wales to try and reduce disruptive behaviour in pupils. After just one week of the additive-ban policy, teachers noticed a marked improvement in behaviour. So successful was the pilot, that it has been extended to all 65 primary schools in Conway. One school is getting its school meals from the local pub where the food is known to be good and sourced locally. At another school mothers have taken over the catering and formed a company that also sells meals to pensioners and other people. Some schools provide breakfasts to keep up the children's energy during the morning and some are providing fresh fruit which some children never have at home. These examples point the way to great improvements to the health and behaviour of the children who are the next generation on which the world's future depends.

Clearly there is a great revolution to be made in educating children about nutrition: where the food comes from and how it affects the body. Food preparation and cookery need to be brought back as important subjects. We are suffering the result of having cut off people from elementary knowledge about food and feeding. Children cannot rely on their parents to teach them cooking because the parents may have grown up in similar ignorance. The response to improving school dinners has been wide and passionate. It must be kept in review with constant vigilance. It is sad that some can say that children were given a better diet during the shortages of the World War than today.

But school meals will still include meat and dairy so how will this be relevant to veganism? Many children still do not realise that a piece of meat is part of an animal and some never realise that the milk from a bottle or carton comes from a cow. They have to realise this before they can make a proper choice in the matter. Also, training them in food preparation and cookery, will give them the skill to prepare their own meals when they decide to make a change in diet. Children go to school to learn. What could be more important than to learn about food and nutrition?

H.Mather.

The Laws of the Pharmaceutical Business

Reading these laws and thinking them through will change forever the way you view any healthcare system that focuses on pharmaceutical drugs. Just consider:

1. The pharmaceutical industry is an investment industry driven by the profits of its shareholders. Improving human health is not the driving force of the industry.

2. The pharmaceutical investment industry was artificially created and strategically developed over an entire century by the same investment groups that control the petrochemical and chemical industries.

3. The huge profits of the pharmaceutical industry are based in the patentability of new drugs. These patents essentially allow drug manufacturers to arbitrarily define the profits of their products.

4. The market place for the pharmaceutical industry is the human body - but only for as long as the body hosts diseases. Thus, maintaining and expanding diseases is a precondition for the growth of the pharmaceutical industry.

5. A key strategy to accomplish this goal is the development of drugs that merely mask symptoms while avoiding the curing or elimination of diseases. This explains why most prescription drugs marketed today have no proven efficacy and merely target symptoms.

6. To further expand their pharmaceutical market, the drug companies are continuously looking for new applications (indications) for the use of drugs they already market. For example, Bayer's pain pill Aspirin is now taken by 50 million healthy US citizens under the illusion that it will prevent heart attacks.

7. Another key strategy to expand pharmaceutical markets is to cause new diseases with drugs. While merely masking symptoms short term, most of the prescription drugs taken by millions of patients today cause a multitude of new diseases as a result of their known long-term side effects. For example, all cholesterol-lowering drugs currently on the market are known to increase the risk of developing cancer - but only after several years.

8. The known deadly side effects of prescription drugs are the fourth leading cause of death in the industrialised world, surpassed only by the number of deaths from heart attacks, cancer and strokes (Journal of the American Medical Association, April 15, 1998). This fact is no surprise either, because drug patents are primarily issued for new synthetic molecules. All synthetic molecules need to be detoxified and eliminated from the body, a system that frequently fails and results in an epidemic of severe and deadly side effects.

9. While the promotion and expansion of diseases increase the market of the pharmaceutical investment industry - prevention and root cause treatment of diseases decrease long-term profitability, therefore, they are avoided or even obstructed by this industry.

10. Worst of all the eradication of diseases is by its very nature incompatible with and diametrically opposed to the interests of the pharmaceutical investment industry. The eradication of diseases as potential drug markets will destroy billions of investment dollars and eventually will eliminate this entire industry.

11. Vitamins and other effective natural health therapies that optimise cellular metabolism threaten the pharmaceutical "business with disease" because they target the cellular cause of today's most common diseases - and these natural substances are not patentable.

12. Throughout the more than one hundred year existence of the pharmaceutical industry, vitamins and other essential nutrients, with defined functions as cofactors in cellular metabolism have been the fiercest competition and the greatest threat to the long-term success of the pharmaceutical investment business.

13. Vitamins and other effective natural health therapies that effectively prevent diseases are incompatible with the very nature of the pharmaceutical "business with disease."

14. To protect the strategic development of its investment business against the threat from effective natural and non-patentable therapies,

the pharmaceutical industry has - over an entire century - used the most unscrupulous methods, such as:

(a) Withholding life-saving information for millions of people. It is simply unacceptable that today so few know that the human body cannot produce Vitamin C and lysine, two key molecules for connective tissue stability and disease prevention.

(b) Discrediting natural health therapies. The most common way is through global PR campaigns organised by the Pharma-Cartel that spreads lies about the alleged side effects of natural substances - molecules that have been used by Nature for millennia.

(c) Banning by law the dissemination of information about natural health therapies. To that end, the pharmaceutical industry has placed its lobbyists in key political positions in key markets and leading drug export nations.

15. The pharmaceutical "business with disease" is the largest deception fraud business in human history. The product "health" promised by drug companies is not delivered to millions of patients. Instead, the "products" most often delivered are the opposite: new diseases and frequently, death.

16. The survival of the pharmaceutical industry is dependent on the elimination by any means of effective natural health therapies. These natural and non-patentable therapies have become the treatment of choice for millions of people despite the combined economic, political and media opposition of the world's largest investment industry.

17. With the beginning of the 21st Century, the people of the world must decide the course of history as it relates to human health. Either we will continue to subject our generation and future generations to the pharmaceutical "business with disease", or we will liberate ourselves from these diseases for all time. The choice is ours. Now!

Dr. M. Rath

Local Veggie Web

Thames Valley Vegans and Veggies have launched Local Veggie Web (LVW), the world's first web creation and hosting service especially for running veggie campaigning groups.

LVW allows you to build a complex and integrated web site, display your news, your events, your local restaurant and shop reviews and more. LVW is free to use, requires no web design knowledge, requires no software installation, is expandable and includes a free sub-

domain together with free hosting. Free technical support is provided, and new features are frequently added to make your job easier. If you already have a web site but are finding it too hard to update, or if it does not have the features you need to, then you might want to consider using Local Veggie Web instead. Find out more at www.lvwmakesense.co.uk. An example site is www.tvvvs.makesense.co.uk.

A Parliamentary Committee has found that

15% of hospital admissions are the result of drug side effects.

Gardening for the Future

Graham Cole, our regular gardening columnist, held an open day on 8th May at his vegan organic garden in Hampshire. In fact he works on a large estate, where he is supplying the vegetables for the big house as well as for his own family and he also takes care of the woodland and other areas. The Lady of the house is in tune with organic growing and opposed to any hunting or shooting on the land. Graham is passionate about organic horticulture and sees it as the only reasonable way forward for the future of the planet. He is part of an increasing number of gardeners and organisations that are demonstrating the viability of vegan organics, which is not only safer for the environment, because it uses no harmful pesticides, animal manures or artificial fertilisers, but relies on natural methods such as composting, mulching and green manuring, thus avoiding having to buy in fertility from outside sources. Where practicable, Graham encourages self-seeding of plants and visitors admired clusters of forget-me-nots on parts of the garden which were not yet needed for other crops at this early season. Greenhouses and cold frames help to prolong the growing season and Graham finds that he can maintain a supply of fresh vegetables for the whole year. His long experience, and constant study of new varieties and enthusiasm for plants is of no inconsiderable help.

Last year's open day had attracted about 45 people and there were probably more this year, without counting about five children and as many dogs. It was a most friendly and joyful occasion as though everyone had been looking forward to it for months. Before the visit started, we indulged our appetites on the magnificent vegan food which had been brought by the visitors. As we were enjoying ourselves in the garden, dark clouds brought a few sharp showers and we took refuge in the cottage and greenhouses, but a small well-prepared group were seen to continue unconcerned in the open.

In a wooded area of fine tall trees, some of which had had their lower branches removed to let in more light at ground level and which is fenced off to exclude the deer, we were shown newly planted saplings that add more beauty and variety to the area. There were groups of azaleas and rhododendrons and pieris in lovely bloom as well as bluebells, lilies of the valley and other small flowers. Wood chippings from the trees are a useful source of compost, also, of course, is the leafmould. A large lake has been created on the estate. It has a constant supply of water from natural springs and drainage. Here he has planted reed beds to filter the manure that has drained in from the horse stables and he has added water lilies that are becoming established.

We moved on to admire the majestic view of the woods that can be seen from the great house. Graham told us he had learned that these woods were in fact ancient woodland mainly of



Big crowd at Graham and Di's Garden Party



Graham leading the party to the woods





Barn Cloches

small leaved lime trees that once stretched across parts of Hampshire and of which some other parts still remain. These trees do not grow easily from seed but fallen branches send upward growing shoots that root themselves. Here there were also beautiful carpets of bluebells, which John Vetterlein told us were established here before the Channel separated

us from the Continent. Such a profusion of bluebells is not found outside Britain. There were other wild flowers such as Solomon's Seal, Ladies' Slipper and others whose names I have forgotten as we were treated to so much interesting information that it could not all sink in. In the main alley, the dogs were let off the leash and proceeded to run madly for sheer joy,

each trying to outdo the other in the race and thoroughly enjoying their freedom.

Marching on we came to a small pond where Graham spotted a hide that had been made when intruders had come to shoot ducks for Christmas and which they had left for use in the future. He gleefully destroyed it but admitted there was little he could do to catch the poachers. Turning back we came to the old walled garden of probably an acre, which had been abandoned but where Graham has planted fruit trees on the South facing wall. Here the dogs found further exercise when the children threw sticks for them to catch.

The sun had favoured us all through the walk, but dark clouds threatened as we made our contented way home.

H.Mather.

**HUNTING IS KILLING
in the name of SPORT
SAVAGERY in the
name of TRADITION**

A Vegan Look At The News

Different Food Choices

Some Ugandan farmers found the growing of cocoa beans unprofitable owing to low prices in the market. They have switched to breeding grasshoppers for the local market and these prove to be a sought after delicacy. At least they are feeding local people!

Laboratory Abuse of Monkeys

The British Union for the Abolition of Vivisection (BUAV) have won the right to challenge the legality of animal experiments at Cambridge University after undercover evidence revealed experiments being done on research about Parkinson's and Huntingdon's diseases. Laboratory staff were found to have left some paralysed monkeys unattended for up to 15 hours, while others were found dead in the morning or kept in very poor conditions. Documents found by the campaigners contradicted the general perception that animals were well cared for and protected under the Animals (Scientific Procedures) Act 1986. The discovery of the documents prompted Jon Richmond, chief inspector of animals, to review the Cambridge licences. The judge gave the BUAV permission to seek a declaration that the Home

Secretary was under a duty to weigh the likely death of an animal against the benefit of a research programme when considering whether a licence for experiments should be granted.

Death of the Shark?

Sharks have been around for some 450 million years, but how much longer can they survive the human predator? An estimated 270,000 are killed every day to satisfy consumer demand for a fish considered a healthy alternative to meat. Only 12 of the estimated 400 species of shark are dangerous to humans. Demand for shark food is increasing in Britain, and in Asian countries shark fin soup is a high status dish that can sell for £65 a bowl. Other exotic animals now appealing to the jaded palates of flesh eaters include Kangaroos, Alligators and Ostriches. Vegans can have plenty of variety in their diet, using seven grains and a variety of beans and nuts. It seems as though meat eaters find their diet so unsatisfactory that they are forever seeking new animals to eat.

The Danger of Keeping Animals

HIV/AIDS is one of the greatest scourges especially in Africa and Asia. How it has

appeared we may never know, but what is certain is that monkeys live with a similar disease (SIV) which does them no harm. Monkeys occasionally bite and the virus has probably passed to humans from monkeys. Keeping monkeys in laboratories increases that risk. The puzzle is that humans have been in contact with monkeys for a very long time and HIV has only appeared fairly recently.

A French scientist has postulated that an SIV virus has infected humans since long ago, but at some stage the virus mutated into a form harmful to humans with the consequences we know. Keeping animals in labs is not a good idea.

Diseases are known to have spread from domestic animals to humans. Measles has come from domestic animals and Asian bird flu is a recent case of a disease that has come from chickens.

Vegan Views

Advertisements

B&Bs & ACCOMMODATION

North Yorkshire Moors Organic vegan natural foods in peaceful coastal village overlooking Robin Hood's Bay. Close to the best fossil beach in Europe. Non-smoking. Special diets. Children really welcome. B&B from £22, ensuite £24, 4-course dinner £10, packed lunch £5. Karen, Ranworth Guesthouse, Ravenscar, Scarborough, North Yorkshire YO13 0LZ. Tel: 01723 870366.

Lydford, Devon Room to let for VEGFAM supporters, vegan, non-smoking. The Sanctuary, Lydford, Devon EX20 4AL. Tel: 01822 820203.

Exmoor vegetarian and vegan guesthouse. Gourmet meals. Organic food where available. Children and pets welcome. Rescued animals. Exmoor walks. Jane and Cliff Strehlow, Fern Tor, Mesham, South Molton, Devon EX36 4NA. Tel/Fax: 01769 550339. Web: www.ferntor.co.uk. Email: veg@ferntor.co.uk

Making Waves Vegan Guesthouse in picturesque St. Ives, Cornwall. Food 100% animal free, organic. Special diets catered for. Children welcome. Voted best guesthouse 1999/2000. From £21 per night. Tel: 01736 793895. Web: www.making-waves.co.uk Email: simon@making-waves.co.uk

Low Cost Holidays Want to get out of the rat race? Interested in sustainable living? Vegan Organic farm near Snowdonia set in forest clearing near scenic reservoirs. £10 per night. Own room, shared facilities. Extra low rates if you volunteer a little of your time helping out. Details Vic: 01244 819088.

Small Vegan/Organic Community in reclusive scenic Pyrenees (France) offers accommodation in rustic homestead and chapel over 250 years old and beautiful home cooking. Contact Bleuette, Douceur et Harmonie, 'el Faitg', 66230 Serralongue, France. Phone 00 33 4 68 39 62 56.

Email enthousiasme@wanadoo.fr

Bournemouth Accommodation Occasional, inexpensive accommodation in Pokesdown, Bournemouth. Non-smoking. Tel: 01202 426870.

Australia Continental House, 9 Lone Pine Avenue, Hepburn Springs NSW. Vegan Life Sanctuary. Accommodation, Restaurant, yoga, massage, etc. www.continentalhouse.com.au info@continentalhouse.com.au

BOOKS

Sunshine and Shadow by Wilfred Crone. Autobiography of well-known vegan & fruitarian. £7-50 inc.p&p: Harry Mather, Flat A15, 20 Dean Park Road, Bournemouth BH1 1JB

Vegan Recipe Book by Rachel Henderson This electronic recipe book contains 100 delicious vegan recipes. It is designed both for vegans and people who have difficulty catering for vegans. Would be an ideal gift for friends and relatives who have trouble thinking of original vegan meals. Tel:

Small ads are free to subscribers or cost £2 for insertion in four issues for non-subscribers. Send your ad to: Vegan Views, Flat A15, 20 Dean Park Road, Bournemouth, BH1 1JB, UK.

01453 762487.

Web: www.bowbridgepublishing.com

Email: info@bowbridgepublishing.com

Book by Dr Gina Shaw 'Nutrition and Emotions: How to Transform your Life Through Optimum Nutrition'. Price £7.99 including P+P (cheques to be made payable to GLS Publications). Please send orders to GLS Publications, 22 Webber Close, Ogwell, Devon TQ12 6YL.

1000 Doctors Against Vivisection by Hans Ruesch. £13 inc p&p.

Slaughter of the Innocent by Hans Ruesch. ISBN: 0951 964631. This book was first published in 1978 and was in 2003 published by Slingshot Publications. £12 inc p&p.

Skewed by Martin J. Walker £12 inc p&p.

A Cat in Hell's Chance £10 inc p&p. ISBN: 0951 565524. Published by Slingshot Publications.

All four of the above books can be bought from Philip Duckworth, Dormers, Outwood Lane, Chipstead, Surrey CR5 3NF. Cheques payable to Philip Duckworth.

CAFÉS & RESTAURANTS

New Café in Swansea There is a new Vegetarian Café in Swansea serving 99% vegan food called The Retreat, 2 Humphrey St, SA1 6BG. We want more vegan customers and vegan volunteers to help out in the café and the mind body spirit centre. We have rooms to hire too. All welcome. Email: info@TheRetreatCentre.org

Pogo Café, 76 Clarence Road, Hackney. London E5 8HB. Delicious vegan food & Alternative Culture. www.pogocafe.co.uk

Wessex Tales wholefood vegan restaurant. Licenced organic drinks. 20 Ashley Road, Boscombe, Bournemouth (opposite Boscombe bus station & Sovereign Centre car park). Tel: 01202 309869. Lunch: Tuesday - Saturday 11.30 - 2.30. Dinner: Friday & Saturday 7 - 10. Web: www.geocities.com/vegetarian_restaurant

Heaven And Earth Organic Vegetarian cafe and bakery. 37e Robertson Street, Hastings. Tel: 01424 712206.

Allsorts Psychic Café Drinks, cakes and a few savouries. Fully veggie, good choice for vegans, soya milk available. 22 Carlton Place, Southampton. Tel: 023 80237561. Web: www.allsorts-psychic-cafe.com

Good For You! 23 Firs Parade, Matlock, DE4 3AS. Fully vegetarian cafe + shop + veggie info centre. Tel: 01629 584304.

CATERING

Purple Penguin Café: Vegan Organic Catering have marquee will travel! Catering for specialist diets, cake fanatics and people who love good food... based in the Yorkshire area over Winter (and looking for work) and on

the road over the Summer at festis, gatherings and parties... see www.purplepenguin.org, or call Emma on 07786 262 864 for more info.

GENERAL

Ethical Website Design by Applegreen Designs. Website design for ethical causes by Sam McCreesh, a vegan studying Art, ICT and Graphic Design at GCSE level. Wide range of professional services available at competitive rates. 10% discount to Viva!, Vegan Society and Vegetarian Society members. For more information, services, prices and portfolio visit www.applegreendesigns.co.uk or phone 01664 454324.

The Shellfish Network works to end the cruelty involved in, and eventually end the slaughter of shellfish for human consumption. Springside, Forest Road, East Horsley, Surrey KT24 5AZ.

Meat-Free Cats Supplements for home made recipes. In use since 1986. Send to Vegecat, The Vegan Society, 7 Battle Road, St. Leonards on Sea TN37 7AA. Tel: 01424 427393.

Amplifaire A new and most efficient system for heating home and water. Also Amplifaire flue pipe to make AGA or Rayburn more efficient. Send a large SAE (47p 2nd class) to Frieden Howard at The Sanctuary, Nr Lydford, Okehampton, Devon EX20 4AL.

Translations into English from French, German, Italian & Spanish (personal, commercial, legal, technical), over 30 years' experience, big discount for VV readers, no VAT. Patricia Tricker MIL Cert Ed (FE). Tel/Fax 0845 4584714 (BT local rate).

Email: patricia@p-m-t.freeserve.co.uk

Chipke Natural toiletries. Wide range. Suitable for vegans (with exception of honey soap and lip salve). Products sourced locally or internationally to avoid exploitation of people or environment. Animal testing is unnecessary and unacceptable. Send for brochure to: Chipke, 6 Wyle Cop, Shrewsbury, Shropshire SY1 1UT. Tel 01743 244466.

Email chipke@hotmail.com

Welhealth Fruit Farm (North Wales) All year round vegan camp! On Forest Garden Land. We are down shifting, co-operative anti-consumerist, vegan diggers and have land to create an alternative renewable sharing forest garden community. We are seeking holiday members and full-time members. Tel: Vic 01490 420074 or Tel/txt: Frank 07980 158661.

Vegetarian Web Designer Websites for the vegetarian and vegan community by VegDesign. For more info, rates and portfolio see www.vegdesign.com. Tel: 07742 336858. Email: cathy@vegdesign.com

Nature's Treats Vegan cakes, pies, slices etc, freshly handmade to order, delivered next day by 1st class mail. Ingredients; Organic Fruits,

Meat is Self-Inking Rubber Stamps Murder £7-50. Vernon Stuttard, 15 Millbrook, Fence-in-Pendle, Lancs BB12 9PE. Also T-shirts printed with Meat is Murder front and back, black on grey. Sizes M or XL £9.

RECIPES

Both these recipes are taken from A Vegan Taste of East Africa by Linda Majzlik

Sweet Pepper and Corn Stew

675g mixed peppers, sliced
1 rounded dessertspoon ground cumin
12oz/350g tomatoes, skinned and chopped
1 teaspoon turmeric
3 corncobs
2 tablespoons groundnut oil
1 red onion, peeled and sliced
black pepper
1 red chilli, deseeded and finely chopped
5 fl.oz/150 ml vegetable stock or water
2 garlic cloves, crushed
finely chopped fresh parsley
Fry the peppers, onion, chilli and garlic in the oil for 10 minutes, stirring frequently to prevent sticking. Cut the kernels from the corncobs and add to the pan together with the tomatoes, cumin, turmeric and stock. Season with black pepper and stir well, then raise the heat and simmer for about 10 minutes stirring frequently, until cooked and thick. Serve sprinkled with chopped parsley.

Fried spiced Peanut Rice (serves 4)

8oz/225g long grain rice
1 teaspoons cumin seeds
3oz/75g peanuts, finely chopped and roasted
1 inch/2.5cm piece cinnamon stick, crumbled
1 onion, peeled and finely chopped
½ teaspoon turmeric
2 tablespoons groundnut oil
black pepper
Cook the rice, drain and rinse. Spread it out on a plate and leave for a few hours to dry. Fry the onion in the oil until soft. Add the cumin seeds, cinnamon and turmeric and stir around for 30 seconds, then add the rice and season with black pepper and stir around for a couple of minutes until heated through. Mix in the peanuts before serving.

nuts, seeds and spices. Tel: 023 9261 1607.
Email: chriskennett01@hotmail.com

HEALTH

Karuna Detox Retreats 7 day juice fasts. Using colonics, yoga, meditation and massage to rid disease, plus nutritional talks and personal empowerment to encourage health. Small group size to allow personal contact with practitioners and simple, health-orientated practices to take away with you. Monthly retreats in Devon, UK. www.karenretreats.com
Natural Nutrition And Naturopathy Alkalize and energise using natural nutrition, Super greens and prime ph – free coaching for vegans using this amazing health system designed by Dr. Robert O. Young. Amanda Wise P.Dip.N.N., M.C.M.A. Tel 01202 885477 www.bodywise.uk.net

Maximol colloidal minerals with vitamins, amino acids and enzymes. Revenol powerful anti-oxidant. Both products suitable for vegans. Independent distributors of Neway products:

Advertisements

01202 426870, also 01443 862067.

Nutritional Therapy Improve your quality of life and get to the root of your health problem. Pat Reeves, qualified, registered, and practising Nutritional Medicine. Oakfield Cottage, Bromley Lane, Kingswinford, W Midlands DY6 8JP. Tel: 01384 270270.

Email: pat.reeves@blueyonder.co.uk

Web: www.livingfoods.pwp.blueyonder.co.uk

Tested on Humans – works on animals, a drug-free cost-effective approach to easing aches and pains. Bioflow Magnotherapy Collars are pads for dogs, cats, horses. Enhance the quality of your companion's life without any harmful side effects. Ask for a free brochure. Brian 0845 456 2463 'local rate'. Independent distributor of Ecoflow.

The Natural Living Centre Ethical implications, environmental advantages and health benefits of a raw vegan lifestyle. Contact: Chris Kennett, Diploma in Nutrition, Sports Coaching Certificate Tel: 023 9261 1607 Email: chriskennett01@hotmail.com

Whatever your transition, Psychospiritual counselling offers powerful and creative ways to facilitate change, reconnect with your true Self, unlock your potential, support yourself to really be who you want to be the most! Free initial consultation. For more information call Gian on 07764 308525 (London)

Vegan Health and Nutrition Consultant available for personal consultations in person or by telephone. Short fasts including group retreats, Iridology and emotional healing sessions also available. Contact Dr Gina Shaw on 01626 352765.

Email: DrGinaShaw@aol.com

Web: www.vibrancy.homestead.com/pageone.html

Microcare Tooth Powder from Health Connections. Contains no fluoride, Sodium Lauryl Sulfate, saccharin, preservatives, animal ingredients, aspartame, artificial colours or flavours. For free sample, tel: 01892 683439.

Dissolve Cataracts with Bright Eyes nutritional eyedrops. Safe, gentle. Also used by doctors. As seen on the Richard and Judy show. Tel: 01892 683439 for details.

Chinese Yoga Try something old! Deep breathing, stretching and relaxing exercises based on Chinese Medicine principles in Wakefield, West Yorkshire. £3 per class. Enquiries: Mark Popplewell 01924 462261.

Chinese Herbal Medicine and Acupuncture Commonly used for many conditions. Mark Popplewell MRCHM, MBAcC, practising in Dewsbury, West Yorkshire. Enquiries and appointments: 01924 462261

PERSONAL

American Vegan Male, late 40s would like to meet British/European vegan female, 30s to early 40s, desiring a lasting relationship and a wish to start a family. Must be able to relocate to US. Please email me at JPHunt56@aol.com or call 001 901 2185470.

38 year old Polish vegetarian looking for employment in England working for a vegetarian business. Keen to work in manufacturing or a kitchen (eg vegetarian fast food) or

in transport, but any job considered. I have a driving licence, also for a lorry, and long experience without an accident. I also have experience in sales. Please email details to Joanna at joskra@o2.pl or joskra@wp.pl

Attractive Female 39, into health and fitness. Happy go lucky personality. Enjoy nature, friendships, children, reading. Ready to meet someone special to build mutually supportive relationship. Ph/txt: 07951 302970.

www.vegansrock.net I run a vegan forum network on line at www.vegansrock.net

Many topics other than veganism are discussed in a pleasant, friendly atmosphere, from permaculture, environmental sustainability or veganly consumerism to computer games, anime & books. We're friendly, informative & eccentric, pleasant when we meet new people. Feel free to drop in.

Aubergine Introductions. A new dedicated UK introduction service for vegetarians and vegans. Open yourself up to meeting educated, eligible, like-minded people.

www.aubergineintroductions.com

Jamie Burrell-Corey, Male, 25, Brampton, Cumbria. jamieburrell_corey@hotmail.com. I'm a trainee electrician with a degree in Environmental Biology and would really enjoy the company of someone who doesn't get frustrated with me at meal times. Does such a person exist? I hope so because I'm beginning to feel like I'm on the wrong planet!!

Vegan male, 57 N/S 6'1". Sensitive Caring Calm Nature. Enjoy Music Art Travel Animals Reading History Cultures of other countries. Seek Kind Compassionate Female to share Joy & a deep Love For which the soul yearns. ALA Brian Robinson, 117 Somerton Rd, Newport NP19 0JX.

SHOES

www.veganline.com sell vegan shoes online – Freepost LON10506, London, SW14 1YY 0800 458 4442. Their website also has a veg recipe search engine.

Freerangers sell animal free footwear. Send for brochure to 9B Marquis Court, Low Prudhoe, Northumberland NE42 6PJ.

Web: www.freerangers.co.uk

Tel: 01661 831781. Fax 01661 830317.

Vegetarian Shoes, 12 Gardner St, Brighton BN1 1UP. Tel: 01273 691913.

Web: www.vegetarian-shoes.co.uk

Ethical Wares sell vegan footwear and clothing. Send SAE for catalogue: Caegwyn, Temple Bar, Felinfach, Ceredigion SA48 7SA. Tel: 01570 471155.

Web: www.ethicalwares.com

Vegan Shoe Repairs and large range of vegan shoes. Total Liberation, c/o Lyme Leisure, South Street, Axminster, Devon EX13 5AD. Web: www.lymeleisure.org.uk. Tel: 01297 631133. Also making vegan moccasin slippers. Will shortly make shoes starting with children's.

What is veganism?

So What Do Vegans Eat?

There are all the fruits and vegetables of course and there are lots of products that taste like meats and cheeses: vegaburgers, sosalatas, "jerky", "caviars", "Cheatin' chicken" and many more that can help people turn vegan without affecting their taste buds.

Other vegan dishes include: all pastas and noodles that don't have egg in them, rice dishes, beans and lentils, wheat, oats, barley, rye, maize, cous cous and chick peas. Vegan cookbooks are full of tasty recipes to guide you.

There is soya milk, rice milk, oat milk, almond milk, soy yogurts, soy cream and soya ice creams as well as sorbets.

Vegans avoid gelatin. It is made from animal bones, but alternatives can be made from vegetable sources.

But what do you do for protein?

Protein is everywhere because it is in all living cells, but many foods have a higher concentration of protein. In the East they swear by the nutritious value of rice, in the West of wheat ('bread, the staff of life') or on oats (for the Scots!) or rye. Nutritionists are satisfied that vegans do have a nutritious diet. Beans, lentils and nuts are rich in protein.

Yes, but what about vitamin B12?

The Vegan Society recommends that vegans eat foods fortified with B12, like yeast extracts, plant milks, breakfast cereals, margarines, soya meat substitutes. But check the ingredients to make sure the ones you use are fortified with B12. Otherwise take a tablet of B12.

I bet you wear leather shoes!

The Vegan Society was founded on changes in what people eat and that is the basis of defining a vegan, but from the start vegans have wanted to avoid all animal exploitation in their way of life. Nowadays it is reasonably easy to find non-leather footwear and belts. Leather coats and leather furniture, purses, suitcases, etc. should be avoided. Fur coats and trimmings are obviously out, as are silk and wool.

Anything else?

Toiletries and cosmetics can have animal ingredients or have been cruelly tested on animals. Vegan alternatives are easily obtainable. The Body Shop became a huge success selling cruelty-free products.

Conventional medicine is often based on cruel animal experiments. Alternatives are herbalism, homeopathy, acupuncture and other ways.

Vegan organisations

The Vegan Society If you would like more information on Veganism send two 1st class stamps for an information pack to The Vegan Society at Donald Watson House, 7 Battle Rd, St Leonards-on-Sea, East Sussex TN37 7AA. Tel: 01424 427393. Web: www.vegansociety.com. The Vegan Society publishes *The Vegan*, a quarterly magazine which members receive. Also available from a few shops.



This symbol is the trade mark of The Vegan Society, which it permits to be used on products which fulfil their no animal ingredients, no animal testing criteria. It must not be used without permission.

VEGA (Vegetarian Economy and Green Agriculture) Free on-line magazine. Web: www.vegaresearch.org

The Movement for Compassionate Living (The Vegan Way) founded by Kathleen Jannaway, works non-violently for lifestyles possible for all the world's peoples, sustainable within the planet's resources and free from all animal exploitation. Annual subscription £5 (or what you are able to afford) includes the quarterly journal *New Leaves*. SAE for details to 105 Cyfyng Road, Ystalyfera, Swansea SA9 2BT. Tel. 01639 841223. Web: www.mclveganway.org.uk

Vegan Organic Network encourages and researches into non-animal growing techniques. Publishes a magazine *Growing Green International* to spread knowledge, and reports from vegan organic growers worldwide. Contact Patrick Browne, 161 Hamilton Rd, Longsight, Manchester M13 0PQ. Tel: 0161 248 9224.

Email: veganorganic@riseup.net

Web: www.veganorganic.net

Plants for a Future Blagdon Cross, Ashwater, Beaworthy, Devon EX21 5DF. Researching ecologically sustainable vegan organic horticulture. A resource and information centre. Web: www.pfaf.org

The Plant Milk Trust was established in 1976 to promote soya milk and other vegan foods, particularly in the areas of research and publicity. It is managed by five devoted honorary trustees. Gifts or legacies are most welcome, and all monies received are totally devoted to the Trust's work, without any administrative expenses. Write for details to Dr G J Buist, 53 Gosden Hill Road, Guildford, Surrey GU4 7JB.

Vegan Business Connection wants to hear from individuals as well as companies providing goods and services suitable for vegans. Contact VBC c/o Veggies, 245 Gladstone Street, Forest Fields, Nottingham NG7 6HX. www.veggies.org.uk/vbc.htm

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Send form to: Vegan Views, Flat A15, 20 Dean Park Road, Bournemouth, BH1 1JB, UK.

Be kind to animals!

Vegans in your area

SOUTH

London Vegan & Vegetarian Families Group If interested contact Lesley on 020 8941 8075 or email Lesley@vegan4life.org.uk

London Vegans meet on last Wednesday of the month (except December) 6:30 – 9:30pm at Millman St Community Rooms, Millman St, London WC1. 24 hour info line: 020 8931 1904. Web: www.londonvegans.org.uk

London Animal Action A local animal rights group campaigning against all forms of animal cruelty, e.g. the fur trade, the meat industry, animal experiments and hunting, and for a way of life not based on the exploitation of animals, people or the environment. BM Box 2248, WC1N 3XX. Tel 0845 458 4775.

Web: www.londonvegans.org.uk

Email: info@LondonAnimalAction.org.uk

Vegetarian and Vegan Gay Group

(London) Informal social & campaign group meets in London on the last Sunday of each month and has other events for gay, lesbian, bisexual and transgender vegetarians, vegans, fruitarians and raw foodies and their friends, and those who would like to be. Further details: information line: 020 7713 9063.

Email: vvgg@freeuk.com

Web: www.vvvgg.freereserve.co.uk

Bedford Vegetarians Tel 01234 365651.

Web: www.bedfordvegetarians.co.uk

Veggiesocials Social group covering London + South East. Web: www.veggiesocials.co.uk

Vegan Essex meet 1st Tuesday every month at Brentwood School Sports Hall (Courage Hall, Middleton Hall Lane).

Web: www.veganessex.org

Kingston & Richmond Vegetarians welcome vegans. Send SAE for programme to John, 49 Harrowdene Gdns, Teddington, Middlesex TW11 0DJ.

Harlow Lian Tyler, the Vegan Society and Vegetarian Society Local Contact for Harlow has compiled an online Vegan guide to Harlow and the surrounding areas. Tel: 07754 166813.

Web: www.veganharlow.co.uk

Email: info@veganharlow.co.uk

Norfolk Vegetarian & Vegan Society Jane Johnson, 17 St Austins Grove, Sheringham, Norfolk, NR26 8DF. Tel. 01263 821609.

To publicise your meetings, appeal to meet vegans or request penpals, please send details for this page. We also put these details on our website.

The Vegan Society have their own local contacts – see the Vegan magazine for details, or their website at www.vegansociety.com for a list. The Vegetarian Society have affiliated local groups and information centres which often include vegans – see www.vegsoc.org/network for a list.

Web: www.vegfalk.co.uk

Solent Vegetarians & Vegans John Curtis, 31 Cranbury Rd, Eastleigh, Hants SO50 5HB.

Tel. 023 80643813. Email: solentveg@ivu.org

Web: www.ivu.org/solentveg

Bournemouth Vegetarians & Vegans Tel.

01202 555712. Email: t.west@oneteldsl.net.

Web: www.ivu.org/uklocal/bournemouth.

Isle of Wight Vegetarians & Vegans Tel.

01983 407098. Email: iow@ivu.org

Web: www.iwvv.org.uk

Penzance Vegans social group currently meet each Wednesday, 8pm in the Bath Inn pub (right-hand bar), Cornwall Terrace, Penzance. To confirm details, please call 01736 786473 or email wilf_frith@lineone.net

Web: www.wiz.to/penzancevegans

Guildford Vegetarians welcomes vegans to its varied programme of events (see local groups listings on www.vegsoc.org/network) for further information or to join the email list ring 01483 425040.

Thames Valley Vegans & Vegetarians social events, veggie and vegan support and info, talks and presentations, displays, information stands in the Reading area. Web: www.makessense.co.uk/tvvvs

WALES

Swansea Vegans meet on third Monday of each month. Details: George Barwick. Tel: 01792 518773

Email: george.barwick@ntlworld.com

Carmarthen Vegetarian Friends We are nearly all vegans and we meet socially on the

first Tuesday of each month at 11.30am at the Waverley Vegetarian Restaurant, Lammas St, Carmarthen. Just come, or to check phone 01267 241547 or hippocharity@aol.com

MIDLANDS

Shropshire Malcolm Cramp Tel: 01952 432874. Malc@3173.freereserve.co.uk

Nottingham The Animal Rights Confederation meet on the first Monday of the month from about 7pm, usually at the Sumac Centre, 245 Gladstone Street, Forest Fields, Nottingham. Social, speaker, snacks. Phone beforehand 0845 458 9595 for details.

Email: nar@veggies.org.uk

Birmingham Vegetarians & Vegans c/o 5 Esher Road, Kingstanding, Birmingham B44 9QJ. Tel: 0121 353 2442.

Leicester & Rutland Campaigning for Animals to promote ways people in their everyday life can help animals by making a few simple changes such as buying non animal-tested products & adopting a vegetarian or vegan diet. Sam McCreesh (youth local contact for Animal Aid, PETA VIVA! and The Vegetarian Society).

Email: info@campaigningforanimals.co.uk

Web: www.campaigningforanimals.co.uk

NORTH

Sheffield Vegan Society meet in the upstairs room of the Fat Cat, Alma St, Kelham Island, on the first Wednesday of the month. Business 7:30pm, and then social 9pm. Contact PO Box 537, Rotherham S66 7WW. Tel: 0114 258 8869.

Web: www.sheffieldvegansociety.org.uk

Doncaster & Area Vegans & Vegetarians meet about once a month for socialising in various ways (e.g. walks, picnics, meals out, yoga). Ring Vivien on 01405 769730.

East Riding Vegans meet once a month for socialising. New members welcome. Mark, 140 Victoria Avenue, Hull, HU5 3DT. Web: www.merrydowncontrolware.co.uk/ervegans

Email: ervegans@merrydowncontrolware.co.uk

Tel: 01482 471119.

Leeds Vegetarian & Vegan Society Meet twice a month for various social events and activities, fantastic pot luck lunches, newsletter every few months. For a programme and/or newsletter ring Natalie on 0113 2484044 or email natalie@tharraleos.freereserve.co.uk

North Riding Vegetarians & Vegans Meals, walks, theatre etc. Patricia, tel/fax 0845 458 4714 (BT local rate).

Email: patricia@p-m-t.freereserve.co.uk

Cumbrian Vegans Are you interested in joining a local group for shared information/support? If you are then please call Mandy on 01900 817038.

Useful websites

General

www.veganvillage.co.uk

www.btinternet.com/~bury_rd (Vegan News: free on-line magazine)

www.eco-centric.co.uk (A website for vegans and people interested in alternate lifestyles in the UK/Ireland)

Lists of Veggie Restaurants & cafés

www.happycow.net (worldwide)

www.veg dining.com (worldwide)

www.veggieheaven.com (UK)

www.vegetarianvisitor.co.uk

www.vegout.info (UK)

Travel

www.vegetariansabroad.com

Vegan online shopping

www.isitvegan.info (vegan foods/drinks)

www.isitveggie.com (vegan foods/drinks)

www.crueltyfreeshop.com (Dr Hadwen Trust)

www.veganstore.co.uk

Vegan-run business lists

Artists, accountants, translators...

www.veggies.org.uk/vbc.htm

www.veganvillage.co.uk/services.htm

Vegetarian information

www.vegsoc.org (UK vegetarian Society)

www.ivu.org (International Vegetarian Union)

www.planetveggie.co.uk (Planet Veggie)

www.campaigningforanimals.co.uk

Vegan organic growing

The growing of a wide range of plants brings diversity and can help maintain a balance, and it looks good in all areas of the garden.

By Graham Cole

Attracting Beneficial Insects

Whatever the size of your garden, room can be made for "attractant" plants. Plant them in and around the vegetable and fruit plots as well as in the flower garden to encourage beneficial insects where they are often needed most.

Simple, open flowers are best, or small flowers with the pollen and nectar within easy reach of the insects. Many parasitic wasps and predatory insects have short mouthparts and are unable to reach into deep or tubular flowers. Two families of flowering plants are particularly attractive:

Umbelliferae: typically produce tiny flowers arranged in umbrella-shaped clusters. Examples include Fennel, Dill, Angelica and Coriander. They produce large amounts of nectar over a short period of time. Studies have revealed that Fennel (Green or Bronze-leaved) blooming from July to September, can attract around 500 different species of insects of which over 300 were predatory or parasitic.

Compositae: flat, open daisy-like flowers composed of many florets. Examples include Calendula, Sunflowers and Asters. They produce smaller amounts than the Umbelliferae family but over a longer period.

Also, native species of trees, shrubs and herbs provide useful long-term homes for beneficial insects. A garden with a diverse mixture of plants will attract a diverse range of insects.

Safe Cover

Cultivated bare soil is not attractive to ground-dwelling predators such as ground beetles, rove beetles and centipedes. They like dark, moist conditions found under ground-cover plants, plant debris, mulches and green manures. I have large swaths of Forget-Me-Nots that self



seed and over-winter to give cover and a nice show of colour in the spring in ornamental areas and on the edges of the kitchen garden.

Some Useful Plants

These will bring in the beneficials like hoverflies and lacewings and increase their populations in time. Here is a list of easy-to-grow annuals which both you and the beneficial creatures can enjoy...

- * Buckwheat (*Fagopyron esculentum*)
- * California Poppy (*Eschscholtzia*)
- * Candytuft (*Iberis amara*)
- * Convolvulus annual (*Convolvulus tricolor*) Major and minor.
- * Corn Chamomile (*Anthemis arvensis*) and Corn Marigold (*Chrysanthemum segetum*)
- * Cornflower (*Centaurea cyanus*)
- * Dill (*Anethum graveolens*)
- * Echium
- * French Marigold (*Tagetes patula* and *Tagetes signata*)
- * Marguerite (*Anthemis tinctoria*)
- * Nemophila

- * Phacelia *Tanacetifolia*
- * Poached-egg plant (*Limnanthes Douglasii*)
- * Pot Marigold (*Calendula Officinalis*)
- * Sunflower (large and small)
- * Sweet Alyssum

Seasonal Stuff

In late May and in June, the first harvesting will be underway from earlier sown lettuce, radish, parsley, broad beans and, from June, strawberries. All the tender crops such as courgettes, climbing beans, sweet corn, squash and tomato should be up and running outside now it is warmer, and it is important to keep the regular successional sowings going - sowing the salad crops little and often. Also, all of the Brassica plantings for next winter should be planted out, that is the Brussels, Purple-Sprouting and White-Sprouting Broccoli, Kale and Savoy Cabbage. Where there are open spaces between the wider rows of the Brassicas and Sweet Corn you can sow quick-growing things like radish, turnip, lettuce, kohlrabi that can be harvested before canopy shade takes over.

Watering and feeding

Collecting as much rainwater as is possible in tanks from building downpipes and greenhouses etc is very important as the need for irrigation increases. Water plants well in the morning or late afternoon to keep good growth during hot spells. Use liquid feed as fruits set, for example on tomatoes and sweet peppers, and once a week add liquid seaweed and or liquid comfrey. The latter is smelly I know, but is high in potash and trace elements and the smell lessens after a while. If you mulch in hot weather to conserve moisture, make sure the ground is wet before covering with mulch.

Have a great growing and eating summer!

Useful information

Suffolk Herbs, Monks Farm, Coggeshall Rd, Kelvedon, Essex CO5 9PG. 01376 572456. Web: www.suffolkherbs.com

Organic Gardening Catalogue, Riverdene Business Park, Molesey Rd, Hersham, Surrey KT12 4RG. 0845 130 1304. Web: www.organiccatalog.com

Tamar Organics, Tavistock Woodlands Estate, Gulworthy, Tavistock, Devon PL19 8DE. 01822 834887. Web: www.tamarorganics.co.uk - they also sell

low-cost green manure seed.

Animal-free compost: B&Q Organic Peat free Multipurpose compost. Alternatively, composted municipal waste (i.e. grass and tree cuttings) is available in some areas - try your local recycling centre.

Organisations: Vegan Organic Network, Plants for a Future, and Movement for Compassionate Living: see page 18.